

Editor: Jailene V.

Contributors: Eve G_H.

Natalie R. ,Liz V., Kaitlyn H.

Clancy N.

Facilitator: Peggy R.

Special points of interest:

- Earth Day
- Sustainable Communities
- Arbor Day
- Memorial Day
- Climate Change and the Repercussions
- IFD (Finally!)
- BE KIND TO ANIMALS WEEK
- CINCO DE MAYO

Inside this issue:

Earth Day	2
Sustainable Homes	2
Memorial Day	2
Arbor Day	3
Autism Walk	4
March of Dimes	4
IFD	4-

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EARTH DAY, APRIL 22, 2010 ... SUSTAINABILITY: THE TIME IS NOW.

Earth day was first celebrated April 22 in 1970. Founded by U.S. Senator Gaylord Nelson, it is celebrated in many countries every year. Senator Gaylord first proposed the idea in a fledgling conservation group in Seattle on the 20th of September 1969 as a way to get Washington D. C. to recognize the growing need for conservation. On its first celebration, more than 20 million Americans participated. Earth day is also celebrated on the spring equinox by many members of the UN. What does the word sustainability mean?

Sustainability is related to the quality of life in a community -- whether the economic, social and environmental systems that make up the community are providing a healthy, productive, meaningful life for all community residents, present and future. Here are some key words that help define sustainability in communities:

Conserve

Recycle

Reuse

Reduce



Take action: Can you think of at least 5 ways in which you can make a difference for your environment? Here are some hints as to categories: Reduce your carbon footprint; Don't let your cars or school buses idle; Run your washer or dishwasher only when it is full; Use only a water restricted shower head and shower instead of bathing in a tub. Use a stainless steel container instead of a plastic water bottle. Can you think of more ways to take action?



Saving the Earth: we can all make a difference: more suggestions

1. Get a human-powered lawn mower instead of a gasoline lawn mower.
2. Instead of throwing your garbage away why not compost it. 60% of household waste is fit for the compost pile.
3. Buy and wear clothes that are organic cotton.
4. Instead of driving your car why don't you walk or ride a bike. It's good for the environment and it's also good for your health.
5. Use eco-friendly household cleaners instead of the chemical cleaners.
6. During the summer try not to use an air conditioner. Use a fan and have it circulate.
7. When it's time to do your laundry try to not use your dryer. Use a clothes line or a wooden drying rack.
8. Use rechargeable batteries instead of single use batteries. It will save the Earth and it will save you money in the long run.
9. Consume organic foods like fruits, vegetables, different meats and dairy products. Organic foods do not have pesticides and other types of chemicals and it's healthier for you and the environment.



Sustainable Homes

How many of us live in a sustainable home? I, myself, do not have much of a sustainable home. Everyone can make their home more Earth friendly by doing the simplest of things. We can change our light bulbs from incandescent bulbs, shut

water off while brushing our teeth, recycle glass, aluminum, paper and plastics. We can turn off all unnecessary lights in the unoccupied rooms, unplug all chargers that are not in use, and did you know that anything in your house with a red “vampire eye” light as they call it, draws energy all day and all night. Unplug any red eye compo-

nents. Did you also know that when your TV is off, it still uses energy if it is plugged into a cable box or DVR component? Just think and be cognizant of what your carbon footprint is on this earth. If everyone made a conscious effort, then the earth just might have a chance.--MS



Last year alone, we discarded enough plastic water bottles to circle our earth 106 times.

Please consider using a stainless steel refillable water container and let's be more aware about our waste.

Greenhouse gasses / climate change

Climate Change Climate change is a change in the statistical distribution of weather over periods of time. It can be a change in the average weather or a change in the distribution of weather events. Climate change may be limited to a specific region, or may occur across the whole Earth.

There are a number of natural factors affecting climate change, some are: the continental drift, volcanoes, ocean currents, the earth's tilt, and comets and meteorites. It's not only affecting us people, but it's also affecting animals. During climate change, animals are getting confused as to whether it's summer or spring, and they come out of their hibernation or winter migration habitat. Because of the weather, if it's too cold, they may end up dying, or will not be able to find food and it will make their species become endangered. Too many carbon emissions from fossil fuels contribute to the greenhouse effect and cause global warming which is a major cause of climate change.



—kh

HONOR OUR VETERANS: **MEMORIAL DAY** Prepare now! It's less than a month away!

