

The Memorial Times



Woodland Park Memorial Middle School

2018-2019

Spring Edition

Principals Corner:

Spring is here finally!! Trees are budding, flowers are pushing their way up through the earth's surface and warm weather will be here to last for weeks!! Students will be taking the NJSLA Exam 5-8 soon and I'm sure everyone will try to do their best on these exams. I want to congratulate students in advance for a job that I am sure will be well done. I also want to thank the excellent staff at Memorial School for helping to prepare students for these very important tests.

We are getting ready to end the school year and enjoy the 8th grade graduation. We also have exciting grade level trips to Washington, Boston, Sandy Hook, and New York City to look forward to.

Everyone, enjoy the beautiful spring weather, and remember to keep up with your academics. Your final grades are very important and you need to do the best you can. The conclusion of the school year is only a few weeks away, so let's enjoy it and do the best we can!!!

~Mr. Silverstein

Note from the Advisor:

The Memorial School Newspaper Club is once again proud to present the latest edition of The Memorial Times student newspaper. This Spring, we are glad to highlight many seasonal articles written by our dedicated members from all grade levels here at Memorial School.

This very special edition covers topic of kindness, wellness, and entertainment— topics that are of interest and importance to all members of the Woodland Park Community!

There is so much to enjoy in this edition. We urge all students and community readers to enjoy the wonderful articles here today and continue to support our online/paperless initiative by spreading the word of our seasonal publication.

Thank you, as always, to all the readers and supporters of the Memorial Times. Wishing everyone a positive and enjoyable Spring season. Happy reading!!!

~Ms. Riviera

In This Edition:

- **Kindness Challenge**
- **Horoscopes**
- **Soccer Tips**
- **Riddles**
- **Meditation**
- **Movie Sneak Preview**
- **Space Travel**
- **Word Search**
- **Phobias**
- **School Happenings**

NOTE FROM THE EDITOR:

Welcome to the latest edition of the Memorial Times! Once again, our reporters have worked extremely hard on their articles to produce this newspaper. We have tried our best to include a variety of articles for you to read. So we invite you to relax and enjoy the newspaper.

Your Editor,

Grace Martinez



The Kindness Challenge

by Yastika Singh

If you are a student or staff member at Memorial Middle School, you might have noticed students doing random acts of kindness and saying things like #KindnessChallenge. This is because the Kindness Challenge, a program led by Kelley Perotti, is an initiative where students throughout the district were challenged to fill out journals of ten acts of kindness. In addition, students were asked to donate a pair of gently used sneakers, if they could, to benefit children in Kenya who are in need of shoes. I spoke to our amazing guidance counselor to learn more.



Q: Where and when did the idea of doing the Kindness Challenge at Woodland Park schools come from?

A: It actually started last spring. The guidance counselors, all three, wanted to do something district wide. One of the things that the guidance counselors know is that the more kind and empathetic you are, the less likely you are to bully and the less likely you are to get bullied. The program fit under the anti-bullying effort. Ms. Danielle Indri at Charles Olbon, Mrs. Farraye at Beatrice Gilmore, and I thought the program fit with the whole district. All three buildings had Kelley Perotti from ThinkKindness come to the schools.

Q: How do you believe the Kindness Challenge will positively impact students?

A: We believe that kindness is contagious and it takes just as much energy to be kind as it takes to be mean, so let's be kind! Kindness connects to empathy.

Q: Do you believe doing the Kindness Challenge as a district increases school and district pride?

A: I think it increases school pride and district pride. It connects us as a large community, the older kids and the younger kids, and it connects us to the larger community. We have something called "school culture" and "school climate". When we talk about school culture and school climate, we ask are we walking into kind, loving, warm environment like Hawaii or another climate like cold and dry Alaska. What I like about this program is it talks about increasing awareness.

Q: Do you believe the Kindness Challenge was a success?

