

# The Mental Hab

Food for Thought

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# Fear Breeds Hatred for Muslim Americans

When Donald Trump was running for president he called for a shutdown of Muslims entering the United States. This is a clear reminder of the islamophobia in America. Islamophobia is the dislike of or prejudice against Islam or Muslims, especially as a political force. Post 9/11 there has been an extreme fear of people of the Islam community.

It is not only the hate that is surprising to me; it's the openness that is shocking to me. I came across a tweet on Twitter that was almost unbearable for me to read. A man tweeted out "It's hard to tell what we should build first. A border wall or gas chambers for Muslims". I was almost convinced that people would be outraged and comment back in disagreement and rage and attack the man for his rude remarks. To my surprise, many people

agreed with him. One person commented "why not do both", another commented "I vote both" and another said "how 'bout ovens".

In 2015 there were 260 *reported* hate crimes. One case is where a Muslim woman in Manhattan was standing in front of a store when suddenly she felt heat against the side of her face. A man had set her hijab on fire. Another example of hate crimes toward Muslim Americans can be seen in the hate received by Saba Ahmed, the president and founder of The Republican Muslim Coalition. In 2015 SABA Ahmed sported an American flag patterned hijab on Fox News while defending her religion and standing her ground. She received an enormous amount of hate and people were angry that she wore a flag as a hijab. "I just wanted to show that Muslim Americans celebrate pa-

triotism, too", said Ahmed. Many Americans argue that Muslims are un-American but when wearing an American flag to acknowledge their religion and culture (as they **should** be able to) and demonstrate their patriotism at the same time, they **still have a problem**. It isn't unpopular to see American flag printed bikinis, pants, shirts, etc. so a hijab should not be a problem.

An estimated 3.3 million Muslims live in the U.S. and only a minute few have been involved in extremist behavior. Therefore, to blame ALL Muslims would clearly be ridiculous.

By: Lianne  
Byrd

# A Lawrence Hidden Treasure

**BY: ERIKA KIRCHNER**

Many of us know Jason Eras, a senior at LHS for his musical talents within the school. He will play the lead in our upcoming Broadway Show case "Little Shop of Horrors". He is the president of Tri-M; a nationally recognized music honor society and treasurer of the music department. What most of us didn't know is that his talents are not just recognized within our district. Eras has been taking voice lessons since the age of 3 and acting lessons since the 4th grade, and this hard work has definitely paid off. Jason has attended New York State School Music Association (NYSSMA) 25 different times, he has made All County for 8 years, and this year he will be the first person from Lawrence and the first person from all of Nassau County to ever make it to All Nationals. He has sang at Carnegie Hall and Lincoln Center which is a huge accomplishment. On top of all of this, Eras is also a student-athlete. He plays varsity tennis

and he's the captain of the Varsity Bowling team. He takes several AP and honors courses and works very hard to be the well-rounded student he is. He dreams of attending Ithaca College and getting into their musical theatre program. His ultimate goal is to later be on Broadway. So please, the next time you see Mr. Eras in the hallway, congratulate him and wish him luck!!

## The End of A Season

**BY: AMY BARRIENTOS**

For many of the boys varsity soccer players and fans, the season ended with tears and confusion. We are taught from a young age that if we put our mind and energy to something, we will achieve our goal. So why did the boys that gave all their energy on the soccer field, lose their second round of playoffs? For the majority of the game, the immense downpour on the field caused the boys to slip and slide all around. Regardless of the weather the team was able to work together and score a goal to put them in the lead. They kept their heads up and tried their best to finish the game with a victory. In the last few minutes,

as the sun was finally shining through the clouds, the rival team, Minneola, scored a goal that tied the game 1-1. The Lawrence team and fans filled with anger. After playing two hard 45 minute halves, the Lawrence boys were exhausted. They needed to refuel and get back on the field for overtime. Unfortunately, within a few minutes, Minneola scored the golden goal winning the game. Tears filled the Lawrence teams eyes as they walked off the field for the rest of the season. Although they didn't win the game, they are still the winners to the Lawrence family. Their persistence and determination showed us how the love for a game doesn't always have to end in a victory, as long as you keep your head up and leave everything on the field. Congratulations to the boys varsity soccer team on a great season. We are all proud of your hard work and dedication.





