

# Wildcat Roar

March 2021

Wildcat Roar Reporters

Olivia Lee

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## **Gifts for Homeless Shelters**

By: Olivia Lee

During holidays you give and take right? You receive presents and give out presents, but some people can't do that. Many people can not afford gifts, so what better time to do it than now! There are many homeless shelters that accept donations of all kinds near us. Maybe you can try donating to them.

### 1. Montgomery County Coalition For The Homeless

<https://mcch.net>

Montgomery County Coalition for the Homeless

405 East Gude Drive, Suite 209

Rockville MD 20850

(301) 217-0314

mcch@mcch.net

This is one of the homeless shelters you can donate to. Some of the things you can donate are, Toiletries: deodorant, toothbrush & paste, soap, shampoo, unopened packages of menstrual hygiene products

Cleaning: all-purpose cleaner, cleaning wipes, broom & dustpan, sponge, dishwashing soap, laundry detergent

Household: queen sheets, queen blanket/comforter, bath towel & washcloth, pillow & pillowcase, 10 hangers, laundry basket

Babies & children: baby wipes, diapers, diaper cream, toddler snacks, art supplies

## 2. Stepping Stones Shelter

<https://steppingstonesshelter.org>

Stepping Stones Shelter

PO Box 712

Rockville, MD 20848

Phone:

301-251-0567

Fax:

301-762-0040

Email: [info@steppingstonesshelter.org](mailto:info@steppingstonesshelter.org)

This is the second homeless shelter you can donate to. They accept donations such as: cereal, coffee pods, single size chips, pretzels, and other snacks, pasta sauce, canned tuna/chicken, juice boxes, granola bars, disposable water bottles and pancake mix. You can even help them financially by donating money to them.

## 3. Catholic Charities- DC and Baltimore

<https://www.catholiccharitiesdc.org/>

924 G St. NW (202)-722-4300

621 Rhode Island Ave. NW

126 Michigan Ave. NE (202) 238-0592

<https://www.catholiccharities-md.org/services/sarahs-house/>

Catholic Charities of Baltimore

320 Cathedral Street

Baltimore, MD 21201

667-600-2000

[info@cc-md.org](mailto:info@cc-md.org)

They accept donations such as gloves, disinfecting wipes, disinfecting spray (Clorox, Lysol, etc), juice boxes, Walmart/Target gift cards and more.

Those were 3 different types of homeless shelters you can donate to. It would be very helpful and warming to give donations to these homeless shelters or any homeless shelter in general. I hope you consider donating to at least one of these.

## **Chinese New Year**

By: Julia Lyonga

Chinese New Year is a festival that celebrates the beginning of a new year in the Chinese calendar. It is also known as the spring festival or the Lunar New Year. It is a 16-day celebration where families gather to prepare for the New Year and bring good luck. Each year there is a different Zodiac animal that represents that year. 2021 is the Year of the Ox and 2020 was the Year of the Rat. This year's Chinese New Year is on Friday, February 12, 2021. Before the celebrations families clean their homes to prepare for the festivals.

There are a lot of things not to do during the celebrations because they are believed to wipe away the luck. They are called taboos, here are some of them; there is a tradition to not pick up a broom on the day of celebrations so you don't sweep away the good luck. Don't wash your hair or clothes on the first two days of the celebration because these two days are celebrated as the birthday of the Shuishen (the Water God). Don't say any negative words such as death, sick, empty, poor, kill, etc. The reason behind it is to not jinx yourself and bring misfortunes onto you and your loved ones. Avoid fighting and crying. Unless in special situations, crying is known to bring bad luck onto the family for the year so parents try there hardest to keep the children from crying or fighting.

To celebrate, people dress up in traditional attire, there are parades and performances. Fireworks are set off because it is believed that loud noise and lights will scare away the evil spirits. People gather and watch lion and dragon dances. The lion symbolizes power wisdom and superiority. This is one of the most important traditions for the Chinese New Year as it is known to bring prosperity and good luck for the New Year. The dragon symbolizes wisdom, power, and wealth. The dragon dance was originally used in a ceremony to worship ancestors.

