



Masthead Design by Alexa Leek



### Needohs - worth the hype? By Ava Pagan

Are Needohs REALLY worth the hype? There has been a huge increase in popularity, and although they might seem like just a simple toy, there is more to it than you would expect. Prices range from \$3 to \$15 and they can be very difficult to find.

You might not even notice, but people have been breaking other people's Needohs! This is a problem, because you are breaking other people's property. It may seem like a small thing, but you could face consequences for this behavior.

Another thing to consider is that these fidget toys have been a major distraction. Many teachers and staff have said that classes have been more disruptive and students are distracted from their classwork. Some students have been rude to the teacher when asked to put it away. Other teachers have said that this has had a good effect on classes. Students have been more focused and have done more work than ever before.

Here's what 6th grade teacher Mrs. Claiborne said: "I'm fine with it, as long as they don't become a distraction. I don't want to see them being thrown around the classroom, or entire collections on students' desks. Most importantly, the students must be keeping up with their work."

These squishy toys might be fun to play with, but when you break someone's Needoh, you are causing a distraction to the class. There may also be consequences for you. They are awesome, for the most part, but let's remember our schoolwork is more important.



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## Super Bowl LX By William Piezzo

This year, Super Bowl 60 was held on Sunday, February 8, 2026 at Levi's Stadium in Santa Clara, California. The two teams playing were the Seattle Seahawks from the NFC and the New England Patriots from the AFC.

The Seahawks won the game. The final score was the Seahawks 29 and the Patriots 13. This was only the second time that the Seahawks ever won a Super Bowl. The other time was in 2014.

The Seahawks defense was amazing in the game. They sacked the Patriots' quarterback Drake Maye six times and forced him to turn over the football three times. The Most Valuable Player (MVP) of the game was given to Seattle running back Kenneth Walker III. He ran for 135 yards but the true hero of the game was the kicker Jason Meyers. He kicked five field goals, a new Super Bowl record.

Our school hosted a "Souper Bowl" the week before the game in the lobby. Food items were placed at one of two tables that represented each team. We the middle school predicted correctly that the Seahawks would take the W.

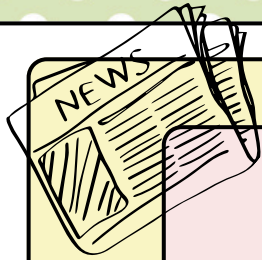
Donations of non-perishable food items were given to Mercy Haven Food Pantry. Thanks to all who donated to this worthy cause.



Quarterbacks Drake Maye of the New England Patriots and Sam Darnold of the Seattle Seahawks



Sixth grader Hunter Norton with Ms. Krawchuk at the collection boxes in the lobby



# FIELD TRIP

## Newsies Field Trip By Ava Pagan



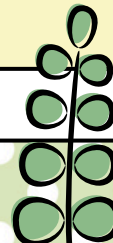
Did you hear about the 6th grade *Newsies* field trip on March 17th? Well, if you didn't, you should read this article!

The 6th graders went on a field trip to the Argyle Theater in Babylon to see the musical *Newsies*. It is based on a Disney movie from 1992 and takes place in 1899, when newsboys sold newspapers on the streets of New York City. They went on strike to fight for fair wages.

Here's what Andrew Multari, a 6th grader that went on the trip had to say: "It was soooooo good! I would 100% see it again. My favorite character was Crutchie! My favorite part was when Jack Kelly sang *Santa Fe*. I also liked the song when Crutchie was in the refuge. I liked it so much!"

Some 6th graders I spoke to felt that the play was boring and had no point. They said that the actors were amazing, but the play was dry.

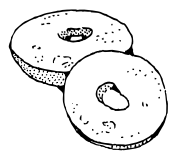
We were seated in the balcony which was a lot of fun. In my opinion, it was an amazing show, and I recommend you go see it when it comes around again!





# Breakfast of Champions March 19, 2026

Seventh graders were recognized by their teachers for displaying good character traits. Congratulations!



