

# The Mental Hab

## Food for Thought

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## The Latin American and Multicultural Club's Trip to the Museum

By: Alejandro Jose Herrador Alvarenga

On Tuesday, December 13th the Latin American and multi cultural clubs went on a field trip to the Hispanic Society of America Museum and Library in Washington Heights. The museum contains multiple works of art from Spain, Portugal, and many south and Central American countries. The first thing we did on the trip was learn about the history of the museum.

The museum was founded as a free museum and research library in 1904 by philanthropist archer Milton Huntington. We went to see the paintings and other works of art.

We saw paintings from the golden age (1550-1700) and the 19th century. One of the most famous paintings was by Antonis Mor; he painted a portrait of re Duke of Alba in 1576. Additionally, we saw "Holy Family" by El Greco in 1598. The museum also holds paintings and drawings by Francisco de Goya, who was one of the most inventive artists of his time.

We also went to the library and saw more than 600,000 manuscripts, documents, and letters dating from the 10th century to the present day.

Lastly, we saw an entire

room of murals that were painted by Joaquin Corolla y Bastida. He was an internationally renowned Spanish painter. These huge paintings were called "Vision of Spain". There are fourteen paintings in all, celebrating the diverse customs of Spain. It took him ten years to complete these works of art.



# Maintaining Excellence

**By: Kristina Vukaj**

How great is it to be greeted by sparkling clean floors every morning when coming to school? Or even better, being able to sit and enjoy lunch in a pristine cafeteria whose cleanliness is thoroughly maintained after seating the barbaric mongrels we are? Girls, aren't you glad that all the old locks on the bathroom stalls that were broken have since been replaced, or that the mirrors in the bathroom are always sparkling? It's not easy, and it's not that fun, but our amazing maintenance department is the one to thank for that. From early morning until the evening, these hard workers keep the school clean and properly functioning through rain, sleet, and snow, even working on the weekends and during breaks as well. They're the ones that shovel the sidewalks after it snows or the ones that fix lights in the auditorium when they're not working. Imagine all the times, especially in the warmer months, when the field is littered with the day's garbage - from lunch trays and food to

old papers or when the glass on the gym doors are cracked due to a long game of soccer. They're immediately taken care of by our speedy maintenance department. But not only are they the best at keeping our school looking great, they're easygoing, down-to-earth people. They're very funny, constantly cracking jokes with students and teachers alike, and often provide great conversation when passing in the halls. It's quite easy for us to take their services for granted, but they should go on unacknowledged no more - we thank you and applaud you for keeping our school as immaculate as it is. We really couldn't ask for a better maintenance department.



# New Year, New Actions

**By: Danielle Shackelford**

Now I know we are all tired of hearing the phrase, "new year, new me" from adults and teens that never change and do the same thing every year. This time, we have to mean it guys, like actually mean it. 2017 has finally arrived, one more step closer to graduating for everyone. If 2016 wasn't so much of a great year for you, this is the year where you can and will do better. Motivation and determination is the key for this year in order to achieve beyond the usual. Set good goals for yourself, put your mind to it and you will quickly find out that this is your year to succeed. Extend your activities, get involved with the community and school, or maybe just put your focus on something important. 2017 is the time to go beyond what you think your limits are and do more, even be more. Now, I'm not saying every day is going to be a great day. There will be times where you feel like it's time to give up. You can do it. Push yourself for this year and don't give up. Our Lawrence pride should shine for the new

year. Let's all make 2017 a great and memorable year. Show us all that you can be confident, focused and productive. I hope we can all welcome the new year with positive vibes and attitudes. "New year, new me"? Yes, that's what I like to hear.



