



# The Logan Post

## Graduation Day

By Reagan Kanauss, Logan Post Staff Writer

The end of the school year is approaching, the last year of middle school for the 8th graders in LMS. They have some important events coming up on the last days of school like graduation rehearsal, the graduation ceremony, their 8th grade field day, and more. Let's break down what the last couple days of school is going to look like for the 8th graders.

Students will have graduation rehearsal starting June 11th during their math class. The graduation rehearsal will include practices of the processions, bleachers, standing when appropriate, and other things that are important to know for the night of graduation. On the night of graduation, students must arrive at 3:45 and wait in the LGI. The graduation ceremony will start at 4 pm, on June 13th. Don't worry, June 13th is an early dismissal day to give the students plenty of time to get ready for the ceremony. The process of the ceremony lasts for less than an hour.

The events of the ceremony include the procession, administrative speeches, awards, the 8th grade speech by Gracie Green, ceremonial diplomas obtained, and the 2nd procession.

### 8th Grade Farewell

By The Logan Post 8th Graders: Haley Pagnotta, Reagan Kanauss, Cracie Green, Norah Suit, and Lillian Reed.

8th grade is a major milestone in so many lives. This is the start of the next 4 years of students' lives where they are moving to a different school where they will have to make new friends and adapt to a lot more changes. To help future 8th grade students, we wrote this article where all graduating 8th graders will write a paragraph with advice, tips, and general advice for these major changes. The first student that will give you input is Haley Pagnotta. Next year she will be going to Paul VI for highschool.

**Haley Pagnotta:** My advice to next year's 8th grade students is to find your group of friends that you can make many memories with. The most fun moments I can remember from this year are the ones I spent laughing with my friends doing something stupid. Having that group of people that always supports me really helped get me through stressful classes and bad days. I also suggest you focus on your grades but don't stress yourself out or get too obsessed with that perfect score. Study and try your best but don't overwork yourself. But most importantly, really live through your last year here with your friends. Cherish these moments as much as you can because the year will fly by faster than you'd expect. The next student is Reagan Kanauss who is going to Kingsway for highschool. She will be specializing in the BLA academy.

**Reagan Kanauss:** My advice to the future 8th graders is to live out 8th grade the best you can, and don't spend it stressing about high school. Sure high school is going to be new and different, but you will cross that road when you get there and you will adapt. That's what we were meant to do. This is what my focus was this past year, and I wish everyone would have known to do this too, so I'm glad I get to share this now. You are capable of getting through any obstacle and you will get through high school, but you have to live 8th grade first. It will help in high school to know that you had no regrets with 8th grade. I wish you all the best and good luck! The third student is Gracie Green and she is going to GCIT and is specializing in Biological Sciences.

**Gracie Green:** My advice to incoming 8th graders is to take your time. You are constantly wanting to grow up and become independent but don't rush it. It is okay to grow up gradually but 8th grade goes by extremely quickly so cherish the moments you have. Something else I would say to incoming 8th graders is to treasure a small group of friends and to not stick with fake friends. Friends are what is going to guide you through school, whether that are the fun or hard times they should be there. So keep a small group of friends that you know will be your support system whenever you need them. And if you are nervous about high school, know that everyone is, and that you're not alone. But also know that you will be okay, and you'll adapt. Stay true to yourself and you will eventually find your way. You got this! Now onto the next student that is giving future students advice is Norah Suit who is going to Kingsway for highschool.

**V. Suit:** Some of the best advice I think I can give is to learn who your people are, but first, understand who you are. Your people will be your friends until the end of time, and every moment with them should be timeless. Some of my best memories from school are of my friends. Although to achieve any of this you need to find out who you are. It's not easy, I'll tell you that, but it's truly worth it. When you can understand who you are, that's when you are most comfortable in your skin, not having to put on an act or wear a mask. Just be yourself. (Continued on Page 2)



There are a lot of awards that will be granted at graduation. Some of these awards are the Academic Excellence, Top Honors, Academic Achievement, Citizenship, and Subject Areas awards. There are also other awards in memory of reaching certain characteristics including athletics, personality, kindness, and more. A couple awards are criteria based. For example, Academic Excellence is an award for a student who has a 90+ average in all subjects for marking periods 1-3 AND scored high on their 7th grade NJSLA in Math or ELA. Teachers will also nominate students for certain awards such as "Most Improved" and a committee selects winners of the students who were nominated.

Graduates will wear robes during the ceremony and wear their dance attire underneath. While some may not like this decision, the 8th grade did vote for the return of gowns. Mrs. Damminger believes that the uniforms make the class look

more sophisticated and unified. After the ceremony, graduates will get some time with their families before a group picture with the entire 8th grade outside. When the group picture is taken, the graduating class will move into the cafeteria for their 8th grade Farewell dance.

The chosen dance theme was "Sophisticated Send Off". This is a very formal and classy theme with its main color scheme being black, gold, and white.

A DJ and catered food will be included to bring the party to life. Make sure, 8th graders, that your apparel fits the school dress code. Something that Mrs Damminger doesn't want the 8th graders wearing is high heels. A small heel is fine, but it is highly advised that you wear shoes that you aren't going to trip in.