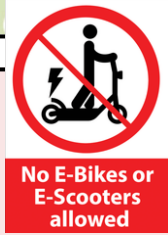
## HONOREES

• William Ballato	• Katherine Li
• Gabriella Belsito	• Gwyneth Ludwig
• Morgan Bisulca	• Hadley Madden
• Liliana Blore	• Kimberly Masaya
• Carly Carrillo	• Mohammad Mohsin
• Braelynn Cook	• Aubrey Parrish
• Ethan Costa	• Rebecca Pechin
• Nico Costarelli	• Bethany Ramirez
• Ryan Dorgan	• Hunter Reingold
• Jayne Elliot	• Aaliylastar Samuel
• Makayla Green	• Aiden Schmidt
• Evan Henry	• Logan Simeone
• Kylee Johnson	• Alyssa Toala
• Magdalena Junior	• Daniella Velasquez
• Kaitlyn Kalachik	• Logan Wagner
• Emma Krivitsky	• Lucy Womack
• Alexa Leek	





## E-Bikes: beneficial or dangerous? By Alexa Leek



Back in November, East Islip School Superintendent Mr. Manzo sent out a letter to the community about e-bikes being banned on school grounds. The law says individuals in Suffolk County must be at least 16 years old to operate an e-bike or e-scooter. While e-bikes are a fast and easy way to get from place to place, it can be dangerous. Here are some opinions from staff members about e-bikes.

*Mr. Spiegler (Asst. Principal):* "E-bikes may be appealing, especially as more teenagers see their peers using them, but that doesn't make them appropriate for everyone, particularly students under 16. The growing comfort allowing younger teens to share the road with regular traffic is concerning, given the clear safety risks. Suffolk County's requirement that riders be at least 16 years old exists for a reason, and it should be taken seriously. While these bikes can make travel faster and easier, convenience should not outweigh safety or the responsibility to follow district and state regulations. Traditional bicycles, by contrast, allow for greater reaction time and promote physical wellness through regular exercise. Although e-bikes offer convenience, they can diminish the value of staying active and keeping our bodies moving."


*Mrs. Avella (Technology Teacher):* "I think that you should be at least 18 years old to ride these bikes. They can be dangerous for young people and are a concern for children's safety. However, I think there are some benefits in using these bikes as adults. I tried one last year while on vacation. It made it easier to cover more miles than you can with a regular bike and is especially helpful when riding up hills".

*Mr. Padgur (Health Teacher):* "I think you should only be using e-bikes if you have them licensed and registered and are 17 and older. I don't think that they should be banned but kids should be wearing helmets. Due to modifications that some students complete, these e-bikes are basically motorcycles."

My opinion is that e-bikes are cool, great for getting to places and showing off to friends, but they are very dangerous and a big safety hazard. So in conclusion, e-bikes are cool but expensive and kids under 16 should not be riding them without adult supervision and a helmet, of course.

For more information, visit this link:  
[East Islip's policy on e-bikes](#)



 POLICE DEPARTMENT, COUNTY OF SUFFOLK, N.Y.  
ACCREDITED LAW ENFORCEMENT AGENCY  
E-Bike & E-Scooter Guide

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**Suffolk County Police Department**  
**Guide on E-Bike & E-Scooters**

In an effort to educate and ensure the safety of the public, the Suffolk County Police Department would like to make sure that parents and students are aware of and adhere to the following laws governing the operation of e-bikes & e-scooters.

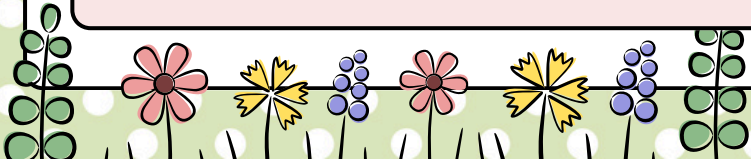
**Individuals operating e-bikes & e-scooters:**

1. must be at least sixteen (16) years of age;
2. must be wearing a helmet while operating (per Suffolk County Code);
3. cannot operate on a sidewalk;
4. cannot operate on a roadway with a speed limit over 30 MPH;
5. must stop at red lights, stop signs and adhere to all other traffic controls;
6. cannot operate in a reckless manner (zig-zagging, trick riding, etc.);
7. cannot have passengers;
8. must operate on the right side of the road and flow with traffic; and
9. cannot carry any item that obstructs their vision or affects their ability to operate.

