



Central High School

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Back to School Edition



Don't Judge a Book by its Cover

T'Lauriyon Milliken

When students returned to Central this year, they were already set not to like the new principal, instead of getting to know him and giving him a chance, and that's not fair; he deserves a chance! So I took the time to interview him and find out what he was all about.

TM: Have you been a principal before? He answered that he had not been and that this is his first time being a building level principal, but he was an assistant principal at Meyzeek Middle School. So as a full blown principal, this is his first time.

TM: Where are you from? "I was born and raised in Louisville, Kentucky."

TM: Mr. Green what are your hobbies? "I love to ride my bicycle, and I love to barbeque. My favorite thing to do is cheer for the Louisville Cardinals! I love anything to do with U of L sports."

TM: What inspired you to go into education? "When I was in college, I got a Music Education degree because I wanted to be a Music Minister at the church. While I was getting my degree, I needed to make some money, and started teaching music lessons, and working at band camps, and then finally realized I had a natural knack for teaching. Whatever career you pursue, it should most definitely be something you love to do. The Lord called me to work on kids not in a church. The *why* I got into teaching has little to do with money; I did need a full time job, but mostly because I'm good at it, and I enjoy it!"

TM: Do you have any kids? "I do, I have 4 kids; they are 11, 9, 3, and 5 months old. Their names are Elijah, and he's the 11 year old, Madison is the 5 year old, Deborah is the 3 year old, and the baby's name is Luke."

TM: Can you explain to me your 3 goals? "Goal #1 Ensure rigorous instruction, I want to make sure that every class you go to as a student, and that all 1126 kids in this building, when you go to class, that the teachers are going to push you hard, and they're going to push you to meet your maximized ability. I want my kids to leave this school to be able to be competitive at the college level and the military level. Entrepreneur, college, and military need to be the only 3 options for a student who leaves Central High School as a graduate. Goal #2 is to rebrand Central High School as the premier magnet school in town. I want Central to be the best of the best! And right now Manuel, Male, and Brown are. What does Central represent? Most people might say well, it's a Historically Black School. Some people might say it's the fashion school. So what we need to do is rebrand our school, show people it's not a fashion school or a black school, and that there's more to us than black people and fashion. I want people to actually see Central High School for what we know it really is. Goal #3 is to increase school pride and school spirit. You chose Central and Central chose you; there is not another school in this city that has the history we have, so be glad that you are a Central Yellow Jacket."

TM: About lunch detention, Mr. Green, are you trying to get us to look at being late to school as jobs? "When you become an adult, there are consequences for everything and being late for work is one of them. I want to get you in the mindset and on the right track for when you guys start going out to get good jobs, because there are no EXCUSES!"

TM: About the cell phone policy? "I want kids to be able to use cell phones for educational purposes, but educational purposes only! I want that. I really do! But the policy that's written as of right now does not allow that. Until an amendment to the SBDM Committee comes to pass, I have to enforce the rule of no cellphones."

Now that I know him better I have much more respect for him. He is really trying hard to make Central the best school in the district and we are ignoring all signs! Don't ever judge a book by its cover because you just might be wrong, and remember it could've been worse!

See CHS's 3 R's below:

Central High School's 3 R's:

Responsibility! 

Respect! 

Right on Time! 

Freshmen Rotation

By: Tomeikia Gray

When Central High School accepted your application, you knew you'd have to go through freshmen magnet rotation. It's a very important concept of our school, because it's when you are introduced to each magnet that Central has to offer. By the end of the year, you will be able to choose which magnet will be best for you.

Fresh-man. That means the beginning of a new start. You are what you make of it. If you come in with determination, then you will rise to the top. But if you come in playing games and thinking that you don't have to work hard and that everything is going to be given to you, you might as well say you've signed a check that you shouldn't have cashed. What you do in high school will determine the rest of your life. Here are some things you should think about when entering into your magnet rotation.

This process should be taken seriously and should be very important to you.

Keep in mind that teachers do talk to each other. If you have a negative attitude in one of the rotations you aren't interested in, it will get back to the teacher in the rotation that you do want.

Make sure you work hard to impress all of your magnet rotation teachers. Remember that you don't just choose your magnet, the magnet teachers choose you, too. You don't want to get sent to your "second choice" just because you

2nd choice because the 1st choice people will get 1st pick.

Don't set yourself up for disappointment just because you aren't working your hardest.

If you don't get your first choice, keep an open mind. You find something new that you really like.

Even with all that being said, being in high school at Central should be fun. You just have to remember that this is the foundation for your future and you are what you make of it. Try to make a great impression on your teachers and stay focused and you will succeed!

Why is Joining an After School Programs so Great?

By: Tomeikia Gray



Essentially, college and university admission officers are looking to see what an applicant does outside of the classroom. The most important consideration to keep in mind is that there are no right or wrong activities.

[Source & More Info](#)

There are three reasons that joining an after school program is so great:

- You can easily make friends
- It helps build great sportsmanship (Team work)
- It can teach you leadership skills, in and out of the classroom.

Being on a team helps you stay focused and game day ready. So continue to read if you want to be a team player.

Sportsmanship means to enjoy the sport or activity you're involved with. When you're enjoying yourself, whatever you do becomes very comfortable for you and anyone else around you. If you ever have to "work" in a hostile environment, you will come to realize that something you used to love will be something you fear the most. No one ever likes conflict.

When you're on a team, you have to learn to work well with other people. You have to build relationships with these people, because in reality you may be spending more time with them than you do with your real family. A team that works well together well, spends time together outside of practice.

Joining a team will also improve your leadership skills. Think of it this way, everybody has their strengths and weaknesses. If you are stronger at something, then you're able to help your team mate. That right there shows leadership skills. Taking advantage of an opportunity to help others in need and being a positive role model is always the best way to go.

Joining an after school program will really benefit you because it helps you make new and good friends, you develop great leadership skills, and you also become a great person to work with because you have really good sportsmanship. So joining an after school program may not be that bad.

"Studies show that students in extracurricular activities have higher [academic] scores. They learn to manage their time, relieve stress and learn to strive for excellence in more than one thing,"

[Source & More Info](#)

Motivation
Imani Campbell's

"Mani!!! "My momma yelled from the kitchen. I knew I was in trouble.

I ran to the kitchen and saw her there with my report card in her hand. I saw the disappointment and anger on her face.

I'd never seen her be so angry with me. When I sat down, she said "What is this?" She pointed to the D on my report. I didn't say anything; I knew I could do so much better and so did she. She got up and stirred up the spaghetti she was making. "You're always talking, but when I'm trying to have a serious conversation with you, you get quiet," she said in a very angry tone that I did not like.

I mumbled, "I'm Sorry."

She said, "I know you're sorry, but that's not gonna change the fact that you got a D."

She said, "So what, you just give up when its gets hard? You can't just give up. That's not what we do! We don't just give up."

