

March 12, 2014

The Dolphin Splash

St. Patrick's Day heralds the coming of Springtime. In our fifth edition of the Exploratory Writing Classes' newspaper we want to recognize the dancers among us. Our middle school students participated in the Grand Ballroom Bowl in December and then last month we had the Square Bowl. Now we can trace many of these steps to their Celtic roots. Below you'll find information on celebrating St. Paddy's Day with style, grace and good cheer.

St. Patrick's Day Dance Class, Monday, 3/17, MUB 2.40-3.40pm, fun and free!!

Who: YOU! All Clifford students, family members and staff. (Parents required to accompany their K-4 children.)

What: Celebrate St. Patrick's Day and have fun learning some basics of Irish SET Dancing, including a beginner level dance called "The Walls of Limerick". We'll be doing social dancing, (not the step dancing of Michael Flatley and Jean Butler of Riverdance fame).

When: St. Patrick's Day, Monday March 17, after school from 2:40 to 3:40 pm

Where: The MUB

What to wear: Something green, optional! Sensible footwear for dancing. No flip-flops for safety reasons.

What to bring: Signed waivers required. Waivers available from office on Wed and on the school website: [CliffordSchoolPTO.org/Irish Dancing](http://CliffordSchoolPTO.org/IrishDancing).

Who to contact: Helen (4suiochan@gmail.com) or Aoife (aoifemcevoy@yahoo.com). Please e-mail Helen at "4suiochan@yahoo.com" to RSVP. Please indicate any prior experience of Irish set dancing.

Where to see a preview: Here's a 1.5 min clip of the beginner dance called "The Walls of Limerick": <http://www.youtube.com/watch?v=ipzECFY3g1g>

What to fear: Nothing. Warmth, energy, curiosity and a community spirit will prevail in the MUB, an "embarrassment-free zone", on St. Patrick's Day!

Info about the instructor: Helen has taught English in Europe, Japan and here in the Bay Area. Irish dancing has always been a great hit with her students. She looks forward to introducing the Clifford community to Irish set dancing, a fun and wholesome aspect of Irish culture. Teachers are especially welcome so they can have fun, and teach some basics to their students, too!

Looking Back

Both the high and low points stand out in our lives. But it is at the low points when we need to look up and see the rainbow through the rain and clouds.

Basketball Championships by Micaela Camacho

In January, on a Thursday, I had my basketball championships. I was so pumped! I got ready. I put on my black undershirt, my jersey, and my black basketball shorts. I walked to the kitchen to fill my canteen with ice water. After that, I put on my shoes, and then I walked out the door and went in the car. My uncle drove me to McKinley. I was worried and pumped at the same time.

The first quarter was up. I was right forward. We had to choose someone to jump for us. Jessica was jumping and then they jumped in the air to pass the ball to one of their teammates. Northstar got the ball and we put our hands up. After that, I tried to make a shot from far away, but I didn't make it (but I was really close). In the first quarter, we had a couple of points. It was the second quarter, I was still forward. It was our ball and Justice passed to me and I made the shot. The score was 8 to 4. Near the end, I got pushed and fell on the floor. I got up so fast and ran to go on defense. I had my hands up and someone passed to the girl near me. I was defending and I caught the ball and passed it over to Dakota. The quarter was over before we could make the shot.

It was halftime. I just drank water because I was really tired. As soon as halftime was over, we found out who was in the third quarter. I was sitting out. I've noticed that sitting out is boring, but I'd have to deal with it. It was Northstar's ball and one of the girls made a basket for us. There were a couple of seconds left in the third quarter. It was the fourth quarter, I was finally in! It was Northstar's ball and we were on defense. Our coach told us to put our hands up and we did. Dakota got the rebound and she ran to the basket. She shot the basket and I rebounded it. Someone got a foul off me when I tried to make a basket. I got two foul shots. I didn't make the first one, but I got the second one. I got out at the two minute mark. It was Northstar's ball and we were so anxious and scared because we didn't want Northstar to win. Everyone started counting down: five ... four ... three ... two ... one! We won the basketball championships for the first time in ten years! I was so happy.