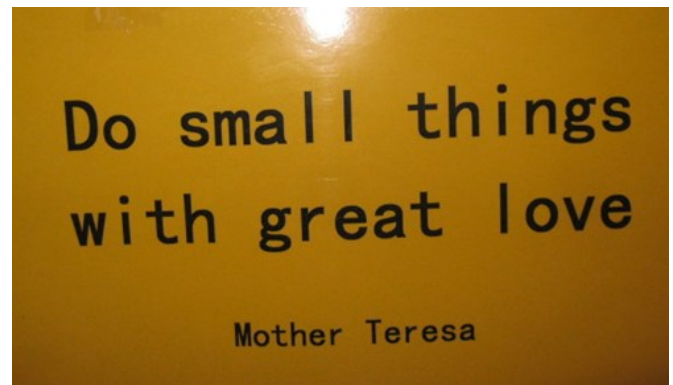
A: I think so far it was a success. I would like to get more shoes, as many shoes as people can donate. They go to a global act of kindness. The shoes will go to children in need in Kenya. We printed out the Kindness Journals and our goal is 5000 acts of kindness.

Q: Are there future plans like this for promoting kindness at Memorial School?

A: We're always promoting kindness. We do have, as a part of the school climate initiative, a program with the United Way working with Memorial School. They were the ones who designed and helped us implement the student, parent, and staff survey. The results of that survey are going to help us program a positive school culture. Sixteen teachers have volunteered to be in this group. They designed a reliable survey so that the results, which we'll find out on March 16th, will help us design more programs. The United Way program will do school wide programs that have student leadership roles. The anti-bullying alliance is also going to BG to do the Cross Age teaching.

"I think kids in middle school are dying for opportunity to express themselves. They should have the opportunity to shine and we should celebrate what they bring to school."

-Ms. McGlame



St Patrick's Day

by Jason Turkel

As many of us know, St Patrick's Day is a festive holiday and many like to celebrate it in different ways. Most people in Ireland like to celebrate by eating, having fun, and doing the Irish jig. It is very cool how much this holiday is loved. Also, in Ireland, it is a tradition to dye the rivers and people's hair green. Irish men and women also have traditional dances that they do every year, which are very entertaining. It is very cool seeing parades and individuals doing the jigs and other various dances. Also, they make different Irish foods, which are traditional and tasty.

BEST FOODS FOR ST PATRICK'S DAY

- Irish Soda Bread
- Shepherd's Pie
- Irish stew
- Sautéed Cabbage
- Corned Beef. ...
- St. Patrick's Day Lime Poke Cake
- Colcannon



Festive leprechaun costumes



A green-dyed river in Ireland

Bye Bye SpongeBob

by Aryanna De La Cruz

Many people are familiar with “SpongeBob Squarepants” the fun and sometimes bizzare children’s show on Nickelodeon. Sadly, the creator Stephen Hillenburg passed away on November 26, 2018. His legacy will forever be for creating a kids’ show that everyone loved. The original “SpongeBob Squarepants” show was amazing, and so was the creator, but the new show will add new perspective to the loveable character we all know. Here are a few interesting Stephen Hillenburg facts that he will be remembered by:

1. SpongeBob SquarePants Is a \$13 Billion Franchise.
2. Hillenburg Was a Marine Biology Teacher Before Creating SpongeBob.
3. He Made Frozen Walt Dolls to Help Pay For His Education.
4. Hillenburg Died of ALS.
5. He’s Won Many Awards Throughout His Career.

Source: heavy.com/entertainment

Spring Poems

by Angelina Vazquez

Roses are red
Violets are blue
We all love flowers
Maybe you should too



Roses are red
Violets are blue
I like a drizzle
Once in a blue



Roses are red
Violets are blue
Shamrocks are green
Happy Saints Patrick's day to you



2019 Horoscopes

by Kaitlyn Amanullah

Do you want to know your destiny? Well astronomers may have predicted how your 2019 will go depending on your birthday! Discover your fate through a horoscope and find out if your year will be filled with happiness, difficulties, or creative inspiration.

Aries: If your birthday is between March 21 and April 19, your Zodiac sign is Aries. Your year will start on a high and you should look for opportunities throughout the year. However, minor problems will test your patience and you need to keep your cool. You are a natural born leader and are optimistic. This year make sure to focus on your needs.

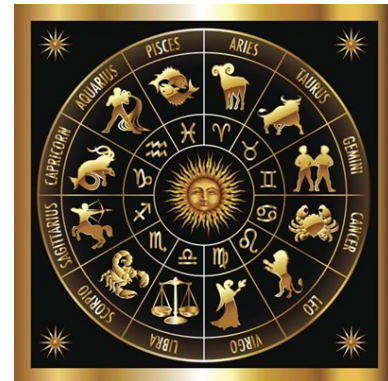
Taurus: If your birthday is between April 20 and May 20, your Zodiac sign is Taurus. This year, your willpower will be tested by illness, but you will prevail through all of the negativity. Perseverance is key to success this year. Also, make sure you have a plan B.

