Greetings students and staff! We are pleased to welcome you to the Falcon’s Nest, a voice and platform for the students’ inquiries, concerns and talents.

As a nest is a falcon’s home, this school has been a home to us seven hours a day for many years. For this reason, our first issue is devoted to a number of ideas and inspiration to celebrate the Saint Thomas school community.

The Falcon’s Nest is a medium for every falcon to not just be informed, but also to express his or herself and seek advice if needed.

In these pages you will learn about school-related events, world events we care about that affect us as students, fun and easy recipes to try out, and even kids’ activities for the littles and the not so littles; all written by students just like you.

Take the time to read through our monthly issues, do not take this platform for granted! It is not just for the writers, but for the athletes and the cheerleaders and those who do activities outside school. Please take advantage of this opportunity to expose your talents or to offer your voice to the student body.

Sincerely,
Laura

Laura Yepez,
Head Editor
Saint Thomas School Library Reopens!

Saint Thomas School is proud to announce the re-opening of the library. Inside, the library has been renovated with brand new furniture and computers available for use throughout the day for research and leisure.

The library currently owns around 5,000 books and is divided into various sections: kids, encyclopedias or research, Spanish books, high school books, and teachers’ books. All of these books themselves are also divided into various sections or genres such as romance, horror, sci-fi, nonfiction, fantasy, drama, and many more.

Not only does the library offer a wide range of books and materials, but it also holds activities like the Motivational Literacy Visit from Ada Hernandez on Wednesday the 19th of March, and author visits, such as that of Anya Damiron, the writer of Lucia’s Stories, on Thursday the 20th for their minds.

The opening of the library has been a success for the entire faculty and staff. Elementary classes visit weekly to borrow books and high school students have visited with their science and literature teachers to research for the upcoming science fair.

Improvements that are on their way are updated research materials and a new collection of books. Exciting things are happening in our school library and our librarian Ms. Bermejo, along with the students have visited with their science and literature teachers.

The Flappy Bird Epidemic

Flappy Bird is an addictive and extremely complicated game that grabbed the attention of the world with over 50 million downloads recorded worldwide. Re-released on May 24, 2013, the game received a lot of media attention in the first two months of 2014, for its difficult settings when advancing to new levels.

The game consists of getting a yellow bird through a small gap between a pair of green pipes; each time you pass the pipes you earn a point. While this may seem effortless, it is not. Due to the game’s difficulty, many users have become frustrated and reacted in various ways, such as deleting the game, damaging or destroying their phone, and in extreme cases physically abusing others. The most violent reaction was that of a teenager killing his brother when the later achieved a higher score than him in the game. The teen has been taken into custody and is currently facing charges for first-degree murder.

The Flappy Bird Epidemic

This year the STS team has surprised us yet again with new, vivid ideas not only to entertain but also to commemorate our country’s independence in a spectacular one hour show.

This year’s show was set up to represent a TV show, Falcons TV, hosted by seniors Adriana Zaglul and Sebastian Baez. The show contained intricate and amazing dances, choreographed by the school’s music teacher, Patricia Logroño. The dances were performed by the 7th, 9th, 11th, and 12th graders, whose joy and cheer spread to those watching. The show also included an act of the Trinitari-0s by the 8th grade boys, and a fun show of our country’s carnival add-ed by the 8th grade girls, including popular characters like Roba La Gallina, performed by 8th grade Laura Barista and Se Me Muere Rebecca by 11th grader Virgilio Peralta. Last but not least, biographies of famous Dominicans were read by 11th grader Virgilio Peralta. Barista and Se Me Muere Rebecca by 11th grader Virgilio Peralta. Last but not least, biographies of famous Dominicans were read by 11th grader Virgilio Peralta. Barista and Se Me Muere Rebecca by 11th grader Virgilio Peralta. Last but not least, biographies of famous Dominicans were read by 11th grader Virgilio Peralta.

Dominican Day a Success!

