



The 78 Scoop!

P.S./I.S. 78 Q Newspaper Club

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June 2022

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Summer News comin' in HOT before SUMMER BREAK!

Summer vacation is finally approaching! As school begins to wind down, we wanted to share with you all of the exciting events that have happened this year at P.S./I.S. 78 Q! Between different fundraisers, field trips, activities, and saying farewell to our Middle School Seniors, We have so much to report and share! As your school newspaper club representatives, we were able to interview and speak with a variety of different students to learn more about current events school-wide. Enjoy!

Written and Edited by:

8th Grade

Kiki Patrick
Su-Yin Bouchot
Lara May Hart
Albert Dvorak
Tanveer Gill
Kidane Allen
Elias Martinez
Nabanita Datta
Nicole Costa-Hernandez
Lukas Kim
Tunisa Kamal
Eva Stein
Emily Ostrager
Marissa Tang Yew

7th Grade

Audrey Kasper
Charlotte Davis
Ava Teaman
Naelah Aziz
Kona Tsukahara
Gretel McDiarmid
Julia Stemm
Cara Opina
Elene Dvali
Taiyo Ketchie
Henri Escobar
Abigail Rivera
Gabriela Arrendondo
Henry Malings
Alba Miller

Written and Edited by:

6th Grade

Matthieu Adeline
Cyrina Riano
Olivia Lee
Zahra Taher
Alex Smith
Chris Smith
Silvia Torroni
Adrianna Perez

5th Grade

Stella Walsh
Dylan Gutkowski-Ziffer
Luke Gutowski-Ziffer
Joe Saito
Jungi Ok
Elizabeth Kasper
Camila Merizalde
Rena Osuka
Anaya Davis
Alexandra Young
Maxine Wirtz
Aayan Hinge
Audrey Cha
Karina Angela
Julie Dvorakova
Arya Venugopal
Nola Lewis
Jaden Chauca
Charlotte Campos
Arlo McDiarmid

4th Grade

Hannah Yang
Eowyn Fan
Kaiya Varghese
Rigby Giardina
Ralph Suci
Liliana Gunness
Vida Patel
Theodore Kaplan
Daniil Moseykin
Diya Gomes-Liu
Brigman Yip
Louise Opina
Claire Mun
Taylor Hammond
Tey Chang
Finn Murphy
Maxime Lucheux
Aaron Mendoza

3rd Grade

Lionel McDiarmid
MohammadAli Aleysain
Ethan Schoeger
Kanta Tsukahara
Jisoo Ok
Olivia Son
Puma Patel
Enjae Kim
Madison Chien
Arianna Shah
Matteo Merizalde
Aksel McDermott

Entertainment and Pop Culture Column

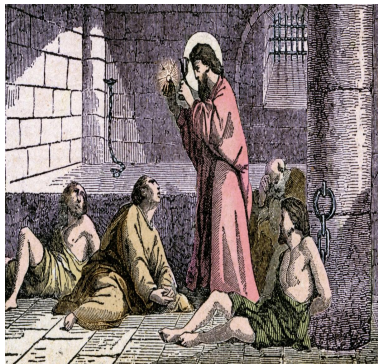
The History of Valentine's Day

By: Liliana Gunness and Claire Mun

Chocolate, candy, flowers, oh my! Many people are in love with this sweet holiday, but do you know the true history of this candy, flowers and gift-giving holiday?

The History

Did you know that the history of Valentine's Day wasn't exactly all "lovey dovey"? Back in the ancient days of Rome around the year 268 AD, there was an emperor, Claudius II,



who outlawed love! He made these laws strict. There was a priest named Valentine, who was a person that could not stand for these unfair laws. Claudius would not allow love because warriors (or people) that were in love tended to be more cautious. If someone had dared to break these laws, Emperor Claudius could send you to prison. But, Valentine did not care for these laws and kept on performing marriages, even if it was illegal. Valentine kept these illegal actions a secret to Emperor Claudius so no one had to worry about being excluded. However, one day, on

February 14, 269 AD, Claudius had soon found out about this secret, and you will not believe what had happened to Valentine!



Valentine's Actions Exposed!

As soon as this action was exposed to Emperor Claudius, St. Valentine was immediately sentenced to death on February 14, year 269 AD. To never forget Valentine and his illegal, yet rightful actions, Pope Gelasius I, invented Valentine's Day in the year 496 AD, to honor Valentine! After Valentine's death, February 14 has now become the day to express love, and Valentine has now been a christ and a saint, his name now, Saint Valentine's Day. The next time it's Valentine's Day, think about Valentine and his amazing actions that have created this day of love!

Never Forget Valentine!

Valentine was a kind, hard working person. He has never given up from the injustice of a terrible law. He

protected millions of people from living under Claudius' ridiculous and unjust rules. Take a second to remember St. Valentine and what he did to help us many, many years ago to let us still have love in the world. Valentine is the one who lets you be rewarded with all the chocolate, flowers, cards and candy on Valentine's Day. Thank you Valentine for all of this effort into creating this day!

Let's Celebrate Valentine!

February 14 is the day to celebrate this saint. Valentine's Day has been going on for generations and generations. Valentine did not want people to live under Claudius' no-love law. So, he kept on performing weddings and did not let anyone stop him from doing so.

Next year on Valentine's Day, think of Valentine and his hard work to create this day! **Great job Valentine!** We thank you a lot for doing all of this to give us freedom from no love.

Two Women Who Never Gave Up

By: Taylor Hammond

Kamala Harris

Kamala got her inspiration from attending a rights march. It was her dream to make things right for women and minorities. Kamala's mother is from India and her father was from Jamaica. When she went to India, she spent time with her friends and family. Kamala's friend's stepfather was not treating her friend so well just because of her skin color so Kamala Harris invited her to stay with her family. Kamala is passionate about equal rights.

When Kamala grew up, she became a lawyer. She did well in school and received a scholarship. Kamala never gave up, no matter how hard the job was. People heard her story all over the world. Even Joe Biden, who wanted to become president. He asked her if she would like to be his vice president if he got elected. She said "Yes!"

Now you can see her in the White House as the first black and female vice president. *This is why you should never give up!*

Oprah Winfrey

Throughout her youth, Oprah Winfrey experienced criticism about her weight and her race. Throughout her career, she ignored the negativity and became famous. People who listened to her on her famous talk show believed her and positive words. The people said "I want to be just like you Oprah!" She fought for women's rights and against racism. She shared voice with people of all kinds.

Now she shares her voice with everyone around the world. She has her own television station OWN and hosted "The Oprah Winfrey Show" for decades.

Next time think about these women, and REMEMBER, no matter what we look like or where we come from, we are all amazing and can do anything we set our minds to!



Kamala Harris



Oprah Winfrey

The Cubicle

By: Maxime Lucheux and Finn Murphy

Have you ever asked yourself "what facts are there about Rubik's cubes and how do you solve them?" Well my friends, you'll learn that and more in THIS ARTICLE! If you didn't know, Erno Rubik invented the Rubik's cube in 1974. It took Erno Rubik so long just to solve his own cube. His mother was delighted after he solved the cube so he didn't sit in his room all day. And did you know that Erno Rubik was born in Budapest, Hungary?



The Rubik's cube wasn't always as fast as it is today. Before, the Rubik's cube was super slow and had stickers on it. Today some cubes are sticker-less and have a lot of speed, such as a GANcube. There are also competitions for cubing called WCA (world,cube,association). Speaking about competitions, did you know the world record was 3 minutes and 47 seconds set by YuSheng du, who was born on June 14, 1999? Rubik's cubes come in many different shapes and sizes.



1 by 1, 2 by 2, 3 by 3, 4 by 4, 5 by 5, and pyraminx. All of these cubes are hard to solve except for the 1 by 1, but with practice and determination you can solve every Rubik's cube in THIS PICTURE!!! The 21 by 21 rubik's cube is the largest cube and maybe the hardest to solve.

Another Rubik's cube is the one by one which is by far the easiest to solve. All you have to do to solve the 1 by 1 is tap it and you're done! All of you readers are probably wondering how long it takes you to solve an actual Rubik's cube. Some might say, just use a clock! It will work so well! Stack mat Rubik's cube timers are better than phone timers because the stack mat timers don't run out of battery. What cubers use is a timer that is right in front of the cube. They place their hands on the timer, and when they let go of it, the timer starts immediately



Now let's talk about actual rubix cube pro's. As we mentioned earlier, the record of solving a Rubik's cube is 3 minutes and 47 seconds set by Yusheng Du. The rubix cube champion was Feliks Zemdeg, before Du beat him. His record was 4 minutes and 22 seconds. He held the world record for solving a 3x3 Rubik's cube until Yusheng Du showed up. His record was 3 seconds, which is Incredible!

Yusheng Du is 22 years old and he got the world record for solving a Rubik's cube. Yu sheng Du is a legend and was awarded a Guinness world record for solving the Rubik's cube. These days people work very hard to get a record, such as the Rubik's cube record. Some day, maybe even YOU can beat this and be a legend of Rubik's cubes. I hope you enjoyed this fun article teaching you about Rubik's cube facts. Now, the next time you look at a Rubix cube, you will have a ton of knowledge about this brain twisting puzzle.

“Luca” Review

By: Anaya Davis, Rena Osuka, and Alexandra Young

Cast

- Jacob Tremblay - Luca - Main character
- Jack Dylan Grazer - Alberto - Luca’s best friend
- Emma Berman - Giulia - Luca and Alberto’s friend
- Maya Rudolph - Daniela - Luca’s mom
- Jim Gaffigan - Lorenzo - Luca’s dad
- Saverio Raimondo - Ercole - Mean vespa guy
- Sacha Baron Cohen - Uncle Ugo - Luca’s uncle
- Sandy Martin - Grandma Paguro - Luca’s grandma
- Marco Bricelli - Massimo Marcovaldo - Giulia’s dad
- Peter Sohn - Cicco - mean vespa guy’s minion kid
- Lorenzo Crisci - Guido - mean vespa guy’s minion kid

Description

This movie is about a sea monster named Luca, who adapts to life as a human. Alberto, his best friend, showed Luca his old broken-down lighthouse that he lives in. They went to a town, and entered a competition named “The Portorosso Cup”. The only issue was that when it started to rain, his identity as a sea monster was revealed! Did they win? Did they lose? You better watch to find out!

Rating : 7.5/10

Why we recommend watching

We recommend “Luca” because of all the funny language and friendship scenes of the movie. This movie was touching to us because it's all about friendship, and how best friends are there for each other no matter what happens in life. This movie is creative because it has lots of turning events, and many surprising scenes. It also has great animation and is very appropriate for children over 3 years old. Luca is likely to entertain families, and imaginative kids.



Top 5 Classic Kid Movie Reviews

SPOILER ALERT!

