

THE COURIER

VOLUME 95, NUMBER 2

WHITE PLAINS, NEW YORK 10605

February 2019

The longest running middle school newspaper in the United States!

Internet Safety Awareness Presentation

By: Sean Thomas Reidy

Recently we had an assembly here at Highlands about the dangers of social media and how to stay safe on the internet. The speaker was Thomas Grimes, a 20-year veteran of the NYPD. In 2007 he began New York's finest speakers LLC, a company that gives assemblies on the threat of the internet and drug use. He talked about problems in the world regarding young people and the internet. Some of the things he spoke about were, cyber bullying, the dangers of child predators and stalkers. He also showed us how to protect against identity theft. We learned about children that had been bullied to the point of them taking their own lives. We learned of tragic stories about cyber bullying driving people to extremes. Mr. Grimes talked about how to deal with situations like this. He then spoke about child predators. He showed us videos about how vulnerable children were. He showed us statistics of sex offenders. There are 41,247 registered sex offenders in New York State alone. He talked about how to avoid and stay safe from predators online. Final-

ly, he spoke about keeping your privacy on the internet and what rules to abide by. Many of those rules are laws that are broken every day by people ages 10 and up. Did you know that it is illegal to say you are someone else or something else? Mr. Grimes told us ways to stay safe online, here are some of them.

To protect against Identity theft...

- Never give out your password or personal information to strangers or even your friends.
- Never give out your password or personal information to strangers or even you friends.

To protect against child predators and stalkers...

- ❖ Pay attention to the people you interact with online. If a stranger always joins you in a game you should avoid them or block them.
- ❖ If you have a lot of followers or friends on social media who you do not know you should probably get rid of them because they could be predators.

To protect against cyber bullying...

- Tell adults or friends, they can help you, it doesn't have to be your parents, but at least tell someone.
- Stand up for yourself and others, don't be afraid of bullies, they get their power from fear, but in reality they are just as afraid as you.
- Be consistent. Research shows that being frequent and consistent in standing up for yourself or others will discourage bullies and help you deal with them.

In conclusion staying safe on the internet is extremely important. We all need to learn to recognize threats and problems before it is too late. We cannot let strangers into our lives and we cannot share our private information on public platforms. The world can be an ugly terrible place and we need to know how to stay safe on one of the largest platforms we live in.

The Circle of Power and Respect

By: Eva Mandelbaum and Nadiya Jones

It is an M day and your teacher proclaims it is time for CPR (Circle of Power and Respect). While some students and teachers are thrilled for this weekly activity, you may also hear students moaning and griping amongst the class. CPR is an activity that takes place on the first "M" day of every week, and first started this September at our school. It was meant to empower students, enlighten their day, and create an overall stronger community of learners. Their intentions are nowhere near how some of the 7th and 8th graders at Highlands feel about this exercise that was recently brought to Highlands. As a student we interviewed stated, "I know it is supposed to (help relationships within the Highlands community), but I have not felt that way." Is CPR helping or hurting the Highlands community?

We recently put out a survey asking students for their insight on this activity. Based on our online survey that many of the 1,064 students at Highlands Middle School took, the vast majority had negative outlooks on the activity. CPR encourages kids to get out of their comfort zone with friendships. However, in some cases this can be a great thing, based on our survey results, this tends to just make some students feel uncomfortable or anxious. 89% of students said that CPR does not help them make new friends, or chose the "sometimes" option on the survey. According to the survey, 73% out of the same students said that CPR makes them either feel bad/left out or chose the "in between" option. Why were the survey results so alarmingly negative? Well, one of the students we interviewed stated, "It makes school awkward, we already know everybody." -Saumya Sawant (7th grade student at Highlands Middle School). Based on our survey results, most students can agree with Saumya.

Another problem that often takes place in CPR is not getting chosen for an activity, or being excluded from something. Instances like these actually happen quite often amongst students. Certain activities that include partner sharing or where students tend to feel excluded can cause unnecessary anxiety and stress. As an alternative to these types of activities, we believe CPR would be greatly improved upon if we in-

Feeding Westchester

By: Ricardo Mejia

The Community Service Club in our school was able to go to Feeding Westchester which is organization dedicated to helping people just here in Westchester that work every single day and pay their bills at home but do not have enough left over for their families to get the food they need. The Community Service Club sponsored a school wide food drive before our trip. We were able to get more than 200 pounds of food just here in this school. Imagine if we were able to do this just in every school around Westchester County. When we arrived at Feeding Westchester, we were given a job which lead to us to help seniors in White Plains. All the students in the club were able to pack green beans into plastic bags that would be part of the meals delivered to senior citizens throughout the county. In total, we were able to make around 899 bags of green beans. When we were finished, we were able to take a tour around the warehouse and see all the supplies or foods that they collected over months that they still need to ship to other households that need the food. We were able to learn how people are giving more and more food to this organization for the best of everyone. That was our experience during The Community Service Club trip to Feeding Westchester. It was a very good trip and felt very good to know we were helping our people right here where we live.



The Government Shutdown

By Nadav Wigodsky

As of January 23rd, the 32nd day of the 2019 government shutdown, it is unclear what will happen next. It is already the longest recorded government shutdown in the history of the United States. On December 22nd, 2018 the government shutdown began. It began when Republicans in the House of Representatives passed a bill which gave the U.S.-Mexico border wall a \$5.7 billion budget. For the bill to be passed, the Senate must have a majority vote in favor. President Donald J. Trump is using this long government shutdown as a negotiation attempt to get his way. He is specifically focused on the building of the Mexican-American border wall. President Trump initiated the shutdown to force the democrats to give in and vote in favor of the bill. Trump recently began to offer a new proposal: in exchange for \$5.7 billion to fund the wall, he would bring back the Deferred Action for Childhood Arrivals and Temporary Protected Status acts for 3 years. The wall is not the only thing Trump wants. Among other things, the border crisis calls for needed border patrol agents and drug detection. The full list is mentioned on the white house website. The sum of the list amounts to a gargantuan \$12.72 billion.