# THANKSGIVING DAY WORD SEARCH

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BISCUITS  
 CRANBERRY  
 FAMILY  
 FEAST

GOBBLE  
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 MEAL  
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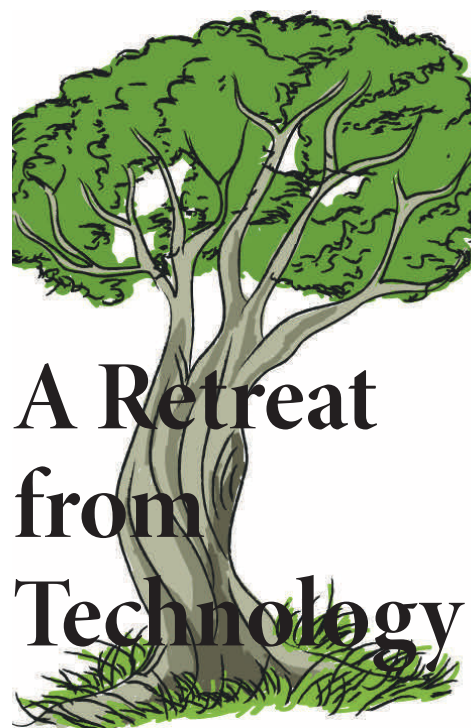
PIE  
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 PLATTER  
 POTATOES

PUMPKIN  
 SQUASH  
 STUFFED  
 STUFFING

THANKFUL  
 THURSDAY  
 TURKEY  
 YAMS



# Safe Trick or Treat 2016!!



## A Retreat from Technology

**BY: DANIELLE PORTILLO**

The world we live in today is thriving with new technological advancements. Almost every day we witness new inventions that somehow make our lives easier. The average person today is consumed by the technology that is present throughout our society and because of this, it has become what connects us all as one. We are connected through tweets, instagram photos, snapchat, and above all, through text messaging and calling. It's clear that without the usage of our phones, it would be very difficult to "connect" (or communicate) with others. So how can we disconnect from something that keeps us all connected? And why should we do these things?

In my english class last year, we had begun a topic called Transcendental-

ism. This massive and confusing word seems scary, and trust me it was at first, but the meaning behind it is something that has changed the way I go about life. I won't spoil the fun of unraveling the depths of such intricate literature, but the gist of it (to be a transcendentalist) was to become one with nature.

This transcendentalism movement revolved around the idea that people needed to alienate themselves from a society that was beginning to heavily adapt to machinery/technology (much like us today) and begin to devote time and appreciation to nature. With this belief in mind, they could discover themselves and the keys to the universe. Some lived in the woods, while others (like me) simply just took some time out of their Summer to experience life (by being one with nature) and take in everything it had to offer.

Disconnecting from technology enables your body to have a stress-free state of mind. Whether you do this through a hike in the woods, ziplining in the Adirondacks, or a simple walk on the beach, the effects have a significant impact on you. Although you may believe that by turning your phone off you are missing out on what is occurring in the world, it's the complete

opposite. Go out on your nature walk, and physically experience the world's most precious beauty! Become one with nature.

## An Artistic Legacy

**BY: YUMNA RASHID**

Lawrence will be celebrating it's 125th anniversary this year. 125 years of providing students with many opportunities to develop their passions while still getting a wholistic education. Mrs. Ganes and her art students are celebrating our anniversary by paying a tribute to those who were able to follow their dreams that first originated in Lawrence.

