



# Central High School

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# Yellow Jacket Times

Finish the Year off Right  
Complete Your Summer Reading Assignments  
Prepare for Senior Year  
Travel  
Improve Yourself  
Have Fun  
Read Poetry  
Read Books

## Summer Vacation Edition

# From the First Bell to the Last!

By: Javoughn Brown

“What’s the opposite of start? Would the average person think stop or finish? The answer may reflect the difference between a winner and a loser.” - Jarod Kintz

The negligence of students only grows stronger as the year comes to a close. This makes it much easier to just throw away all the efforts we put into place that guided us to where we are today whether a freshman from Noe, or a senior heading to The University of Louisville. Senioritis doesn’t just start when you’re a senior; it’s the over whelming desire to be done with your 4 years of paradise. It may seem very hard to stay focused with such short time of school left, knowing that the year is almost over. We all know that it’s not a walk in the park, but it’s a necessity that we, students and teachers alike, need to maintain the same go to attitude that we had coming into the year. Continue to make this school year your #1 priority and put your best foot forward.

Like the lead to the eraser,  
The school year has a beginning and end,  
But it’s what you do with the pencil,  
That makes the most sense,  
Write your name in history,  
Or simple a sentence.  
The school year is the same,  
Starting with a clean slate but a prejudged name,  
Changing the history you’ve created,  
With every letter of recommendation and reconfigured GPA,  
Until the last point,  
Until the last bell,  
Stay sharp and stay focused.

# Dear Central Students,

With summer quickly approaching, we know you, as well as your teachers, are looking forward to a long break from the daily requirement of coming to school with all of its assignments and the stress of deadlines.

It is important to say though, that while summer does mean a break from the schedules and due dates of school, it should not mean a break from learning. It is important to remember that your brain behaves in many ways like a muscle and, like a muscle, left unexercised it gets weaker and is not ready to perform when you need it to. Countless education studies have shown that regular reading during the summer works out your brain, keeps it strong, and prepares you pick up where you left off, or even a little bit ahead of, last year.

With that in mind, we are pleased to announce that Central English teachers, with the help of the Louisville Free Public Library (LFPL), has created a summer reading assignment to help you expand your reading skills and keep your brain fresh over the summer.

Your English teachers will be providing specific details and be able to answer any questions you have during the last few weeks of class, but the assignment in general is this: Each summer LFPL runs a summer reading program for teens. You are required to read a certain number of books in order to complete the program, keep track of those books on a log the Library provides, and complete a reading response activity. Once you have completed the reading, had the log signed, and done the activity you will receive a certificate and a number of free items from the Library. **Keep your certificate and a duplicate of your response activity in safe place, because during the first week of school in the fall, your English teacher will collect these items and they will be your first grade in that class.**

To help get you started, a representative from LFPL will be visiting Central during lunch one day before summer break to hand out the logs and answer questions about the program.

## The Central English Department:

Mr. Baize, Mrs. Fox, Mr. Gilbert, Ms. Harned, Mrs. Kuffner,  
Ms. Miller, Mrs. Paris, Ms. Rodier, Mr. Tierney, Ms. Yasaylar

See below for more info



THE LIBRARY FOUNDATION  
PRESENTS

TEEN • SUMMER • READING

JUNE 1 - AUGUST 8, 2015

All library locations • [LFPL.org/Teen](http://LFPL.org/Teen) • [#LFPLTeens](https://twitter.com/LFPLTeens)

LGE and KU  
Foundation

Susan Coventry  
and Brad Asher



The Cralle  
Foundation

Wood and  
Marie C. Hannah  
Foundation



The Marshall  
Charitable  
Foundation



Diane and  
Roger Shott

The Maplewood  
Foundation

The MacLean  
Foundation



The Charles H.  
Dishman III  
Family Foundation

V.V. Cooke  
Foundation



# TSR

## Teen Summer Reading 2015

**Program Dates:** June 1-August 8, 2015

### Teens

**Program Description:** Teen Summer Reading is a 10-week program that encourages children 6<sup>th</sup> to 12<sup>th</sup> grade to read during the summer. The Summer Reading program is designed to help motivate teens to read for fun, to encourage the habit of reading and to help maintain and increase reading level. Each teen will be expected to read at least **6 books** and complete 1 other activity. Teens may choose among the following activities to complete the Teen Summer Reading (TSR) program:

- Write a book review
- Attend a program at the library
- Write a letter to a favorite author
- Design a new cover for a favorite book
- Add a comment on our Teen Blog ([www.lfpl.org/teen/blog](http://www.lfpl.org/teen/blog))
- Earn a badge on Treehouse
- Take a class through Lynda.com
- Read another book

Every teen that completes the program will be rewarded with the following prizes:

- A Steampunk Octopus Sling Backpack
- Passes to:
  - Locust Grove
  - Rauch Planetarium
  - Louisville Science Center
  - Squire Boone Caverns
  - Frazier Historical Museum
- Free ticket to a Louisville Bats Game
- Free lemon ice from Fazoli's
- Free Frosty from Wendy's
- Free passes to U of L sporting events

[tarandre50.tw@gmail.com](mailto:tarandre50.tw@gmail.com) **Weekly drawing prize:** Each week we will be giving away a copy of *Oceanology* by *Emily Hawkins* at each location.

**Grand Prize Drawings:** Each library service point including the Main Library, all branches, and the children's bookmobile will draw one winner for:

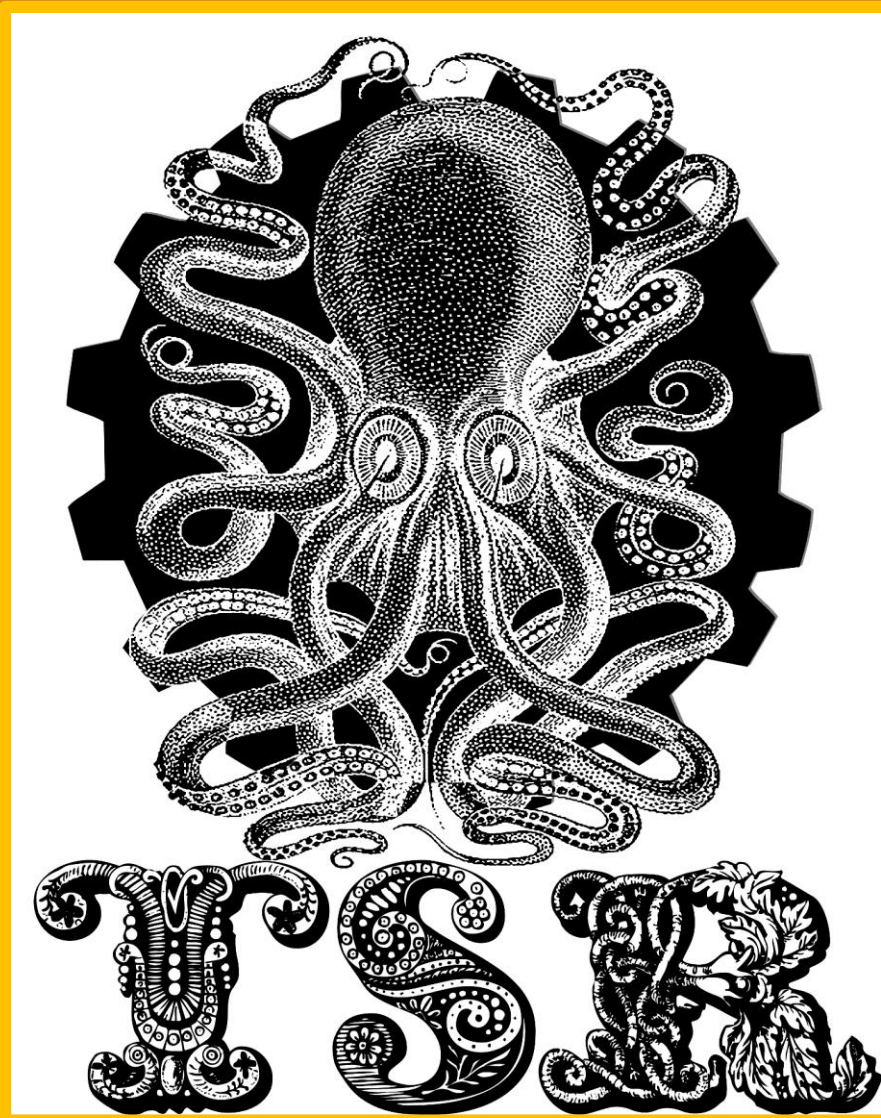
- \$100 Gift Card to Barnes & Nobles
- University of Louisville football tickets

**Super Grand Prize Drawings:** Two names will be drawn out of the entire system:

- Asus tablet with case and keyboard!
- Ipad mini

**Special Teen Events include:**

- After Hours teen event
  - Friday, July 10, 2015, 6-8 p.m.
- AnimeCon 11
  - Friday, August 7, 2015



# Seniors Take on Blog Partners for 2015-16 School Year

## Class of 2016:

What do you want to be when you grow up?

That is exactly what your focus in Senior English is going to be next year. All of your writing will be career focused, and will be posted on a blog that you will create.

Each of you will need a Professional Blog Partner. This partner will be someone in your chosen field who will read your work, comment about what you have written, and point you in interesting directions for the next assignment in English.

Be honest – what do you REALLY want to be? It doesn't have to be the same as your magnet. You might even change your mind during your senior year. All of that is okay. Just identify what it is you want to become as of today, then think about whether you know someone knowledgeable about that career who would be your Professional Blog Partner. If you do, write a brief letter asking them to be your Professional Blog Partner and attach the letter from the English dept. and give/send it to them. (If you need an electronic copy, see [Rodiersclassblog.weebly.com](http://Rodiersclassblog.weebly.com) under the "Rising Seniors" tab (The QR code below will take you to the website, too). The same letter is being used by all of the senior teachers next year.) If you don't know someone, your magnet teacher may have some ideas.

Come to class on the first day of school next year with your blog partner's written consent (it can be an email) to be your blog partner. This will be your first grade of your senior year, so come prepared to start the year with an A+!

**Rising Seniors!** Go to [Rodiersclassblog.weebly.com](http://Rodiersclassblog.weebly.com) or scan below for instructions about your summer English homework assignment. Look under the "How to Use this Blog ► Rising Seniors" tab.



To read QR Codes with your smartphone, you need an appropriate software installed on your phone. For Android-based devices, you can use Barcode Scanner by ZXing. On iOS-Devices like iPhones there are also QR Code readers available on the AppStore, for Example i-nigma. On Firefox OS try QR Code Scanner. On Symbian devices, you can use Mobiletag barcodes reader for example.

Bring a *signed Blog Partner Letter* to English class when you return to Central in the fall. (You can find this letter on the website you access through the QR code on the front of this paper.) The letter can also be sent, by you or your Blog Partner, to your English teacher, as an attachment, by e-mail after August 12. This signed letter will be your first grade of your senior year. For a preview of other work you will do next year, look around the class blog referenced on the front of this paper. Have a great summer and see you in August!

*Baize, Paris, Rodier*

# 11 Million to 1 are Great Odds!

Khadija Aden

Are you going to be traveling this summer? Do you have to fly to get there? Have you ever been in a plane before? Well I have been in a plane and it was scary and a good experience at the same time. I was scared because I had been hearing stories about plane crashes, but it was good because I like to experience new things. Let me tell you my story about it.

I was traveling from Africa to America, because in Africa, many people were dying from starvation and illness. I was happy that I was coming to America, because I didn't want to die at a young age. I was just a little girl when I flew in my first plane.

I was in an airport for hours. It was loud and everybody was chattering. People were excited to be going to another country for the first time. Like Me. Finally, after all of the luggage was loaded, everybody had to get on the plane. There were rows of seats; everything was clean and smelled fresh. It was so big inside the airplane.

After everybody took a seat, they showed us how to put on our seat belts for safety. Then we took off up into the sky. When I look down from the plane window everybody down in earth looked like ants.

Later I used the bathroom, but when I tried to get out of it, oops! I got locked in. I was scared, because the plane was moving and the toilets were kind of creepy, like they could suck you into them and flush you into the sky. I yelled and an airplane person unlocked it. I was grateful to be out of there.

I loved that ride! I want to go back to Africa next year to visit my people so I can experience the plane again. Here are some statistics about planes and safety.

## ***Driving***

The National Highway Traffic Safety Administration compiles and researches accident statistics for the entire country. Its 2008 Traffic Safety Facts Data boils down the millions of accidents and other statistics to 1.27 fatalities per 100 million vehicle miles traveled. In contrast, the 1998 rate was 1.58 fatalities per 100 million miles.

[USAToday](#)

## ***Flying***

The National Transportation Safety Board compiles aviation accident data. Preliminary statistics for 2008 show only 20 accidents for U.S. air carriers operating scheduled service. This works out to nearly zero accidents per million flying miles. No one died, and only five people were seriously injured.