Gemini: If your birthday is between May 21 and June 20, your Zodiac sign is Gemini. This year, you will have many stressful days, but your family will be there for you. Furthermore, all of your dedication and hard work will pay off as long as you continue to work toward your goal.

Cancer: If your birthday is between June 21 and July 22, your Zodiac sign is Cancer. This year, you might find yourself on an emotional roller coaster. There may be many disputes between family members. You will have excellent decision making skills this year so take advantage.

Leo: If your birthday is between July 23 and August 22, your Zodiac sign is Leo. This year, your creative side of your brain will be the most prominent. Your problems will be solved effortlessly in 2019. This year you will be the star of many activities so don't take a backseat in the fun.

Virgo: If your birthday is between August 23 and September 22, your Zodiac sign is Virgo. Your 2019 will be filled with many opportunities but you need to work hard for them. Your health and personal life will be great.



Libra: If your birthday is between September 23 and October 22, your Zodiac sign is Libra. Expect to be surrounded by luxury this year as your lifestyle will change dramatically. Your ability to influence people will be on full display in 2019. You are a crowd pleaser which could put you in some trouble. But, your 2019 is going to be an overall great year.

Scorpio: If your birthday is between October 23 and November 21, your Zodiac sign is Scorpio. Your character and personality will be changed positively this year. Your personality can change every day from being happy one day to being angry the next which could be a problem in 2019. If you make sure to keep your emotions in check, your 2019 will be very enjoyable.

Sagittarius: if your birthday is between November 22 and December 21, your Zodiac sign is Sagittarius. You will have many opportunities to socialize this year even though you have a naturally independent nature. You will be effortlessly popular this year.

Capricorn: If your birthday is between December 22 and January 19, your Zodiac sign is Capricorn. Your ambitions and goals are impressive. You will feel very daring this year and may do something dangerous to have fun. Most of all, remember nothing is ever as it is.

Aquarius: If your birthday is between January 20 and February 18, your zodiac sign is Aquarius. This year, remember to relax and don't overreact. You will have an amazing opportunity to be creative this year. Finally, try to reduce sugar and processed foods for health reason.

Pisces: If your birthday is between February 19 and March 20, your Zodiac sign is Pisces. Your artistic side will be highlighted this year. Expect growth of yourself spiritually and mentally this year. One of your best friends will ask you for help this year so make sure you are there for them.

Changes

by Grace Martinez

I woke up to the sound of my brother throwing a tantrum. He was probably complaining about changing schools again. Ever since my parents announced that they were going to switch him to private school, he had been protesting the decision. I don't understand why, though. I would love to switch schools. He gets a fresh start, while I have to keep my reputation at school. Hopping out of bed, I shuffled into the kitchen to see the drama.

"Why are you sending me to private school anyway!?" Noah asked. His face was red, which showed how frustrated he really was. My parents weren't exactly level headed either.

"Your grades are dropping at Jefferson Middle School. Think of this as a new chance!" My mother told him as my father pinched his brow.

"How come Kira doesn't have to change?" Noah asked, pointing at me. My father sighed.

"We've talked about this, Liam. Your sister's grades are fine at Jefferson. She doesn't need to change." He told him. Groaning, Noah dragged his feet out of the door. I sat down at the island.

"So what's for breakfast?" I asked, trying to lighten the mood.

"I just don't understand why he doesn't want to change schools! He can still talk his friends, and he's always complaining about the teachers at Jefferson anyway. Why is he making a big deal out of this?" My mother asked aloud, sitting down next to me. I shrugged.

"I wouldn't have a problem with it," I told her. "In fact, I would love to go."

"I don't understand why, Kira. You have friends, good grades, and great teachers. Why do you want to leave so badly?"

"He gets a clean slate. I have to stay at Jefferson with my nerdy reputation." I said as I stood up to get a bowl of cereal.

"You're not a nerd, Kira." My mom reassured.

"Okay, mom." I said sharply, leaving the room in order to end the conversation.

I walked upstairs and knocked on Noah's door.

I heard a muffled "What." from the other side of the door. Opening the door, I pulled the pile of blankets off of the bed to reveal my brother. I sat on the edge of the bed.

