

CAWC-VOLUME 2
SPRING 2022

RESPECT

THE WEST HOLLOW

ROAR



OPPORTUNITY

RESILIENCE

ACCOUNTABILITY

ADVISORS:

MRS. ELISA BROSNAN
MRS. GIAMALVO

PRESENTED BY:

CREATIVE ARTS AND WRITING CLUB
2021-22 SCHOOL YEAR



WORD SEARCH

BY HANA HORA (GRADE 7)



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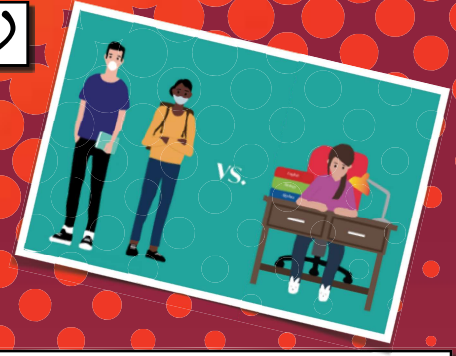
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VIRTUAL VERSUS IN-PERSON SCHOOL

BY MARISSA TORRE (GRADE 7)



SOME PEOPLE THINK THAT IN-PERSON SCHOOL IS BETTER, WHILE OTHERS BELIEVE VIRTUAL SCHOOL IS MORE FAVORABLE. PERSONALLY, I BELIEVE IN-PERSON SCHOOL IS BETTER. IT IS MORE MOTIVATING TO BE IN A CLASSROOM THAN TO SIT IN YOUR HOUSE ALL DAY. IT IS ALSO UNHEALTHY TO BE STUCK STARING AT A COMPUTER SCREEN FOR HOURS A DAY. RESEARCH SHOWS STUDENTS LEARN BETTER WHEN THEY ARE IN SCHOOL THAN AT HOME. STUDENTS CAN BE DOING ANYTHING DURING INSTRUCTIONAL TIME, SUCH AS USING THEIR PHONES, DRAWING, LEAVING THE ROOM, OR EVEN SLEEPING. THIS IS ESPECIALLY TRUE WHEN THEY HAVE THEIR CAMERAS OFF. KIDS WILL NOT BE AS PREPARED FOR WHEN THEY HAVE A JOB, GET UP EARLY, GET READY, AND WORK ALL DAY.

VIRTUAL SCHOOL ISN'T COMPLETELY NEGATIVE THOUGH. IT IS HEALTHY FOR STUDENTS TO GET AN HOUR, OR SO OF EXTRA SLEEP. MOST KIDS ENJOYED THE FACT THAT DURING VIRTUAL CLASSES, THE LESSONS WERE MUCH MORE RELAXED AND THE TEACHERS DIDN'T DISCIPLINE THEM BECAUSE THEY COULD NOT SEE THEM. ALSO, KIDS THAT DIDN'T FEEL CONFIDENT ABOUT THEMSELVES WERE HAPPIER THAT PEOPLE WEREN'T ABLE TO SEE THEM. STUDENTS ALSO HAD LONGER TIMES THAT THEY WERE ABLE TO WORK ON ASSIGNMENTS AND THERE WAS EASY SUBMISSION BY JUST CLICKING A BUTTON. MANY CHILDREN ENJOYED BEING ABLE TO TYPE OUT WORDS INSTEAD OF WRITING THEM AND THOUGHT THAT IT WAS MUCH EASIER AND FASTER. WHEN STUDENTS RETURNED TO SCHOOL, THEY WERE USED TO BEING LANGLUID. MANY WERE UPSET BY LITTLE AMOUNTS OF WORK THAT IN PREVIOUS YEARS WOULD HAVE BEEN CONSIDERED EASY. KIDS BECAME DEPENDENT ON TAKING THE EASY WAY OUT OF THINGS DURING VIRTUAL LEARNING AND EVEN VERY GOOD STUDENTS HAD THEIR GRADES DROP.

WEST HOLLOW WORD SEARCH

BY SAM ALLISON (GRADE 6)

WEST HOLLOW WORD SEARCH!

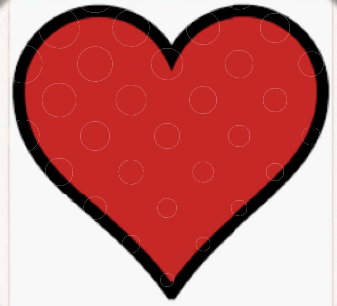
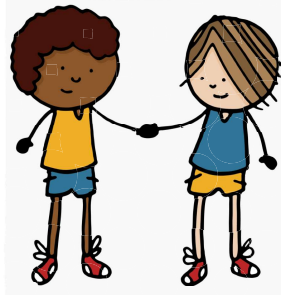
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WEST HOLLOW
RESPECT
SPECIAL
WOLVERINES
SCHOOL
MR. SEELY
MIDDLE
OPPORTUNITY
EDUCATION
FUN
COMMON CORE
ACCOUNTABILITY
QUARTER CLASSES
RESILIENCE
MR. HAUK
R.O.A.R.

Play this puzzle online at : <https://thewordsearch.com/puzzle/3592390/>

FRIENDSHIP POEM

BY CHLOE LESHNOWER (GRADE 8)



*What a pleasure it is to have someone like you,
And everything that you always do.*

*When I am feeling blue and need someone by my side,
You are always the person I can count on as my guide.*

*With many more giggles, moments, and laughs,
It always takes us on the right path.*

*I knew that you and I were always meant to be,
Because everytime we see each other, we smile with genuine glee.*

*Hanging out, conversing, and having some fun,
Talking about the arguments that no one won.*

*As we grow up, and share every event that happens in our lives together,
I know we can storm all types of weather.*

*I trust that we will stay friends forever and beyond,
And keep our special connection even after we are gone.*

WHY WE SHOULD STOP POLLUTING THE OCEAN

BY DANIELLE GOLE (GRADE 6)

WOULDN'T YOU LOVE FOR THE OCEAN TO BE CLEAN AND POLLUTION FREE? WOULDN'T IT BE GREAT IF ALL THE OCEAN ANIMALS WERE THRIVING, NOT DYING FROM ALL OF THE WASTE PEOPLE PLACE IN OUR OCEANS? PEOPLE THROUGHOUT THE WORLD SHOULD STOP POLLUTING THE OCEAN. IF WE COLLECTIVELY STOP POLLUTING THE OCEAN WE WOULDN'T HAVE TO WORRY ABOUT SEA TURTLES, SEABIRDS, FISH, AND OTHER OCEAN ANIMALS DYING. CURRENTLY, MANY OCEAN PLANTS AND ANIMALS ARE IN JEOPARDY OF BECOMING ENDANGERED, OR EXTINCT. IF WE PUT A STOP TO OCEAN POLLUTION WE CAN HELP PROTECT THE HABITAT OF ALL OCEAN LIFE.

