

THE PHOENIX

CDS MIDDLE SCHOOL NEWSPAPER

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CHECK OUT PAGE 6
FOR A GLIMPSE INTO
MR.MENZEL'S LIFE AS
A MIDDLE-SCHOOLER

THE PHOENIX FEED

Honor Choir

By. Liz Kim

On January 25th, the CDS middle school honor choir took a trip to GSIS (Gyeonggi Suwon International School) for the KIMEA Choir Festival. The honor choir made a trip at 7:50am and reached to GSIS at 9:30am. The choir was split into two different groups: the mixed choir and the treble choir. The treble choir was for soprano singers and the mixed choir was for bass, tenor, alto, and soprano singers. The groups each sang different songs. They practiced separately for 20 minutes. After this, they ate lunch at 11:35am and ran a dress rehearsal. When finally the singers were all ready at 1:00pm the parents came in and they performed.

Here are some exclusive quotes from the singers who participated:

Ji Ah Choi: "It was really fun and I think it was a great experience. I really enjoyed having time with my friends from CDS, friends from other schools and singing!"

Han Na Shin: "The songs were amazing!!!"

Daniel (Hyunwoo) Hong: "It was an amazing experience to hear great music and harmonize with other schools!"

Mixed Choir Members:

- Russell (Hyunwoo) Choi
- Joshua (Jaeheon) Lee
- Sophia (Hyun) Seo
- Daniel (Hyunwoo) Hong
- Joo Hyuk Lee
- Mina Kim
- Lucy Seong
- Ji Ah Choi

Treble Choir Members:

- Jieun Koo
- Nayeon Lee
- Lisa (Huimin) Lee
- Ashley (Juri) Shimada
- Han Na Shin

Songs in the Treble Choir:

- Tutakwenda
- I Will Sing My Song
- For the Beauty of the Earth

Songs in Mixed Choir:

- When I Close My Eyes
- Fly Away Home
- Hold Fast Your Dreams



Honor Band

By. Ivette Jin

The CDS honor band took a trip to SFS (Seoul Foreign School) on February 1st for the KIMEA Band Festival. The honor band rode the bus at 8:00 to SFS on February 1st, 2018. The band was divided into two groups: The Blue Band and The Red Band. The Blue Band played 'There will come Soft Rains,' 'Flight of the Condor,' and 'Air Force One.' The Red Band played 'Joy,' 'Balalaika,' and 'Aztec Fire.' The Red Band was for more advanced people than The Blue Band. There was also Gold band, but nobody in CDS participated. After they arrived to SFS, they practiced then had a snack time. Afterwards, they practiced until they ate lunch. Finally, after they practiced some more, they finally performed. Here are some quotes from the students:

Henna Jeong: "It was awesome."

Alex Noh: "It was cool."

Band Members:

- Yuna Kung (Clarinet)
- Joon Jung (Trombone)
- Alex Noh (Flute)
- Henna Jeong (Clarinet)

THE PHOENIX FEED

Hamburgers. Who doesn't love a good ol' burger? If you don't, you better rethink your life. In all seriousness, there is a place right in Cheongna that sells good burgers. The place is called Burger & Friez. It isn't located only in Cheongna, so don't worry if you live elsewhere.

The Food

The Burger

The burger that I bought was called an "Extra 3x3." It is the most expensive burger on the menu at 11,600 won. It's basically a burger with three beef patties, three slices of cheese, some lettuce, caramelized onions, raw onions, and tomatoes, and some kind of sauce. The burger reached my table in about 7 minutes. It first arrived beautifully constructed. All of the contents on the burger were stacked neatly. It was like that until I took the first few bites. As soon as I did, everything started to go wrong. The sauce was completely liquefied by the meat juices, everything was getting dislodged, and there was a thin wrapping around the burger that I had to remove. At this point, I knew it was all over since the wrapping was the only thing keeping the burger from turning into a multicourse meal. Despite this, the burger was okay by my standards. It's certainly better in flavor compared to Burger King's and McDonald's burgers. The only complaints I have is that it was too messy to eat properly, the bun was soaking wet with the sauce, and I left still feeling hungry.

The Fries

The fries were just plain old fries. There wasn't anything really special about them. However, one thing that I really liked about them was how hot they came out.

