

The Black & Gold

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THE YOUNG AND THE RESTLESS

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You either find yourself working really hard on schoolwork or you find yourself binging on Netflix on a late night. There is no in-between. But isn't that what high school is all about? Boy, am I ready for college...

You have to agree, you always seem to have some kind of stress on your plate. It makes it harder to wake up every day at six in the morning to face the anxiety that is yet to hit you like a home run later in the day. Maybe sooner.

"When you want to do the work right and getting it in on time, that's where the most pressure is," said Kayla, sophomore at Holy Trinity High School. Amber, a freshman at Hicksville High School, thinks "The most stressful things about school is the amount of testing students have...they make every test on the same day and it's really hard to study for. I think another main component that stresses me out is really trying to understand who you are as a person, you're changing, and others are too."

Most seniors have a plate that is overflowing with activities, sports, homework, exams and a big old side of stress. A trip to the senior buffet can cause emotional indigestion that can eventually affect one's health and well-being.

Stress has been at an all-time high for high school students all across the country. Students are perpetually pressured to strive for the top in order to get into a good enough college in order to find a good enough career that will make a good enough amount of money that will be used in order to have a good enough base to start and support our family.

Surprisingly, teens are found to be more stressed out than adults. Based on the American Psychological Association's Stress in America survey, the average stress level of teens on a ten-point scale was 5.8, which is .7 points higher than adults. Can you believe that? We are the country's most-stressed generation.

Compared to college, high school students spend thirty hours a week in school, possibly even more if they are deeply involved in activities, whereas college students spend about half the amount, twelve to sixteen hours a week, in class. A high school student's whole education is planned and structured, and we are limited to what we can and cannot do.

It is a given that most students still stress about maintaining their GPA and being on top of their classes. So besides that, is college less stressful? Gilbert Tagufa, Uniondale High School alumni and valedictorian of Class of 2013 thinks so.

"You have more freedom in college compared to high school, where your entire day is pre-determined for you. Also, there is not as much of a variety in terms of students in high school, since there's only a maximum of about two-thousand kids while colleges can have up to twenty times that amount, so it's easier to find a group of friends you are comfortable with and can inspire you to be a better person," said Tagufa, who is currently a sophomore at Hofstra University.

Just because college may seem less nerve-wracking, that does not particularly mean that high school should be treated any less. "I wasn't stressed in high school. I took it so lightly, it was bad, I slacked real bad... the only thing I stressed was physics. I only applied to four colleges. In college, it's definitely more stressful," said Oscar a current junior at Stony Brook University.

"We're young! We'll get over this heap," you may tell yourself... but if we don't find ways to help lower our stress levels, it'll only get worse. We may be looking at health problems that may emerge later in life such as brain shrinkage, cancer, premature aging of cells, and of course heart and chronic diseases. Stress can even affect your offspring's genes, so let's keep ourselves and our future high school students calm and collected.

When we're overwhelmed with so much, there are times where we may find ourselves dropping everything just to focus on academics, a job, sport, or any extracurricular activity—whichever you value and put effort in the most. Balancing our lives is one of the most important life skills we should learn. It is also the hardest.

Establish priorities, don't take on so many responsibilities that you know you won't be able to handle, set short-term realistic goals, be honest with yourself when you know you're not in the right mindset to work, and make absolutely sure that you take care of yourself. Press pause to mentally and physically recharge yourself by eating well, taking power naps, going out for some sun, or simply just breathing. Thinking positive and treating yourself to your favorite comfort food will definitely lift your spirits up.

CLASS ACTS: AN INTERVIEW WITH U.H.S.'S VALEDICTORIAN AND SALUTATORIAN

ADENIKE ADEYEMI-JONES VALEDICTORIAN CLASS OF 2015



Q: What is your least favorite subject?

A: Gym. I just don't like changing; I'm just lazy sometimes.

Q: What were your family's thoughts on your honor? *A: They were really excited. My mom was screaming, and were really happy. They were expecting because I worked really hard. It was a good surprise nonetheless.*

Q: What are some suggestions for students who want to get higher grades? *A: Learning stuff, in class alone won't get you higher grades. You have to take the extra step. I recommend extra help or even going online. There are so many different ways to learn now. You should not limit yourself.*

Q: What are plans after high school? *A: Well, college of course. I am going to major in Bio, and follow down the Pre-Med track to become a doctor.*

Q: What are 3 adjectives you would use to describe yourself? *A: Witty, unconventional, and rare.*

Q: What is your passion? *A: Finding Myself. I feel a lot of people do not take time to figure themselves out. I am probably going to spend the rest of my life doing it. But it is worth it.*

Q: If there were a movie made about your life, what actress would you want to play you?

A: Angela Basset, any actress that brings a classy approach to their work. We have to keep it classy. Mhmmmm.

Q: What motivates you?

A: You should always want to do better for yourself. You want to do great for you and your family.

Q: How do you balance your social life & school?

A: One takes a backseat for the other. There is always time to be social. If they are your real friends they will understand. Time-management plays a big part into the subject.

Q: Who is your role model?

A: My Mom. She is my pillar. I could not imagine living life, day to day, without her.

Q: What article of clothing most closely relates to your personality?

A: I own this navy blazer, which I bought from a boutique. It is a hand-me-down, although it is not brand new it means a lot to me. I would describe it as structured and classy. You could dress it up or dress it down.

Q: Do you go by any specific nickname?

A: My friends and family call me, Nikey.

Q: What do you do afterschool?