Created with [TheTeachersCorner.net](http://TheTeachersCorner.net) [Word Search Maker](#)

## Winter Word Search

I W T S A G Z E W A I D F B P W U H F E C O  
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 E B A Z H J R W C C B V R R V B Y I H W N S  
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BLANKET  
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BLIZZARD  
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BOOTS  
JANUARY  
SKATING

CHILLY  
MITTENS  
SNOW

COLD  
NEW  
TEMPERATURE

# The Culmination of 125 Great Years



**By: Ariana Brown**

The Lawrence school district is known already for its great curriculum, and administrators, but Lawrence is also known for their grand events that never fail to go on. Fellow Lawrencians alongside Dr. Sullivan and Dr. Zangari have been working for months on the great production of the 125th Anniversary of Lawrence High School. Nicole Gartner, Class of 2012 took a huge roll in the video production. Over the summer, current students of Lawrence like

Stacy Portillo, Niko Williams, Barbara Williams, and Jessica Moreno helped perfect 8 hours of interviews of fellow graduates of Lawrence into the 125th Anniversary Production. On Sunday, January 8th the concert and celebration of the anniversary took place in which we were lucky enough to have one of our successful Lawrencians, Steve Madden, attend and speak. The celebrations were not possible without the help of Mr. Mayo and Mrs. Pam Libbey, and their hard work and dedication

did not go to waste. The viewing of the 125th Anniversary video has been post-

poned until January 28th. Come out and attend!



# Freedom of Speech

By: Barbara Williams

As always, Meryl Streep has managed to blow away her audience with her talent as a speaker and thespian. Wait... which performance is being referenced here? Perhaps not so much a performance, but a speech. Upon being awarded the Cecil B. DeMille award for lifetime achievement at the Golden Globes on January 8th, Meryl Streep delivered a speech that astounded the live audience and those watching across the nation.

Through a voice, hoarse from grieving and celebration, Meryl delivered what may be the most indirect blow to Donald Trump and his new position as president elect of the United States of America. Streep began by thanking the audience, Hollywood, and the foreign press. Streep then went on to emphasize the FOREIGN press, and the diversity of Hollywood. She stated that without its diversity, Hollywood would not be what it is today, and the way that it currently represents the public and its stories is phenomenal in every way. People of different cultures telling the sto-

ries of people of other cultures. Streep said that this is what Hollywood is all about. She continued to say that, should a certain person choose to kick out everyone who immigrated here, Hollywood would lack the diversity that it is known for, and that without Hollywood, there would be no fine arts. In her own words, "If we kick them (those who are not natives of the U.S.) all out, we'll have nothing to watch except for football and mixed martial arts, which are not the arts." This was a direct attempt at a blow to Trump's intended policies throughout his campaign, which were later apparently renounced. She then continued to stress the power that the press has to expose all that may be wrong with our new president elect and moved forward to discuss one of Trump's most famed blunders. In November of 2015, Donald Trump was speaking at a rally when he started to spasm and convulse in imitation of a disabled reporter, who according to Streep is, "outranked (by Trump) in privilege, power, and the capacity to fight back." In a sense, this reporter did not have the ability to fight back, and a disabili-

ty is nothing to make fun of; it cannot be helped. At this point, Streep's voice had come back enough to emphasize that when the supposed leader of a nation does wrong, it lends itself to a public that feels as though it is okay to do wrong as well. She emphasized that someone in such a position cannot encourage prejudice, racism, sexism and bullying. As she put it, "When the powerful use their position to bully others, we all lose." In many ways, this is true. We are a species that is led by example and precedents. Meryl Streep did not once mention Trump's name, but was fully understood by her audience and those watching. She then ended her speech by lamenting over the death of her dear friend Carrie Fisher, who had said "Take your broken heart and make it into art," implying that this is what she will do in the future to come.

## Senior Class Trips

By: Emma Balsam

Every year at Lawrence, the senior class officers

work alongside their adviser to plan the unique and traditional activities for their grade. This privilege reflects the maturity and hard work seen in the seniors over the course of four years within the high school. Many seniors have been inquiring about what their annual trips and events will be this year. In the upcoming months, there will be many activities for the senior class of 2017. One event that in the midst of planning for the senior class this year is paintball. President Jessica Moreno, Vice President Danielle Portillo, Secretary Emma Balsam, and Treasurer Alex Padilla are working very hard alongside Ms. Bayeva to help put this activity into action. While the date of Senior Paintball has not been revealed yet, due to finalization of details, it will definitely be a highlighting memory for the Lawrence Seniors of 2017. Lastly, the annual trip to Six Flags Great Adventure Park will be happening this year as well. This trip is always one that happens towards the end of the school year, as a way to celebrate the end of classes and AP exams. The senior class officers promise that each event will be one for the books, so please join your friends and show Lawrence Senior Pride!

