

Did you Know?



Navid, George, Neela, Katie, and Graham

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Instructor, Linda Carney-Goodrich
www.homescholarsofboston.com

Table of Contents

<i>My Dream Vacation</i>	<i>by Graham Goodrich.....3</i>
<i>We Should Switch to Solar</i>	<i>by Graham Goodrich.....5</i>
<i>PEDs Should be Banned</i>	<i>by Graham Goodrich.....7</i>
<i>Saving the Amur Leopard</i>	<i>by Navid Hodjat.....9</i>
<i>Weekend Fun</i>	<i>by Navid Hodjat.....11</i>
<i>Why Dogs Need to be Kept on Leashes</i>	<i>by Navid Hodjat.....13</i>
<i>Thanksgiving</i>	<i>by George Stamatou15</i>
<i>Recycling</i>	<i>by George Stamatou17</i>
<i>Sexual Harassment in School Must Stop</i>	<i>by George Stamatou20</i>
<i>Leaf Blowers Must Be Banned</i>	<i>by Katherine Tong22</i>
<i>Winter is The Best Season</i>	<i>by Katherine Tong25</i>
<i>Sustainable Farming Must Start Now</i>	<i>by Katherine Tong27</i>
<i>Dream Vacation</i>	<i>by Neela Willeke.....31</i>
<i>Pandas Need People Protection</i>	<i>by Neela Kay Willeke33</i>
<i>Kids Need Creativity in Schools</i>	<i>by Neela Willeke.....36</i>



My Dream Vacation by Graham Goodrich

What is your idea of a dream vacation? Mine is of Saint John in the United States Virgin Islands. Saint John is an island located in the Caribbean off the coast of Florida. The weather is hot and sunny with some brief rainy periods. I went there with my family on April break 2014 and saw that Saint John has the best beaches, most beautiful hikes, and the nicest villas.

To start with, Saint John has some of the most beautiful beaches in the world. The sand is soft and white and the water is clear and warm. Some of the beaches my family and I went to are Waterlemon Cay, Trunk Bay, and Cinnamon Bay. We went snorkeling all over the island. Under the water, there are coral reefs with tropical fish, barracudas, and stingrays. I even saw a nurse shark, sea turtles and a humongous hermit crab. I've never seen more beautiful beaches than the ones in Saint John.



In addition to having the best beaches, Saint John also has phenomenal hiking trails. This is probably because half of the island is a national park and, therefore, the land is protected. One of the downsides to hiking in Saint John is that the weather is very hot, but along the way there are places with high winds that are refreshing. The trails have nice views all along, but the most breathtaking views are at the end. One of the most memorable hikes was at Ram's Head where the path narrowed and had ocean views on either side and strong winds whipping all around us. Despite the heat, the hikes are always wonderful, especially if you bring sunscreen and water.



Ram's Head, St. John, USVI

Lastly, Saint John has many beautiful homes with stunning views. The villa we stayed at in Saint John called Lidskjalf was huge with three separate sections, each one like its own small house and each having its own view. There was a large deck with astonishing views, one looked out at the turquoise sea, another was of the tropical forest, and another looked out onto the backyard. In the yard, there was a flock of wild chickens who pecked around for food. Small yellow scorpions were all over the place and got in all the beds. They were so tiny that it wouldn't hurt to be stung by one of them, but it was little nerve wracking. This seemed to be a normal part of island life. Despite its unusual parts, the villa in Saint John was clean, comfortable and spacious. I would love to stay there again.



View from the deck of the villa



Because of the beautiful beaches, amazing hikes, and magnificent villas, Saint John is my favorite vacation place. My best memories of the vacation include, swimming in the warm water at night, taking long sweaty hikes with my family, and relaxing at the end of the day in our beautiful rental house. If you are going on vacation, go to Saint John. You will not be disappointed.

We Should Switch to Solar

by Graham Goodrich

Fossil fuel pollution is rapidly harming all life on earth. Fossil fuels are made up of fossilized plants and animals that have been decomposing for millions of years, hence the name, fossil. Some fossil fuels are oil, coal, and natural gas. Fossil fuels are non-renewable. According to EARTH - The Operator's Manual, a 2011 PBS science series, fossil fuels are created over a process that takes hundreds of millions of years, "when plants that live in oceans and lakes die they sink down to the bottom. The chemical bonds keep the energy that began as sunlight because there is no oxygen to break it down. If there are enough of these plants deep enough for long enough the Earth's heat and pressure turns it into fossil fuels." Fossil fuels are non-renewable and unsustainable. They pollute the environment by creating methane and carbon dioxide which leads to global warming. Solar energy would be a better option because it is a cleaner, greener, and renewable. According to a National Geographic article entitled *What are Solar Panels*, "The (solar) cells are made of semiconductor materials like those found in computer chips. When sunlight hits the cells, it knocks electrons loose from their atoms. As the electrons flow through the cell, they generate electricity." This explains that solar is reusable unlike fossil fuels. We must stop using fossil fuel and switch to renewable energy such as solar now.



Coal plants make electricity by burning coal to boil water to make steam. The steam turns a wheel before cooling back into water and the process continues until the fuel runs out. Coal pollution is a problem because Coal plants produce sulfate and nitrate that are deadly

if you breathe them in. The coal plants are required to install scrubbers, which take out the chemicals, but often uninstall and sell them after inspection. Uninstalling the scrubbers makes coal electricity production so easy and cheap, that productivity is booming. Solar is better than coal because, according to Andrew Senty in *Solar Energy vs. Fossil Fuels*, "The sun provides a free and renewable source of energy. And the efforts to harness that energy has very little impact on the environment, unlike fossil fuels. To harvest or find more fossil fuel resources, the land needs to be disturbed and destroyed through drilling." This demonstrates that coal, while easy and cheap, destroys the environment. Coal plants need to be shut down and we must switch to solar.

Oil refineries make power by turning oil into items such as gas and jet fuel, the refined oil is burned to power our appliances. Oil energy is highly hazardous. Oil is mined in many forms such as fracking and drilling. Fracking is when the surface of the earth is ripped up, layer by layer, which is bad for the trees and plants that produce oxygen. Drilling is when a machine drills into the earth until it hits oil. In the refineries, disasters happen frequently, often harming multiple people. When the oil is refined, it is burned, releasing carbon dioxide. Oil causes harm to many people each year, but solar causes none. According to an article entitled, *Why is Using Solar Power Better Instead of Oil? The Benefits of Going Green*, "A huge advantage of solar power is that it is a clean and renewable resource. By contrast, oil is a limited resource that has damaging effects on the environment." Oil is dirty, costly, and nonrenewable. Solar is a superior energy source.



Natural gas is similar to oil but can be more deadly. Natural gas is mined the same way as oil, but some of the gas leaks into the atmosphere and nearby towns and can be harmful. In the power plants the gas can leak and explode. Gas stoves use natural gas and may explode if there is a gas leak. Natural gas power plants heat natural gas that spins a turbine, creating electricity. The hot air also turns water into steam, turning another turbine, creating even more electricity. Sadly, the burning of the gas creates methane, which "warms the planet by 86 times as much as CO₂," according to science writer, Gayathri Vaidyanathan in her December 22, 2015 *Scientific American* article, *How Bad of a Greenhouse Gas Is Methane?* The global warming potential of the gaseous fossil fuel may be consistently underestimated. Natural gas power plants are a nuisance that should switch to solar. Solar is better than Natural Gas because natural gas produces much more carbon dioxide than solar.

Some people say that climate change is a hoax. However, the opposite is true, in fact according to a NASA article entitled, *Do Scientists Agree on Climate Change?* "The vast majority of actively publishing climate scientists – 97 percent – agree that humans are causing global warming and climate change." This proves that to our best scientific understanding; climate change is real and man-made. Critics say that solar will not work on cloudy days. In fact, if there are enough storage modules the power gets stored and can be used on cloudy days. The critics are short-sighted and are not thinking about future generations.

Fossil fuel pollution kills many people each year, but solar does not. There are some problems with solar, but those can be easily fixed. Solar is millions of dollars cheaper than fossil fuels, even if it is slightly less efficient. All the carbon dioxide in the atmosphere traps the heat so temperatures are rising and bigger storms are terrorizing the coast. We must switch to solar to protect the earth and future generations.

