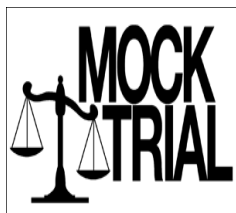


# 83's

## Barking Barking News



February 26, 2020  
Volume 6 Number 3



### Law and Order at 83 Mock Trial Program

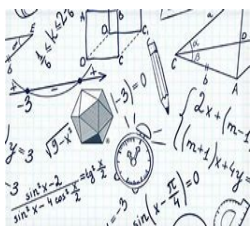
by Maysoon Reda 7-409

Whether anyone wants to become a lawyer or is just interested in law, the Mock Trial Program is a way to get better prepared or educated on what to do with cases or in courts now and when one gets older. This is a good thing to do in middle school because retaining information at a young age is easier and better because a person can memorize more when he or she is younger than when he or she becomes older.

Mock Trial teaches students important skills such as public speaking, critical thinking, and how to form a strong persuasive argument. Whether one wants to be a trial attorney or not, the skills that Mock Trial teaches are very valuable and essential.

Mock Trial Practice at PS 83 is held every Thursday from 2:30 to 5:00 pm in Room 408. It is led by Mr. Andrew Bernstein, the ELA/SS teacher for 7-408 and 8-508. So far, there are eleven students in the program, Maysoon Reda (7-409), Irtiyah Malik (7-409), Siobhan Rice (7-409), Sophia Verdeflor (7-409), Khaled (7-408), Samina Rugovac (7-408), Shahid Saadeh (7-409), Jenny Ly (7-409), Michael Byrne (7-409), Kreshnik Rraci (7-409) and Arbnor Gashi (7-409). As the weeks go by, the team is also looking for more members to join.

(cont'd. on pg. 3, col. 1)



### Perennial Math Contest Noetic Competition Foster Ability & Growth

by Ketevan Zhgenti 7-409

Perennial Math is a program that officially started at PS 83 four years ago for grades 7-8. It is a monthly problem-solving online contest. This year, the participants are competing in the Spring 2020 season by doing one test per month from January through April. Students from the seventh grade honors and pupils from eighth grade honors have voluntarily joined this program. The team is coached by Ms. Jillian Salerno, Math Staff Developer for Grades 5-8.

Ms. Salerno takes these students during their advisory periods. She gives the children very difficult advanced level worksheets that each consist of five problems. They do one worksheet every week. During practice, students are allowed to ask questions. At the end of practice ones, Ms. Salerno goes over these questions with pupils.

(cont'd. on pg. 3, col. 1)

### Experimenting With Something New PS 83 STEAM And Science Projects

by Delaney Caamano 6-308



The PS 83 Science Fair is quite different this year as Third, Fifth, and Seventh Grades are doing STEAM projects and Second, Fourth, Sixth, and Eighth are doing the well-known science project that many schools have. The STEAM acronym stands for Science, Technology, Engineering, Arts, and Mathematics. As usual, science projects will be made by performing an experiment and constructing a board. In the higher grades, students are able to make a slideshow.

There is also some insight from a seventh grader who is creating a STEAM project perceives the new STEAM project as a fun, new and interesting idea. They (the seventh grader) claim that working in groups is different than working by yourself or with a partner. The STEAM project is called the 'Egg Drop Experiment'. They described it as working with a group to make a structure. The structure is for an egg that they will use to fall into when dropped by a meter. Then if it doesn't smash, the egg will be tested for two and then three meters. Finally, if the egg survives, the team will be invited to drop the eggs from even more elevated heights with other students' structures.

(cont'd. on pg. 3, col. 1)

### 1 Pint Can Save 3 Lives At Annual Blood Drive

by Jun Qiang Lian 6-308



A blood drive is an opportunity for people to donate blood to help save people that need blood. It is estimated that at least one in three people will need blood at some point in life. Blood is often needed for people who are sick with life-threatening diseases like cancer or for people who have been in serious accidents. Donating blood is very important because the only way for hospitals to get blood is for people to donate it. Blood which is a vital part of one's health cannot be manufactured. Only a human being can produce blood.

A blood drive has been part of PS 83's annual calendar for over ten years. This year, PS 83's the Blood Drive will take place on March 19, 2020 from 2:45pm to 7:15 pm in the Annex Gym. The blood drive is run by the New York Blood Center. The coordinator of this event at the school is Ms. Linda Collins, the ELA staff developer for Grades K-4.

(cont'd. on pg. 6, col. 2)

# Our Staff

**Brandon Muccino, Principal**  
**Linda Collins, Faculty Advisor**

## 8-509 Students

*Aaron Dreshaj, Ethan Peiris, Madison Ravenell,  
 Leilani Sanchez, Christopher Santiago, Anatoli Velikov*

## 8-508 Students

*Yusra Alamari, Jaida Ortiz, Ema Redzematovic*

## 7-409 Students

*Maysoon Reda, Siobhan Rice, Sophia Verdeflor,  
 Ketevan Zhgenti*

## 6-308 Students

*Jon Bucaj, Delaney Caamano Arenas, Dawoud  
 Chaudhary, Jocelin Juarez Martinez, Jun Qiang Lian*



## Figure Skating Fun Harlem On Ice

**by Madison Ravenell 8-509**

Last year, I started figure skating with a program called “Figure Skating In Harlem”. This is a program that teaches girls from ages 6-18 figure skating at all levels, while also stressing the importance of grades. Because there is such a large age range, students are split up into 4 different groups, with Stars (grades 1-3), Pros (grades 3-5), Champs (grades 6-8), and Leaders I and II (grades 9-12). These groups determine what days you go to the academic center for enrichment activities, and what days you’re actually on the ice, at either Riverbank State Park or Lasker Rink. After being in this program for half a year now, I’ve learned a number of things not only about figure skating but also about myself.

