

The Mental Hab

Food For Thought

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Rising to Success

By: Stacy Portillo

Most people spend their summer months on the beach, or just plain relaxing. That, however; was not the case for three 2017 Siemens Semifinalists: Jerry Reyes, Roshan's Reddy and Nicholas Williams. This summer as part of the Garcia program these students spent countless hours researching the applications of graphene at

Stony Brook University. You may not have ever heard of graphene because it is a relatively new material. Graphene is essentially a flat single atomic sheet with carbon in a hexagonal lattice structure. Graphene is interesting because it is a super conductor of heat and electricity, and is much stronger than steel, all while being less thick than a sheet of paper. Many studies are still being conducted to see just what else graphene can do. The boys project focused on graphene's affects on enzymatic activity in cells, bacteria, and its affects on gelatin viscosity and elastic modulus. Congratulations to the boys; It's great to see how much Lawrence students can accomplish. Can't wait to see what the rest of the year is looking like for these couple of Lawrence students.



LGBTQ and the Community

By: Alica Etwaru

On Thursday October 12th, 2017, Lawrence High School celebrated our first LGBTQ+ Day in honor of National Coming Out Day. Students and faculty came together to dress in rainbow or the opposite gender's clothing to support our friends in the LGBTQ community. Throughout my 4 years in Lawrence, I've noticed a couple things. Most importantly, I've noticed the acceptance and support amongst our diverse student body. We have students from almost every culture, religion, and sexual orientation in our high school! Students in Lawrence not only embrace each others differences, but we also celebrate them! Not many school districts can say the same. Coming from a supportive community such as Lawrence impacts all of our lives. We are taught to only see a person as human, and not white, black, gay etc. This important outlook contributes to why should all be proud to call ourselves Lawrencians.



Two Iraqi Soldiers Fight for Gay Rights

By: Eternity Jimenez

Imagine going to war for a country that would kill you for loving the same-sex. Well, Hrebid and Allami risked their lives everyday because of their choice of spouse. Both men were Iraqi soldiers who happen to fall in love with each other. Now as dangerous as it was being in the Military, identifying as a gay in Iraq was a thousand times worse; you'd basically be asking to get killed. The fear of murder wasn't enough to stop Hrebid. Two weeks after meeting Allami, he told Allami the three words everyone craves to hear from their spouse; "I love you!" Unfortunately, as their love grew for each other; their chance of getting caught did as well. Allami's own family wanted him killed, they felt he had brought shame to the family. Although everyone hated the idea of gays, they did not let it stop them. Allami and Hrebid continued to love each other from a distance and continued to have patience. As many say "after every storm, there is a rainbow." On August 8th 2015, the two men had their dream wedding with the support of others. These two men weren't just shamed by their

families but by a whole country as well. Gays weren't accepted at all and in fact were wanted dead. These two men didn't stop fighting for what they believed in, even with no support from others. Now you may not be struggling with being shamed for being a member of the LBGT but this article should give you the courage to fight for what you love and or believe in. Don't give up just because you have no support from others. Hrebid and Allami didn't give up on each other and waited till the day LBGT people were accepted. Have faith and patience.

Lawrence Works Hard to Put the "Give" in Thanksgiving

By: Danielle Shackelford

Holiday season is here, it's time to get into the spirit. First up is Thanksgiving! Thanksgiving is the time where we all get together, friends and family, to celebrate everything we have, and had that we are grateful for. Every year Lawrence High school clubs do something to give back to the community for Thanksgiving. Two main events that take place are the Sweatshirt Drive (ran by Key Club) and the Thanksgiving Food Drive (ran by Key Club and FHA). The Sweatshirt drive in charge by Key Club, is all about collecting sweatshirts in the month of November, in order to donate them to the charity in Hempstead. Key club collected about 200 sweatshirts that are ready to be packed and donated sometime in November. Another big project the Lawrence clubs do is the Thanksgiving food drive ,by Key club with the help of FHA. Members go around and col-

lect money (collected about 500 dollars) from teachers and students to buy Stop and Shop gift cards. These gift cards went towards buying items like can foods, box foods ect, that's for Thanksgiving. Then they separate the foods to make gift baskets for families in the Lawrence Community who aren't able to afford a Thanksgiving dinner. This is an every year thing that many students participate in. We are grateful to have students who put in the work and effort to give back, and that's what Thanksgiving is all about.



