

---

# THE TIDE

---



Photo courtesy of The Tide



Photo courtesy of The Tide

## THE TIDE IS BACK!

Dear Readers,

We hope you have had a great start to this school year! Thank you so much for reading this issue. Our articles this issue feature new and returning writers. We encourage anyone interested in writing to join *The Tide* and share their unique voice.

---

This year's homecoming was a great kickoff to our school year! We received feedback from some of our class' board members, as well as some class club advisors. Whether it be through the big game, carnival, or decorations, everyone found something to enjoy.

Also in this issue is our Advice Column (Page 5), a political update (Page 6) and much more!

To learn more, continue to our first article on Page 2!



# LBHS Homecoming 2023

BY MARYSOL ALVARADO

This year, homecoming was held on one of the spookiest days of the year: Friday, October 13th. However, the only scary thing about homecoming was how fun it was! Between the lively carnival, football game, and pep rally, this year was one to remember.

During this year's homecoming carnival, our school's clubs raised money through food, games, and spirit. Some of the clubs that participated were: The Tide, ITS (International Thespian Society), Model Congress, class clubs, (junior class, senior class, etc.) Tri-M, and many more. The clubs set up booths where they set up a game and/or sold food, drinks, or handmade art. The Tide had Pin the Tail On the Bulldog and sold fruit barrel juices. Make sure next year you stop by and support the Tide. You don't want to miss Pin the Tail On the Bulldog! The whole community came out to support our Bulldogs, clubs, and school for a fun night surrounded by friends and family.

At Homecoming I had the chance to speak to some of the students on their class board. I asked them about homecoming preparation and the challenges that accompanied it. When asked what the most challenging part of prepping for homecoming was, many students said the same thing: getting people involved.

When I spoke to the sophomore class vice president, Sydney Brandt, she said that "Getting people involved and getting people excited and in the homecoming spirit," was one of the more challenging aspects of homecoming this year. Junior class vice president, Anna Pagan, expressed the same sentiment. She also felt that getting people involved was one of the biggest challenges, specifically during the pep rally.

I also had the pleasure of speaking with Mrs. Yaker, the Junior class advisor. She had said that the hardest part was, "Not getting any sleep the night before." This is not unusual; a lot of students, and advisors, stay up the night before school events, preparing last-minute decorations and games for homecoming and Class Olympics.

Overall, getting students involved in their class club is very challenging, but that involvement is so important. Without the students, there are no class clubs, so get involved in LBHS; homecoming will be so much more fun if you do!

Unfortunately, we did lose the football game to New Hyde Park, but the Bulldogs put forth their best effort. Meanwhile, at halftime, our cheerleaders, color guard, and pep band put on a great performance. And we can't forget to mention our homecoming king, Nanichi Arroyo-Hill, and queen, Jacqueline Freitag, who were both crowned Friday night. Hopefully next year, we take home the win and make it another year to remember!



Photo courtesy of The Tide

# What Musical Artist Are You Based on your MBTI?

BY EMMA ROSENTHAL

The Myers-Briggs Type Indicator assessment is one of the most valued personality type tools. This test is for self-discovery purposes or for practical purposes such as organizing a workplace. It is constructed with a series of questions that analyzes your personality traits to form a final conclusion on which of the 16 personality most suits you. There are different combinations based on distinct attributes; Introverted or Extroverted, iNtuitive or Sensing, Thinking or Feeling, and Judging or Perceiving. If you are interested in taking the test, visit [16personalities.com](http://16personalities.com)!

## **INTJ - Tom Morello (Rage Against the Machine)**

If you are an INTJ, you may be similar to singer/songwriter, Tom Morello. He is the lead singer of the 90's rock band, "Rage Against the Machine." Like Tom Morello, you have very strong intuition. Typically, you are focused on the bigger picture rather than small details. Even though Tom Morello expresses creativity through music, INTJs may have a hard time connecting to their emotions because they are so logical and rational.

## **INTP - Grimes**

If you find yourself on the quiet and analytical side, you may see yourself in Grimes. Grimes is a Canadian singer and songwriter that is known for their futuristic dance-pop music. Grimes and other INTPs often enjoy spending time alone solving problems and thinking about the inner workings of the world around them. They create a world within their own mind to focus on their thoughts instead of other external factors.

## **ENTJ - Billy Joel**

Being an ENTJ, you are assertive, confident, and outspoken like Billy Joel. Billy Joel is an American singer and songwriter that is commonly known for

his song, "Piano Man." Billy Joel and other ENTJs have strong social skills and are energized by social interaction. Their emotional feelings don't play a key role in decision making because of their natural logical processing skills. ENTJs are natural born leaders and are efficient at solving problems.

## **ENTP - Celine Dion**

If you are an ENTP, you are most similar to Celine Dion. Celine Dion is known as the "Queen of Power Ballads." Her and other ENTPs tend to be bold and creative. No matter what obstacles they face, they persevere. They are not afraid to disagree with any idea because they have trust in their quick-witted mind. They have a deep sense of curiosity and take pleasure in spirited debates.

## **INFJ - J. Cole**

Being like rap artist J. Cole, means you are very compassionate and idealistic. You hold yourself to very high standards which makes it difficult to please you. You tend to keep your circle of friends small, only forming close bonds with a few people. INFJs follow their instincts and stick with them. Because of this, they accomplish their goals based on these intuitions.

