

The Lion's Roar

SAHAG-MESROB ARMENIAN CHRISTIAN SCHOOL NEWSLETTER



1ST QUARTER, 2013 - 2014

Student Council

The 5th-8th graders campaigned, for this year's Student Council. The positions are treasurer (5th grade), secretary (6th grade), vice president (7th grade), and president (8th grade.)

This year, Sevan Krikorian and Tigran ran for treasurer, Joseph Atme and Tatiana ran for Secretary, Harout Nazarian and Sebastian Postajian ran for vice president, and Tamar Donoyan

and Serli Shanlian ran for president. After two days of campaigning the candidates prepared their speeches. After their convincing speeches, the 5th-8th graders went back to their class to vote. The 2013-2014 Student Council members are: Sevan Krikorian, Harout Nazarian, Joseph Atme, and Tamar Donoyan. Good job to everyone!



Mrs. Holly Pourhassanian

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I Like being in Kindergarten because...



"We play in our big playground." – Christy Basmadjyan

"I like my teacher." – Tina Garabedian

"I love doing homework in my pencil book." – Luca Youssefian

"I like to play in our playground." – Sebastian Pepo

"We do lots of easy homework and we eat yummy food." – Harut Tatlyan

"I like to do work and play." – Nicole Titizian

"I like all my teachers, I like to play, and I like to learn new things." – Darron Sarkissian

"I love playing." – Dolliah Bedjakian

"I like to play and I like to learn." – Ara Rastguelenian



Bible Verse of the Week

"Devote yourselves to prayer, being watchful and thankful."

Colossians 4:2



1st Grade Thanks All of Our Community Helpers!

Anush & Victoria thank MAIL CARRIERS

The mail carrier gives us mail. The mail carrier takes our mail. The mail carrier carries the mail in a bag. A mail carrier works at a post office.

David and Garo thank CONSTRUCTION WORKERS

Construction workers work hard. They make our houses. They drive a truck. They use a hammer.

Alex K. & Michael thank VETERINARIANS

Vets help animals. They can do surgery on animals. Vets keep pets healthy. They may cut animal hair.

Patil & Tiana thank HAIRDRESSERS

Hairdressers curl our hair. Hairdressers can wash our hair. They blow-dry our hair. They also cut hair with scissors.

Sophia & Emily A. thank TEACHERS

Teachers help us learn things. Teachers keep us safe. Teachers work at school. Teachers grade our papers.

Isabelle & Alex M. thank CHEFS

Chefs like to cook. Chefs wear white hats. They work in a restaurant. Chefs follow a menu.

Lily & Karina thank FIRE FIGHTERS

Fire fighters keep fire away. Fire fighters work really hard to keep people safe. Fire fighters drive a fire truck. Fire fighters put out fires with a hose.

Marcus & Narod thank POLICE OFFICERS

Police officers stop cars when people drive fast. They help us stay safe. When we are lost, they help us find our moms and dads. Police officers help us when there is an accident.

Brianna and Emma thank DOCTORS

Doctors help everyone. Doctors give kids shots. Doctors work really hard. Doctors help keep kids healthy.

Sako & Andre thank DENTISTS

Dentists keep our teeth healthy. They clean our teeth. Dentists keep our teeth from cavities. They can give us braces.

Emily A. & Silva thank GARDENERS

Gardeners plant seeds. Gardeners cut our trees and grass. They help keep plants healthy. Gardeners also water the plants.

Alex B. & Johnny thank LIBRARIANS

Librarians help us find books. Librarians work at a library. Librarians put books back on the shelves. Some librarians may read books for children.



2nd Grade

Poem by Arsen Rastguelenian

Falling Colors:

Leaves as red as ripe apples are falling down.

Leaves as orange as shiny and bright pumpkins are whirling down.

Leaves as yellow as a pear are swirling down.

Then all the colors turn crunchy brown.

My Community by Mahrie Bedjakian:

I live in Pasadena. It's a beautiful place. It has lots of people, parks, trees, houses, store, and cars. It's fun because I can go to my dad's restaurant. I love to eat there! I love the stores too. I like to shop at the Gap. It is very big. There's so much you can do in my community!

Poem by Brandon Indjian

Falling Leaves:

Some leaves turn yellow as the sun.

Some leaves turn orange and red and begin to shed.

I like the leaves when they fall.

My Community

by Roubena Akmakjian:

I live in the community of Pasadena.

Pasadena is a very special place to live.

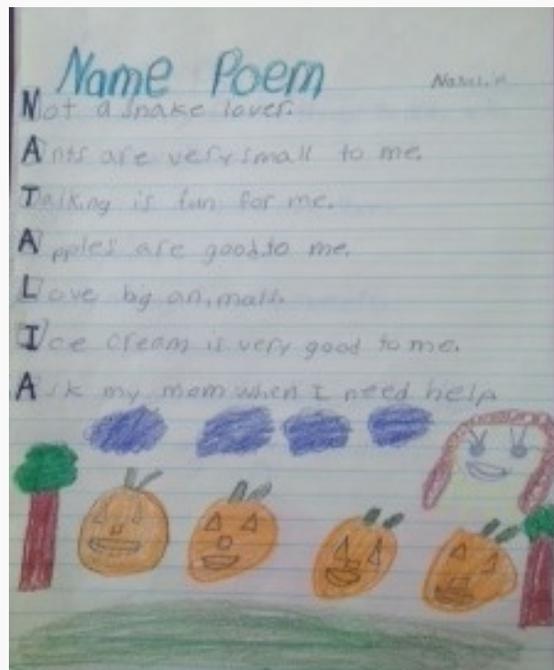
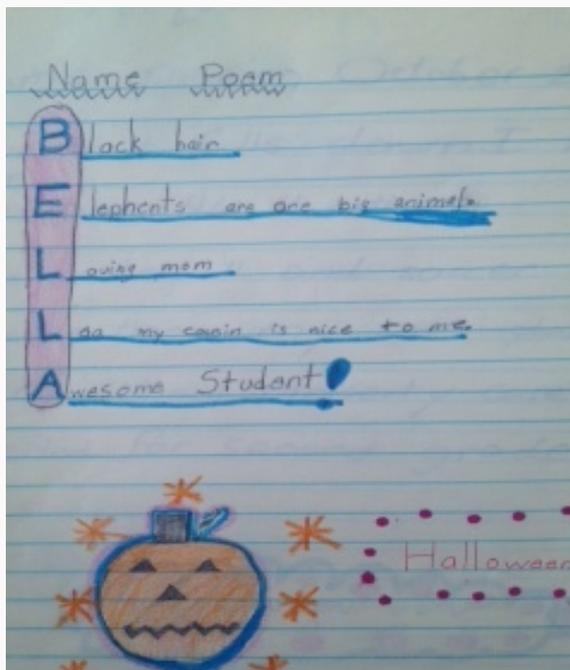
Every year the Rose Parade takes place in Pasadena. Kids Space Museum is in Pasadena too.

