

The Ryan Chronicle

1ST EDITION
SPRING 2025



FOR THE STUDENTS
BY THE STUDENTS

George J. Ryan's Newspaper & Science Newsletter

THE FUTURE IS YOURS!



Inspire



Empower



Ignite

*Ryan's First School
Publication Ever!!!*

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The Ryan Chronicle: Making School History

by Rayyan Rahman (725)



A newspaper was once essential for the common person, who needed to know what was happening. You can still find newspapers on the side of the street, in your local deli, and other places. Now, in this modernized world, we don't really find the need to use the newspaper in real life. This is because it is online now, not on paper. On paper, you would get yesterday's news, while online, you can get the news even from 15 minutes ago. Now with its easy access and quick updates, the news is even more widespread than before, even stretching to the school systems.

Most school systems have a newspaper club, because there can be so much to talk about what is happening in school and around the world in the writing of a student. However, before this year, Ryan wasn't one of these schools. Now, we've made history by giving you the first ever school newspaper in the history of this school. The club we made this in, the Newspaper Club, ran by Ms. Taurisani and Ms. Kenn, meets every Tuesday after school. This club is very important to its members.



Importance of the Club

The newspaper club is important to us because we get to make friends and type about the things we enjoy. During the time there, people like to listen to music and talk to their friends while typing their article. Most importantly, people get to express their creative freedom in many ways, whether it's questions in an interview, watching a sports game, or researching a movie's science. In a world where artificial intelligence is integrated into writing, one thing that it can never have is creativity.

The Future

We made one newspaper this year. This is the summer newspaper. Next year, we plan on writing more newspapers like a winter newspaper. In addition, we will have more types of articles. For example, we will start reporting on school sports games going on with our many teams. In the QR Code above (scan it at home, use your student email), a document will open with links to fun trivia questions and a place to enter suggestions for what we should put in future newspapers. We appreciate your feedback. Now, enjoy reading history in the making for our school.



Three Amazing Places to Eat in Queens

by Om Jean (601)



1. **Tang-** A Korean restaurant. I recommend trying their rose tebboki, chap cha, or steak!
2. **Mito-** A Japanese restaurant. They're best known for their sushi and chicken.
3. **Park Side-** An Italian restaurant. It has a 4.6 rating on Yelp. The taste definitely matched the reviews!



Black History Month and Lunar New Year Performance by Kennedy Mccall (801)



In case you missed it, watch the whole show here!

On February 13th, our school celebrated Black History Month and the Lunar New Year with a performance from the arts classes. Our school's chorus and dance classes impressed us all with their singing and dancing talents.

For the Black History Month dance, they used music written by black artists. The dancers were spectacular, with their on beat dances and performance with their group completely in sync. The chorus also celebrated Black History with their musical choices.

For the Lunar New Year, they highlighted a variety of Asian songs. They also used K-pop style dance moves. The choir also sang songs that celebrated Asian culture.

All the dances had their own unique spark and the dancers had really good movement. The choir had beautiful, clear, and loud voices and incredible soloists. The performance was really enjoyable. The art classes décor around the auditorium added to the whole celebratory vibe of the show. The snake they created and had dance around the auditorium was a great addition to an already fantastic performance.

We hope Ryan continues to create and showcase more outstanding performances like this and also continues to celebrate all the cultures we have represented at our incredibly diverse school.

An Interview with a Teacher: Ms. Yarborough by Ayan Ahmed (801) & Katherine Cortes Macias (801)

Ms. Yarborough has been a dance teacher at Ryan since 2023. Here are some fun facts about her!



Birthdate: 11/13/1994

Number of kids: 1

Interests outside of school: Hanging out with friends, going to the beach

Favorite food: Rice and peas with stew chicken

Favorite type of music: Afro beats, House, Salsa, R&B

Favorite TV show: Seinfeld, The Office

Favorite movie as a kid: Princess Diaries, The Cheetah Girls

Favorite book: The Alchemist by Paulo Coelho

Favorite book genre: Romance

Dream vacation: Egypt, South Africa

Most memorable moment: Having her son

Most interesting moment: Turning 21 in China

Goal: Start a business



An Interview with a Student: Sam Sui of 825

by Ashley Lian (805) & Aisha Ismail (805)

Backstory: Growing up, I played a bunch of sports but in third grade, I found basketball. I originally thought of just playing it for fun, which I did until middle school hit and I took it more seriously. I tried out during all 3 years and during the 8th grade tryout, I originally wasn't going to and try to focus on tennis but my middle sister and my older sister convinced me to because they wanted to see me have fun. I did and played well during both tryouts and eventually making the team. Ever since then, I've made tennis and basketball my life while still trying to get good grades in an honors class!