I had been thinking that if my work got hard, then I could just not do it and I'd be fine, Right? Wrong. The grades I had would not help me get into Central High School. She yelled and I listened because I knew that I was wrong and I shouldn't have given up on myself.

My mom cares about my future, and that's why she was yelling and stressing over my grades. She wants my future to be better than hers. I was giving up on myself and my future. I only passed that class with a C. That's what happens when you give up on yourself.

I gave up another time after I got into Central. It was in my 9th grade year at Stingettes try-outs. I thought it would be easy, and I could do it because I've been on plenty of teams: step, dance, cheer, etc. The Stingettes was something totally different.

"Everybody who is trying out for the Stingettes to the auditorium," one of the captains said. I made my way there and took a seat. "Everyone bring up your \$5 try-out fee and your physical, then make a line right here." She pointed right in front of her. I got up and gave her my things and got in line. Once everyone was done she said, "Now everyone run up and down these aisles four times." That would be easy. I thought. I had the first two laps, but the last two had me tired. I pushed through, but I couldn't breathe and my heart was racing. She told us to get on the stage and squat and hold it. I couldn't do it, I tried but I was way too FAT for that, so I gave up. I kept trying to find ways to sit down or get away from everyone. I was embarrassed.

"You got to get down lower," the girl behind me said.

I stood up and walked over to the coach and said, "I can't breath and I feel sick. I need to go home."

"Ok, I hope you feel better. " I knew I wasn't sick and I knew she knew, too. I just couldn't do it. I went to the office and asked if I could use their phone to call my mother.

When I called her, I said "Mom can you come get me?" "My voice was shaky and she could tell. When I got home, my granny and mom and Uncle Mike were sitting in the kitchen talking. I slid into my room. My Granny came into my room and said, "How was it?"

"It was fine, I just couldn't do all the things the other girls could do. They did squats and laps and I just felt like I was too big to do it." A tear slid down my face as I said that.

"Imani, your body is beautiful, but you can't just give up because its gets hard. If you want to change, then you need to do it for yourself, and you have to push yourself. If you want help, then your mother and I can figure something out, but you can't just give up because you're a Campbell-Robinson."

"Thank you, granny. I love you," I said as she got up.

"I love you so much, Imani," she said as she gave me a hug and a kiss and left.

The next day I went back, and I pushed through the tough parts because my granny and mother motivated me to do it.

Make a Difference

By: Natalye Gividen

Have you ever been to your capital, Frankfort? Have you talked with your council member, or spoken to your mayor? Has your name been featured in the Courier Journal? Has your face appeared in the news, let alone multiple times? The answer in most cases is no, but it shouldn't be.

Programs like M.A.C.C.S - the Muhammad Ali Council of Students, One Love Louisville, and the Healing Futures Fellowship have been around for years in some form or another, but few young adults use them to their advantage. These programs expose you to important societal influences, grant scholarships and money, and develop your sense of community. So why aren't more teens jumping at the chance to join?

Many students don't know about the existence of these programs, but not because they are not advertised or talked about. When they are, however, in many cases boring, pushy, and in some cases they are not advertised to everybody - only a select few. But they really aren't boring, they strive to make your ideas become a reality, and though many people are left out in the advertising process, no program is gender, race, or sexuality exclusive. The more diversity they get among participants, the more unbiased things become.

Is a trip to Memphis, Tennessee boring? What about visiting your capital to watch the house vote on bills? Do you find free baseball tickets boring, or meeting influential people a drag? You probably don't, but you also were not likely told about these benefits. It's true; all of this becomes yours at the price of being a leader in your community. That's hardly a cost at all, as I know many of you are already leaders.

When you're in high school, finding the time to do anything is hard. These activities balance out in a way that makes it easy. Most government run programs for teens start around five thirty, giving you plenty of time to go to any practice and tutoring you might need. Food is often provided, and is very delicious - pizza, chicken wings and more. Not all of these wonderful groups meet during the week, some of them meet on Saturdays early in the morning, giving you plenty of time to do what you want with your weekend. Time is not an issue.

In the many programs I have joined, I have made lifelong friends and good connections for my future. So I ask you, "Would you like to affect change, meet powerful people in your community, or have your ideas heard? We are all capable of doing this and nobody should be excluded. If you are interested, applications are open in July of 2016. What's stopping you?"

- [Healing Futures Fellowship](#)
- [Muhammad Ali Council of Students](#)
- [You Crew](#)
- [One Love Louisville](#)
- [The Louisville Youth Group](#)
- [Youthbuild Louisville](#)
- [Water Step](#)

Teen Choices

Antonio
Blackburn

In 2014, a gang of teens gathered at the waterfront and caused havoc and violence. This action of a few teenagers has since influenced the belief that all teenagers behave this way now.

Discrimination affects specific freedoms teens get.

Teenage discrimination is reflected in privileges teens get. I say this because as a teenager, you get less freedom than someone in their twenties gets. For instance, in certain places teenagers actually have a curfew. This has come about due to teens being seen as acting a certain way when it gets dark, due to poor decisions other teenagers have made. I have been outside at night and noticed police cars constantly circling the area I was in, as if I was going to do something wrong. This made me uncomfortable and made me wish teens didn't experience this. Teenagers get discriminated against when people stereotype their behavior.

Because some teens behave badly, all teenagers are seen as being out of control and undisciplined. How many times do you remember your parents not allowing you to do certain things, or attend certain events, because they thought there was going to be drama or misbehavior. I remember one New Year's Eve when I wanted to go to a party with my friends, and my mom wouldn't let me because she assumed that we were going to drink and get into fights; This assumption came from her stereotyping all teens as behaving in a certain way. Other teenagers' careless decisions shouldn't lead to the assumption that all teens will make those bad decisions as well.

Just because someone is a teenager, it doesn't mean that that person is going to make the bad choices that other teenagers make. We should get a chance to prove that some of us are well behaved. After all, we are almost adults.

[Take a quiz to find out what your teen stereotype is.](#)

Negative Effects of Stereotyping Teens

Poor Self-Image

Some stereotypes result in a poor self-image.

Discrimination

Teen stereotyping often pits one group against another, resulting in discriminatory behavior.

Generalizations

Stereotyping also hurts those who make judgments about teens because it causes them to ignore differences.

Missed Opportunities

Missed opportunities and unmet goals are often the effects of teen stereotyping.

<http://everydaylife.globalpost.com/effects-stereotyping-teenagers-17768.html>

Freedom of Religion

Alexis Adams



Have you heard about the County Clerk in Eastern Kentucky who refused to sign marriage licenses being issued to same sex couples? The Supreme Court recently ruled that you must issue licenses to same sex couples, but County Clerk, Kimberly Davis, refused because of her religion. She says she is a strong Christian.

Kimberly Davis made a big deal out of not wanting to sign marriage licenses for gay couples. She may be a Christian, but signing a marriage license doesn't mean she approves of same sex marriages and plans to marry a woman. Her refusing to sign is because she doesn't like gay people, so she is using religion to cover it up. That is a hate crime.

