



Central High School

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Yellow Jacket Times

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Happy Holidays!



2014 State Runner Up



CHS Yellow Jackets –
A Team and Coaching
Staff with Heart that
Never Quits

#OneandDone2017

Devante Qualls

As, many of you who follow the sports world at even half of the rate that I do know; there has been a rift in the NBA and NCAA. With all of the different rule changes, there have been countless conflicts of interest between the players, management, and even the fans. One of the more prominent issue as of late has been the legitimacy of today's "one and done" collegiate athlete. For those who aren't familiar with the term "one and done", it is mostly recognized for a college basketball player who declares for the NBA Draft following completion of their freshman season in the NCAA. The debate of whether the NBA should follow suit with the NFL and seek a two-year requirement for draft eligibility heated up with the entrance of the heralded 2014 draft class; Andrew Wiggins, Jabari Parker, and Joel Embiid were names frequently tossed around as being potential number one picks. The class was considered one of the best since the 2003 draft class which featured greats in today's game such as LeBron James and Carmelo Anthony, just to name a few. The question all year had been "Is the recent surge in freshman talent entering the draft bad for college basketball?" Surely like just about everything in the world, it has its drawbacks, but I say no it is not bad for basketball as whole. Actually, it is an integral part of the sport many people around the world love today.

I am what you would call a 'sports lifer'. Meaning that I have sweat, breathed, and dreamed sports all of my life. From Pop Warner football, to Rec League Basketball, even to eventually studying Sports Administration for undergrad. I plan on calling the world of sports my home for the vest of my natural life. As a casual fan and a future sports executive; the two-year requirement being proposed would be a horrible decision and would hurt all parties involved in the long run. The infamous "One and Done" as it stands now is an asset to the basketball world for three reasons: the most "NBA ready" players in recent years have been freshmen, college teams benefit from hosting one and done talent, and lastly the one and done rule as it stands now provides the perfect medium for all parties involved.

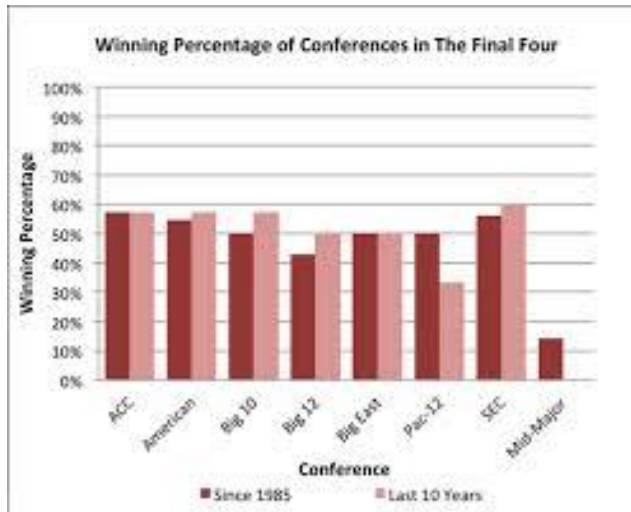
Without a doubt, freshmen have dominated the NBA draft as of late. Within the past five drafts since the most recent 2014 NBA Draft, the number one pick has been a freshman each year. The best talent has emerged from the freshman class every year. Three out of the past five number one picks have since been named to the All Star team already. The NBA has been finding franchise pieces from one and done talent since the rule was amended into the NBA's constitution. More often than not, one year students are taken first above upperclassmen because they are considered the best in the draft. So with that being said, why would someone who's lifelong dream is to be in the NBA, forgo entering the draft and risk their draft stock by playing another year of college ball? A fair share these players have dreams of providing for their families with their talents. Why force them to struggle for another year when, they can *solve* their financial problems after their first season in the NBA? Why keep the most NBA ready prospect from the NBA?

Kentucky, UNLV, Duke, Memphis, Kansas, Ohio State, Syracuse, and the list goes on and on of teams who have seen their win percentage and buzz increase with and even after the departure of the one and done athletes. The spotlight shines on programs with great first year talent year after year. There is a distinct mystic that surrounds college basketball when teams possess extraordinary freshmen that is like no other. One and done talent is starting to become somewhat of a commodity in the NCAA. Schools such as the University of Kentucky have built their entire program recruiting and all around producing NBA talent year in and year out. Many people suggest that this is bad for college basketball, but I believe the contrary. The 2014 National Championship delivered the highest viewership in twenty-one years. The University of Kentucky, a team that

featured an all-freshman, starting lineup played in the national championship. The numbers are pointing that college basketball is in the best shape that it has been in since the Big East glory days of the 80's. Thousands of people crowd into arenas and millions more tune in at home to watch the best young talent in the world go head to head every season. The 2013 matchup of Duke Vs Kansas saw the future number one and two picks lead their teams toe to toe against each other in a game that garnered more buzz than almost the championship game itself. Freshman talent is starting to become the heart and soul of college basketball. It's a change in tradition that is shaking the very foundation that these student-athletes play on, and not all foundational change is disastrous.

LeBron James, Dwight Howard, and Kobe Bryant are some names of future Hall of Fame players the never dressed for a NCAA team because they went straight to the NBA after their high school graduations. This was obviously before the 2006 establishment of the one year college minimum requirement was established for draft eligibility. The previous mentioned were examples of players who vidently didn't require the extra year of college to be successful in the NBA, but for every rare case of a LeBron there has been a Kwame Brown, Andrea Bargnani, or Sebastian Telfair. To match if not couple with them. These are players that came out straight after high school, but didn't accumulated not nearly as much success of those mentioned before them. For these players

a year in college would The NBA teams would size of these players in colleges would have and the players would development that they The current one year that opportunity so more about what they Kwame Browns of further in between. eligibility requirements players. Sure college would see the quality of



NCAAB winning % within the past 10 years

and the teams that drafted them, probably have served them well. have gathered a larger sample a high level of competition, the had an automatic talent boost, have received that extra year of needed to compete in the pros. rule has provided everyone with that everyone knows a little bit are getting into. Since 2006 the basketball have come fewer and Adding another year to the draft would be bad for the NBA and the would benefit. But then the NBA talent in the draft become less

consistent year to year and the free will of the players who seek to leave after their freshman season would be stripped from them. The two-year requirement in the NFL draft process is understandable because of the physical gap that exist between professions and collegiate players. That isn't needed in the NBA. The physical gap isn't as crucial, actually it is far less crucial. The one year, is the perfect median for all parties. Why alter a system that has not only survived, but thrived for almost a decade now?

We are witnessing a transitional period in the world of basketball where young talent and athleticism reigns both in collegiate and professional basketball. As, with any period of change you have the staunch supporters of tradition and you also have those who just are opposed to change. Players like Anthony Davis, Kyrie Irving, and John Wall are examples of young one and done prospects that have become tier one profession talent. Without the one year requirement who knows if we would have the same Kyrie? Wall? Or even Anthony Davis? The answer may very well be yes, but we do not know that. What we do know though is what we have now thanks to the current rule in place. "How can I keep my quality of basketball for the near future?" you may ask. 2017 is when the next collective bargaining agreement talks begin. Vote on the polls online, hold up fan signs at your local NBA games, and just let your voice be heard. If you love consistent, high-level basketball and want to see the one and done rule stay, then make it known. Say yes to #OneandDone2017 and save the basketball you love.



IS IT A RELATIONSHIP?

By: Adlenin Perez

Football is a sport, but dating a football player should also be considered a sport! “I can’t today babe, I have practice.” This is the same phrase I hear every day after school. My boyfriend is a football player, and like always, football takes priority over everything. Am I tripping? Of course I’m not; it’s reasonable for a girlfriend to spend time with her boo. Dating an athlete takes a lot of energy, dedication, and love for the game. In other words, dating a football player is simply challenging. Maybe it being so hard is the reason my relationship is not working out. Let me give you three reasons why dating an athlete should not even be considered being in a relationship.

Not Enough Time

The first reason dating a football player (athlete) is hard is that they are always busy. It is understandable that football is a sport that takes a lot of practice and dedication. That’s the reason why football players spend an extreme amount of time practicing, obviously taking time away from attending his girl right. According to Trey Williams, freshman football player for Central High School, they practice two hours daily after school. These hours of practice don’t count the days they have games (Thursdays, Fridays, and Mondays) or the holiday vacation, during which they also have to practice. On top of long hours of practice, an athlete is not only an athlete, they’re also a student, a son, a brother, a grandchild, etc. Meaning that after football practice, he has homework and a family waiting on him at home.

Imagine your football player boyfriend not having practice or a game on a weekend. Your first reaction is going to be to try to spend time with him, right? Sadly, he can’t make it because his mother planned some family activities. So you can’t really have your boyfriend on weekdays due to him being an athlete and a student, nor on weekends because there will be family plans for that handsome football player you fell for.

His Cockiness!

Do you want someone who is seen by most people as arrogant? Of course, a football player will think the best of himself. But there is a line between actually being good at football and being an arrogant person.