On the last day of school after graduation, the 8th graders will have an 8th grade field day planned by the gym teachers. There also have been many questions circulating on what will happen on the last day of school regarding student attendance. The last day of school counts in attendance records, but Mrs. Damminger said she has helped develop field day activities to provide the 8th grade students with a day of happy memories. This will hopefully allow for attendance rates to stay steady.

#### The Logan Post is:

Gracie Green- Chief Editor

Haley Pagnotta- Copy Editor

V. Suit - Layout & Design

Nicolette Nguyen - Staff Writer

Jewell Logan - Staff Writer

Lillian Reed - Staff Writer

Reagan Kanauss - Staff Writer

Maia Myers - Staff Writer

Mr. Conklin - Paper Administrator

The Logan Post is a part of Logan's LEAP program.

#### In this issue:

Page 1 - Graduation Info; 8th Grade Farewell

Page 2 - Logan Budget; Spring Fling; H&SL Spotlight

Page 3 - Art Show; Track Team; Garden Restoration

Page 4 - The Phillies; Simone Biles

Page 5 - Palestine-Israel Conflict; Met Gala; Graduation Advice

Page 6 - Preventing Sickness; Summer Activities

Page 7 - Games & Memes; Thank You





## Financial Relief Comes to Logan Schools

By The Logan Post Staff

As a result of legislation back in 2018, Logan School District has been in a financial crisis for these past years. The legislation reduced the amount of state funding that Logan, and many other schools, would receive.

**Logan was one of the hardest hit, with over \$4,000,000 in cuts spread across 7 years - a very large amount for a small district.**

The cuts have had a significant impact on how our school operates and have made things much more difficult, especially as the prices for everything have risen at the same time; however, there are fortunately two different sources of relief on the horizon.

Approximately \$3,700,000 of the \$4,000,000 in planned reduction of aid has already been cut since the cuts began in 2018/19. These cuts to the budget have led to difficult cuts here at the school, including bus routes, pre-engineering, field trips, reduced teaching and custodial staff, fewer class choices, and more. Even more would have been cut if not for the school's administration working to find other sources of money such as sharing costs with other districts and applying for grants.

**Specifically for this upcoming year, Logan will for the first time have its own transportation service. There will still be buses, but two of the bus routes will be replaced by vans which Logan has received from the township, which will save about \$160,000.**

The cuts for 2024/25 seemed like they would be particularly difficult, with planned cuts coming for supplies along with multiple teaching positions, classroom aides, hallway monitors, and more planned for 2024/25. These cuts would lead to larger class sizes, less materials, and fewer students getting the help they need.

So, this all sounds bad, what's the relief on the horizon? It comes in two different forms. First, the final \$300,000 or so in cuts was postponed and, while it may eventually come, that was the last of the \$4,000,000 in cuts.

**More dramatically, Mrs. Haney announced in a video early this month that an increase in school taxes for Logan Township will bring in \$700,000 more than expected!**

The politics of this is complicated but, in short, Logan Township was legally not allowed to increase taxes more than 2%, even if the residents were okay with it. That limit was raised for one time to 9.9% for this year, which will lead to the additional \$700,000 for the school budget.

While our district is still in a difficult situation financially after almost \$4,000,000 in cuts over the past 6 years, the money from the newly increased tax will prevent a number of the originally planned cuts to aides, the teaching staff, and more.

## A Look Inside Home & School League

By Haley Pagnotta, Logan Post Editor

The Home and School League (H&SL) is a board made up of parents that put together many events during the school year. You may recognize some of these events such as the Lip Sync Battle, Snack Bag Bingo, and the Spring Fling. They do a lot for the school each and every year.

One minor change is occurring this year with the members of the board. Currently, in charge is president Kimi Taylor and co-president Katy Pagnotta. The H&SL includes a total of 9 members. Three of these members (one being the co-president) are resigning from the board after many years of help and hard work.

**H&SL president Kimi Taylor said, "The H&SL is extremely grateful for all the time and effort Katy P., Colleen K., and Jen B. have dedicated themselves to our community."**

To fill these empty places, three new members will be added to the committee next year.



## 8th Grade Farewell

(Continued from Page 1) And by being yourself that's how you gain those life-long friends. Find your friends and you will be set for life. You don't need a huge friend group if that's not what suits you, and you shouldn't need to change for your friends if they are true friends. So find your people and find yourself. The final student that you will hear from is Lily Reed who is going to Kingsway for highschool next year.

Lily Reed: What I got from 8th grade is that this is your last year at school with some of your best friends, so have the best time that you can have with them. You also begin to realize that you are going to meet loads of new people in high school next year, so you can also take this year to learn who you like to be friends with and the people you want to hang around because that can have a reflection on you. Overall, surround yourself with the people that fit you the best, that motivate you everyday and push you to be a better version of yourself.

As you can see, this last year of 8th grade will be hard but hopefully with a few of these tips, you will be able to persevere and enjoy this last year of middle school.

These hard working members have created many events for the school community. These include the three I mentioned previously. As of right now, no new events will be implemented next year but the three I mentioned will be kept. The H&SL enjoys putting on these events every year and they provide fun experiences for families. The H&SL uses the money earned from these events to give back to the school, funding things like after school clubs, popsicles on Field Day, Read Across America Books, and 8th grade Dorney Park T-shirts and party supplies. Overall, the H&SL does a lot of things for the school, whether they are recognized for it or not. They put on very enjoyable events throughout the school year and help provide for many other things the school does.

