



TLC Newsletter

Fall 1 2017 Issue

TRAVEL INFO

Want to Explore Outside the City in NY State?

BEAR MOUNTAIN STATE PARK

By Maryam Almugla

Bear Mountain State Park is one of the most interesting places in New York State. It is a very nice and popular destination. It is on the west side of the Hudson River in Rockland County, New York. There are many facilities in this park. Some facilities that are available includes BBQ grills, picnic tables, rental boats, a swimming pool, and a restaurant.

There are a lot of things to do and see in Bear Mountain State Park. People can have a picnic, visit the Trailside Museums and Zoo, walk on the Bear Mountain Bridge, ride a horse, rent a boat, and walk along the river. Also, it is a great place to have a BBQ and take a picture especially in the fall when the leaves begin to fall from trees. So, it is the best time for people to go there on fall and they can see beautiful and colorful leaves along the Hudson River.

If you are planning to go there, you can go by bus from Port Authority Bus Terminal near Time Square. The trip will take just one hour from the city. The cost of this trip is about \$27.80 for adults and \$13.90 for children. For more information about the transportation, you can visit the website below. Also, you must to buy a lift ticket to be on the mountain. It is about \$33. On the holiday or a weekend it will be more expensive than the weekday. If you need more information about the ticket you can visit the following website: <http://ski-bigbear.com/dailytickets>

Transportation Info:

<https://web.coachusa.com/shortline/booking.asp?action=ProductDetail&TRP=1&productId=7306>



COLD SPRING, NY

By Yousef Almugla

In Cold Spring people will find many different kinds of entertainments, cultural activities, and food. It has some of the best restaurants in the Hudson Valley. Another thing that people can do is to visit the gardens which have beautiful paths and different types of flowers. For those who are interested in buildings, they can go experience Bannerman Castle, one of the historical buildings located on the waterfront. It is another unique thing that people will like. Also, there are many outdoor activities, such as boating, hiking, and cycling. These activities can be enjoyed on the huge mountains or in the attractive lake in Cold Spring.

The best time to visit cold spring is on fall season, because it's still not start to snowing. And you will feel and see the different colorful tree's leaves from different stands. It's like a magic in the fall. The foliage is spectacular! You will love it. The weather tends to cold in fall season, with average is between 40 And 65 Fahrenheit. The Village of Cold Spring is easy to access from major highways and the Hudson Line runs frequent trains from Grand Central Terminal on the Hudson Line (to Poughkeepsie); weekend round trins are \$20.



SLEEPY HALLOW, NY

By Bo Wu

Sleepy Hollow is a beautiful village which is located to the north of New York City and is close to the Hudson River. You can enjoy the beauty of nature and also visit famous landmarks, such as the Waterfront, Hudson Valley Writers' Center, and Tarrytown Music Hall. Do you know Washington Irving? Have you read his work "The Legend of Sleepy Hollow"? If you did, you'd better go there. You can understand the main character in his work.

What's more, you can visit the Sleepy Hollow Cemetery by the way, where a lot of celebrities are buried, including William Rockefeller, who was a famous American businessman, Walter Chrysler, who was the founder of the Chrysler Corporation, and Washington Irving.

If you decide to go to Sleepy Hollow in October, you will have an opportunity to watch Great Jack-O-Lanterns Blaze, where there are 7,000 creative and scary hand-carved pumpkins with candles which are called Jack-O-Lanterns. It's best to buy tickets for this event in advance because it is popular so the tickets can be sold out.

You can go there by car or train. If you choose to drive a car, it will take 90 minutes from Astor Place. If you choose to take a train, it will be faster and takes 78 minutes from New York City's Grand Central Terminal to the Philips Manor. Sleepy Hollow is an absolutely wonderful destination for everyone.

You can get more information about Sleepy Hollow from the following website:

<http://visitsleepyhollow.com>



WHAT IS HALLOWEEN?

