

Fall
2017

Cooper - Siegel Teen Eye



INSIDE THIS ISSUE:

Teen Summer Reading Party 2017 by Emma Boyer



Teen Summer Reading Party	1
Book Review	2
Chris Colfer Visit	3
Back to school Recipes	4
Back to school organization	5
Research on Fitness	6
Movie Reviews	7
Travel to Avalon	8
Fall D.I.Y	9
Cartoon and Staff	10

Buttons, Bingo, and books! Oh my! Who doesn't love hanging out with fellow readers while snacking on some delicious pizza and jamming to some Ed Sheeran and Rihanna? The Teen Summer Reading Party of 2017 was a blast, and everyone went home content with a prize, whether it be a book or two, or a prize pack exclusive to those who attended the party! The button-making activity, brought to us by Brad Wulfkuhle, was certainly one of my personal favorite activities to do this year, as any DIY lovers out there will agree. The buttons were completely customizable and easy to make; some people made up to 5 buttons! This summer's reading contest was a huge success, with 60 people reading books this summer, the total books read came to around 885 books! Although only 25 teens made it to the party, most of the attendees received a prize. Here are the winners of this year's summer reading prize packs:

- \$50 Amazon Gift Card - Ryan Doherty
- Dinner and a Movie Basket - Eli Conklin
- Percy Jackson Prize Pack - Esther Nawrocki
- Book Lovers Basket - Eric Pil

- And for the party prize packs, the winners were:
- Miss Peregrine's Peculiar Children book set - Callie Boyer
 - LED Tetris lamp — Lucy Rygelski
 - Uglies book set — Grace Rygelski

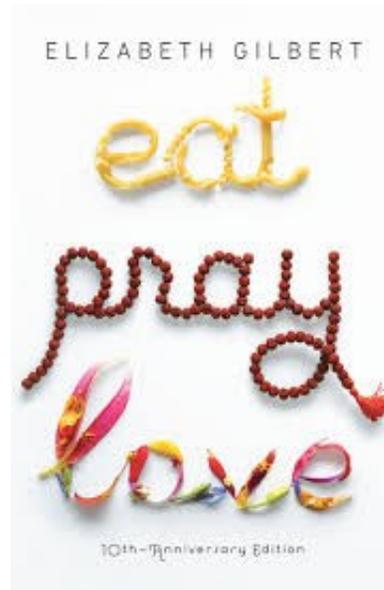


Mark your calendars to be there next year for a fantastic bingo game, scrumptious pizza and, of course, books!

Eat Pray Love

By Elizabeth Gilbert

A Book Review of By Megan Stafford

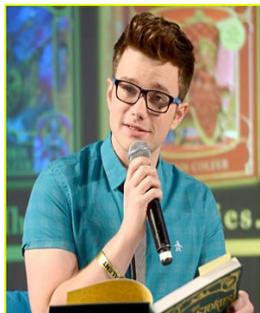


Eat Pray Love is the detailed account of the author's midlife struggle in reestablishing her identity and rebuilding her emotional validity after enduring an unsatisfying marriage, its subsequent divorce, additional heartbreaks, and overall doubt regarding religion, self-worth, and her purpose on earth.

In the novel, Elizabeth Gilbert's journey begins when she has an epiphany while sobbing on the bathroom floor one night - her marriage is failing and she needs to leave this toxic, self-loathing lifestyle. In this moment of dark uncertainty, Gilbert hears a voice she takes to be that of God reassuring her with, "I am here." This marks the beginning of her journey of spiritual self-discovery.

Soon after, Gilbert accepts a magazine assignment in Bali and befriends a ninth-generation medicine man who predicts her return to Bali. It is a prediction that resurfaces when she hatches a year-long escape plan from her devastation "to explore the art of pleasure in Italy, the art of devotion in India, and, in Indonesia, the art of balancing the two." It is through her travels that she learns the answers to the questions of who she is, what she believes in, and what she wants of life.

Although I enjoyed this novel, I definitely recommend *Eat Pray Love* for a mature audience (at least 15+) due to some of the concepts and themes that the author explores in her very honest, diary-like novel. Among those themes, Gilbert explores notions of feeling inadequate by society's standards, which is a feeling many older women - mothers especially - might experience or relate to with age. I believe that this book would be a great gift for a woman to serve as a reminder of her worth and strength without societal mitigation. In the future, I plan to periodically reread *Eat Pray Love* to see how my viewpoints, opinions, and appreciation for the novel will change over time.



