



# GARDEN SCHOOL NEWSLETTER



Richard Marotta, Ph. D., Headmaster

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"Cultivating Success in Every Child"

Friday, September 18, 2015



## *Thoughts for the Week*

*By Richard Marotta, Ph.D., Headmaster*



Today Garden School students engaged in the first Character Education exercise. After viewing a short film, *The Science of Character*, students participated in a responsive writing exercise and a discussion of the idea of values and which values seem to be the most important in our daily lives. This morning's exercise was the first of what will be our year-long project on the idea of values that are both personal and social. The four core values are: Kindness, Honesty, Inclusiveness and Independence.

Although these are the key values for the year, our discussions of these ideas will expand and recognize that many values are intertwined with each other and help explain more about the core value. For example, kindness, which primarily concerns our relationships with others, does touch upon honesty (emotional honesty); it also relies on independence, i.e. the strength to resist group pressure, and also crosses with inclusiveness as a way of

demonstrating collective kindness. The point here is that our lives form a complex series of interactions that include multiple values that share segments of meaning with each other.

In his book, *The Road to Character*, David Brooks writes about the difference between resume virtues and eulogy virtues. Resume virtues are those qualities that work toward our economical and career success; these are our academic and business skills that allow for success in our world of work. Eulogy virtues are those qualities that come from within; these are the virtues that emanate from within and concern ideas such as kindness and decency; they are not necessarily linked to our world success; however, they form the core, the heart, of being a successful human being.

In 1977, Frank Outlaw wrote a wonderful piece:

Watch your thoughts, they become words;  
Watch you words, they become actions;  
Watch you actions, they become habits;  
Watch you habits, they become character;  
Watch you character, it becomes your destiny.

Outlaw captures the essence of a discussion that has been taking place for centuries. What is character? What is fate? The nineteenth century writer Novalis, once wrote, "Character is Fate."

Our goal remains to help our students and faculty engage in this process of reflecting on character, to ensure that all of our futures happen in the manner in which we direct them. If character is fate, then our responsibility is to develop our understanding of that character.



## DATES TO REMEMBER:

- Wednesday, September 23: School Closed for Yom Kippur
- Monday, September 28: Photo Day for Lower Division
- Tuesday, September 29: Photo Day for Upper Division
- Tuesday, October 6: Curriculum Night
- Monday, October 12: School Closed for Columbus Day
- Wednesday, October 14: PSATs for Grades 10 & 11

## College Visitors Next Week:

**Monday 9/21**

9:20am Manhattan College (NY)

**Friday 9/25**

11am Wagner College (NY)

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## Upper Division Academic Advisors

Grade 12	Marcia Elkind, Advisor	<a href="mailto:melkind@gardenschool.org">melkind@gardenschool.org</a>
Grade 11	Richard Kruczek, Advisor	<a href="mailto:rkruczek@gardenschool.org">rkruczek@gardenschool.org</a>
Grade 10	Jim Pigman, Advisor	<a href="mailto:jpigman@gardenschool.org">jpigman@gardenschool.org</a>
Grade 9	Marlene Dapice, Advisor	<a href="mailto:mschultz@gardenschool.org">mschultz@gardenschool.org</a>
Grades 7 and 8	Nancy Massand, Dean	<a href="mailto:nmassand@gardenschool.org">nmassand@gardenschool.org</a>