Many federal agencies have been affected by the government shutdown. In fact, federal workers have missed out on a first paycheck and likely will miss out on a second. As of January 16th, it has been reported that ([“A Typical Federal Worker Has Missed \\$5,000 in Pay from the Shutdown So Far”](#), New York Times) about 800,000 employees have not been paid, and are owed, on average, more than \$5,000. Furthermore, countless federal employees have less than one month of savings. Additionally, the State of the Union Address will have to wait an unknown period due to the shutdown. This means that plans for the coming fiscal year is unknown, putting even more pressure on the economy. This also means that the longer it continues, the more important it will become to know these plans: they inform us about what large-scale things will be improved and changed over the next year. Without this knowledge, the economy will remain highly susceptible to collapse.

This Could Ruin the Internet

By Sean Thomas Reidy

The European Union is creating new legislations on copyright laws and online content. One of its more controversial articles in the new legislation is called article 13. Its goals are to help protect copyrighted works and content online. The ideal is great, however the laws that are created many have unintended consequences. Some of the consequences of the article are that the European Union will block or filter a large amount of content from Europe and the nations that have these laws. The laws say that if you do not own something in your content, for example if you create a parody of something that content cannot be shared because not everything in the parody is yours. This applies to everything that is uploaded to the internet. This will either filter or block a lot of things from European countries and to European countries. If this legislation passes then People from Europe cannot view many things from sites like YouTube, Instagram, Facebook and more. When someone posts or sends a link with an image, they will be breaking the new laws. Images cannot be sent unless they belong to you. If someone shares something that they do not own, then that would be infringing the law. While the idea to protect copyright is good, these laws would only undo the work that has gone into creating fair use laws. Fair use laws are laws and codes to help protect people when they put already copyrighted works into their content. The idea is that if they give credit to the original creator or the current owner and

if the copyrighted work is changed in some way then it is legal to put the work into your content. In 2017 and 2018 huge leaps were made in legitimizing fair use on the internet and article 13 is working to undo this progress. One of the largest myths on article 13 is that it will protect small creators and make sure they are paid fairly; this is not true. If anything, article 13 will hurt small creators and everyone will lose money. Another myth is that the legislation is already law. That is not true, however article 13 may become a reality if nothing is done. On September 12th the European Parliament voted to move forward with article 13 and it is currently being revised in the EU's trilogue negotiations. While it is not law now it will be if there is no change. One final myth is that it will not affect anyone outside of the European Union, it will affect everyone that uses the internet. If article 13 is passed, then people all around the world will not be able to view passed and new content from Europe unless whoever posts or shares the content can prove that everything in the content belongs to them. That shows the severity of the problem. If the law is passed you will see drastic changes to the internet soon, so help be the change that saves the internet. You can go to [change.org](#) or use the hashtag [#saveyourinternet](#) to support the movement to change article 13. The idea of the legislation is good; it is how it is enforced which is the problem, so help be the change and don't support article 13.

Boy Scouts of America Considering Bankruptcy



By Nadav Wigodsky

The Boy Scouts of America declared on October 11th, 2017 that girls would be accepted into the Boy Scouts as of February 1st, 2019. In December of 2018, there was an explosion in the press regarding that the BSA was considering bankruptcy. One might pose the question of how such a thing is possible; the BSA is over a century old and more than 100 million total people have been involved. One part of it is that the Mormon Church, which includes about 1/5th of the organization's total boys, is planning to break ties. The Mormon Church has said they would part from the BSA on December 31st, 2019. The Mormon Church left because, as they put it,

“The Church has grown from a U.S.-centered institution to a worldwide organization, with a majority of its membership living outside the United States...increasingly felt the need to create and implement a uniform youth leadership and development program that serves its members globally.”

Additionally, the Girl Scouts of America is furious with the BSA. The BSA has taken away prospective girl scouts when they announced that girls would be allowed into the program. So, the Girl Scouts of America filed a lawsuit. The BSA has changed their name from the Boy Scouts of America to Scouts BSA in hopes of drawing in female scouts. The lawsuit is currently being reviewed by the BSA. There have also recently been victims who came out about sex abuse. There have been well over 1,000 cases. This is another contributing factor to the response of the Girl Scouts of America – that there is an unsafe possibility of sex abuse due to the acceptance of girls into the program. All in all, the Boy Scouts of America is in a fragile state. It remains to be seen what will become of the organization as a result.

Brexit: The UK Leaves the European Union

By Saumya Sawant

The consequences of World War II were disastrous, and as America, Europe and the rest of the countries involved in the war struggled to fix the damage, the European Union was formed. It involves twenty-eight countries (Austria, Belgium, Bulgaria, Croatia, Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Italy, Ireland, Latvia, Lithuania, Luxembourg, Malta, the Netherlands, Poland, Portugal, Romania, Spain, Slovakia, Slovenia, Sweden and the United Kingdom) and was formed in the hopes that if all these countries were bound together and traded with each other, they wouldn't go to war with each other.

So far, it has seemed to work. There were no major wars in Europe, and as trouble brewed in the Middle East, attention quickly shifted from Europe to countries such as Afghanistan and Pakistan. Many people quickly forgot about the significance of the European Union.

Until now. In 2016, people of voting age participated in a poll on Thursday June 23rd, 2016. This poll would decide whether the UK should leave the European Union or stay. It was very close, but more people decided to leave (51.9%) than to stay (48.1%). The idea of the UK breaking away from the European Union was shocking to many. This break is called Brexit, a clever combination of “British” and “Exit.”

However, before immediate action can be taken there are several steps that must be completed. For one, they have to negotiate the terms of agreement. By invoking the Lisbon Treaty, it gives both sides (UK vs EU) two years to reach an agreement. Theresa May, the Prime Minister of Britain, said the process started on March 29th 2017. This means, on March 29th

2019 at 11 pm, the European Union and United Kingdom will officially split.

Can the UK change its mind about all this? Yes, they can. In fact, if they were to decide that they would not be following through with Brexit, they will stay in the European Union on their own terms provided they have a “democratic process.”

After months of negotiations, the two sides have finally agreed to a deal. One of the agreements is a 585-page withdrawal. This legally sets the terms for the UK's split from the EU. It states how much money the UK owes the EU, estimated 39 billion euros. Another agreement is a 26-page statement on future relations. This shows the long-term relationship between the UK and Europe, including trade, defense and security.

