

The Pride Papers

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--- World News Section ---

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BREAKING NEWS

- School will be closed until the first of July

THINGS TO DO DURING QUARANTINE

Nesta Dalphinis

As you all know, 2020 has been quite a year. So many things have happened ever since January, and it doesn't seem like it will stop anytime soon. We are currently facing a global pandemic: the Coronavirus, which has literally taken over our lives. Stuck in quarantine, bored at home, we look for things to do. If you are bored out of your mind, let me introduce you to some fun activities that you can do at home!

Clean Your Room

Use your time wisely if you have nothing to do. Instead of dedicating your time and effort into doing nothing, use it to be productive. During the school year, our rooms can sometimes get so messy without us realizing it. We rush out the door every morning, and come back home doing nothing but homework. However, now that we have all this time in our hands, we might as well use it to clean up! Cleaning your room can help you in several ways such as making you feel more productive, which leads to a feeling of self satisfaction as well as helping your mental state. Having a fresh clean space will also give you a fresh clean mind. So when you're feeling stressed.....GO CLEAN YOUR ROOMS!

Find a New Hobby

Take this time of isolation as a way to learn new things about yourself. Sometimes we get on with life too quickly and forget about ourselves. Try to find a new interest to bring into your life whether that may be reading, art, or even learning an instrument. If you have a guitar, piano, or anything laying around find some time to sit down and learn to play. This is the perfect time to do so. Just grab your instrument, go on YouTube and kickstart your new talent. You never know you could come out of this quarantine with a new skill to share with your friends!

Self-care

It is very important to look after yourself, you are very important and sometimes we all forget that. We work so hard during the year that sometimes we work ourselves too much. Take this time at home to really try to understand how you are feeling inside. Self-care can be anything from actual appearance, or even how you feel mentally. You can take care of your skin by doing face masks, or hair by doing hair masks. You might not have had time to do those little things before, but now you do so just GO HAM! However, sometimes it's not just appearance but also our true feelings. If you are feeling sad, stress, or down, try to



just relax and not think about anything. I know it can be hard sometimes, and overthinking is a problem I struggle with too. Try to go on a walk away from people and just breathe. Don't go on your phone, or simply cut out social media for a little bit, which can sometimes be the cause of feeling insecure, or sad. There are a lot of different things you can do, but just try to stay positive and attract good things into your life. Trust me, it takes time, but happiness or anything will eventually come.

This quarantine is hard for all of us, and even harder for people who rely a lot on social interactions. Just stay happy, and positive because I believe that we can get through this pandemic together. It will pass on, and we will live a great life again. If you are bored take some of my tips above, or do anything that makes you happy. I'm wishing everyone the best of luck, stay safe, and stay clean!

GUIDE TO THE SAT

Ennio Lamari

With the recent pandemic, we are constrained to stay within our homes. Many of us are trying to find ways to cure our boredom, such as studying for future exams. Although canceled, the SAT will still be taken by millions of students in the near future and it is best to start reviewing the material as soon as possible. In this article, I will highlight some key elements as to how I prepared for the SAT and managed to overcome difficulties.

GENERAL TIPS

Time

When it comes to the exam, students who already took it will tell you that the difficulty is not the exam itself, but rather the time given to complete it. You should learn to pace yourself and only spend a few moments per question. You need to analyze the test and recognize which questions might require more time.

Read carefully

This might sound obvious, but is it essential to read thoroughly each and every question. Every word in the questions is here for a reason and a single word can drastically change the meaning of the sentence. The College Board will make questions with a trap that many test-takers will fall in, so make sure you do not skip any of them!

Prioritize your time!

For people who never took the SAT, it is important to know that questions get progressively harder. This means that as you work through the test, questions will start to get harder and thus take more time. However, harder questions do not give more points! Prioritize your time on easier questions!



DO NOT SKIP

Getting a wrong answer does not cost you any points, this means you should answer every question no matter if you are sure of yourselves or not!

Have your material

For the test, you will need an No. 2 pencil and an eraser as a pen and mechanical pencils are forbidden. Don't forget to bring a calculator and a watch if possible. To make sure you are all set for the examination, go on the college board website and check the items allowed and what items are needed.

Review

I cannot stress it enough, although this test does need review, it is better to study everything you have learned in mathematics and English up until grade 10 (trigonometry is the usually the most advanced mathematics you will find on the exam). A good tool to review everything for free is Khan Academy SAT Practice, which gives you access to a bunch of free practice tests as well as questions that let you evaluate your skills in each section.

If you rather work on paper, I advise buying either Barron's or The Princeton Review's SAT prep.