What animal do you think resonates with you the most and why?

The animal that most resembles me is a dog because I like to run and can be fun.

Who is someone you trust a lot in your life?

My mom because she's always there for me when I need her and now that I'm older, I can help her.

Why did you join the basketball team?

I joined the basketball team because I wanted to see how playing basketball competitively would be like. I also really enjoy playing basketball.

What's your favorite snack and why?

My favorite snack would be purple Doritos or hot Cheetos. You could never go wrong with them.

What's your afterschool routine?

I would go to basketball practice or tennis practice (depending on the day), then go home, take a shower, do homework, eat dinner and talk to my family members, and scroll through social media or play video games before going to sleep. One of my favorite video games is Valorant.



Do you have a favorite teacher? If so, who and why?

My favorite teacher is Ms. Tilts because she brings fun things into her class. I have a chill relationship with her. I would also say Ms. Felice because she teaches in a way that I could understand.

What do you want to be when you grow up, why?

I have no idea what I want to be but sports casting or anything to do with sports would be cool.

How'd you learn basketball?

I learned basketball when I was in 3rd grade and it was because I stopped playing soccer since I broke my leg and I wanted to try a new sport.

If you can have 3 wishes, what would they be and why?

3 wishes I could have would be to be better than LeBron James at basketball, have infinite money, and if I could wish for it, infinite wishes. If I can't wish for that, then I would probably wish to be good at video games.

Where do you see yourself in the next 4 years?

What do you see yourself doing?

I see myself being a senior at Saint Francis Prep, hopefully having good grades and getting into good colleges.

How do you handle stress?

I handle stress by eating or sleeping because I love doing both those things.

SAM SUI

New York Central Hudson: A History of the American Steam Locomotive by Ayan Ahmed (801)

New York Central Hudson is a 4-6-4 American Steam locomotive with the speed of 110 mph built in 1938. After the Flying Scotsman reached 100mph, it was declared the 2nd fastest steam locomotive in the world followed by the speed of The LNER Class A4 Mallard with the speed of 126 mph. The New York Central Hudsons were a series of 275 4-6-4 "Hudson" type steam locomotives built in several batches by the American Locomotive Company and the Lima Locomotive Works between 1927 and 1938.

The Hudson came into being because the existing 4-6-2 Pacific power was not able to keep up with the demands of longer, heavier trains and higher speeds. The existing 4-6-2 design was modified with a bigger boiler and firebox, and a modified Berkshire-type trailing truck, creating a revolutionary class of locomotive that inspired other railroads to build their own 'Hudsons'. Indeed, the Milwaukee Road was the first to design its 4-6-4's - known at first as the 'Milwaukee' type in the planning stages, but later known as the 'Baltic' type - but not the first to be built as the Milwaukee was still short on money.

These engines are named after a river that was 315-miles long and flows from north to south primarily through eastern New York in the United States - the Hudson River. Locomotive No. 5200 was the very first Hudson built for the New York Central and took to the rails in 1927. These engines are used for high-speed passenger train work, the Hudson locomotives were famously known for hauling the New York Central's crack passenger trains, such as the 20th Century Limited and the Empire State Express.

When these services were being re-equipped, the train engine had to be given some changes. In Autumn 1941, two Hudsons - 5426 and 5429 - were streamlined by Dreyfuss specially for the Empire State Express and were painted black but mostly clad in silver. The newly streamlined train was launched, rather soberingly, on the same day the Japanese bombed Pearl Harbor - December the 7th, 1941. Soon afterwards, the US declared war on Japan, and joined World War Two. In 1944, NYC received permission from the War Production Board to build a new, high-speed locomotive of the 4-8-4 type, combining all the advantages of the Hudson with those of the Mohawk. All but 33 Hudsons were retired by the late 1950's with the onset of diesel locomotives in the mid-20th century.

An Interview with Soccer Coach Khan by Zidane Syed (833)

Q: What has been your favorite part about coaching?

A: "Being able to teach others skills I've already developed is one of my favorite things to do, and this wasn't any different. Working with the team to develop a sense of camaraderie and sportsmanship has been one of the best parts of the season. Seeing them able to realize their potential makes me nothing but happy."