By: Maxine Wirtz

Goonies IMDb: 7.7/10 Rated: PG

Cast: Sean Astin - Mikey, Josh Brolin - Brand, Corey Feldman - Mouth, Jeff Cohen - Chunk, Martha Plimpton - Stef, John Matuszak - Sloth.

Description: The Goonies, a young group of boys go on a search for treasure because Mikey's house is being foreclosed. They need to get money in order to afford the house back. On their journey for gold, they meet the One Eyed Willie.

Elizabeth from 5-502 gives "Goonies" an 8 out of 10.

Why is this movie recommended?

This movie has a bit of comedy that can put you in a good mood and also has a nice message at the end. One Eyed Willie looks different than other people, but his characteristics make the film a unique one.

My Rating:

☆☆☆

Mulan IMDb: 7.3/10 Rated: G

Cast: Ming-na Wen - Mulan, Eddie Murphy - Mushu, BD Wong - Li Shang, Harvey Fierstein - Yao.

Description: Mulan, a fearless young woman secretly takes on the role of her father by fighting for her country. As a way to fit in, she has to dress up like a man, not revealing her true identity.

Elizabeth from 5-502 says that "Mulan" is an appropriate movie for kids. It's not a *cheesy* movie and is inspirational to all ages". She also gives the movie a 7 out of 10.

Why was this movie recommended?

Mulan is a confident and determined young woman whose characteristics inspire many people. The secondary character, Mushu, is an entertaining character that can make you laugh so hard that you will fall out of your chair. This movie is an emotional rollercoaster ride. One scene you could be really sad and the other scene, really happy.

My Rating:

☆☆☆

The Karate Kid IMDb: 7.3/10 Rated: PG

Cast: Ralph Macchio - Daniel LaRusso, William Zabka - Johnny Lawrence, Pat Morita - Mr. Miyagi, Elisabeth Shue - Ali Mills.

Description: Daniel LaRusso moves to California from New Jersey. When he walks around the neighborhood, he gets himself into physical trouble with some boys. He finds Mr. Miyagi who teaches him to become strong, stand up to the bullies and fight for his life. There is a bit of rude language, but it isn't too bad.

Aayan 5-502 "I like Daniel, because he's a skinny kid that's weak, but Mr. Miyagi teaches him to defend himself. I really like the karate kicks and all of the moves he is taught.

Why is this movie recommended?

The Karate Kid is an inspirational movie. The way the characters talk and move gives you a vibe that makes you want to open your front door and say "I WANT TO LEARN KARATE!!"

My Rating:

☆☆☆

Back to the Future IMDb: 8.6/10
Rated: PG

Cast: Michael J. Fox - Marty McFly, Christopher Lloyd - Dr. Emmett Brown, Lea Thompson - Lorraine Baines McFly, Crispin Glover - George McFly, Thomas F. Wilson - Biff Tannen.

Description: Marty McFly time travels back in time with Doc's *Time Travel Car*. The year they went back was the year that George and Lorraine (parents of Marty McFly) were teenagers. The problem was that Lorraine liked Marty (her son), but she didn't know that Marty was her son because it was before she had him. So, in order for Marty to still be alive, he had to get Lorraine and George back together.

Why is this movie recommended?

This is a very entertaining movie to watch. It's full of comedy and different styles of living. This movie can also teach a lot about the culture of how things work today versus how things worked back in the 80's. There are also things that were used in the 80's to make you say...

"What's that?" or "I've never seen one of those before."

RECOMMENDED FOR AGES 9 AND UP

My Rating:

☆☆☆☆

Grease IMDb: 7.2 Rating: PG

Cast: John Travolta - Danny, Olivia Newton-John - Sandy, Stockard Channing - Rizzo, Jeff Conaway - Kenickie, Barry Pearl - Doody, Michael Tucci - Sonny, Kelly Ward - Putzie, Didi Conn - Frenchie, Jamie Donnelly - Jan, Dinah Manoff - Marty.

Description: Danny, over summer break, meets the love of his life, Sandy. As the summer ends, thinking they'll never see each other again, it turns out they're both going to the same school. They didn't realize that they're going to the same school until one of the Pink Ladies shows Sandy. Danny had to "act cool" in front of his friends, but that made Sandy upset enough to break up with him. As the movie goes on and time passes by, they get back together again and all of Danny's friends fall in love with Sandy's friends.

Aayan 5-502 "It's a good movie and I like grease lightning and the groups of students. I like how the movie gives an old school feel and I enjoy the car racing scenes". He gives the movie ☆☆☆☆.

Nola from 5-502: "I like how it's kind of a musical, and how there are a lot of songs. I like Sandy as well as Danny and his group.. GO GREASE LIGHTNING!! I enjoy the "old school" feel of this movie".

Why is this movie recommended?

The coordinated music as well as the teenage romance is very entertaining and amusing to watch. The movie will make you smile at times and cry at times. Maybe you'll even yell at the screen saying "NO! WHY WOULD YOU DO THAT?!" or "YEAH!"

RECOMMENDED FOR AGES 10 AND UP

My Rating:

☆☆☆

Top Movies You Need to Watch This Summer!

By: Audrey Cha, Stella Walsh, and Louise Opina

THE DEATHLY HALLOWS PART 2

IMDb Rating: 8.1/10

Cast: Daniel Radcliffe - Harry Potter, Emma Watson - Hermione Granger, (She plays Belle in Beauty and the Beast) Rupert Grint - Ronald Weasley, Tom Felton - Draco Malfoy, and more.

Description: A thrilling adventure as the crew from all the past movies go into the final battle against Voldemort, watch as they go on this daring adventure to discover new secrets about Voldemort's past.

Why we recommend this movie: It's a very 'edge of your seat' kind of movie!

"Do not pity the dead, Harry, pity the living, and above all those who live without love." - Dumbledore



CRUELLA

IMDb Rating: 7.4/10

Cast: Emma Stone - Cruella Deville, Emma Thompson - The Baroness, Joel Fry - Jasper, John McCreary - Artie, Mark Strong - John, Paul Walter Hauser - Horace Badun, Kirby Howell Bapiste - Anita Darling, Emily Beecham - Catherine, and more.

Description: This fascinating story is about a young girl with a great sense of fashion. As she grows up, many challenges face her that scar her for the rest of her life. In her adulthood, she makes a cunning disguise, and she uncovers huge secrets that change her for the better.

Why we recommend this movie: Good review, lots of exciting things happen, and it is a really good Disney movie. It's a very interesting, suspenseful and well-made movie.

"From the very beginning I've always made a statement. ..." - Cruella



SHANG CHI AND THE LEGEND OF THE TEN RINGS

IMDb Rating: 7.5/10

Cast: Simu Liu - Shang Chi, - Katy Awkwafina, Tony Leung Chiu-wai - Mandarin, Michelle Yeoh - Jiang Nan, Meng'er Zhang - Xialing, Ronny Chieng - Jon Jon, and more.

Description: An action packed movie with Simu Liu starring as Shang Chi secretly moves to America and hides his identity, disguising himself as Shawn, a normal valet driver. His father brings him back for another mission, but Shang Chi isn't sure if he can trust him.

Why we recommend this movie: Shang Chi and The Legend of the ten rings is a great movie for marvel fans, as there is a lot of action that is very suspenseful, not knowing who will win.

"I thought I could change my name, start a new life ... but I could never escape his shadow." - Shang Chi



ENCANTO

IMDb Rating: 7.3/10

Cast: Stephanie Beatriz - Mirabel Madrigal, Diane Guerrero - Isabela Madrigal, John Leguizamo - Bruno Madrigal, Adassa - Dolores Madrigal, and more.

Description: Encanto is a great movie for children of all ages, rated at 7.3/10. It is about a family who is blessed with wonderful gifts and powers of their own. However, one of the children, the main character, does not receive a gift. A very special candle keeps everyone's gift working, and it was very urgent to keep the candle lit. Mirabel sees the magic in danger and tries to save it. All of her hard work and help to save the magic has gone unexpectedly wrong, but can she still save the magic?

Why we recommend this movie:

This movie is appropriate for kids, has amazing reviews, is very popular, it is very interesting. Bonus - It has very good animations and songs!

"Sometimes family weirdos just get a bad rap" - Mirabel



RAYA AND THE LAST DRAGON

IMDb Rating: 7.3/10

Cast: Kelly Marie Tran - Raya, Awkwafina - Sisu, Sandra Oh - Virana, Gemma Chan - Namaari, Daniel Dae Kim - Benja, Benedict Wong - Tong, and more.

Description: In Raya's world, both humans and dragons live peacefully together in the world of Kumandra. Their world is split into many parts and everyone is fighting for the "Dragon Gem." Raya faces many challenges during her journey of bringing the world back together and her goal is to have everyone live in peace. She tries to unite the pieces of the dragon gem to get all the dragons back.

Why we recommend this movie: It's a great movie for families to watch together, and is a very imaginative and animated movie.

"It may feel impossible, but sometimes, you just have to take the first step, even before you're ready." - Sisu



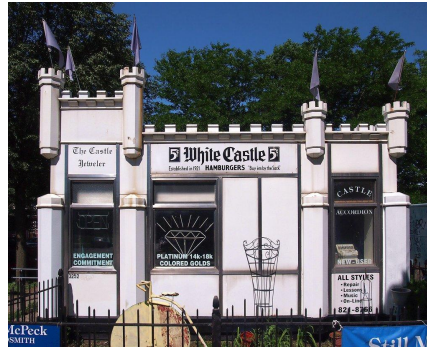
The Amazing Fast Food Story - How it All Started!

By: Rigby Giardina, Eowyn Fan, Hannah Yang, and Diya Gomes-Liu

Burger, fries, and more! There is so much fast food in this big, amazing, world, but when did it all start? Well we know. If you want to find answers you have to keep reading because this article has a lot of information you need to know!

Do you know how long people have been eating fast food? Well it turns out, fast food restaurants have been with us for a long time. Not many people were interested in fast food restaurants until the 1950's. Even the Romans had fast food! Their idea of fast food is much different than ours though. They served fried fish, pork sausages, partridge stew, fried eggs, and boiled green vegetables with street vendor carts. Imagine going to Taco Bell and eating that!

There are more than 300,000 fast food restaurants in the United States of America. That means there could be many near you, including McDonalds, which is currently the most popular fast food restaurant in the world. McDonald's opened on May 15, 1940. It's known for its Happy Meals and other yummy meal combos!



The first fast food restaurant opened on September 13, 1921. Billy Ingram and Walter Anderson opened the restaurant White Castle in Wichita, Kansas. White Castle's original menu is different from today. Hamburgers were once 10 cents and the food would come in castle shaped boxes or in 9 paper bags.

