

CHINESE FOOD: A HISTORY

KELLY CITY

China is a very diverse country. China produces the world's best food, Chinese food, the business of Kelly City. The History of China begins dating back to the Shang Dynasty (c. 1600–1046 B.C.), over 3,000 years ago (Fercility). During the Ming Dynasty, (1368–1644) China began to trade globally of goods, plants, animals, and food crops. This is known as the Columbian Exchange. China purchased new worldly crops from Spain, including sweet potatoes, maize, and peanuts. These crops could not grow in cultivated lands like the Chinese had. The rice crop began super popular for the poor in the Song Dynasty (960–1279), and it eventually became the traditional food of the lower class. Jonathan Spence writes appreciatively that by the Qing Dynasty the "culinary arts were treated as a part of the life of the mind: There was a Tao of food, just as there was Tao of conduct and one of literary creation." The dew from the flowers of the wild rose, cassia, or citron to add at the last minute, though Li insisted that the dew from garden roses was too strong for the rice recipe. Cooks employed to Imperial Kitchens began to open their own restaurants after the conclusion of dynasties. The food served at the restaurants were the dishes formerly enjoyed by Emperors from various dynasties. Because of the start of the Chinese Civil War, restaurant owners moved to other countries such as Taiwan and the United States. Major food supply problems have been created by China converting to Communism. Poor cities were reduced to 1 cabbage a day per household. Peasants began to suffer from malnutrition.

In the 1990's, Beijing incorporated a Communist-style cuisine, also known as Cultural Revolution Cuisine. Other recent innovations include the Retro-Maoist cuisine, which cashed in on the 100th anniversary of Mao Zedong's birthday, whether it was officially endorsed or not (Wikipedia). The menu includes cornmeal cakes and rice gruel. Chinese cuisine has evolved so much since the ages of the dynasties.

EARLY RUN STARTS SECOND DAY RIGHT

GRIEMAN CITY

CLAIRE WYSZYNSKI, NEWSPAPER REPORTER

SHIPPENSBURG-- In a few citizens' rooms, alarms blare bright and early at 4:45 AM. These bold girls rise, dress, and lace up. By their own choice, these Keystone girls have dedicated their morning hours-- valuable time to sleep-- to furthering their fitness.

Led by senior counselor Maureen, the citizens marched to the track. On the way, new city positions, similar experiences in extracurricular activities, and fatigue provided a variety of conversation starters.

"The advisors talked about how Keystone had been rewritten," citizen Alina Arechiga recalled. "Some people I didn't even know, we just ended working out together."

At the track, workouts varied by sport. Some athletes tackled the bleachers, running up and down the stairs in sets. Others headed for the football field, harnessing the space for bodyweight core and strength exercises. A few girls ran laps on the track, logging intervals and distances up to three miles.

Despite these different approaches, citizens from all cities could celebrate each others' willingness to strive with a new group of people so early in the morning. Not even the warm weather could deter these citizens from achieving their goals.

"Although it was humid out, seeing the girls who showed up to participate helped motivate me to run even harder than I would have alone" Greiman City Manager Lexie Ackerman admitted.

The early bird gets the worm. This morning's group workout opportunity provided a challenging but beneficial beginning to the second day of Girl's State.

GOING THE EXTRA MILE: STAYING FIT WHILE AT KGS

SEIFERT CITY

JENNA CHIRICHETTI

If you heard the sound of an alarm going off at 4:30 AM this morning, you most likely overheard the wake-up call for the diligent girls working to stay in shape during their time at Keystone Girls State. The group, led by Maureen and Haileigh, consisted of around 15 citizens and other counselors. The girls met in the lobby before sunrise and walked to the track, where everyone split into small groups to freely choose their preferred style of workout. Some girls did abdominal, leg, or arm exercises on the turf field. Others ran, jogged, or walked numerous laps around the track, and incorporated the bleachers into this. The workout lasted an hour, which allowed citizens to relieve stress, get warmed up for the day ahead, and meet new people. I, along with multiple other girls, appreciated the activity because we are planning on joining the military and so it is crucial that we are in prominent shape physically. The opportunity to motivate a daily fitness routine during the week is a phenomenal benefit that the citizens of KGS can take advantage of throughout the rest of the program.