Tips for the math section:

- Know your formulas! They will be needed when solving questions.
- Know how to analyze tables and graphs
- Understand the relation between the numbers and the question asked (ask yourself “What does this number mean in this context”).
- Know when a number/ given information is useful or not (Sometimes you might be given extra information that is not needed for the problem).
- If you don’t know the answer, just choose the answer that makes the most sense, there will always be at least 1 choice that doesn’t fit.

Tips for the grammar and reading section:

- Know the grammatical and punctuation rules!
- Be able to analyze a text and understand the implicit meaning.
- Remember that in a text, the beginning and ending of a paragraph will contain the main information, thus if you lack time, just concentrate on those parts.
- In the reading section, questions will usually be asked in order based on the text, or in other words, the first questions will be based on the beginning of the text.
- Don’t spend too much time on the passage.
- Find the best strategy for you: either read everything and answer, or read a part of the text, answer the questions related to that part, and then come back to the text.

Of course, there are hundreds of tips out there to help you conquer this exam, however, I believe that these tips will give you a headstart in your preparation for the SAT. You don’t have to be a genius to have a good start, you just need confidence as well as good preparation. Head to Khan Academy to practice or check Prepscholar’s blog where you will be able to access a multitude of articles concerning the SAT and how to approach it.

BAKING IN QUARANTINE

Taffy Deng

During the Songkran break, I’ve talked to some of my friends, and we all felt that the virus is affecting many aspects of our daily lives, making it inconvenient to do most things. But one area it shouldn’t impact is your kitchen. I mean, after all, that’s the place I’ve been to the most during this whole pandemic.

If you stock up on the right foods and the right amount of groceries, a self-quarantine doesn’t have to leave you hungry. In fact, if you’re healthy, it can be a chance to finally spend a few extra hours in the kitchen and master some baking recipes that you haven’t had the time to tackle. After all, now you’ve got plenty of time to binge-watch The Great British Bake Off and find some inspiration.

Other than that, it’s been proven that baking could bring loads of psychological benefits, one of which is stress relief. The stress many of us are feeling right now is related to a lot of mental and physical problems, and finding ways to cope with that stress is important to leading a healthy life. Baking can help with that.

Look in your pantry, if you have flour, sugar, baking soda and baking powder, you’re on the right path. Your refrigerator should already be stocked with butter, eggs, and milk, the fundamentals for so many baked goods. Not sure what to make? Today I’ll be sharing 2 recipes that are quick and easy but also delicious.



Recipe #1

Lemon “Brownies”

If you never had Lemon Brownies, you should make some as soon as possible. First, they are so incredibly easy to make and require only a handful of ingredients that you most likely already have on hand.

Cake Ingredients:

- 1 cup all-purpose flour
- 1 cup white granulated sugar
- ½ teaspoon salt
- 12 tablespoons (¾ cup) unsalted butter (softened to room temperature)
- 3 large eggs (room temperature)
- 2 lemons zested and juiced
- 3 large eggs (room temperature)
- 2 lemons zested and juiced

Glaze Ingredients:

- 1 cup confectioners sugar
- 2-3 tablespoons freshly squeezed lemon juice
- 1 tablespoon freshly grated lemon zest (optional)

Instructions:

- Preheat the oven to 176.7 degrees C.
- Line a 9x9-inches baking dish with parchment paper and grease it with baking spray or butter, and set it aside.
- In a large bowl, using an electric mixer beat together: flour, sugar and butter until creamy.
- Add salt, eggs, lemon juice and lemon zest to the flour mix. Beat on medium speed until smooth, about 3 minutes. Stop once to scrape the sides and bottom of the bowl with a spatula. Pour batter into the prepared baking dish.
- Bake in the preheated oven for about 25 minutes, start checking after 20 minutes of baking. A toothpick inserted in the center should come out clean and the sides of the cake will start to get golden brown, while the center will be settled.
- Remove from the oven and cool in the baking dish for 10 minutes, after that transfer the cake to a cooling rack and continue cooling.

Lemon Glaze:

- Add all the ingredients to a medium bowl and stir to combine until smooth, and make sure there are no lumps. If the mixture is too thin, add more confectioners sugar, 1/4 cup at a time. If the mixture is too thick, add more lemon juice, 1 tablespoon at a time.
- Spread the glaze over the cooled brownies. Let it settle.
- Slice into bars and serve.
- Store in the fridge in an airtight container or wrapped in plastic wrap for up to 4 days.



Recipe #2

No-Bake Chocolate Peanut Butter Bars

It has come to my attention that some people didn't have an oven in their house so I decided to share a "non-baking" baking recipe. The no bake chocolate peanut butter bars combine the two flavors we love the most: chocolate and peanut butter. The peanut butter layer tastes remarkably similar to the center of a Reese's Peanut Butter Cup. The best part of all? They're made from just 5 simple ingredients!