A: I work at Economic Opportunity Commission. I am one of the sexual health peer educator. We mainly focus on informing people, between the ages of 13 to 24, on HIV, Aids, safe sex, and on a health relationship.

Q: What do you do in your free time? What is fun to you?

A: During my free time, I have me time. I take a nap, chill a little. You need time for yourself sometimes. Fun to me? Fun to Adenike is inviting friends over her house, for movies, and Dominos Pizza. Just hanging out with the ones that care most about you.

Q: Whom do you admire the most?

A: My sisters. They are always there for me, without judgment- supportive of anything I do.

Q: What happened the day, you found out you was valedictorian? *A: I learned a big lesson that day! It was a Friday, Halloween ironically- I thought she-nanigans were going to happen. I remember, the day vividly! I was in presentational speaking, with Antonio- and we both got called down to the principal's office. When we got there, she told us we were in trouble and we had to call our parents. I blandly refused, I said no because I didn't do anything. That's when they told us we were valedictorian and salutatorian. I was so mad because I had sweats on, and we had to take pictures. I learned you can never be caught slipping. I never wore sweatpants to school again. You never know what is going to happen.*

Q: You got a congratulations letter from your 5th grade teacher, what was going through your mind?

A: Yes, it was from Mrs. Ruisi, I actually had her right before she retired. I was apart of her last class, and I was surprised she remembered me. It was nice. It goes to show, people support you even when you don't know. Someone from a long time ago is wishing you well and is still looking out for you.

Q: What was most frustrating about High school? *A: Its like- people kind of think your dumb. Just because I'm young does not mean I do not feel emotion. People will be little sometimes because of your age. People will assume stuff; they do not take the time to know you.*

Q: Any regrets in high school? *A: I did not get to take a cooking class. I did not have the prerequisites, so I said whatever. It was the biggest blow, though.*

Q: What is your note on relationships and school? *A: There are different types of relationships. If your just giving, and giving but not receiving. Its one-way street. If you are not receiving support, or finding the relationship healthy. It is a one-way street. A two-way street is our goal; it evens out the balance.*

Q: What does the word support mean to you? I noticed you used it a lot. *A: Anything that keeps you up and going. It could be emotional, physically, or mentally. A lot of times it is another person. A lot of times you cannot accomplish it without another person's help.*

Q: What is your advice for the next person in your position? *A: Honestly do what makes you happy. Stuff that productively make you happy. You have to have an end goal. It is hard to figure it out but just do it. The reward is worth it in the end.*

SALUTATORIAN CLASS OF 2015

ANTONIO LOPEZ



Q: What is your favorite Subject?

A: English, Science & Performance. Would it be wrong to say all the main subjects??

Q: Pencil or Pen? *A: Pen.*

Q: What are your families thought of your honor? *A: My sister thinks I'm a nerd. My mom- "Oh god damn its something!"*

Q: What is your suggestions for others seeking better grades? *A: YouTube and the Internet. Crash Course, Mint Physics, Khan Academy, etc. There are so many options, for anybody who wants to learn more.*

Q: What career do you see yourself pursuing? *A: Science & performance. Biology with a general degree; I'm still searching specifically for what I'll do with it. With performance, I'd pursue theatre & vocal acting. Both push me out of my comfort zone. Whenever I try to do serious acting, I tend to find a different voice to utilize.*

Q: What was an amusing experience you have had during high school? *A: My first time in the pass room. It was the month of competition for Show choir; I was running on less sleep than usual. I was in Chemistry class, and I was the first person to finish my test and still had a lot of time in the period. I decided to make a "bed" out of my chairs, and laid to rest*

Q: Who motivates you? *A: My mom, Mrs. Carr-Hickss (my show choir teacher), then there are my baby cousin and niece; I want to be something both of them aspire to be.*

Q: How do you balance your social life & school? *A: looking at the bigger picture when approaching work & school. I did not get much sleep honestly, between show choir practice afterschool, and homework for 2 to 3 hours. With school, I got work out the way as soon as possible. Its easiest getting the half-credit work done first, the heavier load would come with the harder classes, like AP's.*

Q: If there was a movie about you, what actor would you cast to play you? *A: A lot of people say I look similar to Josh Hutcherson but I would cast Johnny Depp. He never does the same thing more than once. He's been cast in so many films, and delivers each performance differently. He is the ultimate figure of what I would like to accomplish as an actor. Plus he is handsome.*

Q: If you performed in a circus, what would you do? *A: A trapeze. They exercise constraint and flexibility at the same time.*

Q: Do you go by any nicknames, what are they? *A: Tony, Tony the tiger (my sister likes to call me), and Antoine.*

Q: What was most frustrating about high school? *A: The American system approach to education, mainly test. We are still taking test the same way people have learned 40 years ago; my teacher, and his teacher both used scantrons. If we are still learning the same thing over and over again, nothing changes. How do we learn then? Everyone learns differently and we should exercise his or her methods. How we approach education needs to become more complex and open.*

Q: What do you have to say on the note of "drama" in high school? *A: "No one can make you angry without your consent". Drama is petty. You should not let it get to you.*

Q: What do you do when you have free time? *A: I like to go to friend's houses, eat pizza, and play video games. I like to take naps too.*

Q: Who do you admire? *A: My baby cousin. Two summers ago she got into a car accident, and not a day later she was jumping around like a bird. She is so strong. After something so tragic, she still finds a way to be so creative and move on with life. Pain is an arbiter; it's just a niche in the book of life. There are bigger things in life- like people you love and things you love.*

Q: How do you choose your friends? *A: Convenience was apparent. I surrounded myself with people who knew how to have respect for other human beings. People who were creative, and healthy for me.*