IN COUNTY ELECTIONS, ROSS CITY SHINES!

ROSS CITY

Today was County Election Day and White County was bustling between Ross City and Strine City. Before the elections though Ordinances were made and laid out along with bills to be pushed through Congress to help Ross City Flourish. The city flag concept was also approved this morning and the flag is currently in the process of being fully constructed. The city song has also been finished and choreography has begun along with memorization of the words. Congratulations are also in order for Pat Carnes, Ross City's mentor. She was awarded the staff spotlight for outstanding work and character. Congratulations Pat! Ross City and obviously many others love you!



In other news, Jane Fiore, Jenna Thomas, and Abigail Peichel were sworn into office today. The young women took the oath and are trusted by many to keep Ross City as amazing as always and maybe even better. Shortly after being sworn in though, our Mayor visited different cities and was locked up along with friend Emily Newman, who ran for district attorney today.



One of the city's they served their time in, the other city they broke out of jail to get down to a meeting going on within the city that they couldn't miss. A deal has been worked out that Ms. Newman and Ms. Fiore will serve double their sentence if they ever step foot in the city again. An interview with the mayor tells all about her experience in jail.

The Questions:

“What were you doing?”, “Why did you get locked up?”, and “How did you escape?”

Mayor Jane Fiore:

“I was visiting cities to meet more people within the Keystone Girls State. Emily and I broke one of the city's ordinances and had to serve jail time, but we had just gotten a text from our counselors letting us know that there was a meeting soon in our city. We were going to serve time, but we needed to get there and just sprinted out the bars of the jail. As you can see I'm out of breath.



Anyway, we got locked up because the ordinance was that every time someone sang the red robin theme song, everyone within that city had to sing the ‘Yummm’ part. We were in the middle of reading the ordinances when it happened.”

Don't worry about a corrupt mayor from Ross City, she was just in the wrong place at the wrong time. How do we know this? Well, she obviously does Ross City justice, as well as all of the City's citizens, since Ross City was rewarded with the Honor City Award! Ross City stole the purple ribbons with a great score of 71! This just shows that Ross City knows how to care like their mascot the Care Bears!

MCKAY CITY GIRL INJURED IN SEIFERT CITY DUE TO ORDINANCE!

MCKAY CITY
SAMANTHA PHILLIPS

Interviewing Haley from Seifert City, here is her side of Her story.

“I went to hang my poster in the hall. I walked down the hall with my hand on the Wall. I asked one of the girls if i can hang my poster and she gave me permission. So in order for me to hang my poster, i had to take my hands off the wall. But, i was stopped when another girl from the city came up and asked what was i doing? I told them and they questioned ‘Where was the girl you talked too.’ and not sure what to respond with, they declared that was still against the rules and i was arrested. So as i was arrested, i still had to walk with my hands handcuffed behind my back, I still kept with my hands on the wall, walking sideways, but unfortunately, i fell, injuring my knee and weines. I was later released from the jail after doing the hokey Pokey,”

A lawsuit is soon to be filed against Seifert of having concern of the ordinance.

PRIMARY PROBLEMS

SEIFERT CITY
KAYLA GAUGHAN

While elections are now back on track, there was brief a mix-up during today’s primary elections. On the fourth floor, nationalists were required to vote once, and both parties voted without election officials. While this likely had no effect at all on the outcome of elections, it did create a significant amount of confusion for both voters and counselors. While this was a minor setback, the outstanding staff of KGS was able to get everything under control and ensure that the voting process was fair. Overall, this was only a minor blunder in an otherwise straight-forward, and efficient day. The general elections went much more smoothly, as everyone had a clear understanding of what exactly everyone had to do.

