Helping Around the House
By Ethan

Once in our lives, we all need help with something. The same is true in your house. Have you heard ever your parents say: "Can you please help me with that?" Well, don't worry. Here are some ways you can help your family around the house.

One way is to set the table. This is especially true for any holiday or family dinner. First, remember to keep everything in the right spots. The napkin should be on the left with the fork on the napkin. The plate should be on the middle, the knife on the right of the plate and the spoon on the right of the
knife. The cup should always be above the plate. Make sure that everybody gets the right amount of silverware and napkins.

Another way is to wash the dishes. If there's a lot of dishes, then you can use the dish washer. But if there's a limited amount, then you can wash them by hand. Either a dish rag or sponge will work. Make sure you get everywhere inside and outside including all the little cracks and crevices. That goes for every piece of silverware. When you're done washing use a drying towel to dry all the silverware. Make sure that all the utensils, plates and cups have all been dried.

Cleaning the bathroom is another important way to help your family around the house. Before you start cleaning, make sure you have protective rubber gloves to keep your hands all clean. You'll need a container of wipes on hand. You'll also need a special brush to clean out the inside of the toilet. If your toilet has a tank, you can clean that too. Make sure you again clean everything both inside and outside including the seat. Same goes with the sink. You might also want to clean out the shower but first look around to see if there's hair or anything else. If it's a half bathroom or powder room, then you're good. Oh, I almost forgot! Make sure you clean the mirrors too.

No matter if it's taking out the trash, wiping the counter or table or all the things I've mentioned, you can help your family do lots of stuff around the house in many ways. So please ask your parents if they need help with anything. It'll really make a total difference.
Figure 2 Julius shops at Giant for items for his lunch prep. He is learning to make a sandwich and heat soup in the microwave.
Introducing... the M. Christine Murphy Horticulture Education Center
By Angela C.

Figure 3 The students in Main 211 get to explore the greenhouse in their new Horticultural Therapy Class with Mr. Rich. The students learned about different kinds of soils, different plants, the water and solar technology in the Greenhouse, and worked to replant plants that outgrew their pots.

As you all know, last year we started construction for the new addition for our school. Can you guess what it is? If you guessed the greenhouse, you are right. This year on Earth Day is the grand opening of the greenhouse, and before the opening starts on Earth Day, which is coming soon, I will give you information about the greenhouse.

The name of the greenhouse is the Christine Murphy Horticulture Education Center. The size of the greenhouse is 1,780 square foot, it has a state-of-the-
art irrigation system and accessible classroom space. The greenhouse is going to help the Farm to Table program take the next step in its development. It is also going to dramatically increase the program’s campus-wide impact. It will be accessible for the Farm to Table program. Students in the high school will also be able to have an experience in gardening as a job, which may be something they want to do in the future.

The Farm to Table program will be able to grow plants in the greenhouse. They will also grow flowers in the greenhouse all year round. They can plant fruits and veggies to have fresh produce for the Farm to Table program to sell. There will be fresh fruits and veggies for everyone in Overbrook to eat at lunch. Hopefully students and staff will enjoy eating a healthy fruit or veggie that is served. Maybe there will be a new fruit or veggie for students and staff to try. Eating the nutritious fruits and veggies helps us stay healthy. Some fruits and veggies that people may enjoy are:

- Carrots
- Broccoli
- Spinach
- Peppers
- Zucchini

Mr. Rich Matteo was hired after the greenhouse started to be built in our school. He hopes that the greenhouse can provide the students and faculty with a place to learn and grow. Mr. Matteo would like it to be a place where all who use it can be creative and keep the hopes and dreams of warm weather alive through the winter. Mr. Matteo chose our school because of its fantastic reputation and the love he felt from the moment he walked into the doors of our campus. Mr. Matteo says it feels like family here at Overbrook. Mr. Matteo says that family is very important to him. Mr. Matteo likes to grow minds and hearts. He says the plants are just the medium. What Mr. Matteo likes about plants is that they are all different, just like all of us here on campus and all over the world. Mr. Matteo says he will try to grow carrots, but they do better in the ground outside than in the greenhouse. But he also says we will keep trying to grow them until we figure it out.
This new addition will help our Farm to Table program grow and our campus to grow. It will also help students get interested in gardening and learning about plants. Please come to the grand opening of the greenhouse on Earth Day. The nutrition committee will be cutting the ribbon to start the grand opening of the greenhouse. It will be awesome to see people from around campus there at the greenhouse grand opening on Earth Day. If you have any fruit or veggie you would like to see planted in the greenhouse, please let Mr. Matteo and Mrs. Cathy know.

