

VOLUME I  
WINTER 2019

**RESPECT**

# THE WEST HOLLOW

# ROAR



**OPPORTUNITY**

**RESILIENCE**

**ACCOUNTABILITY**

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**2019-20 SCHOOL YEAR**

**PRESENTED BY:  
CREATIVE ARTS AND WRITING CLUB**



# BE THE "I" IN KIND



BY: DAVID ABRAMS  
GRADE : 7

"BE THE "I" IN KIND" IS BECOMING MORE AND MORE POPULAR THROUGHOUT SCHOOLS AND PUBLIC BUILDINGS ACROSS THE COUNTRY. AT WEST HOLLOW, WE EMBRACE THIS CLEVER CONCEPT BY STUDENTS STANDING WHERE THE "I" SHOULD BE IN A PAINTING ON THE WALL. "BE THE "I" IN KIND" IS A PART OF THE SANDY HOOK PROMISE. ACCORDING TO THE SANDY HOOK PROMISE WEBSITE "THE SANDY HOOK PROMISE TRAINS STUDENTS AND ADULTS TO KNOW THE SIGNS OF GUN VIOLENCE SO THAT NO OTHER PARENT EXPERIENCES THE SENSELESS, HORRIFIC LOSS OF THEIR CHILD." OTHER PARTS OF THE SANDY HOOK PROMISE INCLUDE THE SEE SOMETHING, SAY SOMETHING APP. JUST LOOKING AT THEIR WEBSITE IS ENOUGH TO GET YOU INSPIRED. THE GOAL OF "BE THE "I" IN KIND" IS TO INSPIRE YOUTH TO COMFORT FRIENDS AND CLASSMATES DURING HARD TIMES. MORE SCHOOLS ARE CHOOSING TO BE A PART OF THE SANDY HOOK PROMISE NOT ONLY TO PROTECT THEMSELVES, BUT SCHOOLS ALSO WANT TO HELP OUT AND HAVE STUDENTS BE PRODUCTIVE MEMBERS OF THEIR COMMUNITY. THEY ALLOW THEM TO CONTRIBUTE TO THEIR COMMUNITY WITH THIS PROGRAM TO DECREASE LOCAL GUN VIOLENCE. IT IS IMPORTANT TO KEEP THE YOUTH INFORMED ABOUT TRAGIC ISSUES THAT ARE BECOMING MORE COMMON. THE WORLD WOULD BE A BETTER PLACE IF WE WOULD ALL BE THE "I" IN KIND.



# FICTION

BY: ISABELLE EISDORFER

GRADE 6



I WALKED NERVOUSLY ALONG THE ROWS OF TALL TREES, THE DIRT CRUNCHING BENEATH MY FEET WITH EVERY STEP, AS I LOOKED INTO THE HAZE AROUND ME. THE AIR SMELLED STALE AND MUSTY AND I WAS SURPRISED BECAUSE I EXPECTED IT WOULD BE FRESH AND CLEAN. I WAS IN A FOREST, AND LOST. I REALIZED I COULDN'T FIND MY WAY AROUND. THE SUN WASN'T VERY BRIGHT EITHER. I DIDN'T GET THAT THE TREES- MAYBE SOMETHING ABOVE THE TREES- WAS KEEPING THE SUN OUT. THIS DIDN'T LOOK LIKE A NORMAL FOREST. I COULD SEE LARGE STACKS OF LEAVES PILED ONTO TREE STUMPS, IN UNNATURAL WAYS THAT I JUST COULDN'T FIGURE OUT. I HAD A FEELING THAT THIS FOREST HAD BEEN ARRANGED THIS WAY LONG BEFORE I CAME, LIKE LONG AGO SOMEONE CAREFULLY SHAPED EACH TREE THE WAY THEY SYMMETRICALLY STOOD, AND PILED THE LEAVES ON TOP OF EACH OTHER, AND PLACED THEM ON THE TREE STUMPS. IT WAS CRAZY.

A BEAR- IF I WAS SEEING CORRECTLY, AN INTIMIDATINGLY BIG, BROWN BEAR WAS RUNNING STRAIGHT TOWARDS ME FROM A LARGE DISTANCE AWAY. I DIDN'T KNOW HOW IT COULD EVEN SEE ME FROM THAT FAR. A BELL CHIMED SOMEWHERE OFF IN THE DISTANCE. THE BEAR WAS IN MY FACE NOW, GROWLING AND PAWING ME ONTO ONE OF THE TREE STUMPS, THE LEAVES PUSHED INTO MY HANDS. A CHIPMUNK CLIMBED ONTO THE STUMP NEXT TO MINE, CHATTERING EXCITEDLY. I WATCHED AS LOTS OF DIFFERENT FOREST ANIMALS CAME OUT OF THE TREES AND SAT DOWN ON THE STUMPS, ONE BY ONE. THEY ALL HELD THE LEAVES IN THEIR PAWS.

THE BEAR LEFT ME SITTING THERE, LOOKING AT THE MYSTERIOUS LEAVES IN MY HANDS. THE WOODLAND ANIMALS SPOKE IN LANGUAGES I COULDN'T UNDERSTAND, CLUMPING INTO GROUPS, LEANING OFF OF THE TREE STUMPS. I COULDN'T FIGURE OUT WHAT WAS GOING ON. SUDDENLY, I HEARD A BELL CHIME AGAIN. EVERY ANIMAL GOT UP AND LEFT THE TREE STUMPS, SO I FOLLOWED. THEY HEADED TOWARD A SUNNY, BRIGHT DOME-LIKE AREA; THE TREES WERE JOINED TOGETHER MORE, BUT THE BRANCHES SPREAD APART, LETTING IN MORE LIGHT. I SAT DOWN AND WATCHED THE FOREST ANIMALS, OR PEOPLE, TALKING LOUDER HERE. WAIT A SECOND! I BLINKED. I BLINKED AGAIN. THE TREES WERE REALLY LOCKERS AND WALLS, AND THE TREE STUMPS WERE DESKS. THE LEAVES THAT THE ANIMALS, NO, PEOPLE WERE HOLDING WERE BOOKS, LULULEMON BAGS AND HYDRO FLASKS. THEN IT DAWNED ON ME. I WASN'T IN A FOREST. I WAS IN A NEW SCHOOL.



# UNORIGINAL DISNEY

BY: MELODY JIANG

GRADE 8

DISNEY IS BECOMING UNORIGINAL. DISNEY IS KNOWN FOR THEIR PRINCESSES, FAIRY TALES, AND HAPPY ENDINGS, BUT ARE THEY RUNNING OUT OF STORIES? MOST OF THE MOVIES THAT DISNEY MAKES ARE REVISED VERSIONS OF THE ORIGINAL STORY, BUT THEY ARE RUNNING OUT OF PG13 CHOICES. THEY COULD USE OTHER STORIES, BUT MANY OF THEM DON'T CONTAIN THE COVETED HAPPY ENDING OR ARE TOO BLOODY FOR MOST. I'VE READ MANY FAIRY TALES THAT HAVE BLOODY PARTS AND MANY CHARACTERS SUFFER LOSS OF ABILITIES, BUT I DON'T THINK DISNEY WOULD BE ABLE TO REMAKE THEM INTO MOVIES. THEY WOULD BE TOO GRAPHIC FOR LITTLE KIDS. I'VE ALSO NOTICED THAT MANY MOVIES ARE BEING REMADE REALISTICALLY, BUT SOME ARE ADDING ANOTHER PART TO THE ORIGINAL STORY. FOR EXAMPLE, TAKE FROZEN 2 AND CINDERELLA. THEY WERE PROBABLY REMADE BECAUSE THEY COULDN'T COME UP WITH ANY OTHER ORIGINAL IDEAS THAT WOULD APPEAL TO THE MASSES. IN GENERAL, SOME OF THEIR MOVIES ALSO HAVE PLOT HOLES. FOR EXAMPLE, SNOW WHITE. THE PRINCE IS IN THE WOODS AND FINDS A PRETTY GIRL IN A COFFIN. HE THEN PROCEEDS NOT ONLY TO OPEN HER COFFIN, BUT ALSO KISS HER! SUPPOSEDLY, THAT'S A DEAD BODY, AND WHERE IS THE CONSENT?! IT IS STRANGE, BUT IN THE END THEY JUST HAVE TO FALL IN LOVE. IT'S JUST LIKE EVERY MOVIE OR ROMANCE PLOT. I DON'T GET WHY SNOW WHITE IS OKAY WITH SOME RANDOM PERSON KISSING HER AND EVENTUALLY MARRYING HER. I THINK IT WOULD HAVE BEEN A MORE INTERESTING PLOT IF THEY SHOWED SNOW WHITE SURPRISED, CONFUSED, AND/OR ANNOYED BY KICKING THE PRINCE, AND MAKING AN ELABORATE PLAN OF ESCAPING THE EVIL QUEEN. THEY USED TO PUT THEIR MOVIES ON NETFLIX, BUT I'VE SEEN THAT THEY ARE CREATING DISNEY PLUS. IT'S BASICALLY A RIP-OFF OF NETFLIX OR/AND HBO, ANOTHER UNORIGINAL IDEA. DISNEY PLUS IS JUST NETFLIX OR/AND HBO, EXCEPT WITH DISNEY. THEY HAVE LOWERED THEIR PRICE BY TWO DOLLARS COMPARED TO NETFLIX, BUT NEARLY HALF COMPARED TO HBO. THEY ALSO HAVE A PREMIUM WITH HULU AND ESPN+, WHICH IS GENERALLY A NICE DEAL. THIS WOULD'VE BEEN A GREAT ACCOMPLISHMENT IF THEY THOUGHT OF IT FIRST AND WERE ORIGINAL. DISNEY IS BECOMING MORE AND MORE UNORIGINAL, BUT WILL THE CREATIVITY COME TO THEM?

# WASTING FOOD

BY: ELLINA KOO

GRADE 8



AROUND THE WORLD, THERE ARE BILLIONS OF PEOPLE WHO DO NOT CARE ABOUT THE ENVIRONMENT AND FEEL THAT WASTING FOOD IS NOT A BIG DEAL. WELL, ACTUALLY, IT AFFECTS THE EARTH IN MANY DIFFERENT WAYS. WASTING FOOD IS JUST LIKE WASTING EVERYTHING. RECYCLING, SAVING WATER AND ELECTRICITY, AND REUSING BAGS ARE SIMPLE WAYS TO HELP THE ENVIRONMENT, BUT BEING MORE AWARE OF AVOIDING WASTING FOOD IS A BIG CONTRIBUTION TO THE EARTH, TOO. MOST PEOPLE NEVER THINK ABOUT HOW MUCH FOOD THEY ARE THROWING OUT.

FOOD IS IMPORTANT FOR PEOPLE TO LIVE AND GET NUTRIENTS FROM, BUT MOST PEOPLE HAVE A TENDENCY TO THROW OUT THINGS THAT THEY DID NOT EVEN TOUCH BEFORE. AMERICA IS THE COUNTRY THAT WASTES THE MOST AMOUNT OF FOOD. MORE THAN 365 MILLION POUNDS OF FOOD ARE WASTED EVERY SINGLE DAY. FURTHERMORE, FORTY PERCENT OF THE FOOD THAT IS PRODUCED IN THE US, ACTUALLY ENDS UP IN THE LANDFILL THAT MOST PEOPLE DON'T REALLY KNOW ABOUT. IF THE EARTH KEEPS ON WASTING MORE AND MORE FOOD EVERY YEAR, THEN THERE WILL BE A MORE SERIOUS PROBLEM FOR THE EARTH AND AROUND THE WORLD.

