

"Your
Mane
Source of
News!"

The Green Growl

Edition
IX

Vol. IX

"The one and only newspaper at L.I.S.G."

March 2023

Introduction

By Mehreen Hunjan

We had a great first half of the school year and we're about to make the second half even better. This edition entails articles about Spirit Week, Lunar New Year, LISG's new therapy dog, Flynn, and the prestigious Pride and Joy Club. After winter break, you could bet that students were both excited and dreading coming back to school. But don't worry, the authors of the Green Growl are here to inform you about everything going on in LISG and crack a few jokes while they're at it. Not a day goes by where our journalists aren't working hard and writing so without further ado, the 9th edition of The Green Growl.

Lunar New Year

By Rielie Reyes and Ariana Lye

LISG is known for its inclusivity and constant appreciation of other cultures. This year, LISG celebrated Diwali, Robert Burns Day, Greek and Slavic Celebration, and Lunar New Year. Unlike past years, however, the Chinese New Year Celebration was renamed Lunar New Year Celebration to include Korean and other cultures that celebrate the holiday.

A spectacular performance was put on stage with dragons, dancers, and Taekwondo. Music was put on as an opening act, and a dancing dragon paraded the audience to ward off evil spirits. After that, two amazing dancers put on the Mulan dance together, showing that a girl can not only wear a dress but also, wear armor. LISG students who celebrate this holiday performed different string instruments. They played traditional songs like Mo Li Hua, a popular Chinese song sung around New Year along with others. The audience was then taught about Korean new year celebrations and traditions. Si Ah Jang danced to "Yes or Yes", a song by the popular South Korean girl group, Twice.

Students' Taekwondo skills were showcased as broken boards were launched off the stage.

As an end to the performance, we were taught about the meaning of the lunar zodiac. We learned this is the year of the rabbit. As rabbits are quick but gentle creatures, it reminds us that a kind gesture is more valuable than risk. Like many cultural days, the students were provided with delicious food—everything from kimchi to dumplings to bibimbap was provided by generous parents. It was a fun way for the LISG community to learn and appreciate families who celebrate this beautiful holiday.

Spirit Week

By Anil Trinidad and Mehreen Hunjan

Spirit week just passed and we all celebrated five fun and goofy days. From Hawaiian day to Sports day, all the days were lively and there were some people who went all out for their costumes. Monday was LISG spirit day where everyone had to wear green or white to show pride for LISG. The pep rally was dancing to We're All in this Together from High School Musical which is also the musical this year.

On Tuesday, we celebrated Valentine's Day where everyone had to wear red, pink, or white to represent LOVE and the Smile'o'Grams were sent to their recipients. Wednesday was Hawaiian Day where you had to wear a shirt with flowers and bright colors. Thursday was Mix and Match Day where you could wear any clothes you wanted. Picked out your outfit with your eyes closed? It's fine, so did everyone else! Friday was Sports Day where people wore sports gear and jerseys to show their favorite team. This week was a great way to have fun dressing up and showing our pride.

Remember school spirit events go towards keeping track of which team will prevail at the end of the year! Which team will be on top in 2023, GREEN or WHITE?

Pride and Joy

By Mehreen Hunjan, Ariana Lye, and Rielie Reyes

The Pride and Joy Club's main goal is to uphold the values of our school, PRIDE. Positivity, respect, inclusion,

dedication, and empathy. Each year, students who represent the core values of P.R.I.D.E. are nominated by their teachers to be part of the Pride and Joy Club. Students participate both in and out of school, taking part in activities to better their community. Their goal is to raise awareness about important issues, and to create an inclusive environment for all students. Whether it's sorting gifts or making care packages, the Pride and Joy club is always working on a project.

During the holiday season, the group volunteered at Helping Hand Rescue Mission in Huntington. They helped children in need get their presents for the holidays. The members made their way through over 2000 gifts, sorting them into piles and counting them all to make sure that everyone would have enough. At the end of the day, they were rewarded with a box of munchkins and donuts which of course they couldn't refuse, racing to dig in without wasting a moment to wash their hands, much to Mrs. Aziz's dismay.

