

# The Mental Hab

## Food for Thought

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FROM OUR SPONSOR

## HCC Visit to the Museum

BY: ALEJANDRO  
ALVARENGA

The Hebrew Culture Club visited the Housing Museum in New York City. The first stop in the museum was the story of how people from Italy, Ireland, France, Russia, Greece and Israel emigrated to the United States in the 1899s and 1929. We then went to an

old building owned by the museum and inside were several apartments and each room was 12 meters long and 13 meters wide; a very uncomfortable space where families of 10 or 6 members slept all together. What I could observe was that in those dormitories there was little light and little ventilation. Each person in the family also had his own roll. For example the mother was the one in charge of feeding the children and cleaning the apartment. The father went to work while the children helped the mother. They often went down to the

first floor to bring water because that's where there were pipes to use drinking water. These people could not speak English and if they wanted to learn English they had to go every month to Brooklyn where classes would cost \$ 10 per month. That was double what they would pay in rent each month! If the mothers wanted to buy food they had to walk 2 blocks to buy fresh food because there was no electricity in the apartments. In all, our visit to the Housing Museum showed us the harsh obstacles that immigrants faced in the big city.



# Students' Views on President Trump's Administration

## COLLECTED BY: EMMA BALSAM

It's clear that since the election of Donald Trump, there have been very different views on his presidency. Here are just a few of the opinions on the new president by you, the students.

"I don't understand why Trump thinks that tweeting is a valid way of spreading propaganda. He believes any news that he sees coming from a conservative/right-wing news network and immediately starts blaming liberals and activists. Trump has a right to be against the protesters, but he does not have the right to try and quell them or their beliefs. He is the president; he should be the one protecting the people's rights, not shutting them down. Also, if he is going to tweet as often as he does, he should at least post positive messages." - Bhawan Sandhu, freshman

"I have no problem with Trump's progress and the actions he and his admin-

istration have taken thus far. He is clearly ambitious and I really believe that everything he is doing, and plans to do, is in the best interest of the United States and its citizens. I am excited to see what the next few years will bring. I trust that Trump will guide us to prosperity and success as individuals and as a country." - Erika Kirchner, senior

"As a Hispanic immigrant, I feel offended because everyone in my family worked hard to come here for a better life. Now here you have Trump's Secretary of Housing and Urban Development, a black man, stating that slaves imported from Africa into America were immigrants. My family worked as hard as everyone else to be a part of this country and it upsets me when Trump attacks Hispanic immigrants as a whole. I definitely feel that as President of the United States, Trump should be more open-minded and respectful to all Americans." - Sabrina Videri

"I believe Trump is off to a great start. He is following through on a lot of campaign promises. It's amazing to watch a politician actually follow through on their word. Whether it's nominating a true textualist to the Supreme Court or a moratorium on immigration from certain countries, Trump is doing his best to help this nation prosper and to keep it safe. He is upsetting both the republican and democratic elites and is having both sides run for cover. Watching the mainstream media attack him left and right only for him to gain more popularity is extraordinary to witness. I truly believe

President Trump loves this great nation and his abundance of patriotism fills a void we had for eight years. I believe the days of intellectual dishonesty, safe spaces, and trigger warnings are soon to be over. It is wonderful to see conservatism emerge as the new counter culture." - Matt Serebryansky, senior



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## March Word Search

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

DAYLIGHT  
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FLOWERS  
 LUCKY  
 RAINBOW