## **INFP - Thom Yorke (Radiohead)**

If you are an INFP, you are most similar to Thom Yorke. Thom Yorke is the lead singer of the rock band, Radiohead. Thom Yorke and other INFPs have vibrant, passionate inner lives. They are extremely creative and imaginative. INFPs are known for having profound emotional responses to the external factors around them such as the people in their lives, music, art, and nature. They sometimes feel invisible due to their longing for soulful relationships.

## **ENFJ - Drake**

If you are excited about life and wish to leave a vast impact on the world, you may behave similar to Drake. Drake is a Canadian rapper that also had an acting career before his music became popular. Drake and other ENFJs are expressive, social, and supportcommve. They always see the best in people and for this they may struggle with overcommitment in relationships. ENFJs are also known as the teacher personality because they are interested in the growth of others.

---

# What Musical Artist Are You Based on your MBTI? (cont.)

## **ENFP - John Lennon (The Beatles)**

If you are an ENFP, you may have similar personality traits as John Lennon. John Lennon is known as the founder, co-songwriter, and rhythm guitarist of the Beatles. Lennon and other ENFPs embrace big ideas and have a deep sense of hope for others. They stand out in crowds because they have an upbeat approach to life. Additionally, these personality types tend to form deep, emotional connections with the people in their life.

## **ISTJ - George Strait**

It is possible that you see yourself in George Strait if you are an ISTJ. George Strait is an American country singer and songwriter. George Strait and other ISTJs tend to be reserved, practical, and quiet. One of the things that is most valued by them is organization in many aspects of their lives including home and work. They are known for being loyal and nice but have the reputation of being blunt at the same time.

## **ISFJ - Phil Collins (Genesis)**

Being an ISFJ, you are hardworking and motivated. These personality traits are also found in English singer, songwriter, and drummer, Phil Collins. Collins was the drummer in the rock band Genesis and had a preceding solo career. ISFJs feel as if they have a lot of responsibility for the people in their lives but don't have the necessity of being recognized for it all. They have a keen sense of detail and other analytical skills while also being sensitive.

## **ESTJ - Pitbull**

If you are a stabilizing force to the people around you, you are similar to the American singer, rapper, and songwriter Pitbull. Pitbull and other ESTJs value tradition and order. They have a strong understanding of what is seen as right and wrong in the terms of societal standards. They also work hard on bringing people together because they have the desire to lead by example. Pitbull and other ESTJs will always offer guidance to those in need.

## **ESFJ - Taylor Swift**

If you are an ESFJ, the musical artist that you are most similar to is Taylor Swift. Taylor Swift is best known for writing and performing pop songs. Taylor Swift and other ESFJs always open their homes and hearts to the people around them. They strongly value good manners and are very generous. Using these traits and their reliability, ESFJs hold the community that they are a part of together, having the talent to make others feel supported.

## **ISTP - Ice Cube**

You may have similar characteristics as the rapper, Ice Cube, if you are an ISTP. Ice Cube and other ISTPs approach problems using logic rather than emotions. Using this logic, they come to a practical solution to whatever they are facing. They are very spontaneous and can adapt quickly due to their responsiveness and attention to detail. Whenever thinking about the world around them, they focus on its mechanics and how everything has its place.

## **ISFP - Lana Del Rey**

If you have a grounded warmth and an open mind you may be like Lana Del Rey. Lana Del Rey is a singer and songwriter of ballads. She and other ISFPs use life as a slate for self-expression. ISFPs have one of the most unique personalities, finding joy in everything in life. They are always down to try something new and go on an adventure to discover new ideas. They are exploratory and have an array of interests.

## **ESTP - Madonna**

Being similar to Madonna, you share traits common among ESTPs. Madonna is known as the "Queen of Pop" for her singing and songwriting. She and other ESTPs enjoy being the center of attention at any event they attend. Whenever in conversation, they keep it energetic but also intelligent. Sometimes, ESTPs don't think before they act and fix the mistakes that they made along the way in their course of action.

## **ESFP - Elvis Presley**

If you are an ESFP, you may be more similar to the "King of Rock and Roll", or better known as Elvis Presley, than you think. Elvis Presley and other ESFPs charm those around them using their energetic energy. Typically, they are warm and talkative with a playful sense of self. They keep their lives busy with hobbies and other activities due to the fact that they enjoy living in the moment and cherishing all life has to offer.

# Advice Column

BY ISABELLA GONZALEZ

The advice column at LBHS aims to establish a sense of community. If you're looking to submit a question, we encourage you to visit the Google Form by scanning the QR code. The form is easy to fill out and is divided into sections according to the questions you may have. Look for a response to your question in our next issue!

**Q: Hello! I need your help! Lately, I've been experiencing negative thoughts about my body. This has led me to struggle with my body image. How can I work on this?**

A: Body image is defined as a combination of thoughts and feelings, ranging from positive to negative, that you may have about your body. According to the Mental Health Foundation, in their survey of young people aged 13-19, 35% said they 'often' and 'always' worry about the appearance of their body. Negative body image is a common struggle among teens and is not something to be ashamed or silent about. Reaching out for advice was a great first step! To combat negative thoughts, practicing positive affirmations are a great way of boosting your mood and self-esteem. Positive affirmations are positively loaded phrases or statements that are used to challenge negative thoughts. For example, phrases like "I appreciate my body for its strength, resilience, and function," "My appearance does not determine my self-worth" and "I celebrate the beauty in myself and others." I hope that these affirmations can help you to grow more confident in yourself.

