



# RMS TRIBUNE

Volume 13, Issue 2

May 2024

Ronkonkoma Middle School  
501 Peconic Street  
Ronkonkoma, NY 11779

## Interview with Mr. Bradley



The RMS Tribune staff interviewed Mr. Bradley because it is his first year as an assistant principal. Here are their questions and his answers.

Q: Why did you get into education?

A: I really enjoy working with kids. I always have. I also have a great joy for learning, so for me becoming a teacher was my dream job.

Q: What job did you have before you became a teacher?

A: I had several jobs before I became a teacher. I worked in landscaping, I was a commercial roofer, and I worked in restaurants.

Q: Did you work at another school before RMS?

When I first began teaching I worked at Intermediate School 231 in Queens for four years.

Q: Why did you choose to work at RMS?

A: I always imagined myself working in a school like RMS. I was eager to work in a school where I could coach, volunteer, be involved, and be an active member of the school community.

Q: Why did you want to become an Assistant Principal?

(Continued on page 2)

## New Parks at Universal Studios

By Caitlin Champion and Sophia Robinson  
Universal Studios recently announced that there will be a new park opening! This park will be called "Universal Epic Universe" and will have five areas. These five areas are called, "Celestial Park", "The Wizarding World of Harry Potter: Ministry of Magic", "Super Nintendo World", "How to Train Your Dragon: Isle of Berk", and also "Dark Universe".

In Celestial Park, some rides include Starfall Racers, and Constellation Carousel. In Starfall Racers, you race across the cosmos on the Starfall Racer! It reaches 62 mph and has heights up to 133 feet long with 5,000 feet of track. It is said to have breathtaking visuals and colors and cool music. Also, the height is the minimum

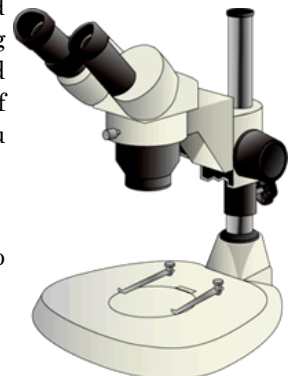


(Continued on page 6)

## Zoomed In

By Erin Palmieri & Ella Cardone

We are all used to looking at things using the naked eye. But if you ask yourself, "What would that look like under a microscope," you can discover a new fascinating way of seeing everyday things. Here are some pictures of random things under a microscope, and maybe after seeing these, you can find the true beauty of items when you zoom in.



Go to page 11 to see what we saw!

## Inside this issue:

DASA	2
Sports	3
World News	5
Book Reviews	6
Evil Vampires	7
Allergen-Free Snacks	8
Spring Cookies	9
Natural vs. Artificial	9
Music	10
Brain Puzzles	14
St. Patrick's Day	15
Pollution	16
Science Word Search	17
Comics	18
Comics	19

## DIGNITY FOR ALL STUDENTS ACT ANTI-BULLYING INITIATIVE



*Live Generously*

### Aluminum Tabs for Ronald McDonald House

We will continue to collect tabs through June, so please be sure to save them and bring them in. There is a collection jar in the main lobby, in the Health classroom, 135, and in Mrs. Smith's classroom, 110.



Connor volunteered to help Ms. Ilg out with some laundry; how nice of him!

### Interview with Mr. Bradley (cont'd)

A: I wanted to become an Assistant Principal because it would allow me to become more involved in our school.

Q: Is it hard being an Assistant Principal?

A: Changing roles has certainly presented a new set of challenges. I was an English teacher for 20 years, so it is both challenging and exciting to take on a new set of responsibilities.

Q: Is it fun being an assistant principal?

A: Being an Assistant Principal is a very rewarding job. I appreciate the opportunity to work with so many students, and I feel most fulfilled when I can help students and their families.

Q: Do you miss being an English teacher?

A: I miss sharing good literature with my students and showing kids that English can be a very fun and interesting class.

Q: What is different about being an assistant principal compared to an English teacher?

A: The biggest difference is that as a teacher I was responsible for about 100 students, and now I am responsible for many more.

Q: Which do you like better, being Assistant Principal or being a teacher?

A: I am enjoying being an Assistant Principal, and I look forward to learning and becoming better at what I do each day.

Q: Is there anything you didn't expect about being Assistant Principal?

A: There are many new situations

that I encounter each day. Being a teacher, I would plan each day's lesson ahead of time. As an Assistant Principal, each day is less predictable.

Q: What, if anything, is your favorite part of being Assistant Principal?

A: My favorite part of being an AP is the opportunity to work with so many students.

Q: Do you have an opinion on onions?

A: I am a fan of onions. I love a good cheeseburger, and onions are in my top five list of toppings.

Q: Do you love mangos?

A: I enjoy all citrus fruits!

## S P O R T S



### SOCCER



By Sehar Rafiq

Soccer is such an easy fun sport to play. But in real life when you are in a match there is stress when you have to score, like if you miss, you are going to be sad and mad because you missed, so it is not easy. Don't worry if you lose it will help you get better than before.

It is kind of a nice game because the rules are easy to understand, there is not much equipment needed, and anyone can play. It also increases muscle and bone strength. People could think you lose like 100 to 300 calories in an hour or not that much, but in real life you could lose up to 476 calories per an hour. Their common injuries are bruising, sprains, strains, fractures and dislocations. Injuries to the lower body (ankle and knee) are most common.



When there is a tie at soccer the teams are still tied after extra time, they go to a penalty kick shootout. In that, a coin flip decides which side goes first. The teams then pick five penalty takers, and they alternate attempts until a winner is determined. People get a penalty by touching the ball or holding an opponent or official, they also could be spitting and biting an opponent or official, and hurting and attacking a player.

Did you know In China, the first soccer balls were made from sewn clothing that was filled with rubble. If you watched who won the finals, it was Argentina's Messi.

### FOOTBALL! OR SOCCER!

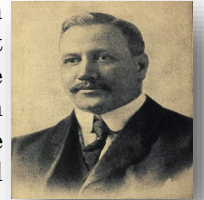


### Volleyball!

By Sehar Rafiq



Volleyball is such an amazing sport. Did you ever wonder who made this fun sport? If you don't, I will tell you. So the person who made this sport is William G. Morgan. He was born January 23, 1870, and died December 27, 1942 at the age of 72. In volleyball he used something else. At his time he used a ball that came from basketball, the net from tennis, and the use of hands from handball, and in the history of volleyball



the name of it used to be called mintonette. It was invented on February 9 1895.

If you don't know how to play I will teach you. It is easy to start the volleyball game; one player from either team serves the ball over the net. The receiving team has three chances to hit the ball back over the net. If the ball touches the ground, the other team gets a point. The first team to reach 25 points with a two-point differential, wins the set.

In a volleyball game we could lose up to 120 to 178 calories by playing half an hour game of competitive volleyball. Did you know you could kick Volleyball, according to FIVB rules. You may use any part of your body to play the ball, including your arm, leg, foot, or hands ahead, so long as you only contact the ball once it's fair game. Do not worry; you can start volleyball at any age if you think you are late.

Have fun playing this game and good luck because it could be hard sometimes.



