

VOLUME I
FALL 2018

RESPECT

THE WEST HOLLOW

ROAR



OPPORTUNITY

RESILIENCE

ACCOUNTABILITY

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2018-19 SCHOOL YEAR

PRESENTED BY:
CREATIVE ARTS AND WRITING CLUB

WEST HOLLOW CAN BE BIZARRE...



SOMETIMES, MIDDLE SCHOOL CAN BE WEIRD, ESPECIALLY IF YOU'RE A 6TH GRADER. YOU PROBABLY FEEL LIKE YOU ARE DOING SOMETHING THAT YOU ARE NOT USED TO- LIKE A MONKEY LAYING AN EGG, LET'S SAY. MIDDLE SCHOOL IS FUN AND ALL, BUT THERE ARE A FEW STRANGE THINGS ABOUT IT.

THE NIGHT BEFORE MY FIRST DAY, MY MOM TELLS ME THAT SHE IS GOING TO WAKE ME UP AROUND 6:30. "WHAT!?" THE NEXT MORNING, I WAKE UP, DO MY MORNING ROUTINE, AND LEAVE FOR THE BUS STOP AROUND 7:20. MY BROTHER IS BARELY AWAKE; HE HAS JUST RISEN FROM HIS DARK SLEEPING PLACE, WHILE I'M WAITING FOR THE SCHOOL BUS. LUCKY!

AFTER READING MY SCHEDULE OVER AND OVER, AND OVER, AND OVER, AND OVER, AND- YEAH, YOU GET THE IDEA, RIGHT? I GET TO MY LOCKER. I LOOK AROUND AND SEE A BUNCH OF RUSHED AND ROWDY PEOPLE ALL TANGLED UP, TRYING TO OPEN THEIR LOCKERS. I KIND OF FEEL LIKE MOST OF THE TIME, THE SMALL KIDS GET THE HIGH LOCKERS, AND THE TALL PEOPLE GET THE SMALL LOCKERS. I KNOW IT'S WRONG, BUT I JUST FEEL THAT WAY. NO HARD FEELINGS. AFTER ABOUT THE TENTH TIME, I SUCCESSFULLY GET MY COMBINATION RIGHT. APPARENTLY, IN ADVISORY, WE WATCH THE MORNING ANNOUNCEMENTS ON THE SMARTBOARD, MOST OF THE TIME. WEST HOLLOW HAS A BROADCASTING CLUB YOUTUBE CHANNEL- HEY! THEY HAVE MORE THAN 200 SUBSCRIBERS! IF I SUBSCRIBED, IT WOULD PROBABLY BE ME AND OVER 200 OTHER TEACHERS FROM WEST HOLLOW, IF

WE EVEN HAVE THAT MANY TEACHERS. MY FIRST COUPLE PERIODS ARE CLOSE TO EACH OTHER, SO I DON'T HAVE TO USE MY LEGS TOO MUCH. AFTER THAT, I GET WHAT I NEED FOR LUNCH, AND I GO TO EAT.

BY: JAKE SCHULMAN GRADE 6

FIRST OFF, CAN I JUST SAY THAT MORE THAN HALF OF OUR POOR 6TH GRADE STUDENTS HAVE LUNCH- I MEAN BRUNCH- AT 9:30! I'M EATING MY SECOND MEAL OF THE DAY, WHILE MY GRANDFATHER IS PROBABLY SLOWLY TAKING SIPS FROM HIS MORNING COFFEE. I ALSO LEARNED THAT YOU HAVE 4 MINUTES TO GET FROM PERIOD TO PERIOD. FOR ALL THE STRUGGLERS, JUST SING ED "SHEERAN'S SHAPE OF YOU" IN YOUR HEAD WHEN THE BELL RINGS, AND ONCE THE SONG IS OVER, YOU HAVE ONLY A FEW SECONDS TO BE IN CLASS, UNLESS YOU HAVE A LATE PASS, AND A GOOD EXCUSE. THE AMOUNT OF TRAVELING IN THE AFTERNOON IS A BIG INCREASE FROM THE MORNING. OK, A-DAYS AND B-DAYS. TO PUT THIS INTO PERSPECTIVE, THERE'S A 50/50 CHANCE THAT I CAN REMEMBER WHAT I HAD FOR BREAKFAST YESTERDAY, AND NOW THEY EXPECT ME TO REMEMBER IF TODAY IS AN APPLE OR A BANANA. YOU HAVE WHATEVER YOUR MUSIC PERIOD IS, AND THEN THERE'S GYM. I LOVE GYM! OBVIOUSLY, THE WHOLE IDEA OF THE LOCKER ROOM IS KIND OF WEIRD, BUT I'M COOL. WHO EVER THOUGHT THAT YOU WOULD BE ABLE TO UNDRESS IN SCHOOL? IT'S LIKE ONE OF THOSE 'NAKED IN SCHOOL DREAMS,' JUST HALFWAY A REALITY. AT SOME POINT, I GET A GYM LOCKER WITH A DIFFERENT COMBINATION. WOW, MIDDLE SCHOOL CAN BE LIKE CHALLENGING YOURSELF TO REMEMBER ALL OF THE PHONE NUMBERS IN A RANDOM 15-PERSON GROUP CHAT, BUT THE BEST PART ABOUT IT, WHICH SOME CAN RELATE TO, IS THAT I GET HOME BEFORE MY MOM DOES! YES! MAYBE, NOW MY PLANS TO MIX-UP MY FAMILY'S BEDROOMS CAN FINALLY BECOME A DAILY THING! THE WAR IS ON! JUST KIDDING.

WELL, I LOVE MIDDLE SCHOOL AND I'M SURE SOME OTHERS DO, BUT IT'S ALMOST INHUMANE NOT TO POINT OUT SOME OF THE WEIRD STUFF IN WEST HOLLOW. IT'S NOT TOO LONG BEFORE I HAVE TWO NEW COMBOS... OH COME ON... AND I FIND OUT A WHOLE LOAD OF NEW WEIRD THINGS IN SEVENTH GRADE!

AT THE BALLET...



THE NUTCRACKER BALLET

BY: ELECTRA RAY SCHEINER
GRADE-7

FOR YEARS, SINCE I WAS A LITTLE KID, I HAVE GROWN UP PERFORMING IN THE NUTCRACKER. THE NUTCRACKER IS ABOUT HOW A LITTLE GIRL (CLARA) AT HER FAMILY'S CHRISTMAS PARTY GETS A NUTCRACKER, THAT HER BROTHER (FRITZ) BREAKS. UNCLE DROSSELMAYER PUTS A MAGICAL SCARF ON IT TO FIX IT, AND LATER THE NUTCRACKER COMES TO LIFE. THE CHRISTMAS TREE THEN GROWS, AND THEN THERE IS A BATTLE SCENE BETWEEN THE MICE AND THE NUTCRACKER ALONG WITH THE SOLDIERS. WHEN THE NUTCRACKER WINS THE BATTLE, CLARA MEETS THE PRINCE AND THEY TRAVEL THROUGH THE KINGDOM OF SNOW AND THE KINGDOM OF SWEETS WATCHING THEM PERFORM. I STARTED OUT AS A LITTLE ANGEL WHEN I WAS FIVE YEARS OLD, I'M VERY EXCITED TO BE PERFORMING AS CLARA THIS YEAR. IT'S SO CRAZY TO BELIEVE THAT I GOT THIS ROLE BECAUSE WHEN I WAS LITTLE I COULD ONLY DREAM OF DOING IT. THIS IS A VERY SPECIAL TRADITION THAT HOLDS A VERY CLOSE SPOT IN MY HEART.



FUN FACTS: PET PHYSICS



BY: SANIA HAQ GRADE-7

I KNOW THIS ISN'T WHAT MOST OF US WOULD THINK ABOUT, BUT THE PHYSICS BEHIND PETS WILL MAKE YOU SEE YOUR FRIENDLY COMPANION IN A DIFFERENT WAY! FIRST, THINK ABOUT HOW THEY DRINK WATER. ALL WE NEED TO DO IS HOLD THE GLASS, PUT IT UP TO OUR MOUTH, SIP AND SWALLOW, BUT OUR DOGS USE THEIR TONGUES LIKE A SPOON TO LIFT AND PULL WATER INTO THEIR MOUTHS. CATS ON THE OTHER HAND, FLICK THE TIP OF THEIR TONGUES ON THE WATER AS FAST AS POSSIBLE, DRAWING UP A COLUMN OF LIQUID TO THEIR MOUTHS! IT DOESN'T MATTER IF ITS A LION OR A WOLF, IT'S THE SAME! SECONDLY, WHEN ALL OF US GIVE OUR DOG A BATH SHE/HHE SHAKES OFF A LOT OF WATER, RIGHT? DID YOU KNOW RESEARCHERS FOUND THAT BOTH BEARS AND AVERAGE SIZED DOGS SHAKE AT A SIMILAR SPEED, AND THE SMALLER THE ANIMAL THE FASTER IT SHAKES? A MOUSE IS THE FASTEST SHAKER TO DRY OFF, OR AT LEAST THE FASTEST KNOWN YET. THIS WORKS FOR ANIMALS AS MOST OF YOU KNOW, BUT NOT FOR HUMANS, DON'T TRY THIS AT HOME!

COMPETITIVE BEST FRIENDS

BY: OLIVIA ATHAN AND AVERY GOULD-GRADE 7

WEST HOLLOW HAS INTRODUCED US TO SOME OF OUR VERY BEST FRIENDS. LOTS OF US HAVE MANY THINGS IN COMMON SUCH AS DANCE, WHICH IS A POPULAR SPORT MANY GIRLS PARTICIPATE IN. DANCE CAN BE VERY COMPETITIVE AND REQUIRES HARD WORK. AFTER GOING TO COMPETITIONS YEAR AFTER YEAR, YOU START TO NOTICE FAMILIAR FACES. THIS YEAR AFFECTED BOTH OF US FOR THE BETTER, BECAUSE WE LEARNED A LOT ABOUT FRIENDSHIP AND WHAT BEING A TRUE FRIEND MEANS.

