Bayside High School Faces Budget Deficit for the School Year

BY TINA GURCHAN

In September, it was revealed that Bayside High School was underfunded by about $3 million. The community has voiced their outrage at the unfairness of this budget, which is also bringing members of Bayside closer together. Despite possible solutions, it is unclear if these changes will occur. Each year, schools are allotted a certain budget based on their population. Although Bayside has a high graduation rate, among other remarkable aspects, a financial loss so large was unexpected. According to an article in Patch, “Bayside High School PTA Decrees $3M Funding Shortfall”, by Maya Kaufman, Bayside has become familiar with these cuts over the past decade. The Department of Education (DOE) is responsible. As Kaufman states, “The DOE uses a formula known as ‘Fair Student Funding’ to pool and distribute city, state and federal school funding to each city school.” This formula, though, hurts other high schools that perform similarly to Bayside.

David Solano, a member of the Friends of Bayside High School, was quoted in an October 2, 2019 article in the New York Post, “Bayside High School senior, Jessica Li, adds, “We go back-to-school shopping every year with the mindset of getting new supplies to use...never should we think about how these essentials can help us in dire situations.” Through the website, Bayside High School, NYC District 26 Public High School, Photo From: Google Maps

Bayside High School, NYC District 26 Public High School

Sandy Hook Promise Releases Chilling PSA

BY LAUREN KIM

Every December 14th, we are reminded of the tragic event in 2012 that has been engraved in our hearts as we send our condolences to the survivors and victim’s families of the Sandy Hook Elementary School Shooting in Newtown, Connecticut. As we mourn the 26 deaths committed by 20-year-old Adam Lanza, the constant issue arises on ways to prevent such school shootings. To address this, the Sandy Hook Promise was created, whose mission is to spread awareness and educate the public about gun violence. Among the many programs offered, the Sandy Hook Promise has also made many campaign videos, their most recent one being a “Back-to-School Essentials”, which was released on September 18, 2019. According to Meghan Graham’s article from CNBC, “The organization said this will be its biggest campaign to date.”

What sets Sandy Hook Promise’s campaign videos from others, is their light-hearted feelings of back to school. Bayside High School senior, Jessica Li, adds, “We don’t think typical fundraising would help with such a large cut. Other than that, it’s mainly about making noise and raising awareness about this issue. If enough people speak up, it might make a difference.” It is important that Bayside is reinstated for this loss, but it cannot happen without action.

While there may be some differences, it is clear that all students care about the treatment of their school. Bayside is an outstanding school, and a great deal of credit is due to its hard-working students. However, the school can only maintain its standard if the DOE implements the “Fair Student Funding” formula fairly.
**School Life**

**Advice to All High-Schoolers**

BY ANGIE GALINDO

As school is back in session for the year 2019-2020, incoming freshmen, sophomores, juniors, and seniors come back to Bayside High School to gain new knowledge and experiences. However, each grade in high school goes through different problems, and with these problems, many students become stressed, anxious, and in some cases, depressed.

On this note, a select few Bayside High School students at each grade level have volunteered to share some advice for everyone in order to help out their peers.

Beginning with the most daunting and intimidating time of high school, Bayside High School freshman, Stephanie Contreras, comments on her experience.

“The transition between middle school and high school is significant. Entering into a new environment can be overwhelming. Some struggles that I went through were making new friends, getting lost, and adjusting to harder classes. I wanted to continue playing sports. I decided to try out for the junior varsity volleyball team and I made the team. Between school and practice, my schedule is all over the place. In the end, that won’t stop me. Focus on yourself and where you are headed because the future is going to shine bright.”

For our sophomores, Bayside High School sophomore Daniela Garcia states, “Being a sophomore is stressful. One of my struggles right now is to get over 1400 on the PSAT because I’m trying to graduate in my junior year in January 2020. If you’re planning on graduating early in your junior year, your sophomore year counts the most because colleges look at both the PSAT and SAT scores. Any advice I can offer to my peers is to go to all your classes, take notes and always ask questions. In stressful situations, I make school my priority. I believe education is important but so is self-care, manage your time between friends, family, and school.”