The Smile'o'Gram brought joy to LISG in a different way. The Smile'o'gram was a care package that was sent out to students to make them smile. Students were given menus to choose from for what they wanted to give another student. Students placed the envelope in the mailbox outside Mrs. Aziz's room and the Pride and Joy club packed it and delivered it personally. This was all done anonymously. The goal of this project was to make every person smile on Valentine's Day and make sure NO ONE feels alone on this day.

Speaking of alone, LISG participated in the No One Eats Alone project. No One

Eats Alone is a national program that has reached over 1,000,000 students in 2,500 schools nationwide. Pride and Joy students supervised lunch periods and made sure everyone had someone to eat and talk with, hence the name “No One Eats Alone”. I’m sure you’ve all seen someone eating by themselves during lunch and felt bad but didn’t know what to do. Well, this program solves it. Our goal for this year is to make LISG a more inclusive, safe, and happy environment for students here.

Spelling Bee

By Mehreen Hunjan

This year’s spelling bee was intense. All the contestants were amazing and the bee went into extended time as a result. Some of the younger 5th graders also made it very far, impressing their older competitors. This year’s champion was Connor Galian in 8th grade and the runner-up was Mehreen Hunjan in 7th grade. Connor was very surprised that he ended up winning, for he had only placed second in the preliminary round in his English class. We still congratulate him nonetheless. Mehreen, however, had been participating in the bee since she was in 5th grade. She’s glad that she placed the way she did, even though it would have been better to win.

Since the spelling bee is supervised by Scripps, a national bee host, the champion and runner-up qualified for the next round of the bee, the regional vocabulary test. The vocabulary component consists of a quiz about, you guessed it, vocabulary. This isn’t your typical

vocabulary test though, the qualifiers will be tested on parts of words and how they form the definition of the word. This only works on words derived from Greek and Latin though.

For example, the word eupeptic means having good digestion. Eu- means good or well and peptic means digestion. Another example is the word telephone. Tele- means far or from far away and phone means talk.

We are very excited for our students to go on and hopefully, fingers crossed - make it to the state and national bee!

Butterfly Garden

By Sonya Farruqui, Ariana Lye, and Rielie Reyes

This year, the eighth graders took part in a sustainability project by creating butterfly houses with Mrs. Cimino. Eighth graders built houses to shelter butterflies from bad weather, protect them from predators, and to feed them.

Monarch butterflies make annual migrations across North America, all the way from southern Canada to Mexico. Recently, Monarch butterflies are having a harder time getting to their destination. This is due to human activities that cause impacts such as habitat loss and global warming. The most harmful substances that cause these effects are pesticides.

Pesticides kill off milkweed, a plant that is essential to the life of the butterflies. Milkweed will be another new addition to the butterfly garden. Monarch butterflies lay their eggs on milkweed plants. Due to human activities, they have fewer places to

lay their eggs and thrive as a species leading them to be classified as endangered.

Building these homes ensure that butterflies will be safe and will hopefully aid in increasing the Monarch butterfly population. The building process of these homes started with a long 10 foot, rough piece of lumber. The eighth grade spent two long classes sanding down the lumber in order to make it smoother and easier to handle. After sanding, the wood pieces were sawed according to the measurements and sanded down. After everything was smooth, they drilled six holes which would later be turned into narrow slits by Ms Cimino. The narrow slits allow butterflies to enter the house without being followed by pesky predators. Finally, all the pieces of wood are glued and nailed together. This created three walls and a floor. The fourth wall was left as an opening to make feeding butterflies easier. Make sure to visit LISG's butterfly garden this spring!

Souper-Bowl

By Sonya Farruqui

In partnership with the non-profit organization called "Can You Help Too" (CYHT), Mrs. Cimino organizes the "Souper" Bowl at LISG every year. This year, students helped with collecting canned goods, toiletries, and more during the "Souper" bowl. Students placed their canned goods on the sides of the table in the main lobby to show which team they thought would win the Super Bowl. CYHT collects these goods to help communities in need and LISG is proud to support those efforts.

Podcast

By Sonya Farruqui

Many people aren't fully aware of what gifted education is or how it differs from normal education. Many don't really understand what being a gifted student is like. This is why Mrs. Aziz, the current Living Environment course teacher, decided to create a podcast called "The Gifted PLaCe".