What is the significance of Brexit? For one, it ends decades of a powerful political as well as economic relationship. The union of 28 countries will be marked by the separation of the UK. Not only will trade relations change, Britain's relationship with the rest of Europe and other world countries may be affected as well.

Theresa May, the British Prime Minister, offered no straight answer about her opinion on Brexit. When asked by a German journalist on her opinion, she replied, “The British people voted for Brexit and I think it is incumbent (necessary) on their politicians to deliver on the decision that we asked them to take.” Many people note, however, that she was not answered the question that was asked to her. While some people think she is not being entirely truthful and the idea of Brexit is for her own private interests, another possible reason may simply be that she does not wish to disclose such sensitive information.

Either way, things are fast changing in Europe. Is Brexit the start of the end of the European Union?

EDITORIALS

The Downfall of Our Wall

By: Sophia Alexandrou

The very dignity and human decency of this country is currently being challenged by the development of the wall between the US and Mexico initiated by our deeply arrogant and misguided president. Between tear-gassing desperate people at the border and fabricating the methods used to cross, President Trump proves himself unsuitable to be making decisions about immigration that could cost our country billions of dollars.

The motive that the President claims drives him to advocate for this wall is the opioid epidemic in the United States. According to drugabuse.gov, around 130 people die per year in the US due to overdosing on opioids. About 90% of the heroin that is sold in this country is imported from Mexico. This seems like a sensible reason to create a wall dividing these two countries to someone who has not done enough research on the subject. Most of the heroin that makes it into the US is transported through legal points of entry. The wall would be built in between these points of entry- making it an ineffective method in solving this problem. The President saying that he wants to help the fatality of the opioid epidemic is merely a way to cover his real racist and xenophobic reasons for this wall.

Additionally, in 2015 to start off his run for the presidency, Trump stated, “They’re bringing drugs. They’re bringing crime. They’re rapists. And some, I assume, are good people” concerning the Mexican immigrants. A study done by the Libertarian Cato Institute in 2015, shows that illegal immigrants commit significantly less crime than native-born Americans. In addition, a report from the FBI shows that there has been a seventeen percent increases in hate crimes since President Trump took office. These included the anti- Hispanic and Latino hate crimes which rose twenty-four percent. That looks a bit like Trump is the one bringing more crime to this country.

Cellphones: The Smoking of Our Generation

By: Eva Mandelbaum and Alisha Ahmed

What were you doing just a second ago? Chances are you were probably on your cell phone-whether checking Snapchat, Instagram, Twitter, or texting a friend. The outcomes all have the same effects on kids and teens. Did you know that Americans check their cellphone on an average of once every 12 minutes-staring at their phone screen 80 times a day? Much like smoking in the 1940s-60s, cell phones are something that can cause long term damage to us mentally, and physically, that we as a generation are not making ourselves enough aware of the potential harm. We need to act and prevent this possible major problem in our generation. The more often teens spend looking at screens, the more likely they are to report symptoms of depression, and anxiety. Depression and anxiety are a major and a serious problem in our generation. Do you ever see friends hanging out without you and does it make you feel left out, and wish you were there too? If you can relate, you are like 14% of the 7th and 8th grade students we surveyed at Highlands Middle School. According to a 7th grader we interviewed, she said, “I am happy to see my friends do fun things, but sometimes it makes me wish I was there too.” Feeling left out is one thing but depression is another. A lot of depression is caused by cell phones, but in a different way than just being left out. Many teens find themselves isolated, alone in their bedroom. Though they may feel physically safer than being out partying, teens can get cyber bullied, and become depressed from being alone, without other people physically. When kids and teens get mean or threatening comments on Instagram, or just get cyber bullied in any way, it is usually very difficult to find a way to stand up to the bully, when it’s all through the internet. Technology can cause negative physical effects too. For example, cell phones can be a major distraction, and not only cause people

to pay less attention to their friends and families, but they can cause less of a desire for kids and teens to get outside. Even though we all have our lazy days once in a while this is something else. For example, we have apps which can do everything for us. This can also cause people to become obese which is a major problem today. Technology can also have negative physical effects because if you’re on your phone 24/7 you will never have the chance to play sports or explore the outside world. According to the Seattle Times technology can also cause dizziness and blurry eyes and can cause migraines/headaches. Too much technology can also cause addiction which is an extremely serious problem. Ending an addiction is very difficult and can take a lot of time. Now, we aren’t saying you can’t use technology ever. Technology has proved to help people with school work. According to our survey, 36 out of 50 people say the iPads at our school helps them with school work in some way. Technology can also help you communicate with people all around the world. It can help you maintain friendships, and keep in touch with friends and family, no matter where they are. In conclusion, though cell phones are something that have become second nature to us, they have negative effects that we as a generation are not trying to make ourselves aware enough of or trying to prevent. Cell phones do have good uses too! They can be used for educational purposes and are a great and easy way to connect with friends and family. Since there are both positive and negative effects of spending time on your cell phone, it is all about moderation. Though we are not telling you to stop using your cell phone completely, the next time you have the choice, put down the cellphone and notice the world going on around you. You will be surprised with how much you have been missing.

THE COURIER

White Plains Middle School

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The 7th Grade NarrativeWinners

The Holocaust and My Great Grandparents

by Aidan Schmieder

Picture this: The nineteen forties. Poland. The weather is frigid to the point where the streets are like ice rinks. That’s usual. But today, you get colder. Not the weather, but the shiver you get whenever you think about the fact that you may get killed any day. Poland was not a good place to live, especially when you live in a camp. These are not the camps you would send your kids to. These are concentration camps. You see, you are being treated miserably just because of your religion. By who? The nazis. You are Jewish and they don’t like that. This is the world that my great grandparents and their families lived in. This is the story of how learning this changed my life and who I am as a person.