PEDs Should be Banned

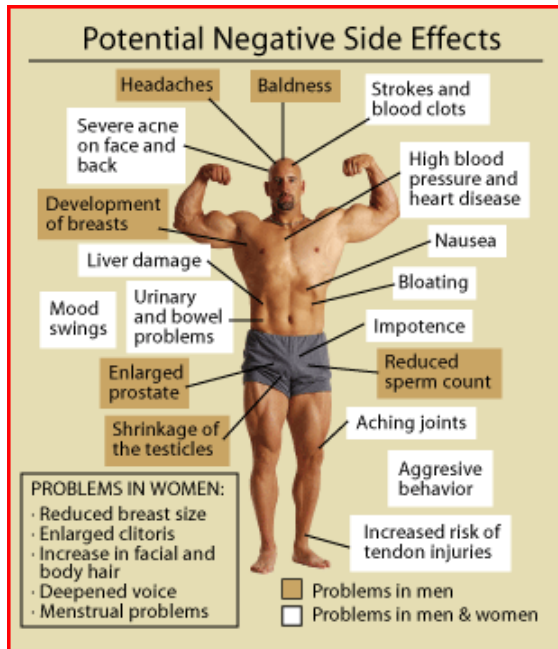
by Graham Goodrich

All Performance Enhancing Drugs (PEDs) should be banned from sports. Performance enhancing drugs are either injected or eaten to make the user stronger, faster, or have more endurance. According to New York Times writer, Tim Rohan in an August 2013 article entitled, *Antidoping Agency Delays Publication of Research*, "...an estimated 29% of the athletes at the 2011 world championships and 45% of the athletes at the 2011 Pan Arab games said in anonymous surveys that they had doped in the last year." This demonstrates that the use of performance enhancing drugs is alarmingly high among elite and professional athletes. The use of PEDs in sports is unfair, very harmful, and is a bad influence on kids.



Athletes who use Performance Enhancing Drugs make it unfair for their competitors. The user will have an unfair advantage over non-drug using competitors. The non-drug using athletes that the user is competing against will often lose the races that might have been their career and lose confidence in their races. In the April 2014 New York Times article, *Taken for a Ride*, William Saletan states, "Cyclists who weren't taking it (PEDs) couldn't keep up. Greg LeMond, a three-time winner of the Tour de France, surrendered. In 1993, he pulled out of the race." This means that other athletes who didn't take PEDs were slower and could not win, so they either would drop out or take PEDs in order to compete. Performance enhancing drugs should have a stronger ban to make sports more fair.

People who use PEDs not only affect others, but also affect themselves. According to an article in the Baylor College of Medicine News entitled, *The health risks of doping*" by Julia Bernstein, published Aug 8, 2016, "the complications of these substances are long-term health problems such as liver cancers. Other organs can also be damaged by heavy doping over long periods of time. Life-threatening complications can come up months or years later." PEDs are extremely harmful to the body. The drug



can also cause anger problems and Male Pattern Baldness. These drugs should have a stronger ban for the health of people who would otherwise take them.

Children take PEDs to be like their favorite sports players or are influenced by their coaches. According to an article on the Mayo clinic website in March 2018, "Performance-enhancing drugs and teen athletes", "1 in 20 teenagers reported using steroids to increase muscle mass." This shows that 5 percent of teenagers admit to using drugs. Even more disturbing, "Steroid use doubled among U.S. high school students between 1991 and 2003, according to a CDC report," writes Jane Weaver in an article on

NBCnews.com entitled, "Steroid Addiction, a Risk for Young Athletes." That same article goes onto say that children are at a greater risk from the ill health effects of PEDs because they are more vulnerable than adults. PEDs should be banned more strongly to make kids safe.



Critics might say that so many people take PEDs, that banning them is unfair and we should instead give their competition drugs. This, however, is even worse because of the health effects of PEDs. People also say that athletes should be free to do whatever they want, but then why would we have any rules at all. The use of PEDs is unfair, harmful and unethical. We should hold athletes to a higher standard.

Performance enhancing drugs should be banned to make sports fair, take away health problems that come from PEDs, and to stop children from taking them in the first place. PEDs give users an unfair advantage, cause significant health problems and has a bad influence on youth sports. We need to ban Performance Enhancing Drugs to make sports more fair, honest, and healthy. Users should be banned from professional sports for life. All Performance Enhancing Drugs (PEDs) should be banned from sports to show young people that the rules are serious, and the use of Performance Enhancing Drugs will not be tolerated.



Saving the Amur Leopard by Navid Hodjat

The Amur Leopard is one of the most endangered species in the world. The largest Leopard in the world, it can be found in far east Asia and in some parts of Russia. The Amur Leopard is a reclusive animal, not intentionally seeking out people. It has large black spots on its fur and has a white underbelly. The Amur Leopard preys on roe deer, keeping the population down and preventing the deer from overeating the food resources of other animals. With only eighty-four of them left in the wild, we need to raise awareness about the problem and take action now if we are to save this amazing creature. Preventing poaching and habitat loss, and breeding leopards in captivity to re-introduce into the wild will allow its population grow. Therefore, we need to take action now to save the Amur Leopard.

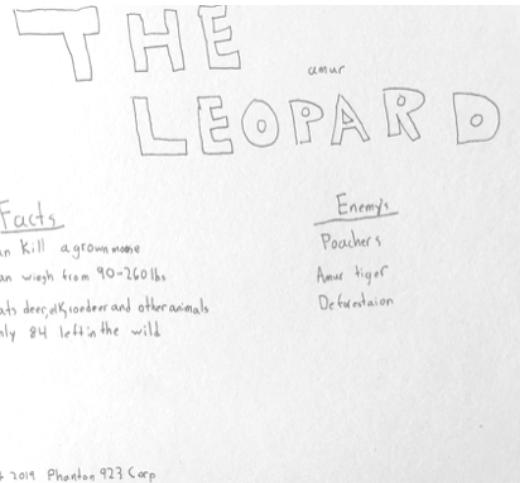


One reason the Amur Leopard is a critically endangered species is because of overhunting. It is an animal that is highly prized for its colorful pelt. The pelt is used for clothing and accessories. Poachers have been hunting it for many years and we must prevent this. More effort must be made to enforce the existing laws against hunting the Amur Leopard. According to an article titled *Save The Amur Leopard From Extinction* written in 2018 on therainforestsitesite.greatergood.com, "A 2012 law increased financial penalties for those caught poaching endangered species..." There is also a need to increase security as poachers still manage to get through.

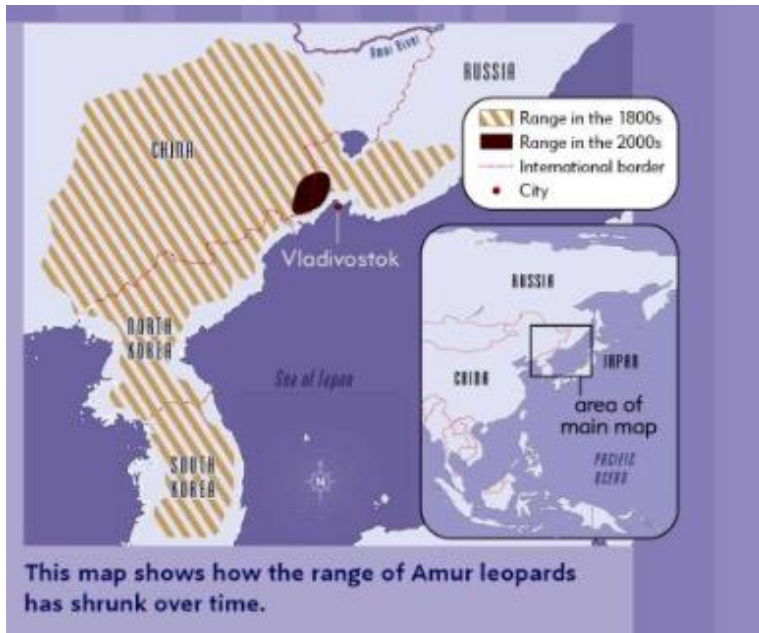
In addition to overhunting this creature, humans also clear the land on which the leopard lives to mine for minerals. According to a book titled [The Great Leopard Rescue](#) written in 2017 by Sandra Markle, "Mining in Russia changed the land so much... Amur Leopards lost much of their forest home." The Amur Leopard is prey to the Amur Tiger. Habitat loss makes it harder for them to hide from the Tiger, and this causes a more

dramatic decrease in the Leopard’s population. There are very few reservations for the Leopard and it is necessary to create more. It has been shown that putting endangered species on reservations has helped them rebound from the brink of extinction. With more reservations, the Leopard will be safer from poachers. When in these spaces, the Leopard can repopulate themselves more easily without having to worry about other distractions. We must do all we can to help the Amur Leopard’s survival.

Russia and China have worked together on a Leopard reintroduction plan. According to The Great Leopard Rescue, “They also began a carefully controlled breeding program.” Some zoos and sanctuaries have been successful in breeding Amur Leopards. The Leopard families will then be moved to reservations to continue living their lives in the wild. This method could help to slowly increase the numbers of the Amur Leopard.