[USAToday](#)



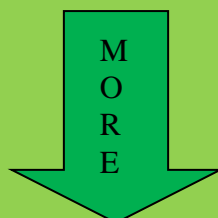
**Which is Safer?**



Most Recent Airline Crashes			
Airline Flight	Date	Phase	Fatalities
Germanwings Flight 9525	March 24, 2015	En Route	150
Indonesia Flight 8501	Dec 28, 2014	En Route	162
Air Algerie Flight 5017	Jul 24, 2014	En Route	116
Malaysia Airlines Flight 17	Jul 17 2014	En Route	298
Malaysia Airlines Flight 370	Mar 8, 2014	En Route	239
Tatarstan Airlines Flight 363	Nov 17, 2013	Landing	50
Dana Air Flight 992	Jun 3 2012	Approach	163

Cause of Fatal Airplane Crashes	Percent of Crashes
Pilot Error	32 %
Pilot Error (weather related)	16 %
Pilot Error (mechanical related)	5 %
<b>Total Pilot Error</b>	<b>53 %</b>
Other Human Error	6 %
Weather	12 %
Mechanical Failure	20 %
Sabotage	8 %
Other Cause	1 %

Airplane Crash Statistics	Data
Odds of being killed on a single airline flight	1 in 29.4 million
Number of fatalities per million flight hours	12.25
Survival rate of passengers on a fatal crash	24 %
Fatalities by Phase of Flight	Percent
Taxi, load/unload, parked, tow	0 %
Takeoff	16 %
Initial Climb	14 %
Climb (flaps up)	13 %
Cruise	16 %
Descent	4 %
Initial Approach	12 %
Final Approach	13 %
Landing	12 %



Crashes and Fatalities on Aircrafts with 19 or More Passengers				
Year	Number of Fatal Crashes	Number of Fatalities		
2015	1	150		
2014	6	931		
2013	7	266		
2000	21	1,029		
1990	20	618		
1989	35	1,690		
1972	41	2,347		
North American Commerical Airline Accidents				
Airline	Million Flights	Fatal Events	Last Fatality	Accident Rate
Air Canada	4.37	0	(1983)	-537%
AirTran Airways(ValuJet)	2.60	1	1996	+75%
Alaska Airines/ Horizon	5.08	1	2000	-174%
American Airlines	16.51	5	2001	+5%
American Eagle / Executive	11.10	4	1994	-28%
Comair	4.86	2	2006	+283%
Continental AL/Cont. Exp.	12.39	4	2009	-905%
Delta Airlines	16.03	1	1996	-1695%
Hawaiian Airlines	1.25	0	None	-225%
JetBlue	1.62	0	None	-262%
Southwest Airlines	18.15	0	None	-1915%
United Airlines	12.87	3	2001	-517%
United Express	11.50	2	1996	-598%
US Airways	11.91	3	1994	-200%
WestJet	1.30	0	None	-230%
<a href="http://www.statisticbrain.com/airplane-crash-statistics/">http://www.statisticbrain.com/airplane-crash-statistics/</a>				

**Statistically speaking,  
flying is far safer  
than driving.** [USAToday](#)

## 10 Leading Causes of Death by Age Group, United States – 2013

Rank	Age Groups										Total
	<1	1-4	5-9	10-14	15-24	25-34	35-44	45-54	55-64	65+	
1	Congenital Anomalies 4,758	Unintentional Injury 1,316	Unintentional Injury 746	Unintentional Injury 775	Unintentional Injury 11,619	Unintentional Injury 16,209	Unintentional Injury 15,354	Malignant Neoplasms 46,185	Malignant Neoplasms 113,324	Heart Disease 488,156	Heart Disease 611,105
2	Short Gestation 4,202	Congenital Anomalies 476	Malignant Neoplasms 447	Malignant Neoplasms 448	Suicide 4,878	Suicide 6,348	Malignant Neoplasms 11,349	Heart Disease 35,167	Heart Disease 72,568	Malignant Neoplasms 407,558	Malignant Neoplasms 584,881
3	Maternal Pregnancy Comp. 1,595	Homicide 337	Congenital Anomalies 179	Suicide 386	Homicide 4,329	Homicide 4,236	Heart Disease 10,341	Unintentional Injury 20,357	Unintentional Injury 17,057	Chronic Low. Respiratory Disease 127,194	Chronic Low. Respiratory Disease 149,205
4	SIDS 1,563	Malignant Neoplasms 328	Homicide 125	Congenital Anomalies 161	Malignant Neoplasms 1,496	Malignant Neoplasms 3,673	Suicide 6,551	Liver Disease 8,785	Chronic Low. Respiratory Disease 15,942	Cerebro-vascular Disease 109,602	Unintentional Injury 130,557
5	Unintentional Injury 1,156	Heart Disease 169	Chronic Low. Respiratory Disease 75	Homicide 152	Heart Disease 941	Heart Disease 3,258	Homicide 2,581	Suicide 8,621	Diabetes Mellitus 13,061	Alzheimer's Disease 83,786	Cerebro-vascular Disease 128,978
6	Placenta Cord. Membranes 953	Influenza & Pneumonia 102	Heart Disease 73	Heart Disease 100	Congenital Anomalies 362	Diabetes Mellitus 684	Liver Disease 2,491	Diabetes Mellitus 5,899	Liver Disease 11,951	Diabetes Mellitus 53,751	Alzheimer's Disease 84,767
7	Bacterial Sepsis 578	Chronic Low. Respiratory Disease 64	Influenza & Pneumonia 67	Chronic Low Respiratory Disease 80	Influenza & Pneumonia 197	Liver Disease 676	Diabetes Mellitus 1,952	Cerebro-vascular 5,425	Cerebro-vascular 11,364	Influenza & Pneumonia 48,031	Diabetes Mellitus 75,578
8	Respiratory Distress 522	Septicemia 53	Cerebro-vascular 41	Influenza & Pneumonia 61	Diabetes Mellitus 193	HIV 631	Cerebro-vascular 1,687	Chronic Low. Respiratory Disease 4,619	Suicide 7,135	Unintentional Injury 45,942	Influenza & Pneumonia 56,979
9	Circulatory System Disease 458	Benign Neoplasms 47	Septicemia 35	Cerebro-Vascular 48	Complicated Pregnancy 178	Cerebro-vascular 508	HIV 1,246	Septicemia 2,445	Septicemia 5,345	Nephritis 39,080	Nephritis 47,112
10	Neonatal Hemorrhage 389	Perinatal Period 45	Benign Neoplasms 34	Benign Neoplasms 31	Chronic Low. Respiratory Disease 155	Influenza & Pneumonia 449	Influenza & Pneumonia 881	HIV 2,378	Nephritis 4,947	Septicemia 28,815	Suicide 41,149

Data Source: National Vital Statistics System, National Center for Health Statistics, CDC.  
Produced by: National Center for Injury Prevention and Control, CDC using WISQARS™.



Centers for Disease Control and Prevention  
National Center for Injury Prevention and Control

### Common Causes of Death (Not Airplanes!)

*Motor Vehicle Incidents (42,000 annual deaths)*

*Poisoning (39,000 annual deaths)*

*Falls (25,000 annual deaths)*

*Fires (2,700 annual deaths)*

*Choking (Approximately 2,500 deaths per year)*

*Drowning (2,000 annual deaths)*

*Accidental Shootings (600 annual deaths)*



# Scary Guitar

Nyein Khaing

Back in the olden days, when I was 5 or 6 years old, I lived in Myanmar (Burma). I lived there until I was 11 years old. Myanmar is a country located in Southeast Asia. The country is beautiful and fun for citizens. My home was in the countryside, on a peninsula, so the civil rioting didn't bother us there. Myanmar is really close to Thailand, a country that is so peaceful, citizens are very friendly. In the morning, everyone went to work and food sellers came to the village and sold food. Kids went to school and some played on the street. Some parents left their kids with neighbors when they went to work. Every house opened their door and villagers walked through the door like their own houses. It was really fun and warm to live there.

I had one cousin who loved to play guitar a lot. He is 9 or 10 years older than me. He always came to my house at evening time and played guitar and sang. I also really loved guitar as much as him. Every time, he came to my house, I always hung around him and played his guitar. I always wanted his guitar and always cried for it when I didn't get it.

One evening, he came to my house. That day, I ran and tried to get his guitar, but he didn't give it to me, so I screamed and cried for it. He still didn't give it to me. He told me, "Listen baby, you can't touch the guitar, you're too young to play with it."

"Why?" I wondered.

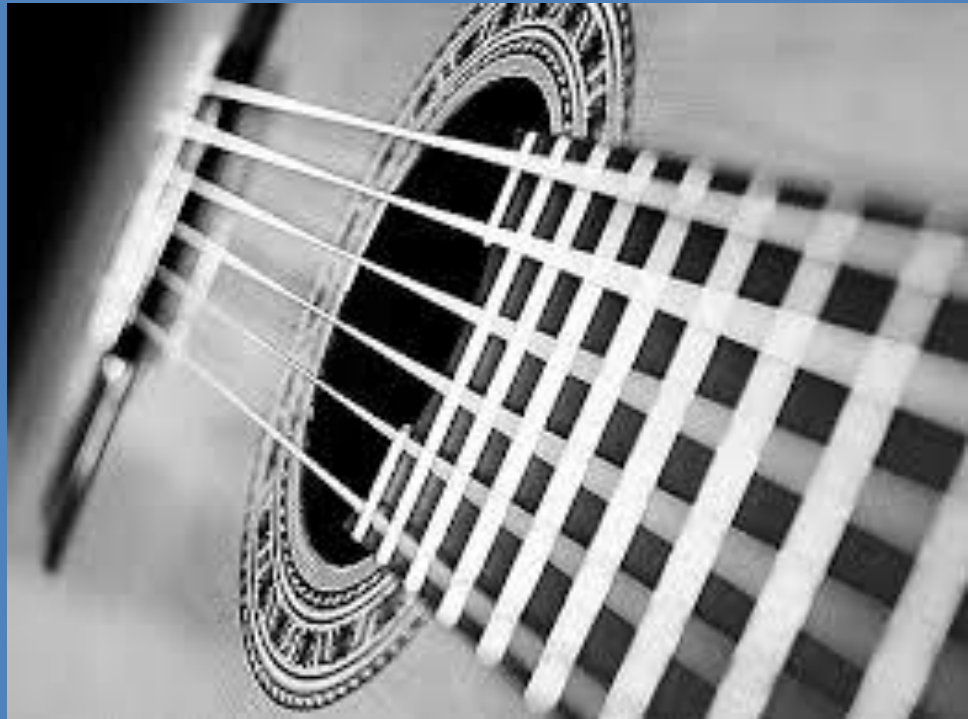
"You can't, because you don't know how to play and if you don't know how to play, it's too dangerous for you. The guitar string will break and hit your eyes; you're going to be blinded. You don't want to be blind, do you?"

I shouted, "NO!" and I started to think about it. I talked to myself, "How can it be possible? I always play with the guitar and nothing has happened to me. He just

lies. Yes! He lies to me because he doesn't want to give it to me". Then I said him, "You lie. I know you lie because you don't want to let me have the guitar."

He patted my arm, "No, baby. I'm trying to protect you. You know my friend, his sister was playing with his guitar and the string broke and it hit her eyes. Now, she's in the hospital."

I really believed him and thought that he was really being nice to me. I was scared that it would happen to me if I touched the guitar, and I said to him, "I don't want to be blind; I want to see things." I went to my mom and I told her, "Mom, Ko Phy (my cousin's name) told me that if I touch his guitar and I don't know how to play, it can make me blind."



She said "Yes, it happens. Don't touch his guitar." So I believed their words.

The next day, my cousin came to my house with his guitar. He was playing guitar in the backyard and he called me to play with him. I refused to go to him, so he asked me what happened. I said, "I don't want to get blind. You have the guitar. I'm not coming near you." He dropped the guitar and came to me and played with me without the guitar. From that day, I stayed away from his guitar and didn't bother him to touch it anymore. I believed him until I grew up and realized that he did lie to me about that.

Kids are easy to fool because they believe what adults say to them even if it's wrong. So, it so important for adult to careful in front of kids. Parents need to be careful that they don't like to their kids who will believe it.

# Home Again Soon

## Raquel Heredia

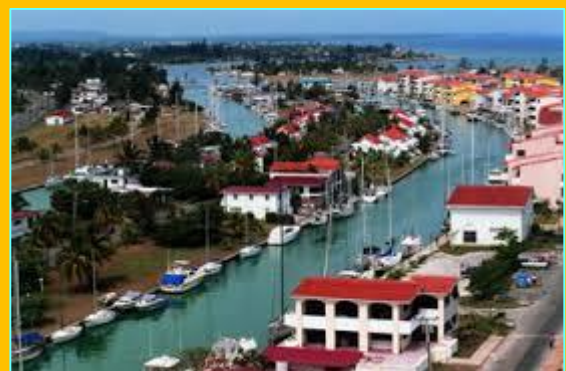
People are often afraid to try something new; I'm not talking about food or clothing, but to go somewhere that you never been before. That's how I felt when I found out I was moving from Cuba to Kentucky. To start off, I didn't even want to move to Kentucky in the first place, so why did I move here? Simple, it was not my choice; we had to according to both of my parents. It was necessary; even though I didn't want to, I had to.

When I was 8, I already knew everything there is to know in this world, at least that's what I thought. I lived in a house with my whole family: my mother, father, brother, grandparents, uncles, aunts and cousins - all in one small house. After a few years, my uncle started building a house on top of our house's roof for him and his family. My family is very close; even though we have our bad moments, every single problem gets resolved. You can understand why leaving my family is the hardest thing I ever had to experience: I was used to having everybody around me and it was all gone in one day.

One day I was sitting on my porch when the mail man came; all of a sudden, I hear my mother scream. I thought it was something serious, and I ran into the house to see what was going on. Some of my family members were crying, and the others were happy. I asked my mother why my grandparents were crying, and she answered with a smile on her face, that we were moving to the United States. I was shocked with the bad news I just got; I yelled at my mom and ran to my room. By the end of the day, I realized that what I did was wrong and I went to apologize to my mother. After my apology, she told me that we only had one week left in Cuba. My last week in Cuba was the worst week ever, because all I saw were tears and that made me very upset.

I was only eight years old when I had to get on the plane and forget my childhood of exciting new things; all of it was being taken away from me. I said goodbye to everyone with a tear in my eye and a broken heart. The hardest thing I had to do was to give my grandmother a kiss and a hug, because she was holding me very tight and didn't want to let me go. Once I got on that plane, my life changed completely, a new language, a new life and new friends. I arrived in Kentucky on November 3, 200. For the first time, I saw snow and it was freezing cold; at that point I decided that I hated this place. My grandparents came to visit Kentucky for a few months, but it was not the same. Everyone that is important to me was back in Cuba.

In school, I struggled with the English language at first. It was very hard for me to learn, but that just made me stronger. Eventually, I could have a normal conversation in my new language; I was very proud of myself as my grades became A's and B's.. Unfortunately, not everything in life is good. When I was in the seventh grade, my grandfather died of cancer; I was devastated because I couldn't travel to see him. I hadn't been to Cuba for six years, and I still haven't gone back. Now I am 17 years old, and I'm planning to visit my family sometime soon, because I miss them very much.



# College Is Too

## Expensive

Johnae Walker



Do you have a friend or know someone who is extremely smart but belittles themselves because they didn't attend college? One of the main

reasons that people don't attend college is because they cannot afford it. College should be free to all because not everyone can get a scholarship, the price is way too expensive, and it makes many people not want to go at all.

College is very expensive. Some people cannot afford college at all. Those who can, often don't have enough money for books. According to the CNN money website, "The total Price for the University of Louisville is between \$17,370 and \$21,650. That's a lot! Some students spend so much money on college that they cannot afford to get to and from school. Living on campus costs even more. Many students have to live on Ramen Noodles because they are broke after paying their tuition. Just like public grade schools are "free," so should college be free. U.S. citizens should be able to pay for college with their taxes just like they pay for elementary, middle, and high schools with taxes.

According to Politifact.com, 70% of people in the US do not have a college degree. Of those who do attend, only 25% leave with a degree. The price of college increases every year. This is the main reason people don't attend college. According to the Huffington Post, the cost of college raises about 40% per year. "The inflation-adjusted price for undergraduate tuition, room, and board at public institutions rose 42 percent between the 200-2001 academic year and 2010-2011, according to federal data. When comparing the inflation-adjusted price for 2010-2011 to the cost in 1980-1981, the cost has almost doubled" If we want our high school graduates to go to college, then we need to make it free like public schools.

Not everyone can get a scholarship. Universities only give out a small percentage of scholarships, and many people don't get good enough grades to receive one. College is WAY too expensive for students to afford. Tax payers need to support free college education for everyone.