Some believe that junior year is the most stressful time. Bayside High School junior Ryan Nandlal states, “Junior year is known to be the most important year of your high school experience. I believe this is an accurate statement because as juniors, we have a lot of things to worry about. I have to take the SAT, some Advanced Placement exams, and a few Regents exams during this year. Exams like these bring stress upon many students but the best way to manage through this whole process is to not overthink and don’t second-guess. These are the main reasons why so many students get so worked up and feel overwhelmed by the amount of work they have.”

Finally, during the last year of high school seniors prepare to move on to college. Bayside High School senior Jose Sanchez offers sound advice for this nerve-wracking time period. “Make your senior year count. If you’re worried about the college process, always ask for help. Don’t be scared or embarrassed. I’ve seen many people stress about what to do after high school. Quite frankly, I don’t know what to do after high school. Some of us are scared for the next phase of our lives. Some people might believe that school isn’t for them and skip school/classes, but by doing that, we hurt ourselves and don’t use the time we have left in high school. This doesn’t just hurt you grade wise but as an individual too. For people who are stressed, talk about it with someone or write it down somewhere because you will eventually get through it and look back and be proud that you persevered through that stress.” Sanchez added.

Those are some voices from Bayside High School and their thoughts should be heard. No matter where life takes you, be the change of many generations and make an impact on the world.

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**Increased Nutritional Value Degrades School Lunch Quality**

**BY CHARLIZE LIN**

In 2009, USA TODAY investigated the meals served in U.S. schools and the result was that the health standard was lower than fast food establishments. Schools had served greasy fries in place of vegetables, sauced up chicken, etc. As a result, laws were signed to improve school lunches in continuing years. Students are now served more variety of vegetables rather than just french fries, less salt, and more grains. Programs for school lunches improved the diets of the younger generations to suppress America’s crises like obesity. However, these changes have caused stigma against school food.

By law, schools have to feed their students healthy food so that they can perform better. The U.S. has changed the taste of the food to promote a better diet, but that effort is wasteful because many students avoid eating the nutritious food. Bayside High School sophomore Monica Jiang commented, “In my opinion, the school food is often too bland and tough to chew, especially the meat. The appearance is unappetizing. The texture is soggy.” The government has yet to convince students to eat school food.

Every country has its own standards on what a proper meal is. In America, a typical school lunch includes milk, sandwiches or chicken nuggets, and french fries. Although most countries have similar conditions, there are some countries that have developed a better system. One of the things Japan is known for is their school lunch service, Kyoushoku. With freshly cooked meals and discipline, students are assigned responsibilities in each classroom to serve food or to get the food from the school kitchen. Through this, students are taught manners and hygiene as well as experiencing independence as individuals. It is mandatory for them to wear gloves, caps, and lab coat like aprons. In America, students line up and have lunch aids to serve them. Correspondingly, Bayside High School sophomore Isabella Chen, who goes to the cafeteria instead of the library for lunch, states, “One time I found a hair in my Mac and Cheese. It was disgusting.”

School food actually comes from farms all over America, delivered on truck. As for its origins, lunch aides take the food and heat it up and then serve it to the students. According to Debra Ronca’s article “Who Decides What Goes Into School Lunches?” on the website HowStuffWorks, Ronca states, “The majority of America’s schools participate in the National School Lunch Program (NSLP), which provides low-cost or free lunches to more than 30 million kids a day...Local school authorities make decisions on the specific foods and meals prepared..."
The Ubiquity of Psychology

BY NICOLE MASELSOHN

No matter age or location, everyone has an influence from psychology. The study of behavior and the mind supports the theory that one’s actions are dictated by the force that acted upon them first. There is no problem for anyone unless it has entered their mind by affecting them personally. People will not perseverate for a solution unless they are presented with a problem.

During the early to mid 1900s, children and families everywhere rejoiced while cooking and baking cakes; they were able to lick the batter made with raw eggs off spoons with happiness. The one problem was that nobody knew the risks in their actions. Since there was no illness or diseases presented to society, eating raw egg was not considered dangerous. However, studies in the late 1970’s and early 1980’s discovered the presence of salmonella in raw or undercooked eggs, which proved to be harmful to the human body. After the discovery of the problem that was seen in raw eggs, eating cake batter was stopped by parents and children alike.