**Failure to adhere to the above laws may result in the e-bike/e-scooter being impounded and/or the operator being issued a summons or being subject to arrest.**

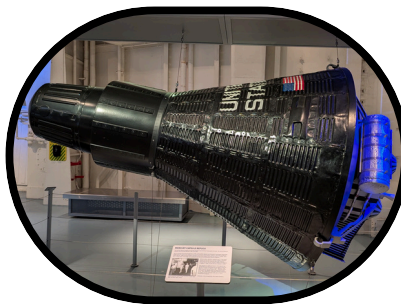
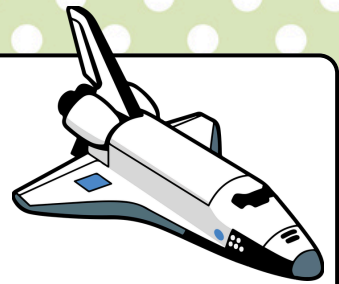
*\*Please review the attached chart for information on the classifications of e-bikes & e-scooters.\**

**\*\*For e-bikes, if the motor is capable of propelling the bike faster than 28 MPH, it is considered a motorcycle and subject to the NYS Vehicle & Traffic Law.\*\***



# field trip

7th Grade Field Trip to  
The Intrepid Museum in NYC  
March 25, 2026



## The Problem with Screens By Arya Brabazon

The cell phone ban at East Islip Middle School is nothing new, but recently, I've noticed that the second the bell rings to end the school day, phones are out. Research shows that the average American middle schooler's screen time is anywhere from 7 to 9 hours. That's longer than we spend in school!

Over a long period of time, being on screens takes away from living your life and making memories and let's be honest, which are you going to remember more; the latest video or going to your friend's house? You probably answered with the second option. Do you really want to spend your time watching other people live their life? No!!! There are so many things to do, why sit around and watch other people? It has also been proven that being online can actually make you less focused, even less motivated. For instance, the moment most people feel bored, they just take out their devices instead of being creative and using their imagination to come up with something else to do. It's honestly just unhealthy to sit on your device all day. It may even cause headaches, migraines or worse.

Now, I'm not saying to ditch the screen time completely. One to two hours a day is considered fine and of course, I know there are special cases. For example if you are sick it's OK to let screen time slide. But when you are feeling better, you shouldn't be on a screen all day.

You may not understand how 5 hours of screen time can really take away from your life. If you are on your screen for 5 hours a day every day, that is 35 hours a week. That's more than a day! That is 76 days of the year that you would spend on your screen.



How can you reduce your screen time? I have a few suggestions that I found useful and are easy to try.

Method 1: Do you have a game that you play for hours and hours? Have you ever tried to recreate it using items in your house? If your favorite game is anything like Minecraft, then maybe you can try playing with Legos to create buildings. If you like survival mode in Minecraft, create a fort with pillows or anything you have. Ask someone to hide objects around your house or backyard and you can find them. Take out larger objects and pretend they are monsters.

Method 2: Create a list of things you want to do or things you find interesting. Try making a wheel and spin it to find out what you want to do. Even making a routine is good.

Method 3: Set time limits on your device. On my device, I am able to set time limits or set a mode that requires me to read or play an educational game before playing anything else. Sometimes it can be annoying but over time it will help you a lot.

I hope this article helped you. I know it is hard to give up screen time but you got this! Thank you for reading.

## The Armour-Stiner Octagon House By Katherine Li

A childhood dream of thousands might've been to live in a fairytale castle or an elaborate house. Though that far-fetched dream probably got left behind, Joseph Pell Lombardi, the current owner of the Armour-Stiner Octagon House, didn't.

Through the concrete jungles of New York, this Victorian building in Westchester County stands out in its journey to restoration. The idea of an octagon shaped house isn't a new one, since its massive popularity during the 1850s in the US & Canada, popularized for its alleged benefits like easier heating and cooling in the summer. However, its popularity fell off due to the difficulty of maintenance and inconvenience. In 1858, inspired by Orson Squire's idea of the octagon house, Paul Armour built the house. He moved his family into the house in 1860. Joseph Stiner bought the house in 1872 as a summer or weekend getaway. He changed the building colors to the current ones and added the dome top.

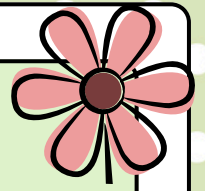
Following the death of Stiner's wife in 1881, he sold it to Susie Dibble. Some time later, other owners changed the exterior and interior of the house. A problem soon arose at the dome top. Due to gravity, the structure began to fail, though later owners tried to minimize the eventual demise.