POLLUTING THE OCEAN KILLS OCEAN ANIMALS. FOR EXAMPLE, OVER A MILLION SEABIRDS DIE AS A RESULT OF THE TRASH PEOPLE DUMP INTO OUR OCEANS. FISH, SEABIRDS, SEA TURTLES, AND MORE MARINE MAMMALS CAN BECOME ENTANGLED IN OR INGEST PLASTIC DEBRIS, CAUSING SUFFOCATION, STARVATION, AND DROWNING. ACCORDING TO THE UNITED NATIONS, AT LEAST 800 SPECIES WORLDWIDE ARE AFFECTED BY MARINE DEBRIS, AND AS MUCH AS 80 PERCENT OF THAT IS PLASTIC. PLASTIC CONTAINS TOXIC CHEMICALS, WHICH CAN INCREASE THE CHANCE OF DISEASE AND AFFECT REPRODUCTION. AFTER INGESTING MICROPLASTICS, SEALS, AND OTHER ANIMALS CAN SUFFER FOR MONTHS, OR EVEN YEARS BEFORE THEY DIE. AS YOU CAN SEE, IF WE DON'T STOP POLLUTING THE OCEAN, MORE, AND MORE OCEAN ANIMALS WILL DIE EACH YEAR. WE HAVE A RESPONSIBILITY TO PROTECT OUR OCEAN ANIMALS.



POLLUTION WILL CAUSE THE OCEAN TO LOOK VERY DIFFERENT IN ABOUT 15 YEARS, OR EARLIER. BY 2034, THE SEA LEVELS WILL CONTINUE TO RISE AS A RESULT OF POLLUTION. CURRENTLY, THE RATE OF SEA-LEVEL RISE HAS RISEN FROM 2.5 ML EVERY YEAR IN THE 90'S TO 3.4 MLS PER YEAR, AS NASA REPORTS. BUT, EVEN EARLIER THAN 2034 WE CAN EXPECT OUR SEA LEVEL TO HAVE INCREASED BY BETWEEN 8 INCHES. CLIMATE CHANGE REPORTS THIS WILL CAUSE SEVERE FLOODS. AS TRASH AND MOSTLY PLASTIC, WILL CONTINUE TO GROW IN DISTRIBUTION, SO WILL THE HORMONAL AND CHEMICAL EFFECTS ON OUR BODIES, WATER SYSTEMS, AND AIR. BY 2050, RESEARCHERS BELIEVE THAT THERE WILL BE MORE PLASTIC THAN FISH IN THE OCEAN AS THE RATE OF PLASTIC PRODUCTION AND PLASTIC POLLUTING CONTINUES TO COMPOUND WITH EACH COMING YEAR. HALF OF THE WORLD'S OCEANS WILL BE SUFFERING FROM CLIMATE CHANGE, WHICH WILL HAVE DEVASTATING CONSEQUENCES FOR MARINE LIFE. HOTTER TEMPERATURES MEAN THAT THERE WILL BE LESS OXYGEN IN THE WATER, SO MANY ANIMALS WON'T BE ABLE TO LIVE IN THEIR CURRENT HABITATS AND WILL BE FORCED TO MIGRATE. IF WE DON'T START REDUCING CLIMATE CHANGE AND PRESERVING OUR OCEANS, PEOPLE WILL SUFFER IN THE NEAR FUTURE, AS WILL ALL LIFE FORMS.

WHY WE SHOULD STOP POLLUTING THE OCEAN

BY DANIELLE GOLE (GRADE 6)

CONT.



SOME PEOPLE BELIEVE THERE IS WAY TOO MUCH POLLUTION MAKING IT IMPOSSIBLE TO REMOVE. HOWEVER, THERE ARE MANY WAYS TO HELP CLEAN THE OCEAN. ONE WAY TO CLEAN THE OCEAN IS TO REDUCE YOUR USE OF DISPOSABLE PLASTICS. YOU CAN USE A REUSABLE WATER BOTTLE, METAL STRAW, REUSABLE GROCERY BAG, ETC... ANOTHER WAY IS TO REUSE AND RECYCLE WHENEVER POSSIBLE. RECYCLING HELPS KEEP PLASTICS OUT OF THE OCEAN AND REDUCES THE AMOUNT OF "NEW" PLASTIC IN THE OCEAN. LASTLY, TINY PLASTIC PARTICLES, CALLED "MICROBEADS," HAVE BECOME A GROWING SOURCE OF OCEAN PLASTIC POLLUTION IN RECENT YEARS. MICROBEADS ARE FOUND IN SOME FACE SCRUBS, TOOTHPASTE, AND BODY WASHES. THEY READILY ENTER OUR OCEANS AND WATERWAYS THROUGH OUR SEWER SYSTEMS AND AFFECT HUNDREDS OF MARINE SPECIES. YOU CAN AVOID PRODUCTS CONTAINING PLASTIC MICROBEADS BY LOOKING FOR "POLYETHYLENE" AND "POLYPROPYLENE" ON THE INGREDIENT LABELS OF YOUR COSMETIC PRODUCTS, AS OCEANIC SOCIETY REPORTS. EVEN THE SMALLEST EFFORTS CAN HELP CLEAN OUR OCEANS. THE OCEANS NEED OUR HELP!

AS YOU CAN SEE, IF WE DON'T START TAKING STEPS TO CLEAN OUR OCEANS, ALL LIFE WILL SUFFER. I SUGGEST DONATING, OR LOOKING AT DIFFERENT ORGANIZATIONS ESTABLISHED TO PREVENT OCEAN POLLUTION. ORGANIZATIONS LIKE OCEANA, THE OCEAN CLEAN UP, OCEAN CONSERVANCY, ECT. IF WE WANT TO HELP OUR OCEANS, WE HAVE TO ACT NOW!

TEST-TASTROPHE!

BY SAM ALLISON (GRADE 6)

ZZZZzzzzrrrrrrrrrrrrrrrrrrrr.....

Great.

Halfway done with the test, and then the stupid computer dies!

Sigh.

Mike glances at the clock. It is 2:37pm.

Not enough time to charge my Chromebook...

Maybe Mrs. Chin will let me have an extension?

"Mrs. Chin?"

