

The Woodrow Wilson Challenger

WOODROW'S VERY OWN STUDENT NEWSPAPER

WWMS
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Unsung Heroes

By Nitya Konala

When thinking about our heroes during the pandemic, who comes to mind? Healthcare workers, firefighters, FBI agents, and other frontline workers. They all are heroes, but what about the heroes in our school.

Custodians are some of our school heroes. They work hard to keep our school clean. Even during the pandemic, they are making sure that students have a clean classroom for when they come back to school.



What about teachers? They dedicate their time to teaching students. If needed, they teach in-person. During this time, it is hard for everyone to mentally process what's going on. Being cooped inside all day is not healthy, but teachers are sympathetic to the student's needs.

Continued

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Our principals and the board of education are also heroes. Think about it, our principals have a lot on their hands. They have to manage the entire school staff and the students. That's a lot of work! On top of that, they work with our student council and other teachers to plan fun events. The board of education has to adjust our school curriculum accordingly to virtual learning. Since virtual learning was so unexpected, they only had a short amount of time to plan all these adjustments. Now, how do we show them our gratitude? Here are a few ways to express gratitude to our school staff:

1. Find out your teacher's favorite color and have you and your whole class wear that color.
2. Send an email to your teacher, expressing your gratitude
3. Sign an e-card. A personalized card signed by students is the best way to portray that the entire class appreciates the teacher. The National PTA Teacher Appreciation Week toolkit has a variety of e-cards you could use.
4. Create a video. Have each student record themselves answering a question about their teacher such as. Ex: What do you love the most about your teacher; How has your teacher helped you academically and/or emotionally during virtual learning?

Social Media. Yes, even social media can be used as a platform to express gratitude. For example, the president of the Parent Teacher Student Organization at Windsor Terrace Middle School in Brooklyn, organized a campaign to have students and parents thank their teachers on Instagram.

Even if you don't do any of these things, remember to appreciate the school staff!

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Interview of Challenger Chill Club Adviser!

By: Hasini Vummaji

Q: Why did you originate the Challenger Chill Club this year?

Mr. Guarino:
Challenger Chill Club was created as a way to bring together students from home to destress and socialize with one another!



Q: Why do you think it's essential for students to access Challenger Chill Club in WWMS?

Challenger Chill Club is essential for students because it is a great safe place where students can come together and learn how to manage stresses & socialize with one another!

Q: Did something/someone influence you to create this club? If so, what was it?

What influenced us to create this club was hearing from so many students that they wish they had a place like Challenger Chill Club to come hang out with other students!

Q: If you were a student at WWMS, would you choose to join this club?

I would absolutely join this club!! We have the most fun!!

Continued

Q: What portion of this club do you fancy the most?

I LOVE the de-stressing activities, I like to switch up how I manage my stress from time to time so it helps remind me of ways I can try to!



Q: How did the Covid-19 affect your decision to create this club?

Covid-19 definitely impacted the formation of this club!! If we weren't virtual, the club might not have been started because we wouldn't have had the same feedback from our students!

Q: Is it challenging to advise the Challenger Chill Club due to the pandemic/online learning?

No!! We really enjoy advising it!! Although finding new games can be challenging, it's always worth it!

Q: What do you usually do in this club (activities, online games)?

We start with a de-stressing activity and then we transition into a game or activity!

Q: Do you believe that Challenger Chill Club has an impact on students?

Yes!! We have some students that have become good friends in Challenger Chill Club!!

Q: What do you think the student's point of view is about this club?

I think the students who come to this club really have fun!! The students who don't come probably don't know how much fun we have!!

An Exclusive Interview with the Advisors of WWMS's Successful Model United Nations Team

Aanya Marya

The Woodrow Wilson Model United Nations Team is the largest, prestigious, and one of the most successful clubs at WWMS. From Best Delegation, to Outstanding Delegate, to International Conferences, this club has experienced it all. In this article, you will hear from club advisors Ms.Mohammed and Ms.Sackie about their experiences, achievements, and goals for the club in the coming months, as well as future plans. I interviewed both Ms.Mohammed and Ms.Sackie in a Zoom call, asking them insightful questions about the success of the club, and here are their answers.



A) What are some qualities or skills that are possessed by every member of the Model United Nations Team?

Ms.Mohammed: "I think a lot of it depends on what we look for when finding 6th graders to be part of the club. When we did the filtering process this year, we really looked for dedication, diplomacy, responsibility, having good public speaking skills"

Ms.Sackie: "We also look for maturity because a lot of the topics that students encounter especially 6th graders are extremely controversial and likely not anything that have encountered before in elementary school so we need to know if they would be academically and emotionally able to tackle such sensitive topics like gun trade."

B) What are some achievements that the Model UN club has had this year or overall and how do you feel about them?

Ms.Sackie: "We won best delegation at JAMUN and Horace Mann, so we are very excited about that and extremely proud of all the delegates who participated. Even if they did not win an award individually, they still helped make our delegation stand out amongst others."

Continued

Ms.Mohammed: "I think what people usually forget is that Model UN is not just an individual "sport," it more of a team effort so you have to be a team player and that working with others is also something that we look for. It is an interpersonal club and depends on communication, and so we are proud of the fact that the delegates came together with that win. We were especially proud of our win at Horace Mann going to that conference for the first time as it was a whole different playing field and we were competing against a lot of private schools so we were extremely proud of the team."

c) What are some of the goals for the club and the rest of the school year and beyond?

Ms.Mohammed: "This is something that Ms.Sackie and I go back to frequently and we always brainstorm and see what we want to achieve. Before the pandemic, it was getting to as many conferences as possible or holding a Woodrow Conference but now it is what we can do in a virtual setting. A goal that we have is doing well at UNA-USA which is an international conference and make the best of the situation. We really still somehow hope to host Woodrow conference and for our 6th graders to have that experience"

Ms.Sackie: "Another goal that we have is to plan an end-of-year celebration to congratulate all of the member on their accomplishments and sticking through this in such a tough virtual environment"

d) What is something that you do frequently in club meetings that you feel as an advisor makes the biggest difference in a delegate's overall performance at conferences?

Ms.Sackie: "You might have noticed that I am more of the comic relief by using role play to act out what to do and what not to do and just sort of help students visualize those habits that students should emulate or avoid."

Ms.Mohammed: "In terms of everything we do, what makes the most difference is practice. It's easy to just teach someone through presentations and give notes, anyone can do that. I think that in terms of Model UN, it is a participatory sport, so you have to engage and that is why we put that emphasis on conferences."

Ms.Sackie: "The student officers have also been a tremendous help to us, especially in this virtual setting we have given them a lot of responsibility this year and have created groups of delegates for them to advise. Through the advisors, students are able to receive feedback on their work that is really helpful."

Ms.Mohammed: "With the advisors, we would like to also participate in some community service projects to give back to the community, and teach the idea of serving for the greater good"

A Jubilant Welcome to the Joyous Ms. Jasnosz!

By: Sarah Kanchi

Sarah (me): Hello! Welcome! The first question I want to ask you is, how do you like it here at WWMS?

Ms. Jasnosz: I love it at WWMS! The staff and all the students are really wonderful and because it is my first year here at Woodrow Wilson - I'm filling in for Mrs. Ust while she's out on maternity leave - everyone has been super welcoming. I am really enjoying my time here so far.



Sarah (me): I think so too! The second question is also about teaching: have you ever taught in other schools, is this your first time teaching?

Ms. Jasnosz: I student taught in a high school in Brooklyn in October of 2019. That was a little while ago, but I did teach there for maybe about 2 months. But, this is my first full time teaching position as a music educator!

Sarah (me): Wow! What made you want to teach and what is your favorite part about teaching?

Ms. Jasnosz: I've actually wanted to be a teacher for as long as I can remember. I used to play school with my brother all the time, and I would make worksheets for him and I would write on a little board. I don't know if you have heard this but, have you ever done a time-capsule letter, where you send a letter to your future self?

Sarah (me): Yeah, we did that in school!

Ms. Jasnosz: Yeah! I did that in 5th grade and I got my letter at the end of my highschool graduation. I had written that I wanted to be a music teacher... I didn't even know that I had this aspiration for such a long time! As I grew older, I felt inspired by my teachers and I really looked up to them. It's a unique and wonderful job that is extremely important. My favorite part is having the opportunity to make music with students and to learn from them just as they learn from me.

Continued

Sarah (me): Yeah, well it looks like your dream came true!

Ms. Jasnosz: Aww, thank you, it did!

Sarah (me): The fourth question is about singing, when did you start singing and how did you come to love it?

Ms. Jasnosz: I have been singing for as long as I can remember; when I was young, my mom would always sing to my brother and I, and my dad would sing with us from a Polish songbook. I love how unique voice is, there's just no other instrument like it. You could have a similar sounding clarinet for a few different musicians and of course they'll all play it in their own unique way, but voice is special since your own voice is going to sound completely different from any other voice that exists simply because we're all unique as people. I also love how powerful singing is and how it feels like it's a true expression of the soul.

Sarah (me): Yeah, I agree with you! Are you interested in any instruments? Which ones do you play?

Ms. Jasnosz: I play quite a few! I've been playing piano for almost 17 years and I studied piano and voice in college. I play guitar, cello, ukulele, a bit of violin, a bit of flute, some percussion instruments, and I recently started picking up the bass guitar. I'm always interested in trying out new instruments, I like them, they're all so fun!

Sarah (me): So about club, what songs are we working on in Chorus Club in both 6th and 7th & 8th grade and how are they going?

Ms. Jasnosz: 6th grade choir club is working on "Fight Song" by Rachel Platten which is super fun, especially expressing its themes of staying strong and fighting through difficulties. There are a few students playing instruments for the project as well. 7th and 8th grade choir club is working on "Lovely" by Billie Eilish, and you're doing one of the solos! Some students will be playing string instruments for it. I'm so excited to see how both of these projects come together!

Sarah (me): That is amazing! Have you ever performed in anything before?

Ms. Jasnosz: Yes! I've performed a whole bunch of times. I did plenty of recitals throughout my life, primarily piano recitals, in many different places (New York City, Princeton, Ithaca). In high school, I performed on the drumline in marching band and on cello in the orchestra, and then when I was in college I performed in the chorus and treble chorale there. I was also in a band for a little while and we played some shows at local venues and on my college campus. That was so fun! In my band, I played piano, guitar, and I sang. I'm hoping I could get to perform with my band again some time soon.

Sarah (me): That's really cool! I guess that's it for the questions, so is there anything else you want to say?

Ms. Jasnosz: I think you covered most of the major questions! I just love music so much and I'm so happy to be able to help students bring their aspirations of music to life. I just hope that I can help students really make music their own and learn how to be life-long musicians in the world!

Sarah (me): Wow! Well, that's all I have for you and thank you so much for your time. You really helped me get to know you better!

Ms. Jasnosz: Oh of course, Sarah! And thanks for thinking of me, I really appreciate it! I'm always happy to help with any projects you're doing.

Notable JPS Clubs

Ryan Purakal

John P. Stevens High school offers a wide variety of clubs suitable for a variety of personalities and hobbies. Clubs are a very important aspect that could help develop many skills which could help you with your career path, and are a good experience socially and mentally. Some of the most notable clubs in JPS provide the opportunity to be nationally recognized and to be trained and to learn to the best ability. Here are 6 of the most notable JPS clubs.



Continued

Model UN Model United Nations, Model UN, or MUN is a club that revolves around international relationships and diplomacies. The goal in MUN is to solve real world problems using critical thinking. In Model UN, debate, research, speaking, and more are demonstrated in this club. Bestdelegate.com recognized the JPS Model UN team top 25 nationally (in no particular order). The JPS team has won numerous awards and has represented their school with such great courage and leadership. WWMS offers you the opportunity to join the Model UN club for any 6th or 7th graders that would like to.

Odyssey of the Mind

Odyssey of the Mind, or OotM, is a club that revolves around problem solving and creative thinking. Prior to the event, groups of 7 create skits and plan ways to execute the problem which they choose. On the day of the event, they put their preparation to the test and perform them, along with solving small spontaneous problems. The JPS OM team has won multiple awards, and has multiple teams in the top 10 in the World Finals often. WWMS offers you the opportunity to join the OM club for any 6th or 7th graders that would like to next year.

FCCLA

Family, Career and Community Leaders of America, or FCCLA is a club that focuses on family supporting careers. This includes human services, hospitality, education, and more fields of work. FCCLA trains and helps you to hone your skills in a fun way in preparation for your future, and also provides you with real life experiences and skills. The JPS FCCLA team has been nationally recognized and has received many awards.

FBLA

Future Business Leaders of America, or FBLA (PBL) is a club that focuses on business careers. FBLA trains you to hone business skills, like leadership development through competitions and encourages the business experience. FBLA is a fun way to build your character through business related activities. The JPS FBLA is one of JPS biggest clubs, and is extremely competitive and professional, receiving countless awards and recognition.

What does it take to be in the Executive Team in Newspaper Club?

By: Adhya Vayyeti

Newspaper Club has so much that goes into it one because of the amazing journalists and two the amazing work behind the executive team and the club advisor, Mrs. Redmond. There are three categories you can choose from to be in the executive which is: Communication Director(s), Layout Designers, and the Editors. All three categories have a major role to let Newspaper Club run smoothly.



Communication Directors - To be a communication director, you have to be good at straightforwardly sharing information. You have to be able to solve issues and to think about whether A or B is a better option. You should also be able to communicate easily with the team sharing important announcements to keep everyone on track with the schedule. Not only do we have to keep the team on track, but we have to keep the journalists on target for our publishing date goal. You will also have to put out reminders in Google classroom for the other members of the newspaper on course. You will put reminders such as: article due dates are coming closer or article submissions, fill them out, etc. The job of a communications director may seem like an easy job but it is a great one if you want some experience being able to lead and help throughout the club.



Layout Designers - If being a communication director may not float your boat, then we also have layout designers. To be a layout designer you should be able to be generally good with technology. Especially LucidPress, because that's where all the work starts. You have to be able to have a creative mind-set to place the articles in a professional and 'flowy' manner. Also, you have to be able to have a good eye, to make sure no mistakes are being made, and everything is set properly. Again, being a layout designer you have to be organized to which articles you've put in LucidPress and what needs to be added. You also have to have patience with the website itself in case you encounter any technical issues or any mistakes within creating the layout. In this job, you have freedom and it is a big job because you are putting together the article for each edition. It takes a lot of hard work as well, but if you are interested in the tech aspect, then this is a job for you.

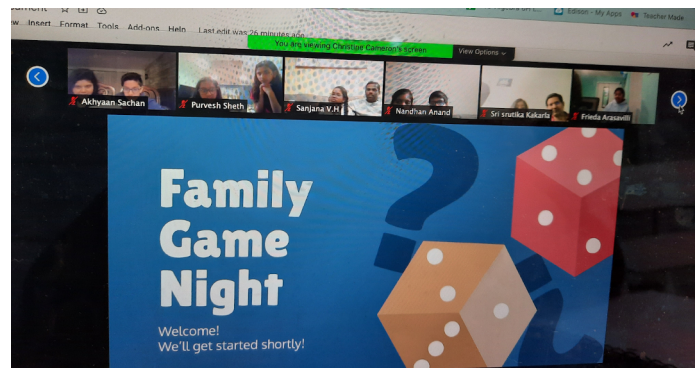
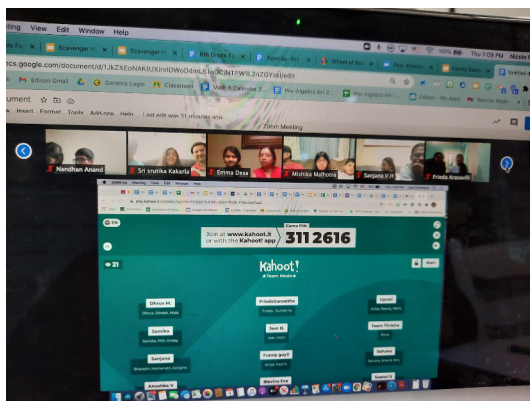
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Student Editors in Chiefs - The last job we provide, is the editors which is also a significant job including the others. You have to be extremely organized with editing articles, transferring them to the layout designers, and so much more. You have to organize each article into their designated topics so everything is arranged properly and makes sense for the viewers. You must also keep the rest of the team updated so they can also work efficiently to get the articles put together. You also have to have an eye for detail, catching mistakes, and rephrasing choppy sentences skillfully. You will also have to be able to cut down on sentences to make the article compact and not too long. Since you will be getting a lot of articles within each edition, you have to have a proper game plan for how you're going to tackle editing all of them. As you can see, if reading and editing an article to the best of your ability, this is the right job for you!



All in all, all of these jobs take skill and talent, and they all come together to form many great article editions. If putting in extra effort and is trying to experience a type of leadership, the executive team is right for you!

**First Ever 6th Grade Family Game Night - Interview
with Mrs. Mechetti
By Akhyaan Sachan**



How was your experience as the organizer of the Family Game Night?

Mrs. Mechetti: We organized it as the 6 advisors of the SEL clubs along with Mrs Mendiratta. I would say it was a great experience from start to finish. None of us had ever done this before since it was a brand new event. There was a lot of learning along the way and collaborating together. We each had our own specialty so we split up our work that way and had our own parts to finish. We met quite a few Fridays in a row after school to get it all together so it was very exciting. We were all a little nervous and we worked till the night before to make sure it went smoothly which I think it did.

What was the main motive for organizing the family game night?

Mrs. Mechetti: We wanted an activity to bring the Woodrow School Community together and we decided to do it with sixth-grade students and their families, being new to Woodrow. We wanted to give you guys an experience that would really be something like a momento. Since all of our clubs focus on social and emotional learning, we thought, "What better way than to have a connection with our students and their families and to see all of them come together and participate."

Was Family Game Night organized in previous years as well or was it the first time?

Mrs. Mechetti: No, it was the first of its kind and we have never tried it before so it was a brand new event in Woodrow.

Since it was the first time, what were the challenges you faced since it was remote?

Mrs. Mechetti: So right, then the challenges we faced were first of all was figuring out what we wanted family game night to look like and what games to play. Also, we weren't sure how many families we would get to participate so we had to determine which kind of activity or game you could play whether we had a small group of families or a larger group. That was one of our main challenges at first and then time management was another challenge. We wanted it to fit within the hour but we didn't want anything to feel rushed and also we didn't want to have everything we planned take only 20 minutes. So, I think finding ideas and time management were the challenges.

How many 6th grade families participated in the Family Game Night?

Mrs. Mechetti: 20 families participated

Did you get any feedback from them about how much they liked it? (I personally loved it!)

Mrs. Mechetti: I got an email from one student thanking us for making him feel like a part of the Woodrow community and it was very special for all of us here. I believe Mrs. Mendiratta and Mrs. Blevins got very good feedbacks from the families and I know my students said that they loved it.

How do you feel about being a SEL club advisor and what other events are you planning to organize?