AVERY GOULD DANCES AT ART IN MOTION DANCE COMPANY. OLIVIA ATHAN DANCES AT NORTH SHORE DANCE. EVERY YEAR WE GO TO MANY DIFFERENT COMPETITIONS THROUGHOUT THE US. THIS YEAR, WE HAPPENED TO BE GOING TO THE SAME DANCE COMPETITION WHICH IS CALLED "STARPOWER DANCE". ALSO, WE WERE BOTH COMPETING IN THE AGE CATEGORY OF 12-14 FOR OUR SOLOS ALONGSIDE MANY OTHER COMPETITORS. WE BOTH TEND TO BE VERY COMPETITIVE PEOPLE WHO ARE DEDICATED TO WHAT WE DO. WALKING INTO THE COMPETITION KNOWING THIS, WE REALIZED THAT WE NEED TO MAINTAIN OUR FRIENDSHIP.

THE DAY STARTED OUT SLOWLY, WITH BOTH OF US FOCUSED ON OUR DANCING AND WE REALLY DIDN'T WORRY ABOUT ANYTHING ELSE. BEFORE PERFORMING, OLIVIA WAS WARMING UP BACKSTAGE, AND SPOTTED AVERY AND RAN OVER TO HER. WE THEN HAD A NORMAL CONVERSATION AND TALKED ABOUT OUR THOUGHTS ABOUT THE COMPETITION. OLIVIA MADE SURE TO WISH AVERY GOOD LUCK, AND AVERY GAVE HER A GOOD LUCK HUG! THE WHOLE THING HAPPENED SO FAST AND BEFORE WE KNEW IT, IT WAS OLIVIA'S TURN TO PERFORM.

PERFORMING IS ALWAYS NERVE WRECKING, BUT HAVING A GOOD FRIEND THERE TO SUPPORT YOU IS A BIG BOOST IN YOUR CONFIDENCE. AVERY WATCHED FROM THE SIDE OF THE STAGE AND WAS CLAPPING WHEN THE PERFORMANCE WAS OVER, AND SPECTATED THROUGHOUT. WHEN OLIVIA CAME OFF STAGE AVERY TOLD HER SHE DID AN AMAZING JOB AND GAVE HER LOTS OF SUPPORT. BECAUSE WE WERE IN THE SAME AGE AND STYLE CATEGORY AVERY WAS FOUR ACTS AFTER OLIVIA PERFORMED. OLIVIA COULDN'T WATCH AVERY BECAUSE SHE HAD TO GET READY FOR HER NEXT DANCE. OLIVIA WISHED AVERY GOOD LUCK AND GAVE HER LOTS OF CONFIDENCE. AVERY WAS VERY NERVOUS, BUT ALL OF THE LOVE AND SUPPORT CALMED HER DOWN. GOING TO COMPETITIONS IS SOMETHING WE'VE BECOME VERY ACCUSTOMED TO, AND HAVING FAMILIAR FACES THERE IS A JUST ANOTHER ASPECT OF IT.

WE DIDN'T MEET AGAIN UNTIL THE AWARD CEREMONY. THIS TIME OUR NERVES WERE SETTling IN AND AS MUCH AS WE BOTH WANTED TO WIN, WE HOPED FOR THE BEST FOR EACH OTHER. AS WE SAT WITH OUR SEPARATE TEAMS, OLIVIA GLANCED A SMILE OVER AT AVERY AND MOUTHED "GOOD LUCK". THIS EXPERIENCE WAS A GREAT ONE AND TAUGHT US BOTH THAT WE SHOULD ALWAYS PUT OUR FRIENDSHIPS FIRST OVER WINNING. IT WASN'T HARD FOR US TO TREAT EACH OTHER WITH RESPECT AND MAKE SURE WE HAD ALL THE CONFIDENCE WE NEEDED. HAVING OUR DANCE TEAMS AND THEIR SUPPORT HELPS, BUT HAVING A LIFELONG SCHOOL FRIEND THERE ADDS SO MUCH MORE. IN THE END, NEITHER OF US CAME OUT VICTORIOUS. AVERY PLACED 6TH, AND OLIVIA PLACED 4TH. THE DAY WAS CRAZY AS ALWAYS, AND THERE WAS MORE AHEAD FOR US ON THE FOLLOWING DAY. WHILE WE ARE ON THE STAGE, IT FEELS LIKE NOTHING ELSE MATTERS, BUT OVERALL, WE CAN PROUDLY SAY HOW MUCH WE'VE LEARNED ABOUT BEING A FRIEND AND A COMPETITOR. IT ISN'T ALWAYS EASY TO COMPETE WITH A CLOSE FRIEND, BUT TO US, OUR FRIENDSHIP MEANS MORE THAN WINNING.

INTERVIEW

ALL ABOUT FARMBOT WITH MR. REGINI
BY: ALLIE LERNER, GRADE 7

RECENTLY I INTERVIEWED ONE OF THE SEVENTH GRADE SCIENCE TEACHERS, MR. REGINI, ABOUT A PROJECT HE HAS BEEN WORKING ON CALLED FARMBOT. THIS INTERVIEW SHOULD CLEAR UP ANYTHING YOU DON'T UNDERSTAND YET ABOUT FARMBOT AND HOPEFULLY, YOU WILL ENJOY!

QUESTION 1: WHAT IS FARMBOT?

A: FARMBOT IS SUPPOSED TO BE A COMBINATION OF ALTERNATIVE AGRICULTURE MEETS CODING. IT'S BASICALLY A ROBOT THAT PERFORMS ALL OF THE SIMPLE TASKS THAT A HUMAN WOULD DO IN THE PROCESS OF GROWING A CROP.

QUESTION 2: WHY DID YOU MAKE FARMBOT?

A: I DECIDED TO MAKE FARMBOT BECAUSE I DECIDED THAT STUDENTS NEEDED A NEW APPROACH TO LEARNING AND THINKING. YOU CAN BE TAUGHT ABOUT HOW PLANTS GROW, BUT HOW WOULD THAT HELP FUTURE ENGINEERS AND THINKERS SOLVE PROBLEMS? I WANTED TO BRING IN SOMETHING UNIQUE AND HANDS-ON THAT SHOWS STUDENTS ABOUT GROWING CROPS IN NON TRADITIONAL GROWING ENVIRONMENTS.

QUESTION 3: WHAT IS FARMBOT FOR?

A: FARMBOT IS MEANT TO SHOW STUDENTS HOW THEY CAN PRACTICALLY APPLY THINGS THAT YOU LEARN IN CLASS, SO WE ARE HOPING IT HELPS TO GET KIDS UNDERSTANDING ENGINEERING AND HOW WE CAN MAKE THINGS TO BE MORE EFFICIENT THAN JUST HUMANS COULD BE AT GROWING FOOD.

QUESTION 4: HOW DID YOU MAKE FARMBOT?

A: FARMBOT WAS MADE WITH PIECES MADE BY STUDENTS IN THE MAKERSPACE DURING LUNCH, AND I ASSEMBLED THEM IN THE ATRIUM BEFORE AND AFTER SCHOOL.

QUESTION 5: WHAT HAS BEEN THE HARDEST PART OF MAKING FARMBOT?

A: COORDINATING ALL OF THE DIFFERENT THINGS THAT WE NEEDED FOR FARMBOT LIKE WATER AND SOIL, AND WE HAD TO GET APPROVAL FROM THE CENTRAL OFFICE AND TALK TO MANY OTHER PARTS OF THE SCHOOL LIKE GROUNDS AND FACILITIES.

QUESTION 6: WHAT WAS THE MOST INTERESTING PART IN MAKING FARMBOT?

A: EVERYTHING IS OPEN SOURCE. THIS MEANS THAT ALL OF THE FILES AND THE CODE AND EVERYTHING NEEDED TO MAKE IT ARE OUT IN THE OPEN FOR ANYBODY TO ALTER OR DO WHAT THEY WANT WITH. THIS IS VERY DIFFERENT FROM WHEN PEOPLE ARE SELLING SOMETHING BECAUSE THEY DON'T WANT PEOPLE TO BE ABLE TO ALTER OR MAKE A VERSION OF WHAT THEY ARE SELLING.

QUESTION 7: HOW WILL FARMBOT ENRICH WEST HOLLOW?

A: I HOPE THAT IT WILL GET KIDS IN CLASS WORKING TOGETHER THAT MIGHT HAVE NOT HAD AN OPPORTUNITY TO DO SO BEFORE. ONE OF THE THINGS WE WILL BE DOING IN MY SCIENCE CLASS, IN MS. WUPOPE'S CHINESE CLASS, AND STUDENTS IN MS. DORAN'S FACS CLASSES IS WATCHING HOW SOME ASIAN PLANTS GROW, COOKING WITH THE PLANTS, AND FINDING WAYS TO COMMUNICATE WHAT WE HAVE LEARNED WITH PEOPLE THAT DON'T SPEAK OUR LANGUAGE. THIS IS ALSO IN ADDITION TO ENGINEERING THAT I HOPE STUDENTS LEARN ABOUT WITH FARMBOT.

QUESTION 8: WHAT WILL DO WITH THE PRODUCE FROM FARMBOT?

A: IT WILL ALLOW US TO COMPARE HYDROPONIC GARDENING WITH TRADITIONAL GARDENING, IT WILL ALLOW US TO GROW CROSS CULTURAL CROPS, THE FIRST BEING FROM ASIA. THE FINAL THING WE WILL BE DOING WITH THE CROPS IS DONATING THEM TO A FOOD PANTRY TO HELP FAMILIES WHO NEED HELP GETTING FRESH VEGGIES DURING THE COLD MONTHS.

QUESTION 9: HOW WILL THIS BE HELPFUL IN THE FUTURE?

