

Portal

magazine

WINTER ACTIVITIES LIST

Tips for enjoying cultural foods

Consejos para disfrutar
las comidas culturales

School avoidance problems

Evitando la escuela

How to **SAVE MONEY** this winter

Cómo ahorrar dinero
este invierno





Winter - Invierno 2022/23



Feature

8 Tips for enjoying cultural foods

Consejos para disfrutar las comidas culturales

Advertorial Publicidad

4 When avoiding school hides a problem. Cuando el evitar la escuela oculta un problema

General Interest

- 14 How to save money this winter
Cómo ahorrar dinero este invierno
- 20 Winter Hazards
Peligros del invierno
- 20 Essentials for winter road trips
Elementos de seguridad para tu coche

On the Go Salidas

- 22 Sledding fun
- 23 Winter activities memo
- 24 Winter bucket checklist

DIY Hazlo tu mismo

25 Advent calendar
Calendario de Adviento

Entertainment

26 Linguistic humor and curiosities

Technology and Science

- 27 3 apps you must have!
3 apps que debes tener
- 27 Make a cloud science experiment
Experimento científico para crear una nube

Recipes Recetas

28 Spicy potatoes with lemon
Papas picantes al limón

Winter - Invierno 2022/23
Vol. 10 - No. 25

Editor
Laura Saavedra

Co-Editor
Katrina Smith

Contributing Writers
Monica Mandell, LMSW
Taylor Lucas MS
Erica Leon MS
Peter Gouveia
Cristina Balsamà
Nanaz Khosrowshahi

Graphic Design
Two Points Design
twopointsdesign.com

Advertising
sales@portalmagazine.com
914-792-8483

Translation to English
Katrina Smith
Translation to Spanish
Spanish 4 Kids

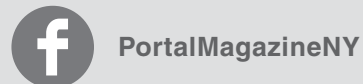
Digital Content Development
twopointsdesign.com

Marketing
Rocio Vallejo
Maria Saavedra
Two Points Design

portalmagazine.com
info@portalmagazine.com
(914) 792-8483
Westchester, NY

Portal Magazine is published quarterly by Two Points Design LLC. Portal Magazine is distributed free of charge. Please, one copy per reader. We reserve the right to edit, reject, publish, or comment editorially on all submitted material. We cannot be responsible for the return of any submitted material. Portal Magazine is not responsible for the articles sources, nor of the content sent by the authors, readers, and / or advertisers.
Portal Magazine ©2013-2022. All rights reserved. Reproduction in whole or part without written permission is prohibited.

Follow Us



Westchester's
WINTER WONDERLAND
Drive-thru
Holiday Light Extravaganza
Kensico Dam Plaza, Valhalla, NY

Presented by Westchester Parks Foundation Founding Sponsor WMCHealth
Westchester Medical Center Health Network

Best Value in Westchester!
Get your tickets before they sell out.

Nov 25 - Jan 1 | Purchase tickets online at **wwinterwonderland.com**
Reservations are required to guarantee your time slot.

THANK YOU TO OUR SPONSORS



When Avoiding School Hides a Problem



Monica L. Mandell, LMSW
Bilingual Social Worker
Educational Advocate
MLM Advocacy
www.mlmadvocacy.com
914-308-0751



Sometimes skipping school is nothing more than a day off after not feeling well or being tired after a special occasion. However, sometimes it can mean feelings of anxiety about the school day.

Students who experience intense feelings of anxiety around the idea of going to school are known as school avoidant. In these cases a student refuses to attend school, arrives late, or

presents somatic complaints. In general, a school-avoidant student seeks to get out of aversive social or evaluative situations in an attempt to escape.

Students who can manage their feelings often build internal responses to stress, helping them socially and academically throughout the school day. On the contrary, a student who feels overwhelmed or anxious will create a separation from

the school community. This separation represents a risk of becoming school-avoidant.