Finally, in 1975, Carl Carmer's wife, already seeing the home's failing structure, sold it to the National Trust for Historic Preservation. After claiming ownership of the home, they decided to sell it into private ownership, along with strict conditions, in an agreement to maintain the home's historical appearance. Joseph Pell Lombardi, a preservation architect, accepted this offer and made a plan to restore this home using cables, turnbuckles, etc. The big moment came in 1978, when the National Trust for Historic Preservation finalized this pitch and Lombardi moved in with his family. In the following decades, Lombardi and his team slowly restored this building to its original state.

This Victorian house is considered one of the most visually unusual homes in Irvington, New York. Though it's considered a home, everyone is welcome to book tours to the Armour-Stiner Octagon House at their website. However, be cautious of the many ghosts that may be haunting it according to folklore...

For more information, visit:  
<https://armourstiner.com/>





**Meet the Mind Behind the Newspaper:  
An interview with Mrs. Avella  
By Zoey St. John**



This interview gives a closer look at the person who helps shape and guide our school newspaper: Mrs. Avella. She plays an important role behind the scenes, supporting students and making sure ideas turn into finished stories. In the following conversation, she shares her experiences, challenges, and what inspires her to work with the school newspaper club.

**1 - Did you start the school newspaper? If not, how did you become involved with it?**

I did not create the middle school newspaper. It existed when I started teaching here in 1999 and it was called "The Terrace Times". I became the newspaper club advisor in the fall of 2014 because I thought it would be fun!

**2 - Why do you think the newspaper club is important to the school and its students?**

During the first year I ran the newspaper club, I quickly realized that it was very important in covering school events. It gives club members a voice and a place where they feel they belong, working with peers who have similar interests.

**3 - What do you enjoy most about working with students in the newspaper club?**

I am so proud of the work the students put in when writing their articles. They are very passionate about a variety of topics. It is always a pleasant surprise to see the ideas they come up with!

**4 - What are your hopes for the future of the school newspaper?**

Moving forward, I hope that students keep designing the masthead, which is the name of the newspaper that appears at the top of page one. I think it makes our newspaper very original, and it also helps to highlight a student's artistic skills. I am retiring this June but I will continue to read future issues at our school website.

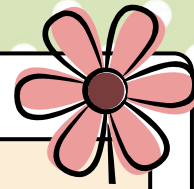
**5 - What are some areas where the newspaper could improve?**

I have always felt we had a lack of sports coverage in our newspaper so that is one area that could be improved upon in the future (school sports, local sports, and/or professional sports). I would also like to see more interviews with staff and students, which is a great way to get to know each other better in our school community.

*P.S. Attention all students: if you're interested in art, photography or writing, consider joining the newspaper club next year - we're always looking for new voices!*

*-Mrs. Avella*





**Tomodachi Life: Living the Dream**  
**By Matthew Rosand**

A new video game came out on April 16, 2026. *Tomodachi Life: Living the Dream* is a Nintendo Switch and Nintendo Switch 2 game that I will be talking about in this article.

Starting the Game

At the start of the game you get to name a deserted island and make a resident, called a Mii, to start out. Then you get to choose what the residents will call you. You add more Miis which will add shops to the island like a food store and clothing store. Every Mii gets a house and from time to time they have a problem. You then get to try to solve the problem, from wanting new clothes, to being hungry and needing help on how to make a friend.

The Relationships

Your Miis can be acquaintances before becoming better friends. As they become better friends they can even move in together. Miis can date and marry and even have kids.