How did I find out about this? It all started the night I brought home a big project board which tuned into a pain in the butt Hebrew school project. The assignment was to find out about your heritage, where you came from and those who came before you. Oh, how I hated that project. I thought it was the most pointless and annoying project ever. After several nights of complaining, and many persuasion attempts from my mom, I decided to complete the project... the night before it was due. Was that the best idea? Probably not, but good thing I did, because I learned so much that night without even realizing. That “waste of a night” was actually a very important one. What did I learn? What exactly happened? After several long phone calls with family members I didn’t even know I had, I learned that there was an evil man named Adolf Hitler. Maybe evil isn’t the best word to describe him. A more fitting phrase would be cold, sick excuse of a human. Hitler was very powerful in his home country of Germany. He didn’t like people like my great grandparents, Jews. A lot of people in his country agreed with him, except for, of course, the Jews. Jews covered the globe,

and Hitler’s goal was to take over the world and extinguish the fire, in his eyes, that was the Jews. He wanted them all dead. So, he started off by invading countries in Europe. Unfortunately, my great grandparents, Zelman and Adela were caught in the midst of all this, as their home country Poland, was invaded. The Germans took everything that they had and sent them and their families to concentration camp. They were very run down and just not the best places to live. These were not the best places to be. Jews were kept here before they were sent to death camps, where Jews were put into gas chambers. The chambers were filled with poisonous gasses. Most people who were put in those chambers didn’t make it. However, my great grandparents were lucky. They were able to get out of the camps and with their parents blessing, fled to Russia. That is where they had my grandmother, Nadine. They then went to Paris. There, they had my great aunt, Bella. After that they got a visa to America. Before you knew it, they were on the way to St. Louis to start a new life. That was where my uncle Morris was born. However, this was after losing several family members in the camps. They started over again, but their lives would never be the same.

When I learned about this, I was surprised. I knew that my grandparents were involved in the holocaust, but I never had known that they were so deeply affected by it. My initial reaction was calm. I didn’t think it was that important. But after some time, I understood how important this was. There was horrific things that my grandparents had to go through and see. I thought that it was kind of cool that my grandparents made it out alive. Their hope made me feel unique, strong, and proud of my heritage. There wasn’t many survivors and my grandparents were very lucky that they were able to flee Poland.

This made me realize that I

have to be grateful for everything that I have. Everything can change and can be taken away from you in such a short time. The Germans took everything from my grandparents. The one thing that they never took away was was their beliefs and faith. They stayed true to themselves, always stopping to pray and do Jewish rituals, and they also never lost hope in getting freed. This taught me that even the smallest choices can make the biggest differences. If my grandparents had made one wrong turn, one step in the wrong direction, me and my family’s life could have been so different. They could have gotten killed whenever the nazis wanted. The last and most important thing I learned from this is to accept everyone for who they are. It taught me to never ever discriminate or hate others for who they are and what they believe. It taught me to be bold and brave in the face of discrimination. I learned a lot of lessons even though I was only told a little bit of the horrible things that happened during the horrific 5 years of the holocaust.

As you can see, the events that happened mean a lot to me. It sickens me to say that unfortunately, things like this can still happen today. That is why we need more and more people to know about the neglect of people like my grandparents. We can never stop learning about this because most survivors of the holocaust will not be with us in the next few years. It is so easy for events in history, especially the holocaust, to be forgotten or not cared about. There is still a lot of anti semitism in our world. You can and should learn about what happened in those years, even if it doesn’t effect you. Teach them to your children and their children’s children. That is how what happened to my grandparents effected me, even though I wasn’t alive.

My Experience

by Ana E. Mora Orzuna

Have you ever wondered what it feels like to be in an accident? What it feels like to be in so much pain? Well let me tell you it horrible! I have had many painful experiences, like cutting my finger with the knife and falling off the stairs. Not all those experiences were that painful, but getting my leg run over by a car is something I will never forget, trust me. I was a little eight-year-old girl who was happy all the time until that horrible day.

I was a little eight-year-old girl enjoying life, I was always happy no matter what, until the accident. “Always be careful” is what my grandma would always say to me. I guess I forgot what she said that day. I had gone grocery shopping with my grandma; the sky was beautiful and blue. I was playing with my little cousins until my grandma said, “Ana, let’s go we need to buy vegetables and fruits!”

While my grandma and I were in the car, I opened the window and felt the cold breeze of autumn. When we got to the grocery store I was so happy to be there, I don’t know why. We picked my favorite fruits and vegetables, which are strawberries, oranges, carrots, lettuce and broccoli. When I saw the strawberries I was so happy because I haven’t eaten that for a while, as I bit one I could feel how sour and sweet it was like a lemon and a lollipop combine together, I know it sounds disgusting but for me it was the best strawberry I had ever had.

When we finished paying I said “Thank you for bringing me grandma, I had the best strawberry ever!” “I’m glad you liked it,” my grandma giggled. I helped my grandma carry the bags, even though my arms

were still fragile like the wings of a butterfly. When it was time to cross the street I fell in the middle of the road, I think the car did not see me and ran over my leg. “AAAAAAHHH” I yelled, everyone on the sidewalk turned around and gasped as the saw me on the road, when my grandma turned around she yelled “OH MY GOD” “SOMEONE CALL AN AMBULANCE” A person yelled. I was on the ground crying so much because I was in pain and I was scared, I felt that the car was breaking every bone I had.

When the ambulance came, they got my leg out of the wheel of the car and brought me to the hospital. The doctor said that I twisted part of my leg so I had to wear a cast for three weeks. When I got home the only thing I could do was watch TV and read or draw. I could not stand up or walk because my bones were fragile and if I put my foot on the ground, I would break it. I got a lot of hugs and get well cards, every time someone hugged me I could feel there warmth. Finally, the day I got my cast removed came, when I put on my shoe it felt like it was ten first time. When I stepped on the ground, I could feel how hard and strong it was. Since that day, I felt complete again.

“Always be careful” are the words that my grandma says to me all the time. This time I won’t forget it, every time I wake up I remember my grandma’s words. A lot of tragic stuff happened to me when I was eight years old, but this one I won’t forget. This experience like any other leaves a lesson. My lesson was to always be careful and double check things again before you do it.

