

# Phoenix News

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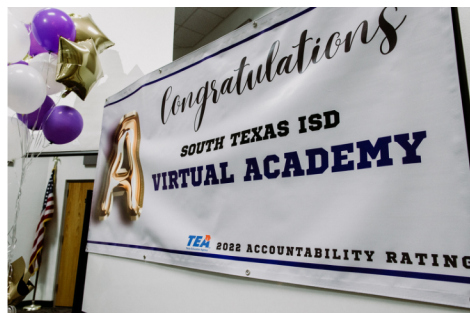
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Fox Meadow, Acrylic by Lucia Fuschetto, 7th grader

South Texas ISD Virtual Academy teachers celebrate their "A" rating



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# Tips on How to be a Successful Virtual Student

By Joseph Martinez

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Being on time, keeping up with all your homework, avoiding procrastination, setting a distraction-free area, having good time management, and prioritizing your school work are essential skills to being a successful virtual student and achieving outstanding performance outcomes. No tricks just tips and ways as students can try to excel in our virtual academy journey.

## Adjust your sleep schedule

Start by adjusting our sleep schedule by turning your electronic devices to do not disturb mode or sleep mode



The hours between 9:00 pm to 7:00 am are ideal to try to get the best amount of sleep possible.

## Eat a healthy breakfast

Another way we as students can improve our virtual success is by eating a large and healthy breakfast.

A reason why we should begin eating breakfast is that the CDC has proven that eating breakfast can improve cognitive function and can improve your day-to-day mood.



## Prepare 10-15 mins before class



The Third tip to follow in order to become a successful virtual student is to have a 10 to 15-minute alarm before class.

One reason an alarm before class can help is that we have all had a moment where we were a few minutes late to class because we weren't aware of the time

## Completing your homework before its due



Don't procrastinate, the biggest reason most of us don't turn in our homework is that we procrastinate. One way we can stop procrastinating is by prioritizing.

Prioritizing is spending more time on important things like homework, studying, and organizing instead of spending your time using fewer time wasters like social media, multitasking, procrastination, disorganization, and working without a plan.

## Avoid a distracting setting

One area that can hinder your success is placing yourself close to electronics such as TV, radio, live cameras, or where family members hang out.

Find a quiet and secluded area in your house where electronics and your family will not disturb your classes and concentration.





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## Virtual Academy Staff that's on "fire"

Journalism students take the time to get to know some of the VA teachers

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### Mr. Elias Robles, Math teacher grades 8-10

Interview by Raziel Garcia



Mr. Robles has a passion for linear equations is what opened his visual outline to teach as well as learn in a classroom setting. Mr. Robles's greatest strength is his curiosity but at the same time, he expresses it presents a weakness because he ends up doing more projects that get him overwhelmed.

He enjoys playing classical & jazz music on guitar but his musical preference would be more alternative, grunge type like Deftones, Rage Against the Machine, and Tool to name a few bands.

He majored in college with Math and a minor in classical music. The most prevalent and focused aspect that brings him joy is simply being with his family as a whole. He also foresees himself teaching in the future as long as he can and still teaching virtually as it suits him much better as a teacher as well as assisting his students. His future endeavors included teaching remedial math at the community college level when he retires.

### Mrs. Elizabeth Flores, Special Education teacher

Interview by Camila Rojas

Being a Special education teacher can be stressful, luckily Mrs. Flores knows the best way to relax is by spending her downtime either thrifting or fishing something she claims "she is not very good at". The Virtual Academy is fortunate to have Mrs. Flores who has been teaching for 18 years.

It's not just the teaching experience Mrs. Flores has but she is compassionate and patient. When it comes to both of these traits she believes they are essential when being a special education teacher because compassion helps "put yourself in other people's shoes". Patience helps the process of teaching go smoother.

Mrs. Flores knows that not everyone is born with patience and believes that people can grow patience with knowledge because "you learn how to understand how the other person feels", and it helps you learn how to react to any situations that might occur.

Both of these traits help her with her daily tasks of modifying a variety of curriculums which is one of the biggest stressors of her job but it's also the most rewarding since she gets to see her students flourish and grow.



