

The Black & Gold

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A Knight to Remember: Show Choir Benefit Concert



By Domenick Hernandez-Ortiz

We did it again! What do I mean? The Uniondale High School show choir *Rhythm of the Knight* was given the opportunity to go to Chicago to compete for a national title as the #1 show choir in the country. Our main concern was trying to find ways to raise money with haste so we could afford to fly out to Chicago and stay at a decent hotel.

Traditionally we put on a benefit concert a few days before we fly out to Chicago to help raise money for the show choir. This year we needed to raise a little bit more than twenty thousand dollars to pay for our stay at the hotel, bus transportation and seats to sit at the competition.

For those who wanted to go to the show had the option to buy VIP tickets. The VIP tickets were \$35 per person. The VIP package included a guaranteed seat in the first 3 rows, a bag with souvenirs, T-Shirt, backstage access, a light reception and an hour before the show to take pictures with members of the group. The individuals who purchased VIP tickets also had the chance to walk through on a red carpet.

In preparation of the show, we practiced 3 songs we knew from previous years. The songs were *Sing, Sing, Sing*, by Benny Goodman, our own version of *Rhythm of the Night* by DeBarge, and our rendition of *42nd Street*, a musical. We also had special guests perform who are graduates from Uniondale High School and are Rhythm of the Knight alumni such as, Kenyo Baly, Khalid Gallant, and Erika Bagley, to name a few.

Kenyo Baly is a 19 year-old singer who sang one of his own original songs, *Hate the Mistake*. It really is a good song by the way, so make sure you check him out as well as the song. There were other special guests such as LC Entertainment and the jazz band's very own group, *Band on the Floor*, a group of students who are currently in the jazz band.

Since it was a benefit concert, the show was separated into two different acts. Act 1 showed off the other groups to make sure the audience was awake and made sure they got their money's worth of a great show. After Act 1 was over, there was a 15 minute intermission which allowed the audience to go into the lobby and buy refreshments. This also gave time for the Rhythm of the Knight to eat food and change into their second costumes for the next act.

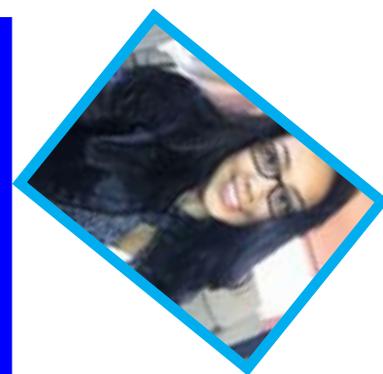
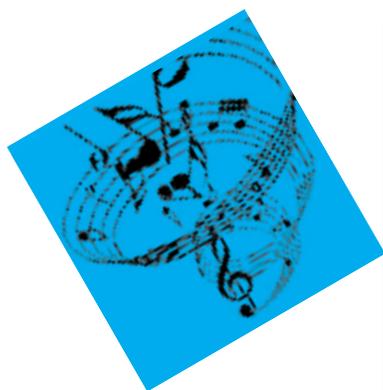
Act II was the highlight of the show and was the main attraction. It contained a wide variety of music genres. The songs we performed were, *Carmina Burana* by Carl Orff, *Writing on a Wall* by Dear Hunter, *Back in Time* by Huey Lewis and the News, *Turn Up the Music* by Chris Brown, *New York New York* by Frank Sinatra, *I Got Rhythm* by Ella Fitzgerald, *Glory* by Common featuring John Legend and *Uptown Funk* by Bruno Mars. Of course, with the amount of songs that we were given, we needed soloists for almost every song. The talented soloist(s) were: Ariana Morrison for *Writing on a Wall*, David Cuttino for *Back in Time*, Nigelee Rowser for *I Got Rhythm*, Johnasia Welch and I for *Glory* and Gabriell Baldie for *Uptown Funk*.

Overall, the benefit concert turned out to be a great success! We obtained a little bit over the amount of money that we needed for Chicago.



Summer Music Festivals

By Katherine Melendez



As the weather gets warmer, days grow longer, and the school year starts to wind down, the only thing running through my teenage summer crazed head is what summer 2015 has in store for me.

Summertime is the perfect time to accomplish any goals we set for ourselves in the beginning of the year. It is the time to cross off items from our bucket list; to do the impossible; and leave behind the stress that we have been dealing with all school year. What would be an unforgettable addition to my summer to do list? Attending a music festival with my closest friends.