When the school system doesn't create a sanctuary or is inflexible in meeting a student's needs, then may become disengaged. These feelings of anxiety can overwhelm students, making their home a protective barrier from feeling overwhelmed. A school-avoidant child will experience increased behavioral problems, poor academic performance, and social isolation from the school community.

On the other hand, a student who feels comfortable at school will feel safe, self-confident, and resilient. An anchor is created to help students relate with peers and learn to manage feelings of anxiety.

If your child is feeling stressed and is not attending school, please contact MLM Advocacy for assistance as the process of returning a student to school can take time and patience. ■

Cuando el evitar la escuela oculta un problema

Los estudiantes que experimentan intensos sentimientos de ansiedad en torno a la idea de ir a la escuela se conocen como evitadores de la escuela. En estos casos un estudiante se niega a asistir a la escuela, llega tarde o presenta quejas somáticas. En general, un estudiante que evita la escuela busca salir de situaciones sociales o evaluativas aversivas en un intento de escapar.

Los estudiantes que experimentan intensos sentimientos de ansiedad en torno a la idea de ir a la escuela se conocen como evitadores de la escuela. En estos casos un estudiante se niega a asistir a la escuela, llega tarde o presenta quejas somáticas. En general, un

estudiante que evita la escuela busca salir de situaciones sociales o evaluativas aversivas en un intento de escapar.



Los estudiantes que manejan sus sentimientos a menudo desarrollan respuestas internas al estrés, ayudándolos social y académicamente durante el día escolar. Por el contrario, un estudiante que se sienta abrumado o ansioso creará una separación con la comunidad escolar. Esta separación representa un riesgo de convertirse en evitador escolar.

Cuando el sistema escolar no crea un santuario o es inflexible para satisfacer las necesidades de un estudiante, éste puede desconectarse. Estos sentimientos de ansiedad pueden abrumarlo/a, convirtiendo su hogar en un refugio para evitar dicho sentimiento. Un niño que evita ir a la escuela experimentará mayores problemas de comportamiento, bajo rendimiento académico y aislamiento social de la comunidad escolar.

Por otro lado, un estudiante que se sienta cómodo en la escuela se sentirá seguro y seguro de sí mismo. Esto crea un ancla para ayudarlos a relacionarse con sus compañeros y aprender a manejar los sentimientos de ansiedad.

Si tu hijo se siente estresado y no asiste a la escuela, comunícate con MLM Advocacy para obtener ayuda, ya que el proceso de regreso de un estudiante a la escuela puede llevar tiempo y paciencia. ■

Is your child struggling in school

I can help: Monica Mandell, LMSW
914-308-0751
www.mlmadvocacy.com

¿Está su hijo con dificultades en la escuela?

Puedo ayudar: Monica Mandell, LMSW
914-308-0751
www.mlmadvocacy.com

Tips for Enjoying Cultural Foods

Diet culture has painted a toxic picture that ethnic cuisines are unhealthy. However, eating a diet that honors one's cultural background and experience is nourishment of both body and soul.



By TAYLOR LUCAS MS,
Nutrition & Dietetics
ericaleon.com



No matter your cultural or ethnic background, food can be a way of connecting with yourself, your family, culture, and traditions. While many are interested in improving overall health and wellness, it leaves people of diverse cultural and ethnic backgrounds questioning how their childhood staples fit into a Western/Americanized idea of healthy food. Here are a few tips to help navigate this world of diet culture and the standard American diet while honoring the foods that give a sense of home and connection.

It's not one size fits all with our diets and bodies

What we eat, how we look, and what makes us feel good is about as individual as it gets. The idea of “good foods vs. bad foods” leaves many of us feeling lost. Where do rice and beans or plantains fit into a model of health? The standards of beauty do not work for everyone in the same way.

Honor your roots!

Recipes are often passed down through generations, inspiring

a sense of connection with those that came before us. This love and history comes through in the foods we eat. Food is best when consumed with family! Whether it's fried green tomatoes or mangú or tres leches, these special foods often shape people and their relationships with friends and family.

