Eliana Salzhauer is a TV producer who has worked for stations like NBC, STARZ, and ABC. Before she became a producer, Eliana was a criminal law attorney for 4 years in New York. Eliana believes her work in Criminal Law helped her become a great public speaker. Eliana has worked with famous celebrities such as John Cusack, Tom Cruise, Jimmy Kimmel, Howard Stern, and LeBron James. When asked if working with celebrities was difficult, she said “If you want to work with celebrities, then you have to act like you don’t want to work with celebrities.” You do not want to get very nervous before the interview. One of Eliana’s favorite TV newscast that she produced was Angola Three. One of the reasons she became a Journalist was to affect social change. Eliana has done all types of journalism, starting in print, but she believes that broadcast is the “trifecta.” Eliana received national attention when she got nominated to the Grammys and is very proud of this accomplishment!

By: Jed Hoffman and Max Goldemberg

Michelle Valles adores her job and looks forward to it every single day!

By: Yael Rubinovich and Peter Roca

Interviews are usually made live in action by special appearances at Bay Harbor. For the very first time, the team was excited to use SKYPE for their exclusive interview with news anchor and award-winning journalist, Michelle Valles. At the early age of 6, she produced her own newsletter named New York Jackson Times. She has always taken interest in journalism and as she got older, she even created her own radio show. Her first interviews were made with people such as friends and family. Michelle always had the passion to inform others about current events. Her first job as an adult was a part-time news reporter. Eventually, Michelle realized that journalism and news reporting was her calling. She took a major step in her life and moved to Los Angeles to pursue her dream profession. Once she moved to L.A, she experienced many drastic events like a rat-infested house, multiple fires, and even murder scenes. Although, her job has many positives, she can still get extremely overwhelmed. Her career, which entails her to go to sleep and wake up early, is extremely time consuming. This means she has little time to socialize aside from work. Currently, she is working for NBC at Universal Studios, but one day she would like to also work for CBS News. Michelle Valles adores her job and looks forward to it every single day!

By: Mia Gottesman and Mia Elias
Halloween Collage!

ID Fiasco!

By: Katelyn Cuellar and Mia Elias

By: Ben Romani and Noah Rey
Beating Cancer Step by Step!

The National Juniors Honors Society is an association for students who meet grade and conduct qualifications as well as community involvement. Each year, the society holds a special induction ceremony for all the new and old members to admire and recognize the effort put into their scholarship. On October 11, 2018, the school PTA organized the event. Some of the previous and current members of NJHS, families, and staff attended to support the society. Ms. Garcia stated that the purpose of the induction is to welcome the new members, and for parents and family to acknowledge the member’s accomplishments. She says that the long-term goals of NJHS are to teach discipline, and to show students how to maintain good grades, give back to their community, and to become more productive overall. The NJHS rotates around 5 main qualities, including, scholarship, leadership, citizenship, service, and character that members must strive to fulfill. Overall, the induction ceremony is meant to celebrate the student’s accomplishments, but most importantly the effort that they constantly pour into their work.

Congratulations to the Newly Inducted NJHS Members!

By: Katelyn Cuellar and Emely Bravo

Cross Country: One Team, One Dream

Have you heard about our enjoyable, beneficial, and educational RKBBH cross country team? It is run by one of our very own 4th grade teachers, Mr. Balzano. He has always had a passion for cross country and was enrolled in it through high school and college. Mr. Balzano wants all his students to succeed, continue their desire of running, and enter the marathon this January. His students train twice a week after school, and occasionally on Saturdays at the beach. Each practice includes a rigorous 2.1 mile run. Enrolling in cross country is beneficial for everyone because it is a great source of exercise and is very pleasant if you are interested in running. Cross-country is also a good source of education, as you learn Mr. Balzano’s strategies which is essential to the performance of his students. He believes that when you train, you should practice “distance vs. drills”, meaning that you first work on distance before working on drills. His ways of training have gotten his students placing from first to sixth place. The cross-country runners all say that Mr. Balzano’s tactics are very helpful to use when running, and they will continue to use them long after the school year ends. In addition, the cross-country members recently attended the Thompson Park championships on Tuesday, October 30th. One of the runners, Emely Bravo, placed 9th out of 140 schools.

By: Leila al-Sahli, Christina Ganem, Lena Lascar-Dimitrova and Samuel Behar

Breast Cancer Awareness!

October is Breast Cancer Awareness Month. This year, our students raised funds to help support the cause. They wore pink, had bake sales, sold items, and made posters demonstrating the importance of increasing awareness.

By: Isabella Moreira and Rocco Acosta

Hispanic Heritage Celebration

During Hispanic Heritage month, teachers got festive at a school brunch while Ms. Perez’s elective class did an outstanding Latin dance.

