

*The Team : Naomie Narcisse, Coralie Vilgrain, Audrey Nicolas, Sidney Stecher, Alix Rouzier, Regis Salnave, Samantha Sosa, Celine Turnier, most students from 2ndeB and Thierry Roland.*

*Dear readers,*

*This is the last issue of the journal for this academic year, but Melting Pot will continue next year. If you want to join us contact*

*[ladjournal@gmail.com](mailto:ladjournal@gmail.com)*

*Enjoy your reading!*

*Chers lecteurs,*

*Il s'agit du dernier numéro de l'année, mais Melting Pot continue l'année prochaine. Si vous souhaitez faire partie de l'équipe, contactez [ladjournal@gmail.com](mailto:ladjournal@gmail.com).*

*Bonne lecture !!*



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## **MATH HAÏTI**

***On Friday April 5th, a math contest was organized in our school.***

Two weeks earlier every student from the 6<sup>th</sup> grade to the 12<sup>th</sup> grade had to take two practice tests and a real test, the three students that had the best scores in each class were qualified.

Several schools in Haiti participated to this contest, such as *St. Rose de Lima, St. Thérèse de l'enfant Jésus, Le jardin des Oliviers* and of course the *Lycée Alexandre Dumas*.

At 2pm everyone was gathered in the elementary school's yard. Tents, chairs and tables had been placed for the candidates.

Our principal, Mme. Giminez gave a speech; she was followed by M.Peter Frish and M.Bina the LAD math teacher who was responsible for this contest. Three judges came from France to correct the math quizzes.



M.Bina gave the signal to start and the audience had to remain silent. The candidates had seven minutes to finish a quiz of thirty questions. After these intense seven minutes, they collected all the papers and the French judges went into a room and corrected all of these math wizards work.

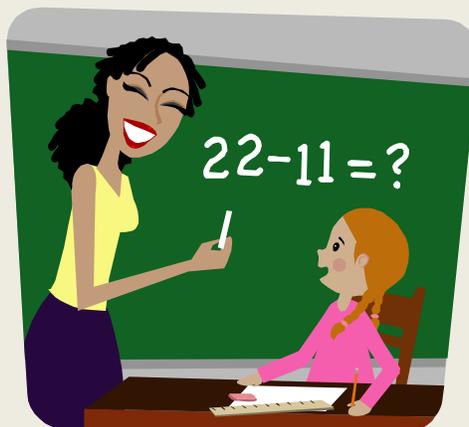
Mme.Giminez had a cake made for the occasion and during the correction she cut it and everybody enjoyed it. Two hours later the judges came out with the results.

They only gave the top 5 winners.

*#5 was Matthieu Volet a student from 9<sup>th</sup> grade of our school, #4 was a student from St Rose de Lima, #3 a student from St Therese de l'Enfant Jesus, #2 Anthony Wainright a student from 10<sup>th</sup> also of our school and the 1<sup>st</sup> prize went to another student from St Rose de Lima.*



By Audrey Nicolas



# Fad diets

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*“You will lose up to 40 pounds in 1 month!” “We guarantee you will love it”.* Ah! Fad diets. They promise you fast weight loss, results with little or no efforts, but do they really work and are they really worth. I decided to try out a fad diet for myself. A diet that promises super rapid results in a short time.

It’s time to see if they really work. And maybe once and for all find the real secret to health and weight loss...

## **My experience with a fad diet**

It’s a three day diet that you’re supposed to repeat every week. The food choices aren’t ideal, I don’t mind that it includes loads of fruits and a little ice cream, yum, but tuna wouldn’t have been my first choice in the canned goods section... well what I have to lose is just 3 days. The first day my breakfast was particularly filling, I could barely eat when lunch time rolled around, odd since it consisted of only 3 things. Well that was my last filling meal for a while, after every meal for 3 whole days I was left completely unsatisfied, little did I know it was due to the extremely low nutrition I was receiving. Every night I was excited to go to sleep because it meant breakfast was near. This feeling isn’t unfamiliar to me, being a recovering eating disorder sufferer; the empty stomach feeling is an old enemy. But to make the clear distinction, a fad diet isn’t an eating disorder since an eating disorder is a mental illness that affects eating patterns. The last day ended and I lost 2.5lbs, not as much as the diet promised but still something. The week after the diet something happened: I seemed to have eaten all the food I didn’t eat during the diet, so all that down the drain, sigh... and you bet I won’t ever go thru that torture again