THERE ARE DIFFERENT THINGS THAT HAPPEN WHEN PEOPLE WASTE OR THROW OUT FOOD. PEOPLE NEED TO START THINKING ABOUT THE AMOUNT OF FOOD BEING WASTED AND HOW CRUCIAL IT IS TO THE WORLD. FOOD WASTE CAN CAUSE GLOBAL WARMING SINCE IT PRODUCES A LARGE AMOUNT OF METHANE WHICH IS A STRONG AND POWERFUL GREENHOUSE GAS. THIS MAKES THE EARTH'S ATMOSPHERE HEAT UP. IN ADDITION, WASTING FOOD MAKES POLLUTION RUN INTO THE RIVERS WHICH CAUSES GARBAGE DRAINS AND THE ATMOSPHERE CAN ACTUALLY BE POISONED FROM ALL THE TOXIC WASTE THAT PEOPLE IN DIFFERENT COUNTRIES PRODUCE. ALSO, IT CAN CAUSE FLOODING.

THERE ARE DIFFERENT APPS TO ALERT PEOPLE AND HOW TO AVOID WASTING FOOD THAT INCLUDE EXPIRATION DATES OF DIFFERENT FOODS WHEN FOODS AND BEVERAGES EXCEED THEIR EXPIRATION DATE, FOOD MARTS NEED TO THROW THEM OUT SINCE OTHER PEOPLE DIDN'T BUY IT YET. WHEN PEOPLE GET THIS APP, SURPLUS FOOD CAN BE SHARED INSTEAD OF BEING THROWN OUT. IN ADDITION, MOST OF THE APPS TRY TO GET PEOPLE AROUND THE WORLD TO BUY THE PRODUCTS THAT ARE NEARING THE EXPIRATION DATE AND TRY TO HAVE NOTHING LEFT OVER TO THROW OUT. FOR EXAMPLE, THERE IS AN APP CALLED "TOO GOOD TO GO" WHICH HELPS REDUCE FOOD WASTE AND ATTEMPTS TO GET EVERYONE TO CONSUME ALL THE FOOD THAT IS BEING PRODUCED. IN ADDITION, SOME OTHER WEBSITES AND APPS PROVIDE INFORMATION AS TO WHERE PEOPLE CAN DONATE FOOD TO CHARITIES AND OTHER FOUNDATIONS INSTEAD OF WASTING IT. EVERYONE SHOULD DOWNLOAD THIS APP TO PREVENT MORE FOOD WASTE FROM NOW ON, AND TO USE THE FOOD WE DON'T WANT ANYMORE TO HELP PEOPLE WHO NEED IT. THEREFORE, PEOPLE SHOULD BE MORE CAREFUL ABOUT WHETHER THEY SHOULD THROW THE FOOD OUT OR DONATE IT.

# THINKING ABOUT GOING VEGAN?

BY: MAYA CHEN

GRADE 8

THIS IS MY FOURTH WEEK BEING A 13 YEAR OLD VEGAN GIRL. TO SOME, VEGANISM CAN SEEM VERY INTIMIDATING AND SCARY. IT MAY SEEM LIKE IT'S A LOT TO DO AND TAKES A LOT OF EFFORT. DON'T GET ME WRONG, IT'S DEFINITELY A CHALLENGE, BUT THIS DIET HAS MADE ME FEEL SO GOOD PHYSICALLY AND MENTALLY. IN APRIL OF LAST YEAR, I COMPLETED A 7- DAY VEGAN CHALLENGE AND I WAS HOOKED. AT FIRST, IT WAS SO DIFFICULT. I HAD NO IDEA WHAT TO EAT OTHER THAN SNACKS, FRUITS AND VEGETABLES. AFTER A FEW DAYS I STARTED TO GET A GRASP ON WHAT TO COOK, WHAT TO BUY, AND WHAT I NEEDED TO DO TO STAY HEALTHY. I THEN WENT TO THE DOCTOR AND ASKED HER WHAT SHE THOUGHT ABOUT IT. SHE HAD TOLD ME THAT IT CAN BE SLIGHTLY DANGEROUS, BUT NOT IF YOU FIND A WAY TO SUPPLEMENT WITH THE CORRECT NUTRIENTS. IF YOU DO IT CORRECTLY, YOU CAN HAVE QUITE A HEALTHY LIFESTYLE. MY MOM COMPLETELY DISAGREED WITH VEGANISM. AS A NURSE, SHE HAS TOLD ME IT WAS UNSAFE AND STUPID. SHE BELIEVED THAT IT WAS UNHEALTHY FOR A YOUNG GIRL TO TAKE ON SUCH AN EXTREME DIET, YET I ARGUED OTHERWISE. AFTER MONTHS OF ARGUING AND JOINT DECISION MAKING, SHE FINALLY LET ME BECOME FULLY VEGAN IN THE BEGINNING OF NOVEMBER 2019. SHE STILL ISN'T THE BIGGEST FAN OF IT, SO I COOK FOR MYSELF, DO MY OWN SHOPPING, AND BASICALLY DO EVERYTHING ON MY OWN DIET- WISE. I THINK IT'S A SMART DECISION FOR SOMEONE WHO IS BORED WITH THEIR DIET AND EXCITED TO TRY SOMETHING NEW AND CHALLENGE THEMSELVES. JUST A 7- DAY CHALLENGE CAN CHANGE YOUR WHOLE OPINION ON VEGANISM.

## HERE ARE SOME IDEAS FOR FOOD TO COOK:

TOFU WITH SAUTEED VEGETABLES  
MAC AND CHEESE WITH CASHEW CHEESE  
BEAN MIX WITH CILANTRO AND BROWN RICE  
SPINACH, AND CRANBERRY SALAD WITH BALSAMIC  
SWEET POTATO FRIES IN THE OVEN  
VEGGIE, BEAN, AND RICE BURRITO  
MASHED POTATOES (POTATO, SOY BUTTER)





# FROZEN



BY: TEA SHOULDICE AND KARINA SINGH  
GRADE 7

EVER SINCE IT WAS RELEASED IN 2013, FROZEN HAS BEEN AN INTERNATIONAL PHENOMENON. THE MOVIE BROUGHT IN OVER 1.2 BILLION DOLLARS, MAKING IT ONE OF THE HIGHEST-GROSSING ANIMATED FILMS OF ALL TIME (SURPASSED ONLY BY THE "LION KING" REBOOT). THE NAMES "ELSA" AND "ANNA" HAVE SOARED IN POPULARITY, AND PEOPLE WHO DON'T KNOW EVERY WORD TO "LET IT GO" ARE FEW AND FAR BETWEEN. THE FILM WAS SO SUCCESSFUL THAT, IN EARLY 2018, IT WAS MADE INTO A BROADWAY MUSICAL. IN ADDITION, THE WEST HOLLOW DRAMA CLUB PERFORMED FROZEN JR. FOR THE SCHOOL'S FALL MUSICAL. ALTHOUGH THERE ARE VARYING OPINIONS ABOUT THE QUALITY OF EACH VERSION, MOST AGREE THAT FROZEN IS A STORY WORTH MELTING FOR.

AS CAST MEMBERS OF THE WHDC PRODUCTION OF FROZEN JR., WE ACTUALLY EXPERIENCED WHAT IT WAS LIKE TO BE A PART OF THE MUSICAL WE ALL GREW UP WATCHING. TEA PLAYED QUEEN IDUNA (ELSA AND ANNA'S MOTHER) AND KARINA WAS IN THE ENSEMBLE (AS A MAID). THE ENTIRE CAST WAS VERY CLOSE-KNIT, AND WE BOTH HAD A GREAT TIME DOING THE PLAY.

THIS IS AN INTERVIEW WITH JOSEPHINE GERMANO, A SEVENTH-GRADER AT WEST HOLLOW WHO HAS SEEN FROZEN THE MOVIE, FROZEN ON BROADWAY, AND FROZEN JR. (WHDC).

Q: WHEN DID YOU FIRST SEE THE MOVIE FROZEN?

A: IN FIRST GRADE, WHEN I WAS SIX YEARS OLD.

Q: WHAT DID YOU THINK OF IT?

A: I WAS OBSESSED WITH IT, AND I REALLY LOVED IT.

Q: WHAT DID YOU THINK OF THE BROADWAY VERSION?

A: IT WAS GOOD, EXCEPT THEY CHANGED A FEW THINGS WHICH WAS KIND OF DIFFERENT.

Q: DID YOU LIKE OR DISLIKE THE CHANGES THAT WERE MADE TO THE STORY?

A: I KIND OF DIDN'T LIKE THE CHANGES, BUT IT WAS COOL WHAT THEY DID TO IT.

Q: WHAT DID YOU THINK OF THE WEST HOLLOW SHOW?

A: IT WAS REALLY GOOD, AND I LOVED THE SNOW IN THE END.

Q: HOW DID THE PERFORMANCE COMPARE TO THAT OF THE BROADWAY SHOW, KEEPING IN MIND THEIR VASTLY DIFFERENT BUDGETS?

A: I THINK THEY WERE BOTH REALLY AMAZING, WHEN COMPARED. THE OTHER ONE [HAD] MORE SCENE CHANGES, THE REAL BROADWAY SHOW, BUT THEY WERE REALLY AMAZING - BOTH OF THEM.



## A SUMMARY OF...



# "HARRY POTTER AND THE CURSED CHILD"

BY: MIA PANNELLA

GRADE 6

"HARRY POTTER AND THE CURSED CHILD" BY JACK THORNE, IS BASED ON J.K. ROWLING'S LEGENDARY SERIES, HARRY POTTER. THE SCREENPLAY WAS PUBLISHED ON JULY 31, 2016. IT IS ALSO A PLAY ON BROADWAY. THIS BOOK PICKS UP YEARS AFTER THE BATTLE OF HOGWARTS, WHEN HARRY, RON, AND HERMIONE'S CHILDREN GO TO HOGWARTS.

THE MAIN CHARACTERS IN "HARRY POTTER AND THE CURSED CHILD" ARE ALBUS SEVERUS POTTER, SCORPIUS MALFOY, THEIR PARENTS, DELPHI DIGGORY, AND RON AND HERMIONE. THE BOOK IS MAINLY ABOUT HOW HARRY AND GINNY POTTER'S SON, ALBUS, GOES TO HOGWARTS AND GETS INTO MISCHIEF, JUST LIKE HIS FATHER. HARRY AND ALBUS DON'T HAVE THE BEST RELATIONSHIP THOUGH. THEY SPEND MOST OF THEIR TIME FIGHTING. WHEN ALBUS AND HIS NEW FRIEND SCORPIUS, THE SON OF DRACO MALFOY, MEET DELPHI DIGGORY, THEY THINK SHE IS NICE AND INNOCENT, BUT THEY SOON REALIZE THAT THEY WERE TERRIBLY WRONG. WHEN THE CHILDREN'S PARENTS REALIZED THAT THEIR KIDS WERE IN DANGER, THEY RUSH TO TRY AND SAVE THEM. IN THE END, THE CHILDREN AND THEIR PARENTS ALL END UP SAFE AND SOUND, AND HARRY AND ALBUS FIND THEIR RELATIONSHIP IS BACK ON TRACK.

PERSONALLY, I THINK THAT "HARRY POTTER AND THE CURSED CHILD" IS A VERY GOOD BOOK. IT REALLY SHOWS HOW ALBUS TAKES AFTER HARRY IN BEING MISCHIEVOUS AND DAREDEVILISH. IT IS VERY A VERY THRILLING AND EXCITING BOOK. I DEFINITELY RECOMMEND READING THIS BOOK, BUT I WOULD READ THE ORIGINAL SEVEN HARRY POTTER BOOKS FIRST. OVERALL, IT IS A GREAT SCREENPLAY.