**Q: Hello there! I am a freshman. I am interested in challenging myself in the following school year. What challenging classes does Long Beach High School offer to its students?**

A: Dear student, I think that it's amazing that you're demonstrating an interest in advanced classes. Many teachers and guidance counselors would highly advise students who are interested in taking on a challenge to pursue these rigorous courses. With that being said, if you feel that you are ready to add these classes to your schedule, you should definitely consult with your teachers, guidance counselors and upperclassmen to see if these are right for you. Depending on the classes that you have already taken, you may be able to take AP World and AP Statistics. These are a few of the many advanced placement courses Long Beach High School has to offer. Furthermore, make sure you are pursuing classes that you think you will enjoy! It is easy to become focused only on challenging yourself rather than taking a holistic view of your schedule and future goals.



Scan the QR code above to submit your questions!

# Midnight on Capitol Hill

THOMAS MORELLI

## Funding the War Machine:

Capitol Hill has been gradually plunged into chaos for the past month, but one would be forgiven for not noticing. As war erupts in the Middle East, government bureaucracy is on full display. Republicans and Democrats are now on the hook for funding yet another war, yet neither party can seem to reach a consensus on any kind of resolution for either the war in Ukraine or Israel's war in Gaza. The Biden administration recently requested 106 billion dollars to Congress to allocate funds for Ukraine, Israel, Taiwan, and border security domestically. Another 425 million dollar aid package announced by the Biden administration Friday has fueled discord over funding for the war in Ukraine within the Republican party. The unprecedented \$106 billion request remains stalled in the House due to objections from many House Republicans over continued support for the war in Ukraine. Many House Republicans additionally object to the consolidation of funding for both Ukraine and Israel into one bill. President Biden has made it clear he plans to veto any bill that provides aid to Israel, or Gaza for that matter if it does not also include aid for Ukraine. The Biden administration is doing this to ensure that aid to Ukraine continues, despite the objections of many Republicans in Congress.

Washington is struggling to manage the ballooning responsibilities it has taken on globally in recent years, particularly in the past few months. The war in Ukraine has reached a stalemate, with little progress made by either side. The Biden administration, to the objections of Ukrainian President Zelensky, has now shifted its priority to getting both sides to engage in peace talks and reach a ceasefire agreement. The aims of the U.S. government in Ukraine has been drastically reduced for the past year and this new messaging from the White House is a far cry from the administration's messaging regarding the war just months ago.

Israel's war in Gaza has also placed a great deal on an already fractured government. Washington was not ready for war in Israel, and now a decades-long U.S. policy of unequivocal support for Israel is on the line. Republicans in Congress, recent critics of continued support for the war in Ukraine, are now calling for more money and aid to be sent to Israel. Meanwhile, the Democrats who have been longtime supporters of supplying aid to Ukraine, are more hesitant as their party faces internal strife over the support for Israel. However, debates over American support for Israel have not remained contained to Congress. American cities and families have been divided with calls for a ceasefire amid growing unrest and tension in many communities.



Photo courtesy of Svenler Photography

# Midnight on Capitol Hill (cont.)

## Where do we go next?

Congress is stuck in a deadlock regarding each of these conflicts, one of which continues to escalate as U.S. forces come under fire by Iranian-backed militias in Iraq. These two conflicts aren't the only headache for Capitol Hill. The House has been embroiled in a weeks-long speaker battle after Matt Gaetz (R-FL), had successfully passed a motion to vacate the former speaker, Kevin McCarthy. The House finally chose a new speaker, Republican Mike Johnson from Louisiana, an unfamiliar name. Johnson has been an advocate for aid to Israel and a critic of any continued aid to Ukraine. While the House remains in a fragile state as it fails to meet its deadlines, another one is approaching, and quickly. Two months ago the 45-day emergency funding resolution was passed by then speaker of the House, Kevin McCarthy, merely hours before the government was set to shut down. Yet another funding deadline has passed with no concrete resolution. The federal government has yet again kicked the can down the road, setting the stage for two more funding fights in January and February. Axios reported that some lawmakers have even suggested "punting" the budget debate as far away as April to give the House more time to address its long list of problems, like the conflicts in the Ukraine and Israel.

The government repeatedly approaches and fails to meet its budget deadlines and almost no progress on a finalized bill has been made in months. Congress isn't the only part of our government in turmoil. The Department of Defense is struggling to deal with escalating global tensions and the DOJ is struggling to manage many high-profile cases, specifically those connected to former President Donald Trump. Besides a brief address to the nation by President Biden, the White House has been relatively silent on government funding and the escalating situation in the Middle East. The Biden administration has no definitive foreign policy plan for the Middle East and likely does not know how to respond if attacks on U.S. forces continue, or if Iran directly involves themselves in the war.

## Outlook for 2024:

The U.S. government is struggling to do its job and reach any coherent plan or consensus on key issues. Every single government agency is stressed, overwhelmed, plagued by political strife, and exacerbated by intense government bureaucracy. The 2024 general election is in less than a year from now and as the government struggles on every front, the presidential race begins to heat up. Each presidential election grows more contentious and taxing than the last. As the government struggles to manage its responsibilities now, is it ready to handle the stress of an election year?