Memorial Day

Memorial Day is a United States Federal holiday on the last Monday of May. This day is known for commemorating the service and sacrifices of U.S. men and women who died in military service. Many people observe this holiday by visiting cemeteries or memorials. It was origi-

nally called Decoration Day and originated on May 5, 1868 but was first celebrated on May 30, 1868. As of 1971, Congress decided to make it a federal holiday by celebrating it always on the last Monday of May, thereby giving us all a three day weekend. Many Veterans can be seen around towns selling artificial poppies commemorating all

those who lost their lives in the armed services. Proceeds from the poppies go to sustaining the families and orphans of disabled or dead veterans. Another great way to commemorate this day is to read the poem In Flanders Field and to buy and wear a poppy, put a flag on the grave of a veteran and visit a cemetery. K.H.



ARBOR DAY

Arbor Day is a nationally celebrated day in the USA that honors nature and encourages us to care for our trees and raises consciousness about trees all over the world. It was first founded by J. Sterling Morton in 1871. It is always celebrated on the last Friday in April. If you contact the Arbor Association you can actually acquire free tree seed-

lings to plant. Trees clean our air and provide shade and habitats for birds and small animals. Trees provide beauty for landscaping and help the soil stay anchored in specific areas.

Without trees, our climate would also change and that would have terrible effects on us. The only continent that is treeless is Antarctica. —J.V..

Did you know that the oldest tree in the world is a 13 ft. conifer whose root system has been growing (in Sweden) for 9,550 years? It is a Norway Spruce and it grows by cloning itself from the same root system. The other oldest tree is a Bristlecone Pine in California, which is over 5,000 years old. The tallest tree in the world is the Coastal Redwood in CA at 367.6 feet tall. The General Sherman Sequoia is the biggest (Volume) tree at 52,508 cubic feet and it is 274.9 feet tall.



Why are trees so important to our Eco -System?

100 trees remove about 5 tons of CO2 from the air and about 1000 lbs of other pollutants over their lifetime. If you happen to suffer from respiratory disease, you should know that trees remove about 400 lbs of ozone and 300 lbs of particulate. Without trees, many of us would wheeze and cough all the time. Trees re-

duce ambient temperatures between 5 and 8 degrees. In urban areas, carbon monoxide, nitrogen, pollutants and toxic particulates are intensified by all of the cement and together it creates an island-effect heat, which trees help reduce. Trees also help after a large rain storm, and collect huge amounts of water in their root

systems, trunk and leaves. For every 1000 trees, storm runoff is reduced by 1, 000, 000 gallons. Really!

Trees also provide shade and a home for many types of animals and birds.

Did you know that humans emit 32 giga-tons of CO2

each year and only half of that is absorbed by the oceans and vegetation, the rest being trapped along with the other greenhouse gasses that contribute to global warming. Our oceans are nearly saturated, and deforestation is taking away all of our natural filters: please plant a tree, and thank a tree this month...for life and air on earth. In fact, HUG A TREE!

MARCH FOR BABIES: March of Dimes Walk. By Stephanie H.

Yesterday I got to experience my first March of Dimes Walk, "March for Babies". It was one of the greatest days of my life (minus the pouring rain part). Reaching (and exceeding) my fund raising goal was the best feeling in the world. I felt so amazing and warm inside knowing that I made a contribution in helping over 500,00 babies each year that are born too soon. The money I raised supports programs to help moms have healthy, full-term pregnancies. It also funds research to find answers to problems like birth defects, premature births, and those with birth injuries. This organization covers all issues relating to birth and healthy pregnancies. This is my first time walking, but March for Babies has been in existence since 1970, however, March of Dimes has been around even longer. They have raised over \$1.8 billion so far! I am so proud to be a part of this fund-raising organization. To this date, I have raised a total of \$1120.00. It feels absolutely incredible to know that I am making a difference. I could not have done this without the support of others and I am so grateful for them. I plan on doing this walk every year and hope to raise even more next time. I want to thank all of those who believed in me and in the organization, those people who sponsored me monetarily and who supported this great cause.



AUTISM WALK BY Natalie R.



The Autism walk is where people from all over gather together to raise money for autistic people. There are many walks all over the world and there are even smaller versions branched off from *Autism Speaks*. *Autism Speaks* holds walks every year and raises a lot of money. I think it is truly amazing how there are so many people out there who give of their time and money to help others understand autism and how to help those who have it, live a normal life. The walk is May 23 and you need to register at Bergen Community College. Registration begins at 9:00 AM and the walk starts at 10:30 AM. Please consider joining and help support this good cause.