Yes! Football players will attract *many friends*, making him think he doesn't need a particular person in his life. The most common signs of your boyfriend being an arrogant athlete are:

- an extremely strong need to look good
- always talking about him playing better football than his teammates
- he acts like he doesn't need you to stay around, since most girls would like him for being an athlete
- thinks he is superior to you or others
- He doesn't recognize the talent of his other teammates

All of these are actions that I, myself, have experienced during my relationship with a football player. I guess these can be called Football Player Characteristics.

Obsession?

It is understandable to love and be passionate about what you do. But it is not necessary to have your passion involved in everything, and that is what football players mostly do. Every time I get some spare minutes with my boyfriend all he does is talk about the "Football Is Life."

During your relationship, you might wonder why your boyfriend spends so much time talking about the sport when he not only plays it, but also plays it for a lot of hours, many times a week. Is that not enough for them? Around a group of males, there will not be a time when the subject of football doesn't arise. From most females' perspective, it gets really annoying and frustrating. Just like guys can't deal with a female shopping, many females can't deal with guys' obsession for a sport.

Keeping a relationship with an athlete is simply challenging. Not everyone is the same, and some might be able to deal with much more than others. But most likely all football players are the same. At least all the ones I've interacted with are.

An athlete is a very active person, both time wise and physically. They can get carried away about themselves some times, and **football will always be the main topic in their relationship.**



Heart Health Begins at Birth

Heart disease is the number one killer of men and women in the United States. About 600,000 die of heart disease in the United States every year. That's 1 in every 4 deaths. The bad habits that cause heart disease begin in young people, and include: unhealthy diet, lack of exercise and smoking are some of them. There of course are ways to prevent getting heart disease. These include: watching your weight, eating health foods, not smoking, and laughing.

The first way to prevent heart disease is to watch your weight. Being too overweight is not good for your heart. When you gain more and more weight your heart has to pump more and more blood around your body. Instead of beating more often, your heart can get slightly larger to be able to move more blood with each beat. This can lead to high blood pressure which is a major cause of heart disease. A slightly larger heart can also lead to your heart chambers losing their elasticity. They won't be able to completely empty themselves and that can develop congestive heart failure. Ways to watch your weight are to exercise and to eat healthy.

Children and adolescents who are obese are likely to be obese as adults and are therefore more at risk for adult health problems such as heart disease, type 2 diabetes, stroke, several types of cancer, and osteoarthritis. One study showed that children who became obese as early as age 2 were more likely to be obese as adults. - CDC

Eating healthy is vital for having a healthy heart. Not only does it help with your weight, there are many healthy foods that are especially good for your heart. Salmon is very good for your heart. It's very rich in omega-3s and can reduce blood pressure. There are different nuts that help your heart. Walnuts, almonds and macadamia nuts are full of polyunsaturated fats which are excellent for your heart. Other good foods for your heart are berries, which are anti-inflammatory. (See first picture below)

A habit that is horrible for your heart is smoking. Most usually associate smoking with lung cancer and breathing problems but, few realize that smoking increases the risk of heart disease, peripheral vascular disease, and abdominal aortic aneurysm. Smoking makes your heart work harder. It tightens your arteries and it can cause dysrhythmia. If you look at a normal heart and then at a smoker's heart, you would be able to tell which one is damaged. Smoking is one of the worst things you can do to not only your heart, but to your whole body. (see second picture below)



Another way to keep a healthy heart is to laugh. You may think it is bizarre that laughter can help your health but, research suggests that laughing can decrease stress hormones. It can reduce artery inflammation and increase good cholesterol. Laughing is probably the easiest way to keep a healthy heart.

Being overweight and obesity are associated with increased risk for many types of cancer, including cancer of the breast, colon, endometrium, esophagus, kidney, pancreas, gall bladder, thyroid, ovary, cervix, and prostate, as well as multiple myeloma and Hodgkin's lymphoma. - CDC

Watching your weight, eating healthy, not smoking, and laughing are just four of the many ways to keep a healthy heart. If you want to live a happy and healthy life you have to take care of your heart. In the United States there are 600,000 people who die from heart disease every year. By using these healthy heart tips we can make that number decrease.



Healthy lifestyle habits, including healthy eating and physical activity, can lower the risk of becoming obese and developing related diseases.

Learn more from the CDC:

<http://www.cdc.gov/healthyyouth/obesity/facts.htm>

Millennials Stay Home, Take on New Roles

Merima Proha

Some of you may think this is a crazy thing for a teenager to think about, but sometimes we have to be a part of the process of choosing a nursing home for our parents or grandparents. So, how do you choose nursing home for your parents or grandparents? Well I thought I would narrow it down to four things to help you decide.

The first thing in picking the best nursing home is the location. It's important. You don't want to drive four hours to see them. It's inconvenient to have to travel that long. Plus, it takes a lot of gas to travel back and forth so far. Getting a nursing home far away also prevents you from being able to visit them at least once or twice a week.

Another thing to look for is a good environment. You want to feel safe when you come and go. You want your loved one to feel safe in their new home. Make sure that the home isn't in an area where there are shootings, robberies and other crime. Your parents or grandparents should be able to relax instead of stressing.

Next, you should look into what type of food they serve. You don't want your relatives to get sick from food poisoning. You do want them to eat healthy food. Elders need to eat right to stay healthy. Tasty food will encourage your parents or grandparents to eat regularly instead of starving because they don't like the food.

The last thing you should check is to see if the place is clean. Dirt can cause a lot of illness and discomfort. If the beds aren't clean and made correctly, they could cause rashes or sores on sensitive skin. Bugs and insects carry disease and bite, leading to illness.

You can prevent a lot pain and heartache by picking the best nursing home for your loved on

Ask questions about resident life, nursing home living spaces, staff, residents' rooms, hallways, stairs, lounges, bathrooms, menus and food, activities, safety, and care.

For an expanded check list for all of the above categories, www.medicare.gov/pubs/pdf/02174.pdf

In 2012, 36% of the nation's young adults ages 18 to 31—the so-called Millennial generation—were living in their parents' home, according to a new Pew Research Center analysis of U.S. Census Bureau data....A record total of 21.6 million Millennials lived in their parents' home in 2012, up from 18.5 million of their same aged counterparts in 2007.

[Source & Info](#)

Example Questions for Finding a Good Nursing Home

Resident appearance

Are the residents clean, well groomed, and appropriately dressed for the season or time of day?

Nursing home living spaces

Is the nursing home free from overwhelming unpleasant odors?

Does the nursing home appear clean and well kept?

Is the temperature in the nursing home comfortable for residents?

Does the nursing home have good lighting?

Are the noise levels in the dining room and other common areas comfortable?

Is smoking allowed? If so, is it restricted to certain areas of the nursing home?

Are the furnishings sturdy, yet comfortable and attractive?

[Source & Info](#)

Follow Merina on her blog at: <http://merimaproha.weebly.com>

It's Time to Save

Dina Gracia

If there's anything people need help with, it's saving money. The

ability to save money is the stepping stone of building wealth. In order to save money, you need to spend less than you earn. This is often easier said than done, but there are plenty of ways to begin saving money on even the tightest budget.



The first step to take is making a budget. This is one of the simplest yet hardest tasks one must do. In order to make it easy for you, you need to decide on the time frame that you will use. Is yours going to be a monthly budget or a yearly budget? That's the first thing you need to think about. Then you need to think about income. Your income should include your monthly salary (after taxes) and any supplemental income. If you are in a salaried job, simply divide your yearly income by twelve. Once you get that, you need to figure out how much you spend; in other words, your expenses. Once you've figured out your income and expenses, you can start to determine how much you have left over for savings. Make sure you keep track of all your budget inputs and outputs, and then you should be set.

The second step you is to open a savings account. There are different types of savings accounts. There is a basic savings account where you can deposit and withdrawal money and the balance may earn a minimal rate of interest. A high yield savings account has a minimum balance requirement and limits the amount of transactions that you make each month. When choosing a savings account, consider what your minimum balance requirements, your monthly fees, your interest rates will be, and how much access you will have to your money. If you're new to saving, then you might want a money manager account where you can't withdraw money until you've met your goal. You will have to make sure that you deposit a certain amount every month.

The Wall Street Journal reported that adults under 35 have a savings rate of -2 percent, according to Moody's Analytics. The report said that in 2009, the savings rate of those under 35 was 5.2 percent.

[Source & more info](#)

The third step is to curb your spending. Eat out less. Eliminate expensive coffee drinks. Believe it or not, buying a \$3.50 dollar coffee from Starbucks could save you \$100.00s extra to put into your savings. Buy used or non-brand name products; eliminate unnecessary expenses, even things as simple as energy efficient light-bulbs would help. It will decrease your electric bill a lot, giving you more money to save. All of these little things make a big difference and it will help you out in the long run. It's not as hard as it sounds as long as you put the effort in it. Start small, save big.