## Upper Division Clubs and Sports with Adviser/Coach Contacts

Club or Activity	Faculty Representative	Contact Email
Art Club	Tiina Prio	<a href="mailto:tprio@gardenschool.org">tprio@gardenschool.org</a>
Diversity Club	Agustin Melara	<a href="mailto:amelara@gardenschool.org">amelara@gardenschool.org</a>
Fitness Club	Flance Dervishi	<a href="mailto:fdervishi@gardenschool.org">fdervishi@gardenschool.org</a>
	Vonetta Trotter	<a href="mailto:vtrotter@gardenschool.org">vtrotter@gardenschool.org</a>
International Club	Stella Stenos	<a href="mailto:sstenos@gardenschool.org">sstenos@gardenschool.org</a>
Key Club	Marcia Elkind	<a href="mailto:melkind@gardenschool.org">melkind@gardenschool.org</a>
	Jim Pigman	<a href="mailto:jpigman@gardenschool.org">jpigman@gardenschool.org</a>
Lego Robotics	John Hale	<a href="mailto:jhale@gardenschool.org">jhale@gardenschool.org</a>
Literary Magazine	Marcia Elkind	<a href="mailto:melkind@gardenschool.org">melkind@gardenschool.org</a>
Middle School Debate	Richard Kruczek	<a href="mailto:rkruczek@gardenschool.org">rkruczek@gardenschool.org</a>
	Phil D'Anna	<a href="mailto:pdanna@gardenschool.org">pdanna@gardenschool.org</a>
Model United Nations	Sarah Smith-O'Sullivan	<a href="mailto:ssmith@gardenschool.org">ssmith@gardenschool.org</a>
Student Council	Sonia Ambarsom	<a href="mailto:sambarsom@gardenschool.org">sambarsom@gardenschool.org</a>
Yearbook	Richard Marotta, Ph.D.	<a href="mailto:rmarotta@gardenschool.org">rmarotta@gardenschool.org</a>
Middle School Soccer	Gabriel Gomis	<a href="mailto:ggomis@gardenschool.org">ggomis@gardenschool.org</a>
	Stella Stenos	<a href="mailto:sstenos@gardenschool.org">sstenos@gardenschool.org</a>
Varsity Soccer	Gabriel Gomis	<a href="mailto:ggomis@gardenschool.org">ggomis@gardenschool.org</a>
Varsity Volleyball	Flance Dervishi	<a href="mailto:fdervishi@gardenschool.org">fdervishi@gardenschool.org</a>



## ***Middle School Debate Team Tryouts***

***Mr. Kruczek & Mr. D'Anna***

**Attention Grades 5-8!** Garden School's debate team, The Daniel Webster Society, is inviting interested students to the team's try outs next week. After sweeping numerous tournaments last year, winning first place trophies, Team-of-the-Tournament trophies, and recognition at City Hall from Congressman Drumm, the Daniel Webster Society hopes to repeat this same level of success with many new eager and compelling speakers. Those students who wish to try out should attend **a brief meeting on Tuesday, September 22, 2015 in room 21 at 3pm sharp! The tryouts will be held on Thursday, September 24<sup>th</sup>.**

To the former debaters, if you are interested in becoming a training judge, or are already trained and would like to continue as one of the team's judges, please attend both meetings next Tuesday and Thursday.

We look forward to seeing you all there.

## ***Character Education Program***

***Ms. Lisa Sohmer (Director of College Counseling, Upper Division Coordinator)***

It's official -- Garden kicked off the new Character Education program with a (nearly) school-wide viewing of the short film, "The Science of Character."

After watching the film with their classmates and home room teachers, students in Grades 1-2 completed writing assignments designed to focus their reflection on the movie's message.

Kaila A. '16 felt that it was "interesting to examine myself and my own personality traits," and Alex L. '20 thought that the film "showed what makes us good people."

Next week, students in Nursery through Grade 12 will create "Kindness Is..." posters which will be displayed on classroom doors. Be sure to look for them when you come to school for **Curriculum Night on October 6.**

We encourage you to watch "The Science of Character" with your children over the weekend as an extension of the program. The film can be found at [www.letitriipple.org/character](http://www.letitriipple.org/character)





## Parent Teacher Association

By: Diane Sarro, PTA President



Dear Parents and Guardians,

Welcome! The PTA is excited to start another wonderful year at Garden. We have many activities planned and we are happy to be working with all of you!

The Garden School PTA is dedicated to securing an excellent education for our children and supporting the values of Garden School. We sponsor several events that strengthen the Garden community and the educational partnership between home and school.

In addition, the PTA organizes fundraisers that support these community events and enhance our school's ability to offer our children an excellent education through donations to Garden's annual budget.

Our calendar on the Garden website lists the many events we have planned for the upcoming school year. All parents and teachers are invited to participate in PTA events.

For the school year 2015-2016, we are looking for help with the following events:

- Spring Book Fair Chair/Co-Chairs
- Holiday Gift Boutique Decorators, Wrappers, Personal Shoppers
- Movie Night Chair/Co-Chairs
- Walk-a-thon Chair/Co-Chairs

Need more information before you commit? Have an idea for a different event? Contact us and we'll help you make it happen. Email: [pta@gardenschool.org](mailto:pta@gardenschool.org)

We thank you for your past and continued support. We welcome your input. Please feel free to contact me at anytime. We look forward to a spectacular year.