A: I'M NOT TOTALLY SURE HOW THIS WILL HELP FUTURE GENERATIONS, BUT MY HOPE IS THAT IT PROVIDES A WAY OF THINKING THAT WILL DEVELOP YOUR PROBLEM SOLVING SKILLS WHICH WILL BE HELPFUL IN SOLVING PROBLEMS THAT WILL BECOME EVIDENT FURTHER DOWN THE LINE.

QUESTION 10: ARE THERE ANY FUTURE PLANS FOR FARMBOT?

A: WE WOULD LOVE FOR STUDENTS TO DESIGN OUR OWN TOOLS FOR IT THEN PRINTING THEM IN THE MAKERSPACE. ANOTHER THING THAT WE WOULD BE LOOKING TO DO IT TO FIND AN ALTERNATE WAY TO POWER FARMBOT, LIKE GETTING GROW LIGHTS AND SOLAR PANELS SO IT COULD BE POWERED "OFF THE GRID".

WEST HOLLOW JAZZ BAND



BY: RISHI ARAVIND-GRADE 7

ARE YOU A MUSICIAN THAT ENJOYS MUSIC AND LIKES JAZZ? IF YES, THEN JAZZ BAND IS THE PLACE FOR YOU! JAZZ BAND IS AN AFTERSCHOOL CLUB THAT PRACTICES MUSIC TO PLAY AT THE WINTER AND SPRING CONCERT. THE INSTRUMENTS IN JAZZ BAND INCLUDE THE TENOR SAX, ALTO SAX, BARITONE SAX, TROMBONE, TRUMPET, DRUM SET AND OTHER PERCUSSION, PIANO, GUITAR, AND ELECTRIC BASS. I MYSELF, AM IN JAZZ BAND AS AN ELECTRIC BASS PLAYER. JAZZ BAND EXPOSES STUDENTS TO DIFFERENT GENRES OF MUSIC AND HELPS RECOGNIZE JAZZ AS TRUE AMERICAN MUSIC. THIS CLUB ALSO HELPS STUDENTS DEVELOP THEIR SKILLS OF INTONATION AND RHYTHM. AS A BASS PLAYER, I THINK THAT JAZZ BAND WAS THE RIGHT PLACE FOR ME AS WELL AS FOR ANYONE ELSE THAT WILL PUT THEIR TIME AND EFFORT INTO PRACTICING THE MUSIC. OUR CONDUCTOR MR. ECKSTRUM IS REALLY NICE AND MOTIVATIONAL TOO. TOGETHER, WE HAVE CREATED AMAZING MUSIC. IN OUR CONCERT, WE ARE CURRENTLY PLAYING FOUR PIECES. THE FIRST PIECE IS CALLED "UPTOWN FUNK", WHICH IS AN AMAZING COMBINATION OF RHYTHM AND HARMONY. IN ALL, IT'S A REALLY GREAT SONG. OUR SECOND SONG IS CALLED "BIRLAND" WHICH IS PROBABLY ONE OF THE HARDEST SONGS WE PLAY. WE ALSO PLAY "MR. GRINCH" AND ANOTHER SONG. NOT TO MENTION THAT LAST YEAR, SINCE WE DID SO WELL IN THE CONCERT, WE GOT A HUGE PIZZA PARTY. SODA INCLUDED!!! JAZZ BAND IS A TOTALLY DIFFERENT ENVIRONMENT THAN REGULAR BAND OR ORCHESTRA AND IS IDEAL FOR ANY MUSICIANS, NO MATTER YOUR SKILL LEVEL.

POETRY

BY: ANDREW TEHN-ADDY
GRADE 6

Andrew Tehn-Addy



Autumn's End

The winter air slowly coming over the bare hill.
Leaves flying away from the undying trees.
Emporiums being filled every second.
Snow falling from the roofs like hailing rocks.
People getting ready to bestow stuff to their
loved ones. The grass wildly spinning like printing
paper out of a leaf blower. The light shining
down refining the looks of the buildings. Happy
thoughts surrounding everyone confounding them.



BREAST CANCER AWARENESS MONTH

BY: SUKHMANI SODHI GRADE 8

EVER WONDER WHY IN OCTOBER MOST SCHOOLS ALWAYS HAVE THAT ONE DAY WHERE ALMOST EVERYONE WEARS PINK? THAT IS BECAUSE OCTOBER IS BREAST CANCER AWARENESS MONTH, AND PINK IS THE COLOR. BREAST CANCER AWARENESS MONTH IS AN ANNUAL INTERNATIONAL HEALTH CAMPAIGN ORGANIZED BY MAJOR BREAST CANCER CHARITIES EVERY OCTOBER TO INCREASE AWARENESS OF THE DISEASE AND TO RAISE FUNDS FOR RESEARCH INTO ITS CAUSE. DURING BREAST CANCER AWARENESS MONTH IN OCTOBER AND THROUGHOUT THE YEAR—PEOPLE WEAR PINK RIBBONS TO HONOR SURVIVORS, REMEMBER THOSE LOST TO THE ILLNESS, AND TO SUPPORT THE PROGRESS WE ARE MAKING TOGETHER TO DEFEAT BREAST CANCER. MANY SCHOOLS, SUCH AS OURS, SUPPORT THOSE WHO STRUGGLE WITH BREAST CANCER. ON BREAST CANCER AWARENESS DAY, STUDENTS ARE ENCOURAGED TO WEAR PINK, AND OUR CHEERLEADERS COME WEARING PINK BOWS AND WRISTBANDS. THERE ARE MANY BREAST CANCER CHARITIES, SUCH AS THE BREAST CANCER CHARITIES OF AMERICA. THE BREAST CANCER CHARITIES OF AMERICA EXISTS TO ELIMINATE BREAST CANCER AS A LIFE-THREATENING ILLNESS. THEY BRING TOGETHER ORGANIZATIONS REPRESENTING ALL HEALTH AND SOCIAL SERVICE DISCIPLINES TO ESTABLISH NEW AND UNPRECEDENTED LEVELS OF EFFECTIVENESS IN RESEARCH, EDUCATION, AND SUPPORT. BCCA IS THE ONLY NON-PROFIT BRINGING “INTEGRATED CANCER CARE” MESSAGES TO AMERICA. ANOTHER GREAT EXAMPLE OF SUPPORTING THE FIGHT AGAINST BREAST CANCER, IS THE ESTEE LAUDER COMPANIES’ BREAST CANCER CAMPAIGN UNITING AND INSPIRING PEOPLE AROUND THE WORLD IN THE CAMPAIGN’S MISSION TO CREATE A BREAST CANCER-FREE WORLD. ALTHOUGH BREAST CANCER AWARENESS IS ONLY BROUGHT TO OUR ATTENTION ONE MONTH A YEAR, DOESN’T MEAN WE SHOULDN’T BE CONSIDERING, SUPPORTING, AND HONORING OUR SURVIVORS, CURRENT PATIENTS, AND THE ONES WE’VE LOST EVERY OTHER DAY OF THE YEAR.



HOW TO STUDY

BY: SOPHIA BELLINI AND SKYLAR SUKOFF-GRADE 7

WHAT DOES STUDYING REALLY MEAN? STUDYING MEANS DEVOTING YOUR TIME GOING OVER A CERTAIN SUBJECT. I KNOW STUDYING CAN BE BORING, BUT YOU WILL COMMIT THE INFORMATION TO MEMORY AFTER TIME, AS WELL AS DO WELL ON YOUR EXAM. IF YOU WANT TO BE READY FOR ANY KIND OF EXAM, YOU CAN'T STUDY THE NIGHT BEFORE! START STUDYING AT LEAST FOUR DAYS IN ADVANCE. THIS MEANS THAT EACH NIGHT, YOU SHOULD STUDY A LITTLE. ALSO, YOUR BRAIN WILL COMPREHEND THE MATERIAL MUCH EASIER THIS WAY. STUDYING IN ADVANCE WILL GIVE YOU TIME TO GO OVER YOUR NOTES. IF THERE IS A TOPIC THAT YOU ARE NOT REALLY EXCELLING AT, MAYBE STUDY FIVE DAYS IN ADVANCE TO GET AS MUCH PRACTICE AS YOU CAN! WHEN YOU GO OVER YOUR NOTES, YOU CAN SEE IF YOU DON'T UNDERSTAND SOMETHING. MAKE SURE TO ALWAYS LOOK ON THE TEACHER'S EBOARD FOR NOTES OR PRACTICE MATERIAL. WHEN YOU DON'T UNDERSTAND A TOPIC, ASK QUESTIONS AND GO TO EXTRA HELP. I KNOW SOMETIMES ASKING A QUESTION IS EMBARRASSING, BUT I RECOMMEND THAT YOU DO IT SO THAT YOU CAN UNDERSTAND A TOPIC WITH MORE EASE. WHEN STUDYING, READ YOUR NOTES AND DEFINITIONS MULTIPLE TIMES. AFTER SOME TIME YOU WILL FIND OUT WHAT KIND OF STUDYING HELPS YOU THE MOST. WHETHER IT'S READING DEFINITIONS OR MAKING QUIZLETS, DIFFERENT STRATEGIES WORK FOR DIFFERENT PEOPLE. ONE THING THAT IS REALLY HELPFUL IS USING "LEARN" ON QUIZLET. "LEARN" HELPS YOU LEARN ALL OF THE THINGS YOU DON'T KNOW, AND MAKES YOU KEEP PRACTICING UNTIL YOU UNDERSTAND. YOU CAN ALSO STAR TERMS AND GO BACK TO THEM AND STUDY THEM OVER AND OVER. STUDYING IS NOT THE MOST FUN THING, BUT IT IS VERY IMPORTANT!