PRIMARY WAIT FOSTERS NEW FRIENDSHIPS

GREIMAN CITY

ANNA WEINSTEIN AND CLAIRE WYSZYNSKI

SHIPPENSBURG-- Today, a long wait ensued before the primaries. Rather than viewing the situation as a bother, however, the practical, energetic young women of Girls State took advantage of the opportunity to make new friends across city boundaries.

On the Federalist side, new connections emerged quickly. Two police officers and another citizen competed amongst themselves to see who could escape handcuffs first. Other citizens exchanged small talk and plans for the future.

“I was very curious to talk to the other girls about their future plans because I am undecided” Federalist Alexia said.

Afterwards, the girls exchanged Snapchat usernames to stay in touch after the conclusion of the camp.

The Nationalists similarly made light of the situation and enthusiastically greeted each other. An icebreaker, in which participants opted for one of two opposite preferences, initiated debates over the best ice cream flavor and pet. Girls shared animated stories of school experiences and their hopes for the future, including attending service academies and pursuing medical school.

Adaptive citizens of Girls State strive to make the best of all situations. Clearly, Keystone girls, open-minded and willing to work with others, uphold American Legion values and will pave the way in shaping tomorrow.

ROSS CITY DECORATIONS

ROSS CITY



Today Ross City decided that the windows looking out of our commons area needed an update. We have so much pride for our city that we made the group decision to tape the name Ross City onto the window that way we could always see it, and those looking up from the ground below could see it as well. We worked together in a small group to concentrate our area of focus, while others worked together on bills or campaign signs. Once the sign was finished we asked for other people's opinions to see the consensus of the group. This is what a city like Ross does, we work together in small groups and get a lot done; but we always come together at the end to share what we learned. Even being here only two days, Ross has really come together as a city to make our city the best it can be. So if you are walking past Naugle Hall, just look up to find Ross City's name held high above the rest!

STEPPING OUTSIDE MY COMFORT ZONE

STRINE CITY

SARAH YOUNG

So, I'm an introvert and I know I'm not the only one riding on the introvert boat. Many of us registered for Keystone Girls State concerned about how we would fare with ice breakers, small talk at meals, or even official city business. I think it's fair to say that the majority of my pre-arrival assumptions were completely incorrect.

Every person I've encountered in these first days of Girls State have been so supportive and welcoming to every citizen. I have never seen such a wide range of girls



from different parts of the state work so well together after knowing each other for such a short period of time. I can say, for any introvert, feeling welcomed and not feeling intimidated by our fellow citizens made this process of stepping out of my comfort zone even easier.

To be able to see personal growth within such a short

period of time is absolutely incredible. When so much time is spent avoiding making new friends or awkward situations, being able to laugh with people you've know for less than 48 hours, is so rewarding. I'm happy that the Girls State experience has allowed me, and many others, to step out of our comfort zones and begin our transformation into extroverts.

THE CONTEMPORARY PARENT TRAP PT. 1

MCKAY CITY

CASEY KAVANAUGH AND MADDIE WICKEL

When asked about their first day at Shippensburg University, Maddie and Casey would say that, “Sunday morning consisted of basically meeting new people, including their roommates.” Casey arrived first allowing her to get organized and established in the room. When Maddie finally arrived two hours later, she felt a sense of dominant power in her mysterious roommate.

The friendship bloomed – not right away – BUT during the first break of the city meeting, Maddie and Casey returned to their room to grab paperwork. While in the room, they got to talking and came to realize that they had a lot in common. They both had large families with many family reunions, both catholic and, an important note, neither of them were morning people. One of their counselors interrupted their conversation to bring them back to the city meeting because the roomies were in the room for 10 minutes too long.