Choose Volleyball or Hockey



### Badminton

By Sehar Rafiq

Bored? Try this sport out: BADMINTON! In badminton you want to score points, but the question of the day is, "How do we score points"? First, we have a match consisting of the best of 3 games of 21 points. Next, we every time there is a serve – there is a

point scored. Third, the side winning a rally adds a point to its score. Fourth, at 20-all, the side which gains a 2 point lead first, wins that game. Fifth, at 29-all, the side scoring the 30th point, wins that game. Also did you know the longest badminton play was for 2 hours 41 minutes? Before that the 1997 World Championships men's singles final lasted for 2 hours and 4 minutes. These two matches are regarded as the longest matches in badminton history. The best man badminton player is Viktor Axelsen and the best women player is Se-yong. Did ever wonder why badminton is called badminton? If you did, I will tell you why because the Duke called it 'the Badminton game' after the name of his estate – the Badminton House.



(cont'd on next page)



# S P O R T S

Whenever you are playing badminton the most common injury is Achilles tendonitis and tennis elbow. If you are wondering what Achilles tendonitis is, it is when the tendon that connects the back of your leg to your heel becomes swollen and painful near the bottom of the foot. There is a way to get rid of it: you have to rest. You may need to avoid exercise for several days or switch to an activity that doesn't strain the Achilles tendon, such as swimming. When you play badminton it burns fat so you lose 450-550 calories per hour.



You also can play it at any age, 35 or more because it is not too late or

early to play badminton and it will always be with us.



STAY HAPPY!

Question: Which Is Better Tennis OR Badminton?



SWIMMING YAY

By Sehar Rafiq

Swimming? What is that? It is where we have fun and go in the pool. People might think it is easy



and it doesn't lose many calories, but actually it loses up to 500 to 700 calories. Breath holding times were measured during competition and averaged 5.0 sec in the breaststroke events, 4.3 sec in freestyle, 3.7 sec in butterfly, and 3.3 sec in backstroke. Twelve year old kids can hold up to 2 minutes. It is hard when you have a high body mass and make many difficult movements.

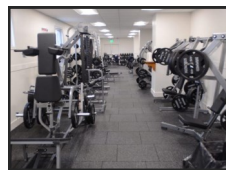
Fun fact: Grab a banana 30 minutes before you start swimming for that extra boost.

If you swim too long, it could lead to overuse injuries. The main ones are shoulder pain and occasionally knee

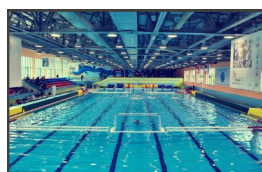
pain. If you swim a total of 3 miles you will burn an average of 1000 calories. Swimming, like other activities, burns calories, which in turn can produce hunger. If you're swimming intensely 4 times a week, you can expect to lose around 2-4 pounds a month. 30 minutes of swimming can burn up to 300 calories. The biggest pool is Citystars Resort in Sharm El Sheikh, Egypt. It is 1,042,000 square feet, and surrounded by a world-class resort. You have all that you need in the middle of this desert. The second biggest pool is San Alfonso del Mar. There were

thousands, literally thousands and thousands of pools that were opened up in the 1920s and 1930s. The person who created the swimming pool is Gaius Maecenas (born c. 70 BC—died 8 BC).

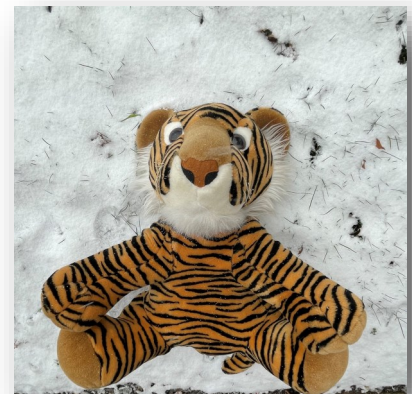
WHICH DO YOU PREFER GYM OR SWIMMING POOL!!!!



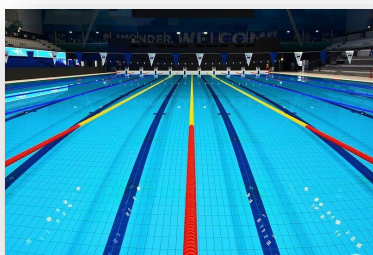
THE GYM



THE POOL



Connor isn't making a snow angel, he's making a snow tiger!



## WORLD NEWS

### Slovakia in Danger!

By Ishaq Hoque

On May 15, 2024, Slovakian Prime Minister Robert Fico was shot. He was shot multiple times. The attempt on trying to kill the Prime Minister was an assassination that failed. He was shot in the abdomen and the suspect who shot at him was quickly detained. United States President Joe Biden called the assassination attempt a, "Horrific act of violence," while Russian leader Vladimir Putin stated, "There can be no justification for this monstrous crime." The leader has survived and is undergoing surgery. Many European countries have condemned the acts of trying to kill him. It has also been stated that this was an attack on democracy.



Connor has decided to start learning Italian on Duolingo today; he got the motivation from Mrs. Costa!

### New Parks at Universal Studios

(Continued from cover)

height 48" (122 cm). On the Constellation Carousel there is no height limit, so anyone can ride it so a 100 year old can ride it and a 1 year old can ride it. It is kid friendly. Also children under 48" must be accompanied by a supervising companion. Hand-held infants are not permitted. In the "How to Train Your Dragon World" there are so many rides like Hiccups, Wing Gliders the height limit is 40 (102 cm), the ride is a thrill. The other ride in that part is the Dragon Racer Rally. It is a ride that you flip and miss. Mrs. Smith said she would not go on it. The type of ride is thrilling. It is another ride in the How to Train Your Dragon section. There is so much more you have to go and see!

## SPORTS

### 2026 World Cup

By Oliver Jamrozek

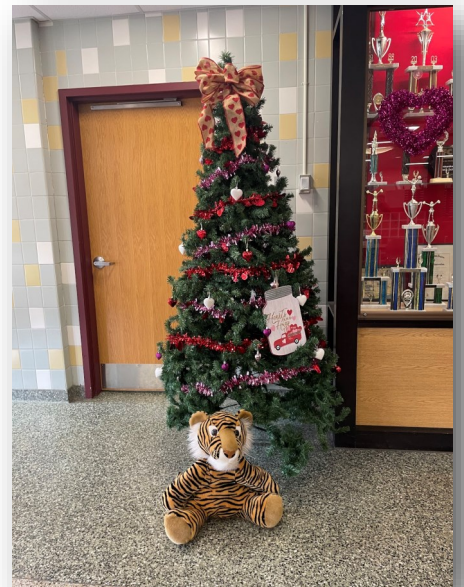
The 2026 World Cup is set to be an exciting and highly anticipated event as the best football teams from around the globe will come together to compete for the prestigious title. Hosted jointly by Canada, Mexico, and the United States, this tournament promises to be a monumental occasion for fans and players alike.

With matches spread across multiple cities in three different countries, the 2026 World Cup will showcase the diversity and unity of the sport on a global scale. The stadiums chosen to

host the matches are state-of-the-art facilities equipped to handle the large crowds and provide a top-notch experience for spectators.

The teams participating in the 2026 World Cup will have the opportunity to showcase their skills and compete at the highest level. With fierce competition expected, fans can look forward to thrilling matches and unforgettable moments on the field.

Overall, the 2026 World Cup is gearing up to be a landmark event in the world of football, bringing together nations, cultures, and fans from around the world. As the countdown to the tournament begins, excitement is building and anticipation is high for what promises to be an unforgettable celebration of the beautiful game.



Connor loves the PTA's Beautification Committee! Their decorations make all of us smile.