The Customization

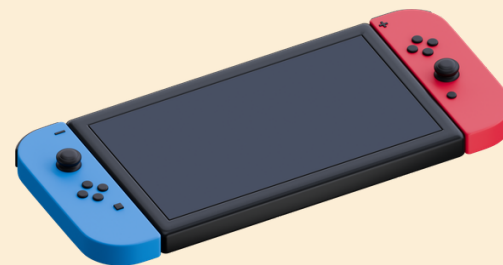
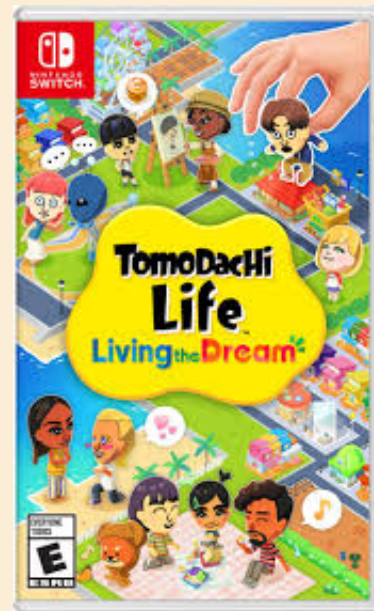
You can have up to 70 Miis living on your island. Customizations include head shape, skin tone, hair, eyes, eyebrows, facial hair, nose, mouth, ears, marks, height, body type, voice, birthday, age, gender, clothes, personality, house interiors and house exteriors. You can also add face paint.

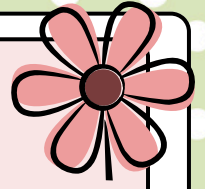
Cool Features

You can give gifts, grant wishes and send Miis on trips to real world places. You can drag and drop Miis to different locations. Best of all, you can look at the crazy dreams your Miis have.

Conclusion

This game is a fun life simulator that is worth the \$60 price.





## Study tips and tricks!!!

By Ava Pagan and Arya Brabazon

Do you need new studying tips for finals coming up? Well, this article is for you! Here are some suggestions

- Set a routine.
- Establish study goals and rewards.
- Plan out a study schedule.
- Create a study checklist.
- Create a positive study environment.
- Set aside online distractions.
- Fuel up with nutritious study snacks.
- Help yourself stay motivated.
- Study before bed.

Setting a routine can help you stay on top of assignments and can reduce stress. For example you can say to yourself that you are going to study for 30 minutes and then reward yourself with a ten minute break. Creating a reward system can actually make you want to study because it's giving you something to look forward to.

Using a checklist that is also the same concept. Checking off one box makes you more motivated to complete all of the tasks on your list.

Make sure though that you have a positive study environment. No more studying in a noisy room! Some people do best in a calm and peaceful environment. Set up a nice, organized desk in the quietest room you can find. If you can't find a quiet place to study in your house, try going to the library or wearing soundproof headphones. When you're in your study space, be sure to avoid phones, iPads, or any other electronic devices you do not need to study. Ask a parent or guardian to hold on to them for you until you're done studying.

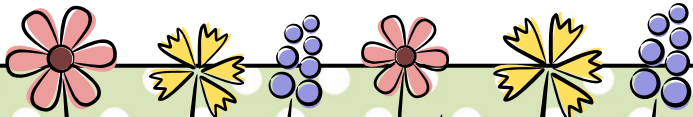



Another thing you can do is download a study app that doesn't allow you to go on any games or social media until you have studied for a certain amount of time. Studies have shown that going on social media can decrease your concentration.

While studying, don't fuel up on junk food. That's just going to make you more hyper. Have a nutritious breakfast the morning of the test. For breakfast, have some oatmeal with berries and greens or vegetables on the side.

If you want to stay motivated, think positively. If you're afraid to fail or have negative thoughts while studying, chances are you're just going to give up after ten minutes. Try to avoid people or things that make you unhappy or stressed. Avoiding things can be hard sometimes, but negative things in your life can reduce happiness and positive thinking. While studying, don't think about what might happen or think about bad grades you have gotten before. Don't think "I'm going to fail this test." Instead, you should think "I am going to do GREAT on this test."

*Continued on next page*





## Study Skills

*Continued from previous page*

Believe it or not, listening to focus boosting videos online can help. When you go to sleep at night, put on headphones and listen to some brain boosting music. Surprisingly, it actually helps! [Arya: The first time I tried it, I got a 100 on three quizzes.]

Studying before sleeping is also a great idea! Research has shown that studying right before bed is better than any other time of day. This is because your brain will remember whatever material you last read. What you study will stay in your subconscious mind while you sleep, and you'll remember it in the morning, especially if you listen to the brain boosting music while you study or sleep.

The last tip we are going to share with you is if your teacher has any study guides or resources, use them. Many students who DON'T use it, fail or get a bad grade on their tests and quizzes.

These are just a few ideas of methods to help you study. We hope these tips help you succeed on your tests, quizzes and finals!