# STUDYING TIPS



BY: ALICIA MADJIDO

GRADE 7



BEING A MIDDLE SCHOOL STUDENT, YOUR STUDYING SKILLS MIGHT HAVE TO CHANGE FROM WHAT THEY WERE WHEN YOU WERE IN ELEMENTARY SCHOOL. YOU MIGHT HAVE TO FOCUS MORE THAN BEFORE, OR CHANGE HOW YOU DO IT. MANY KIDS DON'T KNOW HOW TO STUDY. BEING IN SEVENTH GRADE NOW, I'VE LEARNED SOME TIPS THROUGHOUT MY SIXTH GRADE YEAR AND THE BEGINNING OF MY SEVENTH GRADE. IT MIGHT BE HARD TO LEARN OR KNOW HOW TO, SO I HAVE 5 TIPS FOR YOU ON HOW TO STUDY, SO HERE WE GO!

**TIP 1- STAY FOCUSED.** IF IT MEANS GO IN A QUIET ROOM OR LISTEN MUSIC, TRY THIS. IT GETS YOUR ATTENTION AWAY FROM OTHER THINGS. THIS HELPS YOU RETAIN MATERIAL BETTER. STAYING FOCUSED WILL KEEP YOUR MIND OFF OF THINGS, WHICH WILL MAKE IT EASIER TO STUDY.

**TIP 2- MAKE IT FUN.** TO HELP WITH STUDYING, YOU SHOULD TRY AND MAKE IT MORE INTERESTING. YOU CAN CHANGE THE WAY YOU STUDY BY USING FLASH CARDS, ANSWERING QUESTIONS, OR TRY MAKING A QUICK GAME OUT OF IT. YOU CAN USE QUIZLET AND KAHOOT WHICH ALSO IT MAKES IT MORE INTERACTIVE. ANOTHER WAY IS COLOR CODING BECAUSE IT HELPS DRAW YOUR ATTENTION TO WHAT YOU NEED TO, WHEN YOU NEED TO. YOU CAN USE HIGHLIGHTERS OR COLORED PENS TO COLOR CODE.

**TIP 4- REWRITE IT.** WHEN YOU REWRITE WHAT YOU LEARNED IN CLASS, IT GETS YOUR BRAIN GOING. IT HELPS YOU GET ALL THE LITTLE DETAILS AND BIG IDEAS. SINCE IT IS A FORM OF REPETITION, IT WILL HELP YOU REMEMBER IT BETTER. TRY WRITING A SECTION AT A TIME TO FOCUS ON IT, BUT YOU NEED TO HAVE GOOD TIME MANAGEMENT FOR THIS.

**TIP 3-TIME MANAGEMENT.** WHEN YOUR TEACHER GIVES YOU THE DATE OF AN EXAM OR AN ASSESSMENT, MARK IT DOWN SO YOU CAN STUDY ACCORDINGLY. IT IS GOOD TO STUDY FOR AT LEAST A WEEK AHEAD, BUT DO WHATEVER WORKS FOR YOU. I DON'T MEAN WAITING UNTIL THE NIGHT BEFORE, BUT YOU WILL NEED TO FIND OUT HOW TO BEST HELP YOURSELF TO PREPARE, AND HOW MUCH TIME YOU WILL NEED TO DO SO.

**TIP 5-SPEAK OUT LOUD.** WHEN YOU ARE STUDYING, A DIFFERENT APPROACH THAT YOU MIGHT LIKE IS SAYING IT OUT LOUD. FOR THIS YOU WOULD NEED A QUIET PLACE. IT CAN HELP YOU UNDERSTAND THE INFORMATION AND GET IT INTO YOUR BRAIN. DON'T JUST SAY IT ONCE, BUT A FEW TIMES.

THESE ARE FIVE TIPS ON HOW YOU CAN STUDY AND LEARN HOW TO. IF YOUR FRIENDS DON'T HAVE ANY IDEA, GIVE THEM THIS ARTICLE TO HELP THEM. I HOPE YOU WILL USE THESE SKILLS TO HELP YOU WHEN YOU ARE STRUGGLING ABOUT WHAT TO DO, OR DON'T EVEN HAVE AN IDEA.

# BREAST CANCER AWARENESS

BY: ALEXA NISSENBAUM

GRADE 8

THE MONTH OF OCTOBER IS DEDICATED TO BREAST CANCER AWARENESS MONTH. IT HELPS DRAW ATTENTION AND PROMOTE AWARENESS. WE WEAR THE PINK RIBBON AS AN INTERNATIONAL SYMBOL OF BREAST CANCER AWARENESS. STATISTICS SHOW THAT 1 IN 8 WOMEN IN THE UNITED STATES WILL DEVELOP BREAST CANCER AND THAT THERE ARE OVER 3.5 MILLION BREAST CANCER SURVIVORS IN THE UNITED STATES. MANY FUNDRAISERS OCCUR THROUGHOUT THE MONTH OF OCTOBER INCLUDING THE MAKING STRIDES AGAINST BREAST CANCER WALK. THE WALK HELPS RAISE MONEY FOR RESEARCH AND HONORS THOSE WHO HAVE BATTLED BREAST CANCER. I HAVE PERSONALLY PARTICIPATED IN THIS WALK WITH MY FAMILY AND FRIENDS FOR SEVERAL YEARS. THERE IS AN INCREDIBLE PROGRAM HERE ON LONG ISLAND CALLED MONDAYS AT RACINE FOR PEOPLE RECEIVING TREATMENT FOR CANCER. THIS PROGRAM WAS CREATED IN 2003 TO PROVIDE SUPPORT AND COMFORT THROUGH COMPLEMENTARY SERVICES AND SUPPORTIVE THERAPIES EVERY MONDAY. THEIR MISSION IS TO ENCOURAGE A SELF-EMPOWERING, MIND-BODY APPROACH TO TREATMENT. THEIR VISION IS TO CHANGE THE FACE OF CANCER USING THE SKILLS OF THE BEAUTY INDUSTRY. SOME OF THE FREE SERVICES THEY PROVIDE ARE HAIR TREATMENTS, WIG SHAMPOO AND BLOWDRY, EYEBROW AND EYELASH SERVICES, NAIL SERVICES, FACIALS, MASSAGE, YOGA CLASSES, AND MEDITATION. CURRENTLY THERE ARE THIRTEEN CHARTER SALONS AND STUDIOS ON LONG ISLAND THAT PROVIDE THESE VARIOUS SERVICES TO PATIENTS. MY HAIR SALON, JD THOMAS & CO., IS ONE OF THE CHARTER SALONS PARTICIPATING IN THIS PROGRAM. MY HAIR SALON CLOSES TO THE PUBLIC ONE MONDAY EACH MONTH TO PROVIDE FREE SALON SERVICES TO THOSE UNDERGOING TREATMENT FOR CANCER. MY MOM WAS DIAGNOSED WITH BREAST CANCER IN AUGUST 2014. SHE HAD SEVERAL SURGERIES AND MEDICATION TREATMENTS. IT WAS A VERY DIFFICULT TIME FOR MY MOM AND MY FAMILY. MY FAMILY AND I WERE VERY INVOLVED AND SUPPORTIVE OF MY MOM. WE EACH DID OUR SHARE OF CHORES AROUND THE HOUSE INCLUDING PREPARING MEALS, CLEANING THE HOUSE, AND TAKING CARE OF OUR DOG. SUPPORTING THIS CAUSE IS VERY IMPORTANT TO ME SINCE BREAST CANCER AFFECTS MY FAMILY. I HOPE THAT ONE DAY THERE WILL BE A CURE OR A VACCINE SO THAT NO ONE WILL BE TOUCHED BY BREAST CANCER.



# THE HISTORY OF SCARECROWS

BY: DANIEL SANWO

GRADE 8



FOR THOUSANDS OF YEARS, SCARECROWS HAVE HELPED HUMANS SAVE THEIR CROPS FROM PESKY CROWS. OLD AND MYSTERIOUS, THESE SCULPTURES HAVE BEEN USED BY HUMANS SINCE THE DAWN OF THE PYRAMIDS. EGYPTIANS WERE THE FIRST SCARECROW USERS UP TO DATE. THEY USED IT TO PROTECT WHEAT FIELDS ALONG THE NILE RIVER FROM FLOCKS OF BIRDS. WOODEN FRAMES AND NETS WERE OFTEN USED IN THEIR FIELDS. THEN, THEY HID IN THE FIELDS, SCARED THE FLOCKS INTO THE NETS, AND TOOK THEM HOME TO EAT FOR DINNER. GREEK FARMERS ALSO USED SCARECROWS. IN 2,500 B.C. GREEK FARMERS CARVED WOODEN SCARECROWS TO LOOK LIKE PRIAPUS, THE SON OF THE GOD DIONYSUS AND THE GODDESS APHRODITE, WHO WAS SUPPOSEDLY SO UGLY THAT HE WOULD SCARE BIRDS AWAY FROM THE VINEYARDS. THEY PAINTED THEIR WOODEN SCARECROWS PURPLE AND PUT A CLUB IN ONE HAND AND A SICKLE IN THE OTHER TO GUARANTEE A GOOD HARVEST. ANOTHER EXAMPLE OF EARLY FLOCK SCARERS WERE THE ROMANS. JUST LIKE THEIR GODS, THE ROMANS COPIED THIS TRADITION FROM THE GREEKS WHEN THEY MARCHED THROUGH EUROPE. ALMOST SIMULTANEOUSLY WITH THE GREEKS AND ROMANS, JAPANESE FARMERS ALSO MADE SCARECROWS TO PROTECT THEIR RICE FIELDS. THEY CALLED THEM KAKASHIS AND SHAPED THEM LIKE PEOPLE. THEY DRESSED THE KAKASHIS IN A RAINCOAT WITH A ROUND STRAW HAT AND ADDED BOWS AND ARROWS TO MAKE THEM LOOK MORE THREATENING. EGYPTIANS, GREEKS, AND ROMANS HAVE ALL USED SCARECROWS FOR VARIOUS PURPOSES. EITHER SCARING KIDS FOR HALLOWEEN OR SCARING FLOCKS OF BIRDS, SCARECROWS ARE THE BEST AT SCARING OTHERS...NEXT TO GHOSTS OF COURSE!

