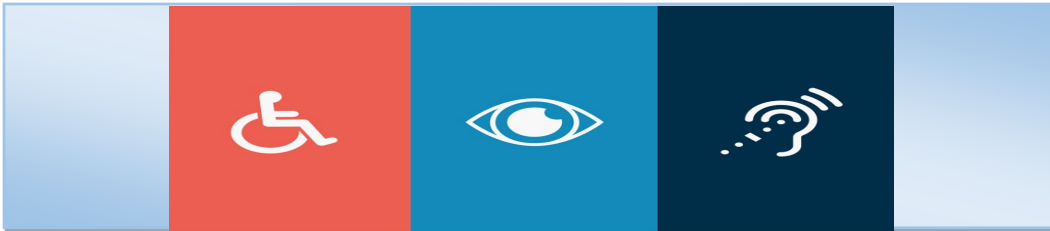


The Cougar Chronicle

Fall 2022



The Americans with Disabilities Act (ADA) was signed into law on July 26, 1990 by President George H.W. Bush. It prohibits discrimination against people with disabilities.

On July 26, 2022, to celebrate the 32nd Anniversary of the Americans with Disabilities Act, the Mineola Court House hosted an Anniversary Commemoration Ceremony. A group of HVS seniors were invited to attend and participate in this celebration.

We started our day off with a news crew visiting our classroom and interviewing us at HVS. We all made the news that night and the next morning and also made it into Newsday! We told them what the ADA meant to us each giving a quote of our own to the production:

Kyle: "ADA gives us freedom."

Leila: "ADA allows us to be more independent."

Keira: "I have been in a wheelchair all my life and ADA allows to me to lead an independent everyday life."

Yaz: "Everybody has a voice because of the ADA."

We had the opportunity to assist Dr. Rosa in asking questions to the panel. The panel consisted of the Honorable Robert Pipia, Kenneth Kunken, an assistant district attorney and a disability advocate, and James Weisman, a lawyer who fought for accessibility in the early times of the ADA. It was an amazing experience to hear these men give their thoughts and opinions about the ADA and their life experiences with disabilities or as advocates.

On the way back we stopped to have lunch at Old Westbury Diner and had a lunch consisting of scrumptious spaghetti and meatballs, paninis, mozzarella sticks, milkshakes, and hamburgers.

We all enjoyed listening to the speakers and we were grateful to be a part of this special day.

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Upcoming Events:

- * Veteran's Day
November 11
- * Reach for the Stars Luncheon
November 15
- * Thanksgiving Break
November 24-25
- * Spirit Week
December 5-9
- * HVS Basketball Tournament
December 10
- * Winter Recess
December 23-January 3



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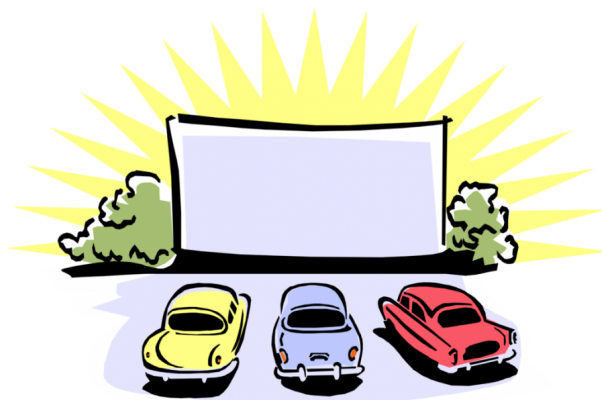
Summer Summary

Camping at HVS



Drive-In Movies in Multi-Media

Every Friday during summer school, Ms. Rosenblatt and Ms. Albrecht set up the multi-media room for the high school to watch movies and eat snacks. 7th grade through RAMP were invited to join and all watch together instead of going room by room for Fun-Friday. Though this might not be considered educational to someone else, I think it is in its own way, as some of us don't get to socialize much outside of school. During our movie time we get to spend time with our friends in other grades. Generally we watch one PG-13 movie and one PG movie for variety. So far, my favorite two movies that we've watched are *Dr. Strange and the Multiverse of Madness* and *Lightyear*. During our lunch break Ms. Albrecht orders pizza and we get ice cream for dessert. This really makes summer feel special. I enjoy this time because I get to sit next to my friends, we laugh, joke and watch the movie. It's a lot of fun! We thank you, Ms. Albrecht, for allowing us to enjoy our time in the multimedia room.