“NO TALKING!!!”

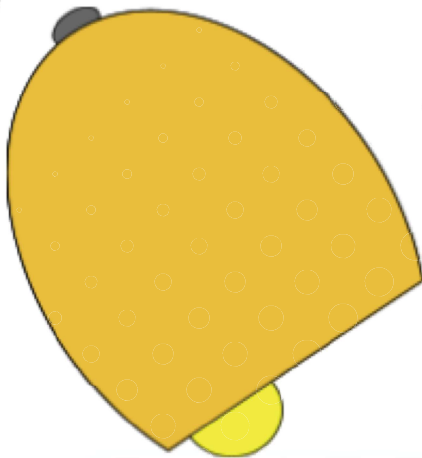


Well... That went well...

The time is 2:39pm.

Ohnonononononononononono!!!

Wait! Idea!



BING-BONG!

TEST-TASTROPHE! CONT.

BY SAM ALLISON (GRADE 6)

Part II

"Heeeeeeeeeeeey, Alex!" I said.

"Hm? Oh, hi," replied Alex.

"So... Funny story..."

"Cut to the chase."

Yeah. Alex is kinda grumpy.

"Uh, ok. So, I was taking the science test. I was up to question 14 out of 33, but I was so focused on the test that I didn't see the low battery warnings until it was too late. So my Chromebook died and I couldn't finish the test. I need your charger to recharge it, and I am planning to finish it in Art Club because I finished my abstract piece and handed it in already."

"That's not cutting to the chase."

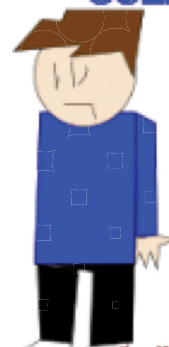
"Well, I'll put it this way..."

"Stop. Hold on. I'll give you my charger."

GULP!

"YAS!!!"

"Under one condition."



"If you get me my lucky blue pencil from Tech."

BY SAM ALLISON (GRADE 6)



TEST-TASTROPHE! CONT.

BY SAM ALLISON (GRADE 6)

"Yup. I guess I'll just drop it in the lost and found."

Ok, cool. Now to just...

Get the pencil,

Get back to Alex and give it to him,

Get the charger,

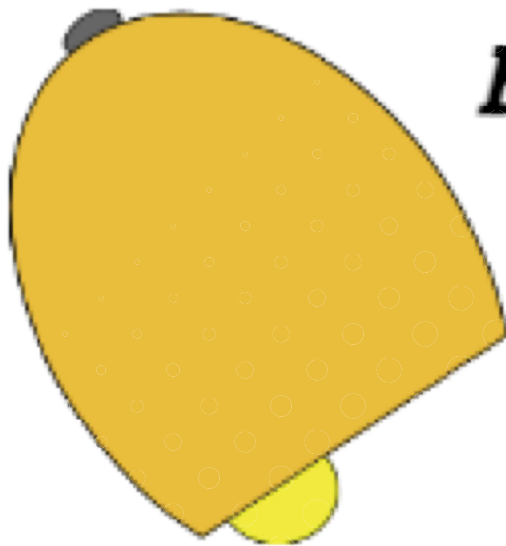
Run to Art Club, so I'm not late,

Secretly finish my test,

And look at my score.

"A 76????????"

"Nooooooooooooooooooooooooooooooooooooo!!!!!!!"



BING-BONG!

LIMERICKS

BY JANIYAH GRAY (GRADE 6)

DO YOU KNOW WHAT A LIMERICK IS?

IF YOU DIDN'T ALREADY KNOW, A LIMERICK IS A 5-LINE POEM WITH A SPECIFIC RHYME PATTERN. MOST LIMERICKS ARE MEANT TO BE HUMOROUS AND SOMETIMES A BIT RUDE. IT USUALLY RHYMES WITH AABBA. HERE IS AN EXAMPLE OF ONE:

SNOWFLAKES

*THEIR ONCE WAS A GIRL WHO LOVED SNOWFLAKES,
BUT WHEN SHE WENT OUTSIDE IT MADE HER SHAKE,
WITH A COUGH AND A SNEEZE,
HER PARENTS GAVE HER A BIG SQUEEZE,
BUT IN THE END THEY JUST GAVE HER A MILKSHAKE.*

SHIRLEY CHISHOLM: A BRIEF BIOGRAPHY

BY NOA DAGEN (GRADE 6)



SHIRLEY CHISHOLM WAS BORN NOVEMBER 30, 1924 IN BROOKLYN, NEW YORK. CHISHOLM IS AN IMPORTANT FIGURE BECAUSE SHE BECAME THE FIRST AFRICAN AMERICAN WOMAN ELECTED TO THE UNITED STATES CONGRESS. SHE ATTENDED BROOKLYN COLLEGE AND COLUMBIA UNIVERSITY.

A FEW FAMOUS QUOTES BY SHIRLEY ARE...

"WHEN MORALITY COMES UP AGAINST PROFIT, IT IS SELDOM THAT PROFIT LOSES."

"THE EMOTIONAL, SEXUAL, AND PSYCHOLOGICAL STEREOTYPING OF FEMALES BEGINS WHEN THE DOCTOR SAYS: 'IT'S A GIRL.'"

"IF THEY DON'T GIVE YOU A SEAT AT THE TABLE, BRING A FOLDING CHAIR." ADDITIONALLY, SHE HAD A CAMPAIGN SLOGAN, "UNBOUGHT AND UNBOSSSED".

SHIRLEY CHISOLM DIED AT THE AGE OF 80 IN 2005 AT ORMOND BEACH, FLORIDA.

THE 'WHY' BEHIND MY PIECE

I WROTE ABOUT SHIRLEY CHISOLM BECAUSE WHEN I RESEARCHED HER, IT WAS BLACK HISTORY MONTH. I WANTED TO RESEARCH SOMEONE WHO I HAVEN'T READ ABOUT, SO I WOULDN'T JUST GO THROUGH MY PIECE, I WOULD GROW THROUGH IT.