Others

There is a soda fountain you can use if you buy a set or just buy a cup. You can refill as many times as you want.

Final Thoughts

Burger & Friez is an underappreciated hamburger restaurant that deserves more attention. In my opinion, the food there is far superior than McDonald's and Burger King. Although the Extra 3x3 was messy, it sure tasted good. In fact, for all 3 of my visits to this place, I ordered the 3x3. I recommend this place to anyone who likes hamburgers and I recommend the Extra 3x3 to meat lovers and to those who aren't afraid of getting their hands dirty. (I later saw that there were plastic gloves in the condiments area.) I rate this 🍔🍔🍔 out of 🍔🍔🍔🍔🍔. Make sure to go with someone else because going alone is kind of lonesome.



The Location

The address is 659-2 Yeonhui-dong, Seo-gu, Incheon. It's located in the vicinity of Exllu Tower.



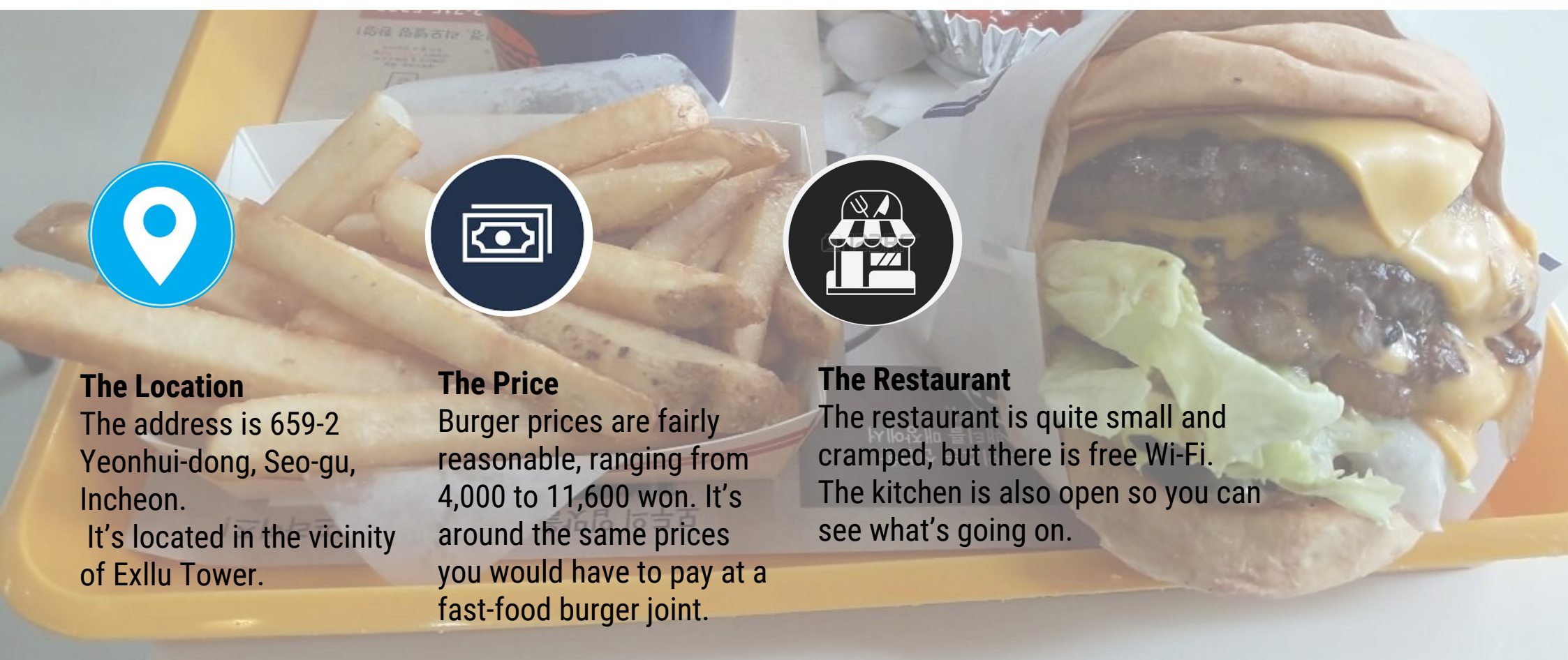
The Price

Burger prices are fairly reasonable, ranging from 4,000 to 11,600 won. It's around the same prices you would have to pay at a fast-food burger joint.