White Castle Menu in 1921

White Castle Co., Inc.	
Hamburger	.5 c
Cheeseburger	.6 c
Fries	.5 c
Soda Drinks	
Small	.4 c
Medium	.8 c
Large	1.0 c
Coffee	.5 c
Sugar Roll	.7 c
Cookie	.3 c
Juke Box Player	
1 play	.5 c
4 plays	1.0 c
10 plays	2.5 c
T. S. Printing Co. G18-3251 June 1952	

Billy Ingram and Walter Anderson had the job of spreading the word about the opening of White Castle, which was the kickstart to the fast food industry. How does any good fast food owner advertise? By making commercials and coupons of course! The people who make fliers, commercials, and advertisements (producers) make sure the company gets lots of business. Examples of fast food advertisements are fliers, signs, and billboards.

Next time you walk into a fast food restaurant, think about some of the history that you learned in this article and remember, there's still tons of information out there to learn!

Why is “Encanto” So Enchanting? *Spoiler Alert*

By: Alex Smith and Cyrina Riano

In Spanish, Encanto means *enchanting*. Why is the movie so enchanting? *Encanto* is one of Disney’s latest films. It takes place in Colombia. Encanto does not take place in one specific city, rather it draws from different towns all over Colombia. The setting takes place in the Caribbean part of Colombia, predominantly in Cartagena where the house or “casita” of Madrigal is located. Some things that make this movie so enchanting include the music, setting, and the family of Madrigal.

Music:

Did you know that the music in Encanto received two Oscars? It received awards for “We Don’t Talk About Bruno” and “Dos Oruguitas.” The music offers so much energy that doesn’t only give life to the audience, but to the “casita” itself! Let’s think about the culture and what it brings to the music. As all of you *Encanto* viewers now know, *Encanto* takes place in Colombia which is why they speak Spanish in certain points of the story. In the beginning of the movie, Mirabel excites the kids with their family song “Family Madrigal,” which is a song about everyone’s gift, which is interesting because we find out that Mirabel is the only one in the family who doesn’t have a gift. Every song explains an important element of the story or paints a picture of the character, such as one’s stress, a “bad guy”, their gifts, love for one another, and more! While every song in *Encanto* has an important meaning, the last song is especially important and if you listen very closely, you can hear bits of the melody but in a more smoothing tone from the beginning song “Family Madrigal.” The latest hit, “We Don’t Talk About Bruno” actually beat Frozen’s “Let it Go” in the top 5 chart of Disney’s songs. This is no surprise because the music was created by Lin-Manuel Miranda, the person who directed and starred in the famous Hamilton himself! The songs are amazing!

Family:

The Madrigal family is another reason why the movie is so enchanting. The family of Madrigal consists of sons and daughters with enchanting gifts that were passed down from the miracle and casita for years. When the children turn six years old, they get their own enchanting gift. Julieta and Pepa each had three kids, while Bruno had no children because he was always

left out since his gift consisted of seeing into the future. In the beginning of the movie, everything appears fine and it seems the family is perfect until Mirabel’s ceremony. At the ceremony, Mirabel doesn’t receive a gift and this is when it is learned that she is the only family member without one. Everyone in the Madrigal family has their own gift and associated title, while Bruno and Mirabel are forgotten. When the family seems to have fallen apart, Mirabel notices something wrong with the Miracle and brings everyone together, including Bruno, and they are once again the family Madrigal.

Mirabel: It’s unclear if Mirabel has a gift. She appears to have “magic/power” but did not receive a gift during her own ceremony. Toward the end of the story Mirabel brings union and joy to her family which is a true gift, maybe even the best one of them all.

Luisa: Physical strength and tremendous brawn. But her weakness is feeling the weight of everyone, including the whole town, always relying on her.

Isabela: Graceful, beautiful, and seems to be the “perfect” child. Her weakness is feeling “stuck” in being perfect.

Dolores: Has the power to hear things from far distances. Her weakness is having to hear everyone’s secrets and then having the stress to keep these secrets to herself.

Setting

The house seems to be located in a town like Cartagena and the lush green Cocora Valley located in Colombia. The extraordinary thing about Colombia is its great biodiversity with 10% of the world’s plant species, the largest number of land mammals, and is home to almost 2,000 bird species. These elements are well represented in *Encanto*.

Based on interviews, most people agree that the gifts, music, and the family make the movie enchanting. Additionally, all interviewees blamed Abuela for Bruno’s visions. Abuela wants the family to be perfect, but it takes a toll on the family physically and mentally. However, Abuela didn’t make the miracle, she just used the candle’s power to protect the town instead of her family. She did

ask Bruno to check his visions, but she didn’t ask for the casita to give him this gift nor for the rest of the family to get the gifts they have now. We think that the “casita” gave them the gifts because they need these gifts to survive. For example, flowers for plants to grow, super hearing to sense danger from far away, weather for different seasons, super strength to build and carry heavy things, animals to talk to and understand, and healing powers to cure the injured are all helpful for survival.

We can conclude that the real secret that makes *Encanto* so enchanting is love. All Disney movies have a theme and a lesson, and in *Encanto*, Abuela learns how much she hurt her family over a miracle, and that love is more important than magic or gifts. It was not the magic or gifts that brought the family back together and saved the “casita”, rather the strength of their love. They love each other, they care, and they are the magic themselves and together they are the true Miracle.

Anonymous Interviews:

What is your favorite song? “We Don’t Talk About Bruno.”

What is your favorite scene? When Bruno likes acting (ernando).

Who is your favorite character? Mirabel

Who do you blame for making Bruno see the future? Abuela.

What do you think makes Encanto so enchanting? The gifts and music.

What is your favorite song? “We Don’t Talk About Bruno.”

What is your favorite scene? When Dolores told Isabela that Mariano wanted 5 baby’s, Dolores gave Isabella the death stare.

Who is your favorite character? Bruno.

Who do you blame for making Bruno see the future? Abuela.

What do you think makes Encanto so enchanting? The gifts, the songs and the relationship



Nonstop Nintendo

By: Daniil Moseykin and Theodore Kaplan

The History of Nintendo

Nintendo wasn't always a video game company, it use to produce products such as instant rice, taxi services and televisions! When those companies went out of business, Nintendo thought of the idea to make games instead.

Nintendo games are very popular. The franchise has a lot of games which include Mario, Pokémon, and Animal Crossing. Nintendo creates many devices that users can play the games on. For example: Gameboy, Nintendo 64, Game Cube, Wii, and the Nintendo Switch.

Characters of Nintendo

Mario is the main character of the Nintendo franchise. He is a mustached Italian plumber who lives in Mushroom Kingdom. Mario is known for being kind, cheerful, and courageous.



Fun Facts!

1. Did you know that a Russian astronaut once took a Gameboy to outer space?
2. Did you know Nintendo and the company Sega are rivals competing to make video games? Sometimes they make games together on Nintendo switches like the game Sonic.

First Nintendo Game

The first Nintendo game was Donkey Kong in an arcade. Did you know that before Mario came to be, his name was Jump Man, specifically in this arcade game. Also in this game Donkey King was the bad guy. The objective of this game was to save Princess Toadstool who is now called Princess Peach.

Fun fact: Did you know that if you look carefully to the 1st pokemon game and the Pokémon legend there are 75% the same?



LIC Summer Activities

By: Silvia Torroni and Adrianna Perez

Have you been going to the same location every single summer? Staying home all day when it is nice outside because you don't know what to do? Well, don't worry because this article shares some of the most recommended places to visit and things to do during the summer in Long Island City according to students at P.S./I.S. 78!

There are many fun places for all ages such as parks, waterfronts, playgrounds, restaurants, and cafes. From experience and research some highly recommended activities include:

1. Hunters Point South (Center Blvd, Long Island City, NY 11101)

2. Little Chef, Little Cafe (5-43 48th Ave, Queens, NY 11101) .

These two places are great for all ages and include outdoor activities, perfect for a nice summer day! They are also in great locations which allow you to wander around and explore other cool places!



Hunters Point South

Hunters Point South is an amazing place to go to in the summer! It is outdoors and is suitable for any age! It has playgrounds that include streams of water for the children to play with on a hot summer day, a new route that has been added into the place. The route is a wonderful place to have a long walk in. It

has a lot of hills to do picnics in and is a very beautiful place to visit. Hunters Point South also includes a big grassy area, a huge sand area that you can play volleyball in, and a small place to eat at what is called the LIC Landing. The LIC Landing is in front of the big grassy area, a bike lane that is very long, and a wonderful view of Manhattan. The best part is, it is all outdoors!

Someone said: "It's all very very fun and a great way to spend time with friends, family, and pets!" Another person said: "Hunters point south is such a fun place to be with friends and family. There are so many fun activities to do at Hunter's Point South!" This place is greatly recommended for all!



Little Chef, Little Cafe

Little Chef, Little Cafe is an awesome little cafe to go to with your friends and family if you feel hot! They serve a variety of delicious treats and smoothies! It has outdoor seating and is in a family-friendly environment! There is a small, little playground that is ideal if you have little children and there is also a basketball and tennis court around it if you ever want to go back to play a bit of sports! Little Chef, Little Cafe has a very nice menu and even has its own website!

Interviews

Anonymous: "I think the food and drinks there are amazing! They come up with original ideas and in my opinion, that's great! The customer service is awesome as well! Once I was \$1 short but they gave me my order anyways! It is also an awesome place to hangout with friends and family! A lot of people know this location too and they loved it too!"

Recommended eating places in LIC

Do you ever just get bored of eating at the same old restaurants? Well here are some recommended places that people from LIC have recommended!:

- Dai Hachi
- Tuk Tuk
- American Brass
- Centro
- Little Chef Little Cafe
- McDonald's
- Slice
- Sweet Chicken
- Yumpling
- Chinese deli

Other Places to Visit This Summer:

- Roosevelt island
- Gantry Park
- Hunter's Point
- Museum of the Moving Image
- Gantry dog park



Amusement Parks

By: Jisoo Ok, Eunjae Kim, and Jungi Ok

The History of Disney - Information About Walter Elias Disney

Walter Elias Disney was an American entrepreneur, animator, writer, voice actor, and film producer. A pioneer of the American animation industry, he introduced several developments in the production of cartoons. As a film producer, he holds the record for most Academy Awards earned and nominations by an individual, having won 22 Oscars from 59 nominations. He was presented with two Golden Globe Special Achievement Awards and an Emmy Award, among other honors. Several of his films are included in the National Film Registry by the Library of Congress. As of 2022, Disney became the first, and later one of the three people been nominated for Academy Awards in six different categories, a record he shares with Alfonso Cuarón and George Clooney, until he was surpassed by Kenneth Branagh.

EPCOT here we come!

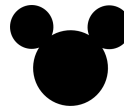
Did you know that EPCOT stands for "Experimental Prototype Community Of Tomorrow?" When Walt Disney first started to make animations, he had succeeded. But he decided to go to one place that would help him succeed even more-Hollywood.