NEW YORK SCHOOLS' LIFT MASK MANDATE

BY HANA HORA AND ANAYAH DESAI (GRADE 7)



NEW YORK'S GOVERNOR, KATHY HOCHUL HAS LIFTED THE MASK MANDATE FOR ALL OF NEW YORK'S SCHOOLS. ALTHOUGH MANY PEOPLE AGREE WITH THIS DECISION, THERE ARE SOME WHO DISAGREE. PERSONALLY, I FIND COMFORT WHEN WEARING A MASK BECAUSE IT HELPS PROTECT ME FROM CONTRACTING COVID. SINCE COVID IS HIGHLY CONTAGIOUS AND DANGEROUS, WEARING A MASK MAKES ME FEEL SAFER. HOWEVER, SOMETIMES I DON'T ENJOY WEARING A MASK BECAUSE IT CAN BECOME EXTREMELY HARD TO BREATHE IN. MANY PEOPLE EXHIBIT DIFFERENT FEELINGS TOWARDS WEARING A MASK. FOR INSTANCE, ONE OF MY FRIEND'S DOESN'T LIKE WEARING A MASK BECAUSE SHE FINDS THEM TO BE EXTREMELY ITCHY AND IRRITATING. CURRENTLY, SEASONAL ALLERGIES ARE ON THE RISE AND MASKS CAN HELP ALLEVIATE SOME OF THE SYMPTOMS RELATED TO ALLERGIES, MAKING WEARING A MASK A GOOD OPTION.

THERE ARE MANY PEOPLE WHO FEEL EVERYONE SHOULD WEAR A MASK IN A CROWDED PLACE AND BE OPTIONAL IN NON-CROWDED PLACES. WHETHER, OR NOT TO WEAR A MASK CAN BE A VERY DIFFICULT DECISION FOR SOME INDIVIDUALS, WHILE OTHERS CAN DECIDE EASILY. WHATEVER DECISION SOMEONE MAKES, WE SHOULD TRY NOT TO JUDGE, OR IMPOSE OUR PERSONAL BELIEFS ON THEM.

WHAT ARE YOUR THOUGHTS ON THIS TOPIC? ARE YOU PLEASED THAT THE MANDATE HAS BEEN LIFTED? PERSONALLY, I AM. NOW THAT WEARING A MASK IS OPTIONAL I CAN FINALLY SEE WHAT MY FRIENDS ACTUALLY LOOK LIKE. AT THE SAME TIME, I AM STILL WORRIED ABOUT PEOPLE GETTING SICK WITH COVID. I SUSPECT COVID WILL RISE AGAIN, EVEN IF JUST A LITTLE AS A RESULT OF THIS LIFTED MANDATE. I BELIEVE THIS BECAUSE MOST PEOPLE ARE NOT WEARING THEIR MASKS ANYMORE. NOW THAT THERE IS A NEW VARIANT OF THE VIRUS WHICH IS ALSO VERY CONTAGIOUS, IT IS LIKELY TO SPREAD.

A LOT OF PEOPLE WILL CONTINUE WEARING MASKS DESPITE THE LIFTED MANDATE, WHILE OTHERS WILL NOT. IT IS IMPORTANT THAT WE NOT JUDGE INDIVIDUAL DECISIONS BECAUSE THERE ARE MANY FACTORS SURROUNDING THE ACTION TO WEAR A MASK, OR NOT.

MENTAL HEALTH EFFECTS OF TECHNOLOGY ADDICTION ON TEENAGERS

BY ZOYA WAQAS (GRADE 7)

SCREEN TIMES, IPHONES, TIKTOK, SNAPCHAT; WHEN YOU HEAR THESE WORDS, WHAT COMES TO MIND? TECHNOLOGY. THE USAGE OF OUR NETWORKING DEVICES HAS INCREASED DUE TO THE PANDEMIC. WE WERE NOT ABLE TO MEET OUR FRIENDS AND FAMILY, WHICH LED US TO UTILIZE OUR PHONES, LAPTOPS, IPADS, ETC... MORE FREQUENTLY. MANY RESEARCHERS HAVE LOOKED INTO THE EFFECT TECHNOLOGY HAS ON US. THERE ARE BOTH NEGATIVE AND POSITIVE RESPONSES. ONE MAIN EFFECT OF USING TECHNOLOGY MORE THAN THE RECOMMENDED AMOUNT IS ADDICTION. NOW, MANY PEOPLE TIE ADDICTIVE BEHAVIOR TO VAPING, SMOKING, AND OTHER TERRIBLE THINGS. HOWEVER, WE CAN BECOME ADDICTED TO EVERYDAY THINGS AS WELL.

ADDICTION TO TECHNOLOGY IS SCIENTIFICALLY KNOWN AS COMPULSIVE INTERNET USE. ABOUT 45 PERCENT OF TEENAGERS ADMIT THAT THEY ARE ONLINE 'ALMOST CONSTANTLY.' EXCESSIVE USE OF TECHNOLOGY, EXCLUDING SCHOOLWORK, IS COMMONLY THE CAUSE OF ANXIETY, DEPRESSION, EATING DISORDERS, AND OTHER MENTAL HEALTH DISORDERS THAT CAN TAKE A TOLL ON US. A MAJORITY OF THE TEENS BELIEVE THAT THE EXCESSIVE USE OF TECHNOLOGY IS A LARGE PROBLEM FACED BY THIS GENERATION. THERE IS AN OBVIOUS CONNECTION BETWEEN MENTAL HEALTH AND OVERUSE OF TECHNOLOGY.

WHEN YOU DO NOT DO SOMETHING FOR A SIGNIFICANT AMOUNT OF TIME, DO YOU FORGET HOW TO DO IT? FOR EXAMPLE, YOU PLAY VOLLEYBALL FOR YEARS, THEN SUDDENLY STOP PLAYING. IT WOULD TAKE A WHILE TO GET BACK INTO SHAPE AND REMEMBER HOW TO PLAY. THIS HOLDS TRUE FOR RESOCIALIZING. A BULK OF TEENS LIVING IN THE 21ST CENTURY ARE CONSUMED BY THE INTERNET, AND ARE ACCIDENTALLY TRAINING THEIR MINDS TO SOCIALIZE WITH PEOPLE THROUGH TEXTS, CALLS, ZOOM, FACETIME, ETC... SO WHEN WE DO MEET PEOPLE IN REAL LIFE, IT IS EXTREMELY DIFFICULT FOR MANY TEENS TO HOLD A CONVERSATION WITHOUT ANXIETY AND PRESSURE TICKLING YOUR MIND. IF THESE ANXIOUS FEELINGS KEEP REOCCURRING WHEN IT COMES TIME TO SOCIALIZE IN PERSON, IT MIGHT BE A SIGN OF A MENTAL HEALTH ILLNESS. OTHER MENTAL ILLNESSES CAUSED BY THE OVERUSE OF TECHNOLOGY CAN BE SCHIZOPHRENIA, DEPRESSION, ADHD, AND ANXIETY. IT HAS BEEN REPORTED THAT THE NUMBER OF PEOPLE WHO SUFFER FROM MENTAL HEALTH DISORDERS IN THE YEAR 2022 IS 5 OUT OF 10.