## Average fees at US universities, 2014/15

	Public two-year colleges	Public four-year colleges (in-state fees)	Public four-year colleges (out-of-state fees)	Private non-profit four-year colleges
<b>Tuition and other fees</b>	\$3,347	\$9,139	\$22,958	\$31,231
<b>Room and board</b>	\$7,705	\$9,804	\$9,804	\$11,188
<b>Total (per year)</b>	\$11,052	\$18,943	\$32,762	\$42,419

Source: [College Board](#)



## **Stress in High School**

**By: DeAira Lanier**

***What is Stress? Why do we get stressed out in high school? Do you know when you are stressed? How do you deal with it? How can you make it disappear?***

As a student in high school, you probably had a lot on your plate this year, and that will only increase when you return to school in the fall. Think about it, a new school year, college maybe, sports, homework, tests, schools work/grades, jobs, relationships, etc. Right? All of these can cause you stress, but do you know what stress is exactly? According to Dictionary.com, *Physiological or biological stress is an organism's response to a stressor such as an environmental condition or a stimulus*. So stress, is basically how we react to a **STRESSOR** in our lives.

Which of these stressors affected you this year? How did they make you feel? Did you have physical stress, like headaches, stomach aches, tension in your shoulders and jaw? Or did you have emotional stress, like dread, fear, sadness, anger?

- **Relationships (Boyfriend/Girlfriend, Friends, Family, teachers, etc.)**
- **School (Grades, Sports, School work)**
- **Jobs**
- **Peer pressure**

Below are some of the most likely causes of stress in a teen's life. They can make things go south real quickly; they can lead you a down a dark path that you may not come back from. They often lead to **Self-doubt**, making you wonder if life is worth living. Self-doubt can cause a lot of damage over time; you may not even notice changes in yourself.

To help yourself relieve stress you can use these methods below:

- **Stress balls-** To help when you're in a need for a quick relief.
- **Meditation-** Heavy breathing and a clear mind.
- **Getting Active-** Running out your problems and getting healthy at the same time can help you relieve so much pent in worries.
- **Music-** Letting yourself go and being free from everything, as well as getting lost in the music.

A technique I learned from a teacher is called "4, 5, 7." When you're tired at night with a lot on your mind and you need relief to be able to sleep, this works pretty well. The steps are:

4-Relax and clear your mind; Take a DEEP breath and hold for 4 seconds then release.

5-Relax and clear your mind; Take ANOTHER DEEP breath and hold for 5 seconds and then release.

7-Relax and clear your mind; Take ONE MORE deep breath and hold for 7 seconds and then release.

If you still feel yourself not relieved then repeat the steps until you're satisfied.

It's easy to lose yourself in stress, but you have to find a way to conquer it before it conquers you. Summer is a great time to address stress! Lay by the pool and relax!

### **Common reactions to a stressful event can include:**

- Disbelief, shock, and numbness
- Feeling sad, frustrated, and helpless
- Fear and anxiety about the future
- Feeling guilty
- Anger, tension, and irritability
- Difficulty concentrating and making decisions
- Crying
- Reduced interest in usual activities



- Wanting to be alone
- Loss of appetite
- Sleeping too much or too little
- Nightmares or bad memories
- Reoccurring thoughts of the event
- Headaches, back pains, and stomach problems
- Increased heart rate, difficulty breathing
- Smoking or use of alcohol or drugs

## **Healthy Ways to Cope with Stress**

Feeling emotional and nervous or having trouble sleeping and eating can all be normal reactions to stress. Engaging in healthy activities and getting the right care and support can put problems in perspective and help stressful feelings subside in a few days or weeks. Some tips for beginning to feel better are:

- Take care of yourself.
  - Eat healthy, well-balanced meals
  - Exercise on a regular basis
  - Get plenty of sleep
  - Give yourself a break if you feel stressed out
- Talk to others. Share your problems and how you are feeling and coping with a parent, friend, counselor, doctor, or pastor.
- Avoid drugs and alcohol. Drugs and alcohol may seem to help with the stress. In the long run, they create additional problems and increase the stress you are already feeling.
- Take a break. If your stress is caused by a national or local event, take breaks from listening to the news stories, which can increase your stress.

**Recognize when you need more help.** If problems continue or you are thinking about suicide, talk to a psychologist, social worker, or professional counselor. [CDC](#)

## How do boys and girls deal with stress differently?

For boys approximately

- 25% avoided or refused to deal with their stress,
- 23% sought ways to distract themselves away from their stress,
- 17% sought support, and
- 35% actively tried to reduce their stress.

On the other hand, when it came to the girls, approximately

- 19% avoided or refused to deal with their stress,
- 14 % sought ways to distract themselves away from their stress,
- 22% sought support, and
- 45% actively tried to remove or reduce their stress.

In summary, boys more often used the tools of avoidance and distraction while girls looked for support and actively tried to reduce their stress. Girls also said they experienced more stress than boys, stemming largely from their relationships with boys and friendships with girls. Boys attributed their stress to authority figures, (i.e. teachers).

[TeenHealth.com](http://TeenHealth.com)

According to the [CDC](http://CDC):

- Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels.<sup>1</sup>
- The U.S. Department of Health and Human Services recommends that young people aged 6–17 years participate in at least 60 minutes of physical activity daily.<sup>2</sup>

## Benefits of Regular Physical Activity

Regular physical activity—

- Helps build and maintain healthy bones and muscles.<sup>1</sup>
- Helps reduce the risk of developing obesity and chronic diseases, such as diabetes, cardiovascular disease, and colon cancer.<sup>1</sup>
- Reduces feelings of depression and anxiety and promotes psychological well-being.<sup>1</sup>
- May help improve students' academic performance, including
  - Academic achievement and grades
  - Academic behavior, such as time on task
  - Factors that influence academic achievement, such as concentration and attentiveness in the classroom.<sup>4</sup>

## Long-Term Consequences of Physical Inactivity

- Overweight and [obesity](#), which are influenced by physical inactivity and poor diet, can increase one's risk for diabetes, high blood pressure, high cholesterol, asthma, arthritis, and poor health status.<sup>5-7</sup>
- Physical inactivity increases one's risk for dying prematurely, dying of heart disease, and developing diabetes, colon cancer, and high blood pressure.<sup>1</sup>

## Self-esteem for Teens

Nicolaides Cheeks

I think everybody has Self-esteem issues; it's normal. Self-esteem problems don't just happen to adults, or just teens. Everybody has their flaws, but it affects teens a more because they don't know how to deal with self-esteem problems. Plus, middle and high school students can be a harsh, even when joking around.

Teenage girls struggle to be good looking to impress boys and for popularity; boys struggle to be fit for girls and sports (also popularity reasons). Some think appearance is everything, but it's not. Teenage girls would kill to look like, or have beauty and bodies like their favorite singers or models or athletes. Many teens try to diet, going days without eating or eating the SAME thing every day. Some don't eat carbohydrates, but people NEED carbs! Without them, you will get sick. Starvation isn't the way; it's a very unhealthy and dangerous way to lose weight.

Many focus on their body image, make up, or what others think exclusively. When they're trying to work out and lose weight and it isn't coming off, or that pimple won't go away, they start to stress. This may lead to thoughts of suicide; that is when they will need to tell someone about the problems they're facing, because keeping it to yourself isn't going to make the situation better. Why worry comments or insults if that person talking about you doesn't even matter? You're better than they are, so look in the mirror and say, "I am Beautiful."

I am recommending this website that may help with the things that are bothering you. It has a lot of positive suggestions to help you find the beauty in yourself: <http://www.teenadvisor.com/teen-problems.html>

[According to Teenadvisor.com:](#)

*Problems* that **teenagers** are faced with today can take so many forms. Even in stable, solid family units, teenagers will face confusion and uncertainty with themselves and life. But in today's world of divorce, broken homes, unsafe sex and alcohol abuse, teenagers face issues that show themselves in different ways to different individuals.

Here is a look into problems and issues that teenagers deal with as they learn about life, choices and the power of their own voice and beliefs.

Common teenager problems include:

- \* Body Image
- \* Sibling Rivalry
- \* Divorce
- \* Teenage Pregnancy
- \* Practicing Safe Sex
- \* Teen Dating
- \* Schooling & Jobs
- \* Drugs & Alcohol
- \* Eating Disorders
- \* Weight Struggles
- \* Acne

Just remember that you are not alone. We're all unique, and that's what makes each one of us beautiful.

## *Fame is Fleeting, but the Internet is Forever*

*By: De'Aira Lanier*

As teenagers, we stay on the internet forever. There's always something new that comes out and becomes a sensation for a while. There are so many videos that are funny, sad, heart wrenching, life changing and regretful. No matter what you post, it can follow you for the rest of time. ***Fame is fleeting but the internet is FOREVER.***

We post A LOT of things to our instagram, facebook, twitter pages, and other social media sites, and we don't think about what we actually post until it becomes a problem. Then, even when you delete it, it's still there on the cloud, or another website, another person's phone; they have control of it and you no longer so. For example, you post a picture of you with a teeny, tiny little bikini and you get a lot of likes and comments, but a few weeks later you have a job interview and your interviewer asks if you're on any social media sites, which you are and they see you in the skimpy bikini and maybe even worse pictures. They question you, but you don't have an explanation, so you delete them. But it's kind of too late, because it's on a number of phones being sent from one to another rapidly.

There are pros and cons to going viral and being internet famous. What about when it becomes too much, and you want to get serious about life, but you can't because that video is out there FOREVER, and the attention you wanted didn't turn out to be the attention you THOUGHT it was going to be. So watch what you post on the internet, because it can bite you one day. Being an internet sensation can be an exciting thing, but it can be regretful at the same time.

When you think you've deleted something from the internet, it's not really deleted. It's actually still out there somewhere else with another person. And it can be used against you in any situation whether you know it or not. When you press send on ANYTHING, it's out of your control. You might become a screenshot, edited, copied and pasted, manipulated. It may not affect you now, but it will later. Get smart and don't post something that will cause you grief down the road!

**We've been following the case of Justin Carter, the Texas teen who's been jailed near San Antonio since February. It started when he posted a Facebook message saying he would go "shoot up a kindergarten." Austin Police arrested him and seized his computer and a grand jury indicted him in April on a charge of making a terroristic threat. Because a judge set bail at \$500,000, the 19-year-old can't get out to await trial.**

[Source and More Information](#)

## Racist Against Your Own Race

Have you ever met an African American, Middle Easterner, or Hispanic person who thinks negatively against their race? Well there are people like that out there. The perception of the African American "black" citizen is inferior and bleak. This is often true of other races that aren't white. The preconception of how a black person acts and is a road block to the African American community building a stronger foundation for themselves and a new image for themselves.

Every time the media covers a new story involving a non-white person, they seem to find a way to spin the story to where that person of whatever race is in the wrong, but if a white person is doing the same thing, it's somehow a justifiable act. For example: when hurricane Katrina happened you'd see a white person with stolen groceries in the midst of the disaster and news reporters would say, "Here's a person finding food to survive," but when a black person did the same thing, they said, "That person is looting that food mart." The news often portrays young black men and youth as gang members, violent criminals or predators. These portrayals make non-white youth have low self-esteem.



Entertainment's portrayal of the African American race in TV shows, movies, commercials, and social media is sometimes negative, as well. On social media, we see users idolizing a woman whose light skinned,



with good hair, a big butt and nice body. This is giving a message that says, "light is right;" which it's not. Every skin tone is beautiful. There have even been cases where some black mothers have tried to bleach their child's skin.



In commercials, only white dolls get advertised and a majority of white kids are seen in commercials or in children's TV shows. There was one study where 6 or 7 black children were asked questions and had to point to the black doll or the white doll. Some

of the questions were, "Which doll is pretty? Which doll is good? Which doll is bad?" The pretty doll was white, and it was good, as well; but the black doll was the bad doll even though it looked most like these children. The messages of the media are being heard by our younger generations and they are being convinced that their own race is ugly and bad.

People don't try to be racist against their own race, but when that race is constantly being stereotyped negatively, it's hard to move past that and build a better life for yourself. If we don't start talking to each other to find where there are media stereotypes and how they affect people, our youth, of all colors, cannot expect to have a better and brighter future.



# Get Going...To the Gym

Marianny Montero Serrano

Everybody knows that working out is great for your health and can make you look great. There are so many benefits to shaping up, but people still make excuses to not go to the gym. We hardly ever get off of our couches, and that is really damaging our health and making us obese.

Our excuse is that we claim we are busy. We do get busy with school, homework, and job work, but, we need to find some time to exercise. Put on some music and dance while you clean the house. There are many different ways and exercises you can do even right now while you are reading this paper.

We keep saying we are going to do it tomorrow or soon, but that doesn't happen. If you are thinking about going to the gym or exercising at home, then do it! If you don't, you will lose all of the motivation to go and become a better healthier you.

Going to the gym is a great way to get motivated; you have people around you who are exercising, and you might feel more energized to continue working out. In no time at all, you will begin to lose weight, feel better about yourself, and improve your athletic abilities.

To motivate yourself, write down your fitness goals, then give yourself a small reward (as long as it's healthy). If you are trying to lose weight, write down your starting weight, then every week weight yourself. If you see the numbers drop, you see that you are making things right and that will keep you motivated to continue. You could also try getting pictures of yourself, and when you are thinking about giving up, you can look at them and see all of your improvements since you started exercising, it is also a great way to see your progress all the time.

As you can see there are many reasons and ways to get motivated and continue with your exercises. So try to be active and experience all of the benefits you can get from exercising and living in a very healthy way. Get moving and change your life this summer.

**The mechanism of weight loss is simple. It is encompassed in a concept called energy balance. When you burn more calories than you consume, you lose weight. Therefore, to lose weight you need to burn more calories and/or consume fewer calories. The combination of both of these methods is the best way to lose weight and improve your health.**

**If it's more convenient, you can do short spurts -- 10 minutes here, 15 minutes there. Each action by itself may not seem like much, but they add up.**

[WebMD](#)

**Ten pounds of weight loss can lower cholesterol by more than 10%.**

**Losing 10 pounds will decrease your blood pressure, protecting your heart and kidneys.**

**Just 10 pounds of weight loss can result in a greater than 50% risk reduction for heart attacks.**

**Losing weight decreases your risk of getting dementia and stroke.**

**Losing just 10 pounds can widen your windpipe, helping you sleep through the night and reduce your risk for developing sleep apnea.**

**A 10 pound weight loss over 10 years may result in as much as a 50% decrease in your odds of developing osteoarthritis.**

**Losing only 8 pounds can significantly reduce the levels of specific carcinogenic hormones.**

**A weight loss of 10 pounds can reduce your chance of getting diabetes by 60%.**

**Cutting just 100 calories a day could prevent or eliminate 71.2 million cases of obesity and save \$58 billion annually in the United States.**



## CHS Students Share: The Hardest Things on the Permit Test

Dejana Sullivan

**Thousands of young adults have taken the driving test** in this year alone. Some say it's hard and some say it's a piece of cake, but you'll never really know until you actually take it. Until you take the test, you might want to hear others' opinions about it in the hopes it will make you feel more comfortable and ready for your turn. Here is what some CHS students had to say about it:

- Remembering all the street signs is hard, mainly because they ask you a lot of questions about signs that you hardly see when you're driving. If you take the



written test on the computer, it shows pictures, and that helps.