Here are some Chinese New Year meals that are believed to bring good luck. Dumplings, dumplings are believed to bring wealth. Sometimes lucky coins will be hidden in the dumplings and whoever discovers is believed to get the best of luck



for the upcoming year. Fish is believed to bring surplus and fortune. There is a blessing speech that says 'Nian Nian You Yu' in Chinese which means 'May you have a surplus and bountiful harvest every year'. Rice cake is believed to bring a rise in care and salary. Some other foods eaten are spring rolls, noodles and chicken. The chicken is actually cooked and served whole with the head still attached. It is a symbol for family and it represents reunion and rebirth.

On Chinese New Year, children receive red packets. Red packets are red envelopes that usually contain money. By giving money to the children, elders hope to pass on a year of good fortune and blessings. Red is a lucky color as believed so placing money in a red envelope is expected to bestow more happiness and blessing on the receiver. Hence, it is rude to open the red envelope in front of the person that gives it to you. Always receive your red envelope with both hands. It is tradition to put crisp new bills inside the envelopes- dirt or wrinkled is in bad taste. Also try to avoid putting coins in the envelope.

Say Happy New Year in Chinese.

新年快 □

*Xīn nián kuài lè!*



## SSL Hours

By: Olivia Lee

Have you been getting your SSL hours? Did you meet the required hours needed? Or are you completely confused and are having trouble finding SSL opportunities? If you are, I have interviewed Ms. Murray who is currently in charge of SSL hours. Maybe you will find your answer here.

1. Is there a way to get SSL hours even when we're in online school/learning?

**Ms. Murray-** There are still ways to earn SSL hours during virtual learning. Students can go to the Rocky Hill website and go to "SSL Info" under Quick Links. This page gives information about where to go and how to search for SSL opportunities. You can also email one of the



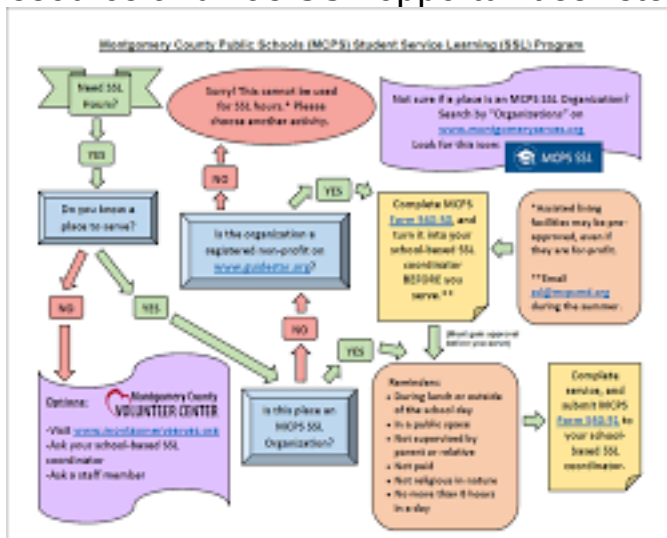
SSL coordinators if you need help or have questions.

2. Is there a list of SSL opportunities we should be looking at to see how to get SSL hours?

**Ms. Murray-** Montgomery County has a volunteer website that you can use to search for opportunities. If the activity is pre-approved for SSL hours you will see the MCPS SSL icon (see below).



The MCPS SSL website is also a great resource and has SSL opportunities listed.



3. Is it possible to get SSL hours by doing after-school clubs?

**Ms. Murray-** Students cannot earn SSL hours just by being in a club, but some clubs may do activities that would be eligible for SSL hours. You can always email one of the SSL coordinators if you are unsure if an activity would be acceptable for SSL hours.

4. Any words of encouragement for encouraging students to get their SSL hours done?

**Ms. Murray-** Students earn 45 of the 75 SSL hours in specific academic courses so only 30 hours must be done outside of school. Once you start volunteering, you will see that it is very rewarding to get out and help your community!

Thank you, Ms. Murray for answering questions about SSL opportunity! Since now you know more about SSL hours you should start collecting those hours.

## **Teaching During the Pandemic- *Behind the Zoom interview***

By: Olivia Ding

Since late April/early May of 2020, we students have been in virtual learning! It has been rough, especially for some. Although we are struggling as well, we need to appreciate our teachers who have been working tirelessly for our education. They, too, have been suffering with technology issues, endless amounts of blue light, and just teaching in general. We have all been accustomed to in-person school, and a sudden change is never easy. This is why I chose to do an interview with one of my former teachers, Ms. Hunter-Thomas, on teaching during the pandemic.