Mrs. Mechetti: I personally love being an SEL Club advisor and this is the first year that Wind Down Wednesdays has been a club. Me and Mrs. Dzedzic came up with it and Mrs. Fortino and Mrs. Columbus came up with their Selfie Club and Mr. Guarino and Mrs. Cameron came up with Challenger Chill Club with the idea of SEL being so important for you guys especially in this time. So it was important for us to do activities outside of academics that students can enjoy and look forward to. I think our club is an outlet for kids to do the things that they enjoy. I don't know if we have anything planned for the near future but we are trying to see how 6th Grade Family Night went and seeing if possibly we could do others for the other grade levels and how in the future how we can tweak it or make it a larger event schoolwide.

How did you get ideas for the games we played since the choices were limited because it was remote?

Mrs. Mechetti: We knew that we wanted a quick game that families got to play just as a family so we went with logos because people couldn't look it up. We wanted something that you could first play as a family and we saw Kahoot could handle a large number of players. Also, we wanted something where you could work with your family but also be forced to work with another family since that was part of the idea which sparked the idea of a scavenger hunt so that you were working with your own family running around your house but also you work as a team so if you didn't have an object hopefully another person in a different family had it. We liked the idea of get you guys up and moving and me and Mrs. Dzedzic just love making rhymes so we worked together to create all of them from scratch for you guys to solve them and go find them. We thought it added more fun than just having a list of objects so go get that.

Did you think that your enthusiasm as the organizer increased when Mrs. Blevins joined the Family Night with her daughters?

Mrs. Mechetti: Yes, I think that it is really special to have our principal with her daughters join us because I think it shows a great sense of our Woodrow community and that we are a big family and I think it was special for the students especially the ones who ended up in her group for the scavenger hunt and they got to see into her own world. So, I think it was amazing to have her participation and I think her daughters also enjoyed it too.



Who were the winners of...

The Logo Kahoot (Gift cards)

Mrs. Mechetti: Saanvi Sheth

Saanvi Choukeker

Wheel Spinning (Gift Bags)

Mrs. Mechetti: Navya Kolati

Nandhan Anand Sanjana Vakkalaaganti Hemanth



What are the benefits of joining clubs?**And why should you join them?**

By: Rabaina Kaur

Have you ever needed a break from school? Or a time to socialize? Well, then join a club in School. They are great for socializing or having some time for yourself. As well as a great form of extra curricular. Clubs provide all that may be necessary to a student. For example, a club provides a variety of peers, educators, and numerous other resources for students.

Continued



First of all, students may meet other students and individuals who have similar interests through clubs. They will not only gain a friend, but they will also have the chance to encounter other students with similar studies and classes. Mixing with friends in a new environment helps students learn to share and appreciate each other's talents and abilities.

Secondly, you will get a break from school. Concentrating on schoolwork is obviously important, but giving your mind a break is necessary (and beneficial). While taking part in club activities, you'll be able to socialize with like-minded individuals and actually learn as much from them as you would from your schoolwork. Most importantly to some students, joining a club is an escape from stress. Sometimes school can be stressful on individuals, or students may have other issues that require relief. School organizations are most certainly not always about accomplishing specific goals; school clubs can be a stress relief to those who may need an escape from reality once in a while. By taking action in a club, a student will be able to achieve great accomplishments and at the same time, have some fun.

Next, you'll gain leadership skills. Joining a club or organization allows you to develop leadership skills within an environment of your peers. You will be able to learn from fellow students and establish your leadership abilities through planning and implementing different activities and events. Becoming a leader in a club will help you develop leadership skills that will be invaluable in all areas of life. You'll be presented with opportunities to improve in public speaking, and gain confidence in yourself as an individual. For example, in the club Model United Nations many people gain and learn leadership skills. That club is very fun, helpful, and can take you to great destinations.

Lastly, you can develop non-academic interests. A major benefit for students participating in extracurricular activities is how they can create a life-long passion through clubs. School is a time for students to start discovering their personal interests and passions that they may want to develop later in life. By giving students the opportunity to experiment with various extracurricular activities outside of their academic life, you open the door for a potential future in arts, music, sports or theater that may not have been sparked by academic work.

In conclusion, school clubs are the perfect way to make new friends, get a break from work and school, gain leadership skills, develop interests, and give yourself some time as well. No matter what you are, school stresses a person out. The homework, upcoming assignments, tests, and projects drain one out of their energy and tie them to this tedious routine. So, next time you hear that a new club is starting, maybe give it a try.



Getting Rid of Standardized Testing

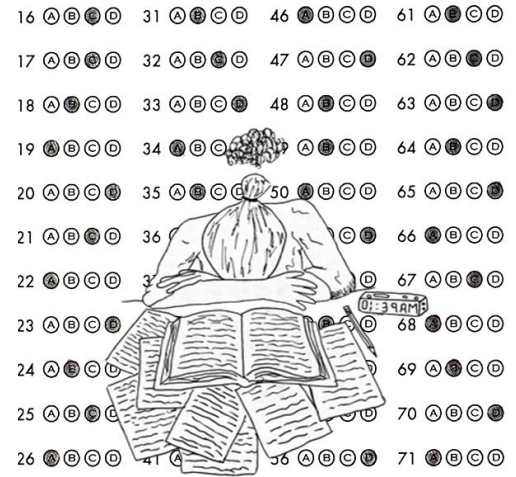
By: Aditi Shenoy

Tick. Tick. Tick. The clock to your right emits a soft clicking sound throughout the deafening silence. You stare at your computer only to realize the question you are supposed to answer is impossible to solve, at least to you. The question stands out on the monochrome screen, radiating stress and anxiety.

This is what happens to kids and teens in grades as low as 1st grade to as high as college. The monstrosity known as standardized testing looms over students, and it can cause a lot of unnecessary tension. If you are a student, you can probably relate to the very common scenario above. Standardized testing can leave students feeling bad about themselves after they see their grades or compare them to their peers. In my opinion, mandatory testing is an extremely unnecessary part of school that stresses out students, eats up valuable learning time, and is a poor testing of a student’s knowledge.

Think about it like this (this example is from a Ted-Ed video which I will link in the resources section): standardized tests are like rulers, their usefulness depends on the criteria and design, and they’re literally just a tool. For example, you couldn’t measure the temperature or rainfall with a ruler, could you? And you obviously can’t measure how loud someone is talking with a ruler. It’s design just doesn’t work that way. If you tried to measure an orange’s circumference with a ruler, it would measure the length, but it isn’t flexible enough to measure the whole circumference of it. The ruler hasn’t been manufactured with the flexibility needed to complete said task. Hence, if standardized tests are “given the wrong job” or aren’t “designed” properly, they might end up “measuring” the wrong thing.

For example, if you gave a student with dyslexia/reading challenges a word problem (math) they might have a hard time READING the problem. In this case, it wouldn’t reflect the student’s mathematical ability, rather the student’s reading ability. Or, another example would be if a problem included a pop culture reference or an unfamiliar word, the student wouldn’t fully understand the problem, and may get it wrong purely because they didn’t understand a word. Say one problem was “Divide the number of hares in the word problem by the number of arachnids”. If the word problem used the words “rabbits” and “spiders” instead of “hares” and “arachnids”, then the student facing the problem might not be able to connect the two examples.



Teachers also feel pressured to prepare students for standardized tests, and a lot of useful class time can be forfeited to study for a test. This time could have been spent learning a new topic, having (educational) fun, or spending time with other students. Aside from the students, teachers feel guilty if their students don't score well, because in some cases, test scores reflect how a teacher presents material to a classroom. In theory, if students don't perform well on a test, their teacher is to blame for not teaching it well. This isn't a fair method, and teachers shouldn't be blamed for something that could be a result of multiple different factors. Burdening student AND teachers for the cost of data isn't right.

Moreover, standardized tests only show which students are good at taking tests. When you think about it, intelligence cannot be judged from questions that are not suited to someone's needs. People are smart in their own ways, not necessarily academically. If students don't get the score they wanted on a test or quiz, it may lead to problems later in life like depression, anxiety, and constant insecurity. Standardized tests seem to only judge academic value, and they don't judge equally valuable traits like kindness, creativity, leadership skills, and work ethic. At this rate, the only skill students will learn is how to take tests, and they will have a hard time when they get older. As Albert Einstein said, "Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid." Sure, tests may be a way to collect a large amount of "averaged" data, but students aren't just numbers on a list. If you try to make a test with the same questions for everyone you're ignoring the fact that everybody is different, and has different needs, as stated before.

In conclusion, standardized testing is not an useful way to measure intelligence or capability in students, and it shouldn't be given anymore!

Why are We Different?

By: Sahana Sankar

We are all humans and everyone is different. Some of us have a darker pigment of skin than others. Our facial features like our eyes and mouth may differ from others. These are the things that make us unique to the world. We all have the same vital organs like a heart, brain, lungs, and kidney, but why is it that some people discriminate because of their darker skin? This is what brought me to discuss this very important question. What is racial profiling? Racial profiling is in simple terms assuming someone did something, because of their race or color. For example, a white person might blame a black kid for the dent in his car, or think that everyone hispanic person is an undocumented person. This is a big issue in society today. So many people get hurt by things like this.



Parents or others might tell kids to stay away from certain types of people. Saying things like that to kids will give them the impression that all these people are bad because of the way they look. The book "The Hate U Give" by Angie Thomas, really does very explicitly show the things that black people must face everyday. I wanted to put this to the test to really see how people would act toward others. My social experiment involved my mom and my dad. What we did was send my mom and cousin sister to the park. They were told to act like mother and daughter and what a surprise, no one questioned it. But on the other hand, when my dad had my cousin's sister, two people questioned whether or not my dad actually knew her. They both knew her and she was comfortable with my parents. No one questions my mom, but why my dad? They questioned my dad because he had darker skin and since my mom had lighter skin they never said anything. I wasn't surprised with the results as this is what so many people everyday have to go through. Why is it that we assume someone is a certain type of person because of their skin color, hair style, or even their clothing? George Floyd is a name that still echoes in our hearts today. He was held to the hot, tar road. Restrained and not able to breathe because of the police officer who held him down. Oppressed and discrimination the type of society we live in and it's wrong.

A Forest Under Ice?

By: Pranav Murthy

When the idea of Antarctica is mentioned, it is thought of as a cold, and unpopulated place. It has snowy and harsh conditions, making it difficult for human life to become successful in the area. This is true, though it hasn't always been this way. A group of researchers discovered that Antarctica was once a swampy rainforest approximately 9 million years ago. Being in the cretaceous time period, the forest was the home to a countless number of human-eating reptiles, which are known as dinosaurs. The discovery of the rainforest began when some remains were found under the ice in a sediment core near Pine Island Glacier located in West Antarctica in 2017.



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When scientists first discovered the site, they learned that the temperatures in the rainforest during the cretaceous period were much warmer than those today. Using the soil, they estimated that there were average annual temperatures of about 53-55 degrees Fahrenheit and about 68-77 degrees Fahrenheit during the summer months. Being only 560 miles (900 km) away from the south pole, this place is expected to be much cooler, with negative temperatures. Today, the same site has an annual temperature of -40 degrees Fahrenheit (-40 Celcius). This was a confusing find, as that part of the Earth didn't have sunlight for $\frac{1}{3}$ of the year. However, scientists did come up with a theory. They predicted that there must have been more carbon dioxide in the air than there is in modern times.

Scientists didn't just make discoveries on the ground. They made some underground as well. With some more investigation underground, scientists discovered remains of pollen and spores spanning about 65 types of plants. The soil they found it in, was about 90 feet beneath the seafloor under ocean depths of 3,300 feet (1,000 meters). This helped scientists learn about the plant life at the time, and how many living things died at that spot to make it so many layers deep before finding the plants. This led to new theories and discoveries. The Earth is a beautiful place, with many different weather conditions, terrains, and people. However, it has changed significantly, and will never stop changing. The Earth will continue to change, and it will never be the same as it is today.



Top 5 places to visit in the world after the Pandemic (In the World)

By: Maanav Chittireddy

With the COVID-19 Pandemic forcing us to the solitary confines of our home for about a year, it has been becoming increasingly tedious and frustrating to be trapped inside our home. As a result, it is only human nature to get out and embrace the great outdoors after the COVID-19 pandemic. This publication will help you do exactly that by providing you with the 5 best places to visit worldwide, post-pandemic.

5. Dominica

Dominica, often mistaken for the Dominican Republic has been known for its natural beauty. Covering the islands is an abundance of rolling green mountains and rainforests. Dubbed the "Nature Island", outdoor adventures have long served as the main attraction.

However, well throughout development is bringing a new sense of comfort and luxury the island has long-lacked. This tourist destination is often overlooked by larger Caribbean countries, but make no mistake, Dominica is truly a sight to behold.



4. Rijeka, Croatia



Before the pandemic, Croatia was one of the hottest tourist destinations on the rise. However, Croatia has suffered from its own popularity. Overtourism is common among Croatian destinations, nevertheless, Rijeka serves as the perfect alternative. Rijeka boasts intricately designed Astro-Hungarian architecture, in addition to a relatively polished environment. In 2020, Rijeka was dubbed a European capital of culture, and not without good reason. Rijeka hosts an abundance of festivals, with the Rijeka carnival being the highlight of the season. The city also boasts the Corzo, which is a shoppers paradise. If you're looking for an uncrowded and unforgettable experience in Europe, this is the place for you.

3. Lille, France



When you think of tourism in France, the first destination you would come up with most likely be Paris. Most of France's beauty is often overlooked due to the popularity of Paris. Nevertheless, Lille is one of France's crowning attractions. The city checks many of the boxes that a traveler is looking for during a trip. This once industrial city is now a bustling center of culture. Lille is characterized by its beautiful French architecture that can be found all over the city. In addition, Lille's historic district is downright enchanting. Despite its old-world charms, Lille is very much a modern city with nightlife, shopping, and a culinary scene to match.

2. Jaisalmer, India

If you're looking for authenticity, it doesn't get much better than this. Jaisalmer feels utterly surreal. A destination that until you've seen it yourself, seems like it could only exist in a storybook. The city is isolated from the rest of India by the Thar Desert, which provides tourists with an opportunity for adventure. The Sam Sand Dunes are considered a must-visit safari destination, in addition to boasting sandstone-based architecture that looks like solid gold with the right lighting conditions. Jaisalmer truly leaves a lasting impression on any tourists who visit.

1. Palermo, Italy



Don't get me wrong, Rome, Venice, and Florence are definitely distinguished cities, but Italy has much more to offer. The post-pandemic is the perfect time to visit the often-overlooked southern Italy and get some perspective on how regionally diverse Italy is. The ideal place to do that is the capital of Sicily, Palermo. Palermo is the perfect place to grasp what southern Italy has to offer. With distinctive architecture, culture, history, and cuisine, you will almost feel as if you're in an entirely different country. However, the quality of food, wine, and historic cities in Palermo will remind you that you're in Italy. This beautiful city has countless hidden gems, and the only way to uncover them is to dive into Palermo's rich culture and heritage.



The Fight For America's 51st State

By Abhiram Tammana

Introduction

On June 26th, 2020, the United States House of Representatives voted to do something they have never done before. It passed a bill to create the 51st state, approving the statehood of D.C. by the U.S. House for the first time in history!



Why D.C. Wants To Be A State?

Other territories such as Puerto Rico and the U.S. Virgin Islands are represented by “delegates” who can’t vote. Americans in these territories don’t pay federal taxes. However, D.C. residents pay federal taxes though they are a territory, but don’t get full representation in congress. In fact, in D.C., the average D.C. person pays more in federal taxes than in any state.

Many D.C. residents are against the fact that they don’t have statehood but, still have to pay a large amount of taxes to the government. In the United States Constitution, however, the federal government is not supposed to be based in a state, but should be based in a neutral federal district, what today is called Washington D.C.

D.C.’s road to statehood

Since the creation of the country, the district has grown into a major city in the United States. Since the 1960s, D.C. has had some laws that brought it closer and closer to statehood. For instance, in the 1960s, congress granted the District of Columbia electoral college votes for the presidential election. In 1971, congress granted a nonvoting congress member. The present nonvoting congress member for D.C. is Eleanor Holmes Norton. Finally, D.C got the right to elect its own local government in 1973. Congress still completely controls D.C.’s budget, which often undermines D.C’s local government which is another prominent reason D.C. wants statehood. According to vox, “In March [2020], as millions lost their jobs, congress passed coronavirus relief bill, giving each state at least a billion dollars. But the District of Columbia...was instead treated as a US territory and got less than half that.”

What’s Stopping D.C’s Statehood?

As D.C. is supposed to be located in a federal district, Eleanor Holmes Norton, the representative of D.C., has made a plan for a new state. A federal district would still be around the actual government buildings. However, the remaining 66 square miles of Washington D.C. will be the newest and smallest state called the Douglass Commonwealth. But, what is stopping D.C’s statehood? Politics is the answer. You see, in the 2016 election, the Republican Party got only 4% of the votes casted in District of Columbia, making it Democratic.

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If the Douglass Commonwealth becomes a state, it shall most likely give the democratic party one more vote in the House of Representative, and possibly two more votes in the Senate. This is the main obstacle for D.C. to reach statehood. Therefore, Republicans are against the statehood of D.C.

What has kept a balance between the different political parties?

After the 13 Colonies were founded, there were no problems in adding states to the country until the year of 1818; when Missouri wanted to be a state. At the time, there are 11 Free States and 11 Slave States, which was a balance between the different political parties. If Missouri joined the slave states, it would create an imbalance between the free states and slave states. Therefore, both parties agreed that they would add Missouri, a slave state, at the same time they added Maine, a free state. After that, states were mostly added in pairs. For example, in 1846, they added Florida, a slave state, with Iowa, a free state. Most recently, in 1959, the United States added Hawaii, which leaned republican at the time, and Alaska, which leaned democratic at the time. But, adding only Washington D.C. might create an imbalance to the political side of the government, but the people of America want it.

SPACE TOURISM

By: Nitin Uppuluri

STOP SCROLLING, READ ABOUT SPACE IN THIS PLACE

Space tourism is human space travel for recreational purposes, there are several different types of space tourism, including orbital, suborbital, and lunar space tourism. By today's date, only the Russians have performed this act in space, this is being done by aerospace companies like blue origin, virgin galactic. In addition, SpaceX announced in 2018 that they were planning on sending space tourists.

During the period from 2001 to 2009, 7 space tourists made 8 space flights aboard a Russian Soyuz spacecraft brokered by Space Adventures to the International Space Station.

If you want to go to space you need approximately 81\$ million per seat, it would cost an average of \$450 million for each mission to launch the spacecraft.

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Why Space tourism is good, is because of the importance that people will give interest in space. This is important to space exploration because more people will aspire to be astronauts which will help to explore space quicker and easier to find new resources. Therefore, space tourism should be more used.

The only concern about space tourism is the price, this rate of a seat determines a gap between the rich and the poor. If a poor person but an intelligent person wants to go to space in order to know a lot of aspiring facts, he can not because he cannot afford the prices. Hence, space tourism's prices have to decrease so, everyone with good knowledge can visit space.

Finally, space tourism is a very good experience for astronauts, new space learners and etc.



Actions being taken against Global Warming

By: Sai Bura

“The time is past when humankind thought it could selfishly draw on exhaustible resources. We know now the world is not a commodity.” (Francois Hollande) Diversity on this planet is what makes the globe astonishing, however, greenhouse gases and fossil fuels have come into play, destroying what makes Earth different from one place to another. Fortunately, multiple organizations are being utilized to prevent global warming and climate change from growing further. Such as the U.S. Environmental Protection Agency. Individually this organization focuses on cleanup, chemicals and toxics, and greener living.