Q: Are there any regrets you have pertaining to high school? *A: I would have helped incoming freshman more. The guidance counselors do not always give you the classes you need to graduate first. Then those freshmen will move through the years without taking health, or personal finance. They would be stuck senior taking them, which often is a burden to them. I would have like to help get a list out to the underclassmen of what classes they need, so they would not have to stress about them later. I would also would have promoted summer school for students. I think it is amazing that you can catch up or excel your classmates in summer school.*

Q: What was going through your mind, when you found out you were salutatorian? *A: I had a good feeling about becoming salutatorian. Mrs. Carr-Hickss had dropped a hint that had stayed with me to this day: she said she had a good feeling about someone in our choir winning the title. A lot of people thought it would be down to Adenike and I. I was happy for Adenike when she got valedictorian: I have a lot respect for her & her intelligence. It felt good to get the confirmation and call my family with the news.*

Q: What advice do you have for the next person in your position? *A: Recognize who you are, and the title you got. Out of whatever number in your class, you were chosen. That's insane! Recognize your teachers that got you there. Remember you cannot raise a child with out a village to get to that level of educational value. Be proud of yourself and content. Realize all of the work you have done. Strive to grow bigger to do more with that title underneath your belt. Use it to benefit more people, not just yourself.*

Q: What milestone would you like to leave at UHS?

A: This year I joined Dean Saunders Male Engagement Program. It was an eye opener. The program had the other men and I thinking more complexly about ourselves. I want to try to get more involved with the male engagement program. I want to gather the past male valedictorian and salutatorian to discuss education and college. This way our future males will be informed on an honest outlook of education.

Both Adenike and Antonio will be addressing the senior class at Hofstra June 27th- their senior graduation date. Save the date on your calendar!

New Year. New Mindset.

By Katherine Melendez



How many times have you set a list of goals for yourself and planned to accomplish them? At the end of every year, people around the globe create their own list of resolutions that they hope to fulfil in the upcoming year.

In 2014, the top 10 resolutions are listed as follows:

10. spend more time with family;
9. fall in love
8. help others with their dreams
7. quit smoking;
6. learn something exciting;
5. stay fit and healthy
4. enjoy life to the fullest
3. spend less, save more
2. get organized; and
1. lose weight.

Resolutions are a lot easier said than done. A study done at the University of Scranton suggests that only 8% of people who create resolutions actually achieve their goals.

If only a fraction of people pull through with their

resolutions, why do people continue to create them?

The New Year is about getting another chance. The resolutions we make give us a chance to do more, to give more, to love more, and to be more. Noting what we wish to accomplish in the upcoming year is the first step to change. The last step, the utmost important step, is actually doing something about it.

Self improvement goals are the most common New Year resolutions. What better time to start improving yourself than on day 1 of 365?

“My top three resolutions are to lose weight, be more open when it comes to college and people, and stop being so late to school,” said Tara Stona, senior at Uniondale High School.

For seniors dealing with college and school work, it is easy to lose track of your short term or long term goals. “It’s more about motivation than anything else. I just have to motivate myself to come to school and not get caught up with the “senioritis.”

According to the research done at the University of Scranton, 45% of people usually make New Year reso-

lutions while 38% of people absolutely never make New Year resolutions.

“I don’t believe in New Year resolutions. Everyone always says they’re going to do this, or do that, but they don’t even make the effort,” said Andrea Gervasi, senior at U.H.S.

It is possible that the 38% of people who never make resolutions, agree with Andrea. “Actions speak louder than words,” she said.

On the other hand, the 45% of people who do create New Year resolutions have a different opinion.

“I do believe in New Year resolutions. By setting goals for yourself, you are already accomplishing a lot more than in the previous year,” said Edgard Romero, Uniondale High School alumni.

“It just all depends on how motivated you are. You have to want it badly. If your mind is halfway committed, you will never achieve your goals,” said Andrea Gervasi.

So what is the key to successfully achieving your resolutions? According to Uniondale High School freshman Christopher Palomo, “The key is consistency, to make any progress, a sufficient amount of effort is required. You have

to remind yourself of the reward. You need to keep in mind that in the end, after you accomplish just what it is that you wanted to achieve, it will all be worth it.”

Achieving your resolutions is all about mindset. If you incorporate achieving your goal(s) into your everyday lifestyle, you have a better chance of succeeding. The mind is the biggest obstacle.

“The first step to getting the things you want is believing you deserve them,” said Gregory Ciott, creator of Sparring Mind.

By overcoming any doubts and negative energy and surrounding yourself with positive energy, resolutions can be achieved just as easily as rolling out of bed in the morning.



KUDOS KORNER

Congratulations to the Rhythm of the Knight Show Choir for Placing 3rd Runner-Up in the FAME Show Choir Competition at Lincoln Center. Their high-spirited performance brought the house to their feet once again and gained them another opportunity to compete in Chicago Illinois on April 25th.

Kionna and Kierra Stanley Won “Best Female Stage Presence” for their Tap Dancing Routine.





Behind the Flash

By John Onanuga



It is not every day you find something that you love to do, something that is as much a necessity as breathing.

Photography gives me the ability to capture a moment in time that will never be seen again and that is invaluable.

Photography holds a special place in my life. A lot of times before I do something I always prefer that my camera is on my person in case something important or just out of the ordinary happens.

Photography is the way to “escape” the stress and problems of my life, as well as a way of reviving a dying art. I took up photography because I felt that not enough people were interested or respected it as a form of art. I believed that it was my job to breathe life into photography again, to make people want to take up photography.