The Restaurant

The restaurant is quite small and cramped, but there is free Wi-Fi. The kitchen is also open so you can see what's going on.



THE PHOENIX FEED

You know at least two of these instruments, you're a Genius!

Are you one of those people who is extremely confident in his/her abilities to play musical instruments? If you are, take a look at these: a few of the most astonishing instruments in existence. But before you proceed, take a deep breath because these might blow your mind!

1. Yaybahar



This is a stringed instrument invented by the instrument creator, Gökem Şen. It sounds like a synthesizer according to the internet ([Screw that, it sounds like rituals and aliens](#)). As weird as it looks, it's very hard to play. You have to play it "by hitting and stroking the horizontal cords with a mallet, plucking and strumming the vertical strings, and drumming on the feet."- [Creators](#). It's even hard to understand by reading! Imagine how hard it would be to play it, you have to use both your hands and feet!

2. Pikasso Guitar



Doesn't this look like a mutated guitar? *I don't even know how you play this!* This is a Pikasso guitar, created by Linda Manzer. It has forty-two strings, and guess what? This was created by a jazz guitarist named Pat Metheny who simply wanted to play with as many strings as possible! At first glance, it seems as though you would probably need about four arms to play this!

3. Zeusaphone



Isn't the name "Zeus" familiar? Yes, he's the god of thunder in Greek mythology. And as you can see, it's clearly named after this particular god. Do you want to know the reason? You probably guessed it! This instrument uses sparks to play its tunes. The original name is the singing Tesla coil and it's a plasma speaker, using its sparks to create sounds.

4. Cheese Drums



Did you ever imagine what would happen if the moon was made out of cheese? That would be pretty sweet, huh?

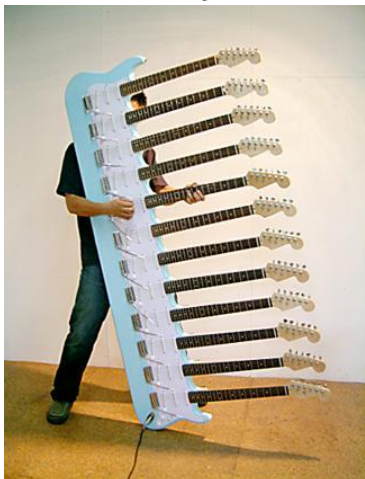
Anyways... For all you cheesey percussionists out there, check out these Danish-blue drums with their accompanying stilton symbols. I'll tell you one thing for free, they wouldn't last long in my house!

5. Vegetable Instruments



Do you know those times your parents try to smuggle vegetables into your food and you would pick all of them out until only the meaty parts are left? Well, guess what? You can't pick these vegetable out because the whole thing is made of vegetables!

Bonus. 12 neck guitar



You probably have to be a monster to play this instrument properly play this instrument. It has 12 necks, therefore 48 strings (4 each).

Bonus. GUN guitar!



Feeling bad? Pick one of these up and fire off a couple notes.

Thanks for reading my article and stay *tuned* for more. More Top 5 coming soon. I hope you enjoyed it!

THE PHOENIX FEED

When the *Teachers* were *Kids*!

Aaron Menzel:

Special Nicknames:

- "A-men"
- "Stick" (sticks are skinny... get it?)

Main Activities after School:

- Soccer practice
- Boy Scouts
- Borrow books from library

Main Form of Transportation:

- Bike

Dream Job:

- Photographer that travels around the world taking pictures (sister became photographer instead)

Favorite Cartoon

- *The Simpsons*
 - Parents didn't let him watch *The Simpsons*, so he watched it behind their backs. But, it turned out that the parents knew all along.
- *Wishbone*
 - A cartoon about a dog that reads

Hobbies

- Writing
- Playing outside
- Camping
- Piano
 - Played for 7 years, but was horrible at it

Favorite Toy

- Legos
 - Made traps for sisters

Trouble at School

- "There was a teacher that really hated students passing notes. One day, I deliberately passed a note to my friend and she caught me. She threatened that she would read it out to everyone, and when she opened it, it said *Have a great day, Mrs.* -----! And I had to stay after school."

