

ISSUE 2. WINTER EDITION

# *THE JOURNAL*



TAKEN IN NEW YORK CITY, NEW YORK

# EVERYTHING HUMAN BODY

BY RYKA IYER

“Everything Human Body” is a series of articles that will tell you everything you need to know about the most fascinating machine that was ever made; the human body.

In this article, I would like to share information about teeth. Teeth play an important role in our lives. They help with digestion, enable us to talk clearly, and give us a beautiful smile. A few months after babies are born, they start developing teeth and have a full set of 20 milk teeth by the time they are 3 years old. Between the ages of 6 to 12, the milk teeth fall out and are replaced with adult teeth. The number of adult teeth ranges from 28 to 32 and depends on whether one has wisdom teeth or not. Teeth are connected to the jaws by long roots that contain nerves. The nerves register sensations like heat, cold, and pain. The part of the teeth above the gumline is called the crown. A long time ago, when a tooth began to chip, break, or rot, they were removed to help alleviate the pain. Missing teeth gave people a gaunt look.

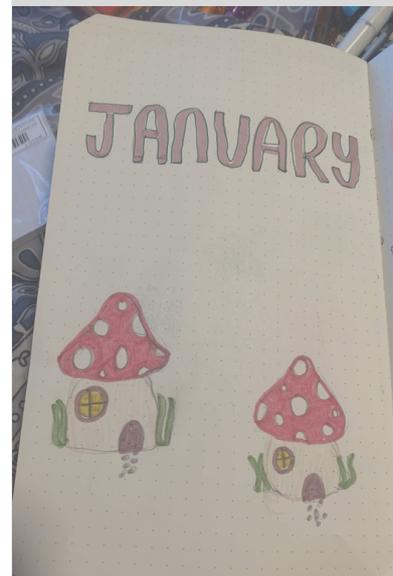
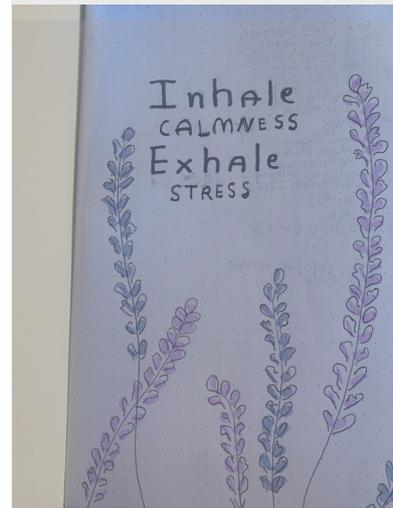
Therefore, people replaced them to eliminate unsightly gaps. Teeth were among the first body parts to be replaced artificially. The first artificial teeth were made out of seashells and were thought to be created by the Egyptians in 3500 BCE. The Etruscans in Italy later used animal teeth joined by gold bands. In the centuries that followed, teeth from dead people were used to make dentures. In some cases, poor people offered to have their teeth removed for money. Many famous people used dentures. One was President George Washington who had only one original tooth when he was sworn in as president in 1789.

Around 1840-1850, Goodyear Brothers formed dentures made of rubber. Porcelain teeth were then inserted into the rubber. A mold was casted so that the dentures would be customized when they were created. These dentures could be worn all day long. Today, dentures are made using advanced forms of plastics. Dental implants are fake teeth that have acrylic, a type of plastic on top of a titanium screw. The screws drilled into the jaw and fuse with the bone. Having good dental care can prevent the need for implants and dentures in the future. Take good care of your teeth so you will have a long lasting smile!

# WHAT IS BULLET JOURNALING?

BY TESS HANEWALD

Bullet journaling is one of my favorite things to do in my free time. I started journaling in the beginning of quarantine and haven't stopped since. This type of journaling style is totally up to you. You can make a calendar of your week and add in things to do. You can also track your feelings, sleep schedule, and homework. I've made lists of my favorite songs and movies that I want to watch. You can even write down some inspirational quotes. Some of my ideas came from an online bullet journaling class. Although, most inspiration came from searching up really cool ideas that other people have done. If you love to craft and sometimes are a little forgetful this activity is for you. Below you can see some different pages of my journal.