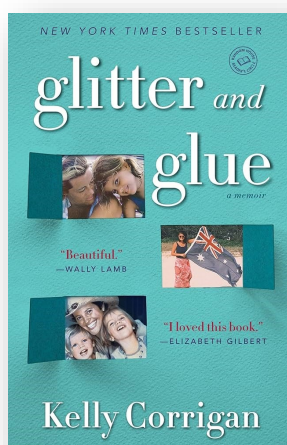
## BOOK REVIEWS

### *Glitter and Glue*

By Kelly Corrigan

Reviewed by Abigail Endres

Kelly Corrigan is the main character and author of many books such as *The Middle Place*, *Tell Me More*, and *Lift*. Her memoir, *Glitter and Glue* is about her trip to Australia and the voice behind it. After graduating college, Kelly and her best friend Tracy decide to travel the world, stopping first in Australia. Without a steady job, she moves in with a widow, John Tanner, and his family: Amelia, (Milly) who is eight, Martin, who is five, and Evan, John's previous wife's son from another marriage. During her time working in the Tanner household, Kelly hears her mother's voice in her head guiding her through the challenges that come with the Tanners. From trying to win the affections of John's children to an innocent flirtation, Kelly comes to truly appreciate her mother and father's parenting efforts



and how the effects of them changed over the course of her life. The book's own title refers to one of her own mother's sayings, "Your father's the glitter, but I'm the glue." This book was a great short read for ages 11 and older, and it was such an interesting read; it left me wondering what would happen next and shocked at the actions of some of the Tanner kids! I highly recommend this book and I give it 8.5 stars out of 10!!!

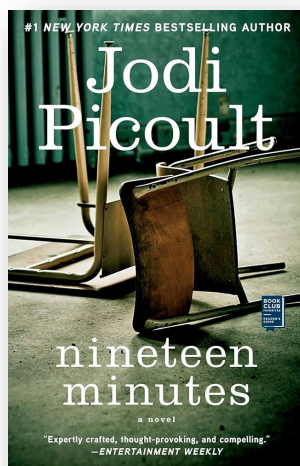
### *Nineteen Minutes*

By Jodi Picoult

Reviewed by Abigail Endres

For ages 12 and older, *Nineteen Minutes* is an outstanding piece of literature that discusses the tragic effects of bullying on teenagers. The title of the book, *Nineteen Minutes*, refers to the timespan during which a fatal school shooting occurred at the local high school in Sterling, New Hampshire. The book follows different points of view: Alex Cormier, judge and mother; Josie Cormier, Alex's daughter and a student at Sterling High; Peter Houghton, the victim of merciless bullying; Lacy Houghton, mother of Peter, and several others. The chapters of the book toggle back and forth between the past and the present, with the shooting at the epicenter of the action. As the narrative progresses, we learn about the ill-fated romance that is the catalyst for the bullying and

ultimately, the shooting that tears the town apart. I don't want to give too much away, but trust me when I say that I couldn't put the book down because I couldn't wait to find out what happened next, especially towards the end of the book! I give this book a 10 out of 10 stars and I highly recommend it!!!



### *Why Salem's Lot is the best book I've read in a while.*

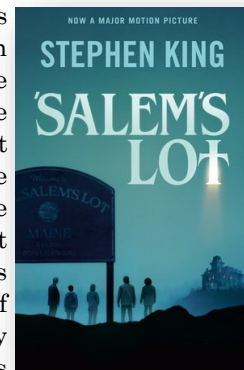
By Luke Martin

With modern vampire fiction being so polluted from the original story told in *Dracula*, it's hard to find a good vampire novel, which often makes me gloss over these titles. However, this novel turned my expectations on my head and redeemed itself so absolutely that it's become a favorite of mine. In this article, I'll give a plot summary and then break down some of the book.

In the beginning, author Ben Mears comes back to his hometown of Jerusalem's Lot, Maine in order to gain inspiration for a new novel based on a traumatic experience when he broke into The Marsten House (a creepy old one) on a dare. He meets Susan Norton and begins dating her.

The novel moves around between members of the town until the first event happens. The Marsten House has been bought by a mysterious man from out of town. Shortly after, a boy goes missing and his brother dies in the hospital. The high school English teacher witnesses the boy who died (Danny Glick) attacking gravedigger Mike Ryerson and calls Ben, who tells Susan and together they tell Matt's doctor Jimmy Cody.

Another boy, Mark Petrie, is visited by Danny, but being a horror movie buff, he repels Danny with a plastic cross. The group recruits the local priest, Father Callahan, and they meet Mark. The rest of the book



involves them fighting against the slowly increasing amount of vampires in the town.

What this book does so well is make us care about the town, and then it breaks our hearts showing its slow demise. The book builds up the characters extremely well, making us care for each of them and sympathize with them. And the villain is excellent. He's scary, powerful and looms over the story, casting his shadow all over.

Every scene he's in is terrifying, even when he doesn't have any dialogue. Most of the most frightening scenes in the book have him in it, for instance Dud Rogers and Corey Bryant's turns as well as Hank Peters in The Marsten House basement.

Overall, this is a great book that is well worth 600 pages of your time and precious sleep. Enjoy!

## In Defense of Pure Evil Vampires

By Luke Martin



Vampires. Iconic monsters that have been around for centuries in myths and legends. Bloodsucking monsters that are ruthless and evil. The one word conjures up childhood nightmares and fears of the thing in the closet. But recently, vampires have become different. Good creatures who only drink animal blood, who have sparkly skin and fight evil vampires. These are unconvincing, badly written and many other things that make them generally unappealing. In this article we go into the past and find

genuinely evil vampires that made them much more terrifying and much better characters than anything today

### Dracula

Where better to start the Dracula? The one who propelled stories about these creatures into the spotlight, of course. In the original novel by Bram Stoker, Dracula moves to London and people start mysteriously disappearing. When a man and his friends discover the man's deceased bride wandering the streets after dark, they go on a quest to kill this vampire that has become incredibly iconic. This story has inspired two others on this list, so you know it's a good story! It has been adapted to film several times. Bela Lugosi famously played Dracula in the first adaptation, the accent and the bleh-bleh-bleh all came from him. Among other actors



who have portrayed this famous vampire are Christopher Lee, Gary Oldman and Nicholas Cage. If you are unfamiliar with these stories, they are well worth your time.

### Count Orlok

This is Count Orlok, from the black and white film *Nosferatu*. This movie is similar to *Dracula*, but has some key differences. He is a nosferatu, a type of deformed vampire. He does not turn his victims into vampires, but kills them instead, creating the illusion of a plague building in London. The only way he can be defeated is if someone pure of heart sacrifices themselves to stall time until sunlight, where he will be killed. And this is exactly what happens. He dies from sunlight. This story has counterparts to each character, and this nosferatu has proven himself to be a worthy competitor.



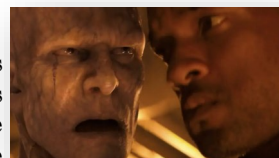
### Kurt Barlow

Kurt Barlow is from a more recent vampire story. *Salem's Lot* is a novel written in the nineteen seventies by the famous author, Stephen King. It was his second novel. Its plot concerns a small rural town in Maine that has residents slowly disappearing and coming back as bloodthirsty creatures. And the mastermind behind it all is Kurt Barlow, the Austrian immigrant who supposedly came with his partner to found a furniture store. It's up to a small group of people to stop him. Let's see, we have an alcoholic writer and his girlfriend, a young teen, a drunk pastor, a 63 year old English teacher and his doctor. Who wouldn't like our chances? He is one of the most terrifying villains I've encountered in a book.