Mrs. Aziz made this podcast as a part of her doctoral study. In the podcast, Mrs. Aziz has a special guest in each episode that shares their thoughts on gifted education and students. For example, she has an episode with Dr. Nicole Tetreault, the author of Inside a Bright Mind: A Neuroscientist's Personal Stories of Unique Thinking. They talk about the effects of brain wiring and neuroplasticity on neurodiverse minds. Another episode features Dr. Lin Lim, who is a board member of a Texas-based non-profit called Gifted Education Family Network (GEFN). She explains the strengths and struggles of raising a gifted child and what the experience was like.

The conversations hope to provide listeners with a better perspective on gifted students. Mrs. Aziz has eight episodes published so far including topics such as emotional intensity, neurodiversity, and much more. She hopes it will help dispel myths around gifted students and shape gifted education around their needs.

To learn more about gifted education and gifted students, join us on April 29th for the Gifted Symposium hosted by LISG.

LONG ISLAND SCHOOL FOR THE GIFTED
cordially invites you to attend Long Island's

Gifted Education SYMPOSIUM

Saturday, April 29, 2023
10:00 ~ 2:00

OPEN TO PARENT EDUCATORS, STUDENTS AND PRE-SERVICE TEACHERS!

This one-day symposium will connect the gifted community. We look forward to rich discussions on a topic that is misunderstood and underfunded. There will be a keynote speaker, breakout rooms and student-led activities.

Guest Speakers:

*Neurodiversity Keynote: Dr. Matt Zakreski of Neurodiversity Collective
Using the Metacognitive Cycle to Improve Executive Functioning: Emily Kircher Morris
Social-Emotional Learning in Gifted Students: Alison Teicher Fahrbach
Gamify! Activate the brain with puzzles & games: Susan DeLuca, Gifted Education Administrator
Gifted Education: Dr. Mary McDonald Hofstra, Professor in Special Education
Twice Exceptional: Melissa Sornik, Co-Founder/President of Twice Exceptional Children's Advocacy, Inc.*

There will be light refreshments, raffles, and much more!
To register, please visit www.lisg.org and click on **Symposium**.
EARLY BIRD Registration Fee is \$10, if you enroll by March 31st!
After March 31st, registration is \$20, otherwise it is \$25 at the door.
Advance registration is recommended.

Sustainability Presentation

By Sonya Farruqui

Walk in through the doors to LISG and the first thing you notice is the beautiful mini arboretum.

The foyer is filled with a wide variety of plants including aloevera, a bonsai tree, a spider plant, and many more. The Green Team, led by Dr. Geyer, finds new species to plant as well as take care of all the plants. Students and faculty have contributed to the mini arboretum by donating new plants and lending a helping hand. The Green Team and Dr. Geyer decided to add these plants in the school to help the lower school students learn more about plants and the environment while the upper school students become more aware of their surroundings and sustainability.

Additionally, a few months ago, there was a new and fun addition to LISG...a fish tank! With the help of the Green Team (consisting of Sonya Farruqui and Jason Wang), Ms. Ambrosio, Jaron Schachner, and others, LISG now has a

goldfish called Gilbert. Students and teachers have fun watching Gilbert during passing periods while he swims around. Many students stop by the tank for entertainment to watch Jaron feed Gilbert each day. Gilbert has brought much joy to LISG and now students can be more educated on fish and how to take care of one!

Green Team

By Sonya Farruqui

This winter, LISG had two visitors, Kayli Goldman, a parent of a former LISG student, and Bob DiBenedetto, the co-founder of a program called "Healthy Planet". They took a tour of our school to learn more about the efforts LISG is making to improve our environment.

Mrs. Aziz, Sonya Farruqui, Christian Taylor, Jason Wang, JohnMichael Kavrakis, and Alexa Olvet were given the chance to speak in front of Ms. Goldman and Mr. DiBenedetto, where they explained LISG's sustainability efforts and what we are doing for our surroundings. LISG has an outdoor garden and hydroponic garden. LISG is dedicated to teaching about the environment, through the science curriculum as well as participating in "The Water Project" which is aimed to help create clean water systems in Sub Saharan Africa.