Q: For anyone curious, what advice would you give to someone who wants to join the team, or have a future in soccer?

A: "Work harder than you did yesterday. There is no limit to how much you can develop and practice always makes better."

Q: What do you see for the future of soccer here at Ryan?

A: "As with the first year and as with this one, I think Ryan will dominate the district. Coach Locascio is an incredible head coach and will continue to instill that winner mentality for years to come."



What is Yoga and the Moon Yoga & Meditation Club?

by Montazah Rameesha (805) & Shanum Islam (805)

Have you felt that sweet relief when your back finally cracks? Feels good, right? But let's be real—you probably don't stretch as often as you should. In fact, you're probably sitting with a hunched back right now without even realizing it. Most people don't think about their posture throughout the day, but bad habits can lead to back pain, fatigue, and even long-term health issues. That's why we're here—to help you fix that slouched posture and show you simple ways to keep your back straight and strong.

Yoga? Uhh, What's That?

What is yoga, you may ask? Yoga is a practice that blends breathing exercises, physical poses, and meditation to improve both your body and mind. It helps you find balance, stay calm, and feel more connected to yourself. Whether it's relaxing stretches or more active movements, yoga helps reduce stress, boost energy, and bring a sense of peace. It's not just about fitness – it's about feeling good inside and out!

Yoga might sound like one of those things that only super flexible people do, but trust me, it's for everyone. It's not just about crazy poses—it actually helps you feel more relaxed, less stressed, and way more awake. Ever feel stiff after sitting all day? Yoga can fix that. Plus, it's way easier than you think! Just a few simple stretches can loosen up your back, improve your posture, and even help you focus better.

What is Mrs. Felice's Yoga club?

The Moon Yoga & Meditation Club is obviously all about Yoga! Her club is all about the growth mindset and encouraging students to feel confident in themselves. She wants to help the students in our school relieve their stress and become more optimistic everyday. The club meets Tuesdays, from 2:40pm- 3:40pm. After just one session, I felt fabulous, I'm not even sure if I can describe it in words. The positions we performed relaxed my body and gave me a great stretch. I feel that this club will really improve the demeanor of students. The way Mrs. Felice instructs her students is very polite and clear!

An Interview with the Club Advisor, Mrs. Felice

What made you want to start this club? Two reasons. One is that I felt that I had the drive to share my passion with students. Secondly, students tend to be stressed out and this is an outlet.

What are the benefits of yoga? There are many benefits like a sense of serenity and calmness. Yoga also empowers you with confidence. There is a whole list of benefits with a wide range of positive implications.

Can yoga help with both your mental and physical health? Yes. Physical is first because some poses are very challenging but mental is definitely the reward.

How does yoga relate to self-love and body confidence? If you commit to yoga you are empowering yourself to be a better self, so that automatically positively impacts your self-love and body confidence.

Do you have any tips for new yogi? Do the best that you can and do not expect yourself to be like anyone else!

How Do I Join?

We hope that after reading this, you as a student feel the urge to join Mrs. Felice's yoga club next year. See Mrs. Felice in room 315 for more information!





Science Fair Club by Seoin Choi (623)



The Science Fair club met every Wednesday after school in room 232 for one hour. The advisor to this club was Ms. Kenn. Each week, the Science Fair club participants were given a simple assignment to complete. These assignments helped us prepare our poster boards for the STEAM fair. (Did you know that STEAM stands for science, technology, engineering, art, and mathematics?) Ms. Kenn was always there to help—whether you had a question or needed help if you were feeling stuck. The Science Fair club was an awesome opportunity to have fun and learn new things.



STEAM Fair by Seoin Choi (623)

The STEAM fair took place on February 27th and 28th in our school's gymnasium. The gym was filled with poster boards, each showcasing a unique science experiment. Students stood next to their boards and gave brief 1-2 minute presentations about their experiments. In addition to the poster boards, projects created by 6th grade students in digital design class were also on display. These included adorable portraits of their pets! There was even more to explore, from models of Mars colonies built out of recycled materials, to airplane simulators.

After the STEAM fair, students had the chance to vote for their favorite poster boards. The top boards will move on to the district science fair, which will be held later this year. Good luck to everyone who participated in the STEAM fair!



Scan the QR code to access all the photos that were taken during the STEAM fair!



Scan the QR code to access all the poster boards that were displayed in the STEAM fair!

