



THE VOYAGER

MAY 2020



A NOTE FROM
THE
NEWSPAPER
STAFF

SPRING IS FINALLY
HERE!

WE HAVE A LOT OF
NEW ARTICLES IN THIS
ISSUE, FROM THE
HISTORY OF ISRAEL TO
THE BENEFITS OF THE
SUN. PLEASE READ THE
ENTIRE ISSUE TO
FIND OUT!

IN THIS ISSUE....

ISRAELI INDEPENDENCE DAY → 2

**THE HEALTH BENEFITS OF THE
SUN → 4**

HOW ART HAS CHANGED ME → 5

2020-2021 CANDIDATE LIST → 8

On the front cover: A beautiful Rainbow Trout caught in the Rockaway River. Going fishing is a perfect way to social distance yourself.

***ISRAELI INDEPENDENCE DAY* BY MEEKA VARDI**

On April 28th, 2020, millions of people will celebrate Yom Ha'atzmaut, Israel's independence day. Israeli Independence Day is always immediately preceded by *Yom Hazikaron* - Memorial Day for the Fallen Israeli Soldiers. The message of linking these two days is clear: Israelis owe their independence -the very existence of the state - to the soldiers who sacrificed their lives for them.

Prior to writing this article, I had very little knowledge about this holiday. I knew Israel was founded in 1948, thanks to Hebrew school engraving it into my mind, and that I had an immense sense of pride and belonging when it comes to the state of Israel.

Common celebrations such as gathering in the streets or late-night parties will not be happening this year - for obvious reasons. Thankfully, this is the age of electronics, and there are a myriad of ways to connect with others. There is even a photo contest which includes photos sent from quarantine outside of Israel. The goal of the contest is to help in strengthening the connection between the diaspora and the State of Israel through these times. For more information, visit the Jerusalem Post.

On May 14, 1948, soon-to-be Prime Minister David Ben Gurion declared the independence of the State of Israel, which was recognized by the United States, the Soviet Union, and other countries, though not by the surrounding Arab states. While this historic event seemed to be a victory for Jews, it also marked the beginning of more violence with the Arabs. Following the announcement of an independent Israel, five Arab nations - Egypt, Jordan, Iraq, Syria, and Lebanon - invaded the region in what became known as the 1948 Arab-Israeli War. Eventually, a cease-fire agreement was reached in 1949. As part of the temporary armistice

agreement, the West Bank became part of Jordan, and the Gaza Strip became Egyptian territory. Throughout the disagreements, battles, wars, the Israeli flag, and its people stand tall. I want to wish everyone a safe and happy Israeli Independence Day.



THE HEALTH BENEFITS OF THE SUN BY KATE POHNER

Have you ever spent time in the sun and immediately feel better? During hard times like this, the little things are valued to boost someone's energy and mental health. I find myself in a much better mood on the sunny days compared to the rainy or cloudy ones. Getting even a little bit of exposure to sunshine can help with depression and also helps you sleep better at night. Spending long days outside in the sun is a great way to promise a good night's sleep. Doctors and health professionals advise that you spend at least 10-15 minutes in the sun a day, as being in the sunlight is known to increase the brain's production of a hormone called serotonin. This hormone is known to boost a person's mood and improve focus. When it is a nice day out, it is a great idea to do some work outside instead of sitting in the same room that you spend so much time in, especially during quarantine.

Along with mental health benefits, the sun is also great for anyone's health in general. Everyone knows that we get Vitamin D from the sun, and low levels of this vitamin can cause heart problems, prostate cancer, or dementia. Having enough Vitamin D can protect against inflammation, low and high blood pressure, and improve overall brain function. It also improves the strength and wellness of the bones in your body, which can prevent diseases like osteoporosis.

Although getting sunlight is important and extremely beneficial for your mental and physical health, it is important to know that the sun and its UV rays can become very harmful if you are not careful. Many people are aware that it's smart to use sunscreen when spending a day at the beach, or

to be careful when spending time outside when the sun's rays are strongest (between 10 AM and 4 PM). Remaining unprotected from the strong rays of sunshine can lead to extreme burns and skin cancers that leave permanent damage and scarring. Although outcomes like this can be scary, they are easily preventable with sunscreens that have an SPF higher than 15. As long as you are careful not to let it get out of hand, the benefits of the sun are so important to your daily mental and physical health.