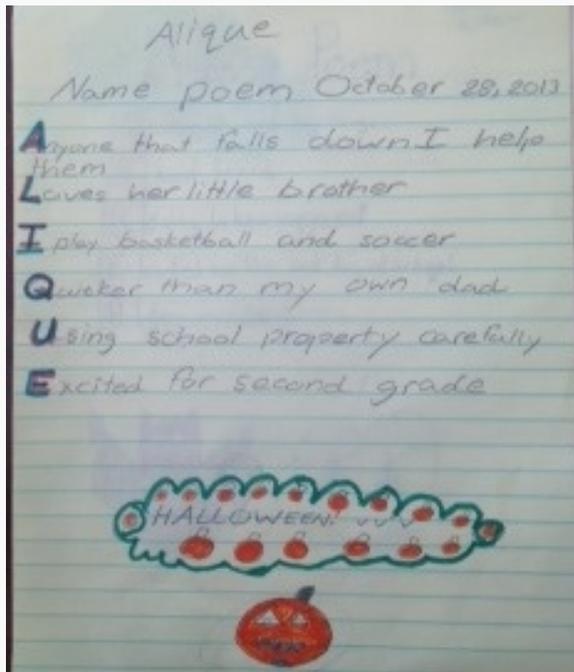
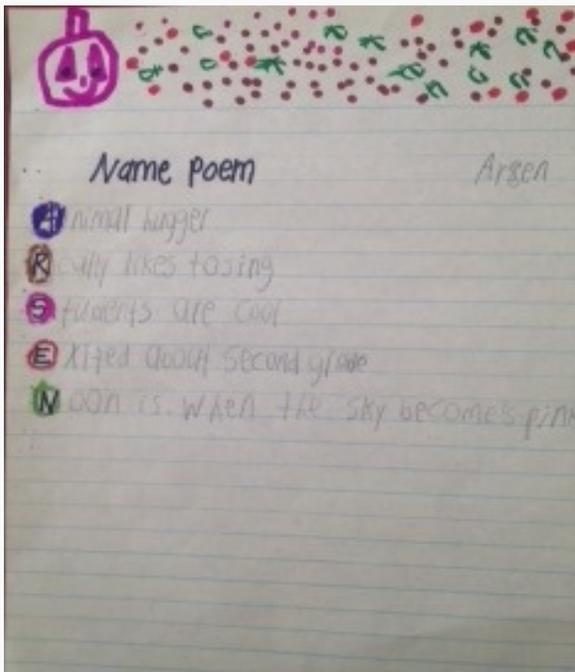
There are many fire stations in Pasadena which makes me feel safe! My school is close to my community too.

I'm glad to go there to learn and play.

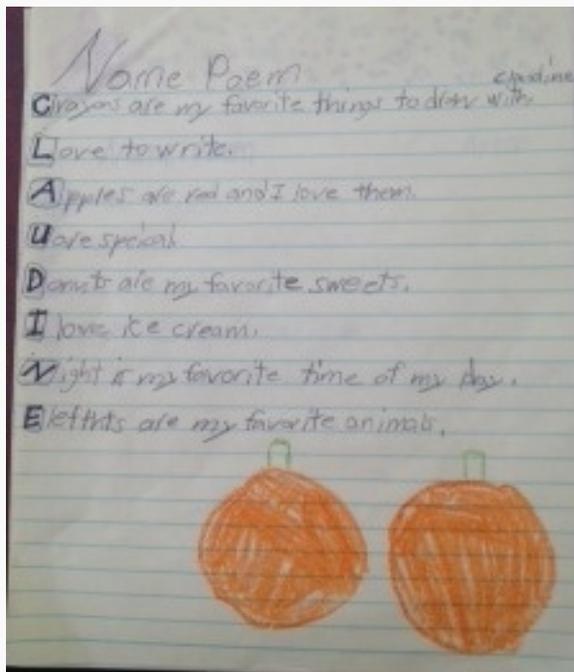
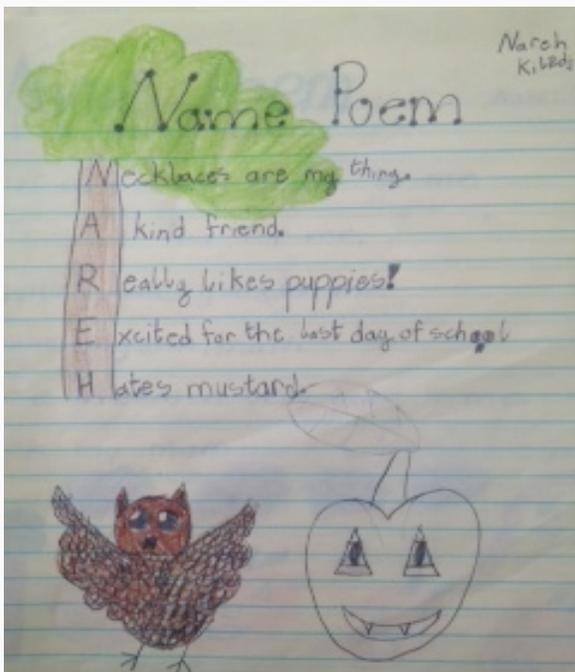
My favorite place in my community is

Kabuki Restaurant in Old Town Pasadena.





Acrostic Name Poems



Third Grade Thoughts

Our Favorite Sights, Smells, and Sounds of Autumn

Written by: Andrew, Armen, Christina, Maria, and Talar

Autumn is a beautiful season. Our favorite sights of autumn are when the leaves begin changing color. They turn red, yellow, orange, and brown and it's pretty to see them fall down to the ground. It's also nice to see a lot of pumpkins during fall season. Our favorite smells of autumn are freshly baked pumpkin pie, pumpkins, pumpkin scented candles, and the smell of Halloween candy. We also enjoy the smell of the outdoors during fall season. The leaves and the trees smell good after it rains. Our favorite sounds of autumn is the breeze in the trees, raindrops, kids playing outside, and the sound of trick-or-treaters on Halloween night saying "trick-or-treat." It's also nice to hear the peacefulness of fall.

The Day It Rained Candy Corn

Written by: Alik, Christine, Shant, Tro, Vahram

One day, I woke up and looked out the window. It was raining candy corn! I was surprised and excited but a little scared from the loud sound of millions of candy corn hitting our roof. The neighborhood kids and I went outside and jumped in the pile of candy corn, we threw them in the air, and had a candy corn fight. We also kept our mouths open to catch and eat as many as we can. It rained candy corn for 5 hours. It was the happiest day ever because I ate so much candy but had the worst tummy ache afterwards. I hope it rains candy corn again, but next time I don't think I will eat as much.

Our Favorite Fall Activities

Written by: Angela, Angelina, Chris, Hrag, and Natel

There are a lot of fun activities to do during fall season, but our favorite one is raking colorful leaves and putting them in a big pile and jumping in it. Other fun activities during fall are: carving pumpkins, drinking hot chocolate, making s'mores, going on walks, collecting leaves, and doing arts and crafts. It's also nice getting together with families and having dinner, or going out to a family movie night. Dressing up in costumes, celebrating Harvest Fair at our school, and going trick-or-treating on Halloween night are also fun to do during the fall season.