### Mr. Roel Flores, History teacher grades 8-10

Interview by Krishna Chengankal

Mr. Flores is new to the Virtual Academy and is a local graduate from UTRGV a university that he recommends for students that are looking for an affordable post-secondary option. Flexibility is important to Mr. Flores as an educator and it's one of his greatest strengths.



As a teacher this is one of the most important skills you can have as well, it allows you to adapt to any situation. When the pandemic hit many teachers were forced to teach virtually. However, Mr. Flores had been teaching virtually for a while, "At my old school, I've been doing pretty much everything online... I think it is a bit more challenging in some ways than having a regular classroom".

Teaching virtually is not the only skill Mr. Flores possesses. In his free time, he partakes in his favorite hobby Archery which requires strength and skill.

### Ms. Adalia Garza classroom aide

Interview by Bianca Olivares



Ms. Adaila Garza is smart, outgoing, and a person but more importantly she is one of Virtual Academy's classroom aides. She is "an English lover who loves to teach kids." Her love for English has opened many doors for her such as having one of her short stories published in a local magazine. It also encouraged her to receive a bachelor's degree from UTRGV.

Her passion for English does not stop there her goals in life are to travel the world and teach English to kids in foreign countries. Her first stop is Japan and she is already learning the Japanese ABCs and vowels in order to learn the language. Her hobbies are not limited to English-based activities but also include being an active member in her church, where she sings and plays guitar. A last word of advice Ms. Garza has for students are words she herself lives by, "keep going, keep doing amazing things, small things can lead to great things".

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# Current VA Club information

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## STVA Chess Club sponsored by Mr. Galvan

**Meeting times:** Monday and Wednesday from 4-5 PM for practice, with competitions potentially on other days of the week. Each session is 1 hour long

**How do students meet? (zoom, in person, k12, google classroom)?** Regular practice will happen over K12 sessions that students are added to by Mr. Galvan. Later in the semester, there will be practice sessions at the Mercedes complex

**Club code:** None needed, students who selected chess as one of their desired clubs on the Club Interest form were added to the K12 session. Those who want to join can reach out to [james.galvan@stisd.net](mailto:james.galvan@stisd.net)

**Is the club open to anyone who wants to attend or are there minimum requirements to join?** The club is open to anyone who wants to join, whether they want to compete or play casually with classmates. All skill levels, from brand new to master level, are welcome too.

**Is it mandatory to attend meetings?** It's optional for everyone, but people who want to compete should realistically go every chance they have.

**Club fee?** There's no fee to join and play casually. Competitors may need to cover USCF Membership and tournament costs.

## Spanish Culture Club sponsored by Mrs. Galnares

**Meeting times?** The meeting will be held online every two weeks and in person once a month.  
From 4:00 - 4:30 pm or 4:45pm.

**How do students meet?** Teams

**Club Code?** First, the students shall contact Mrs. Galnares via **Remind @c44e48b**. Then, after answering their questions I can add them to Teams.

**Is the club open to anyone who wants to attend or are there minimum requirements to join?** The requirement is to be present, participate and cooperate every time we meet.

**Is it mandatory to attend meetings?** yes  
**Is there a club fee?** No Club fee is required.

**The last day For Spanish Culture Club will be April 06, 2023.**



## Business Professionals of America sponsored by Mrs. Cano and Dr. Aguilar

**Meeting times?** One meeting per month, on a Saturday. On a Saturday.

**How do students meet during clubs (zoom, in person, k12)?** Meetings will be virtual via k12. Competitions at the regional, state and national levels will be in person. (Dates and fees will be discussed in meetings)

**Meetings begin and end?** Meetings begin on October 1st and will end in April.

**Is there a code to access the club?** Anyone can join please email [ruth.cano@stisd.net](mailto:ruth.cano@stisd.net)

**Is the club open to anyone who wants to attend or are there minimum requirements to join?** Anyone who wishes to participate is welcome to join.-

**Is it mandatory to attend meetings?** Meetings are mandatory for membership since we will be providing useful information during them.

**Is there a club fee?** Membership at the school level is free, but members wishing to compete in Regional, State, and/or National Competitions need to pay a fee (which goes towards the national chapter to establish eligibility).