Kimberly Davis is contradicting herself because her job also means she has to sign divorce papers, and she isn't complaining about doing that even though Christianity doesn't approve of the main cause of divorce – adultery.

In the marriage license case, the judge sent the clerk to jail, but, when a Christian craft store, Hobby Lobby, didn't want their employees health insurance to cover life terminating drugs or devices because it was the same as abortion, the Supreme Court said that they didn't have to go against their religion. So which way is it, religion doesn't matter or religion matters?

Freedom of religion is a very important right in America. You have a right to your religious beliefs and you should be able to follow them as long as they don't harm others. The First Amendment to the United States Constitution provides that and Article VI specifies that, "No religious Test shall ever be required as a Qualification to any Office or public Trust under the United States." Does that mean that the government can't force you to have any certain religious beliefs?

I believe it does. This should be honored in all public situations, including schools, but when religion is taught in schools, it comes from the perspective of the teacher's religion or the textbook company's religion, instead of the perspective of the actual religion. This is actually a way of forcing you to have the same beliefs about religion as the person teaching about religion, and that is wrong.

Here is list of Supreme Court decisions about religion since 2000.

Santa Fe Independent School District v. Doe (2000)

A public school district's policy of having students vote on a prayer to be read by a student at football games violated the Establishment Clause. The voting policy resulted in religious coercion of the minority by the majority.

Mitchell v. Helms (2000)

The federal government could provide computer equipment to all schools—public, private and parochial—under the Elementary and Secondary Education Act. The aid was religiously neutral and did not violate the Establishment Clause.

Good News Club v. Milford Central School (2001)

Religious clubs were allowed to meet in public schools after class hours as other clubs were permitted to do. Allowing religious clubs to meet did not violate the Establishment Clause.

Zelman v. Simmons-Harris (2002)

A government program providing tuition vouchers for Cleveland schoolchildren to attend a private school of their parents' choosing was upheld. The vouchers were neutral towards religion and did not violate the Establishment Clause.

Elk Grove Unified School District v. Newdow (2004)

A father challenged the constitutionality of requiring public school teachers to lead the Pledge of Allegiance, which has included the phrase "under God" since 1954. The Court determined that Mr. Newdow, as a non-custodial parent, did not have standing to bring the case to court and therefore did not answer the constitutional question.

Locke v. Davey (2004)

States could refuse to award scholarship funds to college students pursuing divinity degrees in preparation for the ministry. The denial of government funding for religious instruction was not a violation of free exercise.

Van Orden v. Perry (2005)

A six-foot monument displaying the Ten Commandments donated by a private group and placed with other monuments next to the Texas State Capitol had a secular purpose and would not lead an observer to conclude that the state endorsed the religious message, and therefore did not violate the Establishment Clause.

McCreary County v. ACLU (2005)

Two large, framed copies of the Ten Commandments in Kentucky courthouses lacked a secular purpose and were not religiously neutral, and therefore violated the Establishment Clause.

Cutter v. Wilkinson (2005)

A federal law prohibiting government from burdening prisoners' religious exercise did not violate the First Amendment's Establishment Clause.

Gonzales v. O Centro Espirita Beneficiente Uniao do Vegetal (2006)

The courts ruled unanimously in favor of a small religious group who had argued that the Religious Freedom Restoration Act of 1993 required that they be free to use hoasca—an illegal drug under the Controlled Substances Act—for religious purposes. Chief Justice Roberts wrote that the Court had to review individual religious freedom claims and grant exceptions to generally-applicable laws.

Hein v. Freedom from Religion Foundation (2007)

After the Bush Administration created the Office of Faith-Based and Community Initiatives for the purpose of allowing religious charity organizations to gain federal funding, the Court ruled that taxpayers cannot bring Establishment Clause challenges against programs funded by the executive office.

Christian Legal Society v. Martinez (2010)

The court ruled that a student organization at a public university was not free to limit their members to those who shared their belief system if that resulted in discrimination on the basis of sexual orientation.

No Smoking

Ruth Metellus

In America, it's popular for teenagers to be under the influence of smoking hookah sticks, cigarettes and marijuana. Like my co-worker Chaz, he is one of the many teens who continue to smoke, although it has taken a toll on his body the past few months. Smoking in general can affect the body negatively.

Smoking can cause multiple problems for the body. Chaz needed to start living a healthy lifestyle long ago. Smoking ruins the body when the tar enters your lungs. Your lungs slowly lose their spongy material and start to harden, which makes it harder to absorb oxygen. Over-exposure to radon gases, which are found in cigarettes, can cause lung cancer.

Smoking doesn't just cost the lives of smokers themselves, but it costs society, as well. According to the American Lung Association, about \$116 billion of direct medical expenses are due to smoking. That money could be spent on smoking cessation. Only six states provide Medicaid recipients coverage for preventing smoking addiction. If every state did their part to provide smoking cessation instead of cancer treatments after the damage is done, Americans can save the U.S. economy \$300 billion each year.

Unfortunately, Chaz didn't stop smoking. However the influence of smoking can be stopped. People who are at risk should speak to someone they trust who can help prevent addiction or give support to overcome addiction. Joining youth groups with your peers that suffer from the same problem can make a difference. Family members, especially children, should be aware of the effects of smoking, whether it be at home or in school. This will allow kids to be responsible, to know what's right, and oppose that lifestyle. Being educated is the first step to prevent any damages from nicotine addiction.

People like Chaz may never give up the habit of smoking. Smoking may never stop being an issue in our society. It easily sneaks in and destroys your insides. But for those who want to make a change, there are many ways to stop smoking and live a healthy life. The effects of smoking are too great for us and our families to ignore.



What makes cigarettes so toxic and dangerous?

There are more than 5,000 chemical components found in cigarette smoke and hundreds of them are harmful to human health, according to the Centers for Disease Control and Prevention.

Here are a few examples:

- **1,3-Butadiene** is a chemical used to manufacture rubber. It is considered to be a carcinogenic chemical that can cause certain blood cancers.
- **Arsenic** is used to preserve wood. Some arsenic compounds have been linked to cancer of the lung, skin, liver, and bladder.
- **Benzene** is used to manufacture other chemicals. It can cause cancer, particularly leukemia, in humans.
- **Cadmium** is a metal used to make batteries. Cadmium and cadmium compounds can cause lung cancer and have been associated with kidney and prostate cancer.
- **Chromium VI** is used to make alloy metals, paint and dyes. Chromium VI compounds cause lung cancer and have been associated with cancer of the nose and nasal sinuses.
- **Formaldehyde** is used to make other chemicals and resins. It is also used as a preservative. Formaldehyde causes leukemia and cancer in respiratory tissues.
- **Polonium-210** is a radioactive element that has been shown to cause cancer in animals.
- **Tar** is not one single chemical, instead it describes several chemicals that are in tobacco smoke. It leaves a sticky, brown residue on your lungs, teeth and fingernails.

http://www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/QuittingSmoking/Smoking-Do-you-really-know-the-risks_UCM_322718_Article.jsp

Becoming a...