From the first day of skating to now, I have gained a lot of knowledge in the fundamentals of figure skating. Even though I’m only a beginner, there are tricks I can do now that I would’ve never imagined myself doing 5 months ago. A few of these tricks are pivots, crossovers, and half-swizzles. A pivot is when a skater plants one foot inside the ice and uses the other foot to turn in a circle. Crossovers are when you are skating in a circle or curve and you put one foot over the other, and then put the foot being covered back next to the other foot. A half-swizzle is when you are skating in a circle or on a curve and you use your right foot to pump your left foot (or vice versa) while moving either forwards or backward. By mastering these tricks, I am preparing myself for more complicated ones in the future.

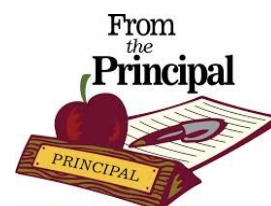
As I learn more and more about skating, I continuously learn more and more about myself. Something that’s really been a challenge while skating is that my knees tend to go inward as I’m practicing. This has been a huge problem because when doing pretty much any move in figure skating, your knees don’t necessarily have to be straight, but they can’t be inwards either. Because my knees naturally do this, I tend to not realize when I’m doing it, which often makes it harder for me to practice moves. Although I have been getting a bit better at trying to fix this, it’s still a great challenge.

While being in this program, I’ve noticed that there are many opportunities given to participants in this program and their families. Girls who are advanced have the opportunity to audition to join one of three of the three synchro teams with Figure Skating In Harlem. Girls who are chosen for one of the synchro teams practice skating for additional hours each week and compete in and out of state for competition. (cont’d. on pg. 2, col. 2)

## Mr. Muccino’s Corner

## PS 83 Leader Reveals Likes And Concerns

**by Jon Bucaj 6-308**



Do you know Mr. Brandon Muccino as a person? Do you ever wonder about what he cares about? For one thing, his favorite color is purple. Also, he most likes to go on vacation anywhere with a golf course. His favorite sport to play is golf. This information would be obvious to anyone who visits his purple office and sees the golf clubs sitting in the corner.

What you might not know is that Mr. Muccino recently adopted a pet dog. He has found a new love for all animals. Before, he never thought about having a pet. Even, at first, he wasn’t very close to his pet. But then, he began to love the dog so much. He eventually loved his dog, Mason, so much that he decided to stop eating meat.

At the moment, Mr. Muccino has major concerns about the Australian Wildfires. He thinks that because the United States has been through something like that with the Los Angeles Wildfires, he has an idea how bad it is there and that he wants to help. He is thinking about getting the students involved to ask their families to donate to help this sad situation. Since he has a new love for animals, he feels horrible about the fact that over a billion animals are dead.

Interviewing Mr. Muccino was a great opportunity to learn more about our school’s principal. I discovered so much. He has a great personality and he likes things to be neat. He even prefers to type than to write, this is because he considers typing to be faster and neater. I hope this article helps you to know the leader of our school better.

## Figure Skating Fun! (cont’d from pg. 2, col. 1)

Other opportunities include trips to Google, where students will get to experience Google headquarters and get an intro to coding workshop, and BET, where students will participate in a panel with people in the industry. At the end of the program, students will participate in the end of the year show with a prepared routine that they will perform for the parents and families of all FSH students. This gives parents the opportunity to see how far their kids have come, especially if they weren’t able to make it to the winter skating party.

Being in this program has changed me a great deal as a person. I’ve learned the basics of skating and will continue to learn figure skating throughout high school. Knowing how much little things such as the way my knee is lined up affects my performance has led me to become a stronger and more elegant skater. Because of the other opportunities available in this program, I can now see myself in a few years being on the synchro team and participating in competitions every year. I am glad to have joined Figure Skating In Harlem, and I look forward to the years to come.

**If you wish to express your opinion in response to anything you read in The Barking News, write an email to Ms. Collins (lcollins@ps83.org). Include your name and class and be respectful, thank you.**



### Mock Trial Program (cont'd. from pg. 1, col. 1)

In Mock Trial, the two teams, the defense and the prosecution work to prove the defendant is either guilty or innocent in the case that they are dealing with. The participants are thinking of things that might support or weaken the argument in the case that is being practiced to bring to court. The students are gathering information and writing defense and prosecution cases so that they can figure out the strategy.

During Mock Trials, participants also go over the things that may happen in court and the things that they are going to experience. Mock Trials members are going to court with their case in June with another school on the opposing side. They will present their case, explain their story and hopefully move on to the next round. Each team is guaranteed to go to court twice, and if the team wins the second time, they advance with the other teams that won. There will be thirty other teams competing.

"It's a good experience because it teaches us about real world situations and how to deal with them," as Siobhan Rice from class 7-409 disclosed. "It's also a good way to bond with people that you know and learn how to work as a team with people that you may not see everyday. You also learn how to work as an individual." Not only does a person learn to work with others in Mock Trial, one also gets to experience working with attorneys that have been in court before and learn a great deal from them. "It's like having a mentor, to learn from and to get to know." Siobhan continued. You may watch *Law and Order* on your television, but would you ever expect it to be happening in your school?

### Perennial Math (cont'd. from pg. 1, col. 1)

When the actual exam is given, questions are limited. At the end of the real test, they are collected, graded, and returned the next week.