Chris Colfer's Visit to Pittsburgh

By Wendy Moore

On Friday, July 14th, Chris Colfer, award-winning actor on *Glee* and writer of *The Land of Stories* series visited the Carnegie Library of Oakland with the Pittsburgh Arts and Lectures organization as a quick stop on his book promotion tour for *The Land of Stories* sixth and final book: *Worlds Collide*. I was lucky enough to be present at the event and this is a run-down of what you missed if you couldn't make it.

The event started with a quick reading of Chapter Five from the new book, *World's Collide*, specifically in Chapter Five where the main character, Conner Bailey, and a few others are about to go through airport security. The few paragraphs he read were funny and intriguing, as you would expect from a New York bestselling author. I was so thankful that I got a free copy of the newest book, *Worlds Collide*, as did everybody attending the event that day.

For the second part of the event, there was a trivia section. First, he would ask the audience a question, and if you wanted to answer, you would raise your hand, and the microphone would be passed to you. After that, it went the other way around, and the audience could ask him a question about the book.

Surprisingly, the audience correctly answered more questions than Chris did! But when you write six very long and detailed books, I'd understand that it's hard to remember every little detail.

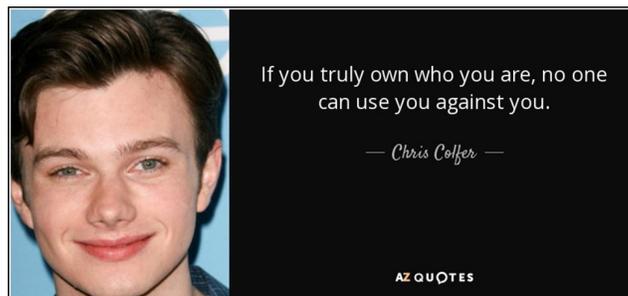
Next, there was a costume contest. Participants were invited to stand on the stage while Chris judged their outfits. There were many people of various ages dressed up as so many different characters. Most attendees went completely over the top! Chris said it was a hard choice, but after a few rounds of elimination the winner was a six year old boy dressed as Conner Bailey.

Lastly, there was a Q & A section where the audience could ask Chris any question. Sadly, Chris refused when someone asked him to sing, but he did answer most questions, such as when he was asked what projects he was up to lately. He said, besides the tour, he was writing and directing television shows for various networks such as Disney, working on *The Land of Stories* movie, and trying to decide where *The Land of Stories* franchise could go next.

When asked if there would be any more books in the series, he said he might write a few extra books and/or a graphic novel, but it will probably not involve the main characters. Instead, it will focus on the side characters of the series.

Finally, he announced the winners of the meet and greet. Unfortunately, I was not one of them, as he only chose 5 people at random from the entire audience. I'm so thankful I got to attend this event.

You can pick up *The Land of Stories* series, and other books by Chris Colfer, such as *Struck by Lightning*, at your local library.



Easy Back to School Breakfast Recipes

By Grace Leventry

With summer coming to an end and school just around the corner, parents will try to find ways of making school meals for their child with more variety. I have 3 simple and easy back-to-school breakfast recipes for students and parents to enjoy.

1. Overnight Oats



Ingredients

½ cup of rolled oats; ½ cup of milk; 1 tablespoon of honey; 1 to 2 tablespoons of raisins; 1/8 teaspoon of vanilla extract; 1/8 teaspoon of ground cinnamon.

Instructions

Combine all ingredients in an 8-ounce jar (or any other container with a tight fitting lid). Shake briefly to mix, and refrigerate for a minimum of 5 hours before eating.

This is a great recipe because it's simple and easy to make. Being served in a jar or container makes it easy to take anywhere.

2. Energy Bites



Ingredients

2 cups of oatmeal; 1 cup of peanut butter or other nut butter; 2/3 cup of honey; 2 cups of coconut flakes, wheat germ, or a mixture of both; 1 cup of ground flaxseed; 1 cup of mini chocolate chips; 2 teaspoons of vanilla.

Instructions

Mix all of the ingredients together and roll into balls. Place on a cookie sheet and freeze for one to two hours.