After he went to Hollywood, and made animations, he made Disneyland in Anaheim, California. After that, he planned to make EPCOT. In the 1960s, he was thinking of making EPCOT a town where people lived and worked. But because of lung cancer, he could not see EPCOT being built. But his brother, Roy, did see it be built. EPCOT was built, but it was different from Walt's plan. It is now a place where different countries from all over the world are shown. You can taste different food and gaze at different landmarks. (You can also look for the EPCOT ball. There is also a ride inside it!)

The History of Mickey Mouse

If you think of Mickey Mouse, you might think of a character that is kind, and fun. But this was not always so. The character that Walt Disney thought of at first was cruel

and mean. As Mickey became popular, Walt decided to make another character that was naughty, greedy and rude in a funny way, and that character was Donald Duck. After Walt made the characters, he made his first Mickey Mouse cartoon called "Plane Crazy" where Mickey who never drove a plane tries to impress his girlfriend named Minnie by driving a plane.



Young Walt Disney

When Walt Disney was young, he liked to get attention. He loved to perform in front of his classmates. His house was built by his father, Elias. While his father was strict and short-tempered, his mother was warm-hearted and friendly. His mother quit her job to take care of her children. When Walt turned 4, his neighborhood was having a hard time, so his family moved to Marceline, Missouri. Walt loved his time on the farm. He rode pigs and horses.

Fun Facts About Walt Disney

1. Did you know that Walt Disney used to do both Mickey and Minnie's voices?
2. Did you know that you can meet Cinderella in the castle in Walt Disney World in Orlando, Florida?
3. Did you know that Walt Disney's first books never sold?
4. Did you know that Walt Disney Studios was the first studio that made cartoons in color and sound?

The 5 Disney movies the authors of this article know well:

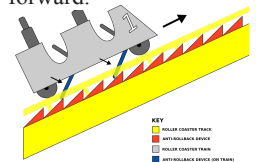
1. Snow White and the seven dwarfs 1937
2. Pinocchio 1940
3. Peter Pan 1953
4. Cinderella .1950
5. Mary Poppins 1964

Roller Coasters

You have probably rode a roller coaster before. But barely any visitor knows how it's built. If you're one of those people, you're in luck because this part of the article tells you all about it. about it (by the way this is the basics). First you have to think about the motors.

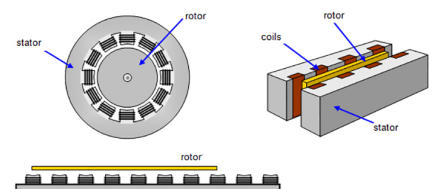
Motors

A good example of this is the linear motor. The linear motor was invented in the **late 1940s** by Dr. Eric Laithwaite of Manchester University. They started off as low acceleration devices, but in modern days, the technology has become capable of extremely high speeds in automation. These automations include roller coasters, jets, ships, etc. Believe it or not linear motors are mostly propelled by magnetic motion. Yet it is still faster than the traditional chain lift. A chain lift is propelled by one or two motors located under the lift hill. As the motor turns, it moves the chain. When the train enters the lift hill, the chain dog (or the gear prevents cars from rolling backward down the lift hill .) attaches to the holes in the chain, and it propels the car forward.



Linear motors were used in coasters these coasters includes

- Kingda Ka-Six Fags Great Adventure
- Velocicoaster-Universal Studios
- California Screamin-Disneyland
- Incredibles-Shanghai Disney World
- And pretty much every single roller coaster that is being constructed today!



Arts and Culture Column

Raising awareness on Global Warming, Pollution and Education

By: Nabanita Datta

A method of informing and educating people about a topic or issue with the intention of influencing their attitudes, behavior, and beliefs toward the achievement of a specific purpose or goal is known as spreading awareness. As a member of this school and community, I want to do an efficient job at informing and educating this loving and peaceful community.

Global Warming

Global warming is defined as an increase in global temperatures caused mostly by increased quantities of greenhouse gasses in the atmosphere, which we can influence. People, animals, and the environment are all grappling with a variety of global concerns, one of which being Global Warming. Global warming is a result of our actions. So, if we caused it, we can certainly solve it. Global Warming is at an all-time high right now. Scientists have tried everything they can to persuade us to take action. Global temperatures are rising, and by 2100, they are expected to have risen from 2.6 degrees Celsius to 4.8 degrees Celsius. This would result in more severe weather, food and resource shortages, and disease transmission. Reduced greenhouse gas emissions and increased awareness of the necessity of turning green can make a significant effect. Lobbying governments and proposing strategies to cut carbon emissions and encourage replanting are effective ways to advance on climate change. It will impact us in the same manner that it will affect animals and the environment.

Pollution

Pollution, which includes ocean waste, pesticides and fertilizers, as well as air, light, and noise pollution, is one of the most difficult worldwide concerns to address. Clean water is necessary for humans and animals, but owing to pollution from hazardous substances, sewage, and industrial waste, more than one billion people do not have access to it. It is critical that people all around the world start working to reduce various sorts of pollution in order to improve the health of the planet and everyone who lives on it. Mother Nature needs to breathe!

Education

Thanks to P.S./I.S. 78Q, I have a stable and proper education. I'm able to write this article and inform readers about specific topics due to the learning and knowledge I gain each and every day at school. However, in some parts of the world, some students aren't lucky enough to get such a great education. This is primarily due to poverty, country financial deficits, and other factors. More than 72 million children in primary school are not enrolled, and 759 million adults are illiterate and lack the knowledge necessary to improve their own and their children's living conditions.

What can we do to help?

Now I've given you a glimpse into reality as well as some major world challenges. I hope it inspires and motivates at least a few individuals to take action. There are numerous things

you can do to help, like donating whatever you consider is necessary to charity, joining movements, and so on. You can even raise awareness about certain problems on your own if you want to! Let us strive to change the world as a community!



Steps Towards a Better Public School System

By: Tanveer Gill and Lukas Kwon-Martin

Public schools in New York and America can definitely take steps to improve the education system. This article looks to address the concerns and come up with helpful solutions from the eyes of current middle school students. We hope that this could bring change at any level for the many students who are currently enrolled in American Public schools.

Classroom Size

A concern in public schools across the city, state and even the country is the alarming increase in classroom size. Throughout the last 10 years, classroom size has gradually increased. Experts have linked this to school budget cuts, suggesting that when there is a tight budget for schools, classrooms are expected to increase. The worst of the overcrowding in New York is Brooklyn, Queens and the central Bronx. With the Coronavirus Pandemic, there have been many laws and bills passed to cut the size of public schools. Many advocates however say that lawmakers are funding money to fix the wrong problem. The Coronavirus Pandemic has also brought new challenges, with schools now trying to enforce Social Distancing, which now adds an extra challenge to already crowded classes.



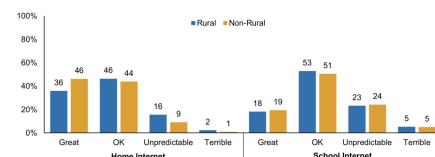
To solve some of these issues, public districts can try to take use of ability grouping. This means that students who struggle in learning can be put in smaller classes, meaning that the issue of some kids lagging behind could be dissolved. Another proposal could be lobbying for more funding from the state. With these solutions, classroom size can be reduced or at least counter humongous.

Technology/Devices

Hundreds of schools lack technology and are underfunded when it comes to technology. Schools where students do not have access or the means to utilize technology should be able to benefit from the extra support of funding. On top of funding for technology, a lot of decision makers don't give attention to newer technology which would give students a greater chance of succeeding in class. Students would also benefit from more training and practice in the overall field of technology.

ACT Research & Center for Equity in Learning | February 2019

Figure 1. Quality of Internet Access, by Geographic Area



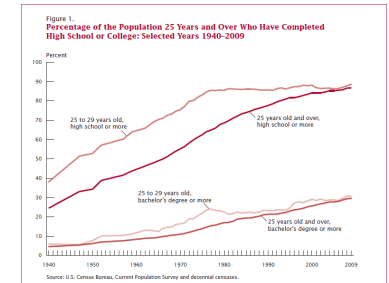
Parent Involvement

We have found how crucial it is to maintain a strong school community. Here at P.S./I.S. 78Q, parents are always encouraged to play a role in student learning. It has been proven that families with strong ties to their school communities and learning environment help to create a meaningful pathway for success. Parent involvement includes open lines of communication with teachers and other school staff, volunteer opportunities, and listening to the suggestions and various ideas of the community. Parents always have access to their students' teachers and can feel supported and heard by the school staff and community.

How Far We've Come

Public Schools today are more developed than classrooms 200 years ago. Districts still provide many primary and secondary schools with resources which are acceptable for most students. On top of that, since the 80s, public charter schools have begun popping up nationwide. Our education system is very progressive and inclusive as anyone from all backgrounds can enroll in a public school. This wasn't the case 100 years ago, where only those with economic advantages were able to attend schools. On top of that, more people

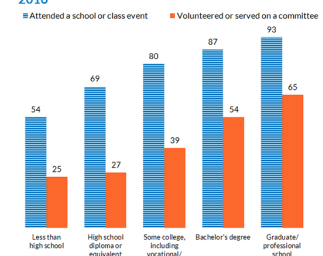
graduate high school than ever before and attend colleges. The US education system, with its flaws, has come a long way in making future generations smarter.



Conclusion

The U.S Education System has come a long way since it was first established many centuries ago. However, there is still a long way to go if we want to improve how U.S's children learn. Challenges we face include classroom size, technology, parent involvement and much more. It is up to us as students and teachers to bring change in a positive way. We could communicate to our Superintendents and DOE Directors through emails, letters, calls and ask for change. We shouldn't be so quick as to bash the school system since that won't bring any change for students. The best we could do is ask for change. If our voice is big enough, we can bring change, which can help many future students over the country.

Percentage of Students in Grades K-12 Whose Parents Reported Attending School Events, Volunteering, or Serving on a Committee, by Parental Education Level: 2016



Source: ACQ/Quigley, M. & Mays, M. (2017). Parent and family involvement in education: Results from the National Household Education Survey Program of 2016. NCEP 2017-2020. Washington, DC: U.S. Department of Education, National Center for Education Statistics. Retrieved from https://nces.ed.gov/ipeds/data/childtrends2017/2017_2020.pdf

Beautiful Bollywood

By: Arianna Shah and Kaiya Varghese

What is Bollywood?

There are so many types of dances in the world. One of the most popular types of dance in India is Bollywood. What is Bollywood, you ask? Well, it is a mixture of basic Bollywood music fused together such as hip-hop and jazz.

How Did Bollywood Start?

Bollywood originated in Bombay, India in the 20th Century. Bollywood started as traditional folk dance and later became known as Bollywood. Did you know that Bollywood is a Hindu way of saying Hollywood? As you know, Hollywood is one of the most popular homes to famous movie and television studios. Well, so is Bollywood! This dance is free to all genders and ages.