WHETHER EXCESSIVE TECHNOLOGY USE RISES TO THE LEVEL OF AN ACTUAL ADDICTION IS CAUSE FOR SOME CONTROVERSY. SOME EXPERTS SAY THAT ABUSIVE USE OF VIDEO GAMES AND SOCIAL MEDIA CAN BE AS HARMFUL AS DRUGS SUCH AS COCAINE. THEY BOTH CAUSE A CHANGE IN THE CHEMICAL BALANCE WITHIN OUR BRAINS, WHICH LEADS TO TEENAGERS HAVING TROUBLE DEALING WITH THEIR EMOTIONS, DECISION-MAKING, AND SELF-CONTROL. REGARDLESS OF WHETHER THE OVERUSE OF TECHNOLOGY RISES TO THE LEVEL OF AN "ADDICTION" IN THE CLINICAL SENSE, AND ACKNOWLEDGING THE POSITIVE SIDE TO SMARTPHONES AND THE INTERNET, THE USE AND OVERUSE OF TECHNOLOGY CAN BE DEEPLY PROBLEMATIC. THE STAKES ARE TOO HIGH AND THE DATA TOO SHOCKING TO IGNORE.

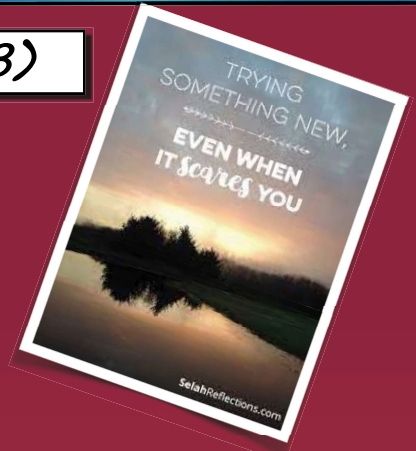
MAZE



By Sam Allison Grade 6

HOW TRYING SOMETHING NEW CHANGED MY LIFE

BY BLAKE RABINOWITZ (GRADE 8)



HAVING THE DEDICATION TO WORK HARD AT EVERYTHING YOU ARE FACED WITH DOES NOT COME EASILY. TO KNOW HOW TO MOTIVATE YOURSELF, EVEN IN THE TOUGHEST OF TIMES IS NOT SOMETHING YOU ARE BORN WITH. ACCEPTING AND LEARNING FROM YOUR LOSSES IS NOT THE SAME AS USING COMMON SENSE. THESE NECESSARY TOOLS IN LIFE AREN'T GIVEN TO YOU. YOU HAVE TO LEARN THEM THROUGH YOUR OWN EXPERIENCES. ALL OF THESE IMPORTANT AND UNNATURAL TRAITS ARE LEARNED FROM FOLLOWING THROUGH WITH SOMETHING THAT TAKES COURAGE. TRYING NEW THINGS IN GENERAL WILL HELP YOU LEARN NOT ONLY ABOUT YOURSELF, BUT OTHERS AS WELL.

WHEN I WAS ABOUT NINE YEARS OLD, I TRIED OUT FOR A LOCAL SPORTS TEAM. I HAD SOME EXPERIENCE IN THE SPORT BY TAKING LESSONS. HOWEVER, THIS WAS MY FIRST TIME TRYING OUT FOR A TEAM. EVEN THOUGH I HAD TRIED OUT LOTS OF OTHER HOBBIES AND SPORTS BEFORE THIS ONE, NOTHING SEEMED TO STICK. I TRIED MY BEST AT TRYOUTS, EVEN THOUGH MY INEXPERIENCE SHOWED. IT WAS HARD, BUT I MADE IT TO A DECENT LEVEL ON THE TEAM AFTER TWO WEEKS OF NOVICE TRAINING.

I STRUGGLED FOR MY WHOLE FIRST YEAR, WATCHED ALL MY FRIENDS MOVE TO ANOTHER LEVEL WITHOUT ME, AND TRIED TO STAY COMMITTED. EVEN THOUGH IT WAS TOUGH, I PERSEVERED AND MANAGED TO GET BETTER AND BETTER. YEARS LATER, EVEN THOUGH MANY OF MY FRIENDS EVENTUALLY DROPPED OUT, I CONTINUE TO EXCEL AT THIS SPORT AND HAVE LEARNED SO MANY LIFE LESSONS BECAUSE OF MY WILLINGNESS TO TRY SOMETHING NEW.

WHERE COVID19 LED ME

ISABELLA KARCHER (GRADE 6)



I'VE BEEN IN GYMNASTICS FOR THE PAST FIVE YEARS, AND CAN HONESTLY SAY IT WAS SO FUN UNTIL THE SUMMER OF 2019. DURING THE SPRING OF 2019, MY TEAMMATES AND I WERE DREADING THE SUMMER BECAUSE SUMMER TRAINING IS KNOWN FOR BEING SO INTENSE. SINCE I HAD JUST JOINED THIS GYM THAT FALL, I HAD NO IDEA WHAT THE SUMMER WAS GOING TO LOOK LIKE, BUT I KNEW IT WOULD BE CHALLENGING. I SOON FOUND OUT THAT THIS WAS THE BEST PLACE IN THE WORLD FOR ME! WHEN SCHOOL ENDED FOR SUMMER BREAK, I WAS EXCITED. HOWEVER, WHEN THE GYM OFFICIALLY DECLARED THEIR SUMMER GYMNASTICS PROGRAM, THE FUN STOPPED. THE COACHES BECAME MEAN, THE CONDITIONING BECAME HARDER, AND THEY TREATED THE GYMNASTS LIKE ANIMALS! THEY MADE US ARRIVE AT 7AM AND IT WAS A 45 MINUTE DRIVE TO THE GYM FROM MY HOUSE. SO, I HAD TO GET UP AT 5:45AM AND BE OUT OF THE HOUSE NO LATER THAN 6AM. I CRIED EVERYDAY BECAUSE THE ENVIRONMENT BECAME SCARY AND I BEGAN TO GET HURT. I DIDN'T WANT TO GO THERE ANYMORE, BUT I ALSO DIDN'T WANT TO GIVE UP. MORE IMPORTANTLY, I DIDN'T WANT TO FEEL BEATEN. EVENTUALLY, I MADE IT THROUGH JULY. WHEN AUGUST ARRIVED, I DECIDED NOT TO CONTINUE MY ENROLLMENT. MY MOM SUPPORTED MY CHOICE, AND I NEVER RETURNED. IT WAS A VERY STRANGE FEELING NOT GOING TO THE GYMNASTICS, BECAUSE IT HAD BEEN SUCH A BIG PART OF MY LIFE FOR SO LONG. MY DECISION, ALONG WITH MY MOM'S SUPPORT ALLOWED ME TO ENJOY THE SECOND PART OF MY SUMMER.