Least Favorite Teacher

- "Mrs. Langhorst. She really hated technology and all she did was stand up and talk. While she talked, we had to take notes, and that's all we did. And I really hated taking notes."

Favorite Food

- Steak (T-bone, tomahawk)

Favorite Snack

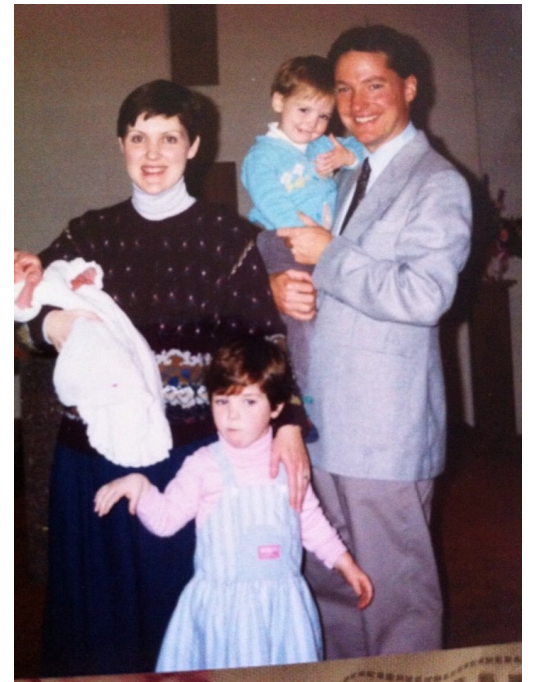
- Chocolate Chip Cookies
 - "They have to be fresh out of the oven. No cold cookies."

Most Embarrassing Mistake

- "I just got new glasses right before my family went on a trip. And one day, I was chewing a mouthful of sunflower seeds in our car, and I decided to open the window and spit them out. I did spit out those sunflower seeds, but my glasses also flew away too. So, for the rest of the trip, I was literally blind the whole time."

Best Excuse

"What I always did was pretend I had a stomach ache. I would cover my forehead in little droplets of water and groan. Then, the teacher will send me to the nurse and I will do my homework outside in the hallway."



THE PHOENIX FEED

Teenager Sleep Deprivation

By. Jaehong (Jae) Park & Ji Ah Choi 8A

For $\frac{1}{3}$ of our life we are asleep, or at least that's what they say. However, as we have more homework, quizzes, and tests, we have less time to sleep. It is said that the average teenager sleeps 7 hours out of the conventional 9 hours that most teenagers are said to have need. At least once in a lifetime, an average human would have experienced the lack of sleep due to the demanding amount of work that was needed to be done. Especially here in CDS, many students can't seem to find sleep because they're too busy studying. Yet, sleep is one of the most crucial things that our body needs in order to function and perform well.

Sleep is crucial for our memory. Some students stay up late trying to study for a quiz or test you have the next day, losing a lot of sleep. Three major functions of making memories are acquisition, consolidation, and recall. However, it is proven through research that the only way for information and memories to become stable in your brain (consolidation) is through sleep. Hence, staying up late studying for a quiz or a test is not actually going to benefit you in any way because losing sleep will not help you remember all the things you studied.

Believe it or not, sleep is also detrimental to both your physical and mental health. If you don't get enough sleep, you will lose focus throughout the day. If you lose focus, the chance of you getting injured through things at work/home and especially on the road will increase. As you walk across the road and lose focus, you may not be able to see the road lights and in extreme cases, you might be hit by a car. On the other hand, if you are driving a car and lose focus (we hope this isn't any of our CDS middle school students), you may cause road accidents, which can hardly be seen as a green light. The important message here is that you must sleep to prevent any accidents from happening.

Sleep is also essential to keeping your body fit. The lack of sleep can actually increase your chances of getting serious medical conditions, such as Obesity, Heart Disease, Diabetes, and even shortens your life expectancy. In other words, the lack of sleep can really ruin your body and life for the long run if it continues.

Despite all of this, students still sleep at outrageously late times just to study for test and quizzes. Even here at CDS, the students are up until 3:00 or 4:00 AM studying, when their memory, physical health, and how fit their body is at risk. Now, we ask you, despite losing so many things, would you keep on studying until you're deprived of sleep?