Hand Gestures/Mudras

Bollywood has many hand gestures/movements. These are called mudras. These mudras have significant meanings and go with the dance performed. In the 50s-60s, Bollywood continued to grow and the number of dancers expanded by a lot, (which was a good thing). In the 1940s colored films were introduced. This was very helpful for the growth of Bollywood. This was also very helpful considering there are many bright colors and exquisite costumes included in Bollywood films and dance.



Bollywood Clothing

Womens costumes such as lehengas, chaniya cholis and much more. These beautiful costumes include elaborate gold and silver patterns. Mens costumes such as Sherwani, Bandhgala, Lungi, Kurta, Shalwar Kameez and much more! These beautiful costumes include pretty designs of flowers and sometimes just plain colors. These costumes all have awesome designs and patterns.

Example Costumes:



What Makes Bollywood So Special?

Bollywood is performed in large groups of people and is very synchronized. This makes Bollywood dance so exciting and mesmerizing. Bollywood dance has so many colors involved because of the costumes. The high energy on top of that makes this type of dance so special and unique.

Conclusion

As you can see, Bollywood is important to the history of India and has contributed to the world of dance at large. It is one of the most popular dances in India because it originated in the 20th century and grew. It also has many significant hand gestures which mean so much! Bollywood is also fun to watch because of the beautiful outfits/costumes. Now, we want you to think about this: If you could, would you try Bollywood dance or listen to Bollywood music?

Make Peace, Not War!

By: Marissa Tang Yew

Did you know that in certain countries, men are drafted to war? For example, on February 4th, 2022 at 4:00 am, Russia had invaded Ukraine, forcing a majority of their citizens to leave behind their homes, families, and pets.

Thankfully, Poland, Hungary, Slovakia and Romania provided great support to Ukraine and took in their refugees, providing them with food and shelter. It's nice to know how countries can be of such help and support towards one another during such a devastating time.

Another positive note to add is how great of a leader the president of Ukraine has been during this time. He is a strong leader and has chosen to defend the citizens of Ukraine to help them get back to the peaceful place they once resided in.

It is understood that sometimes these global events take place and that they are out of our control. However, I truly believe peace can be achieved in many other ways.

It has been proven that effective communication helps to alleviate problems and negative feelings.

It has shown that if you can effectively talk about your problems, and both parties are willing to compromise, anger and frustration can be alleviated.

Communication can also help bring hidden problems to light, which will also help solve problems.

Overall, communication helps relationships. Relationships can not thrive when there is no communication. Consider plants: They can not survive if they have no water and sunlight. The same goes for relationships - they need many things to function healthily.



Sports Column

The Winter Olympics

By: Nola Lewis, Lionel McDiarmid, Aaron Mendoza and Charlotte Campos

Shaun White: Snowboarder

Here comes the ALL-TIME Champion, 5 time Olympian in the showdown of snowboarding. It's the one and only Shaun White!



You're probably wondering who Shaun White is. Shaun White is an American snowboarder who has won 3 gold medals and 2 silver. Mr.White has 18 medals including his 3 Olympic medals. Shaun White has retired but we will still remember his CRAZY HIGHLIGHTS.

Retired!

Shaun White is one of the best snowboarders of all time. Even though he is retired, he will forever be the greatest. He was quoted at the most recent winter olympic games stating "I wasn't feeling that first run, I was clicking and I took that little last approach and I was falling on my back. I think I decided this will be my last competition."

Women Achievements

Did you watch the 2022 Winter Olympics in Beijing, China? If you did not, you missed a lot of great events!

Tons of women participated this year, and history has been made.



Team Sports

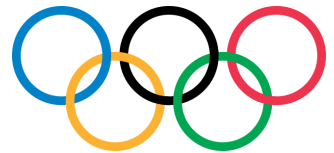
The Canadian Women's Hockey team celebrated after defeating the United States 3-2 for gold on Feb.17. Women's Hockey has been an Olympic sport since 1998, and only Canada and the United States have won gold. The two countries have played for the gold medal game in the last four Olympics, with Canada winning three of them.

Individual Sports

- Russian teen Kamila Valieva, placed fourth after falling multiple times, during her routine on Feb.17 free skate event.
- Natalie Geisenberger is the first 3-time Champion in the Women's Singles Luges.
- Irene Schouten from the Netherlands won gold, with a sprint finish against Canadian Ivane Blondin and Francesca Lollobrigida
- Alpine Skier Mikaela Shiffrin cemented G.O.A.T status in the winter olympics.

Fun Facts

- The German skater Claudia Pechstein broke the ice with her record for being the oldest woman to compete in the winter olympics at the age of 49!
- Suzanne Schulting from the Netherlands passed the speed limit with the fastest short track speed skating at 1,000 meters.
- The woman Jennifer Jones with being a Canada curling player and being a G.O.A.T on her resume she qualified for olympics at 47.
- Chloe Kim is arguably the best female Snowboarder of all time!
- Gabriella Papadakis is a France figure skater, and won Three-time world champions and four-time European champions!
- Jennifer Jones, one of Canada's curling G.O.A.T, qualified for the olympics at the age of 47!



Medal Count of the Winter Olympics

The medal count of the winter olympics stretches from countries well known to some that we don't know. With countries with 37 medals and some with 1 medal. The Winter Olympics are to show which countries are better at these sports and define which country is the best. These 91 countries with 2,871 people in all. They were all competing for the top prize. Gold. They knew that only one person could take the gold for the sport and these are the countries that won gold, silver, and bronze.

Norway

The country that took home the trophy was Norway. With 16 gold, 8 silver, and 13 bronze medals. When you add up the medals it comes out to 37 medals.

ROC (Russian Olympic Committee)

For second place was ROC . They got 6 gold, 12 silver, and 14 bronze. To sum it up the total medal count for ROC is 32 medals

Germany

Third place which barely made the cut is Germany. With 12 gold, 10 silver, and 5 bronze. Total 27 medals for Germany.

Canada

Canada almost made the cut to third place but came out fourth place, with 4 golds, 8 silver, 12 bronze total of 26 medals.

USA

The place that we all live in we got 5th place. 8 gold, 10 silver, 7 bronze in total is 25 medals.

Sweden, Austria, and Japan

These three countries got the same amount of medals. Sweden got 8 gold, 5 silver, and 5 bronze medals. Austria got 7 gold, 7 silver, and 4 bronze. Japan has 3 gold, 6 silver, and 9 bronze. They both got a total of 18 medals.

Netherlands & Italy

The Netherlands got 8 gold, 5 silver, and 4 bronze . China got 9 gold, 4 silver, and 2 bronze. The two countries both got 17 medals

China

China got 9 gold, 4 silver, and 2 bronze medals. 15 medals in total.

Switzerland & France

Switzerland and 7 gold , 2 silver, and 5 bronze. France got 5 gold, 7 silver, and 2 bronze. They both got 14 medals.

South Korea

South Korea got 2 gold, 5 silver, and 2 bronze medals. Adding all of the medals up, that is a total of 9 medals.

Finland

The country got 2 gold, 2 silver, and 4 bronze medals. Together that is 8 medals in total.

Slovenia

Coming in with 2 gold, 3 silver, and 2 bronze medals. Scoring 7 medals in total.

Australia

With 1 gold, 2 silver, and 1 bronze. Totaling up into 4 bronze

New Zealand & Hungary

These two countries both scored 3 medals. 2 gold, 1 silver, and 0 bronze medals.

Great Britain, Belgium, Czech Republic, Slovakia, and Belarus

All of these countries scored 2 medals. Great Britain got 1 gold & 1 silver. Belgium, Czech Republic, and Slovakia all got the same order of medals, 1 gold and 1 bronze. Belarus got 2 silvers.

Spain, Ukraine, Estonia, Latvia, and Poland

Spain and Ukraine both each got one silver medal. Estonia, Latvia, and Poland all got one bronze medal.

Figure Skating Champion

There is a hero on team USA, and that is the one and only Nathan Chen. If you do not know this certain someone, he is one of the best figure skaters in the USA, he has won a ton of medals, every kind, bronze, silver and gold. I am personally glad he was on our team this year.

Taekwondo and Hockey

By: MohammadAli Aleysain and Ethan Sthoeger

Taekwondo

Tae (kick) kwon (punch) do (do the right thing). That's the meaning of Taekwondo, a Korean martial art.

Taekwondo was developed during the 1940s and 1950s by many Korean martial artists as a mix of the indigenous Korean fighting styles of Taekkyeon, Gwonbeop, and Subak, with influence from other martial arts such as Karate and Chinese martial arts.

The person to first start Taekwondo was Choi Hong Hi, widely known as the founder of Taekwondo. Choi Hong Hi was born on 11/09/1918 and died on 06/15/2002 at the age of 83.



Vito Dell' Aquila is one of the best Taekwondo athletes. He is an Italian Taekwondo player. He won a gold medal from the 2020 summer olympics. He is 21 years old. (2022)



The practice of Taekwondo has become a very popular practice for both men and women. Over the years, the sport grew in popularity throughout the world.

World Of Hockey!

Passes, it shoots and scores! What a goal! Did you know that hockey is one of the most fan-favorite sports in the world? There are so many amazing players that have contributed to the sport and its history. These players have talents and skill sets that are truly unmatched.



Fun Fact: Wayne Douglas Gretzky is one of the best hockey players in the NHL! He played for three teams including the New York Rangers, Edmonton Oilers and the Los Angeles Kings. He has played for 20 years and never gave up. He demonstrated determination, motivation, and perseverance while on the ice. These are important qualities to have especially as a team player.

If you have never played ice hockey before and are interested in doing so, here are some steps to get started:

- Practice ice skating by visiting a local rink.
- Get the appropriate equipment and gear to keep you safe and comfortable while on the ice.
- Depending on your dominant hand, you will either use a left-handed or right-handed hockey stick.
- You will use the stick to hit the puck into the net.
- Have fun!

Super Bowl 56

By: Elias Martinez, Matteo Merizalde, Puma Patel, and Kanta Tsukahara

This Super Bowl was a game changer by the L.A Rams. It was exciting and fun to watch!

WHO?

Cincinnati Bengals vs the LA Rams

WHAT?

Super Bowl 56

WHERE?

Inside the SoFi Stadium

WHEN?

February 13, 2022

HOW?

Read on to read some of the Super Bowl 56 Highlights!

TOUCHDOWN! Did you watch the L.A Rams win?

The first point was made by Odell Beckham Jr. The second point was scored by Evan Mcpherson. The LA Rams scored 23 points and the Cincinnati Bengals scored 20 assist points. Cooper Kupp was MVP. MVP Cooper Kupp led with 2 touchdowns.

Overall, both teams played very well. It was a close game with fierce competition.