CITATIONS:

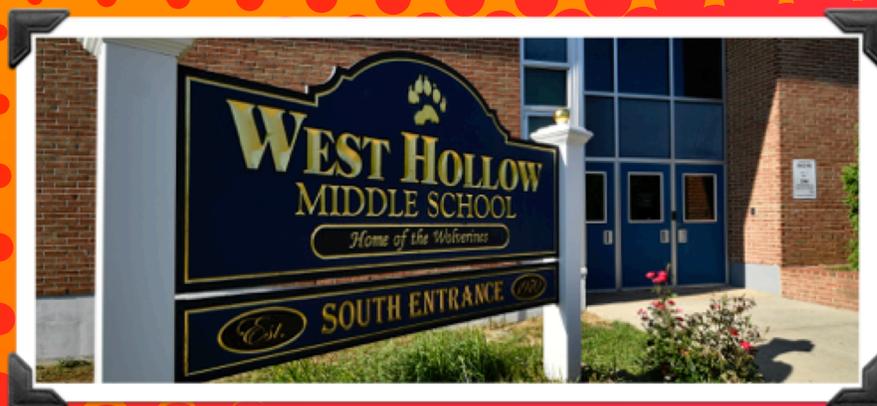
"SCARECROWS HISTORICALLY SPEAKING." HISTORY? BECAUSE IT'S HERE!, [HTTPS://HISTORYBECAUSEITSHERE.WEEBLY.COM/SCARECROWS-HISTORICALLY-SPEAKING.HTML.](https://historybecauseitshere.weebly.com/scarecrows-historically-speaking.html)

# FROM SIXTH GRADE TO SEVENTH GRADE

BY: MOLLIE SCHIFF

GRADE 7

MOST PEOPLE WOULDN'T THINK SO, BUT THE TRANSITION FROM SIXTH GRADE TO SEVENTH GRADE IS A BIG CHANGE. THE WORKLOAD GETS HEAVIER, THERE IS MUCH MORE RESPONSIBILITY, BUT YOU GET MORE OPPORTUNITIES. IN SEVENTH GRADE, MORE WORK IS GIVEN TO YOU IN A SHORTER AMOUNT OF TIME. SINCE SIXTH GRADE IS YOUR FIRST YEAR IN MIDDLE SCHOOL, LESS WORK IS PUT ON YOU THAN IN UPCOMING YEARS. I REALIZED EARLY INTO THE YEAR THAT I NEEDED TO STUDY MORE, WORK HARDER, AND STOP PROCRASTINATING! MORE WORK EQUALS MORE RESPONSIBILITY. I HAD MANY MORE RESPONSIBILITIES PUT ON MY SHOULDERS THAN EARLIER YEARS. EVEN THOUGH SEVENTH GRADE IS TOUGH, YOU GET OPPORTUNITIES THROUGHOUT THE YEAR. ONE OF THESE IS BEING GIVEN THE OPTION OF TRYING OUT FOR AN AFTER-SCHOOL SPORT. THE SPORTS ARE ALL VERY DIFFERENT, RANGING FROM VOLLEYBALL, TO SOCCER, TO CROSS COUNTRY. ANOTHER OPPORTUNITY IS LEARNING A SECOND LANGUAGE. SPANISH, ITALIAN, FRENCH, AND MADARIN (CHINESE) ARE YOUR OPTIONS. SEVENTH GRADE HAS ITS UPS AND DOWNS, BUT IS OVERALL PRETTY FUN. SIXTH TO SEVENTH GRADE RESULTS IN LOTS OF CHANGES. FROM MORE WORK, MORE RESPONSIBILITIES, AND MORE OPPORTUNITIES, IT CAN BE A BIG CHANGE. I CAN'T IMAGINE WHAT EIGHTH GRADE, OR EVEN HIGH SCHOOL, IS GOING TO BRING!



# TOP 5 SONGS OF THE YEAR



BY: SOPHIA GOMERMAN

GRADE 7

ACCORDING TO THE WEBSITE RANKER.COM, THE TOP FIVE POP SONGS OF 2019 ARE SEÑORITA BY SHAWN MENDES AND CAMILA CABELLO, SUCKER BY THE JONAS BROTHERS, IF I CAN'T HAVE YOU BY SHAWN MENDES, WITHOUT ME BY HALSEY, AND BAD GUY BY BILLIE EILISH.

THE SONG SEÑORITA WAS RECORDED IN MAY 2019 AND IT WAS RELEASED ON JUNE 21, 2019. TO GET THE SONG SEÑORITA TO ITS FINAL VERSION, IT TOOK 15 MONTHS AND EIGHT SONGWRITERS INCLUDING SHAWN MENDES AND CAMILA CABELLO. A FUN FACT ABOUT WRITING THE SONG SEÑORITA IS THE 8 SONGWRITERS WERE NEVER IN THE SAME ROOM.

THE SONG SUCKER WAS RELEASED ON MARCH 1, 2019. HOWEVER, THE SONG WAS ACTUALLY RECORDED IN 2018. IT APPEARS IN THE ALBUM HAPPINESS BEGINS. ALL THREE JONAS BROTHERS INCLUDING JOE, KEVIN, AND NICK HAD THEIR WIVES FEATURED IN THE MUSIC VIDEO FOR SUCKER. ACCORDING TO THE WEBSITE ELLE.COM, SUCKER IS ABOUT BEING IN LOVE WITH ONE GIRL. THE JONAS BROTHERS CAN ALL RELATE TO THIS CONCEPT BECAUSE THEY'RE ALL MARRIED. IN FACT, I SAW THE JONAS BROTHERS IN CONCERT AT JONES BEACH THIS SUMMER. THEY REALLY PERFORMED THIS SONG WITH A LOT OF ENERGY AND IT SOUNDED JUST LIKE THE SOUNDTRACK.

CANADIAN POPSTAR SHAWN MENDES HAD A SECOND BIG HIT IN 2019 CALLED IF I CAN'T HAVE YOU. THIS MEGAHIT WAS RELEASED ON MAY 3, 2019. SO FAR IT HAS BEEN THE BIGGEST HIT IN HIS CAREER. THIS SONG IS ABOUT SHAWN MENDES'S INTENSE LOVE THAT HE IS NOT WILLING TO GIVE UP.

THE SONG WITHOUT ME BY HALSEY WAS RECORDED IN 2018, AND IT WAS RELEASED ON OCTOBER 4, 2018. THERE WERE SEVEN SONGWRITERS INVOLVED IN THE WRITING OF THIS SONG. THE SONG WITHOUT ME IS ABOUT HALSEY BREAKING UP WITH G-EAZY. THE PRODUCER OF THIS SONG IS LOUIS BELL. IT IS OBVIOUS THAT THIS SONG USES THE EFFECT OF AUTO TUNE EXTENSIVELY.

THE LAST AND DEFINITELY NOT LEAST, TOP 5 BIGGEST HIT OF 2019 IS BAD GUY BY BILLIE EILISH. THIS SONG WAS RELEASED AS PART OF THE ALBUM WHEN WE ALL FALL ASLEEP, WHERE DO WE GO? ON MARCH 29, 2019. THE SONG BAD GUY IS REALLY ABOUT BILLIE EILISH BEING IN A PHYSICALLY ABUSIVE RELATIONSHIP. HOWEVER, BILLIE KNOWS SHE IS IN CONTROL SO SHE IS GOING ALONG WITH THE RIDE. BILLIE EILISH WAS THE FIRST ARTIST TO BE BORN IN THE 2000S TO HAVE A NUMBER ONE HIT.

# HAWAII : MAUI

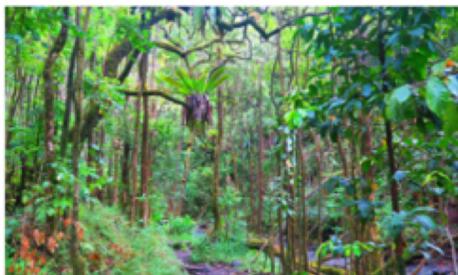
BY: SOPHIA ALSON

GRADE 6

HAWAII IS BASICALLY PARADISE, RIGHT? MY QUESTION IS, HAVE YOU EVER ACTUALLY BEEN THERE? EXPERIENCED IT? WELL, ONCE YOU'VE READ THIS ARTICLE, IT'S GOING TO BE LIKE YOU WERE THERE.

FIRST OF ALL, HAWAII IS NOT ALL BEACHES. ACTUALLY, THERE ARE TONS OF HOUSES AND HOTELS, AND SOME REALLY GOOD FOOD TRUCKS. AND ALTHOUGH THERE ARE A LOT OF SANDY BEACHES WITH CLEAR WATERS, THERE ARE ALSO BLACK AND PINK SANDY BEACHES. RAINFORESTS ADORN ONE SIDE OF THE ISLAND, WITH TOTALLY DIFFERENT CLIMATES AND SETTINGS. ALTHOUGH THE SANDY BEACHES ARE PRETTY AWESOME AND MIGHT SEEM TO BE ENOUGH, WITH THEIR CORAL AND GIANT TURTLES SWIMMING AROUND, EVERYTHING ELSE IS ALSO REALLY FUN TO EXPERIENCE. ALSO, DID I MENTION THE VIEWS FROM THE TOP OF MT. HELEAKALA ARE ESPECIALLY BREATHTAKING? YOU ARE ABOVE THE CLOUDS AND THE LANDSCAPE MAKES YOU FEEL LIKE YOU'RE ON A TOTALLY DIFFERENT PLANET.

IN CONCLUSION, YOU SHOULD REALLY GO TO HAWAII (MAUI) BECAUSE IT IS REALLY FUN TO EXPERIENCE AND TO LEARN THAT HAWAII IS REALLY SPECIAL AND HAS MANY THINGS TO ENJOY THAT THE REST OF AMERICA DOESN'T HAVE.



# HOW HORSES CAN BE HELPFUL MENTAL SUPPORT ANIMALS

BY: ANYAA SACHDEV  
GRADE 6

HORSES CAN BE MENTAL SUPPORT ANIMALS IN MANY WAYS. HORSES CAN UNDERSTAND HOW YOU FEEL AND IF YOU STEP IN A RIDING RING NOT FEELING CONFIDENT, YOUR HORSE WILL FEEL THE SAME WAY. HORSES CAN ALSO HELP YOU TO FEEL BETTER, SOMETIMES JUST TALKING TO A HORSE CAN HELP YOU IN MANY WAYS. THEY LISTEN TO YOUR COMMANDS WHEN RIDING, THEY CAN NOD TO RESPOND TO YOU, AND THEIR EARS CAN GO STRAIGHT FORWARD. HORSES ARE AMAZING SUPPORT ANIMALS, AND CAN UNDERSTAND YOU AND YOUR EMOTIONS.



ILLUSTRATED BY: ANYAA SACHDEV  
GRADE 6TH

# MY INTERVIEW WITH A SPECIAL EDUCATION TEACHER

BY: ZAHRA KHAN

GRADE: 7

MY NAME IS ZAHRA KHAN AND I HAVE A SISTER WITH AUTISM. I HAVE ALWAYS KNOWN HER TO HAVE THIS DISABILITY AND SO I HAVE ALWAYS BEEN COMFORTABLE WITH OTHERS WHO ARE ON THE SPECTRUM. I HAVE NOTICED THAT IS NOT THE CASE FOR EVERYONE. I NOTICE THAT CHILDREN ON THE SPECTRUM SOMETIMES MAKE OTHER CHILDREN UNCOMFORTABLE AND SOMETIMES KIDS DON'T QUITE KNOW HOW TO ACT IN FRONT OF THEM. I BELIEVE THAT THE MORE WE EDUCATE EVERYONE AROUND, THE BETTER UNDERSTANDING OTHERS WILL HAVE, AND IT WILL MAKE ALL CHILDREN MORE COMFORTABLE IN THE PRESENCE OF SOMEONE WITH AUTISM OR ANY OTHER DISABILITY.

TO WORK TOWARDS THIS GOAL, I INTERVIEWED MRS. MICHELLE GILL WHO IS A SPECIAL EDUCATION TEACHER AT WEST HOLLOW MIDDLE SCHOOL. THE FOLLOWING IS MY INTERVIEW.

**INTERVIEWER:** WHAT IS YOUR NAME?  
MRS. GILL: MICHELLE GILL.

**INTERVIEWER:** HOW LONG HAVE YOU BEEN TEACHING SPECIAL EDUCATION?  
MRS. GILL: 13 YEARS.

**INTERVIEWER:** HOW LONG HAVE YOU WORKED IN HALF HOLLOW HILLS?  
MRS. GILL: SINCE 2004.

**INTERVIEWER:** WHAT IS THE MOST COMMON DISABILITY YOU SEE AMONGST YOUR STUDENTS?

MRS. GILL: THERE ARE A LOT OF DIFFERENT DISABILITIES, BUT AUTISM IS THE MOST COMMON.