Capturing a moment that others would normally just bypass and discount is truly

a gift that many people do not get to experience. Pictures hold memories that otherwise might have been forgotten.

The way I see things is kind of like looking through the lens of a camera. There is so much to view, all I have to do is take life one snapshot at a time.

When I take pictures at an event, there is an inner peace that I do not get from anything else. It is like I am in my own world and photography is a separate world from everything around me.

So far in my school, there have been several people who have told me they are interested in making a move towards photography and that makes me proud

What makes taking pictures meaningful to me is that I get a chance to prove people wrong because not everyone believes in the same goals and dreams as me. It has taken me out of the streets where there is evident danger and into a world

that is relaxing and safe doing something productive.

The photography club which is led by Mr. Lionel Harvey, has also seen a growth in members.

Photography is a learning experience, that is why it never gets boring. There is always something to see and learn. You have to be ready for any situation at anytime.

The same can be said for life, when you are prepared you feel more relaxed and are less stressed. As long as there is a reason to find new cures to diseases, there will always be a reason to take pictures. I am grateful for the opportunity to be able to enjoy what I do but also to help other people explore their talents.

Out of Focus

By Edward Jose



Finding yourself by being on your own can help you accomplish many things in your life. There are many ways to stay focused whether it is engaging in group activities or balancing a healthy sleeping routine.

You can find ways to stay out of trouble by surrounding yourself with people who strive for success and think outside of the box. Staying involved keeps you far from any negative things that are around you. School activities are a good way to interest you to keeping a positive path.

There are many ways to keep yourself focused, for the most part it is very beneficial to your education and to your health.

Some ways to stay focused is to not create a predictable learning environment but to create a self-running classroom.

It is important for teachers to keep students on their toes by mixing up lectures, hands-on activities, group work, technology, games, and physical activities. These will keep students actively engaged in.

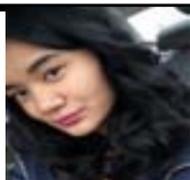
Aside from your education, your health is what also helps you maintain a functional brain. Students should get at least nine hours of sleep each night. It can be hard to maintain those good sleeping habits but setting a good bedtime routine is important. Your mind will not be able to concentrate if it is not well rested

We tend not to give enough time on ourselves we are often easily distracted. If someone is asking you to accompany them to go out when you know you should be studying, tell them that you are busy. Learning to say no is a

powerful word that can really be helpful to you.

Organization is also key in staying focused. Being organized and planning work hand-in-hand can really help you in your studies. Preparation is one other form of being an organized student. Writing things down and having materials organized properly will also help prepare you for test or quizzes.

It can take most students awhile to actually focus in a classroom but there are many solutions to fixing that problem. If it is either saying no to a friend or learning to be more organized it takes time and preparation. Keeping a positive path and staying focused are two integral keys to success.



The Buffer Zone

by Joy Anne Andres

Figuring out what you want to do after graduating high school can cause brief breakdowns and large doses of confusion. Even until this day, college talk gives me anxiety.

“What college are you planning to go to? Where did you get accepted? What do you want to major in? Are you sure you want to do that/go there?” Interrogations may not be the best cure for this diagnosis. Luckily, life after high school will definitely not contain metal detectors and security guards lurking around, stopping to question your whereabouts.

But back to college talk. Of course we want to continue our education and extend our branch of knowledge after high school. Of course we want to do something we love and will make us happy for the rest of our lives. What we may not realize is that every individual will no longer be on the same exact track.

It’s totally okay to be hesitant when it comes to your future. What’s **not** okay is choosing to settle for less and **not** take opportunities that can get you one step closer to your success.

Unlike high school, life isn’t a four-year course. We all have different learning styles and paces. Some may even consider in taking a year off after graduating.

This break is known as the “gap year.” What exactly is it though? According to Holly Bull, president of the Center for Interim Programs (the first gap year counseling organization here in the United States), it is the period of time people use to explore areas of interest. Bull took a gap year before and another during her time in college. She says that it doesn’t have to last a full year and can be taken at any age.

A “year off” allows you to take a breather from structured education and assessments, but must **not** be an actual year off—you should be making the most out of this time away from a classroom. So what can you benefit from this time off?

- **Pressing the refresh button from the [high] school grind.** Can you believe that you have spent thirteen years in a classroom? High school gets rougher by the year, especially if you’re loaded with clubs, sports, and other extracurricular activities.
- **Learning more about yourself.** Whatever it is, you are most certainly going to go through situations that will either bring the best or worst out of you. You’ll find out what you like and dislike, hopefully pinpointing newly found passions. Let’s not forget about those life lessons.
- **Build self-confidence and independence.** Now that you’re stepping into the “real world,” you will mature, just because you have to. There will no longer be anybody holding your hand to guide you. You definitely have to help yourself. Sorry if that was too cliché.
- **Constructing a better resume.** A gap year will give you the chance to prove to colleges that you took responsibility in whatever you achieved whether it be a job, internship, or even a volunteer position. This may lead you to be more wanted for jobs and internships down the line.
- **Easy transition.** Because of the gap year, it makes the shift from post-college-graduation to the working world easier for individuals who take a gap year.

After taking a pause from all the textbook reading, late night cram sessions, and note taking, these particular students are 90% likely to return to college within one year (according to the American Gap Association).

Believe it or not, it is a tradition for European high school graduates to spend a year travelling and volunteering (not a surprise). I don’t blame the Europeans for making this a custom. I think the gap is an amazing opportunity for fresh-out-of-high-school young adults to take a brief moment in life to figure out what they want to do and what they want to become.