BY BO WU, MARYAM ALMUGLA, YOUSEF ALMUGLA

Halloween has a long history. It originates from 2,000 years ago. There were people called Celts celebrating it who lived in Ireland, UK, and parts of Northern France. On November 1st, it was their New Year's Day. They believed that the night before the New Year (October 31st) was a time that the alive and the dead people came together. It was a Christian festival named All Saints Day or All Hallows. This was a special holiday to honor the saints and other people who died for their religion. The night before All Hallows was called Hallows Eve. As time went by, the name was changed into Halloween. There are different beliefs. For example, some people think that the spirits of the dead would visit the earth on Halloween. They are worried that evil spirits would cause problems or hurt them. So people wore costumes that looked like ghosts or evil or witch in that night. They thought if they dressed like that, the spirits would think they were also dead and not harm them.

During Halloween Day, there are many kinds of food we can eat, such as candy, caramel apple, pumpkin cake, pumpkin bread, pumpkin cookies and so on. And if you have a chance to go abroad on Halloween Day, you can eat some food which are different from food in America. For example, you can eat barmbrack in Ireland and eat bonfire toffee in Great Britain. What's more, people cook different kinds of candies than before. Now you can eat "skull or eyeball". Don't worried. They are made of sugar.

At the same time, there are many interesting activities, including trick or treat and pumpkin carving. As we all know, Children dress some costumes to act some ghosts roles and then knock the neighbors' doors just for candy or apples. If neighbors say no, they will make some little trick. Furthermore, people make pumpkin into a Jack- o-lanterns. Do you know before 1840, there was no pumpkin carving. people used white radish to carve! Nowadays people can carve the pumpkins according to their own designs. So you can find various kinds of Jack-o-lanterns on the street on Halloween Day. What an interesting thing!



HOW TO USE THE PRINTERS AT SCHOOL

BY BO WU

Do you know how to use the printer in our computer lab? It's really a problem which may trouble you when you want to print some homework. This is an instruction about how to print at the computer lab which can be very useful for you.

1. Choose the document which you want to print in the computer.
2. Choose the right printer named PM-BLACK01 and press the print button in the computer.
3. Go to the work station and swipe your student card in the magnetic stripe which is connected to the work station.
4. Choose the documents you print in the station's computer and press the confirm button;
5. Your documents will be printed.
6. If you meet some trouble, you can call the administrator for help.

Pay attention: You need to pay \$0.07 for each page.

Different Holidays Celebrated Around the World in Fall

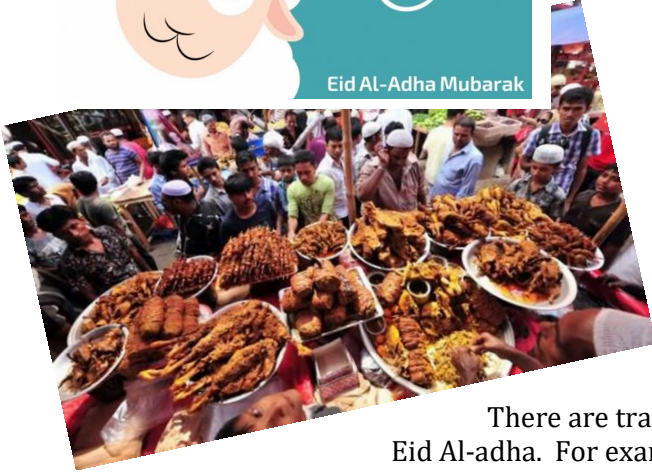


Eid Al-Adha

By Maryam Almugla

Eid Al-Adha is one of the most important festivals on the Muslim calendar. It is over in four days. It is celebrated on the 10th day of the last month of the Islamic calendar which is called Dhu al-Hijjah. This year, Dhu Al-Hijjah was on August 31st to September 1st. Muslims from many countries around the world, such as Saudi Arabia, Turkey, and Pakistan celebrate on this day.