# ORGANIZING TIPS AND TRICKS

BY CAROLINA LOPEZ WATT

One of my favorite activities is organizing food storage spaces and other areas. It is a relaxing way for me to take a break from schoolwork and to focus on one goal. In the past, I reestablished the pantry, fridge, freezer and other areas where my family stored food. The first thing I do with an organizing task, such as this, would be to take out the items, if any, from the space. Then, if needed, I clean excess crumbs and packaging out of the area. One of the most important things to remember when organizing is to make the space efficient. What I mean by that is to make sure the items are ordered in a systematic way that isn't complex to restock or take objects out of. In my house, I have organized the pantry into four categories: snacks (such as chips and crackers), cans (such as canned vegetables and soups), pasta, and other grains including quinoa, rice, and couscous. Another key tip I can provide is to go through expiration dates for foods. In the past, I have found countless items that have expired three years ago.

Eating expired victuals can cause food poisoning, or upset one's stomach, so be sure to acknowledge when something is no longer good to eat. Finally, my last remark is to, if possible, give back to the community. If one finds provisions that are still in good condition but are unwanted, one can donate them to a soup kitchen or other organizations that donate give to individuals in need. For example, a few months ago my family accidentally bought some cereal brand no one in my house appealed to. We then donated the cereal to a local organization that supported others who cannot provide food for themselves. I hope these tips are helpful and I look forward to writing more about my experiences on utilizing spaces and organizing items from clothing to crafts.



## SNOW DAY

BY ABBY MCKEE

A snow day is when you get a whole day off from school because there is too much snow outside which causes the roads to become really icy and dangerous. Some of the things I do during a snow day include going out and playing in the snow, reading, drinking hot chocolate, and catching up on some school work. My all time favorite thing to do on a snow day is play with my dog in the snow. When I play with my dog in the snow I chase her around and she gets full of snow and loves it! We were so lucky this year at Stuart. We got two whole days in a row to just relax and spend time with family. I am very happy that they didn't have us log into a "google meet" and meet virtually.

# *ESCAPE ROOM*

BY MAYA DEV

During these hard times it can be good to get together with friends and have fun, even if it means meeting virtually. Last Friday, February 5th, the 8th grade got together over google meet to play a Virtual Escape Room. The whole event lasted about one and a half hours and each group took a little less than 1 hour to “escape” the room. There were five groups that consisted of about 3-5 people and 1 parent moderator. The objective of the game was to escape Stuart’s basement (We weren’t physically in the basement).

The players were given sheets of puzzles that they needed to solve in order to get a letter. Once you completed all of the puzzles and got all of the letters, they unscrambled to make a 2 word password that “unlocked” the basement door. The top three teams received prizes of either a dress down day, a candy basket, or a starbucks gift card. The Orange Team ended up coming in first place and they chose the candy basket as their prize, which left the other two prizes to the second and third place winners. The whole experience was definitely a one to remember and it really tested our brains, we can’t wait for more 8th grade events!!

# *JEWELRY MAKING*

BY ABBY MCKEE

One of my many hobbies is making jewelry. I find it to be a very relaxing activity although it can be frustrating too. For example when all the beads fall off the string or when the clasp doesn’t work and I’ve already attached it to the chain. However, I really love doing it. I am usually very happy with the finished product because it is often a beautiful piece of jewelry that I designed myself. My favorite type of jewelry to make are necklaces because I prefer to wear them over bracelets. The type of necklaces I usually make aren't the type with the tiny little beads you see a lot. I make jewelry with beads which I attach to a tiny piece of metal and then I connect them to a metal chain which can be either gold or silver.



# CHINESE NEW YEAR

BY KATHY XIANG



Chinese New Year is celebrated annually based on the traditional Chinese calendar. Each year, the day varies. This year, the Lunar New Year was on February 12. According to some legends, the beginning of Chinese New Year started with a mythical beast called Nian. The Nian would eat villagers and children in the middle of the night. One year, the villagers decided to hide from the beast. Then, an old man appeared and told the villagers that he would stay in the village and get revenge on the Nian. Throughout the night, the old man put red papers up and set off firecrackers. The next morning when all the villagers returned, they saw that nothing was destroyed. The villagers then understood that the old man had discovered that the Nian was afraid of the color red and loud noises. Therefore, the tradition is to wear red clothes, hang red lanterns and scrolls on windows and doors. People also use firecrackers to scare away the Nian. The Nian never came back to the village and was eventually captured by an ancient monk.