# Q and A with Dr. Lagnado

**By: Danielle Portillo**

## **What is your daily routine when you come into the building?**

I go a walk around the building first period. I do that just to make sure that everyone is in class and everything is in place to start the day. Everyday is very different! Sometimes we have incidents that happen that need to be taken care of. That happens quite often and I am also in a lot of meetings with different faculty members throughout the entire day. People don't realize just how much is going on.

## **How would you define your job description?**

As a principal, you are in charge of lots of different things. You are guiding many people. You have to be well versed in instruction and in teaching practices. There's that whole aspect where you have to go in and observe teachers, monitoring their instructions. Then you also have to be an expert in curriculum and so you have to be able to meet with instructional supervisors and make sure that we are following the state curriculum. You also have to know a lot about how

to manage students' crises and so I work very closely with the guidance counselors.

## **Which would be the most difficult part of your job?**

I'm the kind of person that really tries to stay organized. I think what has always been a struggle for me in every capacity is not giving up on certain things. It's very hard for me and I never want to give up on something even when the team will say "You know, that's going to be really hard to do". It's hard for me to give up on a project or student. That's always been very difficult for me, even when I was an assistant principal and teacher... dealing with at risk students, you never want to give up on them. Everyone on the administrative team, we go into this profession because we love working with youth and I think it takes a special person to do that and we have a lot of caring people here. A lot of us have this thing where we don't want to give up on students or their families. What makes our school so special is how connected we are and when there is a

problem, everyone tries to chip in and help out.

## **What are the pros and cons of this job?**

I would say pros is that while I'm not in the classroom anymore, and I will always miss being a teacher, I love that as a building administrator I'm still around students in academia. In particular with this school, I love the students that we have... we have a wonderful student body. I am so proud of our student body here and I love our faculty... I have always been impressed with how intelligent they are and how much they know about their subject. What I love about being a principal is that I get to reach students of all academic abilities. When I was a chemistry teacher, I taught science research and I used to deal with what I called "super science kids", and now as a principal I am able to deal with students of all abilities. I think one of the cons is that I often find there's not enough time in the day and that's very frustrating because there are so many things to do. I think that with all the meetings that I have as a principal I try to get out of my office as much as possible but some-

times my role prevents it.

## **What are your hobbies/interests?**

One of the things that I'm very involved with outside of school is my participation as a member of the New York Junior League. It is an all women's volunteer organization founded in 1901 by Eleanor Roosevelt. I'm a co-chair of a committee called the Junior-Junior League where we run volunteer events for children. The idea is to introduce philanthropy and to help others in the community. I'm very involved in that and have a leadership role in that. I also spend a lot of time with my family. I have a niece and two nephews. I sometimes bring my niece to events and I'm very involved with them and love being an auntie. I exercise a lot and consider myself a "foodie"- I'm always trying new restaurants.

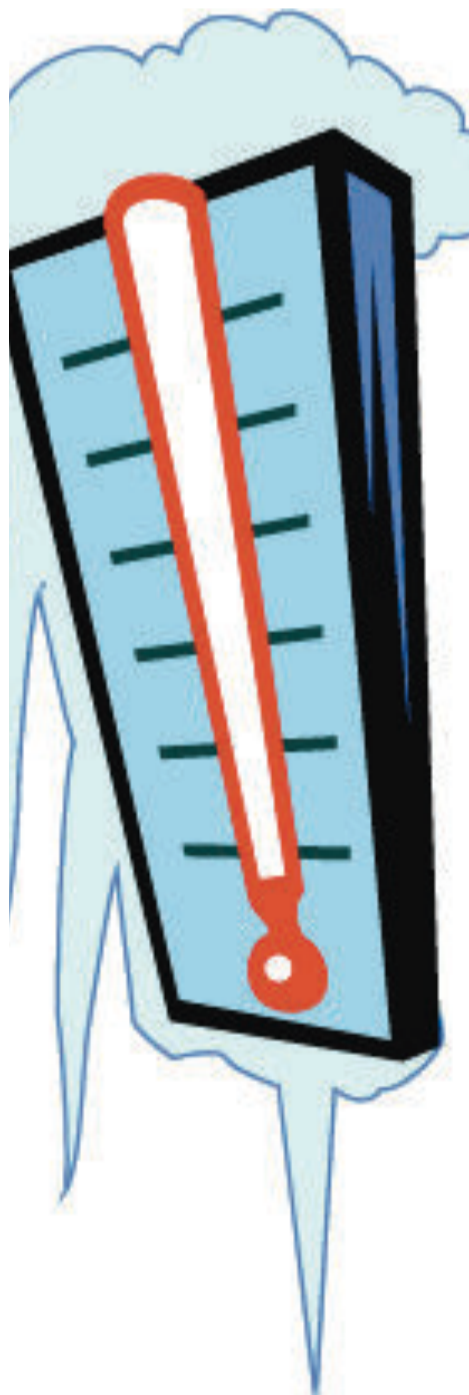
## **If you could give one piece of advice?**