Matt Gaetz (left) and Kevin McCarthy  
Photo courtesy of Getty Images

# Upcoming Meteor Showers

GABRIELLA MOREIRA

Don't worry about telescopes or star charts: all you need are clear, dark skies and a little bit of patience. December has one of the most stunning meteor showers of the year, and we're lucky enough to have the beach to watch it from. The best view is from Jones Beach, but Long Beach is great too! If you find yourself enamored of the stars, consider downloading an app to see the constellations. Get to know your sky a little better. It's easier than you think!

## December 13th - 14th: Geminids

With up to 150 multicolored meteors visible per hour at its peak, the Geminid shower always promises a show worth staying up for. It's most active from after sunset on the 13th to the early morning of the 14th around the Gemini constellation (rising from the east), plus the new moon will keep the skies dark!

## December 22nd - 23rd: Ursids

This meteor shower is the least active with 5 to 10 visible meteors at its peak, but it follows the longest discovered comet of the three mentioned: comet Tuttle, found in 1790. They'll radiate from Ursa Minor, or the little dipper (rises from the north) if you can spot a few sparks amidst the light of the unfortunately bright waxing gibbous moon.

## January 3rd - 4th: Quadrantids

This meteor shower is born of the dust of an extinct comet and watchers can see up to 40 shooting stars per hour. This shower will be most active around the Bootes constellation but can be seen anywhere in the sky.

## December 4th: Look for Mercury!

On the night of December 4th, Mercury will be at greatest eastern elongation from the Sun, which just means it'll be setting as far east of the sun as it can. Mercury will be more visible than usual because it's farther from the sun's glare, so look southwest after the sunset to catch Mercury's descent.

## January 12th: Look for Mercury Again!

The greatest western elongation of Mercury is basically the opposite of the eastern elongation: it is as far west from the Sun as it can get, and it's visible before the sunrise instead of after the sunset. Look to the skies on your way to school to see Mercury!

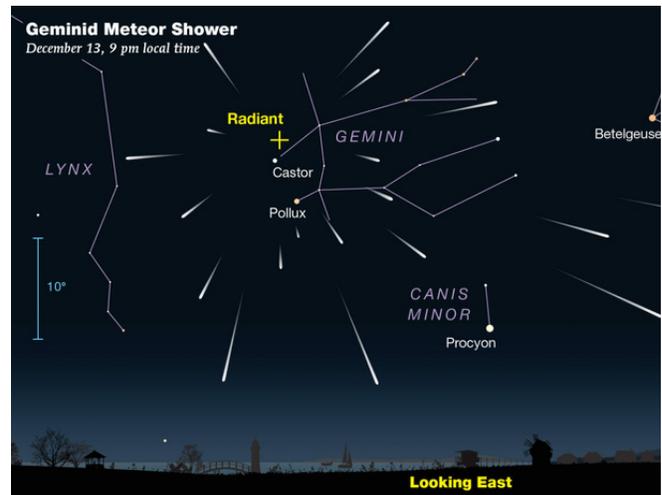


Photo courtesy of WTOP



Photo courtesy of Meteor Shower

# Reading Culture with Dr. Radice

EMILY FEIL & ANA  
RAMIREZ

Dr. Lorraine Radice is our director of literacy for Long Beach Public Schools and has published the book, *Leading a Culture of Reading: How to Ignite and Sustain a Love of Literacy in Your School Community*. This book provides educators with tools and ideas on how to make reading a more integral part of the school curriculum. In this interview, she takes us through the aspects of her book, her inspiration, her goals when writing, and some of her favorite kinds of books to read!

**Q. Could you tell us a little about your book?**

A. The book is about how to build engagement in learning and each chapter is dedicated to how a group of people can help inspire kids to be interested in reading and to find their reading identity. So for example, the first chapter is about creating a reading campaign, like we have LB Reads. Media is something that you can use to help you launch and it spreads a message about the importance of reading so that all people can join in. There is also a chapter about how adults can be reading role models, about how students can be leaders of reading. So it's really about how we bring communities together in schools to prioritize reading and celebrate it and emphasize how important it is for adults and kids to practice!

**Q. How would you define Brand Reading?**

A. The first chapter is called Brand Reading and that is all about how-- You know how companies create slogans, hashtags, they have symbols as visuals: like Nike with *Just Do It?* You can do the same thing for reading. So, #LBReads is our *Just Do It*. Our visual for #LBReads is a sandcastle. If you create a brand and image around reading, it is something for people to refer to and that becomes a source of energy to build a reading community around that campaign. That is part of the brand of our district: prioritizing reading.

**Q. What inspired you to write this book?**

A. My love for the topic. I love to work with teachers and educators, that is my passion; it's my favorite part of my job. I really really believe in the importance of reading and I believe that all kids and all adults are different when it comes to reading. It is a priority for educators to make sure that we connect with all different types of readers in a school.

**Q. Was there a key moment in your career that led you to write about this topic?**

A. Yeah, I think it was during my interview for this job when Dr. Gallagher said to me: "Do you have any ideas about how we can build a culture of reading?" That was really important to her as a superintendent and that was a turning point for me because I was so happy that that was a priority for her and the district. I took my experience in the classroom as a middle school English teacher and thought about how I was a leader of kids and helped them build their reading lives in my classroom. I wanted to share that with other people and draw inspiration from my experiences, as well as learn from other teachers in our district and share what they do.