### Darkseekers

Darkseekers are creatures depicted in the 2007 movie *I am Legend*. They stray towards zombies but are at the core, vampires. They are survivors of a disease that turned them into monsters, making them attack everything around them. Even animals can be infected, like dogs. For instance, the main leading dog in one of the saddest death scenes ever. These monsters are a great threat for the protagonist and are worthy of note in the great vampires of history. As you have seen, great vampires are not sparkly but pale and blood sucking. These monsters are much better villainous forces than loving creatures. Their skill set is just so much better suited for evil.





## FOOD & COOKING

### An Allergen-Free Snack

By Ella Cardone

*Introduction:* Over the course of 25 years, more than 220 million people have been affected by food allergies world wide. Clearly, that is a lot of people. About 1 in every 13 children have at least one food allergy. And worse, food allergies have caused 30,000 emergency room visits, 2,000 hospitalizations, and 150 deaths every single year. Obviously, it is time to increase our allergy awareness. And as someone who struggles with food allergies and intolerance, I know the perfect food brand to help!

*The Science Of Allergies:* Anaphylaxis is the word for a life threatening allergic reaction. This can happen minutes or even just seconds after the person has ingested the allergen. The immune system feels that it has been attacked, and releases chemicals that can shock the body. During this reaction it is hard to breathe because



blood pressure will drop and the body's airways narrow. Skin rashes called hives or urticaria may occur and a decrease in strength and speed of the pulse. Oftentimes, people will become nauseous and vomit which is the body's way of getting something out of its system. If it is not treated right away with an epinephrine injection, it can lead to death. Anaphylaxis is very dangerous and causes food anxiety in many people including me. Most people with an anaphylactic allergy cannot eat anything even in the same facility or that come in contact with the allergen, so it is always important for them to read ingredi-

ents on packaging and carry injections like Epi-Pen or Auvi-Q wherever they go.

*An Eye-Opening Snack:* So, whether you have allergies, a food intolerance, food restrictions due to culture or religion, or just want a new snack, here is my favorite allergen free food brand! Sweet Loren's cookies are plant based, free from gluten, wheat, dairy, peanuts, and tree nuts. Although the facility processes products containing egg and soy, they take extreme precautions to ensure allergen control standards are met and will always label all the ingredients. Sweet Loren's is free of GMOs and healthier than your average cookie, but based on their amazing taste, you'd never even know it! Sweet Loren's is releasing new products soon!



The upcoming launches include a puff pastry, ready-to-bake pie crust, and a thin pizza crust- All allergen free!

People have reported to me that these are some of the best cookies they have ever had! Of course, that's really cool; society has made lots of progress with allergen free foods. And even better, many other brands have stepped up in creating allergen free products! For example, Made Good, Cup 4 Cup, Partake, and The Good Crisp Company all make many delicious safe foods. But always remember to check the ingredients on foods, even if they are allergen free. Even some Good Crisp and Cup 4 Cup products contain dairy, but they always label any present allergens.

*Conclusion:* Clearly, allergies are a very severe and large topic today as the number of people affected by allergies is increasing. Luckily, there are companies who make delicious foods that everyone can enjoy. So,

whether you have allergies and need a good snack, or next time you hang out with someone with allergies, you know how to be aware of allergens and find safe snacks!





## FOOD, COOKING & SCIENCE

### Cookies to Welcome Spring

By Abigail Johnson

Finally, Spring has arrived. The cool breeze, the summer sun, and all the blooming flowers. Spring is a delightful season that many people across the USA wait for during the autumn and winter months. Since the sun has finally come out and the temperature has risen, it's time to celebrate spring with some super cool cookies.

There are many kinds of cookies but one of the most popular and convenient for decorating is the sugar cookie. Some people criticize them for being far too sweet, however, if you are a person who enjoys sugar cookies once in a while, these cookies just might be for you.

Sugar cookies are also good for celebrations because the dough is very easy to shape, however, for many people out there, using cookie cutters is incredibly useful and even easier. Some good shapes for spring are bunnies, flowers, butterflies, or chicks. To help make your designs come to life,



something useful would be frosting that is colored and when piped properly, can fit into your design perfectly. Therefore, royal icing is a useful thing to put in your piping bag and if you've a steady hand, you can pipe an excellent design. Good colors to use would be greens, blues, yellows, reds, purples, and other light colors.

Before, you can do any decorating, however, you make or buy your dough. Once that's done, you need to roll out your dough then create the shapes. After that, you should put them into the oven. Then you can start your decorating.

You may be wondering, "What if I want to make these cookies but I dislike sugar cookies?" Well, you're in

luck because sugar cookies aren't the only kind of cookie you can use if you still wish to celebrate Spring. You may also use options like Gingerbread, or plain cookie mix. Plain cookie mix is similar to what you would use in a chocolate chip cookie but slightly different and without the chocolate chips. These do work, however, plain cookie mix is more difficult to make this work but not impossible, the shape may not come out as well but if you would like to use it does work.

Gingerbread, however, is another good option; however, people tend to prefer soft sugar cookies over hard, solid gingerbread. People also oftenly associate gingerbread cookies with winter and the holidays so some people wouldn't want to use gingerbread during the spring. Gingerbread might be challenging to cut into shapes but copes well with decorating.

So, if you're a person who enjoys baking and decorating cookies then get into your kitchen and make some spring themed cookies.

### Natural vs Artificial Flavors

By Erin Palmieri

Have you ever looked at the ingredients in your favorite food and saw something that says artificial flavors? Or maybe natural flavors? Well, if you are like us then you most likely have. But what do those phrases even mean? In this article we will teach you the meaning of these phrases and which of them the staff of Newspaper Club prefers!

So what are natural and artificial flavors? Well, according to the FDA, natural flavors are flavors that are created from plants, animals, or are found in nature. On the other hand, artificial flavors are flavors that are created in a lab or factory.

We surveyed the staff of Newspaper Club to find out which they would

rather have: the fruit which the flavor comes from, or a food like Jello that has the artificial flavor of that fruit. The staff said that 6 out of the 11 fruits/flavors were better, 2 out of 11 were equal, and 3 out of 11 artificial flavors were better. The 6 natural flavors are strawberries, oranges, lemons, grapes, watermelons, and chocolate. The ones that were tied are blueberries and peaches. The ones that artificial flavors were better are limes, vanilla, and blackberries.

So why are some artificial flavors better than the actual food, and why are some worse? Well, sometimes it depends on the type of that food. Fruits like bananas, for example, have many different types in which the flavor varies. So,



the artificial banana flavor may taste like one of the varieties, but not all of them. However, this isn't true for many fruits and isn't the biggest influence on the taste. The more influential reason is that, according to Popular Science, there are certain molecules in foods that may not be very related to the flavor, but influence how we perceive the taste of that food. When people were first creating artificial flavors, they only took the main chemical from the fruit, and they only took a few of those molecules to put into the new food. This still gave the food a slight flavor of whatever fruit they were making a flavor from, but fruits have so many chemicals in it that it would never taste like the actual fruit. Now, scientists are more able to create similar



# FOOD, COOKING & SCIENCE

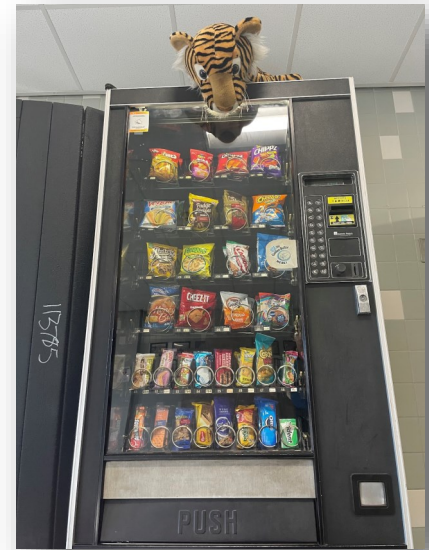
(Continued from page 10)

tasting artificial flavors, but most don't want to because we have become so used to the artificial taste.