The A&A Advice Column with Alicia and Amanda

Question: A&A, my mother just took my phone away for a week for, get this, getting an 86 on a test! She's always doing this and I'm starting to hate her. What do I do?

Hey Anon, I feel your pain. My parents react the same way. Although I can't tell you how to change your parent's attitude towards your grades, I can tell you how to cope with this. I know how difficult it is when you study as hard as you can, but can only produce a 90 grade. You've tried your best and for that I applaud you. However, as much as we try, most parents are hard to please. If you feel happy about your 89, don't let anyone belittle it. Not even your parents. They grew up in a different time and didn't have to deal with the problems we struggle everyday with. Students are expected to participate in 5+ clubs, 2 sports, have a job, take 4 APs and 4 honors,

while maintaining a healthy social life...that's ridiculous. If the 89 is the best you could've done, feel happy about it. Continue to work to your best ability and your grades will continue to get better. You have to remember that the 89 isn't going to affect your entire high school career. You are defined by more than your grade. Also, your parents only want the best for you and expect you to be the best. They show this in ways like talking away your phone or grounding you. They probably feel as if the way to get through to you is by taking away something that distracts you. Although the idea does have an intended purpose of helping you, we tend not to see that. Just remember that they do things for you, not against you.



Genetically Modified Foods (GMOs)

By: Niko Williams

By now you've all probably gone to the supermarket and seen fruits or vegetables sectioned off because they are "organic." What does that mean really? The translation for the term in the food industry just indicates that the food hasn't been genetically modified or chemically treated. But is this sectioning really necessary? Are there really any problems with eating food that has been genetically modified? Well according to recent studies, which have been ongoing for over 30 years, the answer is no. People are

often afraid to eat foods which have been exposed to genetic/chemical mutation because they may not understand what it means, or they are afraid of any after effects which the foods may have. But in most, if not all foods, genetic mutations are safe. Most genetic mutations made within foods are to satisfy the needs of the farmer. These changes include increase in size or nutrition, and internal pesticides. By genetic mutation, the world has been able to cut down on usage of harmful pesticides which had been used in the past and have been known for causing illness and death amongst humans, animals and plants in the environment. By genetically modifying fruits and vegetables, pesticides can be incorporated so that bugs who decide to bite will die. But that sounds dangerous. Wouldn't that mean that we are also ingesting the pesticide? Yes. But is that dangerous for us? No. Poison is mainly based on perspective. What is poisonous to one species is not to another. For example, many humans love to drink coffee. To some of us, it is even considered a necessity. However, to most insects, coffee is quite poisonous. Incorporated pesticides are wired to attack insect digestive systems, whereas to ours, these changes are harmless. Despite all this, many may still have their doubts. However, there is not much we can do to stop use of GMOs. With the world population growing as it is, certain estimations predict that the world will need 70% more food for the population than it does today. That being said, there is only so much land to farm in so little time. So how do we do it? Well, one solution is to build up and create compound farms. But even then, there is only so far you can go. Thus, we must genetically

modify the foods to grow faster and have less production loss to insects. Sooner or later, GMOs will be the new "organic." In addition, the future holds much more promise with this concept. Engineers look to make foods with more vitamins or antioxidants, which may be deficient in some diets. So in truth, though some may hate the idea of this now, we must adapt to it sooner or later.



The Road To Success

By: Ariana Brown

TORNADO WATCH IN FULL EFFECT. The Lawrence Varsity Football team never disappoints! Started off the Season great with a winning streak and are now only 9-1. Captains Chris Rodas #9, Suquan Stays #8, Chris Collier #22, and Carlos Duran #2 helped lead our boys to a victory last Saturday at Hofstra against Bethpage with a ending score of 35-13; The victory led Lawrence to the big NCC where we will be versing our rivals once again.. WANTAGH. We'll see the outcome this weekend at Hofstra be there, November 18th at 12:30PM, will Lawrence make it to the LIC? Will we be the Long Island Champions once again?