Annual Caroling Tour - A Big Hit

By:Colleen Cave



In December Highland’s Select Choir, directed by Michele Davila, and Jazz band, directed by Timothy Veeter, went on a caroling tour to showcase the holiday songs they had worked on for months. For Select Choir these songs included; “Sanctus” a Latin Christmas, “Sleigh Bells” a Russian folk song, “Celebrate it’s Hanukkah,” and a cover of “Deck the Halls” by an acapella group called the Pentatonix. The jazz band played “Jingle Bells,” “Jolly Ole Saint Nicholas,” “We Wish you a Merry Christmas,” and “Deck the Halls.” Select Choir was also joined by guest star Alex Sanchez who beatboxed for them during their cover of “Deck the Halls.” Their first

stop was to the Education House where they performed for the Superintendent and his staff. Their next stop was New York Presbyterian Hospital. There, they got to perform for the patients. Lastly, they visited the Galleria Mall and performed for the public and parents. This trip gave the two groups a chance to perform for an audience outside of Highlands and really put their hard work to good use. When asked, performers said that they thoroughly enjoyed the tour. Kaelyn Lalla-Cappa and Aiesha Cortez, two Select Choir members, both agreed that the tour was an amazing experience. Kaelyn said, “I loved seeing the smiles on people’s faces and singing with my besties.” In addition, Aiesha said it, “...taught me a few things as well.” Overall, the caroling tour was a success and it should definitely be something Highlands continues to do in the future.



All You Need to Know About Anime

By: Aryan Mehra

10. Bleach

Beware, this manga is not named after the chemical! It is about a teenager named Ichigo Kurosaki. He has the power to see ghosts. It takes place in modern Japan, specifically, a fictional area of Western Tokyo called Karakura Town. Then, he meets a supernatural trespasser named Rukia Kuchiki. She gets into a major fight with a monster, and almost dies. After that, she transfers her powers into Ichigo so he can finish off the monster. Resulting in this, Rukia Kuchiki is arrested by her superiors and sentenced to death for giving all of her powers to Ichigo.

9. Fullmetal Alchemist

Fullmetal Alchemist is styled after the European Industrial Revolution. It’s set in a fictional universe in which alchemy is one of the most advanced scientific techniques. The main story is about two alchemist brothers named Edward and Alphonse Elric, who are searching for the philosopher’s stone to restore their bodies after a failed attempt to bring their mother back to life using alchemy.

8. One Piece

This manga is about a 17 year old that lives in the golden age of pirates. He gains superpowers from a exotic fruit called the gum-gum fruit. When he accidentally ate the fruit, he could lift huge objects and he could also stretch his arms and legs. Then, determined to find a legendary treasure called the “one piece,” he embarks on a journey to form a pirate crew to find the treasure, and his childhood hero, the pirate “Red Haired” Shanks.

7. Death Note

This manga is about a super-smart teenager named Light Yagami. He is always at the top of his classes and is the number one student in Japan. One day, he finds a black notebook nicknamed the “death note.” He didn’t know this at first, but whoever name you were to write in the book, would die of a heart attack. When he finds this out from a Japanese death god named Ryuk, he becomes his companion, and together, they go on a quest to rid the world from evil.

6. Attack On Titan

100 years ago, the world was overrun with huge giants called Titans. They destroyed almost all of humanity, but some managed to survive. The remainder lives inside three walls that protect them from harm. No one saw a titan until a hundred years later, a huge colossus titan appears and breaches one of the walls. Main character, Eren Yeager’s mom is killed and his dad disappears. Vengeful, he enlists into the army, and swears to take revenge on the Titans.

5. Tokyo Ghoul

This manga is about a teenager named Ken Kaneki, a college student who barely survives a deadly encounter with Rize Kamishiro, his girlfriend, who reveals herself as a ghoul. He is taken to the hospital in critical condition. After recovering, Kaneki discovers that he underwent a surgery that transformed him into a half-ghoul. This was accomplished because some of Rize’s organs were transferred into his body, and now, like normal ghouls, he must consume human flesh to survive. Some ghouls who manage a coffee shop take him in and teach him to deal with his new life as a half-ghoul. Some of his struggles include fitting into the ghoul society, as well as keeping his other side

hidden from his human friends, especially from his best friend Hideyoshi Nagachika.

4. Dragonball

As you might know, there are many versions of Dragonball manga, such as “z” and “super”. The hero of these stories is Goku. From his childhood through adulthood, he trains in martial arts and explores the world in search of the seven orbs known as the Dragon Balls, which summon a wish-granting dragon when gathered. Along his journey, Goku makes several friends and battles a wide variety of villains, many of whom also seek the Dragon Balls.

3. Naruto

A powerful fox known as the “Nine-Tails” attacks Konoha, the hidden leaf village. In response, the leader of Konoha, the Fourth Hokage, seals the fox inside the body of his newborn son, Naruto Uzumaki, making Naruto a host of the beast. This costs Naruto’s father his life, and the Third Hokage returns from retirement to become leader of Konoha again. Naruto is often ridiculed by the Konoha villagers for being the host of the Nine-Tails. Because of a decree made by the Third Hokage forbidding anyone to mention these events, Naruto knows nothing about the Nine-Tails until 12 years later, when Mizuki, a renegade ninja, reveals the truth to Naruto. Naruto then defeats Mizuki in combat, earning the respect of his teacher Iruka Umino.

2. One-Punch Man

On a Earth-like super-continent planet, powerful monsters have been mysteriously appearing and causing disasters. To combat them, the world’s government has created a Hero Association that employs superheroes to try and stop the violent creatures. Each of the Hero Association’s superheroes are ranked from Class-C to Class-S. Saitama is an unranked hero, hailing from the metropolis of City-Z, who performs heroic deeds for his own entertainment. He has trained himself and grown so strong to the point where he can effortlessly defeat any opponent with “one punch”. However, since Saitama became a hero for the fun of the experience, he has lately become bored with his superhuman power, and frustrated at the complete lack of strong opponents that can challenge him.

1. My Hero Academia

In a world where people with superpowers (known as “Quirks”) are the norm, Izuku Midoriya has dreams of one day becoming a Hero, despite being bullied by his classmates for not having a Quirk. After being the only one to try and save his childhood friend Katsuki Bakugo from a villain, All Might, the world’s greatest Hero, gives him his own Quirk “One For All”. The story follows Izuku goes to a U.A. High School, a school that cultivates the next generation of superheroes. As Izuku and his new friends try to balance their Hero training with ordinary school duties, they must face new challenges including the League of Villains, an evil organization established by All Might’s archenemy, All For One, to destroy all Heroes and take control of society.