## 2024 Spring Fling!

By Haley Pagnotta, Logan Post Editor

The Spring Fling is a spring school event that is put on annually by the Home and School League. It usually has a big turn out and many families enjoy attending. This year's Spring Fling occurred on Wednesday, May 15th. Due to the rain, the event was not able to be held outside like usual. Instead, most of the activities were inside the Cafeteria including crafts, raffle tickets, raffle baskets, and multiple vendor booths. Some of the crafts and games included coloring pages, making bracelets, and picking a lollipop for a prize. Sports and more games were held in the gym such as basketball, egg on a spoon, bowling and more. There was a photo station with props set up in the hallway for creative and cute photos with friends or family. Even though it was raining, the food trucks still played a major role in the Spring Fling this year and they were set up outside near the South entrance. The trucks were Fireman Freddy's BBQ, Mullica Tacos, and the forever favorite, Kona Ice. Everyone enjoys these food vendors and they provide delicious meals no matter what you like to eat.

The most popular thing at the Spring Fling besides the food is the big raffle that's held. There are many amazing prizes that you have the chance to win.

**This year we had prizes like ziplining, rides to school in a firetruck and police car, museum tickets, Logan Soccer & Little League baskets, signed Eagles photos, endless bread from Panera, Hershey Park tickets, a Tailgate Yeti Cooler Package, some local gift cards and more.**

Thank you to everyone who came to the Spring Fling to support the school and the Home and School League, see you there next year!





## 2024 Logan Art Showcase

By V. Suit, Logan Post Layout/Design



During Logan's annual art show on Wednesday the 24th of April, we got to see the talent and creativity of Logan's 5th-8th graders on full display. Along with the art show, we also had a Family Fun Night where snacks were sold, math games were played, obstacle courses were run, and Logan staff got PIED!

The art show took place in the LGI where art pieces made of clay, cardboard, and other materials were displayed along with sketches, paintings, and scenes made from oil pastels. Hand-made pinatas made by our own students were also a fun part of the collection. All of this was made possible by Miss. Hoffman, the middle school art teacher, and those who helped with the set up and ran booths.

Down the hallway in the gym, the Home & School League created an obstacle course for our younger attendees/students as a part of the Family Fun Night. Teachers and administrators, including Mrs. Neary, Mrs. Rizzi, Mr. Neary, and even Mr. Turner, were all pied in the donation raffle happening in the cafeteria. Back in the hallway, Mrs. Rizzi generously set up a table with math and logic games for fun prizes.

Big props to all of the talented artists who put their work on display, the Home & School League for creating a fun night for our Logan families, and to all those who helped run the event. We are looking forward to another fantastic art show next year!



## LEMS Garden Restoration Project

By Cracie Green, Logan Post Chief Editor

In the Girl Scout Program, there are different levels of awards. There are all different levels based on age level so while in fifth grade or as a Junior you can complete a Bronze Award Project. And now as a Cadette or 7th/8th grader you can complete your Silver Award Project. I am at that level so to complete my Silver Award Project, I decided to revamp the LMS school garden that can be found near the LES wings of the school.

I am trying to revamp this garden into a special place for not only the students but the community to enjoy. This garden was extremely overgrown and I thought that this would provide a place for students to learn not only inside the classroom but in nature as well.

**I think that this garden will also make people want to come outside and take in nature. I am planning to include a library box to allow for people to take in the garden while also taking in new knowledge. I also want to include other features like kindness rocks and pollinating flowers to further allow for this place to become a relaxing place.**

Now onto how this garden came to be. The first stages of this project involved getting it approved by the administration at LMS and the Girl Scout Council. And once it was approved it moved into the planning stages and reaching out to donors, so that we could get the supplies we needed. We planned out what needed to be done to create the perfect garden for the school and soon began to start that process. We started by clearing out the garden of all of the weeds and rapid growing plants. We also have started cutting parts of trees down to make room to re-mulch them. At the point we are at now, we still need to clear it fully out but we have already received the donations to create the library box. So while we continue to work on the garden itself we will also work hard to put together the library box. The supplies for the library box were graciously donated from the Home Depot in Deptford.

So during the summer, we are hoping to fully complete the garden which includes the clearing out and replanting process as well as, completing the features that will make the garden a welcoming place for all people in the school community. I am hoping that will be completed and turned into something that will provide a relaxing place for everyone in Logan to enjoy. Lastly, I'd like to thank the school for letting me do this as my Silver Award project. As well as thanking my troop, family and donors for helping me turn this run down garden into a beautiful flourishing one, that it deserves to be.



Before Picture: Big Changes Coming Soon!

## Logan's Track Team

By Jewell Logan, Logan Post Staff Writer

This year Logan Middle School has two new sports, Cross Country and Track & Field. While they share some similarities, these two sports are different because track and field focuses on personal times whereas cross country doesn't. The different types of races include the 100 meter, the 200 meter, the 400 meter, the 800 meter, 1600 meter (the mile), and the 100x4 (the relay). These races are for both boys and girls. There are also other events like the shot put, discus, and the long jump.

