

# The Mental Hab

## Food for Thought

### Content

PAGE 2 - LITTLE SHOP OF HORRORS

PAGE 3 - WORD SEARCH

PAGE 4-5 - A CONTRIBUTION BY THE ART DEPARTMENT

PAGE 6 - HOLLY JOLLY MOVIES

PAGE 6 - ABUSE TO NATIVE AMERICANS - TAKING WITHOUT GIVING

PAGE 7 - SUDOKU

PAGE 8 - A WORD FROM OUR SPONSOR

## A Step Forward?

Today, everyone and their mother has access to the previously "private and sacred" Internet. However, what are we using it for? Social Media, Google, Email, Shopping, Formatting Newspapers - all things that people do online. We've turned into an Internet savvy country and it says a lot about how far we've come. Despite everything the Internet was made for, there are also some vile ways in which some users utilize it. Cyber-Bullying, "Cat-fishing", Pornography, just to name a few.

There are actually new psychological conditions that can be attributed to the Internet. It's amazing that one of the greatest inventions that we've ever developed comes with so many man-made issues. It's sad because there are so many problems that the Internet was made to solve. But let's just put those problems on hold 'cause someone just tweeted something.

Unfortunately, today we don't care as much as we used to about the real issues at hand that the Internet could help us solve. Instead, we just email and shop and ultimately entertain ourselves. We must be pretty bored as this has been the trend for some 2 decades. It's disappointing, embarrassing, and begs the question "How many steps forward have we really made?"

By: Jordan Garry



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### 125<sup>th</sup> ANNIVERSARY CELEBRATION

A WEEKEND OF FESTIVITIES

SATURDAY, JANUARY 7, 2017 (6PM AT LAWRENCE HIGH SCHOOL)

#### ANNIVERSARY DINNER & DANCE

WITH SHOWING OF DOCUMENTARY FILM

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\$15.00/person \$25/couple

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Gold Endowed Chair	\$200.00 or more	Preferred seating ½ page program acknowledgment Anniversary Dinner Party (for six guests)

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## Little Shop of Horrors Triumphs!



November 17th through the 19th, the Lawrence High School Drama Department put on the musical "Little Shop of Horrors" Directed by fellow chorus director Mr. Thomas Riley, and Produced by Ms. Karen Staller. Inspiration to put on such a fantastic play was deemed directly from the original film "Little Shop of Horrors" itself. The musical put on by the drama department here at Lawrence was about Seymour played by Jason Eras, an assistant of Mr. Mushniks, played by the phenomenal Antonio Perrella. Seymour creates an unusual plant named "Audrey II" played by the wonderful Danny Reyes which grows to be abnormally large and brings mischief and fame to the flower shop on skid row.



The inspiration for the name "Audrey II" came directly from Audrey's character played by the beautiful Noemi Viola. The exciting musical production was filled with turns and twists that kept the crowd watching; "Little Shop Of Horrors" was another successful production put on by the Lawrence drama department.

# Christmas Word Search

G T D I R C X W I N T E R Y F B H P E R L N V X C  
 G W E U T V F P Z Z O D B N F N T Y A H D L H P R  
 S I C S S S G D I B W P B L V N F N L C S O D B W  
 L J M R P S Z G M R E O K H Q Q M S X U P A O Y I  
 B F C E V O T F V N L T G T B B F J M M F T S M R  
 Y A J P Y M Q D C R L S N V V J F F I V E W Y C V  
 W X R N C Z A G U F Y X L W E V T P S D F B C A W  
 H F F M C G T M T S T N E S E R P G X Y J H E V X  
 G Z F F H F Z I L B E M T D J N T H G Z W U U S D  
 V G K Y T L W Q X Z S S L L E B T O L G Z K A Z C  
 I N C O A Y O L L A I Y V E O T E L T S I M Q I G  
 R I T P G S L D E C O R A T I O N S I L T K T G Q  
 Q K R N G N Z I K S G T J I L G K Y C S N N M M E  
 B C S N I O I J M D N N Y G Q C T Z I T B F E X P  
 R O L N V W Q G Q A K I A N G H P R G J V O K P A  
 R T O N I F F R E E F J T M G N H O E I M C H C A  
 L S R H N L N Q Z R M O L U W C I Z W E B C H R S  
 Q N N R G A Z G X B X T A G S O W V L E D O B S P  
 E S A C E K X G Z R R N U Y B E N V I E T N S Y G  
 Q O M A B E W B X E L D K G S D E S N E H C I R D  
 H V E V J S A Z E G A I O V Y S X E J Y C Z U E Z  
 E K N M Q F K Z N N D G B G O S X N F E P E U M R  
 C X T A S R L Z V I K P Q K Y T W R E L L S R C Y  
 R P S M U V O V Y G J O Y J J Q D D J Z V B W L G  
 S R Z S X A H F W M E X N S V M E J V J N I C E Q