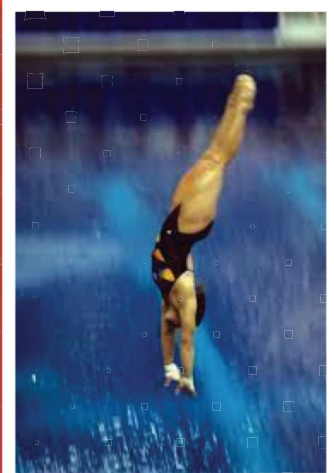
WHEN THE TIME TO RETURN TO SCHOOL HAD ARRIVED, I HAD SO MUCH FREE TIME. MY MOM AND DAD WERE A LITTLE CONCERNED. THEY SAID I NEEDED TO PARTICIPATE IN A SPORT. AT THAT POINT, I WAS HAPPY, AND RESTED, BUT STILL RECOVERING FROM THE INTENSITY OF GYMNASTICS. EVENTUALLY, MY MOM PUT HER FOOT DOWN, AND I AGREED TO TAKE TENNIS LESSONS. RIGHT ABOUT THEN, THE 2020 COVID-19 GLOBAL PANDEMIC BLEW UP LIKE A NUCLEAR BOMB. EVERYTHING WAS CLOSED, AND WE WERE TRAPPED IN OUR HOUSE FOR MONTHS. IT WASN'T UNTIL THE SUMMER OF 2020 THAT MY TENNIS ARENA OPENED FOR OUTDOOR LESSONS. I LIKED IT, BUT I DID NOT LOVE IT LIKE GYMNASTICS. EVEN THOUGH I STOPPED PRACTICING GYMNASTICS, I STILL REALLY LOVE IT! IN THE FALL OF 2020, I GOT REALLY TIRED OF TENNIS, SO I STOPPED PLAYING TENNIS AS WELL. THERE WERE BARELY ANY OTHER SPORTS I COULD TRY BECAUSE OF COVID-19. IN THE SUMMER OF 2021, MY MOM COULD NOT GET ME OUT OF THE POOL. SHE THOUGHT I WAS TURNING INTO A FISH! MOM TOLD ME THAT A LOT OF GYMNASTS TRY DIVING WHEN THEY STOP DOING GYMNASTICS. MY PARENTS SAID IT WOULD BE THE PERFECT SPORT FOR ME. I THOUGHT ABOUT IT, AND I WAS WILLING TO GIVE IT A TRY.

WHERE COVID19 LED ME CONT.

ISABELLA KARCHER (GRADE 6)

WHEN THE FIRST CLASS WAS HELD, I WAS SO NERVOUS! THIS REALLY KIND GIRL CAME OVER TO ME AND MY MOM, AND SHE JUST STARTED TALKING TO US. IT WAS LESS STRESSFUL WHEN THE INSTRUCTOR CALLED US OVER FOR THE DIVING CLASS BECAUSE WE WALKED OVER TOGETHER AS FRIENDS. FIRST, WE LEARNED THE PERFECT FORM FOR DIVING. THEN, WE WENT ON THE DIVING BOARD. I WAS SO SCARED! IT WAS VERY SIMPLE, WE SWUNG OUR ARMS OUT UP OVER OUR HEADS AND JUMPED IN. WHEN I JUMPED IN, THE WATER WAS FREEZING! I SWAM OUT AS FAST AS I COULD!! EVENTUALLY, WE WENT ON TO NORMAL DIVES. I LOVED IT! IT WAS GOING SO WELL UNTIL WE STARTED DOING BACK DIVES. I WAS SO SCARED! BUT WHEN I DID IT, IT ACTUALLY TURNED OUT TO BE FUN! I HAD THE BEST TIME EVER! WHEN I LEFT, I REALIZED I WOULD LOVE IT AS MUCH AS I LOVED GYMNASTICS.

NOW, I HAVE BEEN DIVING FOR MANY WEEKS. I HAVE MANAGED TO DO A TUCK DIVE PERFECTLY. I DID IT SO PERFECTLY THAT ONE OF THE OTHER SWIM COACHES CLAPPED FOR ME! I LOVE IT SO MUCH, AND I'M SO GRATEFUL FOR ALL THAT HAS HAPPENED OVER THE PAST TWO YEARS. I NEVER WOULD HAVE JOINED DIVING IF IT WEREN'T FOR THE INTENSE SUMMER OF 2019!



CONTRIBUTING MEMBERS:

SAM ALLISON (GRADE 6)



MY NAME IS SULEIMAN BUKHAT AND I LIVE WITH MY SISTER, MOM, AND DAD. I LOVE TO READ BOOKS, (ESPECIALLY HARRY POTTER). SOME OF MY FAVORITE FOODS ARE MAC & CHEESE AND MACARONS. WHEN I GROW UP, I WANT TO BE AN AUTHOR. I LOVE PLAYING BASKETBALL, AND CODING. MY TWO FAVORITE ANIMALS ARE RED PANDAS AND CATS. I LIKE TO PLAY ON MY NINTENDO SWITCH. I LIKE TO PLAY A GAME CALLED, "ZELDA, BREATH OF THE WILD,". ADDITIONALLY, I ENJOY PLAYING A BOARD GAME CALLED "TROUBLE" WITH MY FAMILY.