Non-inclusive nutrition diet

People interested in nutrition often limit food choices, but is adhering to such a strict diet the best plan? Restricting your intake by trying to stick to a diet that does not align with your cultural values can cause fatigue, mindless snacking, cravings, decreased metabolism, stress, and anxiety. Many cultural foods are nutrient-dense and contain fiber, vitamins, and minerals. History and family connections also need to be taken into account. Consistent eating habits, including enjoying cultural foods, can lead to a balanced and rich life. ■





Consejos para disfrutar las comidas culturales

La cultura dietética ha pintado un cuadro tóxico de que las cocinas étnicas no son saludables. Sin embargo, comer una dieta que honre nuestra cultura es alimento tanto para el cuerpo como para el alma.

Independientemente de tu origen cultural o étnico, la comida puede ser una forma de

conectarte contigo mismo, tu familia, cultura y tradiciones.

Si bien muchos están interesados en mejorar la salud y el bienestar, las personas de distintas culturas y étnias se preguntan cómo los alimentos básicos de su infancia encajan en una idea occidental/americanizada de alimentos saludables. Aquí hay algunos consejos para ayudarte a navegar



THE WORLD PREMIERE OF ISABEL ALLENDE'S



BY CARIDAD SVICH | DIRECTED BY ESTEFANÍA FADUL

Performed in Spanish with English subtitles



Council on the Arts

NYC Cultural Affairs

NATIONAL ENDOWMENT OF THE ARTS

Tickets: repertorio.nyc | 212-225-9999

138 E 27th St, New York, NY 10016

este mundo de la cultura de la dieta mientras respetando los alimentos que dan una sensación de hogar y conexión.

No hay una talla única para nuestras dietas y cuerpos.

Lo que comemos, como nos vemos y lo que nos hace sentir bien es muy personal en cada persona. La idea de “alimentos buenos versus alimentos malos” deja a muchos sintiéndose perdidos. ¿Dónde encajan el arroz, los frijoles o los plátanos en un modelo de salud? Los estándares de belleza no funcionan para todos de la misma manera.

¡Honra tus raíces!

Las recetas a menudo se transmiten de generación en generación, inspirando un sentido de conexión con aquellos que les precedieron. Este amor e historia se manifiesta en los alimentos que comes. ¡La comida es mejor cuando se consume en familia! Ya sean tomates verdes fritos, mangú o tres leches, estos alimentos especiales a menudo dan forma a las personas y sus relaciones con



amigos y familiares.

Dieta de nutrición no inclusiva

Las personas interesadas en la nutrición a menudo limitan las opciones de alimentos, pero ¿es el mejor plan seguir una dieta tan estricta? Limitar tu consumo tratando de apegarte a una dieta que no se alinea con tus valores culturales puede causar fatiga, antojos, disminución del metabolismo, estrés y ansiedad. Muchos alimentos culturales son ricos en nutrientes y contienen fibra, vitaminas y minerales. La historia y las conexiones familiares también deben tenerse en cuenta. Los hábitos alimentarios constantes, incluido el disfrute de los alimentos culturales, pueden conducir a una vida rica y equilibrada. ■

SPANISH CLASSES

*Individual and Group Classes
Immersion and bilingual kids programs
Ages 3 to 16 - Second sibling 50% off*



español

VIRTUAL AND IN-PERSON CLASSES

Locations:

- Online
- West Harrison and Stamford outdoor classes



(914) 984-3644 | info@spanish4k.com | www.spanish4k.com

How to *save money* this winter

During the winter, when the temperatures plummet and more people are spending time inside, renters and homeowners alike may become quite worried about increasing expenses this time of the year. Utilities make up a substantial portion of heating and electric bills, and it's no wonder...the days are shorter, the nights are darker and longer, and holiday lights are burning for longer periods of time. Here are some strategies to help you save money during the winter season.



1 Change your thermostat to a smart thermostat

Using a smart thermostat can save energy with very little effort. You can set the thermostat to a lower temperature when you are sleeping or away from your home. Before returning to your house at the end of the day, you can program your thermostat remotely and set it to a warmer temperature so your home is comfortable when you arrive. Many smart thermostats are relatively inexpensive and are easy to install.