STUDY RESOURCES:

*MAKE FLASH CARDS

*MAKE QUIZLETS FOR DEFINITION STYLE ASSESSMENTS

*CASTLE LEARNING: (SOCIAL STUDIES, MATH, SCIENCE, ENGLISH) HAS MULTIPLE CHOICE QUESTIONS WHICH COULD BE SIMILAR TO YOUR EXAMS

*MAKE SPARKNOTES FOR THE BOOK YOU'RE READING OR LOOK ON SNOOPE IF IT'S A SHORT STORY, REREAD IT AND UNDERLINE IMPORTANT THINGS OR WORDS YOU DON'T KNOW

*USE DISCOVERY ED, ESPECIALLY FOR SCIENCE AND SOCIAL STUDIES

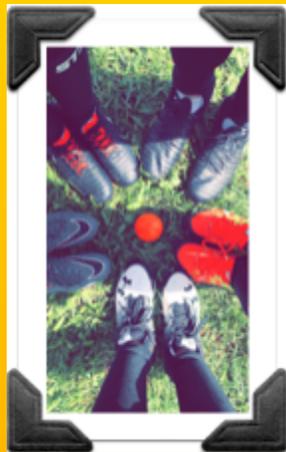
*ANY RESOURCE ON YOUR CLEVER ACCOUNT

*CHECK OUT IXL



FIELD HOCKEY

BY: MAYA CHEN GRADE 7



FIELD HOCKEY. YOU PROBABLY HAVEN'T HEARD OF IT. WELL IT'S A SPORT THAT I FOUND OUT ABOUT THIS YEAR. SURPRISINGLY, IT'S REALLY NOT MUCH LIKE ICE, OR FLOOR HOCKEY. YOU USE A STICK THAT IS SHAPED A LOT LIKE A BIG CANDY CANE. WHERE THE CURVED PART IS, YOU HIT OR PASS THE BALL. THE BALL IS SHAPED LIKE A LACROSSE BALL, BUT IT IS LIGHTER, LESS BOUNCY, AND MADE OF PLASTIC. A HIT IS A POWERFUL WHACK AT THE BALL, AND A PUSH PASS IS A LIGHT PUSHING OF THE BALL. WHEN YOU PUSH PASS, YOU LEAN BACK BEFORE AND QUICKLY LEAN FORWARD AND BLAST IT.

THEY ACTUALLY HAVE GIRLS FIELD HOCKEY AT SCHOOL DURING 1ST QUARTER. MY FRIENDS AND I DECIDED TO GIVE IT A GO, AND IT TURNED OUT BEING SO MUCH FUN AND AWESOME TO PLAY. EVERYDAY WE TOOK A BUS TO CANDLEWOOD BECAUSE THE CANDLEWOOD AND WEST HOLLOW TEAMS ARE COMBINED. WE HAD LOCKERS AT CANDLEWOOD (BRING YOUR OWN LOCK). WE USUALLY CAME ABOUT 20-30 MINUTES LATE TO PRACTICE BECAUSE OF THE BUS WHICH HAD OTHER STOPS TO GO TO. WHEN WE HAD AWAY GAMES, WE WOULD GET READY AT WEST HOLLOW AND RIGHT WHEN WE GOT TO CANDLEWOOD, WE WOULD BOARD THE BUS.

PRACTICE WAS RUN IN AN ORGANIZED MANNER. FIRST WE WOULD STRETCH, DO AGILITY DRILLS, AND THEN COMPLETE A LAP AROUND THE FIELD. NEXT, WE WOULD DO A PASSING AND HITTING DRILL, FOLLOWED BY SHOOTING ON THE GOALIE. AT THE END OF PRACTICE COACH BRITTMAN WOULD ADDRESS THE TEAM WITH SOME POINTERS, REMIND US WHEN THE NEXT GAME WAS SCHEDULED FOR, AND OTHER IMPORTANT ITEMS. LASTLY, WE WOULD SAY OUR CHEER! "HILLS ON 3 READY 1-2-3! HILLS!!!!"

GAMES HAVE 4-5 QUARTERS, AND YOU GET TO PLAY TWO-THREE QUARTERS PER GAME. THERE ARE ELEVEN PLAYERS ON THE FIELD INCLUDING THE GOALIE. THESE GIRLS PLAY SWEEPER, MIDFIELD, DEFENSE, AND OFFENSE. SWEEPER IS KIND OF AN ADDITIONAL GOALIE. THE MIDFIELDER'S JOB IS TO BRING THE BALL UP THE FIELD AND MAYBE SCORE SOME GOALS. IF YOU ARE ON DEFENSE, YOUR JOB IS TO DEFEND THE GOAL, WHILE OFFENSE USUALLY IS RESPONSIBLE FOR SHOOTING ON GOAL. EACH GAME LASTS ABOUT AN HOUR AND YOU USUALLY GET TO PLAY FOR AROUND TWELVE TO THIRTY MINUTES. THE TIME ON THE SIDELINES WAS SPENT MAKING NEW FRIENDS, PRACTICING, OR EATING GOLDFISH.

OVERALL, FIELD HOCKEY IS A REALLY FUN SPORT THAT I THINK A LOT OF PEOPLE CAN ENJOY. I MADE SO MANY NEW FRIENDS AND

WHY DO PARROTS HAVE THE ABILITY TO MIMIC?

BY: DANIEL SANWO GRADE 7

ALTHOUGH MANY PARROTS HAVE THE ABILITY TO MIMIC, SEVERAL DO NOT. MOST PARROTS ALSO PROBABLY IMITATE FOR DIFFERENT REASONS. FOR EXAMPLE, AFRICAN GREY PARROTS IN THE WILD CAN MIMIC OTHER SPECIES OF BIRDS. WHEN PARROTS ARE KEPT AS PETS THEY ARE ALSO SOMETIMES ABLE TO MIMIC THEIR OWNER'S WORDS OR PHRASES THROUGHOUT THEIR LIVES. THEY HAVE THE ABILITY TO SING LOWER VOCALS THAN SMALLER BIRDS, AND THEREFORE ARE ABLE TO BETTER REPRODUCE HUMAN VOICES. UNFORTUNATELY THOUGH, HUMAN DESIRE FOR PET PARROTS AND DEFORESTATION HAS LED TO THE REDUCTION OF POPULATIONS OF MANY SPECIES IN THEIR WILD HABITATS. STILL, THE QUESTION IS LEFT UNANSWERED. WHY DO PARROTS HAVE THE ABILITY TO MIMIC SOUNDS AND PHRASES? A BENEFIT OF LEARNING AND COMMUNICATING MAY BE SO THEY CAN DEVELOP SPECIFIC CALLS TO SIGNAL FOOD OR DANGER. ANOTHER REASON MIGHT BE SO THAT THEY MAY HELP THEM ATTRACT A LOVING MATE. UNFORTUNATELY, THERE ARE MAYBE MANY CONSEQUENCES OF VOCAL IMITATION.

SOMETIMES, LOCAL CALLS MAY HELP MALES AND FEMALES AVOID OR KEEP AWAY FROM EACH OTHER. WHILE STUDYING A GROUP OF SMALL PARROTS FROM AUSTRALIA, WHICH ARE ALSO KNOWN AS PARAKEETS, IT WAS REPORTED THAT THE BUDGERIGARS SEEMED TO USE A CERTAIN CALL IN JUDGING VIABLE MATES. SINCE THE PARROTS HAVE A MEMORY OF THESE CALLS, THEY ARE ABLE TO IDENTIFY THEM IN A NOISY ENVIRONMENT. ALTHOUGH NOT MANY BIRDS HAVE THE ABILITY TO IMITATE SOUNDS AND PHRASES, PARROTS ARE NOT THE ONLY BIRDS THAT ARE ABLE TO. IN FACT, INDIAN MYNAH BIRDS ARE ALSO KNOWN FOR THEIR ABILITY TO IMITATE. ANOTHER BIRD KNOWN FOR THEIR ABILITY TO IMITATE INCLUDES THE NORTHERN MOCKINGBIRDS IN THE UNITED STATES. THEY CAN SING REPEATED PHRASES WITH BITS OF CALLS TAKEN FROM BLUE JAYS, ROBINS, CARDINALS AND OTHER BIRDS. MORE STUDIES OF PARROTS AND OTHER ANIMALS THAT IMITATE, WILL HELP US TO UNDERSTAND WHY AND HOW THEY WERE GRANTED THAT ABILITY. THESE WONDERFUL CREATURES HAVE A GREAT ABILITY FOR LEARNING WHICH GIVES YET ANOTHER REASON TO SAVE THE ENDANGERED SPECIES BEFORE IT IS TOO LATE.



REFERENCES:

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VISITING THE FREEDOM TOWER

BY: ALEXA NISSENBAUM-GRADE 7



OVER THE SUMMER MY FAMILY AND I WENT TO THE FREEDOM TOWER AND 9/11 MUSEUM. IT WAS A VERY NICE DAY TO BE IN THE CITY AND THE SUN WAS SHINING BRIGHTLY. OUR FIRST STOP WAS THE 9/11 MEMORIAL. THE SEPTEMBER 11TH MEMORIAL IS A TRIBUTE OF REMEMBRANCE AND HONOR TO THE 2,977 PEOPLE KILLED IN THE TERROR ATTACKS OF SEPTEMBER 11, 2001 AT THE WORLD TRADE CENTER. THE POOLS SIT WITHIN THE FOOTPRINTS OF WHERE THE TWIN TOWERS ONCE STOOD. IT WAS VERY NICE, BUT ALSO SAD TO SEE THE NAMES OF EVERY PERSON WHO DIED THAT DAY. IT WAS SHOCKING TO SEE HOW MANY PEOPLE PASSED AWAY WHILE SIMPLY GOING TO WORK ON THAT FATEFUL TUESDAY MORNING. WE TOOK SOME TIME LOOKING FOR THE NAME OF A FIREFIGHTER THAT MY DAD KNEW. WE FOUND HIS NAME WHICH WAS VERY EMOTIONAL. WE ALSO SAW MANY OTHER PEOPLE WHO WERE LOOKING AND TOUCHING THE ENGRAVED NAMES OF LOVED ONES AND PEOPLE THEY MUST HAVE KNOWN. WE THEN WALKED TO THE FREEDOM TOWER. WE WENT IN AN ELEVATOR, WHICH WENT UP 104 FLOORS IN 47 SECONDS. THE ELEVATOR WAS AWESOME BECAUSE AS WE WENT UP IT SHOWED A VISUAL HISTORY OF WHAT MANHATTAN LOOKED LIKE FROM HUNDREDS OF YEARS AGO TO TODAY. WHEN OUR JOURNEY TO THE TOP ENDED, WE GOT TO ADMIRE THE INCREDIBLE 360 DEGREE VIEWS OVER NEW YORK. WE ALSO GOT TO TAKE SOME UNBELIEVABLE PHOTOS ON THE 104TH FLOOR.