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Climate Change as a whole is a very difficult dilemma to deal with, and it will be tremendously challenging to “fix” it. It is essential that actions need to be taken against this immediately across the globe. Students have been hearing shorter showers, carpools, etc. These are all examples of simple solutions to Climate Change. Awareness has been spread across several countries, social media, and platforms about Global Warming and organizations taking actions against climate change.



Earth formed around 4.54 billion years ago, eventually gaining plenty of trees, plants, and species. The transformation of the Earth has flourished, until the beginning of our generation. An estimated amount of 130 billion wild animals are left in the world. Humankind began with hunter-gatherers who learned to take control of their environment. Over time it led to fossil fuels and greenhouse gases, these are the main causes to contribute to climate change.



According to the WWF International, “Our planet is becoming less wild. Our species has cleared 3 trillion trees, cultivated half it’s fertile land, and now fishes across most of the ocean. In the last 50 years the populations of wild animals have reduced by 60 percent.” Similar to many other platforms, WWF International provides incredibly detailed descriptions of how the Earth has been changing. In addition, “Biodiversity equals stability, and stability is what we need most of all.

Can we turn this situation around? Can we rewire the world?” *Biodiversity equals stability*, for a long time humans never really understood the real importance of this predicament. This statement taught the real threat of Climate Change to many around the world.

President Biden Plans to Put Harriet Tubman on the \$20 Bill

By: Archana Maryada

On Monday, January 25, President Joe Biden’s press secretary, Jen Psaki, stated that the Treasury Department is resuming efforts to put Harriet Tubman on the \$20 bill. Tubman was an African-American woman who helped hundreds of individuals escape slavery using the secret Underground Railroad.

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Under President Barack Obama, Treasury Secretary Jack Lew had chosen Harriet Tubman to replace Andrew Jackson on the \$20 bill. However, Donald Trump, a candidate for the 2016 election, made harsh comments, including calling the change a "pure political correctness." The Trump Administration stalled replacing Jackson on the \$20 bill. The creation of the bill was delayed in order to "redesign" the \$10 and \$50 bills because of counterfeiters.



Jen Psaki informed reporters that she and other officials were surprised to hear about these delays. With a change in management, she said the US Treasury Department was taking steps to continue efforts to put Tubman on the \$20 bill.

The 1.9 Trillion Stimulus: Biden's Proposal

By Ruhi Patel

On Thursday, March 11th, 2021, US President Joe Biden signed one of the largest stimulus deals in United States history into law. The goal of this massive bill, one of Biden's foremost campaign promises, was to give aid to Americans struggling due to the COVID-19 pandemic. First unveiled by Biden in early January, it was sold as a way to boost the economy and give needed aid to Americans that were going through tough times during the pandemic. It was not, in fact, the first of this type of stimulus passed; on March 27, 2020, the Trump administration passed CARES Act (Coronavirus, Aid, Relief, and Economic Security Act), a \$2.2 trillion economic stimulus package also designated for COVID relief. In the December of 2020, another \$900 billion bill was passed, reduced from its original draft to gain bipartisan support.

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This stimulus bill, called the American Rescue Plan, was controversial when first proposed; supported by the Democrats and vehemently opposed by the Republicans, passing Congress by a hair's breadth, solely relying on the Democrats' House and Senate majority, with not a single Republican in either chamber supporting it. The reasons for this are complicated; the relief package was seen by some as much too expensive and including unnecessary partisan amendments. In early February, a group of 10 Republicans met with Biden in the White House to propose a much less expensive, \$618 billion, package as a counteroffer to Biden's bill. However, discussions between the president and senators ended with no real progress made.

On the more controversial end of the American Rescue Plan were the amendments that the GOP hailed as partisan and completely irrelevant to coronavirus relief. These provisions included raising the federal minimum wage to \$15 per hour, which Republican congressional leaders thought would put too much of a strain on small businesses and lead to the loss of jobs. This amendment was later removed from the bill by the Senate, as per a decision made by the Senate parliamentarian, Elizabeth MacDonough. Another contentious part of the bill was a provision to send \$350 billion to state and local governments, which was seen by some Republicans as part of a "liberal wish list", with unnecessary aid that would be biased toward blue states. Other disputed provisions include \$130 billion for school, which GOP senators have countered with \$50 billion, \$1400 stimulus checks for those making up to a certain yearly income, increased child tax credits (raising them from \$2000 per child to \$3600 per child up to the age of 6, and \$300 for children up to 17) and increased employment benefits, raising insurance from \$300 to \$400 a week, the latter three of which Republican senators have derided as much too expensive and overly excessive.

Despite these strong oppositions, the bill did pass in March, with 76% of voters supporting the relief package, according to a poll conducted by the Morning Consult and Politico. 68% of Americans support the \$1400 direction payments in the package while 53% of Americans back the \$15 federal minimum wage raise, according to a poll done by USA Today. While the bill is popular among a majority of the population, President Biden and Vice President Harris have begun to travel around the country to attempt to sell the bill to those who oppose it. The White House dubbed it the "Help is Here" tour, where, along with the President and VP, the First Lady and Second Gentleman, would tour the nation, with the goal of promoting their bill, along with vaccine rollout, to small businesses and the general public.



It is important to remember, that while it was designed to aid Americans in need, and while it cost an almost mind-boggling amount, one of the main goals of this stimulus bill was to help jump-start the American economy, which had been severely affected by the pandemic in the past year. After the government stimulus bill was passed, along with the US's fast-passed vaccine rollout, the OECD (Organization for Economic Co-operation and Development) nearly doubled the US's predicted economic growth percentage for 2021 from December, jumping from 3.2% to 6.5%. The reason this is so crucial is because America, being the world's largest economy, has a significant effect on the world economy. Due to the bill, the OECD increased the economic growth forecast for the global economy as well, raising it from 4.2% to 5.6% for 2021. Overall, at least recently, the passage of the stimulus bill has seemed to have a positive effect on the US, and the world at large, but it remains to be seen whether this economic boost is temporary, or whether it will continue into the next year, helping boost the economy up from pre-COVID levels.

Holi: The Festival of Colors

By: Gauri Kshetry

Every spring, people across India and around the world celebrate the Hindu festival Holi, throwing colored water and powders on one another in this celebration. Holi is celebrated as a way to welcome in spring, and also is seen as a new beginning where people can release all their inhibitions and start fresh. On the first day of the festival, a bonfire is lit to symbolically burn away all the bad and give way to a colorful and vibrant new future.

At the festival, participants throw powder dye into the air, covering all in attendance with vibrant colors. In a religious sense, the colors are rich with symbolism and have multiple meanings: they can mean a vibrant new life and even represent sin in a way. For some, washing off the dye at the end of the day can mean a new commitment to live well, as cleansing oneself of evils and demons.

Holi celebrates the Hindu god Krishna and the legend of Holika and Prahlad. Hiranyakashipu was an evil king who had special powers that made him nearly invincible and he wanted everyone in his kingdom to worship him. In fact, he was so powerful he started to act like a god and punished or killed anyone who disobeyed him. Once, his son, Prahlad, disobeyed him and worshipped Vishnu instead of him, so he had even planned to kill him. The king asked his sister, Holika, to help kill Prahlad. Holika had a special cloak that would protect her from fire. So, she planned to trick Prahlad by taking him into a fire. However, since she was using her powers for evil, the plan failed and the cloak flew from Holika and covered Prahlad. Prahlad was safe and Vishnu had defeated the evil king. Today, Hindus light bonfires on Holi to represent the triumph of good over evil.

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A Global Holiday Celebrated in March

By: Anvi Taada

We see several amazing women, either tending to their kids or being a CEO of a company. Unfortunately, in the past, they were often thought of as someone confined at home to take care of their kids. Fortunately, a few women decided to defy this stereotype, and it increased gender parity. These women consist of Amelia Earhart, Oprah Winfrey, Billie Jean King, etc. There is much history behind fighting for equality for women, and it led to a day called Women's Day....

What is Women's Day?

Women's Day is a day to celebrate numerous achievements of women, and it's on March 8. The social, economic, cultural, and political achievements of women get recognized on this day. It calls for equality for all genders, especially women. It also makes us aware of gender equality and women's rights. Mainly it highlights the ongoing struggles and achievements of women.

How did Women's Day Start?

The first official Women's Day began on February 28, 1909. This day was chosen because it marked the first anniversary of the International Ladies' Garment Workers' Union protest. They were protesting against the miserable labor conditions in the garment industry. Many places such as Austria, Germany, Denmark, and more also started celebrating Women's Day. In 1975, for the first time, the United Nations celebrated Women's Day. Finally, in 1977 Women's Day was recognized as a global holiday, and is now being celebrated on March 8th.

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Important Women

As I said before several women have paved a way for gender parity, and let's look at a few of them. One of these women was Indira Gandhi, and she was the first and only woman to be Prime Minister of India. Malala Yousafazi, another great woman is a Pakistani activist for female education and was the youngest person to receive the Nobel Peace Prize 2014. Last, of all, Sojourner Truth was an inspirational black woman, who was an American abolitionist and women's rights activist. The list from here goes on and on, but these women broke several barriers.

Conclusion

Women still face several problems such as gender pay gaps, violence, etc. It is a matter that several people choose to ignore, but several girls and women are stepping to the podium and voicing their opinions. Even if Women's Day is not a celebrated holiday, such as Christmas, it still has a deep meaning, with an interesting history behind it. We can all do our part, by treating everyone fairly regardless of their gender, color, etc. Hopefully, in the future gender parity will improve and become better.

365 days later.... What has changed?

By: Sarvesh Premkumar

March 13 2020, A day that quite possibly shifted your entire perspective of the Sars Cov-2 virus better known as Covid-19. It's been over a full year since this situation has unfolded and a lot has changed since then. A new president, mutations, vaccines, and all sorts of new tools have arisen to help put an end to this pandemic and we are making an effort to finally put covid behind us. Analyzing a year like 2020 may prove difficult and upsetting but by understanding the past we can better act in the present to have a greater future.

During the beginning of last year it would not be uncommon for people to joke around about a mystery virus emerging from china. It was during this time where memes began circulating about the virus. In early to late february however things began to escalate in key cities like NYC and cities in california were also seeing signs of this virus. Also around this time the WHO and other organizations were still debating whether masks should be used or not as the stockpiles of important n95 masks were being bought out by panic stricken civilians not leaving any for medical works. After Schools officially shut down and moved into remote learning the situation got unfortunately more complicated. In a surprising turn of events the fundamental resource toilet paper was being bought out in numerous stores across the nation and many stores such as Costco and Sam's Club were worried about more and more people coming in practically looting the stores. As the months went on a considerable decrease in activity as well as traffic soon emerged much to the delight of people living close to some busy streets. Eventually we transitioned into a new school year and with it a new problem.

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As the pandemic continues the call for in person schooling has been sounding as many students are not at all able to learn in a virtual environment. Once we went in person for a brief period of time however the little control we have gained over the virus was right then and there lost. The virus came into our education system and it struck hard enough to put schools back into virtual learning once more. Once more and now with a vaccine on the horizon school seems to be coming back into the eyes of everyone considering the time spent cooped up indoors.

Now we are planning back on going in person and the scale of this is tremendous. As said by the EBOE and school staff are planning to have a full 5 days a week for in person schooling going all the way to 3pm. This puts us in quite the conundrum. It's imperative to note that this pandemic like every other is different from something older adults may recall like smallpox. Smallpox was able to be eradicated due to the way transmission worked from patient to patient. On the other hand covid-19 isn't like that of smallpox. Covid-19 and the class of coronavirus itself are very difficult to flat out eradicate, but like the common cold it can be brought to a mild level with the usage of a vaccine. Now what does covid being different from smallpox have to do with our new widespread reopenings you may ask. Well, it means now never than ever we must put our strongest fight against covid-19. We have already begun vaccinating a lot of people with the vaccine but it's important to note that vaccines only work before you get infected. That means that as of this point it *may* prove detrimental to the efforts of combating the covid-19 pandemic to reopen our school system on such a scale. By reopening we once again reintroduce a very interconnected chain of people and places that can scatter the virus instantly. It is important that students must be put in an environment like school and virtual learning at least right now still doesn't seem to provide all the immersion of actual school.

Despite that, we have to buy our medical workers more time to get vaccines out to a much larger population of people, not to mention figure out how to help people under the age bracket of younger than 16 who can't take the vaccine and make the majority of our school system. As we transition to the end of another long tiring and unique year we must keep in mind that the battle against covid-19 is still going and we are on the cusp of winning it. It would be a disservice to our hard working medical community to let the virus slip from our grasp when we are so close to contain it. So we must all make every effort possible to maintain the guidelines set by the CDC and still take an active role to stop this virus. And remember we are all in this together!

for each other
for us all.



Spring Holidays and Ways to Celebrate

By: Aditi Nagunoori

When you take a walk outside, and smell the morning dew, hear the hummingbirds chirps, and see the flowers blooming, you know it's that time of year. It's spring! Spring is the best season, and it has the perfect amount of warmth. It starts on March 20th in the northern hemisphere and ends on June 20th. Let's look at some of the best days in spring and ways you can celebrate!



April 1st: April Fools Day

April Fools Day is a day filled with pranks and jokes. Usually on this day, many people try to prank friends and family, and after pranking them, they shout "April Fools". This is widely celebrated by many countries. You can celebrate by trying to prank your family at home, while being safe. Make sure your pranks are safe for everyone and don't cause a mess!

April 4th: Easter

Easter is a Christian holiday that recognizes the resurrection of Jesus Christ. Usually, Easter is celebrated with family. A common tradition is an egg hunt, where kids hunt for eggs, looking for treasure inside them. While that may look different this year, that doesn't mean traditions have to go! You can set up an easter egg hunt for your family at home, or you can make chocolate bunnies!

May 5th: Cinco De Mayo

Cinco De Mayo is a celebration of Mexican heritage. It commemorates the date when the Mexican Army won over France at the Battle of Puebla. Usually, festivals and parades are held! To celebrate at home, you can hang up colorful streamers and put on some music, and hold your own festival with your family. Make sure to make traditional Mexican food to go along with your event.

May 10th : Mothers Day

Mothers Day is a day to show your affection and gratitude towards your mother and all they do. Usually, kids make their moms or mother like figures in their life feel special by making baked goods, creating cards and presents, or taking them out to eat. You can do all of these things for your mom! Make sure to tell her how grateful you are for all her hard work.

Continued

June 19th: Juneteenth

Juneteenth, or also known as Freedom Day, is a day that marks the emancipation of enslaved people in the US. This means the day they were freed. For Juneteenth, you can spend the day educating yourself on the history of enslaved people. You can also try to learn more about the struggles of black people today and how you can help them, plus become a better ally.

June 20th: Fathers Day

Fathers Day is similar to Mothers Day! For this day, you celebrate and recognize all your father has done for you. Some common way to celebrate is making cards, baked goods, or maybe helping out with more chores than usual. Make sure to show your father, or a father like figure in your life lots of love on this day!

Top Ten Rarest Flowers in the World

By: Naisha Patel

We see flowers everywhere, everyday, but there are some flowers in the world that are so rare, the chance to see them is once in a lifetime. Here are the top ten rarest flowers in the world to this day.

10. Kadupul flower

Blooming only at midnight on full moons and dying before dawn, the Kadupul flower deserves a spot as one of the flowers in the world. Because of their nighttime blooming nature, this flower is difficult to find. Not only does the kadupul flower have beautiful features, it smells pleasant as well. Until recently, no botanist was able to correctly give an explanation for the flower's mysterious death in the morning.

9. Gibraltar Campion

Once only found in Gibraltar, the campion flower was declared extinct in 1992. However, in 1994, a single specimen was found by a hiker climbing the high cliffs of the area. Now, the gibraltar campion flower is only grown in the Almeda Gibraltar Botanic Gardens and the Royal Botanic Gardens of London. Even though the flower may have a weak fragrance, its beauty is the complete opposite.

Continued

8. Ghost Orchid

This rare spider web-like flower only grows in Cuba and Florida. The demands for a successful cultivation is what makes this flower so rare. Along with its rarity, the flower has a unique quality: It has no leaves. Also, because both the stem and flower itself is green, it is difficult to spot the ghost orchid. Due to its lack of leaves, the ghost orchid grows on another plant to get enough energy night.to survive. When it blooms (April-August), the flower produces a soap-like odor.

6. Parrot's Beak

Endemic to the Canary Islands, parrot's beak is definitely one of the most beautiful flowers in the world. Its physical appearance is what gives the flower its name. Blooming in the spring and needing only cool temperatures, inconsistent temperatures can cause the death of this flower. Unfortunately, the parrot's beak is disappearing, and the ones that are left on the Canary Islands are protected by law.

4. Yellow and Purple Ladies' Slippers

Rare members of the orchid families, this flower mainly lives in London. Having a combination of *both* yellow and purple hues rarest in this flower is rare. When that does occur, almost $\frac{3}{4}$ of the ladies' slipper is yellow, while the remaining part is purple. When the flower blooms (from around late spring to early summer), no noticeable aroma is produced. Being one of the most expensive flowers in the world, the yellow and purple ladies' slippers is protected by law in London.

7. Chocolate Cosmos

Native to Mexico, this rare, but beautiful flower is named after its chocolate-like after blooming - in the evening at the summer. Sadly, the chocolate cosmos flower is extinct in the wild. Reproduced by the vegetation propagation in 1902, only the clone of the original flower exists today. Now, the places where the chocolate cosmos habites is protected by aw.

5. Youtan Poluo

Rumored to bloom once every 3000 years, the youtan poluo flower is undoubtedly one of the most interesting flowers on the planet. At first glance, this flower does not look like a flower. It is very tiny and produces a sandalwood-like odor. Discovered by a Chinese farmer, the youtan poluo is found to live in China, Taiwan, Korea, and even the US (although this is rare).Nowadays, there are many studies conducted to solve the mystery of this fascinating flower's bloom.

3. Corpse Flower

Only found in the forests of Indonesia, the corpse flower is the largest and smelliest flower in the world. When it blooms (which is about once every 30-40 years), the flower produces a rotten meat-like odor. The outer part of this flower is green with the inside being red. And the leaf of the corpse flower can grow up to 20 feet in length! Because it so rare, the botanical gardens in Sumatra where this flower grows are protected by law.

2. Jade Vine

The jade vine is a rare flower in the bean and pea family. Endemic to the forests of the Philippines, this flower has claw-shaped petals that can grow up to 3 meters (~10 feet) in size. The jade vine's beautiful hues can vary from blue to light green. If it gets pollinated by bats, this flower can glow at its constantly changing environmental conditions and natural pollinators is what makes this flower so rare.



1. Middlemist Red

This incredibly attractive flower with deep pink shades takes the spot as the rarest odor flower in the world. Discovered in China and brought back to the UK in 1804 by John Middlemist, there are only 2 known locations of this flower to this day - one in New Zealand and the other in the UK. After the middlemist red got brought to Europe, the ones in China got wiped out. Thankfully, more were able to get cultivated back in the UK. Currently, there is research being conducted by botanists to find a plant species that is related to the middlemist red.