The IdioTest

By: Lucas Rhode

Do they have the 4th of July in England
You have one match. What do you light first, an oil burner, a kerosene lamp, or a wood burning stove?
A guy has 54 bananas. You take away 3. How many do you have?
How many birthdays does the average person have?
Some months have 31 days, some 30. How many have 28?
How many animals did Moses take on the Ark?
Where is the best wine grown?
Why do polar bears not eat penguins?
What is always coming, but never arrives?
What can one catch but not throw?
How did the boy kick his soccer ball ten feet, and then have it come back to him on its own?
Uncle Bill’s farm had a terrible storm and all but seven sheep were killed. How many sheep are still alive?
What has a head, a tail, but no body?
A farmer had 752 sheep and took one shot that got them all. How did he do it?
A man went outside in the pouring rain with no protection, but not a single hair on his head got wet. How come?
A is the father of B, but B is not the son of A. How is this possible?
An electric train is moving north at 100mph and a wind is blowing to the east at 10mph. Which way does the smoke blow?
Before Mount Everest was discovered, what was the highest mountain in the world?
Bob’s father has 4 children. Momo, Meme, and Mumu are three of them. Who’s the fourth?
Can you name three consecutive days without using the words Wednesday, Friday, and Sunday?
How do you make the number one disappear?
How many times can you subtract 10 from 100?
Imagine you are in a sinking row boat surrounded by sharks. How would you survive?

There was an airplane crash, every single person on board died, but yet two people survived. How is this possible?
Two mothers and two daughters went out to eat, everyone ate one slice of pizza, yet only three slices were eaten. How’s that possible?
Answers:
Yes, because they still have the day.
The match.
3 bananas.
1 birthday.
1, February.
None. It’s Noah’s Ark.
Wine isn’t grown, grapes are.
Penguins live in Antarctica, while polar bears live in the North Pole.
Tomorrow.
A cold.
He shot it up.
Seven.
A coin.
He took a panoramic view.
The man is bald.
B is the daughter of A.
There is no smoke with an electric train.
Mount Everest was still the highest even though it had not been discovered.
Bob.
Yesterday, today, and tomorrow.
Add the letter G, and it’s “gone.”
Once. Next time you would be subtracting 10 from 90.
Stop Imagining.
The two were married.
The group included a grandmother, her daughter and her daughter’s daughter.

Credits
<https://www.rootreport.com/trick-questions/>



By: Siana Coble

Made in China: Genetically Modified Babies

By: Saumya Sawant

As science grows more powerful, so does the human urge to use this power. Recently, the scientific community has been swept by the news of the world’s first apparent genetically modified babies. The twins, both girls, were born to an HIV positive father and HIV negative mother.

To provide background, HIV, or human immunodeficiency virus, is a virus spread through certain bodily fluids, such a blood, saliva, or sexual intercourse. The virus attacks CD4 cells and reduces an infected person’s ability to fight off diseases. Eventually, when the CD4 cells go below two hundred, a person is diagnosed with AIDs. In this context, the HIV positive father’s children passed the virus to the mother’s children. This means that they would be born HIV positive. This is where Chinese scientist and researcher, He Jiankui, comes in.

“Two beautiful little Chinese girls named Lulu and Nana came crying into the world a few weeks ago,” Dr. Jiankui says in a YouTube video he posted online. He reports they were “as healthy as any other babies”. According to him, he and his team performed surgery on the genes of the twins when they were in their sperm and egg form. The surgery eliminated the twins from getting HIV.

How? Simple. The team used a technology called CRISPR-Cas9 to disable or “turn off” the copies of the CCR5 gene that was passed down from the father. The CCR5 gene, when mutated, is known to cause HIV. However, Dr. Jiankui made sure that the twins’ CCR5 gene would not mutate when it came in contact with the HIV virus. For the most part, it seems successful.

This may be exciting news to many, but to the people of the scientist community and human rights activists, this goes against several international and ethical conduct laws. Even more ominous, Dr. Jiankui has gone missing one week after speaking at a conference about his work. People aren’t sure whether he is under house arrest by the Chinese government or he was ‘made’ to disappear. Either way, no one can deny that there were several flaws with He’s plans to create the first genetically modified babies.

For example, as part of the experiment, Dr. Jiankui had one twin genetically modified to be resistant to HIV, and the other vulnerable. This means that one twin might end up getting HIV later in life. Not only is this unfair to one of the twins, a divide can be created in the relationship of the two because of this.

Researcher Maria Jasin of the Memorial Sloan Kettering Cancer Center says that this experiment might hurt the “family dynamics” among the twins and their parents. One twin has been deliberately and permanently enhanced more than the other. How will that affect the siblings? Is it worth hurting a family and personal relationships in the name of an advancement in science?

Another differing points in perspective are what are the twins ethical rights as human beings? Many people argue that since the twins were modified, can they even be considered human beings? Others say that they are in every way human beings, but still more are

confused. The Nuffield Bioethics Council says that “people whose genomes have been edited should be entitled to the full enjoyment of human rights.” It states that whether or not they are genetically modified, every child deserves love.

This experiment will also interfere with the twins lives. They are not normal babies, they are one of the worlds first to be genetically modified. Speaking at a conference in Hong Kong, Dr. Jiankui says that “both babies are being continuously tracked and when they reach the age of eighteen, they will receive monitoring and supporting from his team-if they agree.”

Still others are more concerned about different things. Dr. Ricki Lewis is a geneticist and Professor of Medical Education at Alden March Bioethics Institute at Albany Medical Center. “These are not lab mice or fruit flies,” he says,” that we’re talking about. They’re human babies. And when you manipulate the germ line or a fertilized ovum, I think that’s a different scenario.”