CHRISTMAS  
 WINTER  
 STOCKING

DECORATIONS  
 MISTLETOE  
 ELVES

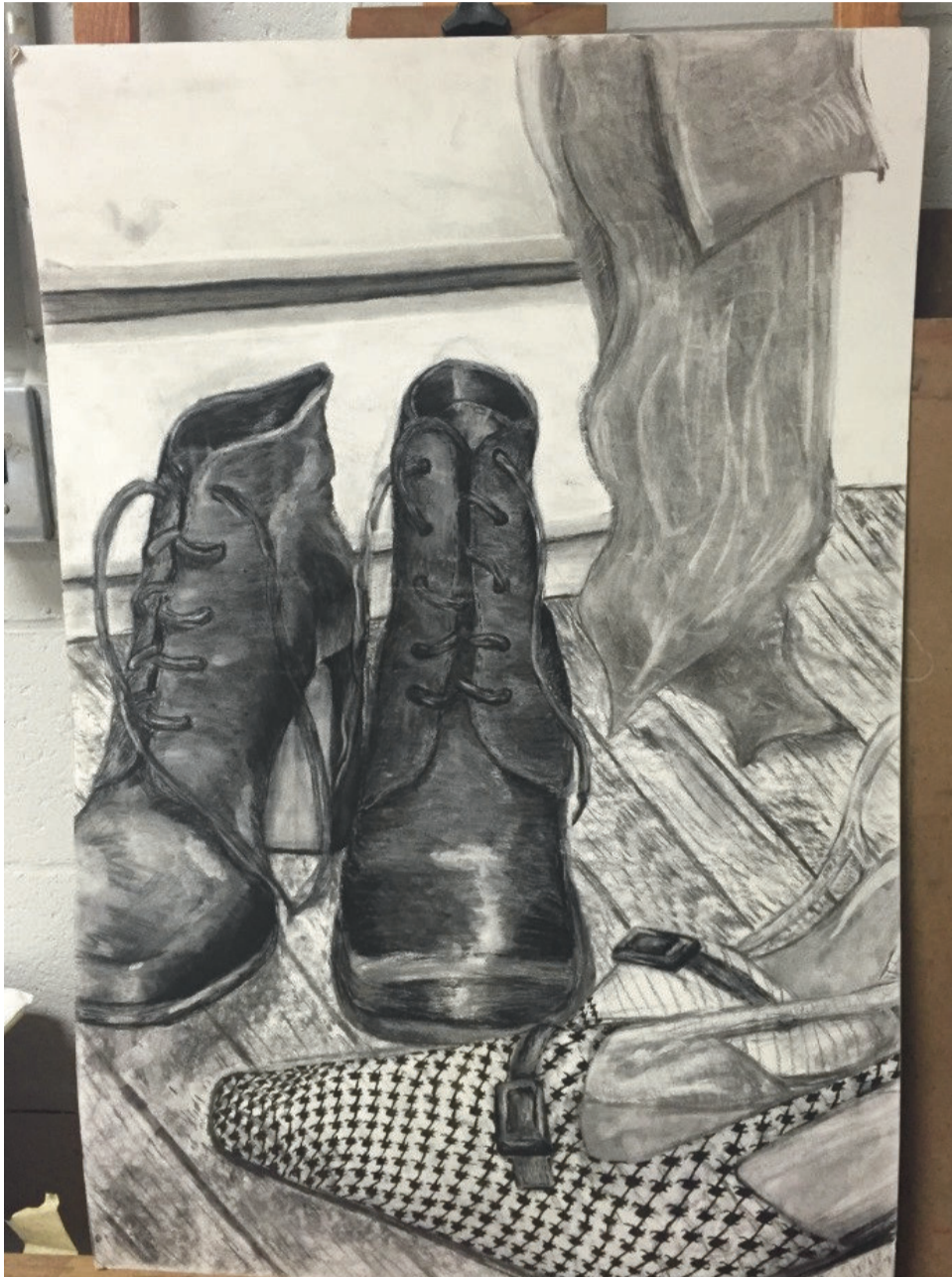
BELLS  
 REINDEER  
 PRESENTS

SNOWMAN  
 NAUGHTY  
 GIVING

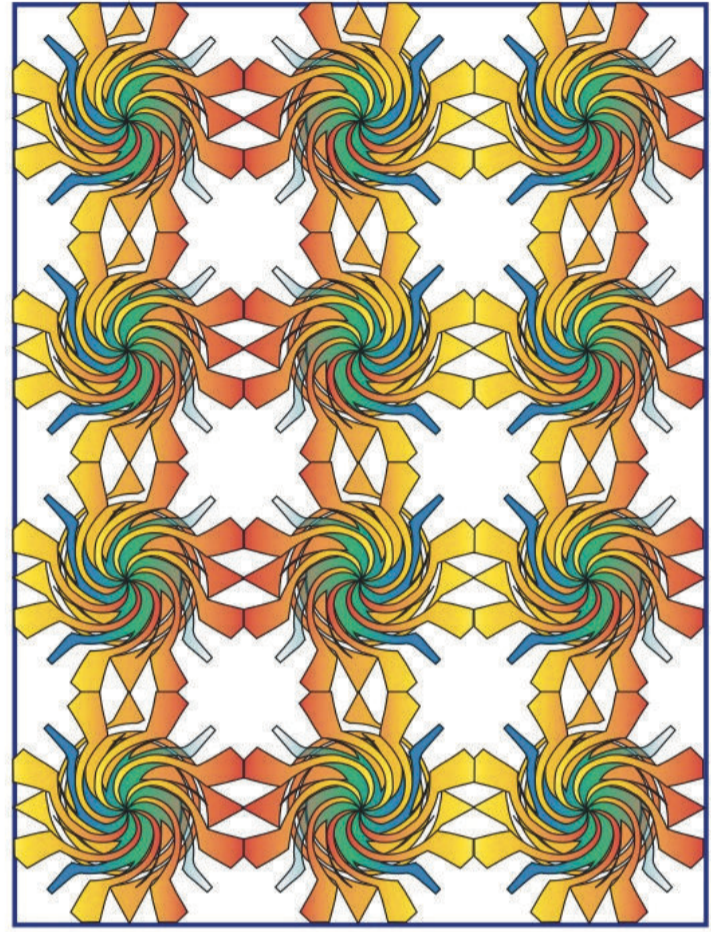
SNOWFLAKE  
 NICE  
 RECEIVING

# Mesmerizing Drawings by The LHS Art Department

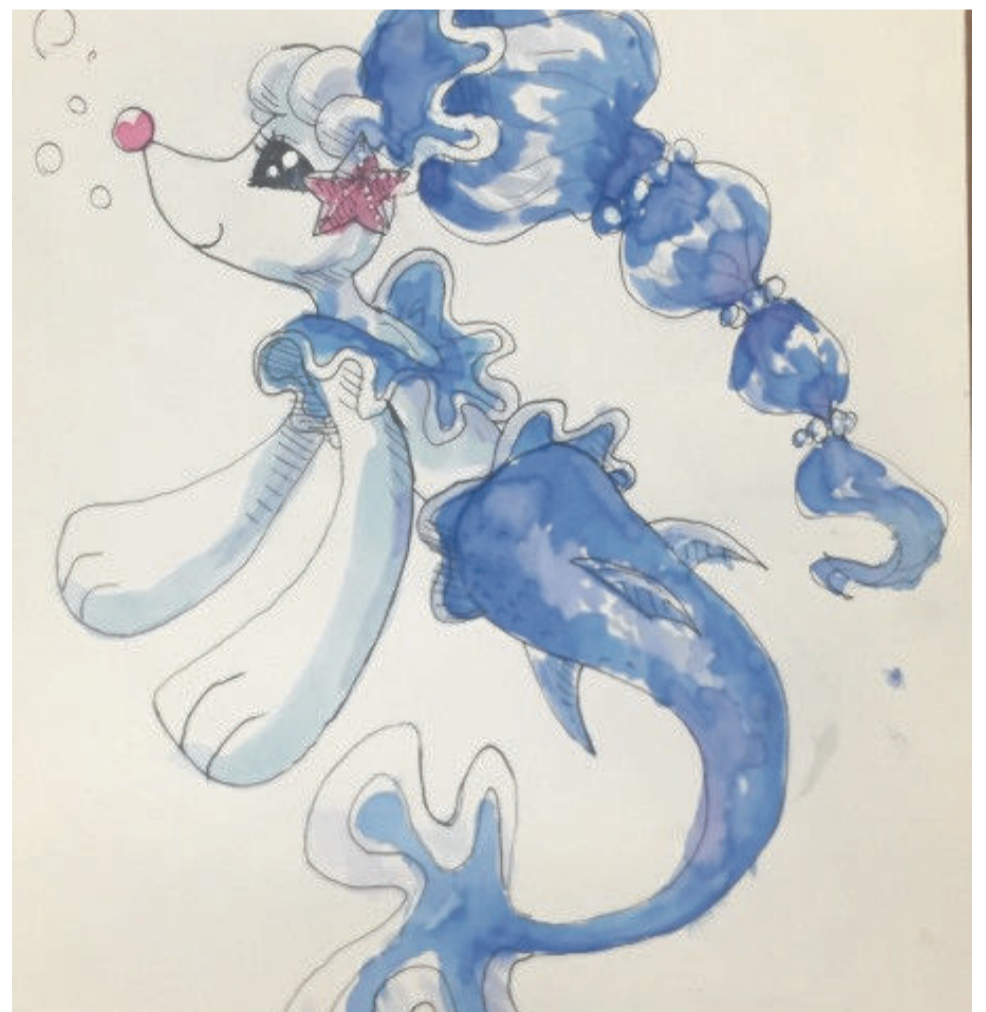
Obtained by Erika Kirchner



Top Left: Mavet Arellano, Bottom Left: Vishal Boodoo



Jeremy Tanami



Limor Digma



Jazon Canales



Diana Valle

Alexa Pitt



# Holly Jolly Movies

BY: DANIELLE SHACKLEFORD

The holidays have arrived! It's finally the time to grab your hot cocoa, snuggle up to the warmth that surrounds you and watch your favorite holiday movie. We all love holiday movies; they bring back joyful memories and provide entertainment during these cold days. Out of