Myanmar's Military History and Current Events

By: Ishani Bakshi

In 1948, Myanmar gained independence from British Colonial Rule. Initially after its independence, inspired by India, Burma began as a parliamentary democracy. However, in 1962, a military coup led by General U Ne Win overpowered the parliamentary democracy, and held Myanmar with an iron fist for decades. During which, a new constitution was formed, encouraging Burma's isolation from other nations, and affirming the military's power and influence. Isolating Burma from other countries toppled the economy and established a black market.

The rapid fall of the economy, paired with corruption, food insecurity, and more led to the first display of historical protests against the military government. There were massive student-led protests, but in August, 1988 the army took action against these protests, resulting in 3,000+ deaths and displacing thousands of citizens. Several years past, and in 2007 came the Saffron Revolution. Initial anger over the steep increase in fuel prices, became widespread protests against the military government, often led by monks wearing saffron robes.

In 2011, President Thein Sein began easing the iron grip by releasing political prisoners, encouraging foreign investment, and introducing economic policies. Four years later, Myanmar held its first nationwide and “fairest election,” in which the National League of Democracy (NLD) won. The Nobel Peace Prize winning activist and leader of the NLD, Suu Kyi became the State Counsellor and her close confidant, Htin Kyaw became the head of state.

Nevertheless, the constitution assured that the military held power as “25 percent of parliament’s seats are reserved for the military, and any changes to the constitution need[s] approval from more than 75 percent of parliament, effectively giving the military veto power over any amendment,” according to cfr.org. In 2020, Myanmar held its second election during which the NLD 396 of 476 seats, and the military’s proxy party only won 33 seats. The military claimed voter fraud, which once rejected, led them to stage a coup under the claims that Senior General Min Aung Hlaing will lead Myanmar for ‘one year of emergency.’

As this article is being written (March 4th, 2021), Suu Kyi has been detained by the military, who have placed house arrest on several NLD officials and lawyers. Such actions and the coup in general has ignited protests throughout the nation. As of February 22nd, 2021, barricades, fleets of vehicles have been placed in “strategic urban locations,” according to the NY Times, to prevent protests. Additionally, messages such as “Protesters are now inciting people, especially emotional teenagers and youth, toward a path of confrontation where they will suffer a loss of life,” are being employed to possibly discourage protesters. Additionally, as of March 3rd, 50 civilian protesters have been killed. Yet, citizens of Myanmar, old or young, regardless of occupations have joined hands to protest against the military coup.



“Zoom” Through the Pandemic

By Maanav Chittireddy



The story of Zoom and how it helped millions of people during the COVID-19 Pandemic.

Before the Coronavirus Pandemic, if I asked what Zoom is, you probably would have had no idea. Today, that answer would certainly be different. Zoom has transformed into an essential for life during the pandemic, connecting millions of people from all over the world. From simple calls with friends to government meetings, Zoom is the #1 communications provider during the pandemic. As a result, the company earned itself various awards, its most prestigious one being named the best app on the IOS app store for 2020. However, we must ask ourselves, how did it get there? How did Zoom, go from a mere startup to the #1 communications provider, beating tech giants such as Google, Skype, and Cisco? The answer lies in one man, Eric Yuan. Before founding Zoom Communications, he was a senior officer at Webex. During his tenure at Webex, he interacted with clients, understanding the needs and demands of customers. After listening to the pleas of several clients, he concluded that the next generation of Webex must be made due to several inefficiencies in the Webex software. He emphasized the importance of perfect video and feedback, which explains why Zoom video is so seamless today. As a result, he founded Zoom on April 21st, 2011. Zoom officially launched its software in January 2013 and reached 1M participants in just 3 months. This garnered the attention of several investors, such as star basketball player, Andre Iguodala and the Morgan Stanley cooperation. With the economic aid of several investors, Zoom steadily grew over the span of a couple of years, but then the COVID-19 pandemic hit. People were left with no way to interact with their fellow peers, but Zoom served as an effective solution. Hence, Zoom exploded onto the scene gaining thousands of users every day. The main reason why Zoom was dominating the communication market during the pandemic and not Google or Skype, was because Zoom was the most efficient communications platform.

Many educators struggled with the transition to technology, Zoom made the transition effortless. Zoom was relatively easy to use and it was very seamless, on the other hand, rival companies' software had some flaws like laggy videos, voice breakups, and several other drawbacks. In addition, the breakout room feature made teaching and collaborating much easier, setting Zoom's software apart from others. Today Zoom benefits millions of people around the world, making the transition from an in-person to an online lifestyle nearly effortless.

Why the EV SUV Revolution has not arrived just yet

By: Yadhunandan Senthilkumar

Ah, Sport Utility Vehicles... the darling of the modern automotive industry...

Ah, Electric Vehicles... the darling of cars that are vying to save our beautiful planet...

Cars are something that mostly everyone has. Right now, the kind of cars that everyone is buying is Sport Utility Vehicles, commonly known as SUVs. These are the kind of vehicles people would buy if they want a lot of space in their car, with great capabilities. Many people are also buying EVs because of the benefits that come with it, both environmentally and financially.

But what if there is that one person who wants both an EV and an SUV? Well, simple, you get an electric SUV, right? Well, it's not as easy as you might think. Right now, there are about 6 electric SUVs that people would actually want to buy. Out of those 6, only 3 of them are affordable, and 4 of them are not extravagant. Ahem, Pigeon-Winged Minivan!

Out of the 3 affordable SUVs, they are all great. The only issue is, even though they are affordable, they are the expensive kind of affordable. They are all controversial in their own right. For example, you have an electric SUV with the Mustang nameplate. You also have an SUV that when the doors are open, looks like a pigeon-looking blob thing.

The question I would like to answer today is, How come there is no electric SUV revolution, since there is the electric car revolution, and the SUV revolution.

1. Range

If you are looking for an electric car, driving range is one of the most important factors. If you look at the affordable electric SUVs, they all have quite low ranges. The Standard Range Tesla Model Y SUV can go up to 244 miles on a charge.

Notice how I said "UP TO" 244 miles on a charge. Every single time, there are factors affecting that number, such as weather, drag, and speed. That will always lower the range of any vehicle, not just electric.

The low ranges are not attracting much interest from buyers. Some EV SUVs, however, have really high ranges, though, such as the Long Range Tesla Model Y SUV, which can go up to 326 miles on a charge. However, all of that extra range comes at a price.



2. Price

Speaking of price, like I mentioned earlier, these cars are the expensive kind of affordable. I'm gonna use the Model Y again as an example. After ditching the Standard Range version, the Model Y now is more expensive, starting at \$48,000 for the Long Range model. That price can easily reach more than \$50,000 with just adding a color that is not white.

KA-CHING!\$\$\$\$\$\$\$

In general, electric vehicles are expensive due to the cost of battery production. And, SUVs, being big, will cost more if you want more space.

The price of every EV SUV is more than the average price of a car in the USA, which is \$36,757. These high prices are not attractive for anyone who either has a low budget or just can't afford it.

3. Utility And Space

Electric cars being electric cars, they have batteries. And batteries are under the floor. Batteries are thick, which means that the height of the floor is higher than the floor of a normal gasoline powered car. That means that the legroom of a vehicle will be less, because your legs will be higher. Because your legs will be higher, you will be higher, which means that headroom will also be affected as well. That is one of the major downsides.

Also, there are electric motors that are needed in order to put down the power and move the wheels. And all of these electric SUVs have a dual motor all wheel drive powertrain, which means that there is one electric motor on the front axle, and one electric motor on the rear axle. Normally, the rear motor would be bigger than the front motor. Because the rear motor is big, it makes the floor of the rear cargo area higher, which, in turn, reduces cargo space by a teensy bit. That makes these SUVs very unattractive for consumers to consider as a possible purchase.

However, it is worth noting that because there is no engine, there is a cargo area under the hood, instead of an engine. So, even if the cargo area was low in the back, you get all of that extra space plus more up front.

Overall, electric SUVs are practically a pointless luxury. They don't have all of the utility that people expect from SUVs, and they definitely do not have the efficiency. If you want a long range electric SUV, it is highly suggested to get one if you have the money. But, if you don't have that kind of money, and you want an EV, get something like an electric sedan, like a Tesla Model 3, or an electric hatchback, like a Nissan Leaf.

One thing to point out: these are not as bad as the rich people SUVs, which get like 9 miles to the gallon. These are the main reasons as to why not many people are buying electric SUVs.



Epic games VS Apple

By:Nitin Uppuluri



Apple has removed Fortnite from all IOS devices because of epic games violating Apple's rules. I am going to explain both sides of the story.

#1. Epic games

Epic games have a price of \$7.99 worth of V-bucks while Apple has \$9.99 worth of V-bucks because of Google and Apple's 30% cut for apps made in the play store and the app store. Apple made \$54 billion from just Fortnite's 30% commission in 2019. Epic Games has started a campaign and sued Apple for claiming they are trying to build a monopoly in the software marketplace. They also launched a trailer in Fortnite with a 1984 parody of Fortnite, Apple's famous super bowl commercial from that year. On June 30, 2020, Tim Sweeny (epic games founder) requested some features for his consumers on the IOS devices

1. Use payment methods using epic direct payment instead of going through Apple
2. The Epic games store app be available on IOS devices. Instead of downloading the game from the app store, they can download the Epic Games launcher. On August 13, 2020, Tim Sweeny again emailed, Epic is no longer going to adhere to Apple's payment processing restrictions. Epic was launching the epic games direct payment, where you could buy the Fortnite V-Bucks for \$7.99 only. Tim Sweeny was very serious about the payment methods and he also said if Apple does not agree to this, then Epic will regrettably conflict with them.

#2. Apple's side

The 30% cut that Apple takes is not only from Epic Games but from many other game developers. Although Apple takes a 30% cut, it is for a good cause.

1. Exposure to billions of apple users
2. Development tools
3. Tutorials, guides, and Help
4. Programming languages

In this fight, I am definitely with Apple.

Interview with Sasha Stallhamer about the Epic VS Apple topic: Interview

In this interview, we had discussed three questions:

1. Epic or Apple?
2. Do you think it is fair for Apple to ban Fortnite from all IOS devices?
3. Did this change affect you?

In his personal opinion, he finds it unfair for Apple to ban Fortnite on all IOS devices. Sasha used to play on a mobile device, and now he can't participate in a fun game with friends.

IPL 2021: Will the Mumbai Indians Keep their Title?

By: Pranav Murthy



What is the IPL?

IPL is short for the Indian Premier League, which is a cricket league based in India. It includes both Indian and foreign players from countries all over the world. In the tournament, there are 8 teams competing with 56 season games and 4 playoff games. In the end, it is the team with the trophy in their hands who matter. The 2021 IPL season begins on April 9th and ends on May 30th. Each team in this tournament has its strengths and weaknesses, which will shape the tournament as it goes on.

Who are the Mumbai Indians?

The Mumbai Indians are an IPL franchise based in Mumbai, Maharashtra, India. The team lead by Rohit Sharma won their 5th IPL title in the 2020 season, as they worked their way to sustain their title for another year. This season, the Indians have a full squad of 25 players. This squad has 8 overseas players and 17 Indian players. The question is, will they keep the trophy in their hands?

Batsmen

As their Batsman, the Mumbai Indians have some players like Rohit Sharma and Suryakumar Yadav who are skilled players in the national team. They also have Saurabh Tiwary who had a pretty good season last year. Other Batsmen like Chris Lynn and Anmolpreet Singh are yet to show their talent on the field in blue.

All-Rounders

Within their All-Rounders, Mumbai has Keiron Pollard, James (Jimmy) Neesham, Krunal Pandya, and Hardik Pandya, who represent their national teams. Keiron Pollard, Krunal Pandya, and Hardik Pandya had a good 2020 season with the Indians, but Neesham is yet to show his talent on the field in blue. Marco Jansen and Arjun Tendulkar are new to the league but are predicted to have a good season. Fans hope Arjun Tendulkar will have a good career like his father.

Continued

Wicket-Keepers

Out of their 3 wicket-keepers, Ishan Kishan and Quinton De Kock are names expected to be heard often. Quinton De Kock had an outstanding season last year, and Ishan Kishan has recently made his debut in the Indian team, scoring 57 runs in the game. The other keeper Aditya Tare, didn't play any games last season and is yet to show his performance to the crowd.

Bowlers

The Indians have a squad of 10 bowlers. Players like Jasprit Bumrah, Trent Boult, Dhawal Kulkarni, Piyush Chawla, and Nathan Counter-Nile have played for their national teams, though some of them haven't been playing recently. Other bowlers like Yuvraj Singh and Mohsin Khan are new players in the Mumbai squad. Finally, Rahul Chahar is a spinner for the Indians who recently made his debut on the national team. He is expected to continue his good form in this IPL season as well.

Can They Retain the Trophy?

Overall, the Mumbai Indians have a great team which is very balanced. One place they could improve, is their spin bowling department. Having new players is great, though it is always a good idea to have some experienced players in their position. Finding experienced players helps the team make decisions on the field at certain and specific points of the game, when the coaches aren't around to help. In conclusion, the Mumbai Indians have a wonderful team that is very balanced. Having a team with such talented players gives them a high possibility of keeping the trophy in their hands!

The Exciting Ipl 2021! By:Srisaran Sivakumar

The 14th season of IPL (Indian Premier League- Cricket) is ready to begin on April 9th. 8 teams compete with each other and try to play the best cricket to get on top. The 8 teams are Chennai Super Kings, Delhi Capitals, Sunrisers Hyderabad, Punjab Kings, Kolkata Knight Riders, Mumbai Indians, Royal Challengers Bangalore, and last but not least Rajasthan Royals. These 8 teams are perfectly balanced and will always be competitive. We are going to be looking at the stats and reviewing each team based on their players!

Continued

Rajasthan Royals!

_Rajasthan Royals are a very competitive team but unfortunately, they had a forgettable last season as they finished last place with winning only eight games of the fourteen they have played. But, don't get fooled by the numbers. In the IPL 2021 Auction, they had bought very experienced players such as Shivam Dube and Chris Morris with a whopping 16 crore! They have also registered Sanjay Samson as their new captain who has looked fearless in the last season. To sum it all up, Rajasthan Royals will have a great season.

Royal Challengers Bangalore!

Royal Challenger Bangalore or RCB have a very strong lineup ahead of the season. In the 2020 season, the stats have proved that RCB had the worst middle order batting average but this season, the numbers are most likely going to change. In the IPL 2021 Auction, they had bought Glenn Maxwell who is known for clearing the ropes and scoring boundaries. He had looked unstoppable in the India vs Aus 2020 series with scoring 150 plus runs in 3 T20I matches. Even in BBL (Big Bash League), Maxwell had the most boundaries for his team. With this man in the team, RCB is going to be a tough team to beat!

Mumbai Indians! Mumbai Indians have 5 IPLs' under their name and have been known as the best T20 team in a decade. They had even won the last season which made them almost impossible to beat. They had won 9 matches out of the 14 they have played in the 2020 season.

Ishan Kishan and Suryakumar Yadav who have scored a fifty in their first international matches also are included in the Mumbai Indians team. These dangerous players have an incredible ability to clear the ropes in less than 3 balls! They also have very deadly bowlers like Jasprit Bumrah or Trent Boult. Jasprit Bumrah was the second leading wicket taker in the last season and Trent Boult has an ability to destroy other teams top order batsman. This makes the team very invincible as they have dangerous batsmens and deadly bowlers.

Chennai Super Kings!

Chennai Super Kings or CSK have 3 IPLs' under their name and they are known for their deadly batting. However, that was not the case last year. They had the worst opening performance in Ipl history. If that was not bad enough, for the first time in IPL history, they did not qualify for the powerplay. They finished 7th place. But, IPL auction once again saved another team. CSK bought Krishnappa Gowtham for 9 crores who proved to be impressive last year. There are also some downsides of the auction as they had also got some test players such as Moen Ali and Cheteshwara Pujara. Suresh Raina, a dangerous batsmen, returns to his IPL career and the CSK management will be really happy about that! So, expect a really awesome comeback from the amazing CSK team!



Kolkata Knight Riders!

Kolkata Knight Riders or KKR is a very impressive team and their true strength lies in batting. Last year, they almost qualified but SRH (Sunrisers Hyderabad) got in their way to the playoffs and KKR finished in 5th place. This year, they will be looking to come back stronger with Andre Russel and Varun Chakravarthy. If you don't know about Andre Russel, he is a powerful hitter and if he really gets in the mood, he will smash you for 6 boundaries in an over. That is exactly what happened in the 2019 IPL! But, Andre Russel however was in poor form last season and was rested half the tournament. However, Varun Chakravarthy last year was tremendous. He was the first bowler in IPL 2020 to get a 5-wicket haul. If these two players are in good form, KKR will be a strong team in the 14th edition.

King XI Punjab!

Kings XI Punjab or KXIP is a very magnificent team but that was not true in the first half of the tournament last year. Last year, they lost almost every match in the first half of the tournament, Their batting average was pretty good as they were getting around the 200 mark on every match but it was the bowling they were terrible at. But in the second half of the tournament, the whole performance was: A M A Z I N G! One of the reasons being that they got Chris Gayle (batsmen), The Universe Boss, back to form and he hit 40s and 50s on every match he played. Because of him, the team almost qualified for the playoffs but their bowling was still at its lowest. If they improve their bowling, they would definitely be the top 4 teams in the tournament.

Sunrisers Hyderabad!

Sunrisers Hyderabad or SRH is a majestic team but they lost some of their key bowlers at the start of the tournament due to injuries. One of them was Bhuvneshwar Kumar, easily the best white ball bowler, who got out of the tournament because of a sprained ankle. At this point, the critics thought that there was no possible way for SRH to qualify but Rashid Khan and David Warner proved them wrong. Rashid Khan bowled his way to magic and took 21 wickets in the tournament and David Warner as always was at his best. They qualified for the playoffs and beat RCB in the eliminator. But, the team did not get any support from the other players and couldn't get into the final. This year, they didn't get any major changes from the 2021 IPL auction but will be hoping to come back stronger!

Delhi Capitals!

Delhi Capitals or DC was a wonderful team and got into the final of IPL 2020 versus MI. Unfortunately for DC, MI was too good for them and beat them to get the trophy. But the journey of DC to the finals was remarkable! That's because of Prithvi Shaw (batsmen) and Kagiso Rabada (bowler). Kagiso Rabada ended up being the highest wicket taker taking 30 wickets in just 18 matches. But, in the second half of the tournament, nothing started going in their way as they started losing matches more frequently.

It was either because the other teams were getting better or they were getting worse. In the 2021 IPL auction, they couldn't make a major change in their lineup as their highest bought player was Tom Curran for 5 crores. However, they will still come back stronger to get into the finals and possibly win the IPL.



