



Central High School

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Yellow Jacket Times

Contributing Writers

Halima Abdullahi
Fathi Aden
Khadijah Aden
Fardowsa Ahmed
Tatiana Boyd
Nicolaides Cheeks
Jalen Crawford
Malek Gore
Precious Hereford
Nyien Khaing
Daeton Ladd
DeAira Lanier
Lillian Navarijo
Marianny Montero
Ashley Moore
Tiffany Ngo
Toree Simms
Dallas Simpson
KJ Thompson
Dwayne Vega
Elijah Wegner
Thathan Win

Advisor

Anne Rodier

Submissions:

Anne.rodier@jefferson.kyschools.us

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Take Advantage of What School Has to Offer

Khadijah Aden

Most students go to school every day because their parents make them go. That should not be the case. I used to hate school and didn't take it seriously until last year when I realized I want so much in life, and when I grow up, the only person who can provide those things to me is myself. The things include a nice house and a nice car with a big family. My mom cannot provide for me after I am able to start taking care of myself. That time will begin after I am eighteen. I will need to find something to do with my life. If I don't prepare myself for that now, I won't know how to do it later. That's a really important reason school is very important now. It can prepare you for your future.

Knowledge that you get in school will benefit you now and throughout your lifetime. School can teach you basic math, ways to manage your money, how to take care of yourself if you are sick, and more. You will take the knowledge that you acquire in high school, with you to college so you can study something that interests you. College will teach you more about things you like doing in college so that you can make money out of something that isn't boring.

Many of us need to start taking school seriously so that we can succeed in our future. We need to start studying for our tests, quizzes, do our homework, and participate in our classes. If your friend wants to hang out on the weekend and you have some school work to complete, it's best that you complete that work and have the fun later. One day of fun with your friends is not worth more than completing school work. You can always reschedule hanging out with your friend, but with school work, there are due dates, and if it's not turned in by the due date, it will affect your grade.

I am proud of myself this year because I have changed my grades to all A's and B's, with one C. On this next report card, I plan on changing that C to a B because I know that I can do it. Senior year is important because this is the year that colleges look at junior year ACT scores and GPA's. I want to get into a good university of my choice and study Nursing. With a nice career, my life won't be tiring or boring, instead, it will be filled with learning and excitement.

Higher Earning Potential

Individuals who only finish some college have a lifetime earnings estimate of \$1.55 million. And those with a high school diploma can look forward to earning about \$1.3 million over their lifetime. So is four-years of college education (at a cost of about \$50,000) worth earning an extra \$1 million dollars you'll earn over your lifetime?

More Job Opportunities

. In addition to the skills and knowledge acquired by earning a degree, attending college provides professional networking opportunities inaccessible to those who don't go to college.

Greater Benefits

A 2008 report produced by *College Board* showed that roughly 70 percent of individuals with a four-year college degree received health insurance from their employer, while less than 50 percent of employees with only a high school diploma received the same benefit.

Job Satisfaction

Studies have also shown that as level of education increase, so does job satisfaction.

Job Stability

During a recession, the unemployment rate among college graduates is substantially lower than the unemployment rate among employees with only a high school diploma.

Benefits to Your Children

A study produced by *Lancet*, a reputable medical journal, showed that between 1970 and 2009 there was a significant decrease in infant mortality rates for women as they attained higher levels of education.

Ability to Make Better Choices

Earning a college degree helps people make better choices about everything from mortgage rates to investment plans to launching a new business.

Ability to Communicate More Effectively

The ability to communicate clearly, concisely, and persuasively with help you land the perfect job, improve your career advancement opportunities and enhance your interpersonal relationships with family members and associates.

<http://www.collegeatlas.org/earn-a-college-degree.html>

The 3 S's of Being a Teen

Precious Hereford

"All season my leg has been killing me." Said Jennifer Fletcher, a senior soccer player and track athlete at East Hamilton High School. "It really affected me when I was taking the ACT; I was concentrating on the pain in my leg more than the actual test."

Athletics, school, and stress are what most middle and high school students have on their plate. Those are the three main elements of trying to manage a social life that teenagers are worried about. That is quite a handful. Imagine two or three hours of practice, then stacks of homework, test studying, reviewing, all the while, trying to have a social life and still be a normal kid. In most cases, the stress will make you buckle under and get to work, but for some, the pressure get you in the end and you will lose yourself and your passion for life.

Stress is like spice. In the right proportion it enhances the flavor of a dish. Too little produces a bland, dull meal; too much may choke you." ~Donald Tubesing

"If your teeth are clenched and your fists are clenched, your lifespan is probably clenched." ~Terri Guillemets

"The recommended amount of sleep for student athletes is around 9.2 hours. When athletes lose sleep, attitude, mood and performance in the classroom and on the field, may be adversely affected by sleep lost," according to *The Importance of Sleep for Young Athletes*. "Lack of sleep can magnify such psychological factors as stress, anxiety, and in some cases depression." There are many similar reports that show all kinds of consequences of stress on teens, both physically and mentally.

Being an athlete myself, I go through this on daily basis. I've felt the feeling of giving up, or not caring about school. I am stressed every day, and then add on school work and assignments, a job, and then practice right after school. Man, sometimes I need life to throw me a break! It can break you down, not just physically, but mentally, which can damage not just you athletic career, but your success in school. You need to be successful in school to make it anywhere in the future. What you focus on, is what you are going to get, so you might as well focus on what's important. BUT...focusing on too much at one time can hurt you rather than help you. All in all, make sure you know what you need to focus on at that time and know how to manage the important stuff.

Junior Year Time Management

Nicolaides Cheeks

Time management in high school is very important for teenagers. It is especially important your junior year of high school. At the beginning of each school year, you go into the year positive, thinking, "I'm going to start the year off right, study this amount of time and do homework at this time." It seems like you are managing your time well, but after Thanksgiving break into winter break, you kind of fall off the wagon, begin to get lazy with note taking, studying, and keeping track of homework.

It seems like after the first semester is over, time just flies by and you're stressing over all the work you have, and the ACT is coming soon. Second semester of your junior year is very important, and it's important that you keep track of your time and all the things you have going on. So here are some tips on some wise ways to manage your time!



Have you ever thought about lists? Make yourself a to-do list every day. List each thing by importance, 1 being the most important. You can even just use an agenda as they advise you to at school. Try motivating yourself by using colorful pens or markers.



Are you a morning person or a night owl? It's more effective if you work at periods in time when you do your best. Make sure you also have a good night's sleep because your brain needs rest to get to the task you need to complete the next day.



Budget your time. Take time to see how long it takes you to complete an activity. Schedule your time to get the entire tasks you need to complete done.



It's ok to say NO sometimes. There will always be a new movie or party to go to. Don't be afraid you'll seem lame because you can't hang out with your friends. Go along with your schedule and maybe you'll have time left over to hang with friends.



Don't get distracted. Getting sidetracked is easy when you have things you need to do. Find a quiet and comfortable, but not too comfortable so you'll fall asleep, place to get your stuff done.

Time Management is important and can help you organize yourself on a day-to-day basis. So use these tips as a starting point to become organized.

The first twenty—five years (of your life) are spent preparing yourself educationally or not preparing yourself. If you prepare well, you will have sixty years to reap the benefits. If you prepare poorly, you will have sixty years to suffer the consequences.

