



The Liberty Ledger

JUNE 2025

ISSUE 41

By: Isabela Salinas-Cavagnaro

The Dog Days of Summer

Right when summer starts everyone is filled with anticipation! The endless free time and warm weather presents us with many opportunities for relaxation and fun. However, as the first week of July rolls around that excitement is replaced with boredom.

The dog days of summer define the period during which the weather is especially hot and uncomfortable, July 3 through August 11. It's the period when the sultry, never-ending heat can prevent people from going outside. This is the time when people start to feel bored and lethargic. However, it is important to stay active for our mental and physical health!

According to doctors at South Louisiana Medical, staying active helps people to maintain a healthy fitness. Especially for athletes, if they don't aren't active during the summer they can lose the skills they have worked on so hard throughout the school year.

For runners, it only takes two weeks (!) to lose all of the progress they have accumulated during a period of their training. Not only that, exercising releases endorphins and therefore, does wonders for our mental health. It can reduce stress by claiming everyday worries that occupy the mind.

Kids and adults alike should stay active and occupied during the summer. Even



so, it is especially important that children start beneficial summer habits early, so that they can have a positive routine established that they can carry on to their adult lives. Sometimes being bored can be beneficial; it allows our mind to take a rest from being stimulated and gives children a chance to learn to be independent. With younger children, giving them a set schedule can give them structure but too much "structure" and they lose the ability to do things themselves.

Boredom can even foster creativity and new ideas. Overall, don't try to eliminate boredom completely, but include some activities that can be beneficial for your mind and body this summer; it could help you maximize your summer experience!

Indoor and Outdoor Summer Activities:

- Go to your neighborhood pool and take a swim.
- Ride your bike.
- Play with chalk.
- Take a walk with your family.
- Wash the car.

Continue... The Dog Days of Summer By: Isabela Salinas-Cavagnaro

- Jump rope.
- Take a hike on a nearby path.
- Play in the sprinklers.
- Go for a swim in an indoor pool.
- Do yoga.
- Dance.
- Create an indoor treasure hunt.
- Do an indoor sport (bowling, basketball, etc.)
- Walk around an indoor public space.

MEGA MAN 1 REVIEW

By: SmartBanana

This review is for the Mega Man for the NES video game. This game is tough as nails, so I'm here to play through it and tell you some secrets about it! Get your lemon cannon, and without further ado, let's get right into it.



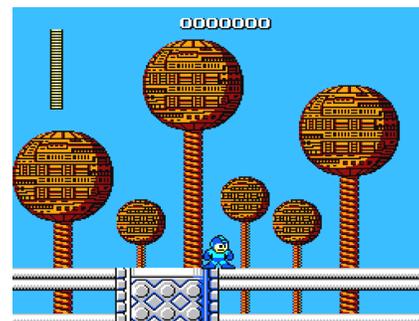
Mega Man is a classic side scrolling video game. The story has a mad scientist named Dr. Wily, who is trying to take over the world by reprogramming six powerful robots to do his evil bidding. Dr. Light, the guy who invented the robots, is not happy to see his robots causing chaos. So, Dr. Light modifies one of his housekeeping robots, Rock, into the super fighting robot, Mega Man. Mega Man is equipped with an arm cannon that blasts his enemies from a distance. Mega Man is now a quest to defeat the bad robots and track down Dr. Wily.



First off, you're presented with a screen of 6 characters, who are called Robot Masters. These guys have been hacked by the evil Dr. Wily, and



we need to get them back to Dr. Light to fix them. For the first stage, most people go with Cut Man, but I'm going with Bomb Man, for reasons you'll see later.