Peer Interviews

Written by 4a

Interviewer: Emma H.

Interviewed: Karina, 13, 8th Grade

Born: November 12

Favorite Animal: Walrus

What do you like about SMACS:
My friends, basketball, and Coach Jack.

Favorite Book: Twilight

Favorite Sport: Basketball

Favorite Color: Red

Favorite Subject: PE

What do you want to be when you grow up?: Hairstylist

Interviewer: Sophia A.

Interviewed: Sabrina, 11, 6th Grade

Favorite Food: Pasta, Spaghetti

Favorite Sport and Why:

Volleyball because I have a fun time playing

Favorite Animal: Elephant, because they are good luck

What do you like about SMACS?

The family atmosphere

What do you do in your free time: Listen to music

What will you do when you grow up? Work in my dad's business with my sister.

Favorite Book: Junie B Jones. I read the whole series.

Favorite Subject: Science because of the lab experiments

Favorite TV Show: Hollywood Lights because it is all about music and friendship.

Interviewer: Sarine Y.

Interviewed: Sevan, 10, 5th grade, born September, 2003

Favorite Food: Pasta, it's the best food!

Favorite Sport: Soccer

Favorite Book: Imagine a Day
What do you like about SMACS:
It's a good, small school and I love my friends.

Favorite Author: Dr. Seuss

Favorite Flower: Sunflower, because I love the sun

Favorite TV Show: Full House because its funny

Favorite Electronic: iPad

Favorite Car: BMW

Interviewer: Astghik

Interviewed: Mireille, 11, 6th Grade

Favorite Food: Sarma, its good!

Favorite Sport: Enjoys playing basketball

Favorite Animal: Puppies because they are fluffy

Favorite Celebrity: Selena Gomez, because she sings good.

Favorite snack: Chips, They are good and crunchy.

Favorite Board Game: Monopoly, because it teaches me how to use money.

What do you like about SMACS?
We learn about our culture,

Christianity, and I want to see my friends.

Interviewer: Kristina A.

Interviewed: Sosse, age 10, 5th Grade

Favorite Food: Pizza, because its delicious

Favorite Sport: Soccer, its fun!

Favorite animal: Kittens, they are so cute.

Favorite Celebrity: Nicki Minaj, she has great songs.

Do you have any siblings? I have a brother, I enjoy hanging out with him.

What do you like about SMACS?
It's a good school, I have a lot of friends.

Favorite Game: Wii Games (Justice)

Favorite Subject: English with Mrs. Holly because I am new and I want to learn more.

Best Friend: Sevan. She is the only girl in the class.

What do you want to be when you grow up? I want to be a doctor because I love doing surgery.

Interviewer: Sevana

Interviewed: Athena, 8, Grade 4B

Favorite Food: Spaghetti

Favorite Sport: Soccer

Favorite Animal: Bunny

What do you like about SMACS?
I love my teachers, my

classmates, and my principal because they are so nice.
 Favorite Book: Diary of a Wimpy Kid
 Favorite Celebrity: Super Sako
 Favorite Show: Sponge Bob
 Favorite Movie: Smurfs
 Favorite Color: Red

Interviewer: Alex

Interviewed: Tro B., 3rd Grade

Favorite Food: Spaghetti, because its wiggly
 Favorite Sport: Football because you can tackle people
 Favorite Animal: German Shepard Dog
 Favorite Movie: Gravity
 Favorite Show: SpongeBob is funny!
 Favorite Artist: Pablo Picasso
 Favorite Singer: Michael Jackson because he can do the moonwalk.
 What do you like about SMACS?: PE

Interviewer: Aren A.

Interviewed: Tamar, age 12

Favorite Food: Everything
 Favorite Sport: Basketball
 Favorite Animal: Panda
 Favorite Book: Night
 Favorite Celebrity: One Direction
 Favorite TV Show: Friends
 Favorite Color: Rainbow
 Favorite Ice Cream: Strawberry
 Favorite Subject: Science

Interviewer: Shantel

Interviewed: Christina, age 7, 3rd Grade

Favorite Food: Munchies

Favorite Sport: Soccer
 Favorite Animal: Koala, they are so cute and hug
 Favorite Book: Alice in Wonderland, because we are reading it in class
 What do you like about SMACS? I like recess because I like to play
 Favorite Celebrity: Selena Gomez, because she has good songs
 Favorite TV show: Shake it Up, because it's all about dancing.
 Favorite Hobby: Playing Soccer
 Do you like your name? Yes, because my dad picked it.
 Favorite Color: Aqua

Interviewer: Sarine V.

Interviewed: Angela, 8, 3rd Grade

Favorite Food: Ice Cream
 Favorite Sport: Soccer
 Favorite Animal: Giraffe
 Favorite Hobby: Playing Soccer
 Favorite Ice Cream: Chocolate
 Favorite Color: Purple
 Favorite TV Show: Shake it Up
 What do you like about SMACS? Its fun

Interviewer: Sevag S.

Interviewed: Alec , 4B

Favorite Food: Hamburger
 Favorite Sport: Basketball
 Favorite Animal: Tiger
 What do you like about SMACS? My friends
 Favorite Book: World War 2
 Favorite Artist: Deddinsky
 Favorite President: Barack Obama

Interviewer: Angie M.

Interviewer: Kareen B., 13

Favorite Food: Hot Dogs because they are delicious with ketchup on it.
 Favorite Sport: Hockey, because it is interesting and fun.
 Favorite Book: The Life of Sophia Smith
 Favorite Snack: Munchies Hot
 Favorite Ice Cream: Vanilla
 Favorite Singing Group: One Direction
 Favorite Animal: Ostrich, because they are cute and have long necks.
 Favorite Teacher: Baron Aghoian, because without him, I wouldn't be good in English.
 What do you do in your free time: Read Fiction

Interviewer: Sarine N.

Interviewed: Harout N., 12, 7th Grade

Favorite Food: Ravioli
 Favorite Sport: Basketball
 Favorite Animal: Cheetah
 What do you like about SMACS? I like my friends
 Who are your closest friends? Emmanuel and Andrew
 Do u like your looks? Yes
 Is your hair soft? Yes
 Do you hang out with your sister at school? No
 Who is your favorite teacher? Mrs. Lena Agulian



4B'S FALL CLASS PROJECT

Each year I have my classes transform a pumpkin into a literary character as a "Fall Class Project." I have found that this project is a great way to demonstrate understanding of a character, setting, and major plot development of a novel. Students demonstrate immense creativity when designing their "pumpkins." I have been doing this project for over five years now; yet I continue to be amazed on the creativity level of the students every year.

Please see below our 2013 Literary Pumpkin Characters. I hope you will enjoy them as much as I.

Mrs. Mary Mekikian



Բ. Դասարանի աշակերտները Թարգմանչաց Տօնին առթիւ այսպէս արտայայտուեցան.