All of these events are held at meets. Athletes from other schools all meet at one school, there are usually about three schools at a meet. Students at Logan leave class at 2:45 pm and usually arrive back to the school at about 6:30 pm on most days. During the meets, the running events are held at the same time as the other events like the long jump, shot put, and discus. On most meets the girls will usually run first, so for example it will be the girl's 100 meter and then the boy's 100 meter, etc.



The 100 meter is the shortest race and is a sprint, as is the 200. The 800 and the mile are the longer races and you really have to pace yourself and strategize for them. Then there is the 400, this race is in the middle of a sprint and a race where you have to pace yourself. The mile is the longest race which is four laps around the track, a total of 1600 meters. Last is the relay, which includes four athletes on each team racing. The four teammates are spread out evenly around the track for a relay. The first runner carries a baton in their hand until they reach the next runner, they then hand off the baton to them and that runner repeats the same process until the last runner reaches the finish line. This race I would consider a sprint because you want to get to the next person as fast as possible.

The Logan athletes have done a great job. They have broken their personal records many times throughout the season, cheering on teammates to do the same. (Continued on Page 4)





# SPORTS

## The Phillies: How We Got Here

By Stephan Green, Guest Author

The Philadelphia Phillies have had many ups and downs through the decades but have cemented themselves over the past few years as a top team in the MLB. They have combined their team of young generational talents and veterans for a mix of compatible roles. Philadelphia is known as a loud, and some may even say obnoxious, city but to fans energy is high and the vibes are always up.

It all started in 2008 when the Phillies won the World Series. They would start their season and come out with a winning April for the first time since 2003. The Phillies were off to a great start for the season ringing the bell. The Phillies had a young lefty ace named Cole Hamels from San Diego getting drafted right out of high school. Hamels played a big role in the 2008 Phillies squad. The Phillies were 22-18 over the first quarter of the season and by the end of May they were still on a roll. By the time they got to the all star break they were 8 games over 500 and would play series against the Mets and Marlins after the break. Phillies top closing pitcher Brad Lidge would save 8 games and blow zero saves in those series. The Phillies were on to something and showed they were a competitive team by finishing 92-70 and winning the NL East Division title.

The Phillies played the Brewers in the 2008 NLDS (National League Division Series) for the first round of the playoffs and they went on to win that series 3-1 moving on to the NLCS (National League Championship Series) where they would play the Dodgers. Shane Victorio, the Phillies center fielder, was a major player in this series having 6 RBIs and also Ryan Howard gathering 6 hits in the series paving a way for the Phillies. Cole Hamels would win both of his starts in this series and Brad Lidge collected 3 saves as well. In Game One the Phillies would win and Cole Hamels dominated again, gaining his 4th win and moving the Phillies to 4-0. Jayson Werth would get 8 hits and be a crucial part in continuing the perseverance during the World Series. The Phillies dominate through 5 games and win the 2008 world series 4-1. Philly erupts and people are in the streets partying and chanting. The Phillies have finally won. What a time it was in the City of Philadelphia they were on top of the world but that wouldn't last forever.

In 2009 they had another strong season making it to the World Series against the New York Yankees, the powerhouse of the AL (American League) in the MLB at that time. They would lose that series but overall were living up to the expectations they were given by the fans and the media. After the departure of Charlie Manuel, arguably one of their best coaches and putting up a record of 780-636. The Phillies would then hire Ryne Sandberg for a few years and then would move onto Pete Mackanin after that. The Phillies struggled for the next few years after their veterans had left and that left them in a tricky spot. They had tons of young talent in the farm system but they were just not panning out and also had some average players that weren't performing at their peak. For the next few years they would jump around between sub 500, slightly above, or slightly below. But the future was getting brighter for them in late 2010. They had hired Gabe Kapler and there was tons of hype around that hire and many believed in him to carry the Phillies along the way out of this slump.

In 2019 was when the Phillies really made their move, signing Bryce Harper for 13 years at a rate of 330 million dollars and J.T Realmuto for 5 years with 115.5 million dollars. They had brought in some top free agents this year to come to the Phillies to help them win as well. Harper would underperform in his first season there and they had to let Kapler go. Joe Giradi was named the Phillies new coach and this is when the covid season happened and they only played 60 games. The Phillies would not make the playoffs and were not performing like they should another year in a row. The Phillies had hope though. Their top prospect Alec Bohm, a 3rd baseman, was performing and it was looking like they had found a staple 3rd baseman.

In the 2022 season the Phillies would bring in alot of talent again. Signing three big stars in Trea Turner, Kyle Schwarber, and Nick Castellanos. The Phillies were ready this season with a great amount of talent 1 through 9 in their lineup, but that wouldn't be enough. Joe Giradi had them off to a horrible start and he was fired not even halfway through the season. Rob Thomson became the head coach and he had some magic. The Phillies were playing differently when he came in as the skipper. Their stars were hitting, they were playing defense, the young kids were playing great. It was a different atmosphere in Philly for the rest of the season. The Phillies kept on winning and had a record of 87-75 and snuck into the playoffs as a wild card team. They beat the Cardinals in the wild card and they moved onto the division winner Braves in the NLDS. This series would be the biggest one of the season. Emotions were high and the Phillies pulled off the upset winning the series 3-1 and made it to the NLCS to play the Padres.

