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9th of Adar, 5776



VT TIMES

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Dvar Torah

By Liora Yasmeh

One sunny day, a father and a son were out in a field tending to their garden. The father paused for a moment and turned to his son to ask a question: "My dear son, if ten birds are on a branch and four of the birds are shot, how many birds are left?"

The son paused at his father for a moment. His eyes were deep in thought, contemplating an answer. Soon, the son eagerly answered, "Four birds were left father!"

The father, furious at his son, scolded him: "Do you not know your arithmetic child? Six birds were left."

"No father," the child said thoughtfully, "the other birds flew away because of the loud sound of the gun. The birds that were left were the four that were dead."

The father gazed at his child. Although he was dumbfounded, he couldn't stop himself from feeling a surge of pride. At that moment, the father had learned a valuable lesson from his son and surely we can too. We learn that we should never think that we are superior to another individual: not because of age, social class, or standards. Remember to never miss an opportunity to learn from those around you.



Should You Listen to Music While Studying?

By Leat Kohanzadeh and Liorit Kohanbash

Yes!

Despite public belief, listening to music while studying can have beneficial impacts. An experiment was performed to prove the positive effects of listening to classical music while studying. The results revealed that classical music improves the capability of accomplishing tasks. For example, students were able to understand the assignments they were given with more clarity and thus perform better on exams by listening to music during their study routine. The reason for this is because classical music not only stimulates thinking and encourages brain growth, but also yields a relaxing effect. Therefore, it can help one complete work more effectively. However, classical music is not the only genre of music that applies to this. People who listen to music while studying can associate the information to specific lyrics from a song which can ultimately make memorizing information a simpler task. Overall, these studies prove and confirm that music is indeed an effective tool that enhances studying.

(Continued on page three)

Some Perspective

By: Atara Bayever

As teenagers, we feel like we have a lot to complain about. We have too many tests, too much homework, not enough sleep, and not enough time to do our own activities. Of course, these things do matter. However, sometimes we let these issues take up our minds and we don't realize or appreciate how good our lives are. A young man, John, reflects on a particular experience that opened his eyes to a new viewpoint on suffering.

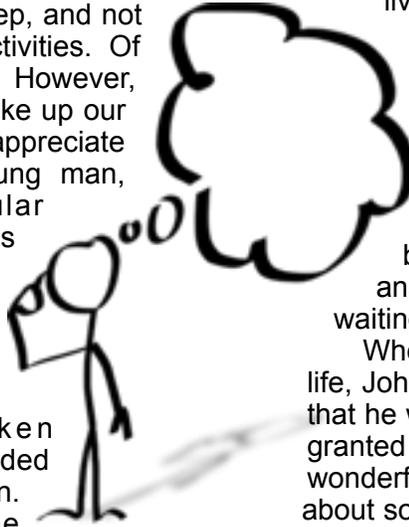
John went out with some friends and the group started talking about problems in their lives, like divorced parents, poverty, or broken relationships. Each person added their own issues to the discussion. John also commented on the problems he felt he had in his own life. The conversation continued for hours because there was so much to complain about. Yet as time slipped by slowly, people started to drift away and leave the conversation until John was left with one other person, who hadn't spoken throughout the entire discussion. John asked the other young man why he hadn't contributed his own problems to the conversation.

The man answered that he didn't believe in problems. Confused, John asked what he meant. The man pointed out that subconsciously, in the discussion, everyone who participated was competing to see who suffered the most. Instead

of explaining further, the young man asked John to walk him home.

When they reached the man's house, John saw a small, crumbling house. The man lived alone, his parents having died years before. They then walked to John's house. They stopped outside his gate, and John saw his own house through the stranger's eyes: a two-story house in good condition. The man asked John to call his mother and tell her he would be late. When he did so, his mother answered, "Please come quickly, we are waiting for you and the food is ready."

When he saw the state of the other man's life, John realized how much he had in his life that he was not grateful for. Often, we take for granted what other people would consider wonderful gifts. When you are feeling upset about something in your life, take a moment to remember everything that you have in your life to be grateful for.



Little Bit of Lit

By Yuval Yakobi

Valley Torah is a very special **place**
 Where every girl can leave her own **trace**
 And not only grow, but every test **ace**
 And that is a trait we always **embrace**.
 Although each girl has a unique **face**
 We all come from the same Jewish **race**
 Valley Torah is our main **base**
 In our hearts it always has **space**.

COUNT YOUR
 BLESSINGS
 NOT YOUR
 TROUBLES.

Should You Listen to Music While Studying?

(Continued from page 1)

No!