This year, the STS team has surprised us yet again with new, vivid ideas not only to entertain but also to commemorate our country’s independence in a spectacular one hour show. This year’s show was set up to represent a TV show, Falcons TV, hosted by seniors0 Adriana Zaglul and Sebastian Baez. The show contained intricate and amazing dances, choreographed by the school’s music teacher, Patricia Logroño. The dances were performed by the 7th, 9th, 11th, and 12th graders, whose joy and cheer spread to those watching. The show also included an act of the Trinitari-0s by the 8th grade boys, and a fun show of our country’s carnival add-ed by the 8th grade girls, including popular characters like Roba La Gallina, performed by 8th grade Laura Barista and Se Me Muere Rebecca by 11th grader Virgilio Peralta. Last but not least, biographies of famous Dominicans were read by 11th grader Virgilio Peralta.

What do you admire in a student?

- Competition, respect, drive, dedication.

Did you want to be a teacher as a child?

- No, I always imagined myself as a pilot.

What is your favorite thing about being a teacher?

- I learn a lot, apply things I learn in real life, find satisfaction to make people learn other things and to hear students say “Hi teacher!” after ten years.

How do you cope with stress?

- Sleeping, drinking water, listening to music.

What do you dislike about being a teacher?

- When students put up barriers to their own learning.
The 84th Academy Awards by Kristina Taveras

The most awaited night in show business arrived, leaving audiences all over the world dancing out of their chairs, cheering on the well-deserved wins, and wishing to be in all the great selfies that took place on that hilarious evening. The 86th Annual Academy Awards occurred on March 2, 2014 at the Dolby Theatre in Hollywood, California. The prominent award show was hosted once again by Nonetheless comedian and television host Ellen DeGeneres. The night was full of beautiful performances from artists such as Pharrell Williams and Idina Menzel, celebrities like Brad Pitt and Meryl Streep passing around pizzas and paper plates, numerous selfies of nominees, and an amusing monologue from Ellen, of course. The Oscars also celebrated heroes in film and praised the lives of all involved in film that passed away this past year. All of the best films, actors, and technical achievements of 2013 were honored in 24 categories during this award show. Nominated movies such as “Gravity” won a handful of 7 awards, whereas “12 Years A Slave” won 3. Actors such as Jared Leto, Matthew McConaughy, Cate Blanchett and Lupita Nyong’o took home top honors. Although many critics gave mixed reviews of this year’s Academy Awards for being ordinary and not as anticipated, DeGeneres still delivered an entertaining show. So, until next year! 

And the Oscar Goes to...

PERFORMANCE BY AN ACTRESS IN A LEADING ROLE
Cate Blanchett in “Blue Jasmine” (Sony Pictures Classics)

PERFORMANCE BY AN ACTRESS IN A SUPPORTING ROLE
Lupita Nyong’o in “12 Years A Slave” (Fox Searchlight)

PERFORMANCE BY AN ACTOR IN A LEADING ROLE
Matthew McConaughy in “Dallas Buyers Club” (Focus Features)

PERFORMANCE BY AN ACTOR IN A SUPPORTING ROLE
Jared Leto in “Dallas Buyers Club” (Focus Features)

BEST PICTURE
“12 Years A Slave” (Fox Searchlight): Alfonso Cuarón and Mark boyls

ACHIEVEMENT IN MUSIC WRITTEN
For “Gravity,” composed by Hans Zimmer

ACHIEVEMENT IN CINEMATOGRAPHY
“Gravity” (Warner Bros.), Emmanuel Lubezki

ACHIEVEMENT IN DIRECTING
Alfonso Cuarón for “Gravity”

ACHIEVEMENT IN PRODUCTION DESIGN
“12 Years A Slave” (Fox Searchlight): production design by Sturla Tolberg

ACHIEVEMENT IN VISUAL EFFECTS
“Gravity” (Warner Bros.), Chris Lawrence, Dave Shirk, and Peter Del Vecho