The last step is making sure you get out of debt. One way you could do that is by paying off your credit card debt. It's ok to have a credit card that you pay off in full a month, but to have an outstanding balance that you can't pay is big trouble. Don't buy things you can't afford outright. This is one of the main reasons people go into debt. Even if you eventually pay off the debt, you'll still be paying interest, meaning you're paying for more than the actual item. The first thing you should do with your saved money is to pay off your debt. Once you've gotten yourself "out of the red," you can finally start working your way towards a big pile of savings.

Everyone can have trouble saving money, but if you follow these steps, you'll soon replace the thrill of spending with the thrill of saving.

Traveling Highlights Differences

Marianny Montero Serrano

If you have ever traveled to different places, you will find many different cultures; the way that people live is very different. I am going to focus on some of the differences between American and Cuban lifestyles. There are many differences, including culture and the way the government has impacted it. It is very different than in the United States.

Cuba is a communist Country. Because of that, people don't have freedom like the people in the U.S. People have to live under many rules and are not paid fairly. They cannot express themselves, nor have any religion that they want. They don't have all the freedoms that the U.S. Constitution brings. In Cuba, you have to do what the president says. That causes many differences between the two countries.

In Cuba, people have to walk everywhere. Yes, there are cars, but they are too expensive and not everyone can afford one. It's like here where you can go into a shop any time of the day and buy yourself a car. However, if you go to Cuba for a visit, and you are from another country, you could rent a car. People in Cuba work and work but never have enough money to satisfy their needs. In the United States, you do have to work, but you get to have the money to satisfy all your.

There are also many cultural differences. Cuban culture is not very developed, because even if you have many talents, they don't let them develop those talents. Everybody is told what to do by the government. For example, if the government says that you have to do something, then you are going to have to do it, unlike the United States where everybody is given a chance to show their talents and become somebody very important. The United States also allows you to do so much more than Cuba. Another thing about Cuban culture is that it is based on its music. People in Cuba love to hear music; it can be found anywhere, on the streets, restaurants, stores, anywhere you decide to go. Cuba has many artists who have made it to international levels and have become very famous. It inspires people to keep trying to do their best with their life.

In Cuba, food is very limited. Everyone in Cuba has a book that guarantees a small amount of food each month. If you have US dollars, then you can go to restaurants and buy all the food you want and everything that you like. That is another difference. In Cuba you have three types of money while in the United States you only have to pay in dollars.

The internet is another difference. Here, you get to have internet all the time, and Wi-Fi gives you all the access to the internet that you want. In Cuba the internet is only allowed to certain people. Not anyone can have it, so you won't find a computer in every household like you do here. That means you that in Cuba you have to get information in a different way. In Cuba the information that you get is controlled by the government and you don't get to know the whole truth. In the U.S. you have many resources and you can search everything that you really want to know about.

Even though Cuba seems like a bad place compared to the United States, it has some good things. It is a very friendly place with many beautiful cities. It's an amazing place to visit. So don't let that change your mind if one day you decide to visit.

Modern Sherlocks

Jasmine Skye Ridgeway

Have you ever wondered about those CSI people and what all they do pertaining to their job? More specifically, the detectives? There are three factors in analyzing and determining criminal patterns: biological, social and psychological, that criminologists use to aid law enforcement in assessing potential criminals.



Criminologists research data about crimes and arrests from the past, or from recent cases that are believed to be related to the criminal on hand. They study the background of the criminal to determine if any biological situations lead to who committed the crime. By doing this, they get a better understanding of what his or her next move might be. Gaining knowledge about the person in general allows you to connect with that person, learning to think like them so you can anticipate their next move.

When a criminologist focuses on the social aspects of a criminal's actions, they use their surrounding sources, or people, to gain more knowledge about the criminal's mind pattern. Using social sources also allows you to gain knowledge about the type of people he or she associates with, and to understand why the criminal committed the crime. This allows you to gain leverage as well with a criminal. One tactic criminologists use to 'rattle' the criminal is saying things like, "Sam already told me everything that happened. He rattled you out. Don't you want him to go down with you? Or do you want to take the blame?" There is a possibility that Sam did or did not actually say anything, but the use of social factors are a stepping stone to solving crimes.

Criminal psychology is the study of the wills, thoughts, intentions and reactions of criminals, everything that describes criminal behavior. This factor of criminology is related to the field of Criminal Anthropology. Criminologists go deep into figuring out what exactly makes someone commit a crime. It also looks at the reactions of the person after the crime. When assessing a criminal and their psychological behavior, you learn more about who they are, and in turn can help you make educated guesses as to why they committed a crime.



Not only does a criminologist use biological, social and psychological factors to solve crimes, but they also use themselves. As said before, a criminologist is a detective, so they come on the scene and track the criminal down. Although this is part of their job, it can be very dangerous sometimes. Having confidence and faith

is really they only way to get through the

day. Researching past crimes and arrests, looking into a criminal's social life, gaining an understanding of a criminal's physiological behavior, and putting themselves in harm's way, we get an insight of the people who help law enforcement get criminals off the streets.



Don't Ever Let Failure be an Option

Jodaia Bishop

Most of my life, with everything I've done, I've procrastinated and waited until the days or hours before to get something done that needs to be done. Now, don't get me wrong, I did work good enough to take ownership in it. I can make some two hour's work look like a week's work. My procrastination wasn't because I didn't know how to do the work; I just didn't feel like it, or I was too behind with other work that I had put off.

A lot of time, I put other things first and it hurts me after a while, such as long hours of work with little sleep. I have always found excuses to why I can't do my work. "I'm too tired; I'll do it later." "I'll wait until I get to school to do it," or "Everything is okay, I can just get a couple points knocked off; I'll be fine." I've had very long nights and short days on various occasions. I've so many responsibilities after school and outside of school.

Depending on my schedule that day, I didn't touch my bed until midnight, waking tired and not at my best for learning. I often lost focus of what is most important, my education. Success and a great education isn't going to just come to me, I have to go get it.

That was before. Now, I want people to see me as a 'go getter'. If I want something, I go get it by any means. My education is my number one priority. I am no longer making excuses as to why I can't do something or get something done even before I try. A while ago, because of my procrastination, my grades fell; I felt so low and I just gave up on everything. I said many crazy things about not going to college. Then it hit me and I scolded myself, "Jodaia, what are you doing? You can do so much better and be so much better. Get it together. It's tough, but fight through; don't give up." I thought I wasn't ready for college or to face the real world as an adult, but in reality, I was just making excuses instead of finding a way to succeed. After months of feeling as if I was in a learning coma, I started bothering my teachers every chance I got, asking about grades and what I could do to bring them up. By the time the year ended, I'm sure none of my teachers liked me. I went from a student who sat in the back and dozed off, to the kid who, when the teachers asked one simple question, I had ten more to follow up.

When you are experiencing positive emotions like joy, contentment, and love, you will see more possibilities in your life.

[Source & more information](#)

Like me, you must make your goal in life to be successful and exceed any challenge, big or small. Always push yourself when you think you're at the end of your ability. Don't just go for financial success, go for success with family, friends and most importantly, yourself. Choose to see yourself as a better person, a worker, not a procrastinator. Don't ever let failure be an option.

"If you really want to do something, you'll find a way to do it. If you don't, you'll find an excuse." –Jim Rohn

Follow Jodaia on her blog at: <http://jodaiabishop.weebly.com>

Imagination is Worth More than Knowledge

OVERCOME
Javough Brown

In me,
They don't see a young man designed for greatness,
They'd like to rewind time,
Then fast forward hatred,
What I'd like to be,
Is just what I'd like to overcome,
From the trenches I come,
Bound to the slums,
I shall beat my way out,
Like an old African drum,
What's the reason the caged bird sings,
Is that the reason my people have sung.

As to Martin,
The top of the mountain here I come,
My color is not what I'd like to overcome,
But society limiting my people to crumbs,
We've fought for what's right
Now I'll fight for what's mine,
I've got nothing but time,
What I'll do with my 40 acres,
Is what I need to design.

"Imagination is worth more than knowledge," was said by one of the greatest minds in history, Albert Einstein. I have taken this quote and run with it, despite the five surgeries that I have had on my left leg. Once so activate, I have had a hard time coping with lost walking time yet it has expanded my knowledge and enhanced my creativity. Picking up a pencil to start writing poetry was the best thing I did, followed a paint brush, guitars, and drums. Eventually I found artistic greatness. It may only seem fitting that I go into an arts field I get older, but no, the profession I'd like to apprehend is far from that.

I want to take on the biggest question in life, and one day I'd be able to psychoanalyze Hitler or understand why LeBron went back to Cleveland. I may even try to understand the psyche of Kid President himself. I want to council the nation; I want to work to change the world. If it's not clear to you yet, I'd like to be a counselor one day. Not a social worker, but a Counselor or a psychiatrist. I know my profession won't make me millions; fabricating million dollar smiles is worth much more than the salary. Helping people is priceless and that's all I'd like to do. I am a firm believer of altruism; with that attitude, I will work to change the world one soul at a time.