2 Use electricity during non-peak hours

Electricity rates fluctuate depending on the time of day, the demand, and the season. In many communities, peak hours can be double the rate of off-peak hours. Be sure to run appliances such as your dishwasher and washing machine at night when rates are the lowest. Always run full loads for maximum efficiency. According to Alliance to Save Energy, a consumer-watch organization, washing clothes in cold water can save homeowners \$63 a year on average on their electricity bill.

3 Use curtains smartly

According to a US Department of Energy study, “About 30% of a home’s heating energy is lost through windows.” If your room has curtains, open them during the day to allow the morning sunshine to warm your space, then close them at night to insulate the room and keep out the cold. Be sure to check for leaks around the window pane and seal any areas where heat can escape. Covering your windows with a heat-shrink film is another easy and inexpensive fix that will seal your windows in the winter.

4 Lower the temperature on your hot water heater

Another quick and easy way to save energy is to lower the temperature on your hot water heater to 120°F. Many hot water heaters are set to factory settings of 140°F, which is quite scalding. You can adjust the temperature by twenty degrees and still feel comfortable; lower the temperature even further if there are young children present in the home. Also, remember to insulate your hot water pipes and hot water heater with approved insulating materials.

5 Don't obstruct your air vents

Be careful where you place rugs, furniture, and long curtains, and be sure they don't block your air vents. When air vents are obstructed, your heating system will have to work harder and use more energy to circulate warm air throughout your home. Always be sure that each room of your house is receiving good air circulation.



6 Consider a pellet stove

Pellet stoves combine the warm and ambiance of a traditional wood stove with ease of use and maximum comfort. "We bought a pellet stove for our house in Carmel and loved it," says Maureen McGinn, a retired science teacher. "The stove was very easy to maintain, and it was extremely efficient, especially on cold nights in the northern part of the county. In addition, the pellet stove shut itself off when it reached a certain temperature."

7 Schedule a check-up!

Arrange to have an annual check-up to make sure your home's heating system is running efficiently. A check-up can discover problems before they

occur, which may save you hundreds of dollars in the long run, and it can prolong the life of your system.

8 Bundle up!

Place blankets, sweaters, and sweatshirts throughout the house where they are easy to access. Instead of raising the thermostat, you can just grab the nearest hoodie and slip it on. If it gets a little chilly in your living room, simply reach for a cozy shawl or comforter. Also, don't forget to put flannel sheets and duvet covers on your bed. These are insulating and breathable, and they will keep you warm and comfortable when the temperatures fall. ■

¿Por qué mi hijo no puede aprender? Why Can't My Child Learn?

Con experiencia y un toque suave, Monica Mandell, LMSW, ayuda a las familias a navegar a través del sistema de educación especial. Como trabajadora social bilingüe con experiencia, Monica puede diagnosticar y comprender las causas de los problemas de aprendizaje de su hijo. Trabajando juntos, trazará un plan de defensa para garantizar el acceso de su hijo a las herramientas necesarias para tener éxito en la escuela.

With expertise and a soft touch, Monica Mandell, LMSW, helps families navigate through the special education system. As an experienced bilingual social worker, Monica is able to diagnose and understand the causes of your child's learning problems. Working together, she will map an advocacy plan to ensure your child's access to the tools needed for success in school.

Llame o envíe un correo electrónico para una consulta:

Call or email for a consultation:

914.308.0751 monica@mlmadvocacy.com

Obtenga más información en

Learn more at

www.mlmadvocacy.com

 **MLM
ADVOCACY**
A BILINGUAL EDUCATIONAL ADVOCATE
UN DEFENSOR EDUCATIVO

CAPACITAR A LAS FAMILIAS PARA QUE NAVEGUEN
POR EL PROCESO SERVICIOS DE EDUCACION ESPECIAL
EMPOWERING FAMILIES TO NAVIGATE THE PROCESS
OF SPECIAL EDUCATION SERVICES

Cómo *ahorrar dinero* este invierno

Cuando las temperaturas bajan y la gente pasa más tiempo dentro, inquilinos y propietarios se preocupan por los crecientes costos de vida. Los servicios públicos constituyen una porción sustancial de un presupuesto y no nos olvidemos...los días son más cortos, las noches más largas y en los días festivos se utilizan luces decorativas. A continuación, te presentamos algunas estrategias que te ayudarán a ahorrar dinero durante la temporada del invierno.