At LISG, Mrs. Garay uses hydroponics to grow basil. Students have a pesto party with pesto that is made from the basil. LISG has improved over the years, adding more plants to its physical space and teaching more topics related to environmental sciences.

LISG has plants in the main lobby as a way to educate lower school and make others more aware of the environment and sustainability. LISG encourages recycling and reusing along with caring about the greenery that surrounds us. LISG is an advocate for sustainability. Every year, LISG celebrates Earth Day. Students have the chance to create a project and talk about their favorite environmental topic on that day. LISG also, once a year, votes on an endangered animal species to help them thrive and continue surviving. Student advocates from LISG Green Team, run by Dr. Geyer, explored marine biology by adding a fish tank to the school to help educate younger students on animals and how to take care of them. LISG encourages recycling and reusing, along with caring about the greenery that surrounds us. Do your part!



Mets News

By Ben Salem

Hello Mets Nation! I, along with most of you, have been wondering what path to take now after Carlos Correa signed with the Twins. It was a sad day, that fateful January 10th. But don't panic! The Mets, as of Feb. 9th, are in the top 5 in World Series odds. Also don't forget, the Mets inked Verlander before Christmas last year. So

what, we lost deGrom? Verlander's just as good, if not better.

The Mets have two 3-time Cy Young winners in Max and Verlander. Also, the Mets have McCann done with. They gave him away to the Orioles and signed Omar Narváez to replace him. Also doesn't 2023 just have a different feeling than the past couple years? The Mets are just *stacked*. I can smell the Series right under our noses! Correa wasn't originally on the Mets. So there's no reason to be disappointed, because we didn't *lose* anything! So anyways, what's the Mets' next path? Here's a list of the top three players the Mets could still go after.

1. Jurickson Profar

Jurickson Profar played left field for the San Diego Padres last season. Posting a career-high 3.1 bWAR last season with a .723 OPS (111 OPS+), Profar is one of the best free agents on the market.

2. José Iglesias

José Iglesias played shortstop for the Colorado Rockies last year. Producing a .708 OPS (90 OPS+), he would be a much-needed boost for the Mets' lineup. He had a great 2020 season for the Orioles, with a .956 OPS. But, the real gem in Iglesias is his smooth fielding at short.

3. Trey Mancini

Trey Mancini played designated hitter for the Houston Astros last year, putting up a .735 OPS. With an insane 39 home runs in 1,203 plate appearances after returning from

a cancer battle in 2021, Mancini could add some crack to the Mets' lineup.

Cup Stacking

By Ben Salem

Have you ever thought that stacking cups on top of one another would be any fun? Well, think again, and look to LISG's Cup Stacking Club! Every Tuesday and Thursday, members of the club meet up in the Front Cafeteria (the Auditorium if something is going on in the café), take out some cups, and stack away! <shameless plug: the entire Middle School is invited!>

To start, they pull out a mat, timer, and set of 12 special "Speed Stack" cups. (They have a hole in the bottom, so don't drink out of them!) Then they arrange them into a pattern with 3 on the left, 6 in the middle, and 3 on the right. After that, they separate the stacks and make them into a triangle. Then, they put them back into stacks.

After that, they group the sets of 3 into one set of 6. They stack both sets of 6 into a triangle, then stack them back together.

Next, they take the top cup off the 2 stacks, and flip one of them over. They stack the remaining cups into a triangle of 10. Finally, they use the two side-cups to make the triangle back into 3-6-3!

The current record in the club is held by Dom Diviaio, with a time of 12.275 seconds. Second is Avi Sawhney, with 13.073 seconds. The author of this article, Ben Salem, has 20.096 seconds. He's pretty slow, the second slowest in the club, only to

the newcomer Chase Tam! But he still enjoys it.

Choose Your Own Adventure

By Sophie Donovan

Choose your own adventure

By Sophie Donovan

#1

You and your friend have just gotten out of 8th period when you notice an eerie glowing coming from the basement.

"Let's go check that out!" You whisper excitedly.

"No way, we're gonna get in huge trouble! Plus, remember the weird dog the 6th graders found when they were in 4th period? I'm NOT taking any chances." Your friend replies in defense.

Do you...