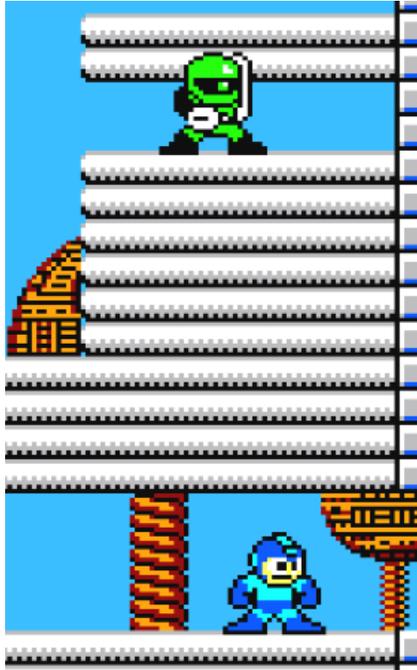
Press start, and wait. You see that little blue guy. This is Mega Man, our hero. Press Left and Right to move around, A to jump, and B to shoot from your Mega Buster. Run to the right and you should come across your first enemy, the flea. These guys jump around and aren't too hard to deal with. If you get hit, don't worry. See that bar at the top left? That's your health meter. If it reaches zero, you're cooked. Not by much though, as there are invisible checkpoints. Keep running, jumping, and shooting until you reach this part with this blue thing. Approach it and hold up to start climbing the ladder. Congrats, you now know the basics of Mega Man!



Remember to shoot enemies, as they have a chance to drop a yellow item that refills

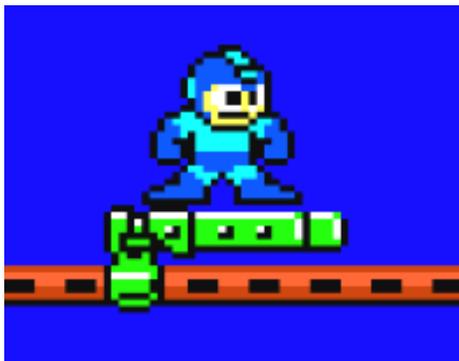
CONTINUE... Mega Man 1 Review By: SmartBanana

health. Keep on advancing through Bomb Man's stage until you get to a 4-block tall door. Side note, when you get to the end, there's a Sniper Joe above you. Stand in between the 2 rods in the background, and the Joe should glitch into the wall. If you walk to his left, he'll disappear.



After the door, you want to go all the way to the right of the ladder and start mashing select. This glitches Mega Man downwards and passes through enemies. After the mash fest, you'll be at BOMB MAN! Dodge his Hyper Bombs, and after 14 hits of the lemons Mega Man fires out of his cannon, Bomb Man has been defused.

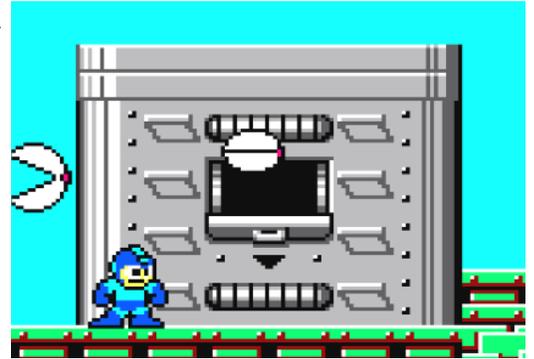
One thing about Mega Man that sets it apart from other games is that you get your foes weapons. Since you beat Bomb Man,



you get the Hyper Bomb, a large bomb that explodes after 3 seconds of firing it. To use the Hyper Bomb, press Start, then click "B" for Bomb Man. Make sure you remember this, as this is how you swap weapons at any time. Next, you go to Guts Man's stage. Go

through the usual platforming antics, but there's a tricky part at the start. There are these green lifts that occasionally flip downwards. For this, just be patient, and jump whenever the bottom left corner nears the part of the rail that causes it to flip down.

After that, a few quick platforming sections later and then you'll be at Guts Man! Use



your newly acquired Hyper Bombs to take him down in 3 hits. You now have the Super Arm, which allows you to pick up and throw certain rocks. DID YOU KNOW: Mega Man is named Rockman in Japan, because the bosses are weak to one another, like Rock Paper Scissors!

Next up is Cut Man, because Rock beats Scissors. Let me just interject and say that Mega Man is acclaimed for 3 things. The difficulty, the story, and the MUSIC. And let me tell you, this game has some FIRE tracks. The most iconic of these would be Cut Man's stage, but some other good ones are Fire Man, Ice Man, Elec Man, and the first Dr. Wily Stage.

Now, back to your regularly scheduled Mega Man! At around 25% through the level, you'll find the Rolling Cutter Machine, aka the Super Cutter. Just keep running, and they won't hit you. Keep up the platforming shenanigans until you get to Cut Man. This boss room has 2 green rocks. Throw these at Cut Man with the Super Arm from Guts Man, and you're done!