Over the years, there has been an uprising in music festivals. Who wouldn't enjoy being surrounded by people who vibe to the same music as you? Music festivals and the summer are the perfect combination. Such events can go on for an entire day to an entire weekend. A music festival is more than just a musical experience; it is a place to meet new people, look out for one another, and come together over shared interests.

If you have turned on the radio or your tv, you will have noticed an increase in the number of electronic dance music (or EDM) DJs and producers in the music industry. EDM is by far the fastest growing musical genre in the industry. Most music festivals focus mainly on this type of music, which can also be broken down to several sub genres including hardstyle, trap, dubstep, etc. P.L.U.R, which is an acronym for peace, love, unity, and respect, is the mantra of the rave and EDM culture.

Unfortunately, for underclassmen looking to attend raves and EDM music festivals, they are almost *always* 18+ events. On the bright side, these events are perfect for high school graduates who want to enjoy their summer post high school and right before their first year of college. The following are a list of upcoming 2015 music festivals that target electronic dance music:

Electric Daisy Carnival (EDC) was an 18+, 2-day event that took place at Metlife Stadium in East Rutherford, New Jersey. This year, EDC was held on Memorial Day weekend (May 23 and 24). On both Saturday and Sunday, the festival began at 12pm and ended at 11pm. It had an incredible line up and carnival rides.

Electric Zoo (EZoo) is an 18+, 3-day event that is going to take place Labor Day weekend (September 4, 5, and 6, 2015). The location of Electric Zoo is Randall's Island Park, New York City. Identical to EDC, the festival is from 12pm to 11pm.

Both of these music festivals can be very pricey, especially for students who are not currently employed. The starting price for EDC (2-day general admission) was \$221 and the starting price for EZoo (3-day general admission) was \$199 but as the dates grew closer, price increased. Payment plans and single day tickets are also available to both events.

For high school students under the age of 18, there are still music events you are eligible to attend. If you are not looking to spend as much, **Vans Warped Tour** is an event you should definitely look into. It is a traveling music festival that is held in different venues across the United States. Tickets are \$61.50 (plus tax) per person. This year, it will be held at the Jones Beach Nikon Theatre in Wantagh, NY. This event has no age limit compared to EDC and EZoo. Hip-hop, pop, rock, alternative, indie are just a few of the music genres that coincide with this music event. It is a one day event, taking place on July 11 from 11am to 10pm.

Governor's Ball is another music festival that is not subject to an age limit, except it is still around the same price as EDC. It is a 3-day event, June 5, 6, and 7, 2015, and will be hosted in the same location as Electric Zoo, Randall's Island Park. Artists such as Drake, Lana Del Rey, Deadmau5, and the Black Keys will be performing at this event.

Every summer is another opportunity to go out and make memories. By making it your goal to attend one of these events or your favorite artist's concert or even just a free concert in the park, you will definitely have stories to share for years to come.

MUSIC



As Told By A Female...

By Joy Anne Andres

Spring is definitely here! The birds are chirping, the grass is growing, the sun is shining... This calls for doing some spring cleaning, and switching the wool sweaters and Uggs for the blouses and sandals!

Now that it's finally getting warmer, that also means that Uniondale High School's internal atmosphere is getting more humid and sweaty--and a little bit crazier. Everything gets shorter and shorter: dresses, skirts, tops, the usual components of a spring wardrobe. Of course, these are articles of clothing that females usually wear, and that's the main problem—they are always the ones being scrutinized at the metal detectors.

“Dress codes apply to both genders”

So they say. But when was the last time you saw a male being sent home for exposing too much skin? Or for sagging their pants? The chances of witnessing that situation is seldom. Usually, they are given a warning and sent on their sagging way.

“I don't think it's fair, I mean, girls shouldn't come to school with booty shorts and a tank top, but if you're wearing decent shorts and a tank top, I don't think that's a problem. Girls shouldn't be suspended for a bra strap when there's guys walking around showing their butts,” said Miriam, a UHS senior.

It's hard to believe that the dress code is equal, when the school has a specific rule refraining females from wearing leggings—pants that literally cover the entire leg down to the ankle.

“You're covered up completely the same way you would be with jeans,” Julissa, also a UHS senior, said

Females should be able to learn to appreciate their body. Self-confidence is a trait that should be possessed by both genders, especially during and after high school. It's something needed to be content with oneself in life.