Interstellar Movie: Can It Happen In Real Life?

by Rayyan Rahman (725)



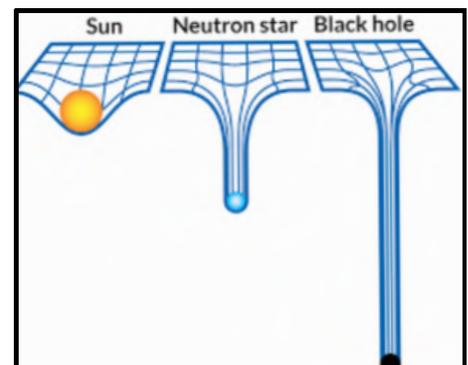
Interstellar is a popular movie in the astronomical and musical communities, for its topics about space-time and its modern classical compositions, but mostly space-time. The movie follows Cooper as he makes the hard decision to leave his family on Earth as he goes to space to look for a habitable planet for humans. With his crew, including an AI robot (TARS) and a woman named Miller, Cooper goes to a planet that is covered with water. But this planet is special: it is located directly next to a black hole. One of the people on the crew decides to stay to study the gravity of this black hole. Cooper and Miller go out to the planet, where they stay for a little more than three hours. To their surprise, when they get back to the ship, the person who was once there is now much older. Turns out, the time on the planet was dilated and the three hours on the planet was equivalent to twenty-three years on Earth! Cooper's kids are now grown up, and Cooper has missed a lot of their lives. This is something that makes Interstellar a very amazing movie. But sometimes it makes you wonder, are all of the things in this movie realistic? Can time really be warped? Can longer life back on Earth be established in this way?

Space

To understand the way the movie applies in real life, we need to know what happens in real life. Space is a big place where it is impossible to explore everything. However, our time on this planet is slim and we will need to move somewhere else soon. Therefore, there are many efforts to find habitable planets, which is what Cooper does in the movie. NASA does a lot of research to find habitable planets, and makes technology to go to outer space. Some habitable planets include Gliese 667CC, Kepler-22B and Kepler-62F, which are in the Goldilocks zones of their stars. A Goldilocks zone is a place where a planet must orbit in order to be habitable. It is actually very rare to go to space, and only 681 people have gone there (as of February 2024) and 360 are from NASA.

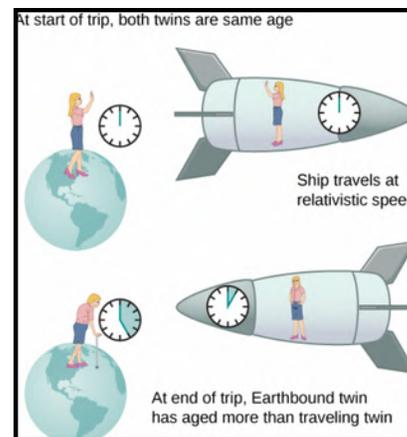
Black Holes

Of course, there are dangers to space. One of these is the black hole. According to NASA, "Stellar black holes form when the center of a very massive star collapses in upon itself. This collapse also causes a supernova, or an exploding star, that blasts part of the star into space". These black holes are very dangerous to life, so thank goodness that the closest black hole is "1,560 light years away", according to NASA again. Black holes are infinitely dense and disturb the space-time fabric immensely. Using a space-time fabric model, we can see that a black hole will make a pit that is infinitely deep.



Time Dilation

Cooper missed the majority of his kid's lives due to time dilation. Time dilation, as said before, is "the 'slowing down' of a clock as determined by an observer who is in relative motion with respect to that clock" (from Britannica). Time dilation exists in real life, only in space. This can happen for two reasons, one of which is how space changes your genetics, or velocity time dilation. Scott Kelly is an astronaut who spent 11 months onboard the ISS (International Space Station), coming back in 2017 to be in an interview with The Guardian. Due to being in space, his body changed, making him slightly younger than his identical twin that stayed on Earth, by 13 milliseconds. This was a very small amount of time, and this only affected how Kelly saw himself, not how he saw the world.