Additionally, many people believe that artificial flavors are less healthy than natural flavors, but that actually isn't true! Almost all research shows that there really isn't a difference in the healthiness of the two, but only flavor. Also, natural flavors can be adjusted in a lab just like artificial flavors and still be considered natural. This doesn't mean that natural flavors are unhealthy, just that neither artificial nor natural flavors are healthier than the other.

So, in conclusion, natural flavors are flavors naturally created and artificial flavors are flavors created in a lab. According to a Newspaper Club survey, most people like natural flavors more. The difference in taste is caused by scientists failing to account

for certain chemicals in fruits. So, the next time you look at a food and see artificial flavors, you know why it may taste different than the food it's supposed to taste like.



Connor has many allergies, but is super hungry! He can't seem to find anything in this vending machine that he can eat; can you help him find something?

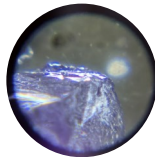
(Continued from cover)

Note: Some pictures may be blurry or have a glare; just know that taking pictures through a microscope is hard, sorry!

First, this is what my microscope looked like before anything was on it. It's kind of strange, but the lens is probably just a little dirty.



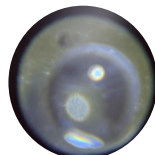
On the right is the first object, an amethyst crystal! It's pretty cool up close.



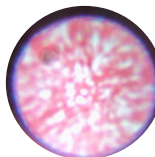
Next, on the right is a goldfish scale! I think it was cracked, because I don't really know what that mark in the middle is.



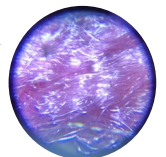
Third, we have a tiny water droplet!



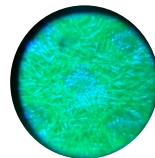
For the next one, I wanted to look at the tip of a colored pencil under the microscope, but I couldn't get it to work. So, I just colored on a piece of paper and looked at it.



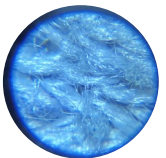
We are now on the second to last one! This is a piece of pink yarn.



Fifth, we have a small, mesh bag.



Now the final one, which is our favorite! It's a sock!

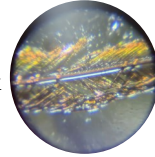


Next is a very dead leaf.

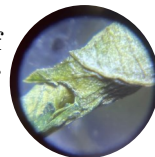


So, now you know how these everyday items transform beautifully when seen up close. So, you can now wonder what things in your life look like under a microscope. Finally, instead of looking at the surface, you should always zoom in to see things from another angle.

Seventh is a tiny peacock feather!



The next one is a blade of grass that curled over time.





# MUSIC

## Back In Time

By Abigail Endres

In February, I had the honor of going to see a new musical that made its debut on Broadway barely one year ago on August 3, 2023: *Back to the Future: The Musical*. It stars Casey Likes as Marty McFly and Roger Bart as Doc (who you may know as the voice of “Hercules”).

Set in 1985, the musical is based on the original movie, *Back to the Future*. It follows Marty McFly, a high school student in Hill Valley and crazy scientist Dr. Emmett Brown, also known as “Doc,” who just finished a time machine after thirty years of trying. Only Doc is able to operate the sophisticated machine through a voice-activated engine that he created. Marty is invited to celebrate with Doc after the completion of the ma-



chine; in fact, to prove how his time-traveling car works, he sets the date to November 5th, 1955, which is the exact date when Doc came up with the idea for the Flux Capacitor, the machine that actually makes time travel possible. Unfortunately, things go wrong and Marty ends up crashing into 1955 himself.

A series of misadventures ensues where Marty meets his parents before they become romantically involved, has to escape his father’s bully, and figure out how to get his parents together so that he and his siblings will actually be a part of the future. It’s a hilarious journey that takes the audience on a wild ride with great humor, heart, music, and special effects (the car actually flies into the audience and flips upside down!) If you haven’t seen the movie, you will still love the

play; it was one of the best I’ve seen. I was able to meet and get autographs from some of the cast members after the show as well!!!



The musical score is as follows:  
(\* = from the movie)

- “It’s Only a Matter of Time”
- “Got No Future” “Future Boy”
- “Wherever We’re Going”
- “Hello—is Anybody Home?”
- “It Works” “Gotta Start Somewhere”
- “My Mytopia” “Pretty Baby”
- “Something About That Boy”
- “21st Century” “Put Your Mind To It”
- “For the Dreamers”
- \* “Earth Angel” \* “Johnny B. Goode”
- \* “The Power of Love” \* “Back in Time”



Connor is celebrating Music In Our Schools Month with our Tri-M Music Honor Society!

## MUSIC

### Olivia Rodrigo's: GUTS World Tour

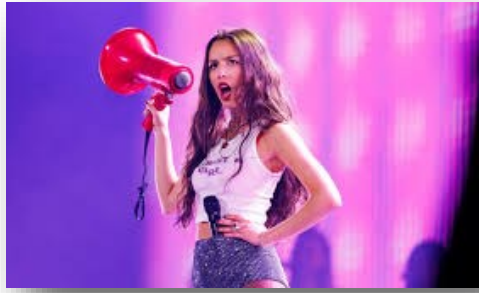
Reviewed by C.J. Connolly

Olivia Rodrigo recently kicked off her world wide GUTS World Tour, and I had the pleasure of attending one of her shows in New York City. This was for sure a once in a lifetime experience, and I had the time of my life.



Olivia released her new album, "GUTS" on September 8, 2023. The album included hits like "vampire", "bad idea right?", and "get him back!". Then, in March she released the deluxe version of her album called "GUTS (spilled)". This album added 5 extra tracks, including the hit single, "obsessed"

Before you go to the tour you must make sure you have an outfit that fits the theme of the show. Some common outfits included cowboy hats, high black combat boots, crop tops, and anything purple. Some attendees also



made bracelets to trade that had song titles, album names, quotes, or song lyrics on them.

The day of the show (if your stop is in America) the GUTS World Tour Bus will stop in an area near the tour stop. The bus offers plenty of different photo ops including the moon you will see during the show, the get him back phone, Olivia O's, and many more. The bus also features tons of exclusive merch and AmEx member gifts. If you stop at the bus they will give you a trading card for the show. You can trade cards with other livies (fans of Olivia Rodrigo) and get cards from shows you didn't even go to.

The tour starts off with an opening act that can differ from the show you go to. (I had The Breeders, and their performance was amazing!) The screen on the back of the stage then shows the guts candles and they slowly melt and fall until the show starts. Once all the candles fall you hear the opening chords of "bad idea

right?", then the screen cuts to Olivia running through what appears to be the back rooms of the stadium until the bad idea right verse music starts and she emerges from the stage in a sparkly silver top and skirt. She sings through bad idea right? stopping during a lyric, doing her own version of the stop challenge. She then sings ballad of a homeschooled girl, vampire, traitor, drivers license, and teenage dream. She then changes into a black top and black shorts to sing pretty isn't pretty, love is embarrassing, and making the bed. She then climbed onto a purple moon and added sparkles to her outfit to sing logical and enough for you. She then goes back on stage to sing "Lacy", "Jealousy Jealousy", "Can't Catch Me Now", "Happier", "Favorite Crime", "Déjà vu", and "The Grudge". She then puts on a red body suit to sing brutal, obsessed, and all-American. Then for an encore she wears a sparkly skirt and wears a top with a phrase that differs every performance. She then sings "Good 4 u", and closes with "Get him back!".