“You don't want to be a distraction for the male

OPINION

students”

Of course, we're the ones distracting the males. It should never—and I mean NEVER—be our fault for being attractive. Yet it is. I strongly feel that the real problem are the ones being distracted. Our maxi dresses and toned legs shouldn't be the ones to be blamed for low test results and the classes that the males are failing. Males should have as much self-control and focus on the main goal which is to get an education. We are only being punished for the wrong that the males are committing.

According to thenation.com, dress code policies found in schools across the United States are the reason why our country has the sixth highest rate of rape in the world. It is totally unfair for younger girls to be raised into a society where we are blamed for dressing the way we choose to dress. Because of the cultured age we live and grew up in, we cannot deny the fact that appearance through apparel is a crucial way to express ourselves. High-waist shorts and crop tops are in (again). From head to toe, what we wear is a reflection of ourselves and what we wear is reflected on today's fashion culture.

In general, we should present ourselves to the world with self-respect. That's where we should take responsibility in what we wear. We all have different personalities, but we should be aware of the line that stands between inappropriateness and decency.

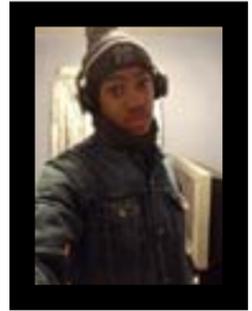
One of the main reasons why we choose to dress ourselves for school in anything but pants is because the halls and classrooms become so humid and the seats get so sticky... The life-sized fans only do so much. I think we wouldn't be choosing to show so much skin if our school was blessed with centralized air conditioning. In fact, I believe that would even decrease dress code violations for students of all grades and genders!





Prom Night Decisions

By Joshua Galley



Prom night is nearly right around the corner. Most students are well-prepared and have their dresses and suits ready, the limo paid for, and plans have been made for what the night offers for after prom.

What most people do not plan for is how to stay safe and out of trouble. Whether we like to admit it or not, prom night can present individuals with a host of bad decisions to choose from.

With the help of some simple tips, prom night can prove to be an awesome night to remember.

One way of staying safe is by being cautious and aware of your surroundings at all times. If a limo was not financially feasible and you will be taking your date to the prom in

your grandfather's Pontiac, then you need to be very mindful of the decisions you make while going to and from the prom.

There are some teen drivers who believe that having one or two drinks before driving is ok. Truth of the matter is, that one drink can alter your ability to make quick decisions while behind the wheel.

If possible, it is always best to be open and honest with your parents and guardians about your plans for the night. The reality is that drinking does occur during prom, regardless of whether it is legal or not. If you do make the choice to drink, then make the choice not to drive. Call a cab, call a friend, or if you can, call your parents.

It is also important to

remember intoxication by alcohol or drugs can lead to poor judgment and dangerous situations. For example certain people can end up driving under the influence, having sexual relations, or suffering from alcohol poisoning, which can be deadly.

The facts are that 33 percent of traffic deaths of 15-20 year olds are alcohol related. For those who do follow the in crowd and decide to get drunk and high if you feel that you are endangered or uncomfortable, leave immediately.

Statistics show that most students will try something that they haven't done for a first time during their prom night. Historically, prom night is a night of bad choices. If students plan ahead and

decide that the night will be filled with smart decisions then they will be less likely to partake in behavior that can be deemed undesirable or dangerous.

Being a teen can be tough and at times very trying. It is imperative to surround yourself with really good friends who really have your back, and also be a really good friend to those who really care about you.

If you are not sure about certain things, talk to your friends that you trust and your family. If you can keep that in mind while going to prom, it will surely prove to be one of the most memorable nights of your life.

Dress to Impress

By Seymour Suncin

Senior year is a time for college applications, scholarship applications, and prom. This is the time of year for high school proms, and that means it is also the time of year for a lot of prom-related anxiety.

According to Real Men Real Style.com it advises whether a guy goes for a tux or a suit, he should avoid anything that comes in a shiny, plastic-like, brightly-colored fabric. Instead, he should deck himself out in the powerful elegance of black and white. With just a few tasteful touches of color here and there, he will be an impressive alternative to the guys in the goofier, novelty-style "formal" garments. Keep it classic, keep it timeless; and keep it tasteful.

Make sure that what you decide to wear you keep it classic. You do not want to look like you are a player dressed in a colorful suit with a matching hat, pants, shoes, and a cane. Look for something traditional and classy. Avoid using highlighter colors--you want to stand out at prom not look like a Sharpe highlighter.