- Ես գիտեմ, որ Մեսրոպ Մաշտոց ծնած է հացեկաց գիւղը:
- Ես գիտեմ, որ 404-ին Մեսրոպ Մաշտոց հնարեց հայերէն այբուբենը:
- Ես գիտեմ, որ Վրամշապուռի Թագաւոր եւ Սահակ Կաթողիկոս օգնեցին Մեսրոպ Մաշտոցին:
- Ես գիտեմ, որ Մեսրոպ Մաշտոց շատ աշխատեցաւ եւ շատ յոգնեցաւ:
- Ես գիտեմ, որ Մեսրոպ Մաշտոց շուտով դպրոցներ բացաւ:
- Ես գիտեմ, որ Մեսրոպ Մաշտոց շատ աշակերտներ ունէր:
- Ես գիտեմ, որ Մեսրոպ Մաշտոց առաջին անգամ Ս. Գիրքը թարգմանեց Յունարէնէ Հայերէնի:
- Ես գիտեմ, Մեսրոպ Մաշտոցի աշակերտներէն Կորիւն Աքանչելիի անունը:
- Ես գիտեմ, որ Մեսրոպ Մաշտոց թաղուած է Օշականի մէջ:
- Ես շնորհակալ եմ, որ Մեսրոպ Մաշտոցի շնորհիւ հայերէն գիրքեր ունինք:
- Ես կ'ըսեմ, որ Մեսրոպ Մաշտոց անմահ է:
- Ես ուրախ եմ, որ մեր դպրոցին անունը Մեսրոպի եւ Սահակի անունը կը կրէ:
- Բոլորը միասին Ապրի'ս Մեսրոպ:

Կարդանք Աշնան Մասին

Սիրելի Աշունը արդէն հոս է: Այս եղանակը սքանչելի է: Օդը կը պաղի եւ անձրեւներ կը մաղեն: Մենք կարճ թեւով հագուստները ձգելով երկար եւ փափուկ հագուստներ կը հագնինք: Դդումները կը մեծնան եւ բերքի օրը կը տօնենք:

Աշնան տերեւները կը դեղնին եւ գետին կ'իյնան: Ծառերը կը մերկանան եւ ընտանիքներ կրակարանին քով կը նստին եւ կը վայելեն այս հրաշալի եղանակին բարիքները:

Փառք տանք այս գեղեցիկ եղանակին համար:

Ալէք Ապտոլլահեան
Դ. Կարգ

Մենք աշնան գեղեցիկ եղանակը կը դիմաւորենք:

Աշնան նաշխուն տերեւները կը դեղնին եւ ծառերը կը մերկանան: Սկիւռները նուշ կը հաւաքեն ձմրան համար:

Աշունը իր հետ խնդուպիւն կը բերէ: Ես կը սիրեմ աշունը, որովհետեւ մենք կանոնաւոր դասերու կը սկսինք եւ օդը կը պաղի:

Ծիծեռնակները կը գաղթեն տաք երկիրներ: Իմ ամենէն սիրած եղանակս Աշունն է: Թարգմանչաց տօնն ալ աշնան կը տօնենք:

Շէֆրի Պալեան
Դ. Կարգ

Աշնան օրերը կը կարճնան: Տերեւները ծառերէն կը թափին գետին: Օդերը կը պաղին եւ առաւօտները մշուշ կ'ըլլայ:

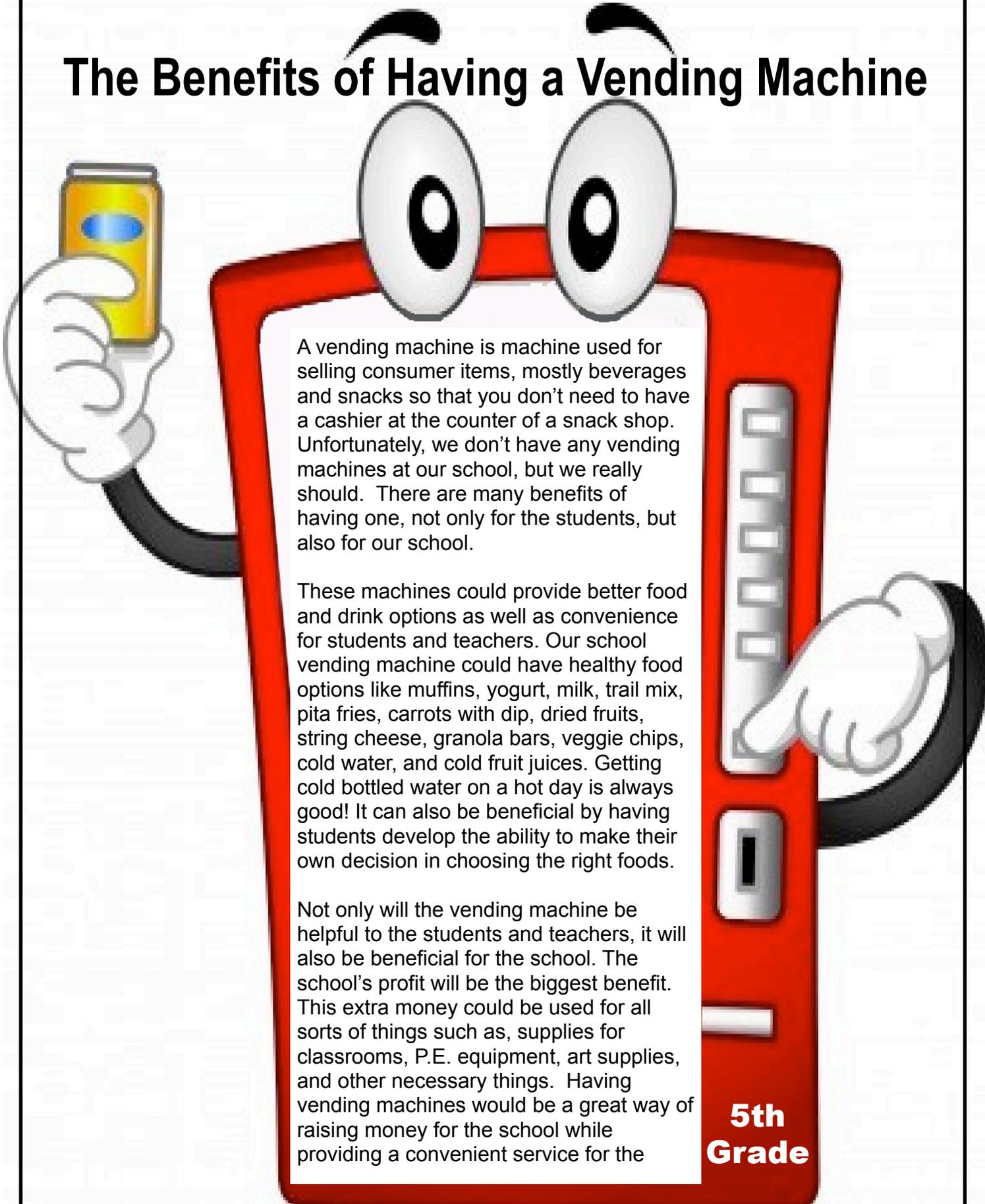
Առջերը կը քնանան: Ծառ դդումներ կը տեսնենք, որովհետեւ հալօվինը կը տօնենք:

Մենք կը յիշենք նաեւ Մշակույթի ամիսը եւ Մեսրոպ Մաշտոցի գործը:

Ես Աշունը շատ կը սիրեմ:

Սոնիա Տարագճեան
Դ. Կարգ

The Benefits of Having a Vending Machine

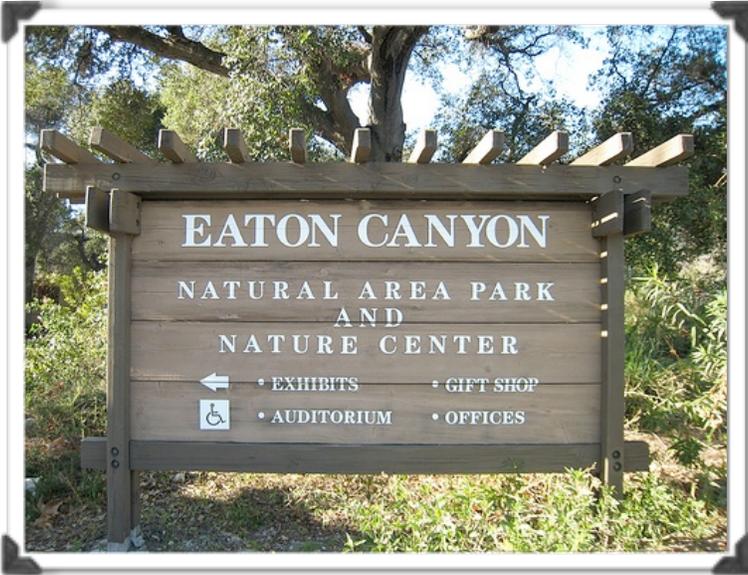


A vending machine is machine used for selling consumer items, mostly beverages and snacks so that you don't need to have a cashier at the counter of a snack shop. Unfortunately, we don't have any vending machines at our school, but we really should. There are many benefits of having one, not only for the students, but also for our school.

These machines could provide better food and drink options as well as convenience for students and teachers. Our school vending machine could have healthy food options like muffins, yogurt, milk, trail mix, pita fries, carrots with dip, dried fruits, string cheese, granola bars, veggie chips, cold water, and cold fruit juices. Getting cold bottled water on a hot day is always good! It can also be beneficial by having students develop the ability to make their own decision in choosing the right foods.

Not only will the vending machine be helpful to the students and teachers, it will also be beneficial for the school. The school's profit will be the biggest benefit. This extra money could be used for all sorts of things such as, supplies for classrooms, P.E. equipment, art supplies, and other necessary things. Having vending machines would be a great way of raising money for the school while providing a convenient service for the

**5th
Grade**



Eaton Canyon

6th Grade

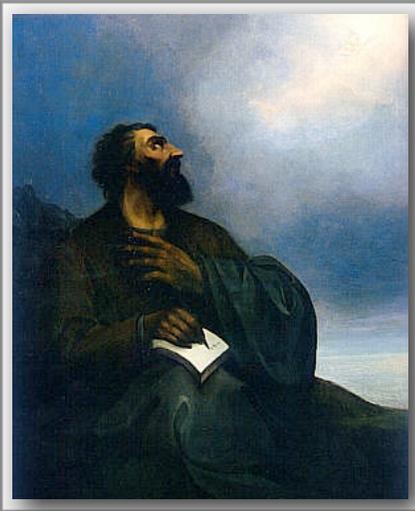
On Friday, October 18, 2013 the 6th grade class from Sahag-Mesrob Armenian Christian School prepared to go on a hike to Eaton Canyon. They were full of excitement and anxious. Two of the four parents who drove stayed on as chaperones along with Mrs. Agulian, our dear science teacher. Upon arrival the students took time to notice the beautiful scenery. The weather was sunny, with clear sky and a light soothing breeze.

The students had been studying Earth Science with Mrs. Agulian. She wanted them to learn first hand about what they had been learning in the classroom. The docent of the McCurdy Nature Center at Eaton Canyon asked the students to pick leaves from the ground and place them into a Ziploc bag, and placed the bag where the sun was shining. The students learned about various rocks and how to identify different poisonous plants.

When the trail came to the end the docent named Dave took the students to an outdoor classroom where they took many pictures. Dave explained to the group how Eaton Canyon was formed, and explained to them that he was a tree hugger, “a conservationist”. So many of the students went along and hugged a tree, seemingly strange, demonstrating the love for nature. Dave returned to the bag of leaves and showed the students the condensation that had taken place in the bag, a concept they had learned in science.



Sadly the trip came to an end. The sixth graders were happy to get the opportunity to experience first hand the wonders of God’s creation, and were impressed at how much respect Dave had for nature. They also learned of the Natives who lived in the vicinity, before the exploration of Europeans. They saw the awesome sycamore trees, and learned of the importance of the ecosystem. The sandy trails infested with ants and bugs were a pleasant break from the classrooms. The conspicuous hawks in the sky were delightful to observe. However, like all adventures they soon found themselves returning to school with memories of a wonderful day.



Հայ Գիրերու Գիւտը

Մեսրոպ Մաշտոց ծնած է 361 կամ 362 թուականին, Տարօն Գաւառի՝ Հացեկաց գիւղը: Սորված է յունարէն, ասորերէն եւ պարսկերէն: Ան կը դառնայ գինուարական: Ըստ լեզուներ գիտնալուն համար կը հրաւիրուի պալատ:

Ան հասկցած էր թէ մեր ժողովուրդին հայերէնի գիրեր պէտք են: Վռամշապուհ թագաւորը եւ Սահակ Պարթեւ կաթողիկոսը, Մաշտոցին կ'օգնեն որ գտնէ գիրերը:

Մեսրոպ Մաշտոց շատ ջանք թափեց, ուրիշ Այբուբեններ ուսումնասիրեց, գնաց տարբեր երկիրներ, փնտռեց կորսուած ու մոռցուած մագաղաթները ու 405-ին ստեղծեց

մեր այբուբենի 36 տառերը:

Մեսրոպ Մաշտոց սկսաւ իր երկրորդ ճանապարհը: Ան հաւաքեց փայլուն աշակերտներ եւ անոնց սորվեցուց կարդալ ու գրել հայերէն: Ապա թարգմանեց Աստուածաշունչը յունարէնէն հայերէնի: Այս թարգմանութիւնը կը կոչուի «Թագուհի Թարգմանութեանց»:

Մեսրոպ Մաշտոց վախճանեցաւ 440-ին եւ թաղուեցաւ Երեւանի մօտ գտնուող Օշական գիւղին մէջ:

Աթէֆանի Խաչիկեան
Է. կարգ

Յիշատակներուս մէջ պայծառ կը մնայ այն օրը , երբ օր մը ընկերներուս հետ կողովագնդակ խաղալէ ետք, բոլորս սկսանք վազել դաշտին շուրջ: Ես տասնեօթերորդ անգամը հասայ, ես ձախ կը նայէի եւ... գլուխս զարկի մետաղեայ ձողին:

երկար ատեն ես ուշաթափ էի, թերեւս տասն եւ հինգ վայրկեան տեսեց որ արթննամ: Ընկերներս լաւ չէի կրնար տեսնել: Արիւնը կը թափէր գլուխէս վար: Հայրս հասաւ եւ զիս հիւանդանոց տարաւ:

Բժիշկս լաւ մը քննեց զիս: Բարեբախտաբար ամէն ինչ լաւ էր: Հօրս հետ դարոց գացինք, որ դասերս եւ քոյրս առնենք: Ընկերներս շատ ուրախացան զիս տեսնելով, իմ վրաս ցատկեցին եւ ուրախ դէմքերով ինձի փաթթուեցան:

Յարութ Նազարեան
Է. կարգ

Կորսուած Չէի...