Through the midst of all the struggles that life has handed me in bundles, its only logical for me to work to change people's lives. To live a life filled with poverty makes it very tough to keep pushing and to get by. I want to be there when others are down and there is nowhere to go, confused and hoping for a change. I know I won't be able to solve everyone's problems and change everyone's life, but I will work my hardest to do all that I can. All that I can so these people won't lose their minds. I want to teach how to live with and deal with a life of mistakes or a life restrained by others.

I have seen firsthand a person who felt like she had nowhere to go, lose her mind. First hand, that's why I pray that I can change a life - or one thousand lives. Battling to survive isn't easy and society doesn't give you a break. It will break you if you don't seek help and learn how to deal with it. As a result, we have many mental illnesses that need to be treated; not all with pills and a diagnosis, but maybe with a conversation and knowing someone cares.

At an early age, I realized that I just want to give the world back what it gave me: life lessons that I had to learn the hard way. I want to give everyone who comes into my office hope and the knowledge that perseverance and strength will help them get by. I'd like to help and teach the people who are sinking in the same boat that I was; I will patch up their boat and get them floating, because no one deserves to drown when put in rough water. I will help them paddle out and get back to smooth sailing.



Pedriatric Nurses Have it All

By Nataya Masden

A lady named Rawsy Williams once said, "To do what nobody else will do, in spite of all we go through; is to be a nurse." Nursing comes with many, many great things and surely all of you know the benefits or importance of ALL nurses as a whole, but do you all know the benefits of being a pediatric nurse in particular? Pediatric nurses are nurses who provide care to infants, children and adolescents, and they have great benefits that set them apart from other types of nurses, and I am going to tell you some of those important benefits of having a career as a pediatric nurse.

Right now you may be asking yourself, what are these benefits that make pediatric nursing so different from other types of nursing? Well, pediatric nurses work with young patients, and a lot of times a special bond is created between the nurse and their patient, which can enrich the nursing experience. Why is that so important and why is it a benefit? It's a benefit because not many nurses are able to work with very young patients and actually see their patients grow into a whole new person, but pediatric nurses get to have the chance and ability to see their patients grow into young adults. That has such great value because many pediatric nurses look at their patients like they are their own children, and to help young kids and lead their way into a better healthy life, has to be one of the greatest benefits of all.

Pediatric nurses have the flexibility to work anywhere in the world, which is another benefit because every single place, or every single community, needs pediatric nurses who can care for babies and children in need. They also have many job options, like where they want to work, or what type of patients they want to work with. Some duties of pediatric nursing do vary depending on the place, and those duties include:

- **General Pediatrics:** Which are routine pediatrics and it involves providing medical care to children with a variety of conditions and illnesses.
- **Pediatric Intensive Care Unit (PICU):** This is where pediatric nurses provide care to the children in the intensive care unit who require more specialized care and may be in critical condition.

According to a new government report, the number of babies born last year rose by about 4,700, the first annual increase since 2007. Births were on the rise since the late 1990s and hit an all-time high of more than 4.3 million in 2007. Then came the drop attributed to the nation's flagging economy.

[More from
Huffington Post](#)

- **Pediatric Oncology:** Pediatric oncology nurses work with children who have been diagnosed with cancer.
- **Pediatric Home Care:** Similar to adults, children with certain conditions may need nursing care in their home. For instance, kids with chronic conditions, which require them to be on a breathing machine, may need regular nursing care in their home.

There are so many nurses who have to work with much older people, and many of those older people can be quite rude, cranky, demanding and maybe violent. Pediatric nurses have the benefit of working with young people who aren't as hard to work with. Yes, some children can be very scared or very resistant, but pediatric nurses have the skills to make them feel better in a good and loving environment. All nurses have the skills to just love and nurture their patients, and what better way to do that than with the young generations?

Confucius once said, "Choose a job you love, and you will never have to work a day in your life." That expression means to choose a career that you would enjoy doing for the rest of your life, because then it won't be considered just "work." Pediatric nursing is what you make it, and it can be a very joyful career. Many people have jobs that aren't enjoyable at all. Money isn't the only thing nurses care about or are worried about. They are also caring for others health and well-being. When it comes to pediatric nursing, or nursing in general, people choose it to make others' lives better.'

Once I become a pediatric nurse, I am gladly going to make sure that I put my all into my career and make it the best for myself and others. It's a very important benefit to have a great job and to actually enjoy what you do. Pediatric nursing gives more pleasure than burden. This doesn't mean that pediatric nurses are the only good nurses around. ALL types of nurses are great at what they do. They are true heroes and should always be acknowledged and thanked for what they do.



Follow Nataya on her blog at: <http://tayaaa.weebly.com>

There are Characters in All Walks of Life

Elijah Wegner

I strongly believe that a good story can change a person's view on anything. I have always loved these stories and have known, for a long time that I would not be fulfilled if I didn't involve myself with them in some way. Whether I'm teaching the great stories or writing them myself, I know that those stories are as much a part of me as my skin, my eyes, or my very lifeblood.

Since I was able to type, I knew I wanted to be a writer. I started out with little paragraph long shorts that were little more than a series of childish rhymes. My pieces have grown longer and better with each change of a chapter in my life.

The first affirmation I received, outside of my family, as a writer came from a substitute teacher who worked with me, as a scribe, during my middle school years. I dictated a short preface, by then I'd progressed from paragraphs and the occasional vignette to halfway competent attempts at novels, to him. His response to the best of my memory was, "This is golden Elijah, just golden." He read back a sentence or two and sounded truly blown away. Looking back on that, I wonder if his response had been more pity than actual admiration, but at the time it was enough; I kept writing.

The desire to teach came at the end of my sixth grade year. During the year prior, I had a phenomenal English teacher who showed me new and exciting ways of looking at both the language and my use of it. My clearest memory of him was taking weekly Vocabulary exams, which he read to me, in the hall while the other students took the same tests in the classroom. The other students' scores were subpar at best, but I usually aced them. The teacher was proud of me and often asked me to write stories or to use the week's words in something fictional. I think he did that because he knew that the new school, and new classes, and bullying students had started getting to me, he also knew I loved telling stories, but again I took it as an affirmation of my writing.

To contrast this brilliant teacher who genuinely cared for both the education and mental well-being of his students, the ones who cared in return at least, my sixth grade English teacher was a different story entirely. She was a good teacher,

and I probably learned a thing or two about sentence structure, but I never felt at home with her the way I had with that previous teacher. The reason all boiled down to attitude. In fifth, my teacher made it clear he wasn't my friend, and for that I respected him and his work, and in turn he showed me the same respect. Contrarily, my sixth grade teacher wanted to be everyone's friend, and as a result, try as we both might, there was little in the way of respect from either of us. I knew then that I as a student was suffering from the environment of the classroom and I knew I could create a better environment both with my stories and my attitude about the subject.

If it's not clear yet, English has always been my strong suit and my passion. When I consider people as friends or role models, I first consider how well spoken and literate they are. Not to say literacy defines the character of a person, the writer in me sees character in all walks of life, but literacy, and tastes in reading, says a lot

about a person. All this is to say that, if I am to be successful, I will need to be able to use those skills that deal with English both in reading, and of course, writing.

For me, teaching English, and writing stories, have always gone hand in hand. I can't remember a time when I didn't want to write, and it seems with every passing year I feel more and more obligated to pay the wonderful experiences I've had in English classes forward.

As my writing evolves from those primitive short stories to Science Fiction and Horror, I see writing as a fun diversion. I do it when I want to. Stephen King once said, "I can write in cold blood, but it's best when in it's almost too hot to handle." That's how it is for me as well. If I started off writing for a living, I'm afraid it would always be cold blood, never hot, and never fun. I've been told that I am a good writer, but all that work came out of play. I've tried to write for money, by that I mean with word count and profitability foremost in my mind, and I was utterly miserable. The job, the teaching, won't just be a means of fulfillment: it will be a distraction from my distraction, the writing. I feel both will prosper because of the other.

My dreams have changed over the years, like any other growing child reaching adulthood, but reading and writing, and teaching as well, have always been constants for me. They are the friends that came with me between schools. They are the people who sat with on long bus rides while hateful students took my cane or made rude gestures at me thinking I couldn't see them. They played with me during recess, and ate lunch with me. Whether they took form in *Percy Jackson and The Olympians*, *The Outsiders*, George and Lenny, the Torrance family from *The Shining*, or Nicholas Dushell, a character who commits suicide and is damned to Hell in one of my more concentrated efforts to write a novel, they were always there when I need them. Explaining these characters to others, and learning their stories myself, or writing them in the case of poor Nicholas Dushell, got me through a lot. I'm in a much better place than I have ever been because of them. I owe a great debt to my teachers and the stories, and I consider it my life's mission to see that debt paid in full.

Follow Elijah on his blog at: <http://elijahstudentblog.weebly.com>

Would it surprise you to know how much the author of Twilight makes?