- You can only miss 5 questions to pass on the written test.
- They switch the versions of the test all the time, so it's hard to get information from someone who already took it.
- You need to know how far away from something you should start braking before you stop.
- There are a lot of motorcycle questions on the test.



**If you are planning to take the test this summer,** take your time, read the book several times, and take the on-

line practice tests at [driving-tests.org](http://driving-tests.org) to be prepared to pass your driving test on the very first try.

When you become aware of the approach of a vehicle displaying a flashing red or blue light, or when you hear a siren, you must:

- slow down and proceed with caution
- immediately drive to the right side of the road or to the curb, clear of any intersection, and stop
- change your lane position and move quickly with an increased speed
- move toward left side of the road and continue with the same speed

# Bike skills

By: Malaya Allen

Some friends want you to go bike riding with them but there is only one problem. You don't know how to ride a bike. It's not that hard once you get the hang of it even if you are a beginner learner. Follow these steps and tips on how to ride a bike and how to do it safely.

1. For starters you might want to have extra supervision for safety reasons. You will want to find a big open area to ride your bike. It is be a good idea to find somewhere with a path, long street or a drive way. It is easier to turn around without curves, rocky surfaces or bumpy obstacles, especially if you are a rocky beginner. (Tip): Don't try to achieve more than you can until you are comfortable on the bike and actually know how to ride the bike up and down a straight sidewalk or path.

2. Next you need to get prepared for the ride. Safety comes first and riding a bike is not always safe, but you can prevent injuries from happening by wearing the right clothes. If you are a beginner, you might fall a couple of times, so you might want to wear long sleeved shirts and long pants. You should also think about wearing a hard helmet and pads for your knees and elbows. (Tip): There should a first aid kit close by just in case more emergency care is needed.

3. Now prepare yourself to get on the bike. Put your right foot over the bike, then brace yourself with your feet and make sure both of your feet are touching the ground. When you're ready to start, push forward with your feet, then when you get some speed, put your right foot then your left foot on the pedals and push with your feet. Pedal faster to gain speed. Have both of your hands on the handles of the bike. The handle is just like a steering wheel in a car; it controls the way you go. If you what to move right turn the handles right. The pedals are like the pedals in a car; they make you go. The harder you pedal, the faster you go.

4. You probably want to learn how to stop the bike. It really depends on what kind of bike you have. One way is to just pedal backwards; other bikes have a brake in front on the handle bar. To stop, hold the brake tightly and don't panic and don't jump off the bike. Just brace yourself for the stop.

# Which bike fits your style?



# The Winston House

Elijah Wegner

Well, look who it is. Sure's been a while since we seen you in Audrey, hasn't it? How's your mom, she doin' okay? Last I heard from Suzanne Antony, you remember her, she used to run that hair cuttin' place by the school? Well, anyway she tells me your momma's been runnin' 'round Lexington with some new guy. Shame what happened to your dad and all, he was a great man. One of the last great men this little town ever saw if you ask me.

I knew she'd be leavin', your momma I mean, after he passed; people's demons tend to stick around in places like Audrey, longer than in the big cities anyway, but enough of that. What brings you back 'round here? Come to check in on Billy I guess? He's doin' alright I suppose, kinda got in with the wrong crowd when you left, can't be real surprised though; he really loved you. Other than him, I'm sad to say most of your old friends have up and left. Hope you'll stick around though, maybe when your done with checkin in with your old flame, we can talk a little more over some supper, there's a bit of a story goin' 'round and I'd rather you hear it from me, you know, as opposed to one of these strangers. Town's goin' to Hell, Anny, I can feel it. The big cities are swallowin' nice towns like Audrey and all that's left are cruel people. Cruel people who just so happen to forget family values, as well as small town values, when money gets tight. Sad to say it, but your momma and daddy were probably the last really good people to live out here, but I've talked your ear off enough for right now. Nah, you ain't gotta show me no ID, I know how old ya are. See ya tonight at Eddie's? Good, lookin' forward to it.

So, how was Billy? Yeah, can't say I'm surprised. It's always one thing or another with him. The boy just attracts trouble like a magnet these days. It's sad really, I'd honestly thought he'd make a pretty good man, but between you and him breakin' up and Roger dyin' over there in Iraq, oh you didn't hear, yeah Lucy was real torn up; didn't even say a word at the funeral, poor girl, but anyway, all that just proved to be too much for him. He started smokin' 'bout a month after you left town, that got him drinkin' and I guess you learned the rest today with all those boys and girls in his back yard comin' in and goin' out; eyes all glassy. Damn shame that is.

Anyway, back at the store I told you that there's been a bit of a story floatin' around and I didn't want you hearin' it from the wrong people. You remember the old Winston House? Some guys are lookin' into buyin' it, say there from Louisville, don't know what they plan on doin' with it, but whatever it is, can't be any good for the town. They're probably plannin' on knockin the house down and expandin on that tobacco field, probably workin for some big company. Wouldn't surprise me none, ground's perfect for it and it ain't like Audrey's goin' anywhere but away, what with all the old families up and gone and the city creepin' in every minute, but that house belongs to Audrey, you know it? 't's a piece of town history, old as the town itself, ain't you heard the story? Surely you have, your people lived here long enough. No, well you just sit back and let an old lady tell an old story then why don't you?

Well, as you know, or so I dearly hope, this ole town was just gettin' started when Kentucky was still lettin' rich white men keep colored slaves. Earl Winston, Master of that house, was the first to live out here. He had maybe a dozen, or so, field workers and he was real good to 'em, never beat 'em always kept 'em good and fed, clothed, and all. Rumor has it, when the weather was good, he'd even go out and work with 'em, addin' his voice to there's when they were singin' and such. Back then, that kind o' thing just wasn't heard of. Luckily for Master Winston, not much of anybody lived 'round here 'cept him. He owned all the land back then see, so he pretty much did what he liked. Place was named after his daughter, as a matter of fact.

Anyway, those dozen weren't the only ones he owned though: he had another one, by the name of Jacob Winter. Winter served the house, that bein' Master Winston of course, his wife Cheryl, and his two kids Tommy, and Audrey. Winter was a good man, probably no more than fifteen when Master Winston took him on, lived with 'em for goin' on fifteen years before... Well, I'll get to that, all in good time. Winter took care o' the kids mostly, also did the cookin' and cleanin' if Cheryl was ill or tired, you know, how that was.

One day, Master Winston was out playin' ball, or somethin', with his boy when Tommy decided to tell a little lie.

"Hey Dad, can you come 'ere a minute? I got somethin' I need to tell you, it's about Mr. Winter." The boy says all serious like and his father comes closer so the two of 'em can whisper.

"Well what is it?" Winston asks the boy, thinkin' it must be somethin' pretty serious if Tommy's callin' him over to whisper.

"I caught Mr. Winter tryin' to be sweet on Mom, while you was in the field." Tommy says perfectly straight faced, as if he didn't know he'd just signed the poor servant's death certificate.

"What?" Winston asks. He was probably shocked, for one, his wife was some twenty years older than his house slave, and for another, people just didn't do other people like that back then; especially if the man involved was treating them well. "Are you sure?" Winston asked, but he knew, of course the boy was sure, he'd been raised to be honest and he'd liked Winter, they all liked him really, so what motive would the boy have to make somethin' like that up?

The boy just nodded his head.

Needless to say, Master Winston was furious. Way I heard it, he rushed into the house, grabbed the ole cowhide whip he swore he'd never use against his workers with one hand, and Winter's arm with the other. He dragged the man outside, to where that great big oak tree is, and demanded the man kneel in front of the very same tree and wrap his arms 'round the trunk. Winter did as he was told and Master Winston raised the whip. He lashed the man over and over again until the man's nice jacket and shirt had ripped through to show bare skin. The lines of red were large open gashes by the time both of Master Winston's arms had grown too tired to continue whipping. That beating ended up killing the poor man, all for a child's dishonest amusement, but the story doesn't end there, sadly enough. That same evening, the boy, so distraught by what he'd done, hung himself from that tree's thickest branch by the sheet on Winter's bed. So sad a tale, but surely you can see why the house has to stay here, it's our history. Without it, there really would be nothing left of Audrey but a couple ghosts: one of a child and one of a wrongly accused and murdered slave.





**Goodbyes & Hellos**

**By:De'Aira Lanier**

Vibrant colors everywhere

Beautiful, blooming, buds, bounce

Running through a field of flowers

Bees stinging our knees

Rain brings us pain, no more fun in the sun

Little and small kites flying here and there

Easter egg hunts

Take all of our good memories we have til forever

Goodbye Spring and Hello Summer

Summer joy, kicking and splashing

Playing in crystal blue waters

Hot as the Sahara Desert

Laying in the freshly cut grass

Looking up at the sky

Pointing here there and everywhere

Ice cold ice cream cooling you down

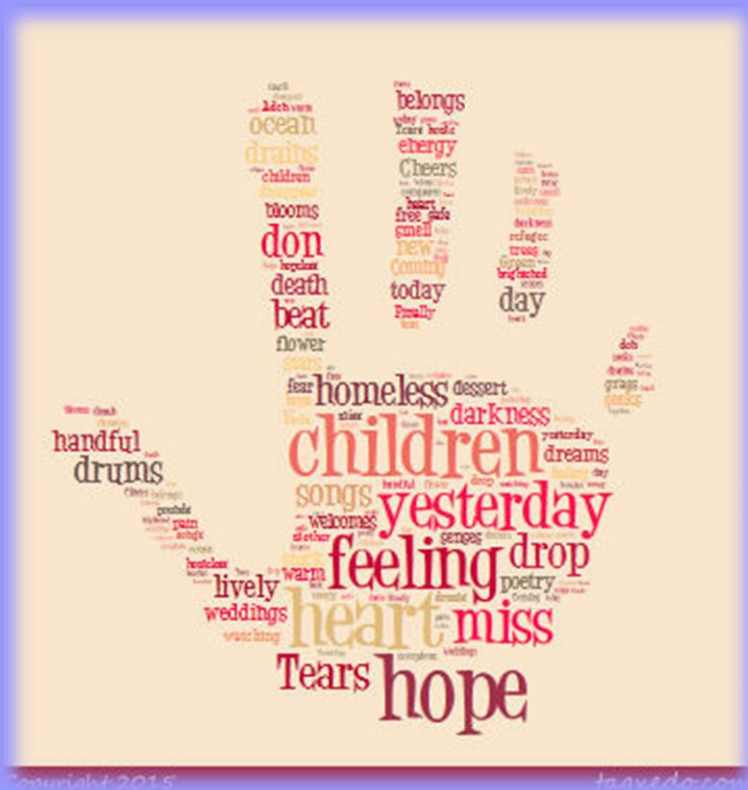
Its summer all around, flowers blooming

Spring to Summer just like that

## The Missing of a Refugee Mother

By: Fathi Aden

Tears drop hoping children don't see  
Feeling hopeless and homeless hoping he is here  
My heart pounds like he beat of the drums  
The songs that brightened the day as the lively ocean  
Now drains handful of hope  
The darkness of his death compares nothing to the pain  
of today  
The pain of scorpions  
Hoping he were home where he belongs  
Hoping for something new  
Like dreams of children  
Cheers of weddings like the energy of poetry  
Twinkling stars of hope as a desert flower blooms  
Something about him is still stuck in my heart  
His warm hearted welcomes  
Coming to my senses the smell of home seeks like  
The feeling of free and fear  
Green grass of trees of yesterday  
All the pain of yesterday disappear while watching my  
children  
Finally my children are safe



## My Country Myanmar

Nyein Khaing

Myanmar has the smell of friendly.

It will bring us freedom, keep us  
peaceful and take us to a new  
world.

Myanmar will celebrate monthly  
festivals.

It will bring our happiness,  
keep our freedom and take  
our fear a way.

But Why, Why, Why?

Why are we fighting?

Why are we crying?

Why are we starving?

Oh! My country.....

Let's stop the war and be  
free

Let's celebrate freedom and  
be peaceful

Let's enjoy our holiday and  
be happy

Oh! My country.....

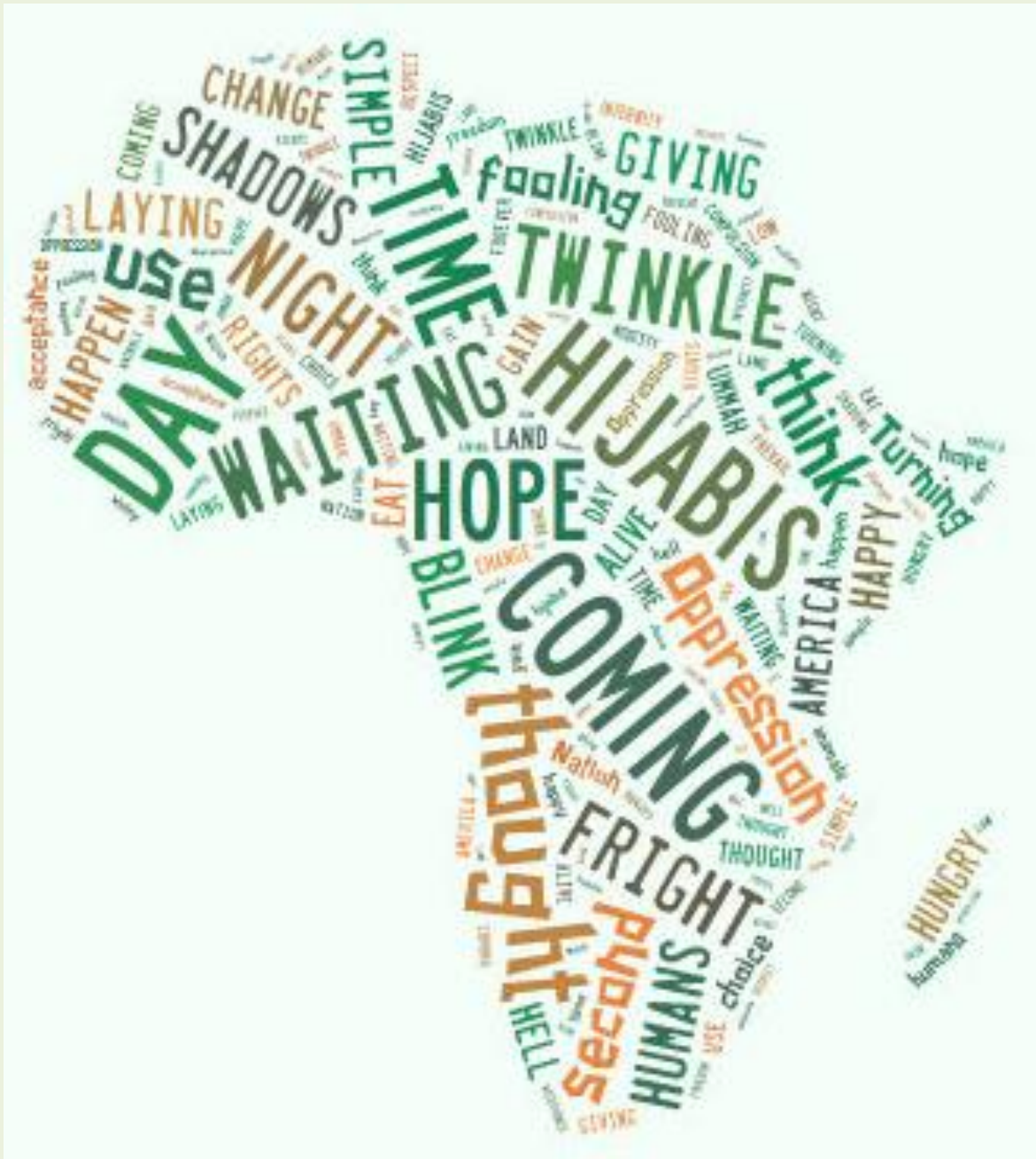
Bring us hope

Bring us dreams

Bring us peace and

Let's be free.....