## Inside the world of Roblox By Logan Multari



Roblox is a popular online multiplayer game. There are over 4.6 billion registered accounts since the launch in 2006. It has been reported that there are approximately 144 million daily active users. Some very popular Roblox games include *99 Nights in the Forest*, *Steal a Brainrot* and *Grow a Garden*.

Some of the most popular types of games are obbys (slang for obstacle course). In an obby, you jump over obstacles with checkpoints in between each set of obstacles. The checkpoints save your progress.

There is an online currency called Robux. You can spend Robux modifying your avatar, skipping parts of games and buying VIP items. You can get Robux with gift cards or with real online money such as a credit/debit cards.

You can also play games related to your favorite movie, topic or type of challenges. There are games that are simulations of life where you can choose your profession like the role-playing game called *Brookhaven*. There are games where you try to steal stuff from other players like *Steal a Brainrot*.

In conclusion, Roblox is a great multiplayer game. It is available for PC/Mac, mobile devices and consoles. Have fun!



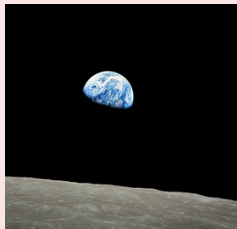
# Back to the Moon: Artemis II Mission

By Trent Perry

Fifty-four years ago, Apollo 17 landed on the moon, which was the last time humans went to the moon until this year. On April 1, 2026 at 6:25 PM ET, four crew members were launched to the moon by a rocket called the Space Launch System (SLS). Their names are Commander Reid Wiseman, Pilot Victor Glover and Mission Specialists Christina Koch from NASA and Jeremy Hansen from the Canadian Space Agency. How did we get here?

Well, it all started with the very first person in the world to go into space on April 12, 1961: a Russian Cosmonaut named Yuri Gagarin. The first female in space was another Russian Cosmonaut, Valentina Tereshkova who went up on June 16, 1963. The first American in space was astronaut Alan Shepard who was launched on May 5, 1961. The first female American in space was astronaut Sally Ride on board the Space Shuttle Challenger for mission STS-7 on June 18, 1983.

The first mission to go to the moon (but not land) was Apollo 8 with crew members Frank Borman, Jim Lovell, and William Anders. They went to the moon in December 1968 and took the famous "Earthrise" photo. Then, on July 21, 1969, Neil Armstrong stepped off of the Lunar Module (LM) onto the Moon and said this famous quote, "That's one small step for man, one giant leap for mankind." There were 6 more Apollo missions to the Moon (of those, Apollo 13 didn't land) until the program ended with Apollo 17 in 1972.



The famous "Earthrise" photo taken by the Apollo 8 crew in 1968.



This "Earthset" photo was taken by the Artemis II crew on April 6, 2026.

The space capsule that the Artemis II crew travelled in was called Orion but was nicknamed Integrity by the crew. On April 6, 2026 at 1:57 ET PM, Artemis II broke the record for the farthest humans have been from Earth at 252,756 miles. The previous record was 248,655 miles set by Apollo 13 on April 14, 1970. The Artemis II crew came back to Earth on April 10, 2026, splashing down in the Pacific Ocean off the coast of San Diego.

More missions are planned by NASA. The goal of the Artemis III mission is to see if the Orion capsule can dock with a lunar lander. We will hopefully send humans back to the moon by 2028 with Artemis IV. After that, Artemis V will be the mission to build a lunar base on the Moon. Stay tuned!

Click below for more details:  
[Artemis II | SLS Block 1/ICPS | Next Spaceflight](#)

Visit this link to learn about the crew and the Artemis II mission:  
[Our Artemis Crew - NASA](#)



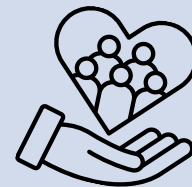
The Artemis II crew in front of the Orion space capsule while aboard the USS John P. Murtha (from left to right: Reid Wiseman, Christina Koch, Jeremy Hansen, Victor Glover)



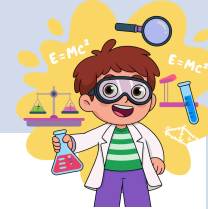
## What is the best club in this school? By CJay Mendes