AFTER THE FREEDOM TOWER, WE WALKED AND HUNG OUT BY THE WATER OVERLOOKING THE HUDSON RIVER AND WE WERE ABLE TO SEE THE STATUE OF LIBERTY. WE THEN WENT TO THE 9/11 MUSEUM. THE 9/11 MUSEUM DESCRIBES THE IMPACT OF THOSE EVENTS THAT TOOK PLACE ON SEPTEMBER 11, 2001. AS WE WERE WALKING THROUGH THE BREATHTAKING MUSEUM WE SAW THE STORY OF 9/11 THROUGH A COLLECTION OF ARTIFACTS. THE 9/11 MEMORIAL MUSEUM IS UNIQUE BECAUSE IT IS LOCATED WITHIN THE REMAINS OF THE ORIGINAL WORLD TRADE CENTER. ACTUALLY, IT IS DIRECTLY UNDER THE POOLS OF THE 9/11 MEMORIAL. ONE OF MY FAVORITE EXHIBITS WAS A WALL OF ALL DIFFERENT SHADES OF BLUES. THE BLUE TILES ARE SAID TO REPRESENT THE COLOR OF THE SKY ON THE MORNING OF THE ATTACKS. SOME OF THE ARTIFACTS ON DISPLAY INCLUDED FIRETRUCKS, GLOVES OF FIREFIGHTERS, STEEL BEAMS, AND ID CARDS. THERE WERE ALSO LOTS OF VIDEOS AND AUDIO RECORDINGS OF THAT DAY. IF YOU HAVE NEVER BEEN TO THIS MUSEUM OR TO THE FREEDOM TOWER, I WOULD HIGHLY RECOMMEND IT. WE HAD A GREAT FAMILY DAY AND IT WAS AN EMOTIONAL EXPERIENCE THAT I WILL NEVER FORGET.

TAEKWONDO

BY: ELLINA KOO-GRADE 7

MY NAME IS ELLINA KOO. I AM IN SEVENTH GRADE AND I LIKE TO DO TAEKWONDO AS A SPORT AND OTHERS TOO. I AM A SECOND DEGREE BLACK BELT AND I WAS IN THE POOMSAE TEAM ALSO KNOWN AS FORMS. MOST PEOPLE THINK OF TAEKWONDO AS KARATE, BUT IT IS A LITTLE DIFFERENT. TAEKWONDO FOCUSES MORE ON KICKING TECHNIQUES, WHILE KARATE FOCUSES MORE ON HAND STRIKES. FURTHERMORE, TAEKWONDO IS THE ART OF SELF DEFENSE WHICH ACTUALLY STARTED FROM KOREA. THERE ARE DIFFERENT STYLES OF TAEKWONDO LIKE FORMS, BREAKING, AND SPARRING, BUT I LIKE FORMS THE BEST. I ENJOY THIS SO MUCH SINCE IT HELPS ME TO NEVER GIVE UP WHEN I AM IN HARD TIMES, AND I ALSO LIKE BEING CHALLENGED!

I HAVE COMPETED IN NATIONALS TO DO FORMS FOR THE FIRST TIME IN MY LIFE. THAT WAS ACTUALLY THE FIRST EVER TIME I WENT TO NATIONALS. WHEN I FIRST STARTED TAEKWONDO, I WAS NOT GOOD, BUT THEN I STARTED TO TRAIN HARDER AND ACTUALLY FOCUS. I COMPETED AGAINST MY FRIEND AND OTHER GIRLS FROM ALL OVER THE WORLD. I DID NOT KNOW WHAT IT FELT LIKE TO WIN OR LOSE, BUT I STILL BELIEVED IN MYSELF AND I PUT 110% EFFORT INTO IT. MY MASTER ALWAYS TOLD ME TO PUT 110% EFFORT IN ANYTHING THAT I DO WHETHER IT IS SOMETHING EASY OR HARD. MY GOAL WAS TO GET AT LEAST A MEDAL. UNFORTUNATELY, I LOST THE FIRST ROUND WHICH WAS SAD, BUT TO ME I WAS STILL PROUD OF MYSELF BECAUSE IT WAS MY FIRST TIME COMPETING IN NATIONALS AND I KNEW I WAS THE BEST ONE THERE. I STILL BELIEVED IN MYSELF AND THAT CONFIDENCE LED ME TO WINNING THE REST OF THE ROUNDS. FINALLY, I ACHIEVED MY GOAL AND I GOT



I ACTUALLY GOT INSPIRED TO DO TAEKWONDO FROM MY BROTHER BECAUSE WHEN HE WAS YOUNGER, HE STARTED TO DO IT WHEN I DID DANCE. THEN WHEN I STARTED TO WATCH HIM DO SOME TRICKS AND TECHNIQUES, I FELT LIKE TRYING TAEKWONDO. I CONTINUED ON FROM A WHITE BELT TO A SECOND DEGREE BLACK BELT. THEREFORE, YOU SHOULD NEVER STOP DREAMING OF WHAT YOU DO AND BE PASSIONATE ABOUT ANYTHING THAT YOU DO, BECAUSE THEN YOU WILL IMPROVE AND BECOME BETTER AT IT. EVEN THOUGH YOU MAY STRUGGLE AND HAVE DIFFICULTY WITH ANYTHING NEW AT FIRST, IF YOU KEEP ON TRYING THEN IT WILL EVENTUALLY PAY OFF. TAEKWONDO HAS HELPED ME TO CHANGE AND BECOME A BETTER AND MORE FOCUSED PERSON.

WH'S NEW "ZEN DEN"

BY: CHRISTOPHER DICONO-GRADE 7



MIDDLE SCHOOL CAN BE STRESSFUL AT TIMES. 6TH GRADERS ARE GOING INTO A WHOLE NEW WORLD, WITH SCHEDULES AND CHANGING CLASSES, WHICH ARE COMPLETELY NEW TO THEM. 7TH GRADERS HAVE MORE TESTS, AND EVEN POP QUIZZES STARTING AT THE END OF THE YEAR. 8TH GRADERS HAVE THE STRESS OF GOING INTO HIGH SCHOOL THE YEAR AFTER, AND BY FAR THE HARDEST AND THE MOST TESTS. THESE MAY SEEM LIKE THINGS YOU'LL HAVE A LOT OF TROUBLE DEALING WITH, BUT THERE ARE WAYS TO DEAL WITH THIS STRESS. ONE WAY IS MEDITATION.

MEDITATION IS WHERE YOU FOCUS YOUR MIND FOR A PERIOD OF TIME IN SILENCE, FOR THE PURPOSE OF RELAXATION. IT HELPS YOU ZONE OUT AND JUST TAKE A SECOND TO RELAX, AND HELPS YOUR MIND TO STOP RACING TOO, BY PRACTICING LETTING THOUGHTS COME AND GO. IT ALSO CAN INCREASE CREATIVE THINKING, AWARENESS, AND IMPROVE PRODUCTIVITY AND CONCENTRATION. THIS IS WHERE THE ZEN DEN COMES IN.

THE ZEN DEN IS AN UPSTAIRS ROOM NEAR THE FAC'S AREA, WHERE YOU CAN MEDITATE AND RELAX DURING YOUR LUNCH PERIOD. LET'S SAY YOU HAVE A MATH TEST IN THE AFTERNOON AND YOU NEED TO STOP WORRYING ABOUT IT. YOU SHOULD GET A PASS TO THE ZEN DEN, AND YOU'D BE FINE. IF YOU FIND YOURSELF NEW TO MEDITATION, TRY USING ONE OF THE MEDITATION APPS ON YOUR PHONE, MOST NOTABLY HEADSPACE. WITH HEADPHONES, YOU CAN USE THESE APPS TO HELP YOU, WITH GUIDED SESSIONS AND EXERCISES.

THE ZEN DEN IS ONE COOL WAY TO HELP YOU DEAL WITH STRESS AT SCHOOL. MANY PEOPLE HAVE GONE THERE, AND IT DEFINITELY HAS HELPED THEM. IF YOU EVER WANT TO GO UP THERE, JUST GRAB A PASS DURING LUNCH.

NEVER GIVE UP

BY: GAYATHRI GANESAN-GRADE 7



ALL OF US HAVE MANY DREAMS IN OUR MINDS, BUT HARDLY A FEW OF US MANAGE TO GET THEM FULFILLED DURING OUR FIRST ATTEMPT. WE DREAM ABOUT THINGS WE WANT TO DO IN OUR LIVES. THE BEST WAY TO ARRIVE AT THOSE DREAMS IS TO WORK HARD AND NEVER GIVING UP IN ANY SITUATION. "NEVER GIVE UP" MEANS TO KEEP TRYING AND NEVER STOP WORKING TOWARDS YOUR GOALS. FAILURE IS THE FIRST STEP TO SUCCESS.

FAILURE MAKES YOU LEARN FROM YOUR MISTAKES AND REMINDS YOU TO KEEP TRYING. FOR INSTANCE, WHEN BABIES TRY TO WALK, THEY FALL DOWN MANY TIMES. YOU CAN'T GET EVERYTHING ON YOUR FIRST ATTEMPT. BABIES, THOUGH NEVER GIVE UP. THAT'S WHY WE ALL KNOW HOW TO WALK. IT IS RIGHTLY SAID THAT "WINNERS NEVER QUIT, AND QUITTERS NEVER WIN."