## Art Club sponsored by Mr. Cellar

**Meeting Times?** Once a week on Mondays, and in-person meetings once a month

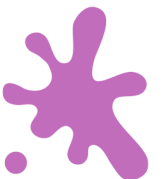
**How do students meet?** Online the club meets through google meets 4 pm-4:15 and in-person meets at the BLA in Mercedes 10 am -12 pm

**Is there a code to access the club?** Yes, there is an email [Edward.Cellar@stisd.net](mailto:Edward.Cellar@stisd.net)

**Is the club open to anyone who wants to attend or are there minimum requirements to join?** The club is open to all students, however... to attend any special events like field trips or fundraisers students must be passing all classes and have no more than 3 unexcused absences.

**Is it mandatory to attend meetings?** Only for officers.

**Is there a club fee?** 1 gazillion dollars. Jk, it is free to join





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# Roast or Rave Reviews

Staff of the journalism class either roast or rave about trending pop culture

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## Multiversus Review by Krishna Chengankal

Multiversus is a free platform fighter game made by Player First Games and published by Warner Bros, where you have to ring out your opponent to win. The game is available on a variety of platforms. It has additions from famous shows and cartoons. The game's roster is a bit small at the moment. It offers 3 main modes, 1v1, FFA, and 2v2. Multiversus is a fluid game that keeps you on your toes and you always have to be paying attention every second.

Overall, Multiversus is a fun competitive or casual platform fighter game that rewards players for learning the strengths and weaknesses of their character and for learning how to synergize and strategize with their teammates. This game does need some time to grow because there is a bit of issue and bugs, but the foundation is rock solid.

Rating: 🍑 Rave, Try it out it's pretty cool!



Photo courtesy Variety



Photo courtesy TV-Line

## She-Hulk review by Raziel Garcia

She-hulk is about a woman who becomes a female version of the Hulk similar to Bruce Banner's character. The opening episode shows the family relation between She-Hulk and Banner, which is essential to how she obtains her "hulkness" and can withstand the radiation that comes with it.

Yet, She-Hulk's origin story is underwhelming compared to past superheroes and there is no character build-up. In the first episode, they seem to humiliate Hulk's character by making his character inferior to She-Hulk during a training montage despite the fact that he IS THE HULK.

Marvel as of late has been taking a different approach for their superheroes through poor scripts and making everyone quirky/cool. Although this is a different take it is backfiring on the company. The first episode of She-Hulk comes off as way too goofy and tries too hard to be funny.

Rating: 🍷 Roast, Unless you want to suffer as well.

## After Like review by Bianca Olivares



"After Like" by IVE falls from the k-pop genre. IVE is the only 4th generation girl group to achieve multiple hit songs on the All-Kill charts. Their song "After Like" is a summer, drive, windows down love song. " [After Like] is a song about expressing your feelings not only with your heart but through your actions as well," explains Rei. The song samples from Gloria Gaynor's "I Will Survive", a classic 70's song that helps bring familiarity to the new K-pop genre.

The beat and rhythm of the song are catchy and you can't help but bop along as you excitedly recognize the music sample embedded. The sample further allows the genre to be accessible to those that have not fully committed to the K-pop fan base. The song "After Like" is currently in Korea's top trending category on Spotify.

Rave: 🍑 Instantly fall in love

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# Latte's Cafe

Jump into the world of culinary fantasy where Camila Rojas recreates recipes from books, tv, movies, and more

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In the movie *Chronicles of Narnia*, a sweet treat called Turkish Delight is presented as a bargain for one of the main characters to betray his family. Turkish delight, also known as lokum, was produced in Turkey and Iran as early as the late 18th century.

Turkish delight is a candy that resembles the texture of gum drops and is very sweet due to the main ingredients being sugar and starches. Extracts are added to contribute to the delicious taste, traditional flavors include orange, lemon, and rosewater.

Wanting to recreate the *Chronicles of Narnia* version, I used rosewater, but knowing that rosewater is a very acquired taste, I decided to make a separate batch using almond extract. The process is lengthy when it comes to cooking but leaves an abundance of sweetness.