Samantha Hudspeth

As a young girl, I had dreams of having all kinds of crazy careers. I wanted to be a horse trainer, a life guard, a veterinarian, I wanted to experience a little bit of everything. I used to have dreams of becoming a famous lawyer one day or maybe turning into a Barbie. Who knows what else I wanted to be? But most of all I knew that I wanted to follow in my papaw's footsteps.

I remember riding with my papaw all the time in his police tow truck. I absolutely loved the red and blue lights flashing and his police uniform. My papaw used to always call me Nosey Rosy because every time he would get a call, I always wanted to go. Unfortunately though, my papaw got very sick and had to retire. I will never forget sitting beside my papaw right before he passed away; I made him a promise. The promise was that I would grow up and be just like him! I would be a Louisville Metro Police Officer when I got old enough.

I never told anybody about the promise that my papaw and I made until his funeral. I will always remember standing at the casket with tears rolling down my face. My dad was holding me and it was me my mom and dad my uncle Freddie and a couple police officers that he worked with standing there. I started thinking about the promise we had and the tears stopped rolling. I told them all the promise that we had and I swore to every one of them that I would follow in my papaws footsteps and nobody would stop that!

No, I don't want to become a Louisville Metro Police Officer just because of the uniform and the lights. I really do want to help people, whether it is locking the bad guy up, taking a troubled child out of a bad situation, or helping a homeless person. I have always wanted to protect everybody. I am the oldest of four kids and nobody picks on them but me! I would never let somebody hurt them, and all of them know that; they have always considered me the police officer of the house. In the winter time, my mom and I take clothes and food down to people we see on the streets and that really makes me feel like we're doing something productive with our selves.

Still, to this day, I have tried and will continue to try my best to keep that promise to my papaw. As a senior in high school, I'm in the pre-law class. When I graduate, I hope to go right to the military. That way I will have better training than just going through college courses. I will be better prepared for things like shoot-outs and foot chases. When I become a police officer, I know that my papaw would be proud of me!

POLICE LINE DO NOT CROSS

A Doula in the Making

Lisa Vixama

Small legs, arms and a tiny body with the smallest cry is all that comes with what some of us call “a bundle of joy.” But beyond the baby is the mother. Other than doctor visits, who is really there for the mother during her pregnancy? During her every want and need? In order to get a healthy baby, you have to start with a healthy mother, and I would like to be the person to help them be able to hold a healthy baby after nine months of hard work. So what should you call me? A doula in training.

What exactly is a doula, you ask? Well the technical definition of a doula is a woman who is trained to assist another woman during childbirth and who may provide support to the family after the baby is born. There are generally two different types of doulas, a birth doula and a postpartum doula. A birth doula helps you develop a birthing plan, educates you about the birthing process, provides you with emotional support and can continue that kind of support during and after birth, if you would like. A postpartum doula offers you support services and education after child birth, such as childcare education and lactation education and much more. They also make sure that the mother is comfortable, hydrated and well fed, so that the mother can enjoy caring for her child.

People may wonder how to pick between a midwife and a doula, because they generally believe that they are the same thing, but they are not. A midwife is more of healthcare provider and a doula is more of a childbirth coach. The thing I like more about being a doula, instead of a midwife, is that you actually build a connection with your patient. You also help them with making sure their baby is healthy beforehand, while the baby is still in the womb. My main purpose would be to simply be there for my patient, their baby, and their partner throughout pregnancy and delivery.

I was inspired to be a doula by watching one of my favorite YouTube vloggers, @LatoyasLife. When Latoya found out she was pregnant, she hired a doula. During her pregnancy, her and her doula created a very close bond. The kind of bond they had is what really inspired me, because it put together two things that I love, babies and caring for others. Before watching that vlog, I wanted to be a nurse inside of a hospital, but I have never actually seen blood in serious emergencies, so I can't be sure if I could actually handle having to make those kind of decisions. As for seeing childbirth, I have experienced that. In general, caring for people is what I want to do for a living. LaToya's vlog helped me decide exactly how I will be a caregiver.

From the patient, to their baby, to their partner, becoming a doula will put my love for children and caring for others into action. So, I ask again, who will be there for a pregnant mother for her every want and need and to make sure the baby is born healthy? Me. And I am the doula in training.

The word **doula** is a Greek word meaning *women's servant*. Women have been serving others in childbirth for many centuries and have proven that support from another woman has a positive impact on the labor process.

[More Information](#)

Only 3% of women in the US use a Doula

Dreams

Antonio Blackburn

Everyone has dreams, but not everyone has the desire or willingness to pursue those dreams and take the required steps to accomplish them. My whole life, I've had the dream of becoming a Police officer. Not the typical profession to be admired where I come from, but I was determined this is what I want to pursue and wouldn't let anyone distract my focus. As early as the age 6, I played cops and robbers with my friends; I was always the cop. The notion of being someone who protects others, and being the hero in the eyes of kids, and being able to make a change in my community are all major contributions that increased my desire to pursue law enforcement.

As a kid, I would come home after a long day at school and meet up with my friends. Our games would always start off the same way, with me being the cop. I'd chase after my friends who were on the run, screaming, "FREEZE, GET ON THE GROUND!" Then I'd talk through the walkie-talkies to my partner searching for the kids who were hiding. We even used nerf guns and plastic badges for props to bring a more realistic feel to the game. As kids, it was all good fun, but this is what mainly influenced my interest to be involved with this career.

The notion of being a hero in the eyes of little kids contributed to my desire to pursue law enforcement, because as a kid, I idolized police officers. I can think back to the day an officer came and spoke to my fifth grade class with his k-9 partner. He spoke to us about how he protects our streets, prevents drug activities from occurring, and how his k-9 partner could always find the suspects because of his sense of smell. All these things I took into consideration and thought, "I too can do this." I imagined myself in that officer's position with my own k-9; that had me hooked.

Finally, being able to make a change in my community was a major contributing factor in my desire to pursue law enforcement. When I was growing up, my neighborhood was filled with gangs, drug activity, and violence. I saw this as a major problem and knew at an early age that I didn't like what I was seeing. Law enforcement is a way to protect my loved ones and my community. I think back to the day my friend's uncle, a well-known man in my neighborhood, was murdered by a group of teenagers who had stolen a car. He was riding his bike in the bike lane of the street and was hit, knocked off his bike, and dragged three blocks under the car. He died as a result this. The thought of being able to possibly preventing something like that from happening again and to save someone's life maintains my career focus.

Becoming a police officer is a dream I plan to pursue by following through all the necessary steps to let me accomplish this goal.