BEST ACTOR
Jared Leto in “Dallas Buyers Club”

BEST ACTRESS
Cate Blanchett in “Blue Jasmine”

BEST ADAPTED SCREENPLAY
“12 Years A Slave” (Fox Searchlight)

BEST ANIMATED FEATURE
“Frozen” (Disney-Pixar)

BEST FOREIGN LANGUAGE FILM
“The Great Beauty” (Janus Films)

BEST ORIGINAL SCREENPLAY
“Her” (Warner Bros.) written by Spike Jonze

BEST ORIGINAL MUSIC COMPOSITION
“Glitter” (Warner Bros.) music by Brian Cross

ORIGINAL SONG
“Skyfall” (Skyfall) by Adele

FOR MOTION PICTURES (ORIGINAL SONG)
“Let It Go” from “Frozen” (Walt Disney) music and lyrics by Kristen Anderson-Lopez and Robert Lopez

The epic selfie (top), Lupita Nyong'o (left) and Matthew McConaughy (right).
Soccer, Volleyball, and More!

**Female Falcons Play at Copa Claro**

Early in the morning, the STS team members arrived at El Centro Olímpico while they physically and mentally prepared themselves for the game ahead. After some warm-ups and motivational pep talks, the game started. Underestimating their opponent, the STS team's defense let the ball go through, allowing the opposing team to score. After this, the STS team seemed motivated and their efforts were shown in every kick and sprint they made. However, it was apparent that they were at a disadvantage due to the absence of the team's best kicker, Ileana Hernandez. A lot of complaints and protests were made by both the audience and the team after one of the players, Claudia Zagul, received a blow to the knee, causing her to suffer from a broken ligament. A few minutes before the game was over, the opposing team scored their last goal, winning the game. The game ended 2-0. Even though the STS team lost, they gained experience and they gave everything they had on the field. The teammates played with their heart, and in the end, that is all that matters.

**Friendly Soccer Game Against EDEP**

On Saturday, February 22nd Saint Thomas School invited EDEP (Escuela Deportiva de Puerto Plata), a soccer club from Puerto Plata, to a friendly game. Players between the ages of six and eighteen participated. During Saturday morning the first game that was held was played by boys from age six to eight. It showcased the high level of soccer the children have reached by practicing regularly. The results were EDEP 5 to STS 3. The next game was played by boys from the ages of twelve to fourteen. It was an aggressive game, but in the end EDEP triumphed again. The third game was played by girls ages fourteen and up. STS Volleyball Team Triumphs over Saint George School!

At Saint George School our small female volleyball team played an excellent game on February 19th. The game was of five sets with the girls winning 3 – 1 sets. For the first game these girls kept it close with a score of 25-20. They unexpectedly rose from this defeat and won 3 straight wins. Incredible!!

**STS Volleyball Team Triumphs over Saint George School!**

Their synchronization and bond proved that they are capable of anything. The loss for the other team proved their lack of coordination and capability. At the end it was a fair game.

**ABC Soccer Cup Commences**

For this month of March, the male STS FALCONS between the ages of eight and seventeen were invited to the ABC (Americas Bicultural School) Soccer Cup.

The teams playing are Calasanz, MC School, Saint Patrick, Saint Michael, and Luis Muñoz Rivera, among others. The first match for our Falcons was against MC School in the category of 11th and 12th graders.

The line up established by our amazing coach, Oscar Almonte, was the following: Michael Sara (11th) as our goalkeeper, Eduardo Rivera (12th) and Steven Cordiel (11th) as defenders, while Keven Peralta (11th) and Rahul Duluc (12th) bombarded the other team as attackers. This game consisted in two half times, each one lasting 20 minutes. At first we were ahead 2-0, by crafty goals made by Keven Peralta. Our goalkeeper kept it safe as well as senior Eduardo Rivera who counterattacked every single shadow of the ball. Caught by surprise, our Falcons got hit by a goal from the other team, yet kept their heads positive. In the second half, Julio Castaños scored one goal which gave us 3-1 and brought victory even closer. Just when everyone thought it would be a sure win, things got complicated. MC School came from behind with two goals which made a tie. Every single one of the players played his heart out, but it was all worth it since that led to Keven’s hat trick, the final goal that led us to victory! Our Falcons won their first game 4-3.