After watching the YouTube video, however, the author has discovered a new perspective on Dr. Jiankui actions. He describes how hard it is for people like Mark (the father of the girls) to start a new family. According to him, countries like his own discriminate against people with HIV. “Employers are less likely to hire” an infected person, or may even “forcibly sterilize a woman,” to prevent the spread of the disease. Dr. Jiankui a father of two little girls, says that when he heard Mark’s story is when he fully understood what he was going to be doing. According to Dr. Jiankui he was not only healing one person but a “whole family.” By allowing the couple to have children, he is fulfilling one of the basic human desires-to marry and start a family of their own.

While it may be easy to sympathize with Mark and Dr. Jiankui, but are we willing to breach multiple international and ethical laws just so someone may have children? There are many others in the world just like Mark, and while it may be touching to help them finally have children, are we willing to risk the fate of humanity in the process? Scientists and researchers must look in the long run for these answers.

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Cancer: One of the Deadliest Diseases

By: Jayden Tan

Cancer is a disease that has been killing people for years now and is one of the leading causes of death in the world. And now scientists have been trying to cure cancer for years now. The question is how close are we to finding a treatment for it. There are many therapy’s that help fight cancer and the one popular one so far is immunotherapy. Immunotherapy is just another therapy that has been made to fight cancer just like all other cancer treatments just a little more efficiently, ideally and with a lot less side effects. Immunotherapy is just another way to boost the human body’s immune system and help it fight back cancer and detect it a lot faster and remove it a lot quicker. But there are many types of dangerous and aggressive cancers that it causes the immune system to be tricked into un-detecting the cancer or even helping it and so because of it the more aggressive cancers spread more quickly and then the cancer becomes more resistant to chemotherapy or radiotherapy. Macrophages, or also known as White blood cells, are to eat up cellular debris and other harmful objects found in the body. And the macrophages fail to detect the super aggressive cancers because when the macrophages do interact

with a cancer cell, not only does it detect one signal but two signals which makes its cleansing action not affect the cancer and leave it alone. But now scientist are finding ways to re-enable white blood cells to do their jobs again. Another very effective way to get rid of some of these cancers is something called therapeutic viruses. When the UK first started experimenting, they managed to use a reovirus to attack a brain cancer while also leaving healthy cells alone which can benefit a person if all goes well and still being able to be who they were before the cancer. There is now a new way to attack cancer in a safe and effective way which has obtained a lot of attention in the clinical fields. It’s a microscopic particle which is suppose to attack cancer cells and leave healthy cells alone. They are called nanoparticles which attack cancers without being to invasive. Some of these nanoparticles have been made to provide a very focused hypothermic treatment which uses very hot temperatures to shrink cancer tumors. Now a days there are more innovative ways to destroy or eliminate cancer cells and to help prevent the many deaths that can happen due to cancer. We are getting closer every single day to end cancer once and for all.

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New Lyrics by DICK SCANLAN

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Symbolic Silhouette Self-Portrait

Digital Art 8 students created their first collage in Photoshop CC that represented their individual interests and personalities. Students mastered the use of layers and the eraser tool in Photoshop which is demonstrated through their high quality craftsmanship. Students also used different principles of art such as unity and contrast, to create a sense of harmony and visual interest.



By: Alissa G.



By: Danny M.



By: Nur K.

By: Darla P.



By: Amani B.



By: Damien K.

Good Players INSPIRE THEMSELVES,
Great Players
INSPIRE OTHERS



Adam Ruins Everything

By: Gabriel Yalley



Since its September 29, 2015 debut, *Adam Ruins Everything* has established the questioning and ultimate debunking of several common misconceptions that America has adopted without even knowing, from the crooked voting system to Christmas’ *true* history, to even bacon. Every Tuesday night, thousands of people tune in to truTV to have almost everything they know about the common ways of American life be questioned.

Born in Southeastern New York, 36-year-old Adam Conover is a sketch writer and comedian for the web series *CollegeHumor*, where he started the series that would eventually become the massive show that it would be today. Conover has said before that his ‘abrasive’ (showing little concern for other’s feelings) character is a comedic interpretation of “The reaction I’ve gotten my whole life: [that] I learn something and try to tell people in conversation, but *when* I tell them, they’re annoyed.” *Adam Ruins Everything*, at the time of this writing, is continuing to film episodes for its third season, which has premiered the Tuesday before Thanksgiving.

Current Top Albums

By: Elizabeth Noel

Many albums have been released between the end of 2018 and around the beginning of 2019. Artists like Ariana Grande, Post Malone, 21 Savage, and A Boogie Wit Da Hoodie have amassed incredibly popular songs/albums which have skyrocketed into the Top 5.

One of my favorite albums is A Boogie’s latest project, *Hoddie SZN*. He had released a single from the album on his birthday, December 6th, titled “Look Back At It”. As of this writing, his album is #1 on the Billboard 200.

Another album I’ve been listening to is “Championships” by Meek Mill. This one is #4 on Billboard 200. He had features on his album from the likes of Ella Mai, Drake, Jay-Z, Cardi-B, Rick Ross, Young Thug, and more. My favorite songs out of this album are “What’s Free” ft. Rick Ross & Jay-Z, “Uptown Vibes” ft. Fabolous & Anuel AA, and “Going Bad” ft. Drake.

Another Album I love is #111 on

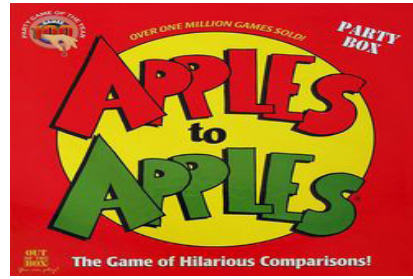
Billboard 200, “2014 Forest Hills Drive” by J. Cole which includes some of his more famous songs, “No Role Modelz”. I also love “Love Yourz” which has a meaningful story behind it. The story he tells is to love the things you have because they can be taken from you at any time. His other album, “KOD”, #80 on Billboard 200 is meaningful as well. It might sound like he’s convincing people to do drugs, but he wants to stop people. His song “Once an Addict (Interlude)” explains how he grew up and how life was at home.

21 Savage’s album “I Am > I Was” is #2 on Billboard 200. One of my favorite songs is “A Lot” which features J. Cole. Since its so popular, I’ve asked a few of my friends which song they like best. Most of them said “A lot” and a few said “1.5” which I thought was an interesting choice. All his songs have a meaning behind it. When he first stated rapping, his music has had an increase in being more related to the world.