There are many clubs offered here at East Islip Middle School but which one is the best? Well, in my opinion, I think the best one is drama club because I like acting and I have made many friends in that club. However, most of the students in the newspaper club believe that one is the best club. But what about other students at our school? After asking over two dozen students, here are the results:

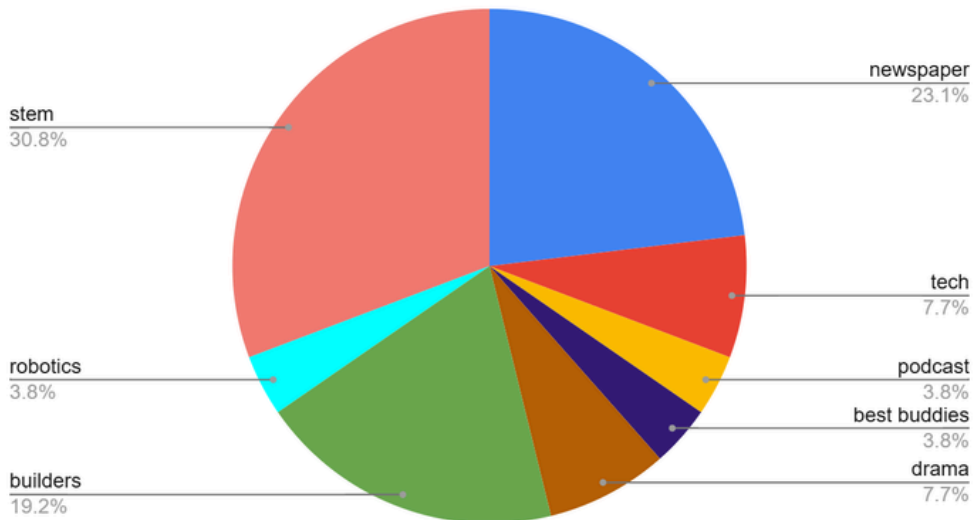
- 6 newspaper
- 2 tech
- 1 podcast
- 1 best buddies
- 2 drama
- 5 builders
- 1 robotics
- 8 stem



I also asked some teachers for their opinion:  
Mrs. DiGiorgio said stem is her favorite.  
Ms. Post said chorus club was her favorite  
Mrs. Avella said her favorite is newspaper club.