There may be those who wonder why we should care about this animal. The Amur Leopard has been around for many years. The Amur Leopard being critically endangered is not a result of nature taking its course, but because of the carelessness of humans. We are responsible for correcting our mistakes. We should not be the cause of the extinction of this species.



With different methods we can help increase the population of the Amur Leopard and change its endangered status. By protecting its habitat, we can decrease the amount of poachers that are able to kill them. Stopping the amount of deforestation will leave habitat for the Leopard and other species. The reintroduction programs have and will continue to bring the population back. The Amur Leopard is a valuable part of our ecosystem and it should not go extinct.

Weekend Fun

by Navid Hodjat

Have you ever been so busy that you feel like you're being tossed around in a blender? I recently had a weekend full of fun activities. On Saturday, I had an all-day ski trip in New Hampshire. It would be my first time skiing and with a group I didn't know well. The next day I had to go to a futsal game at UMass with friends. My weekend was going to be action packed and enjoyable.



Is it possible to be so excited about something that waking up early is not bothersome? The day before my ski trip was full of preparation and excitement. A couple of weeks before the trip, I had been fitted for my skis and ski boots. Since I would need to get up early the next day, it made sense for me to pack my lunch and snacks the night before. I went deep into my closet and dug out my snow pants and snow gloves and put them in my backpack. I laid out the clothes I would wear the next day. Finally, all the preparing was finished. I went to sleep that night, nervous and excited about what was going to happen the next morning.

Saturday came and it was ski trip day! I woke at 5 o'clock to make the bus that would take us to the Waterville Valley Ski Resort in New Hampshire. The bus left at 5:45 and headed north. It was about a two hour drive to get there, but worth it. My group,

which consisted of about six kids and two instructors, got off the bus and went to the ski lodge to put our ski gear on. We then went outside to the bunny slope where we were taught how to walk up the slope in our skis, how to ski down the slope, and how to stop. The lesson part lasted an hour. The rest of the day was spent going up and down the hill, with us only taking breaks for lunch and snacks. At 4 o'clock the bus started the trip back to Boston. The ski trip was very fun and exciting, and I hope to go again soon.



On Sunday I went to UMass at 12:30 in the afternoon for my futsal game. Futsal is soccer played with a smaller ball and indoors in a gymnasium. For the past five years I have played for a club team, Valeo. We were scheduled to play against a GPS (Global Premier Soccer) team, one of the best in the league. After the tiring twenty-five minute halves, the game was over. The GPS team won fifteen to ten, but my team and I had worked hard. It is always fun playing futsal and getting to see my friends during the day.

My weekend was action packed and extremely enjoyable. The ski trip was an amazing experience and I always love playing soccer. Even though I was really tired on Monday, I would gladly spend my weekend the same way again. I love having things to do that involve movement or exertion.

Why Dogs Need to be Kept on Leashes

by Navid Hodjat

An essential role must be followed by all responsible dog owners: When your dog is off your property, it must be on a leash. This is just one of many critical leash laws in Massachusetts. When dogs are off leash, they can harm people, cause property damage or put themselves in danger. Keeping dogs on leashes could prevent mauling and other unfortunate accidents from happening. Public parks, playgrounds and other areas will be much safer with dogs on leashes.

One of the most common accidents that can happen with dogs off leash is maulings. Uncontrolled and unmonitored dogs can harm humans and other dogs. This frequently happens when pet owners are negligent, either forgetting or choosing not to put a leash on their dogs. In April of 2019 a woman from Taunton, Massachusetts was attacked by six pit bulls. According to an article



from boston.com, written by Isabel Owens, "The woman was taken to the hospital, and it was later discovered that she sustained serious injuries." According to an article titled *Some Dogs Don't Let Go*, published by the website [Dogs Bite](http://DogsBite.com), around 33 people are killed each year, in Boston alone, as the result of dog maulings. By making sure we have leashes on dogs, public spaces will be much safer for everyone. Owners have more control over their dogs and keep them from harming others.

A second reason we need to keep leashes on dogs is that they go onto other people's property and cause mayhem. Dogs can dig up gardens and damage lawn furniture when they invade property. This upsets many property owners. We can decrease the chance of property damage by putting leashes on our dogs.

A third reason that we need to have dogs on leashes is that they have caused many car accidents by running into streets. The dogs can be injured or even killed when hit by cars. Dogs are more likely to run after cars when off leash. According to an article written by The Pets Tech, a non-profit organization, "approximately 1.2 million dogs are killed each year in the US." This happens often because the dogs do not have leashes on. Dogs are unable to judge what is safe around cars and traffic. It is important that we keep dogs on leashes as to not harm themselves.

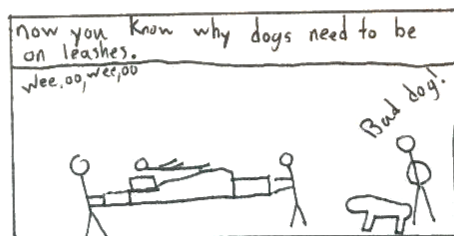
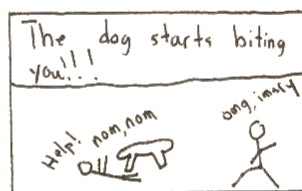
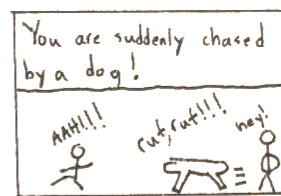
Many people wonder if dogs will get enough exercise if on a leash, and if leashes are harmful for dogs. If leashes are used incorrectly they can be harmful to dogs. If the



leashes are attached to collars or harnesses that are too tight, it can be uncomfortable for the dog or harm the dog. However, when used in the right way, leashes do not harm dogs. Dogs can also get the same amount of exercise as they would off leash. If people want to let their dog off leash they can make use of special off leash dog parks. Dogs will also get to play with other dogs, and be in areas with those who are willing to be with dogs running free.

People also wonder if obedient dogs should be kept on leashes as well. We still must have these dogs on leashes because there is still a chance they could attack someone. It is important for the safety of others that we keep dogs on leashes.

With leashes on our dogs, public parks, playgrounds and other spaces will be much safer. There have been too many dog attacks and other incidents that could have been easily prevented. We need to take action now if we are to stop this from continuing to happen we must put leashes on our dogs. We need to always have leashes on our dogs.



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Thanksgiving

by George Stamatos

One of my favorite holidays is Thanksgiving because of all the people that I see. I also really like the food from both sides of my family, like baklava from my Greek Grandma, and apple pie from my American Grandma. Thanksgiving is also nice because of the friends that I see, and the foods that they have. I also think the things we do at our friends' house are different from our Thanksgiving traditions, like playing board games instead of watching a movie. Playing board games is one of the reasons Thanksgiving is totally the best holiday out of the whole year!

Thanksgiving is my favorite holiday because of family and friends. Seeing all my uncles, aunts, cousins, and grandparents is always fun. We sometimes watch a movie before we eat all the good food (see below for good food). Then, after we eat, we go to the playroom and hang out with our cousins. Sometimes we also go to Framingham, where our other relatives live, and we see our uncles and aunts. Seeing all these people is really fun, and I love seeing all the people in my family.



Thanksgiving food is the best! Warm fresh turkey with cranberry sauce, mashed potatoes with juicy flavorsome gravy, tomato and cucumber salad with oregano and olive oil, squash so sweet you need to drink water, and save room for a dessert of apple

and pumpkin pie with ice cream, and hot apple cider with cinnamon. I really love eating all this crazily delicious food, and I can never get enough. Can't wait for fifths!

On Thanksgiving, I also love to cook, like broiling the turkey, mashing the potatoes, scooping out the seeds of the squash and baking it in the oven. I like making homemade cranberry sauce and it always tastes really good! When I make the pie, sometimes I put a picture of a pumpkin or turkey made from the left over pie crust. My brother also helps sometimes, and last year he made a picture of a turkey for the apple pie. Whenever Thanksgiving comes, it's always fun cooking, eating, and seeing family. Thanksgiving is my favorite holiday because of the good friends, food, and family.



Recycling

by George Stamatos

Recycling should be required because when recycling and trash and even trash alone pile up, it starts to create gases that are bad for the environment and humans. Common gases that occur and are bad are called greenhouse gases, like carbon dioxide, methane, and nitrous oxide, which happen when piles of trash are buried or burned, causing greenhouse gases. When these gases are trapped in the atmosphere they cause the earth to heat up, because when light hits the earth the light bounces back up to the gases heating them up. These will all be stopped if you recycle properly. The process of recycling is: you buy a plastic product, and put the wrappings in the recycling bin. The recycling then gets collected by the waste facility that deals with recycling, and then come about 5 steps (these steps differ depending on the waste plant) of recycling. #1 is always gathering up the trash, #2 is sorting the plastic, because some plastics are different than others, and are different colors. #3 is washing the plastic to get rid of residue and food, #4 is resizing the plastic, and shredding it to give it more surface area. #5 is compounding the plastic, melting and mashing the same type of plastic into pellets that can be used for other plastic products.