Getting to Know Dr. Jackson

By: Hayley Smiley, and Anya Hughes

What is Soul?

SOUL (Successful Outstanding Uplifting Lifestyle) is a mentoring program for 7th and 8th grade students here at LMS. Our mission is to help students discover their purpose and achieve success in all areas of life including academically, socially, and personally.

The "Outstanding" in SOUL represents our commitment to developing exceptional students who not only meet but exceed expectations. We encourage students to uplift others along the way, creating a ripple effect of leadership and kindness. SOUL isn't just a program, it becomes a mindset, a support system, and a way of life.

What do you do in Soul club?

Soul meets on Wednesdays. Sometimes we have guest speakers come in, team building activities, talk about things that are challenging in societies. It's kind of like a holistic thing, building character and uplifting personalities. We have activities that include roleplaying for certain scenarios, creating Red Ribbon Week posters, academic support, and physical activities to promote healthy lifestyles. This year, we have expanded this program to include girls as well.

Who can join Soul?

Soul club is open to all 6th - 8th grade student. This is the first time the program is available for girls! While it is open to everyone, it is especially supportive for students who may be struggling with behavior or academics. This program is designed to help students grow into strong leaders by building positive habits and essential life skills they can use both now and in the future.

What school do you teach at?

I currently teach at West Orange High School. I have taught at Edison for 19 years



before, but this is my first year at WOHS.

What subjects do you teach?

In the high school I teach Personal Finance and honors Virtual Enterprise. Next school year, I will be teaching Microsoft Office.

What college did you graduate from, and what was your major?

I completed my undergraduate studies at University of Connecticut, (UConn), where I earned both a Bachelor's and Master's degree in Management and Information Systems. During college, I ran track and developed a strong interest in sports, which led me to earn a Master's in Sports Management.

Later on, I got my Doctorate in Management and Leadership, with a specialization in technology. I've always had a passion for learning and continued to explore new ways to grow both personally and professionally.

What do you like best about your job?

I like helping students tap into their hidden talents/potential and helping others achieve their goals.

What do you like least about your job?

The hallways. In the high school, everyone's on their phones. The hallways get crowded and it takes a long time to get to where you

CONTINUE... Getting to Know Dr. Jackson By: Hayley Smiley, and Anya Hughes

are going. This year, I move between multiple classrooms, which can be a bit frustrating since I don't have a dedicated space of my own.

If you had to pick another profession, other than teaching, what would it be?

I would probably do something involving travel and working in technology.

What do you like to do outside of school?

Outside of school, I enjoy spending time with my family and friends. I love trying new and adventurous activities. I've even been skydiving! What I enjoy most is either staying active or simply spending quality time with my loved ones.

Do you have a hobby?

I like working out and watching movies.

Do you speak another language?

I don't speak another language fluently, but I've tried. I studied Spanish in both high school and college. I also made an attempt to learn Italian since my mom is Italian.

What is your favorite book?

I don't necessarily have a favorite book, but I do like self-help books. I can implement the tactics from a book into my life. I like reading books that make me a better person.

What are your favorite movies and/or tv shows?

I love romantic movies. My favorite movies are *Love Jones*, *Harlem*, *What a Wonderful Life*, Christmas movies, and black and white movies.

What is your favorite food?

Chicken parm with vodka sauce!

Song Analysis Request, "Bored"

By: Anya Hughes

In this article, I'll be reviewing the song "Bored", by famous jazz and classical-inspired music artist Laufey. Her songs are notable for effortlessly capturing strong emotions and intricate experiences, like love, heartbreak, joy, and so many more, surrounding the complexities of human relationships, to tell colorful stories through the power of beautiful music. In this case, the song "Bored" captures a lover's experience in a romantic relationship where they become bored and tired of their partner always talking about themselves, hence the name. Hope you enjoy! :D

"Bored" - Laufey

[Lyric]: Why don't we
Call it for what it is
Can't remember the last time we kissed
And it tickled my heart
I think that it's best that we spend time apart

[Analysis]:

In this part of the song, the "narrator" describes the feeling of wanting to stop leaving things unspoken with their partner, and confront them by clearly defining the declining status of their relationship, as they realize they cannot remember the last time they really felt for each other. Therefore, the "narrator" suggests that it might be best to put space between the two of them.