How TO and How NOT to Save Time

By: Gahan Mottana

At least once in our lives we have wanted to save or control a little bit of time. You won't be able to control time, but there is a way to save some. Daylight Saving Time (DST) is the yearly practice of setting clocks forward one hour between the months of March and November. The idea behind DST is to conserve, or "save" natural light, since spring, summer, and early fall days typically get dark later in the evening compared to late fall and winter days. The non-DST period between November and March is known as Standard Time. This is how most Americans and Europeans "save" and "lose" an hour of their day.

What is DST?

The United States has officially observed DST since 1918. We set our clocks forward one hour at 2 a.m. on the second Sunday in March, resulting in one less hour of sleep that night.



Then, at 2 a.m. on the first Sunday in November, we set our clocks back one hour, resulting in one more hour of sleep than night. DST is often referred to as "Spring Forward, Fall Backward" because of when these time changes occur. Adjusting the time by one hour may not seem like too drastic a change, but sleep experts have noted troubling trends that occur during the transition between DST and Standard Time. These include a rise in heart problems, mood disorders, and motor vehicle collisions. Furthermore, DST can cause sleep problems if daily rhythms are not aligned with natural cycles of light and darkness. Some people also experience insomnia symptoms due to time changes.

The History of Time

Benjamin Franklin is the one to take the honor or the blame, depending on your view of the time changes, for coming up with the idea to reset clocks in the summer months as a way to conserve energy. By moving clocks forward, people could take advantage of the extra evening daylight rather than wasting energy on lights. DST didn't officially begin until more than a century later. Germany established DST in May 1916 as a way to conserve fuel during World War I. The rest of Europe came onboard shortly thereafter. And in 1918, the United States adopted daylight saving time.

Why do we still have daylight saving time?

Fewer than 40% of the world's countries observe daylight saving time, according to timeanddate.com. However, the countries who do observe DST take advantage of the natural daylight in the summer evenings. That's because the days start to get longer as Earth moves from the winter season to spring and summer, with the longest day of the year on the summer solstice (June 20th, 2021).

Continued

During the summer season in each hemisphere, Earth, which revolves around its axis at an angle, is tilted directly toward the sun. Regions farthest away from the equator and closer to the poles get the most benefit from the DST clock change, because there is a more dramatic change in sunlight throughout the seasons.

Research has also suggested that with more daylight in the evenings, there are fewer traffic accidents, as there are fewer cars on the road when it's dark outside. More daylight also could mean more outdoor exercise, more fun with friends, or longer outdoor activities.

The leading reason for daylight saving time has long been to save energy. However, Stanton Hadley, a senior researcher at Oak Ridge National Laboratory, says the energy question probably isn't the real reason the United States sticks with daylight saving time. Energy might be the leading reason of the people, but it isn't the real reason. Hadley says, "In the vast scheme of things, the energy saving is not the big driver. It's people wanting to take advantage of that light time in the evening." That is true. People want to make most of their day and with more light outside, they have "more time" to accomplish different tasks.

Daylight Saving Time Sleep Tips

In the days and weeks leading up to time changes, you can prepare yourself for the adjustment by taking the following precautions:

- **Practice Good Sleep Hygiene:** Sleep hygiene refers to practices that can influence sleep for better or worse. In order to ease the transition of the time change, you should avoid caffeine up to four hours before bedtime. Also, refrain from consuming heavy dinners and snacks before bedtime. It can also negatively affect how well you sleep that night.
- **Establish a Consistent Sleep Routine:** Going to bed and waking up at the same time each day – including the weekends – is a healthy sleep hygiene practice that can also prepare you for time changes. Make sure you get at least seven hours of sleep each night before and after transitioning to or from DST.
- **Gradually Alter Your Bedtime:** Two to three days before the transition between Standard Time and DST in early March, sleep experts recommend waking up 15-20 minutes earlier than usual. Then, on the Saturday before the time change, set your alarm clock back by an additional 15-20 minutes. Adjusting your wake-up time can help the body make a smoother transition when the time change occurs.

No matter if you follow daylight saving time or not, this method millions of people have been following for the past century can be proven to be useful or a waste of time. No pun intended! Maybe sometime in the future, there will be a change, or a better, more practical method of saving time and energy. All we have to do is wait for time to tell.



"ZOMBIES? NO, IT'S THE FIRST MORNING OF DAYLIGHT SAVING TIME."

“Touchdown!”

By: Shruthi Srinivasan

“Touchdown!”. The one word that provides excitement to everyone in the world. That same excitement happened on February 18th, 2021. On this day, a new, intelligent rover called Perseverance successfully landed at 8:55 UTC on the red planet, Mars. But, there are many questions circling around the rover about what its mission is, when it was launched, why it was launched, etc. In this article I will answer many of these questions.

The Reason For Perseverance:

Launched on July 30th, 2020, NASA scientists in JPL have sent Perseverance to Mars to find signs of life, to collect samples, and provide more information about Mars to help with future human expeditions there. You might be questioning yourself thinking “*Shruthi, no life form can live on Mars, though,*” and your absolutely correct no life form **exists** on Mars **now**. However there could have been life before on Mars for NASA scientists have found a dried up lake, Jezero Crater, which Perseverance will explore. Life on Earth only started because of water. Water is very essential for all living things to exist, so scientists in NASA believe that if there was water on Mars, life could have been existing on Mars. Using its in-built drill, Perseverance will gather good rock and soil samples. It will then put them in a “cache” on the surface of the red planet. Finally this intelligent rover will be running several tests, observations, and all together gathering knowledge on Mars. One of these tests is a method in making oxygen from Mars’ atmosphere! These tests will help scientists on Earth understand better how they can get humans to Mars! By studying past microbial life, doing several tests, drilling, making observations, and by gathering info, Perseverance is going to help scientists conclude whether humans can live on Mars!

Ingenuity:

Like past rovers launched on Mars, Perseverance is very expensive. Perseverance is the most expensive rover launched to Mars by NASA and costs \$2.7 billion! A helicopter experiment (drone) is traveling with Perseverance. It's called Ingenuity. Ingenuity's mission is to demonstrate the first powered flight tests on Mars. However it will be nestled under Perseverance's belly to help protect itself from debris. After about 30 days, it will then demonstrate the first powered flight tests on Mars. Since Mars' atmosphere is 99% less dense than Earth's atmosphere, it will be difficult for Ingenuity to fly correctly. For this reason the drone is very lightweight weighing 4 pounds and standing at 19 inches tall. To make sure the flight is successful, NASA scientists in JPL have equipped the drone with four large carbon-fiber blades constructed into 2 rotors. From one end to the other, the rotors span 4 ft. When flying, the rotors will fly opposite directions at a speed of about 2,400 rpm, which is a bit faster than your average helicopters on Earth. Jezero Crater gets exceedingly cold during the night to temperatures under negative 100 degrees Fahrenheit. Because of this reason, Ingenuity will be using more of its energy to keep itself warm instead of using it for flying. During the drone's flight JPL won't be able to control it's flying.

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Also, because of communication delays, the commands for Ingenuity's flights will be sent to the drone before the actual flights. Besides Perseverance carrying Ingenuity, this rover has 24 cameras however Ingenuity has only 2. The cameras' on Perseverance will help NASA explore Mars and will also film Ingenuity's flights. The cameras' on the drone itself will also be filming the flights to give JPL a better view of flights on Mars!

To sum up, Perseverance and Ingenuity are going to accomplish a lot of great things on Mars to help with future human expeditions. This is all thanks to the amazing people in Jet Propulsion Laboratory (JPL)!

Amazing Facts About Perseverance & Ingenuity:

- Roboticist, Jaakko Karras from NASA built the helicopter drone experiment, Ingenuity
- Perseverance is a car size and is 9 ft 6 inches tall
- Perseverance has a microphone to record sounds on Mars
- Rover is carrying pieces of astronaut space suits
- NASA wants to learn if humans can survive on Mars from the radiation that Mars gets
- Perseverance is going to test whether the material of the space suits is protective enough for humans
- By doing this, scientists will be able to learn whether the current space suits will be able to protect humans from radiation
- Sleep is very important to everyone, even for Mars rovers! Perseverance can put itself to sleep!
- If conditions become unstable on Mars, this Mars rover can go into "safe mode"
- When this happens, Perseverance cuts all communications to NASA scientists
- The Mars rovers' name was chosen by a seventh grader, Alexander Mather in a national contest held by NASA to choose a name for the Mars rover
- Perseverance's destination, Jezero Crater is a 500 meter deep crater
- Jezero Crater used to be a lake which dried out about 3.5 to 3.8 billion years ago!
- Takes about 7 months to get to Mars from Earth
- Since Coronavirus was discovered around the same time Perseverance was built and tested, about 90% of the team working on Perseverance worked from home.
- Perseverance is the only Mars rover to have a final prep with a virtual team!
- Vaneeza Rupani selected the name Ingenuity for the Mars Rover, Perseverance, however NASA scientists used the name Ingenuity for the drone helicopter experiment!



What Covid-19 Vaccines are good to take?

By: Vishruti Mehta

The worldwide pandemic has cost many lives. For many months, scientists and doctors experimented to find a cure. Today there are not one, but many vaccines that prevent death from the coronavirus. But which ones are good to take? America has come up with their own vaccines that vary in effectiveness. But which ones are reliable? Which ones are effective?

Vaccines - [Moderna](#), [Pfizer](#), and [Johnson & Johnson Moderna](#) - Usually any vaccine first injects the dead virus into the human body. Then the body generates a certain protein to fight it and get rid of it. After the one time that the body has fought against this virus, everytime the body catches that virus, the protein will fight the virus and get rid of it. This is until the vaccine wears off, and needs to be injected again. The Moderna vaccine, however, injects the protein first, so it can fight off the Corona virus if the person catches it. This vaccine is very popular and many people take it. Moderna is for people who are 18 years old, or older. It prevents death from the coronavirus.

[Pfizer](#) - Like Moderna, this vaccine injects protein into the body. It fights off Covid-19 whenever it meets it, and helps the body get rid of the virus. It is very similar to the Moderna vaccine, and is very effective too. The Pfizer vaccine is for people who are 16 years or older. This is currently the only vaccine that allows kids below the age of 18, and above the age of 16 to take the coronavirus vaccine. This vaccine also prevents death from the coronavirus.

[Johnson and Johnson](#) - This vaccine is for people who are 18 years of age or older. It has come out, and people have started to take it, but it is currently unavailable in the Tri-State. It is currently being tested to be improved, and has come up with some effective, and impressive results. Like Moderna and Pfizer it prevents death from the coronavirus, and is effective against many variants of the original virus. Many people prefer the Johnson and Johnson vaccine over the other vaccines, because of the company's reputation, and it's promising results.

Moderna and Pfizer are available if you book your spot. There are many centers where you can get these vaccines, all around the U.S.A. The Johnson and Johnson vaccine is slowly becoming available to all the states, and cities of America. While booking a vaccine spot, be sure it is legal, and safe. The vaccines do not have any major side effects, only small ones depending on every individual's body. The immunity of the body is down a week after the first and second doses of the coronavirus vaccine. Many people get a cold, pollen reactions, etc. very easily, and find it very hard to continue their daily lives as usual. Make sure to be safe, healthy, and careful while taking, and after taking the coronavirus vaccine. Good luck!

How animals were affected by Covid-19...

Sumayya Shaik

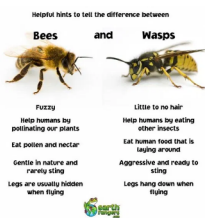
Overall, the likeliness of animals spreading viruses to other animals is low. This means that most animals are still living the preCOVID life. However, people are quarantined! Since human activity has decreased, there was less population, hunting, etc. Meaning the virus hasn't been wholly negative.



On the other hand, some viruses start from animals. They include compounds such as chroresline, hapalochlaena, different types of peptides, etc. These substances can spread throughout human cells! As we all know, covid-19 was one of the viruses!

A lot of animals are going extinct, but the ones that remain have to live in small spaced habitats, making them feel tightened.

To wrap it up, animals play an important role in covid-19, and all of us need to keep them safe. These creatures provide us with many resources, so now it's time we help them. Keep the animals safe during this virus!



Bees VS Wasps: Friends or Foes?

By: Eva Patel



A new study shows that wasps are greatly disliked by people, whereas bees are highly appreciated, even though bees and wasps look very similar when you look at them from far away. But, when you get near to them, they have very different characteristics. When asked to find words that are associated with bees, people immediately think, "flowers," "honey," and things like "pollination." Sounds friendly. And so people would definitely classify them as friends unless they have had a traumatic experience with them. But for wasps, people think, "sting," "mean," and "dangerous." They are definitely "FOES" for most people. But the truth is, that wasps pollinate their surroundings just as much as bees, and kill much bigger and much more annoying pests.

They are just as important to the environment as bees are, even though they can be a little annoying at times. Still, they are more interested in feeding their larvae and finding food than chasing you around! One of the main things that you can do to avoid being stung is to stay AWAY from wasps, especially if you have food with you. If you do not want to interact with wasps or bees, here are some descriptions that will help you identify them:

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1. Bees are usually long and fat. They have dangling legs, two pairs of wings, and are often brightly colored, and are pastel yellow. Some bees, like honeybees, can even be hairy! Bees live in wax hives, which can have geometric shapes.
2. Wasps are long and thin, and have long dangling legs. They may be wingless, but they may also have two pairs of wings. They look like they are almost neon yellow, and are very smooth compared to bees. Wasps live in these papery brownish nests.

Bees are still relatively non-aggressive. They can only sting once in their whole lifetime. Wasps however, have a stronger stinger, and so they can sting many times in their life. This is also another reason why people like bees better, because when thinking about it, people realize that bees actually have to be smart about using their stinger, so it is less likely that they will sting you. On the other hand, wasps can sting multiple targets and can be pretty aggressive. They are more predators than pollinators, but they still pollinate. People have different opinions on them, and may have apiphobia or spheksophobia, which is the fear of bees and wasps. Still, in the end, both bees and wasps should be known as friends. That is as long as you do not bother them, and if you do, they will be foes.

Johnson & Johnson: Third Covid-19 Vaccine Approved by the FDA

By: Srujana Akella

Johnson & Johnson, a New Jersey based company well known around the world for manufacturing it's baby products, has now achieved success in creating America's third Covid-19 vaccine. This vaccine was approved by the FDA on February 27, 2021. The creation of this vaccine could possibly help stop the spread of the coronavirus and help President Joe Biden's goal in vaccinating all adults in America by the month of May.



So let's talk about the Johnson & Johnson vaccine. Merck, Johnson & Johnson's rival company, is also assisting them in creating more vaccines, as they had originally failed to succeed in creating an effective Covid-19 vaccine. The Johnson & Johnson vaccine is also about 72% effective compared to the Moderna and Pfizer vaccines which are both about 94% effective. For the Johnson & Johnson vaccine, you would only need one dose to become fully vaccinated, making it convenient for most people, as you require two doses (separated by 28 days) in order to be fully vaccinated for both the Moderna and Pfizer vaccines. Dr. Anthony Fauci, government's top infectious disease expert, says that all three vaccines will prevent hospitalization and death. Therefore, you should get whatever vaccine that becomes available to you.

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According to the [nytimes](#), Johnson & Johnson has guaranteed to supply America with one hundred million doses by the end of June. As well as Pfizer and Moderna providing us with six hundred million doses by the end of July. They say that by then, there will be more than enough doses to vaccinate any adult who wants one. But until everyone gets vaccinated, we must follow all safety guidelines by wearing a mask, maintaining social distancing and by washing our hands often.



April Showers

By: Vaibhav Venkatesan

March winds and April showers bring forth May flowers.' Most of us are familiar with the term, but how can April have so many showers? April does have more showers than other months, regardless of where you are in the country.

Why do we have April showers? April is a month in transition; the long, cold winter days start to wane, and the jet stream a band of strong winds begins to move northwards. The chilliness of the dark months is replaced with warmth and light, so too low pressure and, as a result, the skies open. But there is more to our April showers than just low pressure. At this time of year, the temperature of the sea is at its lowest. Lengthening days and warming weather result in a significant increase in daytime heating. And it is this disparity between the warm land and cold sea that causes shower clouds to form.

The truth is the saying has more to do with proverbs than weather patterns. To understand the saying from a weather perspective, it helps to remember that there is a difference between "rain" and "rain showers." Rain is technically the result of a weather front or the boundary shared by two bodies of air. These fronts can span hundreds of miles and consist of many types of clouds. The clouds create precipitation that can fall for days over large areas of land. The result: a lot of rain and sometimes flooding.

Rain showers are different.

During the month of April, a band of strong winds, known as the jet stream, moves northwards. This changes the air pressure and leads to an explosion of cumulus clouds — the type of clouds that create rain showers. In coastal areas, the sea also contributes to forming April showers. As the days also get progressively warmer during the month, the sea's lower temperature can clash with increased surface temperature to cause rain showers. Also, the precipitation from these clouds rarely lasts longer than a few hours.

April rain showers also have less impact on certain types of flowers. In general, perennials are the flowers we imagine when we talk about the visible signs of spring. Since the bulbs of perennials have been in the ground all winter long, their growth and health depends on the overall trend of rainfall over the course of many months.

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And during the blooming season, too much rainfall can actually ruin the flowering blossoms because of disease. Annuals are completely different. They need rain to blossom, but it needs to be rainfall after the plants are in the ground. So the likelihood of April showers leading to May flowers on an annual plant is less likely unless you planted them in a warm climate.

So the month of April, traditionally a rainy period, gives way to May, when flowers will bloom because of the water provided to them by the April rains. April showers can bring enjoyable things indeed, abundance of flowers in May.



Godfather Death

Rishab Sen

“Godfather Death” is a German fairytale about a successful doctor who gets punished when he strays away from the deal with Death. A poor man searches for a godfather for this 13th child. In his search, he comes across God and the Devil. They both offer to be the child’s godfather, but the man refuses, knowing that God and the Devil both passed judgment on humans. He then meets Death, who also offers to become the youngest child’s godfather. The poor man agreed, knowing that Death perceived all humans to be equal. When the youngest child had become older, Death visited him. With him, he had a flask that contained the cure for all human diseases and conditions. He explained that with the power of this flask, he would be a successful doctor. However, Death had also brought with him some rules for the soon-to-be doctor. He stated that if he was hovering right over the bed, the doctor could heal the patient, but if Death was at the end of the bed, Death would have to claim the patient’s life. The doctor agreed and set out to become rich with success.

His success led him to wealth and popularity amongst the kingdom. The news went round that the king was ill himself, and as such, he brought up the successful doctor to his castle. However, when he reached the king’s quarters, he was shocked to see Death already at the end of the bed, which only meant that the king’s life was claimed by Death. Even so, the doctor would not just stand there and accept it. He wanted the glory, even if it meant defying Death himself. With that, he spun the bed around to reverse Death’s position, curing the king of his illness. While the doctor was fine with it, Death was not. He was filled with rage over this arrogance from a mere human and warned him that if he ever broke the rules, it would cost him his life.

The doctor continued his success, leaving what had happened with the king behind him, but he was brought up to the castle yet again. This time it wasn’t the king that was ill, but rather his daughter. The king had begged anyone to save the princess’s life and even agreed to give astounding wealth to those who cured her. The doctor, seeing his chance to gain even more fame and wealth, headed out to the castle. When he reached the princess’s quarters, he forgets about his greed and is struck by the princess’s beauty. How can someone so beautiful fall into this state? His thoughts blinded him from noticing Death skulking at the foot of the bed. He brought the antidote out and cured the princess without a moment of hesitation.