**INTERVIEWER:** IN YOUR OPINION, WHAT WAS THE WORST RESPONSE A GENERAL EDUCATION STUDENT HAS HAD TOWARDS ONE OF YOUR STUDENTS?

MRS. GILL: PROBABLY AT LOOK OF BEING SCARED OR CONFUSED.

**INTERVIEWER:** OVER THE YEARS THAT YOU HAVE BEEN A TEACHER, HAVE YOU NOTICED ANY SIGNS OF YOUR STUDENTS IMPROVING THEIR BEHAVIORS?

MRS. GILL: YES, OF COURSE. THE STUDENTS IMPROVE THEIR SOCIAL SKILLS AND INTERACTION WITH OTHERS. THAT IS WHY IT IS SO IMPORTANT FOR GENERAL EDUCATION KIDS TO INTERACT WITH KIDS WITH SPECIAL NEEDS.

**INTERVIEWER:** WHAT IS THE BEST PART OF YOUR JOB?

MRS. GILL: THE KIDS ARE THE BEST PART AND ALSO HELPING THEM.

**INTERVIEWER:** HOW CAN WE BEST TEACH TOLERANCE TO GENERAL EDUCATION KIDS TOWARDS SPECIAL EDUCATION CHILDREN?

MRS. GILL: CHILDREN HAVE TO UNDERSTAND, WE ARE ALL THE SAME. WE WANT TO BE TREATED WITH KINDNESS, WE ARE ALL TALENTED, AND WE ALL HAVE SOMETHING GOOD INSIDE OF US. TREAT PEOPLE WITH KINDNESS AND RESPECT.

I WANT TO THANK MRS. GILL FOR HER TIME AND HER GREAT ADVICE. HOPEFULLY, WE CAN ALL SHOW GREAT UNDERSTANDING AND KINDNESS TO ALL WHO ARE LIKE US AND WHO ARE DIFFERENT.



# 15 HEALTHY LUNCH AND SNACK OPTIONS FOR SCHOOL

BY: ADDIE BLITZER

GRADE 7

SOME KIDS MIGHT HAVE A HARD TIME FIGURING OUT WHAT TO BRING TO SCHOOL FOR LUNCH AND SNACK. IT IS ALWAYS GOOD TO HAVE SOMETHING NUTRITIOUS TO EAT DURING THE DAY SO YOU HAVE LOTS OF ENERGY FOR ALL OF YOUR CLASSES. YOU WILL BE MORE SUCCESSFUL ON TESTS BECAUSE IT WILL BE EASIER TO FOCUS AND RETAIN KNOWLEDGE. HERE ARE SOME HEALTHY SNACK/LUNCH OPTIONS TO GET YOU THROUGH THE SCHOOL DAY.

VEGGIES LIKE CUCUMBERS AND CARROTS WITH RANCH DRESSING OR HUMMUS  
AVOCADO TOAST WITH OR WITHOUT TOMATOES  
CHICKEN CAESAR WRAP OR TURKEY WRAP  
GREEK YOGURT (ANY FLAVOR)  
HARD BOILED EGGS  
FRESH BERRIES- INCLUDING RASPBERRIES, STRAWBERRIES, AND BLUEBERRIES  
GRANOLA BARS  
GRILLED CHICKEN  
GARDEN SALAD  
CHICKEN NOODLE SOUP  
FRESH FRUITS LIKE ORANGE SLICES, GRAPES, OR APPLES  
TUNA SALAD WITH PITA BREAD  
PEANUT BUTTER AND JELLY SANDWICH  
CHEESE AND CRACKERS  
NUTS- INCLUDING PEANUTS, ALMONDS, WALNUTS, AND CASHEWS





# NEW CAREER PATHS!



BY: ALLIE LERNER

GRADE 8

HAVE YOU DECIDED WHAT YOU WANT TO BE WHEN YOU GROW UP? YEAH... NOT MANY PEOPLE HAVE AT SUCH A YOUNG AGE. MAYBE YOU HAVE AN IDEA OF A CAREER BUT YOU'RE NOT SURE ABOUT THE JOB? EITHER WAY, THERE ARE MANY NEW JOBS THAT HAVE SPRUNG UP WITHIN THE PAST TEN YEARS THAT MIGHT INTEREST YOU! MAYBE YOU ARE FASCINATED BY GENETICS OR HAVE A PASSION FOR THE ENVIRONMENT! IN ANY CASE, THERE IS A NEW JOB THAT YOU MIGHT HAVE NEVER HEARD OF! LET'S START WITH INTERNET JOBS. HAVE A LOT OF OPINIONS AND WANT TO GET YOUR WORD OUT THERE? LOOK IN TO BEING A PODCAST HOST! BEING A PODCAST HOST LETS YOU SPEAK YOUR MIND AND BE PART OF PEOPLE'S DAILY ROUTINES. ANOTHER INTERNET JOB IS A CONTENT MODERATOR. A CONTENT MODERATOR SEARCHES THROUGH CONTENT ON WEBSITES TO MAKE SURE USERS ARE FOLLOWING GUIDELINES. THESE MODERATORS HELP THE COMMUNITY AND MAKE THE INTERNET A BETTER PLACE! ONE MORE INTERNET JOB IS ANYTHING TO DO WITH CRYPTO CURRENCY LIKE BITCOIN! BITCOIN AND OTHER CRYPTOCURRENCIES ARE VERY NEW AND NOT MANY PEOPLE UNDERSTAND THEM. THERE ARE MANY OPEN CRYPTOCURRENCY JOBS AND IT IS A VERY INTERESTING SUBJECT! MAYBE THE INTERNET ISN'T WHERE YOU WANT TO PURSUE YOUR PROFESSION, THAT'S FINE TOO! THERE ARE MANY NEW JOBS THAT HAVE NOTHING TO DO WITH THE INTERNET! WHAT ABOUT SCIENCE? THERE ARE NEW SCIENCE JOBS COMING UP ALL OF THE TIME BECAUSE OF NEW DISCOVERIES! ONE NEW SCIENCE JOB IS A GENETIC COUNSELOR. GENETIC COUNSELORS WORK WITH ADULTS AND LOOK AT THEIR GENETIC HISTORY TO DETERMINE THE RISK FOR PASSING ON GENETIC PROBLEMS TO OFFSPRING. GENETIC COUNSELORS ALSO EXAMINE ADULTS WITH GENETIC DISORDERS TO GAIN MORE INFORMATION ABOUT DIFFERENT DISORDERS. OH, YOU'RE IN TO HELPING THE ENVIRONMENT? THERE'S A NEW JOB FOR YOU, TOO! EVER HEARD OF A SUSTAINABILITY MANAGER? DIDN'T THINK SO! A SUSTAINABILITY MANAGER WORKS WITH COMPANIES TO MAKE ENVIRONMENTALLY CONSCIOUS DECISIONS. THERE'S A BONUS JOB TOO, DON'T YOU WORRY! ALREADY HAVE A JOB, BUT NEED A LITTLE EXTRA MONEY? MAYBE THINK ABOUT WORKING FOR A CAR SERVICE LIKE UBER OR LYFT! MANY PEOPLE IN CITIES LIKE NEW YORK CITY DON'T OWN A CAR. THIS ISSUE CALLS FOR CAR SERVICES! CAR SERVICES ARE MOSTLY PART-TIME JOBS THAT WOULD MAKE YOU SOME EXTRA CASH! THESE JOBS HAVE GROWN WITHIN THE PAST TEN YEARS OR SO, WHICH IS WHY YOU MIGHT NOT HAVE HEARD OF THEM! HAPPY JOB HUNTING!

# CELEBRATING RAMADAN

BY: SAFA AZIZ AND MARIAM NAQVI

GRADE 7

RAMADAN IS THE NINTH MONTH OF THE ISLAMIC CALENDAR, OBSERVED BY MUSLIMS AS A MONTH OF FASTING, PRAYER, REFLECTION AND COMMUNITY. PEOPLE WHO OBSERVE RAMADAN CAN'T EAT FROM SUNRISE TO SUNSET, SO BASICALLY DURING SUNLIGHT HOURS. IT LASTS FOR ONE MONTH, OR THIRTY DAYS. AFTER THE MONTH OF RAMADAN, MUSLIMS CELEBRATE EID AL-FITR, WHICH MARKS THE END OF RAMADAN.

TO BEGIN THEIR FAST, MUSLIMS WAKE UP EARLY A LITTLE BIT BEFORE SUNRISE TO EAT FOOD THAT THEY BELIEVE IS BLESSED TO HELP THEM GET THROUGH THEIR FAST.

THIS MEAL IS KNOWN AS SUHOOR. THE TIME FOR SUHOOR (EATING) HAS ENDED WHEN THE SUN RISES, WHICH IS ALSO THE TIME OF THEIR FIRST PRAYER (FAJR). IFTAR IS THE MEAL TO BREAK THEIR FAST AFTER SUNSET. AFTER THEIR MEAL IS FINISHED, THEY PRAY THEIR EVENING PRAYERS.

RAMADAN IS A VERY SPIRITUAL TIME OF YEAR FOR MUSLIMS. DURING THEIR FAST, THEY WORSHIP GOD AND DO GOOD DEEDS LIKE CHARITY, EXTRA PRAYER, AND A FOCUS ON THEIR RELATIONSHIP WITH GOD. IF CHRISTMAS IS THE "MOST WONDERFUL TIME OF THE YEAR" FOR CHRISTIANS, FOR MUSLIMS, EID AND RAMADAN IS THE EQUIVALENT IN ISLAM.

ON THE MORNING OF EID, FAMILIES WAKE UP BRIGHT AND EARLY TO GET DRESSED UP AND HEAD TO THE MOSQUE FOR THE EID PRAYER. AFTER THAT, PEOPLE GET TOGETHER WITH THEIR FAMILY AND FRIENDS TO HAVE A PARTY, AND OF COURSE - EAT A LOT OF FOOD AND HONOR FAMILY TRADITIONS.

# ANIMAL VS. STUDENT

BY: JILLIAN LYONS

GRADE 6

THANKS TO THE MAGIC OF MOVIES, YOU MAY THINK YOU KNOW WHAT A WOLVERINE IS, BUT DO YOU? HERE AT WEST HOLLOW, WE LEARN THAT WOLVERINES R.O.A.R BECAUSE THEY ARE RESPONSIBLE, ACCEPT OPPORTUNITY, ARE ACCOUNTABLE FOR THEIR OWN ACTIONS, AND ARE RESPECTFUL OF OTHERS AND THEMSELVES.

HAVE YOU EVER WONDERED WHAT THE REAL WOLVERINE ANIMAL IS LIKE? WELL, THEY ARE MADE FOR COLD WEATHER, AND YOU CAN FIND THEM LIVING IN FORESTS AND TUNDRAS IN NORTH AMERICA, EUROPE, AND ASIA. THEY HAVE REALLY BIG PAWS THAT WIDEN TO TWICE THEIR SIZE WHEN THEY TOUCH THE GROUND, HELPING THEM TRAVEL THROUGH DEEP SNOW. THEY CAN RUN 30 MILES PER HOUR. THEIR SHARP CLAWS THAT YOU MAY REMEMBER DEPICTED IN THE MOVIES, HELP THEM DIG AND BURROW DEEP INTO THE SNOW. WOLVERINES CAN BE VERY AGGRESSIVE AND ARE OFTEN FEARLESS. WOLVERINES ARE VERY BRAVE. THEY WILL EVEN ATTACK A BIGGER ANIMAL BECAUSE THEY ARE NOT INTIMIDATED BY STRENGTH OR THE SIZE OF OTHER ANIMALS.