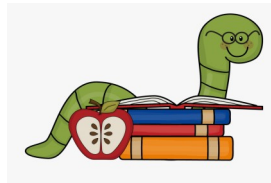
The goal of the competition is to encourage students' interest in math, to develop their problem solving skills, and to inspire them to excel in math. Usually, students don't prefer math over other subjects because it is either too easy or too hard. In Perennial Math, students get a new level of difficulty that also has ties with logic. For these students, math is only fun when it is challenging. In this way, the competition can be rewarding and exiting.

There are also students from every fifth and sixth grade class who have joined the Noetic Competition which has been at PS 83 for over five years. These programs are run by Ms. Salerno, for fifth and sixth grade participants and Ms. Michelle Rogers, Math Staff Developer for Grades K-4, for second through fourth grade competitors.

This competition takes place in the fall and the spring. According to Ms. Salerno, it "helps students increase their problem solving ability, provides enrichment experience in math, promotes productive struggle, and is aligned to the school's instructional focus."

There is a reward for this program, the National Honorable Mention which is awarded to the top 50% of students of all participants of each grade. There is an even bigger prize. The top 10% of all participants of each grade receive a National Honors Medal. The highest scorer of each team will receive a Team Winner medal and they award up to two Team Winner Medals per team.

These program is not only to help students when solving difficult problems later on in higher grades, but to expand their ability to think outside the box and try new ways to solve new problems.



### Pushing Students To Read PS 83 Celebrating March 2 Read Across America Day

by Sophia Verdeflor 7-409

March 2, 2020 marks Read Across America Day, or RAA Day by the National Education Association (NEA). The day is an effort to push children to read more through "making it fun." With this day, the NEA set the goal to bring the joys of reading to kids, and make all children feel valued and welcome in the school. PS 83 began to formally encourage reading through Free Read Friday in 2017. To further encourage reading in the school, Read Across America day could also be celebrated. How will PS 83 celebrate RAA?

Behind the scenes in 7-409 and 8-509, plays are frequently done in inspiration of historical figures, or after reading short stories such as "The Story of Keesh" and "Zero Hour". Each table is left to its own creativity to discuss roles, script the play, and decide on costumes and props. Usually, groups only have a day to a week to create plays. They can choose to be humorous, purely informational, or both. Many groups go above and beyond to the extent that they bring food or use fake blood to make it as realistic as possible. In this way, reading comes alive.

On Read Across America Day, classes could read a short story a week to a few weeks before and create a skit based on what they think the ending may be. When classes read the story, they can either choose a story with a loose end, in which the ending is up to interpretation, don't read the ending at all or read it after all the plays have been performed. Some even continue the story after the ending. Another alternative is to put the characters in modern talk shows or other scenarios, like *The Ellen DeGeneres Show* and *Dr. Pol*. This, of course, is done with a certain question, or aim in mind. Classes can use their creativity, acting skills, and the world around them while also forcing them to work with mentor texts. It's a fun literacy tool, especially in high school or for future drama majors in college. There can even be a competition for whose play was acted out the best or the most creative play, as well as best costumes and best actors to spice things up and motivate them to put their all into it.

(cont'd. on pg. 6, col. 2)

### Science Fair Projects (cont'd. from pg. 1, col. 2)

The student participants stated that they weren't as nervous as they were initially with the project when they learned that they wouldn't need to discover a topic on their own and work on it at home because they said that they figured out the topic quickly in class and worked on it, mostly at school.

In a recent interview, Ms. Melissa Guglielmo, a sixth grade math/science teacher, who had been supervising students who are working on the new STEAM project states, "I believe the STEAM projects will allow students to incorporate the content they are learning in science with the topics they are learning in mathematics and vice versa. This project also helps students incorporate the use of technology to become twenty-first century learners." This demonstrates how she views the STEAM project as an outlet for children to put in what they are learning in other areas of education into a vital project for their grades.

In a few days on March 7, the school community will see the new STEAM projects alongside the science projects at the PS 83 Science Fair. It will be interesting to see how they compare.



## Australia is Burning Down! Who Will Save the Animals?

by Jocelin Juarez 6-308

Over one billion animals have already died in Australia because of the fires raging there. The wildfires in Australia started as a result of lightning and human actions, including arson. Each year in Australia summer blazes with hot dry weather. To make matters worse this year, Australia was already experiencing the hottest and driest heat wave on record. Experts agree that Australia is on fire because of climate change. The rare animals in Australia will soon disappear if the wildfires are not put out soon.

The terrifying wildfires started in September 2019. At least twenty-nine people have already died because of the fires. The aftermath of letting the Australia fires burn out of control is that more than 12.35 million acres of land have already burned down. The wildfires in Australia have already destroyed an area larger than West Virginia, eight times the amount of land that California's fires did in 2018. In the article "7 Things Everyone Should Know About Australia's Wildfire Disaster" it states, "The blazes turned skies orange" meaning the skies of Australia have now turned orange because of how bad the fires have been. Now breathing the air of Sydney, a city in Australia, is as bad as smoking thirty-seven cigarettes a week which could have a very negative impact considering that Sydney has a population of 5.23 million people.

The Australian Red Cross is helping deal with the fires in western and southern Australia. "There was ash everywhere. Burnt leaves, and then all of a sudden the sky went really, really red and then it just went pitch black", said the article "Australian Bushfires: Just so Terrifying."

If one donates to the Red Cross in Australia, it will, hopefully, have enough money to repair the damage the fires have done. The Red Cross has raised 140 million dollars to help mitigate the destruction of the wildfires. If the world's people don't do something now, there might not be a country to call Australia soon.