Halima Abdullahi

## One day

Twinkle in the night  
We use to think  
Now full of fright  
Just for a second can we blink?  
Everywhere we go  
Oppression coming out of the shadows  
Because we are hijabis

Are we not humans?  
Or is our modesty fooling you?  
Time and time again  
We thought it would be simple  
Giving up hope and laying low  
Waiting for a change  
Which will never happen

Being happy about the thought of coming to America  
Turning into hell full of hungry animals  
Waiting to eat us alive  
Do we not have rights?

One day  
One day  
One day  
We will prevail  
With hope, freedom, and respect

It is our choice  
Rather than compulsion

One day  
We are hijabis  
Forever and eternally  
One day  
We will gain acceptance to your land  
One day  
We will become one ummah (Nation)  
Just one day.

## **My Strange Peace**

**By: Tiffany Ngo**



**Canines howling, intricate machines  
whizz**

**To some it is fearful noise,  
To others it is bliss,  
I merely cannot help but straighten my poise.**

**The cozy waiting room,  
Filled with friendliness galore.  
It sometimes defines impending doom,  
Or new bacteria to explore.**

**Blood is present within my mouth,  
As I chew my lip in agitation.  
Sweat runs down my face as I beg to the heavens that it doesn't go  
south,  
But I let out a sigh of relief as another life has been saved within the  
pet nation.**

**The familiar stench of feces,  
Dances around the kennel.  
But with the bottle of disinfectant and the spring breezes,  
I clean up the mess without heckle.**

**Here, is where I find my peace,  
Strange as ever could be.  
My love for this vet office shall never cease,  
For here is where I can learn and be free.**

# Work

Everett Tuugle

Beautiful people drilling  
Yellow fork lifts all around me  
Black-and-white construction workers  
in vests as bright as highlighters  
Dusty pickup trucks  
Dirt is everywhere like the nasty taste of sushi  
Fresh water or I will dehydrate  
Grey dust all around me  
Cool air from the morning wind  
Finally, the sun beaming down on my neck  
Exhausted, dusty, and sweaty  
What a great career!

# Never Gets Old

Merima Proha

Mysterious people crying  
Like a lost kitten  
There is pain like the kid who just lost his favorite toy  
Oh sweet hope like a cancer patient of over comes it  
Strong dry hand sanitizer  
Crying for help  
Dry latex gloves reminding the Sierra desert  
Oh the priceless smiles  
They never get old  
Beautiful success like a college student graduating  
Gentle joy like a babies skin  
It never gets old

## At One's Beck and Call

Sirens getting louder,  
coming down the highway  
like a bunch of grenades.  
Boom! The door opens,  
an unconscious man lying on the gurney.  
He gasps for air through his airway.  
Terror in his eyes, "Don't let me die."  
The scent of the blood that runs  
down the crack of his head.  
Stinky sweat runs down the back of his shirt.  
Cafeteria food as nasty as a load of dirt.  
Nothing more, nothing less,  
as I release what's off my chest.  
Emotional distress is just a disaster.  
Most days I wish I was calm, cool, and collected.  
Just lean on me, I'm at his beck and call.

Kiara Smith

**My Weekly Routine**  
**Jaynicia Hampton**



**Walking into a room hearing the fear of little kids.**

**I want my MAMA!!**

**And even noisy drills.**

**I see Healthy teeth or maybe even yellow teeth.**

**While nasty cavities are growling at me.**

**Kids loving the minty toothpaste.**

**While I'm ready for my tasty lunch**

**The aroma of fresh flouride**

**The stinky breath is pinching my nose**

**I am happy as Pharrel**

**I am a hero like Mandela**

**I am a Dentist.**



# Caring Soldiers Make a Difference

Britini Lanier

The ambulance, as loud as a train

The groans of patients and peers

I sense your pain

I sense your fears

The blood, as if it were swimming around in  
my mouth

Bbq at lunch, the smell of ribs made down  
south

Everywhere death is in the air, swirling  
around, as if it were making art

Sickness creeps on the walls, painting them  
glazed

The warmth growing in my heart

The relief of the lives of the soldiers I've  
saved.

## The Hurt Shows

By: Alexia Boyd

Anger in the child's voice

Narrow tears flowing like a waterfall

Salty tears rolling down my face

Fresh chocolate chip cookies sitting near by

Goosebumps that look like old dried up rye

## The Hurt Shows

Shaking and balled up fists

like a volcano getting ready to explode

A baby cup of juicy juice that sits cold

Pieces of fruity candy jumping in the bowl

I feel my fast beating heart

racing like a cheetah in the open field

Being bold



**I sit. I listen.**

**I listen to the child who has always been told to be seen and not heard**

**From the whisper in his voice**

**The fear in his eyes**

**Along with the bruises on his left arm**

**I know he will forever be emotionally scarred.**

**I cry out for the child, who is too strong to cry for himself**

**Yet, that is not a part of my job description.**

**He tells me he is the "IT" child you read about in books, or see on TV**

**But, even still he smiles as if it was to cheer a person up.**

**Then it hit me, reality.**

**This profession is not a job**

**This is my mission.**

**By: Dorothea Barbour**

# *Who Knows What the Future will Be?*

*By: DeAira Lanier*

Just recently, I picked up a book called *Hunger*. It is about a world with no real food, animals, and a life that revolves around technologies. As I was reading the book, I started to think that maybe one day that could be the future my kids or grandkids will live. The world in the book is way different from ours today, but it could reflect the future, the world our kids will know. The main character is *Thalia Apple*; she lives in the future, and she's very close with her grandmother who lived in the world we live in now. We have food and animals, but in Thalia's world, you take a liquid to quench your hunger and that's it. When kids my age were younger, we had coloring books and toys to play with, now kids have electronic tablets/iphones/ipads/ipods.

Technology runs the world in the book, and in today's society technology, is evolving at a fast pace. After reading this book, it gets your mind going and makes you wonder what life will be like a few years from now. Here are some comparisons that I made between the book and the real world:

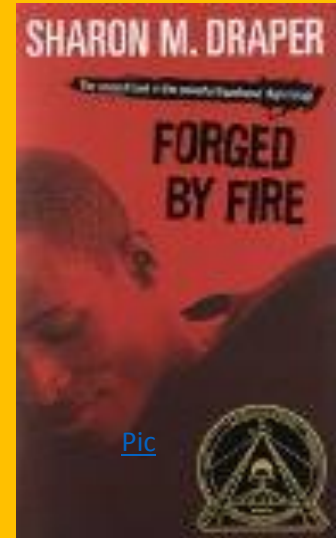
<u><i>Hunger book</i></u>	<u><i>Today's world</i></u>
<b>Cars drive themselves.</b>	<b>Cars have cameras, push to start buttons etc.</b>
<b>Teens have "gizmos" similar to our phones.</b>	<b>Phones are becoming bigger and more efficient technologically.</b>
<b>Their food source is a liquid serum with no real food.</b>	<b>More food today is being processed by TECHNOLOGY.</b>

Today's technology is tomorrow's history. Technology can help or destroy our society, so there's a good and bad side to this "new upcoming world." I'm kind of excited, yet anxious to see what the "new" world will have to offer me later on in life.

*"It's still magic even if you know how it's done"*

Draper, Sharon. *Forged by fire*. New York: Atheneum Books.1997.Print

In this thriller novel, Gerald was a child who was fascinated by fire, and his mother had a substance abuse addiction. Also, he was taken from her because of her addiction. Then later on Gerald loses his beloved aunt to cancer who raised him. The one bright light in Gerald's life is his little sister, Angel, who he struggles to protect from his brutal step-father. The theme of this story is courage, because Gerald protects his little sister from being abused. Gerald is a hero in this story because he stops his step-father in self-defense. After everything Gerald been through, he comes out on top by saving his family by becoming a man at a young age. This book is a good source because you know somewhere out there somebody is getting abused as we speak. I learned everybody goes through something, but finds a way out. I would recommend this to people who have been through similar situations like Gerald so they can relate to his story.



Kiara Smith



P.C. and Kristin Cast. "*Destined*", St.Martin's Press. 2011.

Aliyah Lilly

In the action packed book, *Destined*, authors P.C. and Kristin Cast show no matter what amount of power someone has, people will always be given what they dish out. Through the book an immortal vampire gets a taste of her own medicine because she believes consequences don't apply to her. Although the book uses mythological characters the lesson the book teaches can be used in reference to real life events. I'd recommend this book to anyone who likes to see karma stick it to the man.

# Hannah's Fault?

Dina Gracia

Teenagers often go through stages of depression or loneliness. But there are some teens that don't get through it, because they're stuck in it. This is where teen alienation comes in. We feel alienated when we begin comparing ourselves with others, when we want some social acceptance, or when we just don't feel good enough to be loved as we need to be. It's not easy going through it, but it's not impossible either, especially with an escape plan, whether it's seeing a therapist, or confronting your problems, or writing poetry to cope with it. But in other cases where coping mechanisms couldn't be found, suicide is the permanent solution for a temporary problem that the main character, Hannah, chose in Jay Asher's book, "Thirteen Reasons Why." He wrote the book to help teens better understand teen depression.



Asher used sympathy throughout the story to really distinguish the difference between the truth and the lies that made the main character feel so lonely. He led the readers to believe that Hannah was trying to remedy her alienation by joining the in crowd. However, upon closer consideration, the reader discovers that the in crowd was alienated, as well, and tried to fit her in in their effort to feel more connected. We see this when they tried turning her into something she wasn't, "Courtney pretends to find sex toys in Hannah's dresser drawers, and starts a rumor about them later" pg. (40). They started a vulgar rumor about her that wasn't exactly clear. They wanted to change the truth about her being an innocent new girl in town into a lie that spiraled out of control, pushing her so close to the edge, they basically made the decision for her...JUMP! Having this mass alienation occur, it made it really easy for us to sympathize with Hannah throughout the story. Asher told it all in her point of view so we could see past the lies, and the evasion, and the tales; so we could see her for who she was, just Hannah.

Conflict is a real issue in this book. The internal conflict in the story would be within Clay, trying to ask himself what he ever did to help cause this. From the beginning, Clay explains he hardly even knew Hannah, so when he finds out that she is lonely, and that he is one of the "thirteen reasons," he is shocked and in disbelief. Throughout the whole story, you see Clay struggle with the fact that he did contribute, that he was part of the "thirteen reasons," just not in the way you expected. And when he does find out what he did, you see him face the regret. "So where am I on this list, among these stories? Second? Third? Does it get worse as it goes along?", "What was I doing, Hannah? Because I honestly have no idea.", "I swallow hard. Tears Sting at the corners of my eyes. Because it's Hannah's voice. A voice I thought I'd never hear again. I can't throw that away." He goes through this in his head over and over and over again. "Everyone is around but no one is listening" (Pg.180). Those around him had no idea what he was struggling with or the fact that he was struggling with anything at all. This is where he started understanding how Hannah felt.

The beauty of setting as it impacted on her decision is that Asher let it be known why each of the stories was important. If anything, he was all about setting because with each story told, there was a star on a map where each story took place. "Maybe it's not a red star on her map, but it should have been. It's a red star to me." (Pg. 47-48). Hannah wants the people on her list to not only listen to her story, but to walk in her shoes; she wanted to guide them. Even though they had already been to these places, she wants them to experience the setting in a new way-from her point of view. The locations on the map are where things went

wrong since she began high school as the new kid in town. Each place described a little bit of the kids on her list of targets: threatening, sad, uncomfortable, and not at all what they're supposed to be. We feel like these places are real, like we could actually visit Monet's Café, or the Crest Mont Movie Theatre, or even go to all the parties they were invited to. Asher really took advantage of real places in California City where he grew up and allowed us to walk in Hannah's shoes and understand things from her perspective a lot. We actually understand why she did what she did.

Throughout the story, the tone changes with Hannah's experiences. Sometimes it's pretty direct. Like when Hannah tells people that if they'd acted differently, she might not have been led to take her own life. Then there were times where it was subtle: "*I'm listening to someone give up. Someone I knew. Someone I liked. I'm listening but I'm still too late,*" (Pg.278). Clay, the guy that Hannah secretly liked, said these words, and through them Asher reminds us throughout the story what Hannah was feeling, and what her thoughts were. Because we know from the beginning that Hannah has taken her own life, it makes all of these stories we hear very ominous. We have to sit through all of these stories, knowing that every single one played a part in why poor Hannah committed suicide. It's almost impossible to enjoy the stories, even when Hannah talks about a sweet or nice moment in the story, because of how sad it is. If that isn't ominous, then I don't know what is.

A lot of times, when people see the color blue, they feel relaxed, calm, or peaceful. But not when it comes to 17 year old Hannah Baker. She uses it as a symbol for pain, sadness, a color used for an escape. The tapes Hannah uses to create her stories are numbered with blue nail polish, and she's also wearing blue on the last day that Clay sees her, the last day anyone sees her. "*And there in your eyes, what was it? Sadness? Pain? You moved around me and tried pushing your hair away from your face. Your fingernails were dark blue. I watched you walk down the long hallway, with people knocking into me. But I didn't care,*" (Pg.104). Since she uses blue nail polish to number the tapes and is wearing them on her last day on earth, it might symbolize the finality of her decision. Hannah is a sweet, romantic, young girl, so blue could've symbolized her mood. Perhaps it differentiates with what Hannah has become. By this time in the story, Hannah's heart and her desires have been turned a dark blue, the color of sadness and heart break.