**Q. If you were to describe your book in five words, what would those words be?**

A. Practical, relatable, engaging, inspiring, attainable.

**Q. What is your favorite book or author?**

A. Ooo, I love rom-coms. I love rom-com movies and books. I love Emily Henry's books.

Emily: I love Emily Henry too! *Beach Read!*

A. *Beach Read* and *Happy Place*, I read over the summer and *The People We Meet on Vacation* like I will just sail through those books. I just love her style as an author. I think she's hilarious and I think she writes banter between characters really well. I just finished *Lessons in Chemistry* which was more of a development of a character and a story. It's actually going to be on AppleTV. I love the connection between movies, TV, and books. Reading is a bit of an escape for me which is why I like romantic comedy.

**Q. Which chapter of your book was the easiest to write? The hardest?**

A. The hardest was the introduction, actually. So I wrote the whole book before I wrote the introduction. It was so hard for me to capture the essence of what the book was about that I called my colleague and I said to her “Can you just tell me a little about what I do?!” I could write the details of the chapters but I couldn’t tie it all together with a nice bow. I needed to know what impact the work has on other people in order for me to introduce my book in a way that ties it all together. The easiest part of the book was probably the second chapter about teachers being role models. I talk to teachers about that all the time. I taught classes about that and I have a lot of resources for that. That was probably the easiest chapter to think about. But really, the book was not very challenging because it is an account of what I do every day with teams of people in Long Beach.

We want to thank Dr. Radice for sharing her new book with us! It was amazing to hear about the process as well as learn more about the philosophy that shapes our school curriculum!

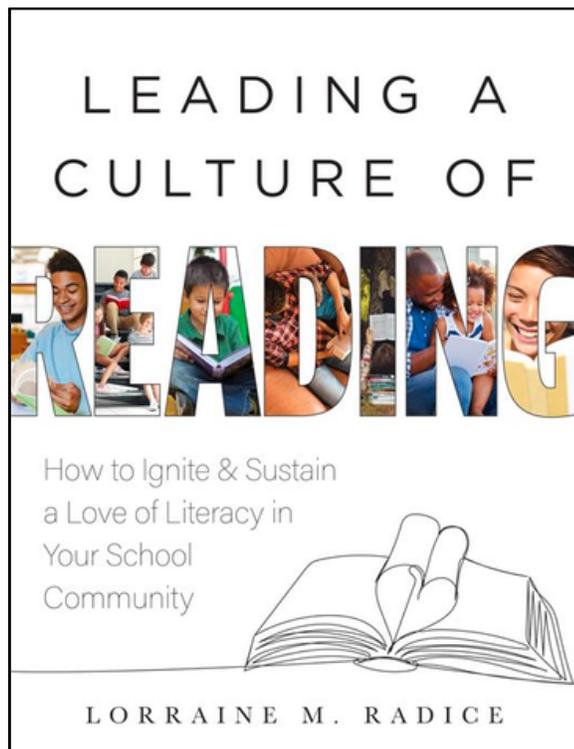


Photo courtesy of Dr. Lorraine Radice

## DRINKS THAT WILL WARM YOUR HEART

AVA STAVRIANEAS

Being a barista can be really helpful during the holiday season especially since going out to buy coffee can add up quickly. Plus, creating drinks at home can help create that cozy fall feeling while still being productive on those “cozy” days. Allowing yourself to be creative with your food and drinks can often help you get to know your likes and dislikes, while also getting in touch with your artistic and creative ability. Some of my personal favorites that I’ve created are Pumpkin Chai lattes, Cinnabon lattes, Apple Cinnamon Chai, and a festive Peppermint Marshmallow Mocha.

While all these drinks do have specific ingredients, most of these ingredients are commonly found in your house or local shopping mart. A lot of these recipes are especially simple to create because many ingredients are sold grounded/pre-made in bottles/cans. One of the most positive things about making your drinks is the access you get to try as much or as little of any ingredient as you want. So don’t be shy and go crazy!

**Pumpkin Chai:** Pumpkin chai is a really simple drink that consists of concentrated chai (Oregon Chai is my personal favorite brand), McCormick pumpkin pie spice, a cinnamon stick, and your choice of milk. You also need a small pot to boil your ingredients in. Fill a little more than half of your cup with chai, the rest with milk (almond milk sits really well with these other elements because it’s a smoother, lighter milk which really helps accentuate the other flavors), a tap or two on the back of the spice bottle into the cup. Once you add all this, add it to the pot and begin to boil it. While boiling take your cinnamon stick and swirl it around into your drink until it’s boiled. Once it’s the temperature you like, it’s all done!

**Apple Cinnamon Chai Latte:** This is one of my personal favorites because you get that fruity fall element along with the tea accents. This one includes apple juice, concentrated chai, grounded nutmeg powder (McCormick), and a cinnamon stick.

I would recommend using apple juice with a more subtle taste so it balances out. Once that is in your cup, boil it over the stove. Once it’s boiling, tap the nutmeg powder once or twice and you keep the same pattern of mixing it with the cinnamon stick until you’re satisfied with the temperature.

(continued from previous page) Now getting into some of the more cozy winter drinks, we have the Cinnabon latte and a Peppermint Marshmallow Mocha.