Ingredients:

- **Butter:** ½ cup (115g) **Salted Butter.** You can use salted or unsalted butter. If using unsalted, add 1/4 teaspoon salt when you add the peanut butter.
- **Graham Cracker Crumbs:** 1 cup (85g) Graham cracker crumbs add structure and texture. You need about 8 full-sheet graham crackers for 1 cup of graham cracker crumbs.
- **Peanut Butter:** 1 cup +2 Tablespoons (280) which should be separated. Peanut butter is the main ingredient and it's actually used in both layers. For best texture, I suggest a processed creamy peanut butter such as Jif or Skippy.
- **Powdered Sugar:** 2 cups (240g) Powdered sugar keeps everything together and adds sweetness.
- **Chocolate Chips:** 1 cup (180g) Semi-Sweet, because we can't have chocolate peanut butter bars without chocolate.



Instructions:

1. Line an 8x8 or 9x9 inch square baking pan with aluminum foil or parchment Paper. Now set it aside.
2. Mix the melted butter, graham cracker crumbs, powdered sugar together in a medium bowl. Stir in 1 cup (250g) of peanut butter, then press evenly into the prepared baking pan.
3. Melt remaining 2 tablespoons of peanut butter with the chocolate chips in the microwave or on the stove. Stir until smooth. Spread over the peanut butter layer.
4. Chill in the refrigerator until completely firm, at least 2 hours. Allow to sit at room temperature for 10 minutes before cutting. Serve chilled. Setting them out for a few hours at room temperature for serving is okay.
5. Cover leftover bars tightly and refrigerate for up to 1 week

--- Pop Culture Section ---

NETFLIX RECOMMENDATIONS (BINGERS WELCOME)*Sophi Tanta-Nanta*

Having nothing to do during the day can really make the days feel long and tedious. Thanks to entertainment companies such as Netflix, time can be passed a bit faster and definitely be made more enjoyable. Here, I'm going to recommend a variety of shows and movies available on Netflix.

**The Big Bang Theory**

The Big Bang Theory is an American sitcom first released in 2007. It is currently available on Netflix with all 12 seasons making it perfect for binge-watching. This comedy follows the lives of a group of four, very awkward science-obsessed friends, whose lives all change when a new neighbor moves in across the hall. However hilarious this show may be, as a word of warning, it contains occasional inappropriate scenes and references.

**Tiger King**

Tiger King is a documentary series available for a limited time. It has been described as dark and riveting, as it shows the steady spiral downwards of a zoo-keeper in the United States. There are 8 episodes available averaging about 45 minutes long each. If you've been active on almost any platform of social media lately, you'll know that it's been all the rage. (This show is rated 18+ for language and substance.)

**White Chicks**

The Wayans brothers star in this slapstick comedy White Chicks, as their careers as FBI agents get out of hand and they risk losing their jobs. This movie is made interesting by the use of stereotypes (for comedic purposes) and appearances amongst the characters. If the name of the movie wasn't enough to get you to want to watch, the main characters are two black men that dress up as white "chicks" and attempt to impersonate them. (This show is rated 18+ for language and substance.)

**Sherlock Holmes**

Benedict Cumberbatch takes on the role of Sherlock in this adaptation of Sir Arthur Conan Doyle's excellent book series (another great way to pass time would be to read these books). This series is sure to thrill you psychologically and keep you on the edge of your seat or stiffen you as you lay in bed. This show is slightly morbid and can be pretty scary at times, but is very interesting to see the thought processing of Sherlock Holmes the detective. (This show is rated 18+ for language, violence, and substance. This show can also be triggering to some as dead bodies are shown.)

THE USE OF CHEESE IN THE GRILLED CHEESE FEATURED IN THAT ONE SCENE IN THE DEVIL WEARS PRADA.

Alicia Galarza

We are currently living in a time where, besides zooming into our online classes, we don't really have anything to do. In an era of being couch potatoes, which gives us not only the time to watch a bunch of movies on Netflix, but also the time to psychoanalyze those movies. I, too, am guilty of this, and with that, I will be focusing my psychoanalysis efforts on a single story. It is a story of cheese, a grilled cheese sandwich, a guy that either uses too much cheese or doesn't know how much it costs (who is a chef btw), and Meryl Streep, who doesn't really have anything to do with the article. This story is called: That one scene with a grilled cheese sandwich that has way too much cheese in *The Devil wears Prada*. If you have not noticed by now, the keyword of this article is "cheese".

You may honestly be thinking "*Alicia, you're crazy, no one cares how much cheese this guy is using*". Now, there are two reasons you are wrong. First of all, Nate (the dude who is making the grilled cheese) is the crazy one, because he's using that much cheese that I have to write about it, and two, everyone should care about how much cheese is being used. Now, let's start off with the facts. The main character, Andy, comes home from her new job, and her boyfriend, Nate, makes her a grilled cheese sandwich. After having a conversation about her annoying boss, she ends up saying "I'm not hungry anymore." in which he replies "Oh no no no, give me that. That's like \$8 of Jarlsberg in there."