all the holiday movies the year 2016 has brought; we can't forget the childhood and classical movies. Don't panic, I got you with the hook up movies.

One of my top favorite movies to sit down and watch is *The Polar Express*. Though this movie is animated, I recommend any and everyone of every age to watch. *The Polar Express* is about a young boy with a doubting belief in Santa, taking on an "extraordinary" train ride to the North Pole. This movie brings out the joy in everyone, especially kids. With every scene, there is something to be fascinated by. In addition, who doesn't love to watch the hot chocolate scene every winter holiday year? Oh wait, you have to watch the movie to understand. That just giving you yet, another reason as to why *The Polar Express* should be added to your "must watch" list for the holidays.

My second top holiday movie that I would suggest any family or yourself to watch is, *Home Alone 2: Lost in New York*. This is a enjoyable movie you can watch on your own or with a family. It's about Kevin McCallister (main character) losing track of his father at an airport and, mistakenly getting on a plane ride going to New York. Upon going to New York, he soon discovers that the "Sticky Bandits" are free. While Kevin figures out how to stop the Sticky Bandits from robbing a toy store, he also begins his antics in the big apple. *Home Alone 2: Lost in New York*, is one of the most funniest, attention grabber movie any family would enjoy to watch for the holidays. If you're looking for a fun, festive, family movie, this is the one. Then again, who doesn't love a holiday wild goose chase?