Do you love watching the superbowl every year? We do! Super Bowl parties are fun-filled events with lots of yummy snacks, family members and friends, and just an overall great time!

This picture shows the Cincinnati Bengals vs the LA Rams in the Super Bowl 56 which took place inside SoFi Stadium.



Wellness Column

What is Mental Health?

By: Ava Teaman and Olivia Lee

There are many types of mental health illnesses that affect people in many different ways. Some types of mental health issues include: Anxiety (panic disorder), O.C.D (obsessive compulsive disorder), P.T.S.D (Post traumatic stress disorder), depression, etc. Many things can cause these mental illnesses. Even though mental health may NOT seem as important as physical health, it is equally, if not more important. "Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act... and make healthy choices"(CDC).

Anxiety is usually caused by stress. This is a part of many of our lives. Many people feel anxious all the time, and a lot of times they don't know how to cope. Even though feelings of anxiety are normal, people with anxiety disorders experience things a little different. "...people with anxiety disorders frequently have intense, excessive and persistent worry and fear about everyday situations." Meaning that people with anxiety disorders have more intense feelings of anxiety, in situations where others don't. "Often, anxiety disorders involve repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes (panic attacks)."(Mayo Clinic)

O.C.D or obsessive compulsive disorder, is an illness that can cause people to have obsessions about certain things. These things can include: unwanted, intrusive/disturbing thoughts and/or images. Compulsions happen when a person tries or attempts to get rid of the obsessions.

P.T.S.D stands for posttraumatic stress disorder. P.T.S.D is a mental health disorder that is triggered by a traumatic event—whether experiencing it or witnessing it. People may experience distressing thoughts, dreams and/or flashbacks. This is serious because this can be very realistic.

Depression increases the risk for many types of physical and mental health problems such as diabetes, stroke, and heart disease. If you think you may have one of these illnesses, tell someone that's close to you, or go to a therapist. Don't hold your emotions in because it'll just make it harder to handle. Think of the positive side of things, and don't give up!

Sometimes we may be worried about the slightest things, maybe a test, a family member, or even maybe a friend. That's ok, you don't have to get mad at yourself, sometimes with mental health that happens. You may need a mental health day - you should treat yourself like you would treat someone that you care about. Give yourself the time that you need. Accept all of your different emotions. And remember, with the right care and knowledge you will get through this! Maybe you can help someone too!

Every single day, life seems to go by in a simple snap of a finger. You wake up, get dressed, go to school, etc. Yet the simplest things seem to be ignored or considered irrelevant. This supposed "human-instinct" will cause the smallest changes of habit to go by without any thought, making a huge window for the slithering darkness of depression to sneak in and take control of the whole body.

According to Mayo Clinic Health System, it is reported that approximately 30% of students were shown to have felt depressed throughout the past year. That's nearly 66,000,000 children living in the midst of darkness, denied the attention they rightfully deserve. Furthermore, The Polaris Teen Center also states that approximately one in five teens (aged 12 to 18) suffer from at least one mental health disorder.

Mental health is an important part of the lives of students all around the globe, especially teens throughout the pandemic. Due to the past quarantine issued by the CDC, COVID-19 had impacts such as stress, anxiety, and many other mental health challenges targeted towards teens.

Happiness should be free for everyone, everywhere. No matter the situation, no one should be trapped in the well of depression. Instead, those who have the keys to the box of desolation should share their methods to reduce the 66,000,000 children into 0. According to the U.S. Bureau of Labor Statistics, 55,200 licensed therapists are there to help you no matter the place, want, or even age. The whole world has your back, so know that help is always there. *"Happiness is a journey, not a destination."* -Buddha



How Daily Activities Can Cause Stress and What to do About It

By: Charlotte Davis, Audrey Kasper, Arya Venugopal, Elizabeth Kasper, Karina Angela, Kiki Patrick, Su-Yin Bouchot

Remember that time when you were stressing about an upcoming math test? Or you thought your friend's present wasn't going to come on time? Do you ever feel like something is wrong? Do you feel like you are acting differently? Worrying about these things builds up stress, so sometimes you should take a brain break!

Some signs that you are experiencing stress include trouble sleeping, a weak immune system, a dislike of physical activities once enjoyed, continued worries, complaints about school, crying, fearful reactions, being overly clingy, experiencing a range of emotions or irritable behavior, and different eating and sleeping patterns. Stress happens to everyone, but for children it can progress to future health problems. According to Nationwide Children's Hospital, stress weakens the architecture of the developing brain, which can lead to lifelong problems in learning, behavior, and physical and mental health.

But don't worry there are many ways to prevent stress. You may feel uncomfortable talking about your problems to a friend, but doing so really helps because you can express your feelings and let someone know what's going on so they can help you. Sometimes, it's better to discontinue participating in an activity if you notice that you're too busy and don't have any time for yourself. Too many activities can cause more stress and take away valuable time that you need for yourself. Spend time doing things that you enjoy. Additionally, holding in your emotions for too long can cause

more stress, so it is helpful to let these emotions out!

Calming Strategies

1. Listen to some relaxing music. It can just be a waterfall, or some flute music. You can find this on Youtube or Spotify, the choice is yours!

2. Take a nice hot bath. Let the warm water and bubbles sooth you.

3. Paint, doodle or draw! Express your feelings on paper, it doesn't matter what you do, just do YOU!

4. Visualize a beautiful, quiet place. It can be from the mountains, (or something from your imagination) to the Niagara Falls.

5. Do some yoga exercises. Stretch out your body, just like stretching out your bad thoughts. Even if you are not that flexible, do some basic arm movements. Not your thing? Try dancing instead! (see #9)

6. Get outside and take a walk in nature. Feel the fresh air, leaves crunch beneath your feet, listen to the birds. Wherever you are, walk outside, and touch the grass and trees, enjoy Mother Nature.

7. Yell in a pillow or blanket. In doing this, it's like you're screaming your bad feelings out! It's not only cathartic, it's really enjoyable.

8. Sip on a nice, cooling drink. Cool yourself down with a glass of water, lemonade, or whatever you please.

9. Dance your heart out! Play some music, hear the rhythm and express yourself! Let your body move! You can perform in front of your family, your

toys, or just your own self! Dance like no one's watching!

10. Take some deep breaths. Countdown from 10, or count up to 100. Take as long as you need to calm down.

11. 4-7-8 Breathing: inhale for **four** seconds, hold for **seven** seconds and exhale for **eight** seconds.

12. Lightly pinch the pads of your fingers, and look at your hand while you're doing so! Try to focus on your fingers, don't think about anything else.

13. Get the right amount of sleep for yourself (too much or too little is bad for you). Too much stress can cause sleep deprivation which can lead to fatigue throughout the day. With stress and corresponding lack of energy, sleep is the time where you recharge.

14. Keep a journal! Instead of bottling up your emotions and releasing them on others, save yourself time and energy by expressing your emotions through your writing.

If you want more examples, try looking up "Activities to help with stress." Remember, whatever you're going through, you can and will get through it, eventually! Just know and remind yourself that this too will pass. Having a healthy mindset and taking care of your mental health is important, especially for middle schoolers. According to recent studies, one in five teens between ages twelve and eighteen suffer from mental health issues. So, let's lower those numbers! Hopefully these activities work for you!

Extracurricular Activities

By: Alba Miller and Abigail Rivera

Extra-Curricular activities are important and beneficial to students for so many reasons. Study groups, sports teams, arts and performing arts are just a few Extra-Curricular activities that P.S./I.S. 78Q has to offer.

Study group/tutors

New York Edge offers homework help. It's helpful for students when we need extra support in completing classwork and homework.

Sports

This year, in addition to the different sports offered in New York Edge and Snapology, we also have a basketball club. Students complete drills, stretch, and play games.

Arts and Performing Arts

Students get to complete art activities in both New York Edge and Snapology. We think it would be great to also have a theater club! We could do ice breaker activities, come up with different ideas for musicals and practice singing, dancing and acting.

How are Extracurricular activities beneficial to students?

Extra Curricular activities are fun and important because many people get to do what they love and have fun with it. Extra curricular activities provide support and may also help you with improving your overall attitude and academics.

Activities, sports teams, and study groups are beneficial to the school because having extra-curricular activities in general will make a lot of students want to join in on the fun. It's helpful for the school because students will be motivated to get through the school day so they can participate in clubs and activities that they are passionate about.



School Food

By: Elene Dvali, Henri Escobar, Taiyo Ketchie, Henry Malings, Alba Miller, Cara Opina, and Abigail Rivera

Teachers

Interview questions:

1. *What are some school foods that you would like to improve upon?*

Mr. Pistell- Less food waste in general.

Mr. Wegiel- The salad

2. *What is your least favorite food from the school cafeteria?*

Mr. Pistell- Vegetables

Mr. Wegiel- Beef patties

3. *What is your favorite food from the school cafeteria?*

Ms. Selim, Mr. Pistell and Ms. Selim all voted for Mozzarella Sticks!

Mr. Wegiel- Pizza

4. *What are some of your favorite foods in general?*

Ms. Selim- Pizza and pasta

Ms. Speciale- Tacos

Mr. Pistell- Japanese foods, Thai food, Chinese food.

Mr. Wegiel- A good sandwich with chicken

5. *Do you think other drinks can be added to the menu?*

All teachers agreed that the milk option provides a healthy calcium-filled dairy option while the water option is awesome for hydration! Soda shouldn't be given during lunch because we need to avoid sugar crashes during the school day!

Students

Interview questions:

1. *What do you think about the school cafeteria food?*

Eli, Alyssa and Pierce agreed that some options are healthy while others are not.

Kaylee, Tanveer, Michael and Emma agreed it could be better.

2. *If you could choose which food was the best/worst, what would it be?*

Eli loves the dumplings, Alyssa and Kaylee love the french fries and burgers, and Tanveer likes the Pizza.

3. *If you were a chef, where would you get your ingredients from?*

Different parts from the world- Eli

Costco - Pierce

Restaurant companies Kaylee

Costco or Trader Joe's -Michael

A farm - Emma

4. *What other foods would you like the DOE to add to the school menu?*

Tanveer says dessert options like cupcakes and cookies.

Michael and Emma would love to see "Taco Tuesday"!