Dr. Ben Carson

Teachers vs. Students by Precious Hereford

When you talk to some students in the middle of the 6 weeks grading period, they are failing, and when you ask them why, they say, “We don’t do any work in class, plus the teacher doesn’t give any extra credit.” It seems that students blame their teachers when they are failing; they feel the teacher doesn’t like them or isn’t helping with class assignments and the homework they pass out. But maybe the reason the student is failing is because of the student themselves? Or maybe the teacher has tried to help the student, but the student hasn’t reached out and used the help to their advantage. We can’t solve the problem until we break the problem down to see what the real issue is and what changes can be made to resolve the issue. The best way to solve the problem is to work with each other to get things accomplished and use each other for success.

Most students don’t take the opportunity teachers hand to them. They create websites for extra help, give handouts and extra examples for students to work on to enhance their understanding on the topic. But it’s in the hands of the students whether they take advantage of what the teachers offer or not.

[About Education](#) suggests the following steps to students who want to improve their grades:

- [1. Write Down Every Assignment](#)
- [2. Remember to Bring Your Homework to School](#)
- [3. Communicate With Your Teacher](#)
- [4. Organize With Color](#)
- [5. Establish a Study Zone at Home](#)
- [6. Prepare Yourself for Test Days](#)
- [7. Know Your Dominant Learning Style](#)
- [8. Take Fabulous Notes](#)
- [9. Conquer Procrastination](#)
- [10. Take Care of Yourself](#)

Click on any of the steps above for more information.

“Those choosing not to learn are being disrespectful to their classmates and to taxpayers. Their disruptions interfere with the learning of others. All the time teachers spend disciplining, giving out makeup work, etc., could be used to create better lessons and help those who want to learn. It is hard to implement “No Child Left Behind” when children are choosing to stay behind.”

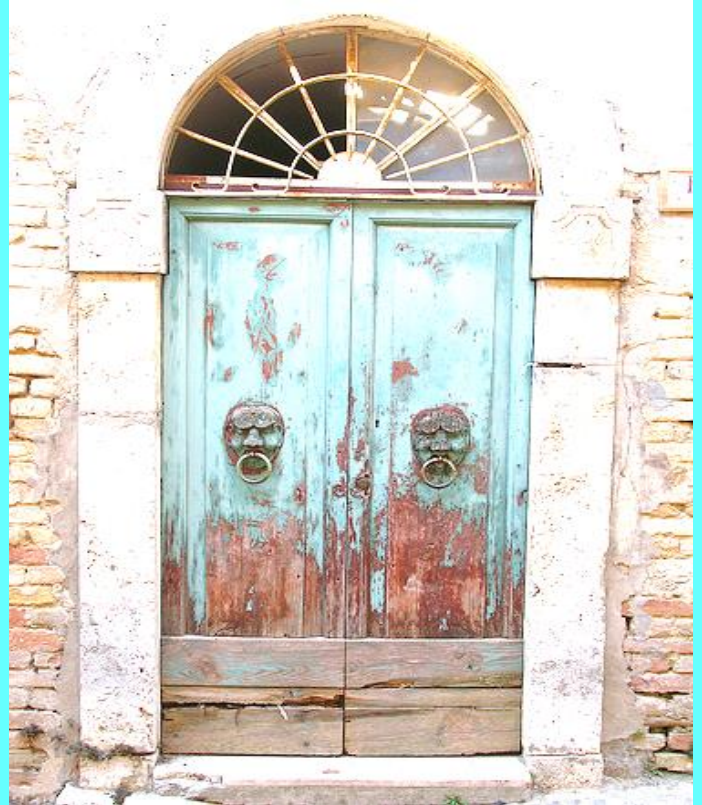
<http://www.startribune.com/opin>

Additional Homework/Study Tips Categories

- [Time Management](#)
- [Learning Styles and Skills](#)
- [Citations and Bibliography](#)
- [School Tests](#)
- [Research Papers](#)
- [Tips by Subject](#)
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- [Research and Reference Tools](#)
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- [Extracurricular Activities](#)
- [Classroom Behavior](#)
- [Reading for Homework](#)
- [Blog](#)
- [Success at School](#)
- [Assignments](#)
- [Study Skills](#)
- [Updated Articles and Resources](#)

Misuse of Parent Portal

Toree Sims



Parent Portal is for students and parents to stay up to date with their grades. It also meant for you to see what you scored on your assignments you're missing, and your test scores. But what good does it do when teachers don't keep it updated?

Teachers either wait to the deadline to update infinite campus or just show your grade and not your scores or assignments. What that does is defeat the purpose of having a parent portal, because that's the reason why students and parent, log on.

Sometimes students don't receive credit for the work they have done. They might have turned the assignment in and could have proven that they did, but cannot because it's too late; the teacher left them blind on their progress. Not knowing what you're missing, means you don't have a chance to make the missing work up. That causes more and more zeros.

After class or during the class, teachers are often busy. You walk up to their desk and ask how you are doing in your class, or what assignments you're missing. The first thing teachers say is to check infinite campus. But when you do, there isn't updated information. That means that through the whole six weeks, we are left clueless until progress reports come out and it is too late. If the information in infinite campus stays updated, it can also benefit teachers because they don't have to get bugged about telling students their grades; students can just look for themselves.

Parent portal isn't really getting used in the manner it should be, and it's affecting the grades of the students. It can be a positive education tool that leads student's to succeed. It's a shame that it isn't being used correctly.

To create a Parent Portal account, click here:

<http://www.jefferson.kyschools.us/parent/ParentPortal/aup.html>

Who is Better?

Dwayne Vega

Kevin Durant and LeBron James are two of the most talented players in the national basketball association. For most people, there is trouble deciding who is better, because they are such phenomenal players. To start off, let's talk a little about LeBron James. James is a very rough, tough guy and a phenomenal scorer. He averages over 27.5 points a game, which is not bad. LeBron also has great post season success with an average of over 29.3 points a game. These two stats show that LeBron is not only a great scorer, but during the regular season it shows that he is an even better player during the post season though this may be a stressful time for many people LeBron manages to stay calm and play even better under the pressure. LeBron has a title of being a two time NBA champion, a two time NBA finals MVP, a four time MVP, a NBA scoring champ title, a two time NBA all-star game MVP, a ten time all-star, and a three time gold medalist. Though LeBron has some weaknesses and failures, I would say that his many awards and accomplishments make up for those. LeBron is a great player with much strength which includes LeBron being very fast; he can attack the basket with force and get to the rim easily. He is a very strong player and he is known for his ability to man-handle opponents in the paint. He has a great passing game, and is known to create plays through consistently keeping the ball moving and finding the defender who can guard decent mid-range and hit, but he isn't always the jump shot. On the reverse crunch time player at play well under pressure.

There is another Kevin Durant. KD is a very stats show, which include, nab, five time nab all-star, the NBA rookie challenge scoring champ. KD is a ability to attack the basket His four time scoring career stats, which include game, and his post season which include him scoring

with pressure from the media, fans coach, and even the team, makes it safe to say that scoring is his greatest strength. Kevin is also a great penetrator; he can get to the basket with ease. Although he is a rather skinny player, you can tell that he uses it to his advantage by fooling the defenders after shooting a few threes to deceive them, then he goes down low for the easy buckets. Kevin can also be a very good defender, averaging about one steal a game, which isn't the best, but it gets the job done. KD is also a solid rebounder, averaging about six rebounds a game, which is pretty good for a small forward of his caliber and size. Kevin also has a great attitude towards the game; he is a loyal teammate and great team player.

