



901PLEDGE CHRONICLES



THE POWERFUL LANGUAGE OF FOOD

BY KRISHNAV MANGA

Food is a global language that transcends race, country, ethnicity and cultures. It embodies so many values – social, cultural, psychological, physiological, emotional, and so forth. We create traditions using food. We celebrate events and holidays through food. We socialize around food. We comfort each other and ourselves with food. Food overall is the connection between all of us. Global Cafe is a prime example of how food represents our bonds. Global Cafe aims to be a gathering place to bring together guests from all different walks of life interested in learning more about different cultures and enjoying wonderful ethnic food. As for me, a child of immigrants myself and someone who appreciates good food, I couldn't relate more with Global Cafe.

I aimed to learn more about such a novel restaurant right here in the heart of Memphis.

Global Cafe was started to empower immigrant/refugee food entrepreneurs to set up a food business at no upfront cost to them. Global Cafe certainly opens up a world of possibilities in our southern hometown of Memphis, TN. Nestled into the award winning renovated Crosstown Concourse, Global Cafe couldn't have found a better home. Crosstown Concourse's Motto of "Better together" clearly aligns with the mission of Global Cafe. Global cafe certainly has mastered the recipe of mixing humility with great food. The importance of breaking bread together especially from different parts of the world under one roof is personified in this novel concept. *Continued on page 2*

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Editor's Corner

BY RISHA MANGA

"The main hope of a nation lies in the proper education of its youth- Erasmus". As said in this quote without a proper education, students won't lead prosperous futures. In fact, many students in our community lack the basic supplies needed for school due to their families not being able to afford them. Studies have shown that starting the school year with the necessary school supplies promotes learning, boosts self-esteem, and helps keep kids in school.

In 2019, the planned back-to-school expenditure among U.S. consumers amounted to about 700 U.S. dollars on average. By collecting money through donations or organizing our own school supply drive, we can help families in need put their money towards something else.

Whatever your time commitment or however you choose to get involved, you'll know that you are making a positive difference in your community by supporting students, teachers and your local schools. By showing our support to these children in need, we give them the opportunity for a bright, shining, and beautiful future.

-Risha Manga

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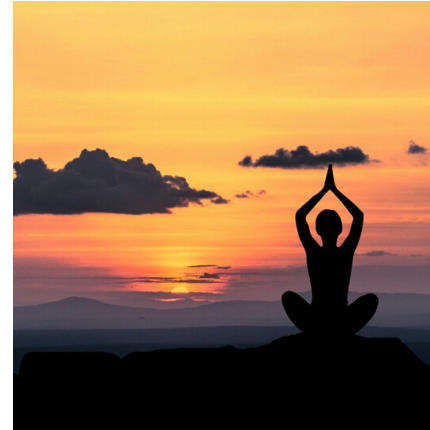
THE POWERFUL LANGUAGE OF FOOD

BY KRISHNAV MANGA

Continued from page 1

"I met these amazing women from different countries who were cooking on the side as a hobby or a way to make extra income," Langer, the owner of Global Cafe, told NPR's The Salt in a profile of Global Café. "Some of them were dreaming about owning a restaurant but were not in a financial position to do that." I was able to speak with the owner of Global Cafe, Sabine Langer, and get her insights and perspectives into the restaurant and how the current pandemic has affected Global Cafe. When asked about the creation of the cafe, Ms. Langer replied, "Global Cafe was created to provide jobs for immigrants and refugees." Also, according to Langer, conversations, ranging from information about the cafe to everyday life, was a big part of the cafe. However, due to the pandemic, conversations and human contact are limited.

Finally, Langer stated that embracing different cultures is important because you can learn so much from various cultures. Global Cafe is a hub of numerous cultures whose foundation is food and various cuisines. Ms. Langer's answers clearly illustrate the inspiration behind Global Cafe. She outlined how knowing many cultures is important. Global Cafe is a great example of how the language of food is universal and it definitely serves as a bridge between various cultures through community collaboration. As world-renowned chef Giada De Laurentiis said, "Food brings people together on many different levels. It's the nourishment of the soul and the body. It's truly love." Food can help bridge culture, countries, and race - one dish at a time. <https://globalcafememphis.com>



MENTAL HEALTH

BY ANSH SAMPAT

Most people go to the gym or eat healthy nutritious foods. In other words people care a lot about their health. When I say health the thing that probably comes to your mind is not being sick, or being fit. No one really thinks about mental health. When the topic of mental health comes up most people's first thought is that if you are mentally unhealthy you are crazy and should belong in an asylum or a mental hospital. But that's not true. Being mentally unhealthy often times causes depression or suicide, and suicide is the tenth leading cause of death in the United States today. Everyday an average of 132 people in the United States die from suicide. 132 lives are lost everyday and people still don't care about their mental health. The fact is that if you are having suicidal thoughts then you should find help immediately to fix your mental health. So at the end of the day mental health is just as important as physical health.