It is indeed important to know what you want to spend money and especially time studying for in college, since there is a large possibility that you’ll be in some sort of debt when you graduate.

So if you’re planning to take a year off from school, make absolutely sure that you have a plan paved out for the next upcoming months. Find out your best options by discussing with your parents and guidance counselor.

Told by a senior...

By Reche Neysmith



There are hundreds of books, movies, and TV shows that portray what the ideal senior year will be like. These forms of social media give us high hopes but also false dreams for what our high school experience may be like. TV shows from my generation such as *That’s So Raven*, *Even Stevens*, *Zoey 101* and others portray a very likeable high school experience.

All these shows build their story lines around a main character’s high school experience with their best friend(s) and their high school adventures together. This portrays high school as a fun and easy going experience, which it can be, but in my opinion there is a lot more hard work than fun, that is until you become a senior.

In our young days all we dream of is making it in to high school and then for many, by the time we make it here all we dream of is making it out. This is why senior year is the year we all look forward to. This is a time of independence and growth, your last year being treated like a kid, the few months you have left before you enter the “real world.”

It’s true that once you hit senior year, you’re no longer a small fish in a big pond. As a senior, you’re looked at as a leader. Three years of high school have made you an expert at just about everything that has to do with your school.

One thing we are not experts at is exactly how our personal senior year will go. We have seen other seniors, and the outcome of their years. Everywhere from the ones who had an amazing time at prom, got into the school they wanted, and graduated happily, to the seniors who struggled, did not go to prom or even worst did not graduate on time. Seeing other people’s year can be inspiring or sometimes scary to watch.

Today marks 3 months until we can conclude how our own senior year has went because by this time of year, you are almost at the end of the experience. Although I would like to say now is when you should be cruising through the school year, senior year doesn’t really have cruising time. Of our 4 years of high school, this is the year I actually believe we relax the least.

Senior year is a year of constant planning. Seniors would know what I mean, because right after you have fulfilled most of your senior educational responsibilities comes the time to start planning your fun senior activities.

We still have to prepare for prom, graduation and acceptance letters. The last couple months of high school are hectic for these exact reasons. There is a lot of built up anticipation for every month that passes as a senior. There is the time period when you are anxious to find out if you have been accepted into the schools you applied to or not. There is also the time period when it really hits you.

As a female, high school senior, I would have to say I’ve put a lot of attention on the time period of prom planning. As a female, if you are going you have probably been planning since the beginning of the school year or maybe even before then. I’ve been planning since the beginning of the year, in my head at least. What color will my dress be? How will I do my hair? Who will do my makeup? There are plenty of things to consider around this time.

I cannot say right now how my senior year will conclude, but I see it ending on a positive note. My 4 years may not have been as fun as I predicted from watching *That’s so Raven* and *Even Stevens* but my 4 years have certainly been unique.

I’ve made many memories, with many people in this school. No matter how good or bad your 4 years have been, I am sure one thing they will be is unforgettable. Everyone should make the best of their year, especially senior year.

Howard Univeristy at a Glance

By Deanna Downing



SUPA Classes

By Dominick Hernandez

Why Should You Take SUPA Classes?

SUPA (Syracuse University Project Advance) increases the probability that a student will earn college credit. SUPA courses allow more time for students to develop the research and writing skills that are important to success at a challenging college or university.

SUPA courses avoid the intimidating and high-stakes situation that goes along with taking an AP exam. It spreads out difficult assessments during the whole year, rather than putting students in a risky situation where success or failure in the course is determined on a single day. The courses are assessed in a manner that is more reliable than taking the AP exam.

AP College Credit Con #1 – Not all colleges will accept AP credit

Some unsuspecting students will be surprised to find that their classes are not as readily accepted by universities as they thought they would be. This includes many Ivy level colleges. Elite colleges sometimes will claim that some high schools' AP level courses are not as rigorous as their own, therefore they won't accept the credits. There are also colleges claiming they can't afford to let students with AP credits advance an entire semester or year without having stepped foot on campus. So they simply just reject all AP credits. High schools are also getting in on the act of misusing the AP program. Some schools are teaching to the test, which causes inflated AP score averages. This scenario effectively churns out kids with AP credit who don't necessarily have a deep knowledge level of the subject.

AP College Credit Con #2 – The stress involved with AP level course

For many AP classes, 2-3 hours of homework per night is not uncommon. Over an entire year, this sheer amount of work can weigh on kids – bringing additional stress to teens.

AP College Credit Con #3 – Opportunity cost

As I mentioned, the majority of AP courses require an enormous amount of homework and study time. That's study and homework time which can take away from sports, band, a job, volunteer work, or social time with friends. That's also time a high school teen can never get back.

AP College Credit Pro #1 - Class Rank/GPA

Taking advanced classes, at some schools, can also benefit your class rank and GPA in a positive way if your school is one that weights classes.

AP College Credit Pro #2 – College Credit

Probably the most important benefit to taking college level classes in high school is the opportunity for college credit. Whether you get automatic credit through a dual credit class, or credit by examination in an AP course, it is financially beneficial to you to get as many college hours as possible while in high school.

SUPA College Credit Con #1 – Not All Colleges Will Accept SUPA Credits

SUPA college credits are credits that are received through Syracuse University. They are only accepted in New York State. Not only that, but most colleges in New York will not accept these credits.

SUPA College Credit Pro #1 – Stress Level Is Low

Compared to that of an AP class, the student will have less stress and more time to do extracurricular activities.