HERE AT WEST HOLLOW, WE MAY NOT HAVE REAL WOLVERINES ROAMING THE HALLS, BUT WE HAVE STUDENTS WHO ARE BRAVE, STRONG, INDEPENDENT, AND MUCH LIKE THE REAL WOLVERINE. OUR STUDENTS DON'T SHY AWAY FROM CHALLENGES!



ILLUSTRATED BY: ATIYA HAIDER

GRADE 7

# 9 YA AUTHORS WHO WILL SPARK TEENS' LITERARY INTEREST:

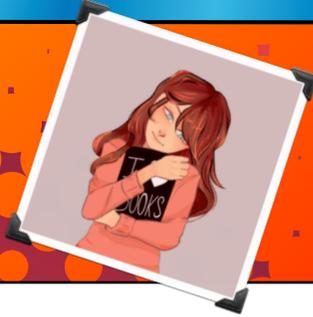


BY: NADIA KHAN

GRADE 8

IMAGE BY MELODY JIANG

GRADE 8



IN THIS DAY AND AGE, WITH ALL OF THE TECHNOLOGY KIDS HAVE ACCESS TO, READING CAN SEEM OBSOLETE. BOOKS AREN'T JUST FOR "NERDS", THOUGH. ANYONE CAN FIND A GENRE OR AN AUTHOR WHO PULLS THEM INTO WHATEVER WONDERFUL WORLD THEY HOLD. SINCE THERE IS SO MUCH STIGMA SURROUNDING READING, GOOD GENRES AND AUTHORS CAN BE DIFFICULT TO FIND. HOPEFULLY, THE LIST OF FANTASTIC YOUNG-ADULT AUTHORS COMPILED HERE INTRODUCES MORE TEENS TO THE WONDER THAT IS LITERATURE. HAPPY READING!

9) EMILY X.R. PAN  
PAN'S DEBUT NOVEL, THE ASTONISHING COLOR OF AFTER, TOUCHES ON THE DIFFICULT SUBJECTS OF SUICIDE AND GRIEF IN A GENTLER WAY. HER MAIN CHARACTER, LEIGH, DISCOVERS HER MOTHER'S SUICIDE AND TRAVELS TO TAIWAN IN AN ATTEMPT TO COME TO TERMS WITH IT. THERE, SHE MEETS HER MOTHER'S MOTHER, ALL WHILE CONTINUING TO SEE HER MOTHER IN THE FORM OF A RED BIRD. PAN RECEIVED THE WALTER HONOR AND APALA HONOR AWARDS, AS WELL AS NUMEROUS AWARD NOMINATIONS FOR HER WORK.

8) MARIE LU  
LU IS THE AUTHOR TO NOT JUST ONE, BUT THREE BREATH-TAKING TRILOGIES. HER FIRST, LEGEND, IS A DYSTOPIAN FUTURE SET IN THE VIOLENT WORLD KNOWN AS THE UNITED STATES, WHICH IS DIVIDED. MILITARY JUNE IPARIS AND CRIMINAL DAY CROSS PATHS ONLY TO UNCOVER MYSTERIES SURROUNDING THEIR PERFECT REPUBLIC. THE SECOND TRILOGY OF THESE IS THE YOUNG ELITES, A FANTASY WHERE SURVIVORS OF A FATAL DISEASE OBTAIN ABILITIES BEYOND IMAGINATION. WHEN A GIRL NAMED ADELINA BEGINS USING HER POWERS FOR DARK INSTEAD OF LIGHT, SHE MUST LEARN TO FIX HER MISTAKES. LASTLY, LU'S WARCROSS SERIES TELLS THE STORY OF A WORLD OBSESSED WITH THE GAME WARCROSS, AND A BOUNTY HUNTER NAMED EMIKA. EMIKA IS OFFERED A DEAL WITH WARCROSS'S CREATOR THAT IS IMPOSSIBLE TO TURN DOWN, BUT SHE MUST BE ABLE TO GET THROUGH WHAT IS THROWN AT HER FIRST. MARIE LU RECEIVED THE COLORADO BLUE SPRUCE, CALIFORNIA YOUNG READER, AND REBECCA CAUDILL YOUNG READERS BOOK AWARDS FOR HER LITERATURE.

7) KAREN M. MCMANUS  
MCMANUS HAS WRITTEN SEVERAL MYSTERY/THRILLER NOVELS, WITH HER DEBUT BEING ONE OF US IS LYING. THE NOVEL FOLLOWS THE LIVES OF FOUR HIGH-SCHOOLERS FROM DIFFERENT WORLDS BROUGHT TOGETHER THROUGH THE MURDER OF A GOSSIP NAMED SIMON KELLEHER. ADDY, NATE, BRONWYN, AND COOPER ALL HAD A REASON FOR COMMITTING THE CRIME. WHEN THEIR WORLD TURNS AGAINST THEM, THE GROUP BANDS TOGETHER, BOTH PROTECTING EACH OTHER AND TRYING TO FIND OUT WHICH OF THEM IS THE LIAR. MCMANUS ALSO WROTE A SIMILAR NOVEL TITLED TWO CAN KEEP A SECRET, AND EW.COM HAS RELEASED INFORMATION ABOUT A SEQUEL TO MCMANUS'S DEBUT COMING OUT EARLY NEXT YEAR. KAREN M. MCMANUS HAS EARNED THE BLACK-EYED SUSAN, ARKANSAS TEEN, AND THUMBS UP! AWARDS.

# 9 YA AUTHORS WHO WILL SPARK TEENS' LITERARY INTEREST:

BY: NADIA KHAN

GRADE 8

**CONT.**

6) NICOLA YOON  
YOON'S RENOWNED NOVELS, HER DEBUT EVERYTHING, EVERYTHING AND THE SUN IS ALSO A STAR, ARE ROMANCES WHOSE STORIES SHED LIGHT ON A NEED FOR FREEDOM AND AN UNDERSTANDING OF (OR BELIEF IN) FATE. HER DEBUT TELLS THE STORY OF A GIRL NAMED MADELINE WHITTIER WHO LITERALLY CANNOT LEAVE THE WALLS OF HER OWN HOUSE. SHE HAS A DISEASE KNOWN AS "BUBBLE BABY DISEASE", AND IT ISN'T UNTIL SHE MEETS THE NEW NEIGHBOR THAT SHE REALIZES HOW TRAPPED IT CAN MAKE HER FEEL. YOON'S SECOND WORK IS TOLD FROM THE PERSPECTIVES OF JAMAICAN-AMERICAN NATASHA AND KOREAN-AMERICAN DANIEL. THE PAIR MEET, BY FATE OR COINCIDENCE, ON THE DAY NATASHA'S FAMILY IS SET TO BE DEPORTED. SHE AND DANIEL MUST TRY TO FIND A WAY TO DELAY THE MOVE, FALLING FOR EACH OTHER IN THE PROCESS. NICOLA YOON'S WRITING RECEIVED THE MICHAEL L. PRITZ HONOR BOOK AND CORETTA SCOTT KING NEW TALENT AWARDS.

4) SUZANNE COLLINS  
AUTHOR TO THE EQUALLY FAMOUS HUNGER GAMES SERIES, COLLINS'S DYSTOPIAN TRILOGY DEPICTS NORTH AMERICA AS ONE NATION SPLIT INTO 12 DISTRICTS. ANNUALLY, TWO TEENAGERS FROM EACH DISTRICT ARE SENT TO COMPETE IN THE VIOLENT HUNGER GAMES, IN WHICH ONLY ONE COMPETITOR IS LEFT STANDING. THE STORY IS TOLD FROM THE P.O.V. OF A DISTRICT 12 GIRL NAMED KATNISS WHO GOES ON A JOURNEY THROUGH THE GAMES AND SIMULTANEOUSLY THROUGH THE SECRETS OF ITS HISTORY. SUZANNE COLLINS RECEIVED MANY AWARDS FOR THIS TRILOGY, INCLUDING THE HAL CLEMENT AND TEEN CHOICE AWARDS.

5) VERONICA ROTH  
FAMOUSLY KNOWN FOR HER WRITING OF THE DIVERGENT SERIES, ROTH WROTE HER SCIENCE FICTION TRILOGY (NOT INCLUDING THE ADDITIONAL NOVEL, FOUR) ABOUT A POST-APOCALYPTIC DYSTOPIA RIDDLED WITH PROBLEMS. CHICAGO IS FENCED IN, AWAY FROM WHATEVER LIES BEYOND, AND ITS GOVERNMENT RESTS ON THE FACTIONS. THESE FACTIONS SEPARATE PEOPLE BASED ON THEIR DOMINANT TRAIT DECIDED BY A TEST AND PERSONAL INTEREST AND DETERMINE A PERSON'S OCCUPATION, FAMILY, AND LIFE. WHEN TRIS PRIOR IS TESTED TO BE DIVERGENT (BELONGING TO MORE THAN ONE FACTION), SHE IS FORCED TO DODGE QUESTIONING AND GO AGAINST WHAT EVERYONE EXPECTED. AFTER JOINING THE DARING DAUNTLESS FACTION, TRIS MEETS THE MYSTERIOUS FOUR. FOUR HAS SECRETS OF HIS OWN, AND TRIS PUSHES TO FIND OUT WHAT HE HIDES. VERONICA ROTH RECEIVED THE GOODREADS CHOICE BEST DEBUT, BEST YOUNG ADULT, AND FAVORITE BOOKS AWARDS.

3) GABRIELLE ZEVIN  
ZEVIN IS BOTH A YA AND ADULT NOVEL WRITER, BUT BOTH YOUNG-ADULT ELSEWHERE AND THE ADULT NOVEL THE STORIED LIFE OF A .J. FIKRY (AGE-APPROPRIATE) ARE TRUE LITERARY STUNNERS. ELSEWHERE GIVES A DEPICTION OF A YOUNG GIRL'S TRAVEL THROUGH DEATH, IN WHICH SHE, AND ALL OTHERS DEAD LIKE HER, WILL AGE BACKWARD IN ELSEWHERE. ONCE SHE BECOMES A BABY AGAIN, SHE WILL BE FLOATED BACK TO EARTH TO BEGIN ANEW. WHILE IN ELSEWHERE, SHE MEETS HER GRANDMOTHER AND JOURNEYS THROUGH LEARNING ABOUT HERSELF AND SELF-CONTROL. ZEVIN'S THE STORIED LIFE OF A .J. FIKRY SHOWS HOW A BOOKSTORE OWNER'S LONESOME DAYS DO A 360 WITH THE INTRODUCTION OF A NEW BABY, LEFT IN THE STORE WITH ONLY A NOTE, FIKRY IS FORCED TO TAKE THE BABY HOME AND EVENTUALLY RAISES HER AS HIS OWN. WITH ALL OF THE TWISTS AND TURNS LIFE CAN THROW, A .J. LEARNS NOT TO RUN FROM HIS PROBLEMS, BUT TO SOLVE THEM INSTEAD. NINE NOVELS FROM ZEVIN WERE MARKED AS NEW YORK TIMES BEST SELLERS, ONE OF WHICH WAS NOMINATED FOR AN INDEPENDENT SPIRIT AWARD.

# 9 YA AUTHORS WHO WILL SPARK TEENS' LITERARY INTEREST:

BY: NADIA KHAN

GRADE 8

CONT.