The reason why people celebrate Eid Al-adha is a story that tells us how God command the prophet Ibrahim to sacrifice his son named Ismail as a test of his faith. However, when Ibrahim attempted to kill his son, God told him to sacrifice a sheep instead. Therefore, every Muslim's family started slaughtering sheep one Eid Al-adha to remember Ibrahim's sacrifice.



There are traditional and special rituals that people do during Eid Al-adha. For example, on the first morning of Eid Al-adha people attend the Eid prayer at their local mosques. Afterward, they celebrate with their families and friends. One of the greetings they use is "Eid Mubarak" which means "Blessed Day." One of the activities people do is they give out gifts just like Christmas in here.

Mid-Autumn Festival

By Bo Wu

Mid-Autumn Festival is a Chinese traditional festival. People also call it as Moon Festival or Lantern Festival because it's popular to appreciate the moon or make lanterns on that day. The date of Mid-Autumn Festival is on August 15th in Chinese lunar calendar. It is usually on September or October in the western calendar. People choose the August 15th to celebrate it because it is the harvest season.

(Continues on next page!)



Mid-Autumn Festival

By Bo Wu (Continued!)

It has a long history, and people celebrated this festival 3600 years ago. There are many interesting stories about this festival, such as the legend of Chang E and Wu Gang chopping trees. During this vacation. People always get together and have a big dinner with their families. They like eating mooncakes, which are made of red bean surrounded by crust, and appreciating the full moon because a round shape symbolizes reunion. What's more, children can make colorful lanterns with their parents. They can also go to lantern shows held by some organizations or government.



In China, the festival is one of the most important cultural heritage. Due to Chinese cultural influence, there are many countries celebrating this festival today, such as Korea, Vietnam, and Malaysia. However, their conventions are different. They add some their own cultural elements in this festival. For example, it is called Korean Thanksgiving Day in Korea. People visit their ancestors' hometown and prepare a lot of delicious food for remembering died people. In Japan, people prefer eating rice ball instead of mooncakes to celebrate the beauty of the moon and they also like eating chestnut on that day. Nowadays, more and more people all around world has celebrated this festival. If you have a chance to go to these countries, it is interesting for you to experience this festival.



Some Healthy Food Suggestions for Students

By Yousef Almugla

It's important for students to choose good food. They could be asked anytime to do assignments, quizzes, and a lot of other daily tasks. They have many challenges in life or in college, so they need to stay focused and be energetic. In addition, good food gives the body an excellent quantity of energy. In other words, energy usually comes from what we eat. Particularly, there are some food sources which help students to be focused in especially classroom. *(Continues on the next page!)*



First beneficial food for student is milk. It is a good source of calcium, vitamin D, and potassium. Vitamin D improves brain function. Calcium builds bones and keeps them healthy. Potassium is crucial to heart function. These mixtures definitely give strength for students physically and mentally. A new study has found that student who drink milk daily score higher on memory and brain tests.

Second healthy food for students are oats. It is commonly eaten as breakfast because it is one of the perfect ways to start off the day before school. Beside it's easy to cook and oat is rich in benefits. It contains a lot of necessary vitamins and minerals. Such as, fiber, vitamin B, and magnesium which are able to help the students staying active and vital all the day. Also, that helps increasing energy, and it's important for heart health. After all of this, student should be conscious of the value of oats.



Third kind of food are blueberries. They are nutritious and healthy food. It really benefits the students. This fruit is low in calories, but on the other hand it is high in nutrients. Blueberry is the king of antioxidant foods. Antioxidant means the food that protects our cells. Also it can helps maintain brain function and improve memory. In a study, 9 participants consumed blueberry juice every day for 12 weeks, after that they saw some improvements in brain function



Student should take care of what they eat, and add these foods in their diet. Try to have it as a part in their lives. To be on the peace and to live longer. In addition, milk, oats, and blueberry can be in one plate. One plate that makes the difference.

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Some Healthy Food Suggestions for Students

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