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But before any of them could even speak a word, Death had dragged him down into a cave full of candles, each one representing a life. Death's anger caused his fingers to make the fire of his godson's candle die out a bit, creating a smaller form of the fire. His godson desperately begged for mercy from Death and asked the fire of his life to be transferred onto a new candle. While Death considered the option, he found his godson's betrayal too much, and the withering candle fell to the ground. Death watched as the flame died out more and more until it became nothing more than a smoky wisp in the air.

So what does this story teach us? Well, let's go over the characters and what traits they have. The poor man is poor and desperate, concerned for the well-being of his family. Death is a firm believer in rules. He is also fair and unprejudiced, as he sees all humans as equal. The doctor is in a way, selfish and greedy, as rather than following his godfather's rules, he seeks only wealth, fame, and women. So what does this mean? It teaches an important lesson: one shouldn't be driven by wealth and fame. Even if you take out that lesson, it teaches another lesson: you can't defy death. It is simply inevitable.

Let's go over what we said. First, the story is about an arrogant and greedy man who disobeys Death's rules twice and faces his punishment for it. The doctor is greedy, as he only cares about the wealth and fame he gains through curing patients. When the time comes where he needs to cure the king, he is focused on the glory he can gain, not on his promise to Death. This shows that greed can ruin one's life forever and that death is inevitable.

"You once looked for the most righteous one to be the godfather of your child, but at the Bed of Death you betrayed that and instead grasped for the life of another. Now sleep my unwise apprentice." - Death.

The Hidden Factory!

By:Sahasra V.

The Liver plays a big role in our body, it is one of those body parts that we cannot live without! There is a big factory that is working inside the human body! This factory runs for 24/7 it is an organ that is called a Liver. This organ acts as a "Storehouse, Manufacturing Hub, and a Processing Plant." Each individual task includes so many important subtasks that without the Liver our body would completely shut down.

One of the main tasks of the Liver is to filter the blood from 2 main sources, The Hepatic Artery, and the Hepatic Portal Vein. The Hepatic Artery is a tube that delivers blood from the heart, while the Hepatic Portal Vein delivers blood from the interstices. The blood fills up the Liver with nutrients, and stores the nutrients in the Lobule.

The Lobule sends oxygen to the Liver to help it function. The blood that the Liver receives from the intestines are fats, carbohydrates, vitamins, and other nutrients that are dissolved in it.



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These are processed in various ways, if it is carbohydrates it is processed into sugars that the body uses as energy. If the body doesn't use some of the nutrients it stores them for later when the body might want to use them. The blood isn't only full of nutrients it also has toxins. The liver converts it into something that doesn't harm the body or isolates it away, channeling it to the kidneys and intestines to be excreted or separated. For example, Blood Plasma proteins, including fatty acids, help form blood clotting which are made into cholesterol, helps the body with vitamin d, and substances that help digestion.

Moving on, one of the important products in the Liver is Bile. Bile is a liquid that helps digestion, it helps break down fats, destroy microbes, and neutralize extra stomach acid. The Liver stores the Bile in a small tank under the Liver called the Gallbladder. Bile also helps take the toxins from the Liver out of the body.

Now that we understand what the liver is and its functions, how can we keep it healthy, and what habits/foods damage it? The 2 main habits that not only affect your Liver but your body is Smoking and Alcohol. Secondly, oil foods, and fat foods, if you eat too much oil and fat foods your liver will have trouble taking out all the toxins. Think about it this way, if your teacher gave you too much work to do, like maybe 25 sheets that will take you all day, by the time you're done your hands will be weak, and then the next day you still will be tired. You think you need a break. Like that, our Liver will be getting tired and tired everyday if you keep eating junk everyday, soon you will start getting problems, because the Liver would be really tired it might end up quitting its job because of how hard it is. If you think you deserve to have a break so should your Liver. Furthermore some foods and drinks that can help your liver stay healthy are..

- Eating Greens
- Eating Fruits (Grapefruit)
- Eating Proteins
- Eating Nuts (Walnuts)
- Eating Fibers (Oatmeal)
- Green Tea
- Coffee (just because coffee helps your Liver doesn't mean you drink a lot there are side effects for caffeine.)
- Garlic
- Turmeric
- Water (How much water the better)

Types of Paint

By: Karis Lin

What is paint, and what is it made of?

Paint is a liquid that dries solid. It can be used for decoration, art, protection, and more. Paint is usually made of pigment, resin, solvent, and additives. Pigment gives paint its color. Resin is used as a binder, or glue to keep the pigment particles together. Solvent makes the paint liquid and dries after applying to make it solid. Additives are used to keep the paint vibrant and not moldy. There are oil and water based paints. This means that the solvent is either made of water or mineral spirits or alkyd. Water based paints are known as latex paints and oil based paints are known as alkyd or oil based paints.

Acrylic Paint

Acrylic paint is one of the most popular and versatile paints. It is forgiving and water based. This means you can cover up most of your mistakes and clean your brushes easily when the paint is wet. Acrylic paint dries quickly, you can layer it, and it can be blended somewhat easily with the right techniques. Acrylic paint is bought in tubes or bottles. It can be expensive depending on the quality of the paint.

Watercolor Paint

Watercolor paint is also a popular paint. It is water based and mixed with a gum such as gum arabic to keep the paint from being flaky. To activate it, you add water to the paint. Watercolor paint is great for covering large areas of space. It can be transparent and hard to cover mistakes. This type of paint dries moderately fast. Watercolor paint is found in tubes and pans. It is the cheapest type of paint to set yourself up with.



Oil Paint

Oil paint is oil based. It was used in many paintings from the Renaissance. The Mona Lisa and The Starry Night are two famous oil paintings. Oil paints dry very slowly and are known for being permanent. Also, this particular type of paint is very vibrant and blends well. There are some cons to the paint. One is that you have to clean your brushes with solvent instead of water. Also, oil paints are hard to remove from clothing and can stain objects for a long time. They can be expensive.

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Gouache Paint

Gouache (rhymes with squash) paint is water based and not as popular or known as the paints mentioned above. It is similar to watercolor paint but more opaque, like acrylic paint. It dries moderately quickly. Like most other paints, gouache can be expensive, but it depends on the quality.

Conclusion

To conclude, there are different types of paint to fit every artist's preference. Other paints include tempera and encaustic. If you are selecting paint, you must review the choices, price, and pros and cons. Each paint is different and is used to achieve different "looks". Now, you can experiment with different paints. The possibilities are endless!



5 Places to Visit in NJ

Chaitra Dontineni

Traveling can be quite difficult during Covid, so here are 10 enjoyable places that you could visit in New Jersey. (Also, just know that they are numbered randomly.)

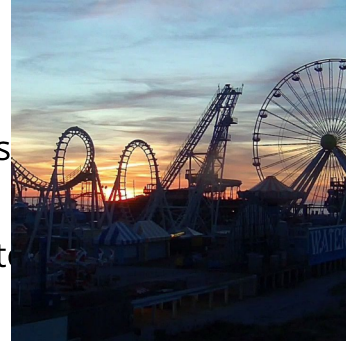
1. Atlantic City

This city is home to its famous and iconic boardwalks and beaches. There are also super entertaining amusement parks and scenic lighthouses. They include the Atlantic City boardwalk, Absecon Lighthouse, The Steel Pier, The Quarter at Tropicana, and much more. A fun fact about Atlantic City is that salt water taffy was first invented there and it's also famous for their casinos.



2. Wildwood

Wildwood is on the NJ coast, and is a city in Cape May County. This city is known for its wide beaches, boardwalks, amusement complexes, and waterparks. Some of the widest beaches in NJ are located in Wildwood. In addition to these beautiful beaches, there are also museums such as the Doo Wop Experience museum.



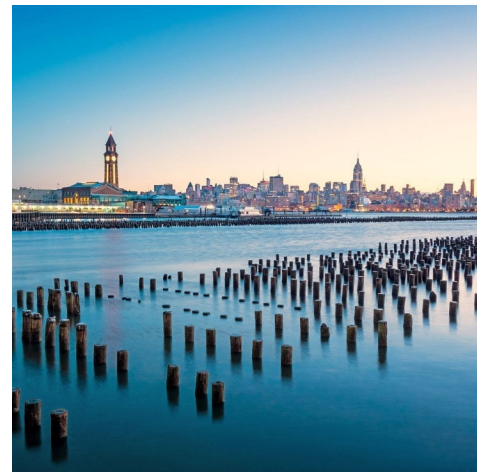
3. Cape May

Cape May is a city and a seaside resort in NJ, and it is known for its historical Victorian buildings and is one of the best beaches on the Middle Atlantic Coast. A few places you can visit in Cape May include the city beaches of course, Jersey Shore Alpacas, Washington Street Mall, the Cape May lighthouse, and more.



4. Hoboken

Hoboken is a city in Nj that is on the Hudson River. It features magnificent skylines in addition to its unique restaurants and renowned eateries. Some of these include Pier A Park, Hudson River Waterfront Walkway, ferries, Hoboken Historical Museum, and art galleries. This city is also the birthplace of Frank Sinatra, who was a famous musician.



5. Princeton

While Princeton is most commonly known to be home to the world-famous ivy league college Princeton University, there are several other attractions in this gothic town. With museums, battlefield parks, gardens, and a breathtaking downtown, without a doubt Princeton has a whole lot to do.



Kamala Harris Life Story:

By: Pradnya Chakka and Jahnavi Singh

A brief intro about Kamala Harris

Kamala Harris, Full name Kamala Devi Harris, 49th Vice President, in the Democratic Administration of Pres, and the first woman and the first Indian American to hold the post. She was born on October 20, 1964, Oakland, California, U.S. She also worked in the senate in the years of 2017-2021. Her father, who was Jamaican, taught at Stanford University, and her mother, the daughter of an Indian diplomat, was a cancer researcher. After studying political science and economics at Howard University, Kamala earned a law degree from Hastings College in 1989.



How was her childhood?

Daughter of an Indian mother and a Jamaican father who immigrated to the US to pursue their educational goals. Harris' parents, Donald Harris and Shyamala Gopalan, were both born in 1938. Kamala's brother secured a position in a prestigious school with a scholarship. When it was time for college, she followed in the footsteps of some of her legal idols and attended historically Black Howard University in the nation's capital.

What was her goal/dream/desires?

Kamala Harris attended the civil rights protests in Berkeley, which helped shape her career decision. Her main goal is to spread equal rights in any way possible. Her dream is to spread more equality through her speeches, her meetings, and her announcement.

Something she showcased during her speeches was that women may not appear in the front row seats but they are the backbone and what structures this society.

What were some blocks in her path?

Kamala Harris was trying very hard to achieve her goal and when everything was looking up, Kamala's parents divorced and this created deep scars for her life, but she stood back up and worked to achieve her goal. She ran for president once too after she got back on her 2 feet in politics again but didn't get the post. She tried once more but still didn't get the post. Later, Joe Biden saw her potential and elected her vice president, making her the first American Indian vice president of the US.

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Who was her role model?

Shirley Chisholm is Kamala Harris's role model and she has represented throughout her common appearances. Mrs. Chisholm ran for president in 1972 for the Democratic party. When Shirley Chisholm was running for president she showed multiple issues throughout society such as woman rights, African American rights, and inspired people to step up and speak. She was an inspiration to Kamala Harris because she was inspired to speak for what she believed for.

What is her career affecting others ?

Kamala Harris is now the present vice president of the U.S.A. Her being the vice president has shown women rights and started to influence more women to speak up for what they stand for. During her speeches she talks about how the future generations are going to improve by adding more gender equality.

The Life of Thurgood Marshall: A hero

By: Arnesh Banerjee

One hundred thirteen years ago, on the second of July, a new person had emerged. He spent his childhood trying to survive against the harsh laws that kept black and white separate. Throughout his life, he had fought as a talented lawyer and joined in the civil rights movement. He was known for his heroism and one of the key people to help to equal all people in this country. His name was Thurgood Marshall. A person who put others before himself.



Thoroughgood (Thurgood) Marshall was born on July 2, 1908. As a child, young Thurgood faced many challenges in racism. He had to go to a school for all blacks and was kept separate from the school where people who had light skin could attend. As a child, Thurgood was mostly known as Thoroughgood Marshall, which was his birth name. In the second grade, he changed his name to Thurgood because he was tired of writing over and over again.

Thurgood's mother Norma Alica Williams always encouraged Thurgood and his brother to do well in school. She thought education was important for the boys. She always told them to think before you act and make good decisions. His family lived in a normal middle-class house and were able to pay for his education. He was very mischievous and often used to get sent out of class to read the constitution. That probably explains how he got into the world of law in his future.

As Thurgood finished his schooling in 1925, he attended Lincoln University in Oxford, Pennsylvania where his brother had attended as well. During this period of time, Thurgood decided to focus more on his social life in college. Since he was intelligent, he got in with tiny effort. After getting suspended for hazing, Thurgood focused more on his academics. He joined the debate club which would help greatly later on in his life and developed his passion to become a lawyer. This was one of the first moments in Thurgood's life where he got involved in the civil rights movement by helping to stop segregation in a movie theater. He described this as one of the happiest moments of his life later on. Thurgood shortly met his future wife, Vivian Burey and they married on September 4, 1929. At last, in 1930, Thurgood graduated from college.

Not so long after the start of his young adulthood, Marshall had gone to attend the University of Maryland Law School. This was one of the many important times in his lifetime where he faced the same problem just like others with the same skin color as him: Racism. The university of Maryland had only accepted white students. Because of this rule, Thurgood was rejected and was forced to look on for another university to attend to. Thurgood was ultimately accepted into Howard University where he learned about civil rights law and took his passion to becoming a lawyer even more seriously. He took the constitution as his friend, studying it, and embracing it. In 1933, Thurgood graduated from Howard University, ranking first in his class.

After passing the bar exam, Thurgood opened a small law practice in Baltimore. He then volunteered for the NAACP (National Association for the Advancement of Colored People). Now it was time for one of the earliest and important cases. As known before, the University of Maryland Law School does not allow colored people to attend. That's how Thurgood was rejected previously when he tried to attend. He held a trial during court and sooner or later, Thurgood had won the case against the University. From then on colored people could attend the University and there were no rules that kept them from passing through.

In 1935, one of Thurgood's mentors from NAACP appointed him as Assistant Special Counsel for New York. In 1938, Thurgood took over as Special Counsel. He traveled to numerous places in the south to make votes fair and fair trials for African-Americans. In 1940, the NAACP set up an organization known as fund inc. Thurgood worked to desegregate schools and other education platforms. 1952 was the year where Thurgood got his wish. That year, his famous case *Brown vs. The Board of Education* took place. The case was argued a couple of years later as Thurgood fought to desegregate public schools. After many months of arguing the Supreme court had sided with Thurgood. Now, segregation in most public schools was banned. In 1961, president John F. Kennedy appointed Thurgood as the federal judge of the Court of Appeals in New York City. Thurgood spent the next four years of his life working in court to make sure that everyone would be treated equally across the country. None of his opinions about the cases reversed on the Supreme Court. In 1965, president Lyndon B. Johnson selected Thurgood to be Solicitor General of the country. He represented the role for a short period of time. Two years later in 1967, president Johnson appointed him to be the first ever African-American in history to an Associate Justice in the U.S. Supreme Court.

Thurgood spent most of the later part of his life working in the Supreme Court. He had won twenty-nine of the thirty-two civil rights cases alone before being appointed to the Supreme Court. Throughout the time he spent while working in the Supreme Court, Thurgood upheld individual rights, expanded civil rights, and much more. In the case *Furman vs Georgia*, Thurgood argued that death penalty was unconstitutional just because of the way your look or the color of your skin. Additionally, he made contributions to labor law, securities law, and tax law. Thurgood continued to argue for the freedom of colored people and make them equal to non-colored people until 1991, when he retired from the Supreme Court. Sadly, two years later on January 24, 1993, at two in the afternoon, Thurgood had died from heart failure in Bethesda, Maryland.

Throughout his life, Thurgood Marshall did nothing but argue, argue for the freedom for all people through winning cases, fighting in the civil rights movement, and much more. Back then, during the civil rights movement, there were a lot of great heroes that have helped to ensure the freedom of colored people. Thurgood Marshall is one of the important members of the group. He had devoted his life to make sure that people can live a comfortable life in the next generation. He wanted the future a place to be where no one accused one because of the color of their skin or the background they came from. Thurgood fought for us so we could live a better life today. People like that aren't easy to find. Thurgood Marshall showed us how humanity can be the best versions of themselves. Thurgood Marshall will always remain a hero to us and will always be remembered in the history books.

How Earth Day was Created and Ways to Celebrate It

By: Arya Mhatre



Importance of Earth Day:

Earth day is celebrated on April 22 and was created to raise awareness on global warming and climate change. Earth day is the one day where people around the world take actions in protecting our environment and conserving plant and animal life on Earth. The simplest of actions, such as turning off the lights, can be a step in the right direction and it can make an impact on our planet. Earth Day was first created as a protest against industrial pollution, oil spills, toxic waste disposal, and other harmful actions but now it is known as the largest civic event in the world. A lot of activists around the world think of Earth day as a way to “drive transformative change to the planet” or a step in “building a cleaner, healthier, and more prosperous planet.” Most Earth days have different themes focusing on Earth’s status and this year’s theme is climate action as global warming has negatively impacted the climate all over the world, causing problems amongst species. Earth Day is simply a way to get people involved in taking care of the planet we all live in.

How did Earth day first originate?

Earth day was founded in the 1960s and was meant for educating people on environmental issues. During this time, people around the world became aware about the environmental effect of pollution, causing people to protest in order to do something about this. Before this, many did not know about climate change and protecting the planet was not a goal or agenda for the government. Very few Americans knew about recycling or they never really tried doing environment-friendly actions. However, once the problem was known, scientists and activists spread more awareness on the importance of protecting our planet. For example, Rachel Carson wrote a book called *Silent Spring*, which raised concerns about the dangerous effects of pesticides. Many others, such as Senator Gaylord Nelson, protested for more action. These events formed public consciousness regarding the state of Earth which turned into an environmental movement.

Ways to Celebrate Earth Day and Take Care of Our Planet:

There are various ways to celebrate Earth Day. Not every method has to be big, sometimes the smallest of actions can make the biggest of impacts. Here are a few simple ways listed below that can make our Earth greener.

National Women's History Month

By: Vishruti Mehta

History is full of contributions from people from all around the world. They made advancements in technology, math, arts, science, medicine and much more. Many of these people were women, and without their significant contributions, the world would not be nearly as advanced as it is today. However, a large percentage of these contributions have gone unrecognized. As many people know, March is Women's History Month, so we should remember and recognize the women who made the world what it is today.

Arts - Georgia O'Keeffe - (1887 - 1986)

Georgia O'Keeffe was an American artist known for her paintings of enlarged flowers, New Mexico landscapes, and New York skyscrapers. She is known as the "mother of American modernism," and is widely recognised for her work. Even after her death, she has a big influence on artists, and is still considered a role model by young and aspiring artists.