It is called the Lawrence High School Alumni Project and they are highlighting the alumni in the arts. What can you expect to see? Mrs. Ganes and her students were able to get in contact with Lawrence alumni who took numerous art classes at Lawrence and also majored in the arts in college. They have created visuals which display their current artistic career path as well as how it all began at LHS. These visuals will be mounted





on the walls outside the art suite, above the lockers starting early January.

These alumni are an inspiration to us all. They made the most of their time at LHS and weren't afraid to follow their interests. This alumni project can help us all see that with dedication and hard work we can take our lives in any direction we choose. Also, coming soon, Mrs. Ganes and her students will be paying a well deserved tribute to those who attended the Lawrence Public Schools as kids and now also work here. This will be an opportunity to see the lives of those who have always called Lawrence home and given it their all. No matter what your interests are, take a minute to check out these alumni displays and motivate yourself to make the most of your Lawrence High School experience.



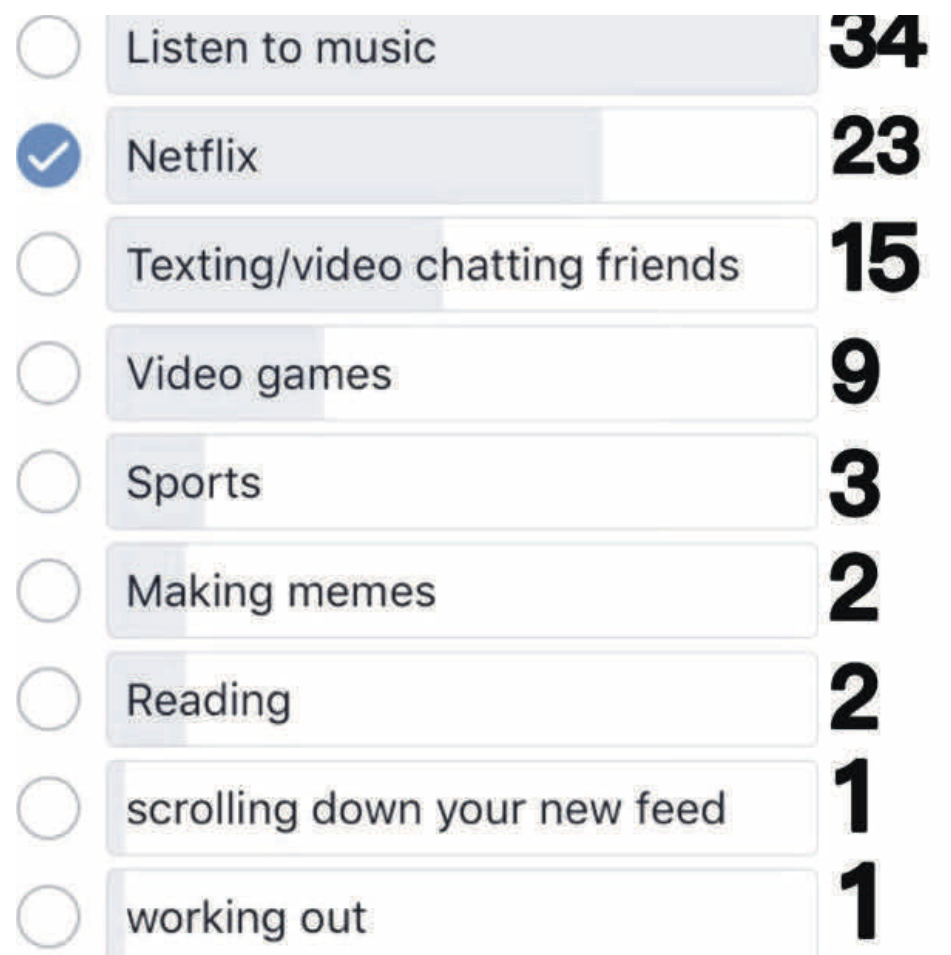
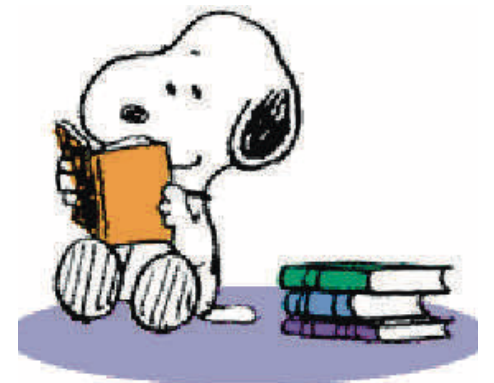
# Where are the Readers?