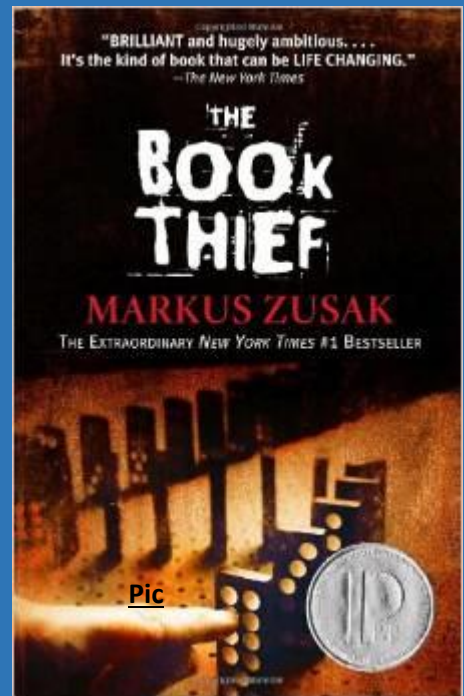
In the end, a lot of things don't always go as planned. There are an infinite number of wrong things to say to someone, things that may or may not affect them. Comments, rumors, and wrongful attitudes of society are all it takes to break someone, and Hannah was greatly influenced by society as a whole. Asher taught us how life really is, and it is saddening that people have to go to extreme measures just for people to actually finally listen to them. So be smart and careful of what you say or do to people, because you never know what they're going through; even the littlest thing can really hurt somebody.

Asher, Jay. *Thirteen Reasons Why*. New York: Razorbill, 2007 Print

## The Flowers of Kindness

### Tiffany Huynh Ngo

We humans are strange and fickle beings. We are kind one moment and cruel the next. In fact, such emotions and actions go hand in hand; often kindness comes from an act of cruelty, and sometimes cruelty will be the repercussion of an act of kindness. It is an endless cycle; you cannot escape from it. It is hard not to look away from the acts of cruelty, but it is the acts of kindness that will capture your heart and restore your faith within our human race. What better way to study both acts of cruelty and kindness than in Nazi Germany itself? This was a turbulent time, filled to the brim with violent acts done upon innocents. Yet, it is those hidden stories of kindness that slowly come to the surface. Perhaps it is these stories about acts of kindness that inspired Markus Zusak to write The Book Thief. Liesel and her family hide a Jew in their basement; this is where these themes come to fruition.



It is Nazi-occupied Germany there are bound to be acts of cruelty wherever you go. There are people being shot left and right, neighbors turning against neighbors, and total chaos all around. It is amazing to see how Liesel and her family handle such a burden. If they disobey the Nazis, the family will get shot. Hans Hubermann tries to sign up to be part of the Nazis in order to protect his wife. When Liesel joins the family, he doubles his efforts. No matter how hard he tries, the Nazis will not accept him. Hans overhears the conversation of two Nazi officials, “He will never be approved, even if he buys a hundred copies of *Mein Kampf*.” (128)

With every cruel action, there is a kind action to balance it. Sometimes, it seems like these kind actions are just never enough when an overabundance of cruelty is present. Yet, the bits of kindness and hope are still here...especially during these dark times. The Hubermanns have kept a Jewish man in their basement for several years. Liesel gets very close to him, and Max gives her a cherished book to thank her for spending time with the ‘dirty Jew.’

Later, Hans shows another act of kindness...however this one is met with cruelty and anger soon after. Hans is a kind man, a friend to many Jews. One day, Liesel and her foster father witness something rather dastardly. The Nazis are leading a parade of Jewish people down the streets, the poor souls tired and hungry. Hans Hubermann gives a piece of bread to a Jewish man who is in the ‘parade. Often, their acts of kindness are met with the stinging backlash of racial hatred by the Nazis.

Markus Zusak provides us with insight into history; he gives his version of it. He lets us know that acts of kindness, even the little ones, will be met with acts of cruelty and hatred in extreme situations. This is the sad world we live in, where hatred thrives and kindness must scurry around in the dirt to find a way to branch out and give hope. That kindness is then stomped out by the boot known as hatred. We can only hope that one day, all hatred will come to an end, and soon, at last, the flowers of kindness can blossom.

Zusak, Markus. *The Book Thief*. Alfred A. Knopf. NY. 2007



Life's Journey  
Nakeia Joannis



We must face many obstacles to get to where we want to be. We spend our entire lives working towards the place we desire to be, but we cannot truly predict the course of our lives and the things that will come our way. We must work to overcome the obstacles as they block our paths. In *The Odyssey* by Homer, Odysseus' journey represents life, the ups and downs of it. Hard work and perseverance through the hard times brought him to his desired place, his home in Ithaca.

In *The Odyssey*, Homer uses the sea to represent the course of a person's life. The poem states, "But even while he pondered and decided, the god of earthquakes heaved a wave against him, high as a roof-tree and of awful gloom" (Book 5 line 378-380). The sea is unpredictable, as is life. As Odysseus sailed, the sea brought him many things to face and get past. We cannot foretell what the future holds for us but, we must get past it.

Odysseus sails across the island of the sirens. Homer uses the sirens to represent temptation. In Greek mythology sirens were dangerous yet beautiful creatures whose captivating song lured sailors to their deaths. "The lovely voices in ardor appealing over the water made me crave to listen, and I tried to say untie me" (book 12, line 246-248). So many things tempt us like our favorite sweet or sleeping in. Sometimes we are tempted to make bad decisions. The sirens beckoned Odysseus to them. He knew that he'd lose control to their call so he made a plan, something he couldn't get out of. He made his crew tie him to the mast of the ship. We face temptation on a daily basis but, we can get past it if we try.

In Greek mythology Circe was a goddess of magic. In this story we first read about Circe using a giant loom while she sings. In *The Odyssey* she is known as the most beautiful enchantress. "It is myself you hold, enticing into your chamber, to your dangerous bed, to take my manhood when you have me stripped" (Book 10, line 382-384). Homer used Circe to represent lust. Circe used her beauty to lure men to her. She would then use her magic to turn them into swine. The fate of the ones who lusted for her was not good. People lust after things. It isn't always sexual. When we lust after things it doesn't always end well. Odysseus overcame his lust for Circe.

Before Odysseus left her, Circe warned him about Scylla and Charybdis. According to mythology, Scylla and Charybdis are two sea monsters. Scylla is a rock monster and Charybdis is a whirlpool. In *The Odyssey* they represent having to choose between two evils. "If possible, can I pass Charybdis or fight off Scylla when she raids my crew?" (book 12, line 133-134).

Odysseus had to choose which of the monsters he'd rather face. Sometime we can't evade hard time. we have to get through it. One must persevere.

The point in Odysseus' journey was to get home to Ithaka. Homer used Ithaka to represent the optimal Achievement. "Begin when all the rest who left behind them headlong death in battle or at sea had long ago returned, while he alone still hungered for home and wife" (Book 1, line 19-22). Odysseus wanted to go home. That was his goal throughout the whole story. He persevered through everything to get back to Ithaka. When we want something we have to work to get it. We have to face what comes our way to get to our goal.

Homer uses *The Odyssey* to represents the journey through life that everyone must take. Like Odysseus' journey, life throws many obstructions to block our paths. Homer shows with Odysseus' story that with hard work and perseverance any obstacle can be surpassed and goal can be reached. *The Odyssey* ended with Odysseus back on Ithaka. After ten years at sea, he finally reached his goal.

Citation:

<http://www.shmoop.com/odyssey/themes.html>

[http://en.wikipedia.org/wiki/Between\\_Scylla\\_and\\_Charybdis](http://en.wikipedia.org/wiki/Between_Scylla_and_Charybdis)

<http://www.sparknotes.com/lit/odyssey/>

<http://en.wikipedia.org/wiki/Circe>



# Do You Let Your Conscience Win?

By: Kira'h Malone

When you live in a certain type of neighborhood, it is customary to let your surroundings influence you. You have to make a conscious effort not to let that happen. *Bronxwood*, by Coe Booth, tells a story about a boy, Tyrell, who lives in the Bronx, in New York City, and who wants to be a DJ. He struggles not to let his surroundings influence him or his behavior. He instead tries to make enough money to move out of the Bronx and live a better life.



Tyrell tells the reader about where he lives, who he lives with and why he lives there. Then he stands outside talking with one of his roommates and best friend, Cal, who is making a drug sale to one of his customers. He thinks about what his life could have become if he had let it, “Smartest thing I did was to stay the f--- out they business, which ain’t easy as I thought it was gonna be, ‘cause dude is making money. Living with them all this time and always being the broke n---a, it’s hard.” (31). He is trying not to let his surroundings influence him into what he knows best, which is to sell drugs.

Tyrell has a lot of support from his friends and some from his family. A lot of people care about him and the decisions he makes affect everybody in his circle. “You’re not selling drugs are you?” Adonna asks, turning her body in my direction and looking at me serious. And I take that as a good sign, that maybe she care ‘bout me or something. “Nah, I say. You know I’m a DJ, not no drug dealer.”(40). Adonna is one of the people who was in his corner. Although their relationship wasn’t very long, she still cared about him and his decisions.

His father gets out of jail, and Tyrell doesn’t know how to feel. He has been on his own for about a year, and doing pretty good for himself. As soon as his dad gets out of jail, his dad wanted their relations to be back to normal. He wanted Tyrell to move back home and be a son, a child. “No way I’m ask what him and my moms is talking ‘bout, what he working hard for. I aint sure I even wanna know ‘cause I know him and the only kinda work I ever seen him doing illegal shit.”(61). Tyrell has been around illegal stuff his whole life. Although he has probably thought about doing illegal things, he never did it.

Tyrell had a lot of people in his corner, but like in life, there are always people against you or trying to make you do what they do, influence you into doing what they do or what they are used to. Cal has an older big brother, Andre who is the boss of their “family business”. Cal gets robbed and shot and can’t work for a while. “Andre nod like everything settled now. ‘All you gotta do is go around and collect the money from some guys we got working for us. You aint gonna have to take no weed with you ‘cause I know you too f---ing scared to do that. Help out, Ty.’” (198). He got called names because he didn’t want to be involved with their business. He believed that even though he wouldn’t be handling the drugs, it was wrong.

When you live a certain lifestyle, you have to worry about everything from the police to the people on the street. You never know what could happen. “Cal got arrested” he say. “He shot some dude that I think was trying to rob him or something.” (317). He was not a trusting person. He shot first and asked questions later. If Cal was never in that type of lifestyle he would not have been overly quick to shoot somebody and go to jail. He had to be conscious of where he was, who he was with, and if they were trying to set him up or not to be robbed or killed at all times.

Coe makes it clear to us that it is hard to keep your family values. It is hard to not let your surroundings influence you. Coe brings you into the book and puts you in Tyrell’s shoes and how he feels. Bronxwood is no fairy tale; it is making you grow up. It is making you realize that you can’t be a kid all your life. Bronxwood tells a story of all neighborhoods like itself. A neighborhood with drugs and violence, but there is always that one person who is different or who is faced with having to question their values. Some people let their surroundings influence them, but it is up to you to make that decision. You have to think about the consequences of your actions and who they affect.

Booth, Coe. *Bronxwood*. New York, NY: Push, 2011. Print

Revival  
Elijah Wenger

King, Stephen. *Revival: A Novel*. NY: Schribner, 2014. Print.

No one truly knows where we will end up at the end of our journey through life: Atheists believe the answer is nowhere at all, while religious types believe that different afterlives are unlocked by our actions. At the heart of it, all of our hypothesizing is just hypothesizing. It's all based squarely on faith. In his latest novel, *Revival*, Stephen King explores this uncharted territory through a realistic setting and cast of characters, suspension of the reader's belief, and a little science, for good measure.

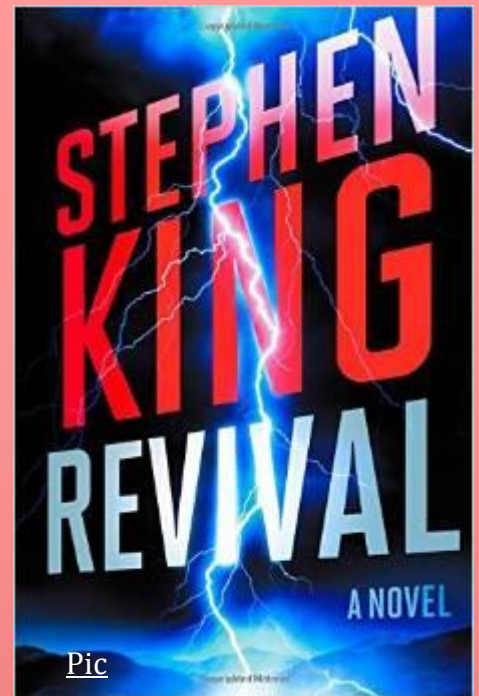
Charles Daniel Jacobs is the main character in King's main character's manuscript. Jaime Morton, the main character, meets Jacobs early on and something clicked. They are each other's destiny. As the story progresses, Jacobs appears, seemingly at randomly. Each time, Jacobs is closer and closer to learning some big secret that he has obsessed over since renouncing his religious past. The relationship between the two characters and the total sensible nature of the most likely deranged Jacobs somehow seems natural. They lull the reader into a false sense that they are just along for a normal, if maybe a little clichéd, ride.

The setting accomplishes this same goal of giving the reader a sense of security. King's typical Maine small town setting is as believable as ever. The characters seem real and normal. They have relationships and they suffer losses; all seems well. Until Jacobs gives what local Methodists call, "The Terrible Sermon." Jacobs tells the good people of Harlow that if they seek a power greater than themselves they should look not to God, but to electricity. That claim is where the heart of the story can be found.

This is clearly a work of science fiction. The book makes this clear on the first page, as do all works of fantasy, but this one feels different. King develops his characters and his setting so well that when hard to swallow concepts pop up, we almost don't realize them. They feel as real as any other element; Jacobs curing everything from deafness to drug addiction seems perfectly normal. The shock doesn't come until things start going wrong, seeming less normal, and Jacobs changing entirely. However, even while these things are happening and it seems there is no possible way things can ever be resolved, the reader is so absorbed in the real parts of King's tale, that they are willing to go along with it as naturally as they did before.

In the end, the book is about finding the afterlife. Jacobs, driven by grief, has completely abandoned all Christian good grace, caring only for the fate of his deceased family. As his miracle cures are falling about and he is truly going insane, we still believe his theories about what he calls, "The Secret Electricity." We honestly believe that he may be able to find the true afterlife. Around this time however, King's earlier foreshadowing starts to come back to the forefront. All throughout the story, Jacobs reveals his tricks for conning people with science. When the reader is faced with an afterlife too horrible to be real, we, much like Jaime, are left hoping with all we have that what Jacobs has shown us is just another helping of carny scams, but the world and its people seemed real to us, so we'll really never know.

In conclusion, King used his real characters and real setting to make his reader believe in his story. Once he had his reader in his clutches, he showed his reader something they can only hope is fake. All that aside, King proved that we still don't know the secret of the afterlife. Sure, a man showed us a dimension filled with ants crawling through a seemingly endless void, but he never fails to remind us that the man in question was a proud con-artist, not to mention that the one presenting the story is a former drug addict. Story or no story, the question is unanswered, and that fact - that the question doesn't have a definite answer for us on Earth - was King's point entirely.