Moreover, to the holiday movies previously noted, there is one final favorite holiday movie of the bunch. A Christmas Carol, which is one of the most life learning experiences to see. The movie is about an old, miserable soul man named Ebenezer Scrooge, who lived a financially successful life but, bitter one. Scrooge despises nothing more than Christmas,

where all the love and good feelings roam about. When a few ghost "guest" visit Scrooge and takes him on a journey to the past, present and future Christmases, he soon gets a wake up call to open up his heart to the Christmas spirit and being around our loved ones. This is a great movie to watch for the holidays. Not only does it provide entertainment for the viewers, it also teaches a valuable lesson on life. Win, win for all!

In other words, if you're at home debating what to do for the holidays or even choosing a movie for movie night during the holidays, you don't have to look any further. I got you. Write these three movies down for the holidays to watch and I promise you'll be ready to embrace the holly, jolly holiday season.



## 5 Must Have Apps

BY: STACY PORTILLO

### Instagram

What is it? Instagram is a social media app. Instagram allows you to post pictures and videos, which allow people to like or comment on the picture or video. Instagram also allows you to message people.

Why it's a must have: Instagram helps you keep up what's going on in your friends and family's lives. It also entertains you by showing pictures and videos that are funny or that are relatable.

### Google Docs

What is it? Google docs is an app associated with a gmail account. A google email allows you to create a document very similar to a word doc, but it's free. This is extremely useful for assignments.

Why it's a must have: You can finish or edit a projects or assignments anywhere you have internet service. This is great for example if you have to finish that project that's due at the end of the day but can't get to the computer.

### Snapchat

What is it? Snapchat is an app that allows you to send pictures or video messages that become unavailable in 1-10 seconds depending on your settings. This app also allows you to send messages and post stories, which are videos or pictures that last 24 hours.

Why this app is a must have: It's fun to send messages to your friends, pictures and videos make the conversation more interesting. You can send them food pics to make them jealous or ugly faces when you don't feel like talking but want to communicate. However, be careful around those who will screen shot.

### Spotify

What is it? Spotify is an app that allows you to stream music free with internet service. With a free account you can stream playlists or songs from the database but you will have a limited number of skips and you can only shuffle not pick individual songs, with a premium account you are not limited.

Why it's a must have: The curated playlists are great, but it's also easy to make your own. Especially in high school this is great for when you are having friends over, are working out, or just need something to pump up the team.

### GroupMe



What is it? GroupMe is an app that allows people with any smartphone to create a group chat and speak provided they have internet service. In the groupchat you can send pictures and videos, You can also send messages to people individually.

Why it's a must have? In high school you will be part of a couple of things like clubs, sports teams or a friend group. It would be easy to just create a group chat on iMessage, but it has limits. For example in a group you can only have a maximum of 10 people, also good luck if someone in the group has an android. GroupMe makes things easier.

# Taking without Giving

BY: LIANNE BYRD

*Imagine... You have \$100 all to your own, and someone came out of the blue and raided your pockets and stole \$97. Then, after a couple of days, they realize what they did was wrong and knew that they had to reimburse you to get rid of their guilty conscience. These people are greedy though, so instead they only give you back \$25 and expect you to be happy with that. Okay here's where it really gets ridiculous... These people come back after a year, and try to take \$20. As if they haven't taken enough!*

It sounds ridiculous but that made-up analogy can closely be related to the problem of the Native Americans. In approximately 240 years Americans are responsible for seizing 1.5 billion acres of land from the Native Americans. To reimburse the Native Americans, they were put on reservations. Reservations are pieces of land managed by a Native American tribe rather than state governments of the United States. Ironically, The United States feels as though they **still** can do what they want.