As a result of careless disposal by humans there are garbage patches all over the ocean, like the East Indian garbage patch or the Atlantic garbage patch, but the Great Pacific Garbage Patch, also known as the trash vortex, is the biggest one. It is twice the size of Texas, and it is so humongous that it goes from about the middle of California and Hawaii almost to Japan.



Picture of beach In Capetown, South Africa

The trash that creates these garbage patches go through currents or gyres because the trash is at first sitting there in the ocean then gets picked up by the gyres and goes around the ocean until another piece of trash is caught by the gyre and the trash bunches up and keeps getting bigger when more trash comes along the way creating the garbage patches that destroy our oceans, plants, and sea life.



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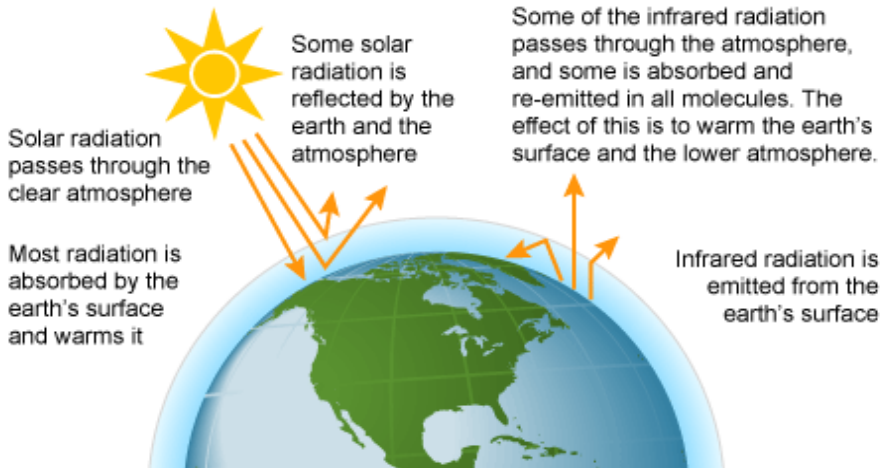
Comic by George Stamatos

There are two types of whales, toothed whales like orcas which need teeth to eat the fleshy seals they prey on, or baleen whales which have a sort of row of bristles that they suck in plankton and minnows, their main food source. They then push out the sea water that they also

swallowed, and the baleen whales capture the plankton in their baleen. When the baleen whales suck in the surrounding water whatever trash is in the area they suck in too. Eating floating trash will make them sick, kill them, make their babies deformed, and many other disgusting things happen to whales as they eat trash in the ocean. The trash affects the orcas too, because when they eat animals that have been eating trash they become infected by the trash and possible diseases from the trash. To protect and save our oceans we must act now and recycle to save sea creatures from extinction

When greenhouse gases warm the earth it will be detrimental to the polar ice caps because the heat melts the ice and when this happens sea levels rise making it so "southern Louisiana coasts literally sink by about three feet (a meter) a century" says Wendell Curole, General Manager of South Lafourche Levee District (SLLD).

The greenhouse effect



Information and photo from EIA, the Energy Information Administration

Everywhere -- not just in Louisiana -- is being harmed by melting polar ice caps and "Glaciers in the Garhwal Himalaya in India are retreating so fast that researchers believe that most central and Eastern Himalayan glaciers could virtually disappear by 2035" says Daniel Glick who wrote an article for National Geographic called "The Big Thaw". All the melting ice will seriously hurt the earth, humans, and animals, so we must start working to clean up after ourselves and start to recycle so we don't live on a sopping wet polluted disaster that we call "earth".

Critics might say that we don't need to recycle because plastic is just trash and recycling is a waste of time. Trash and recycling is the same thing and making them separate is also a waste of time. This is not true and plastic is a bad thing that must go in the recycling no matter what. You should also just never use single use plastic items because they will just create more plastic pollutants and waste. Critics might also say putting compost, recycling, etc., in the trash doesn't create greenhouse gases; these are just lies that waste companies make up to make us give them recycling and money. This is not true and global warming, greenhouse gas, and garbage patches are real and saying otherwise is not true, and many scientists who study the ocean say these are ruining the ocean and planet.

In conclusion the pollution, greenhouse gases, garbage patches, and all the other problems that occur could all be helped if we stop using single use plastics, plastics that you only use once and are not reusable. You can also do a beach or river clean up, to clean up the trash in your area. Try not to use microbeads! Microbeads are super small pieces of plastic that can be found in certain toiletries like shampoo and body washes, and if you look at the ingredients on the back of the label you might see polyethylene or polypropylene, which contain microbeads. Avoid them! Other things we can do are: support organizations or join them if they are working to clean up earth, avoid using plastic or other items you can only use once, and by doing so you will really help the earth. If we do not act immediately and do these things then by 2050 the polar ice caps will be gone, and the glaciers in the Himalayas will be nothing but mud pools in 2035.

Sexual Harassment in School Must Stop by George Stamatos

Girls and boys who are in school in the United States are being sexually harassed by bullies and other students. Sexual harassment is verbal which can include saying rude things about the body of the person, or about the person. Or physical, sexually touching the victim. Sexual harassment in school is happening often, and can start as early as elementary school. The sexual harassment in middle school is much bigger than most people think because it's not always reported. People who are sexually harassed sometimes fail classes or drop out of school. Sexual harassment also makes the harassed student feel afraid and unsafe. This can affect their grades and possibly a job when they are older. The pervasive sexual harassment in all schools can stop by enforcing Title IX rules and other programs for students to be educated on what sexual harassment is and how to stop it. Parents, administrators, and teachers must address the wide-ranging sexual harassment in schools with Title IX and stop it.

Firstly, "at least one in four middle school students say they've experienced unwanted verbal or physical sexual harassment on school grounds, often in the hallway or even in the classroom" says Allie Bidwell, staff writer for the US news and World Report in her April 6 2014 article entitled, "sexual harassment frequent among middle school students". Researchers in Illinois found that about 1,400 students were sexually harassed, and this is from only four different middle schools in the Midwest. There is a lot of sexual harassment in middle school and many people don't realize this because it's almost never reported. A survey conducted by the American Association of University Women (AAUW) in 2011 called "Crossing the line: sexual harassment at school" found that while "nearly half of the students in grades 7-12 experienced sexual harassment" very few report it. The survey found that "Among students who were sexually harassed, (only) about 9% reported the incident.". The AAUW also found that sexual harassment can also make people avoid study groups, not do quite as much work or participate inside of school, sometimes even have trouble sleeping, and 9% of students actually stopped attending classes they had been sexually harassed in. All of this will definitely affect your grades and education, and every child needs an educating environment that is safe, and they can work in, but sexual harassment stops this learning from happening.

Secondly, many people in middle school don't know what sexual harassment truly is, because Title IX rules are not well enforced, and even teachers sometimes don't realize what being a bully to someone is, versus sexual harassment. Everyone can be victim of sexual harassment, and studies from the AAUW in 2002 show that 2,064 students in 8 to 11th grade show "38 % of the students were harassed by teachers or school employees (and) 36% of school employees or teachers were harassed by students." This harassment is very bad and it must stop. Title IX is the Federal Law that forbids sexual discrimination or harassment in school or any other educational program. Title IX is enforced by the OCR (the Office of Civil Rights) and there are only a few types of schools that are not affected by the OCR, like a few religious schools, military academies, and some certain college or university organizations. The OCR creates most

of the sex discrimination and harassment policies for stopping it for schools, and if they are broken students could get a fine, or go to jail if they are old enough. Sexual harassment must be enforced better to help children have a safe learning environment, and not be afraid of school.