Stephenie Meyer - Author (Twilight) - Born: 1973 USA - Married - Children: 3

- Annual: USD 14.000.000,00
- Monthly: USD 1.166.666,00
- Weekly: USD 280.000,00
- Daily: USD 56.000,00

James Patterson's income as a writer is 6 times as much!

James Patterson - Writer - Born: 1947 US - Married - Children: 1



- Annual: USD 90.000.000,00
- Monthly: USD 7.500.000,00
- Weekly: USD 1.800.000,00
- Daily: USD 360.000,00

What Becomes of the Truly Competitive?

Devante Qualls

The shadow of underachievement stood over my shoulders for a great deal of my existence. Since the sixth grade the “Straight A” student that my teachers grew to love and look at in awe, is no more. The influence of the people around me, combined with the depression of my environment, eventually closed my mind to the bigger picture in life, as it would to any young man growing up in the Park Hill housing projects in Louisville without a true father figure around. Even with all of that, I always wanted to be successful and someday attend college, but the thought of financing my education dimmed the light shining on my aspirations. This caused laziness and a bit of indifference to consume me at a very young age. I would rather lie in bed and sleep than attend programs designed to help me; play a video game, knowing that my homework was due the next day; and just overall underachieve for almost seven years straight. My grandmother, the main influence in my life, would often beg me to do better and be the overachieving child that she missed. I would listen for a short period of time and show flashes of my former self just to please her, but then I would slowly go back to the slouch that I was.

Then, sometime mid-Junior year, I had an epiphany, an early mid-life crisis of sorts. I woke up realizing that I had achieved nothing in my high school career. That realization of mediocrity shattered the wall separating me and reality. That day, I decided then that it was “now or never time.” I told myself that it was never too late to want to better ME. So I tossed my lazy traits behind me and got to work. I started to try to get more involved in school. In past years, I was convinced that I could slack off. I always relied on my intellect to bail me out of situations I put myself in. That kept me afloat in school but, soon floating became old and I witnessed the rest of my peers swim. I found myself becoming a bystander in class discussions concerning scholarships, college, and merits. The thought of finishing my high school career without a single note-worthy accomplishment haunted my soul for a week. I knew that I was better than what my record showed. Average grades and an average high school experience wasn’t what I came to school for. No, I am not average. I am far beyond average.

Although it was too late to try-out for any of the sports teams in school, I was able to join the Quick Recall Team. It fit me. I love competition, whether academic or athletic; the rush of showing off what I can do gives me life, it’s an adrenaline. I went to every practice and every match. I enjoyed it. That was only a baby step though in my ultimate goal. Grades were my main priority. I began cracking down on the classes I wasn’t doing well in, even if I didn’t like them - mainly math. I also worked to prepare for the ACT exam. Meanwhile, I found myself gaining a part-time job. It was a real learning experience. Being a McDonald’s employee was a real life wake up call. Responsibility was the *Word of the Day*. I had to balance and manage so many things at once: my budget, energy, and most importantly, TIME. That’s when I considered myself a man. Even though my grades still weren’t exactly where I wanted them, they were an improvement from past grading periods.

The moment I decided to get over myself and get involved in my own life rather than just witnessing it, was the moment that I found there are rewards in hard work. I was able to convince the most stubborn person on planet Earth, myself, that I can actually be what I want to be in life. I am ready to stop falling behind and take the steps necessary to reach my long-term goals. From now on, I will take the wheel of my decisions because it’s now or never and I will not stop until I have reached my finish line - a big degree on my office wall in some professional sports team’s headquarters as a GM that states, “Masters in the Science of Sports Management/Administration.” Even then I will be looking for the next race because I am The Competitor.

Follow Devante on his blog at: <http://thequallsblog.weebly.com>



The Saddest Day of My Life

Fardowsa Abdi Ahmed

I went to see my very close uncle in Addis Ababa, Ethiopia. The next morning, my aunt told me to wake him up for breakfast; I went to his room and said, "Uncle, wake up; it's breakfast time." He

didn't respond. I touched his heart; he wasn't breathing.

I cried to my aunt and said, "Uncle is not talking to me!" She came with me and touched his heart. Before she even said anything, she passed out. I couldn't do anything.

I called his eldest son and said, "Come take a look at your father; he is not breathing or talking." He said, "Maybe he is dead." I didn't take him seriously because he jokes a lot. I slammed the door and got out of the room.

I called my mom and told her to come quickly. When she arrived, I told her the situation. She called an ambulance, and they took my aunt and my uncle to the hospital. After fifteen minutes, they got to the hospital and they called us and said, "We are so sorry, but your uncle is dead. He had a heart attack." I was so scared for my cousins because their father had just died and their mother was sick. He left behind eight kids and his wife. It was sad.

The next morning, my aunt was released from the hospital and went home. We went to the funeral and saw a lot of people wearing all white. I saw a lot of people crying, and I cried, too. Some people from the neighborhood showed up because they knew his family. I touched the casket, and it was smooth; I touched the ground, and it was hard and dry.

My friend asked me, "What happened to him?"

I said, "He had heart problems."

My aunt's friend asked me, "How are you feeling? How is your aunt feeling?"

I answered, "I'm not feeling good and not happy. My aunt is very sad." The room was loud with the sound of all the people crying and talking. After the funeral we went home and a lot of people came to our house to tell us they were sorry for our loss.

My aunt stayed inside the house. She couldn't come outside, because in my religion, when a women's husband dies, she has to stay inside the house for one month? We had to stay with her and help her and her kids around the house. The school was about to open and I needed to go back to my school, but I couldn't. I couldn't leave my mom with my aunt's eight kids and my ten little brothers and sisters because that's a huge family for one person to take care of it. So I missed school for one month. When the month ended, my family went back to our home and I started school, but had a difficult time catching up.

I loved my Uncle and his family. I think about them and the fun we used to have when I got together with his kids. He used to give me money sometimes. Now my aunt is remarried to another man and has two kids with him, plus her eight. That's ten kids and they are all living happily ever after.



Try Out This Restaurant!

Dejana Sullivan

Do you like going out to eat with family and friends? Well I know I do, especially at one of my favorite restaurants which is Mike Linnings. This restaurant has the best oversized delicious fish in Louisville, Ky.

Mike Linnings is located at 9308 Cane Run Rd. This famous seafood restaurant has been around since 1925, passed down from generation to generation. That means this old place has been running for 86 years now. Older than a lot of people, it still has an amazing taste. They have always been known for good food, large portions for the right price, and a casual place to eat with loved ones.

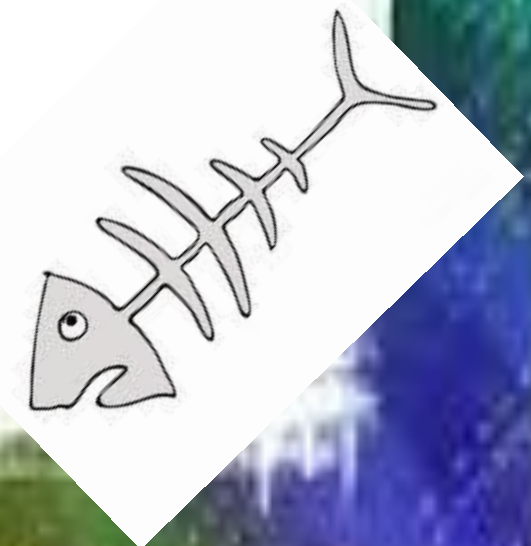
Let me tell you about their outstanding food. This restaurant is mainly known for their tasty fish, which is clearly understandable. They have a big fish plate for only \$12.25 that comes with 2 large pieces of fish, french fries and cole slaw. OMG! It also has a delightful smell that you can just taste in the air as soon as you get it. The dessert that I always get is their Oreo cheesecake that just melts in your mouth, but you can choose from several things. You can even eat outside on a beautiful day, sitting by the river, enjoying the view while you eat.

You should try this restaurant very soon. They have great service for you and your family or friends; just go any day when you're free. I promise, you will leave Mike Linnings well satisfied and wanting to come back!

Menu Items include seafood appetizers, seafood soups, salads, the usual array of side items, deserts, steaks, fried and baked chicken items, hot sandwiches, and YUMMY SEAFOOD! All items on the menu are available for carry out or catering. (502-937-9888 or 502-937-1235)

[Mike Linning's Website](#)

[Directions from Central](#)



Let's Make a Change

Malaya Allen

There is so much violence
In our communities and homes;

Is this how kids should live
Without parents and alone?

Kids need stability and education,
Not violence and drugs.

I want to see my generation make it,
Be able to walk across the stage on graduation.

We have people looking up to us,
So I try my best to succeed;

I want to make my family proud
So I strive to achieve.

Let's help the community

And make a change;

Let's show the world

Kids can change.

Where Do You Stand?

Jameia Carr

There are two benefits associated with school uniforms: a focus on learning, as well as a reduction of violence on school grounds. School uniforms raise school pride. There are other reasons why public schools should implement uniforms.