HOW ART HAS CHANGED ME BY MEEKA VARDI

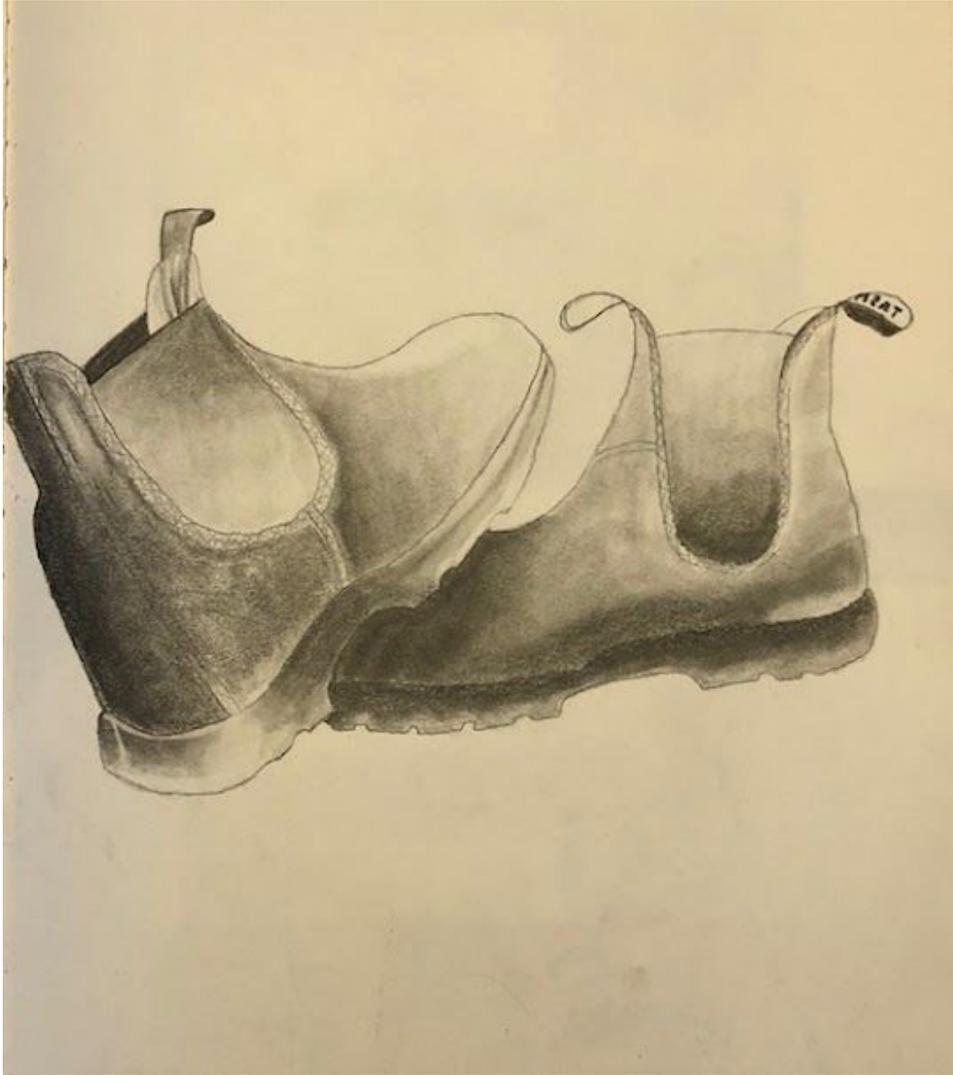
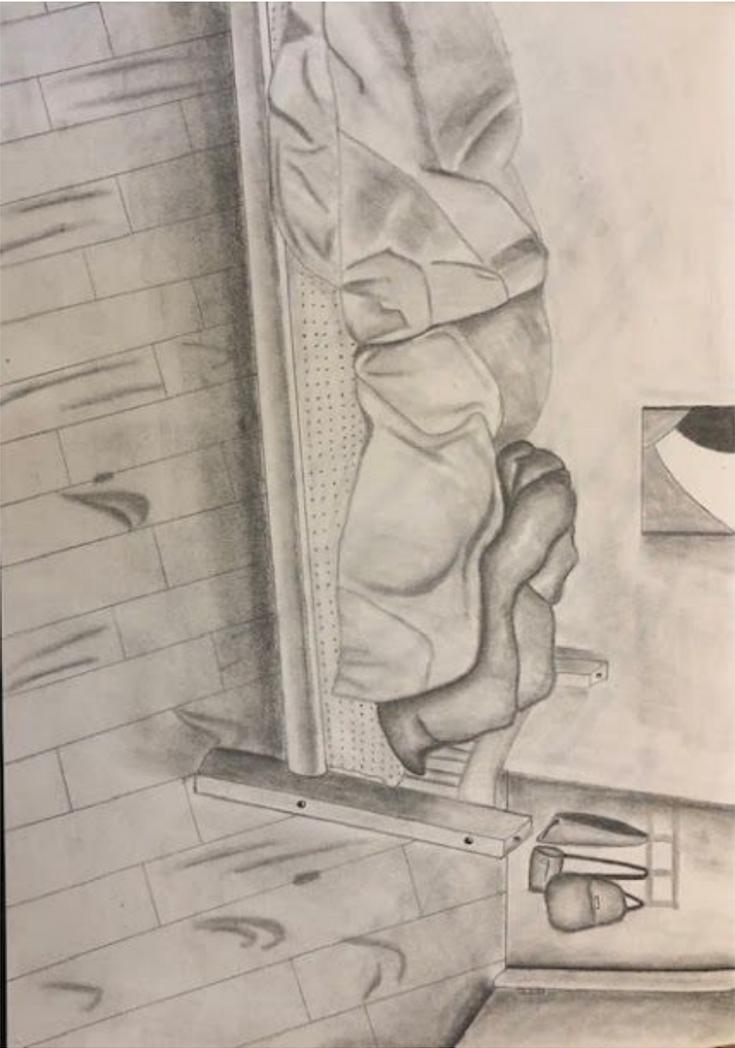
"I found I could say things with color and shapes that I couldn't say any other way - things I had no words for." – Georgia O'Keeffe

To preface this article, I would like to state that I am not an art "expert". I have taken about three art classes, including those from middle and high school, and while I have acquired new knowledge and pointers, I am still not the greatest. This article has been a long time coming. I knew I wanted pictures of my art to accompany it, but the thought of sharing my work with everyone reading this was absolutely petrifying. I, however, have finally summed up the courage and confidence to share this part of me.