Required Education	High school diploma or equivalent
Required Training	Completion of police academy training
Other Requirements	Must be at least 21 years old (required by most departments), have U.S. citizenship, and a valid driver's license
Exam Requirements	Passing of written and physical exams administered by police academy
Projected Job Growth (2012-2022)	6%*
Median Salary (2013)	\$56,130*

US Bureau of Statistics

The Truth Behind Abortions

Alexis Adams

Recently it was discovered that Planned Parenthood sells infant body parts of fetuses that are aborted. The Center for Medical Progress recently released a video of a Planned Parenthood doctor discussing selling fetal body parts to actors posing as buyers of a human biologic company. Prices ranged anywhere from \$30-100.

Some people may believe in abortions, but soon to be mothers don't know the full story or harm behind aborting their child. People, do you think that it's ok to just kill your child and throw it away? I used to believe this, too. But after watching many videos giving great detail of doctors discussing exchanging fetal body parts for money, I was so disgusted I changed my mind.

Some people don't look at abortions as killing a child. But to kill a baby to get body parts is unthinkable. I understand that children are not always planned; as humans we make mistakes. I also understand a child is very hard to take care of. But there are other options other than to abort your child.

Everyone knows about adoption, right? You can give your child a chance at life it never would have gotten if it had been aborted. There are many people who would take good care of an unwanted baby.

If you are choosing abortion because you can't afford your child, you can get help

like food stamps, and free food and rent until you can get a job to support your child. Also, churches give out free clothes and free food. Our government makes it easy for you to care for your child if you cannot at the time.

It is sick to buy dead fetus' remains. Abortion is wrong in many ways, so think before you decide to kill your child. There are other options and people who are willing to help you.

[The 1995 National Survey of Family Growth found that 232,000 women were currently taken concrete steps towards adoptions, compared to 204,000 in 1988. \(National Center for Health Statistics, 1999\)](#)

[Thirty-six couples wait for every one baby who is adopted.](#)



Black Widow Spiders

Darius Howlett

What if a Black Widow Spider was on your bed, just chilling next to you and you didn't even know? Black Widows are everywhere; in your locker, behind your couch, and maybe even in your socks. The bad part is you won't know until you see it or feel the prick and your bloodstream is being filled with venom. It's always best to be safe than sorry. Black Widows are the most feared species and could be crawling under your toes. You'll need to know how to identify one, how to avoid them, and how they can get to you in order to take away the anxiety of being the next Spider Man.

Some say appearance isn't everything, but when it comes to Black Widows, it is. They may not look that big but they can make a huge, vicious impact on your life. Their bodies are the size of a dime with long legs. The most intriguing detail about the spider is the mark on their stomachs. They're shiny and black with a red-orange or yellow mark on their stomach. So next time you think it's the marble you



lost, think again!

Getting bit by a Black Widow can be life threatening, so if you think you got bit, tell an adult immediately. When you get bit, it feels like a pinprick. You may not even



notice at first. After 30 to 40 minutes, the area will start to swell and hurt. You may also feel achy all over your body.

Even though Black Widows rarely kill people, remember timing is critical especially when your life is involved. Weakness, nausea, vomiting, sweating, and headache may also occur, so always be cautious.

No matter who you are and where you live, nature will always be around you. The choice between being dead or alive is measured by the caution you take when nature is around you. Black Widows can be found anywhere in the western hemisphere. Woodpiles, tree stumps, trash piles, gardens, and under rocks are just a few of their favorite places to hide out. Don't be misled and think the outdoors are the only places you should look out, because they are in your home, too. If you have an old trunk in the attic filled with old blankets and your grandma's bloomers, always shake them 'til the dust is gone. You can never be too sure. Dark corners are another one of their favorite spots, like corners of closets, garages, and furniture. If you keep your shoes in a mudroom, always shake your shoes out to be sure there's not anything or any *thing* still in there; you wouldn't want your toes being the piggies that went to the market and never came back, now would you?

Hopefully your new knowledge will help you be more prepared for your next back woods walk or your trip to the attic to get your granny's unmentionables. Nature will always be around you, so why not learn to co-exist?

ANIMAL

TESTING

Matthew Ison

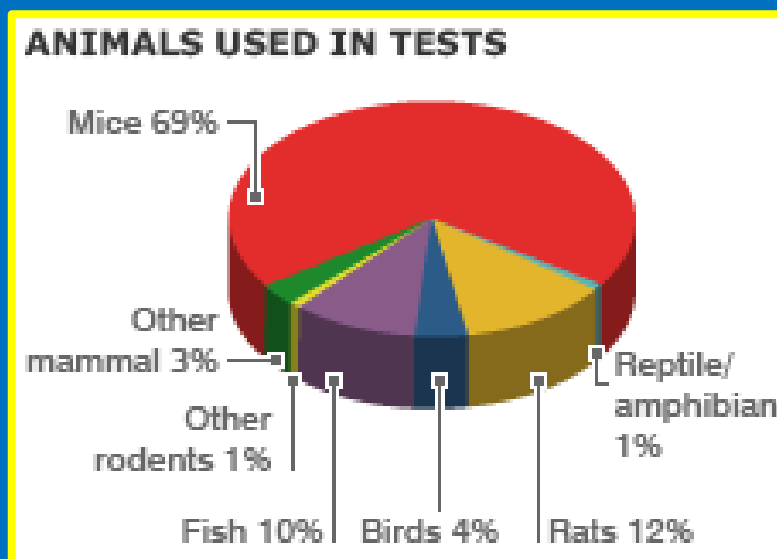
Using animals to test products and other chemicals is immoral, and it can cause death. Many people have little knowledge about this horrible practice. Over 100 million animals are burned, crippled, poisoned and abused in U.S labs every year. Even animals being protected under the AWA are abused and tortured. People who want to do harm to poor innocent animals really don't have a heart. Look at the facts according to DoSomething.org.



- a. Over 100 million animals are burned, crippled, poisoned, and abused in US labs every year.
- b. 92% of experimental drugs that are safe and effective in animals fail in human clinical trials because they are too dangerous or don't work.
- c. Labs that use mice, rats, birds, reptiles and amphibians are exempt from the minimal protections under the Animal Welfare Act (AWA).
- d. Up to 90% of animals used in U.S. labs are not counted in the official statistics of animals tested. Take a stand by kidnapping your friends' products that were tested on animals (seriously!).

- e. Europe, the world's largest cosmetic market, Israel and India have already banned animal testing for cosmetics, and the sale or import of newly animal-tested beauty products.
- f. Even animals that are protected under the AWA can be abused and tortured, and
- g. and the law doesn't require the use of valid alternatives to animals, even if they are available.
- h. According to the Humane Society, registration of a single pesticide requires more than 50 experiments and the use of as many as 12,000 animals.
- i. When used in cosmetic tests, mice, rats, rabbits, and guinea pigs are often subjected to skin and eye irritation tests where chemicals are rubbed on shaved skin or dripped into the eyes without any pain relief.
- j. In tests of potential carcinogens, subjects are given a substance every day for 2 years. Others tests involve killing pregnant animals and testing their fetuses.
- k. The real-life applications for some of the tested substances are as trivial as an "improved" laundry detergent, new eye shadow, or copycat drugs to replace a profitable pharmaceutical whose patent expired.
- l. Alternative tests achieve one or more of the "3 R's:" replaces a procedure that uses animals with a procedure that doesn't, reduces the number of animals used in a procedure, refines a procedure to alleviate or minimize potential animal pain.