School uniforms cause students to spend less time thinking about clothing, and more time thinking about school work. When students spend less time thinking about clothing, it helps test scores. I know what you're thinking, "School uniforms can't help raise test scores." Yes they can. School uniforms raise test scores because students will have on "smart clothes." I know people might disagree with me, but honestly, I think school uniforms will make school way better. They feel better and it makes students feel smarter.

School uniforms cause less violence. Uniforms also reduce the "cliques" and gangs on school campuses. When it is not easy to identify members of gangs, the fights and violence decrease. According to PHS commentator, Melissa Nitsch, "When everyone looks alike, there is less risk of being caught in gang fights for wearing the wrong color. With uniforms, no one is killed over a pair of Nikes or a Starter jacket. Not only that, but with school uniforms, students don't pick on each other about wearing the same thing over and over. Students are not distracted by how they look, and therefore, spend more time learning at school. The peer pressures of stylish dressing with the "best" brands are alleviated, and students can focus more upon their schoolwork, rather than social appearances." School uniforms also increase attendance, which is good on student's records.

Having school uniforms is also a good thing simply because a lot of people won't have to get in trouble for dress code violation. We all know females like wearing leggings, and really it can distract the males whose minds wander. The holes in the jeans could also be a distraction to others, too. Some people like wearing holes in jeans in inappropriate places and that can cause many distractions. Students take advantage of not wearing school uniforms, and it can cause serious problems.

I personally believe that school uniforms are much better for all schools in Jefferson County. Schools should implement school uniforms. School uniforms raise school pride. It makes us become one!



Fighting A Losing Battle

Johnae Walker

I'm pretty sure that almost every student in central high school has had a misunderstanding with a teacher. Usually the misunderstanding leads to ISAP, Detention, or even suspension. There are always two sides to the story: the teacher's & the student's. Here at Central, when you get a referral, you go on Do Not Admit. Do Not Admit is a list of students who got into trouble the previous day that has been e-mailed to the teachers.

The routine is the same; you go down to your principal's office and explain your side of the story, but for what?! No matter what you say or do, or how many witnesses you have, the student is always wrong and the teacher is always right. No matter how wrong the teacher actually is, it doesn't matter - they're always right. Yes, it's wrong, but its life I guess. Why waste our breathe explaining what happened when we're still going to receive some sort of consequence? I firmly believe that teachers DO tell false stories, ha-ha a teacher lying it sounds unrealistic. Why would a teacher go tell a story on a child? We don't know, but it happens.

I talked to a couple of students and my principle to get their opinions on this topic and they had their own stories to tell:

"One time my teacher was already having a bad day and I guess I made it worse. He said that I got smart when I didn't. I just asked him a question, but before he could answer it, I told him I didn't need help anymore because I found out the answer. Well he didn't like that, so he wrote me a referral. I was sent to the office and I sat in Mrs. Schmidt's office and she asked my side of the story, like it really mattered. I explained myself and I still had to go to ISAP."

Another student stated: "It depends on who you go to after a situation. You have those counselors who really do want to help and avoid detention, and then you also have those who do truly believe that the teacher is always right."

I asked Mrs. Schmidt for her opinion, "Today I had two students come down into my office who ended up working put an understanding with their teacher. I always have conferences with teachers and students if they have an unfair situation; we talk it out, and sometimes we come to an understanding and most of the time they don't have any consequences."

I also spoke to Ms. Rodier, "I know the student feels like all of the teacher's frustration is aimed at him or her, but some students don't think about the fact that there are 25-30 other students who also have immediate needs who are also tugging on the teacher's patience. When everyone is polite, on both sides, there is not even a need for a referral. That's really the key; if everyone is polite and patient, you can usually solve the problem right then and there. "

The point is that whether you believe students have a voice or not, we just need to understand that we should just take our punishment and try not to have any more misunderstandings.

NO MORE

Helen Padilla

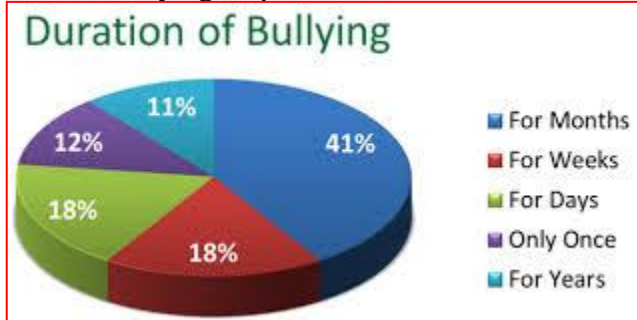
Bullying in schools is the new raising epidemic in

What is bullying?

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. What this definition fails to tell is what comes with bullying.

www.stopbullying.gov/what-is-bullying/

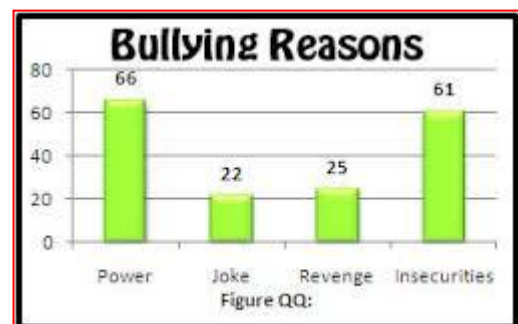
today's world. So many kids in the United States go through some kind of bullying and the most disturbing part is that most cases of bullying aren't even reported, by the people being abused. I feel as if this needs to be stopped; people need to realize that the effects of bullying are not only profound but the worst part is that it is lasting. As someone who has experienced bullying and still deals with the aftermath of years of teasing, public humiliation and self hatred, I can tell you that being bullied stays with you for a long time. We need to speak up and not let anyone be bullied. Bullying stops here and now.



Bullying come in three main forms; physical, emotional, verbal. Physical abuse is when the bully takes action. The bully hits you, and physically abuses you repeatedly. For example, you get a black eye or get jumped by a group of people who beat you up. Emotional bullying is where the bully uses words to hurt you. This goes a bit

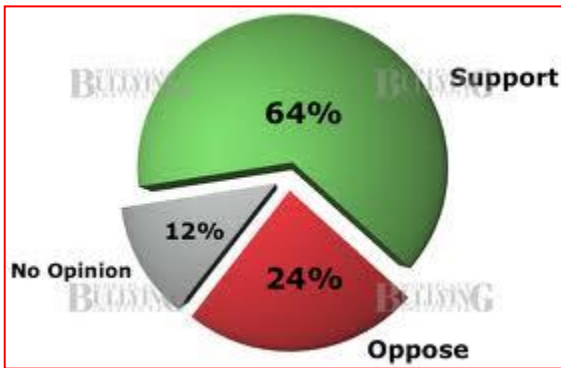
beyond mere words like your fat or ugly; the bully will try to isolate you from everyone else, or may spread rumors about you. The bully tries to make you feel alone and alienated. In my opinion, this is the worst kind. The final form is verbal. This is when the bully calls you names and makes fun of you. People experience this form more often than the others. Most people don't realize that these forms of abuse are often daily abuse for most kids in school, as well as some adults. That should not be allowed, no one should go through this in their lifetime.

The most common question is why bully? This question is so complex due to the fact that there are so many reasons that people bully others. Basically, bullies bully because they don't know any other behavior. They may be insecure about themselves and their own weakness, they try it bring out others' weaknesses. Another reason may be that they are getting abused in their household so they are projecting the actions taken against them at home onto others at school. Their abusive behavior is due to the fact that they have grown up seeing abuse, so they don't know any better than to abuse others. By no means am I saying that it is an excuse, but the bullied cannot totally be blamed; the parents play a role as well. The next reason may be because they have gotten bullied themselves by others in the past and they may think that the behavior is acceptable. This is the saddest, due to the fact that it shows that bullying is a never ending cycle.



The effects of bullying are very profound. Because the topic of bullying is still a hush-hush subject, many people don't discuss what bullying leads to. People that have experienced some form of bullying deal with depression, fear, anxiety, and low self-esteem; these are just some of the most common effects. In school, children may be unable to focus, live in a state of constant fear, and feeling of helplessness and feelings of not measuring up to the others. As far as health problems, there is an extensive list. Psychological problems, such as anorexia and bulimia, start to appear. If the abuse reaches a level where the person can't handle the abuse, they may choose to take a permanent route to end the feelings of despair. This person may chose to cut their wrist, or just commit suicide. All of these problems do not just end when the abuse stops, but they fester inside the person if the proper treatment is not administered to them in time. That is why it is so important for people to speak up and say no to bullying.