International Food Day: Finally it came!

After the sad decision to cancel IFD due to the big March storm, IFD was finally celebrated on April 4, 2010. Everyone pulled their resources and talents and made so many wonderful and delicious entrees and desserts. We had a great feast with so much left over that we sent up all the "leftovers" and the school had a major nosh the next day for lunch! Of course, some of the annual favorites were Pat's Death by Chocolate decadent dessert, Marian's Potatoes, Dan's famous Oatmeal cookies, Sandra's Arroz con Pollo, Bob's Chili, Peg's Corned Beef and the Italian lasagna by Steve and the Mexican lasagna by Grace. OH!! It would not be the same without "THE BRAIN" by Chris C. Thank you to all the staff and students who made this year even better than the last and we all look forward to next year! Thank you Steve, Peggy and Michele for facilitating and to all the students who worked behind the scenes to make it such a success. _PR





Adopt a pet from a local shelter: Please do not support local puppy mills: They are not concerned with the welfare of the puppies. They breed without regard for genetics and health concerns; They are only interested in it for the profit. Puppies are forced to spend their lives in cages, often standing or lying in their own excrement. They don't often get exercise or proper ventilation. They are subjected to 24 hour noise of constant barking and howling of other puppies. Most are taken from their mothers too soon and do not know how to interact properly with other animals or humans. Many have congenital defects and disease and are so stressed and agitated that they have a hard time acclimating to a quiet home and people; If you do get a puppy from a puppy mill, know that you have saved the life of a puppy who otherwise would be left in those cages for indefinite times. Adopt from a shelter if you can, and support them any way you can. E.G_H

Even though May 1—8 is Be Kind To Animals Week, be kind to all animals all days, always!

Have you ever wondered what happens to all the homeless pets in New Jersey? Most of them end up in shelters. One shelter that specializes in finding home homes for homeless animals is The Friends of the Shelter in Clifton, (located in the Clifton Municipal Complex behind City Hall and the police station, on Dog Pound Road.) They hold and care for their animals for seven days, and then the animals are put up for adoption. Friends of The Shelter are always looking for volunteers of 16 years of age and up. So care to spend an hour or two a week to help an animal in need? Stop by any evening between the hours of 6:30-8:00 PM. Along with volunteers, the shelter is also looking for donations such as: regular bath towels, paper towels, disposable gloves, Pine Sol, dry Pedigree dog food or dry Dog Chow dog food. So stop by and either lend a hand, or maybe donate something. These animals need all the love and support they can get. E. V.

The ASPCA is a non-profit organization that rescues stray and abused animals so that they can be adopted by loving families. Many are in need of volunteers to help with the numerous amounts of animals in their shelters. To help, one must first apply, and then one must go to a volunteer orientation before doing any actual work. For most jobs you must be eighteen years of age or older, but some types of jobs only need for one to be sixteen years old. Some tasks include cleaning the cages, socializing the animals, foster care, and for those that want to help the animals but have reasons that they cannot, they also have desk jobs. A full list of the jobs and the steps to volunteer are at the ASPCA website <http://www.asPCA.org/aspca-nyc/volunteer> E.G-H



HOMELESS ANIMALS: WHAT CAN WE DO?

There are many homeless animals all over the world, but lucky for them there are people who do care. There are animal shelters all over the place that take care of these homeless animals and they help find them a home. If you want any information on a local animal shelter near you go to

[www. petfinder.com](http://www.petfinder.com). The site will help you find what you are looking for. If you are looking for a new pet go to a local shelter and give one of the animals a loving home. If you can't adopt a pet at least take some time and donate some money. Whether it's \$10 or \$1, every bit counts. The money that people donate goes to giving food and water to these homeless animals and even beds. So please try and help any way you can. Other monies go to veterinary care for sick animals.

N.R.

Be Kind to Animals Week

Day after day, animals are being neglected and treated poorly. The week of May 1-8th, makes us more aware. This past week was "Be Kind to Animals" week. In Bergen County alone, there are many shelters with several animals that were abandoned, treated poorly, etc. Not everyone has pets, not every one can have pets — whether it's because you don't want one or can't afford it or are allergic, but no animal deserves to be abused. New homes were found for nearly 2,200 cats and dogs last year through adoption. What can you do to help animals in need? You can volunteer at a shelter, you can donate time or food or money. Just be aware, and make a difference. Animals love you back unconditionally! K.H.