The Phillies were on a role playing like a world series team and that's exactly how they would perform. With Bryce Harper's clutch hitting he led them to the world series against the Astros. The Phillies were very dominant at home with their loud energetic crowd helping them win. Through 3 games the Phillies were up 2-1 in the series but got no-hit at home which brought the momentum down for the world series. The Phillies wouldn't win another game in this series and lost 4-2. The Phillies were so high but had just taken a huge loss. Everyone knew the Phillies were a good team and they kept competing.

In the 2023 season they had lost some key players and had to move Bryce Harper to 1b due to his Tommy John injury he suffered the prior year. The Phillies were rolling again, but Trea Turner then went into a big slump and the fans weren't happy about it, but did start to rally around him and give him a standing ovation which helped spark the end of the slump. He started to hit and be like the Trea Turner they had signed. The Phillies made the playoffs and beat the Marlins in the first round 2-0, dominating them. They would play the rival Braves, and Philly hated them. They were the most obnoxious during that series. The fans would chant: "STRIDER-STRIDER-STRIDER". Strider was the ace of the Braves and the Phillies did not appreciate him. He also made the comment of not liking fans, but that didn't age well and that made Philly fans even louder. The Phillies went on to roll past the Braves and move onto the NLCS. They faced the Diamondbacks, a team that was never supposed to get there: the two underdogs were playing. The Phillies were off to 2-0 start through the first 2 games of the series. Aaron Nola and Zach Wheeler showed they were one of the best 1-2 pitchers in the MLB. The Phillies would lose Game 3 and Game 4 though, tying the series 2-2. The Phillies won game 5 and led the series 3-2 and were one game away from the big game. That's where it went downhill. They went cold and the star hitters were not hitting while the Diamondbacks were getting hot. The Phillies tragically lost the NLCS and there was a lot of frustration from the fans. They were in disbelief of how a team could get so cold at the plate and not play to their expectations. They had a lineup filled with generational talents.

## How Simone Biles Keeps Herself Fit

By Nicolette Nguyen, Logan Post Staff Writer

Born in Columbus Ohio, 27 year old Simone Biles has been doing gymnastics since she was 6 years old. She was taken to a gym and saw older girls practicing gymnastics, this is what inspired her to start. When the coaches saw the six-year-old Simone successfully imitating the feats of girls in their teens, they wrote a note to the family suggesting that the child take regular gymnastic classes. She first competed in the 2016 Rio de Janeiro Olympics and won gold medals in all the competitions and gained four gold medals in her first Olympics. Today, she holds the titles for 7x Olympic Medals, the first African-American women to be an all-around world champion, 30x World Championship, the most decorated American female gymnast in the world, and many more.

Usually at her age right now, most gymnasts could retire, but she hasn't. A good way she has retained her skills is through her work-outs. When she trains she works out for around 6-7 hours a day except on Sundays. (Carolyn Steber, 2023, "The Recovery Practices that Keeps Simone Biles Going"). When she worked out she told Bustle that "My workouts are all based on gymnastics conditioning, so it's a little bit



## Logan Track Team

By Jewell Logan, Logan Post Staff Writer



(Continued from page 3) The athletes after the season have also beaten the records at Logan for fitness testing. So it was great to see the meets this year as well as seeing the many students flourish at the new sport.

Track was a great sport for kids at Logan. Even though the meets were hours long and they were running all day, they were able to stay with their friends and have fun. They also had a track party at the end of the season in the LGI, where there was pizza, other snacks, and plenty of activities to do. And the runners in track have really enjoyed it, with most of them saying they'll do it again next year and continue improving on those personal records!



different from a typical gym routine. We'll do bodyweight exercises, rope climbing, casts, and other exercises that mimic the moves used in gymnastics," (Carolyn Steber, 2023, "The Recovery Practices That Keeps Simone Biles Going").

Another major part of keeping oneself fit is through the diet Biles consumes. According to TasteofHome.com, "she knows that other gymnasts are prone to tracking their food, but her philosophy for food is that she doesn't track her food and eats what feels good to her to avoid health problems. If she has time in the mornings, for breakfast she has fruits or oatmeal." (Amrita Thakkar, 2023, "This Is What Olympic Gold Medalist Simone Biles Typically Eats in a Day"). (Continued on Page 5.)



Simone Biles

(Continued from Page 4.) But at the end of the day someone like her who works so intensely needs something that calms her and relaxes her. She talked about how she always had anxiety, but one thing that did help her was her taking a two year mental health break. Even if not exactly practicing a sport for a long time might be detrimental, it is always more important to care for yourself and how you feel, or else those negative thoughts can eventually sicken your physical health. It’s also confirmed by Biles that she keeps a “worry journal” to cope with her anxiety. She hopes that by talking about her mental health issues, that she can be a voice for people who might not have one. In my opinion, this is a very good thing to do, as even though the mental-health conversations are becoming more normalized, it’s still important to talk about things many people struggle with, and might find helpful.