## PTA Fall Fundraiser!

Our school is selling valuable, family-friendly "KidStuff Coupon Books" filled with hundreds of national, regional and local coupons for all ages! The KidStuff Book is conveniently organized, offers incredible savings and is sold exclusively through schools! **Our school earns 50% or more profit for every book we sell!**

KidStuff Coupon Books are \$25. You can save at Macy's, Dick's Sporting Goods, Sears, Loft, Aéro, Payless, Outback + more!

Use just a few coupons and easily save more than the \$25 cost of the book...Remember to keep KidStuff in your car! Most coupons are long-term and valid for 16 months!

You will enjoy fabulous savings from a lot of stores in your area.

POST and TWEET! Family and friends will love saving with KidStuff...The books are great for gifts too. Your family earns 1 FREE book worth \$25.00 for every 5 books you sell! Payment is due ASAP.

**Please make checks payable to Garden School PTA. NO CASH PLEASE** – We will not be responsible and will not reimburse any monies.

If you have any questions, please contact Paula Brie at (917) 859-4252. KidStuff does not promote door-to-door sales by children.

KidStuff ships books to our school. Message me ASAP to order! TY!

Thank You for supporting our school!!!



**BOOK ONLY AVAILABLE UNTIL OCTOBER 23<sup>RD</sup>!**



DATE: \_\_\_\_\_

STUDENT NAME: \_\_\_\_\_

GRADE: \_\_\_\_\_

HOME ROOM TEACHER: \_\_\_\_\_

**Cost per book is \$25.00**

Number of KIDS STUFF BOOKS I'd like to purchase: \_\_\_\_\_

Amount enclosed: \_\_\_\_\_



**CHECK OR MONEY ORDER PAYABLE TO:  
GARDEN SCHOOL PTA**



## ***Nursery Homeroom***

***By: Carmela Augello-Knopf (Nursery Teacher)***

The nursery has been busy making friends and learning their daily routine. We have begun working with colors. We have started with red, orange and yellow. We use our smart board every day to reinforce our lessons and the calendar. We have had fun playing in the playground and meeting our Mandarin and music teachers. We look forward to learning many more colors and having fun with our classmates.

## ***Pre-Kindergarten Homeroom***

***By: Eileen Reyes (Pre-K Teacher, Dean of Grades Nursery to Kindergarten)***

The first few days in Pre-K 3 & 4 have been exciting!

The students have been busy making friends and learning our daily routine. They have been learning about school rules that are in place to keep us safe and happy. There are many classroom rules that the children have been practicing: walking in a line, taking turns, raising their hands when they have something to say, sitting while eating, throwing their trash away when finished, following teacher directions, and expressing their needs and wants are just some of them. Everyone is learning how to function as part of the Pre-K group. We call this working together as part of a team.

Some of the books we read this week are: *What Will I Do If I Can't Tie My Shoe* by Heidi Kilgras, *Look Out Pre-K, Here I Come!* by Nancy Carlson, *Kindness is Cooler, Mrs. Ruler* by Margery Cuyler.

## ***Kindergarten Homeroom***

***By: Kristen Ahlfeld (Kindergarten Teacher)***

The kindergarten class is adjusting to its new environment. This week we have been establishing routines and learning classroom rules. The students are eagerly exploring their classroom, and learning their new responsibilities and expectations. The children are also making friends and learning each others' names.

We expect that your child will begin to recognize kindergarten as a secure and happy place. We look forward to an exciting and fun filled year.



## ***Grade 1 Homeroom***

***By: Jacquelyn Renner (Dean of Grades 1-3, Grade 1 Teacher)***

Having visited the class a few times last year, first graders were eager to take their place on the third floor. They have been slowly accumulating the many books to be used throughout the year and happily storing them in their own desks. They have ventured to the art studio and science lab for the first times and are excited to visit the computer room next week. First graders' independence is shining through as they are walking to the classroom, unpacking their bags, and beginning the morning journal on their own. The highlight of the week was enjoying the swimming pool.





The class jumped into reading groups with *Animal Moms and Dads* by Jose Ramos in the Families and Neighbors theme. The main idea of the story is the animal parents take care of their babies. After much discussion the class came to the conclusion that animal parents and their parents provide the same care of food, cleaning, and play but in different ways. Students wrote ways that their parents help them in their journals and on display is writing of what was learned about an animal and its parents. Next week students will read *The Little Res Hen*.