Summer Summary

The Newspaper staff asked students what their favorite thing in Summer School was. Here are their responses!

Watching movies on Friday because it's fun to get to spend time with my friends- **Winter**
Getting all together in the multimedia room to have assemblies or watch movies because I get to spend time with my friends that aren't in my exact class. -**Mary**
I really enjoyed almost everything we did during summer school because almost all the activities kept me motivated and interested to do them! And of course the never ending Uno games. -**Kenny**
Spending time with teachers I don't usually have - **Jonathan**
English class because I liked getting to write my journal about my thoughts! -**Abby**
Learning about sharks in Ms. Feldmann's class and watching Jonathan pretend to be a shark eating everyone. This was cool because I like watching Shark Week- **Abrianna**
I loved watching funny videos with Ms. Allison after I did my work- **Lara**
Math was my favorite because we learned while playing games and coloring -**Asha**
Making Playdough was the best!-**Caiden**
Making slime with Ms. Kim! -**Alan**
Camping out in the gym- **Michelle Brunvil**
Making slime, eating frosted flakes, and watching movies about what we learned about -**Alianna**
Camping Day!! I loved everything about it! -**Khalil**
Meeting Gibby the Gecko and Dude the Tortoise!-**Jayci**
Making slime! -**Madisyn Walker**
Getting together as a whole group in the multimedia room for things like movies because I get to hang out with my friends from different classes and grades- **Dari**
Volunteering in the elementary school because I get to experience kids and teachers that I don't get to see during the school year. -**Perla**
The beach week! I liked when we picked a sea animal to write about- **Alex**
Our science experiments with geysers and volcanoes – **Gia**
Going to Camp Viscardi! -**PJ**
The coke and mentos experiment! -**Yousif**
Playing with Gibby (and saying I'm going to eat him with BBQ sauce) -**Yassin**
Learning about space, putting on bug spray for camping, and the carnival! -**Lumbini**
My favorite was math and PE. – **Eric**
Cooking was my favorite. We made moon cakes and pudding cups -**Henry**
Math! -**Madison O**
My favorite was camping week -**Alex**
I loved watching Camp Rock and camping in the gym – **Liam**
Beach week and researching the ocean animals. I loved learning about the great white shark! -**Mikayla**
Smashing Oreos to make pudding cake for beach week! -**Ryan**
Space week. Especially the pop rocks for dessert! -**Camila**
Beach week and making the beaches you could eat. -**Dionna**
The activities for carnival week were the best and were amazing! -**Dariela**



Brookhaven National Lab HS/MS

Climate Science

By: Damonie Greaves

We had an assembly with Miss Amanda from Brookhaven Labs. She came to teach us about climate science. Climate means the average weather in a given area. We learned about how anyone can do climate science to give the science community information for the area they live in. The first week we talked about air and weather. We took the temperature outside, measured the wind, humidity, and learned about different clouds. That first day we also collected soil, which is a fancy word for dirt. The next week we used the dirt to make mud that we could play with and feel. We were looking at the way it felt because we wanted to know if we had sandy dirt or clay dirt. Good dirt grows good plants. We decided that the dirt by the school had both sand and clay in it, but not a lot of sand. Miss Amanda also told us about how soil can be acidic or basic. Acids are often sour like lemons. Bases are like bleach. We tested soil from the Pine Barrens and soil outside our school. The soil from the Pine Barrens was more acidic. This made a lot of sense because she told us that pine trees like acidic soil, and there are a lot of pine trees in the **Pine** Barrens. The high school students tested the dirt for different elements to see how much of each was in the soil based on what color their samples turned. My favorite part was getting to make a mess and it was cool to learn about soil and how it's not all just the same dirt!



Brookhaven National Lab Elementary

Mary Ogbo went down to the 2nd and 3rd grade class to talk to them about the science assemblies Brookhaven labs put on over the summer. Ms. Amanda came 3 times with interactive labs for the students to learn some hands-on science. These are their takes and take aways.

Berian wants everyone to know that his favorite thing was during the sound and music lab getting to feel the vibration of the instruments. He loved putting the tuning fork in the water and watching it pop up and make a mess. **Oliva** agreed that the sound lab was awesome because she got to see and feel sound and play on different instruments.