Research shows the negative effects of listening to music while studying and doing schoolwork. The main reason for people's disapproval comes from the fact that music causes distractions. More specifically, songs with lyrics can be disturbing when students are completing reading and writing assignments. The lyrics can divert a student's attention from the task at hand which can lead to loss of concentration. This is because the human mind isn't capable of comprehending information clearly while listening to lyrical songs. Often times, students will find themselves writing the lyrics in their notes which comes to solidify the fact that multitasking is difficult in this situation. In addition, music impacts people's emotions and feelings. When a student listens to music while doing schoolwork, it can influence the person's mental state and cause pessimistic feelings. Thus, these are the facts that show the negative effects of listening to music while doing homework and or studying.

The Student Cookbook: Nutella Doughnuts



Ingredients

- 3 cups of flour
- 1 flat tablespoon of salt
- 4 tablespoons of sugar
- 3/4 cup of oil
- 3/4 cup of warm water
- Nutella and powdered sugar to taste

Directions

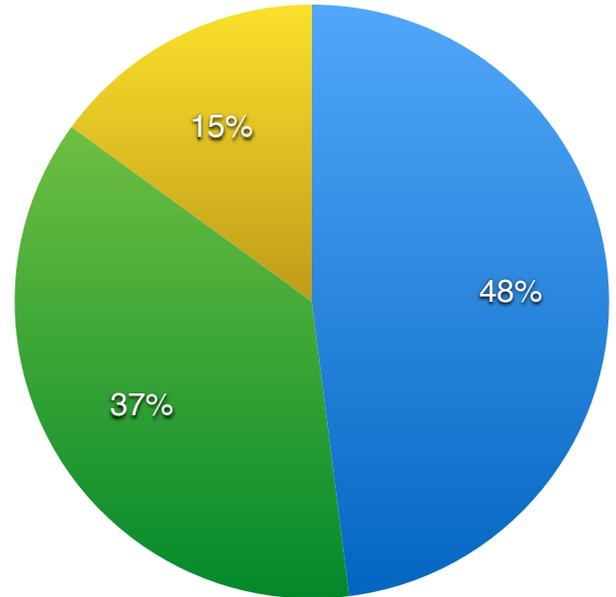
Mix flour, salt, sugar, and oil in a pot. Stir, until the mixture becomes a thick dough.

Pre-heat a pot of oil for ten minutes. While it's heating, roll out the dough. With a floured cookie cutter, cut the dough into 2 1/2-inch rounds. Then place the doughnuts into the oil, until they are golden brown on both sides. Once they are ready bring them out and wait 15 minutes for them to cool off. Take a knife, and cut a small hole into the doughnut and then inject Nutella into the hole. Lastly, sprinkle powdered sugar on top.

Thank you to Mrs. Eglanov for providing this week's recipe.

Poll: Do You Listen to Music While Studying?

● Yes ● Sometimes ● No



Jewish Joke

Corner

How does Moshe
make his coffee?
Hebrews it!

Do you need an
ark?
Cause I Noah guy!

U Y T Q M N G L O W J U P S G H M P K U
 K O S O P H O M O R E S K S V G C Z F P
 F O O P T B F T A E R K N X I T R H S B
 F A S Y S C N J A O Z O N J W H E E H R
 U D I M G A A F I B S Z D A C Q N R P I
 Z T S S W G D N K L B F K K D I K A I K
 X S M E A Q U U E Z U A C G O Y R Q W J
 R C K O I J I G M C Z E H R O Z H T L Z
 W R B M Y H L V Q I H S S S F G Y B M B
 Z T W T Y O S Z O X P S K G L D W I Q J
 N Q V V S A B E A X I O C F I T B K U Z
 E Z S T U L B E R G E R U E F L T A B B
 M C Y I F L D O B F R G B R E N V S L G
 G H O M G E Q D N G A V R F M A M T U P
 L Q D P I N U U J L X R A N S M K I I O
 D E I Y S W V B B Z E J T Z C H Z Y I T
 S B V V J D A C R A R I S B Z C Q U K H
 S V T Q M X E F F K I L H B S T R L V T
 M P H L I B T Q U Z F L V X Y U K O J L
 K R S O A Y N O S E K I Y W L R C H F D

VTHS
ALLEN
GELSONS
FRESHIES
SENIORS

GROSS
STULBERGER
STARBUCKS
SOPHOMORES

RUTCHMAN
FOOD
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Science Factoid
The average human has
more **bacterial** cells than
human cells

This Issue's Riddle:
Who makes it, has no need of it.
Who buys it, has no use for it.
Who uses it can neither see nor
feel it.
What is it?

Make sure to read our
next issue for the answer!