Energy bites is a good recipe for students as a snack. It, of course, was made to be taken anywhere, which makes packing it a lot easier for parents.

3. Scrambled Egg Muffins



Ingredients

½ pound bulk pork sausage; ½ teaspoon of salt; 12 eggs; ¼ teaspoon ground black pepper; ½ cup of chopped onion; ¼ teaspoon garlic powder; ½ cup chopped green bell pepper; ½ cup shredded cheddar cheese.

Instructions

Preheat oven to 350 degrees. Lightly grease 12 muffin cups, or line with paper muffin liners. Heat a large skillet over medium-high heat and stir in sausage; cook and stir until sausage is crumbly, evenly browned, - no longer than 10-15 minutes; drain. Beat eggs in a large bowl. Stir in onion, green pepper, and garlic powder. Mix in sausage and cheddar cheese. Spoon by 1/3 cupful into muffin cups. Bake in preheated oven until a knife inserted near the center comes out clean (20-25 minutes).

Even though this is a more complicated recipe than the previous two, it guarantees a perfect egg breakfast for students and parents.

How to be organized for school

By Hazel Cline

School's just around the corner, and some schools have already started. Sometimes it's a struggle to stay organized. School is all about learning, but how to keep your papers, schedule, and your mind organized isn't always taught. This is a how-to about the basics of organizing for school so that you have a successful school year and, hopefully, remove some of the stress that goes along with school.



Keep a planner

If you have a lot on your plate, a planner is great to have. Consider this situation: you walk into your classroom the second week of school, and you've gone from the relaxing days of the first week into the stress of real school, but you haven't yet adjusted your brain to remember all your assignments—and you forgot one!

As the kids in your class get out of their seats to give homework to the teacher, you sit, disappointed that you forgot. But, if you have and use a planner, this is much less likely to happen! Whether it's a physical planner with a place for you to write each day's assignments and a calendar for keeping track of projects and tests, an app that serves the same function, or a simple notebook or note on your phone, any way to prevent yourself from forgetting important assignments goes a long way towards having good grades and reducing stress.



Have an organizational system and stick to it

Routines are super important. The way that you organize, having a morning or evening routine to get ready for school or do your homework is really helpful, since a well-thought-out routine can make you more efficient and is said to reduce stress. In the way you organize, once you have an organized system for anything school-related, it is crucial to stick to it! For example, if you use binders to keep each school subject separate and organized and use tab dividers to know where each assignment, set of notes, or test goes, do that for **all** of your

classes so you always are sure where your papers go and they don't get cluttered.



Don't be afraid to keep learning

At the same time, if your organization system isn't working for you, you should do some research and try a new one. There are lots of resources on the internet that discuss this, and they might have some tips that work for you. Some of my favorites are the blog collegeinfo geek.com, theorganizedstudent.tumblr.com, studyrigh t.com and pinterest.com (try searching

“school organization system” or something similar). “Keep learning” is common wisdom, and so true. If you are feeling cluttered or stressed, try to find the root of the problem and do some research to figure out how to fix it. It seems like a very simple step, but it's easy to overlook, and it will make a huge difference.



The library is hosting its first annual **How-to Festival**, with more informational how-tos like this one. On **Sunday, Sept. 10, from 1-5 PM**, various how-to booths will give 20-minute talks teaching you new skills. It will be a great chance to discover procedures and techniques that are interesting and may help you become more organized for school, too.

Doing the Research

A beginner's guide to understanding fitness for yourself

By Jonathan Folkerts



With the millions of articles out there about fitness, figuring out which ones to choose, trust, and follow can be very time consuming. But the true answers are first preceded by the appropriate questions.

What are you looking to achieve? What is your overall general goal? Narrowing down your options can help start the process for what you are looking for.

Why are you interested in fitness? Do you want to simply get healthier? Feel better? Lose weight?



And finally, one of the most important questions to ask yourself is: Who is writing the article you've chosen? Who has been successful using this program? With the array of questions you want to ask, you might be feeling overwhelmed with what seems like a daunting task. But asking the right questions will more times than not lead you to the right articles.

In summary, we have the "What" question, the "Why" question, and the "Who" question. Asking the what, why and who questions is important and will help you in your search for the most reliable sources that match what you are looking for.