A survey conducted by the American Association of University Women(AAUW 2002) on 2064 students in 8th through 11th grade:

- 83% of girls have been sexually harassed
- 78% of boys have been sexually harassed
- 38% of the students were harassed by teachers or school employees
- 36% of school employees or teachers were harassed by students
- 42% of school employees or teachers had been harassed by each other

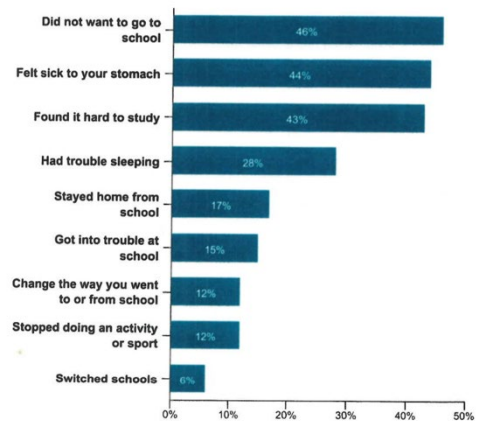
Lastly, the sexual harassment in school must stop because there is way too much of it, it damages student’s education, and even hurt their social life outside of school. The harassment will ruin school life and make a bad environment for children, so for the sake of schools the sexual harassment in middle and high school must stop. If Title

IX is not well enforced and the OCR doesn’t straighten out the rules, schools could fail and possibly even disrupt the economy. The children going to school will not have the chance to learn, which in turn would hurt the economy even more. The sexual harassment in school is just disgusting and if 46% (info from AAUW 2011) don’t want to go to school and 43% stop studying it is unacceptable and it must stop, because if it keeps happening it will damage the communities in America.

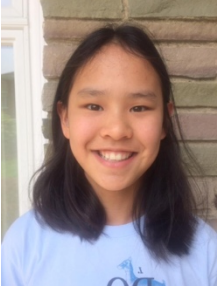
Critics might say when so-called sexual harassment happens in school, it’s just kids joking around, it’s not really sexual harassment, and even if it were than kids would have to just cope with the idea that school just isn’t perfect, and adults had to deal with it too. When boys harass people they’re just being boys and girls are trying to be “tomboys”. Most harassers are oblivious to the world and are trying to be funny and don’t think it’s rude. Sexual harassment in school is not real, and the statistics that say it is real, are lies and fake news. Sexual harassment in school just isn’t happening and saying there is, is just stupid.

In conclusion the sexual harassment in middle and high school must stop because if it keeps happening then it will hurt schools in America and these schools’ communities. If the OCR doesn’t enforce and explain what sexual harassment is to schools’ teachers and students then the 4 out of 5 people who are sexually harassed in a school year and the 8 out of 10 middle scholars who are harassed in their school lives will keep getting harassed and the numbers of harassed students could just keep rising (information from AAUW study in 2014). If the gross amount of sexual harassment keeps happening then the number of children that are going to school who drop out because of sexual harassment will make schools fail miserably, so we must act now to not have sexual harassment become worse than it already is.

Student Reactions to Sexual Harassment



Data source: AAUW sexual harassment survey, 2011.



Leaf Blowers Must Be Banned by Katherine Tong

Have you ever woken up on a Saturday morning to leaf blowers from across the street? Leaf blowers are tools with powerful fans that push air through tubes to blow away sticks, powered by burning gasoline or using electricity. The leaf blowers' din is still only one of the many leaf blower problems. The wildlife that lives in the lawns or trees near the blowing sites is thrown out of their usual cycle. Leaf blowers must be banned because they are noisy, dangerous, and harmful to the environment.



A disturbing thing about leaf blowers is that there is too much noise pollution. The racket from the leaf blowers is enough to drive anyone mad. Once every week, the children at school are learning when leaf blowers start growling outside. The noise lasts for at most forty-five minutes. This can be really frustrating for students who are already struggling, without the extra noise. The people who use the leaf blowers also must endure the harsh sound from the leaf blowers. They will lose their hearing. In Brookline, the leaf blowers are not supposed to be louder than sixty-seven decibels when measured from fifty feet. That is the same amount of noise as hearing a car pass by on the street. In a Boston Globe article published in March 2015 entitled, *In the war vs. loud leaf blowers, a strategic retreat*, Jennifer Lefferts says, "Leaf blower noise at 50 feet ranges from 64 to 78 decibels. At the operator's ear, the noise is 95 to 115 decibels." One hundred and fifteen decibels is equivalent to the noise from an emergency vehicle siren or a riveter, and eighty decibels is hazardous to human hearing. For every ten decibels that the noise increases, the noise also doubles. That means that to the operator, the noise from the leaf blowers is eight and a half times louder than the dangerous noise level. Leaf blowers still do not always conform to the maximum decibel ratings, and when they do, their monotonous whine is still quite annoying.

Noise Level Chart

A noise level chart showing examples of sounds with dB levels ranging from 0 to 180 decibels. From <https://www.noisehelp.com/noise-level-chart.html>

dB	Example	Home & Yard Appliances	Workshop & Construction
0	healthy hearing threshold		
10	a pin dropping		
20	rustling leaves		
30	whisper		
40	babbling brook	computer	
50	light traffic	refrigerator	
60	conversational speech	air conditioner	
70	shower	dishwasher	
75	toilet flushing	vacuum cleaner	
80	alarm clock	garbage disposal	
85	passing diesel truck	snow blower	
90	squeeze toy	lawn mower	arc welder
95	inside subway car	food processor	belt sander
100	motorcycle (riding)		handheld drill
105	sporting event		table saw
110	rock band		jackhammer
115	emergency vehicle siren		riveter
120	thunderclap		oxygen torch
125	balloon popping		
130	peak stadium crowd noise		
135	air raid siren		
140	jet engine at takeoff		
145	firecracker		
150	fighter jet launch		
155	cap gun		
160	shotgun		
165	.357 magnum revolver		
170	safety airbag		
175	howitzer cannon		
180	rocket launch		
...			
194	sound waves become shock waves		

Using a rake is much healthier for the user; leaf blowers put the user's health in peril. The people using leaf blowers only walk around with a weight on their backs, not much exercise. If they raked, they would exercise their arms and legs more. Although the dust is being blown away from the people doing the blowing, they are still being exposed to the dust, and in large quantities. Later on in life, they may develop asthma or other respiratory problems, causing them to need medical attention that if they chose a different job could have been avoided. According to an article titled *Everything You Need To Know About Leaf Blowers* by Caitlin McCormack published on April 15, 2019, "Possible injuries that can be caused by leaf blowers include... eye injuries caused by projectile debris, hearing loss or damage due to excessive noise exposure, [and] breathing problems associated with air pollution caused by leaf blowers." Because leaf blowers are more harmful than helpful, they should be banned.

Leaf blowers also harm wildlife and the environment. Leaf blowers disturb nocturnal birds that sleep during the day. They cannot get any sleep during the day, and at night may not be as keen as usual. They either cannot find food, or may not notice predators nearby. The same goes for daytime animals. Daytime animals may not hear predators or hear their prey. This is a large problem for already endangered species; this only adds onto their plentiful problems. Healthy lawns also need fertilizer, and when the leaves are blown away, the yards are spotless, whereas when one rakes, they usually miss some leaves or sticks. Leaving these leaves and sticks is beneficial to the nutrition of the grass because the excess leaves decompose; creating an all-natural fertilizer that is free and can always be relied on. This way, one does not need to use other kinds of unnatural fertilizers. Another absolutely frightening thing about leaf blowers is that, "In one year's time, that little leaf blower engine you hear buzzing up the street pumps out as much smog-forming pollution as 80 cars, each driven 12,500 miles," says Paul Marini in an article published on September 14, 2017 entitled *Raking Leaves or Leaf Blowers?* That is the same amount of smog as one car driving one million miles. If leaf blowers are damaging the ecosystem and harming the environment, they need to be banned.

Why should homeowners have to pay more for their yards to be cleaned when there is a cheaper, faster way to do it? One actually should question the speed of the leaf blowers. Paul Marini writes, "In one 3-phase test, comparing a well-muscled leaf blower to a diminutive grandmother with a rake, the rake and broom were as fast as the leaf blower." This shows that although raking is more exercise, therefore more tiring, raking is not necessarily slower, and is definitely more energy efficient. Is it fair to make the yard companies go out of business because they cannot clean enough lawns for a reasonable price considering it is more labor to rake? Maybe it is just as well because homeowners should rake their own yards after or before work, or just not be so picky. Even if the prices are higher, some people will pay more for lawn cleaning with less noise, and the companies will not go out of business after all. Still, even if raking is extra work, one will still benefit more by raking than if they chose to hire a leaf blower to do the work. Anyone who rakes will get more exercise, and have a healthier lawn for free, and not create any more pollution than they have to.

Leaf blowers are noisy, dangerous, and harmful to the environment. They are harming our society and wildlife, which should be priorities over clean looking lawns. Unfortunately, some lazy homeowners will continue to feel that having a clean looking lawn is more important than basic necessities like a healthy environment. If we banned leaf blowers, we would be choosing to have a healthier environment and a quieter society. We must ban leaf blowers now.

Winter is The Best Season

by Katherine Tong

Do you enjoy the biting cold of winter or the joy of frosty snowball games? These activities are quite pleasurable, and they can only be done in the duration of winter, making winter the supreme season. Sledding on the hill at the Warren Elliot Park can be quite enjoyable. Gathering with friends for snowball games is an amazing experience. Winter is the best season ever because it has the most opportunities for fun.