## 2) J.K. ROWLING

THIS INCREDIBLY FAMOUS AUTHOR WROTE THE BELOVED HARRY POTTER SERIES KNOWN WORLDWIDE. THIS SERIES OF NOVELS TRAVELS THROUGH THE LIFE OF A BOY WITH A LIGHTNING BOLT SCAR WHO DISCOVERS THAT HIS LATE PARENTS WERE A WIZARD AND A WITCH. HARRY LEAVES THE MISERABLE LIFE HE LED WITH HIS UNCLE AND AUNT TO FIND A WORLD CONTAINING THINGS HE THOUGHT COULD ONLY BE SEEN IN DREAMS. WANDS, SPELLS, POTIONS, MAGIC SCHOOLS, AND ONLY ONE FLAW: HE IS THE NUMBER ONE TARGET OF A POWERFUL WIZARD BY THE NAME OF LORD VOLDEMORT. THROUGH THE SERIES, HARRY AND HIS FRIENDS TAKE ON VOLDEMORT WHILE LEARNING ABOUT THEMSELVES AND THE WORLD THEY LIVE IN. EACH OF ROWLING'S SEVEN HARRY POTTER BOOKS RIGHTFULLY RECEIVED COUNTLESS AWARDS.

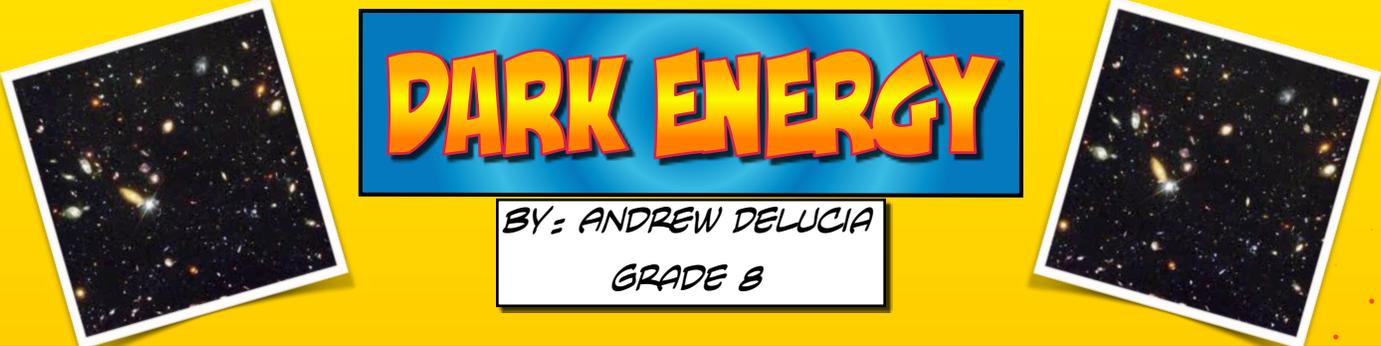
## 1) JOHN GREEN

LAST, BUT NOT LEAST, MY ABSOLUTE FAVORITE: DRUMROLL, PLEASE... JOHN GREEN. GREEN HAS WRITTEN LOTS OF DIFFERENT NOVELS (MOSTLY COMING-OF-AGE NOVELS AND THE LIKE), SUCH AS AN ABUNDANCE OF KATHERINES, THE STORY OF A BOY WHO HAS ONLY DATED GIRLS NAMED KATHERINE AND DECIDES THAT HE NEEDS SOME CHANGE. HE TAKES A ROAD TRIP WITH HIS BEST FRIEND HASSAN TO A FARMHOUSE IN THE SOUTH AND A TOWN WITH MYSTERIES. ANOTHER JOHN GREEN FAVORITE IS TURTLES ALL THE WAY DOWN. THIS NOVEL IS FROM THE P.O.V. OF AZA HOLMES, WHO STRUGGLES WITH ANXIETY AND UNCOVERS THE MYSTERY BEHIND HER FRIEND'S FATHER DISAPPEARING WHILE DEALING WITH AN INTERNAL CONFLICT OF HER OWN. GREEN WROTE PLENTY OF OTHER FANTASTIC BOOKS INCLUDING PAPER TOWNS, THE FAULT IN OUR STARS, AND WILL GRAYSON. WILL GRAYSON (ALONG WITH DAVID LEVITHAN), ALL RECEIVING AWARDS SUCH AS THE MICHAEL L. PRINTZ.



IMAGE BY MELODY JIANG

GRADE 8



# DARK ENERGY

BY: ANDREW DELUCIA

GRADE 8

SINCE THE "BIG BANG", THE UNIVERSE HAS BEEN EXPANDING, AND FOR ALL WE KNOW, IT MAY EXPAND INFINITELY. ONE QUESTION ABOUT THIS EXPANSION STANDS OUT FROM THE OTHERS-WHAT CAUSES IT? THE ANSWER, WHILE IT MAY NOT BE DEFINITE, IS MOST LIKELY A SUBSTANCE NAMED DARK ENERGY. THIS DARK ENERGY HAS NEVER BEEN DIRECTLY OBSERVED, AND SCIENTISTS ARE NOT EVEN SURE IF IT EXISTS, BUT IT IS THOUGHT TO ONLY HAVE GRAVITATIONAL EFFECTS ON MATTER, AND NOT ON LIGHT. DUE TO THIS, DARK ENERGY IS DIFFICULT TO OBSERVE DIRECTLY, SINCE LIGHT ISN'T CHANGED OR WARPED NEAR IT, UNLIKE A BLACK HOLE. THIS IS WHY WE ARE NOT SURE IF IT EXISTS, BUT, AS OF NOW IT IS THE BEST CHANCE WE HAVE AT EXPLAINING ONE OF THE LONGEST LASTING QUESTIONS IN THE FIELD OF ASTROPHYSICS. ONE ACCLAIMED ASTROPHYSICIST, BY THE NAME OF NEIL DEGRASSE TYSON, EXPLAINS IT AS "A PRESSURE IN THE VACUUM OF SPACE FORCING THE ACCELERATION OF THE [EXPANSION OF] THE UNIVERSE." WHICH BASICALLY MEANS THAT THIS ENERGY IS CREATING A KIND OF PRESSURE THAT FORCES THE UNIVERSE TO EXPAND. THIS PRESSURE IS NOT ONLY CAUSING THE UNIVERSE TO EXPAND, BUT IT IS ALSO CAUSING THIS EXPANSION TO SPEED UP, WHICH MEANS THAT EVENTUALLY GALAXIES WILL BE RECEDING AWAY FROM US FASTER THAN THE SPEED OF LIGHT (EXCEPT FOR ANDROMEDA). THIS MEANS THAT EVENTUALLY WE WILL NO LONGER BE ABLE TO SEE ANYTHING IN SPACE OUTSIDE OF OUR OWN GALAXY, BECAUSE THE GALAXIES ARE RECEDING AWAY FROM US FASTER THAN THE LIGHT EMITTED BY THEM CAN REACH US. ALBERT EINSTEIN, WELL KNOWN FOR HIS THEORY OF RELATIVITY, UNKNOWINGLY DISCOVERED DARK ENERGY. HE CALLED IT THE COSMOLOGICAL CONSTANT, AND LATER SCRAPPED THE CONCEPT DUE TO HIS BELIEF THAT HE HAD MADE A MISTAKE. THE GROUNDBREAKING CONCEPT THAT IS DARK ENERGY MAY BE SOMETHING WE NEVER FULLY UNDERSTAND, BUT SOMETHING WE MUST ATTEMPT TO UNDERSTAND NONETHELESS, BECAUSE THE EXPLANATION OF DARK ENERGY HAS THE POTENTIAL TO BECOME THE KEY TO UNDERSTANDING THE LAWS OF THE UNIVERSE AND EVERYTHING ELSE WE HAVE YET TO DISCOVER.

CITATIONS: [HTTPS://FUTURISM.COM/NEIL-DEGRASSE-TYSON-UNIVERSE](https://futurism.com/neil-degrasse-tyson-universe)

# GRETA THUNBURG

BY: SANIA HAQ

GRADE 8

GRETA THUNBURG IS A 15-YEAR-OLD, SWEDISH ACTIVIST. I'M PRETTY SURE MOST OF YOU HAVE HEARD OF HER BECAUSE SHE IS FREQUENTLY ON THE NEWS. SHE IS VERY CONCERNED WITH THE ENVIRONMENT, AND THAT CONCERN WAS WHAT LED HER TO FAME IN ACTIVISM. IT STARTED DURING LATE 2018 WHEN SHE TOOK "SCHOOL STRIKES," WHICH MEANS SHE DITCHED SCHOOL TO PROTEST. SHE STOOD IN FRONT OF THE SWEDISH PARLIAMENT, HOLDING A SIGN SAYING, "SKOLSTREJK FÖR KLIMATET" WHICH TRANSLATES TO "SCHOOL STRIKE FOR THE CLIMATE." SHE POSTED A PHOTO OF HER DOING THIS, AND WITH THE HELP OF SOME LOCAL REPORTERS, HER SOCIAL MEDIA ACCOUNTS STARTED GROWING, WHICH IN TURN STARTED HER SOCIAL MEDIA CAMPAIGN "FRIDAYS FOR FUTURE." IN DECEMBER 2018, OVER 20,000 STUDENTS HAD HELD STRIKES IN AT LEAST 270 CITIES. STARTING IN OCTOBER 2018, GRETA BEGAN TRAVELING ACROSS EUROPE, MAKING HIGH PROFILE SPEECHES. IN AUGUST 2019, THUNBERG SAILED ACROSS THE ATLANTIC OCEAN FROM THE UK TO NEW YORK, IN A 60 FT YACHT EQUIPPED WITH SOLAR PANELS AND UNDERWATER TURBINES. THIS IS MEANT TO SHOW HER FIRM BELIEF IN REDUCING EMISSIONS. WHEN SHE ARRIVED IN AMERICA, SHE WENT TO THE UNICEF PRESS CONFERENCE. GRETA HAS SENT A MESSAGE TO THE WORLD, BY THE QUOTE SHE MADE AT THE UN CLIMATE SUMMIT DURING SEPTEMBER 2019. "THE EYES OF ALL FUTURE GENERATIONS ARE UPON YOU, AND IF YOU CHOOSE TO FAIL US, I SAY - WE WILL NEVER FORGIVE YOU."