## Humpback Whale Populations Bounce Back After Almost Fifty Years of Near-Extinction

by Siobhan Rice 7-409

Forty years ago, only around 450 whales lived in the western Indian Ocean. Ten years after that, the population dropped to just 360 whales. But recently, marine biologists and scientists of the sea made an amazing discovery: a dramatic increase in the population.

After once totaling over 27,000, Western South Atlantic Humpbacks were reduced to a few hundred in the 1950s. In 1979, South Africa took action and banned commercial whaling, the practice of hunting and killing whales for their oil, meat, or bones. By then, the humpback population in the western Indian Ocean was approaching extinction—down to roughly between 300 and 600 animals.

Since then, many attempts like protests and marches wanting to preserve and protect these animals have taken place. Anti-whaling groups like Sea Shepherd and Whalewatch track these creatures and their attackers to reduce the risks of whales being harmed. Other groups, like Greenpeace, help overturn and illegalize whaling in countries across the world.

These conservation efforts have finally paid off. A 2018 sample survey suggests that the general humpback population in the western Indian Ocean has surged to more than 30,000 individual whales, considerably higher than models had predicted.

Ms. Jean Harris, a marine ecologist and executive director of **WildOceans**, a conservation group that helped coordinate the surveys, notes that the recovery may be due to the fact that humans hunted the whales, but not their lunch. In other words, whalers killed the humpbacks, not their food source. As a result, humpbacks that survived whaling had both an adequate food supply and the gift of time.

"We've seen and measured in other parts of the Southern Ocean populations that are growing at the maximum of their growth rate," says Mr. Ari Friedlaender, a marine ecologist at University of California, Santa Cruz. "Humpbacks have a central breeding area, it's easy to find a mate, and there's low competition for food. The recipe for them rapidly increasing is right there."

Populations have been growing rapidly ever since. Now, more than 30,000 happy humpback whales now splash across the western Indian Ocean. And if we're nice, maybe they'll stay a while.





## Where is Brady Going? Will He Stay Or Will He Go?

by Ethan Peiris 8-509

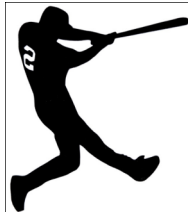
Quarterback Tom Brady is one of the best football players of all time. He has been to nine Super Bowls and has won six of them. All this time, he has played for one team, the New England Patriots. Going into this off season, a weird question is in the air. Where will Brady play next year? Patriot fans including me hope the answer is that he is remaining in New England. However, there are many other towns and teams where Brady can wind up.

Some experts think that Brady might leave. One possible landing spot is the Los Angeles Chargers. The Chargers have good offensive weapons. They include three-time Pro Bowler Keenan Allen and other good players like Hunter Henry, Austin Ekeler, and Mike Williams. Plus, the Chargers have good defensive players and could be considered a top fifteen defense. Joey Bosa, Melvin Ingram, Casey Hayward Jr., and Derwin James are all talented defensive players that can run the defense. So, this, obviously, makes the Chargers look like an attractive spot for Brady.

Another possible location is the Titans. Tennessee is an interesting option. This year, the Titans made it all the way to the AFC championship game but fell short. Tennessee possibly could keep Ryan Tannehill but Brady may be a choice too. Their coach, Mike Vrabel, is a former teammate of Brady's. Also, Tennessee has an offense built on the run. This means that Brady might not need to do all the work, having a guy like Derrick Henry who rushed for 1,540 this season and scored sixteen rushing touchdowns. So, as shown, this squad could be a possible destination.

Finally, another possible landing spot for Brady is New England. The best-case scenario for many is for Brady to retire with the Patriots. He is familiar with the organization and has built a home there. Last year the defense was the best in the NFL and with some additions at receiver, tight end or the offensive line, the Patriots could return to the Super Bowl and win for the seventh time. The Patriots are reported to have their eyes on receiver A. J. Green and other big-time offensive weapons. This would certainly help Brady and the Patriots. So, out of all the teams, the free agent can go to, his New England team has the highest chance to win it all in 2021.

So where is Brady going? The Titans, Chargers, and Raiders could be potential homes for the six-time champions. However, Brady staying home in New England wouldn't be a surprise either. Now the only thing to do is wait and see where Brady goes.



## Jeter Bringing Baseball's Fame To Cooperstown? Spells End Of Baseball's Last Widely-Known Celebrity?

by Christopher Santiago 8-509

On May 29, 1995, Derek Sanderson Jeter made his major league debut in a New York Yankees game against the Seattle Mariners. In his nineteen-year career, Jeter scored 1923 runs, hit 260 home runs, had a batting average of .310 with 3465 hits, and 11195 at bats. However, like all good things, his great career came to an end on September 25, 2014 when Derek Jeter hit a walk-off single winning the game for the Yankees, versus the Baltimore Orioles. Six years later, as ballots for the Hall of Fame are tallied in January and induction takes place on July 26, 2020 in Cooperstown, Jeter, unanimous or not, "will represent a final checkpoint in baseball's shrine: the last Hall of Famer for whom widespread fame was truly a part of the equation" according to USA Today.

Although many might think otherwise, it isn't too-far-fetched to state that baseball might be losing importance on the world's stage of sports. Many baseball legends like Babe Ruth, Jackie Robinson, Mickey Mantle, Yogi Berra, Sammy Sosa, Roberto Clemente, people who can be easily named in correlation to baseball, were all influential figures during their times. Jackie Robinson was the first African-American baseball player in the major leagues. Roberto Clemente was the first Hispanic baseball player to gain 3000 career hits. Babe Ruth was arguably the most iconic baseball player of all time and the first player to fuel the famous New York and Boston rivalry. The way USA Today puts it, "it [Jeter's induction] in a way closes the book on an era when baseball – and its greatest stars – enjoyed a prominent place in the nation's zeitgeist." This is in fact true after all that was said, it was the end of a time where baseball players were considered celebrities. The challenge that baseball is facing is not being forgotten but being irrelevant.