Problems are not seen unless they are shown to us clearly. As time progresses, the way we think affects how we act. According to Bayside High School Psychology teacher Ms. Tsolka, “There are many different perspectives we have based off of the life around us. One perspective that many of us have is evolutionary.”

Scientists have argued that social behaviors develop through genetics and inheritance; this emphasizes the role of biology and gene transmission across generations to explain the behavior of consuming raw eggs. This evolutionary perspective can also be used to show why generations of people act the way they do. One example of this can even be found at work, where a man simply agreed with his boss instead of fighting in order to keep his job. The man learned not to argue because he knew the result of the decision he chose would allow him to keep his job, thus continuing his steady income. This supports the popular belief that cognitive mechanisms, such as knowing how to respond in a situation, are underlying adaptations shown through our behavior.

Our behavior at school also draws inspiration from psychology; by seeing what others do to either get in or out of trouble, many of us mimic this behavior as an instinct to survive the day. We may see our classmates studying or we think they are paying attention in class, and then we realize the teacher begins to favor them. Now, your brain in return, tells you subconscious to mimic their actions in order to rise to success, thus enabling your future to prosper and enhancing your ability to succeed.

Although you may not realize it, every action one takes is a reaction from our hope to live, our hope to continue the life that your ancestors brought forth with them.

The Standards of Beauty in 2019

BY KARIMA BACCHUS

Beauty standards affect people of all ages and genders. From famous celebrities to regular everyday people, beauty standards have been set for everyone.

Females are expected to look like Barbie dolls, have curvy figures, have slim waists and be skinny, while males are expected to be the next Johnny Bravo, be skinny, while males are expected to grow up, people will always expect to be at the top of their game. If someone usually dresses up, people will always expect that of them and they would be pressured to look a certain way.” Bayside High School sophomore Brian Huyneh agrees with Michelle Shi, “Personally, I don’t care what people think. I just tell myself that no one is looking at me so I could care less. But to the people who do care about their image, they experience a lot of pressure because trends change quickly and they have to always be at the top of their game. If someone usually dresses up, people will always expect that of them and they would be pressured to look a certain way.” Bayside High School sophomore Brian Huyneh agrees with Michelle Shi, “Personally, I don’t care what people think. I just tell myself that no one is looking at me so I could care less. But to the people who do care about their image, they experience a lot of pressure because trends change quickly and they have to always be at the top of their game. If someone usually dresses up, people will always expect that of them and they would be pressured to look a certain way.” Bayside High School sophomore Brian Huyneh agrees with Michelle Shi, “Personally, I don’t care what people think. I just tell myself that no one is looking at me so I could care less. But to the people who do care about their image, they experience a lot of pressure because trends change quickly and they have to always be at the top of their game. If someone usually dresses up, people will always expect that of them and they would be pressured to look a certain way.” Bayside High School sophomore Brian Huyneh agrees with Michelle Shi, “Personally, I don’t care what people think. I just tell myself that no one is looking at me so I could care less. But to the people who do care about their image, they experience a lot of pressure because trends change quickly and they have to always be at the top of their game. If someone usually dresses up, people will always expect that of them and they would be pressured to look a certain way.” Bayside High School sophomore Brian Huyneh agrees with Michelle Shi, “Personally, I don’t care what people think. I just tell myself that no one is looking at me so I could care less. But to the people who do care about their image, they experience a lot of pressure because trends change quickly and they have to always be at the top of their game. If someone usually dresses up, people will always expect that of them and they would be pressured to look a certain way.” Bayside High School sophomore Brian Huyneh agrees with Michelle Shi, “Personally, I don’t care what people think. I just tell myself that no one is looking at me so I could care less. But to the people who do care about their image, they experience a lot of pressure because trends change quickly and they have to always be at the top of their game. If someone usually dresses up, people will always expect that of them and they would be pressured to look a certain way.” Bayside High School sophomore Brian Huyneh agrees with Michelle Shi, “Personally, I don’t care what people think. I just tell myself that no one is looking at me so I could care less. But to the people who do care about their image, they experience a lot of pressure because trends change quickly and they have to always be at the top of their game. If someone usually dresses up, people will always expect that of them and they would be pressured to look a certain way.”