SUPA College Credit Pro #2 – Grades/Money

Depending on the subject, the main requirements to obtain the college credits, are to pass the class and to pay for the credits.

During high school we should all look at what should be the next step into college. But how do we start looking for colleges. What are some ways that we can get a better understanding of what colleges are good for us? What are their majors, activities and what is the history behind the colleges? If you are one of the people who have these questions then you should have a look at Howard University to have a better understanding what you want to do and what to look for when you searching for colleges.

Howard University

According to howard.edu November 1866, members of the First Congregational Society of Washington established a university, shortly after the Civil War. Within two years, the University consisted of the colleges of Liberal Arts and Medicine. The new institution was named for General Oliver O. Howard, a Civil War hero who was both a founder of the university.

Howard University competes in 19 varsity sports including basketball, football, bowling, lacrosse, soccer, softball, swimming, tennis, both indoor and outdoor track and volleyball. Regarded as one of the most prestigious institutions of higher learning in the world, current enrollment approximates 11,000 students from virtually every state, the District of Columbia, and more than 70 countries. The University traditionally has had the largest gathering of Black scholars in the world.

Academics

This University offers:

Art & Sciences, Law, Communications, Business, Education, Dentistry, Medicine, Engineering, Architecture and Computer Sciences, Social Work, Divinity, Pharmacy, Graduate School, Nursing & Allied Health Sciences. According to Howard.edu "With an enrollment of approximately 11,000 students in its undergraduate, graduate, professional, and joint degree programs, which span more than 120 areas of study within 13 schools and colleges, the University is dedicated to educating students from diverse backgrounds."

Application Information

These are some of the things you have to keep in mind when you are thinking about applying to this college or any colleges you plan to apply for.

Applications: 13,741

Acceptances: 6,620

Acceptance Rate: 48%

Mean HS Grade Point Average (unweighted): 3.38

Mid 50% Range for SAT I Critical Reading: 548

Mid 50% RANGE for SAT I Math: 548

Mean ACT Composite: 23.7

Tuition Fees

The tuition fee for Howard University in 2014-2015 Academic Year Tuition: \$47,483. Now this can be very expensive for your first four years of college and the last thing you want to do is go out of college with debt in your undergraduate year. You should always keep in mind that you have to look at the tuition fees when you are applying to college as well as the application fee and enrollment fees, when you get accepted to a college. Howard University is an example of a good university and what they require and what they have to offer.

Uniondale Students take the Plunge!

By Katherine Melendez



On Saturday, March 21st, Uniondale High School's Key Club participated in the Polar Plunge at Tobay Beach, Oyster Bay, N.Y. The event raised money for the Special Olympics Foundation through donations.

The night before the event, it had snowed so when participants, spectators, and event coordinators arrived, the sand floor was covered in light snow. It would not have been a polar plunge without it!

The first plunge was not until 11:30. Three different groups went into the water: green wristbands, yellow wristbands, and sports teams.

The ones wearing the green wristbands plunged into the water first. The second group that plunged into the water were the ones wearing yellow wristbands.

The Key Club members that attended, including myself, all plunged into the water following the green wristbands. Everyone wearing a yellow wristband gathered on the sand, waiting for their cue to go in. Once they gave us the signal, we all started to run in.

Sprinting into the water wasn't an issue. It wasn't until my feet touched the water that I realized how cold it actually was. The moment I set foot into the water, my feet went numb.

The plunge was only about a minute. I ran in, made a U-turn, and then ran out. But everyone knows running in water is way more difficult than it is running on land. The freezing water made it feel like the longest minute ever.

After the yellow wristbands went, LIU Post's football and field hockey team went for the plunge. They showed their school spirit by waving their school's banner before the plunge and arriving in their teams warm up gear.

It was a huge event with people of all ages plunging into the water and spectating from the sidelines. Participating in a polar plunge should be on everyone's bucket list because it is such a thrilling experience especially since it is for a good cause.

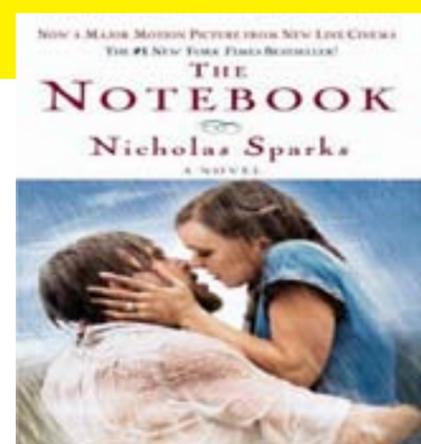


CHANCE'S CORNER: AN INTERVIEW WITH MS. JENSON

BY CHANCE CORIOLAN



- 1. When did you start surfing?** *I was 10 years old. My mom signed me up for surfing lessons because I was thrown out of the girl scouts. I wasn't good at attending organized clubs.*
- 2. What drives you to surf?** *Honestly, it is a great escape for me. Plus, it gets me out of doing the laundry and cooking. All I have to say to my husband is , "Surf's up , Dude!"*
- 3. Have you seen the movie Endless Summer?** *Oh, yes! I can honestly say it is one of my all-time favorites.*
- 4. What are your favorite places to surf?** *I have surfed in Australia,Indonesia, California and here on Long Island. Bali is my favorite place in the entire world.*
- 5. Have you ever been attacked by a shark?** *Yes, I was attacked by two Great Whites in Montauk. I managed to climb out of one of their mouths after punching him in the gills.*
- 6. Will you teach your daughter to surf?** *Yes, I will try but who knows maybe she will make a better girl scout than me.*
- 7. What is another hobby that interest you that no one really knows about?** *I just love playing Bridge. I am on a league which meets on Tuesday nights. I also love to bowl.*
- 8. What is your favorite movie?** *There is only one movie that I consider my favorite and that is Nicholas Sparks' The Notebook. I know every single line. I cry my eyes out every time I watch it.*
- 9. What do you like to do in your spare time with your family?** *I have to say we just love making our own jams and jellies. I make a boysenberry jam that is out of this world.*
- 10. If you had to choose a last meal, what would it be?** *Oh, that is a no-brainer. I would definitely choose bratwurst and sauerkraut. It really hits the spot after a long day surfing and making jams. It's my favorite.*