Now, a claim like this may be bold, yes, but keep reading. Baseball today still rakes in about 500 million fans (Sportsshow.net) and millions of dollars as well. However, many argue that Jeter's retirement has not affected baseball's overall popularity due to the millions of views and millions of dollars the sport rakes in each year and knowing current players. Although this may be true, the rate of viewers who watch baseball has been decreasing for the past six years since Jeter retired. What added to the popularity of the sport was the amount of news and rumors swirling around, for example, Jeter's relationship with singer songwriter Mariah Carey or the "feud" between Jeter and fellow Yankee Alex Rodriguez. More and more people talked about the sport due to Jeter being such an influential celebrity. One can label baseball as "One of the most successful irrelevant sport". For example, cricket rallies in a fan base of two billion (Also According to Sportsshow.net) and also makes millions of money, however (NO offense to cricket fans) no average Joe in America is going to work and saying to his co-worker; "Hey, did you happen to watch that cricket game last night? It's quite the sport!" No, he is not going to say that, most people are not going to say that, yet the sport still continues to make money.

In conclusion, Derek Jeter's induction into the Baseball Hall of Fame in July will arguably be the end of the Golden Age of American Baseball.

## Recent News Has Prompted The Question - Should Women Be Included In The Draft

by Aaron Dreshaj 8-509



The Selective Service Act was first introduced in 1917 when the United States had entered World War I and needed more soldiers. President Woodrow Wilson and Congress signed the Selective Service Act on May 18, 1917 which required men at the age of eighteen to sign up for the draft. More than 2.8 million Americans were drafted for the war. The draft caused great outrage in the United States. Many citizens felt that it was violating their rights. After WWI, the draft was only used in WWII and the Vietnam War. Since then, the draft has not been used but conflict in the Middle East has brought back the possibility of another draft.

On January 3, 2020, the United States military launched a drone strike on an airport in Baghdad. The drone strike killed General Qasem Soleimani, an Iranian general. Iran was furious and many mourned the loss of Soleimani. The Pentagon took full responsibility for his death and said that Soleimani had been orchestrating a series of attacks on Allied bases in Iraq. The killing of Soleimani angered the Supreme Leader of Iran and he vowed revenge. This prompted America to send hundreds of troops outside of Iran in case of war.

News spread about this quickly all over the Internet. On Twitter, many were talking about the possible start of WWII. Some were genuinely scared that if there were an armed conflict, young men would be sent off to fight for the country. Many protesters went outside government official buildings and said they wanted no war with Iran. Panic grew as people were anxious about the draft as things heated up in Iran. Government agencies were crashing as people were trying to find out if a draft could happen.

The draft also brought up the discussion if women should be involved in the draft. Since the country's founding, women have been treated unequally. In recent years, more actions have been taken to address this situation. Right now, women are not obliged to sign up for the Selective Service. But, recently because of the news about the potential of an armed conflict between the United States and Iran, the discussion of women being drafted has been brought up. There are mixed feelings about it but some feel that if American women truly expect to have an equal place with men, they should expect to participate in the draft as well.

Currently, there has been no declared war between the two countries. But, recently it has been reported that Iran has been sending satellites into orbit. It is believed that they are trying to increase their power in the case of a war. The discussion about who should be subject to the Selective Service Act has died down but at any given moment, there might be an escalation in tension and the issue could arise again.

## Cosmetic/Plastic Surgery Might Be More Common Than You Think

by Jaida Ortiz 8-508



Plastic surgery is beginning to become more common throughout the country. With our photogenic generation, people have a strong desire to look perfect. Some individuals choose surgery for attention, or to fix something they do not like about their looks. Others may undergo surgery for beneficial factors such as helping them with specific health conditions. For whatever reason, people rely on plastic surgeons to change them in a way so that they can finally be satisfied or comfortable with their changes which create their "new" bodies. It is obvious that the reasons behind plastic surgery vary. What might not be so clear or what some might not understand is the impact that these changes have on people can be surprisingly impressive.

There are many different types of plastic surgeries being done today. The two major categories are "plastic surgery" and "cosmetic surgery". Plastic surgery focuses on repairing, reconstructing, or replacing something due to defects, disorders, or trauma. Cosmetic surgery focuses on enhancing one's appearance. These operations whether they are done on the face or other parts of the body, serve a similar purpose which is to allow the patient to feel better whether that means physically or mentally or both.

It is certainly acceptable for people to make changes to help with their self-esteem. However, it becomes an issue is when a person becomes obsessed with getting so many surgeries that eventually it turns into an addiction. Since these individuals struggle with insecurity and other psychological issues, it is important that they get help from mental professionals.

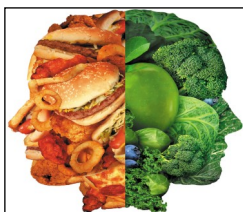
Any surgical procedure which involves anesthesia or being "put to sleep" poses risk. There are also always dangers with any kind of surgery which the term "under the knife" accurately describes. Therefore, patients need to have realistic expectations and do extensive research before making the decision to undergo any type of plastic surgery. But, all in all, plastic surgery shouldn't be considered a bad thing especially if somebody isn't happy or is uncomfortable with an issue involving the appearance of his/her body.