To conclude Kevin Durant is the better player, though they both are very talented players even though LeBron may be bigger. Kevin seems to play smarter and get points on the score board, and he seems to have a better demeanor. Kevin is a great team player, but LeBron could work on sharing some of the spot light with his team.



open man. He is a versatile positions 1-4; he also has three point game, he can most dependable on the side LeBron, can be a good most times, and he also can

well-known star player - skilled player as all of his 1 time mvp, four time all one time nab all-star MVP, MVP and a four time clutch player and has the and shoot the jump shot. champ title and his great him scoring 32 points per success is an over success over 28 points per game

TIPS ON HOW TO BE A GREAT BASKETBALL PLAYER

Precious Hereford

Have you ever wanted to be a great basketball player? Well I have some tips on how to do that. I have been on my school's basketball team for three years. So if you want to be a great basketball player, or make the team, you are reading the right article.

First - exercise. Do a cardio work out to get your blood flowing and your heart pumping. You can run, do jumping jacks, and other exercises. Exercising will help build up your stamina and improve your game. If you don't exercise, you will not be able to run up and down the court.

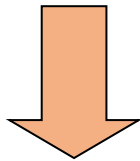
Second - Another thing you need to work on is handling the ball. Try to walk up and down street with the ball in your hand. Don't try to go too fast or you might mess up. Do this for a couple times. And keep your face in front of you and not down. Try to work with both hands. First try it with one hand then when you are good with that hand try it with the other the hand. Try to go to the park or somewhere where you can practice handling the ball.

Third – Practice passing the ball. A tip for passing, is to find a partner to help you or practice with you. Do both chest and bounce passing. When you do the bounce pass, make sure that the ball bounces in the middle of the street, and not at the other person's feet. When you do the chest pass, throw it at the person's chest. Ask your parents to help you or ask your friend. It can be fun, if you put your mind to it and try your best.

If you practice some of these tips every day, then you and others will see your skills improve as a basketball player.

There is a great web site that has basketball tips collected from your comments.

You can visit the site here: <http://basketballtipsandtricks.com/passing/>.



This is the current collection of passing tips:

Basketball Passing Tips

Passing is an important skill and there are a variety of different types. The key to passing is finding the open player and choosing the appropriate type of pass.

The two most common passes in basketball are the chest and the bounce pass.

1. **Chest Pass.** Ball travels from your chest area directly to your teammate with little arc and no bounce. This is the most direct way to transfer the ball and is the easiest to catch.
2. **Bounce Pass.** Ball travels from your chest or waist area and takes one bounce up into your teammates hands. This is the most difficult pass to defend because the ball is bouncing near the defenders feet and they don't have time to get their hands on it. This is why the bounce pass is very effective and popular.



Below are some passing tips:

1. **Pass with two hands.** By putting both hands on the ball you have more control and can easily put backspin on the ball.
2. **Step into your pass.** Put your weight into your pass to ensure proper velocity and control.
3. **Always follow through.** Just like a good shooter, a good passer will follow through.
4. **End with your thumbs pointing down.** Your thumbs should point down at the end of your follow through. This ensures there is proper back spin on the ball which makes it easier to catch.
5. **Make the pass easy to catch.** Don't put a lot of speed on the pass if you don't need it, and always read the body language of your teammate, are they ready for a pass? Where are their hands?
6. **Pass away from the defender.** Aggressive defenders will play passing lanes and knock away passes. Passing to the side of your teammate that is away from the defender will reduce tipped passes.
7. **Make the easy pass.** Most turnovers that amateurs commit happen because they try to make a difficult or impossible pass. Just make the easy passes to wide open players, this will ensure your teammate can easily get it and your team retains possession.
8. **Pass to the hands of your teammate.** If your teammate is squaring up for a shot, they will have their hands by their shooting pocket, make sure that's where you aim. If they are battling in the post with their hands up in the air, make a lob pass to their finger tips. If they are in the post reaching out low, skip a bounce pass in so it hits their hands.
9. **Only lead your receiver if required.** Many passing turnovers are caused by over leading the receiver, often in times when there is no need to lead the receiver at all. If your teammate is wide open on a fast break don't try throw the ball far in front of them, instead make a pass they will be able to get even if they slow down.
10. **Use trick passes with caution.** Trick passes can look impressive when they work, but often result in turnovers. Using a trick pass just you had to try and fool the defense because you could not get them out of position.
11. **Do not jump.** Once you jump, you are not allowed to land with the ball, if the passing lane disappears as you jump, you have no choice but to throw a bad pass.
12. **Pick a target.** Don't throw in the general direction of your teammates voice.
13. **BONUS TIP: Play a practice game without dribbles.** Find a few friends and play a game with no dribbling allowed (almost like ultimate frisbee), it will force you to focus on passing.

Below for receiving a passes:

1. **Catch the ball with two hands and grab it with muscle.** By using both hands and your strength you are increasing your control of the ball incase it had more velocity than expected or a strange spin. It also lets you immediately get into your shooting motion or tripple threat position.
2. **Come to the ball.** If you let the ball come to you, you are giving the defender a chance to make a play. Once the ball is in the air, its **your job** as the receiver to get to it and make sure no one else can.



Why Do We Need Cheerleaders?

Ashley Moore

Have you ever just looked at the cheerleaders in your school and asked yourself, "Why do we even need cheerleaders?" Or wonder what use they really are to the school? A lot of people like to think the cheerleaders aren't really important, and that they really aren't needed, but I am here to tell everyone how they are very important and very much needed.

**High School
cheerleading is
where all the fun
begins.**

Without cheerleaders, what type of support system would any of the teams have? Sure there will be the student fans, but they aren't going to be at every single game or event. Football season is a perfect example, when it gets too cold outside, the stands are just barely filled, and if they are, they are filled with family members who are usually too cold to even function right. Now, you might be thinking, "What is wrong with just having family members there?" Yes, family members are a good support system, but let's face it, they really only cheer and support their family member, or just get upset when their child is not in the game or gets taken out. The cheerleaders support each and every one of the players (with any sport), and encourage them to do their best every game.

Cheerleaders are also there to bring school spirit, because without them, there would not be enough. Student fans get distracted during a game, and forget that the team depends on their support to win the game. The cheerleaders also bring the school money. Cheerleaders do lots of fundraisers: like car washes, and pancake breakfasts. Most of the time, they are generous enough to give it to the school to help out with whatever the school needs.

**You hold a very
important job as a
high school
cheerleader.**

Without cheerleaders schools wouldn't have as much school spirit. We work really hard to perfect our performance so our teams can have the support that they deserve.

Common Injuries among Teens

Ashley Moore

The frontal lobes of the human brain continue to develop until age 25. [CDC](#)

Do you ever wonder what the most common teen injuries are and why? Many of them are sports related, but what about the ones that aren't? Here are some most common teenage injuries.