THERE ARE ALWAYS INSTANCES WHERE IT IS NECESSARY TO BE PRODUCTIVE AND TO PRACTICE BEFORE YOU TO ACHIEVE YOUR GOAL. IN A SITUATION WHERE YOU ARE TRYING TO MAKE A TEAM OR A SPORT, YOU REALLY NEED TO WORK HARD AND TRAIN. NOW WHAT HAPPENS IF YOU ARE TRYING OUT FOR VOLLEYBALL AND YOU DON'T MAKE THE TEAM? YOU DON'T NEED TO FEEL TRULY TERRIBLE ABOUT IT. YOU CAN WORK HARD, AND PRACTICE AND MAKE THE TEAM NEXT YEAR. MAYBE NEXT YEAR YOU WILL HAVE IMPROVED SO MUCH THAT NOW YOU ARE REALLY GOOD AT VOLLEYBALL AND SOMEDAY PERHAPS YOU WILL JOIN THE HIGH SCHOOL TEAM.

WHEN YOU WORK HARD AND NEVER GIVE UP, YOU DON'T KNOW WHAT KINDS OF SURPRISES ARE WAITING FOR YOU.

THE WONDERFUL WORLD OF MARIMBA

BY: JACOB LESHNOWER- GRADE 7



WHEN IT WAS TIME TO CHOOSE AN INSTRUMENT AT THE END OF THIRD GRADE, I CHOSE PERCUSSION. UNLIKE OTHER INSTRUMENTS, SUCH AS THE FLUTE OR THE VIOLIN, PERCUSSION ACTUALLY REFERS TO MANY INSTRUMENTS THAT MAKE A SOUND BY HITTING SOMETHING, SUCH AS A STICK OR A Mallet, AGAINST A SURFACE. SOON AFTER MY PERCUSSION LESSONS BEGAN, I CAME TO DISCOVER A WONDERFUL INSTRUMENT THAT I ENJOY PLAYING EVERY DAY: THE MARIMBA.

ALTHOUGH "MARIMBA" ISN'T A COMMON HOUSEHOLD NAME, IT IS FAIRLY COMMON IN ORCHESTRAS AND BANDS. NOT SURPRISINGLY, MORE AND MORE COMPOSERS ARE CHOOSING TO WRITE FOR THIS BEAUTIFUL, VERSATILE INSTRUMENT. THE MARIMBA IS A Mallet INSTRUMENT AND PRODUCES A WARM, RICH SOUND THANKS TO ITS WOODEN TONE PLATES, WHICH ARE LIKE THE KEYS ON A PIANO. IN FACT, THE MARIMBA'S SIMILARITY TO THE PIANO IS WHAT ATTRACTED ME TO THIS INTERESTING INSTRUMENT. HAVING PLAYED PIANO FOR YEARS, I APPROACHED THE MARIMBA ALREADY FAMILIAR WITH THE LAYOUT OF THE KEYBOARD. LIKE THE PIANO, AND UNLIKE DRUMS, THE MARIMBA IS A PITCHED-PERCUSSION INSTRUMENT THAT CAN PLAY SEVERAL OCTAVES OF NOTES.

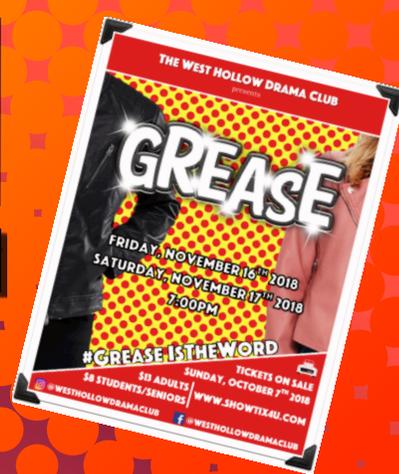
A MAIN DIFFERENCE BETWEEN A MARIMBA AND A PIANO IS THAT YOU DO NOT USE YOUR TEN FINGERS TO PLAY NOTES AT THE SAME TIME. HOWEVER, AS I SOON DISCOVERED, YOU CAN HOLD TWO MalletS IN EACH HAND TO DOUBLE THE NUMBER OF NOTES YOU CAN PLAY AT ONCE. IN FACT, THERE ARE TWO WIDELY ACCEPTED GRIPS FOR DOING JUST THAT. AS A RESULT, IT IS POSSIBLE TO PRODUCE BEAUTIFUL FOUR-NOTE CHORDS AND COMPLEX HARMONIES ON THE MARIMBA.

AT FIRST, MY PERCUSSION TEACHER LENT ME A VERY SMALL MARIMBA TO USE AT HOME. THE INSTRUMENT WAS LIMITED AND SO FOR MY TWELFTH BIRTHDAY, MY PARENTS BOUGHT ME A FULL, 4.3-OCTAVE MARIMBA MADE OF PADOUK WOOD OVER RESONATORS THAT AMPLIFY THE SOUND. IT IS AT LEAST AS BIG AS THE SOFA NEXT TO IT! I LOVE MY MARIMBA AND THE BEAUTIFUL WAYS IT ALLOWS ME TO EXPRESS MYSELF. I BELIEVE IT IS THE PERFECT PERCUSSION INSTRUMENT FOR PIANISTS. I HAVE BEEN PLAYING MARIMBA FOR ABOUT FOUR YEARS NOW, AND I LOOK FORWARD TO LEARNING MORE COMPLICATED PIECES AND IMPROVING MY TECHNIQUE EVEN FURTHER.



WH FALL MUSICAL

BY: TEA SHOULDICE-GRADE 7



ON NOVEMBER 16TH AND 17TH, THE WEST HOLLOW DRAMA CLUB PERFORMED GREASE, A MUSICAL ABOUT THE ROMANCES AND FRIENDSHIPS OF STUDENTS AT RYDELL HIGH SCHOOL IN THE 1950S. THE CAST OF APPROXIMATELY FORTY SIXTH, SEVENTH, AND EIGHTH GRADERS REHEARSED TIRELESSLY FOR THE TWO MONTHS LEADING UP TO OPENING NIGHT. ALMOST EVERYDAY AFTER SCHOOL, A REHEARSAL OF SOME SORT TOOK PLACE. THE FOUR DIRECTORS OF THE SHOW, MRS. REGAN, CHRIS BRICK, MS. STEWART, AND MR. ICONIS WORKED EQUALLY AS HARD AS THE REST OF THE CAST TO PUT THE SHOW TOGETHER. THEY HELD REHEARSALS, DESIGNED COSTUMES, AND MOVED SETS IN THE WEEKS LEADING UP TO THE SHOW. ON OPENING NIGHT, ALMOST EVERYONE WAS NERVOUS. BETWEEN LINES, SONGS, DANCES, ENTRANCES, AND COSTUME CHANGES, THERE WAS A LOT TO REMEMBER. ALL THE REHEARSALS PAID OFF. THE PRODUCTION WAS FANTASTIC. AT SOME POINT, LATER INTO THE WINTER, THE WEST HOLLOW DRAMA CLUB WILL PUT ON ANOTHER SHOW. THE CAST OF THIS "SPRING MUSICAL" IS MORE EXCLUSIVE, USUALLY BETWEEN TWENTY AND THIRTY KIDS. EVEN IF YOU DIDN'T TRY OUT FOR THE FALL MUSICAL, OR THINK YOU DON'T HAVE THE ABILITY TO MAKE IT INTO THE SPRING MUSICAL, BY ALL MEANS, AUDITION! THE DRAMA CLUB IS AN EXPERIENCE LIKE NO OTHER, AND WHO KNOWS - MAYBE YOU'LL SURPRISE YOURSELF.