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We needed to walk a few miles and we asked some people for directions to the palace. We ended up walking through the famous Hyde park to reach the palace. We witnessed a very Royal welcome with an elaborate change of guards' ceremony as President Trump made his grand entry to the palace. I saw a big line of policemen, horsemen, cavalry, and a big gentry of soldiers marching, something that I had only seen in movies before. The next stage of the parade was at St. James's park adjacent to the palace and we moved onto a meadow where the soldiers lined up around 100 feet away from us and fired cannon up in the air to salute the President of the USA. Though it was a 2 hours-long ceremony, I felt it all happened too quickly.

TRAVEL DIARIES

BY ARYAMAN PAGORIA

Covid-19 has changed our lives in different ways. One of my most cherished times of the year is the summer vacation. Besides getting a break from studies, I look forward to our summer trips to a new country each year. My favorite part about traveling is getting to see new places, meeting different people, learning about the history, understanding different cultures and trying new food and delicacies. But since the Covid situation has restricted us from travelling for summer vacation this year, I decided to start recreating those memories by penning down some of my favorite experiences.

Trip to London

Today I want to share with you some of my memorable experiences from a trip to the United Kingdom last summer. I had always been eager to travel to London as I had read about it and knew some things about London like how Big Ben was the bell, not the tower, and how the London Eye was the largest Ferris wheel in the world. I also wanted to go there to see Buckingham palace where the Queen of England lives.

The parade at the Buckingham Palace

When we went to see Buckingham palace, coincidentally President Donald Trump was there to meet the Queen the same day. The first thing me and my family needed to do was to get there which was harder than we thought because most of the roads were blocked.

London Eye

Before I came to London, I only knew that the London Eye was the biggest Ferris wheel in the world but I never knew what it was like to be on it. When I looked at the London Eye and truly saw its size, it made me dizzy. Once we were on the wheel, it took about 15 minutes to go back down. When we were at the pinnacle of the wheel, I could see most of London from the metal capsule we were in. It was one of the most magnificent views of the city of London. The ride was one of my favorite memories from the trip.



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BRAIN TEASERS

BY MANASI RAVINOOTALA

- What occurs once in a second, once in a minute, twice in a millennium but never in the course of a lifetime?
- You can see it, but you can't touch it. Even though its right next to you. It grows all day long but disappears at night. What am I?
- What is heavier, a pound of bricks or a pound of feathers? What do the words flour, then, and thirsty have to do with numbers?



Answers on page 5

EVENTS



Virtual

COOKING LESSONS

COOKING SESSION 1
JULY 18TH 2:00-4:00 PM CST)
AGE: 7+

Raspberry Lemonade
Mac n' Cheese
Guacamole
Fruit-sicles

COOKING SESSION 2
JULY 25TH 2:00-4:00 PM CST)
AGE: 7+

Cake Pops
Cookies
Droo Balls

Suggested Donation:

\$15/session or \$25 for 2 sessions

Let's Cook Together!!



Learn some easy, fun recipes while supporting a good cause.

901PLEDGE's youth invite you to join our first-ever virtual cooking sessions.

SO SIMPLE!
SO MUCH FUN!!



100% of the proceeds will be used towards our "Fill the Backpack Campaign"

Date: July 18 and July 25 2020
Time: 2:00 - 4:00 PM CST
Age: 7+



Suggested Donation:
\$15/session or \$25 for 2 sessions

Contact us for more info: 901PLEDGE@gmail.com
or (901) 240-0956
901PLEDGE.weebly.com/events

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SUNRISE



BY VEER KUMAR

MY NEW HUMANS

BY UMA SATPUTE

I wake up from my nap, ready to take care of my pet humans. Of course, it's only been a short time since I came here to train them, but I think that they're finally getting used to me. I jump onto the bed, surprised to see that it's already made. I marvel at my own skill of teaching humans, being only a 6 month old puppy. It is at that time that I remember catching a certain snippet of conversation between my humans: "We need to clean the house. Our relatives will be arriving soon." I didn't quite understand what that meant, but I knew this much: Someone's coming. Suddenly, the doorbell rings, and an unfamiliar scent fills the house. I bound down the stairs to investigate, only to find new faces, including two puppy humans. My senses tell me that they mean trouble. Now, my only hope is that they won't be here very long—they'll be gone by the time I finish napping, right?