Top 5 Games of 2019

By: Christopher Levine

These are the top 5 games that you should you’re your parents for you to have fun instead of playing “Fortnite”. This article is all based on my own opinion. The 5th place on my last is “The Encyclopedia of Immaturity” this book is about how to do tricks and gags on the people that you want to fool with the most. The 4th place is “Temple Trap- Logic Puzzle Game” this is another skill based game and is about how a person got trapped in a temple and the walls can slide so you have to slide the walls to make a safe path through the temple. The 3rd place game is “Jenga” this is a game where a steady hand is needed so you will not be the person that is stuck trying not to knock down the tower. The 2nd place



board game is “Apples to Apples” this game is a judgement game. There is a category like gross things. The players then put in a card that seems gross to them. The judge then chooses the card that is the grossest and he shows the card of the grossest and that person that gave the judge the card wins. The 1st place winner of all the toys is “Shaboom” this is a free for all game that can be played with friends and family. This game I nick named is piece that are to another game. This game has many pieces from other games. These are my top 5 pick on toys for the year of 2019. Good luck with trying to get these games because they are fun that you will want to brag when you win.



The Weirdest Facts You’ve Ever Heard

By: Aryan Mehra

1. The Empire State Building has its own ZIP code!
2. It is physically impossible for you to lick your elbow. (Wonder if you can?)
3. Michelangelo wrote a poem about how much he hated painting the Sistine Chapel.
4. A sneeze travels out your mouth at over 100 m.p.h.
5. Sloths can hold their breath longer than dolphins can. (40 minutes)
6. It is impossible to hum while holding your nose. Try it!
7. The USA used to issue 500; 1,000; 5,000; 10,000; and 100,000 dollar bills.
8. Did you realize that the African Elephant’s ears are shaped like the continent of Africa?
9. Hippopotamuses can be more dangerous than Lions!
10. Ketchup was once used as medicine, a long time ago.
11. Most of today’s calculators are more powerful than the ones that were used in the Apollo missions!
12. Red bananas grow in the West Indies. (Caribbean)
13. The Market Theater Gum Wall is a brick wall covered in chewed gum located in an alleyway in Downtown Seattle.
14. The planet Venus spins backwards.
15. Days are longer than years on Mercury.
16. Four asteroids are named after the Beatles. John, Paul, George, and Ringo.
17. A sound designer breathing into a scuba mask made the classic Darth Vader noise.
18. Yoda’s first name was “Minch”
19. If you fell into a black hole, you would stretch like spaghetti.
20. It is illegal to sell a haunted house in New York without telling the buyer. Hawaii has officially outlawed billboards.

MOVIES OF 2019

By Kaitlin Weigand

Along with the new year comes new movies. There are over one hundred movies coming out in 2019. If you are interested in action and very big on Marvel, then you must be in suspense waiting to know what will happen to the fallen heroes. You are in luck because “Avengers Endgame” is out April 26, check out the trailer. Another Marvel movie you could be waiting for “Captain Marvel” which is coming out March 8. The trailer for this movie is also out showing Carol Danvers and her journey in becoming a hero and finding herself. A third action film coming soon is “Shazam”. This is about 15-year-old boy Billy Batson and his ability to turn into the adult hero Shazam. It premieres April 5, starring Zachery Levi, Asher Angel, Jack Dylan Grazer, and Mark Strong. However, if you’re more drawn to romantic-comedies get excited for the new movie starring Rebel Wilson, Priyanka Chopra, Liam Hemsworth, and many more you may be familiar with. This movie is called “Isn’t It Romantic,” about a young adult in New York City named Natalie (Rebel Wilson). She finds herself struggling to find love and instead of love gets herself stuck in a “PG-13 Universe.” Sound interesting? It comes out February 14.

Two other romantic movies coming this year include the classic tale of “Aladdin” and the movie “After” based on the book by Anna Todd. The amazing story of Aladdin and his love for Jasmine

By: Matthew Selinger And Christopher Levine

JOKES

- What do you get when you cross a dog with a scientist? A LABrador.
- What did the plate say to the nachos? I can’t handle you right now you are being too cheesy.
- What do you get when you cross a dog with Harry Potter? Harry Pugger.
- Why couldn’t the egg think? Because his brain was fried.
- What did the egg say when he needed to get through a crowd? Eggs-cuse me.
- Why was the math book so sad? Because it had problems.
- What’s green and sings? Elvis Parsley.
- Why are bees hair always so sticky? Because they use honey combs.
- What do you call a pig that knows karate? A pork chop.
- Where do birds post? Twitter.
- Why can you never trust atoms? They make up everything
- What letter can you swim in? C
- My friend told me annoying Bird jokes. So I said toucan play that game.
- Today actually swallowed food dye. The doctor said I was OK but I feel like I died a bit inside
- I wonder why the baseball was getting closer. Then it hit me
- The experienced carpenter nailed it but the new guy screwed everything up



becomes real in this film. “Aladdin” includes new original songs and some new characters. This comes out May 24. “After” is about a girl named Tessa played by Josephine Langford who enters her first year of college. There she questions everything she has thought of herself in the past when she meets someone new.

Not into romance, comedy or action? What about horror? “It Chapter 2” comes out September 6. Twenty-seven years later, Pennywise the evil clown returns just to torment the losers’ club as adults. Another sequel being released in theaters this year is Happy Death Day 2U”. Tree Gelbman (Jessica Rothe) is back and must die repeatedly in order to save her friends from the psychotic masked killer. There are many kid’s movies coming out that might give you a laugh, these include: “Frozen 2”, “Dumbo”, “The Lion King”, and “The Secret Life of Pets 2.” “Dumbo” and “The Lion King” are becoming live action with CGI this year and it will be very entertaining to watch these Disney classics come to life. “Dumbo” comes out March 29 and “The Lion King” comes out July 19 of this year. Frozen 2 is in theaters November 22, “The Secret Life of Pets” is out June 7. Another children’s movie coming out is “The LEGO Movie 2,” which is out February 8, for all you LEGO fans.

2019 has many eye-catching movies coming out, these are only some. Go see one if you are interested.