### Blood Drive (cont'd. from pg. 1, col. 2)

It has been found that the main reason people don't donate blood is because no one has asked them. To address this, Ms. Collins will be actively seeking donors in the coming weeks, by hanging posters, speaking at the PTA meeting, and asking students to use a technique known as "Ask 5" in which they ask friends and family who are at least eighteen years old and weigh at least 110 pounds to participate in this vital activity.

Donating blood at this time of year is crucial because of the shortages caused by the flu. Although students of PS 83 cannot give blood, it is hoped that they will help spread the word. As the slogan states, "Blood - people can't live without it."





## Dieting Can Make One Dig One's Own Grave With A Knife And Fork

by Ema Redzematovic 8-508

“An unhealthy life is destined to end with an unhealthy death” according to Ms. Nancy S. Mure, a famous poet. Being on a diet helps one reach and maintain a healthy weight and can reduce risks of chronic diseases. Also, eating healthier boosts one's energy and improves memory. Avoiding many processed, carbonated, and artificial foods and drinks can be extremely difficult because many people are used to daily junk food. Many Americans are obese and slightly overweight. There are ninety-nine million Americans that are overweight, which is 39.6% of American adults. Not to mention, many children all over the world are reaching obesity. Many adults and young children that are obese shorten their life spans because of eating unnecessary and unhealthy calories. Expanding one's body mass can lead to a premature death and serious illnesses.

On the other hand, dieting can be dangerous because it can transfer one's body into starvation mode. Dieting can be bad for a person's mental and physical health because weight fluctuation brings many negative effects, for example, cardiovascular disease, type 2 diabetes, high blood pressure, and anorexia. Anorexia is an eating disorder causing people to obsess about weight and what they eat. It is usually characterized by a distorted body image, and a fear of becoming overweight. This eating disorder is considered life threatening because it leads to excessive weight loss and left untreated can result in death.

For many people, restricting their food is a way to control areas of their life that feel out of control. Another disorder is bulimia which is an emotional disorder involving distortion of body image and an obsessive desire to lose weight, in which bouts of extreme overeating are followed by depression. These two are extremely similar, but bulimia involves compensatory behaviors such as self-induced vomiting designed to empty one's digestive system after binge eating. Bulimia is a very dangerous disease that is difficult to overcome and can also lead to death.

Dieting has many positive and negative connotations. I had a personal experience because there was this one time where a friend told me that she was overweight and had to go on a diet. But she didn't understand that she was of average weight, and she wanted to lose weight to look like a supermodel. Not to mention, dieting makes one think that he/she has to be like everyone else, but everyone is his/her own person. Perhaps, the best advice to follow was stated by Dr. Susmita Nath, who wrote “The best weight you'll ever lose is the weight of other people's opinions of you.”



## Has No Color Nor Taste Yet People Can't Get Enough Of It Thinking If They Stop Drinking They'll Die!

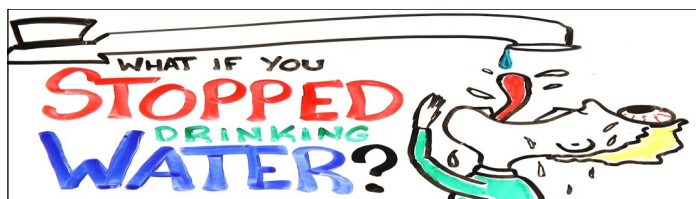
by Yusra Alamari 8-508

Don't drink too much water... your brain will grow too big to fit your head. Ms. Tamara Hew-Butler, PhD, an exercise science professor at Oakland University in Rochester, IM, stated that, “Your brain only swells about eight to ten per cent before it reaches the skull and it pushes your brain stem out”. Many people are so obsessed with drinking water that it has started to affect their bodies in so many ways.

According to a website about water facts, “Approximately 400 billion gallons of water are used in the United States per day”. Some countries around the world don't have clean water to drink yet many people drink water even if they're not thirsty. In fact, many people might start to have anxiety and stress because they think that they don't drink enough water. The resolution they come up with is downloading water-counting apps that would send notifications to their phones to remind them to drink water. Along with carrying around a big water bottle to stay hydrated which makes them more obsessed with water. However, whether a person is hydrated or dehydrated, there is a negative effect water leaves behind if people don't balance the amount of water you drink each day.

When humans constantly add water to their bodies, it can cause many health problems like lowering the sodium level in their blood. Further result might be that the cells in one's body will swell. In addition, once kidneys start collecting water, it will be trapped in the body because it will be unable to get rid of the excess. More unpleasant symptoms will happen to one's body because of the kidneys which include nausea, vomiting, and diarrhea. While some people believe the myth that clear urine is a sign of drinking enough water, according to most doctors “having urine with no pigmentation at all may be a sign that you're drinking too much water”. More symptoms that humans drink too much water is if one wakes up in the middle of the night to use the restroom. Cleveland Clinic mentioned that “most people urinate between six to eight times a day. However, if you find yourself urinating more than ten times a day might be drinking water more than your body actually needs”. In order to prevent the nighttime urination, have the last glass of water two hours before bed. Many doctors state that the right amount of water to drink per day is eight glasses of eight ounces. This also includes other drinks such as coffee and soda.

“Our bodies are programmed to fight against dehydration because we've always been living in fear of scarcity or not having enough, so we have all of these built-in mechanisms to protect us against that,” Dr. Hew-Butler states. Although water is important to all living creatures, drinking too much can cause many health problems. Warning! Listen to your body and balance the amount of water you drink every day before it's too late!