Wildcat Reporter- *What are some struggles of teaching virtually?*

**Ms. Hunter- Thomas**-“I don't see faces of many of the students, so I cannot "see" if they are understanding what we work on in class.”

WR- *Have there been any accomplishments/pros of teaching online?*

**Ms. HT**- “We have learned new technologies and that we can access entire books online :)”

WR- *What do you miss most about in-person school?*

**Ms. HT**- “I MISS seeing students' faces in class BIG TIME. I miss class discussions about books and poems we read, and hearing the thoughts and opinions of everyone in class.”

WR- *And finally, what tips/advice do you have for fellow teachers working in this crisis?*

**Ms. HT**- Keep persevering; talk with your teammates, and don't stay up all night grading (I have been doing a lot of that)”

We hope teachers, students and those reading enjoyed and found this “Behind the Zoom” interview with Ms. Hunter Thomas helpful!

## New SGA Members!

Olivia Ding

Recently during period 8, we voted for our new SGA presidents and vice presidents! Congratulations to our 8th grade president, Naina Nambiar and our 8th grade vice president, Sneha Ganatra! Also, congratulations to the 7th grade and 6th grade vice presidents, Olivia Lee and Sydney Washington! Earlier, I got a chance to speak with the 8th grade members, and here's how they responded to some questions!

*What is one of your biggest goals for this year?*

**Naina** - So my ultimate goal for this year would definitely be to make online learning the best and most efficient it can be. I know that it is super challenging for a lot of students and I hope to change that by talking to my fellow peers and letting them open up to me about their struggles, and ways that we, as the Student Government Association can help them overcome these challenges.

**Sneha** - I hope that Rocky Hill becomes a more inclusive community for all students. I hope that students are able to connect with others and find enjoyable ways to find skills they like through online learning!

*Why did you choose to run for SGA?*

**Naina** - I ran for Student Government Association president because I wanted to be able to enact change within our school! For example, when we first started distance learning, there was so much difficulty when it came to getting used to this new environment and I kept thinking of ways that I could make it better for myself and others. When I joined SGA, I felt it was an opportunity for me to take these ideas and expand on them with the help of the rest of the SGA, and my fellow students. I also felt that as president, I would be able to be the voice for the student body and together, we could make the community at RHMS stronger!

**Sneha** - I decided to join SGA because I had heard about it from some of my friends. All the activities they organized during the year sounded very interesting and I wanted to take part in that. I love to participate in SGA-run events, such as the school dance, and the fundraisers. It's a little different this year with online learning, but I'm still really excited to be a part of the group and for all the new events coming up!

## **Chicken Alfredo**

Recipe shared by Sydney Washington



### Ingredients

1 ½ lb. chicken breast cubed  
2 tablespoons butter  
¾ teaspoon Italian seasoning  
½ teaspoon salt and pepper  
16 oz pasta cooked

### **SAUCE INGREDIENTS**

*2 tablespoons butter, 4 cloves garlic minced, 2 tablespoons flour, 2 1/2 cups milk, 1 teaspoon dried Italian seasoning, ½ cup shredded parmesan cheese, ½ teaspoon salt and pepper*

### **Garnish:**

*¼ cup fresh parsley*

*¼ cup shredded Parmesan cheese*

### Instructions

1. In a large skillet melt butter over medium-high heat, then add the chicken breast.
2. Season each side with salt, pepper, and Italian seasoning. Cook 8-10 minutes or until chicken is fully cooked with an



internal temperature of 155°F (it will continue to cook as it rests). Remove to a plate and cover.

3. In the same skillet over medium heat, melt the butter and add the garlic. Cook until the garlic begins to soften, approximately 1 minute.
4. Add the flour to the garlic and butter, stirring until incorporated.
5. Slowly add the milk and continue to stir until fully incorporated and sauce begins to thicken.
6. Season with salt, pepper, Italian seasoning and stir well to incorporate. Add Parmesan cheese and stir until melted.
7. Pour the sauce over cooked pasta, add then add the chicken and mix well.
8. Add parsley and extra Parmesan. Mix well.

<https://oldworldgardenfarms.com/2020/04/21/homemade-chicken-alfredo/>

*Last edition of the Wildcat Roar will be released in May.*