How is it possible that even protected animals under protection by an organization still get tested on? Animal testing should be banned all over the U.S. If you want to help stop harm to animals, go to the DoSomething.org website for more information.



New England Patriot's Scandals

JaQuan Hemphill

It seems like every time you turn around, the New England Patriots have a new scandal going. Even though other teams may have problems, as well, the Patriots are the team

that everyone loves to hate, unless you are a true fan, like me.

I bet you all know about *Deflate Gate*. On Sunday, January 19th the 2014-15 AFC championship game between the Patriots and Colts was played; the Patriots were on offense. Tom Brady threw an interception, the cornerback complained about the ball to the ref, which sparked an investigation about deflated footballs. The commissioner, Roger Goodall, suspended Tom Brady for 4 games because of his involvement in Deflate Gate. Brady refused to accept the suspension and took it to court where a judge ruled in his favor and Tom got to open the season after all.

I don't agree with the ruling because the NFL didn't have real evidence of him tampering with the footballs. It was right to overturn it. Football fans don't care about football inflation; there was no point for a suspension, and this investigation just hurt the league's reputation. Quarterbacks should have control over how much the football is inflated because they are leaders of the team. This issue is not a big deal, but ever since the game, it's been the biggest issue in football. Fans and players should be able to focus on football, not football inflation.

Another scandal the Patriots were involved in was *Spy Gate*. The Patriots sent spies to see other teams' plays before they played them to get an advantage in the game. This scandal was a serious issue, and they were penalized for their actions. This is way more serious than football inflation, and this scandal hurts the integrity of the game. Until this day the Patriots are still one of the most winningest teams in the NFL. They won 4 Super Bowls in the last decade, but skeptics always criticize the Patriots when they win because of their scandalous behavior, so it makes them a target whenever football fans think the game is rigged.

Here are some other big football scandals:

- [Minnesota Vikings boat party scandal](#) (2005) - a pleasure cruise that reportedly featured sexual shenanigans by several members of the [Minnesota Vikings](#) of the [NFL](#)
- [National Football League player conduct controversy](#) (2007—*present*) - Various off the field incidents involving [American football](#) athletes from the [National Football League](#), including [Adam "Pacman" Jones](#), [Terry "Tank" Johnson](#), [Chris Henry](#), [Ben Roethlisberger](#), [Ray Rice](#), and [Adrian Peterson](#), who earned suspensions as a result.
- [2007 New England Patriots videotaping controversy](#) (2007) - the New England Patriots were disciplined for videotaping the opposing team's coach's signals. Coach [Bill Belichick](#) was fined \$500,000, and the New England Patriots were fined \$250,000 and lost their 2008 1st round draft pick.
- [New Orleans Saints bounty scandal](#) (2012) - The NFL discovered that the [New Orleans Saints](#) had operated a secret slush fund from [2009](#) to [2011](#) that paid "bounties" to defensive players for big plays during games, most controversially for injuring opponents. The scheme was allegedly organized by a number of players plus defensive coordinator [Gregg Williams](#), with the acquiescence of head coach [Sean Payton](#). Shortly after the investigation came to light, Williams was accused of running similar schemes while he was defensive coordinator of the [Houston Oilers/Tennessee Titans](#) and [Washington Redskins](#), and head coach of the [Buffalo Bills](#). The league suspended Williams indefinitely and Payton for one year, and suspended the Saints' general manager and another assistant for parts of the 2012 season. [Jonathan Vilma](#), a Saints player who had a major role in the scheme and reportedly offered a \$10,000 bounty on [Brett Favre](#), was suspended for the entire season, and three other players were suspended for parts of the season. However, in September 2012, an arbitrator overturned the suspensions of the players involved in the affair. Williams' suspension ultimately lasted one year.
- [DeflateGate](#) (2015) - During the [AFC Championship Game](#), 11 of the 12 the footballs under the Patriots' control during the first half were found to be inflated below the level mandated by the rulebook.^[2] The case then became closed because of the refs failure to check the balls prior to the game. Tom Brady has since been suspended by the NFL for the first 4 games of the 2015 season.^[3]
- https://en.wikipedia.org/wiki/List_of_sporting_scandals#American_football_scandals

UFC Origin

Ja'Quan Hemphill

MMA is a combat sport in which fighters fight in an octagon for a large sum of money. MMA has been a sport since 1993 with the founding of the Ultimate Fighting Championship (UFC) by the Gracie family. The chairman/CEO, Dana White, controls the fight cards and endorsements. The UFC has nine weight divisions, and the UFC has held over 300 events. The first UFC event was held on November 12, 1993 in Denver, Colorado.



UFC is real fighting and people are really beating each other up for money. The UFC has different fighting disciplines, including: Boxing, Brazilian Jui-Jitsu, Sambo, Wrestling, Maury Thai, Karate, And Judo. Fighters are adaptive (changing their style) in fights. The UFC has also bought rival promotions Pride, World Extreme, Strike force, and Elite XC. The UFC is very popular, and the organization keeps growing, more people are watching it and loving it.

Mixed Martial Arts is the fusion of two or more fighting styles. Below is a list of most of the fighting styles from around the world:

- [Aikido](#) - Aikido is a Japanese martial arts style focused on redirecting the attack away from you. Aikido concentrates on throwing, joint locks, traditional Japanese weapons, etc.
- [Aikijujitsu](#) - Aikijujitsu is a sub-genre of [Jujutsu](#). In contrast to Jujutsu, Aikijujitsu focuses more heavily on blending with the opponent, moving joint-locks, and other esoteric principles.
- [American Kenpo](#) - American Kenpo is a hybrid martial arts style. It is also known as Kenpo Karate.
- Angampora - Angampora is a Sri Lankan martial arts that focuses on unarmed combat, grappling, weapons and pressure points.
- [Bajutsu](#) - Bajutsu is a [Japanese martial arts](#) focused on military equestrianism.
- Bakom - Bakom (also known as Vacon) is a Peruvian martial arts that combines [Jujutsu](#) with street fighting techniques. It was designed for survival in the slums of Peru.
- [Bajiquan](#) - Bajiquan is a Chinese martial arts style that is famous for its explosive power and elbow strikes.
- [Bando](#) - Bando is a martial arts style from the Southeast Asian country of Myanmar (formerly known as Burma).
- [Bartitsu](#) - Bartitsu is an English martial arts that combines [boxing](#), [cane fighting](#), [jujutsu](#), etc. Revival of this martial arts is due to interest in Sherlock Holmes.
- [Bataireacht](#) - Bataireacht is the martial arts better known as Irish stick fighting.
- [Bokh](#) - Bokh is a traditional wrestling martial arts that was practiced by Mongol warriors. It is better known today as Mongolian Wrestling.
- [Budokon](#) - Budokon is a hybrid system that combines martial arts training with [Yoga](#).
- [Bojuka](#) - Bojuka is a self-defense system focused on grappling and strikes to an opponent's vital areas.
- [Bojutsu](#) - Bojutsu is a martial arts style focused on the long staff (i.e. [Bo](#)).
- [Bokator](#) - Bokator is an ancient Cambodian martial arts that includes grappling, strikes and weapons training.
- [Boxing](#) - Boxing is a martial arts style focused purely on powerful punches.
- [Brazilian Jiu-Jitsu](#) - Brazilian Jiu-Jitsu is a Brazilian martial arts style focused on ground fighting (i.e. [grappling](#)).
- [Bujutsu](#) - Bujutsu is the Japanese martial arts of the Samurai.