Samantha enjoyed the observation lab. She told us that observation means to look very closely at something and see what you can learn from it. She thought it was a lot of fun.

Others like **Kalel** enjoyed getting to be hands-on the most. He says he was able to play the cool sound tubes like a crazy man by spinning them above his head to make noise and see which was high or low sounding.

They explained that learning science is important because you can learn about new things and everything around you. **Ajay** pointed out you can explore science even outside the classroom! For example, he went to the beach and brought back shells to class and observed that the shells were all different textures and shapes. **Shane's** favorite thing is to learn something in science class and then expand on it by watching a movie! He learned about dolphins in his summer school class and after learning about them got to watch Dolphin Tale. He uses his science knowledge to better understand the movies he watches.



South-Hampton Fresh Air Home

My Favorite Things at SFAH

By: Keira Hayden

South Hampton Fresh Air Home is the best camp to go to for the summer. It is a sleepaway camp for children with disabilities and has three sessions. The first session is for three weeks, the second is for one week and the third session is also three weeks. If you're new or nervous you can start with just coming for one week. They have a lot of responsible counselors that help you during the day and at night to keep everyone safe. There are four different bunks that you can be divided into. You sleep and do activities with your bunk and the other kids in the bunk with you. This camp has so many fun activities like the pool and a game called steal the bacon. The way you play steal the bacon is you split up into two teams and each player on each team gets a number. When you get your number called, you run to your bucket and knock the bean bag off. The first person to get to their bean bag gets a point for their team. Steal the bacon is one of the most fun activities at camp in my opinion. However don't worry, there are tons of fun activities and you will find your own favorite thing.



Camp Isn't Just About Fun And Games (though it is fun!)

By: Angel Vega

South Hampton Fresh Air Home is awesome, and everyone should get the opportunity to go. SFAH is a camp for kids with special needs to be able to become more independent with different tasks such as transferring. They have many activities such as garbage ball, swimming, and accessible bicycles. Camp has changed me in the best way possible because it has helped me socialize with new people. Camp has helped me be more independent by helping me transfer into the bed and into the shower chairs after swim. My first experience at camp was amazing, all the counselors helped me to not be so nervous by talking to me and helping me be more comfortable being there. The counselors there are the best, they are always very energetic while doing activities and when having a conversation with you. Whenever you need to talk to someone, the counselors are always there to help.

In My Opinion...

Why Kids Should Have a Cell Phone

By: William Brown



All kids should have a cell phone. Kids need a cell phone to get in touch with their parents. One reason why you might need to call your parents is if you're sick. You can also let your parents know if your bus will be late. Speaking of the bus, another use for a cell phone is to have something to do on the long bus ride. I like to talk to people when I'm on the bus. Other kids like to play games or listen to music. A cell phone is also helpful when you are waiting to see a doctor. Sometimes you have to wait a long time, and it makes the wait easier. I could tell you more reasons, but my mom is calling me.

Why are Pets Important?

By: Timothy Mui & Mildrekia Watson

It is important for kids to have pets because having pets makes you happy and you can cuddle them. My dogs, Evie and Ellie, makes me happy because they wait for me to come home. They jump on me and give me kisses by licking my face. I also take my dogs out for bike rides. They sit in a basket on my bike. Owning pets has health benefits, like increase of opportunities to exercise, going outside and socializing. Going on walks with dogs helps burn calories, and you get fresh air too. Pets can help manage loneliness and depression by giving us companionship. Pets help kids understand responsibilities. If you have a dog as a pet, you may have to walk them every day. Pets are good companions. My dogs wake me up every morning with their barking. I hope to one day teach them to do my homework!



Sports in Review

2022 World Series Predictions

By: Kenny Zhao



The Dodgers are the favorite every year and especially my favorite. They have had a 2013-2021 postseason streak. In that time the Dodgers have made 9 consecutive postseason appearances. This shows that they are consistently very good during the season and I believe they have a good chance of making it to the postseason again this year.

However, I think the Toronto Blue Jays, who are a very young team with a lot of new players this year, have a chance to win the World Series in 2023. They have not won since 1992-93. So far this year the Blue Jays have had some victories by a huge margin. An example of this happening was when The Blue Jays won 28-5 over the Boston Red Sox. Winning by 23 runs, VERY RARE! I do not think we will see MLB history repeating itself.