THE PHOENIX FEED

School Lunch

By: Jinyu Ogura and Suhyeon Han

What do you think about school lunch? Healthy and delicious, or maybe not so great. To answer this question, we decided to create a survey to answer this question. The answers and opinions that came in were quite conflicted.

If they like these foods, how delicious do the students think our lunch? With 5 being the most nutritious, 13.4% of the students rated 1, 25.6% rated 2, 28% rated 3, 29.3% rated 4, and 3.7% rated 5. The middle schoolers thought that the school lunch tasted ok.

We asked the students how long they waited in line every day. 19.5% of the students said 10 minutes, 17.1% said 5 minutes, and 8.5% said 1 minute. Many students seem to say that they wait for a long time in the line. They also said that some people couldn't get the food they wanted because the school ran out.

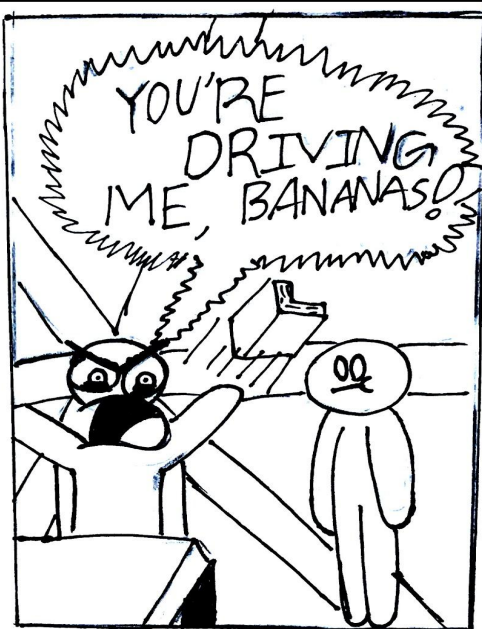
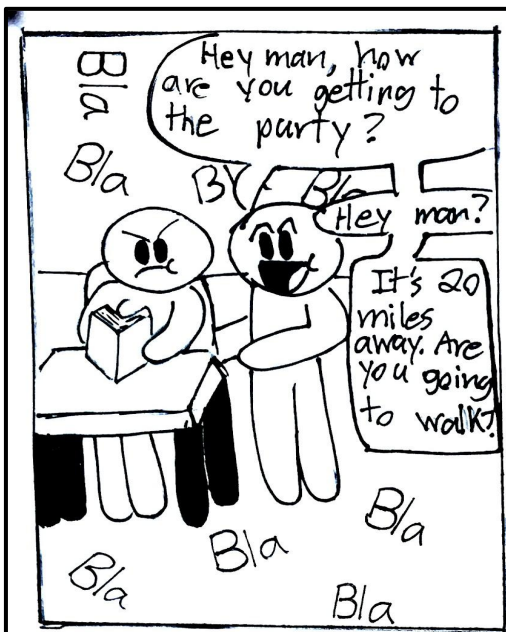
Also in the salad bars, more than half of the student wanted something more special there. For example like desserts. They wanted different types of bread, fruits, and jams.

The middle school students also wanted to write their names down or check it on a piece of paper instead of bringing their ID cards. They say that many of them forget it and have to run back up to get it, or cannot eat their food in a timely manner because they forgot to bring them.

So, although we have some problems with our school lunch, the question remains: how do we solve them? The biggest problem we have are the lines and the salad bars. There are some people who can't eat the school lunch because the lunch is spicy, or that they don't like Asian food at all! So, I think what we need is for the school to start selling food. This way, people can choose what they want to eat, and it will solve a lot of problems at once! The lines will become quicker since they can make more lines if they sell the food. There will be no choice of lines, so everyone will go to the same line but get different foods. Also, they can sell more things like bread instead of putting them in the salad bar. This way, it can benefit both the cafeteria and the students because the students can get the bread that they want, and the cafeteria can raise more money, and they won't have to waste their resources. There will also be more varieties of foods if they sell the food because it will be our choice of what food to eat.

Bringing our own lunch will not help because there are people who are allergic to some foods, and if someone brings something that another person is allergic to, then that can cause problems. So the school providing their own food is the best way to solve most of the problems. If we work together, we can make the school lunch a happy place to be then a time of misery and anger!

THE PHOENIX FEED



by:Jun5B

Banana Driver