Go investigate it (go to #2)

Go to 9th period (go to #3)

#2

As you sprint down the stairs with your friend at your trail, you trip on a sheet of geometry homework.

Ugh, I hate geometry... you think as you plummet to the bottom of the stairs. Your friend is still following, now trying to get to the bottom to catch you from your fall. Like that's gonna happen! Your friend trips on the same sheet of geometry homework and you both land with a thud at the bottom. When you look up, you see that there's a big button and a lever on the wall to your left.

"DON'T. YOU. DARE." Your friend glares as you walk over, "Can't we just go back to class? There's only half an hour left anyway!"

Do you...

Pull the lever (go to #5)
Push the button (go to #4)
Go back to class (go to #3)
#3

“You’re so boring!” You whine as you walk back to class. You have Spanish all the way across the building, in the 200 wing. By the time you get there, class is nearly over. Most of your friends are doing a worksheet, but some have finished the worksheet and immediately look up as you walk into class.

“Trying to skip class, huh? Next time, just study instead,” your teacher mumbles loud enough for the class to hear. You realize that’s no worksheet, it’s a test! You let out a nervous giggle as you start to walk to your desk, but your teacher isn’t finished. “Both of you, office. Now!”

Haha! You got the bad ending!

#4

As soon as you push the button you fall into a trap door that opens beneath you. As the floor opens up under you, you realize you are falling into a big pile of mud! You land and realize you are outside on the tennis court, in the big pile of mud that’s there.

“Ewww, gross!” your friend shrieks, covered in brown goop.

Do you...

Accept this bad ending (Haha you got the bad ending!)

Try going back to class (go to #3)

#5

When you pull the lever, you hear a shattering sound, and see that the whole staircase has crumbled into a pile of rubble! Underneath it, you see a big, mirror-like shape, and when you look at it you can see

every class! As you swipe through the classes, you realize your power.

“Okay, yay! Mirror-spy-thingy, whatever! We NEED to get to class!” your friend says, annoyed.

Do you...

Accept this good ending (yay you made “good” choices!)

Go back to class (go to #3)

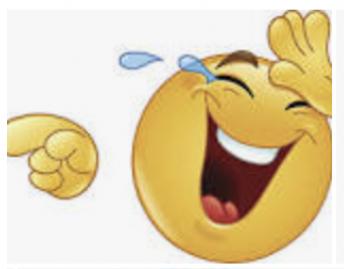
Jokes

By Anil Trinidad

Sometimes school can be stressful, so here are some jokes to calm you down - Anil

1. I ate a clock yesterday, it was very time-consuming.
2. Have you played the updated kids' game? I Spy With My Little Eye . . . Phone.
3. A perfectionist walked into a bar...apparently, the bar wasn't set high enough.
4. Q. How much money does a pirate pay for corn? A. A buccaneer.
5. Don't interrupt someone working intently on a puzzle. Chances are, you'll hear some crosswords.
6. I'm a big fan of whiteboards. I find them quite re-markable.
7. Q. Why is Cinderella so bad at soccer? A. Because she always runs away from the ball!
8. Q. Why is Peter Pan flying all the time? A. He Neverlands!
9. You know there's no official training for trash collectors? They just pick things up as they go along.

10. They all laughed when I said I wanted to be a comedian. Well, they're not laughing now! Wait...
11. I used to be addicted to soap. But I'm clean now.
12. What's Forrest Gump's email password? 1Forrest1.
13. If April showers bring May flowers, what do May flowers bring? Pilgrims.
14. I have a joke about time travel, but I'm not gonna share it. You guys didn't like it.
15. Got a PS5 for my little brother. Best trade I've ever done!



Crossword Puzzle (puzzle on last page)

By Ben Salem

Across

1. A celebrated Scottish poet that an entire style of meal is named after.
6. Our school
9. The baseball team of New York
10. A club where Upper Schoolers represent LISG in our community by upholding our school's values.
11. The 5th grade's in for it when they go to this DNA lab, which is a fun trip every year!
12. A linguistics competition that tests how far you can bend your brain!
13. Positivity, Respect, Inclusion, Dedication, Empathy.