1 Cámbiate a un termostato inteligente

Esto puede ahorrar energía con casi ningún esfuerzo. Los termostatos se pueden programar para bajar la temperatura cuando duermes o cuando estás fuera de casa. Y luego, antes de regresar, se pueden ajustar para aumentar la temperatura de manera remota.

2 Usa electricidad durante las horas no pico

En varias localidades, las tarifas de electricidad cambian dependiendo de la hora, la demanda de electricidad y la temporada. Durante las horas pico el costo es el doble del de las horas no pico. Asegúrate

que el lavavajillas y la lavadora llevan cargas completas y no olvides usar agua fría. Según la organización Alliance to Save Energy, lavar la ropa en la lavadora con agua fría puede ahorrar \$63 al año.

3 Utiliza cortinas con elegancia

Según un estudio del Dto. de Energía de los EE.UU., “hasta un 30% de la energía de calefacción de un hogar se pierde a través de las ventanas”. Si la habitación tiene cortinas, ábrelas para permitir que los rayos del sol iluminen y calienten generosamente el espacio. Ciérralas por la noche para

mantener fuera el frío. Asegúrate de sellar las aberturas alrededor de la ventana para bloquear la entrada de aire y ahorrar energía.

4 Baja el calentador de agua

Otra manera rápida y fácil de ahorrar energía es reducir la temperatura del calentador de agua a 120°F. Los nuevos calentadores de agua suelen venir de fábrica con temperaturas fijadas a 140°F. También, recuerda aislar las tuberías de agua caliente y calentador con materiales aislantes aprobados.

5 No obstruyas las salidas de aire

Ten cuidado dónde colocar los muebles y las cortinas para que no bloqueen las salidas de aire. Al estar bloqueados, el sistema de climatización trabaja más y usa más energía para hacer circular el aire cálido. Asegúrate de que cada habitación de la casa esté recibiendo una buena circulación de aire.

6 Considera una estufa de pellets

Las estufas de pellets combinan la calidez y estilo de

una estufa de leña tradicional pero con mayor facilidad y confort de uso. “Compramos una estufa de pellets para nuestra casa en Carmel y fue maravilloso”, dijo Maureen McGinn, una maestra pensionada de ciencias. “La estufa es fácil de mantener y es muy eficiente. Además, se apaga cuando el termostato llega a la temperatura fijada.”

7 ¡Programa un chequeo!

Programa una revisión anual para asegurar que el sistema de calefacción esté limpio y listo para funcionar eficientemente. Una revisión puede encontrar problemas antes de que ocurran prolongando la vida del sistema.

8 ¡Abrígate!

Pon mantas y suéteres extras en toda la vivienda donde se los pueda encontrar fácilmente. Si la sala se pone fría, es muy sencillo tener un edredón acogedor o tu cárdigan favorito. También, las sábanas de franela y fundas nórdicas son aislantes y transpirables y te mantienen más cálido/a y cómodo/a cuando las temperaturas caen. ■

Winter Hazards - Peligros del invierno

Snow shoveling: Push snow versus lifting and lift using your legs instead of your back.

Paleo nieve: empuja la nieve o levántala con las piernas en lugar de la espalda.



Falls: Walk on packed snow to avoid slips. *Camina sobre nieve compacta para evitar resbalones.*

Carbon monoxide: Obtain a CO detector and ensure it is working. *Obtén un detector de CO y asegúrate de que funcione.*

Frostbite and hypothermia: Dress in loose-fitting, dry layers of waterproof or moisture-wicking clothes. *Vístete con capas sueltas*

y ropa seca impermeable o que absorba la humedad.

