



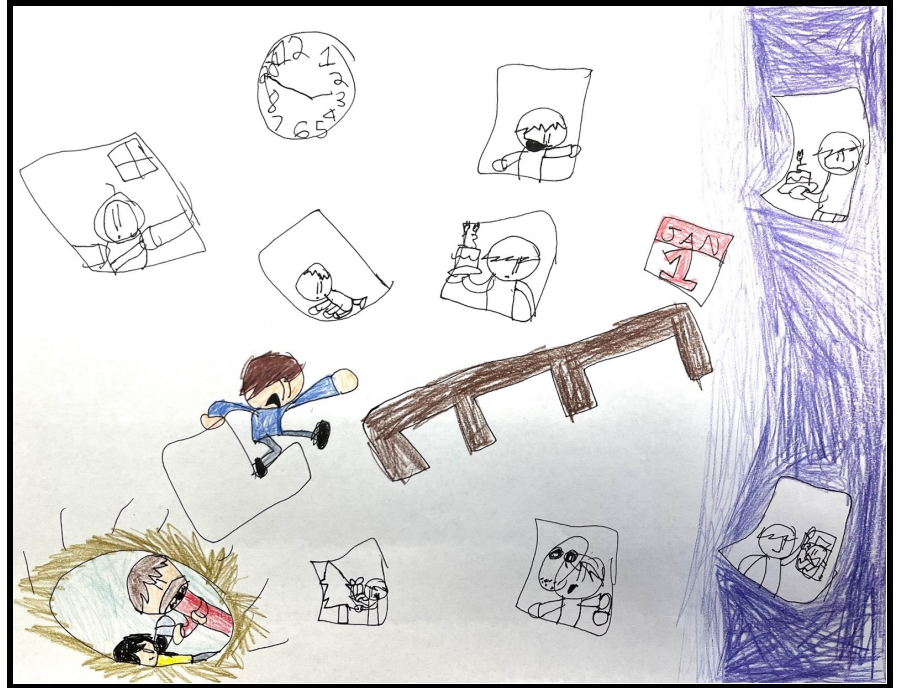
Front and Back

By Julia Akramovich

"New year, New me" is a phrase most of us know, and it belongs to a tradition called New Year's resolution. This was [started by ancient Babylonians around 4,000 years ago](#) when the first New Years was recorded, and they would offer things to Gods as promises. It has now evolved to basically making a promise to yourself to achieve something. However, it doesn't need to be New Years to grow.

Many people use goals to grow, and it's a good habit. These goals could be [multiple things from physical activities like sports to hobbies like art](#). However, growth doesn't always have to relate to a hobby or interest. It's also about mentally growing as a person. Many people try to become their best self day to day. Some people try to eliminate their bad habits by setting a reminder. If someone doesn't get enough sleep, they could create a schedule. This can help to not lose track of time. Other ways people grow is through reflection, looking back on the past to see how much they've grown and what else they could do to grow.

Overall, all people have different ways to grow and different reasons, and everyone's journey is different. You could [look up ways that helped others](#) improve and then reflect on what works best for you. Sometimes it could be people around you that make bad habits continue, so remember, if you feel you need to distance yourself to have time to grow, real friends would let that happen. I'm sure they will be happy to wait for you. 🐼



Artwork by Lucas Slavin

STUDENT QUOTES!

What is your New Year's resolution for 2023?

"To focus more on myself and less on what people think of me"

-Sarah Diaz, Grade 8

"No boys." - Laylah Laboriel, Grade 8

"To get more money." -Rayven Webb, Grade 7

"Stay in school, get my grades up, and get to class."

-Evena Borno, Grade 8

"To be more organized..." Melany Carias, Grade 8

"To be a better version of myself" - Alison Lizcano, Grade 8

"Stay true to myself." -D-Andrey Luthernex Garcon, Grade 7

How will you achieve this goal?

"Studying more" -Isabella Vernazza, Grade 8

"...I've cleaned my case and everything and even Mia's attitude."

-Melany Carias, Grade 8

"Practice everyday." -Emerzon Gualan, Grade 8

"Read more cookbooks and listen to my mom more." Kyara Jean Louis, Grade 6

Opinion: A Sample of Bad

By Riley Morris

What is life without tragedy? With the good of life, there is always a sample of bad. Whether or not it's the loss of a loved one, a break up, or just a bad day. My life is full of these moments; some may call me unlucky. But it's way more than just some really bad luck.

The beginning of middle school was normal for me. This is probably due to the fact I was distant for a lot of the year and then around late April I moved to in-person learning. But it all changed on the 13th of May 2021.

It started out as a normal day. School was fine, and I was chilling on the office bed playing Sonic Forces on my Switch, until my mom told me to get out of the room 'cause dad needs to lay down. He was clutching his chest, not feeling well. I grabbed my stuff and ran up to my room shaking. The ambulance came and took him. All my family was there. My dad had a heart attack. He was lucky he survived. It was a scary experience; I almost watched my dad die. It really changed me as a person.

The rest of sixth grade and summer was normal, but in 7th grade, the effects started to show, and it took a My Chemical Romance song to realize it. The healing process was slow for me, but after listening to "I'm not Okay (I promise)" to really let my emotions come out, the true healing process started.

But if it were not for that night, who I am now would never exist. I might still be the Kawaii anime girl I was all the way back in sixth grade. But I really don't mind. It allowed me to realize how cruel this world can be and allowed me to really find myself. So kid, keep your head up. Life does get better!

An Interview with Science Teacher Mr. Harz

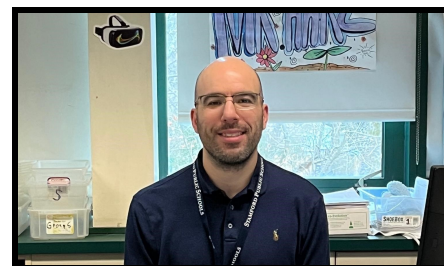
By Parker Bamberger, Amari Lopez, Alex Tom

Why is personal growth important to you?

"You always have to keep growing and try to get better. Once you stop trying to get better, it just becomes stagnant... When you start losing it, you start to get lazy. You always try to be better. You never just wanna say, "No I'm good." You wanna make it better and better."

What are your personal goals?

"One personal goal is always just to try to become a better teacher, however possible. [I'm] always trying to figure out something I can do differently. Or something new I can throw into a lesson, or trying to figure out what went well and what didn't. The other thing I've been thinking about improving lately... is making deeper connections with students. We've been talking as a team of teachers about how we can make more connections with students. So I've been trying to figure out how... to get to know students a bit



better, on a personal level."

What was the most challenging thing that happened to you in the past year?

"[Last year] was actually pretty challenging. Really just starting at this school and being a new teacher in a new district is always kinda difficult. Y'know, I've worked in other schools before, I've been a teacher in other places before, but any time you come into a new school --- kinda like, learn the people, learn the ways that things go, the culture of the school, that's always a challenge. That was probably my biggest challenge."

Growing...

Artwork and Story by Nyasia Brown; Coloring by Julia Akramovich

Continued from Amplifier Issue 6 (December 2022)