It was ceremony time and they were calling Northstar up for second place. After we got our trophies, we took lots of pictures. This was one of the best days of my life.

My Dog by Justice Herrera

It was a quiet morning with my dad; we didn't really talk on the drive to the vet. The only thing I could hear was my dog Raider panting and crying in the back seat of our car.

My dog is named Raider, he is currently fourteen years, his birthday is December 14th, and he is an American Staffordshire terrier. Raider has been my friend ever since I was born; he is like a brother to me. One day, when I was looking for pictures of me and Raider when we were young. He was about to turn four when I turned one and we had a picture of me and him together. When he was really little, he would curl up on my dad's bed and he would look like a little snowball because he's all white (with a few black spots on his ear). I never could think what my life would be like without him.

It took a while for me and my dad to get to the vet. It was really sad to see all those dogs that were in need. One dog only had two legs and another only had one eye. I was about to cry, but they called us in just in time to wait for the vet in his office. Raider was old, so he wasn't in the best shape a dog could be in. He was very bloated on his sides, he had trouble climbing up the stairs and he had even fallen over a couple times. The vet checked him out and took some blood to test. She said that there was good news and bad news. She said the bloating might be just because we were feeding him too much, but the worst case scenario would be he has cancer.

On that note, we left with no idea what Raider had, but the vet said she would call in about two weeks to tell what happened with the blood test. In two weeks that's exactly what happened. My dad was called and picked up the phone with a smile on his face, but as the conversation continued, my dad's smile went away.

The news was devastating. I could never imagine my dog having cancer. At first, I thought it was a joke, but I knew my dad was telling the truth: my dog had cancer. The dog that is like a brother, the dog that I have been with all my life, but that just made every moment with Raider even more precious, even more priceless than it already was. I will always talk about my dog when someone asks and I will always talk about him with pride and happiness.

Recently we practiced writing a realistic narrative with a prompt about a lottery winner—a modern day pot o' gold.

Lottery Day by Gaby Pérez

It was the Fourth of July; we were going to the lake in Pleasanton. Before we left, my older brother wanted to get a lottery ticket. He said he was going to win a lot of money.

When we left, we needed to stop by the store to buy hamburger buns and hotdog buns. My dad told my bother that he could buy his lottery ticket at the store. My little brother said, "Let me pick out the ticket, because I have good luck."

"You better," my older brother said.

When we got to the lake, we unpacked our things. When we were done, my dad started to cook the hot dogs and hamburgers. While we were waiting for our food to be ready, we got into the lake and swam. When the hamburgers and the hotdogs were ready, we got out and started to eat. After my older brother was done, he started to work on his lottery ticket.

He said, “I won, I won, I really won!”

“I told you I had good luck,” my little brother said.

“How much did you win?” I asked.

“Five hundred dollars,” he said.

“Really?” I asked.

“Yes,” he murmured.

After a couple more hours at the lake we left for home.

“Dad, can we go change my lottery ticket for the money?” my older brother asked.

“Fine,” my dad said.

“Hello, can I get my money,” my older brother said.

“Where’s my ticket?” the man asked.

“Here it is,” my older brother murmured.

“Here’s your 50 dollars,” the man said.

“What? I got 500 dollars!” he yelled.

“Look; read it. It says 50 dollars,” he said.

Ten minutes later we got home. “Guess what I got? 50 bucks,” my brother said.

“Wow, you have a lot of good luck—not,” I say laughing.

“Well that’s not too bad,” my mom said.

“I told you I had good luck,” my little brother said.

Here Cameron Martin pulls back the curtain and gives us a behind the scenes view of our smash hit play, *Aladdin*.

Tech Week

It's tech week, the hardest part of the play! We dance, sing and act while in costume and make-up. There are 7 days of tech week with a total of 36 hours of practice.