Make sure that your outfit is timeless and easy to get dressed--you do not want to get an outfit that is going to take you hours to get ready for prom. If it takes you longer to get ready for prom than the actual duration of prom, then it is not such a good investment to make in that outfit.

Make sure your outfit is easy to get dressed and it is comfortable, the last thing anyone wants is to have an uncomfortable that itches and scratches with every move.

Remember this is prom, it is meant to be fun and enjoyable for yourself not stressful so try to avoid stress and keep your outfit stress free.

What most people call formal wear is actually semi-formal, and it means a tuxedo jacket or black-tie outfit. Realistically, your prom will not be a strict black tie event. It is impossible to hold a crowd of high school students to that standard, to say nothing of unfair to students who do not have the resources for an elaborate rental outfit.

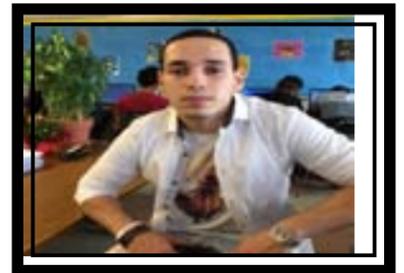
But it will certainly be an option at most proms, and for a guy who wants to look wickedly sharp it is still the best choice out there. By dressing to true black tie standards when most of your peers are in more costume-like garments, you're sure to stand out.

If you are going to prom with a date, make sure you two decide on what to wear. Both the guy and girl have to coordinate with each other and compromise with each other's outfit. It will look very odd and messy if the two of you are wearing two different colors.

Try not to get talked into matching outfits. A little complementing contrast between you and your date is a good thing. If she is wearing a light blue dress, a dark blue boutonniere flower on your tux or a navy-and-gold necktie with your suit is more than enough of a nod to her choice.

You're trying to look like two charming young people, not a wedding cake topper. It looks nice when both the girl and guy coordinates well with the color.

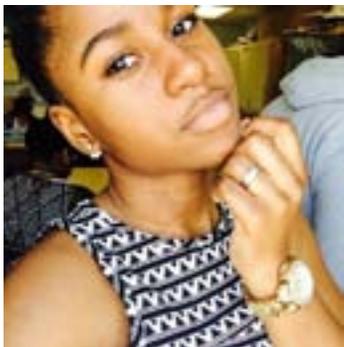
Prom can be very stress-



ful but only when you make it stressful. Remember to keep it easy, traditional and timeless.

Whatever you choose to wear, good luck and remember that the most important part of your outfit is your demeanor and your respect toward your peers and your companion for the evening.





Philadelphia Bound

Jerryka Abraham-Suncin

On Monday March 30 through April first, the Student Nursing Assistants of Uniondale High School departed for a three day trip. We received a grant money from Nassau Community College and decided to go on an educational journey. During our trip we made various health related stops.

We started our journey from Uniondale High school for a 3 hour ride to the Franklin Institute in Philadelphia. The Franklin Institute is a science museum and center of science education and research in Philadelphia. It is named in honor of the noted American scientist and statesman Benjamin Franklin, and houses the Benjamin Franklin National Memorial.

Its purpose is to educate visitors through hands-on activities. There is a giant heart and brain that visitors can walk through. A fun fact is that the giant heart is the right size for a 220-foot tall person or someone as tall as the Statue of Liberty.

Visitors can crawl through an artery and pretend they are a blood cell navigating through 8-foot long clear and clogged arteries. You can investigate the spiral of animal hearts and find out how the size of a human heart compares to other animals such as a bird, gorilla and even elephant. One can step into a surgical suite and watch how surgeons perform open heart surgery. It is also possible to travel through a two-story tall neural network climbing structure with dynamic lighting and sound effects that are triggered by footsteps. After our visit we went out to eat Philly cheese steak since we were in Philadelphia.

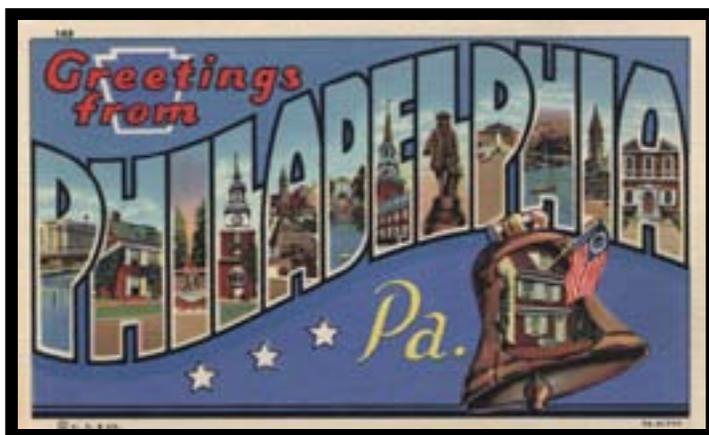
After devouring the delicious cheesesteaks, we headed to our hotel which was over two hours away went on to another 2 and a half hours drive to our hotel. We stayed at the Hyatt house for 2 nights. On the second day we went to the National Health Institute. NIH's mission is to seek fundamental knowledge about the nature and behavior of living systems and the application of that knowledge to enhance health, lengthen life, and reduce illness and disability.