Chinese New Year celebrations date back to the Warring States period which was about 475 BCE - 221 CE. Later, a Northern Song politician, litterateur, philosopher, and poet Wang Anshi wrote his poem “元日”(New Year’s Day).

“爆竹声中—  
岁除，  
春风送暖入屠  
苏。  
千门万户瞳瞳  
日，  
总把新桃换旧  
符。”

The direct translation of this poem is:

Amid the sound of firecrackers a year has  
come to an end,  
The spring wind has wafted warm breath  
to the Tusu wine.  
While the rising sun shines over each and  
every household  
People get rid of the old couplets and put  
up the new ones  
- Wang Anshi

Another popular tradition is giving red envelopes to friends and family. These envelopes contain money and symbolize good wishes and luck for the new year. The importance of a hóngbāo (red envelope) isn’t that there is money inside; it’s actually the envelope itself. The color red symbolizes good luck and prosperity in Chinese and other East Asians cultures. The tradition of giving red envelopes comes from the oldest stories of Chinese New Year. A demon known as ‘Sui’ would terrorize children while they slept on New Year’s Eve. Parents would keep their children awake all night to protect them. On New Year, a child was given eight coins to play with so they kept him awake, however, he couldn’t keep his eyes open and eventually fell asleep with the coins on his pillow. Sui then appeared, but when he went to touch the child, the coins (which were actually the Eight Immortals in disguise), produced a powerful light that drove the demon away. Today the envelope, which symbolizes the coins, is sometimes known as the yasui qian, or “suppressing Sui money.”

Chinese New Year 2021 is a Year of the Ox. In Chinese culture, there are zodiac signs, which are represented by 12 animals. People born in a certain year are sorted under a zodiac. The story goes that the Jade Emperor organized a race and invited all the animals in the world to participate. Twelve species showed up at the line: a pig, a dog, a rooster, a monkey, a sheep, a horse, a snake, a dragon, a rabbit, a tiger, an ox, and a rat. As a reward for showing up, the Emperor named a year in the zodiac after each one. The race determined the order each animal would be placed. In the course, there was a huge river which every creature had to cross. The rat persuaded the kind ox to let it sit on its head as it crossed. Instead of saying thank you on the other side, the rat ran towards the finish with the ox not far behind. That is why the rat is the first creature in the cycle and is followed by the ox. The tiger ran a good race but the river sent it a little off-course. The tiger recovered and finished third. Then was the rabbit. It saved itself in the river by floating on a log and placed fourth. The dragon diverted from the race to extinguish a fire that was endangering the lives of the nearby villagers. Once it got back on course, it saw the rabbit struggling and used its breath to blow the rabbit to shore. The rabbit never learned that the dragon was the one who saved him. The dragon, however, was content with finishing behind the rabbit. The horse wasn't far behind the dragon and thought that sixth place was in the bag. However, the horse didn't notice that the snake wrapped itself around the horse's leg. As they neared the finish line, the snake uncoiled itself and frightened the horse so it could slither into sixth place. The horse then took seventh place. Next was the sheep, monkey, and rooster. The three made a small raft that would help them cross the river safely. Once on the other side, they raced for the finish. The sheep came first, then the monkey, and then the rooster. Now, it was just the dog and the pig left. The dog got distracted by the water and began playfully splashing about in the river rather than crossing it. Eventually, the dog got 11th place. The pig stopped for food during the race and became rather sleepy. After waking up, it managed to make it over the line in last place. The Emperor nearly gave up on it but was happy to give it the final space in the zodiac. Although it may seem like some zodiacs are better than others, they are all equally respected.