## **How does a fad diet work?**

They don’t. Well the diet I went for promised to work on chemical reactions. On the 3<sup>rd</sup> day out of boredom I decided to calculate how many calories I would be eating that day and it came up to 903 calories. 903?!?! That’s less than recommended for a five year old! A growing teenager like me should be consuming 2000 calories per day at least, for a boy its 2500 calories and if on a diet no matter what your weight is nutritionists recommend you never go below 1200 calories. In conclusion this “diet”, like all fad diets, works not on “chemical reactions” but on extremely low calories counts which deliver fast but temporary weight loss results.

## **So, if fad diets don’t work... what is the secret to weight loss?**

So you want to know the secret to weight loss? Are you sure you can handle the truth? Well it's simple because there is only one secret: eat healthy and exercise. You have heard this: 9238385183917587591375080923759825749715927592750297582759270610714100 times but it does seem to sink in. there is no one time thing that will make you lose your belly forever. The only way to have results that last forever is to make changes that last forever. Eat your veggies and keep active. Simple, no?

**Sydnee Stecher**



## QUIZ: HOW DARING ARE YOU?

*Circle the answer that suits you the best and then check the results at the end of the quiz.*

1. You go to the zoo for a visit on a sunny day: what do you do?

- a) *You just watch the animals*
- b) *You try to feed the snake.*
- c) *You complain about the sun.*

2. What is your dream place?

- a) *Cancun*
- b) *California/ Hollywood*
- c) *Amazonia*

3. A house is on fire in front of you. What do you do?

- a) *You run for your life*
- b) *You rescue the people inside*
- c) *You stay there waiting for the firemen.*

4. What is the One thing you would try?

- a) *Smoking cigarettes*
- b) *Skydiving*
- c) *Swimming with sharks*

5. You are grounded. What do you decide to do?

- a) *Sneak out to the party*
- b) *Stay in your room and read*
- c) *Cry and make a scene so that your parents let you go.*

6. You didn't study for the test: you

- a) *Cheat*
- b) *Skip class*
- c) *Give back the paper with your name on it only.*

7. Your mom asks you a service: you

- a) *Say no because you're busy even if you are not.*
- b) *Send your bro or sis*

c) *Accept.*

8. **You get a bad grade. What do you do?**

a) *You cry and call your mom.*

b) *You just don't show it.*

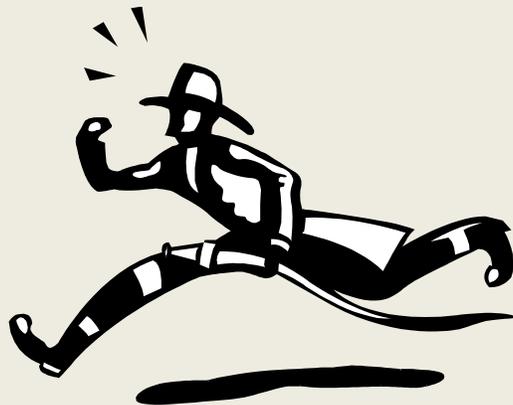
c) *You don't care and have hope for the next test.*

**Results:**

*You get 2 points for a letter in bold type, one point for the other ones.*

<i>1- 2 - 3- 4 - 5 - 6 - 7 -8</i>	<i>Your score</i>	<i>You are</i>
<b>B</b> -C- B- C - <b>A</b> - B - <b>A</b> - <b>B</b>		<b>A bad boy</b>
A- <b>A</b> -C- <b>B</b> - B- C- <b>C</b> -A		<b>A good kid</b>
C - B- <b>A</b> - A- C- <b>A</b> - B- C		<b>A sensible child</b>

**By Audrey Nicolas and Gabriel Vorbe.**



### *Is the "American Dream" a myth or a reality?*

*Yesterday in class we were talking about the "American Dream". I do believe in it. Why?*

Because the USA is the only place which actually acknowledges your intelligence. In other countries, the social structure is so strict that even if I'm better at what I do than the other person, an employer will choose the person who has more connections or the one he used to go to school with. But in the States, if you're good at what you do, they recognize it no matter what: even if you started off poor and unpopular.