For The World Series 2022 I believe the Toronto Blue Jays will be world champions!

Football

Michael Cosenza

Football season has started and I am very excited to watch all of the games. I also follow some of the teams in the off season and I want to give you my early Super Bowl predictions. I think the Rams might make it to the Super Bowl this year. My other option would be the Kansas City Chiefs. I think these two teams have a chance because they looked good in the preseason. They are well put together teams who seem to work well together. I want to see if they can keep going and doing well in the regular season. We will have to see where it goes!



Interests

TV Show Review By: Jai Ray Chang

I would like to recommend the show, *The Rational Life*, which can be found on Netflix. This show takes place in Shanghai, China. The show opens with a young man having a run-in that goes wrong with a woman on the street, who it turns out he's interviewing with later for a job he really needs. The show highlights the interactions that follow as he tries to get a job and mature. It is a romantic comedy with serious moments. The show is in Mandarin, but you can watch with English subtitles. I think teenagers through adults would enjoy this show. I know it's different to watch a show in another language, but I recommended this show to Ms. Rosenblatt and Ms. Annabelle last summer and after giving it a try they loved it!



Making History By: Mike Cosenza

Aaron Judge of the Yankees is making history. He hit 61 homeruns on September 28th. He broke the record. The record was set by Roger Maris 61 years ago in 1961!



SEL Spotlight

Social-emotional learning (SEL) is the process of developing the self-awareness, self-control, and interpersonal skills that are vital for school, work, and life success.

What to do when someone is blue!

Tristan Charley, Jonathan Fitoussi, Abby Jackowsky, Abrianna Medrano, Asha Pooran, and Lara Smolansky

During the summer some of the current 8th graders spent some time talking about emotions. We talked about how being blue could mean that you're a little sad, upset, or just in a not-so-good mood. It was decided that everyone gets into a bad mood sometimes, and that it is completely normal to have different moods at different times. They said that sometimes you can be in a bad mood because you didn't sleep well, you didn't eat enough, because something is bothering you, or just for no reason at all. Sometimes there is no real reason for a bad mood, it just comes on and that is okay too! Together they came up with some ways to help if you see a friend in a bad mood.

- Tell your friend a happy or funny story. You can make it even funnier by using funny voices, moving your hands around, and adding silly details.
- Talk to your friend and get them to tell you a funny story from their own life to get their mind off their bad mood!
- Tell a friend to take a deep breath and let it out slowly. You can also sit with them and do deep breathing with them instead of having them do it alone.
- Giving your friend a hug might help cheer them up.
- Give your friend space if they need it, not everyone likes to be around people when they are in a bad mood. However, you should let them know you're there if they change their mind.
- Find something to play with or a game that has nothing to do with their bad mood. Sometimes getting into something helps you forget about what is stuck in your head.
- Offer to listen if they want to talk about what is on their mind. You don't even have to come up with ideas to help, sometimes just letting your friend talk is enough!
- You can also always tell a trusted adult such as a teacher, the guidance office, one of the school psychologists, or any other adult in the building that you trust if you are worried about your friend.

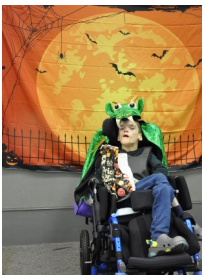
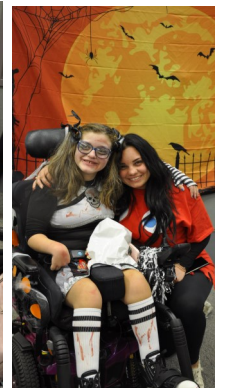
Remember, being blue sometimes is normal, the important part is that we are there for one another to help.

PUMPKIN PATCH 2022



BOO! BOO! BOO! BOO!

Halloween Happenings 2022



BOO! BOO! BOO! BOO! BOO!

Halloween Happenings 2022



PAWSOME JOB,
EVERONE!
KEEP UP THE
GOOD WORK!



**Sunny wants you to write
for the Cougar Chronicle!**

If you would like your article to be featured in a future addition of the Cougar Chronicle please submit your work to Ms. Rosenblatt or Ms. Feldmann.

Thank you to all of our readers!

Cougar Chronicles Coordinators: Ms. Rosenblatt and Ms. Feldmann