As I am sure you suspected, the most common injury with teens is concussions and serious head trauma. This is primarily because of sports. Kids might take a hard hit in football or basketball or might even take a hard fall when cheerleading. Almost any other sport can lead to head injuries. According to the CDC, studies show that 1.1 million concussions occur each year. Every hit on the head should be taken seriously, even if it might feel as if it never happened a couple minutes later, you should get it checked out because that one hit could possibly affect you for forty years with memory loss and mood changes. The younger you are, the more serious the potential of long term damage to your brain. The CDC says that high school athletes are more at risk than college and professional athletes because the brain doesn't develop totally until you are twenty-five.

According to the CDC, 26% of teenage injuries come from motor-vehicle accidents; 7.7% of teens rarely or never wear seatbelts while in a car when someone else is driving. You're probably thinking, "Okay, just because they don't wear seat belts doesn't mean anything." Every time you even set foot in a car, you are already at risk of an injury. Even if it is just going around the corner or down the street; it doesn't matter because you never know what could happen. 63% of automobile fatalities were not wearing a seat belt.

16 to 25 year olds are the least likely to buckle up. They simply do not believe they will be injured or killed. Yet they are the nation's highest-risk drivers, with more drunk driving, more speeding, and more crashes.

http://www.car-accidents.com/pages/seat_belts.html

Did you know that someone's behavior can also play a big part in their injuries? Studies show that 20 percent of students get bullied on a daily basis while in school. If someone is being bullied, that person might bring a gun or a knife to school to get revenge for the way you treated them. They could come into school looking for a designated person but then just might want to take all their anger out on

everyone else and once again, that's putting everyone at risk for anything.

The point is that you need to be cautious about everything you do, because a lot of the things we do today can not only put us at risk for injury, but could also put other people at risk for injury as well.

<http://www.concussiontreatment.com/concussionfacts.html>

According to <http://www.worldlifeexpectancy.com/kentucky-cause-of-death-by-age-and-gender>,

the 3 leading causes of death among teens in Kentucky are:

1. Traffic Accidents

2. Suicide.

3. Poisoning

Minimum Wage by Khadija Aden

We should raise the minimum wage from \$7.25 to \$10.10 an hour. This change would affect so many citizens' lives. The people who would be helped include students who are saving for college, working women in Kentucky who are trying to raise a family, and people who want to get off of food stamps.


There are many students in high school who do not have good grades, don't play any sports for school, and come from a poor family. They also have dreams about how they want to live their lives after high school. Some of them want to be lawyers, teachers, and nurses. To get there, they have to go to law school or medical school, and to do that, you need money in your pocket to pay for it. Scholarships would help, but how can you get a scholarship if you do not play any sports nor have good grades? Most of these students have a part time job to earn money for college. An increase in minimum wage is would help these people.

There are so many single moms today. They often have to work more hours to provide whatever the family needs. If she works over time, she will make more, but she cannot work over time every day when she has children to take care of. \$7.25 an hour is not enough for someone who has to care for others in the family, too. And \$7.25 is also not enough for people pay bills and still have some left to put into their pockets.

Finally, it would help citizens get off programs such as food stamps, Obamacare, low income housing, and more. A study by the Center of American Progress found that raising the minimum wage to \$10.10 would help 3.5 million Americans get off food stamps. If people start making the money that they work hard for, they could save for medical bills, house bills, phone bills and money to buy food with. Raising minimum wage would mean there would be less poverty, and everyone would have food and shelter.

Increasing minimum wage would not support just one person. It would help and support everyone in so many ways. Women who work hard to raise a family will have less stress, students could put some money in their pockets to save for college, and would save taxpayers money because more people could get off food

stamps and find better homes Minimum wage is beneficial to me, you and everyone, and we should encourage our city leaders to raise minimum wage to \$10.10 an hour.

 According to PEW, “That group (people who make at or below federal minimum wage) represents 4.3% of the nation’s 75.9 million hourly-paid workers and 2.6% of all wage and salary workers. In 1979, when the BLS began regularly studying minimum-wage workers, they represented 13.4% of hourly workers and 7.9% of all wage and salary workers.” September 2014

People at or below the federal minimum are:

- Disproportionately young: 50.4% are ages 16 to 24; 24% are teenagers (ages 16 to 19).
- Mostly (77%) white; nearly half are white women.
- Largely part-time workers (64% of the total).

Minimum-Wage (and Below) Workers by Occupation, 2013

OCCUPATIONAL GROUP	WORKFORCE
Food preparation and serving related occupations	1,540,000
Sales and related occupations	477,000
Personal care and service occupations	228,000
Office and administrative support occupations	196,000
Building and grounds cleaning and maintenance occupations	183,000
Transportation and material moving occupations	171,000
Professional and related occupations	119,000
Production occupations	105,000
Healthcare support occupations	87,000
Protective service occupations	61,000
Management, business, and financial operations occupations	38,000
Construction and extraction occupations	38,000
Farming, fishing and forestry occupations	35,000
Installation, maintenance and repair occupations	21,000

Source: Bureau of Labor Statistics

PEW RESEARCH CENTER



Websites You Definitely Want to Visit

There is so much information available to us through the internet, but how do you find the really good stuff? Central teachers share some of the sites that they have found that could be really useful to you.

Math Related

<http://www.discoveryeducation.com/> (Problems worth Solving)

Sports Related

<http://www.louisvillecentralfootball.com/ClubSpotlight.aspx?clubId=55281&> (CHS Football)

History/Civics Related

<https://www.icivics.org/> (Don't just learn Civics, Play Civics)

Writing Related

<http://easybib.com/> (Generate Citations for your Writing)

<http://creativecommons.org/> (Royalty Free Materials for Research and Publishing)

<http://paperrater.com/> (Free On line Grammar & Spell Check)

Reading Related

<https://newsela.com/> (Current Interest Article Database Adjustable to Reading Level)

Technology Related

<http://www.webopedia.com/> (IT Dictionary)

<http://lanschool.com/> (Managing Classroom Technology needs)

Communications Related

<http://www.celly.com/en/> (Managing Classroom Social Media)

Science Related & More

<http://www.exploratorium.edu/> (Explore How the World Works)

<http://apps.exploratorium.edu/10cool/index.php> (Index for Cool Sites)

Music Related

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<https://jcps.edmodo.com/> (Common Core Enhancement, Practice and Review)

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<http://blogs.kqed.org/mindshift/2013/11/beyond-minecraft-games-that-inspire-building-and-exploration/> (Apps to Expand Your Brain Power)

Khan Academy is a great Multi-Purpose site that has something for just about every content area.

<https://www.khanacademy.org>

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Be sure to check out the Central High School web site for individual teacher webs and blogs.

<http://www.jefferson.kyschools.us/Schools/High/Central/index.html>

Teacher

Feature

Toree Sims

Tell us about Something Dumb that You Did as a Young Person?

Ms. Yasayanlar –My mom always told me to never play with fire. Well, she was in the bathroom and I was curious and lit a match. I burned my pajamas and burned my leg.

Ms. Kuffner - I was suspended in high school for cutting class to go eat pizza.

Mr. Wallace- Threw a snowball with a rock in it at a car and hit it, cost my parents a lot of money and me a pound of flesh.

Ms. Meador- Chose to spend time with a boy instead of my girlfriends.

Mr. Williams- On a couple of occasions I exhibited actions which I now consider bullying. These were actions that, as I did them to a friend, caused me to realize I wasn't being a very good friend at all.

Coach Scroggins- Tried to clear a ditch, and misjudged how wide it was.

Commander Keeton- I put a neighborhood cat in a mailbox, then put the flag up for the mailman. I got in big trouble with my mom for that one.