Our school is very lucky that we have so many resources. We have a wide variety of classes and courses to choose from and we have a huge amount of clubs and activities. One of the things that makes us so special is that we have so many

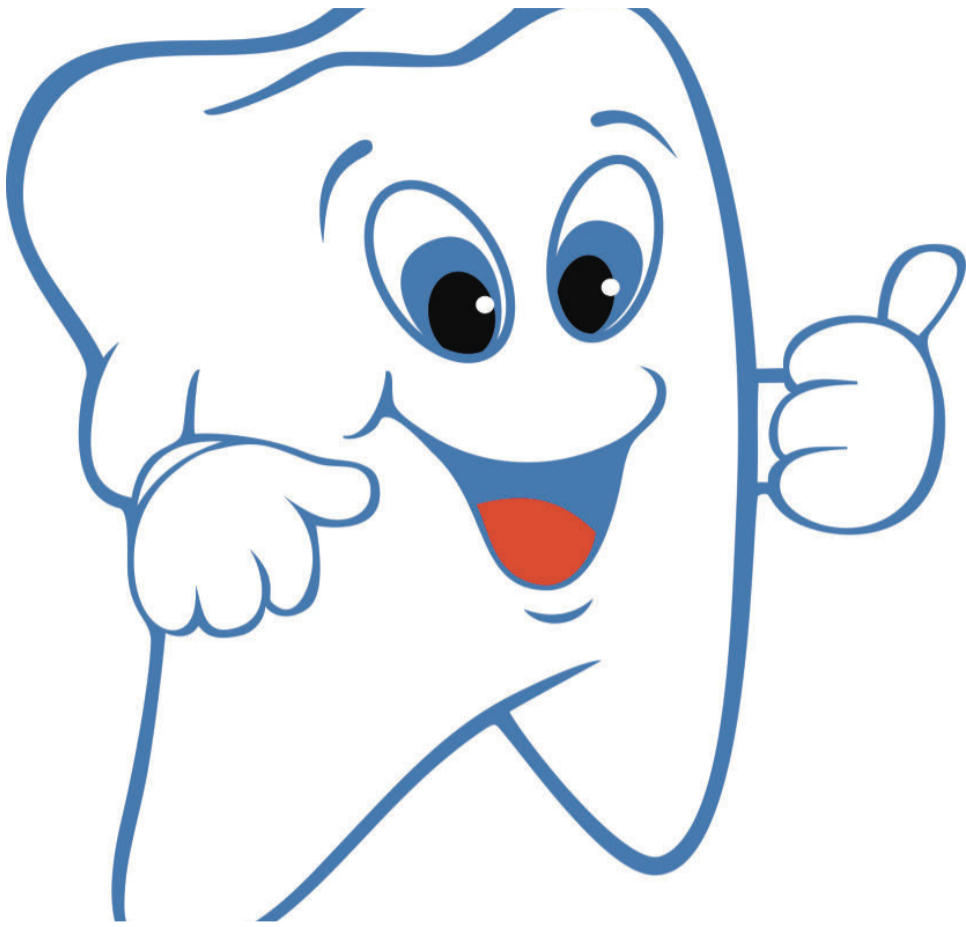
things going on in our school on a daily basis. I would encourage students to try and get involved in as much as they can. Academics always comes first but I think now is the time to explore your interests. As you get older, your time becomes more limited. You make commitments that start to take up more time. Now is the time to start exploring and trying different things that interest you.



# Stay Warm from LHS!



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