All in all the tour was amazing and I recommend seeing it because she is a great performer and is very talented.



Connor is with our new 7th grade English teacher, Mr. Cantone!



Connor with science student teacher, Mr. Scic!



## MUSIC

### Most Streamed Artists of 2024

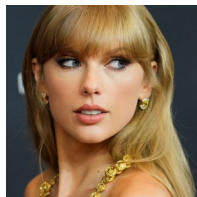
By Catherine Jalloh

The most-streamed artists of 2024 are:

- 1) TAYLOR SWIFT: 76,303,791,534
- 2) DRAKE: 74,372,543,264
- 3) BAD BUNNY: 70,531,151,925
- 4) THE WEEKND: 55,902,476,804
- 5) ED SHEERAN: 47,700,667,288
- 6) ARIANA GRANDE: 43,345,091,758

Music is always constantly changing. There are many different genres and many different popular artists. Music can be amazing, especially the artists who create it. An app where you can listen to music is Spotify. Spotify has many different songs and categories of music to listen to. Many people use Spotify and stream music on it. According to the website Chart Masters, the most streamed artists so far in 2024 are the following artists: Taylor Swift, Drake, Bad Bunny, The Weeknd, Ed Sheeran, and Ariana Grande. As you can see, these artists create many different kinds of music.

Overall, they are all different but are dominating the music industry.



#### Taylor Swift:

Taylor Swift or Taylor Alison Swift is a 34 year old pop/country singer-songwriter.



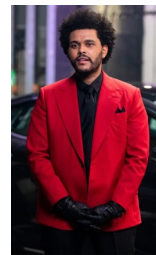
#### Drake:

Drake or Aubrey Drake Graham is a 37 year old R&B, rap, hip-hop, and pop singer.



#### Bad Bunny:

Bad Bunny or Benito Antonio Martinez Ocasio is a 30 year old Latin, reggaeton, and bachata singer and rapper.



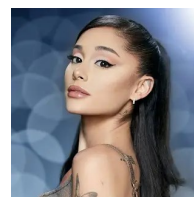
#### The Weeknd:

The Weeknd or Abel Makkonen Tesfaye is a 34 year old pop and R&B singer.



#### Ed Sheeran:

Ed Sheeran or Edward Christopher Sheeran is a 33 year old pop and folk pop singer-songwriter.

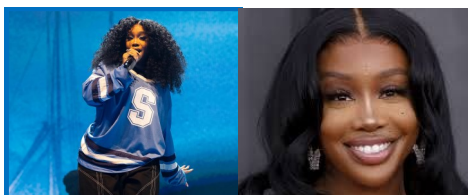


#### Ariana Grande:

Ariana Grande or Ariana Grande-Butera is a 30 year old pop and dance/electric singer.

### SINGER-SONGWRITER: SZA DOMINATING THE MUSIC INDUSTRY

By Catherine Jalloh



#### SZA: SOLÁNA IMANI ROWE

Solana Imani Rowe, also called SZA is an American R&B artist. SZA was born on November 8, 1989 making her 34 years old. The young, famous artist was born in St. Louis, Missouri and grew up in Maplewood, New Jersey. She was the first female singer to sign with Top Dawg Entertainment, and her career has become even more and more successful since then. She was first recognized with her debut album, Ctrl. Her first ever huge hit was

“Love Galore” with rapper Travis Scott which hit No. 1 on Adult R&B Songs Chart in 2018. Since then, she has continued making creative, but popular hit singles.

SZA has released two studio albums, one live album, and 44 singles (however, she was a featured artist in 11 of them.). In 2023, she earned her first number-one single on the Billboard Hot 100 with her song “Kill Bill.” Her most well-liked songs include: Snooze, Nobody Gets Me, Good Days, Open Arms, The Weekend, I Hate U, Low, Shirt, Awkward, Blind, and much more. She also recently revealed her new song Saturn, to the public. SZA has won over 45 awards including four



Grammy Awards, a Brit Award, two Billboard Music Awards, two MTV Music Awards, and many others.

Overall, SZA has made an impact with her success in the music industry. She has continued to make hits, and create innovative songs. She continues to change not only R&B music, but the music business as well.



# INTEREST, ARTS & LEISURE

Brain Puzzles By Ella Cardone and Erin Palmieri

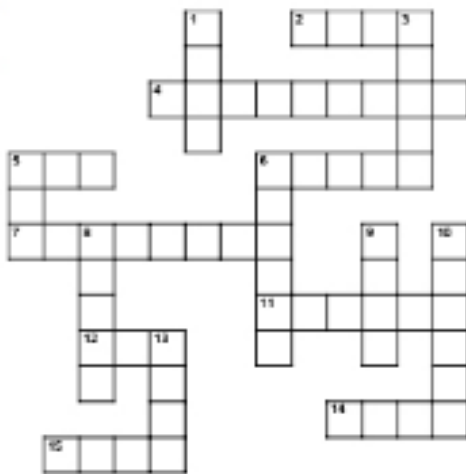


## Baby Animals

DIRECTIONS- Fill in the crossword puzzle grid with the names of each animal's baby. Use the word bank if you get stuck.

Across

- 2. Sheep
- 4. Crocodile
- 5. Fox
- 6. Dog
- 7. Duck
- 11. Eagle
- 12. Boar
- 14. Deer
- 15. Kangaroo



Down

- 1. Horse
- 3. Rabbit
- 5. Goat

- 6. Pig
- 8. Chicken
- 9. Cow
- 10. Cat
- 13. Human

WORD BANK

BABY	HATCHLING
SUNNY	JOEY
CALF	KID
CHICK	KIT
CUB	KITTEN
DUCKLING	LAMB
EAGLET	PIDGLET
FAWN	PUPPY
FOAL	

## Music Sudoku

Fill-in the blank spaces with the available musical symbols so that each row, column, and 3x3 box contains all 9 symbols.



Available Symbols



### 1. Riddle Me This

I come once in a minute,  
Twice in a moment,  
But never in a thousand years.

\_\_\_\_\_

### 2. Riddle Me This

I always run, but never walk. I have a bed, but I don't sleep. I have a mouth, but I don't eat.

\_\_\_\_\_

### 3. Riddle Me This

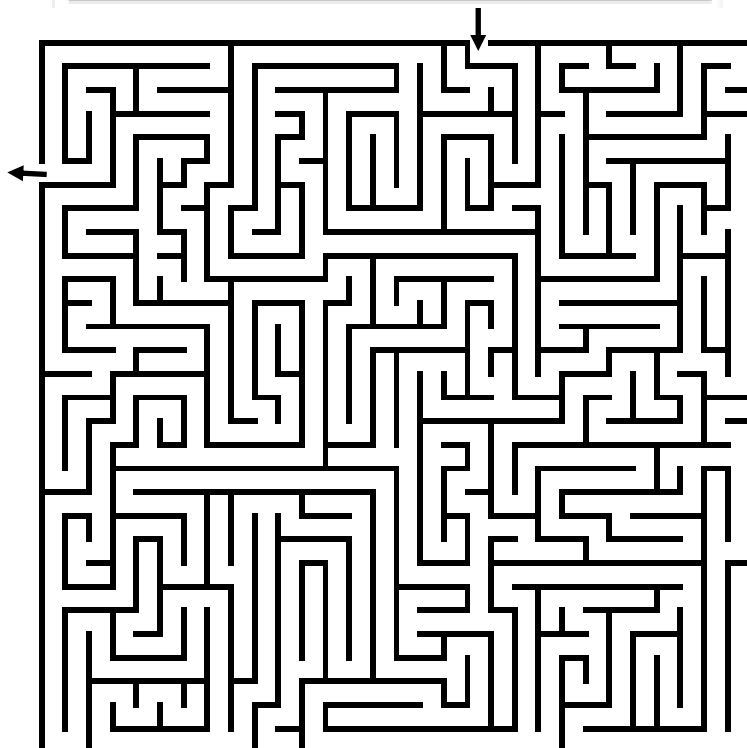
When you put this in a heavy wooden box, the box will become lighter.