All About Prom

Timeless Moment By Christian Yanes

Prom. What is prom? How does it differ from any other event and what makes it so special? Prom or “promenade” has been around since the early 1800s and for some it is an event of the many “first” in life.

Teenagers take place in, the first time taking the family car out after dark, the first real dress up and so forth. Proms can also be compared as a milestone event like a wedding or a first communion. While yearbooks didn’t include a prom section up until the 1930s and the 1940s many historians including Meghan Bretz believed that this event has been going long before that time.

In the 1800s the use of prom was just a fancy way of saying the schools dance

or gathering that was taking place. But now a days, the word has evolved into something bigger and much more meaningful than ever before.

In the 1900s prom was a simple tea dance where high school seniors wore their Sunday best. But

as the years went by prom expanded into an annual class banquet where students wore party clothes and danced afterward.

As Americans gained more money and leisure time in the 1950s, proms became much more elaborate and extravagant, bearing similarity to today’s prom.

The proms would take place in a hotel’s ballroom or a country club and as the setting evolved a competition sprouted where everything evolved around who the best dressed was and the best car that an individual took to the event.

It became the pinnacle event of a high school student’s life. But what is prom without a prom date? A date is the main focus a guy has to take part onto attending this event. Sure someone wouldn’t necessarily need to go with a date or a specific individual but having a date would be the main reason for this special gathering.

Prom has its history along with the many various people and

cultures that celebrate it. Prom is a very important occasion for many individuals and I took the liberty to ask people what they think about prom:

Anthony Martinez a senior in Uniondale High School said a few things about prom he said, “It’s very exciting and many people are going which makes it more fun than any other event that takes place in our school.”

Many students around the world have different ways of celebrating it but in the end the excitement that we get from the event is all the same. It is as though we are all connected through this excitement no matter how far we are and how we celebrate it.

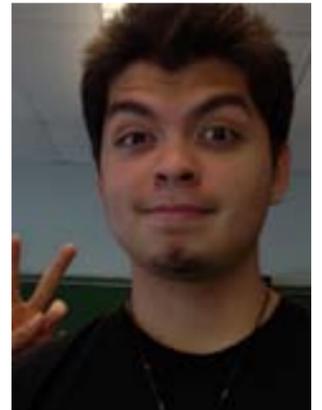
From the early 1800s to now, prom has been evolving into something much greater. The importance of prom has also been increasing throughout the years making it the pinnacle of most students’ lives.

Andrew Arevalo said “Sure prom is great and all but education is more important since prom is

only one night while your education is your whole life and career that lies ahead”.

In the end, prom is just a dance but it’s our last dance as

high school students and it’s a way of saying goodbye to the years we have had with all the friends that you met along the way.



The Crowning Moment By Deanna Mcallister

Are you ready for prom this year? Prom is a formal dance, especially held by a class in high school or college at the end of the year.

There are so many things you have to do to get ready for prom night. Girls think about how they should get their hair done, what type of dress they should wear and who they are going to prom with.

Prom is a reward because students work hard to achieve what they did in school. Many high school students don’t get to attend prom because of their behavior or their lack of attention towards school.

Most seniors are excited for this big moment to come especially when they reveal who Prom King and Prom Queen are.

According to Jared Hooper, 12th grader attending Uniondale High School, prom is just a celebration. and being chosen as prom king involves much more than popularity.”

The proper candidate needs to have an edge above all other potential prom kings. Sometimes people do not deserve to be prom king or queen because of the way they act to other people they aren’t cool with. A Prom King or Queen should do the following thing.

- Be kind.
- Be considerate.
- Have a variety of friends in different social circles.
- Dress sharply.

This year prom is going to be at Crest Hollow Country Club 7 to 11pm. It will be interesting to see who is crowned king and queen this year. Regardless, of who is chosen, they are sure to wear the crown proudly and make Uniondale High School proud.



Calling all writers! There is still time to become an important part of the school newspaper. Stop by Room 211 Thursdays after school. Can't make the meeting... please email at slocurto@uniondaleschools.rg

Queen of Procrastination

By Geselle Maldonado

At first glance, the word itself may not seem like something you'd ever bother to associate with.

It seems like a word that sounds mysteriously complex but hopelessly irrelevant to any interest. Yet it is actually a surprisingly simple phenomena that just about everyone has been affected with one way or another. But where and when it mostly appears it seems, is through the occasionally slacking yet responsibility-driven generation of high school students.

It usually appears as a seemingly far away due date for an important assignment or project, far enough that some students would brush it off for later.

There are a few students who are smart enough to begin with enough time to finish it, but there are always also those who fail to do so. And those who fail to do so

would either end up focusing on it enough to finish it by curfew, or end up staying up until the early twilight hours, finishing up their last couple of bare paragraphs nearly half-asleep.