Pets: Sugary antifreeze dripping from your car onto the ground appeals to dogs and cats, leading to kidney failure. *El anticongelante azucarado de automóviles atrae a mascotas, lo que provoca insuficiencia renal. ■*

Essentials for Winter Road Trips


Here are some recommended items to keep stocked in your car at all times.

- Battery booster cables or a portable jump starter
- First-aid kit and medicines
- Portable cell phone charger
- Ice scraper
- Portable shovel
- Food and water



- Miscellaneous items: flashlight, roadside triangles, reflective safety vest, rock salt, gloves, a blanket, a rain poncho, wipes, stormproof matches, and duct tape








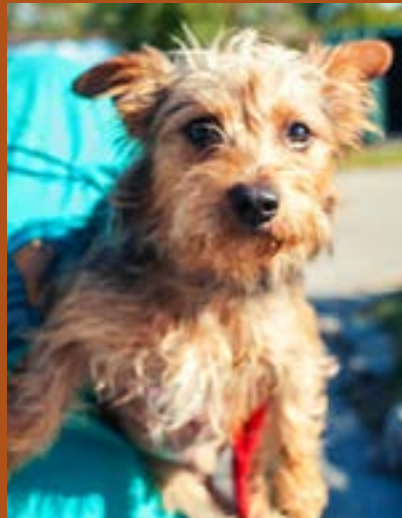


Paws Crossed
ANIMAL RESCUE

Our mission is to:

"RESCUE ONE BY ONE UNTIL THERE ARE NONE"

At Paws Crossed, we believe that our mission is best fulfilled through rescue, rehabilitation, rehoming, advocacy, collaboration and education.

Adopt

(914) 372-7878
WWW.PAWSCROSSEDNY.ORG
 100 WAREHOUSE LANE SOUTH, ELMSFORD, NY 10523

Sledding Fun

The best places to go sledding in Westchester
Los mejores lugares para hacer culipatín

Dunwoodie Golf Course

1 Wasylenko Ln, Yonkers

Maple Moor Golf Course

1128 North St, White Plains

Saxon Woods Golf Course

315 Mamaroneck Rd, Scarsdale

Ward Pound Ridge Reservation

6 Reservation Rd, Pound Ridge

Croton Gorge Park

35 Yorktown Rd, Croton-On-Hudson

Davenport Park

Davenport Ave, New Rochelle

Zinsser Park

Broadway, Hastings-On-Hudson

Leonard Park

104 Main St, Mt Kisco

Rockwood Hall State Park

Phelps Way, Pleasantville

Sleepy Hollow High School

210 N. Broadway, Sleepy Hollow

Downing Park

2881 Crompond Rd, Yorktown Heights



Winter Activities Memo

Christmas Lights

- ☐ Lights on Jenkins Court
12 Jenkins Court, Ossining
- ☐ Keeler Christmas Light Display
16 Luigi Rd, Putnam Valley
- ☐ Christmas Light Display
Parsons St. and Oakland Ave, Harrison
- ☐ Rockefeller Ctr. Christmas Tree, Manhattan
- ☐ Westchester's Winter Wonderland Drive-Thru, Kensico Dam Plaza



Repeating Events

- ☐ Dec. 1-16 Santa's Mailbox, White Plains City Hall
- ☐ 9-18 White Plains Holiday Market - Court St. and Main St, 11am-7pm
- ☐ Winter 2022/23 Bank of America Ice Skating, Bryant Park NYC
- ☐ Year-round Muscoot Farm, 10am-4pm daily