## Honesty Or Loyalty

Marlon Robinson

There will be many times where you will ultimately have to choose between being loyal and being honest. Loyalty can result in you still having your friends/family on your side and honesty can lead to losing friends and having a bad relationship with family members, but most of the time, if you're being loyal, you're not being honest and if you're being honest, you're not being loyal. In the book, Leverage, by Joshua Cohen, the main character, Kurt, has to ultimately choose between being honest with the world and being loyal to his teammates, and the decision is haunting him dearly. If he chooses to be loyal, he has to deal with the guilt of knowing someone committed suicide instead of helping catch those who were guilty. If he chooses to go the honesty route, he will have the satisfaction of knowing he has defeated the bad guys, but his team will be without some of its important star players.

Kurt has had a bad past, so he doesn't like new people, nor does he trust them. He plays football and lifts weights to help relieve the pain of his past. He constantly transfers schools once everyone knows about his past. When he gets a fresh start at another school, Oregrove High, Bruce sees him, and walks up to him to see if he's interested in football. In response, he gives them a mean mug and lets him know he doesn't want to be messed with by saying, "Get the hell away from me" (128). Because of his bad past, he doesn't like new people, or anybody for that matter, and feels everyone is a threat to him,

On his first day at Oregrove High, Kurt is very nervous and anxious. Because of his bad past and the amount of foes he has, he doesn't want to be messed with by anyone and doesn't want to be talked to, but when one of the teachers starts walking around, he gets extremely nervous. When he touches his shoulder, Kurt furiously grabs him and tells him "not to ever touch him again," in a quiet but rude way. (125) On the other hand, Kurt is a very loyal and honest person to those few people he likes, like his foster mother and first cousin Mark, but it takes a while to get those two things from him. He doesn't just give it to new people, and because of his past history, he doesn't like when people grab him. His instincts are to protect himself.

Because Kurt got bullied when he was younger, which ultimately left him with a near death experience, as well as the death of a close friend, Kurt despises his football teammates when he finds out they've been bullying other weaker students. He doesn't listen to anything they say during practices/games and does not interact or respect them. During school one day, Ronnie and Bruce walk pass Kurt; he gives them a despicable look

because of the harassment they've been giving Danny and the other gymnast, and says to Jessica, "I'm gonna kick their f---ing asses" (183), and later goes on to say, "They're both gonna rot in hell" (185). Kurt has very little respect for Bruce and Ronnie to Bruce because of the despicable things they've been doing to weaker students at Oregrove.

Although Kurt doesn't really like new people, he really dislikes females tremendously. When Anna tries to talk to him at one of the gymnast's meetings, he quickly turns her down, and quietly but demandingly asks her to "get away from him and not to ever speak to him again" (249). Then he quickly moves away from her and puts his hood over his head and continues to watch the athletic event being held. He has little feelings and likeness toward females because of the fact that when he was younger, he got set up by a female and the event cost him his friend's life and almost cost him his life too.

Kurt feels good about himself when he finally exposes Bruce and Ronnie for their role in Danny's suicide, and everyone at the game sees their confessions on the jumbotron. Once the confession happens, he feels as if he has given Danny his freedom, although he is already deceased. He then says, "This is for Danny, you scumbags," and, "Now the whole school knows what you two sickos have done" (420-421). This decision hurt him dearly because his team was in a very important part of the season, and it cost the team some of their best players. He ultimately had to choose between being loyal to his teammates and being honest with the world, and he courageously chose to be honest with not only the world, but to himself, also.

Ultimately, you may have to make huge sacrifices or choose between decisions that can hurt you dearly. In *Leverage*, Kurt is in one of those sacrificial situations and the decision is killing him deep down inside. Throughout the story, Kurt learns that there will be times where you have to choose between honesty and loyalty, and even though both decisions may seem right, you have to choose which one is totally right. Even though Kurt felt relieved in his decision to be honest with the world and serve justice to those whose lives have been endangered, it still cost his football team some huge pieces.

Cohen, Joshua. *Leverage*. New York: Dutton, 2011.

## Blossom of Internal Growth

Terrance Towns

Making the transition from embracing the values of a boy/girl into a man/woman takes responsibility, sacrifice, maturity, the order of your priorities, etc. Making the transition has more to do with just a transition of age, but it requires more of a self observation; recognizing flaws and adjusting to them accordingly. Sometimes making that transition requires self control as well as a little help and a few wake up calls. In the book, Katniss finds herself at war with the capitol, but before she's able to fight that war she has to make a change within herself.

Initially Katniss was quick to judge due to the fact of her limited patience. Katniss carries the vibe of this young adolescent with an arrogant personality. For example, the book reads, "All I can see is the woman who sat by, blank and unreachable, while her children turned to skin and bones" (8). As you can see this young woman has a cold heart especially to her mother inconsiderable to the fact that her husband just died, leaving her mother with two children to raise, and no money. Katniss isn't the easiest person to please but it doesn't take much for her to hate someone, judge them or to see her bad side.

One thing about becoming a woman is the simple fact that Katniss has to become humble, loving, and affectionate. The one good thing about Katniss is that she's not afraid to take the lead, so when she realized her mother was down and out, she played a major role in stepping up and becoming a provider, a friend, or someone to talk to. For instance, "Before I leave, I make sure Rue's well stocked with food and matches. I even insist she taking my sleeping bag, in case it's not possible to rendezvous by nightfall" (213). As you can see that young girl at the beginning of the book did a complete turnaround to step up at a young age to become a provider for her family. Sacrifices were made and the arrogant attitude vanished to make her a better person.

It isn't easy having to grow up fast, especially when you're still a child yourself, considering the fact that you have to become a provider, a protector, as well as a lover. Whenever someone is in danger, Katniss steps up, no matter who it is or what it's for. "I reach her just as she is about to mount the steps. With one sweep of my arm, I push her behind me. I volunteer! I gasp. I volunteer as tribute!"(22). Katniss willingly and hastily risked her life for the love of her younger sister, knowing the simple fact death that was headed her way. Katniss developed courage, love, as well as strength, to carry her family and loved ones on her back.

Even through the ups and downs, the head of the family has to stay strong; the head of the family has to remain sane to help keep their family from breaking down and losing hope. "I suppose now that my mother was locked in some dark world of sadness, but at the time, all I knew was that I had lost not only a father, but a mother as well. At 11 years old, with Prim just seven I took over as head of the family...bought our food at the market... tried to keep Prim and myself looking presentable" (27). Katniss became every bit of a woman and she deserves every bit of props. By adjusting to her flaws, she showed love, affection, courage, etc.

Everyone's greatest common enemy is themselves, and to make a change within your life you must change yourself first. The flaws of being human and imperfect may often cause us to make wrong choices or constantly fall into the wrong habits repeatedly. When we better ourselves, we tend to break habits to form better traits of one's character mentally and physically. "We're all hugging one another so hard it hurts and all I'm saying is, "I love you. I love you both.""(36). Coming from built up anger, mood swings, and periodic complaining Katniss finally realized what it means to have family, and what it meant to love because your loved ones could be here one day and gone the next.

In conclusion, the hardest thing in life is growing up and becoming a man/woman. It takes responsibility, sacrifice, maturity, the order of your priorities, etc. Katniss has by far become the strongest within heart, love, and maturity when it comes to growing up becoming a provider, and a protector. In order for Katniss to better herself. it took patience, self-examinations, as well as timing. It wasn't an easy step to fight conflicts within oneself, but it took integrity, patience, as well as self sacrificed habits.



## The Fighting Of Glory

Marcella Pinedo

There are some governments ruled by “pigs” that won’t let you own anything, not even your own soul. These types of governments are called dictatorships. Living under the ruled of a dictator is being ruled by a person without a soul, without sympathy, without a mind, and it feels as if you are trapped in a game without end where you have two options, either lose control of yourself and show them your weakness, or remain strong with hope. These are the sides of struggling, numbness and rebellion. In the *Hunger Games*, by Suzanne Collins, the author uses the character, Katniss, and how she overcame power and rules by fighting for her life. She kept her honor and integrity, things that made her successful throughout the struggle. She didn’t want to be part of the group of people that do not care about their nation. She chose to rebel instead of becoming a puppet in the government’s games.

The book demonstrates the cruelty of a government that finds it entertaining to see children fight for supposed honor and glory. This is barbaric and emotional. “Taking the kids from our districts, forcing them to kill one another while we watch-this is the capitol’s way of reminding us totally we are at their mercy. How little chance we would stand of surviving another rebellion. Whatever words they use, the real message is clear.” Look how we take your children and sacrifice them and there is nothing you can do. Is you lift a finger, we will destroy every last one of you. Just as we did in district thirteen.” (55). The government’s abuse of power is obvious; it makes the people’s lives useless, destroying their hope of being able to scream freedom.

God gives a special gift to everybody; it might be different in every person. Some people have the gift of forgiveness, others just were born with the gift of sympathy, but Katniss had a very difficult gift to find these days, which is dignity. She prefers to die with dignity instead of becoming part of the group of killers, “I really think I stand a chance of doing it now. Winning. It’s not just having the arrows or outsmarting the careers a few times, although those things help. Something happened when I was holding rue’s hand, watching the life drain out of her. Now I am determined to avenge her, to make her loss unforgettable, and I can only do that by winning and thereby making myself unforgettable” (95). At this point, the main character learns that her real strength is not in her bow or arrows, but in standing up to the Capitol and make them see the cruelty of their actions. “I won’t close my eyes. The comment about rue has filled me with fury, enough fury I think to die with some dignity as my last act of defiance” (100). Her dignity is stronger than her arrows, stronger than any type of bullets.

Suddenly the author shows the anger Katniss has towards the Capitol, “I want to do something, right here, right now, to shame them, to make them accountable, to show the Capitol that whatever they do or force us to do that there is a part of every tribute they can’t own. That Rue was more than a piece in their Games. A few steps into the woods grows a bank of wildflowers. Perhaps they are really weeds of some sort, but they have blossoms in beautiful shades of violet and yellow and white. I gather up an armful and come back to Rue’s side. Slowly, one stem at the time. I decorate her body in flowers. Covering the ugly wound wreathing her face, weaving her hair with bright colors” (150). This action demonstrate her honor to Rue by covering her body with flowers meant to remind people that Rue was a human being with feelings and soul; she was an actual person with an identity all her own, not is just a character on television.

Throughout the book, the author makes a big comparison between how wealthy the Capitol is and how poor district 12 is. “I try to imagine assembling this meal myself back home. Chickens are too expensive, but I could make do with a wild turkey. I’d need to shoot a second turkey to trade for an orange. Goat’s milk would have to substitute for cream. We can grow peas in the garden. I’d have to get wild onions from the woods. I don’t recognize the grain; our own tessera rations cook down to an unattractive brown mush. Fancy rolls would mean another trade with the barker, perhaps for two or three squirrels. As for the pudding, I can’t even guess what’s in it. Days of hunting and gathering for this one meal and even then it would be a poor substitution for the Capitol version” (80). The capitol is a place of seemingly infinite wealth, especially compared with district 12. One meal of theirs would take her days to assemble. The capitol is imputing some kind of power saying, if they don’t entertain them, they won’t give any type of “help”.

Every move that katniss does is a type try to express how she feels being in the “hunger games”, what is the reality of the game, trying to let them know that is more than a game, is a slaughterhouse. “I spread out my fingers, and the dark berries glisten in the sun. I give peeta’s hand on last squeeze as a signal, as a good-bye, and we being counting. “One” maybe I’m wrong, “two” maybe they don’t care if we both die, “three” it’s too late to change my mind. I lift my hand to my mouth, taking one last look at the world. The berries have just passed my lips when the trumpets begin to blare” (300). At this point all what Katniss wants is for the capitol, gamers, and everyone who was enjoying her suffering to understand that there would not be one winner, she would not kill Peeta, and Peeta would not kill her, or either they both die together or they win together, it was all about rebellion.

Sometimes we start complaining when moms tell us what to do, when to do it, or what to say; would you resist living under a government who is controlling your life at all? People have an idea that everything has to be like they want things to be, they want

space where your opinion doesn't count, where you have to follow rules if you want to live less miserably. Have you ever had that feeling when you want to cry desperately but don't have the strength enough? That is exactly what Katniss felt; she was tired of abusiveness from the Capitol; she was smart enough to revenge all the deaths from the absurd hunger games; she showed the world that they were using people not toys, she also taught us that we have to appreciate everything that is given to us.

Quotes About The Hunger Games." (86 Quotes). N.p., n.d. Web. 10 Mar. 2015.

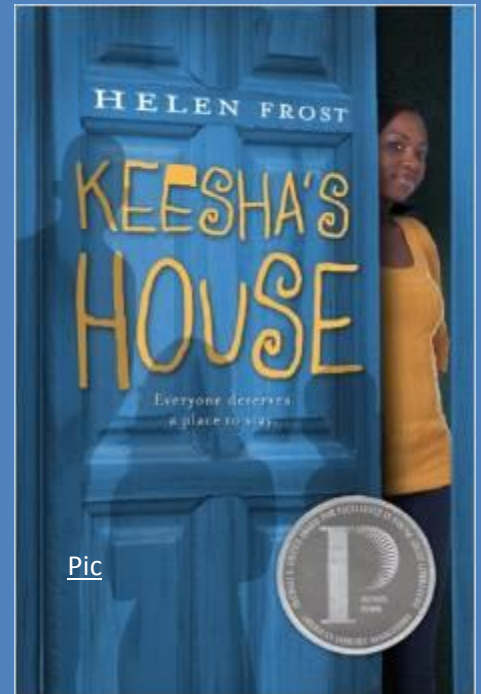
Pinedo



# The Safe House

Jodaia Bishop

Family isn't always blood. In *Keeshas's House*, by Helen Frost, six teenagers come together at a safe place, Keesha's house, to escape their judgmental families and unhappy situations. They eventually learn the true meaning of family through being cared for and caring for others. Throughout this book, the characters all share their stories about the events that occurred in their lives and obstacles that they are facing and trying to overcome. These teenagers make a connection because of this safe place they all run to; a connection that replaces the loss of their natural families.



Keesha was the first member of this family, and the first in the house. She needs a safe place to stay-her mother is dead; her father gets mean when he drinks, and he drinks a lot. Keesha is struggling to find a way to take care of herself and protect her younger brother after her father kicks her out. Keesha once was happy until the abuse began with her biological family. Keesha felt abandoned by her parents. "I'd be glad though, if I thought my father asked just once, *Whatever happened to Keesha?* Tried to find out where I'm at, like parents are suppose to!" (49). Keesha knows her family isn't the place she truly belongs because of the lack of love; through staying at houses of her friends, she thinks she has found the love she desperately wants from her family.

The second person in the house with Keesha was Stephe. She is pregnant, trying to make the right decisions for herself and those she cares about. Stephe feels like her parents don't support the pregnancy and don't love her anymore because of it. "Terrible, a girl in the tenth grade having a baby she can't even support" (61). Stephe's boyfriend and father of her child is Jason. Jason is torn between his responsibility to Stephe and the baby, and the promise of a college basketball career. "I wish I could play the game like that. I wish I could forget about that baby" (4). Jason loves the game of basketball but he loves Stephe, too. He is scared and confused because of the baby and what his life will be after the baby arrives.