**Interview with Star Player Keven Peralta**

**LM: How was the performance of Last Monday’s game?**

**KP:** It was a tough game against New Horizons. We started out winning, but the other team gained an advantage and because of a few errors in the defense, we were tied 3-3. I scored the first and second goals and the third, was scored by Julio (Castaños). In the end I scored another goal marking the hat-trick (3 goals in one game) and a victory for Saint Thomas.

**LM: I heard your performance in the games on Tuesday against Saint Michael’s and Wednesday against ABC was not good. How do you feel about that?**

**KP:** I feel terrible because I think we have to improve our goal keeping.

**LM: How was the performance of Last Monday’s game?**

**KP:** It was a tough game against New Horizons. We started out winning, but the other team gained an advantage and because of a few errors in the defense, we were tied 3-3. I scored the first and second goals and the third, was scored by Julio (Castaños). In the end I scored another goal marking the hat-trick (3 goals in one game) and a victory for Saint Thomas.

**LM: How could the team have improved their performance on Tuesday and Wednesday?**

**KP:** Aside from what I mentioned before, we should improve a little bit on our defense.

**LM: Tell me about your performance on Thursday.**

**KP:** Steven and I were 10 minutes late and we were losing 2-0. Oscar reprimanded us and then told us to get in and play. Five minutes later the game was tied 2-2, one goal scored by Julio (Castaños) and another scored by Raul (Duluc). After that, the opposing team, Luis Muñoz Rivera then scored two more. A while later, I scored two more goals and tied the game. It was a grueling match.

**Highlight performances: Keven Peralta, Michael Sara, and Eduardo Rivera.**

**Above: Keven Peralta in the ABC Cup**

**Below: Oscar coaching Juan Jose Alvarez, part of the 2nd grade STS soccer team.**
Drink it Up!

Water is essential for overall health. Our bodies are made up of about 60% water. Large amounts of water are lost daily that must be replaced. When your water output doesn’t equal your intake, you become dehydrated. Often dehydration is confused with hunger. The benefits of drinking water include:

- Water can help control calorie intake and aids in weight loss. Drinking cold water in the morning can boost your metabolism by 24%.
- Drinking water on an empty stomach purifies the colon making it easier to absorb nutrients.
- Water helps purge toxins from the blood which helps keep your skin glowing and clear.
- Balances the lymph system.
- Drinking warm water fills you up for longer.
- Water keeps the body from retaining water.
- Aids in digestion.
- Suppresses appetite.

Books or e-Books, Which Is Better?

In our new generation, technology is starting to take over. Many schools are starting to use iPads and Kindles instead of textbooks and notebooks. A common question has arisen from this con-traversy. Is it a good idea to implement tablets in school or would it be detrimental to the students?

Scholars and researchers have said that kids would rather use technology over actual textbooks. As tablets have become more prevalent, a new debate has formed over whether K-12 schools should switch to digital text-books, they're less expensive, and help the environment, or would it be detrimental to the students?

According to a 2012 report from the Federal Communi-cations Commission, K-12 school districts spend more than $8 billion per year on textbooks. E-textbooks can save schools from $250 to $1,000 per student per year. Tablets cost on average $489 in 2011, $386 in 2012, and are projected to cost $263 in 2015.

Tablets give users the ability to highlight and edit text and write notes without ruining a textbook for the next user. Tablets have a search function, a backlighting option to read in low light, and a built-in dictionary. Interactive diagrams and videos can increase student creativity, motivation, attentiveness, and engagement with classroom mate-rials.