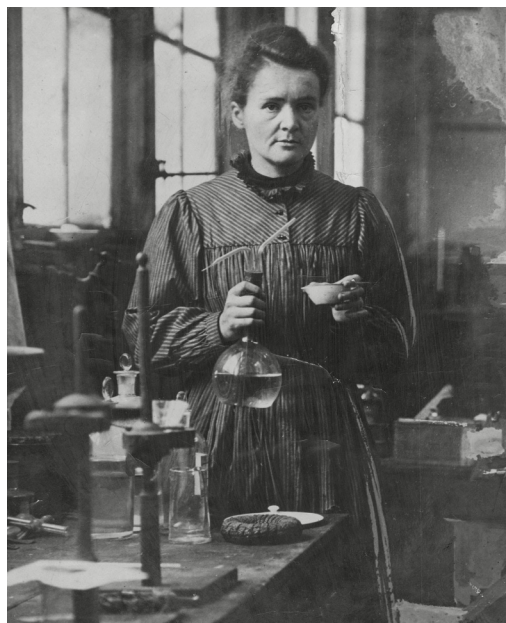


Computer Programmer - Ada Lovelace - (1815 - 1852)

Ada Lovelace was an English mathematician and writer. She was the first person in the world to come up with the idea of a machine that could perform computations. Ada called this machine, Analytical Engine. Her friend Charles Babbage is known to invent the first general computer. Ada Lovelace made modifications to his design, and thus became the "world's first computer programmer."

Science - Marie Curie - (1867 - 1934)

Marie Skłodowska Curie changed the world forever more than once. She was born in Poland, but was French by origin. Curie was a famous scientist, best known for inventing the science of radioactivity. She was a scientific genius, and even the word radioactivity, was invented by her. She was the first female to win a Nobel Prize and the first person in the world to win a second Nobel Prize. Marie won her first Nobel Prize for inventing the science of radioactivity, and her second Nobel Prize was for research in chemistry. She was also the first female professor at the University of Paris. Marie Curie's works and her legacy live on to this day.



Continued

Mathematician - Hypatia - (c355-415)

Hypatia was an Alexandrian and Greek, mathematician, philosopher, and astronomer. She was mentored and taught by her father. She was looked up to during her short life for teaching people from all over near Greece, and many of her students went on to become famous mathematicians, and astronomers. A gang of Christian people murdered her, but her memory lives on. She became an icon, and the face for women's rights and feminism. Hypatia was not only a mathematician, astronomer, and philosopher, she was and still is a role model for people all around the world.



Medicine - Rebecca Lee Crumpler - (1831 - 1895)



Dr. Rebecca Lee Crumpler was an American nurse, physician, and author. She is known for being the first African-American woman to become a physician. She strongly supported the idea of African-Americans and women in medicine. Crumpler earned her degree in Boston, Massachusetts, during and after the event of the Civil War in America. She cared for the formerly enslaved African-American people in Richmond, Virginia. Dr. Crumpler helped people in and out of her home, and published a book on her life helping others. She earned the degree, "Doctress of Medicine," and became an important figure in American history.

The Culture And History Of Cherry Blossoms

By: V.Prabhanjan Immareddy

April showers bring May flowers. They also bring Cherry Blossoms. These pink beauties are a great way to decorate for summer. However, you might wonder where they come from or their history. That is why I am here to tell you about the history of cherry blossoms.

Cherry blossoms are a part of Japan since the early days, even though they originated from China. During the Nara period of Japan from 710-794, a tradition appeared called "hanami", which involved drinking under a cherry blossom, or *sakura*. This tradition was meant for the elite to relax under a beautiful blooming cherry blossom, but as time went on, this tradition spread to the samurai, and then the common citizens. During festivities that involved a lot of partying, people would eat and drink under these trees.

Continued

The love for cherry blossoms only continued as time went on, considering they symbolized growth and were associated with life. They were planted everywhere: from the Emperor's palace to the Buddhist temples. A group in the Japanese Army that was instructed to reorganize Japan along militaristic lines was called the Sakurakai. During World War Two, kamikaze pilots would have cherry blossoms painted on the sides of their planes, and some carried branches from cherry blossoms on their missions. The national Japanese rugby team is nicknamed the "Brave Blossoms", as they wore cherry blossom stickers on their shirts. A folk song was even made about them that you may have sung in the 5th-grade chorus called "Sakura".

So how did cherry blossoms come to the United States? It involves a man named Mayor Yukio Ozaki. During a trip to the United States in 1910, Ozaki met some members of the Japanese-American community and decided they needed some cherry blossoms not only as a gift but to strengthen the U.S-Japanese relationship. They originally shipped the trees to America, but the trees had been worn down, so they shipped 3020 cherry blossom saplings to Washington DC. On March 27, 1912, two cherry blossoms were planted on the White House lawn by First Lady Helen Taft and Viscountess Chinda Iwa, wife of Ambassador Chinda Sutemi. Ever since that moment, cherry blossoms grow in Washington DC and the White House lawn.

This is how cherry blossoms came to and how they were introduced to the United States.



Earth Day

By: Sanvi Daram

History of Earth Day

The first Earth Day was introduced by Senator Gaylord Nelson in 1970. In January of 1969, he witnessed an oil spill in Santa Barbara California. He wanted to inform the public about air and water pollution harming the world.

Continued

He noticed that Americans were consuming lots of gas by driving automobiles and wasting water. Denis Hayes, a young activist, was recruited to teach students on April 22. Later, this idea became known as Earth Day.

How can you help?

You can help make our Earth a better place by reducing, reusing, and recycling. We should take action by cutting down what we throw out, reusing items, and recycling materials rather than throwing them in the garbage. You can also participate in cleanups. There are many voluntary cleanups happening around us. Thirdly, you should conserve our water. Lots of water goes to waste every day. You may not notice, but even turning off the water while brushing can save not only four gallons of water, but also money. While taking a shower, every extra minute wastes two and a half gallons of water. Lastly, you can cut down on your meat intake. A vegetarian diet can help our Earth by reducing carbon and more greenhouse gas emissions.



Interesting Facts about Earth Day

- 193 countries participate in helping our planet every day.
- 1 billion people recognize Earth Day each year.
- Earth day originated in the US but became worldwide in the 1990s.
- In 2012, in China, more than 100,000 people rode bikes on Earth Day to reduce CO2 emissions and save fuel.
- Although we know it as Earth Day, the Un changed the name to “Mother Earth Day” in 2009.

The Story Behind St. Patrick’s Day

By: Sanjay Ravishankar

Saint Patrick’s Day

The holidays don’t end in December! The season of spring has its own share of fun festivities to celebrate or partake in, one of the most discernible being St. Patrick’s Day, which occurred on March 17. St. Patrick’s Day is a holiday that commemorates the death of St. Patrick of Ireland, and has grown to become an overall celebration of Irish culture. From leprechauns to four-leaf clovers to Saint Patrick himself, learn about St. Patrick’s Day and how it came to be one of the most celebrated holidays of the spring season!

Continued

The Story of Saint Patrick

Saint Patrick was born on the British Isles during the reign of the Romans, around the year 390. The legend denotes that at the age of 16, his town was attacked by Irish raiders who enslaved and took him to Ireland. It is said that six years later, he had a divine vision, which allowed him to escape and return to what is now modern-day England. He studied Christianity and became a priest, wanting to return to Ireland and convert the local peoples there to Christians. Today, he is widely known for doing just that, and becoming the patron saint of Ireland.

There are a plethora of famous tales involving Saint Patrick, such as how he drove snakes away from the Emerald Isle. The story goes that the saint was participating in a 40-day fast, but was attacked by snakes that plagued the lands. He used his staff to herd them all into the sea and away from the Emerald Isle forever, and such snakes have not been seen in Ireland to this day. This story is most likely not all that true, however, and is rather an allegory for how Saint Patrick replaced pagan beliefs (symbolized by the snakes) with Christianity.

Symbols and Traditions

The shamrock (clover) has been associated with St. Patrick's day and Irish customs for a long time. In the late 19th century, Irish citizens wore shamrocks to express Irish nationalism and their resentment towards the English, who were in control of Ireland at the time. There is also a story of how St. Patrick was able to convey the Christian concept of the Holy Trinity to the Irish people, using only a three-leaf shamrock, in which each leaf represented a component of the Holy Trinity, being the Father, the Son, and the Holy Spirit.

Leprechauns are also eminent symbols of St. Patrick's Day. Stories of leprechauns first emerged during the 8th century, depicting them as three-foot tall creatures, who lived in hollow trees and guarded pots of gold in a mischievous manner. They are known for their signature green and gold hats, suits, and belt buckles (in fact, leprechauns were originally depicted as wearing red). Leprechauns, along with other small creatures like fairies, have been associated with St. Patrick's Day and Irish culture in general. They actually had their own holiday on March 13, four days before St. Patrick's Day.

Another tradition of this festival is to play some classic Irish music, distinguishable for its use of fiddles, whistles and harps. The genre of Irish music dates back more than 2,000 years, created by Celts who came from the Indo-European region. This is why Irish music is very similar to some types of Eastern music. Music was especially important to the Celts, as they were an oral culture who had not developed a writing system, like other civilizations at the time. Soon, the music was able to be written down and performed all over the world, resulting in the creation of modern-day Irish bands like the Dubliners and U2.

Modern Celebrations

St. Patrick's Day originated as a religious holiday to celebrate Saint Patrick and Christianity, but since then, it has spread across the world and developed new forms of celebration in each country. For example, from 1762, there has been a grand St. Patrick's Day parade in New York every year, followed by the traditions of munching on cabbage and corned beef, and dyeing the Chicago River green. In Sydney, Australia, the lights of the Sydney Opera House are turned green for the occasion. In Tokyo, Japan, a parade takes place where people and their dogs dress up in green-clad costumes to traverse the streets. St. Patrick's Day is a fun holiday for everyone, and a wonderful appreciation of Irish culture. What did you do for St. Patrick's Day?

The Worst Traffic Jam In History

Gurkeerat Singh

At some point, we've all been really frustrated by traffic jams. They're holding us up from where we need to go! But most traffic jams disperse in the matter of only a few minutes or fractions of an hour. Have you ever wondered about how it would feel to be stuck in the longest traffic jam in history? Well, you don't have to wonder anymore, because this is the story of the 8-year, world's longest traffic jam.



This story took place in the Suez Canal, which was built between the Sinai Peninsula and the rest of Egypt in 1869. This canal changed international trade and saved Europe-Southeast Asia trade a distance of 8,900 kilometers. This dramatically saved time and money, so no one wanted to imagine the consequences of this canal temporarily or permanently closing. However, exactly this happened in the late 1960s. The relationship between neighboring countries Egypt and Israel was unstable, and both countries were ready for war.

15 cargo ships entered the canal on June 5th, 1967. While they were almost halfway through their 12 hour journey through the canal, war between Israel and Egypt broke out, when the former launched an air attack that drew havoc in the area near the canal. Within 6 days, Israel had conquered the Sinai Peninsula, which meant that the border between the two countries was the canal itself! Egypt stopped all use of the canal and decided to sabotage it by sinking ships and over a million mines so that any attempt to use the canal would be fatal. This meant that people's nightmares really happened, and cargo ships had to travel the long route to Southeast Asia, driving up prices of goods all over the world.

However, life was to continue on as usual, even in the cargo ships itself. All the ships were rounded into 3 groups and the majority of the crew was sent home, except 10 workers who would keep maintenance of the ship. The crew of 10 would rotate every six months. Although the 15 cargo ships came from a handful of countries, they all bonded together for the time they spent alongside each other. They had their own 1968 Olympics! Along with that, the British held football games and lifeboat races. The Germans held church services every Sunday. The Bulgarians hosted movies, while the Swedes hosted pool parties. The French also grew a community garden.

The sole American ship was knocked down 6 years later in a fight when a stray missile hit the ship, which drowned. Fighting ended soon after that, and the Sinai Peninsula was returned to Egypt, but cleaning up the canal of its ships and mines took about two more years. Finally, the ships were let free, 8 years later. The German ships were the only ones able to return to their country, where they were greeted by 30,000 people.

This was the story of the world's longest traffic jam. Sure, it may be an unusual story, but the most interesting stories are frequently unusual. So the next time that you complain about a traffic jam that's holding you back from somewhere that you need to go, just think about this incident and happily direct your mental pain at the people that had to spend months on a stationary ship!

How to Enhance your eyesight & how can you prohibit yourself from getting glasses

By: Daksh Pandit



Introduction

Eyesight is one of the Key-features us Living-beings have and need to do everything, how do you think you can see this precious & mesmerizing world of ours, we need it to play sports, walk, and also to navigate ourselves. Eye-Sight is the one of the most paramount out of all the Five Sense, if we didn't have eyes we would be blind and if we were, just imagine what would have happened to this world would there be Technology, Books, Education, the most important question is Would there be us? Because to be honest without no eye-sight we cannot live, but we it's only because of others who have them, and they help us throughout life.



Vegetables

These being your favorite or not is the key to improving your eyesight, especially carrots. They are great, this is also the reason why rabbits have such great sight. Not only do vegetables enhance your eyesight but they upgrade your mental health, and you physically. If you have spare time go search up how some of the Strongest wrestlers did to become those robust beasts are today. Brainy people and Nerds have all thought about eating vegetables at least once in their life. Junk food is the worst, it doesn't give you any protein, or even in this case it doesn't enhance your eyesight.

Fruits

A good conjunction that goes with vegetables might be your favorite, "Fruits" these sweet and Delicious looking things might just be your best choice. Fruits that incorporate Vitamin C and Citrus are the perfect ones they will surely aggrandize your eyesight. In today's world Every Herculean person you see will tell you that other than Exercising they ingest a large amount of fruits and vegetables to become what they are.

Breakfast: A waste of time or a good way to start the day?

By: Suditi Gocher

The idea of breakfast has been quite controversial, for people who have less time. Some people are in a rush and need to skip it, while others are more inclined to start their day on a meal. Some say they do not have time for breakfast, since they are too busy. While others say, it is productive and they feel energized.

The minority of people say, they don't have time for breakfast and have to rush. Well, sleep is important, so we aren't going to tell you to 'wake up earlier'. Many people who skip breakfast are people who are too busy or rather sleep in more than eat breakfast. I used to skip eating breakfast because I wanted to get more sleep, so sleep-in breakfast-skippers. So, the issue isn't eating breakfast. It's the time that eating breakfast actually takes. According to www.betterhealth.vic.gov.au, "Many studies have shown the health benefits of eating breakfast. It improves your energy levels and ability to concentrate in the short term, and can help with better weight management, reduced risk of type 2 diabetes and heart disease in the long term." So, eating breakfast is recommended, and you definitely should do it.

Here's a way to not change your schedule drastically and actually eat breakfast. First, you can have a pre-made breakfast or something super-simple to make. Like, oatmeal. You can just boil water for around a minute and pour it. Depending on your class, it's a quick eat and you can have it in the first period or homeroom (if you are at home). Another super easy breakfast for when you are in a rush is, yogurt. Eating a quick bowl of yogurt in berries is great, though you might have to be in a stable place (a table). A small bowl of cereal is great, so many types to choose from. Granola bars are wonderful for when you are moving around. Another important factor to staying focused and healthy is water, drink lots of it.



Top 3 Easy Baking Recipes

By: Dhritisree Bhamidipati

There are many people who are either the best bakers in the world and some others, not so much. There are so many recipes out there, that it is so hard to choose. Many people also have food allergies or restrictions, which makes it even harder to find out what to make. The internet gives us so many recipes at the tip of our fingers, that it becomes confusing when we are finally deciding what we should make. This time, I will be suggesting easy recipes which can be easily made.

Mix-and-Match Fools

Ingredients:

Whipped Cream

- 1 C Chilled heavy Cream
- 1 Tbsp Sugar
- 1 tsp Vanilla Extract
- Small Pinch of Kosher Salt

Macerated Berries

- 1 lb. any berries, halves, quartered if they are large
- ¼ C Sugar
- Small Pinch of Kosher Salt

Procedure:

1. Keep all of the ingredients of the whipped cream into a large bowl, and whisk it for 3-6 minutes, or until you see soft peaks are forming.
2. Combined the berries with the sugar and the salt, until they are coated thoroughly. Let it sit for 15 minutes.
3. Add the berries into the whipped cream, and serve this in small cups.



Orange Upside-Down Cake

Ingredients:

Caramel Topping

Continued

- 2 Medium Oranges
- $\frac{3}{4}$ C Granulated Sugar
- 4 $\frac{1}{2}$ Tbs Unsalted Butter
- $\frac{1}{4}$ Tsp Salt

Cake

- 2 C All-Purpose Flour
- 1 Tsp Baking Powder
- $\frac{1}{2}$ Tsp Baking Soda
- $\frac{3}{4}$ Tsp Salt
- $\frac{1}{2}$ C Unsalted Butter (Temp.)
- 1 C Granulated Sugar
- 3 Large Eggs
- 1 Tsp Vanilla Extract
- 1 Tsp Grated Orange Zest
- 1 C Buttermilk



Procedure:

1. Preheat the oven to 350 F. Then lightly butter the pan up, and slice the oranges thinly, and line them up on the cake tin
2. Add all of the ingredients of the caramel, into a medium pot, and keep it on medium heat. In around 10 minutes it will become an amber color, and then you have to take it off the stove. Slowly, spread the caramel onto the pan.
3. Whisk the flour, baking powder, baking soda, and salt in a medium-sized bowl. Set that aside, and put butter and sugar in a bowl to cream it till it is fluffy. Slowly add in the eggs, vanilla extract, and the orange zest.
4. Incorporate the dry mixture, and the buttermilk into the wet mixture. Combine it well, and then add it to the pan slowly.
5. Bake the cake for 35-40 minutes. Enjoy!

Pastel Butter Cookies

Ingredients:

- 1 C Toasted Almonds
- 2 C All-purpose flour
- $\frac{1}{2}$ Tsp Salt
- $\frac{1}{2}$ Tsp Ground Cinnamon

- 2 Sticks Unsalted Butter
- 1 C Sugar
- Freeze-dried berries

Procedure:

1. Preheat the oven to 350. In a large mixing bowl, mix the almonds, flour, salt, and cinnamon until it is finely ground
2. Beat the butter and 1/2 cup of sugar in another mixing bowl until it is light and fluffy, and slowly add the extract. Mix in the almond mixture slowly.
3. Drop the dough onto a baking sheet and bake them for 14 to 16 minutes.
4. Mix the other 1/2 cup of sugar and freeze-dried berries, to get the frosting.

I hoped you liked the different recipes I presented here, and I hope you would like to try them out. To see more recipes like these go to this [website](#).

Spring Meme Review 2.0

By Prajwala Immareddy

Welcome to the 2nd rendition of Meme Review, where we review seasonal memes. Let's see the submissions!



1. "Temperature when I put my coat on in the spring:

Temperature when I don't put my coat on in the spring: "

Especially now, the weather has been going up and down. You sleep feeling cold, wake up halfway feeling hot and then wake up completely freezing. Am I speaking from personal experience? Maybe. It's like we can never win against spring. I rate this meme an 8/10.

Continued

2. "They say spring is just around the corner..."