- [Butthan](#) - Butthan is a martial arts from Bangladesh. It is focused on subjects such as mediation, self-defense, weapons, etc.
- [Catch Wrestling](#) - Catch Wrestling is a grappling martial arts created in the late 1800s that combines techniques from wrestling, Judo, Jujutsu and other grappling martial arts.
- [Choy Li Fut](#) - Choy Li Fut (or Cai Li Fo) is a substyle of [Kung Fu](#) that combines long and short-range techniques.
- [Canne de Combat](#) - Canne de Combat is a French martial arts that focuses on a sports version of cane fighting.
- [Capoeira](#) - Capoeira is a very fluid and acrobatic martial arts style from Brazil.
- [Chun Kuk Do](#) - Chun Kuk Do is a Korean and American hybrid system created by Chuck Norris (martial artist and [movie star](#)).
- [Combat Hapkido](#) - Combat Hapkido is seen as a spin-off of traditional [Hapkido](#). It has a much greater focus on self-defense and grappling than traditional Hapkido.
- [Cuong Nhu](#) - Cuong Nhu is a Vietnamese-American hybrid martial arts that combines elements from Shotokan Karate, Aikido, Judo, Wing Chun, Vovinam, Tai Chi and Boxing.
- [Daito-Ryu Aikijujutsu](#) - Daito-Ryu Aikijujutsu is a traditional Japanese martial arts focused on unarmed combat, throws, strikes to vital areas, joint locks, etc.
- [Danzan Ryu](#) - An American hybrid form of Jujutsu. It is also known as Kodenkan.
- [Defendo Alliance](#) - This European martial arts is focused on realistic self-defense training.
- [Defendu](#) - A British martial arts created by William Fairbairn and Eric Sykes. This system was taught to Office of Strategic Services agents and Allied troops in World War 2.
- [Dumog](#) - Dumog is a Philippine martial arts focused on wrestling.
- [Eagle Claw Kung Fu](#) - Eagle Claw Kung Fu is a Chinese martial arts known for its gripping techniques, strikes, joint locks, takedowns and pressure point attacks.
- [Enshin Kaikan](#) - Enshin Kaikan is a Japanese martial arts that utilizes the Sabaki method (which seeks to turn an attacker's power against him). This martial arts involves kicks, punches, sweeps, throws, etc.
- [Eskrima, Arnis & Kali](#) - Eskrima is a martial arts style from the Philippines focused on the use of stick and blade weapons (i.e. [Yantok](#)). This martial arts is also known as Arnis and Kali.
- [Fencing](#) - Fencing today is mainly an Olympic-style sport. However, there is a sub-style called [historical fencing](#) which focuses on fencing as a martial arts.
- [Fu Jow Pai](#) - Fu Jow Pai is a Chinese martial famous for its "Tiger Claw" style.
- [Gatka](#) - Gatka is an Indian martial arts focused on weapons, especially swords.
- [Gongkwon Yusul](#) - Gongkwon Yusul is a Korean hybrid martial arts that includes elements from [Hapkido](#), [Jujutsu](#), [Judo](#) and [Boxing](#).
- [Haidong Gumdo](#) - Haidong Gumdo is a Korean martial arts focused on sword techniques. It contains elements similar to [Kenjutsu](#) and [Iaido](#).
- [Hanbojutsu](#) - Hanbojutsu is a martial arts that utilizes the [Hanbo](#) (a 3 foot wooden staff).
- [Han Mu Do](#) - Han Mu Do (or Hanmudo) is a Korean martial arts style. It is seen as a "smoother" and more "open hand" cousin to [Hapkido](#). Hanmudo students also train with weapons.
- [Hapkido](#) - Hapkido is a Korean martial arts style focused on punches, kicks, throws and joint locks.
- [Hojojutsu](#) - Hojojutsu is a Japanese martial arts that uses ropes to restrain or disable an opponent.
- [Hung Ga](#) - Hung Ga (or Hung Gar) is a southern Chinese martial arts that combines 5 animal styles (Crane, Dragon, Leopard, Snake and Tiger).
- [Hwa Rang Do](#) - Hwa Rang Do is a Korean martial arts that includes sparring, self-defense, weapons training and grappling.
- [Iaido](#) - Iaido is a Japanese martial arts focused on the drawing of a sword (bokken, iaito or shinken) from its scabbard. This martial arts relies heavily on katas (forms) and does not utilize sparring.
- [Iaijutsu](#) - Iaijutsu is the combat version of [Iaido](#).
- [Itto-Ryu](#) - A Japanese martial arts focused on the sword. There are many sub-styles of Itto-Ryu and this martial arts had significant influence on the development of modern [Kendo](#).
- [Jailhouse Rock](#) - Jailhouse Rock (JHR) is a martial arts system that was developed in the US prison system.
- [Jeet Kune Do](#) - Jeet Kune Do is a martial arts style created by Bruce Lee (martial artist and movie star).