Nutritional Data

Nutritional data is important because it tells you how nutritious or harmful something is, which can be a key element in whether or not you buy it. The school food served may not taste the best, but since it is served to grades K-8, it should be as nutritious as possible, right? On Monday, we get muffins and fruit. A muffin has an average of 250–300 calories, and fruit has about 95 calories. It is recommended that humans consume a

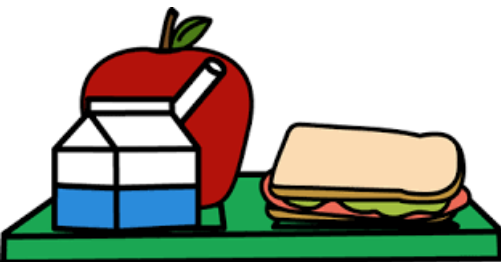
300–400 calorie breakfast, therefore, this breakfast is healthy. This breakfast gives us the energy to begin our day, and it also helps with things like concentration. The free breakfast is also useful for people who can't or don't eat breakfast at home. "Buttermilk Pancakes" are another breakfast option. These pancakes are definitely one of the students' favorite breakfasts. A healthy lunch option that is served is the chicken. This is a good protein packed portion that also comes with a fruit and vegetable. Some students may want more food options. One idea we had is to take a school vote to introduce different food varieties!

Suggestions

A majority of the interviewees suggested that schools should have access to fresh ingredients. Some recommended that international food be served once a week to spice things up. Others want things like Icees and popcorn chicken back on the menu because they were very popular among the student body. Another idea is to host bake sales during the school day so that we can fundraise to help meet the needs of our school.

Conclusion

Based on several interviews, it appears that flavors, freshness, and variety in certain areas of school food can be elaborated on; however, the breakfast and lunch that is provided to students is nutritional and what K-8 students need in their daily lives.



Science Column

Effects Video Games Have on the Brain

By: Naelah Aziz, Gretel McDiarmid, and Kona Tsukahara

Video games can be extremely enjoyable for all ages! About 3 billion people play video games worldwide. However, many people do not fully understand the different effects these games have on your brain, whether positive or negative.

Negative Effects of Video Games

Although this may not be what you want to hear, some video games have a big impact on your education and comprehension. There are many professionals who have researched the effects of online games on your brain, claiming that there are countless games that lessen your health and wellbeing. Approximately 3-4% of gamers become addicted to video games. As concerning as this data is by itself, an even larger percent of gamers have suffered from side effects such as aggression and antisocial behavior. Possibly the worst effects of playing video games are the associated heart problems and epileptic seizures, as well as other physical and mental disorders. When someone becomes too attached to a game that in their mind is simply fun to play, this attachment can lead to an unsafe addiction. It is important to remember the things in your life that matter the most and find time to focus on your schoolwork. Additionally, violent games often reach our subconscious mind, teaching us to behave a certain way without our knowing. However, these effects only occur when you play video games for an extended period of time. Playing video games for only 2-3 hours a day won't be as dangerous.

Below is a list of a few things you can do to break the addiction of playing video games:

- Monitor your screen time.
- Set reminders to complete your schoolwork or chores throughout the day.
- Play games for less time every day, even if it's 10 minutes less than the day before.

- Keep yourself distracted with other hobbies such as sports.
- Find an interesting book.

Positive Effects of Video Games

Even though video games have a bad reputation, they are not all that bad. Think of the popular game *Among Us*. This game requires quick thinking and a good memory. *Among Us* also improves communication skills as it's a multiplayer game. Additionally, since *Among Us* is fun to play, it can relieve stress. Another example of a beneficial game is *Halo*, which helps build teamwork, and improves hand-eye coordination and reaction time. A third example is *Minecraft*, the sandbox game we all know and love. *Minecraft* can help exercise fundamental skills like teamwork, communication, and project management. Being a sandbox game, it is great for expressing creativity and calming your mind.

There's a lot of research backing the positive effects of video games. For example, researchers at Rochester University found that playing action-heavy games improves your vision, and new research has shown that those hours of playing video games may not have been rotting your brain after all! In fact, if you spent your childhood playing games, you were secretly priming your memory for the rest of your life. Moreover, studies consistently found that violent video games do not contribute to societal aggression. One recent project concluded that some children who play violent games are less likely than others to become bullies. One of our writers, Naelah, has conducted a survey from people in our school and found that those who play video games for an average of three to six hours a day were healthier than those who played less.

INTERVIEWS:

In order to gather information about how video games play a role in students' lives, we conducted a series of interviews.

Do you play video games?

About 82% of participants answered yes while 18 % said no.

What video games do you play?

Some popular answers were: Genshin Impact, Minecraft, Animal Crossing, and violence/shooting games such as Fortnite.

How long do you play video games?

44% said 2 hours, 18% said 1 hour, 28% said more than 2 hours, with 10% answering less than 1 hour.

How do you think video games affect you positively?

Popular answers: video games can relieve stress and help you with communication skills and learn new things. Video games help express creativity and can help improve/ learn new skills.

How do you think video games affect you negatively?

Popular answers: they can lead you to procrastinate, make you angry, grow addicted, strain your eyes, take away quality time from friends and family, and can distort sleeping patterns.

Conclusion

For decades, the popularity of video games has increased dramatically and research suggests that more gamers have become addicted. While video games can help with quick thinking and decrease stress levels, they also have many negative effects. We wish to inform readers about *all* the effects that video games have on your brain. Knowing both the positive and negative effects will help you decide how much time you want to spend playing video games every day.

It's a Bird, It's a Plane, It's a Galaxy!

By: Tey Chang, Brigman Yip, and Ralph Suci

Just The Beginning...

Galaxies are wonders of this world.

Actually, they aren't even in this world. They're in outer space! Our galaxy, the galaxy where earth is located,

is called the Milky Way. There are so many galaxies located in outer space, but the Andromeda Galaxy is the most exciting galaxy of all. Read more to know more about the Andromeda Galaxy without a telescope!

Fantastic Facts

The Andromeda Galaxy was discovered by Edwin Powell Hubble. The Andromeda Galaxy is 2.537 light years away from Earth. Did you know, the Andromeda Galaxy will crash into our Galaxy (The Milky Way), but not any time soon? It will happen in about 4 billion years.

Fun fact: They call the Andromeda Galaxy a Messier 31, or M 31 for short. Messier objects are star clusters or clouds of gas coming toward the Milky Way.

Ready, set, grow for the Andromeda Galaxy!

The Andromeda Galaxy is growing and growing just like ours. Did you know that stars + dark matter = a galaxy? The Andromeda Galaxy is the farthest galaxy that we can see with the human eye. The Andromeda Galaxy is the biggest Galaxy in the local cluster!

The Pretty Cool Planet

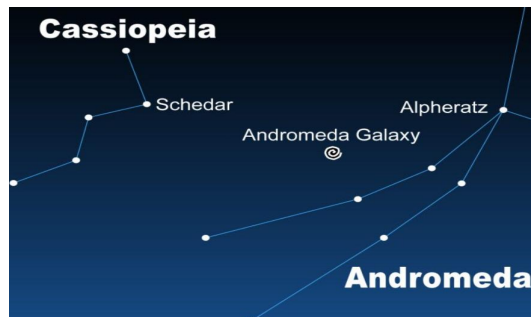
Inside the Andromeda Galaxy, there is one really strong planet temporarily named PA-99-N2. Astronomers are still working to try and confirm that it will be classified as a real planet, unlike Pluto, which is a dwarf planet. It was discovered in the year 965 and rediscovered in 1612.

The 14 Dwarf Galaxies

The 14 dwarf galaxies are small Galaxies made up of 200 to 400 billion stars! That may seem like a lot of stars, but the Andromeda Galaxy has 1 trillion stars! The 14 dwarf galaxies can be described as a piece of string going in a circle. They spread out to about 30,000 light years thick!

The Universe Never Ends, but This Article Does...

This is the end of our little space adventure. This is what you need to know about the Andromeda Galaxy...for now!



Raising Awareness on the Global Pandemic

By: Matthieu Adeline and Chris Smith

We've all heard of COVID-19, this fascinating virus which impacted us all. As much of an interesting subject as this may be, most people know about COVID and experience its direct effects everyday, but many may be less aware of its indirect effects. The indirect effects of COVID-19 aren't caused by COVID itself, but the way society reacted to it. While there are many indirect effects of COVID, this article will focus on four: mental health, postponed surgeries, and economic effects.

The pandemic led to a rise in mental health illnesses in many people, primarily in teens. When COVID started appearing in China, the United States government along with governments in other countries tried their best to control such a virus from ever reaching the country. The response to immediately shut down schools significantly impacted the lives of many, specifically the well-being of students. Students were suddenly separated from their friends and isolated from the outside world. Cooped-up in small apartments or houses most of the day led to boredom and increased screen-time. While boredom and screen-time increased, the worst part was that many teens were experiencing rising levels of stress and anxiety. Since many students didn't have the option to relieve stress in healthy ways such as seeing friends and going outdoors, an alarming amount of these teens resorted to unhealthy living habits. Moreover, the school closures were especially problematic for students with academic difficulties. Various websites agree that lockdown and school closures affected the mental health of over 90% of students world-wide, while only preventing about 2-4% of the additional Covid deaths.



Postponed surgeries and medical treatments are another indirect effect of COVID. As COVID cases surged, hospitals began to fill up, space for patients was limited. Even with the possibility of getting health care, many people refused due to safety concerns. However, the danger wasn't in the hospitals, the real danger was *not* going to the hospitals. As a matter of fact, the CDC says, "By June 30, 2020, because of concerns about COVID-19, an estimated 41% of U.S. adults had delayed or avoided medical care including urgent or emergency care (12%) and routine care (32%)". This data shows that 41% of adults delayed medical care because of COVID concerns! From that 41% of adults avoiding hospitals and medical care, it is safe to assume that a significant amount had emergencies which were ignored and could have been avoided with proper care.

The pandemic also had an indirect effect on the economy. Sadly, small businesses shut down while the bigger companies like Amazon were thriving. According to the federal department of health, the total loss will be around \$445 billion dollars. One thing is sure, we'll have to wait quite a while for these businesses to get back in the game.

We surveyed students to see how much people's reaction to COVID affected them in their day-to-day lives. Their opinions were quite interesting, and while they generally have opposite personalities and views of school and work, they seemed to agree on some important points. Adrianna Perez, a 6th grade student, answers in a short heartbeat to many of the

questions. For example in response to the question "How has covid impacted you?" She says, "*COVID was a tragic thing to happen so suddenly and terribly fast. I spent less time outside and more time inside. My social life was destroyed. Some would say I became paranoid. I can definitely see how COVID negatively affected my personality.*" Another 6th-grade student, Olivia Lee, answers the question in a similar fashion: "*I might have fallen behind in school*". Adrianna Perez says, "*Not having the teacher made learning hard as learning wasn't as tactical, and I couldn't remember facts as I used to before.*" Kona Tsukahara in 7th grade seems to agree and adds "*I feel like I learned less academics since I was mostly remote.*" All three interviewees agreed that screen time increased, as they spent most or all of their day in front of a screen. Olivia Lee states that her stress levels decreased due to the change in workload. These opinions seem to agree and point towards the claim that *COVID* and its side effects weren't that great.

From fascinating statistics on mental health to and the overflow of information from the CDC, words cannot describe the incredible impact of this pandemic.