In my personal experience with bullying, I never told anyone. I just tried to work out my

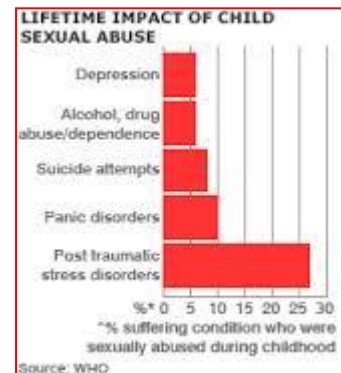


problem by myself. That was the biggest mistake. If you are getting bullied, it is so important to tell someone who you trust, and most importantly, someone who will do something to help you. A way to stop bullying is to simply use your voice. Just tell people that you are being bullied. Many people commit the mistake of saying, "If I just wait, then they will stop being mean to me." Not so. Tthe abuse will continue until you do something to stop it. Also, teachers and parents need to take a hands-on approach; they need to start talking to their students and children about

bullying. The teachers need to have a watchful eye in class to see if someone is getting bullied. And most importantly, teachers need to be a shoulder for students to express themselves to. The students need to be able to talk to their teacher and feel as if the teacher understands and cares. Parents need to have a more open relationship with their kids. If the child doesn't have a good relationship with the parent, the child is less likely to be comfortable telling the parents about the abuse. And lastly, people should just be kind. There is no need to be cruel towards each other. If we would just learn to appreciate others' differences, the world would be better.

I believe in the power of people. When people come together for a common goal, we can accomplish great things. It's time to stop the abuse in school and outside of school. I call upon all of you to take a stand. This means that when you see someone getting bullied, be the person who stands for the person getting bullied. Don't ever let someone get bullied in your presence. Get educated! There should be more classes about bullying and what bullying leads to. If we inform people of what bullying is, then they will be less likely to engage in the act of bullying. Practice being kind. Don't put anything negative into the world. Be a kind human being to others; a little kindness goes a long way. Your smile can give hope to others, you never know. Let's take action today, and stop bullying.

[pics](#)



Is Prom Worth It?

Nicolaides Cheeks

PROM! Do you really think it's worth all the time, money, and trouble? Prom is definitely worth it because it is one of the last moments to feel like a teenager, probably the last time to have an unforgettable moment with your friends, and one of the only moments to feel like a princess or a prince.

There's all that stress from applying to college; did you get accepted or not? You're thinking about the next step after your graduate, but prom is an opportunity to not think about all of that and just have fun. It's one of the last times you're going to get to be a care-free teenager. It's a time for you to embrace that moment of dancing all night and just being young and free.

Another reason prom is worth it is it's probably one of the last times you will have to hang out with your high school friends before going your separate ways off to college or the military. There are going to be after parties, group pictures, rides in the limo together, and dancing and just having fun together.

The average teenager spends at least \$1,139 on their high school prom. That's a lot of money, but you can always budget or shop around and not spend that much. When will you get another chance to get all dressed up and fancy like a princess or prince? Prom lets you talk to people you have never talked to before. Just be pretty and have a good time.

Prom is one of the best times of your teenage life. Every teenager should experience it. You'll never have a time like prom again in your life, so it really is worth the stress and cost in the end.

Creating the Perfect Date

By Karrington Ancrum

As a teen, I feel as though I can speak for us all when I say dating can be a tough thing to do. Mostly, it is fun, and a normal part of growing up and enjoying our teen years. But often times, we aren't sure of what to say, what to wear, or how to act around our crush, which can be a recipe for disaster. But—be not afraid—for I am here to lend you a helping hand, and as long as you follow my few tips, you're sure to have much success with your dating endeavors.

FUN WITH FLIRTING!

Interesting fact: so listen up ladies! I know trying to look your best may be the most important factor for your date, but did you know the most effective flirthers tend to attract more guys? You can put on your skinniest jeans, and paint your face as much as you want, but studies show that guys are actually quite intimidated by the girls that are the most attractive—physically that is—and they're less likely to approach them because of that.

So with that being said, you're probably thinking, "what are some effective flirting tactics?" Being only 14, I wouldn't advise or encourage anything too over-the-top, but cute little things like twirling your hair, biting your lip, or smiling a lot can go a long way. Smiling a lot can show your guy that you are interested in him and what he's saying. Also a tip: eye contact is vital. A stare that lasts for more than 3 seconds, however, can go from flirty to awkward! Stares that linger for 2-3 seconds show interest in one another, which can really advance your date in a positive way.



LOOK YOUR BEST

Another difficult factor with your date—your outfit! Girls always go for their tightest jeans or tightest dresses, but honestly, the way you dress should definitely depend on the location of the date. If you're my age, more than likely you won't be dining at a 5 star facility with a candle lit dinner and violins playing. Appropriate places to go are maybe the movies, a fast food joint, or a day at the park. If you're headed to one of those places, definitely go casual; something comfy yet cute. Remember—you don't want to solemnly depend on your outfit to keep your date's attention. No matter where you are, dress appropriately! I'm no Roberto Cavalli or Zac Posen, so I couldn't piece you together the *perfect* ensemble, but I'll say this; dress for you, not your date. Wear something you'll be happy and comfortable in.



HAVE CONFIDENCE!

CONFIDENCE IS KEY!!!! I cannot stress this enough; it is by far the single most important thing to have, not only on dates, but just in everyday life. **JUST BE CONFIDENT!** Confidence is the sexiest trait any male or female can possess. If you're good with flirting, you probably have good confidence, too. A recent survey conducted by a teen in California concluded that 98% of males at his high school preferred girls with high confidence and good flirting skills. Also, 100% of girls said they wanted a guy with high confidence.

Take it from me; I've been at points in my life where I've had next to no confidence, and points in my life when my confidence levels were through the roof. Guys never paid much attention to me when I sat in the back of class with my head down and hood on. But in my more recent years, especially with entering high school and becoming more comfortable with who I am, I've been able to put insecurities aside, and just embrace who Karrington really is. A confident woman—what does she look like? She's usually the girl who can wear anything, hang out with anyone, be independent, and hold her own *NO MATTER WHAT*. She could be dressed in sweats and hoodie, and rock it like a 3000 dollar ball gown, and not care what anyone says about her. That's what all of us should aspire to be like.



gg65227419 www.gograph.com

So to wrap things up, I'd like to simply reiterate the main points of my article:

- Have fun with flirting
- Know how to dress
- Most importantly, be confident!

As long as you follow my 3 tips, there's no way you could possibly go wrong, and I'm sure you'll be lining up dates left and right in no time!

“Confidence is the sexiest trait any male or female can possess...”

Dreams – Kejjane Glover

Do you ever just sit and dwell on a dream that you recently had, and wonder what it could have meant? Random dreams and facts that you didn't know about could blow you away.

Dreams are successions of images, ideas, emotions, and sensations that occur involuntarily in the mind during certain stages of sleep. –The Wikipedia

Everybody has dreams, men, woman, and kids big or small even babies and pets do it. We all dream, even those of us who claim not to. In fact, researchers have found that people usually have several dreams each night, each one lasting for between 5 to 20 minutes. During a typical lifetime, people spend an average of *six years* dreaming! Dreams have meaning most of the time, depending on what they're about.

So what do you dream about? I asked some of my classmates and here are some of their responses of what they dream about.

- Death (being ill or family member)
- Food and Celebrities (or being famous)
- The future
- Intercourse and Déjà vu
- Real life situations that happen in different scenarios
- Money and Achievement or success
- Outside interferences
- Sports and fighting

Some of the comments ran into the nightmare category such as:

- Sleep paralysis
- Being chased

- Falling from high levels or down deep holes
- Being murdered
- Abandonment or abduction
- Accidents

They say every dream you have tends to have a meaning about it. After asking my classmates about their dreams, I found out some of their meanings.

According to Dreammoods.com, the following dream subjects mean:

Abandonment To dream that you are abandoned suggests that it is time to leave behind past feelings and characteristics that are hindering your growth. Let go of your old attitudes.

Abduction To dream of ‘Being’ abducted indicates that you are being manipulated by your circumstances or by someone. You lack control of your own life; ‘Witness’ abduction in your dream signifies feelings of helplessness, lastly to dream that ‘You’re the one being abducted’ implies that you are holding on to something that you need to let go. You may be forcing your views and opinions on others.

Achievement To dream of an achievement denotes that you will be greatly satisfied with the outcome of a situation or project. The bigger the achievement, the greater the satisfaction.

Break-In To dream that someone is trying to break into your house indicates that some subconscious material is attempting to make itself known. You are in denial about some aspects of yourself. Alternatively, the dream may be about a current relationship or situation that is making you uncomfortable. You feel that you are losing your own identity or space.

Being Murdered To dream that you are murdered suggests that some important and significant relationship has been severed. You are trying to disconnect yourself from your emotions. The dream may also be about your unused talents.

Celebrities (or being famous) To see an actor or actress in your dream represents your pursuit for pleasure. Your admiration of a particular celebrity may lead to a desire to have some of their physical or personality traits.

Famous dreams denotes unrealized achievements or failed aspirations. You constantly need reaffirmation, praises and acknowledgment. You want to be admired and looked up to by those around you.

The most Common dream I got from my classmates was about **Food**, believe it or not. Dreaming of food represents physical and emotional nourishment and energies. The different types of food can symbolize a wide range of things. Generally, fruit is symbolic of sensuality, meat represents animalistic desires, and vegetables pertain to healthy pursuits. Frozen foods may refer to your cold emotions and frigid ways. Eating certain foods also refer to qualities that you need to incorporate within your own self.