## iPhone 11 Pro VS Pro Max: Which One Is Better?

by Jun Qiang Lian 6-308



In past generations, when people heard the word “apple”, they automatically thought of a fruit. But, nowadays, most people know that the word “apple” can also begin with a capital letter. Apple is a company that makes many devices. They already produced twenty-four iPhones. The earliest iPhone came out on January 9, 2007 and the latest iPhone was released in 2019. Apple also makes tablets (iPads), wireless headphones (Airpods), smartwatches (Apple Watches) and laptops (MacBooks).

On September 20, 2019, Apple revealed their new iPhone 11, iPhone 11 Pro, and iPhone 11 Pro Max. Both the iPhone 11 Pro and Pro Max have three cameras. The features for the cameras are ultra-wide-angle, telephoto, and main wide-angle. Also, both of the iPhones have the A13 Bionic chip (Apple’s latest and fastest chip). In addition, the iPhone 11 Pro and Pro Max 120Hz touch sensing, HDR video support, and 4GB of Ram. Finally, both the iPhones have Face ID which can detect the user’s face to unlock his or her phone.

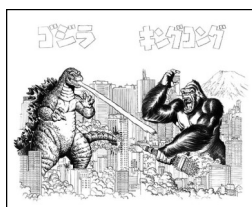
The iPhone 11 Pro and Pro Max also have some differences. The iPhone 11 Pro has a 5.8" OLED screen and the iPhone 11 Pro Max has a 6.5" OLED screen. Also, the iPhone 11 Pro (64GB) costs a thousand dollars and the iPhone 11 Pro Max (64GB) costs a hundred dollars more than the Pro Max.

In conclusion, Apple products are a bit expensive, but they are quite useful. Mr. Ming-Chi Kuo, the best Apple analyst, claims that the iPhone 12 will be released on September 26, 2020. He also claims that the iPhone 12 is 5.4 inches and it has a metal frame just like the iPhone 4. Overall, Apple is still making magnificent products for us to use in the future! In my opinion, I think that the iPhone 11 Pro Max is better than the iPhone 11 Pro.

### Who Would Win In A Brawl?

## Godzilla or King Kong?

by Leilani Sanchez 8-509

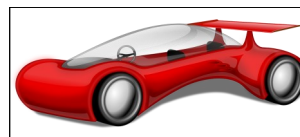


Following *Godzilla: King of the Monsters*, released on May 31, 2019, *Godzilla vs Kong*, to be released on November 20, 2020, follows the *Godzilla* franchise. After the events in *Godzilla: King of the Monsters*, Titan Godzilla will be fighting several other titans, including his biggest enemy, King Ghidorah, who is a daikaiju and reigning victorious becoming King of the Monsters and coexisting with humans. *Godzilla vs Kong* is set to be a fight for the true king of the monsters. Since people and titans coexist now, the agency Monarch must find a way to keep humanity alive and flourishing, while also discovering the origins of the titans. However, this task may be **nearly** impossible due to people wanting to eradicate all titans on Planet Earth, good or bad. While this is happening, an odd seismic activity on Skull Island, where Kong resides, draws the attention of both Kong and Godzilla.

(cont'd. on pg. 8, col. 2)

## Tesla Reveals Cybertruck Others Debate Design

by Dawoud Chaudhary 6-308



In late November, Tesla’s founder, Mr. Elon Musk, decided to announce a new automobile capable of going zero to sixty miles an hour in three seconds for the price of circa \$70,000. Just what is this new vehicle? It’s the Cybertruck. Even though production starts in around two years, consumers do have some information about this new electric pickup truck.

The Cybertruck comes with three different modes. There is not one, not two, but the fully upgraded Cybertruck comes with three electric motors. Tesla has also added self-driving capabilities for a whopping \$7,000. Self-driving is banned in some states in America, but Tesla expects it to be allowed in the entire country before the production starts. The single motor has a range of 250 miles, and a towing ability of 7,500 pounds. The motor can accelerate from zero to sixty miles in 6.5 seconds. All Tesla automobiles normally come with autopilot so the public can assume that it will also include autopilot. The storage has a volume of 100 cubic feet and a vault length of 6.5 feet (for every model). Every mode of Cybertruck has a weight storage capacity of 3,500 pounds. The Cybertruck also has a horsepower of 800. The dual motor can accelerate from zero to sixty miles in 4.5 seconds. The range of this model is about three hundred miles. The Cybertruck can tow up to 10,000 pounds. The most powerful model of this pickup truck is the tri motor version. It can accelerate from zero to sixty miles in 2.9 seconds. The tri- motor version can tow up to 14,000 pounds. The range though is five hundred miles. This is the most out of any Tesla vehicle up to date.

With the specs of the Cybertruck, there is information on the interior and exterior of the Cybertruck. Potential buyers know that the exterior will be made up of ultra hard 30x cold rolled stainless steel. Tesla has said that they have used this type of material in their rockets, if there was something stronger they could attain, they would have used it. Many have said the hood of the car acts like a vault, with it functioning as a closed storage space. The Cybertruck’s glass is a polymer-based composite, which basically means it’s smaller and stronger. It’s normally also cheaper. This would mean the glass can absorb strong forces such as metal balls as shown in the November premiere of the Cybertruck. The design of the outside gives off a futuristic vibe. The interior is mostly empty. The one thing that pops out is the white marble-like dashboard where the touchscreen used for controlling most of the pickup truck is located. Tesla actually made this out of concentrated paper, and it feels like cardboard. People can sit comfortably under the six leather seats and the extra legroom.

Car fanatics have been debating whether this new vehicle will be a flop or not. Many detest the new futuristic design, while others love this new take on one of the most popular vehicle designs in America. For me, the design is very appealing to my eye but there are a lot of things they can change. For example, the empty space of the Cybertruck can be used for a much more rather than just being empty, there should still be space left though. Maybe Tesla will remodel it to suit consumers, only time will tell.