Mr. Robertson- Climbed an apple tree in a field that had a bull. Came after me and I fell out of the tree.

Mr. Davis- Wearing my Halloween costume in a tire swing and then getting stuck cause it was too big.

Mr. Wolfe- Not keeping my comic books; they could have made me a lot of money now.

Coach Founder- Made a grill on the edge of a balcony and used so much lighter fluid somebody thought the building was on fire. Fire department came and I hid.

Mayse- Listen to my brother! He told me Ammonia smelled good and convinced me to smell it. Burned my nose!

Dr. Little- Sliding down a staircase rail. I had a broken left hip.

Coach Payne- Put the active end of a telephone cord in my mouth. Shock of my life.

Mr. Batson- About age 10, after practicing in my backyard with plastic golf balls, I decided to tee up a real golf ball. I broke a window in a Methodist Church a block away.

Mr. Mennen- I wiped my butt with poison oak on a camping trip.

Ms. Rodier- A girlfriend and I were at the ski slopes on the chair lift and we were flirting with the guys behind us. When we reached the platform, my ski tips were down and I was flung flat on my face in the snow.

Mr. Canaday- Tried to jump a BMX bike across a creek full of glass. 18 STITCHES.

Chief Little- Attend my high school prom. I went with a girl I didn't like.

Mrs. Paris - In middle school, I focused more on "the grade" than the lesson learned. The day that I was to be inducted into The National Honor Society, I was caught cheating on a history test! I knew the material, but feared I would not get that almighty "A!" I sacrificed my (trustworthy) reputation for a grade. I learned that my reputation is more important. Yes, I was inducted into NHS, and remained a member until I graduated from high school.

What Goes Around

Fardowsa Ahmed

Do you believe in karma? I do believe in karma. And we say, "What goes around, comes around," and it has been said throughout history. It's called karma, whether your actions are good or bad, they have an effect on you. I believe what goes around comes around because of the choices people make. For example, the day you do what you wanted to do. I don't have to worry about anything because I already did what I'm supposed to do.

A few weeks ago, a good friend of mine stole my boyfriend. My boyfriend and I were fighting, and we decided to take a break. My closest best friend was going through my face book and she saw his picture, then decided to add him to her face book. Weeks went by, and they were talking. They started dating. I was really mad because she betrayed me, and didn't turn out to be who I thought she was. We fought, and didn't talk for almost two weeks. Then, I heard that they broke up. She came running to me crying, saying she was sorry, and that he did her wrong. My cousin confronted her for what she did, and she cried. My cousin and she never spoke to each other ever again. Me, well, I forgive her but I can't forget.

Another reason I believe what goes around comes around is in a movie I saw. There were two girls, Emily and Katy. They had been best friends from elementary school to middle school. When they went to high school, Emily became friends with the girls that were popular. And the popular kids were mean to Katy because the leader of the group was afraid that Katy might steal her boyfriend. Emily did not help her best friend, Katy, in her time of need; instead she became mean to Katy.

As time went by, Emily started to like the leader's boyfriend and started to flirt with him; the leader noticed and

Hindu philosophy, which believes in life after death, holds the doctrine that if the karma of an individual is good enough, the next birth will be rewarding, and if not, the person may actually devolve and degenerate into a lower life form.

<http://hinduism.about.com/od/basics/a/karma.htm>

warned her. They didn't quit, so the leader embarrassed her in front of the whole school. From that day on, the leader hated Emily, and she lost her friends. She thought she could go back to Katy after all the things she had done to her. She tried, but Katy walked out on her the same way she had been walked out.

The main point is, the way you treat someone has an effect on the way others will treat you. Everyone has a turn in life to be good to others or not. What goes around does come around, so be sure you make the right choice.

Recently, a similar concept, Pay it Forward, has become popular.

The simplest way to define “pay it forward” is that when someone does something for you, instead of paying that person back directly, you pass it on to another person instead. One of the easiest examples of this is buying a coffee for the person in line behind you at the coffee shop and then they buy a coffee for the person behind them and so on.

<http://onlineblog.bryantstratton.edu/what-does-it-mean-to-pay-it-forward/>

***Have you “paid enough
Forward’ to have good karma?***




We Are All Here!



Elijah Wegner

It doesn't take a rocket scientist or a psychiatrist to tell us we, as Americans, have become desensitized to violence. From the news, to music, to video games, we can't seem to find peace anywhere. When we do, we see it in one of two camps: as boring or as magnificent and rare. This is kind of depressing when you think about it.

Let me set a scene for you; it's early in the morning and the sun is just starting to color the dark sky. It's not too warm and the breeze is light; think springtime. A few birds are chirping, but it isn't overwhelming. You're alone, walking; the music of a favorite band or artist serenades the trip. What's so special about this?




I take a version of this walk every day, granted it's on a track, but it's still special. It is as much a part of my morning routine as coffee and Listerine. It is as much of a miracle as the birth of a child, or the growing of a life giving plant. The unfortunate thing about this kind of peace is we take it for granted. A walk is a walk, but it's important to me. Without it, I feel like something is missing.

Jesus might not be walking on water. Muhammad might not be appearing to the devout, but miracles happen every day without us batting an eye. Every evening we lie down and shut off our control. Our bodies can fly on autopilot and keep us not only alive, but also thriving and rebuilding without any input on our behalf. The force of gravity is a precise 9.8, and the atmosphere is composed just perfectly enough to allow us to live. Yet we destroy the planet, and commit suicide, and fail to notice the things around us that make it all worth it.

Regardless of religious bent, nothing - absolutely nothing, is certain except that we are here now. Practice what you will, but the cold factual reality is that we all have one common bond: the bond of living on planet that is spectacular, with bodies that are spectacular. How can we say the only miracles in life come from Heavenly bodies, or prophets, or deities, or anything theistic at all? A dog can save a drowning child, a medical procedure can rid a man of a terminal illness, a plant can make its food from water and sunlight! All that, regardless of what you believe is magical.

So, why can't we embrace these things? Why is peace such an uncommon sensation? Why are we constantly assaulted by unpleasant stories in the news? Why do we spend our lives calling our neighbors racist, and sexist, and chauvinistic? Why do we have to treat people poorly? In a world filled with awe inspiring technology, why is cyber-bullying a common term thrown left and right in counseling sessions. People are here for whatever time we are here for. We were put here by who ever or whatever put us here, but that's all a matter semantics. It's just something to argue over. So let's embrace the common theme - we are all here! It's time we start acting like it!



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





DCI John Luther & Me

Jalen Crawford

DCI Luther, an extraordinary yet ordinary man, stalks the streets of London waging his own personal war on crime.

Luther returns, passionate and ruthless, his life is his job. For him tomorrow always brings with it a new crime to solve, a new criminal to hunt. That is until love crosses his path and offers him a chance of happiness.

But nothing ever comes easily for Luther. Not when innocent lives are under threat. Not when the ghosts of his past return. Not when his worst enemies are his own colleagues. Can Luther ever find peace? Or will he always be haunted by the past, consumed by his campaign for justice? His dedication always a curse and a blessing to those close to him.