SULEIMAN BUKHAT (GRADE 6)

HI. I'M SAM ALLISON. NOW, I KNOW YOU AREN'T PROBABLY READING THIS RIGHT NOW, BECAUSE, WELL, I DON'T EVEN KNOW WHERE THIS THING IS STORED OUT THERE IN THE WORLD WIDE WEB. AND I'M IN THE NEWSPAPER CLUB!! SOME OTHER THINGS I'M A PART OF ARE THIS SCHOOL (DUH), THE INTERNATIONAL COOKING CLUB, AND PARK SHORE SUMMER CAMP. AH, CAMP! MY FAVORITE PLACE IN THE WORLD IS THE DEEP POOL AT PARK SHORE. MY CAMP FRIENDS AND I "CAMP FRIENDS" PLAYED THERE ALMOST EVERY DAY. I HAVE A POOL AT MY HOUSE TOO, BUT IT ISN'T NEARLY AS GOOD. I GOT IT DURING THE QUARANTINE AND UGH! YOU HAD TO BRING UP COVID! (OH, DID I MENTION I'M A BIT OF A JOKESTER?) OK, EVERYONE ALWAYS SAYS THAT THE QUARANTINE STUNK, BUT FOR ME IT ACTUALLY WAS GREAT! I RODE MY BIKE, SWAM IN THE POOL THAT I TALKED ABOUT EARLIER, AND DID VARIOUS OUTDOOR ACTIVITIES. (YA KNOW, BESIDES WHEN I WAS ON ZOOM.) THESE HEALTHY ACTIVITIES ALLOWED ME TO BECOME MORE CREATIVE, EXPAND MY IMAGINATION, AND BE THE LIGHT OF THE PARTY, EVERY TIME! BECAUSE I AM NOT LIKE ANY OF THE OTHER KIDS. I AM SAMUEL LOUIS ALLISON. AND I AM UNIQUE!



NOA DAGAN (GRADE 6)



MY NAME IS ANAYAH DESAI AND MY GROWTH FLOWER REPRESENTS MANY THINGS ABOUT ME. FOR EXAMPLE, I PLACED A LOT OF PICTURES OF CARS BECAUSE I LIKE DIFFERENT CARS. I INCLUDED PICTURES OF BOOKS BECAUSE I LIKE READING. ONE OF MY FAVORITE BOOKS IS, BLACK BEAUTY. I LOVE TAYLOR SWIFT AND SHE IS ONE OF MY FAVORITE MUSICAL ARTISTS, SO THAT'S WHY I PLACED HER IN THE CENTER. I LOVE FLOWERS AND DIFFERENT COLORS, SO THAT'S THE REASON BEHIND THAT. ONE OF MY FAVORITE COLORS IS PINK, SO I DECIDED TO MAKE THAT THE COLOR OF THE PETALS. ADDITIONALLY, I REALLY LIKE DOGS, SO I PLACED DIFFERENT IMAGES OF THEM IN THE LEAVES. I LIKE WATCHING TELEVISION, SO I PLACED A PICTURE OF DIFFERENT ELECTRONICS INCLUDING THE APPLE LOGO, PHONES, AND LAPTOPS. EVERYTHING ON MY GROWTH FLOWER REPRESENTS ME.

ANAYAH DESAI (GRADE 7)



HI MY NAME IS NOA DAGAN AND I'M IN 6TH GRADE. THIS YEAR I HAVE BEEN REALLY INTO WRITING. I PUT A JOURNAL ON MY GROWTH FLOWER BECAUSE MY MOM HAS BOUGHT ME A MILLION JOURNALS. I REALLY LIKE DOGS. I HAVE TWO BEAGLES NAMED CHARLIE AND BUDDY. I AM JEWISH MY DAD WAS BORN IN ISRAEL AND MY GREAT GRANDMA SURVIVED THE HOLOCAUST. ONE OF MY FAVORITE FOODS IS SALMON. MY GRANDMA MAKES THE BEST SALMON EVER. I ADDED LIPS TO SYMBOLIZE THAT I LIKE TO DO MY MAKEUP. NOW YOU CAN SEE WHY I PUT ALL THESE THINGS IN MY GROWTH FLOWER.

DANIELLE GOLE (GRADE 6)

JANIYAH GRAY (GRADE 6)

HANA HORA (GRADE 7)

**GROWTH FLOWER PARAGRAPH
BY HANA HORA (GRADE 7)**

MY GROWTH FLOWER REPRESENTS MANY OF THE THINGS I LIKE AND FEEL REPRESENT ME. FOR EXAMPLE, IN THE YELLOW CIRCLE I PLACED A TOPAZ DIAMOND BECAUSE IT IS MY BIRTHSTONE. I ALSO PLACED CUPCAKES THERE BECAUSE I FIND THEM TO BE A DELICIOUS TREAT. IN ONE OF THE PURPLE PETALS I PUT A PICTURE OF TAYLOR SWIFT BECAUSE SHE IS MY FAVORITE SINGER. I ALSO HIGHLIGHTED A CELLO BECAUSE THIS IS THE INSTRUMENT I PLAY, AND I LOVE IT. IN ONE OF THE GREEN LEAVES, YOU WILL FIND THE SYMBOL FOR SPOTIFY ALONG WITH THE STARBUCKS LOGO BECAUSE I ADORE LISTENING TO MUSIC AND ENJOY DRINKING COFFEE. I ALSO ILLUSTRATED A POLAROID CAMERA BECAUSE I WANT TO BE A PHOTOGRAPHER WHEN I GROW UP. EVERYTHING IN MY GROWTH FLOWER REPRESENTS ME, AND HOW I WILL CONTINUE TO LIVE MY LIFE.



**GROWTH FLOWER
BY ISABELLA KARCHER (GRADE 6)**

MY NAME IS ISABELLA KARCHER AND I'M IN 6TH GRADE ON TEAM 6-1. THIS YEAR, I AM REALLY INTO INTERIOR DESIGN AND REAL ESTATE, AS I AM SURE YOU CAN SEE ILLUSTRATED ABOVE IN MY FLOWER. I HAVE A CAVAPOO NAMED BAILEY. ALTHOUGH I LIKE DOGS, I ABSOLUTELY LOVE LITTLE KITTENS! UNLIKE KITTENS, I ADORE SWIMMING IN THE POOL. IN FACT, I AM TAKING DIVING LESSONS AND PREPARING MYSELF TO JOIN A SWIM TEAM. I HAVE A HUGE COLLECTION OF SNOWGLOBES AND OBTAIN A LARGE OBSESSION WITH FLAMINGOS!!! MY FAVORITE FOOD IS RAVIOLIS, WHILE MY FAVORITE SEASON IS FALL AND SPRING. FOR MORE OF MY FAVORITES SIMPLY LOOK UP!