December

- ☐ 2 Holiday Tree Lighting, North Moger Ave, Mt. Kisco, 6pm
- ☐ 2 West Harrison Christmas Tree Lighting & Holiday Celebration - 7pm
- ☐ 3 Holiday Lights Parade & Tree Lighting
Commerce St, Yorktown Heights - 6:30pm
- ☐ 3 Harrison Holiday Celebration - Ma Riis Park, 3:30-5pm
- ☐ 3 Home Depot Kids Workshops - Santa Letters Mailbox
- ☐ 17-18 Santa Drive-by White Plains
- ☐ 31 White Plains New Year's Eve Family Spectacular,
Court St. and Main St, 10:30pm

March

- ☐ 22 Sugaring Off Party & Friendsraiser
Trailside Nature Museum, 12-3pm

WINTER BUCKET LIST

- | | |
|---|---|
| <input type="checkbox"/> Go look at Christmas lights | <input type="checkbox"/> Go bowling |
| <input type="checkbox"/> Set goals for the new year | <input type="checkbox"/> Play a board game |
| <input type="checkbox"/> Build a gingerbread house | <input type="checkbox"/> Game night at home |
| <input type="checkbox"/> Bake homemade bread | <input type="checkbox"/> Living room comp out |
| <input type="checkbox"/> Bake cookies for friends | <input type="checkbox"/> Donate winter wear |
| <input type="checkbox"/> Build a snowman | <input type="checkbox"/> Volunteer your time |
| <input type="checkbox"/> Have a snowball fight | <input type="checkbox"/> Make DIY Valentines |
| <input type="checkbox"/> Shovel a neighbor's driveway | <input type="checkbox"/> Learn a new language |
| <input type="checkbox"/> Go sledding | <input type="checkbox"/> Give a secret gift |
| <input type="checkbox"/> Go ice skating | <input type="checkbox"/> Plan a spring vacation |
| <input type="checkbox"/> Go skiing or snowboarding | <input type="checkbox"/> Ride the train |
| <input type="checkbox"/> Take a walk in the snow | <input type="checkbox"/> Dance! |

Advent Calendar

Use a pine tree branch to create a fun project

This craft is easy, fun, and a beautiful decoration for the holidays.

You will need:

- 1 pine tree branch (2 feet wide)
- Cooking twine or similar
- Brown kraft paper or similar
- Numbers from 1-25 printed on paper or made by hand
- Glue and string of your selection
- 25 treats and 1 hook

Instructions:

Create 25 small envelopes, fill each with a treat and close them. Cut out numbers from 1-25 and attach them to each envelope. Decorate the closing flaps with a string to create a bow and to hold each envelope from the branch. *Use your imagination to create variants using different materials you might have handy.

Esta manualidad es fácil, divertida y una linda decoración para las fiestas.



Necesitarás:

1 rama de pino, hilo, papel marrón, números del 1 al 25, pegamento, 25 golosinas y 1 gancho de pared

Instrucciones:

Crea 25 sobres y llenalos con una golosina. Pégalos un número a cada uno y cierralos. Decora las solapas de cierre con un hilo creando un moño, y sujétalos de la rama.

Variantes: Usa tu imaginación y crea variantes usando diferentes materiales que puedas tener en casa.

LINGUISTIC HUMOR

We'll begin with *box*, the plural is *boxes*,
But the plural of *ox* should be *oxen*, not *oxes*.
Then one fowl is *goose*, but two are called *geese*,
Yet the plural of *moose* should never be *meese*.

You may find a lone *mouse* or a house full of *mice*,
Yet the plural of *house* is *houses*, not *hice*.
The plural of *man* is always *men*,
But the plural of *pan* is never *pen*.

If I speak of my *foot* and you show me two *feet*,
And I give you a *book*, would a pair be a *beek*?
If one is a *tooth* and whole set are *teeth*,
Why shouldn't two *booths* be called *beeth*?

If the singular is *this* and the plural is *these*,
Why shouldn't the plural of *kiss* be named *kese*?

The masculine pronouns are *he*, *his* and *him*,
But imagine the feminine *she*, *shis*, and *shim*!

So our English, I think, you all will agree,
Is the craziest language you ever did see.

- **Anonymous**

Curiosities about the English language

“**I AM**” is the shortest complete sentence in the English language.