**Cinnabon Latte:** This drink is perfect for that transition time from fall to winter. Personally, I like it better iced. It's super simple to make iced or hot. Take white chocolate syrup and drizzle it around your cup. Then you simply take your cold brew or hot coffee and pour it into your cup. Tap your powdered cinnamon a couple of times then top it off a little more drizzle and your choice of milk (a thicker milk tastes better).

**Peppermint Marshmallow Mocha:** A marshmallow mocha is a perfectly sweet and cozy drink for the start of the Christmas season. You need chocolate syrup, coffee, white chocolate syrup, and a candy cane (you can also purchase liquefied peppermint flavoring). Drizzle both chocolates into your cup and then add the coffee followed by a little more of the drizzle. Take your peppermint flavoring or candy cane and add it to mix it. If you wanna get really fancy and creative you can add little marshmallows at the end!



## BOOK REVIEW: A THOUSAND SPLENDID SUNS

JESSICA VOBIS

Whenever I am asked for a book recommendation from a friend or a stranger, I can only think of one book worth sharing. No matter the genre or theme they seek, I'll always recommend *A Thousand Splendid Suns* by Khaled Hosseini. I had first heard about it through BookTok, a platform that I am both reliant on and apprehensive of.

One post might be a summarization of *The Secret History* in perfect detail with enlightening anecdotes, while the next post could be someone giving Colleen Hoover 5 stars. To say the least, I take everything I find there with a grain of salt. But I digress; I downloaded an ePub of *A Thousand Splendid Suns* and settled in.

Booktok - 1  
Me - 0

To summarize, Mariam is a young Afghan girl living on the outskirts of town with her mother. Her father, a wealthy businessman, visits her every month but does not claim her as his child. He does this because Mariam is illegitimate, as her mother is not one of his many wives. Her mother resents her for this, referring to her as Harami since she was 5 years old. Illegitimate Child. As Mariam grows, her father continues his frequent visits but denies her entry into his household. On her birthday, she waits for her father to retrieve her, but he never arrives; she goes into town on her own (against her mother's wishes) and finds his house. After sleeping in his front yard, Mariam sneaks through the house's gates; he sees her through a window, shuts the blinds, and Mariam is escorted away. Feeling rejected and idiotic, Mariam returns home to apologize to her mother but never gets the chance.

After this, Mariam is married to a man more than twice her age and is put on a path of torment and pain. Only when she meets Laila, her husband's younger second wife, does an escape from their nightmare come into view.

*A Thousand Splendid Suns* is a tribute to Hosseini's upbringing in Afghanistan, much like his first work, *The Kite Runner*. His skillful storytelling allows readers to feel moments of sadness and triumph along with the characters, leaving them desperate to turn the page and read more. The book not only delves into the oppressive rule of the ever-present Taliban but also the trials and tribulations that women face every day when met with society's standards of modesty and honor. *A Thousand Splendid Suns* perfectly captures the resilience of the human spirit and the enduring power of hope, marking the book as an exceptional literary masterpiece.

# Beach Boutique Success!

MARYSOL ALVARADO

Long Beach’s assistant superintendent Michele Natali has begun The Beach Boutique!

The Beach Boutique is a clothing drive for the Long Beach community. Their slogan is “Give what you can, take what you need!” Anyone can drop off clothing, and anyone can take clothing if needed.

I had the pleasure of asking Dr. Natali a couple of questions about the boutique.

## What inspired you to start the Beach Boutique?

“The idea for the Beach Boutique came from the Districts Equity committee, specifically the subgroup working on resources.” The members of the committee as well as Dr. Natali know that clothing is a resource that some students are unfortunately in need of.

Dr. Natali has said that from her experience of having daughters, she knows, “Kids grow out their clothes before they are really worn.” Putting two and two together they decided to look at, “having gently worn clothes donated, that other students can have.”

## Is this your first time starting/planning something like this?

The act of donating old clothes is not something Dr. Natali is unfamiliar with: “I usually donate my children’s clothes to St. Marys in hope that they get into the hands of those who need it.”

The committee had wanted to try to have an actual space for donations to come in and out, but space has been an issue. “That is when we came up with the idea of a “pop-up,” she explained. “We put together a small pilot of the pop-up concept last June one Saturday at the Arts in the Plaza.”

The pop-up idea was an original and creative way of working around the issue of space.

What would you say was the biggest challenge with the Boutique?

As Dr. Natali mentioned before the biggest issue would have to be space. “We don’t have the space to house the clothes. Luckily, we were able to work with Mr. Epstein to use the gym for our collections and storage.”

Dr. Natali also mentioned that volunteers can also be an issue at times but, “partnering with the High School and Middle School clubs can help to solve that. This year Lauren Clune took on the boutique initiative as her NHS officer’s project.” Dr. Natali hopes that they will always have a student to help run the program for years to come.

Not only is this idea an act of kindness and giving back to the community, but it is also a sustainable way of getting rid of clothes. Instead of ending up in a landfill, your clothes end up with people who need them. You can donate or get clothes from the Boutique at the upcoming spring event!

Or if you want to volunteer or have any questions you can contact Dr. Natali at [mnatali@lbeach.org](mailto:mnatali@lbeach.org)!