Anytime the snow is deep, the residents of Eliot Street and the surrounding area swarm all of the nearest hills, and the only thing one can hear are the shouts of enjoyment as the kids go racing down the hill. Sledding is more fun than one may think. Some people think that sledding is a boring, childish thing, but it can be exciting to be going fast. One should try having a parent that never sleds try their hand at sledding. The parent hopefully will go careening down the hill, screaming for the sled to stop. If they over steer, or steer in the wrong direction, they could go popping out of the sled. The best part of sledding is racing up the hill with friends, and every five steps taken, one could slide back three steps. Sledding is an easy to learn sport that does not require much skill.

There are many games to be enjoyed when playing with snowballs. One beginning game is called Throw the Tail onto the Bunny, a snowball version of Pin the Tail On the Donkey. One player draws a bunny without a tail on a wall. Then, from twenty feet away, players throw snowballs in turn at the spot where the tail should be. As soon as a snowball hits the empty tail space, the person who hit it moves back a two feet. Then, one player wipes off the snow, and players continue throwing snowballs. The first person to move



ten feet back from the starting position wins. A more advanced version of this game is called Supernova. One player is chosen to be the thrower, and they toss an icy snowball or tennis ball, herein called the original snowball, up into the air away from the other players. Then, all of the other players toss their own pre-made snowballs at the original snowball until either the original snowball hits the ground, or the original snowball is hit by another player's snowball. Then the selected thrower retrieves the original snowball, and the cycle continues. In the event that the original snowball is hit, then the player who hit it becomes the new thrower. Snowball

games are amazing whenever they are played. Sometimes, snowballs can be used to make snowmen and even more fantastic animals. It is really fun to play with compacted snow.

Going on winter adventures is really fun. It is fun to snowshoe in a large, forest park when



Photo from 2016

all of the trees are missing their foliage. The trees are pretty, and the tranquil feeling is relaxing. The animals that one can see while walking along paths can be really cute, especially when they scuttle across the path and into a burrow. If one is lucky, they might see a large piece of snow or ice tumble off of a tree onto the ground. Waking up early to go snowshoeing can be fun if when one gets there, they are the first to make tracks in the snow. The hot chocolate that should be brought on any wilderness trek can be fun to consume on the trail. The mix of cold outside and the warmth inside one's body is comforting. Just be sure that all of the hot chocolate is in one's tummy before it gets cold. There are so amazing potential hiking options in the winter.



Drawing by Katie Tong

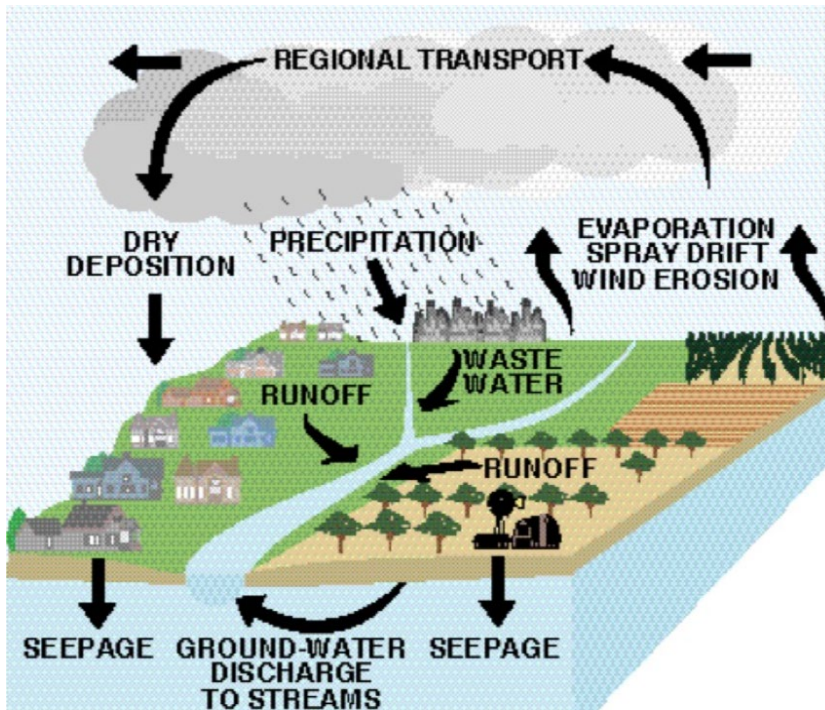
For the reasons stated, winter is the best season of all. The fun one can have sledding down monstrous hills and the excitement of building huge snow forts is amazing. Also, snowball games can be the source of hours of fun. Because there are so many activities that require snow and the winter climate, winter is my favorite.

Have you ever thought that in sixty years humans might be scrabbling for food? Modern farming techniques with pesticides and other unnatural elements are harming the planet we survive on. If something is sustainable, it can be maintained for long periods of time. Sustainability and nutritional value are increased if natural farming, also known as organic farming, is promoted. Organic farming results in a significant boost in the amount of wildlife surrounding organic farms (Smith). Organic farming improves sustainability and health. Since 8,000 B.C.E, people have been farming without any pesticides or other machinery (Fleischman). With our modern machines, it should not be hard for us to do what the primitive people did. Pesticides lower the sustainability of the farming, spread with the weather, and are harmful to human health. We must farm sustainably now so future generations are not swept into famine later.

One problem with pesticides is that they lower the sustainability of the farming. Many farmers think that pesticides indefinitely boost the yield per year. They are right up to a point. They are wrong when a drought or a flood occurs. Plants grown with pesticides typically do not need to look for water or fight weeds, so they do not develop deep roots and a certain amount of heartiness. This can lead to an entire year's crop wasted. During droughts, the plants lack deep roots to find any remaining groundwater, so they wither and die. During floods, they are washed away because their roots cannot anchor them down. Pesticides also wear out the soil causing conventional farmers to have less time for a potentially higher yield. "By using synthetic chemicals, we kill off the upper level of microorganisms in the soil, and then need synthetic fertilizers to do the job the microorganisms might have accomplished" (Bogard). In contrast to the non-organic farming methods, in organic farming the microorganisms will not be dead, only tired. Pesticides may help for a short period of time, but the awful effects still outweigh the high points.

Not only do pesticides lower sustainability, they also unintentionally spread with the natural forces of Earth, such as the water cycle. Suppose at one farm they use pesticides. The pesticides will seep into groundwater near the farm, and slowly move towards public or residential property. The polluted groundwater will leak into larger bodies of water. It will also poison gardens and parks on its way to the ocean. Once the pollutant reaches the ocean, it will kill fish in the ocean and harm the coral reefs. Any fish that does not die could end up on your dinner plate. Still, many years' worth of pesticides must end up in the ocean to create significant damage. In a slideshow from the World Health Organization at the site <https://www.who.int/ceh/capacity/Pesticides.pdf>, "Once on the target site, the pesticide may... volatilize... into the air. From the air, it may deposit... on humans, wildlife or plants or on the soil." The drift spray that is ending up in their lungs is harming all land animals, humans included. In contrast, organic farming is so harmless that farm animals can drink from a pond in the center of the farm, whereas pesticides kill trees miles away. Using pesticides is putting us, and many animals in danger. We must stop using pesticides to make Earth a healthier place for everyone.

Not only do the pesticides travel with the weather, they also progress through the food chain and the ecosystem. Vegetables grown with pesticides may have pesticide residue on their leaves, and they are shipped all over the world, even to places where pesticides are banned from use. Some pesticides target enzymes that look similar or identical to human enzymes, so if eaten can severely harm someone. The pesticides in the ocean also harm the fish. The larger fish eat the smaller fish, which have eaten the even smaller fish, so, the largest fish accumulate the most pesticide residue. This chain reaction is called bio-concentration. This same bio-concentration happens on land too. One small animal may eat a poisoned animal, and it could eat other things too. Still, it has pesticide in it. When larger predators eat the small animals, they are also collecting the pesticides. If the smaller animals are the predators' only food source, then the predator shall have even more pesticide in it. This can lead to a reproductive problem. A great example of this is when the bald eagles' eggs were too thin and cracked whenever the mother sat on the egg. If a species is already endangered, adding the reproductive problems might be just enough to tip the species off the charts. If humans choose



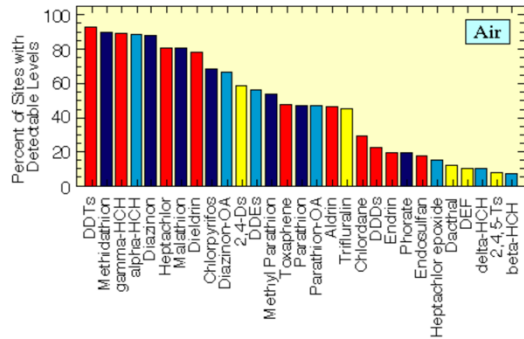
Photograph 1 from: <https://www.who.int/ceh/capacity/Pesticides.pdf>

to hunt animals containing pesticides, the consumers may be “buying” health problems. The lowest amounts of pesticide are always in the smaller animals lower down in the food chain. Spreading through the ecosystem is the least controllable way for the pesticides to spread.