## Grade 2 Homeroom

**By: Paula James (Grade 2 Teacher)**

The second graders were happy and excited to be back at school! We have begun a unit on Friendship and have been sharing our ideas about what it means to be kind and be a good friend. We used our friendship themed web to create a list of different kinds of friends and the ways we engage with them. Our class also spent some time during the first few days generating ideas about why rules are important and what rules should be established for our class. Everyone has agreed to the rules and signed the class rules poster. We are happy to have a room of caring and considerate classmates.



In Reading class, we have started a new story called *David's New Friends*, which is about a boy who makes new friends on the first day of school. The story helped us come up with more ideas about the qualities that people look for in a friend. In Language Arts, we spent time sharing information about ourselves and the qualities that make each of us a good friend. To further build on the theme, the students have an Acts of Kindness (A.O.K.) box where they can acknowledge a classmate's kind actions. In math class, we have been reviewing addition and subtraction facts, geometry, counting money, and telling time. Students have been able to pair up with different friends and play a math addition and subtraction dice game.

We are looking forward to more exciting opportunities to work with each other and extend our friendship to other students and grades throughout the school.

## Grade 3 Homeroom

**By: Nilla Ingravallo (Grade 3 Teacher)**

Meet the Star Students!

The third graders had an exciting first couple of weeks back to school! They shared summer memories, organized their new folders and notebooks, began learning topics in each subject area, and discussed star qualities of kindness, honesty, respect, effort, cooperation, inclusiveness, and independence that will be reinforced throughout the school year. When third graders demonstrate these star qualities, they will be acknowledged by their teachers and/or classmates on our classroom Star Student Wall.





The third graders began their work with the writing process while introducing themselves to their reading and writing teachers, Ms. Ingravallo and Mrs. Vogel. After a discussion on the steps of the writing process (prewriting, drafting, revising, editing, and publishing) and the format of a newspaper, the students completed articles about themselves for the *Star Student News*. They wrote about a recent memorable event in their life, their favorite book, and a wonderful travel spot! Once the students finished drafting their articles, they participated in a writing conference with their teachers to revise and edit their work. During these steps, they learned how to add details to their writing and how to use new editing symbols. The students then published their finished articles. Throughout the year, the third graders will continue to work with the writing process when producing written pieces.

## **Grade 4 Homeroom**

**By: Tiina Prio (Chair of Fine Arts Department )**

The Fourth Grade has made a wonderful transition this school year, adapting to the many things have changed for them. Now, they travel from room to room for classes, eat in the lunchroom and change into a uniform for physical education.

They are also learning how to do all of this independently. Fourth Grade teachers are encouraging them to do things for themselves and to take a step closer to becoming responsible citizens of Garden School and beyond. Lisa Stamps, PhD states “Through opportunities to practice responsible behavior, children begin to view themselves as trustworthy and reliable, contributing to their sense of identity. Being responsible and productive helps children feel that they are important. Our children need to have a deep sense of responsibility to be successful, dependable citizens and confident problem solvers in every aspect of their lives.”

The intrinsic reward of a job well done will motivate your children to carry out other tasks that contribute to the home or classroom. We are looking forward to a productive and educational year!

## **Grade 5 Music**

**By: Tom Heineman (Music Teacher)**

I am looking forward to a strong year in 5<sup>th</sup> Grade music. Students worked well together and excelled in group work previously, so they will be engaged in a significant number of creative projects this year. The first large undertaking will be scoring a film scene, composing music to accompany the visuals. They will decide what types of emotions or characters’ inner thoughts they seek to amplify with their music and what type of mood they wish to create. Subsequently, 5<sup>th</sup> Grade students will work in small groups creating music on computers with virtual bells to accompany the scene, and we will view their finished projects with the movie.



Fifth Graders will have the opportunity to experience the power of Jazz, America’s amazing art form. They will learn about the many awe-inspiring contributors to the music’s unique history, delve into a portion of the music through both listening and performance, and end the unit by devising a visual presentation on a great Jazz artist. Time permitting, students will also expand upon their knowledge of the science behind sound by addressing questions and attempting experiments, delve into the sounds and songs of birds and insects, study pieces in the world of European Classical music (such as Stravinsky’s ground-breaking *The Rite of Spring*), explore the world of electronic instruments and synthesizers, and continue their work on recorders and other performance aspects of the class. I am planning for an eventful and inspiring year!