The list of dream meanings is really long. If you ever wake up one morning wondering if your dreams are trying to tell you something, take a look at dreammoods.com and search your dream. Figure out symbols behind your dreams.

Hold fast to dreams, for if dreams die,
life is a broken-winged bird that cannot
fly.

Langston Hughes

Holiday World vs. Kentucky Kingdom

Marianny Montero

It may not be warm enough to visit an amusement park, but planning for some summer fun might make the gray days brighter. So which should you pick – Kentucky Kingdom or Holiday World?

The price for one day admission to both Kentucky Kingdom and Holiday World are about the same. For adults, the prices are the same at \$44.95. The prices for children are a little bit different. At Kentucky Kingdom, the price for a ticket for children is \$34.95, but only for children under 48 inches tall. At Holiday World, the ticket for a child older than 2 years old is \$36.95, but there is no cost for children that are younger than 2 years of age. For the season pass at Kentucky Kingdom, it depends on the time of the year you decide to buy it. For example, you can go now and buy it for the year 2015 for only \$59.95, but it might go up into the hundreds by the time the park opens. For Holiday World, the season pass costs \$120 each until November 15.

Both parks offer a lot of free stuff. For example, parking at Holiday World is free, but at Kentucky Kingdom, it will cost you eight dollars. They both have free sunscreen and inner tubes. But Holiday World also offers free Wi-Fi and free drinks all the time. At Kentucky Kingdom, you have to pay one dollar for drinks if you have a season pass, and if you don't, you have to pay a greater amount.

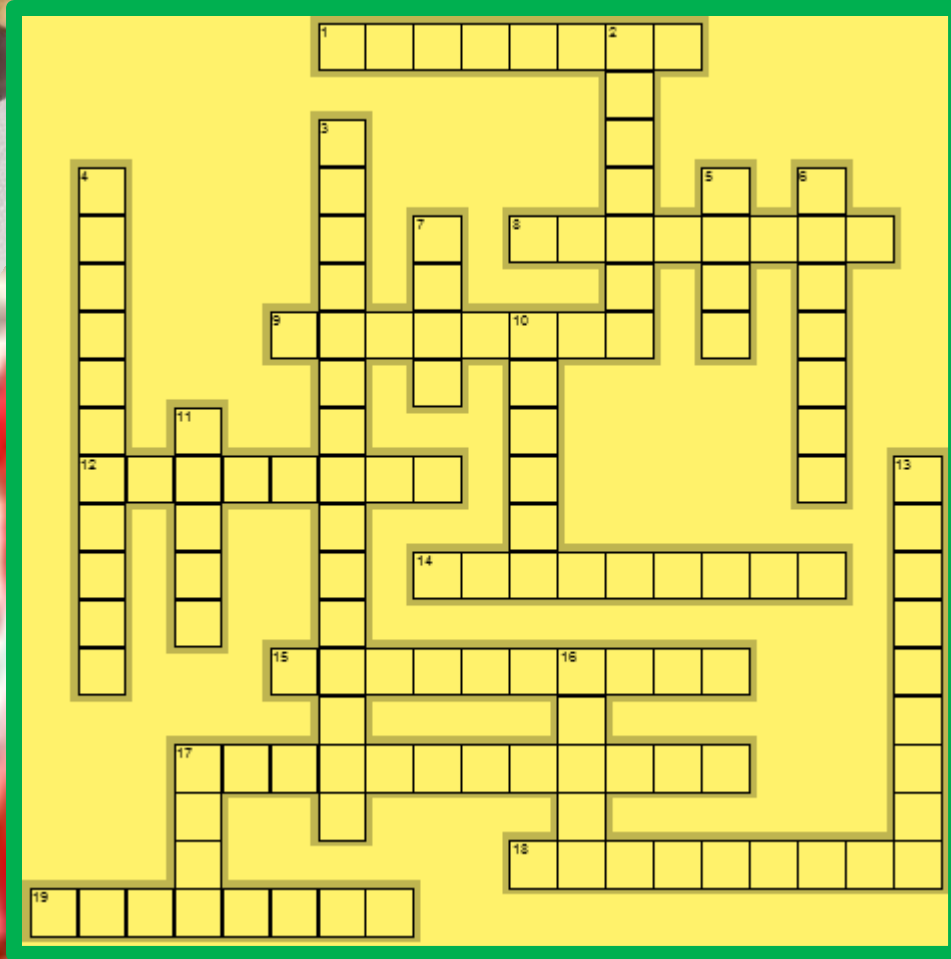
The activities that are offered for all ages are very different. Kentucky Kingdom recently added a new Aqua Theater Rescued Sea Lion show. There is also a section of the park full of rides for kids and the other part is full of rides that many of us will enjoy. Some of those rides are Lightning Run, Fear Fall, the 5D cinema and many more. Holiday World has more roller coasters than Kentucky Kingdom, and the park is also bigger. It is full of rides for kids as well as for adults. Some of the rides for kids include: Butterfly Bay, Comet's ride and many more. For teens and adults, the park has over 47 rides. Some of the most thrilling are rides called: Revolution, Scarecrow Scrambler, The Legend, and there are many more to enjoy.

From Central high School, one of the parks is very close. According to google.com, Kentucky Kingdom is only 4.9 miles away from Central on a bus. It is the park that is closer to the school, because Holiday World is 72.6 miles away from Central; that is an hour and 9 minutes away by car!

Even though they both have many advantages, such as price and rides, they both have their differences. One being distance from this school. Holiday world is very far away, yet it offers many things that the other park doesn't seem to offer. They are both great parks that I am sure you will enjoy. No matter what park you decide to go to next summer, you will have a wonderful time with your family.



Holiday Sweets



Across

1. You don't find this version in church.
8. The Good Ship...
9. Chocolate factory in Pennsylvania.
12. Baked in a pan, served in squares.
14. It might wear a halo.
15. The kernels are coated with sweetness.
17. Used to celebrate your special day.
18. It's striped like a barber's pole.
19. They fall off trees.

Down

2. They beat the hare.
3. She was a character in Charlie Brown.
4. You can build a house with this.
5. Santa gets this with his cookies.
6. Cut them into holiday shapes.
7. Lovers do this.
10. You drink this treat.
11. Don't eat this raw.
13. The bits in this come from trees.
16. A drink made with chocolate.
17. A dog does this.



JEFFERSON COUNTY PUBLIC SCHOOLS

Equal Opportunity Policies

Equal Employment Opportunity Employees/Applicants

The Jefferson County Public School District shall not discriminate in recruitment or employment on the basis of age, color, creed, disability, marital or parental status, national origin, race, sex, sexual orientation, veteran status, religion, or political opinion or affiliation. The District shall promote equal opportunities through a vigorous affirmative action program as an integral part of personnel policy and practice in the employment, development, advancement, and treatment of employees of the Jefferson County Public Schools.

In the Event of Questions

Employees or applicants, report to immediate superior, appropriate personnel administrator, the Compliance and Investigations Office, or the appropriate enforcement agency if you believe you have experienced harassment/discrimination.

Equal Educational Opportunity Students/Parents or Guardians

No student shall be denied equal educational opportunity for any reason by the Jefferson County Board of Education because of his or her age, color, disability, parental status, marital status, national origin, race, religion, sex, or veteran status.

Harassment/Discrimination of any type is not permitted. A student has the right to attend school free from harassment and should not be subjected to discrimination for any reason. Schools will strive to ensure that these rights are protected and that appropriate consequences are provided to offenders.

In the Event of Questions

Students and parents/guardians, report to principal, the Compliance and Investigations Office, or the appropriate government agency if you believe you have experienced harassment/discrimination.

Noncompliance with the above policy and procedures may result in disciplinary action.

Discrimination Grievance Procedure

The Jefferson County Public Schools Discrimination Grievance Procedure is available at local schools, on the Jefferson County Public Schools Web site at www.jcpsky.net, or in the Compliance and Investigations Office, C. B. Young Jr. Service Center, 3001 Crittenden Drive, Louisville, KY 40209. Contact Cheryl Walker, Compliance and Investigations director, at **485-3341**, or call or write one of the following enforcement agencies:

Equal Employment Opportunity Commission

600 Dr. Martin Luther King, Jr., Place, Suite 268
Louisville, KY 40202
(502) 582-6082
www.eeoc.gov

U. S. Department of Education, Office for Civil Rights

Wanamaker Building, Suite 515
100 Penn Square East
Philadelphia, PA 19107
(215) 656-8541
www.ed.gov

Kentucky Commission on Human Rights

The Heyburn Building, Suite 700
332 West Broadway
Louisville, KY 40202
(502) 595-4024
<http://kchr.ky.gov>

Louisville Metro Human Relations Commission

410 West Chestnut Street, Suite 300A
Louisville, KY 40202
(502) 574-3631
www.louisvilleky.gov/HumanRelations



www.jcpsky.net

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