I really like this meme because it's a play on words, and it's something different from what you'd usually see, more so when you have to go searching for good memes that aren't in a 2010 format. I consider this meme to be a diamond in the rough, so because of that, I'll rate this meme a 10/10.



Spring break or something idk
I'm not American



3. "Spring break or something idk I'm not American"

This one I found funny because it made me realize that people outside America probably don't have Spring break. And once again, it's a play on words. In this case, though, I actually wouldn't want to look forward to spring break, because imagine the pressure you would have to put on a spring to cause it to break. Anyways, I rate this meme a 10/10. It's been a while since we've had two great ones in a row!

All in all, this season's memes were pretty fascinating. To end each Meme Review, a meme will be selected as the best meme. It was hard to choose, but the winning meme is...**NUMBER 3!!!** This has been Meme Review 2.0. I hope you enjoyed it, and stay tuned till next time, where we'll review even more memes!

What older television shows are 'binge worthy' enough for students today?

By Srinitya Bhattiprolu



There are hundreds of television shows that are available on either Netflix and Disney+, but there are some that are timeless, some that have survived and have been loved for years. Although these titles below do not cover many shows, I believe them to be two of the best!

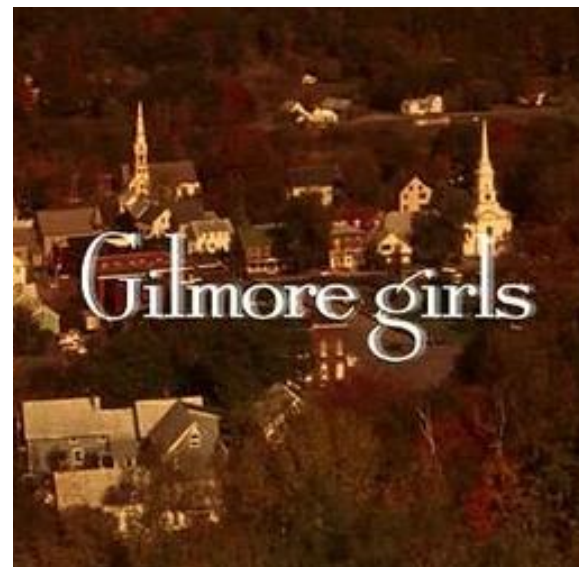
#1: *iCarly*(2007-2012)

Without a doubt, *iCarly* takes a special place in the hearts of many, with the main characters making us laugh every time at their witty, playful jokes that they make with each other. Carly, the main character, and her brother,

Spencer, display a sweet but hilarious relationship, different from the usual sibling rivalry we see in many other shows. The other pair, the humorous opponents, Sam and Freddie, share such moments that make you feel bad for Freddie but also split your sides at the same time. Every episode shows a different side of comedy that trumps the last, and all of the supporting characters, especially Gibby and Miss Briggs, complete the sitcom wholly!

#2: *Gilmore Girls*(2000-2007)

This show is quite a contrast to *iCarly*, nevertheless provides the same pleasure to viewers. Rory and her mother Lorelai Gilmore act as the main characters of the show, and while their interactions are quirky, they also share some emotional moments as mother and daughter. Throughout the show, different kinds of conflicts emerge that provide lessons for not only them but also the viewers. The show starts with Rory as a sixteen-year-old bookworm, Lorelai as the manager of the local inn, and ends with Rory growing into a young woman in college. One of the biggest concepts in the show is family, and sure enough, Rory has herself a whole *village* in the small town of Stars Hollow. Both of the main characters take the viewers on their journey of life and family as they learn more about forming and maintaining relationships with different people.



Behind The Scenes Of A Movie: What Does A VFX Artist Do?

By: Elisa Dash



Movies. We all have our favorites, our classics that we continue to revisit every couple of movie nights. And don't lie: there must have been at least one film that caught your attention, whether it's because of the amazing storyline, or because of the mind blowing cinematography. And the fact that it's the twenty-first century means that our cinemas are more advanced than ever before, providing magical experiences for us through powerful storytelling.

Every time we watch a movie, we are pulled into a world that looks and feels real, even though it never really is.

No matter how unrealistic the story might be, the special and visual effects added makes us feel much differently. See, here's the thing though. We only see the *completed* version, a product of the hundreds of hours of filming, editing, and post production directors, actors, and creative artists have poured their souls into. Without all of that work, all we would be watching is a couple of people awkwardly delivering lines when they're cued to. There would be no explosions, no little alien creatures on screen to amuse us. There wouldn't even be any of those majestic backgrounds that we're so used to being there, we wouldn't even realize it's all that important unless it's gone. So how exactly is this done? How are we able to see things that don't actually exist? The answer lies in visual effects, more commonly known as VFX.

VFX artists are gods. Literally. They can transform a film to a point where it looks nothing like the original footage. After a movie has finished initial filming, all of the footage is sent to the VFX artists along with a description of things that the directors and screenwriters would like to see implemented in the movie. The simple stuff is usually not noticeable to us, including things like lighting, texturing, basic shading, and even fixing scars and blemishes on an actor's face that's not supposed to be a part of the film. The harder stuff includes things like creating creatures like robots, aliens, wild animals, or explosions, beheadings (yeah, they're not actually chopping a person's head off), and sometimes even superhero suits. Let's take the Avengers, for example. I hate to break it to you, but that final fight scene in "Avengers: Endgame" isn't real (And neither are any of their fight scenes like, ever. Sorry!)

Well, the scene is real. But what the actors filmed is not what it looks like on screen. During filming, the entire Avengers cast were standing in a green room, with most of them in physical costumes that were later edited to look more realistic. And the entire background is completely CGI (Computer Generated Images). That's not even the crazy part though. In the scene, the Avengers were supposed to be running, and simply because it's a movie they had to all be in sync.

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To do this, they were placed on top of *treadmills*. Yup. Treadmills. They ran on treadmills, keeping everyone at a constant speed. In post production, the VFX artists (yet again, being the gods that they are) removed the treadmills and made it look like everyone was running on solid ground using visual effects and editing software like Adobe After Effects, Nuke, and Fusion. Oh and by the way, our favorite character Hulk? He's not big and green in real life. The actor, Mark Ruffalo, has to wear a black suit with colored stickers every time he has a scene as Hulk to provide a reference point for VFX artists when they transform him. Just . . . putting it out there.

How did they do this? Well, they trained for years. Went to VFX and digital production schools, and practiced. A lot. No one gets to this level of editing within a week. But it's a really cool job, and largely underappreciated. Being a VFX artist means you either make or break the movie, but oftentimes we don't remember that because we're too occupied with being enraptured by their work. So the next time you watch a movie (preferably Sci-Fi), think about how this work of art came to be.

Why Sakura is Actually One of the Strongest Kunoichi

By Dishita Sai Eluri



“Sakura Haruno is so useless!” , “Eww billboard-brow”. These are some of the many taunts directed at Sakura Haruno , however many supporters and fans strongly disagree. Although Sakura is very gullible , weak and naive in Naruto , she strongly develops and has a gradual character redemption arc. In OG Naruto she's always asking for Naruto and Sasuke's help. Every hater calls her useless and makes jokes that she is equivalent to trash. In contrast people with an unbiased perspective wholeheartedly disagree with these statements.

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Many people focus on the fact that she doesn't help in any battle and that she made fun of an orphan in front of another orphan. She was inexperienced at that time and couldn't control her mouth. She was just trying to seek attention from Sasuke because she was hopeless and couldn't express her feelings properly. She had a lot to learn and didn't understand others' emotions and couldn't imagine how difficult it was for Sasuke and Naruto. Yes, Sakura was raised perfectly without knowing pain, but as she develops more she starts understanding and growing more.

People also laugh when she tells Tsunade-sama, "I've finally caught up with these two", referring to Naruto and Sasuke. She didn't mean that she's better than them and can win in a battle against them. You also have to focus on the fact that she didn't have special attention like Naruto and Sasuke. Both of them were treated differently from society due to being an orphan and/or jinchuriki. First of all, Kakashi Sensei kept a close eye on Sasuke because he was his star student. When Sasuke leaves Konoha he shifts his attention to Naruto making sure he doesn't get too reckless. Other than Kakashi, Naruto was cared for by Jiraiya, Iruka and even Tsunade. He was also targeted by the Akatsuki. Sasuke was kept under the tabs of Itachi and Orochimaru. Sakura was trained by Tsunade for two years, but she learns a lot. Naruto had already known how to make Rasengan and how to do Kageban-shi no jutsu. He was already being trained by Jiraiya when he was a kid. Sakura was viewed as a hopeless crybaby as a child and she really grew from that.

Another point is that Sakura didn't have any special abilities like Naruto and Sasuke. Sasuke, being an Uchiha, had sharingan and Naruto was a jinchuriki. Sakura was born into an ordinary family but she trained hard to catch up to them. She even almost killed Kakashi multiple times with her inhumane strength and gained the byakugou seal through hard training. If you can praise Rock Lee for being a great ninja without having ninjutsu or genjutsu, think of Sakura as the same because it was likely she wasn't born in a ninja family at all.

Furthermore, Sakura was so weak as an adolescent because she worried how other people thought of her. Ino bullied her since they were children on having a "big forehead". There were even specific scenes where they show Sakura being super shy, trying to come out of her shell, to be shut down by Ino's taunts. That's why she was so worried about her looks at the beginning. But after the second stage of the Chunin exams, when she cut her hair to free herself, so she could fight for her friends, she finally realized the true meaning of being a shinobi. Speaking of Ino and Sakura's relationship, Ino started hating her when she found out she liked Sasuke too. At their battle in the preliminary rounds Sakura finally rekindles their friendship by putting aside their differences. She's also very compassionate. In a flashback scene it shows she gives candy to a poor child when she was younger. As the child is walking away she is seen crying realizing the pain that he goes through.

Moving on to her intelligence. Kakashi's first impression on her was "Wow she's really smart". She mastered chakra control in no time. Even Shikaku, Shikamaru and Asuma admitted that she was one of the smartest people they had ever met, and they were honored. SHIKAMARU, the guy who has over 200 iq admitted he was honored to know someone as smart as Sakura.

She is also known to beat all three in games of Shogi and Go easily. SHIKAMARU NARA , who is a pro at shogi and Go. Also while training with Lady Tsunade who of course couldn't have had as much time as Orochimaru and Jiraiya to train her pupil because she was hokage , Sakura learned things on her own. We see one scene of Tsunade showing Sakura how to heal a fish. All the other scenes are Sakura working hard to progress on her own. While becoming a medical ninja and acquiring superhuman strength , she kept her knowledge trained as well. She went through Tsunade's library with her own interest to keep up to date with what is happening outside of Konoha. For example , no one told her Itachi tried to kidnap Naruto. She found out on her own by gathering information.

Her medical abilities are also impeccable. She saved every character at least once in the series. Not to mention Naruto MULTIPLE times. At the beginning of Shippuden we see the honorable siblings. Grandma Chiyo has over 80 years of experience in neutralizing poisons. Even she could not cure Kankuro of the poison her own grandson , Sasori had made. Speaking of Sasori, she played a major role in killing him . Anyways , she concocted an antidote in no time for Kankuro. She also extracts the poison from him when he is seconds away from death. Even Grandma Chiyo who has allies and is famed in every village told Sakura she surpassed Tsunade. A SANNIN , Sakura surpassed a sannin. While looking at her Ino gets jealous and calls herself useless , asking Sakura to teach her.

People also say she was just there to be a fangirl for Sasuke. She was actually willing to give up Sasuke to save Konoha. Even though her attempt to stop him from leaving Konoha failed , that's what made her realize the world can be cruel and gave her a drive to work harder. She thought about the importance of her village and gave up her feelings , and tried to kill Sasuke. Sakura is also the only person that Sasuke has ever EVER thanked. Let that sink in , the most cold hearted psychopath guy has only thanked one person in his life and it's Sakura. Not to mention that he even MARRIED her.

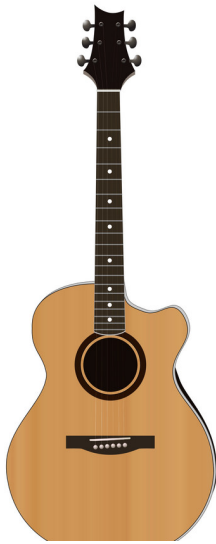
Kishimoto , the writer of Naruto , even admits he doesn't know why people hate her so much. He based her off his wife. He says Sakura is one of his favorite characters and people should read the full manga and not judge based off of one episode. So for those reasons , Sakura Haruno is not trash , but through her own hard work and intelligence she is one of the strongest kunoichi to exist. Thank you for coming to my Ted-Talk.

Three of the most popular string instruments in the world

By: Ria Kotteswaran

Guitars are one of the widely distributed and played instruments in the world. For such an old fashioned looking appearance, it has surprising cords. Many musicians who specifically play the guitar comment that it was easy to learn from there perspective, but it would vary depending on your effort.

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But generally guitar players love the harmonious melody of its play. Guitars may seem like an ordinary instrument, but once you're in the music life, its cords are like songbirds. The reason of its popularity is because of its wide distribution as stated before, but also because of the various ways you can play it. From classical songs to jazz style music, the guitars got it covered.



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The violin, the most popular instrument played in orchestra. The violin may seem small, but the way it can express various feelings is stunning. Just by the adjustments of your finger placements it can change the tone of the music piece entirely. Speaking of tone, the violin can easily change the tone and mood of the song in a blink of an eye. Many musicians who play this incredible instrument comment all the time of its out-of-the-world soothing sounds. No matter what anyone says about the violin, they will always end up talking about its fascinating, harmonious music creation.



The harp! On my side, I have never seen a harpist face to face, but other musicians who have this particular instrument just love it. The harp creates calm ocean wave-like sounds. Not too pitchy or too low, it is the perfect zone. The most common statement/comments said about a harp's personality is its tranquil sounds. The harp itself makes peaceful music that you won't want to stop hearing. Therefore the only reason harp is on this list, is because of the amount of people who enjoyed its tranquil sounds of harmony.

Everything You Need to Know About Boss Baby

By: Indira Lakshmanan

Unless you have been living under a rock, you probably know the famous character Boss Baby. He was first introduced in the movie *The Boss Baby* that came out in 2017. In this movie, a baby arrives in a taxi to a loving Templeton family. But Tim Tempolton however, is not very excited to have a baby brother. He is afraid of sharing his parent's attention. During the movie, the antagonist kidnaps their parents, forcing the brothers to work together. In the end, Tim learns to love his brother, and they all live happily ever after.



Who is Boss Baby?

Boss Baby is the main protagonist in the movie, *The Boss Baby*. Instead of your average baby though, he works for cooperation to increase love for babies. He can talk and wears an adorable suit. But before Boss Baby was an official film, it was a 32-page picture book, by award-winning author and illustrator Marla Frazee. In an interview with [npr.org](https://www.npr.org), she said that she got her inspiration for the book from something that happened in her own life. Her son wanted a kitten, and when the kitten came home he acted like he ruled the roost. Watching her son cope with the kitten and learn how to handle him helped her get the idea of the book.

Is there More?

Yes, there is! The viewers loved Boss Baby so much that Dreamworks came out with an animation series on Netflix on April 6, 2018, and ran till November 17, 2020. It's called *Boss Baby - Back in business*, and it follows this young leader on journeys with his friends and brother, trying to make everyone love babies. It starred Alec Baldwin, Lisa Kudrow, Jimmy Kimmel, and Tobey Maguire.

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What's next?

That's something everyone wants to know. On Nov 24, 2020, Universal Pictures UK released a trailer for *Boss Baby 2: The Family Business*. In this sequel, Boss Baby and Tim are grownups, and Tim's daughter works for Baby corp. She's on a mission, but she needs the help of experts. Will Tim and Boss Baby get along to help? Watch the trailer [here!](#) So mark your calendars for September 17, 2021, because that's when *Boss Baby 2: The Family Business* Comes out!

UNITY VS UE4: How to start game developing

By: Aiman Ahmed Shaik

As teenagers, many of us have a great interest in investing our time in playing video games. Yet, what if I told you that you could invest this same time in playing video games, into actually creating your own! Now there are many pitstops on the internet where you could do this, but I feel like the two that would take the crown is Unity and UE4. Wait! Which one is better? Let us dive into what the two are, their differences, and which one takes the ultimate crown!

Ever played games such as *HearthStone*, *TempleRun*, or *Hollow Knight*? These are the few games from Unity! On the other hand, games like the popular *Fortnite*, *StarWars: Fallen Order*, and *The Batman: Arkham series* all hit hard from UE4. I could get deep into both engines, but let me first tell you what they are. Unity and UE4 are both what are called, gaming engines. These gaming engines allow random people like you and me, to create games that could reach the popularity of games like *Fortnite*. To sum it up, both are engines that have created very popular games and great! Yet, some characteristics make UE4 and Unity stand out from each other.

In the blue corner, we have Unity. Let's get to the stats! Unity is what I would consider as "first steps". The reason I say this is because, unlike UE4, Unity will take its hands and reach out to those who are like, "What path have I chosen!" and don't worry, everyone's been there. When you first install the launcher, sign up, and are ready to make your first game, a cute little My First Game Video pops up, and you're listening to different people talking about stuff that you don't even know about. Thanks, but no thanks! Then you make a new project and you're like, "Finally! The right person!", and the computer starts visually talking to you about stuff that you should listen to! This is stuff that you can expect in UE4(except the My First Game video), but what I feel stands out in Unity is their game kits! Unity has these 2 cool game kits that help recreate a 2d and 3d platformer, which makes them a worthy battle for UE4. Yet, if you are a beginner who is feisty and immediately wants to make a game, then maybe it is best I warn you not to, cause I have been there. From my experience, I feel like Unity is worthy to hold the ultimate crown.

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On the red corner, we got UE4!!! UE4 was probably what got me inspired to get into complex game designing. UE4 had all these games, that was like the golden apples of the tree, and I could just imagine if one day my games also became those apples! Now what I like about UE4, is that they are the literal next level of game development. On Unity, your games would honestly look okay, but on UE4, you could use this thing called a Mega-Human creator and it is like you sucked a living human in your game. I promise you that I freaked out when I first saw a demonstration! What I liked about UE4 was how it spared you from the "blank screen". When you first open up a project, your eyes are treated to a gray background with stairs, and an upper floor. In addition, you also see a humanoid-shaped "manequin" that just stands there as if it had just been brain-washed. Once you hit play, you can navigate your mannequin around the 3d world, which just lightens up your face with joy. Unreal is also really helpful to add a tab where you can scroll through the tutorials, that can help you big time if you are a newbie to the whole process(So does Unity). All in all, these are a few reasons why Unreal Engine could be the better gaming engine.

Now time for the winner, it is...both! Yes, I would consider both the contestants as a winner. I say this is because Unity and Unreal Engine both have really good features that are sometimes similar, other times different. It would be like saying that someone is a winner but at the same time a loser. It would really hurt both the engines if I had decided on a winner, which is why I chose to leave this to you? Is it Unity you want to begin your journey, or does Unreal look much more tempting? No matter your choice, I just hope that I had gotten you interested into game development. If you want to join, then get ready for a FUN and HARDWORKING activity!