People who have rare diseases go to NIH to be evaluated and get special researches about their disease. Some patients there are trying out new drugs that have never been used before. Some other patients volunteer to test out new drugs and get evaluated to see the result or effect of those drugs.

We also went to the Walter Reed National Military Medical Center which serves more than 150,000 active and retired personnel from all branches of the military, admitting 16,000 patients a year. As a provider of tertiary (specialized) care and a referral center for the North Atlantic Regional Medical Command, Walter Reed offers a broad range of clinical, educational, and research opportunities. For instance, on an average day, over 6,000 radiographic, MRI and CAT procedures are performed, and over 4,000 meals are served. It also is the president's hospital.

We also visited the National Library of Medicine a center of information innovation since its founding in 1836. The world's largest biomedical library, NLM maintains and makes available a vast print collection and produces electronic information resources on a wide range of topics that are searched billions of times each year by millions of people around the globe. It also supports and conducts research, development, and training in biomedical informatics and health information technology.

Over all our trip was an amazing experience. Philadelphia opened its heart to the students of Uniondale. It truly was a trip to remember.



Summer shenanigans

By Reche Neysmith

One thing I love about summer vacation is that every summer is different, in various ways. Each summer comes with new fashion, new music, new events, new friends, and more. This summer I am sure it will be one of my personal favorites. This will be my first summer leaving high school knowing I will never be coming back. This will be my first summer as an "adult" as it also will for most of my peers.

As a recent high school graduate you should be thinking about school related things to prepare yourself for college, you should still remember to make time to have fun, hang out with your friends and do things that have absolutely nothing to do with college applications this summer. Colleges do not expect newcomers to spend every waking second learning, volunteering and improving. The important thing to do is try to find a median between fun and productivity.

When it comes to summer vacation what would be fun to you? Some people work, some people travel, some people sleep, and some people set aside a little time for all of the above. What do you usually do for most of the summer? I love traveling, going to concerts, and working during the summer.

Those three things give me different experiences and stories to tell. I work so I am still using hours throughout my week being productive. I go to a concert called "Hot 97's Summer Jam" in the beginning of the summer to get my fun started and I also try to always have taken some type of out of state vacation for a change of scenery.

I always keep in mind summer is really only 2 months. Our 3 month vacation is nowhere near as long as our school year, but it still is enough time to find that median I was talking about. Do some volunteer work at a daycare or an animal shelter, get an internship at a cool company that you may actually want to work with or maybe even just get a part time job. It is still OK to be a normal teenager, enjoy this time for fun while also finding time to be productive because school is most important.

With the ideas I have given on how to use your free time this summer, I hope everyone has a great summer. Try not to sit at home all day, utilize your time, and enjoy the weather. Colleges are looking for motivated kids who do other things in addition to logging some well-deserved rest and fun this summer. You do not have to spend money on an expensive program; you just need to spend your time doing something interesting yet productive that excites you.



Summertime Dress

By Tatiyana Mothersil

With summer upon us, the administrators have really cracked down on enforcing the dress code.

As summer nears, we begin to shed our heavy sweaters and Ugg boots to reveal brightly colored tanks and shorts. Students look forward to ditching their heavy winter clothing for the sportier and at times, skimpier summertime clothing.

The dresscode of schools from yesteryear were a lot more severe and often did not afford students with a second or third chance. Girls who violated dress codes were sent home to change, boys were suspended or expelled. Curvy girls were considered a distraction and were often blamed for discipline problems.

By applying a dress code that can teach a young girl self-respect and provide a moral and dignifying perspective of one's self, cannot hurt. I know self-expression is a big issue for young people, but there are ways to express one's self without demoralizing ones character with suggestive attire. In a dress code there is no freedom of expression what so ever. Teachers expect us to express our feelings and emotions but they can choose what we can wear and can't wear? If parents care they should be the ones to decide what we wear and what we don't wear. I do agree that there should be some sort of dress code but just not as strict.