Ես մէկ տարեկան էի եւ նոր սկսած քալելու: Մայրս յաճախորդ ունէր : Մօրաքոյրս եւ Տորինը, որ մօրս ընկերուհին է, մեր տունը եկած էին: Մեծ մայրս եւ մեծ հայրս տունը չէին, մայրս իրենցմէ խնդրեց որ ինծի հոգ տանէին:

Մօրաքոյրս եւ Տորինը, խելացի գաղափար մը ունեցան եւ տան մէջտեղը նստեցան որ ամէն կողմէ կարենային զիս տեսնել: Անոնք խօսքի բռնուեցան ու զիս մոռցան: Ես գացի խաղալիք մը առի ու մեծ մօրս սենեակը մտայ, մօրաքոյրս եւ Տորինը չնկատեցին նոյնիսկ որ ես հոն չէի:

Երբ մայրս գործը վերջացուց, վերադարձաւ սենեակ ու հարցուց. «Ո՞ր է Սվանան »: Մօրաքոյրս եւ Տորինը, վախցած իրար նայեցան, որովհետեւ չէին գիտեր թէ ուր էի: Փնտտեցին, փնտտեցին ու զիս գտան մեծ մօրս սենեակին մէկ անկիւնը նստած խաղալիքովս կը խաղայի եւ երբեք ալ կորսուած չէի:

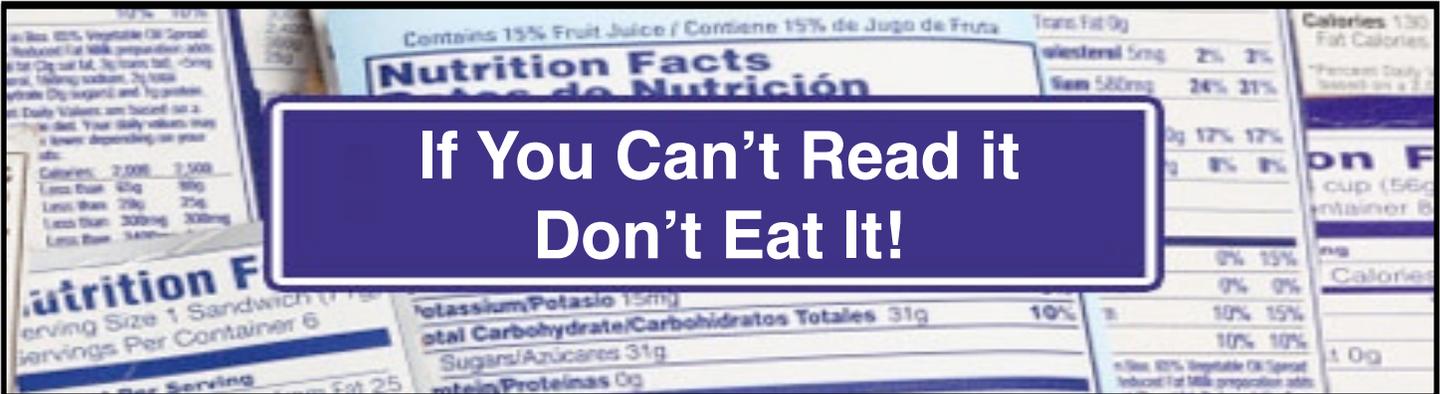
Սվանա Մինասեան
Է. կարգ

Անմոռանալի Գիշեր Մը

Իրիկուն մը, երբ հինգ տարեկան էի , մայրս զգաց, որ շունչ չէի կրնար առնել: Տղամարդու պէս, հաստ ձայնով կը հագայի: Մամաս խենթացաւ եւ պապայիս արթնցուց, որ հիւանդանոց երթանք: Փոքր քոյրս քնացած էր, մեծ մամայիս կը սպասէինք, որ գայ եւ քրոջս հետ մնայ:

Հիւանդանոց երբ հասանք, երկար սպասեցինք մինչեւ բժիշկը եկաւ, զիս երկար քննելէ ետք ըսաւ, որ Գրուբ հագ ունէի: Հագին համար մասնաւոր դեղ չկար, միակ միջոցը ասեղ մըն էր: Ես քաջ էի եւ չլացի: Առաւօտեան ժամը չորսէն հիւանդանոցն էինք եւ ութին նոր տուն հասանք: Այդ օրը տունը պիտի մնայի ու դպրոց չերթայի, որպէսզի հանգիստ ընէի: Ծառ վախճալիք օր մըն էր ընտանիքիս եւ ինծի համար, բայց մենք յաղթահարեցինք:

Քրիստինա Ծիրանեան
Է. կարգ



Some people don't get the opportunity to pick organic foods from their backyard. Most people don't know what they are putting in their mouth! Why don't we know what we're eating?

After learning that genetically modified foods were primarily sold at her local market, Phoebe started purchasing her groceries from the local farmers market. Mark usually goes to the local grocery store. The problem is that he doesn't know whether he's eating genetically modified foods or organic foods. He grabs the packaged foods that are the cheapest without realizing that they are genetically modified. Genetically modified organisms are found in many foods we eat, especially packaged foods such as processed treats, canned fruits and vegetables, drinks, meats and poultry, and dairy products.

Thousands of years ago, when the Mesopotamians started farming, everything was organic, fresh, and healthy. 5,000 years later, we are far removed from what God intended, from organic to genetically modified foods.

Why are genetically modified foods produced and sold? Well, the answer is simple. It is more profitable and cheaper to mass produce genetically modified foods. These foods are sold and bought by people because we want fast and easy foods, instant gratification.

When President Franklin Delano Roosevelt read *The Jungle* by Upton Sinclair, he understood that working conditions were harsh. Roosevelt went to see if what Sinclair wrote was true and discovered uncontrolled industries with dangerous working conditions and more importantly bacteria born unhealthy environments. So he created the Food Drug Administration (FDA). The FDA was in charge of making sure the foods we eat are safe. However, in time foods were being made all over the USA and needed to last on the shelves of markets. Today, most foods are severely modified. Genes are extracted from plants and combined with additives.

Have you ever wondered what the food companies put in the foods sold in markets across the United States? There are many dangerous ingredients and chemicals in the foods we eat. "IF YOU CAN'T READ IT DON'T EAT IT". Food processing companies use complicated words that disguise dangerous elements that could be harmful or deadly. Several foods manufactured today contain artificial ingredients such as; Monosodium Glutamate, Butylated Hydroxytoluene, Propylene Glycol Alginate, Polyoxyethylene, Yellow#5, and Olestra, which can lead to upset stomachs and other illnesses.