GREEN  
 MADNESS  
 SHAMROCK

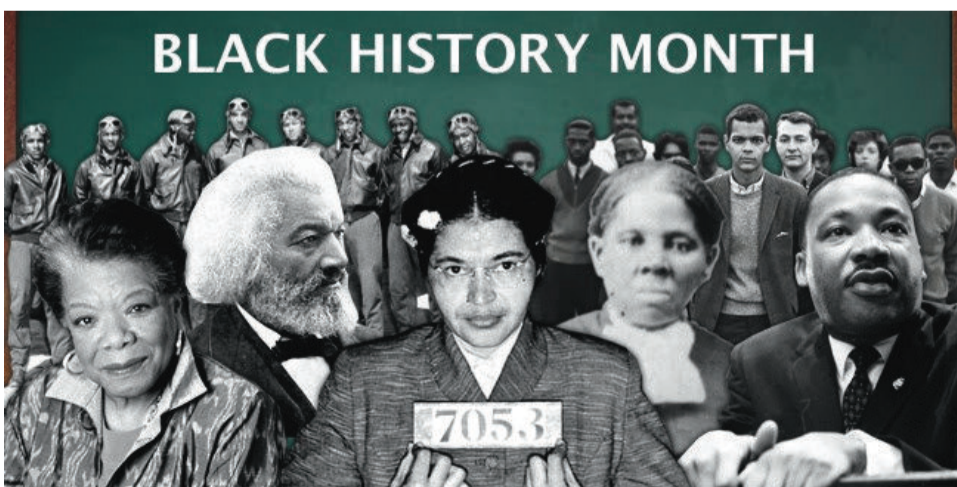
IDES  
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 SPRING

## Black History Month: Where's the Love?

BY: ARIANA BROWN

Black History is a major controversial topic in American history. However, whether or not it's appreciated or acknowledged respectfully is my issue with it. The month of February is the month that the Black community feels appreciated and feels hope and pride within their roots. True, knowledge of the past events of African Americans is gone over in history classes. Despite this, the greatness that the Black community has molded themselves into today simply isn't covered. The advances of the Black community such as the inventions made by African Americans in the past is something that should be gone over dur-

ing the month of February, and should not continue to go unnoticed. The first ever Blood Plasma Banking center was created by Dr. Charles Drew, An African-American man. The Gas Mask was created by Garrett Morgan, and Percy Julian created the synthetic field of Chemistry. Both were of African American descent, created extremely useful devices, but were not recognized? There's my issue. The Black community has a right to learn more about their backgrounds in the classroom, and not just on their own. This has been a problem for years in many schools across the country. It's time for someone to take a stand, and make a change.

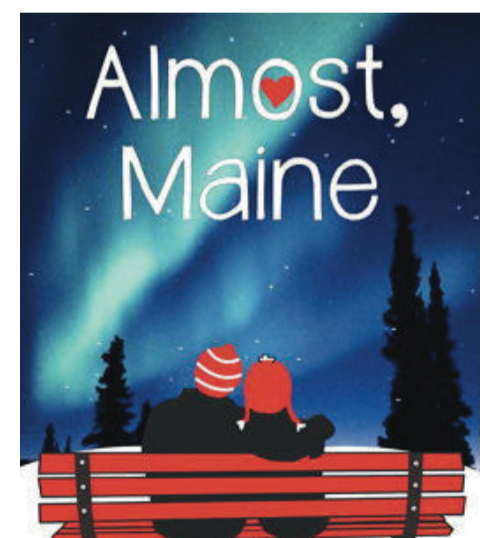


## Almost, Maine: A Lawrence Production

BY: STACY PORTILLO

On February 15th and 16th, Almost, Maine was put on in the Lawrence High School Auditorium. This show was written by John Cariani and directed by Ms. Sales and Mr. Riley. It was performed by Natasha Berlyne, Ashley Crespo, Nadine Grossman, Bhawan Sandhu, Joseph Baracaldo, Andrew Johnson, Jon Rosenfeld and Matthew Walsh. The Buskins show depicted the lives of different individuals in a small rural town that was "almost, Maine." Instead of having the actors on stage and the audience in seats like would be expected, the audience was on stage with the actors. This was interesting because you could see the

scene from different angles. It also made the performance more intimate. The setting was done by Mr. Verona and the Stage Crew was simple and yet clearly conveyed the changing scenes. Almost, Maine was great to watch. The actors were very into their parts and the storyline provided many gasps and laughs. Despite knowing the actors in real life, they were completely different people on stage. Almost, Maine was definitely worth seeing. I encourage you to go see the next Buskins production on April 5th and 6th.