- The "What" question is looking to set a goal. A goal is a piece of the tangible wants that will help keep your focus.
- The "Why" question is to determine why you want to achieve that goal. Without a meaningful reason, many will find they quickly lose hope or motivation for why they are interested in fitness and if it really is that important.
- Lastly, the "Who" question is arguably the most vital to changing your life for the better. The reliability of the source you are reading changes everything. If you are looking to build muscle and lose fat, you should avoid looking to the big name companies that have the "miracle ultralean solution to your problems." Keep in mind that the companies are in the business of selling their products.



One of the most effective ways in tackling which sources to use is to actually look at the science behind the madness. Look at who you know that has succeeded using this program or solution. Being skeptical is sometimes a good thing when, seemingly, the only thing that works is the product that costs \$200 and is advertised by a figure who has probably never actually used the program

Every answer starts with a question. Remember what you are going for, why you are doing it, and who you're putting your trust in, because when it comes down to it, doing the right research will make the entire fitness program worth it.

Movie Page

Reviewed by Zoe Lakkis



The Glass Castle

Released on August 11, 2017 (PG-13), the movie is based on the best-selling memoir of the same title by Jeannette Walls. It centers on four children living in poverty who have to learn to take care of themselves. While their parents are inspiring, they also lack responsibility. Their father is rarely sober, but when he is, he teaches the children about science and sparks their imaginations. Meanwhile, their mother, an artist, refuses to adopt a civilized lifestyle and does not want to carry the burden of raising a family. It is up to Jeannette to care for her sisters and brother as the family is

moved from place to place and she must help them deal with their destitute lives.

Movies Perfect for the Halloween Season



Happy Death Day

To be released October 13, 2017 (PG-13), the horror film is about a college student who is mysteriously murdered. She relives the day of her death over and over again, trying to find the identity of her masked murderer. However, each attempt is spoiled, as the murderer simply finds a new way to kill her. It may remind you of *Groundhog Day*, since the heroine relives a single day until she identifies her killer, but the stakes are life and death. Obviously, the movie is not for everyone.



Rememory

With a release date of September 8, 2017 (PG-13), this movie tries to solve the mystery surrounding the recent death of a scientist who has invented a method of collecting, storing and replaying memories. An amateur detective uses the dead man's own invention in an attempt to answer the questions surrounding the death. The memories he uncovers lead him on a desperate, dangerous mission. The sci-fi thriller will leave you with lasting memories.

Avalon

By Megan Stafford



Aside from back-to-school shopping, I firmly believe the only pleasant part of summer ending is the ability to plan vacations for next summer. With newly found time, I would like to make Teen Eye readers aware of a great travel destination for 2018: Avalon, New Jersey!

Avalon is located in Cape May County, New Jersey, on Seven Mile Island- roughly a five and a half hour car ride from Pittsburgh. Avalon was established as its own borough in 1910, and has since been one of the most popular destinations for beachgoers on the east coast. As a frequent vacationer on the island, I have learned the inside scoop on when to visit, where to stay, what to do, and what to eat.

The peak vacation season in Avalon falls from the end of June to mid-July. Equally peaking is the commerce: prices for hotels, retail, gasoline, and rentals are at their highest. If schedule permits, visiting Avalon in mid-to-late August is optimal pricewise as business-owners are looking to make whatever they can through end-of-season sales and discounts. By traveling at the right time, savings are imminent.



To maintain a more “home-away-from-home” island ambience, big-name, discount hotels are not particularly welcomed in Avalon. Instead, vacationing families often choose to rent a beach house or quaint motel room. Popular vacation rental companies are: Long & Foster Vacation Rentals Avalon and Ferguson Dechert Real Estate. Popular motels in Avalon are: Concord Suites, Desert Sands, and the Beach Comber. Again by vacationing at the end of the season and house sharing, housing costs can be dramatically reduced.

There is always something to do in Avalon. To begin, Avalon and the adjacent town of Stone Harbor boast beautiful, very Squirrel Hill meets Shadyside-esque shopping districts that stay open late in the summer. Personally, my favorite shops in the area are: Global Pursuit, She Be Surfin’, Sun Catcher, and Hoy’s, especially when there is a sale.