Give Us Back Our Disney Trip!

By: Amanda Romero

Have you noticed that more students have been wearing last year's music department Disney trip shirts? No, this is not a form of school spirit, this is a form of protest. About a couple of weeks ago, a letter was sent home to students informing them that there will be a new trip introduced to those involved in the music department. In the spring of 2019, students will have the opportunity to go on an overnight trip to perform in Philadelphia, Pennsylvania at Hershey Park, rather than the four day trip at the Disney World Resort Parks in Orlando, Florida. While many think it is a great idea and new fun trip being presented, Lawrence students, especially juniors, are infuriated.

Many students are upset at the fact that this will be the first time that a grade will not have a second chance to go on the Disney trip. A lot of students are also upset that

those who did not get to go their sophomore year can not go their senior year and have lost the chance to go on an exciting trip people anticipate for years. However, the trip is not completely gone. Students will have the chance to go on the Disney trip in 2020, but the seniors of next year will not get another trip. This change brought on many students to protest, wearing their Disney shirts in support of bringing the trip back. A petition has also been made to gain more attention and to show how affected these students are that all their hard work could not be paid off with one great trip. While they do get a trip, the students feel it is not enough. More than sixty students have signed the petition and are even planning to have a meeting with the school board as well as create ideas for fundraising such as concerts and other events to get the trip they feel they deserve. It is sad to see a tradition in the music department be changed, but many feel it is the right thing to do due to the expensive costs of flights as well as hotel rooms and other expenses. It is a stressful situation at the moment, but the future of Lawrence's music department still remains in question as to whether it'll fight the battle of gaining their Disney music trip or will have to settle with what they are given. Regardless, the students are receiving a trip, that while not the same, it can be a fun and new experience. Good luck Lawrence's musicians!



Thanksgiving Word Search

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

AUTUMN
FAMILY
FEAST
FOOTBALL

GOBBLE
INDIAN
PILGRIM
STUFFING

THANKFUL
THANKSGIVING
THURSDAY
TURKEY



Don't Grow Up Too FAST

By: Jackie Blyudoy

The adolescent stage of one's life is definitely very peculiar, but important. It's when we are finding out who we are through trial and error, making mistakes and carving out our future. I am in no way, shape or form criticizing the daily behaviors of teens, but rather questioning what causes us to act a specific way. Considering the fact that Halloween recently passed, I gained inspiration for this question from seeing several pictures of people at Halloween parties. A majority of the girls were dressed up in either a playboy bunny costume, or some variation of a character but the grown up version. Hey, if that's what makes you happy, then I don't see why you shouldn't go for it. But, as a girl myself, I know that couldn't have been the case for every girl at a Halloween party during "Halloweekend." I think a lot of it has to do with "everyone else is dressing up like that, so I have to as well to fit in" or simply wanting to feel and look grown up. This leads to my next point; why are we in such a rush to grow up? I am most definitely guilty of it myself! The constant "I'd rather be with my friends than my parents" is always at the tip of my tongue and I know many others who feel the same way. But why are we so excited to start our own lives and break free from the mother nest? Do we not realize that it only gets harder? After, comes college with loans and debt which then leads to bills and all the troubles adults have to deal with. As annoying as it is listening to my parent's disappointment in my grades or having to deal with them not letting me go out with friends because I have a test to study for, I'd much rather do that

than have to worry about finances and paying the water bill. What I think we as teens don't realize is that there's a whole world out there, that we have yet to discover. Mommy isn't always going to be able to listen to you when you cry and protect you from the big, bad wolf. Because of that, we're so ready to quickly get out there and start it all! The problem is, once that finally happens (which believe it or not isn't that far into the future) we will start to realize that it's not as glorious and marvelous as we'd hoped it would be, but it's too late to turn back. The worst feeling one can experience is living with regret because they didn't live in the present and enjoy life to its fullest potential. We're so busy thinking about the future, that we aren't focused on the "here and now." You may be thinking, Okay what's your point? We shouldn't be so fast to grow up...mathematically and legally speaking we are only children for the first 18 years of our lives and the rest is just plain old adulthood. Enjoy those 18 years without a care in the world about blending in with the rest of the teen population. Live every moment as if it's your last. Put the phone down. Actually look your friends in the face, talk to them and tell them you love them because there's no one else quite like them. That snapchat streak, instagram post or youtube video can wait, but a memory made with people cannot. Be YOU and be TRUE.