I believe that people should have the right to express themselves just like they have the right to freedom of speech. High school is a very difficult time for many teenagers, and finding themselves is even harder. They are trying to find out where they belong, we can't tell them how to dress because it's hiding who they really are as a person. Bullying rates will be the same either way, changing what a person wears will not change what certain teenagers think of other teenagers. Self-expression could definitely make a stronger person so they can stand up to those who are bothering them.

Chance's Corner

By Chance Coriolan



An Interview with Dr. Green

Chance: What is your favorite food?

Dr. Green: *My favorite foods are collard greens and cornbread.*

Chance: What is your favorite breakfast cereal?

Dr. Green: *It would have to be Kellogs Cornpops.*

Chance: What is your favorite holiday?

Dr. Green: *My favorite holiday is definitely Christmas. I love all the decorations and festivities.*

Chance: What is your favorite season?

Dr. Green: *I love summer and everything about it--flip flops, the beach and BBQs.*

Chance: What is your favorite movie?

Dr. Green: *My favorite movie is Coming to America. It is just so funny.*

Chance: What is your favorite book?

Dr. Green: *My favorite book would have to be Mufaro's Beautiful Daughters*

Chance: What is your favorite flower?

Dr. Green: *I just love a calla lily*

Chance: What is your favorite number?

Dr. Green: *Lucky seven is my favorite number*

Chance: What is your favorite television show?

Dr. Green: *Criminal Minds because I love suspense.*

Chance: What was your favorite vacation?

Dr. Green: *Since I love the beach, I love to visit Florida and Jamaica.*

Chance: Who was your favorite teacher?

Dr. Green: *My favorite teacher was Ms. Montemarano.*

Chance: What are your favorite hobbies?

Dr. Green: *I love to read, go to the beach and of course I love to cook.*

Finding a Cure for Senioritis

By Alexandria Bellamy

As the weather gets warmer and the days seem longer, there seems to be more free time and staying confined in school get more difficult. The warm weather makes people, especially students like me, want to stay outside to enjoy it.

I have older friends and siblings who have already graduated and as I scroll on Instagram and on Facebook, I notice they are out at breakfast, or out taking a stroll on the beach. Their days seem as if they are so fun and exciting while I am sitting at a desk in a hot and stuffy classroom.

I spend my day looking out the window dazing off, just watching the world go by, wishing I was free.

I wake up in the morning before class and throw on sweats or shorts, a t-shirt or a tank top--depending on my mood. Suddenly, I lose interest in getting dressed and trying to impress--instead all I can seem to do is get through the day as I patiently wait for the last bell to ring. I find myself just staring at the big round black and white clock above the door. I quickly diagnose myself with a terminal case of senioritis.

Throughout the year most students are on their grind working hard to persevere graduating. Students come to school daily, make it to class on time, complete all assignments, and lastly trying their hardest to stay on the teacher's good side. Working hard in school seems to become something like a second nature to most students.

After the months go by, the seasons change along with the action of most students. The weather gets nicer and students get lazier. The warm weather is their cue for relaxation. It may seem like a made-up illness to those who have never seen it in action or a joke to people who have never suffered the consequences, but senioritis can cause terrible consequences for teens.

While senioritis is not really a physical disease, it is a phenomena that happens when a high school senior looks at how much they have accomplished and how little they have left to do.

Senioritis is not necessarily always as bad as researchers say it may be, but it can have some pretty damaging side effects. It can cause a senior student to give up too early in the year and end up ruining their college process. It may cause for some students to fail classes that are needed to graduate, and in rare cases, senioritis may cause seniors to spend their summer in school recovering from the side effects.

Whether you are suffering from a mild or an extreme case of the senior bug, there is hope for a cure. Individuals who suffer should hold steady and wait for June 27th to arrive--all symptoms should be gone on that day.



Managing Senioritis

By Edward Jose

School has just begun and most can sense the feeling of having our cap and gown on, ready to graduate! As the time gets closer and closer, some can seniors develop "senioritis." Senioritis is a type of condition that seniors face during their last year in high school, making it hard for them to pay attention in class because most overcome with a lazy and indifferent attitude.

You can find ways to avoid getting it; but other students just choose to not do anything to make their year go by quicker and uncomplicated. It is hard to recognize senioritis at the beginning stages because it starts out innocently. There are a variety of ways to take yourself out of a situation that may lead you from getting senioritis.