The Logan Post

# World News



The Logan Post

## Palestine-Israel Conflict

By Lillian Reed, Logan Post Staff Writer

The conflict between Israel and Hamas, a Palestinian Islamic group, has the attention of the world and has created much conversation lately, but it can be very hard to track where it all began and to follow all of the events to understand how we have gotten to where we are now.

Palestine was first established by British rule as a result of the downfall of the Ottoman Empire in 1918. Many Jewish and Arab people began to move there, and also some people that aligned with smaller ethnic groups, but tension between the Jewish and Arab people began to rise overtime. When the British tried to resolve it by creating a certain side of the country for each group to stay, the situation remained tense. Then, in 1948, the State of Israel was created as a result of an Arab-Israeli war. The war created significant disputes over land, borders, and the rights of Palestinian refugees, and we still see that in the conflict today.

Things have really escalated in the past year though with the beginning of the Israel-Hamas war. There have been intense periods of fighting in Gaza and the West Bank including evictions of Palestinian families, military operations, bombings, and protests. There are many people on both sides that want to have



peace with each other, but there are significant obstacles, with both sides accusing each other of violence. Even with some attempts at both sides speaking things out, the situation is still very complex and tense.

As a result of the conflict, many countries have put out a response with their opinions on what has been happening. The United States has been a long time ally of Israel and over many years we have given them military and economic support. This conflict, and our nation's stance, has been a controversial topic throughout the country. Officially, the United States has stated that we support the idea of negotiations, but we will still support Israel's right to self-defense. Though there are certainly disagreements about this view.

The European Union generally advocates for two-state solutions (supporting the view that both Israel and Palestine should have separate land) and condemns actions from both sides that escalate the conflict. European countries often provide help to Palestinians and have called for an end to Israel taking over Palestinian land. The United Nations have passed many resolutions with the conflict, like criticizing Israel on their settlements and military actions, but they have also expressed judgment on attacks on Israel by Hamas.



There have been many protests regarding the conflict between the countries, but there are also many other countries organizing protests to help inform people about everything going on. You have probably heard a lot about the pro-Palestine protests on college campuses. It’s when college students get together to try and inform other students nearby or on campus on problems that they believe are very important to be educated on. The main college that has been focused on is Columbia after protests

got so large that the New York City Police Department stepped in to try to stop the protests, which sparked further outrage and protests. Both in the United States and around the world, protests on both sides continue, which has occasionally led to violence.

The future of this conflict is yet to be determined, but many countries have said that they will continue to try and de-escalate the conflict the best that they can without getting too involved. In the meanwhile, lives are lost every day and the anger and protesting continues.

## The Met Gala

By Nicolette Nguyen, Logan Post Staff Writer

The Met Gala this year was on May 6, 2024. This is the 76th year of the event, originally only meant to be a fundraiser for the Metropolitan Museum of Art in New York, this event has become highly glamorized and one of the most talked about events every year. The theme for this year was “Garden of Time” based on a story of two lovers that live in a villa who pick time-stopping flowers to stop people from invading their garden. They do this for many months until the lovers are down to the last two flowers, so the wife picks flowers and lets the mob attack the villa, therefore destroying everything the couple has besides their love.



As I looked through the outfits from that night, it seemed to me that there was one person who excelled in fitting the theme. This was the up-and-coming artist Tyla, who had a dress made out of sand to represent the time aspect of the story, and how time passes. I think this idea of focusing on the time rather than the garden in the theme as many other celebrities did shows how creative Tyla is and how she’s willing to take risks for something worthwhile, especially since this year many people played it safe in dressing choices, or just completely missed the theme in total.

In my opinion, based on all the outfits that night, I can't wait to see what Tyla will do next year for the Met Gala if she's invited again.



# Advice/Wellness



## Graduation Advice

By Reagan Kanauss, Logan Post Staff Writer

The big day is coming up for many of us, that being graduation day. The day marks the completion of your time at Logan as well as the big move to highschool. Big deal, I know. We’ve never really been in a graduation ceremony before, so none of us really know how to act. Well, I can help with that! I’ve gathered my research and information to create the ultimate guide on how to act during your graduation ceremony. After reading this article, you’ll be well prepared and ready to take on graduation day!

**The first tip I have for you is to be respectful.** This means, not being disruptive as a whole. How you can do this is by not talking or fooling around with your friends during the ceremony, keeping your hands and feet still, turning off your phone, and not chewing gum. Stay quiet especially when the graduate speaker or any speaker is talking, everyone deserves respect and it's extremely rude to distract them from their spotlight. By being respectful, you are being appreciative to others and you are making the ceremony run smoother. Therefore, it is important to act in proper mannerism.

The next tip I have for you is to follow proper etiquette. What I mean by this is following the dress code. Wear something nice and presentable for the dance under your robe and make sure it follows in the school's dress code. Make sure your robe is clean and in good condition for graduation day. Also, walk across the stage at a good pace, now too slow but not too fast. Politely clap for all of your classmates and give the speakers your full attention. All in all, make sure you are presenting yourself well on graduation day.