Peace

By: Anonymous

For nine months on the side of the house next to the fence, I patiently wait experiencing the dreadful winters and the calm spring and fall. I listen to the fire alarm that goes off every day at six o'clock and the howls from dogs down the street that follow. I'm set against the house where I feel the vibrations and bear the screaming of three totally different languages. June 21st, sometimes a little before usually a little after, is the start of a sensational routine. As she comes home from school, I see her excitement as she sprints up the stairs. I wait for her as she changes out of her volleyball jersey. With no time to waste, she runs to me bare foot and sweaty with her intricate bathing suit on; then she picks me up to bring me to the backyard. I feel her mind racing, her blood pumping, and a tense feeling throughout her body; she is on high alert as if her world is collapsing around her. She tries to grasp my handle and haul me to the water. With no hesitation, once she reaches the dock, she throws me onto the surface of the water, attaches the leash to her ankle, grabs the paddle, and tries to keep her balance as she leaps onto me. Once she is settled, the tension she feels drifts away like the current passing her. The encumbrance of the world around her is no longer a weight holding her down.

Her periwinkle blue toes distribute her weight evenly on my styrofoam surface. At a certain point she comes to realize it's only she and I gliding on the surface of the water, hovering over the buoyant marine life. She becomes centered with herself, and present in that point of

time. She meets with friends on occasions to share this blissful experience. The time we spend together usually ends with her mom screaming from the balcony something like, "Susan, it's time to study!" or "You're going to be late to the meeting!" Her mood automatically changes with her mother's demand because she needs to paddle back to the dock with me. On occasions, the fire alarm will not go off at six o'clock; instead, it will repetitively ring, and she is forced to leave me in a hurry, running off to a big red truck. Either way, she ends this routine by placing me back onto the side of the house. Yet, no matter how many scrapes or nicks I have, she always finds her way back to me.



Knowing a Teacher a Day Keeps the Poor Grades Away

By: Justin Daniels

How well do you know your teachers? Most would ask why does it matter? The benefits may be hidden to many but endless to all, and that's a promise. I bet most of us don't even know the first names of our teachers. You see, a lot of what we are provided by school is taken for granted. We all claim to have a plan but don't seem to utilize the

resources we have. I am in fact guilty of this myself. As said before, how well do we know our teachers? Our teachers are probably one of the best resources for help and all it takes is a half decent relationship and you can ask them whatever you want, trust me on this one. We all have interests, we all have goals, and school is where the masters of all your goals and interests can be found. Did you really think these teachers went to college with plans to be just a teacher? Ok, maybe some, but I guarantee the majority of teachers in this building have some sort of skill that they have practiced in relation to what they are teaching. For instance, did you know that Mr. Simonds is not only a master at teaching, but also a physical therapist. You're having back problems? I'm sure he'd be more than happy to give you a well educated answer. People don't just carry this knowledge for nothing! Don't be surprised if one day our teachers are robots...built by the one and only Mr Wolin! I bet none of you knew that Ms. Vachris used to work on Wall Street. Teachers are blessings that are handed to us that we don't often use. Maybe it's because we simply don't ever think to ask. Well now you know. Again, as said before, a half decent relationship is required and all you have to do to attain that is to behave well in class. It's a simple as that. Regardless of grades, if you can keep your composure in class teachers will be more than willing to spill their knowledge. The point I'm trying to get across here is that teachers have abilities that are taken for granted. They really do have all you need to succeed and if you take the time to get to know them, you WILL go above and beyond all of your own expectations. Although this may sound weird, the

bottom line is form friendships with your teachers for they can go a long way.





Stuart Marks, DDS

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