By: Yael Rubin and Emely Bravo

Read, Lead, Succeed

This year’s book fair was held from October 15th to October 22nd. There were a variety of books and multiple genres to choose from. Books included: chapter books, picture books, advanced reading, etc. They also sold pencils, pens, and goodie boxes for students to buy. These funds go back towards our school library in order to purchase new books for students to enjoy. A huge thanks to the amazing volunteers for helping and supporting!

By: Christina Ganem and Milan Espy

By: Christina Ganem and Milan Espy
Mrs. Miller’s Garden Salsa!

Ingredients
1. Tomatoes
2. Onion
3. Oregano
4. Garlic
5. All herbs
6. Cilantro
7. Salt
8. 1 teaspoon of sugar
9. ¼ cup of Olive oil
10. ¼ cup of red wine vinegar

Directions
1. Chop up tomatoes
2. Chop up onion
3. Chop up garlic
4. Add 1-2 tablespoons of garlic
5. Add 1-2 tablespoons of oregano
6. Add ½ teaspoon of cilantro
7. Add ½ teaspoon of salt and sugar
8. Add ¼ cup of red wine vinegar
9. Add ¼ cup of olive oil
10. Mix in a bowl
11. Let sit overnight in refrigerator

By: Jed Hoffman and Alessio Fleites

RKB Stays Drug Free!

On October 24, RKB BH hosted a red ribbon walk for students, in order to promote the idea of staying drug free. Every year, a red ribbon event is organized, and the majority of the students participate. Ms. DeLeon and Ms. Cuenc have been working for many years to make the school a healthy environment for everyone by hosting these events. Ms. De-Leon is very proud of the Red Ribbon walk. She says, “I like the students to be united, have fun, and enjoy themselves, while not worrying about any school work in the meantime.” She loves to see the students happy, healthy, and proud to be on a drug-free campus. Without events like these, students would not be exposed to the importance of staying away from drugs. This is why we greatly encourage our bobcats to take part and support the school by attending activities like these.

Dear Alyssa

As a leader in our student body, I understand how important it is to maintain a healthy balance between schoolwork and personal life. Here are some tips that may help you manage your time effectively:

1. Time Management
   - Create a schedule: Break down your day into manageable blocks of time. Prioritize your tasks and assign specific time slots for each activity.
   - Set reminders: Use a calendar or digital planner to keep track of deadlines and due dates. This will help you avoid feeling overwhelmed.

2. Study Strategies
   - Study in intervals: Break your study sessions into shorter intervals with brief breaks in between. This technique, known as the Pomodoro Technique, can enhance focus and productivity.
   - Find a conducive environment: Choose a quiet, well-lit space for studying. Eliminating distractions will help you concentrate better.

3. Mindset
   - Be mindsetful: Stay positive and motivated. Set small, achievable goals and celebrate your progress. Remember, perfection is not always necessary.
   - Mindful breathing: Practice deep breathing exercises to reduce stress and increase your focus during study sessions.

I hope these strategies will help you achieve your academic goals and maintain a healthy and balanced lifestyle. Remember, with dedication and perseverance, you can overcome any challenge.

By: Dylan Schucher and Anthony

Dear Alyssa, how do you deal with a bully?

Mrs. Miller is selling amazing recycled Capri Sun wallets, wooden necklaces, recycled crayons, pop-top bracelets, and chokers! All these items are made by her recycling club. The wallets, recycled wooden necklace, and the crayons are at the low price of $2.00. The pop top bracelets and chokers are $1.00.

By: Matisse Oswald and Peter Roca

Our Four Elected Student Council Members!

CHLOE (PRESIDENT)

Our vice president is Madison Taylor! Madison’s goals for the 2018-2019 year are to hold many beneficial events for RKB BH as possible, and make this school the best as she can. Her campaign promoted more fundraisers and pep-rallies/events for our school. For the students considering running for future vice president, here advice is, “Be energetic and charismatic and make sure to give popular ideas and don’t give up.”

MADISON (VICE PRESIDENT)

Our student council treasurer is Shoshana Siegel! She is very excited to have been elected this position by her student council peers. The reason she decided to run for treasurer is because she felt she qualified for all the traits required including being precise, focused, and good with math. She describes herself as an honest, responsible, and humble person, eager to help the community and assist the rest of the student council board members. For those planning to run as treasurer in the future, she advises them that “they can do anything if they put their mind to it!”

SKYLER (SECRETARY)

Our school elected Skyler Augusta as our new secretary! Skyler’s first option was always to run for secretary, because she is organized and believed it would be a good fit for her. Her main goal is to improve our bathrooms and pep rallies. Skyler says that her role in secretary consists of reaching out to students, making lists, and being a leader in student council. “Secretaries are one hundred percent equal to others and should not be looked over,” stated Skyler.

SHOSHANA (TREASURER)

By: Isabella Moreira and Valentina Suarez

By: Isabella Moreira and Valentina Suarez