Are you excited about the opening of the greenhouse on Earth Day? What would you like to see grown in the greenhouse?

Please mark the grand opening on your calendar so you will not forget all about it!

Figure 4 Ms. Bet and Ms. Grace lead a Yoga class in Main 211. The students have participated in the Yoga class twice and have been practicing deep breathing, different poses, and relaxation techniques.

History of Earth Day
By Jessica B.
We all love to clean but we also must clean the earth. I will talk about the history about Earth Day. We all love this wonderful, beautiful place and want
to keep it clean and safe. Here are some things you need to know about Earth Day and how we keep it clean.

In the 1960s people were worried about their health because the air was going bad. Back then, the air pollution was unhealthy because they were burning oil, gas, and coal that was going in the air. Also, in 1962, a scientist wrote this book about the dangers of pesticides used in our crops to kill insects. They were making animals and people sick. People started to worry about our planet because of these things. On the first Earth Day, over 20 million Americans marched down the streets to attend the rallies. They wanted laws passed that would protect the environment. Today we still celebrate Earth Day on April 22 every year.

Pollution is a problem. It’s hurts our water, air, the wild, and animals. More than 14 million tons of plastic has been dumped in the sea by humans. In 2015, scientists looked at more than a million pieces of trash in the Pacific Ocean and 99.9 percent of it was plastic! So, how do we keep the earth clean? One way is we should use less plastic. Put anything that is plastic in the recycling bin and try to use reusable bottles and other items.

There are many ways to celebrate Earth Day. We can clean around the community by putting trash in the right place, planting flowers, sweep outdoors, using less plastic, and using less groceries bags. We want to keep the earth clean. We live on this earth and we only have one.

Earth day is on April 22 and it’s a great day to just clean the community. We want to remember that plastic is very bad for our environment even though we use it. We should use less plastic and try to use reusable bottles. How do you celebrate Earth Day? How do you clean your environment? Can you use less plastic?
How to Make Scrambled Eggs

By Gabby Z.

There are many foods that you can make quickly. Some you can make for breakfast such as pork roll or sausage. Others you can make for lunch, such as a sandwich or a hot dog. My favorite is when you make breakfast for dinner. Scrambled eggs are my favorite. They are very high in protein and they taste delicious.

Your first step is to gather the food materials. You will need one carton of eggs and one cup of milk. Here are your cooking materials: one medium size bowl, one whisk, one large pan and lastly one can of cooking spray. Make sure you gather all your materials before you start cooking.
Here is a way to prepare and cook scrambled eggs. First crack the eggs into the bowl. Next add the milk into the bowl. Lastly whisk the eggs until the milk is incorporated into the eggs.

After the above steps have been completed, it’s time to get the pan ready for cooking. Place pan on the stove then spray pan with non-stick cooking spray. Make sure your pan is hot by taking a little bit of water and flicking it onto the pan. If the pan sizzles that means your pan is hot and ready to go. When your pan is hot, pour your mixture into the pan. Your final step will be to fold your eggs in the pan until they are fully cooked. They should be fluffy and there shouldn’t be any more liquid.

This recipe is one of my favorites. These eggs are good with bacon, toast and pork roll for a balanced breakfast. If you want to spice up the recipe you can add hot sauce after completed. I like to eat my scrambled eggs with ketchup. Please let me know how your eggs turn out using my recipe.