**BY: BARBARA WILLIAMS**

Nowadays, the life of a teen is as hectic as possibly imaginable. Not to say that it wasn't hard for teens before, but with so many new things to learn and so much new technology, teens today have their hands full to say the least. The few hobbies that they may have time to keep up with, however, noticeably exclude reading good ole' books.

For many, books are a source of great joy. They are living a thousand lifetimes through the scanning of pages and meeting new people without saying a single word. Every flip of the page is something new- or rather every swipe of the screen. Statistically speaking, those who read frequently have been shown to perform better academically. Other studies have shown that those who read traditional books as opposed to ebooks are more likely to absorb and remember the story or information that they read. A poll taken on the Lawrence senior page via facebook shows that of all those who answered,

2 students read books. Everyone else had other hobbies that they preferred as opposed to reading. Why is it that books have become so unpopular? Perhaps it is the lack of time amongst high school seniors. For example, a movie would take around two hours to watch, giving the entire story visually all at once. Reading a book is more of a process. You read a little here and a little there, and eventually you finish the book and have an entire story. Perhaps it's just that students don't like to read, and find it boring. If that's the case, there is always a book for everyone. If you've yet to find a book that interests you, don't give up on finding it. See the poll results below:



## Oops! They Did it Again

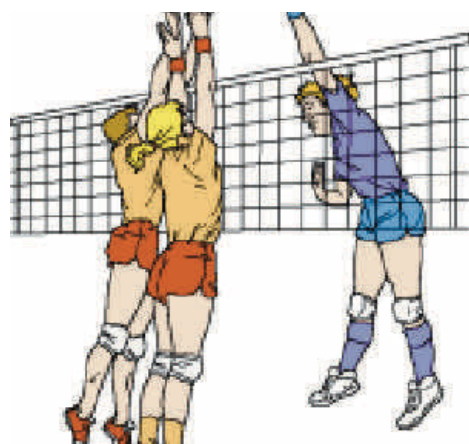
**BY: DANIELLE SHACKLEFORD**

"Oops! They did it again" is right! The Lawrence Girls Volleyball team is once again, rising to the top; showing what Lawrence is really about this year. With the teams hard work and practice, we congratulate them for earning themselves a spot in the playoffs to compete against many other teams.

Recently, on November 1, 2016, the girls took a win for the first round of playoffs against Plainedge. With a score set of 3, 25 to 21, 25 to 18, and again 25 to 18, the girls dominated the court. This win lead them to verse their rival, Manhasset on November 3, 2016, which they meet again from a pervious loss in the season against the team. Nonetheless, the team did not let that one loss bring them down. With the starting line up consisting of 6 of the top senior players, Graciela Cruz as a middle blocker, Kiara Stevens being a middle blocker, Erika Kirchner as a setter, Jessica Mastorides and Arie Baum, both outside hitters and lastly Danielle

Portillo as a right side hitter.

With the team work of those girls, they brought home another win in the second round of the playoffs against Manhasset. With the 4 sets of the final score being 25 to 13, 27 to 25, 25 to 13 and lastly, 25-18. The girls Volleyball team represented what teamwork and winning was all about. With this win, the girls advanced to the semi finals. They have come so far in games and worked hard to be where they are right now. We wish them the best of luck in the Semi-finals and once again, congratulate them on their big win on Thursday plus their season all together. Way to go girls and keep up the good work!