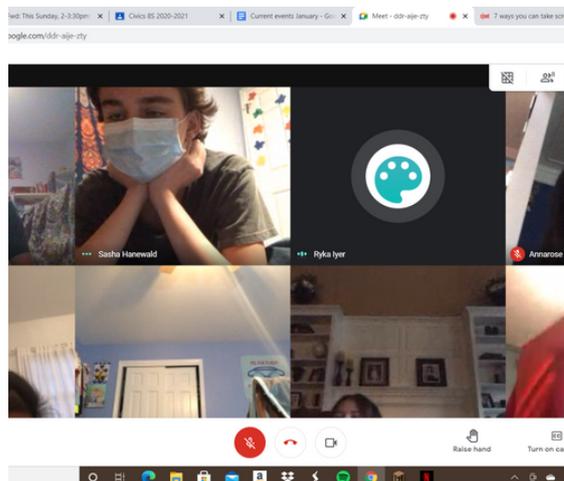
During the Chinese New Year feast, many traditional dishes are served. Rice cakes (nian gao), sometimes translated as "new year cake," is made of glutinous rice flour. It can either be sweet or savory depending on the region. Another dish is whole fish. The pronunciation for 'fish' in Mandarin is 'yú' is the same pronunciation as 'leftover.' The idea is that every year, the goal is to have a lot of food and wealth so there is leftover for the next year. Dumplings (jiaozi), another traditional food, are supposed to look like gold and silver pieces. For dessert, sweet rice balls (tangyuan) are served. They are also made from glutinous rice flour. These can be filled with various different fillings from red bean, to peanut, to taro, and my personal favorite, black sesame.

I hope you learned more about Chinese New Year!  
中国新年! (happy new year)

## *PROJECT LINUS*

BY SASHA HANEWALD

Project Linus is a nonprofit organization that takes donations, used, or homemade blankets. The proceeds go towards kids in hospitals, social agencies, and places in need. Girls Helping Girls decided to be part of this organization and in total we made ten homemade blankets. This event was successful and we hope to do this again in the near future.



# CAKE DECORATING PARTY

BY TESS HANEWALD



On Valentines day some 8th graders met up on a google meet to have a cake decorating party. The idea originated from an 8th grader named Carolina Lopez-Watt. This online event was not formally planned by Stuart, but instead it was just a fun way for some friends to get together. Before the meet all of the participants made their cakes so the meet would only be for decorating. After everyone logged on and said, "hi", the decorating began.

Everyone had different ideas for their cake. Some were single layered, double layered, or even heart shaped. Hershey kisses, frosting, butter cream, sprinkles and M&Ms were all over the place. While decorating, we talked about our days and how we loved the snow. I would strongly suggest doing this with some of your friends or with your family. We put all of our cakes into a picture which you can see on the right.

## SUMMARY OF VALENTINES PARTY

BY ANNAROSE

The Valentine's Day parties took place on February 13th, 2021. It was held virtually and anyone who wanted to attend could. There, we played several different games such as charades, pictionary, and Simon Says. After the games, we learned about the history of Valentine's Day. We also played a fun game of kahoot and watched a movie. The Valentine's Day party was a fun way of interacting with other students from different grade levels.



# PHOTO GALLERY

BY GIRLS HELPING GIRLS

These photos were taken by Girls Helping Girls members pre-pandemic.



## *What is Girls Helping Girls?*

WRITTEN BY LOLA LOPEZ-SPENCER '25 AND KATHY XIANG '25

Over the summer, Kathy Xiang '25 participated in a music program in Boston that taught young children how to play instruments. After realizing that she could connect with a community from another state, she got the idea to create an organization to connect her own community using an online platform. Throughout the summer, Kathy frequently exchanged text messages with three other girls who would later become board members: Lola Lopez-Spencer '25, Sasha Hanewald '25, and Allison Lee '25. The four girls then began developing the organization and invited all middle school students from Stuart to join. At the first club meeting, only three people joined, but over the course of a few weeks, the club recruited twenty-seven members. Girls Helping Girls was initially founded to bring together the Stuart community during the pandemic. Now, it is a program that allows girls to take initiative in helping each other. GHG could not have asked for a better group of girls to implement the GHG vision. Everyone's dedication and effort is strongly admired and appreciated.

# *Special Thanks*

By Girls Helping Girls

We would like to dedicate this page to thank those whose efforts stood out and have significantly contributed to Girls Helping Girls.

## *Nana Larbi*

Nana has always been a very dedicated, consistent, and supportive member. She is someone who always helps execute the club's visions and goals. This past winter, she put together several events for lower and middle school students to enjoy. Thank you for all you do Nana!

## *Carolina Lopez-Watt*

Carolina was very helpful in the writing process of this GHG News letter. She is a very active member of GHG and participates in Lower School Reading Sessions. She is a very valued member of the GHG club and we love her positive attitude and dedication! Thank you Caro!

## *Annarose Bourgoin St. Maurice*

Annarose consistently is helping and assisting with the various projects and events that GHG hosts. She is always ready to take on a different task and challenge and has impressed everyone; and we couldn't ask for more! Great job Annarose!