Students' Favorite Club



# WINTER CARDINALS

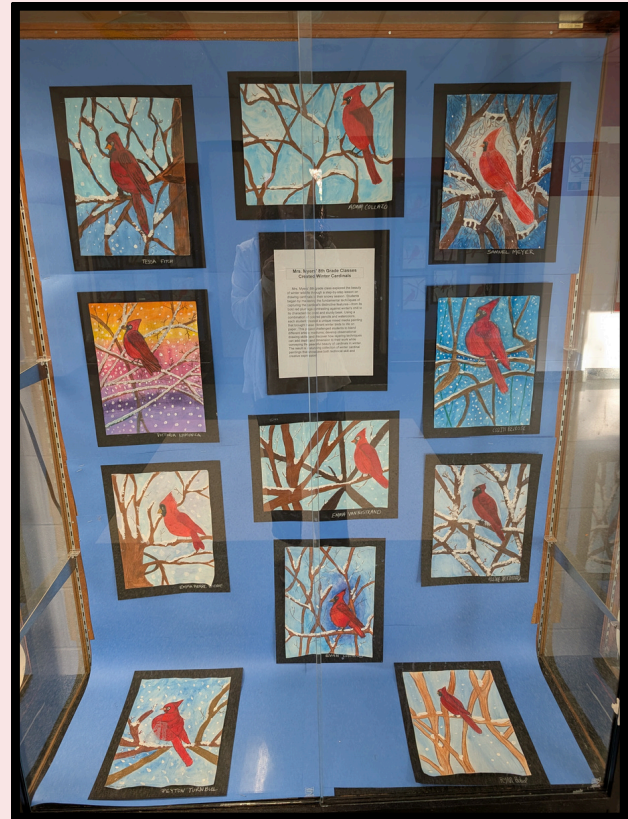


## Art in Our Hallways

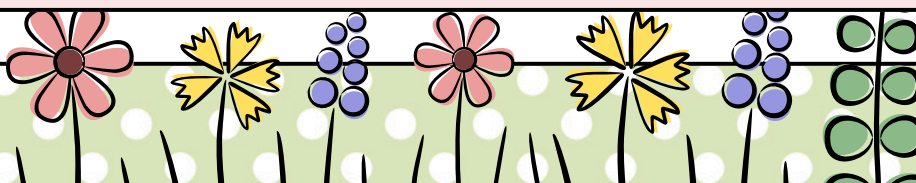


### Mrs. Myers' 8th Grade Classes Created Winter Cardinals

Mrs. Myers' 8th grade class explored the beauty of winter wildlife through a step-by-step lesson on drawing cardinals in their snowy season. Students began by mastering the fundamental techniques of capturing the cardinal's distinctive features—from its bold red plumage contrasting against winter's chill to its characteristic crest and sturdy beak. Using a combination of colored pencils and watercolors, each student created a unique mixed media painting that brought these vibrant winter birds to life on paper. This project challenged students to blend different artistic mediums, develop observational drawing skills, and discover how layering techniques can add depth and dimension to their work while conveying the peaceful beauty of cardinals in winter. The result is a stunning collection of winter cardinal paintings that showcase both technical skill and creative expression!



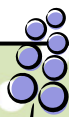
This beautiful mural in Mr. Spiegler's conference room was created by the EIMS Art Service Club (Advisor - Mrs. Taylor) in collaboration with the EIHS National Art Honor Society.





# SCAN IN!

Students started scanning in at the start of the day on April 14, 2026. All students are required to wear their student ID every day. If you lose your ID, you can get a new one from the Guidance Department.





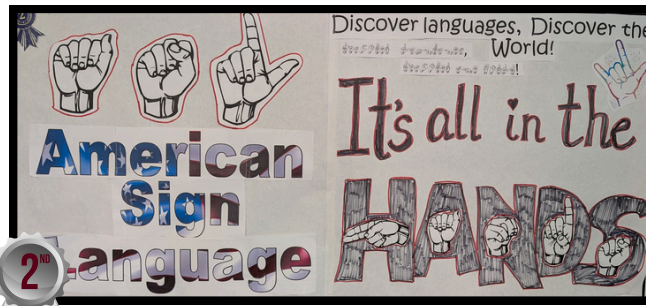
# World Language Poster Contest



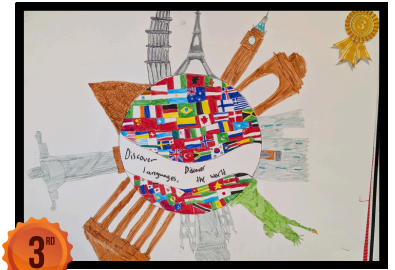
Congratulations to the winners who received a school store gift certificate!



**1st Place** \$25.00:  
Nathan Nowak



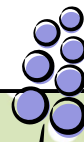
**2nd Place** \$20.00 (\$5 ea):  
Zy'el Butler  
Julio Huete Orue  
Ernesto Martinez Lopez  
Brianna Moran Lozama



**3rd place** \$15.00:  
Emma Kowalik



**Honorable Mention**  
\$5.00 each:  
Oliva James  
Katherine Li





## Staff List

Arya Brabazon  
 Alexa Leek  
 Katherine Li  
 Kimberly Masaya  
 Eleanor McRedmond  
 CJ Mendes  
 Logan Multari  
 Savannah Pabon  
 Ava Pagan  
 Trent Perry  
 William Piezzo  
 Matthew Rosand  
 Zoey St. John  
 Salvatore Tringali  
 Alaina Ulceus



## EIMS Administration

**Principal:** Mrs. Scully  
**Asst. Principal:** Mr. Spiegler

## Newspaper Club Officers

**Co-President:** Kimberly Masaya  
**Co-President:** Eleanor McRedmond  
**Vice President:** Matthew Rosand  
**Co-Secretary:** Katherine Li  
**Co-Secretary:** Arya Brabazon

## Design/Editing

**Club Advisor:** Mrs. Avella  
**Graphic Design:** Arya Brabazon,  
 Ava Pagan



The National Junior Honor Society (NJHS) raised \$373.86 in March selling bags of candy to help families in our community who need assistance.



Photo credits in this issue:  
 Mrs. Avella  
 Mrs. Scully  
 Mr. Spiegler

Wear your Cool to Be Kind gear every Tuesday!!