A little background on Jarlsberg for you: It is a mild cow's milk cheese, it originates from Jarlsberg, Norway, and in 2019, a pound (0.45 kg) of Jarlsberg cost \$17. Now it may be more or less around the same price, as while doing some research, I found a website that sells it for \$16.22 a pound, but for this situation, we will say it is \$17.

If we use the quote from *The Devil Wears Prada*, Nate is using \$8 worth of Jarlsberg in one sandwich. If we do simple math, and divide 17 by 8, and multiple it by 100 (to get the percentage), we get 47%. So, this dude is using 47%, which is almost half of a pound (0.227 kilograms) in one single sandwich. Here is an example

eof what a sandwich with 8 ounces of cheese would look like:



According to Former chef, and grilled cheese expert, Ms. Sylvia, who although is a first grade teacher at Berkeley International school, has in fact worked in the culinary field, and is an experienced chef, she says "You could make about 8 grilled cheese sandwiches with a block of cheese. Realistically, you would use about one slice of cheese for each sandwich." She has also mentioned that a sandwich with this much of a surplus of cheese would take quite a while to cook.



I personally find it hard to understand something if I do not have a visual to aid my comprehension of the situation. Here is a photo of an 8-ounce block of cheese (second photo in the slideshow seen above). If you look at the bottom right corner, you see that it weighs 8 ounces (226.79 grams), which is half a pound. Now in this scenario, since he is using 7.52 ounces, he is

using 94% of the block shown here. To simplify the information I just loaded on you, he is pretty much using the whole block seen on the right in one sandwich. This can be considered weird for multitude of reasons, but I will give you two. One, no one should use that much cheese. Two, he is a chef - supposedly. If he uses 47% of a pound each time he makes a grilled cheese sandwich, he will only be able to make two real grilled cheese sandwiches, and a really measly third sandwich.

While this entire time I have said he is using way too much cheese, there is also the possibility that he doesn't know how much his cheese costs. This can cause serious implications for his financial stability. Nate and Andy live in New York, and seem to live in a one-bedroom apartment. Back in 2006, one-bedroom apartments would go for \$1,850–\$2,850 a month. With Nate being a chef, which on average makes \$4,334.16 a month, and with Andy being an assistant to an editor in chief for a fashion magazine, which makes an average of \$3,247 a month (probably less since she is fresh out of college), this can make living in New York financially harder on them. With an average cost of an apartment being

\$2,098 a month, spending on average \$471.34 on groceries each month, and buying \$17 dollar cheese for every two sandwiches he makes, it would be very hard to have any savings for later on in life.

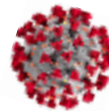
Overall, even if Nate does use too much cheese, or doesn't know how much it costs and is theoretically putting himself, and his future financial stability in jeopardy, it doesn't matter. At the end of the day, all that matters is that Nate is stupid. He should know how much cheese to use, or how much it costs. He should be able to not burn the grilled cheese. He should, but he doesn't, and that's fine, because I don't like him, and that's all that matters. That and the fact that I have time to psychoanalyze how much cheese is being used in one sandwich in a single scene in a movie that was made over ten years ago. That and that he burns a sandwich, even though he is supposedly a chef - supposedly. So, moral of the story, one, he uses too much cheese, isn't able to make grilled cheese without burning it, shouldn't be in charge of his finances, because who spends \$17 on a pound of cheese, and two, I need help. A lot of it.

PRIDE POLL

Click below to take our poll and find out the results next month!



Will you survive quarantine?



Last Months Results:

Last month, when we asked "how are you handling quarantine?", 60% of you said you were a couch potato, 20% of you said you were bored, 20% of you said you were productive, and none of you said that you were scared that you haven't left the house.

60% =



20% =



20% =

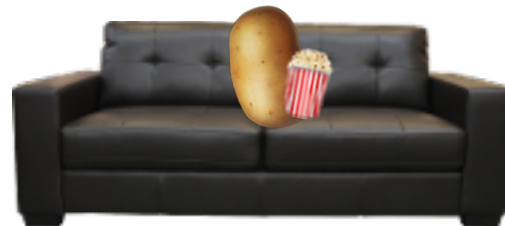


0% =



The verdict:

None of you are worried about not leaving your house, some of you are bored, some of you are productive, and a lot of you are couch potatoes!



Response of the month:

"Staring at walls has never been so exhilarating."

-Marlena Wilson (Grade 12)

Pride Papers

BE PART OF THE PRIDE!



It's not too late to be in the last issue of the Pride Papers! Contact one of our staff members, or Alicia, if you're interested. The Pride Papers will be returning next school year, hope to see you then.