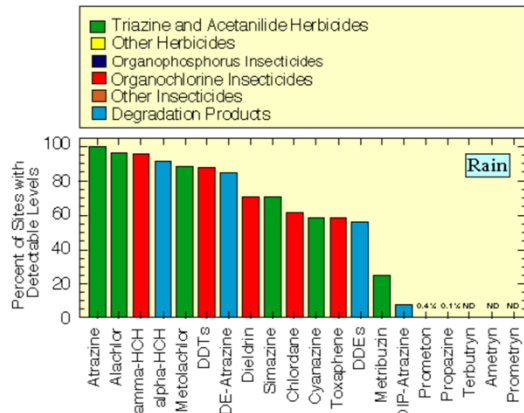
Pesticides

PESTICIDES IN THE ATMOSPHERE

AIR



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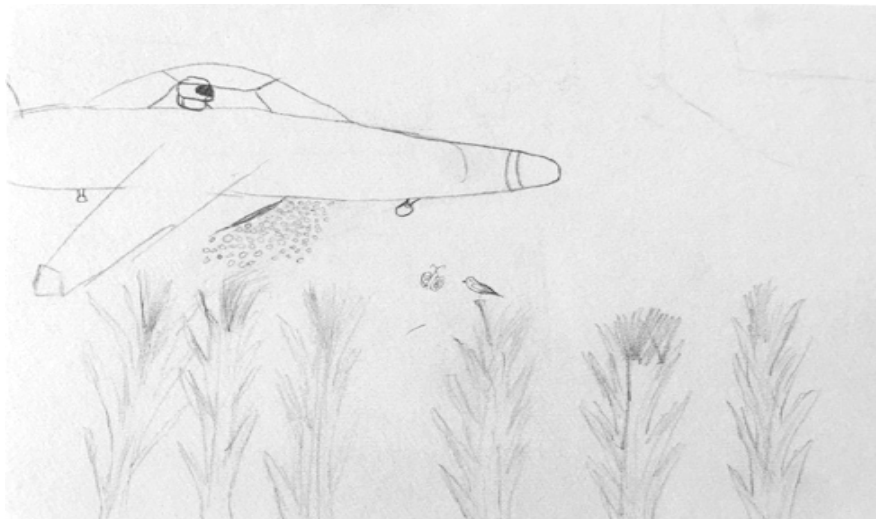
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Another petrifying effect of pesticides is the drug-resistant *Candida auris* fungus that is sweeping the globe. “The CDC* theorized that the *C. auris* may have benefited from the heavy use of fungicides**... As [fungicides] began destroying more prevalent fungi, an opportunity arrived for *C. auris* to enter the breach” (Ritcheland and Jacobs). The fungicides are used in many places, such as on harvested crops to prevent rotting. This widespread use of fungicides allowed the *Candida auris* fungus to adapt to the pesticides, some of which are the same drugs used to kill fungi (Ritcheland and Jacobs). Many drugs are useless against the *Candida auris*, and, without effective drugs, no one knows how to stop these fungal infections. The above examples demonstrate how using pesticides can endanger people’s health directly and indirectly.

Have fungicides and other pesticides really been helping to produce drug resistant germs? The widespread use of fungicides is greatly exposing the fungus to the pesticides, allowing the fungi to adapt to the drugs more than if the drugs were only used on patients. Some people say that the pesticides that are in the ocean are only from people spraying into rivers and streams, and that the pesticides cannot seep through the ground into our water

sources. In fact, the pesticides follow the water cycle to the ocean. We know that there is also too much pesticide in the ocean for it all to have been careless sprayers, even if they had sprayed a large amount into rivers and streams.

No matter where or when pesticides are used, they are damaging the earth's natural ways. We need sustainable farming if we want to eat or have any wildlife. Without wildlife, the ecosystem will be ruined, dragging humanity to the edge with it. Pesticides are also leading to drug resistant germs, which can be more dangerous than you might expect. Although it may not be in this generation, unless we start farming sustainably now, our successors will struggle to consistently have a sufficient amount of food on their tables.



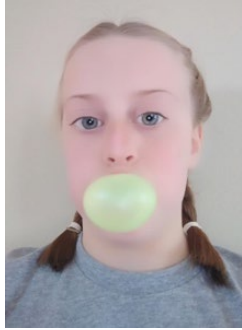
Drawing by Katie Tong

*Center for Disease Control

**Pesticides meant to kill fungi

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Dream Vacation

by Neela Willeke

“Bet you can't catch me!” my cousin, Una said as she jumped into the frothy water. My entire family was staying at a beach

house on Islesboro island in Maine and my cousin and I were having the best vacation ever playing in the water. The house we rented overlooked the protected cove where we were swimming and sandy paths led to the other side of the island where we would walk our dogs in the evening. As I jumped onto my kickboard to pursue Una, I remember never wanting to get out of the ocean and never wanting this vacation to end.



Photo Credit: Katrin Colby

My cousin and I spent most of our vacation in the cold salty water of the ocean or warming up in the warm outdoor shower. It was incredible how much the ocean changed from low tide to high tide and how different the beaches were from one side of the island to the other. On the beach in front of our cabin, I would chase my cousin on my boogie board and she would launch surprise attacks from underwater! One day we drove to a beach that faced the open ocean and we had fun body surfing in the bigger waves. When we were done playing in the in ocean we would warm up in the outdoor shower and then usually decide to go back to swim some more.



Photo Credit: Katrin Colby

My dog, Gretel would go with us on beach walks where we would find interesting shells and seaweed. My grandma and I met a family with a small dog that Gretel could play with. I found some white rocks for my grandparents' flowerbeds and one evening we found over thirty sea urchins to surprise my grandma! What Gretel found interesting however were not the sea urchins but the crab shells. We had a fun time prying those out of

her mouth and boy was she stinky!

The beach house we rented was beautiful with a soft loft bed overlooking the ocean. All of the doors were deep blue with shell wreaths. There was a grey wood porch with wicker chairs and a glass table. On one of the steps up to the porch sat a big tub of water to wash off your sandy feet. The water in the tub would be warm from sitting out in the sun all day, but

sometimes when we were rushing up to get food we would still forget to wash our feet. I loved so many details about the house especially that it overlooked the ocean and that all of my family was there.

My cousin and I had the best vacation ever playing in the water while our whole family stayed at a beach house on Isleboro island in Maine. We would walk on sandy paths with our dogs, and swim in the water, while our parents looked out at us from the house. As I left the cold water of the ocean to take my final warm outdoor shower, I remember never wanting this vacation to end.



Photo Credit: Katrin Colby

Pandas Need People Protection

by Neela Willeke

Pandas are living peacefully hidden in the highest mountains of central China, but we are not doing enough to protect these lovable and unique animals. There has been a sharp decline in the panda population and humans are responsible. Panda habitats have been divided by deforestation and pandas have been confused by human activity. Our lights, sounds, smells, and roads all disrupt panda's lives. So far, people have helped with breeding centers, developing stronger bamboo, and creating corridors to help pandas connect, but because of pandas' low reproductive capacity, limited diet, and solitary nature, we have to protect their habits even more. The pandas' habitat is decreasing, we are responsible, and we need to act now.



Deforestation has threatened the Panda population. Pandas only live where their primary food source bamboo grows and that "habitat decreased by 4.9% between 1976 and 2001", according to an article in the Smithsonian published in September 28, 2017, titled "Panda Habitat Is Severely Fragmented, Placing Pandas at Risk.", by author Daley Jason. That might not sound like a lot,



but their habitats are now also more fragmented. According to the same article, Jason writes, "From 1976 to 2013 the pandas' habitat decreased from 400 patches to only 55 patches". As a result of deforestation and fragmentation; pandas are separated from potential mates, males fight more over the remaining territory, and pandas can't travel to other types of bamboo if the bamboo in their area fails, which puts the panda population at risk.

"Logging, human encroachment, road construction and agriculture have conspired to divide panda habitats into tiny sections," writes Douglas Quenqua in his September 25, 2017 New York Times article, "Pandas Are No Longer Endangered. But Their Habitat Is in Trouble." Humans have fragmented the pandas' remaining habitat and their activity is disrupting pandas'

homes. First with lights from buildings and streets, confusing the pandas' sleep. In addition, roads separate potential mates and keep individuals from alternate food sources. Finally, because Pandas communicate with sent messages they spray on trees, the sounds from cars and smells of gasoline distort pandas' navigation and communication. Humans are single handedly forcing pandas to extinction and it needs to end now.