"So why don't you want to change schools?" I asked.

"You know, you're the first one in this house to ask me that." He laughed. "I have a good life at Jefferson. I have friends, I'm the star wrestler, and everyone loves me. So what if my grades are a little low?"

I sighed. "Have you told Mom and Dad that?"

"They haven't asked."

"Well, maybe if you told them how you felt instead of just yelling at them all the time, they would consider letting you stay." I told him, and he stood up.

"I doubt it will work, but I'll try." Together we left the room.

The next day, someone started to knock on my bedroom door. I rolled out of bed and opened the door.

"What?" I demanded. I'm not a morning person. Liam was beaming at me.

"I'm staying at Jefferson." He was smiling from ear to ear.

"That's great! How did you convince them?"

"I did exactly what you told me to do. I told them why I wanted to stay."

I smiled. "Told you so." We laughed as we went down to breakfast together, and then we walked to the same school.



What Makes a Great Soccer Dribbler?

by Abdul Abdallah

Have you ever thought about what makes a good soccer dribbler? Have you wondered whether it helps to be tall, average height, or short? There are many things that make people great soccer dribblers, and it mostly has to do with your height. Most people think that having long, strong

It is very surprising, but being short will help you greatly in soccer. If you are short, than you can keep the ball close which helps with control. You will be able to dribble the ball right next to your feet, so no players can steal the ball without pushing and receiving a penalty. This will greatly help short players score goals. For instance, if you watch a video of Lionel Messi, you will notice that he is short. However, you will also notice that Messi has the ball right next to his feet, and can easily wreck the other players. This gives short players an advantage in dribbling.

Next, the shorter you are, the more quickly you can move the ball. So, before the opposing player has a chance to steal the ball, you can safely return the ball to your movement. This will help a lot once many players are grouping on you because you can move the ball easily between each player, preventing any players from successfully take the ball. It also gives your feet some free space to move around the field without taking sharp curves, but round turns. This will enable you to dribble to get to the goalkeeper more quickly and safely.

To continue, the article Why Being Short Can Help in Soccer states, "On a shrinking playing field, short players are able to navigate the space better if their way of playing is keeping the ball on the ground. They have a lower center of gravity, are better able to stay on their feet, and play a so-called tiki-taka style around their ever-taller opponents." A player will also have bigger advantage if they are short because their center of gravity is lower than taller people, which gives them more stability. If they are more stable, and someone tries to trip or foul the player, they can stay on the ground. Then, they can keep try to score on the opposing team's goalkeeper. This will help the player greatly. The player will most likely be faster, since they will take more steps, rather than take long, slow strides. Then while you can dribble through players easily, you can also be faster, so you can also pass to your teammates. This will make it much easier to get to the goalkeeper.

All in all, it is beneficial if a soccer player shorter rather than tall. According to expert observations, they will be able to guide the ball easily (possibly faster) and have a better center of gravity. Players will have a great difficulty stopping these players. Messi may be the greatest soccer player in the world and is only 5' 7", a short amount for the average man, which shows that small stature may be best for these players.



Lionel Messi (5' 7", in red and blue) dribbling past opposing team players.



RIDDLES!

by Nephtali Nemorin

- Riddle #1: What word has "T" at the beginning of it, "T" at the end of it, and tea inside it?
Riddle #2: What occurs once in a minute, twice in a moment, and never in one thousand years?
Riddle #3: What word begins and ends with an E but only has one letter?
Riddle #4: I am not alive, but I grow. I don't have lungs, but I need air. I don't have a mouth, but water kills me. What am I?
Riddle #5: What five letter word becomes shorter when two letters are added to it?
Riddle #6: What question can you never answer yes to?
Riddle #7: What did the ocean say to the shore?
Riddle #8: How many letters are in the alphabet?
Riddle #9: Mary's mother has five daughters, Nana, Nene, Nini, and Nono. What is the name of the fifth daughter?
Riddle #10: What must be broken before you use it?

Answers: #1: A teapot! #2: The letter "m"! #3: An envelope! #4: Fire! #5: The word "short"! #6: "Are you asleep yet?" #7: Nothing, he just waved. #8: 11, T-H-E A-L-P-H-A-B-E-T. #9: It's Mary! #10: An Egg!