# EXOPLANETS: HOW IT ALL STARTED



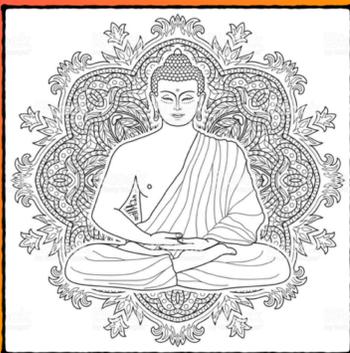
BY: CHRIS DICONO

GRADE 8



FOR HALF A CENTURY, SPACE TRAVEL, OBSERVATION, AND EXPLORATION HAS BEEN WITHIN OUR REACH. EVER SINCE THE MOON LANDING IN 1969, PEOPLE HAVE GROWN MORE AND MORE CURIOUS ABOUT SPACE, AND WITH THAT, HAVE GAINED MORE AND MORE KNOWLEDGE ABOUT SPACE. OUR INCREASINGLY FREQUENT AND NUMEROUS DISCOVERIES ADD GREATLY TO OUR KNOWLEDGE AND UNDERSTANDING ABOUT EVERYTHING THAT GOES ON IN THE UNIVERSE. A BIG PART OF SPACE EXPLORATION IS OBSERVING, KNOWING ABOUT, AND FINDING PLANETS OUTSIDE OUR SOLAR SYSTEM. THESE PLANETS ARE CLASSIFIED AS EXOPLANETS. THEY HELP US KNOW MORE ABOUT WHAT IS GOING ON OUTSIDE OF EARTH. THERE IS EVEN A POSSIBILITY THAT OTHER LIFE IS OUT THERE. IT IS POSSIBLE THAT IT COULD BE VEGETATION, SINGLE-CELLED ORGANISMS, OR COMPLEX LIFE LIKE HUMANS, ANIMALS, OR BUGS. DISCOVERING PLANETS HAD TO START SOMEWHERE. THIS YEAR, SWISS ASTROPHYSICISTS MICHEL MAYOR AND DIDIER QUELOZ RECEIVED A NOBEL PRIZE FOR THEIR DISCOVERY OF THE FIRST CLASSIFIED EXOPLANET THAT ORBITED A STAR LIKE OUR SUN. DESPITE WHAT YOU WOULD THINK, IT WASN'T THE FIRST PLANET FOUND, AND IT WAS QUITE AN ACCIDENT. THEY HAD KEPT TRACK OF READING AN OBJECT'S MOTIONS, AND THEY STUMBLED UPON THIS PLANET BY LUCK. AFTER A FEW DAYS OF OBSERVATION, THEY CLASSIFIED IT AS A PLANET. THIS PLANET IS CALLED "51 PEGASI B", OR "DIMIDIUM". IT STARTED TO INSPIRE THE DISCOVERIES OF THE NOW OVER 4,000 KNOWN EXOPLANETS.

NOT ONLY DID IT INFLUENCE ASTRONOMICAL EXPLORATION, BUT IT LATER JOINED MULTIPLE BIZARRE PLANETS AS THE NEWLY DISCOVERED PHENOMENON OF SPACE. IT IS A GAS GIANT THAT HAS A VARYING TEMPERATURE OF 538 TO 982 DEGREES CELSIUS. IT FALLS INTO A CLASS OF PLANETS CALLED "HOT JUPITERS". IT IS CLOSER TO THE SUN THAN MERCURY, AND HAS A SEEMINGLY IMPOSSIBLE FOUR DAY ORBIT. IN THE GROUP OF NEWLY DISCOVERED PLANETS IT WAS IN, 51 PEGASI B IS WITH "PULSAR PLANETS", WHICH ARE PLANETS THAT DON'T ORBIT A STAR, BUT A RAPIDLY SPINNING FRAGMENT OF A STAR THAT PREVIOUSLY EXPLODED, WHICH IS KNOWN AS A PULSAR. NOTEDLY, THE ORBITS OF PLANETS AROUND PULSARS ARE VERY SIMILAR TO 51 PEGASI B, AS THEY ARE TIGHT AND QUICK. ALONG WITH THESE DISCOVERIES CAME "SUPER EARTHS", WHICH ARE PLANETS BIGGER THAN EARTH BUT SMALLER THAN NEPTUNE, MINI-NEPTUNES, AND GAS GIANTS MANY TIMES BIGGER THAN JUPITER. A GOOD PORTION OF THE DISCOVERED EXOPLANETS HAVE A ROCKY SURFACE LIKE EARTH, ARE SIMILAR DISTANCES FROM THE SUN LIKE EARTH, AND HAVE CHANCES OF LIQUID WATER POOLING ON THE SURFACES OF THEM, ALSO LIKE EARTH. ALTHOUGH NOT QUITE THE FIRST, 51 PEGASI B'S DISCOVERY HAD AN ENORMOUS IMPACT ON THE EXPLORATION AND STUDY OF SPACE. IT LAUNCHED AN ENTIRE NEW FIELD OF RESEARCH AND HAD INTRODUCED SEVERAL PHENOMENONS THAT ARE ARGUABLY COMPLEX, EVEN TODAY. THE NOBEL PRIZE HAS BEEN GIVEN OUT TO THE SCIENTISTS WHO FOUND IT, AND THE SCIENTIFIC COMMUNITY IS REMEMBERING WHAT IT DID FOR US AND HOW SIGNIFICANT IT WAS.



# MINDFULNESS



BY: ELECTRA SCHEINER

GRADE 8

RECENTLY, I HAVE TRIED TAKING UP MINDFULNESS. MINDFULNESS HAS BEEN IMPROVING LIVES FOR MANY PEOPLE LATELY. THERE ARE MANY GOOD EFFECTS OF MINDFULNESS, INCLUDING DECREASED STRESS, IMPROVED GENERAL HEALTH, AND IMPROVED ACADEMIC SUCCESS. ASIDE FROM MENTAL BENEFITS, THERE ARE ALSO PHYSICAL BENEFITS FROM MINDFULNESS. PEOPLE WHO HAVE A LIFESTYLE BASED ON MINDFULNESS SLEEP MUCH BETTER AND THEY GET OVER COLDS AND CASES OF FLU MUCH QUICKER. MINDFULNESS IS A MIND-BODY APPROACH THAT HELPS MANAGE THOUGHTS AND FEELINGS. ONE PRACTICE OF MINDFULNESS IS LIVING LIFE IN THE MOMENT. IT'S IMPORTANT TO DETACH FROM THE WORLD, SOMETIMES PUT OUR PHONES DOWN AND ENJOY LIFE. SOME WAYS I HAVE PRACTICED MINDFULNESS ARE BY SETTING A TIME I HAVE TO TURN MY PHONE OFF, DRAWING, DOING ART IN GENERAL, AND SPENDING A FEW MORE MINUTES WITH MY FAMILY. ALL OF THOSE THINGS MAKE ME HAPPY AND ADD TO IT. MINDFULNESS IS SOMETHING SO SIMPLE AND EASY TO DO, THAT IT CAN HELP EVERYONE.



# BREAKING A WORLD RECORD

BY: ELECTRA RAY SCHEINER

GRADE 8

ONE THING THAT I CAN CROSS OFF MY BUCKET LIST, IS HELPING BREAK A WORLD RECORD. WHILE ATTENDING "LIVE ON THE KELLY AND RYAN SHOW", I WAS ONE OF 300 PEOPLE WHO BROKE THE RECORD FOR THE MOST PEOPLE EN POINTE SIMULTANEOUSLY FOR 1 MINUTE. JAMES WHITESIDE AND ISABELLA BOYLSTON, PRINCIPAL DANCERS FROM ABT, ORGANIZED THIS EVENT. KELLY RIPA ALSO PARTICIPATED FOR BALANCING ON HER TOES, FOR 1 MINUTE. THE RULES WERE YOU WEREN'T ALLOWED TO COME OFF POINTE FOR 1 MINUTE, TOUCH ANYONE ELSE, OR GO ON YOUR PHONE. THE PREVIOUS RECORD HAD 245 PEOPLE WHICH WAS BROKEN IN ORLANDO, FLORIDA. THE RECORD WAS BROKEN BY 306 PEOPLE ON WEST 67TH STREET IN MANHATTAN ON TUESDAY, SEPTEMBER 10TH. THIS WAS PART OF KELLY AND RYAN'S WORLD "RECORD-BREAKING WEEK." I CAN'T PUT INTO WORDS HOW SPECIAL THIS EXPERIENCE THIS WAS, AND I WOULDN'T HAVE TRADED IT FOR THE WORLD. I DON'T THINK MANY 12-YEAR-OLDS CAN SAY THEY HAVE BROKEN A WORLD RECORD.



# WHY ARE DRUGS SO BAD?

BY: ISABEL CANTOR

GRADE 7

HAVE YOU EVER HEARD THAT IT IS REALLY BAD TO DO DRUGS, BUT NEVER UNDERSTOOD WHY? NOT ALL DRUGS ARE BAD FOR YOU AND ILLEGAL, BUT SOME OF THEM ARE, AND IT IS IMPORTANT TO STAY AWAY FROM BAD DRUGS, EVEN IF IT IS LEGAL.

## MEDICINES

MEDICINES ARE LEGAL DRUGS. THEY HELP YOU GET BETTER AND CURE DIFFERENT TYPES OF SICKNESSES. IF A DOCTOR PRESCRIBES MEDICINE FOR SOMEONE, IT'S SAFE TO HAVE, BUT IF YOU OVERDOSE (TAKE MORE THAN YOU'RE SUPPOSED TO) OR TAKE LESS THAN YOU'RE SUPPOSED TO ON MEDICINAL DRUGS, THERE CAN BE REALLY BAD SIDE EFFECTS.

## MARIJUANA

MARIJUANA CAN BE USED FOR TWO DIFFERENT PURPOSES. SOMETIMES, DOCTORS PRESCRIBE MARIJUANA TO PEOPLE THAT ARE SICK AND WOULD BENEFIT FROM IT, BUT SOME PEOPLE DO IT BECAUSE THEY THINK IT'S COOL. OTHER NAMES FOR MARIJUANA ARE POT, WEED, MARY JANE, AND GRASS. HAVING ANY DRUGS THAT ARE NOT PRESCRIBED BY A DOCTOR CAN HARM YOU IN MANY WAYS. IF YOU DO DRUGS THAT ARE BAD, ESPECIALLY AT A YOUNG AGE, YOU CAN CAUSE DAMAGE TO YOUR BRAIN, HEART, AND BODY. MENTAL ILLNESSES ARE ALSO CAUSED BY DRUGS. SOME PEOPLE HAVE MARIJUANA FOR "FUN", BECAUSE OF PEER PRESSURE, OR FOR OTHER REASONS. IF YOUR FRIENDS TRY TO PERSUADE YOU INTO TRYING EVEN A LITTLE MARIJUANA, DON'T DO IT! MAKE THE SMART DECISION TO STAY HEALTHY!

# ROCK CLIMBING



BY: CODY PELTZMAN  
GRADE : 6



IT'S JUST ME AGAINST THE WALL. ONE MORE ROCK, ONE STEP AT A TIME. TO REACH THE TOP IS MY ULTIMATE GOAL. SOMETIMES I FOLLOW THE DESIGNATED PATH, AND OTHER TIMES I FOLLOW MY OWN ROUTE. I'M TALKING ABOUT ROCK CLIMBING AND IT'S WHAT I LIKE TO DO.

ROCK CLIMBING IS A GREAT SPORT THAT IS VERY BENEFICIAL TO THE HUMAN BODY. IT TESTS THE HUMAN AGILITY AND STRENGTHENS BODY MUSCLES. IT ALSO TESTS THE HUMAN MIND AT TIMES. YOU CAN DO IT INDOORS OR OUTDOORS IN A VARIETY OF PLACES. I AM A MEMBER OF THE GRAVITY VAULT INDOOR ROCK CLIMBING TEAM. EVERY WEEK I CLIMB, I WORK ON A DIFFERENT WALL UNTIL I CAN REACH THE TOP. CLIMBING THE 40 FOOT WALLS INVOLVES USING MY HANDS, FEET, AND A ROPE TO FOLLOW THE PATH OF A SPECIFIC DIFFICULTY. I ALSO BOULDER, WHICH IS CLIMBING A 15 FOOT WALL WITHOUT A ROPE. YOU CAN PRACTICE AT HOME LIKE I DO BY GETTING A HANG BOARD. IT HELPS WITH IMPROVING HAND GRIPS AND BUILDING UPPER BODY STRENGTH.

THE ADRENALINE RUSH I FEEL WHEN I MAKE IT TO THE TOP OF A WALL IS INCREDIBLE. ROCK CLIMBING GIVES ME A SENSE OF ACCOMPLISHMENT LIKE NO OTHER. I ENCOURAGE EVERYONE TO TRY IT IF THEY HAVEN'T ALREADY.

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GRADE 7

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GRADE 8

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GRADE 8

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GRADE 8

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