## **Grade 6 Homeroom**

**By: Philip D'Anna (Language Arts and Social Studies Teacher)**

Welcome to an exciting new school year! The sixth grade has hit the ground running as they enter their final year as Lower Division students. This year, the sixth grade has a wonderful combination of new and returning students, all of whom come to school eager to learn. During the course of this school year – with our help and yours – the students will foster their independence, develop their responsibility, and grow their academic abilities.



Academically the students will learn from a rigorous curriculum in all of their content areas. Outside of their academic concentration, the student body will learn essential virtues and values as they relate to personal growth. Understanding what it means to be kind, to have integrity, and to be inclusive are just some of the characteristics that each students will cultivate at Garden School.

In the upcoming weeks we will be in full swing. There will be many opportunities for the students to engage with one another, both academically and in after-school activities. We encourage them to become involved in the Garden School community as much as possible by joining available clubs and teams.

We look forward to working with the sixth grade in language arts, mathematics, physical education, and more! It is sure to be an exciting year full of energy, laughter, and learning.

## **Grade 7 Homeroom**

**By: Lou Albano (Science Teacher)**

Our astounding 7<sup>th</sup> graders have embarked on a higher level of their academic careers. They are quickly adapting to the hustle and bustle of the Upper Division of Garden School. Although some may be feeling some growing pains that accompany the transition, with the support of the faculty, administration, and staff as well as our partnership with the parents and guardians, they will prosper in the Upper Division.

No one should feel that they are alone, neither student nor parents or guardians. I am always available to address the needs of our 7<sup>th</sup> grade families. I know most of the 7<sup>th</sup> graders very well, and they are a very resilient group. Our collaborative efforts will assist the students to success. If a need or concern arises, please feel free to contact me at [lalbano@gardenschool.org](mailto:lalbano@gardenschool.org) so that we can discuss the matter.



## **Grade 8**

**By: Nancy Massand (Middle School Dean)**

Welcome back! Opening day last week was a reunion for the eighth graders, who began their upper school experience together last year. The new year brings new challenges that will build on the skills and knowledge gained in 7th grade. The curriculum becomes more demanding, the friendships achieve more depth, and students expand their minds and talents as they mature.

As a kickoff to this new year, in the first week of October the class will experience group challenges and team building at Frost Valley with some of their core teachers. This bonding experience sets the tone for the kind of cooperative learning Garden wants to encourage for the whole 8th grade experience. As students affirm each other's strengths and work on challenges together, they will get to know each other and their teachers in a way that goes beyond what can be realized in a classroom setting.

At Garden we believe community is important. As we live and learn together, as we strengthen our community, individuals are strengthened as well.

## **Grade 9 Advisor**

**By: Marlene Schultz-Dapice (Mathematics, Chair of Science Department)**

Let me be among the first to officially welcome you to high school!

There will be many challenges ahead as you begin your journey. Bear in mind that the grades you earn at the end of the current academic year will become a part of your high school transcript. Colleges will be looking at these when it becomes time for you to apply. Even though you have four years ahead of you, the time will fly by. Make the most of it. Seek out help from your teachers when needed and be as prepared as you can for your classes. As your Academic Advisor, my door is always open. Please come and speak with me if you have any problems or concerns, and I will do my best to assist you.

In addition, it is important that you complete and return all required forms: emergency contact information, health and immunization forms, transportation, etc. These can be easily downloaded from the Garden School website. I would ask that you return these forms to me so I may keep track of them.

Here's wishing you, the newest freshman class, a productive and successful school year. [mschultz@gardenschool.org](mailto:mschultz@gardenschool.org)

## **Grade 10 Advisor**

**By: James Pigman (English Department Chair)**

Sophomores should think right now about what activities, sports, or endeavors they are going to put their hearts, souls, and minds into for the rest of high school. They have three years to become leaders of some club, to develop a musical or artistic talent, or work for a cause they believe in. Perhaps they won't be elected president of a club, or captain of a team, maybe they won't even start for their favorite team. But every organization from Key Club to Student Council to Diversity Club has committees and accepts hard-working volunteers.