Within twelve hours of having met one another, these close roomies were astounded to find that they were practically the same person. Everything was the same; they stayed up until 3 a.m. with another fellow citizen of the city and talked about life stories to boy drama. Maddie and Casey said things the same, thought the same things and were able to communicate without words. Just a simple glance or smile would start a fit of endless laughter. While working on the city flag, Maddie and Casey ordered the same Chinese food without knowing until after their orders were made – they just knew in that moment it was fate.

The next day, Monday, the absurdness continued. Later in the afternoon, the roomies were sitting on the floor during free time “j-chilling” and Casey has a massive, mad revelation. She whips out a quick flick of her brother, Ryan, because Maddie’s smile was a spitting image of Ryan’s. It was slightly terrifying as they showed everyone the resemblance between Maddie and Ryan. Still later, Casey realized that Maddie also sounded like her aunt Mary-Jo. They concluded that they were actually long-lost sisters that were made to be roommates and rediscover one another – a “Parent Trap” style story.

BE SURE TO TUNE IN AND READ TOMORROW’S “THE CONTEMPORARY PARENT TRAP PT. 2” TO HEAR ABOUT THE GIRL POWWOW THAT OCCURS TONIGHT.

THE KEYSTONE GAZETTE

STRINE CITY



Today at Keystone Girls State, our city decided to participate in the Kickball tournament against the other cities. Team Stride City first played against Team McKelly- which is a combination of cities Kelly and McKay.

The team itself

played an awesome game and cheered their teammates. The team (above) consisted of (from left to right) Meg Sennett, Maslyn Behler, Mackenzie Meagher, Sarah Young, Anna Ferraro, Aditi Edlabadkar, Emma Vormschlag, and our junior counselor Deanna Stolpe. Some of the other members of Strine City sat under the shade of a tree to cheer their teammates on while Audrey Glas played the ukulele for her team. Playing in the sun and spending time with friends helped the girls grow closer while also have fun.

Even though Strine city did not win against Team McKelly, they did have a great time playing. They were happy to get outside and release some of the stress that built up from elections and writing legislation. Playing kickball also initiated some competitiveness between the cities. The kickball counselor, Sarah Conrad, oversaw the game to make sure that it was played fairly and to keep track of the points. Meg Sennett said "We had fun. It was a good team building experience. We learned some new things and meet new people." Another member, Anna Ferraro, says that "Although we aren't the most athletic, we didn't stop laughing the entire time and we knew how to cooperate and support each other." The girls overall had a great time playing and it helped the city bond. Strine city did not come out on top today in the field, but in the courts coming up, we are sure to dominate.

WHAT YOU GIVE IS WHAT YOU GET: LATE HOURS AT GIRLS' STATE

GREIMAN CITY

SAMANTHA GANSER

SHIPPENSBURG-- With all of the bustle and business of the first day, many Girls' State Citizens have been left exhausted. With much to do-- including action plans, city ordinances, and city elections-- in little time, many girls sacrificed sleep to put forth the best campaigns, strategies, and plans possible.

Greiman City business manager Clarke Johnson explained that her work on the business manager meeting kept her up. "I stayed up until at least 12:30", she said.

Such commitment, however, remains critical to ensure that the girls can reap the maximum benefits possible from the program. One citizen especially appreciative of the dedication necessary despite these late hours is the city mayor. She never rests. Responsible for addressing the needs of all of her citizens, she must review the day's progress and create goals for the future to ensure that all of her city's residents are ready to attack the next day.

"I was out until 11:00 checking on everyone," Greiman City Mayor Marissa Slupe said. "I didn't go to sleep until 11:30".

Since citizens must wake up early, the late bedtimes can be draining. However, the exhaustion is required to get the most out of Girls' State. There is much to do, and the more citizens that participate, the better the memories that will be made. The time spent campaigning, drafting legislation, and writing reports teaches citizens valuable skills that will serve them well in life. Often, the most successful people sleep the least. As the week continues, the most successful city remains to be seen, and their sleep schedule a notable factor in their success.