I have some flaws here and there. The singing instructor said I should sing louder and make sure I am on key. The Director said I should move less when I am backstage. The dance instructor told me to explore levels.

The Green Room is a mess. There are costume, make-up, and prop stations. There are make-up stains on the tables and floor. At the prop station, everything has a certain spot, but none of the props are in the right spot. The costume area on the other hand is the only station that is clean in a way.

See you at the debut.

The Travel Corner

My Vacation by Dakota Beaumont

Every summer, my family goes to a new state. We have been to Idaho, Nevada, Oregon, Arizona, and last year, we went to Utah. Utah was such a beautiful place to be.

My mom thought that it would be a great idea to go there because of the scenery. We saw a lot of different rock formations and plenty of different colors. We spent five days in Utah. We went to all of the different parks like Arches, Bryce Canyon, and a few other places.

I loved all of the places I went and I can't wait to see where we are going to this year! Where would you like to go on your vacation this year?

Cirque du Soleil by Madison Owens

One Saturday, my dad, his girlfriend, and I went to San Francisco to see an acrobatics/circus type show. It was around 4:00 when we left my house. When we got there, we kept circling around, trying to find a parking spot. We finally parked and decided to find someplace to eat. We ate at a restaurant called "Tres"; it was a Mexican restaurant, but they were transitioning between lunch and dinner, so we had to eat off of the bar menu. We ordered a bunch of stuff on the menu because everything was kind of small. The waitress gave us the food and it was very good. She gave us the check and we left the restaurant.

We parked closer to the tent where the show was and it was almost time for it to start. I was so thrilled to see the show, I couldn't wait. We bought our tickets and walked in. We got some snacks (I got a Pepsi and some M&Ms). We got to our seats and the show started. The opening had pretty much all of the elements of the rest of the show. Later on in the show, my dad asked me who I would want to be out of all of the people. I said I wanted to be the singer, who pretty much had the smallest part in the show. The show turned out to be very cool and we left really happy. We came home later that night, where I passed out.

The Advice Corner

Mike is on hiatus and Saskia Huibers has stepped in as our health columnist. Sweet dreams!

How to Fall Asleep More Easily

- Drink hot tea
- Drink warm milk
- Do not have your pets with you, they will distract you.
- Take a warm shower
- Listen to slow music
- Read for 10-20 minutes
- Do not have electronics on
- Count to 100 or higher
- Have warm blankets
- Meditate
- Drink a glass of water
- Think of a subject (with your eyes closed)
- Count sheep
- Have a hot rag (the dryer works well to warm up a towel)

Recipe Corner by Claire Ciciarelli

Claire's Caramel Frappuchino

Ingredients:

2 cups of ice

1cup of milk

1 cup of coffee (chilled)

6 Tbsp. sugar

6Tbsp. caramel syrup

Directions:

You can blend it all together in a blender. You can add whipped cream and extra caramel. Enjoy!

Music Review Corner

Little Mix by Nismah Ismail

Little Mix is the best girl band EVER in my opinion. My favorite song out of their album would be *Move*. It might be a weird name, but if you hear the song, you will love it (or maybe you'll like it). It has a great beat and in the music video, they all dance and have fun. The members names are Perrie, Jade, Jessy and Leigh-Anne.

In my opinion, Little Mix is WAY better than Fifth Harmony. I honestly don't like them, but I love their album, *Salute*. Little Mix is an amazing band.

Poetry Corner

Spring by Tonianne Shinabery

Flowers burgeon,
birds grow,
Life gets more beautiful than anyone
has ever known.

Riddles Adán Medina shares his favorites.

1. What kind of tree can you carry in your hand? (A palm)
2. What gets broken without being held? (A promise)
3. Feed me and I live, but give me a drink and I die. What am I? (Fire)
4. What can travel around the world while staying in a corner? (A stamp)
5. What can you catch but not throw? (A cold)
6. Take off my skin – I won't cry, but you will! What am I? (An onion)