## Corruption in Nassau County

**BY: NICHOLAS WILLIAMS**

We've all heard of corruption in politics before, and it's clear that even today it's still a problem. But no one ever seemed to suspect that Ed Mangano, the Nassau County Executive would be accused of corruption, and would now face bribery charges. On Thursday, October 20th, Ed Mangano and his wife, Linda, were arrested due to their involvement in a bribery scheme involving a restaurateur (businessman) by the name of Harendra Singh. It was discovered that Linda had been receiving pay as a "food taster", a job that she wasn't even showing up for. Over time, though never having to show up for work, Linda had accumulated \$450,000. In addition to this, the Mangano family received free merchandise, worth over \$10,000, free limousine service, and allowance to hold fundraisers at Singh's restaurants.

In exchange for the merchandise, services, and payment to Linda, Mangano and Oyster Bay's town supervisor, John Venditto, would use their high rank in government to promote Singh's

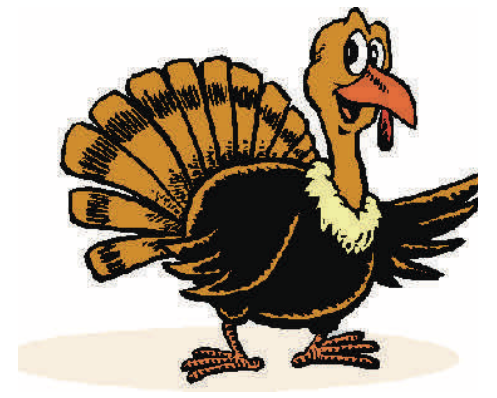
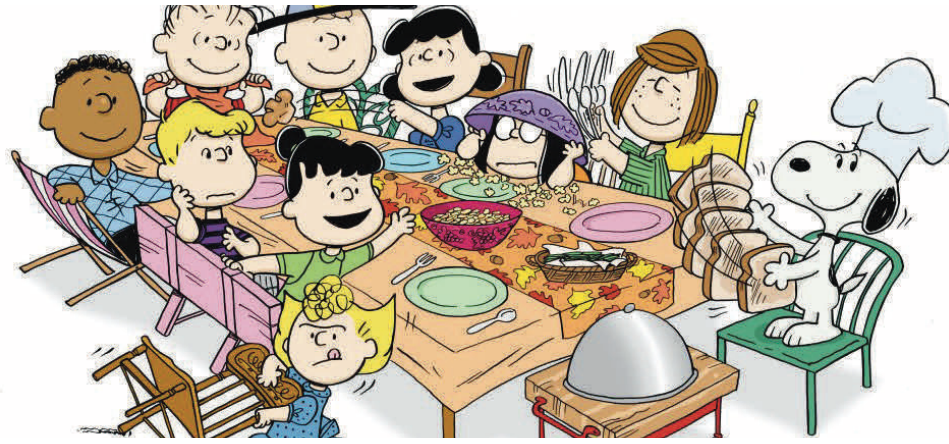
business by providing loans and contracts guaranteed by the county. Once this was discovered, Mangano and Venditto were immediately taken to federal court, where they pleaded not guilty, but were charged with crimes including bribery, service fraud and development of fictitious stories to hide their corruption.

As a result of all of the charges, it will probably be hard for Mangano to achieve re-election in 2017. As of now, many other politicians in New York are already calling for the immediate resignation of Mangano from the local government. Mangano has been in service for many years, serving seven terms in Nassau County Legislature and having been elected Nassau County Executive since 2009. This is just one of the many stories that have been occurring all over Long Island throughout the past year.

Other occurrences of corruption include that of the Suffolk County chief of police, James Burke, who beat a suspect and constructed a cover up, along with Suffolk County Conservative Party Chairman, Ed Walsh, who had



been getting paid to gamble and golf instead of do his job. It is sad to hear that we can't always rely on the people that we elect, but hopefully any leftover corruptions will be purged from the government.



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