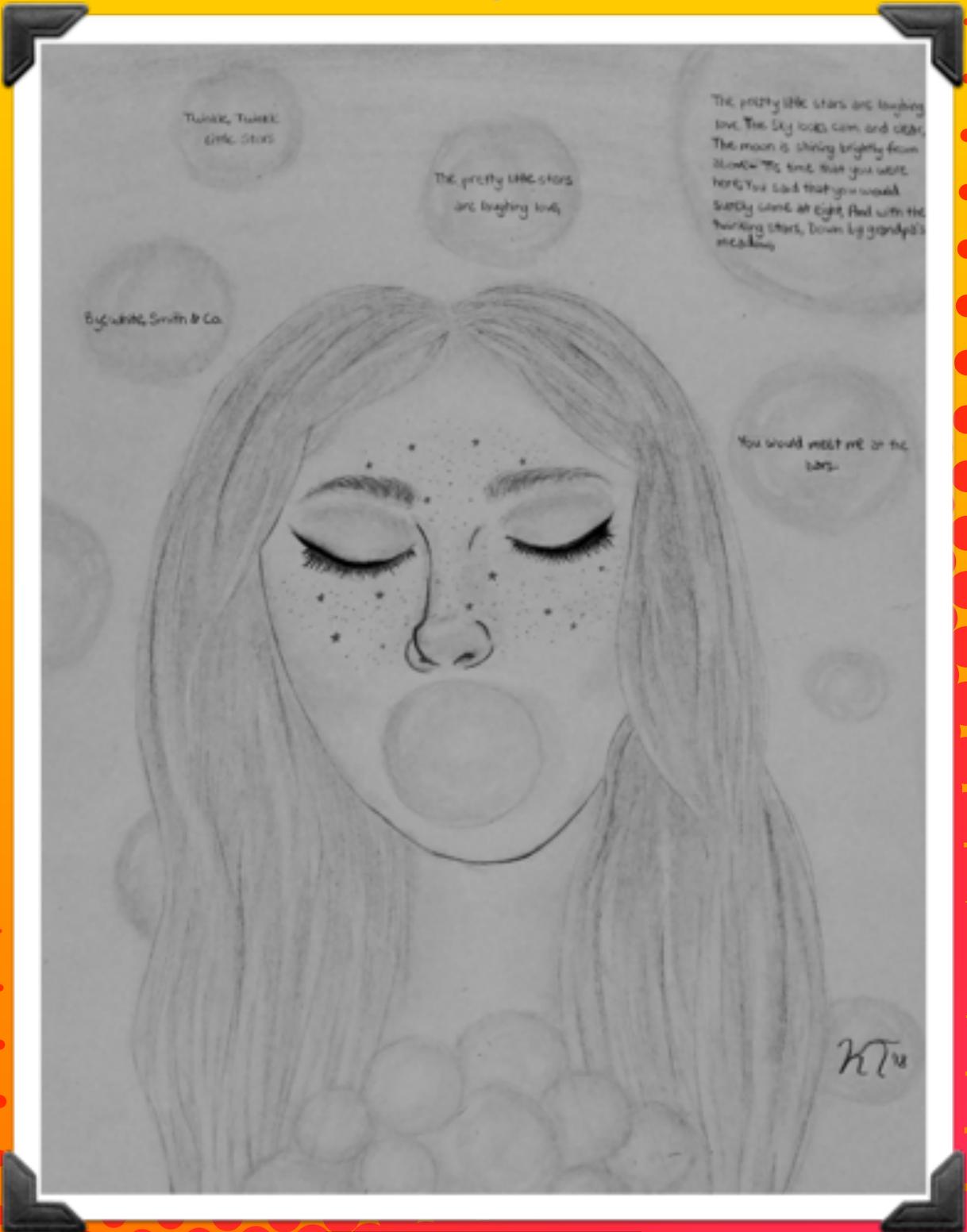
WH BOOK COMMITTEE

BY: TEA SHOULDICE-GRADE 7

DO YOU REMEMBER READING GHOST WITH THE REST OF THE SCHOOL? OR POSSIBLY THE WORLD ACCORDING TO HUMPHREY IN ELEMENTARY SCHOOL? THIS YEAR, WEST HOLLOW WILL BE DOING THE SAME; EVERYONE IN THE ENTIRE SCHOOL WILL READ THE SAME CHAPTER BOOK. BUT, THE SIXTY FOUR MILLION DOLLAR QUESTION, WHICH BOOK? HOW DO YOU SELECT A BOOK THAT WILL BE SUITABLE FOR SUCH A WIDE RANGE OF AGES AND INTERESTS? INSTEAD OF HAVING SCHOOL STAFF DECIDE, AS WAS THE PROCESS IN PRIOR YEARS, AN ENTIRELY DIFFERENT GROUP OF PEOPLE PICKED THE BOOK; WEST HOLLOW STUDENTS.

SIXTH, SEVENTH AND EIGHTH GRADE ENGLISH TEACHERS WERE ASKED TO SELECT A FEW STUDENTS WHOM THEY THOUGHT WOULD BE ABLE TO EFFICIENTLY COME TO THE BEST DECISION. THESE STUDENTS WERE REQUIRED TO READ ONE OR MORE OF THE FOLLOWING BOOKS; PAX BY SARA PENNYPACKER, A WRINKLE IN TIME BY MADELEINE L'ENGLE, THE CROSSOVER BY KWAME ALEXANDER, OR POSTED BY JOHN DAVID ANDERSON. ON OCTOBER 12TH, A DISCUSSION TOOK PLACE BETWEEN THESE STUDENTS OVER WHICH BOOK WOULD BE THE BEST CHOICE. EACH STUDENT PRESENTED THEIR CASE, AND SPOKE ABOUT THEIR FAVORITE (OR LEAST FAVORITE) OF THE BOOKS THAT THEY READ. OVERALL, THE MOST SUPPORT APPEARED TO BE SHOWN TOWARD PAX AND POSTED. AT THE END OF THE DISCUSSION EVERYONE, INCLUDING THE FEW TEACHERS WHO OVERSAW THE MEETING PLACED AN ANONYMOUS VOTE, THE PURPOSE TO DECIDE THE BOOK IN THE FAIREST WAY POSSIBLE. SOON, THE VOTES WILL BE COMPLETELY COUNTED, AND THE BOOK WILL OFFICIALLY BE PICKED. SO BEFORE COMPLETELY NEGLECTING TO READ WHATEVER BOOK MIGHT BE CHOSEN, BE SURE TO REMEMBER THAT IT WAS PICKED WITH YOUR BEST INTERESTS IN MIND.





Think, think
of the stars

The pretty little stars
are laughing loud

The pretty little stars are laughing
loud. The sky looks calm and clear.
The moon is shining brightly from
above. It's time that you were
here. You said that you would
surely come at eight. And with the
burning stars, down by grandpa's
meadow.

Big White, Smith & Co.

You would meet me in the
stars.

KT

KATHLEEN TEHN-ADDY
GRADE 8

QUALITY VS. QUANTITY

BY: SHRUTHIKA SENTHILKUMAR GRADE 7

WHAT IS QUANTITY VS QUALITY? QUANTITY IS THE AMOUNT OR NUMBER OF A MATERIAL OR IMMATERIAL THING NOT USUALLY ESTIMATED BY SPATIAL MEASUREMENT. IT IS SIMPLY KNOWN AS THE AMOUNT OF AN OBJECT. QUALITY IS THE STANDARD OF SOMETHING AS MEASURED AGAINST OTHER THINGS OF A SIMILAR KIND; THE DEGREE OF EXCELLENCE OF SOMETHING. IT IS SIMPLY KNOWN AS THE EXCELLENCE OF SOMETHING. I THINK QUALITY IS MORE IMPORTANT THAN QUANTITY. QUALITY IS MORE IMPORTANT THAN QUANTITY BECAUSE YOU WOULD LOOK AT THE QUALITY OF AN OBJECT BEFORE BUYING MORE OF THE OBJECT. THIS EXPERIMENT WILL PROVE THAT QUALITY WILL BEAT QUANTITY IN MANY WAYS.

PROCEDURE:

FIRST GET 3 SHIRTS

WASH ONE SHIRT WITH EGG YOLK

WASH THE OTHER ONE WITH OIL

WASH THE LAST SHIRT WITH PLAIN WATER

MAKE SURE YOU CAN'T TELL THE DIFFERENCE BETWEEN THE 3 SHIRTS

TELL YOUR PARENTS/GUARDIAN/FRIEND ETC. TO GET THE SHIRT THAT THEY THINK IS BEST.

MAKE SURE TO WRITE DOWN EVERYTHING.

MY CONCLUSION IS THAT MY PARENTS TOUCHED EACH SHIRT. THEY FINALLY CHOSE THE SHIRT THAT WAS WASHED IN WATER. THIS IS A FUN EXPERIMENT AND ALSO AN EXPERIMENT TO PROVE THAT QUALITY WINS OVER QUANTITY.



INTERVIEW WITH MRS. GALANTE

BY: SOPHIE LIBERMAN-GRADE 6



MRS. GALANTE IS THE SIXTH GRADE BAND TEACHER AT WEST HOLLOW MIDDLE SCHOOL. SHE HAS TAUGHT AT THE MIDDLE SCHOOL LEVEL FOR THE PAST TWENTY YEARS HAVING SPENT THE FIRST HALF OF HER CAREER AT CANDLEWOOD MIDDLE SCHOOL. MRS. GALANTE IS REQUIRED TO KNOW HOW TO PLAY ALL OF THE BAND INSTRUMENTS, BUT HER FAVORITE IS THE CLARINET. SHE ATTENDED THE CRANE SCHOOL OF MUSIC STUDYING CLARINET WITH ALAN WOY AND GRADUATED WITH EDUCATION AND PERFORMANCE DEGREES. MRS. GALANTE HAS PERFORMED AS A SOLOIST WITH THE HUDSON VALLEY WIND SYMPHONY, AS WELL AS SERVING AS THEIR PRINCIPAL CLARINETIST. SHE HAS HAD THE HONOR OF TOURING IN EUROPE WITH OTHER ENSEMBLES AS THEIR PRINCIPAL CLARINETIST. MRS. GALANTE PERFORMS WITH THE SYNERGY WOODWIND QUINTET AT VENUES ON LONG ISLAND. YOU CAN HEAR HER RECORDINGS OF THE BRAHMS CLARINET QUINTET AND THE SPOHR CLARINET CONCERTO WITH THE MUSIC MINUS ONE COMPANY. SHE LIVES IN NORTHPORT. HER THREE CHILDREN ARE ALL MUSICIANS!

QUESTION: WHO OR WHAT INSPIRED YOU TO BECOME A MUSICIAN AND MUSICAL DIRECTOR IN A MIDDLE SCHOOL?

ANSWER: "MY FATHER, WHO WAS A VIOLINIST FROM IRELAND."

Q: WHAT INSTRUMENT DID YOU PLAY WHEN YOU WERE STILL IN SCHOOL?

A: "I PLAYED CLARINET, AND I STARTED LATE. I STARTED WHEN I WAS A FRESHMAN IN HIGH SCHOOL."

Q: IF YOU DID NOT BECOME A MUSICAL DIRECTOR, WHAT WOULD YOU HAVE WANTED TO BECOME INSTEAD?

A: "EITHER A DOCTOR OR A NURSE, SPECIFICALLY A NURSE PRACTITIONER IN PEDIATRICS."

Q: WHERE DID YOU ATTEND COLLEGE?

A: "I WENT TO THE CRANE SCHOOL OF MUSIC."

Q: WHAT DID YOU STUDY SPECIFICALLY?

A: "I STUDIED MUSIC EDUCATION AND CLARINET PERFORMANCE."

Q: WHAT KIND OF MUSIC DO YOU ENJOY LISTENING TO WHEN YOU ARE IN THE CAR?"

A: "I LIKE TO LISTEN TO CLASSICAL MUSIC, BECAUSE IT MAKES ME THINK."