I have so much respect for the people that lived their "American Dream" such as my role model [Eminem](#). He started off so poor and was the only white rapper when the Greatest were alive such as: Tupac, Biggie, NWA, Big L... They discriminated against him, the paparazzi pursued him for his honest language, even his family was against him. When [Dr.Dre](#) signed him, all his associates left him but Dr.Dre believed in Eminem and continued supporting him. Eminem is now the best rapper alive. He is my role model, my legend. He makes me believe that I can do whatever I want as long as I work hard enough for it. When you look at it clearly, you can really do whatever you set your mind to.

What is life without goals? What is a life worth if it's not living it the way you want it? Success comes in many forms. Maybe you won't be rich, but you can also touch people's hearts and that's a beautiful success as well. For example, [Cameron Lyle](#) who studied at New Hampshire University was asked to donate bone marrow to a complete stranger suffering from Leukemia instead of competing for the championship he'd been training for the past eight years. He gave up his dreams for a complete stranger. But when you look at it carefully, he did realize a major part of his dream: he became successful. Not the way he wanted it, but he still did, he touched people's hearts. Therefore, you realize there's not just one road that leads to success, there are many of them and some might be places you've never imagined. It might even be in countries you never wished to visit. It's just life. You got to get on with it because in the end: "go where you want, die where you should". When you have a dream, don't let it go.

I do believe that the USA gives you a motivation that other countries don't. It shows you that you don't have to be scared of failure. The "American Dream" does exist not just in America but everywhere in the world, it just has to start in your heart. And always remember, if they can do it, why can't you?

# THE 10 FUNNIEST THINGS TO DO WITH YOUR FRIENDS!!

By Audrey Nicolas



1. Put a dora doll in the middle of Walmart. When someone tries to pick it up yell "SWIPER NO SWIPING".
2. Walk up to a small child that resembles you, and tell him that you are them from the future.
3. Dress up as Ronald Mcdonald and go apply for a job at burger king.
4. Go to Mc. Donald's and ask for fries without the potatoes.
5. In a public place, hold up a box of cheerios and yell "FREE DONUT SEEDS!"
6. Walk into Sea World with a fishing pole.
7. Go to a pet shop, buy birdseed, and ask how long it will take to grow.
8. Name your hair George, then go to the salon and be upset that they killed him
9. Take a stuffed animal to the vet.
10. Go to McDonald's and ask for a sad meal, then yell 'SAD PEOPLE HAVE TO EAT TOO!!'



## Chain Writing

*The principle is that one person writes a line that must be continued by his/her neighbor and so on and so forth, so as to give birth to the poem.*

*The following poem was created by 2ndeB students.*

### Poem:

There was a cool and harsh storm brewing

In my heart, anxiety was stewing

I felt the pain going through my veins

As my face was full of stains

Love is just a word until someone gives it a meaning

If you don't do anything about it, what you do is waiting

The storm grew stronger as my heart grew weaker

I had waited too long, darkness took over.



*The same process was used to write the following very short story by the same students*

### **The Mermaid and the Unicorn**

I came in my room one night after soccer training and saw that it was filled with water and mermaids swimming all over what used to be my den. One of them called me and told me: *"I'm stuck in this world and the only way to get myself out of here is by killing one member of your family"*

I then asked what that story about her curse was. She explained to me the tale of my mother, who was actually her sister, and who had decided to become a human. She added that I was her only remaining family.