High school seniors try to balance extracurricular activities, a social life, college admission and perhaps a part-time job--making it hard to focus and pass classes. Once it is that time where students get accepted into the college of their choice they feel as if the school year is over for them.

Experts in the field of education believe that the main reason for senioritis is the college acceptance process. Grades still matter and homework still is part of their routine but students may put it all aside and it makes their grades drop tremendously.

Schools all over the United States keep experiencing a wide change in grades which is not what schools want for the benefit of the students.

Extracurricular activities are a good way to prevent senioritis. Putting together ideas and joining clubs that will help make your senior year the one to remember and never forget is what it is all about. Anything that is active or educational to your own benefit makes a difference which there is no need to have senioritis.

Senioritis can make changes to your educational performance or even your future. Most students choose to cut their classes on their schedule to get early dismissal just to hang out or sleep making them more and more lazy as the school year comes to an end. Students feel as if they do not have to do any school work and they end up just slacking. Colleges can still get a look at your final months of your senior years which can limit the chances of you getting into most of your top schools you applied for.

Since senioritis is said to be contagious as has been known to spread among a senior class quite quickly. The majority of the seniors who hang out with the wrong crowd can also enable them from having passing grades and can mostly likely get senioritis.

You have gone through four long years of stress and school work and you feel you deserve a break but the end result is that senioritis may kick in. Enjoying that time as a high school senior and not rushing it puts you in a good position and path to having a smooth year. For those going through senioritis it can be prevented if you make that choice to go the right path.

The only known cure to get rid of senioritis is graduation which is what many students are definitely looking forward to so make sure your grades are at the top so you can be able to graduate. Make the right decisions because you do not want a phase you are going through ruin any memorable achievements you have accomplished.



Key Club Hits the Road

By Astrid Beltran



The 67th Annual Leadership Training Conference held at the Desmond Hotel was a massive success and was such a great experience!

With over 800 Key Clubbers from all over the New York area, our Key Club officers got the chance to meet with other key clubbers around our district and got to participate in fun workshops with them. This year's leadership conference was held in Albany, New York.

Before we arrived at the Desmond Hotel, we actually had spare time to kill and decided to go and explore. We ended up going to Howe Cavern We got the chance to have a great tour and learned many facts about the formation of the cave. We experienced the mystique River Styx, Titan's Temple and the Giant Formation.

Upon arrival at the Desmond, we immediately felt the atmosphere, one that we were used too. For one weekend we were surrounded by students who we had so much in common with; individuals who want to make a change and be better leaders. I met so many nice people who I swapped social media with, played card games, and held deep conversations

Our former Key Club governor Jacob said, "If you didn't make at least 20 friends, it's like you never came."

The food was amazing, the workshops were fun and I honestly loved the feeling that LTC gave me, the energy was indescribable.

Our first night was packed with a bunch of events on our planner, our last event before free time was play fair.

