

# TIGER TRACKS



January 2017

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## Happy New Year By Katherine Saravia

It's finally 2017 and it's January, which means there are 6 months left of school! The marking period will be ending the 27th, so make sure to keep your grades up to try to make the Honor Roll or even better.....High Honor Roll!

Start the year off new, try to do your best and succeed! Make a New Year's resolution and make that your incentive to reach your goals. Think of this new year as a book with 365 pages, and try to write a good story with the pages you have.



## Bake Sale by Sarah Estrada & Isabella Sanchez

On December 19, 2016, Ms. Meyer's ESL class had a bake sale that was held on the first floor of Lincoln School. There was so much to choose from! There were brownies, cupcakes, doughnuts, and so much more. Some of the kids baked the treats and some goodies were bought. The students from all the grades supported the sale. The class will give all the money they collected to U.N.I.C.E.F. Great job!



## Martin Luther King Day by Winnie Zhao

January 16 is Martin Luther King Day. This day is celebrated to honor Dr. King's achievements to stop racial segregation. His famous "I Have A Dream" speech told of his hopes for the future of African-Americans.

Martin Luther King Day was created because his supporters wanted his birthday become a holiday so he could get recognition. Finally, in 1990, it became an official holiday.



## Friday the 13th by Afrodite Hryssomallidis

As you may know Friday the 13th is coming up this month. Now, you may wonder what's so special about the 13th of a month coming on a Friday. It has become the most fearful and unluckiest day of the week because of its superstitions which began in the 19th century. The first documented mention of the day can be found in a biography of Italian composer, Gioachino Rossini, who died on a Friday 13th. Others believe that the myth has Biblical origins. Jesus was crucified on a Friday and there were thirteen guests at the Last Supper the night before his crucifixion.

The fear of Friday the 13th is also called friggatriskaidekaphobia or paraskevidekatriaphobia. Friggatriskaidekaphobia affects millions of people and businesses. Airlines, especially, suffer from severe losses on Friday the 13th., because travelers do not want to fly on an "unlucky" day. Some people even avoid going out because they are scared of bad, unexpected events that might occur!



## Ms. Brueck's Product Table Project by Jawad Jamil

The seven graders are currently working on a project in Ms. Brueck's science class. This project involves elements from the periodic table, and how they could be used to create a whole new product. Each group of 3 students is working on 2 products that could possibly come to life. Each person in the group has a specific role which include researcher, writer and artist. This project is fun and educational. It will be interesting to see the end results and find out if our projects actually come to life.





## New Year's Resolutions

by Aliya Laliwala

Happy New Year 2017! Have you ever thought about how you are going to improve yourself in the new year? If not, here are some simple resolutions to make for 2017:

1. Make smart food choices. Be mindful of what you eat. Eat more fruits and vegetables and less of fat and sugary drinks like soda and juice. Eat healthy snacks such as carrot and celery sticks with hummus or yogurt.

2. Exercise more. Pick an exercise that you like and do it for 30 minutes a day with family.

3. Read more. Reading will increase your knowledge and improve your reading skills and grades. Visit the library to check out a new book to read. Enjoy reading for pleasure. While you are there, check out the classes your library offers.

4. Save money for something you want. When you get an allowance, make a budget, and save up for a special treat. Open a savings account. Create a college fund so when you get to college, you have money saved up.

5. Protect your passwords. Learn how to create a strong password and protect your online accounts.

6. Learn about cool careers. Ask people what they do for a living and the steps to take to get there. Think about what you want to do when you grow up. Pick a career with a good salary and something that you are passionate about.

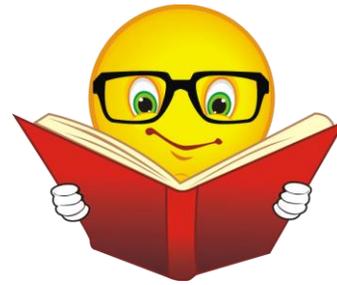
7. Learn time management. Schedule in study time and play time.

8. Go to sleep early and wake up early.

9. Eat a healthy breakfast, so you do well in school on exams.

10. Every month, clean out your room, and anything you don't want, donate it to charity to help the needy.

Have a great year with the help of these resolutions.



## How to Find the Perfect Independent Reading Book Tammia Tatis

It is required that all students must have a book to read in class. Although this was addressed earlier in the year, some kids are still having a difficult time trying to find the perfect book. In many cases, students no longer feel interested in their book and would like to exchange it. Unfortunately, that option is not always available, especially so late in the year. There are many ways to find a book that will find your interests and will leave you on the edge of your seat until the very last page.

To begin with, get yourself familiar with different book genres and find out which one suits you best. Books can be categorized from Fiction to Autobiographies. Many young readers enjoy the thrill of a good adventure book, but some may be more content with learning about the early lives of man in history-based books.

Before deciding if your book is "the one", read a few chapters and see if you are interested enough to continue reading on. Reading from one four chapters. Some stories take time developing their main plot so you should always give your book a chance.

Not all interesting books have flashy covers or funny titles. For instance, the modern classic story, *To Kill a Mockingbird* by Harper Lee, has a very bland book cover with very little color or explanation as to what the book might be about. But that didn't stop this book from winning a Pulitzer Prize and having it being turned into a feature film. As many people may have heard at least once, "Never judge a book by its cover."



Hello, my name is Wishara. Welcome to ultimate relaxation. Are you happy that 2017 finally came? Great, so am I. Now, I want you to take a deep breath, and close your eyes. Every pain from the past, shake it off. Clear your mind. This is 2017. It's a new year. Make room for new memories. It's time we finish the game of life. I want you to tell yourself "It's 2017. It's a new year. Say goodbye to the pain of the past". Now open your eyes and relax yourself. Carry on with your lives. BE FREE!!! I must go my friends.



## National Opposite Day by Briana Soto

You read that title correctly! January 31 is, indeed, National Opposite Day! This peculiar day was invented by two creative women, Sarah Nicole Miller, and Megan Emily Scott who randomly thought of the idea to create this day on January 29, 1961. The reason it is celebrated on the 31st though, is because the next day they discovered everyone in their town, doing things backwards, or opposite.

When this fun day comes, some ways you can participate in it is by wearing your shirt inside out, or putting your shoes on two different feet. You can read backwards or talk backwards, too! Have fun!



The entire staff of Tiger Tracks wishes all its readers a very happy, healthy, and successful new year.

## Sports



## Let's Get Our Game On by Ata Erdal

It is finally that time of the year where gym class becomes the most entertaining activity for many basketball lovers. We are taught the skills of learning how to play professionally, as well as enjoying it at the same time. We will be playing basketball for about a month. The first days we begin playing, our amazing gym teacher, Mr. Henion, teaches us the tactics of handling the ball. Then, we move on to Monkey in the Middle to build up on our passing skills. After we have covered the basics, we move on to shooting games to practice our aiming and accuracy. Finally, the best part comes. After all our practices, we play sideline basketball games, and have tons of fun! Sideline is everybody's favorite because everyone is included in every game. Basketball is only one of the amazing sports we play in gym class, but many more fun times await us throughout the school year!