CINCO DE MAYO —OLÉ, OLÉ, OLÉ, OLÉ!—

Cinco De Mayo

Cinco De Mayo (Spanish for the fifth of May) is a celebration that revolves around the victory of the Mexican militia over the French army at the Battle of Puebla in 1862. It's primarily a religious holiday that is celebrated throughout the state of Puebla, the United States, and has limited recognition in other parts of Mexico. In Mexico it is not considered “an obligatory federal holiday”, but completely voluntary. Despite many beliefs, Cinco De Mayo is not Mexico's Independence Day, which is actually September 16.

The Battle of Puebla could not have happened at a worse time in Mexico's history. Even though it had been 41 years since Mexico had won their independence from Spain, they were still struggling with a number of internal political take-over. Not to mention Mexican-American war (1846-1848) and the Mexican Civil War, which happened only 4 years prior. During hard times such as these, Mexico had developed quite a lot of debt to numerous countries, such as, Spain, England, and France, who were not so willing to wait on their payments.

At first, the French were willing to accept loan payments, but that did not last long at all. When the French had had enough, they invaded the gulf coast of Mexico, along the state of Veracruz, and began to make their way towards Mexico City. The French Army encountered strong resistance near Puebla. Led by Mexican General Ignacio Zaragoza Seguín, a smaller and poorly armed militia estimated at 4,500 men was able to defeat a well outfitted French Army of 6,500 which helped stop the invasion.

The victory was short-lived, one Napoleon III heard of this he found an excuse to send more French men overseas to Mexico. 30,000 more troops and a year later, the French were able to depose the Mexican army, take over Mexico City, and install Maximilian as the ruler of Mexico. But, Maximilian's rule was short-lived as well. With the American Civil War now over, the U.S. was able to provide more political and military assistance to Mexico to expel the French. So despite the eventual French invasion of Mexico City, Cinco de Mayo honors the bravery and victory of General Zaragoza's smaller and outnumbered militia at the Battle of Puebla in 1862. E.V.

Cooking Club News: Speaking of Cinco de Mayo...

The Cooking Club made and sold 51 Cinco de Mayo empanadas and thanks to your support, we can now buy an Ebelskiver pan to make Danish Ebelskivers (Filled donuts). Thanks to all who supported our Cinco de Mayo Fundraiser! We also want to thank guest chef, Sandrita, for her help and talent and for running to BJ's to get the dough! ¡Te Queremos, Sandrita!
¡Muchas Gracias! Thanks also to all those who filled, fried and sold the empanadas!



—P.R

PROM: MAY 27... ARE YOU READY? MAKE A CHECK LIST:

- ◆ Buy or rent your dress or suit or tux;
- ◆ Plug in your cameras and phones; bring some extra money, just in case!
- ◆ Order the flowers; make the hair and nail appointments;
- ◆ Figure out the transportation to and from;
- ◆ Figure out what you are doing before or after the Prom;
- ◆ Make and take a pledge to stay safe and be sober and clean.
- ◆ DO NOT TEXT / PHONE AND DRIVE: BE SMART: HIRE A CAR SERVICE!

Mother's Day

This year Mother's Day was celebrated on Sunday May 9. Mother's Day is a very special day for mothers. It is a day to honor your mother and thank her for everything she has done for you. Mothers are really amazing because their children drive them crazy and sometimes do things that hurt their feelings but mothers always forgive even when what the kid did should be unforgivable. Mothers are loving and caring and they will always be there. It doesn't seem like that at times, but in the end they just want the best for you and they want to protect and care for you. So make sure you do something great for your mother this Mother's Day. K.H.

Ideas of things to do

You can pick some flowers or buy some.

You can make her breakfast and if she's still sleeping make her breakfast in bed.

Make her a card or you can buy a card.

Write her a poem, song, letter, etc.

Make her a cake or something she really likes.

Make a CD for her with all her favorite songs.

Make a picture frame or you can buy a plain one and decorate it yourself and put a picture of you and your mother together.

You can also draw or paint a picture that's special for your mom.



There will be a special add-on issue to this issue so we can publish the Prom Pictures of 2010. Stay Tuned!