<http://www.bbc.co.uk/programmes/profiles/2tHGzCXfWdpWpDHkgOGBw0G/dci-john-luther>

DCI John Luther, the main character from the now canceled TV show, 'Luther', is an intelligent man and interesting character. As I watched how he figured out who murdered who, I tried to find similarities between DCI Luther and myself. I eventually found a couple; the most important one I found between the two of us is that we share intelligence and the ability to get vexed very easily.

While contemplating our similarities, I took the time to think about our differences, as well. The main difference between us is that I have the faculty to control my actions when angry. I take pride in knowing that I can control myself, because I know how bad things can get if I don't. Watching 'Luther' through all three series has helped me discern how crucial it is to have self-control, because DCI John Luther let his anger help ravage his marriage. He also almost lost his job due to the lack of control. Like DCI John Luther, my anger has almost gotten me in trouble on many occasions. For instance, I got into an argument with a police officer because he claimed my friends and I were walking across the street too slowly. We were crossing the street at the same speed as the people who had crossed before us. I felt like the officer was picking on us, so I said something in response to the officer's comments.

When I reminisce about this small incident, I think about how much worse things could've gotten. If I were to have gotten any angrier, I would've been totally responsible for the outcome of the situation. Like DCI John Luther, I now think about what's going to happen if I let my anger overtake me.

How do you deal with your anger? Do you think about the consequences of what you are going to do before you get yourself in trouble? It's time to start before it's too late!

Follow Jalen on his blog at: <http://jalencrawford.weebly.com>


Don't Pick Me

Tiffany Ngo

Please don't pick me, please don't pick me, please don't pick me, please don't pick me... dang it they picked me. Admit it, all of us felt like that at least at one point in our lives. For me, I go through this mental cycle every single day. In this situation, it's obvious that I didn't want to get picked...but I had no other choice but to suck it up and speak out loud to various other students around my age. This was in June 2014, I had been invited to attend the ASSET program at Western Kentucky University and I happily jumped on the bandwagon to join the fun activities to come. However, when I first arrived, I think I bit off more than I could chew. Most of the others who attended this program grew up on farms, and I am obviously a city girl from Louisville, Kentucky; that was the major difference between the other participants and me.

I had a pretty big weight on my shoulders, for I probably traveled the most out of all of the others who have joined this program. Not to mention I had a drastically different life-style then my colleagues did so I was worried that I might not ever fit in with him, even on the first day one of the participants wanted to go home; and the fun hasn't even started yet! However as the days passed on in this summer camp, I slowly began to fit in with my country-life friends and administrators; with much work that is. To be honest, I was frightened; I was thrust out of the bustling city into the quiet and peaceful country where cows and horses run rampant in the fields. In Louisville, I've mostly seen horses and cows in stalls at the Kentucky State Fair but never have they begun running around an open field and attempt to trample me!

Yet I was here, in the country area of Kentucky; catapulted out of my safe zone only to enter a brand new, highly strange environment, and be expected to fend for myself. Good god, what did I get myself into?! I had already begun regretting my decision to come here where I wasn't able to fully fit in. The thing is I should be used to such a change. Just last year, I attended another summer camp program in Washington D.C. and I was perfectly fine; though I'm sure why I was comfortable there because it was a city and we got the chance to visit dozens of museums. Nevertheless, whining like a little baby wasn't going to get me anywhere so I sucked in all my worries and charged ahead like a bull in a China shop.



By the time the 3rd day had rolled around, I was having the time of my life. Screw all my worries that I had on the first day, this was probably one of the best times I ever had in my life! While we did have a lot of fun, the camp counselors also gave us some very difficult activities to do; one of my personal favorites was dissecting a cow! On the 4th night, we had a dance party after doing some sort of outdoor waterslide sort of thing and, to tell the truth, dancing was never my thing. When various other campers goaded me to join them in their festivities, I resisted with all my might. Until they had at least 5 people drag me over to the dance floor where I danced...just a bit. While I'm still uncomfortable with dancing, I let loose a tiny bit and had fun!

When it was time to head back to Louisville, I was given two awards; one for completing the program, and the other was the 'Bull in a China Shop' award for taking risks and charging forward. I learned some rather valuable things from that program, how to break out of my shell, gain confidence, a bit about the campus life, being away from home, and the lessons they were dish out to us when I got there. To this day, I am slowly learning how to break out of my previously diamond-hard shell and blossom into a happy and fun-loving young woman. Sure I still get nervous when there's anything public involved but I made a large amount of new friends that way. I still go back to that first day of the camp, wondering how I could have done more and taken more risks to enjoy my stay. Nevertheless that trip is something I will always have in my heart, something to cherish and to learn from, and to share my stories and lessons forever more.

Follow Tiffany on her blog at: <http://historynut19.weebly.com/>

Outside Looking In

By: Dallas Simpson

Outside looking in, others perceive me to be smart, quiet, and weird. But their perceptions are far off of what is REALLY ME. I'm a very cerebral person; I think a lot. If you watch me close enough, you might find me bopping my head even though there isn't any music present. I've been making beats since the 7th grade, so music has become engraved as a constant thought in my mind for the past 5 years. I'll get so lost in the tunes in my head that I find myself calm after a hard day at work, or hyped in times of physical activity. I may be smart and quiet so the people who perceive me aren't as far off as once thought, however, "weird" I'm not. I sit back and watch people waltz in to the same drama every day as if they can't avoid conflict or predict the potential outcome of their actions. Yet I'M the weird one. I'm just Dallas, the musical Californian with a desire to succeed in everything I do, that is, on top of music of course.

I showed my first interest for rhythm or music in general when I first gained full control of my neck. According to my dad I would always detect the tempo of a song and sway my head with the beat. At the time, I think the gesture was taken worth a grain of salt because enjoying music is something everyone is fond of. I guess it was perceived as normal for a 3 year old toddler to do this.

Later on in life, at nine years old to be exact, I received my first keyboard.....well keyboards. It was Christmas morning and I had just begun to fall asleep. Going to sleep the day before Christmas was never an easy task for me, the anticipation always ate at me like mosquitos on a hot humid day, and if you've ever experienced Kentucky weather in the city of Louisville, you know what I mean. After realizing that day light was shining through the cracks of my blinds, I sprung out of bed and rushed to the living room. Tripping over my own feet, I fell and slid into a present in the process. When I opened my eyes, a huge box wrapped in red Mickey Mouse gift wrap was stuffed in my face. Still in shock from my Christmas day tumble, I slowly lifted my head and witnessed our living room covered in presents. It looked like someone knocked down a pyramid made of Christmas awesomeness with the tree being the epicenter. My hands still stinging from breaking my fall, I ran to my parent's room and woke them up. They rolled out of bed and we all gathered in the living room. My brother and sister immediately began ripping opening presents so I joined the fun, I couldn't believe my luck, the first two presents I opened were both keyboards. At the time I didn't even think about making music, but the thrill of being able to tinker with the keys made me want to learn more. It was this moment that I became musically interested.

By the time I got to the 7th grade, I was in band at Thomas Jefferson middle school, my parents divorced, I had a girlfriend, I was making nothing but A's and B's, and I had been bitten by a dog. In a nut shell, a lot had happened since that one Christmas, years go. But it was that year, in 7th grade, when I began making music on a device. It was another boring afternoon one day at my Dad's house and I had just received a \$20.00 gift card for PlayStation Network. I was lying on my air mattress while browsing the online store, when I came across this game called Beaterator. It turned out this game wasn't a game after all. In fact, the first sentence of the item description read, "With Beaterator you can arrange samples to create your own music." Stumbling on this software sold me on the idea of making music instead of falling to childhood peer pressure and negative influences. Music put a good head on my shoulders. To those on the outside looking in, I came off as an antisocial teen who didn't know how to have fun.