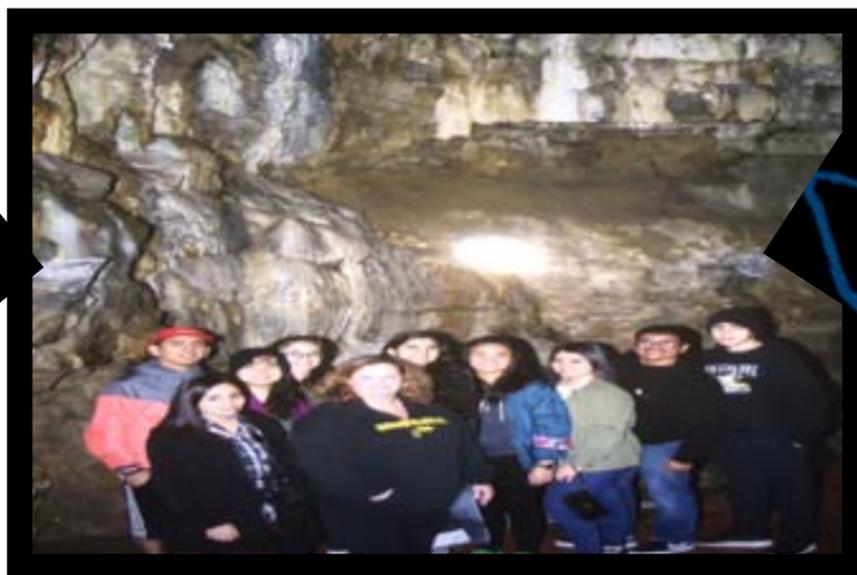
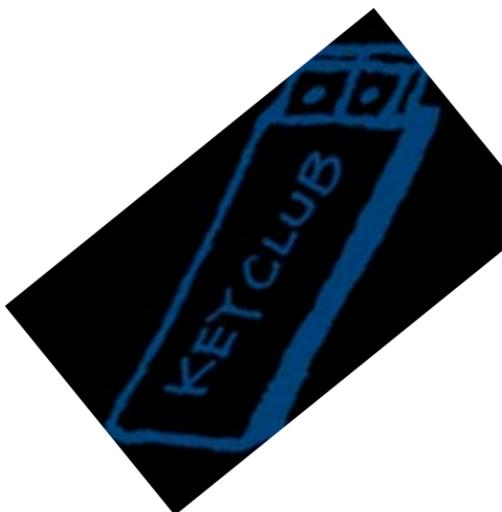
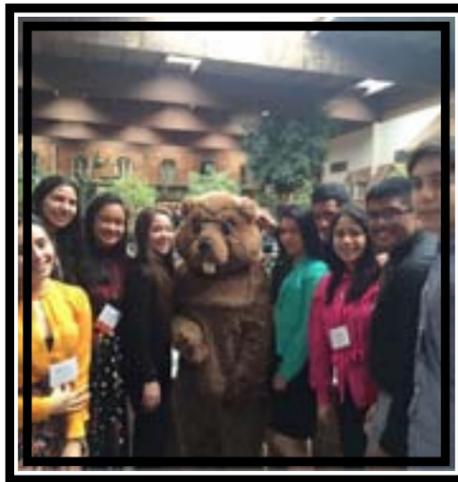
Play fair in short, is a giant ice breaker for hundreds of students to get to know each other, we were mixed with people who played the same sports as you, who had the same birthday as you, same amount of siblings, or the different hobbies you were involved in.

This helped lead the way for comfort ability amongst other for future activities. Even though it was really hot and musty, it was tons of fun because we completed various task with your group of you, plus four random key clubbers.

The workshops that I attended were educational. My favorite one was the thirst project workshop, we learned so many things that I was not aware of! We also

learned way in which we can all help people in third world countries that do not have clean portable water. We also reelected our new governor, district secretary, and international trustee.

What I learned and was amazed by is how everyone at the conference was really all around the same age group 15-17, and have accomplished so much in a short period of time. I left the conference wanting to do better in life by being a better person.



Victory for U.H.S. at the Victory Challenge Games

By Katherine Melendez



On Friday, May 29th, 2015 several classes from Uniondale High School were invited to attend the Nassau County Victory Challenge Games for the Physically Challenged. The event took place at Mitchel Field Complex in Uniondale. Students arrived at around 9:30am.

Children and adults from all across Long Island joined to partake in this phenomenal event as volunteers or as participants. For those volunteering, there were several games and activities they could assist in.

Activities aside from the actual games included, but were not limited to: face painting, bean bag toss, ring toss, sponge throw, and several more. One of the childrens' favorite pastime was face painting. Kids of all ages lined up to get their face painted by volunteers.

Myself and other Journalism students including Astrid Beltran, Edward Jose, and Angel Rivera, had the opportunity to play volleyball with other volunteers, adults, and physically challenged athletes. The game was filled with nothing but excitement because all were welcomed to join.

Score was not kept. The number of people on each team did not matter. The 3 hits per team rule was irrelevant. The only two things that did matter was that: 1. everyone got a turn and 2. that everyone was having a good time.

Once everyone settled down and had the opportunity to browse the event grounds, athletes made their way to the game field while bystanders made their way to the sidelines.

Athletes competed in track and field, obstacle courses, wheelchair basketball, and plenty other sports. The beautiful thing about this event is that it was not about winning or losing, it' was about giving these children the opportunity to compete.

Watching everyone come together to support the participating athletes was one of the most best things about the whole event. Some people made signs while others wore team shirts.

The bystanders not only cheered for their school or individual but for everyone! You could sense nothing but positive energy coming from the bleachers

The event was a huge success as hundreds of people gathered to be involved. The Nassau County Victory Challenge Games for the Physically Challenged is an annual event. So next year, gather up a group of your friends to attend as volunteers or a support group!

The athletes could use all the support they could get! A small act of kindness goes a long way and just by showing up, you're making an impact in the lives of these athletes.