[Lyric]: I just yawn
Listening to you
Talk about yourself again
And again

[Analysis]: The reason for the "narrator" feeling this way is because they are tired of hearing their partner



CONTINUE... Song Analysis Request, "Bored" By Anya Hughes

always selfishly talk about themselves.

[Lyric]: I'm bored
Bored of this love
Oh, I'm bored
Bored of this talk
And maybe you're just way too vain to be interesting
Baby keep talking but nobody's listening
Don't mean to walk out the door
But baby, I'm bored

[Analysis]: Here, the narrator is explaining feelings of dullness and lack of enjoyment in loving their partner because all they do is endlessly talk about themselves, their partner's vanity creating tension in their relationship.

[Lyric]: Did you know
I wept in my room last night
Bet you didn't know you make me cry
'Cause you're so self-possessed
Charming at first but you've made me depressed
So I'm leaving in the morning

[Analysis]: In this part of the song, the narrator describes their experiences crying alone by themselves, overwhelmed with saddened emotion because while their partner remains so sure of their own emotions, they lack empathy for the narrator, demonstrating narcissism, which the narrator is unappealing towards and depressed by. Resultantly, the narrator declares how they plan to leave in the morning because they cannot deal with the tension and unhappiness that the relationship brings.

[Lyric]: 'Cause I'm bored
Bored of this love
Oh, I'm bored
Bored of this talk

And maybe you're just way too plain to be interesting
Baby, keep talking but nobody's listening
Don't mean to walk out the door
But baby, I'm bored

[Analysis]: Repetition of chorus (similar meaning as described prior)

[Lyric]: You followed me out and said, "Darling, don't leave."
Your passionate monologue woke up the street
"I'll marry you someday. You're perfect for me."
I got in my car, just to drown out your plea

[Analysis]: After the narrator's confrontation with their narcissistic partner, the narrator describes how their partner called out, asking for them not to leave because they wanted to stay with the narrator. However, the narrator describes that they drove away simply because the car would erase the echoes of their partner's pleading voice, which they no longer wanted to hear.

'Cause I'm bored
Bored of this love
Oh, I'm bored
Bored of this talk
And maybe you're just way too vain to be interesting
Baby, keep talking but nobody's listening
Don't mean to walk out the door
But baby, I'm bored

[Analysis]: The restatement of the lines in the chorus help to solidify the idea that the narrator is trying to communicate within the song, which is the feeling of boredom being in a strained romantic relationship with someone who could not seem to care more about themselves, while simultaneously seeming as if they couldn't care less about others. Therefore, the narrator can do nothing but "walk out the door" and leave.

COMIC

By: Miles Payne

Pokémon Gold 3



By: Sanvi Bhatnagar

Sanvi's Section

Summer Break Activities

In honor of our 7th and 8th grade school years coming to an end and the fact that summer is right around the corner, I came up with the idea to provide all readers of the *Liberty Ledger* a list of activities and recommendations to how you could spend your summer break!

Trips:

Central Park
American Dream
Coney Island
Six Flags
Times Square
Grand Canyon

Cook and Bake:

Fruit Popsicles
S'mores
Blueberry Muffins
Ice Cream Sundaes
Sugar Cookies
Berry Trifle

Educational:

Visit Library
Summer Assignments
Reading
Create Art
Explore Nature
Gardening

Beach Activities:

Surfing
Sun Tanning
Volleyball,
Swimming
Collect Seashells
Snorkling

Outdoor:

Camping
Hiking
Kayaking
Sports
Picnics
Concerts

Indoor:

Escape Rooms
Board Games
Cook Food
Visit Museums
Sleep
Listen/Sing to Music



Have a wonderful
summer everyone!

~ Sanvi K. Bhatnagar

Summer Word Search

By: Myo Balines, Miles Paye, Isabela Salinas Cavagnaro



Search for the word below. Words can go in any direction.

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



Summer

Basketball

Sand

Relaxing

S'mores

Pool

Hot

Vacation

Barbecue

Sleeping

Festival

Backyard

Heat

Sunglasses

Camp

Swimming

Sunblock

Grill

Beach

Lounging

Sunshine

Cookout

Biking

Amusement Park