Beauty standards affect many people badly. While some students don’t care about meeting these standards there are many who feel the pressure of society’s intake of beauty.

A vintage advertisement for deodorant chronicles the beauty standards set for women.

Photography from: Gary Waters, Getty Images

Photography from: Lisa Hix, Collector’s Weekly

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Mental Health Affects All

BY SOFIA LIZ AND MARGHERITA MAIELLO

Mental health is a serious topic nowadays. It can change people’s lives for the better or for the worse. It all depends on how you see things. That’s what being mentally stable is—having a balance within your mind for the things you think. But for many people, this isn’t the case.

A majority of people living around the world suffer with mental health issues. Some of those issues you may have heard before. Bipolar disorder, for example, is one of those and it is very common. This disorder causes people to have irregular mood swings within a short period of time. It’s not like your typical “you’re mad at a friend for exposing you” or “stealing your girlfriend/boyfriend” as bipolar disorder is rare in teens, if a teen is diagnosed with bipolar disorder, it can change their life in a positive way. This is why it is so important to get help for this disease.

Some people with mental illness may have feelings of hopelessness and may consider suicide - which we have seen many times in the news and on social media. But what do the people of Bayside High School feel about suicide? Mr. Printz, a BHS Living Environment teacher, says “Mental health is something that needs more attention.”

Richard A. Friedman, a psychiatrist at New York Presbyterian Hospital and professor at Weill-Cornell Medicine, speaks out about suicide in his New York Times article “Suicide Rates Are Rising. What Should We Do About It?” He states, “The rate of suicide in the United States increased 28 percent from 1999 to 2016, according to a report last week from the Centers for Disease Control and Prevention. In 2016 alone, 45,000 Americans took their own lives. The prevalence of suicide has fluctuated over time, often rising during periods of social strife; it was 17.4 per 100,000 in 1932, during the Great Depression.” Based on these figures, Friedman points out that these alarming suicide rates aren’t something new, and that this is an issue that has permeated in modern society for a long time.

All in all, suicide is a topic that shouldn’t be concealed (or hidden) any longer — it’s time we stop sweeping topics like this under the rug and acknowledge the risks mental health poses in public safety.

Lucifer

BY ABRIELIS MEJIA

Lucifer first aired on January 25, 2016. It used to be on Fox Broadcasting Network but they dropped the show and Netflix picked it up. The show has four completed seasons with season five confirmed to come out. Lucifer is an urban fantasy combined with police procedural, supernatural and crime-drama with a 7.5 IMDb star rating. The main character is Lucifer Morningstar who is played by Tom Ellis.

Lucifer’s main character is Lucifer. In the beginning of the show, he is shown to have a close friend named Delilah who was killed by a drug dealer and a cop named Chloe Decker. Lucifer uses his own immoral ways to try to find Chloe. Throughout this whole “white goose chase”, Lucifer decides he likes police work and he decides to permanently team up with Chloe.

I personally like the show with its unique concept and character dynamics between Chloe and Lucifer. It’s extremely engaging with making boring parts throughout all the seasons. Any new characters who were introduced were enjoyable and made the show better. Lucifer’s personality was quite mischievous and it was also funny seeing the trouble he got into because of it. None of the cases were easily predictable and the characters were enjoyable. Francis Lewis High School sophomore Gabriela Nativis says, “I binged watched the whole series when I found it.”

However, Lucifer can certainly be improved. Some aspects of Lucifer are confusing, like how they are always solving the case but then nothing to do with the plot. Bayside High School sophomore Annabelle Yoo says she is not interested in the show because of the confusing plot. According to an article from StitchMediaMix entitled “Lucifer-Pilot: The Good The Bad, and the Oh-so Ugly”, make-up and overall aesthetics needed to be improved. Lucifer (was) the lightbringer. “Blonde hair definitely would help in this case because he doesn’t look, sound or feel like Lucifer,” adds the article.

In conclusion, Lucifer is a good show; the storyline had me on the edge of my seat. It’s characters are funny, relatable, and make you rewatch it sometimes because it might be one too many fillers but those are funny and do contribute to the storyline, which makes it even better.