Even with all these ad-va ntages, a few drawbacks have come to light when discussing this topic. While using tablets students may pay attention to apps, email, games, and websites instead of their teachers. Eighty-seven percent of K-12 teachers believe that “today’s digital technologies are creating an easily distracted generation with short attention spans.” Fourth-fifths of students aged 8-18 multitask while using digital media.

According to the New York Times, the “adverse health effects from the production of one e-reader are estimated to be 70 times greater than those from making a single book.” One tablet requires the ex-traction of 33 pounds of minerals, 79 gallons of water, and 100 kilo-watt hours of fossil fuels resulting in 66 pounds of carbon dioxide. Print books produce 100 times fewer greenhouse gases. Two gallons of water are required to make the pulp slurry that is pressed and heat-dried to make paper, and only two kilo-watt hours are required to form and dry the sheets of paper. On the other hand, with the amount of books a student uses throughout his or her school life, the amount of resources used are almost equal.

Even with the few drawbacks, e-books will prove to be a more useful resource than print books for students because they’re easier to carry, have storage for various books, they’re less expensive, and help the environment.

Helpful! Study Hall Needed!

Due to increased student workloads, the use of study hall has become necessary in today’s educational institutions. Day by day, education is getting more and more challenging, schools are getting more demanding as society itself is asking more from youth, and adding unnecessary stress.

Since 1990 the negative stress among children and youth has increased. Nowadays 8 out of 10 youths suffer from stress. Study halls provide students with valuable time that can be used to do homework, study for an upcoming test, finish incomplete work, projects, etc. Most of the time, because of extracurricular activities and the amount of work delivered by teachers, students don’t have the time required to complete all work in their homes.

Often times students “smuggle” homework from one subject into another period, upsetting and disrespecting the teacher, and decreasing the attention given to the discussed topic in class. Those couple of hours per week can drastically impact not only the amount of stress put on the students, but also boost their academic performance in school and other extracurricular activities.

Healthy Living!

For this article we interviewed school doctor Aleidia Hilario for some tips on living a healthy life.

Q: What factors should be present to maintain a healthy lifestyle?
A: A balanced diet, the ingestion of water, exercise, and rest.

Q: How many meals should people consume on a regular basis?
A: 5 meals (3 meals and 2 snacks)

Q: If you are at a public place, let’s say a mall, what kind of food should we look for?
A: Choose food with the least amount of sugar and flour and avoid fried food.

Q: What do we have to do for healthy skin?
A: Ingest foods that are high in vitamins and minerals, main-tain adequate eating habits, and have quality rest.

Q: Are naps advisable for healthy living? If so, how long should they be?
A: If the person did not have a complete sleep cycle at night, then it’s advisable to take an hour to an hour and a half nap. At early ages, naps are strongly advised.

Healthy & Opinions

Help! Study Hall Needed!

Now is the chance to ask that question you’ve been it-thing to ask but can’t ask anyone. Submit your questions about school, friends, relationships—anything really, even those awkward questions about puberty—at the boxes that will be placed in each school building and we’ll answer them in next month’s issue. There’s no need to write your name or grade, the letters will be totally anony-mous! While we keep your identity secret, we also ask you do the same and not mention anyone else’s name.

Want your story, article, essay, or writing piece to appear in the newspaper? Drop off your work at Ms. Marie Geiken’s room during the first week of April or ear-lier for a chance to have your work featu-red in the newspaper. Remember, polish up your writing skills because only the best will be chosen. Good luck!
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**March 2014**

**Zodiac Signs:**
- Pisces till the 20th
- Aries from the 21st

**Birthstones:**
- Aquamarine, Bloodstone & Jade

**Flower:**
- Daffodill

**Women's History Month**

**National Nutrition Month**

**Save Your Vision Month**

**Other Events:**
- Zero Discrimination Day
- International Woman's Day
- International Day of Happiness
- STS Science Fair
- World Down Syndrome Day