Monosodium Glutamate, or MSG, is found in processed foods like bologna, potato chips, salad dressing, yeast, soy sauce, and gelatin. It is also found in non-food items like shampoo, conditioner, toothpaste, and children's cough medicine. MSG is a known cause of anxiety and possible brain damage. Butylated Hydroxytoluene is found in cereal. It is also used in jet fuel. Yellow #5 is a color used in foods, derived from coal and contains lead and arsenic. Coal tar colors cause cancer.

What are the effects of MSG? Some of the foods we eat contain MSG. It is usually in processed foods. It isn't only the MSG that is detrimental to our health; it is also the glutamic acid. It damages children's cerebral development, and it could affect the nervous system.

Did you know that one bar of milk chocolate contains 30 grams of sugar and trans fats? Most chocolates contain a lot of processed sugars. These sugars can be avoided by substituting dark chocolates. Other foods to avoid are cakes, tater tots, chips, all high in sugar and trans fats. Avoiding these foods promote healthier lives.

Would you pay more for a healthy life? Living a healthy lifestyle can become difficult at times especially in a fast paced world. The term "artificial" refers to something produced to imitate nature. Most milk sold in stores are pasteurized. Pasteurized milks and other drinks have been heated many times, and the valuable elements have been destroyed. The healthiest type of milk is raw milk because it hasn't been boiled and contains all the necessary bacteria for healthy digestion. Eating

junk food can cause obesity, high blood pressure, diabetes, and heart disease.

It is yummy for your tummy, but is it healthy? Today many major food corporations are adding chemicals to the food they produce in order to preserve the food. A way to stop eating these processed foods is to grow a garden in the backyard. This way, people will know exactly what is in their food. According to wholegrainscouncil.org website, the main benefits of eating organic foods are the reduction of stroke, type II diabetes, and heart disease. Make a commitment to eat healthy every day. Exercising and eating healthy can lead to a healthy lifestyle. Having a lack of nutrition can lead to major illnesses, such as, Alzheimer's disease, Huntington's disease, strokes, and heart attacks. Some nutritious foods are whole grain foods, whole wheat, brown rice, oats or oatmeal, and wheat berries. To satisfy your sweet tooth dark chocolate is the perfect dessert. Dark chocolate is one of the ten healthiest food. Also, people need to watch out for all the foreign looking ingredients. If people can't read it they shouldn't eat it. If people start watching out for what they eat, they will live much healthier lives. The 7th grade class thinks people should eat more healthy and organic foods by going to local farmers markets. If we stop buying inorganic products, companies will stop selling it and people will realize that they need to support local farms that sell organic foods. Cheers!

Written By 7th Grade

BULLYING

Jessica lived in New York City for five years, but when her mother died she and her father moved to California to start a new life. She was a beautiful girl but was very lonely. Immediately after she moved she got a job performing clerical work in an office. At Jessica's workplace there were some girls who always whispered and giggled at Jessica. Jessica began feeling a sense of alienation. She couldn't afford a car; therefore she always had to hurriedly leave work to board the 6 pm. Metro. While she made her way to the Metro, she passed by her co-workers who made fun of her attire. She thought there was nothing else but to cry and cry until there were no more tears. The girls were being extremely mean. She felt like an outcast. Jessica's father, Bob, always came home very late, so he didn't know about all the bullying and why Jessica was crying. From that point on Jessica got bullied by her co workers every single day. The bullying intensified when the bullies realized how Jessica was affected. Jessica was scared, she didn't want to go to work. She thought one day those girls might physically harm her. Jessica thought she wasn't good enough, but she had bills to pay. She felt she had to change her look, her style, and fashion. Jessica was alienated by the girls. The consequences of her depression caused suicidal tendencies. According to

About.com, "bullying is intentional aggressive behavior that can take the form of physical or verbal harassment". A lot of children and adults just like Jessica are affected from

bullying. It reaches to a point when teens and adults are afraid to go to school or work!

Bullying primarily occurs in schools, 77% of students have admitted to being a victim of bullying. 44% of children get bullied on the playground and girls get bullied more than boys.

Millions of students get bullied each year. Some students stop coming to school because they keep getting bullied.

In 2001 a study by the Kaiser Family Foundation revealed that 86% of children between the ages of 10 to 16 are most likely to be victims of bullying. From 2003 to 2007 bullying has increased from 7% to 32%. Asian Americans are most likely to be bullied, African Americans 38%, Hispanics 34% and the least likely are Whites.

According to Statisticbrain.com, California has the highest level of bullying. Males are more likely to experience physical or verbal bullying. As for females, they experience social bullying. Examples of social bullying are gossiping and alienation occurring through various forms of communication.

Cyber bullying is bullying via text messages, emails, pictures, videos through social media. Cyber bullying harasses,



threatens, or embarrasses the victims. Cyber bullying is easier because it is over the internet and the person that gets bullied doesn't know who's bullying them. Therefore, the bully would not feel as guilty as people who are bullied face to face.

Why do children bully? Before an individual becomes a bully, they sometimes experience being bullied themselves or have been rebuffed by their peers. Some people experience being pressured by friends just to feel like they're more important. According to Catherine Bradshaw, "Bullying provides these kids with a sense of power." For example, students who never get attention at home from their parents, bully at school to get attention. Children might be influenced from inappropriate television shows or violent video games. According to Brad Bushman, "Playing a violent game such as Call of Duty may push a person to violence."

Bullying can result in degrees of consequences. Some of the consequences of bullying can be depression, anxiety, and suicidal thoughts. Children could get bullied on their appearance, academic skills, mental disabilities, or economic status.

Depression severely affects children. Despicable words in the mind of anyone, causing them to drown in their own darkness. Depression can make a child feel alone, useless, worthless, or even lead to deadly consequences.

Suicide is a very serious issue. Each year one of thirteen kids less than nineteen years old attempts suicide. This rate has increased over 20 years. More than two thousand people succeed in committing suicide yearly. After the age of 12, Tempest Smith was one of the two thousand people

who succeeded in committing suicide. She was bullied every day. Many young children such as Tempest can take their own life no matter how young they are. Suicide is a way for anyone to end their suffering and pain. Some people who have had severe depression or suicidal thoughts have harmed themselves either by cutting themselves, burning themselves, scalding, pulling hair, or swallowing toxic substances. Unfortunately children have also decided to make the choice of not harming themselves, but others.

People can be bullied without even realizing that it is bullying. Kids think that if it isn't causing you physical pain then it isn't bullying. Bullying can cause you mental and physical pain. It can be through name calling, physical abuse, cyber bullying, gossip, and rumors. If someone is feeling neglected or bullied, they should approach a responsible adult and discuss the matter. Victims often feel like it will get worse if they talk about the situation, because they are afraid the bully will take revenge. Victims who get bullied should tell the bully to stop. Bullying is a terrible thing, and should not be tolerated in any establishment.