Aside from shopping, Avalon features stunning beaches and a host of water activities. Near and dear to my heart is the Miss Avalon fishing fleet, two charter boats that offer both ocean and bay fishing, crabbing, nature cruises, and rental for private parties - tell them Megan S sent you! Additionally, She Be Surfin’, Stone Harbor Surf and Paddle, and Pete Smith’s Surf Shop offer surfing lessons and rentals for kayaks, surfboards and paddleboards at a reasonable rate. Finally, putt putt golf is quintessential to the Avalon experience. Personally, Pirate Island Golf and Club 18 in Stone Harbor are the best courses around.



Lastly, the food scene on the island is impeccable. For casual dining options, I particularly enjoy Moran’s Dockside, Chill, Tortilla Flats, Oceanside Seafood, and Surf Snack Shack. Continuing, Maria Nicole’s and the Windrift` Restaurant are fantastic, more formal dining options. As for dessert, I recommend Springer’s Ice Cream (the line has a tendency to wrap around the block, so be there around 5:00 pm to avoid chaos), the Fudge Kitchen, and Nancy Lynn Creamery.

Certainly, Pittsburghers have many options for east coast vacations, but there simply is no place like Avalon on the Jersey Shore.

Fall DIY: Framed Golden Leaves

By Callie Boyer

Fall has come and most people like decorating their houses for the coming season. I have put together an easy DIY you can add anywhere in your house to get ready for this fall.

Framed Golden Leaves

Materials: fake leaves, a picture frame, white cardstock, tarp/old tablecloth, scissors, a hot glue gun and gold spray paint.

Step 1: *Spraying the leaves.* In order to be safe, you'll need to go somewhere that has a lot of ventilation so you don't breathe in the fumes; outside is a good place. Select leaves in a bundle/branch and cut off the number of leaves you want. Lay out your tablecloth/tarp, place leaves on it and spray them.



Step 2: *Gluing the leaves to the cardstock.* Take the picture frame, remove the backing, take your cardstock and cut it to the size of the backing. Once your leaves are dry, use the hot glue gun and glue the leaves in a pattern you like. I made a little design by taking three different sized leaves and gluing them smallest to biggest, top to bottom, but you can do whatever design you like. You may also write something on the cardstock. For example, I wrote "Hello Fall" in fancy letters.

Step 3: *Assemble.* Lastly, just take the frame, put in the cardstock and then the backing. Now you're free to hang up or prop your framed golden leaves anywhere you like!

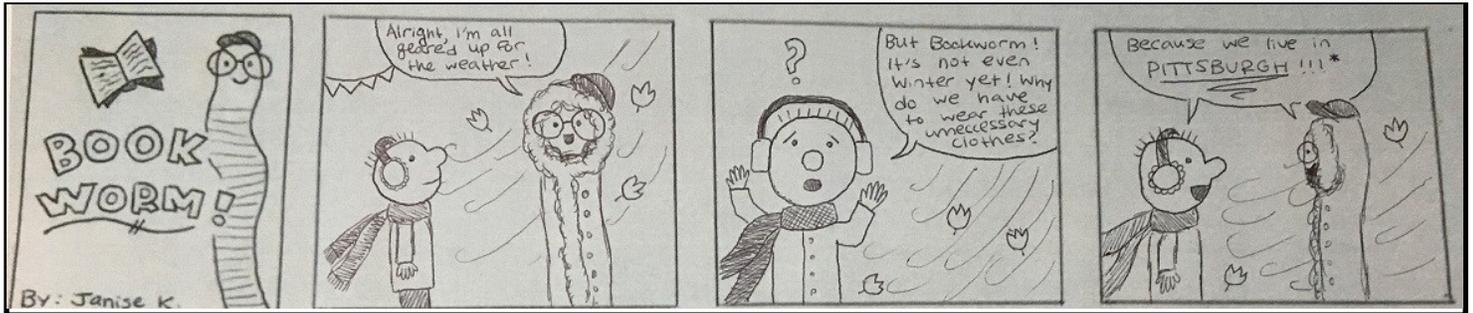
So you love to write...

Then why not submit your work to the Teen Eye Library Newsletter? We accept short stories, poetry, book/movie/music reviews, current event stories, and articles about events going on in school or at the library.



Bookworm!

by Janise Kim



Teen Eye Staff

Callie Boyer

Emma Boyer

Hazel Cline

Jonathan Folkerts

Janise Kim

Zoe Lakkis

Grace Leventry

Wendy Moore

Megan Stafford

Melanie Moore - Newsletter Advisor

Adria Kelleher - Editor