Wrong! I wake up from my slumber—and they're still here. And worse yet, my humans are enjoying their company. Where did all my attention go? Now, I have to take all of these new humans to the park. I notice one of them throwing a ball and shouting "Fetch!" I don't know what that means, but I sense a strong urge to go and catch the ball. Groaning, I run toward it, and I feel a strange satisfaction when I catch it. Hmm, I like this game. Shortly after, when I want to train one of my humans to give me treats, all of them decide to join in. However, they're pretty good at their jobs. It's actually fun. Before I know it, it's time for the new humans to leave. As I bark goodbye, I think about how much I'll miss them, especially the two puppy humans. I remember how I wished them gone. But now, I don't want them leaving, because I love them like family.



Answers-

The Letter N

Shadow

Neither, they both weigh one pound.

If you remove one letter from each word, you get a number.

901PLEDGE Chronicles is a humble effort by the youth to provide a platform for the youth to share their vision, talents, and thoughts.

Please send your stories to 901pledge@gmail.com for a chance to be featured.

Follow us on Instagram
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MY ARTWORK ON VIDEO CONFERENCING

BY ANVI SAMPAT



FLY IN THE SKY BY VEER KUMAR



SCHOOL SUPPLIES DRIVE

HELP-US-FILL BACKPACKS

THIS IS YOUR CHANCE TO BE PART OF A SERVICE PROJECT THAT WILL HELP STUDENTS SUCCEED!

Roughly 12 million kids live in poverty in the U.S. and 30 million rely on federal nutrition programs (free and reduced lunch).

For these students, school supplies are a luxury. Many arrive at school without a single pencil or notebook, unable to participate in day-to-day classroom activities.

901PLEDGE's goal for this summer is to be able to help **50 elementary-school** aged kids.



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Follow us on Instagram @901PLEDGE



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OREO MUG CAKE

BY SHANAYA POKHARNA

Who doesn't love Oreos? This mug cake recipe is one of our family favorites. It's easy, simple, and delicious! All you need is 2 ingredients. **Milk and Oreos.**

I use 10 Oreos to make 2 mug cakes. First, I take 10 Oreos and crush them a little bit. Then, I take 2-3 teaspoons of milk and put it with the crushed Oreos. I crush it mixture more until there are not a lot of lumps. When you don't see many lumps, fill a mug about half way and put it in the microwave for 1 minute. Take it out and enjoy the hot delicious cake.



BY MANASI RAVINOOTALA



BY NANDINI RAVINOOTALA

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COOKIE FRIES

COURTESY DISNEY PARKS BLOG

Cooking Up The Magic at Home:

The plant-based cookie fries are unique and yummy treat to end your meal with. Similar to biscotti, these chocolate chip cookie sticks come with several plant-based dipping sauces: marshmallow cream, chocolate, and strawberry. They're so good, I just had to share the recipe with you! This recipe makes 32 cookie fries and is the perfect serving size for a small gathering of friends or a family dinner.

Watch out this space for more recipe reveals from big brands



IMAGE COURTESY DISNEY PARKS BLOG



INGREDIENTS

- 2 3/4 cup all-purpose flour
- 1/2 cup plus 1 tablespoon powdered sugar
- 1/2 cup plus one tablespoon plant-based margarine, softened
- 7 tablespoons warm water
- 5 tablespoons liquid egg substitute
- 1 tablespoon molasses
- 1/2 cup dairy-free mini chocolate chips

Instructions:

- Combine flour, powdered sugar, and plant-based margarine in bowl of electric mixer fitted with paddle attachment. Beat on medium speed until smooth.
- In small bowl, combine warm water and egg substitute. Add egg substitute and molasses to mixer. Mix on medium speed until smooth.
- Fold in chocolate chips.
- Place in an 8x8-inch pan and refrigerate for 30 minutes.

- Preheat oven to 325°F. Line two baking sheets with parchment paper or silicone baking mats.
- Cut into 32 strips that are 1/4-inch wide and 4 inches long.
- Place 16 strips on each baking sheet. Bake for 20-22 minutes, until crunchy.
- Serve with your favorite plant-based chocolate, strawberry, and marshmallow dipping sauces.

Cook's Note: Plant-based egg substitutes vary by brand and may absorb different amounts of flour and sugar. If the dough is too sticky, add 1 additional tablespoon of powdered sugar at a time until it resembles the texture of traditional cookie dough. Fold in chocolate chips, chill, and bake as directed.

Courtesy:

<https://disneyarks.disney.go.com/blog/>