STOP Habitat Loss

By: Jaden Urgiles

Have you ever thought about habitat loss for animals? Have you ever thought about how they suffer and why we should save them? According to *National Geographic Kids* there are 37,400 animals that are endangered in the world in 2022. Also as few as 10 vaquitas (a species of porpoise) are alive. Only 10 left! Can you believe that? Also only 1,000 axolotls (an amphibian) are left! Not a lot compared to 1 billion sheep living on earth. Over the last 4 billion years, Over 99% of the animals on earth have gone extinct. This is exactly why we should stop habitat loss for animals.

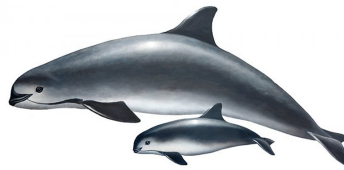


Axolotl

Endangered Vaquita

The vaquita that lives in the Mexican gulf is CRITICALLY endangered and its population is decreasing. The vaquita is the smallest dolphin/whale and only 10 are estimated to be left. They are endangered because of illegal and unsustainable fishing practices. Also, sometimes they

get caught by accident in fishing gear and drown. They are also endangered because the Mexican government isn't doing the best job in protecting them. They were first discovered in 1958 and they eat small fish.



Vaquita

Red Panda's Habitat Loss

Red pandas have been roaming around the earth for 5 million years and are still roaming around today. Red pandas eat bamboo and live in countries like China, Nepal, and Bhutan. Their homes are being cut down and they are hunted for fur. Red pandas also get taken for illegal pet trade and traded for money and other expensive riches.

The problem is that as few as 2,500 red pandas remain in the wild. Red pandas are eaten by snow leopards and martens. If the Red pandas ever went extinct the

bamboo would grow out of control and animals that only eat the red panda would also go extinct and it keeps going like that. Also, red pandas are endangered because of degradation. In conclusion, this is why we should stop habitat loss for red pandas.



Red Panda

Endangered Galapagos Penguin

The Galapagos penguin lives in Galapagos Island in Ecuador and is being eaten. There are only 1,350 Galapagos penguins left in the world! They are eaten on land by snakes and hawks but in the ocean they are eaten by sharks, fur seals, sea lions. They were first discovered in 1970. Galapagos penguins are 5.5 pounds. It is the second smallest penguin species. They eat small fish.

In conclusion, this is why we should stop habitat loss for animals!

Endangered Animals - What Can YOU Do to Help?

By: Aayan Hinge, Joe Saito, Julie Dvorakova, Camila Merizalde, Madison Chien, Vida Patel, and Olivia Son

Introduction

Have you ever thought about saving the cute animals that inhabit our planet? Have you ever wondered how you can help? There are many ways that we can help, but it is important to be knowledgeable on which animals are endangered and why. Some of the world's endangered animals include giant pandas, tigers, sea turtles, koalas, polar bears, narwhals, piping plovers, and gray wolves.

Giant Pandas

Giant Pandas are vulnerable to extinction and there's only about 1,500 of them left. Giant Pandas are adored by humans and they are a national symbol in China. They also live in bamboo forests and high temperature rainforests, and they are 220-330 pounds. They mostly eat bamboo and average eating about 20-30 pounds of it per day. Also, giant pandas are excellent tree climbers. The main reason why they are going extinct is because of habitat loss.

Giant pandas habitats are getting burned by wildfires because of the heat made by global warming. We can save the pandas by increasing the areas under legal protection and by patrolling pandas habitats to keep them away from poachers. Building local capacities for nature reserve management is one way to help. It is important to research and monitor them to learn more about the animal to consider ways to save them.

Tigers

There are very few tigers (Panthera Tigris) left on planet earth. Tigers are endangered for many reasons. One reason is because of poaching. Poaching is when animals are hunted. People poach tigers for their fur. Another reason tigers are endangered is because of climate change. The sea levels are rising which means that tigers could drown. In order to protect tigers, we can protect their habitat, reduce human-tiger conflict, conduct scientific research on tigers to help inform conservation strategies, and promote tiger-friendly policies.

Sea Turtles

There are only about 1,333,000 sea turtles left in the world.



Some of the main reasons sea turtles are endangered are pollution, fishing gear, and climate change. There are 7 different types of sea turtles and they are all endangered. If you see a sea turtle's nest, leave it alone. Unfortunately, sea turtles are endangered because of us. Sea turtles have bad eyesight so they can't see nets and other plastic objects in the sea. They end up choking like they do on balloons.

Koalas

There are less than 100,000 koalas left on Earth. The koala population is decreasing because of their massive bushfires, drought and land clearing which destroyed much of their eucalyptus -rich habitat. Their habitats are shrinking ultimately due to human interaction. Koalas could be extinct in 2025 if urgent action is taken.

There are several ways that we can protect koalas. One way is to adopt a koala through a conservation charity.



Polar Bears

Polar bears have been the animals of the arctic for a long time, but now they are on the edge of extinction. Rapid climate changes have affected polar bears in many ways. For instance, due to the arctic getting warmer many polar bears are losing their ice cover and don't have enough space for their daily routines such as hunting, relaxing, mating, and swimming. Due to the polar bear's homes melting, they have to move very often to find new homes. If we don't start helping and doing our best to save them, they will be extinct by 2050.

Polar bears are the largest bear species that need the cold to survive. They eat about 10 to 20 percent of their body weight a day. Polar bears need fat to survive the

cold so they eat about more than four pounds of food every day. If you want to help the polar bears, you can donate to websites that help polar bears or you can do the simplest of things- recycle your trash, don't waste/overuse water, and don't support activities that include harming any kinds of animals.

Narwhals



Many people think that narwhals are a myth. This might be because they have a big spike on their forehead. But narwhals are real! One of the main threats to these beautiful narwhals is the rapid climate changes in the Canadian Arctic. With decreases in natural ice cover and thickness, this is one of the main reasons why narwhals are endangered. Narwhals usually swim in pairs and hunt together as well.

What do narwhals eat? Narwhals feed on Greenland halibut, Arctic and polar cod, squid and shrimp. Narwhals also need ice cover because it protects them from sky predators like birds or even ground animals like a polar bear that can jump in the water and kill them with one bite. There are a few ways you can help. For example, you can donate to some websites. You can try to control littering, overusing water, and don't support any sports that include harming narwhals or any other animals.

Piping Plovers

Tiny threatened shorebirds are begging for our help. Piping plovers have been members of the beach community, but for how much longer? Piping plovers are endangered, and they need our help. They are suffering from habitat loss and polluted waters which prevent them from continuing their daily routines. On a regular basis they dive down in the water and hunt for a school of fish. Unfortunately now they can't because the second they touch the water, they end up with a plastic bag on their head! Sad isn't it? Piping plovers mostly live in the Southern Atlantic Ocean, Gulf Coast, and the Caribbean beaches and their barrier islands. Only 8,000 piping plovers remain world wide. Piping plovers have two main threats. Hawks like to hunt piping plovers as prey and they also suffer from off road vehicles too. Cars and trucks can accidentally wreck their home which leaves them homeless or accidentally run over the piping plovers themselves.



Gray Wolves

Lastly, Gray Wolves are endangered. Gray wolves are the largest living wild canine species in the world! One reason they are endangered is also due to human interactions and habitat loss. Gray wolves are hunted and trapped by hunters, which causes them to lose their homes.



So How Can YOU Help?

As outlined above, you can see that many of the endangered animals are at risk of becoming extinct from our planet and a lot of the reasons are attributed to humans. Some everyday and easy actions that any one can take to save our planet and animals is donate to some conservation websites, try to control littering, stop overusing water, recycle, and conserve electricity.

Technology Column

Video Game Reviews: Mario Games On Switch

By: Arlo McDiarmid, Dylan Gutkowski Ziffer and Luke Gutkowski Ziffer

Mario Party Superstars

How to Play:

Mario Party Superstars is a 1-4 player game where you race for stars on a board game-like map. You gain and collect coins across the map and can buy stars for 20 coins each. When two or more players have no stars or have the same amount of stars, whoever has the most coins out of all of them is in the lead. Whoever is in first place at the end wins.

Things We Love:

Mario Party Superstars is a mix of all the other games in the Mario Party series, and there are a lot of features from the old Mario Party games. One of these features is *online play*. This is always a way to play with friends and family and strangers. *Online play* has a total of 100 minigames from the previous Mario Party games providing many options to players.



Needs Improvement:

Mario Party Superstars has a lot of great features, but there are many things it can improve on. One thing this game can add is more characters. There are a total of 10 characters, and this is much more limited than the 20 player options in previous versions. Another thing it could improve on is the options for games. Most Mario Party have unique special modes like “bowser mode” or “river rapids” mode. This game only has two options, normal and minigames free play mode.

Do We Recommend This Game?

If you have never played a Mario Party game before and/or don't have one, we suggest trying it out! If you have a Mario Party game, you may want to rethink there being better games out there!

Super Mario Maker 2

How to Play:

Super Mario Maker 2 is a 1-4 player online Sandbox game where you can make your own Mario levels. There is a story mode that you can play like a traditional Mario game. You complete levels to make more progress. There are 100 levels so it is tedious and time consuming. You don't have to complete the story mode to make your own levels. In online play, you can play levels made by other people. You can change the background to a castle, haunted houses, lakes, and even an ocean! You can even make puzzles, mini games, and music.

Things We Love:

It has many features. There's always something to do no matter what, the possibilities are limitless!

Needs Improvement:

Some of the areas of improvement include glitch patches. In addition, the cost of the game is pricey, being for sale for \$59.



Do We Recommend This Game?

This game is great for those who like to be creative. This game is fun, engaging, and can easily put a smile on your face!

Mario Kart 8 Deluxe

How to Play:



Mario Kart 8 Deluxe is a fun game for racing. After

you choose your game mode, you can start your race. The game provides opportunities to collect coins which enables you to go faster in your journey to win. You can also collect other power-ups from special item boxes which give you special powers!

Things We Love:

There are a total of 36 different playable characters. You can select any of your favorite Nintendo characters! You can customize your car all the way from the tires to the gliders. Another thing that we love is Lakitu (a turtle in a cloud), who can help you when you are stuck. Lakitu will come flying down and pick you up when you fall or don't know the right direction of the track. He also informs you of how many laps you have finished.

Needs Improvement:

Some of the areas of improvement for this game include the way the buttons are utilized. In order to keep a continuous movement, you must hold down the “A” button. This can get tiring on your fingers while also taking away your ability to control the remote control. In addition, there are also a lot of shortcuts! This makes it difficult to play and win if you are versing a player who is knowledgeable of the shortcuts.

Do We Recommend This Game?

This game is great if you are looking for something fun, yet easy and relaxing. This is a great game to play with families with a more relaxed vibe. If you want a challenge then there are harder racing games out there, but this is a good starting game.