### Godzilla or King Kong? (cont'd. from pg. 8, col. 1)

From there, the two fight. Director Adam Wingard promises a "massive monster brawl movie". After this battle, the true King of the Monsters will be presented and reign over them all.

Who will win and become King of the Monsters? Godzilla or Kong? Find out in theaters on November 20, 2020!



# Mental Health Epidemic - Rising Depression And Suicide Rates

by Anatoli Velikov 8-509



Teenagers and young adults in the United States are being ravaged by a mental health crisis — and the general public is not doing enough about it. As of 2017, statistics have shown that an alarming number of young people are suffering from depression and dying by suicide. According to the Centers for Disease Control and Prevention (CDC), 47,173 Americans killed themselves during 2017, which is higher in both number and percentage of the population than at any time since the CDC's earliest published statistics in 1950. In fact, today there are two suicides for every homicide death, and 17% more suicide deaths per year than deaths from motor-vehicle incidents.

After declining for nearly two decades, the suicide rate among Americans ages ten to twenty-four jumped 56% between 2007 and 2017, according to data from the CDC. And, for the first time, the gender gap in suicide has narrowed. Though the numbers of suicides are greater in males, the rates of suicide for female youths increased by 12.7% each year, compared with 7.1% for male youths.

At the same time, the rate of teen depression shot up 63%, an alarming but not surprising trend given the link between suicide and depression: In 2017, 13% of teens reported at least one episode of depression in the past year, compared with 8% of teens in 2007, according to the National Survey on Drug Use and Health.

But how can a person tell if a teen is suffering from depression? The signs of teenage depression include mood changes, like persistent sadness or irritability, and changes in level of functioning, such as school failure. They also include withdrawal from friends and family, a loss of interest in activities that had been important, and changes in eating and sleeping patterns. There are also some pretty nonspecific signs such as lack of energy, trouble concentrating and unexplained aches and pains.

Any parent of an adolescent has to wonder, of course, what's the difference between "regular" adolescent mood swings and teenage behaviors and these warning signs. Parents need to ask themselves how severe the symptoms seem and how persistent are they. When a child really seems to have changed, it can't just be written off as adolescence.

Dr. Benjamin Shain, the head of the division of child and adolescent psychiatry at Northshore University Health System and lead author on the American Academy of Pediatrics' 2016 clinical report on suicide and suicide attempts by adolescents, points out that many of the warning signs are relatively nonspecific; there could be many reasons adolescents might be hiding in their rooms, or bringing home significantly worse grades. "It could be depression, could be drugs, could be simply that their schoolwork is too hard," he said. "The first step is sit and have a conversation with your child — what's going on — the next step could be talk with teachers or bring your child to a counselor or psychiatrist."

One might think it might be no big deal to see the family doctor or a therapist and get depression treated like any other medical problem. But the data suggest otherwise: Only 45% of teenage girls who had an episode of depression in 2019 received any treatment, and just 33% of teenage boys with depression did. In contrast, two-thirds of adults with a recent episode of depression received treatment.

Drugs and alcohol are always popular culprits, but, in this case, they are unlikely explanations, as the studies cited above controlled for drug use. In addition, there is no evidence of a significant increase in the use of drugs or alcohol in young people during the study period.

Dr. Shain has said, "When it comes to your child, in a sense statistics don't matter, what matters is your particular child," he said. "Pay attention to worry signs."

Too often, he said, the parental impulse is to give advice or even step in and try to fix the problem. "What parents should do is mostly listen, that should be 90% of the conversation," he said. The other 10% of the time, parents should not attempt to offer a solution, "but help the child problem solve."

He raised concerns, in particular, about the impact of electronic media on adolescents. "There's certainly evidence that cyberbullying may be connected to an increase in depression particularly among girls, maybe an increase in suicide," Dr. Shain said. And this is an area, he said, where many parents feel at a loss about how to guide their children; the parental impulse may be to take away the cellphone, which may make things worse for some adolescents.

"They tend to find parent restriction of social media actually more traumatic than whatever the event was," he said. "That's how they connect to their peer group, that's how they get their support, that's how they have a conversation with their group; you take this away and then you have a very isolated child."

Dr. Ramin Mojtabai, a psychiatrist who is a professor in the department of mental health at the Bloomberg School of Public Health at Johns Hopkins, says the average person needs more information about whether there really is a trend here, and much more information about the teenagers' lives. Still, it's important for parents to be aware of the risks, both for children who are already struggling with mental health issues, and for those who may not yet have given their feelings a name.

"A lot of children and adolescents have psychiatric problems that are not recognized by parents and they go untreated as a result," he said.

Overall, there should be a major public campaign to educate parents and teachers to recognize depression in young people and to learn about the warning signs of suicide — like a sudden change in behavior, talking or writing about suicide, and giving away prized possessions. There should have universal screening of teenagers at school, with parental consent, to identify those who are suffering from depression and who are at risk of suicide. And it is essential to provide adequate funding and resources to match the mental health needs of our young people.

This can be a long and hard journey for teenagers and their families, but the message to parents, and to pediatricians, is that we have to keep asking the right questions. Every day, sixteen young people die from suicide. There is nothing to wait for.

*[If you are having thoughts of suicide, contact a trusted adult or call the National Suicide Prevention Lifeline at 1-800-273-8255 (TALK). Go to [SpeakingOfSuicide.com/resources](https://www.speakingofsuicide.com/resources) for a list of additional resources.]*