**Cook Time:** 2.5 hours

**Chill Time:** 4 hours

## Ingredients:

4 cups sugar  
1 ½ cup water  
2 tsp lemon juice  
1 tsp lemon zest  
1 cup cornstarch  
1 tsp cream of tartar  
3 cups of water  
2 tsp rosewater ( or any extract)  
Optional: red food coloring  
Olive oil  
½ cup powdered sugar  
¼ cup cornstarch

## Steps:

1. Pour 4 cups of sugar into a pot along with 1 ½ cups of water, 2 tsp lemon juice, and 1 tsp lemon zest.
2. Turn the heat to high and whisk until the mixture comes to a boil.
3. Lower the heat to medium-high and cook until the temperature ranges from 240-250 F.
4. Remove the liquid and pour a sieve into a glass jug to remove any sugar crystals.
5. In a bigger pot add 1 cup of cornstarch, 1 tsp of cream of tartar, and three cups of water.
6. Mix all the ingredients until you feel no more lumps of cornstarch, then turn the heat to high and whisk constantly until it boils.
7. Turn the heat to medium-low and continue whisking until it thickens.
8. Pour the sugar mixture bit by bit into the starch mixture to incorporate.
9. Continue cooking in low heat for 45 minutes stirring constantly.
10. Add 2 tsp of Rosewater ( or any extract) and a few drops of red food coloring.
11. Pour the mixture into a glass casserole with cellophane rubbed down with olive oil.
12. Evenly distribute the mixture and put it into the fridge for 4 hours or until completely hardened.
13. In a bowl sift ½ cup of powdered sugar with ¼ cup of cornstarch.
14. Put a bit of the powder on the top of the Turkish delight and turn over the glass casserole. The delight should fall over the table.
15. Cover the other side with more powder, the delight will be very sticky.
16. Coat a knife with powder to prevent sticking, and cut the delight into small 1-inch by 1-inch pieces.
17. Cover the delights with more powder.



Be sure to turn on *Chronicles of Narnia* and enjoy your Turkish Delight!

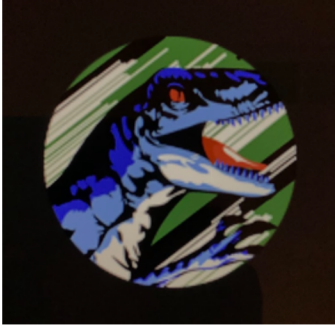


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# Meet the Phoenix Journalism Team!

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## Meet Joseph Martinez



Joseph is a 10th grader with the Virtual Academy. He likes to play video games to pass the time. Joseph's favorite game is called Hearts of Iron 4 also known as HIO4.

Another pass time of his is watching movies. His favorite movie is Wall-E.

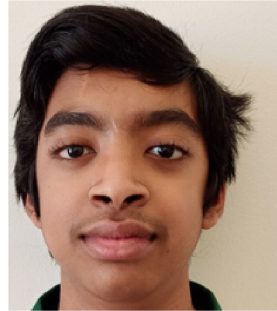
## Meet Bianca Olivares



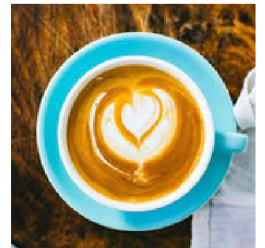
Bianca is a sophomore at the Virtual Academy. She likes to listen to music and watch anime. Bianca also enjoys going on walks and watching Netflix with her sibling.

In her free time, she likes to dye her hair any color from the rainbow.

## Meet Krishna Chengankal



Krishna is in his freshmen year with the Virtual Academy. He enjoys reading, gaming, watching anime, and riding his bike. His favorite anime is One Piece.



## Meet Camila Rojas

Camila Rojas who prefers to go by the name "Latte", is a freshman from Virtual Academy. She enjoys everything fantasy and has a passion for creating art. As a Multi-Hobbyist she enjoys many activities, some include cooking, writing, video games, board games, collecting art books, sword fighting, watching shows, and learning about chemistry.

## Meet Raziel Garcia



Raziel is a sophomore at Virtual Academy. He enjoys video games and walking/playing with his dogs. His favorite food is lasagna and his favorite class is History. One of his favorite topics to study are the Egyptian Gods.

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If you are interested in contributing to the Phoenix Newspaper please contact [roberta.zamilpa@stisd.net](mailto:roberta.zamilpa@stisd.net)