14. A holiday coming up: Get all lovey-dovey on Feb. 14th!
15. A place in the library to let your creativity flow!

Down

2. We all hope the Eagles don't make it to the _____!
3. This week at LISG, we're all in this together!
4. The name of the LISG newspaper
5. A sport where you move cups up and down on top of each other
7. A holiday celebrated with an assembly at LISG. (Hint: This time it's the Rabbit!)
8. A cute puppy, coming to your homeroom!

The Final Word

By Anil Trinidad

I hope you liked reading this edition of the Green Growl. Next year will commemorate our 10th edition! If you have any questions or comments please feel free to give us positive feedback. If you have any further questions contact Mrs. Aziz at Saziz@lisg.org. Next year, if you are in grades 6-8, I recommend joining the Newspaper club. Remember that we don't have school on Friday because of Parent Teacher conferences, so when the bus doesn't come, that's why.

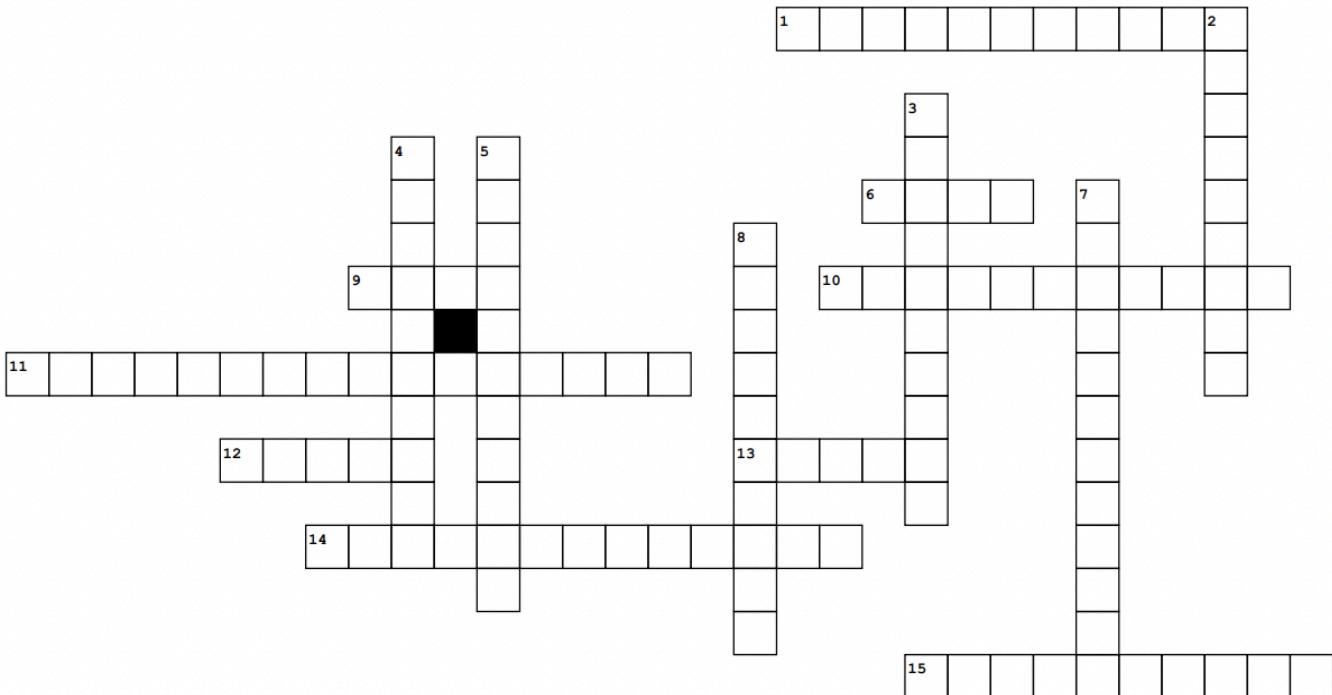
Congratulations to Ariana Lye, Rielle Reyes, Divya Jayam, Martin Popov, JM Kavrakis, Connor Galian, and Jaron Schachner and Mrs. Garay on placing first and second in the You Be The Chemist Challenge!



Authors: Mehreen Hunjan, Ariana Lye, Rielle Reyes, Sonya Farruqui, Anil Trinidad, Ben Salem, and Sophie Donovan.

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