Photo courtesy of Beach Boutique Committee



Photo courtesy of Beach Boutique Committee

# Book Review: Aboriginal Stories

AVA STAVRIANEAS

A book that's intrigued me over the course of the school year has been *Aboriginal Stories* by A. W. Reed. This is a book that I bought in a local bookstore located in Juneau while previously visiting Alaska over the summer. It caught my eye because of its mystical cover, which added to the spiritual nature of the book. The variety of color with the traditional native artwork lured me in. If a reader is looking for something spiritual and historical, this is a book I would 100% recommend.

This book is structured into various short stories that touches on what the Aboriginal people in Australia believed and were inspired by over the course of time and why. While it is focused on Australian history/spirituality, a lot of the beliefs reflect other cultures indigenous faith. A recurring theme is the variety of Gods and how they affect a lot of the surrounding factors of the people. These stories aren't just tales, but journeys that guide many spirits and creatures throughout life. Two specific stories titled "The First Man" and "The Strange Shape Of Animals" truly highlighted the passion these people had for their Gods.

"The Strange Shape of Animals" and "The First Man" went into depth about how creatures developed their purpose. A goddess known by the name of Yhi (the sun goddess) was a goddess known for spreading her warmth throughout the world and providing creatures with their individual purpose. In this short story, she converses with undeveloped life forms about their ideal journey. What purpose do they want to serve? What strengths do they want to maintain? What strengths are they willing to sacrifice?

The mood of the conversation embellished the level of trust that lay with Yhi among various other Goddesses and Gods. Her nurturing essence conveys a mother-like spirit to civilization. This assists readers in beginning to fully grasp that the Gods were a vessel of emotional peace among communities.

Another tale that made me more invested was the tale of "The Gift Of Flowers." Yhi blessed the people with the gift of flowers which was treasured greatly until it was stripped away from them. The souls born after the death of flowers didn't receive the life they should. This story represented a gloomy way of living life in contrast to flourishing to your full potential. The people united and provided the Gods with a beautiful story about how they wanted the gentle, warm feeling that the blessing of the flowers provided them with once before. This story highlights the power you hold within your spirit and the power of coming together.

The author's structure of repetition really translated to the readers as a passionate warm feeling. They not only captured truly inspiring stories with a variety of fun perspectives but while these stories mainly contain playful attributes some of them often tended to conclude with the reality of at times struggling to understand the complex variety of forms of humanity in your general public. The beautiful thing about these tales is that no matter how contrasted they all were connected with each other through the mutual interest and dedication to their Gods. This makes me reflect on what our society could do if we had reflected more of these peaceful ways of living and the importance of interconnectedness with yourself and the souls around you.