Furthermore, prepare/plan accordingly beforehand. There are many things you can practice before the big day, like practicing your walk with the shoes you are going to wear. The last thing any graduate wants to do is trip on their big day. If you want to fully prevent this from happening, buy the appropriate shoes. Another thing you should plan beforehand is leaving the house early. It's good to be 15-20 minutes early to the graduation ceremony, this gives you the opportunity to use the bathroom, talk to your family, or anything else you need to do to feel confident. Another thing you should do is give yourself more time than anticipated to get ready. You don't want to be late because you were doing your hair!

Lastly, have a good time. Even though it's sad to move on, it's also something to celebrate. Completing 9-10 years of schooling is a big deal, so take the moment to congratulate yourself for your hard work over the years. Enjoy the ceremony and reflect on how far you’ve come over the years. The dance after the graduation ceremony is a great chance to have some fun for the last time with your classmates, which is why it's very important that you go. Loosen up a bit, take some pictures, show off your dance moves, eat some food, and have the time of your life! Congratulations!



# Staying Healthy Next Flu Season

By Reagan Kanauss, Logan Post Staff Writer

Germes are EVERYWHERE. They're lurking in your house, the park, the boardwalk, your favorite store, and all of the places you've been hanging out in, crazy right? It almost seems like you can never get away from them, but you sort of can! Although you can't really tell bacteria to stay out of your body, there are many things you can do in your everyday life to make germs not able to enter your systems. We don't want nasty viruses to ruin our summer do we? After seeing my peers getting sick during the winter, I figured you could use some help for the future. In this article, I will be your mentor and will be coaching you on how to not get another cold, stomach bug, flu, or any other sorts of viruses.

One habit you can start doing to prevent yourself from catching an illness is to start washing your hands more often. By washing your hands, the soap and water trap the germs on your hands and remove them. You should wash your hands for at least 20 seconds to make sure they are truly clean. Remind yourself to wash your hands before eating, after using the bathroom, before touching your face, after blowing your nose or sneezing, after being at a germly place, after being around people who are sick, and just other times when your hands may have germs on them. It is also best to wash your hands many times throughout the day, even though they may not seem dirty. You can never wash your hands too many times!



Another habit you can get into is to avoid touching your face. According to the Intermountain Health News and Blog, the average person touches their face three to five times a minute.

**By touching your eye or rubbing your nose, you are placing the germs from your hands in contact with your lungs, throat, and sinuses.**

Some alternative ways I personally use to avoid this is using my sleeve or the collar of my shirt to scratch my itchy nose or wash my hands before touching my eye. This could take some practice and self-awareness to do, but in the end your body will thank you!

One habit that most people need to learn is to not share their belongings with others. There have been many times where I've seen friends sharing gum with each other, writing utensils, water bottles, and many other items. I understand that they may be your friend or they may not look sick to you, but you don't know where they've been or how often they keep their good hygiene. Not only are you preventing yourself from getting sick by not sharing your belongings, you are also saving others by not spreading YOUR germs. Like I mentioned before, we all get germs on our hands throughout our day, so sharing our belongings would spread these germs to others. Surprisingly, staying consistent with self care plays an essential role in keeping yourself healthy. What I mean by self care is getting seven to nine hours of sleep a night, sticking to a balanced and nutritious diet, always being hydrated, engaging in physical activity, and remembering to relax and maintain your stress. All of these things strengthen and freshen different parts of your body, keeping you in good health conditions.

Lastly, you should stay home if/when you fall ill. Staying at home when you don't feel well allows your body to rest and recharge in your time of weakness. By not leaving your house when you really feel sick, you are protecting the lives of others and preventing the spread of diseases. With many illnesses like the stomach bug or the flu, it is best to stay home for at least 24 hours after your symptoms go away to make sure you aren't contagious anymore. You would be doing yourself and your community a huge favor by doing this!

I hope that you've learned a thing or two about things that you can do to keep yourself disease-free. I really encourage you to keep up with these tips. By keeping up with these habits, these tasks will become mindless to you in no time! I wish you all a happy and healthy summer!