\_\_\_\_\_

### 4. Riddle Me This

You hear my sound, you feel me when I move, but see me you never will.

\_\_\_\_\_





## INTEREST, ARTS & LEISURE

### What St. Patrick's Day in Ireland is Like

By Taylor Garcia

What is St. Patrick's Day?

St. Patrick's Day in Ireland on March 17 is the biggest cultural event in Ireland. It is celebrated throughout all of Ireland in celebration of the nation's patron saint.

Why is St. Patrick's Day celebrated?

It is celebrated in Ireland in honor of Saint Patrick, the patron saint of Ireland. He was born in Great Britain, not Ireland. He was born in Roman Britain in the late 4th century, he was kidnapped at the age of 16 to become a slave in Ireland. He ran away but then returned at about 432 C.E. to convert the Irish people to be Christian and believe in God. When he died on March 17, 461, he had established monasteries, churches, and schools. There were many legends about him. For example, he drove the snakes out of Ireland and used the shamrock to explain the Trinity. Ireland came to celebrate his day

symbols was made, despite English attempts to stop them. As described in Paul F. State's book "A Brief History of Ireland", and a chapter named "The Wearin' o' The Green," was a street ballad written by an unknown songwriter around 1798, showed that rebellious meaning:

When law can stop the blades of grass  
from growing as they grow;

And when the leaves in summertime  
their verdure dare not show;

Then I will change the colour that I  
wear in my caubeen (hat),

But until that day, please God, I'll stick  
to wearin' o' the green.

As Irish immigrants arrived in the United States and other countries as well, they took the habit of wearing the color green with them, and it became a very important part of St. Patrick's Day Parades that take place in many cities. Such as in the U.S., Canada, and Australia, where newcomers were always suspicious. People said it showed how

with religious services and feasts.

It was the immigrants, mostly in the United States, who created St. Patrick's Day into a big holiday of and celebration of Irish things. The cities in Ireland that have a big population of Irish immigrants, who often had political power, and they had the most extensive celebrations, which included many beautiful parades. Boston held its first St. Patrick's Day parade in 1737, and then after NYC in 1762. Since 1962 Chicago has coloured its river green to represent the holiday.

Why Do We Wear Green on St. Patrick's Day?

Each year on St. Patrick's Day, many Americans wear green. Even if they are not Irish or have Irish ancestors. But most people who wear green probably don't realize that the color green is not the most accurate representation to St. Patrick, and actually, it originated as a symbol of rebellious Irish nationalism.

Yes, the color is a sign of Irish defiance! In the Great Irish Rebellion of 1641,

passionate the Irish people were in their new communities. It was almost scary to them.

By the 1930s, the habit of wearing green on St. Patrick's Day had become so popular and global that even President Franklin Roosevelt, who had

Irish military leader Owen Roe O'Neill's sailing vessels flew a flag that showed an Irish harp with a green background instead of blue, and according to a biography written about him, even after that attempt of uprising was defeated, Thomas Dineley, an Englishman who traveled all through Ireland in 1681, "reported people wearing crosses of green ribbon in their hats on Saint Patrick's Day," Stack says.

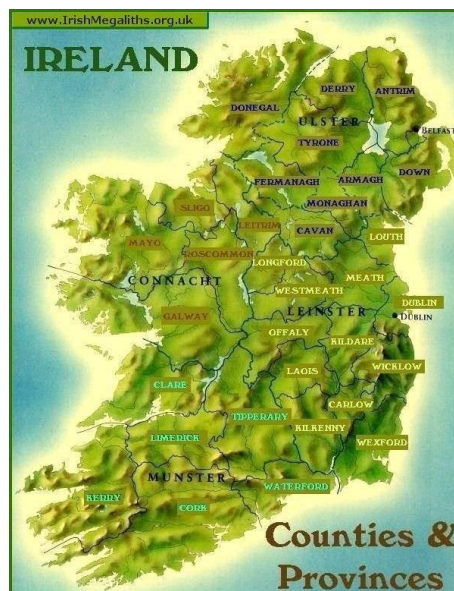
In the 1700's the Society of United Irishmen, which was a secret nationalist group that wanted to follow the American Revolution and overthrow the English rule, and they used the color green to be the symbol of their cause. To not get caught by the English, a nationalist revolutionary would wear a tiny hint of green, for example some wore a green feather in his cap, according to Robert Kee's book, "The Green Flag: A History of Irish Nationalism".

Though the poorly-armed rebels were defeated by the British, the idea of wearing shamrocks attached to their hats and the color green as nationalist



Dutch ancestors, joined in. An article published on March 17, 1933 showed how FDR teased Senator F. Ryan Duffy of Wisconsin when he appeared at a Saint Patrick's Day parade wearing a blue tie and not a green one. Roosevelt himself wore a green carnation.

Many people in the U.S. became so used to it that, according to the National Retail Federation, 82% of those who celebrate St. Patrick's Day proudly wear green.



## SCIENCE & TECHNOLOGY

### Pollution

By Ishika Kake

Pollution--we know it, but we don't pay much attention to it. What we don't know about it is that it is very harmful for us, pets and animals. Pollution can cause many different things like trouble breathing, birth defects and believe it or not it could even lead to death. Now how likely is it that these things will happen? I mean, this happens to 7 million people a year. Not just humans, but animals as well.

The real question is, "How is pollution really bad for you?" Well, it all starts when you breathe the air and it then enters into your bloodstream, then contributes to coughing or itchy eyes, causing worsen breathing then lung diseases. Lastly it could get you hospitalized causing cancer or death. As you can see, this is kind of like a chain reaction. Pollution takes a few days to do this to you or animals/ pets. But

the thing is these things could happen if you breathe in a lot and I mean a lot of pollution.

To avoid this is to reduce the number of trips you take in your car. Reduce or eliminate fireplace and wood stove use. Avoid burning leaves, trash, and other materials. Avoid using gas-powered lawn and garden equipment. Another thing that is important to remember is that we cant always avoid it.

Now let's see where pollution is most common. In the USA there are 66 million tons. The most polluted country is Chad with 169 million tons, and the least polluted is Australia with barely any pollution.