This goes into the second reason of time dilation: the black hole, or gravitational time dilation. Since the gravitational pull of the black hole is so strong, it curves space-time "in a way that affects all measurements of time and space near the black hole" (from Profound Physics). If you go close to a black hole, time will slow down. This is what happens to Cooper in Interstellar. If you go into a black hole, time will completely stop for you, to the eyes of someone outside the black hole. You will not see anything different in or near the black hole. This was proved in Einstein's theory of relativity, where "Einstein determined that time is relative—in other words, the rate at which time passes depends on your frame of reference" (from the American Museum of Natural History). Albert Einstein even said, "Put your hand on a hot stove for a minute, and it seems like an hour. Sit with a pretty girl for an hour, and it seems like a minute. THAT'S relativity." Thankfully, time dilation by black hole has not ever happened to anyone, as no person or no object has been sent into or near a black hole. If someone were to go into a black hole and have someone the same age back on Earth, the person in the black hole would age significantly slower. It may seem that longer life can be achieved in this way, but you will not feel that you had a longer life, only others will.

So, yes, time dilation is real and can happen to humans. Hopefully, nobody ever has to experience what Cooper did in Interstellar. Movies like this one are amazing in how they don't have to be in a completely unrealistic world to be interesting and feel unreal. But most of the principles are real in Interstellar, or are built on existing theories. This movie makes many people, including myself, want to learn more about space.



Science Jokes

by Vasilios Koutsothanas (722)



Questions

1. What do protons and life coaches have in common?
2. What did the asteroid say when the reporter asked him a question?
3. What is a physicist's favorite food?
4. What do you do with sick chemists?
5. What do you do with chemists when they die?
6. What did one tectonic plate say when he bumped into the other?
7. What did the biologist wear to impress his date?
8. What kind of tree can be placed in your hand?

Flip the page
upside down
for the
answers!

1. They know how to stay positive.
2. No comet.
3. Fission chips.
4. Helium.
5. Barium.
6. Sorry, my fault.
7. Designer genes.
8. A palm tree.

Answers



All About Rocks

by Nabeeha Ahmed (806)



Rocks are one of the most common things you see when you go outside. People usually don't pay attention to rocks even though they are almost everywhere. Rocks may all look the same to you, but actually there are many different types of rocks. The three main types of rocks are igneous, metamorphic, and sedimentary. People use rocks for many reasons such as building material, cosmetics, cars, roads, and appliances. Rocks play a valuable role in ecosystems such as providing habitat to endangered condors in the cliffs of Grand Canyon National Park and providing soil nutrients in Redwood National Park where the tallest trees in the world grow.

Igneous Rocks

One of the three rock types is igneous rock. Igneous rock forms when magma cools down and hardens. Igneous rock can further be classified into two types: intrusive and extrusive. Intrusive igneous rock forms when magma cools slowly underneath Earth's surface, which allows large crystals to form. Some examples of intrusive igneous rocks are granite, diorite, and gabbro. On the other hand, extrusive igneous rock forms when magma cools quickly on Earth's surface, creating smaller crystals.

Some examples of extrusive igneous rocks are obsidian, basalt, and pumice.

Sedimentary Rocks

Igneous rock can be broken down into sediment, or small pieces of rock, in a process called weathering. The sediment can then undergo compaction and cementation. In simpler terms, the sediment is pressed and glued together. This transforms it into another type of rock—sedimentary. Sedimentary rock can be identified by its layers. You can also see the smaller rock pieces in the sedimentary rock. Sedimentary rocks are a lot more crumbly too.

Metamorphic Rocks

Metamorphic rock is the last type of rock we will be discussing. The starting material for metamorphic rock could be sedimentary or igneous rock. Metamorphic rock is created when a rock is exposed to energy from Earth's interior and intense heat and pressure is added to the rock.

All in all, not all rocks are the same. Knowing this, we are able to better understand Earth's history and how it has changed over time!



Science Facts: Did You Know?

by Crystal Huang (801)



1. **Starfish don't have bodies!** They just have a head with five arms.
2. **Lightning is super hot!** A lightning bolt is five times hotter than the surface of the Sun, with a temperature of about 30,000°C (54,000°F).
3. **Flamingoes aren't born pink!** They are born with white or grey feathers. They turn pink later because of the food they eat, like brine shrimp.
4. **Beavers don't actually live in dams!** They live in lodges that they build behind the dams, in the water.
5. **Animals can be allergic to humans!** Animals can be allergic to our dead skin cells. These allergic reactions can be just like ours, too, including breathing difficulties and skin irritation.
6. **The bumblebee bat is the lightest animal!** The bumblebee bat weighs 0.05 ounces to 0.07 ounces.
7. **Snails have teeth!** They can have between 1,000-12,000 teeth called radula.
8. **Octopuses have three hearts!** Two pump blood to the gills, and one pumps it to the rest of the body.

Acknowledgements

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Mr. Patrick Roberts

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