Q: WHAT DID YOU WANT TO BECOME WHEN YOU WERE IN ELEMENTARY SCHOOL?

A: "I'VE NEVER THOUGHT ABOUT THAT."

Q: WHY DO YOU THINK MUSIC IS IMPORTANT FOR STUDENTS?

A: "MUSIC ENCOMPASSES ALL DISCIPLINES AND TAKES THEM TO A WHOLE OTHER LEVEL OF CREATIVITY."

WEST HOLLOW: "HELPING IN OUR COMMUNITY"



BY: ELECTRA SCHEINER-GRADE 7

WEST HOLLOW DOES LOTS OF THINGS TO HELP OUT OTHERS IN THE TIME OF NEED, ESPECIALLY DURING THE HOLIDAYS. THE SCHOOL HOLDS AN ANNUAL THANKSGIVING FOOD DRIVE IN SUPPORT OF THE GERALD RYAN OUTREACH PROGRAM. EACH GRADE IS RESPONSIBLE FOR BRINGING IN CERTAIN FOODS: SIXTH GRADE-YAMS, SEVENTH GRADE-CAKE MIX, AND EIGHTH GRADE IS RESPONSIBLE FOR CRANBERRY SAUCE. THERE IS A BAGEL BREAKFAST FOR THE GRADE LEVEL ADVISORY THAT DONATES THE MOST AMOUNT OF THE CERTAIN FOOD, BUT IT'S NOT ABOUT THAT. THE FOOD WE DONATE GOES TO FAMILIES IN OUR COMMUNITY, THAT ARE GOING THROUGH HARD TIMES. SOMETHING THAT THE STAFF AT WEST HOLLOW PARTICIPATES IN, IS A FUNDRAISER CALLED SECRET SNOWFLAKE. THE STAFF PICKS A SNOWFLAKE AT THE GUIDANCE OFFICE. ON THE SNOWFLAKES ARE TOY WISHES FROM KIDS. THEY'LL BRING IT IN AND THE GUIDANCE DEPARTMENT WILL WRAP IT UP AND GIVE IT TO THE KIDS. WEST HOLLOW ALSO DOES FUNDRAISERS AS THE NEED COMES UP. AS CAN BE SEEN, WEST HOLLOW DOES LOTS TO HELP THOSE IN OUR COMMUNITY. THANK YOU MR. MARINICH, AND MR. HAUK FOR SPENDING YOUR TIME TO TALK WITH ME ABOUT ALL THAT WEST HOLLOW DOES.

WHAT IS: ICPS

BY NIYANTH PONNUSAMY GRADE 7

WHAT IS ICPS?

INSTITUTE OF CREATIVE PROBLEM SOLVING, AKA ICPS, IS AN ENRICHMENT PROGRAM FOR KIDS IN GRADES 5-10. THIS PROGRAM STARTED IN 1992 WHEN A PERSON NAMED DR. JONG PIL LEE READ A REPORT ABOUT HOW TALENTED, YOUNG KIDS AREN'T CHALLENGED AS MUCH AS THEY COULD BE. HE DECIDED THAT HE WOULD CHANGE THIS. THAT'S WHEN HE CREATED ICPS. ICPS IS TUITION FREE TO EVERYBODY. ALL OF ITS FUNDING COMES FROM CORPORATE SPONSORS AND INDIVIDUALS WHO LIKE THE IDEA OF ICPS.

HOW DO YOU GET INTO ICPS?

IF YOU'RE INTERESTED IN MATH, THEN YOUR MATH TEACHER MAY INFORM YOU ABOUT THIS PROGRAM. IF NOT, YOU CAN ASK YOUR MATH TEACHER ABOUT THIS PROGRAM. IN OUR SCHOOL DISTRICT THIS PROGRAM IS OFFERED IN MIDDLE SCHOOL AND HIGH SCHOOL. THERE ARE THREE THINGS YOU NEED FOR YOUR APPLICATION. FIRST, YOU NEED A TEACHER'S RECOMMENDATION. SECOND, YOU NEED TO FILL OUT THE APPLICATION FORM. THIRD, YOU NEED TO SIT FOR AN ENTRANCE EXAM. THE EXAM IS USUALLY CONDUCTED IN MARCH AND YOU GET THE RESULTS AROUND THE END OF MAY OR THE BEGINNING OF JUNE. THERE ARE ABOUT 500-800 PEOPLE FROM ALL OVER LONG ISLAND WHO TAKE THE EXAM BUT ONLY ABOUT 85 PEOPLE WILL GET INTO THE PROGRAM. THERE ARE THREE DIFFERENT LEVELS. THE FIRST LEVEL IS FOR FIFTH AND SIXTH GRADERS. THE SECOND LEVEL IS FOR SEVENTH AND EIGHTH GRADERS. THE THIRD LEVEL IS FOR NINTH AND TENTH GRADERS.

WHAT TO EXPECT ONCE YOU GET IN?

ONCE YOU GET IN YOU HAVE TO BE PREPARED TO LOSE YOUR PRECIOUS SATURDAY SLEEP FOR SOME "FUN MATH", BUTO BE HONEST, IT'S A LOT OF FUN! YOU GET TO LEARN NEW MATHEMATICAL CONCEPTS. THE TEACHERS ARE FROM MANY DIFFERENT SCHOOLS/COLLEGES. USUALLY DIFFERENT TEACHERS COME EVERY COUPLE OF WEEKS. THEY'RE VERY NICE AND HELPFUL. THE CLASSES RUN FROM 9:00 TO 11:30AM. YOU GET A 10 MINUTE BREAK IN BETWEEN. GUESS WHAT??? THERE ISN'T ANY HOMEWORK. ALSO, THERE IS A HOLIDAY PARTY COMING UP AND AN END OF THE YEAR PARTY WHERE THERE WILL BE A TALENT SHOW.

TO GET MORE DETAILS VISIT:

[HTTP://INSTITUTECREATIVEPROBLEMSOLVING.ORG/INDEX.HTM](http://institutecreativeproblemsolving.org/index.htm)



CELEBRATING DIWALI



BY: KHUSHI AND JASH MODY GRADE 7

DIWALI IS THE FESTIVAL OF LIGHTS. DURING DIWALI, WE LIGHT FIREWORKS, DO RANGOLI WHICH IS ART WITH POWDER, AND GET TOGETHER WITH ALL OUR FRIENDS AND FAMILY. DIWALI IS WHEN LORD RAMA CAME HOME FROM HIS FOURTEEN YEARS OF EXILE FROM THE FOREST. HE WENT INTO EXILE, BECAUSE ONE OF HIS AUNTS WAS JEALOUS OF HIM BEING KING AND DID NOT LIKE THAT IT WASN'T HER SON, AND LORD RAMA'S DAD GAVE HER A WISH IN RESPONSE. SHE WAS ABLE TO TELL HIM TO DO ANYTHING AND HE WILL DO IT, SO SHE TOLD HIM TO SEND RAMA INTO EXILE FOR FOURTEEN YEARS SO THAT HER SON COULD BECOME THE KING. RAMA WAS SUCH A GOOD SON THAT HE DIDN'T EVEN ARGUE. EVEN AFTER RAMA'S AUNT DID THIS, HER SON BHARAT WAS VERY UPSET WITH HER. BHARAT COULDN'T EVEN LIVE WITHOUT HIS HALF - BROTHER, SO HE PUT RAMA'S SHOES ON THE KING'S ARMCHAIR. WHEN HE CAME BACK FROM THE FOREST, FOURTEEN YEARS LATER, THE WHOLE KINGDOM WAS SO HAPPY. THEY LIT CLAY LAMPS AND PLACED COLORFUL DECORATIONS EVERYWHERE. THIS DAY IS CELEBRATED UNTIL THIS DAY BY MANY INDIAN FAMILIES AROUND THE WORLD. NOW, LETS TALK ABOUT FOOD. FOOD IS PROBABLY THE BEST PART OF DIWALI. THERE ARE SO MANY CHOICES THAT IT CAN BE HARD FOR A PERSON TO PICK! THERE ARE SWEETS LIKE RASMALI, GULAB JAMBUN, AND SO MUCH MORE. THERE ARE ALSO DRY SNACKS LIKE FAFDA, GUGRO, AND MANY OTHERS. DIWALI IS A FUN, AMAZING, AND COOL, AND OUR FAVORITE HOLIDAY!!!

WORD SEARCH

BY: RHYTHM JAKHETIA GRADE-7

Diwali Word Search

COHINDUMMXWCAPATTERNRANGOLIPBU
LPLANFESTIVALLKSSSWNTRWATDKYVI
UKWJWXETFYCFFRCPVKTRHZACVZLEMQ
GHZUQIDVBLVSKAUBRCNSAXOGEIUSCE
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ACNEVBWUITNPKMQQSNNSHXKELWCSTT
VHGLUCTDEGDAWBUXYUPWGRUAKCCQL

PATTERN	RANGOLI	CELEBRATION	GODDESSES	FESTIVAL
DIWALI		PARADE	HINDU	INDIA
GODS		LIGHT		

ANSWER KEY

Diwali Word Search

COHINDUMMXWCA PATTERNRANGOLIPBU
LPLANEFESTIVALKSSSWNTRWATDKYVI
UKWJWXETFFYCFFRCPVKTRHZACVZLEMO
GHZUQIDVBLVSKAUBRCNSAXOGEIUSCE
NMODCMI I UETOOQVMFEYJRMJZOWTNBL
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UQLPNYUJNRMQRQXDRBDIKOYDLQQTRO
GUSVDVBUGRFBKSDRLREZRTVOIINILD
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NCJSPBDVLMYVQWVBNAPWLXBDXUHTAF
ACNEVBWUITNPKMQQSNNSHXKELWCSTT
VHGLUCTDEGDAWBUXYUPWGRUAKCCQL

PATTERN RANGOLI	CELEBRATION	GODDESSES	FESTIVAL
DIWALI	PARADE	HINDU	INDIA
GODS	LIGHT		

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