Since we are already talking about pollution, I would like to say that there is not just pollution but different types of pollution. These are all of them: air, water, soil, noise, light, radioactive, thermal, plastic, biological, physical, chemical, domestic sewage, oil spillages, particulate matter, atmosphere, littering, nitrogen oxides, ozone, primary pollutant, smog, solid waste, visual, and volatile organic compounds pollution. As you can see, there are a lot of types of pollution so we will just talk about a few main ones and what they are. First we will talk about water pollution--water pollution is the release of substances into bodies of water that makes water unsafe for human use and disrupts aquatic ecosystems. Water pollution can be caused by a plethora of different contaminants, including toxic waste, petroleum, and disease-causing microorganisms. This is why it is good to recycle because then all our garbage goes in the ocean and all

the sea creatures eat it or get trapped in it and they tend to die. Next one we are going to talk about is air pollution--air pollution is contamination of the indoor or outdoor environment by any chemical, physical or biological agent that modifies the natural characteristics of the atmosphere. Household combustion devices, motor vehicles, industrial facilities and forest fires are common sources of air pollution. Air pollution is mostly caused by littering and it gets in the air depending how much pollution there is. It is also caused by smoke and the usage of gas. It can affect your way of breathing and is very bad for your lungs. Next is noise pollution--noise pollution is

considered to be any unwanted or disturbing sound that affects the health and well-being of humans and other organisms. It is also any unwanted, disturbing or harmful sound that impairs or interferes with hearing, causes stress, hampers concentration and work efficiency or causes accidents called noise pollution. The last pollution that we are going to talk about is light pollution--light pollution, or artificial light at night, is the excessive or poor use of artificial outdoor light, and it disrupts the natural patterns of wildlife, contributes to the increase in carbon dioxide (CO<sub>2</sub>) in the atmosphere, disrupts human sleep, and obscures the stars in the night sky. As you can see, pollution affects our lives in many ways and it doesn't help that there are so many types of pollutants.

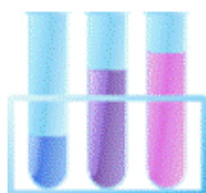


Connor went to say hello to our Earth Science teacher, Mrs. Campanelli!

Mrs. Campanelli was our planet and atmosphere to be cleaner, so don't pollute!







# The Sciences



ANATOMY  
 ANTHROPOLOGY  
 ARCHEOLOGY  
 ASTRONOMY  
 BIOLOGY  
 BOTANY  
 CHEMISTRY  
 COMPUTER SCIENCE  
 ECOLOGY

ELECTRONICS  
 ENGINEERING  
 ENTOMOLOGY  
 FORESTRY  
 GENETICS  
 GEOLOGY  
 MATHEMATICS  
 MEDICINE  
 METEOROLOGY

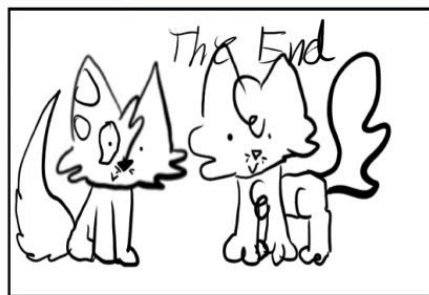
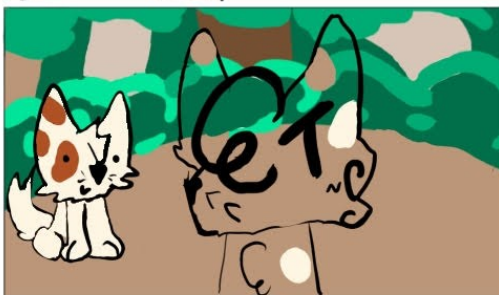
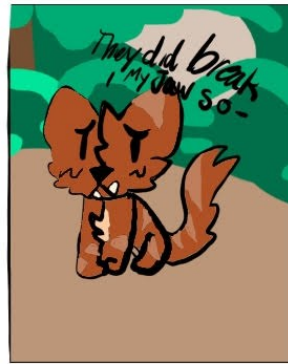
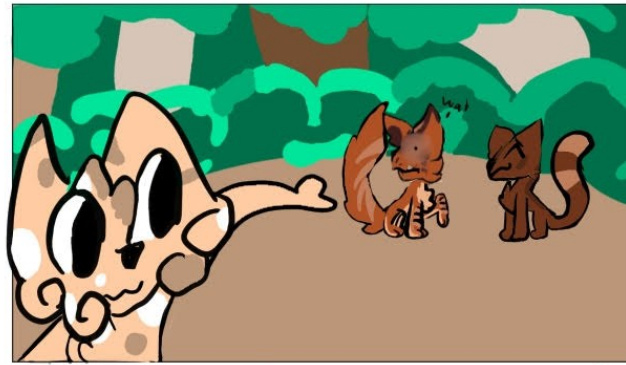
OCEANOGRAPHY  
 PALEONTOLOGY  
 PHYSICS  
 PHYSIOLOGY  
 SEISMOLOGY  
 TAXONOMY  
 ZOOLOGY



# COMICS

## Ask a Clan Leader

By Camila Ramos Pereda





## COMICS



Click on picture to access the video.



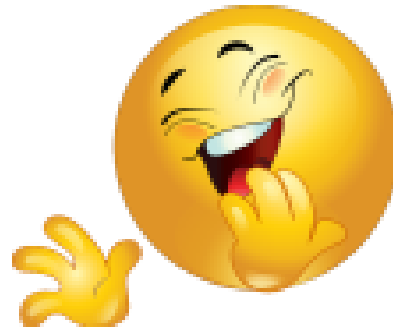
Click on picture to access the video.

### Best Dad Jokes

By Luke Martin

These jokes are so bad they're good. Let's check out the ten best.

- \* Why can't Cinderella play tennis?  
Because she always runs away from the ball.
- \* I'm afraid for the calendar. Its days are numbered.
- \* Dear Math, grow up and solve your own problems.
- \* I only know 25 letters of the alphabet. I don't know y.
- \* Where do fruits go on vacation?  
Pear-is!
- \* What does a sprinter eat before a big race?  
Nothing, they fast!
- \* I don't trust stairs. They're always up to something.
- \* I asked my dog what's two minus two. He said nothing.
- \* How did Harry Potter get down the hill?  
Walking. JK! Rowling.
- \* If a child refuses to take a nap, is it resisting a rest?

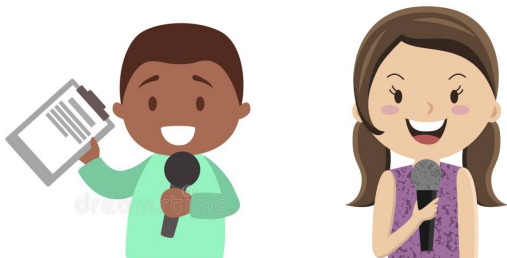


Hope you enjoyed these jokes.

# Ronkonkoma Middle School

**Mr. Joseph Licato—Principal**

**Mr. Justin Bradley —Assistant Principal**



## RMS TRIBUNE STAFF

### OFFICERS:

President: Taylor Garcia

Vice President: Catherine Jalloh

Secretary: Abigail Endres

Treasurer: Lily Schropfer

Advisor/Senior Editor: Mrs. Smith

### JUNIOR EDITORS:

World News & Events: Taylor Garcia & Ishaq Hoque

Sports: Sehar Rafiq

Cooking: Abigail Johnson

Movie Reviews: CJ Connolly

Book Reviews: Abigail Endres

Music: Catherine Jalloh

Science: Erin Palmieri & Ella Cardone

Animals: Ishika Kake

Fashion: Caitlin Champion

Cartoons: Camila Ramos Pereda & Lily Schropfer

Interest (Arts & Leisure): Caitlin Champion & Sophia Robinson

Photographer: CJ Connolly & Abigail Endres

### OTHER STAFF:

Angel Alvarez

Oliver Jamrozek

Luke Martin