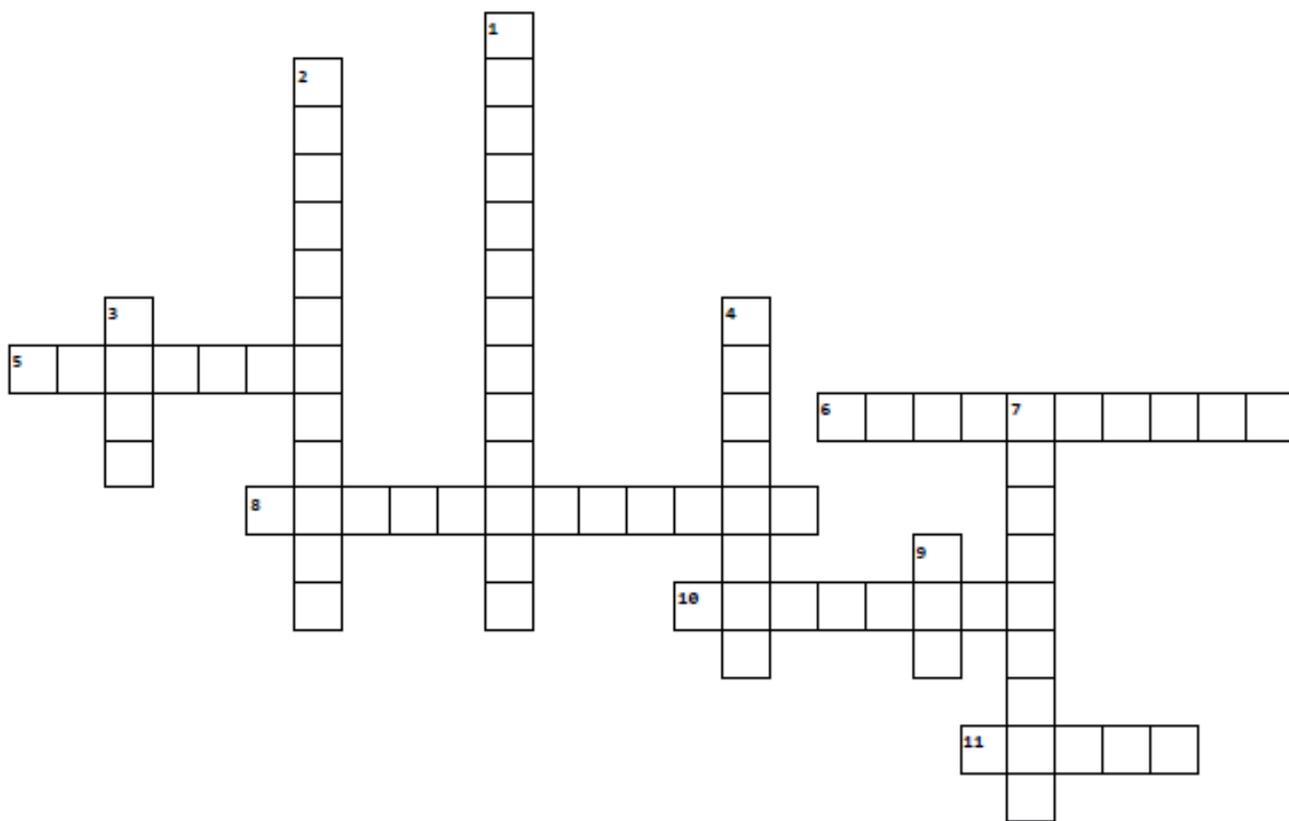


Photo courtesy of Medium

---

# CROSSWORD

BY TIDE STAFF



## Across

- 5. when there is a storm and schools close
- 6. a goal or intention you create for yourself in the new year
- 8. home to Long Beach's annual Christmas tree and Menorah
- 10. decorate the tree with these
- 11. a warm chocolate drink

## Down

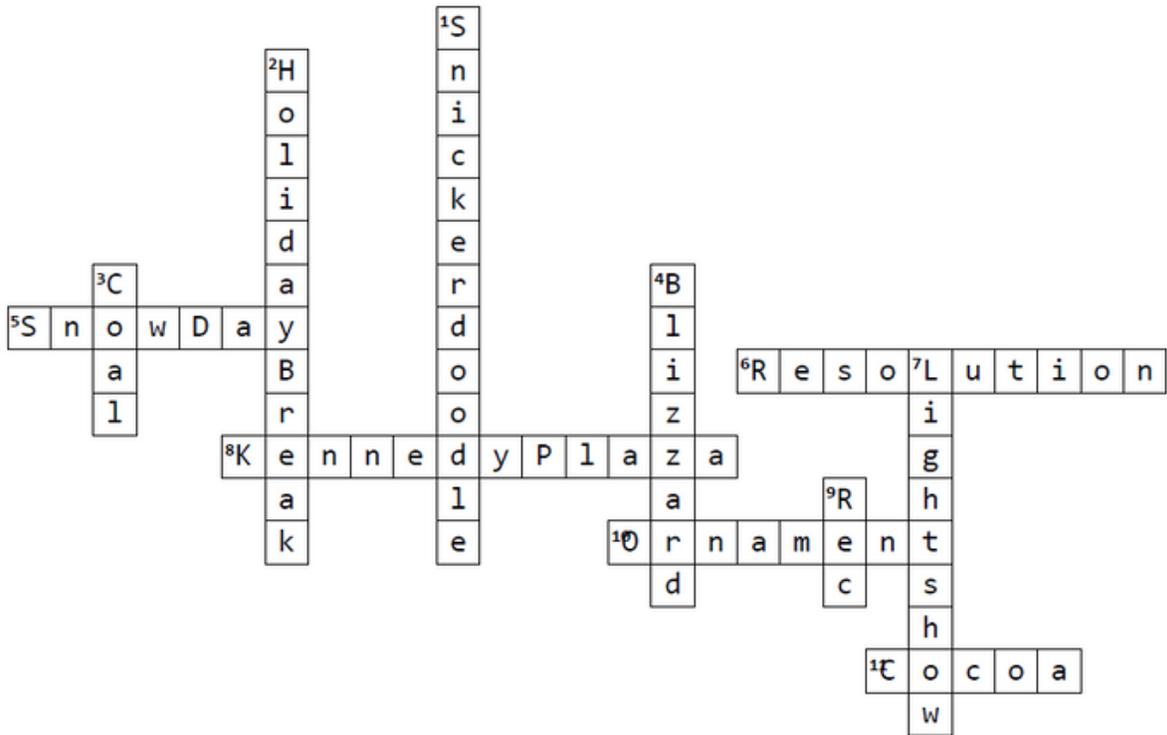
- 1. a mean laugh mixed with a poodle; or, a cinnamon sugar cookie
- 2. a week in December when schools are closed until the New Year
- 3. what you get when you're naughty
- 4. whiteout conditions
- 7. get into the holiday spirit at Jones Beach
- 9. grab your skates and head to this place to go ice skating in Long Beach



---

# GAMES KEY

BY TIDE STAFF



---

# THANK YOU!

FROM THE TIDE STAFF

Editors-in-Chief	Staff Writers	Contributing Writers	Layout and Design	Advisor
Ana Ramirez Emily Feil	Marysol Alvarado Isabella Gonzalez Emma Rosenthal Ava Stavrianeas	Thomas Morelli Gabriella Moreira Jessica Vobis	Ana Ramírez Emily Feil	Ms. Tyd

## THE TIDE QR CODE

Scan below to find The Tide online:



Or visit us at [lbtide.com](http://lbtide.com)

Have any ideas for articles you would like to see in The Tide? Email us at

[anaramir24@lbeach.org](mailto:anaramir24@lbeach.org) or  
[emifeil24@lbeach.org](mailto:emifeil24@lbeach.org).

Follow us on Instagram!



*The views expressed in The Tide do not necessarily reflect the positions of the LBHS faculty and administration. Articles have been lightly edited for clarity.*