Last year's Nepal Relief effort raised over \$2,000---and it was led by a freshman! The literary magazine staff was mainly 10<sup>th</sup> graders. Every boys' and girls' team has beginners and underclassmen and every coach knows that success comes not only from the senior leaders but from the beginners that will take years of practice and watching and waiting before they become the most important members of the teams. Tenth Graders should be reminded that it is time for them to focus on the clubs, activities, music lessons, skills, volunteer positions that they want to pursue.

Preparing for life means participating in the activities we will pursue our whole lives. 10<sup>th</sup> graders: do it now.

## ***Grades 12 Advisor***

***By: Marcia Elkind (English and History Teacher)***

Dear Senior Class of 2016,

You have reached a pinnacle. You are SENIORS. Every other student looks up to you. You are the definition of "cool." What you do, what you wear, the way you speak becomes the model for everyone else. You remember looking at the senior classes before you and waiting, wishing to be them. Well, now you are.

What will you do with your new status? It will only last one year. Next September you are back to being the "newbie." So throw yourself into this year with passion. Make every day count. Pack this year with memories to last a lifetime. Make your mark at Garden School. As leaders of clubs and teams, be a cheerleader, be an organizer, strive to make the group you lead excel by your example of hard work and commitment. Reach out to others and teach them what you have learned. Be the spark that ignites excitement. If you haven't been a joiner, now is the time. What will we remember about you after you graduate? Create your legacy.

These next nine months are an opportunity to become the best student you have ever been, the nicest person you can hope to be. You are as diverse a group as ever walked the halls of Garden School. Smart, talented, funny, quirky, inquisitive, and full of enthusiasm. Work together; support each other; be aware that each day is a "last" day; an opportunity to fulfill the promise of high school, the promise to turn children into young adults who can think for themselves and take charge of their lives. Go for it.

## ***Alumni News***

***By: Mary Eleutheris Kekatos, (Garden School, Class of 2011, Columbia School of Journalism)***

It would seem Diana Kim has been playing the violin all her life; after all, she started at the age of three and now plays with the Yale School of Music's orchestra. Though the South





Korea native's path to where she is today may seem traditional, it has been anything but ordinary, starting with how she began to play.

"I actually started playing piano," she said, "but they told me I had to quit because my fingers were too tiny. "

That same year, her father's friend gave her the violin as a present and a passion was born.

When she was seven years old, Kim was accepted into The Juilliard School's Pre-College Division program, so she and her mother packed up and moved to the United States. She attended Garden School in Jackson Heights during the week and on Saturdays, from 9 am to 5 pm, she would spend her time at Juilliard practicing and playing.

After graduating from Garden School, she headed to the Yale School of Music for a rather unusual academic experience. She is currently receiving her Certificate in Performance. Once she earns a bachelor's degree, she will petition to convert the Certificate into a Master of Music degree.

Kim says her dream of a career in music was realized while playing with the orchestra at Yale. "It was when playing Pablo de Sarasate's *Zigeuneweisen* when I felt 'Wow' and realized *this is what I was meant to do*," she explained.

Yale has offered Kim many opportunities, including the chance to finally take classes such as music history and study the music of those she admires from seventeenth-century composer Johannes Brahms to legendary violinist David Oistrakh.

"He's everyone's favorite," she says of the latter. "You could say he [was] one of the best in the world."



Recently, Kim also received the opportunity to be first-chair violinist within the orchestra. With such responsibilities, schoolwork keeps her very busy. She spends six to eight hours a day practicing. Although there is a great deal of work at Yale, Kim says that balancing her music, her schoolwork and her social life is easier than it was in high school.

"Social wise it's hard, but, as for schoolwork, everything I do is about music so it's not as hard as high school was because I had to study for other subjects on top of practicing," she said.

At the end of this school year, Kim will transition into a four-year college to earn her Bachelor's Degree in Music and, from there, will begin pursue her career.

"First I would like to perform professionally but, my ultimate goal, is to be a professor of music and teach college-age kids."

Kim has already spent time teaching children from ages 5-17. She urges such young musicians, and those who want to follow a similar path, just one piece of advice: practice, practice, and practice.

"If they are actually serious about pursuing music, I would say 'Just keep practicing'," she said. "Practice is the only answer."

By Mary Eleutheris Kekatos, Garden School, Class of 2011, Columbia School of Journalism