Healing Crystals

by Angelina Vazquez

Healing crystals can do a couple things such as concentrate the mind. When you hold a healing crystal to your head or in your hand you will be able to concentrate your mind on doing your work. Concentrating during class is very important for your grades. Clearing and concentrating your mind will be good for your health. Reducing stress is also good for your health!

These stones and crystals come in different colors and shapes. The shapes and colors can be very pretty like a hearts, and ovals; red, purple, green, and pink colors. There are different types of crystals to fit with all personalities. Having the perfect crystal will make your day. Healing crystals are also very cool to have around. Let's say you keep getting distracted while reading a book, you can have your healing crystal near you while you read. Doing this you will be able to help you concentrate on reading. So, dare to do some research and find the perfect crystal for you!



Healing crystals come in all colors, shapes, and sizes

ESSENTIAL OILS

by Athena Galindo

Essential oils are, a natural oil typically obtained by distillation and having the characteristic fragrance of the plant or other source from which it is extracted. Usually, you can use Essential Oils when you are meditating to calm yourself down. There is limited scientific evidence that they improve people health or mood. The ancient Egyptians used many essential oils as medicine and their recipes are recorded in the hieroglyphics. Also, there are 188 references to the use of essential oils in the Bible. Today, essential oils are considered by many to be the leading edge of natural products. Here are some essential oils that you might want to try!

Lavender oils: heals burns, cuts, rashes, stings, reduces anxiety and promotes restful sleep.

Peppermint oils: improves joint and muscle pain; relieves digestive issues, reduces fevers, clear sinuses, improves asthma and bronchitis, and relieves headaches.

Cinnamon oils: display the abilities to fight depression, stimulate the immune system and combats virus, parasites and free radicals. The oil increases blood circulation in the body.

Pine oils: these essential oil exhibits properties that help in nasal congestions, coughs, and colds. The oil freshens the air and is a strong insect repellent too. Because of its woody scent, this is one of those types of essential oils that is great for aromatherapy especially during the holiday season!



Essential oils can be a helpful when you are sick, or wanting to meditate, but there is a down side. The down side is that if you are going through serious health issues, then I would not suggest you do this right away thinking that it will make you better. Essential oils is a natural way to relax you. So, that is why I suggest you try it, and see how it feels.

Movies of 2019:

Are you ready for these blockbuster sequels?
by Rania Abdallah

Grab your wallet, popcorn and 3D glasses! 2019 is introducing some highly anticipated movies, some sequels, and some completely new ones

Toy Story 4 - This classic Disney movie first won our hearts in *Toy Story*! Although the movie names are not very creative, fans have loved the bittersweet moments of Toy Story. However, *Toy Story 3* ended with Andy handing over his toys to Bonnie, so we will never know what will happen in this new movie.
Release: June 21, 2019

Frozen 2 - Who knew *Frozen* will have a sequel? However, here it is, and the only information offered to us is a journey to find what actually happened to Elsa and Anna's parents. Will there be a song like *Let It Go* to hit number 5 on the Top 100 Billboard? We can predict there will be!
Release: November 22, 2019

Secret Life of Pets 2 - Personally, one of my favorite movies was *Secret Life of Pets*, so I'm happy to say that the sequel is coming out this year! We are introduced to two new characters - Daisy and Rooster (voiced by Tiffany Haddish and Harrison Ford respectively). Not much is shown in the trailer, but fans are happy to see Ford's first job for an animated movie.
Release: June 7, 2019

Angry Birds 2 - We've all played Angry Bird games, had clothes with these tiny birds, and watched the *Angry Birds* movie in some point of our life. This sequel to *Angry Birds* is "[taking the] beef to the next level", according to IMBd. Winter's coming, and the birds know it!
Release: August 16, 2019

Other Movies of 2019:

- Where'd You Go Bernadette
- Lego Movie 2
- Dumbo (remake)
- The Lion King (remake)
- Minecraft
- Spongebob Movie 3
- Aladdin
- Ford vs Ferrari
- Spider-Man - Far From Home



There you have it! Here are just a few of the most exciting movies of 2019. Which one is at the top on your To-Watch list?



The animal club went on a Spring Nature walk



Memorial school recognizes Autism Awareness this April

Disability Awareness

by Betule Zaher

Seven hundred eighty five million, or 15% of the world's population, has a major physical or mental disability. Many individuals may not know how to identify or treat a person with a disability believe or may use insensitive language toward disabilities. It is crucial that people gain awareness and know how to react and treat a person with disabilities. Two of many disabilities are highlighted in this article.