Ever since my freshman year, I would always make sure I got my work done by the deadline. But, no matter if it were simple essays or digital presentations, or even the most mundane of tasks such as getting a form signed, I would always end up finishing up some of my important assignments at the last minute, and it is thanks to the seemingly far away deadlines and constant distractions that it always happens.

However, it would come as no surprise that I would end up finishing my essays or projects at around 12 or 1 in the morning the nights before they were due. In fact, I would be rather surprised if I finished an essay for an AP class earlier than around the evening.

Initially, when it came to finishing assignments late at night, I would worry that I would never finish the work *and* get enough sleep by the next day. I guess it is how I've grown preoccupied with other activities such as surfing the Internet or listening to music while I do my work, or how I always think that I would be able to finish a difficult assignment in a few hours only to not do so, that is to blame for the most part. But, just as how people acquaint to living in a new home or driving for the first time, it became a common habit growing to expect leaving assignments to the side for a while.

That is not to say that procrastination is an okay habit, however. Sometimes, leaving important things until the last minute would be a nightmare. For example, I once almost missed my upcoming college's deadline to apply for financial aid; had my mother not remind

me to apply, I would have ended up with the bare minimum of what I could get to even college!

Another example would be the times when I left aside a couple of my Creative Writing assignments until the few days before they were due. Not that I did not mind finishing up my playscript or my short stories, but to finish pages of narrative in a matter of hours did take a lot out of me, mentally and physically.

So the moral of this editorial -- do not ever underestimate due dates for important tasks. Always make sure to get those assignments started early so that finishing them would not so stressful, or always make sure to get *anything* important done early so that you won't forget eventually. You will thank yourself later.

Just a Thought...

By Alexandria Bellamy

It seems like just a few weeks ago it was the beginning of the school year. Seems as if September was only yesterday, can you believe that we only have three months to go?

Freshmen will become sophomores, sophomores will become juniors, juniors will become seniors, and as for the lucky ones, seniors will be done.

High school days will be over. Is it even believable? How fast the school year has gone by.

The craziest part of it all is that some of the students, teachers as well, may not feel as though the year went as fast as others think it may have. The key to make the days go by fast is staying occupied.

The students who choose to work hard through every period are the ones who feel as though their day went quickly. The kids you see relaxing and chilling during the day are the ones who can't wait for the weekend.

For many the the day are extremely long and exhausting. This is due to them sitting in 9 periods for 42 minutes each doing nothing.

It is amazing how one goes about managing their time; time could seem

like its speeding by or moving as slow as snail.

We've reached a little over the half way mark of the school year and it feels amazing knowing how much students have accomplished during these past months.

Reaching this half way point means so much to a senior, it's like wow half way through my senior year, half way closer to reaching freedom, reaching the time to experience college and new adventures.

Realizing how fast this time has come is amazing; realizing that the time actually came is even more of a blessing.

It seems as if the year started a few weeks ago, it is sort of as if the year was over in a blink of an eye.

So far the school year of 2014-2015 wasn't such a bad year, it was surprisingly a very productive year, and I am glad and at the same time sad to say it's almost over.

Stressing Out!!!!

By Kisha Prophette

Let's start by defining what stress is. It is a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances. It is the feeling you get when you're worried, scared, angry, overwhelmed or frustrated. Teens across the U.S. are feeling high levels of stress that they say negatively affect every aspect of their lives, a new national survey suggest.

We need to be informed and alert about what causes stress and how it affects us. Many adults do not think that teens have stress because they do not have to work and do not have a family to take care of.

More than twenty seven percent of teens say they experience "extreme stress" during the school year and only thirteen percent in the summer. Thirty four percent expect the number to rise in the next year. Unhealthy behavior that is associated with stress may start early.

What causes stress? Stress can be caused by physical, social, academic, family problems and so much more. With physical problem teens can experience significant physical changes with hormonal changes which can lead to mood fluctuation feelings of low self-esteem, anxiety and depression.

Mood swings can be a source of stress not only for physical reasons but also because they must adapt their self image as they develop physically and emotionally.

Social problems are very common among teens, most of them want to fit in with their groups, some may feel different and trying to figure out who they are.

Teens may also feel stressed because they feel an increase in social pressure to and engage in early sexual behaviors, experiment with smoking, drugs or alcohol, or to participate in the other

activities they might feel compelled to do simply because they want to be accepted into a particular group.

A lot of teams are concerned with their academic performance which can cause a lot of stress they worry about the future getting accepted into a good college, the one of their choice, keeping good grades, getting homework done or preparing for a test.

There can be a lot of problems at home among teens, family problems such as separating or divorcing, death or illness in the family, arguments, emotional or physical abuse, fighting with siblings, expectation, pressure to do well.

Here are some signs to know if you're stressed:

Sometimes you wonder if you are okay, people keep asking you if you are okay, you are always alone, you can't concentrate, you cry at the drop of a hat, you snap as your friend, you can't sleep, you are always tired, you feel like you drowning.

You may feel like there's nothing you can do to reduce your stress but, there are many ways you can manage stress. Regular physical activities play a key role in reducing and preventing the effects of stress. Be sure to eat a healthy diet, Reduce coffee caffeine and sugar, avoid alcohol cigarettes and drugs, Get enough sleep, Express your feelings instead of bottling them up, be willing to compromise, the more assertive, share your feelings, Set aside relaxation time, connect with others, and most importantly, keep your sense of humor.

Stress can be very dangerous, keep it positive and don't be embarrassed to ask for help if it gets too much to handle.