After surviving middle school, losing contact with old friends, and walking through my high school days, I found that I've changed a lot since that life changing Christmas day. I switched from using a video game to make beats to utilizing industry production software, my beats transformed from simple and generic to lively and complex, but my mindset changed the most. I now see the music in things, the good in things, and the logistics of things. Everything I have done has lead up to this point in my senior year where peers and teachers say, "This is the time you really begin to find yourself and begin thinking about what you want to do with life after high school." Outside looking in I'm just another teen finding life, but in my world? I'm a teen who was found by music at a young age, with desires to pursue happiness, life, and success.

Follow Dallas on his blog at: <http://ourworldinmusic.weebly.com>

This Is Me

Thathan Win

My freshmen year in Central made me feel like I was in hell because I was so shy. I didn't feel comfortable being with people. After having ELS class for a few months, I began to feel like I was part of a family with all kinds of students from different countries. I was comfortable being around them. Having ESL in Central really helped me to learn to be myself and not be scared to speak up any more. Freshman year, I wrote an article called, "My identity makes me who I am." I published it in the Yellow Jacket Times. After that, I was really proud of myself for telling about my life in a Thailand Refugee Camp, because not all Immigrants student want to tell about their backgrounds. From that first article, I thought to myself

that I wanted to become a writer one day and write multi-cultural fiction.

Sometimes being an immigrant student can lead to conflict. I remember one day in gym class, I got into a fight with two African American girls. One of the girls wasn't from the United States, she was an immigrant student, but she acted like girls from here. They tried to bully one of my friends who was always quiet. My friend was too scared to speak up for herself, so when I stood up for her, I got into the fight with the two African American girls. At the end of the fight, I got suspended for three days, but my friend had to stay in isap. I never used to get in fights when I was in middle school. There, I even I helped my principle by translating whenever there was a student that did not understand English who was from Thailand. I was a very useful little girl in middle school, and I didn't really get bullied by American students because I usually got along with them, even though some of my international friends got picked on by American students. When that happened, I avoided fighting by talking to the teacher about it. I was mad that I got in a fight In high school.

In my junior year, I decided try to participate in school activities. I tried out for the softball team, but they told me that I didn't make it. That was okay for me because at least I tried something new that none of the ELS students tried before. Now that it's senior year, I'm stressed out, because I have been really busy with my school work and other activities. After school, I stay for ROTC rifle team and sometimes we have match with another school. After that, I go to Americana Community Center for homework help and some activity. Sometimes I go to the soccer field for volleyball practice with the girls. I want to do everything ordinary and get involved like American students. I have been working really hard and I'm proud of myself because I have teachers, parents, and friends supporting me. Sometimes I do things like American students do, but that doesn't change me from being a Refugee student. I am a positive person and always have a smile to cheer people, and I talk to lot of international students.

I've been thinking about Homecoming; I had no idea what that was in my junior year. One day there a pep rally and I saw lot of couples come out and people cheered for them. I asked my American friend about it and she told me what it was. Senior year, my math teacher wanted me to sign up to be in homecoming court, so I did. I thought I would not get any votes, but the next day, I got nominated. Lots of ESL students voted for me and that made me really happy. At the pep rally, I got to walk with this dude across the gym, and I was smiling until I couldn't close my mouth. When ESL students saw me, they were happy and some students couldn't believe that I made it. This was the best day of my senior year, because it was like magic.

Being an Immigrant student at Central High school has been an interesting journey for me. During the last four years, I have experienced a lot. As a result of this, I have done several activities that some ELS students do not. I learned to stand up for myself and my friends, got involved in extracurricular activities, and was nominated and participated in homecoming court. I am proud of myself for being able to achieve these experiences. I love the things that I have done in high school and in the future I will look back with happiness.



Cuban Traditions

Marianny Montero Serrano

If you plan to go to Cuba, it is good to know about different traditions and how they are celebrated.

I remember when I was little and I used to live in Cuba. Some of the traditions came with me to the United States, but others have faded away with time and not enough practice. The traditions that I remember from that time are: El Carnival, Los quinces (fifteen birthday), Noche Buena (Christmas Eve), and El festival de las flores (The Festival of the Flowers).

Just like here, in Cuba we celebrate Christmas Eve. That is celebrated almost the same way as in the United States. In Cuba, we have the tree and everything that everyone has in the United States. However, in Cuba, we don't get a lot of presents or things to give to others. We celebrate it by inviting the whole family to one house, then putting on music, and eating. A very popular meal to eat that night is el puerco asado, or in English, it is called roasted pork. That is how many families, including mine, came together to celebrate our good fortune.

Another tradition is El Carnival. El Carnival is celebrated on different days in many parts of Cuba. It is only done during the summer, usually from July to September. In the part of Cuba that I lived in, it was usually celebrated during the third week of August. It is a beautiful tradition. People dance and celebrate and it's full of all different colors and music and everything that you might enjoy. It is a type of tradition that everyone is always waiting for the day to come. There are dancers dancing on top of floats in many different costumes, and you can play games and eat anything you want. The people from all over the province come together just to celebrate and see that beautiful event.

I remember when I went to El Carnival one summer while I was in Cuba. I was amazed at all the beautiful colors and all the floats that were passing by. It was so much fun seeing all types of people dancing and having fun at such an event. All of the foods were delicious as well; they had everything from smoothies, to a really popular soup called caldosa that is really delicious. El Carnival is something that I would recommend for everybody, it is really amazing.

I also remember when it was my time to celebrate my fifteen birthday; in Cuba it's called los quinces. I remember



getting my own big dress and dancing the waltz at the party that I had and everything was amazing. That is a day I will never forget. In Cuba, los quinces are really a big deal. It is when a girl becomes a woman, just like sweet sixteen in the United States. It is celebrated by having a big party where the girl or the boy dances and has a big ceremony with family and friends. Also some people like to take a photo shoots before the big day, just to make it more memorable. That is what I did, and I can honestly say that was the most fun I had had in many years.



Another tradition that I have celebrated is El festival de las flores, or The festival of flowers in English.



This is a time of the year when they put flowers around the street and almost in front of every house. The also pass by with floats decorated with flowers and dancers. It is to celebrate all the colors and beautiful flowers that nature gives us. You walk around the streets and you are able to see all of the flowers and every beautiful thing that nature and life has given us.

Those are some of the traditions that I remember celebrating in Cuba. All of them were really enjoyable and very memorable. Each were full of music and dance and many different foods. Cuba has many

different types of traditions; it all depends on which parts of Cuba you live in and how nature and finances are doing that year, but they do their best to celebrate each tradition and become as happy as they can be.





“Tostones” - Spanish Recipe

By: Marianny Montero

Tostones are great for any meal. It is a very popular dish in Latin America and it is very delicious. It is very simple and fast to make.

You will need: A green plantain, oil, salt, and a knife

First, take the knife and cut the skin of the green plantain and take it off. Cut the green plantain into slices of about half an inch. Put about an inch of oil into a pan and start heating it up until it is very hot. Put in the plantains to fry until they are golden. When they are golden, take them in your kitchen until they are thin. Fry them again in the same oil until they are golden once again. Take them out, add salt, and it's ready to serve.