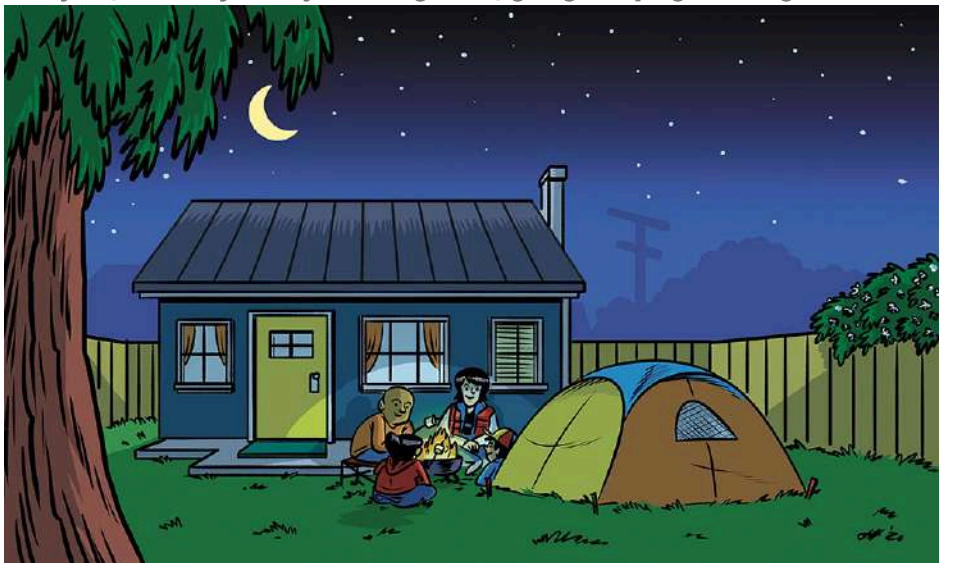


# What to do in Summer?

By Maia Myers, Logan Post Staff Writer

Summer is the perfect time to enjoy yourself with less of the stress that school and work can bring. I can always think about what I want to do in summer during school, and yet at most moments I find myself bored when it actually arrives. Maybe this has happened to you as well. I am going to give you (and me) some fun activities for your summer break.

Camping is a fun activity that you can do outdoors or even indoors in the comfort of your own home. For example while you're camping you can make s'mores or play fun games outside. Whether its in the woods, in your backyard, or even just in your living room, going camping can be great fun!



Yard games like Cornhole or Giant Jenga can bring people together while they enjoy the nature and beautiful weather that summer brings. These games are available online or in stores and can be set up quickly for some backyard fun.

Fishing is an activity that you can do in a lake, stream, or pond or even in specific spots in the ocean at the beach. You'll need the equipment such as a fishing pole, fishing line, bait, hooks, and more, but once you have those things going out fishing with family or friends can be an excellent summer activity.



Starting an outdoor garden can help calm peoples nerves over the summer and you can grow vegetables/fruits if you don't want to grow flowers. You can grow cucumbers, lettuce, peppers, watermelon, and tomatoes. These are all vegetables or fruits that can keep you healthy and cool while on summer vacation.

Going for a swim is a nice way to cool off outside and you can relax in a pool, lake or river. You always have to stay safe while swimming because it can become dangerous but it is a fun activity to enjoy. If you want to cool down, but swimming isn't for you, getting ice cream is a delicious way to cool off on those hot Summer days. Whether it's dairy free or soft-serve, either is good, and trying out different unusual flavors can keep it fun. In addition, you can either buy ice cream or you can also make it at home. Making it at home will allow so much more time to be spent but it can be tedious. This is another activity where you should have parent supervision.

So, go enjoy your summer and avoid any boredom with these great activities!





# Games & Outreach

## SUMMER

B I P W T P Y W A T E R M E L O N J D C N D X C  
Q Q K I G C S J S Q T O L F L I P F L O P S M D  
U U O H A F U L E O W P E M Y O B G X L G J M I  
B Z E B I N F W K O K H Z A A M V L E V A R T X  
K H E V V M A H I J A O E E V Z R O U T S I D E  
S A N D G C R Y B D U T H R A B E A C H P D L X  
F R I E N D S S K G Q D P C C L I G N I H S I F  
Y K I Y A H H Z Z A D O Y E A X T B X O Y M A G  
P A R A W I N G S S M G G C T X N F L Q I E K P  
K B N W X A P B A S U S O I I G N I F R U S G C  
J A W N L J O E T O S T W U O J H S M E W O G Q  
T R K I X B I L E R E Z S X N H G F M Z N P A U  
X B F G K P G D N U U A M U S E M E N T P A R K  
U E J N G D J U U I M W S I N P F L O P L K R B  
R Q W I A S X T C Z N U F E K F Q V X E H O T R  
W U Q P L S J M A G N I H G U A L D R J V J V H  
U E X E L P D P S U N S C R E E N T E B L O O P  
F N N E E M J I M G A D O P B C I K N U H F X Z  
H Z V L R I G C O W E K I B T R I D C Y O M I H  
V O T S B U O N G A R X Y T R A P L O O P O D N  
Q Y S A M K E I K R A P R E T A W L S D P Q Z E  
Q W Z L U S B C B B A K H I H V I D D R B Y K W  
G Y F L B H O S W P B K S T U O K O O C V Q I J  
X Y P Y P A S L A D N A S N N V J S Q Q Z O V Q

amusementpark  
sleepingin  
watermelon  
parawings  
waterpark  
poolparty  
flipflops  
sunscreen  
barbeque  
dirtbike  
laughing  
vacation  
icecream  
cookouts  
umbrella  
picnics  
friends  
fishing  
surfing  
hotdogs  
sandals  
outside  
travel  
museum  
bikes  
beach  
sand  
pool  
hot  
fun



		1						
8		3		5	4			
5	2			3	9		1	4
		5	7					8
2				1				6
7					3	2		
1	4		3	7			5	9
			4	9		6		7
						4		

## Ice Cream Maze



## The Meme Corner

when you go to the store and  
they're already setting up  
everything for back to school



## Thank You

From the staff of the Logan Post: Thank you for your interest, contributions, stories, and for reading our issues in year number two of The Logan Post! Looking forward to next year for more stories, investigations, and interviews!



2023/24 Logan Post Staff: Nicolette Nguyen, Maia Myers, Jewell Logan, Gracie Green, V. Suit, Haley Pagnotta, Regan Kanauss, Lillian Reed.