Figure 6 The ladies of Ms. Kelsey’s and Ms. Cheyenne’s class get together for International Women’s Day!
Flirting 101
By Marques

I will be teaching you guys and girls how to flirt one-on-one. It’s pretty easy once you learn to do it. I think you will be professionals once I am finished.

When girls flirt with guys, this is how you do it. You want to make sure you know what you're doing. If you are a girl in this situation, you want to ask the guy how his day was. You want to keep it cool. You must make sure that you both have something in common, otherwise, the conversation might be wasted. When girls flirt with guys, you want to talk about things that you both like.

When you flirt with girls, you want to make sure you know how to do it. Here’s how you would flirt. Smile, and tell the girl that she's pretty. Give her a compliment, like tell her she's funny. You don't want to say something rude and hurt her feelings. You always want to be honest when you're flirting around girls.

It’s appropriate to flirt at a wedding or on a date. It’s not appropriate to flirt when you're in a church or at a funeral. If you are going to flirt, you should do it somewhere it's appropriate.

There are many reasons why people flirt. People flirt because they think it's fun. People flirt because they have nothing better to do. People flirt because they might want to be in a relationship.

Flirting is fun when you are a part of it. When you flirt, it’s important that you know how to do it. I hope this will teach you a valuable lesson.
Figure 7.6 Daniela celebrates her Sweet Sixteen with a bunch of birthday balloons.
Meet Breanna
By Angel

We had a chance to interview Breanna so we can know her a little better. She is a new student in the high school program. Here is the interview.

Q: Have you always lived here?
A: Yes, I have always lived in Philadelphia.

Q: Do you have any brothers or sisters?
A: Yes, I have 3 brothers and 3 sisters.

Q: How old are you?
A: I am 16 years old.

Q: What is your favorite memory?
A: Visiting Disney World. It was my Make A Wish.

Q: What do you want to learn at this school?
A: I am learning grade 2 braille.

Q: Will you go to School To Work after high school?
A: I will stay in and attend the School To Work Program.

Q: This is your first year at Overbrook. How do you like it so far?
A: I was very excited to come back to Overbrook and be in high school to see old friends.

Q: What is your favorite subject in school and why?
A: Art is my passion. I enjoy science and art. I like science because of the different experiments.

Q: Is there any job that you want to work at after school?
A: I would like to attend a school to be an artist or a singer.

Q: What do you like to do in your free time?
A: I like to sing, do art, and be silly by laughing, smiling and making my friends and family happy.

Q: How do you spend your weekend?
A: Spending time with my mom and talking on the phone to friends and family.

Q: Who is your favorite singer?
A: I like R&B and Beyoncé is my favorite singer.

Q: What is your favorite tv show?
A: I don’t have a favorite TV show. I just watch everything on TV.

Q: What is your favorite movie?
A: I like comedy movies with Tyler Perry playing Madea.

I hope that all of you learned a lot about Breanna. This interview went great and I hope I can do more in the future.
Woman of Interest
By Gabby

Michele Obama was born on January 17, 1964 to her parents Fraser and Marion Robinson. She grew up in Chicago. She attended Princeton University in New Jersey. There she studied sociology and African-American studies. She continued her education at Harvard Law school. She graduated Harvard in 1988. After graduation, she went back to Chicago and was hired by a law firm as a Junior associate. That is where she met Barack Obama who was hired as a summer associate with the same firm.

They were married in 1991. In 1993 she founded the Chicago branch of public allies which is a leadership training program for young adults. In 1996 she became the associate dean of student services. At the university of Chicago, in 2002 she became the Executive Director of Community and External affairs for the University of Chicago.
In 2008 her husband decided to run for president. She took a leave of absence from her position. She devoted herself to his campaign. Her husband was elected as the 44th president of United States. As her role as First Lady she was involved in supporting military families and ending childhood obesity. After her husband’s term has ended in 2017 she released an autobiography called “BECOMING”.

After Barack Obama’s term of office in the White House ended, Michelle and her husband bought a new house and moved to Virginia. Since then Michelle Obama wrote a book about her life. Michelle is on a book tour to promote the book and she has made many public speaking appearances.