ISABELLA KARCHER (GRADE 6)



CHLOE LESHNOWER (GRADE 8)

MY NAME IS CHLOE LESHNOWER, AND I AM IN EIGHTH GRADE. THE GROWTH FLOWER THAT I CREATED RESEMBLES THE THINGS I ENJOY AND TAKE PRIDE IN. AS YOU CAN SEE ON THE STEM, I PLACED MUSIC NOTES, A MICROPHONE, AND A CLAPPER BOARD. I PLACED THESE ON MY STEM BECAUSE I AM VERY INTO MUSIC AND THEATER. I SING, ALONG WITH PLAYING THE PIANO AND VIOLIN. ALSO, I HAVE PERFORMED IN SEVERAL SHOWS THROUGHOUT MY LIFE, AND WILL CONTINUE TO DO MORE. FOR THE COLOR RED ON ONE OF THE LEAVES, I SET STRAWBERRIES, LIPS, AND HEARTS. THE STRAWBERRIES ARE MY FAVORITE FRUIT, THE LIPS REPRESENT MY LOVE FOR MAKEUP, AND THE HEARTS REPRESENT MY LOVE FOR EVERYONE. FOR THE ORANGE LEAF, I PLACED PICTURES OF ORANGES, PUMPKINS, LEAVES, AND NEMO. THE PUMPKINS AND LEAVES REPRESENT MY LOVE FOR FALL, WHILE THE ORANGES SHOW MY LOVE FOR ORANGE JUICE IN THE MORNING, AND NEMO REPRESENTS ONE OF MY FAVORITE CHILDHOOD DISNEY CHARACTERS. FOR THE YELLOW PART, BASICALLY EVERYTHING SHOWN REPRESENTS HAPPINESS THAT HAS HAPPENED TO ME. FOR EXAMPLE, SPONGEBOB BROUGHT ME HAPPINESS BECAUSE IN THE FALL I PERFORMED IN THE PRODUCTION OF THE SPONGEBOB MUSICAL, WHICH BROUGHT ME SO MUCH JOY TO TAKE THE STAGE AT WEST HOLLOW AS BEING THE FIRST SHOW SINCE THE PANDEMIC. ON THE GREEN LEAVES, I PUT KERMIT THE FROG BECAUSE HE WAS MY FAVORITE CHARACTER OUT OF ALL OF THE MUPPETS WHEN I WAS YOUNG. LASTLY, FOR MY BLUE PETAL, I DISPLAYED A PICTURE OF THE OCEAN BECAUSE THE BEACH IS MY FAVORITE PLACE TO GO IN THE SUMMER, AND I LOVE SWIMMING IN THE OCEAN. OVERALL, THIS GROWTH FLOWER THAT I PUT TOGETHER REPRESENTS HOW GRATEFUL I AM FOR ALL THE THINGS IN MY LIFE.



BLAKE RABINOWITZ (GRADE 8)



"EVEN THOUGH THE COLORS OF MY FLOWER ARE MORE TRADITIONAL, THEY REPRESENT GOALS I HAVE FOR MY LIFE."

BLAKE RABINOWITZ (GRADE 8)

BLUE REPRESENTS THE CALMNESS AND TRANQUILITY I STRIVE TO ACHIEVE, EVEN WHEN NOTHING SEEMS SERENE.

THE YELLOW CIRCLE IN THE MIDDLE ILLUSTRATED HAPPINESS AND JOY, TWO THINGS I WISH TO GLEAN. AND I STRIVE TO GROW EVERY DAY, WHICH IS LOVELY TO BE REPRESENTED BY GREEN.

MY FLOWER SHOWS THINGS I ALWAYS DO, MY PASSION FOR SWIMMING, READING, TRAVELING, LEARNING, AND DRAWING WILL NEVER SUBDUCE.

IT ALSO SHOWS THINGS I LOVE, FASHION, MAKEUP, DOGS, AND MUSIC I WILL NEVER GET RID OF.

THERE ARE SOME THINGS IN NATURE I TREASURE, SUNSETS, SNOW, BEACHES, AND FLOWERS ARE BEAUTIFUL BEYOND MEASURE.

LASTLY, SOMETHING THAT IS VERY IMPORTANT TO ME, ARE THE PEOPLE WHO GIVE CONSTANT SUPPORT, MY FAMILY.

MARISSA TORRE (GRADE 7)

MY NAME IS MARISSA TORRE. THE IMAGES THAT I CHOSE FOR MY FLOWER ILLUSTRATE DIFFERENT THINGS AND ACTIVITIES I ENJOY. I CHOSE FOR THE PETALS ON THE FLOWER TO BE BLUE BECAUSE MY FAVORITE COLOR IS BLUE. ON THE PETALS I PLACED BUTTERFLIES, FLOWERS, AND PLANETS BECAUSE I LOVE ASTROLOGY. I ALSO INCLUDED IMAGES OF WATER BECAUSE I LOVE TO SWIM. IN THE CENTER OF MY FLOWER, I INCLUDED CATS, HARRY POTTER, AND PIZZA. I LOVE CATS, BUT CANNOT OWN ONE BECAUSE MY DAD IS ALLERGIC. I LOVE THE HARRY POTTER BOOKS AND PIZZA IS MY FAVORITE FOOD. I HAVE ALWAYS CONSIDERED MYSELF A PERSON WHO IS VERY CONNECTED TO NATURE, SO I DISPLAYED VARIOUS IMAGES OF PLANTS AND TREES.



ZOYA WAQAS (GRADE 7)

HI, MY NAME IS ZOYA WAQAS, AND I AM IN SEVENTH GRADE. DURING MY FREE TIME, I ENJOY BAKING. WHILE GROWING UP, I BAKED COOKIES, BROWNIES, CAKES, AND MANY MORE DELICIOUS TREATS WITH MY MOTHER. AS I GREW OLDER, I BEGAN TO BAKE BY MYSELF. CURRENTLY, I BAKE FOR BIG EVENTS LIKE BIRTHDAY PARTIES, BRIDAL SHOWERS, AND EVEN WEDDINGS. ANOTHER HOBBY I ENJOY IS READING. I HAVE READ A COUNTLESS NUMBER OF BOOKS AND BRING A BOOK EVERYWHERE I GO IN THE EVENT I CAN GRAB SOME TIME TO READ. A FEW GENRES I RELISH READING ARE YOUNG ADULT FICTION, ROMANCE, THRILLERS, AND HISTORICAL FICTION. ONE OF MY FAVORITE BOOK SERIES IS, A GOOD GIRL'S GUIDE TO MURDER. I HAVE ENJOYED READING ALL THREE BOOKS IN THIS SERIES; A GOOD GIRL'S GUIDE TO MURDER, GOOD GIRL, BAD BLOOD, AND AS GOOD AS DEAD. COLLEEN HOOVER, HOLLY JACKSON, SARAH J. MASS, CASEY MQUINSTON, AND CAROLINE KEPNES ARE A FEW OF MY FAVORITE AUTHORS.