Some teens are forced to live in foster care, such as Dontay. He ends in foster care while his parents are in prison, feeling unwanted, both inside and outside the system. Dontay runs to Keesha's house because he really doesn't feel welcome by his foster family. "I'm like a pet they know they can get rid of if I get ornery." (106) Dontay is

confused about what it feels like to be loved. Once his parents got sent to prison he was forced onto another family.

Carmen is arrested on a DUI charged, waiting in a juvenile detention center for a judge to hear her case. Before, she lived with her grandmother because her parents neglected her. Living with Keesha is like having rehab and therapy. “Three months now on this mountain. I can climb it step by step. I say no to a drink; I’m one step higher. I stop and think before I head out for a party.” (107). Carmen acts out because she doesn’t have anyone leading her down the best path. Because of her parents neglecting her, she feels as if she’s on her own, in reality her grandmother provides for her.

Since her stepdad came into her life, her mother never pays any attention to her anymore. Her mother was stuck between her husband and her daughter, Katie. Katie is angry at her mother’s loyalty to an abusive stepfather. Katie introduces Harris to Keesha’s house. “By the time Katie figured out I was living in my car, I’d saved some money. Enough so, when they asked me to move in, I could buy a bed that folds into a couch during the day.” (96). Harris was disowned by his father after disclosing that he is gay, living in his car and taking care of himself. His father wants his son to be normal. “Dad said, if I didn’t have enough respect for him to act normal, how could I expect him to keep supporting me?” (12). While staying at Keesha’s house Harris made friends and became comfortable with whom he was. “I’m living in a house with open windows” (97). Though Harris says it through metaphor, he admits they he is happy at Keesha’s house; that it’s the happiest he has been in a while.

Stephie, Jason, Dontay, Carmen, Harris, and Katie find their way to Keesha’s house- a safe place with door that lock and laughter that never stop. Each teenager faces many different obstacles, from being pregnant to being neglected by parents. Their troubles make them all merge to this place, a safe place, Keesha’s house. While staying in this house they not only make friends, they create a family. All characters have made a drastic change and they all have grown. They embrace all the uncertainty and fear of teen life. These teens have been more of a family to each other than anyone has ever been to them. They’ve learned that blood may be thicker than water, family is all you have, and that family isn’t always blood.

Frost, Helen. *Keesha's House*. New York: Frances Foster /Farrar, Straus and Giroux, 2003. Print.

# *Mysteries of the Unknown*

*Leah Oliver*

There are recurring themes in gothic literature developed through its historical past. It includes traditional gothic literature motifs. Gothic literature comes out of the 17<sup>th</sup> century when people used storytelling about ghosts to question the existence of god. The motifs include connections to the past, ghosts, a deep recurring attraction to another character, and fear of what's happening to the character. In, *Spirit Walk*, by Richie Tankersley Cusick, the main character follows in their gothic tradition through the quest of her family and to take on the responsibility of her gift.

One of the first gothic motifs in this book is the use of ghosts, and the main character in this book talks about the things she hears but cannot see. The main character is named Miranda, and has been hearing voices, but it turns out that there is a guy in the house named Etienne to fix the air conditioner. The problem is that though he was in the house, there was nobody talking, "Was someone just out there with you?" "No" "are you sure? You weren't talking to anyone a minute ago?" "There's nobody here but me. And I'm pretty sure I'd know if I was talking to myself." "Look... I know I heard a voice." (36) There is a mysterious boy in her house, nobody else is home, and she is hearing the voices of spirits. The voices help lead her to where she needs to go; they are her guide as they try to make contact with her to show her the way.

As Miranda travels to new places, she uses her ability to see into the people's history. Miranda has a way of knowing the past of the town she had never lived in, but recently moved to. "Magnolia galley, I told you I found some information about it." "And you sure something bad didn't happen there." "I'm not sure at all. But you seem pretty sure." Miranda tried for casual surprise. "I do"? "And you seemed to know an awful lot yesterday about a place you'd never seen or heard of before." (145-146) She is able to have flashbacks in her mind so that she knows the town's past, but as she gets these visions and gets information, she is able to change things in the present that will not only help the spirits, but can save lives of the people she knows today. Being in unusual places is traditional gothic motif. It allows the character to develop or face her inner fears.

There is a supernatural world of spirits. The main character must accept their gift find information about what happened to help them cross over. "'I know how Ellena Rose died.' Impressed, Roo took a drag of her cigarette, Gage offered an encouraging nod. And by the time Miranda related her details Roo and Gage whereas enthralled as she was. They make love; he pours the wine and no more Ellena Rose" (246). The characters pull the clues together to figure out what they should do next to help the spirit. The main character eventually accepts her gift and manages to find out information about spirit's past and why it needs her help.

Gothic literature is often driven by exploration of questions of sexual desire, pleasure, power and pain. Miranda has a love for a dark and mysterious guy named Etienne."She was lost in him, consumed by him, his heat and sent, the feel of him, body and voice, lips and touch, the irresistible need to

surrender.' "His kisses grew more passionate. As she whispered his name, he caught her face between his hands... gazed endlessly into her soul "(309). These quotes are a lusty description of passion for a dark and mysterious guy who is so secretive and sexy that she falls in love with him.

Gothic literature is often highly sentimental, and the characters are often overcome by anger, sorrow, surprise, and especially terror. The characters suffer from raw nerves and a feeling of impending doom. Crying and emotional speeches are frequent. Breathless panic and screaming are common traits. "'Don't panic, and be calm,'" If she started screaming, she'd never stop. If she gave in to hysteria, every emotion would be exposed, and her scenes would completely shut down, and she'd never get out... "' (328). As she tries to calm herself down, she recognizes that she is afraid.

The author has used these gothic elements to teach the reader the thrill of lust, love, and acceptance of one's self. Gothic literature explains all the qualities of one's responsibility, emotion, and trust. The genre works with emotion and intensity to keep the reader entertained. It helps to teach people that there is more than what meets the eye. There are points in your life where things are going on that you don't fully understand, but eventually everything becomes very clear as you look past what is in front of you and look a little deeper into what's beyond. It really does make you question life. True gothic literature runs deep into your emotion; it makes you really think; it also gives you awareness.

Info sites

<http://www.bl.uk/romantics-and-victorians/articles/gothic-motifs>

<http://www.bl.uk/romantics-and-victorians/articles/the-origins-of-the-gothic>

Tankersley Cusick, Richie. *Spirit Walk*. Print. 2013.



# Life Decisions

Letticia Robinson

Life decisions are often influenced by men, and many women make bad decisions because of the way they are treated in a relationship. Most men treat women poorly, and urban neighborhoods also cause young women to make bad decisions due to issues such as drug use. In, *I Wish I had a Real Dress*, by Pearl Cleage, the two main characters, Ava and Joyce, start a support group called the Sewing Circus for women who are victims of domestic violence and are recovering from drug addiction; they teach the women how to live on their own.

One of the women in the group asks why some men are different than others; Joyce explains to her, "A love of destiny and history and a man's place in it. A Love of the monumental battles between good and evil, right and wrong, through which every generation of males must test itself and put forward their own definition of manhood" (51). Every generation of men must go through some good things and some bad things in order to prove their manhood to not only women, but to the rest of society. Some men have "battles" that are worse than others, and other men tend to make it through their "battles" a little easier than others. Those who get through the hard times are the ones that are considered to be men. The author is also saying that in order to become a man, you must understand the history of manhood.

All of the women in the group have things in their life that they would like to change: the main character, Ava, is HIV positive and she has a bad habit of second guessing everything she does or has done. She tells the women, "Old habits are hard to break, but not impossible" (75). Joyce is trying to convince the girls that they can break all of their old habits and leave everything in the past. Their old habits may not be easy for them to overcome, but she has faith in the girls and believes they will be able to overcome them.

Many of the women in the group regret the things that they have done, "When you're young, there's a whole lot of stuff you say you'll never do. Once you get a little older, the list tends to get a little shorter." One of the girls in the group said that when she was younger she would tell herself "I will never let a man put his hands on me" (150). The girls' mother was a victim of domestic violence, too. Ava's sister, Joyce, tells the girls that even though you tell yourself when you're young that you'll never do something, that doesn't always mean that things won't change in your life.

These women regret the things that they have done in the past and wish they could go back. The author says, "Sometimes you meet yourself on the road before you have the chance to learn the appropriate greeting. Faced with your own possibilities, the hard part is knowing a speech is not required. All you have to say is yes" (177). In life you find yourself having to make hard decisions and sometimes it's just as easy as saying yes when you're under pressure and you can't just have a conversation with yourself about what's right and what's wrong.



During a Sewing Circus meeting, one of the woman in the group asked why all men are the same. Ava said, “A lot of them are truly sorry, but since they all we see, we ‘bout to forget what a good man even look like, much less how one ‘spose to act” (210). Most of the woman in the group have never had a relationship with a man that didn’t abuse them, so most of these woman forgot or don’t know what a “good man” is.

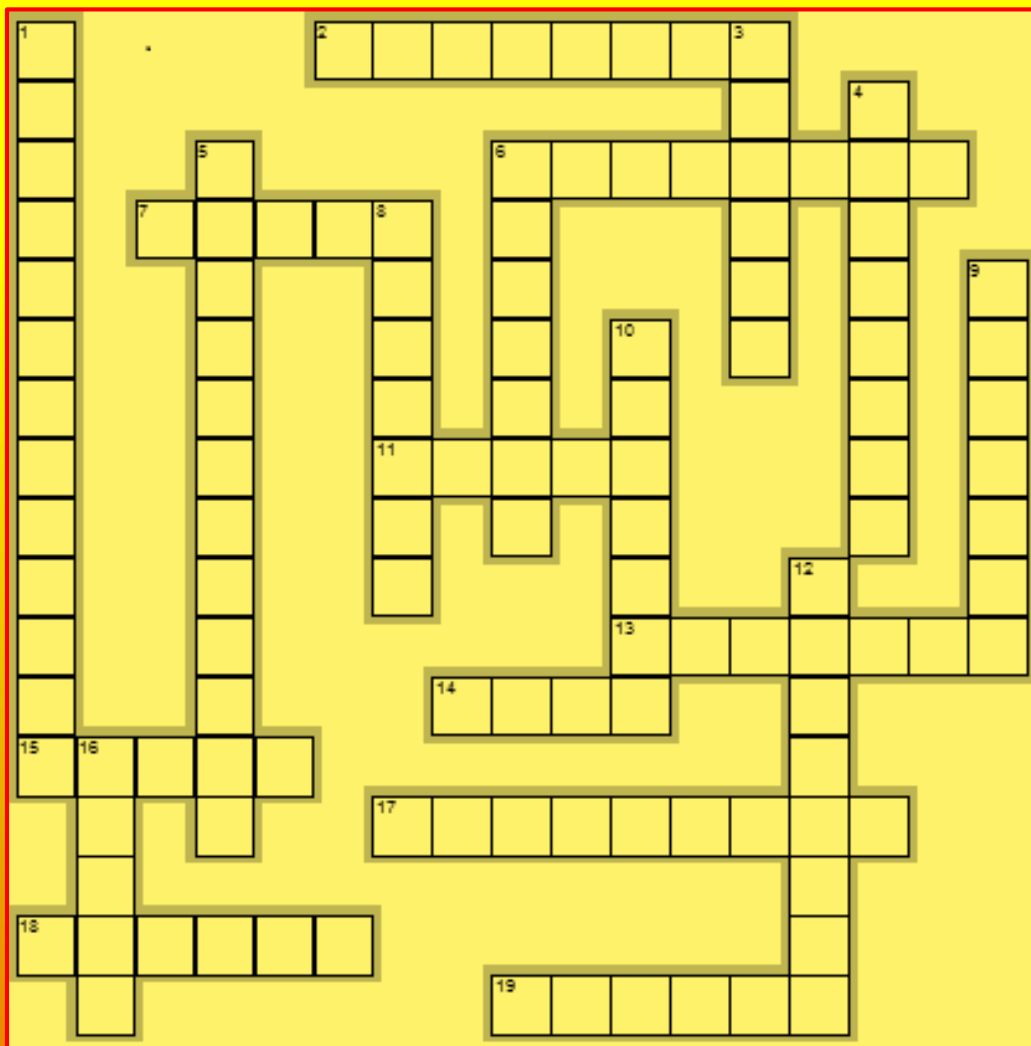
Ava’s boyfriend comes to the group, and all of the woman talk about all of the bad things that men can do to woman. One of the woman says, “When you start talking about the bad stuff men do, the man present always wants to be acknowledged as an exception. One of the good guys” (233). Most everyone believes that they aren’t just like everybody else with negative qualities. Everyone believes that they are understanding and helpful even if they aren’t.

Everyone that is a part of the Sewing Circus has makes some type of decision that affects their life. Teenager girls experience this all the time because of peer pressure. If young woman would learn that the decisions you make now will affect you for the rest of your life, whether it’s with a man, abusing drugs, your education, or even social media, there would be more young woman with professional jobs, and less woman in the streets. At any point in your life, you should take the time to process the decision you are about to make, even if your under pressure. No matter what age you are, now will affect you forever.

Citation: Cleage, Pearl. *I Wish I Had a Red Dress: A Novel*. New York: William Morrow, 2001. Print.



# Summer Reading – Devonna Crocker



## Across

2. “ \_\_\_ is the word, except it isn't strong enough.” Sister Souljah, *The Coldest Winter Ever*
6. “Things we lose have a way of coming back in the end. If not always in the way we expect.” Luna \_\_\_
7. Main character in *The Fault in Our Stars*
11. “What. An. \_\_\_” Hermione Granger
13. *Hunger Games* author, \_\_\_ Collins.
14. “Happy Hunger Games! And may the \_\_\_ be in your favor.” *The Hunger Games*, Collins
15. “Do not pity the dead, \_\_\_. Pity the living, and above all, those who live without love.” Dumbledore
17. “If you want to know what a man's like, take a good look at how he treats his \_\_\_. Not his equals.” Sirius Black
18. “One \_\_\_ tell lies.” Harry Potter
19. “I fall in love the way you fall asleep: \_\_\_ and then all at once.” *The Fault in Our Stars*

## Down

1. Author of *The Coldest Winter Ever*
3. *Fences* by \_\_\_ Wilson
4. “I \_\_\_ swear that I am up to no good.” Harry Potter
5. Second book of the *Hunger Games* trilogy.
6. A House of Night Novella. \_\_\_ 's Vow
8. \_\_\_ for Alaska by John Green
9. “I volunteer as \_\_\_.” *The Hunger Games*
10. Main character in *The Hunger Games*
12. “The one thing that doesn't abide by \_\_\_ rule is a person's conscience” - Harper Lee, *To Kill a Mockingbird*
16. “It is our choices, Harry, that show what we truly are, far more than our abilities.” \_\_\_ Dumbledore

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](http://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](http://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](http://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](http://www.louisvilleky.gov/HumanRelations)



[www.jcpsky.net](http://www.jcpsky.net)

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