Recently there were intense protests to prohibit the North Dakota Access Pipeline. The North Dakota Access pipeline in a \$3.7 billion project that will transport hundreds of thousands of barrels of oil a day across four states. More importantly, it will pass through North Dakota where there is an estimated 7.4 billion barrels of undiscovered oil. This undiscovered oil is estimated to be worth \$156 million in sales. Unfortunately, the pipeline would potentially cut into the sacred land of The Standing Rock Sioux tribe. The Sioux tribe claims that the project will interfere with their economic well-being and will "destroy our burial sites, prayer sites and culturally significant artifacts."

Earlier on September 3 there were construction workers who bulldozed over the sacred land while protesters were attacked by security dogs who bit six protesters and even a horse. The protests were carried on until late November as the weather worsened and temperatures dropped to below freezing. Despite the horrid weather police used water cannons on the peaceful protesters.

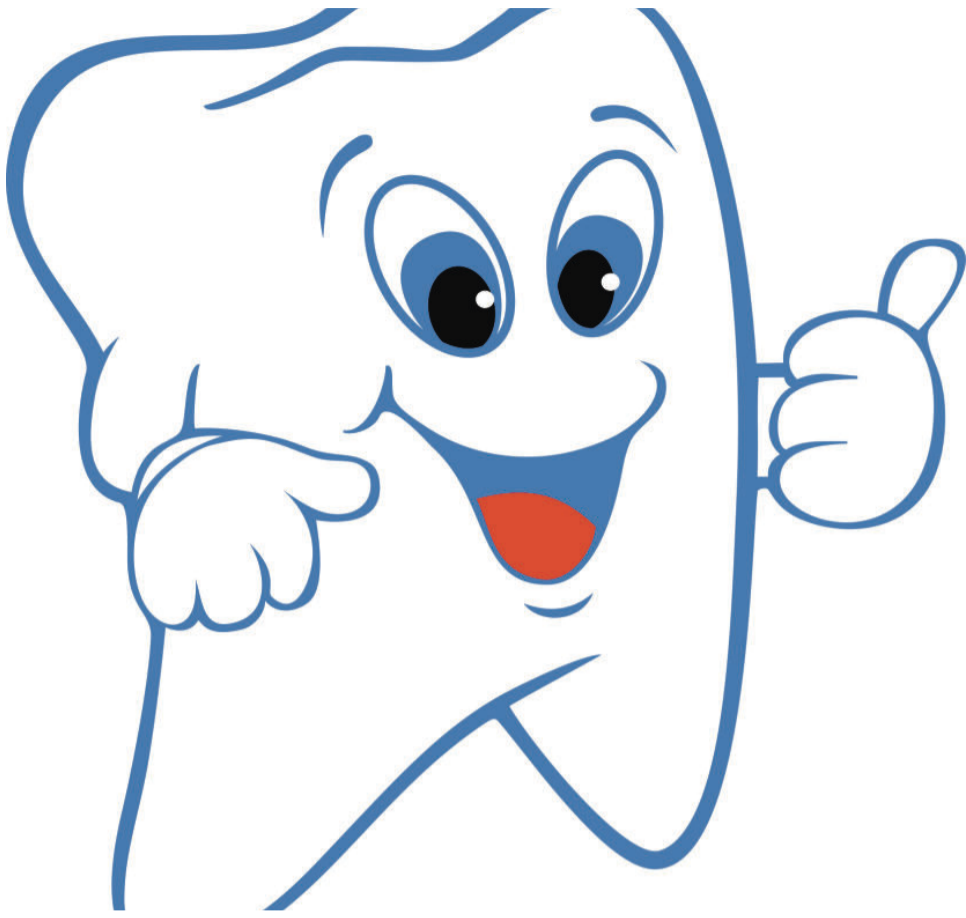
It amazes me how the government could even feel that is okay to bulldoze over sacred land after everything the Native

Americans have been through by Americans. One would think that in 2016, a very reflective time, the government would respect allcultures **ESPECIALLY** the culture of the people Americans are responsible for stealing from. The government obtains a majority of Native land and even that wasn't good enough for them.



**HAPPY  
HOLIDAYS  
FROM LHS!**

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9



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