## Goodbye But Not Farewell: A Final Interview With Superintendent Schall

**BY: KRISTINA VUKAJ**

Mr. Gary Schall attended the Manhattan School of Music, and is actually the only superintendent in New York State with a conservatory degree. His hobbies include music, obviously, and yoga. He lead a yoga "class" at 6:30 every morning during the Disney trip. "As you get older, you don't need much sleep," he quipped. When asked about his greatest accomplishments, it was a more tender moment, "My three beautiful children have to be my biggest accomplishment, and certainly my role here as superintendent. I'm so proud of the Lawrence community and I'm glad we pulled through what was probably the most difficult time: the Superstorm Sandy."

### **1. How long have you been apart of the Lawrence Family?**

"I've been part of the Lawrence family for 22 years. I started off as a part time music teacher."

He shared an amazing story about how he was a part of a performing arts program and how he was interested in being involved in a Long Island music program. "While raising three kids, I was deciding between a full time position and a part time position here at Lawrence. When I was asking my wife about which position I should pick, she told me that I should pick the part time and here I am, 22 years later."

### **2. What are some of your favorite moments while being superintendent?**

"I think the Disney trip is definitely a highlight of my time here. I think it embodies a huge part of the education for the students of Lawrence. This is my tenth trip to Disney starting in 1999. On my first day, I saw the marching band which only consisted of 41 kids, and since I was so inspired and knew the potential that those kids had, I created a list. They looked at me like I was crazy, but I

wrote three goals that I had planned for them: to get new uniforms, to march on the Columbus Day parade, and to go to Disney. And that year, we did it. Now there are 115 kids in the band program alone and 250 kids in total going to Disney."

### **3. What do you plan on doing after Lawrence?**

"The only reason that I'm leaving is because it really is a 24/7 job, and I really just need to do something to sustain me for the next ten years that isn't so time consuming. I'm going to back down from my superintendent position, and I plan to go back to my musical roots." When asked what in music he plans on doing, his eyes lit up in excitement, "I plan on leading conservative groups and also working with my son who's a pianist."

### **4. Do you have any advice for the incoming superintendent, Mrs. Peterson?**

"To cherish the moments with the Lawrence family.

That's definitely what I'm planning on doing."

### **5. Do you have any final words for the people of Lawrence?**

"I've said it before and I'll say it again: I love my Lawrence family dearly and I'll always carry them in my heart."



## Dear Mr President...

BY: KRISTINA VUKAJ

Dear Mr. President,

We are coming to you not as Democrats, not as Republicans, not supporters nor haters, but rather as concerned citizens of our imperfect and endangered country. We're living in a dangerous time where our people face many adversities, whether they be societal or economic issues. During these tough times, we need a strong leader to guide us past the problems that we encounter, thus making us a more united and secure nation. While we understand that your powerful position may be very stressful at times, we ask that you refrain from letting it affect your duties. Stop tweeting ridiculous accusations towards people, but rather overcome any issues with grace. Stop creating an unsafe environment for your incredibly diverse people. Stop saying these socially unacceptable things that force us to lack hope with your term as President. We need a leader that the children of our nation can

look up to, someone that will entice a sense of nationalism in his people, someone that we can rely on to ensure the country's safety. We need a leader that has his country in his best interest, one who would toss aside his pride in order to properly fulfill his duty as President. Promote positive messages and allow us to put our faith in you, and that won't happen if you don't get it together. We need you now more than ever, so please prove to us that we have no reason to doubt you. We hope that you can overcome these obstacles and truly Make America Great Again.