Image created by and photo credit: to: Neela Willeke

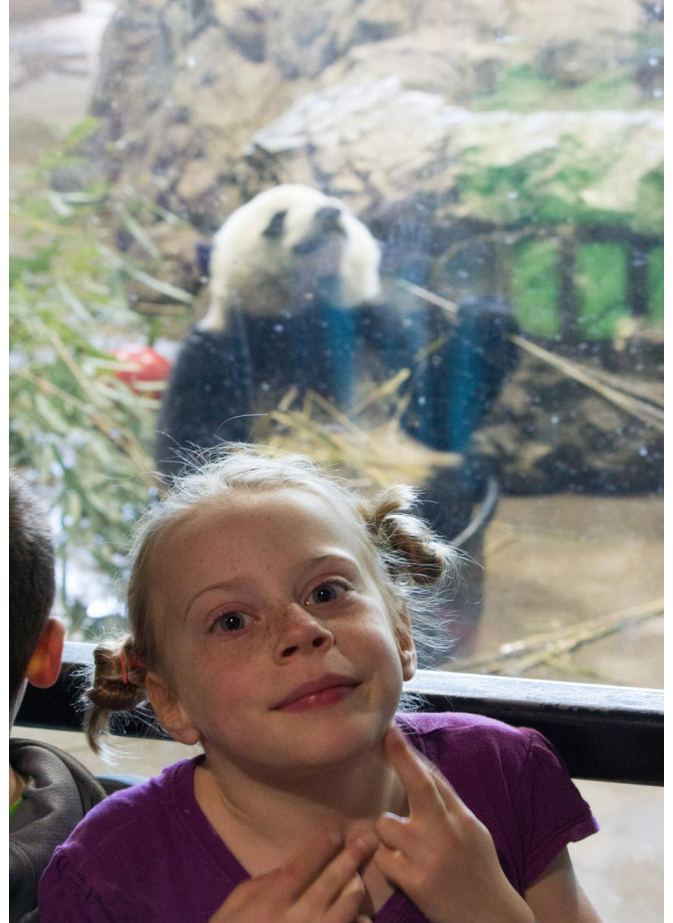
Humans are attempting to restore the panda population by building breeding centers and zoos, growing stronger bamboo, and creating corridors to help pandas connect and mate. According to the pamphlet, "Giant Panda Facts" from the U.S. Fish & Wildlife Service, published in 2003, Mike Carpenter writes, "Today, 130-150 giant pandas are found in Chinese zoos, reserves, and breeding centers." Humans are designing stronger and more sustainable bamboo. Their hope is that new varieties of bamboo will withstand drought and be available to pandas when other varieties fail. People have also built corridors connecting the fragmented pieces of forest pandas live in. This allows pandas to find mates and produce offspring. Humans have had some success breeding pandas in captivity, they have developed new types of bamboo, and they are creating corridors to connect fragmented panda habitats. Hopefully this work will continue until the panda population is fully restored, but because of pandas' low reproductive capacity, limited diet, and solitary nature, we have to protect their habits even more.

A critic might say, "Why should I care about giant pandas? They aren't benefiting us, are they?" However, pandas play an important role in our ecosystem. Giant pandas spread seeds and help vegetation grow. Even if pandas did not benefit us, we should still help them because we are the ones who have pushed pandas to the edge of extinction. According to an article published in 2019 by ©WWF® titled "Why should we save the giant panda?", "... by saving pandas, we will also be saving so much more. We will be helping to protect not only these unique forests but also the wealth of species that live in them...".

Deforestation and human encroachment are eating away at the once vast Giant Panda habitat pushing pandas towards extinction. We have helped some, but it is not enough. Giant pandas play a crucial part of our ecosystem so we have to act now before these innocent fuzzy creatures go extinct. If we want to save the pandas, we have to recognize our negative impact on their habitat, that Giant Pandas unique nature makes them especially vulnerable to habitat loss, and that it is up to people to protect them.

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Neela at the DC Zoo Photo Credit: John Willeke

Kids Need Creativity in Schools

by Neela Willeke

Schools are cutting out the arts from the school day and forcing young minds to withhold their natural curiosity. Some of these middle school children could have plans to improve the future, but are instead forced to sit at desks all day reciting back only what they are told. Without a creative outlet, children will become stressed, fail to learn, and lack their own innovation. When middle school students sit at desks all day, they are also harming their health, when instead they could be moving more and learning at the same time. It is up to us to figure out if losing the arts from the school day is worth; stress, loss of creativity, and ruining kids' health.

Students in school focus on hard work and discipline, but they are unaware that cutting



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out their inner creativity can lead to immense stress. Students under lots of stress have lower attention spans and are less able to retain facts, making it harder to learn. Relaxing is important because students will get grouchy and are more likely to become ill without rest. In addition to affecting their own health, their behavior at home could change, affecting their families. Stress levels increase when students focus only on work all day which makes it harder for them to learn and adversely affects their health and

home life.

By cutting out the arts in schools, we could be shutting out minds full of ideas. Students will not have enough time to express their ideas and be creative and we could also be shutting out a pathway to the future. Creative minds can enhance the way we live. We need creative time in schools, so minds full of ideas can fully express themselves.

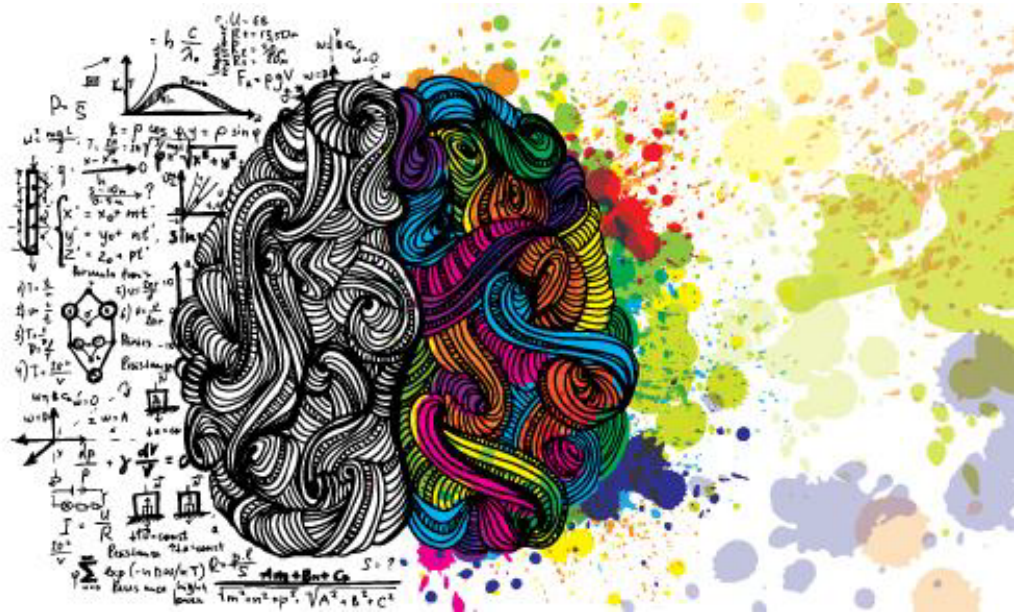
Finally, sitting on chairs all day is “contributing to obesity, high blood pressure, and heart disease”, according to Linda Searing’s April 28th, 2019 Washington Post article, “The Big Number: The average U.S. adult sits 6.5 hours a day. For teens, it’s even more”. When kids are sitting on chairs, they could be acting in theater, dancing, or nature writing. All of which are creative ways to add movement to the school day. For our kids’ health, we have to make time for them to get up out of their chairs and find creative ways to express themselves.



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A critic might say, there is not enough time in the school day for arts, be creative at home. However, adding art will lower student stress levels and can be a more productive way to learn. According to Johns Hopkins University educator, Mariale Hardiman "...students who used art in the classroom were more engaged. They might listen more intently. They might ask more questions. They might volunteer more ideas. What's more, students seemed to remember more of what they had been taught when their lessons involved art." as reported by Alison Stevens in her "Science News for Students" article "Art Can Make Science Easier to Remember". Given that research, how can we afford not to make time for arts in the school day?

We should add creative time to the school day because students' stress levels are rising, children are becoming more unhealthy, and creative minds are not being encouraged. Kids should have time in their school day to relax and express themselves. To proceed without giving children creative time in schools may ultimately limit their ability to learn, result in students' poor health, and create unhappy and stressed kids. Our world will also lack the richness and innovation those young minds might have held. We have to make a place for the arts in the school day now.



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