Before she could kill me, I took out my lighter to boil the water she was in. With what remained I decided to cook a soup that I decided to drink. After drinking, I suddenly felt weird and realized that I was becoming a unicorn.

As soon as I became a unicorn, I started to think about the advantages of being a mythical creature, loved by everyone. But a few weeks later, I realized that I was missing something. Was it my family? I hadn't seen them for weeks now. How could I come back home after they had rejected me? How could I live as a myth?



## Jokes by C. Vilgrain



*Someone asked a man what place he dreamed to go. He answered the sun, and everyone was astonished and said it was impossible to live there without being totally burnt. He answered he was not stupid and would go there at night.*

*A Blonde walks into a bar. She timidly approaches the barman and whispers in his ear: "Where is your bathroom?"*

*The Barman replies: "From the other side"*

*Then the blonde moves and whispers in the barman's other ear.*

*The following sentences were actually said by "famous" people in public by C. Turnier*

*"If you could live forever, would you and why?"*

*"I would not live forever because we should not live forever, because if we were supposed to live forever, but we cannot live forever, which is why I wouldn't live forever" by a Miss at a beauty pageant.*

*"Smoking kills. If you're killed, you've lost a very important part of your life." By a famous actress.*

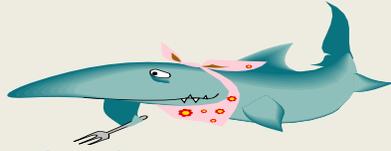
*"I've never had major knee surgery on any other part of my body." By a basketball player.*

*"Outside the killings, Washington has one of the lowest crime rates in the country" by a mayor.*

*"The word genius is not applicable in football. A genius is a guy like Norman Einstein." NFL quarterback*

*"We've got to pause and ask ourselves: How much clean air do we need?" a businessman*

## ARE YOU A GREEDY PERSON?



1. When you wake up in the morning, do you:

- a) *Go to eat directly*
- b) *Eat when you are ready to go to school.*
- c) *Just skip breakfast and eat crackers at school.*

2. At lunch, you'd rather take:

- a) *a supersized hamburger with French fries and a coke.*
- b) *a sandwich with a juice.*
- c) *a salad with a bottle of water.*

3. When you go home after school you:

- a) *Go directly into your room to do your homework.*
- b) *Sit in front of TV and eat a snack.*
- c) *Eat your dinner because in your family dinner time is early.*

4. You often wake up in the middle of the night to :

- a) *Go to the bathroom*
- b) *Go drink some water.*
- c) *Go to the kitchen to eat the last chocolate bar in your fridge.*

5. When you are in class, you think:

- a) *About your bed cause you're so tired.*
- b) *About this new student who is really creepy.*
- c) *The snack you're going to have after school.*

6. When you visit a new country, your priority is:

- a) *Go to its famous bakery.*
- b) *Go and walk in the streets to make some new friends.*
- c) *Go and visit someone for a typical dinner.*

7. Would you say that you are:

- a) *really confident*
- b) *really shy*
- c) *really greedy*

8. When you watch TV you watch:

- a) a romantic movie.
- b) detective series.
- c) a kitchen show.

**Results:**

Questions	1	2	3	4	5	6	7	8
Answers								
A	2	2	0	1	1	2	1	1
B	1	1	2	0	1	1	1	1
C	0	0	1	2	2	0	2	2

**You have less than 7 points:**

*You are not greedy at all! Eating a hamburger is way too much for you since you prefer healthy food to junk food. But you should try to taste new flavors and not stay on your routine.*

**You have between 8 and 15 points:**

*You like the idea of tasting new recipes but you prefer one thing: homemade food. Sometimes you are a big eater but sometimes nothing is better for you than a simple salad.*

**You have more than 15 points:**

*You were born to eat and taste new flavors. On a shiny Saturday, you'd rather stay home and cook than go out with your friends. When you visit a new country, your main interest is to taste its main recipes. Be careful, you might become overweight at some point!*



**ENJOY YOUR  
HOLIDAYS !**



**See you next year !**