The longest one-syllable word in the English language is “**SCREECHED**”.

SWIMS will be swims even when turned upside down.

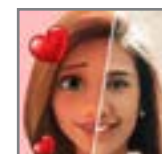
3 APPS you must have!

3 Apps que debes tener



Google Lens

The app can help you from translating texts in real time to finding information about a plate of food or a monument in front of you. *Google Lens puede ayudarte desde a traducir textos hasta encontrar información sobre un plato de comida o un monumento que tienes delante.*



ToonMe

This app instantly generates photos to cartoons. *Esta aplicación genera caricaturas instantáneas a partir de una foto. También crea stickers para WhatsApp.*



Zen Flip Clock

is a clock app that simulates the analog clock design by reproducing the classic card-turning clock or flip-clock. *Es una app que convierte tu móvil en un reloj de escritorio minimalista, sin distracciones. ■*

CURIOSIDADES DE LA LENGUA

Dicen que murciélago es la única palabra en español que tiene las cinco vocales, pero...

euforia
reticulado
auténtico
repudiado
encubridora
arquitecto
abuelito
escuálido
reumático
adulterio...

Y al parecer solo hay una que las tiene dos veces:

guineoecuatorial

a
e
i
o
u



Make a Cloud Science Experiment

Pour 1 cup of hot water into a glass jar (you can use food coloring to dye the water.) Quickly spray a bit of hairspray into the jar. Immediately put the lid onto the jar and add 3-5 pieces of ice cubs on top of the lid. You will see a condensation begin to form. Remove the lid and watch the “cloud” escape into the air.

Vierte 1 taza de agua caliente en un frasco de vidrio (puedes usar colorante de comida para teñir el agua). Rocía rápidamente un poco de spray para el cabello en el frasco. Inmediatamente coloca la tapa en el frasco y agrega 3 o 5 cubitos de hielo encima de la tapa. Verás que comienza a formarse una condensación. Retira la tapa y observa cómo la “nube” se escapa por el aire.

[Click here to see more >](#)

Spicy potatoes with lemon

Prep. 10 min. | Cocción 30 min.

Ingredientes

3 lb. de papas pequeñas
 1 caldo de verduras
 2 ajos
 1 chile serrano
 3 limones
 Cilantro
 Aceite de oliva y sal
 2 tazas de agua

Preparation

Use a mixer to combine the

juice of 3 lemons, 1 garlic clove, 1 vegetable cube and the chile serrano, the cilantro and the salt to taste. Wash the potatoes and cut in quarters. Chop 1 garlic clove and brown it in olive oil. Incorporate the potatoes and brown them for 5 min. Add the water, cover the pan, and cook at low temperature for 20 min. Next, add the lemon juice mixture and cook for 10 more minutes. Serve with your favorite meat. ■



Papas picantes al limón

Prep 10 min. | Cook time 30 min.

Ingredients

3 pounds of small potatoes
 1 vegetable cube
 2 garlic cloves
 1 chile serrano
 3 lemons
 Cilantro
 Olive oil and salt
 2 cups of water

Preparación

Incorporar en una licuadora el

jugo de 3 limones, 1 ajo, 1 caldo de verduras y chile serrano, cilantro y sal a gusto. Reservar a un costado. Lavar las papas y cortarlas en cuartos. Picar un ajo y dorar en aceite de oliva. Luego, incorporar las papas y dorarlas levemente durante 5 min. Agregar el agua y cocinar tapado a fuego lento durante 20 min. A continuación, agregar el batido a las papas y dejar cocinar por 10 min. más. Retirar del fuego y servir con su carne favorita. ■



Creating design since 2003



WEB AND GRAPHIC

Professional Design Services

Web Design
Web Development
SEO
(Search Engine Optimization)
Social Media

Business Branding & Identity
Print Collateral
Magazine Design
Packaging Design
Video and Animation

HABLAMOS ESPAÑOL

TWO POINTS Design

(914) 924-9738
WWW.TWOPPOINTSDESIGN.COM