In conclusion, bullying should not be tolerated in any schools. There have also been many incidents at Sahag Mesrob but our wonderful staff has always taken care of it. It is important that parents talk to their children so that they will be aware what may be occurring away from home. Communication is the key.

Written by 8th Grade

SMACS Art Gallery

Beautiful and creative artwork, created by our amazing artists.



Crazy Hair Day
Sosse Minassian, 5th Grade



Mireille Minassian
Charcoal 3D Effect, 6th Grade



Dalida Mosesi
Initial Art, 7th Grade



Susan Kazarian
Pencil Optical Art, 6th Grade



Liana Tatevosian
Mandala, 7th Grade



Tamara Hovsepien
Typography Art, 8th Grade



Serli Shanlian
Optical Art, 8th Grade



Heiko Abadjian
Henna Hand, 5th Grade

Student's Artwork from the After-School Art Program



Michael Sahagian
Pastel Seahorse, 1st Grade



Garo Poladian
Watercolor Hot Air Balloon
1st Grade



Alexandra Karamanoukian
Pastel Seahorse, 1st Grade



Alexandra Babayan
Pastel Squirrel, 1st Grade



Karina Awakian
Owl, 1st Grade



Angela Babayan
Watercolor Hot Air Balloon
3rd Grade



Christina Sahagian
Charcoal Bat, 3rd Grade



Kindergarten

Christy Basmadjyan
 Tina Garabedian
 Milya Minassian
 Ara Rastguelenian
 Darron Sarkissian
 Nicole Titizian
 Luca Youssefian

1st Grade

Andre Abdollahian
 David Avanesyan
 Emily Arabyan
 Alexandra Babayan
 Brianna Balian
 Lily Balian
 Emma Deravedissian
 Narod Ekmekjian
 Johnny Jemelian
 Isabelle Kizirian
 Sarkis Kiledjian
 Alexandra Karamanoukian
 Alex Muradian
 Sophia Panossian
 Emily Pogosyan
 Garo Poladian
 Victoria Postajian
 Michael Sahagian
 Nicolas Semerjian
 Patil Tajerian
 Tiana Tatikian

2nd Grade

Natalia Abadjian
 Daniella Agojian
 Roubeena Akmakjian
 Alexis Avakian
 Claudine Azilazian
 Rocco Boyadjian
 Nareh Kiledjian
 Alique Klahejian
 Vicken Kouladjian
 Aren Minassian
 Bella Youssefian

3rd Grade

Christopher Atme
 Christine Awakian
 Angela Babayan
 Shant Bashian
 Andrew Mazmanian
 Maria Miwalian
 Christina Sahagian
 Natel Titizian
 Vahram Vartabedian

4(A) Grade

Sophia Azar
 Kristina Agojian
 Astghik Gasparyan
 Emma Haroutonian
 Shantel Indjian
 Angie Mitilian
 Sarine Nazarian
 Sarine Vartabedian
 Alex Vartanian
 Sarine Yeghiayan

4(B) Grade

Alec Abdollahian
 Siva Avakian
 Athena Baghdassarian
 Jeffrey Balian
 Liana Chiranian
 Sonia Darakjian
 Melana Gendal
 Emily Isakulyan
 Hagop Kiledjian
 Jonathan Postajian
 Vicky Sahagian
 Tatyana Sevajian
 Shant Yepremian

5th Grade

Heiko Abadjian
 Avedis Akhian
 Tigran Arabyan
 Alexander Azilazian
 David Chepeian
 Hrag Ekmekjian
 Sevan Krikorian

Christian Lambajian
 Sosse Minassian

6th Grade

Joseph Atme
 Andrew Dabbaghian
 Shoghik Gasparyan
 Susan Kazarian
 Isabelle Mazmanian
 Mireille Minassian
 Sabrina Pelenghian
 Marianne Sahagian

7th Grade

Alex Avanesyan
 Tania Balian
 Arin Boyadjian
 Christina Chiranian
 Alex Deravedissian
 Nicole Garabedian
 Stephanie Khatchikian
 Savannah Minassian
 Harout Nazarian
 Andrew Tatevosian
 Liana Tatevosian

8th Grade

Tamar Donoyan
 Talia Kazandjian
 Rita Tajerian

...

STAR STUDENTS

1st QUARTER

Kindergarten

Christy Basmadjyan
 Dolliah Bedjakian
 Tina Garabedian
 Ara Rastguelenian
 Darron Sarkissian
 Nicole Titizian
 Luca Youssefian

Angelina Khatchikian
 Andrew Mazmanian
 Talar Sarkissian
 Natel Titizian

4(a) Grade

Kristina Agojian
 Aren Aroyan
 Sevana Baghdoyan
 Shantel Indjian

1st Grade

Emily Arabyan
 Alexandra Babayan
 Brianna Balian
 Lily Balian
 Silva Basmadjyan
 Emma Deravedissian
 Sophia Panossian
 Michael Sahagian
 Nicolas Semerjian

Angie Mitilian
 Sevag Sakayan
 Alex Vartanian
 Sarine Yeghiayan

4(b) Grade

Athena Baghdassarian
 Jeffrey Balian
 Sonia Darakjian
 Melana Gendal
 Emily Isakulyan
 Hagop Kiledjian
 Jonathan Postajian
 Vicky Sahagian
 Tatyana Sevajian

2nd Grade

Natalia Abadjian
 Daniella Agojian
 Claudine Azilazian
 Rocco Boyadjian
 Aram Kenderian
 Nareh Kiledjian
 Alique Klahejian
 Aren Minassian
 Arsen Rastguelenian

5th Grade

Heiko Abadjian
 Avo Akhian
 Tigran Arabyan
 David Chepeian
 Hrag Ekmekjian
 Sevan Krikorian
 Christian Lambajian
 Sosse Minassian

3rd Grade

Christopher Atme
 Angela Babayan
 Tro Bekmezian
 Armen Darakchyan

6th Grade

Malcolm Ellington
 Alec Haroutonian
 Vicken Jemelian
 Susan Kazarian
 Isabelle Mazmanian
 Sabrina Pelenghian
 Michael Raad
 Marianne Sahagian

7th Grade

Alex Avanesyan
 Tania Balian
 Arin Boyadjian
 Alex Deravedissian
 Andrew Tatevosian
 Tamar Yepremian

8th Grade

Kareen Bosnoian
 Rita Tajerian

...

TEACHER'S CORNER



Name: Mary Mekikian

Occupation: 4th Grade Teacher

Place of Birth: Yerevan, Armenia

Hobbies: I love to create beautiful dessert tables.

Dislikes: Taking the trash out.

3 items I can't live without: Chocolate, pasta, and vegetables.

Favorite Color: Maroon

Favorite Movie: Avatar

Favorite Animal: Puppies

Favorite Book: Count of Monte Cristo

What have your students taught you? Patience

What is your favorite part about teaching? Seeing my students' faces as soon as they master a difficult skill.

Message to Students: Be kind, work hard, stay humble, smile often, stay loyal, keep honest, travel when possible, never stop learning, be thankful and always LOVE!!!!!!



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