Since I could remember, I have always enjoyed creating things. Whether they be model houses made from whatever materials I could find, or a delicate drawing accompanied by details created ever so gently. Either way, art was my passion. As the years passed, my love for art slowly diminished. It was replaced by my anxiety and self-consciousness, as I cared far too much about what others thought about my work. So

much so that it overrode what I thought about my own work. Sharing my art is the first step I am taking to care less about what others think about my artwork.

Art has made me a better person. I now see things in a different way - a new light. In ways not everyone can visualize. It has given me a better appreciation for art and the world around us in general. It allows me to express myself in ways few people can, and I am eternally grateful for that.



The image on page six shows a detailed drawing of a bedroom and page seven is an image of Blundstone boots.

2020-21 9th GRADE CANDIDATES

President: Lakshita Madhavan
Vice President: Sanaya Singh
Secretary: TBD
Treasurer: Laila Tatis

2020-21 10th GRADE CANDIDATES

President: Dominick Ciccotelli
Vice President: Matt Memoli
Meeka Vardi
Secretary: Vaishnavi Amin
Sahil Shah
Treasurer: Shreeya Faldu
Akshat Chavan-Patil
Sohum Gaitonde

2020-21 11th GRADE CANDIDATES

President: Esther Fifo
Ankush Trivedi
Vice President: Amisha Patel
Secretary: Gowri Konkasa
Treasurer: Abigail Jandora
Jimmy Nguyen

2020-21 Class Elections
Student Council Executive Board
Board of Education Liaison (choose 1)
TBD

2020-21 Class Elections
Student Council Executive Board

9 th Grade (choose 3)	10 th Grade (choose 3)
Nick Buckley	Schenia Alvarez
Jia Datwani	Kunal S. Chauhan
Vaibhav Iyengar	Melissa Lalo
Adomas Vaitkus	

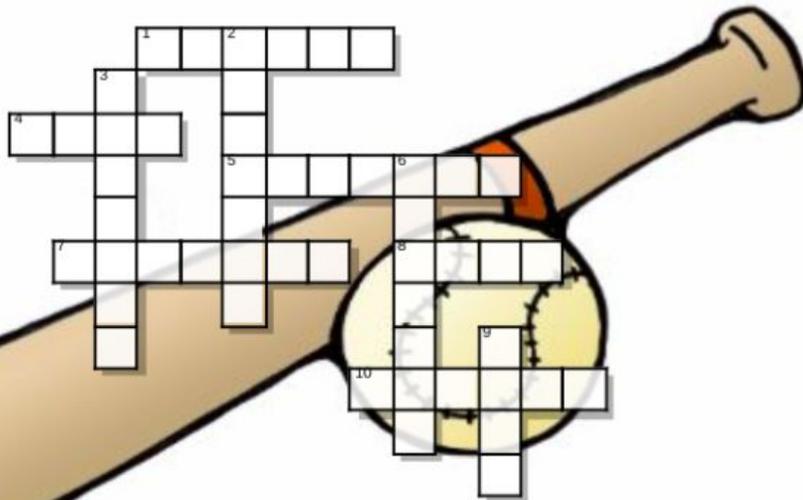
2020-21 Class Elections
Student Council Executive Board

11 th Grade (choose 3)
Derrick Mirochnik
Arnold Nguyen
Jack Reppen

CROSSWORD

MAY

Baseball



ACROSS

- 1 official who calls strikes and balls
- 4 the number of players on a team
- 5 receives the ball from the pitcher
- 7 portion of field bordered by three bases and home plate
- 8 large leather glove worn by players on the defending team
- 10 protects the players from foul balls

DOWN

- 2 throws the ball toward the catcher
- 3 a game is divided into nine of these segments
- 6 when a player can run around all the bases on just one hit
- 9 a ball hit out of bounds

STAFF:

EDITORS:

HYUN-JUNG KIM
DOMINICK
CICCOTELLI

SECRETARY:

RHEA SHAJAN

WRITERS:

AMY YANG
LAUREN GEIGER
MEEKA VARDI
WASAY NOOR
RHEA SHAJAN
HARVEY WANG
ARNAV KHANNA
KATE POHNER

FORMATTER:

JANET PAN
HANNAH MOW

CROSSWORDS:

WALEED ALIM

ADVISORS:

MR. PAVESE
MR. WEINSTEIN

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