Stuttering- Stuttering is a speech disorder that causes repetition of sounds, syllables, or word. Around 3 million Americans stutter. It happens most often in children from 2-5 years old, when they first start speaking. As stated on umc.rochester.edu, "...It usually happens when a child is between ages 2 and 5..." This explains that stuttering at a very young age is normal. 5-10 percent of children will stutter in some part of their lifetime, it could last from a few weeks to a few years. Boys are most likely to stutter than girls. However, around 75% of children who stutter recover, but the last 25% will continue to have a lifelong communication disorder. If you may find yourself talking to a person with this disorder it is best to be patient and resist the urge to mimic them.

ADHD: Attention Deficit Hyperactivity Disorder- ADHD is a disorder that makes people hyperactive, distracted, and impulsive. It can effect children, teens, and adults. But, symptoms begin to surface in childhood. People with ADHD may also suffer from: learning disabilities, anxiety disorder, conduct disorder, depression, and substance abuse. It sates on, .psyc.com.net, "...A child with attention deficit hyperactivity disorder (ADHD) may struggle throughout the day to maintain their attention..." This proves that people with this condition have trouble focusing which greatly effects their learning abilities. People with ADHD have to take different medications such as stimulants, cognition-enhancing medication, and Antihypertensive drug. In addition, people that are suffering from this condition may also have to take anti-depressants. This is due to the fact that people with this condition develop bipolar depression. A person with this condition may seem strange as they are fidgety and struggle to sit still in long periods of time. Despite the struggles people with ADHD live relatively normal lives.

This article highlights two mental disability conditions that individuals may be dealing with. It is important that people be aware of their day to day interactions with others and be sensitive to other's behaviors. Everyone should continue to practice patience and kindness to others since it may not always be known what someone is dealing with.

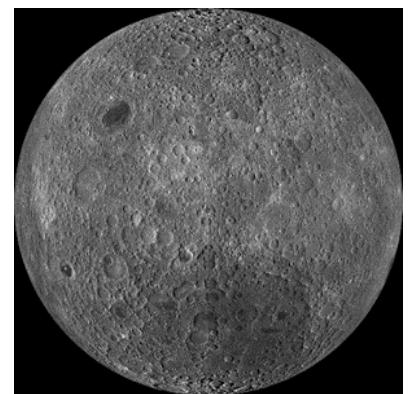
CHINESE SPACE CRAFT IS THE FIRST TO LAND ON THE MOON'S FAR SIDE

by Ava Bierne

The moon's near side, which we can see from earth, has been the target of many human and robotic destinations. However, the moon's far side, which is not visible from earth, has never been explored. All of that changed on January 2, 2019, when the Chinese Spacecraft landed on the moon's far side.

Since only one side of the moon is visible to earth, it is believable that the moon is locked in place and does not move. However, that is not the case. The moon actually rotates around the earth once every 27 days.

Before the spacecraft landed, there had been no space crafts on the far side of the moon. So the Chinese space craft will now have the title of being the first man-made object to land of the far side of the moon!



Long Ironic Phobias

by Rania Abdallah, Kaitlyn Amanullah, and Yastika Singh

Phobias are all about fear. With many things to fear nowadays, why not make it funny? We've put together a list of the most ironic phobias.

Aibohphobia- The fear of palindromes (a word spelled the same forward and backwards).

Try spelling it backwards and you'll know what we mean. J

Phobophobia- If you have phobophobia you have a phobia of phobias. Like a wise guy once said, the only thing to fear is fear itself. He probably has phobophobia.

Dodecaphobia- The fear of the number twelve... wait, how many letters does docecaphobia have????

Chromelophobia- The fear of money. I don't really know who would have this fear, it doesn't make cents.

Barophobic- The fear of gravity. Let's just call this one not down to earth.

Hippopotomonstrosesquippedaliophobia- The fear of long words. Try saying that three times fast.

Nomophobia- The fear of not having cell service. This is definitely not Instagram worthy...

"Courage is not the absence of fear, but rather the assessment that something else is more important than fear."- Franklin D. Roosevelt

Spring Word Search

How many words can you find?



FLOWERS

SPRING

SUNSHINE

GREEN

EASTER

MARCH

APRIL

MAY

SHOWERS

BLOSSOM

BLOOMS

WEATHER