That is all you need, your dish is ready. I recommend that you serve them immediately since this dish can become really dry if it's left out for too long.



Flan de Leche

By: Marianny Montero

Flan de leche, also known as just flan, is a Cuban desert that is very easy to prepare, but it does consume some time. Once you know all of the basics, you can make it with milk, cheese or any flavor that you want. This recipe is Cuban style, but there are many other places that make this dessert their own way. It is used in many houses for everyday and for guests. This recipe uses milk, so it tastes really sweet and like milk. It is really delicious, and it will be something new for your family to try. This is the most delicious desert that you can make!

Ingredients:

1 can of condensed milk

1 can of regular milk

8 egg yolks

2 spoons of vanilla

Sugar

Directions:

First you have to make caramel by putting half a cup of sugar and a little bit of water (about a spoon full) in a pot. Mix it and put it on the stove until it becomes a caramel color. This becomes a mold on the bottom of the pot where you will put the flan.

Mix the 8 egg yolks, then add the condensed milk and the regular milk and pour it inside the mold.

Put the flan pot in a double boiler and cook with the flan covered with foil for about an hour and you are finished cooking it.

To prepare it, you have to wait until it cools down. Once it's at room temperature or colder, you grab a knife and pass it around the edges to separate the pot from the flan. Than grab a plate, put it on the other side of the pot and flip it. Then it's ready to eat.



We Never Stopped Running

Tatiyana Boyd

We ran day in and day out.

Sometimes we ran and we still couldn't find our way out.

We couldn't read, we couldn't write.

But we never ran away from the fight.

No matter what we fought with all our might.

They called us, "Niggers", "Monkeys", and much more.

That didn't stop us from opening up that closed door.

Because those were the things that we'd die for.

Freedom and forgiveness we were never given,

All because of our pigment.

And we never stopped running.

What is Love to a Teen?

By: DeAira Lanier

What is Love to a Teen?

Heartbreak's and stomach aches.

Love to a teen is...

The Title and Ownership.

What do I know about love as a Teen?

That if you show emotion, you're soft or stupid for actually caring.

Love to me as a teen is...

Confusing, Mind controlling, selfish & full of lies.

Love now

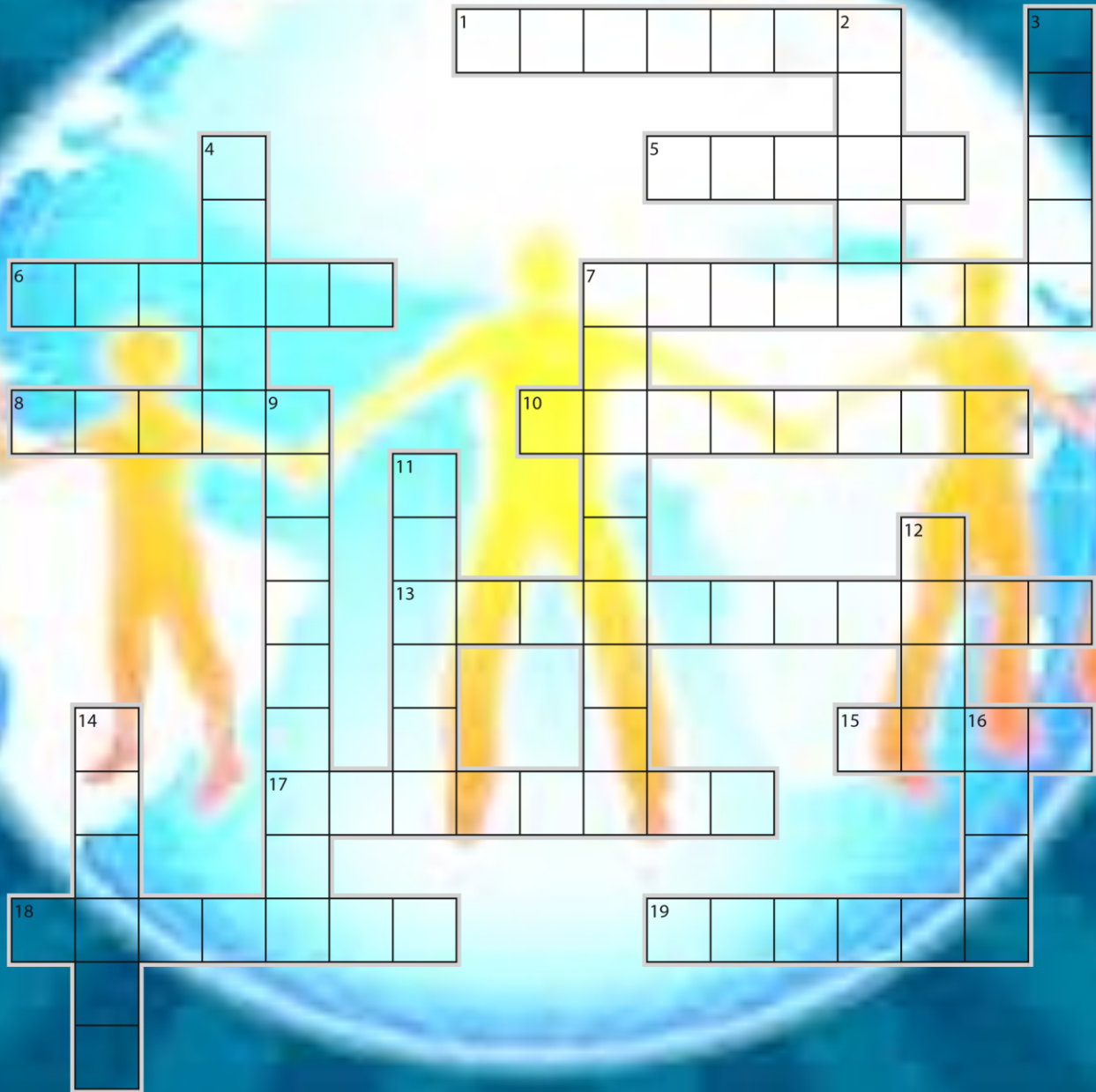
It's not actually love, it's just a strong feeling you get from another.

Me + you=???

A broken heart, false relationship and one of us losing nothing in the end.

It's a Small World at Central

Nyein Khaing , Marianny Montero, Sebastian Francisco, Fathi Aden, Daeton Ladd, Halima Abdullahi



Across

1. A traditional Hispanic party ornament filled with candy.
5. What African and Middle Eastern Muslim women wear on their heads.
6. Ramadan lasts for ___ days.
7. A head covering worn by Muslims in Bosnia.
8. Primary religion for African countries.
10. Primary religion in Asian countries.
13. Primary religion of Hispanic countries.
15. Dia de los Muretos honorees.
17. Capital of Bosnia.
18. Capital of Puerto Rico.
19. The not-god founder of Buddhism.

Down

2. The US flag has fifty.
3. The current president of the US.
4. Former name of Myanmar
7. Colors of the Somali flag.
9. Capital of Somalia.
11. Football in Hispanic countries.
12. The main staple in Cuban, Asian, Bosnian and African diets.
14. Capital of Cuba.
16. Myanmar is located on this continent.

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

Equal Opportunity/Affirmative Action
Employer Offering Equal Educational Opportunities