Best of luck,

The Citizens of the United States



## A Day Without Immigrants

BY: ALEJANDRO ALVARENGA

It all started when president Donald Trump said that he was gonna build a huge wall between Mexico and the United States. Immigrant people got angry for the reason that they saw that as an offense toward the working people. They thought about having a day where immigrants would not go to work or even buy things. They wanted to prove that if all of the immigrants got deported then the country would change for the worse. The workers and students of some schools stayed at home to highlight the contribution immigrants have made to the country. In Lawrence High School almost 234 students stayed home from school. The people that went to school that day saw the huge impact because the school was practically empty. I asked a student named Brayan that had not gone to school:

**Alejandro:** Why didn't you go to school?

**Brayan:** It was Immigration day.

**Alejandro:** What does Immigration day mean to you?

**Brayan:** I didn't go to school for the reason that I'm an immigrant and I get angry when President Trump says that he is gonna build the wall. Thus, I decided to be a part of Immigration day with my parents.

**Alejandro:** What did your parents do?

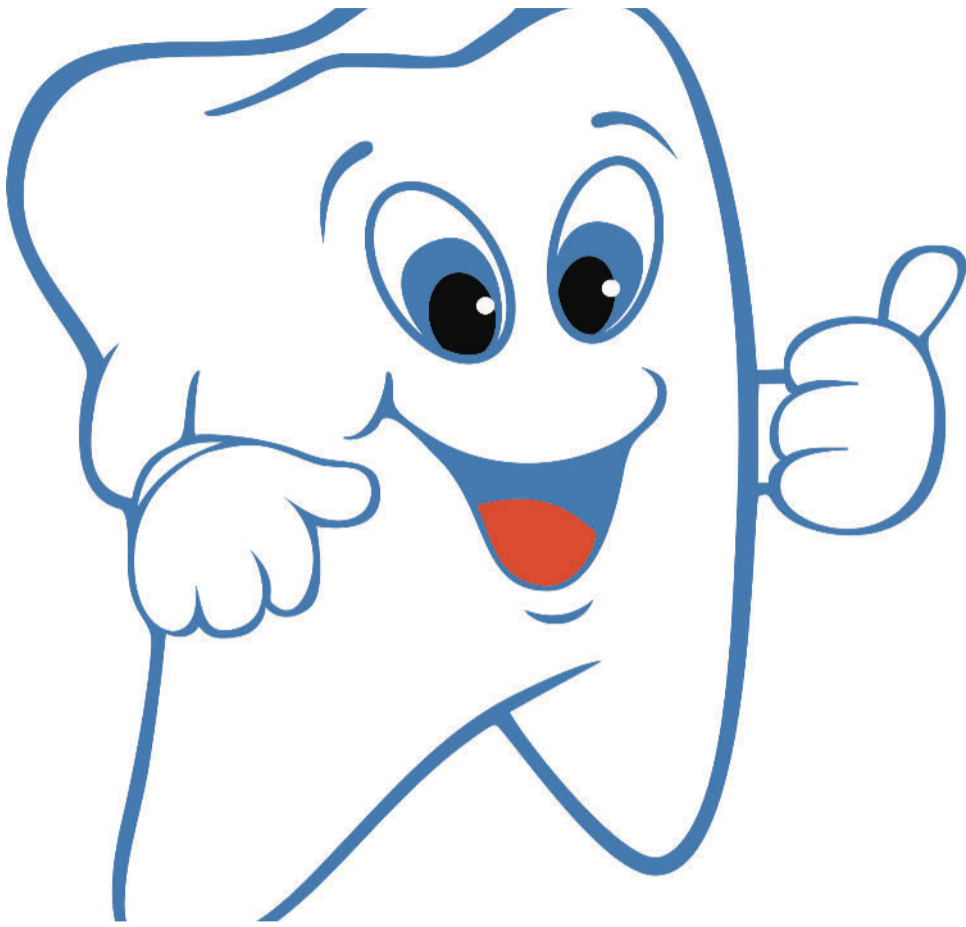
**Brayan:** They didn't go to work or buy anything.





**Can You Complete  
This Sudoku  
Challenge? No  
Cheating!**

<b>5</b>			<b>1</b>					
	<b>9</b>	<b>6</b>				<b>8</b>	<b>2</b>	
					<b>7</b>			<b>9</b>
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	<b>7</b>	<b>4</b>				<b>9</b>	<b>1</b>	
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