- [Jojutsu](#) - Jojutsu (or Jodo) is a Japanese martial arts focused on the short staff (Jo).
- [Judo](#) - Judo is a Japanese martial arts style focused on grappling, joint locks and throws.
- [Jujutsu](#) - Jujutsu is a Japanese martial arts style focused on joint locks, holds and throws. It tries to redirect or manipulate the force of an attack in order to defeat the attacker.
- [Jukendo](#) - Jukendo is a Japanese martial arts focused on the bayonet.
- [Juttejutsu](#) - Juttejutsu is a Japanese martial arts that focuses on the martial arts weapon known as the [Jutte](#) (Jitte).
- [Kajukenbo](#) - This is an American martial arts style that combines techniques from many different martial arts such as [Judo](#), [Karate](#), [Eskrima](#), etc. It was designed to be effective in real world self-defense situations and street fights.
- [Kalaripayattu](#) - Kalaripayattu is an ancient martial arts style from India.
- [KAPAP](#) - KAPAP is the Hebrew acronym for Face-To-Face-Combat. While not as well known as [Krav Maga](#), this Israeli martial arts system is used by a number of Israel's elite military units.
- [Karate](#) - Karate is a Japanese martial arts style focused on punches, hand/elbow strikes, knee strikes and kicks. Major Karate sub-styles include the following:
 - [Goju-Ryu](#)
 - [Kyokushin](#)
 - [Shito-Ryu](#)
 - [Shorin-Ryu](#)
 - [Shotokan](#)
 - [Wado-Ryu](#)
 - For other Karate sub-styles, please visit the main [Karate](#) section.
- [Keijojutsu](#) - Keijojutsu is a Japanese martial arts focused on police stick fighting (batons).
- [Kendo](#) - Kendo is a Japanese martial arts style focused on sword fighting (i.e. [Bokken](#) and [Katana](#)).
- [Kenjutsu](#) - Kenjutsu is a Japanese martial arts style focused on sword techniques. In contrast to Kendo, Kenjutsu is less focused on sparring.
- [Kenpo](#) or [Kempo](#) - Please visit the [American Kenpo](#) section.
- [Keysi](#) - The Keysi Fighting Method is a self-defense system "created to act and react while defending yourself". This system has been featured in movies such as the Batman series that starred Christian Bale.
- [Kickboxing](#) - Kickboxing is a martial arts style focused on powerful kicks and punches.
- [Kino Mutai](#) - Kino Mutai (Kina Mutai) is a Philippines martial arts that uses unconventional tactics such as biting and eye-gouging.
- [Kobudo](#) - A Japanese (Okinawan) martial arts focused on weapons training. Weapons used include the [bo staff](#), [sai](#), [tonfa](#) and [nunchaku](#).
- [Kokondo](#) - Kokondo is a style that combines techniques from [Karate](#) and [Jujutsu](#).
- [Krabi-Krabong](#) - Krabi-Krabong is a weapon-based martial arts from Thailand.
- [Krav Maga](#) - Krav Maga is a martial arts style from Israel focused on winning in "real life" combat situations.
- [Kuk Sool Won](#) - Kuk Sool Won is a Korean martial arts focused on strikes, kicks, grappling, joint locks, weapons training and healing techniques.
- [Kumdo](#) - Kumdo is a Korean sword-based martial arts which is similar to [Kendo](#).



- [Kung Fu](#) (Wushu) - Kung Fu or Wushu is a Chinese martial arts style focused on hand/arm strikes, kicks and even weapons training. There are many different schools and styles of Kung Fu.
- [Kyudo](#) - Kyudo is a Japanese martial arts style focused on archery.
- [Kyujutsu](#)
- [Kyusho Jitsu](#) - A martial arts focused on targeting pressure points.
- [Leopard Kung Fu \(Bao Quan\)](#) - Leopard Kung Fu is a Chinese martial arts that focuses on aggressive speed and agility to defeat an opponent.
- [Lethwei](#) - Lethwei is a Myanmar (Burma) martial arts that is similar to Muay Thai and Kickboxing. However, Lethwei has less restrictions as this martial arts allows techniques such as headbutts.
- [Lua](#) - Lua is a traditional Hawaiian martial arts that focuses on bone breaking, boxing, wrestling, weapons, etc.

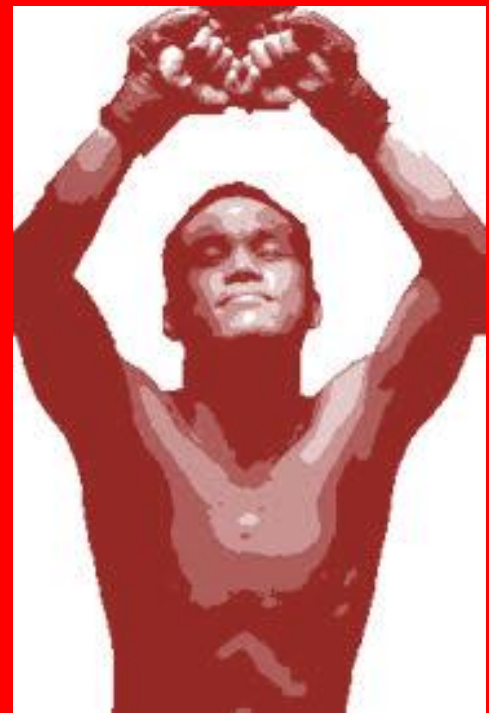
- [Luta Livre](#) - Luta Livre is a Brazilian grappling martial arts known in Portuguese as "Free Fighting".
- [Marine Corps Martial Arts Program](#) (MCMAP) - The Marine Corps Martial Arts Program is focused on unarmed combat, knife training, bayonet techniques, etc.
- [Military Martial Arts](#) - Military martial arts are martial arts styles used by and/or developed for the military. They are designed for real-life combat situations versus sport-based martial arts that ban certain techniques in order to avoid injuries.
- [Mixed Martial Arts](#) - Mixed Martial Arts utilizes techniques from a variety of different martial arts styles (i.e. wrestling, jiu-jitsu, boxing, karate, etc.) in order to defeat an opponent.
- [Monkey Kung Fu \(Hou Quan\)](#) - Monkey Kung Fu is an unorthodox and acrobatic style used to disorient and attack opponents from unusual angles and positions.
- [Muay Boran](#) - Muay Boran is a Thai martial arts. Modern [Muay Thai](#) evolved from this martial arts style.
- [Muay Thai](#) - Muay Thai is a martial arts style from Thailand. It is similar to kickboxing but also involves elbow and knee strikes. Given its powerful kicks and knee strikes, Muay Thai is often an element of [MMA](#) training.
- [Naginatajutsu](#) - Naginatajutsu is a Japanese martial arts style focused on the long pole weapon known as the [Naginata](#).
- [Ninjutsu](#) - Ninjutsu is a martial arts style developed from the techniques used by ninjas (Japanese spies and assassins).
- [Niten Ichi-Ryu](#) - Niten Ichi-Ryu is a two sword martial arts style created by the famous Japanese samurai, Miyamoto Musashi.
- [Niyuddha](#) - Niyuddha is an ancient Indian martial arts focused on kicking, punching and throwing.
- [Nunchaku Do](#) - Nunchaku Do is a martial arts focused on the sports usage of the [Nunchaku](#) (Nunchucks).
- [Nunchakujutsu](#)
- [Okichitaw](#) - Okichitaw is a hybrid martial arts that combines the traditional fighting techniques used by the Cree Indians (Native Americans) with techniques from martial arts such as [Taekwondo](#) and [Judo](#).
- [Panantukan](#) - Panantukan is the boxing component of Filipino martial arts. Panantukan is not a sport, but rather a street-oriented fighting system.
- [Pankration](#) - This Greek martial arts style combines grappling, kicking techniques and boxing. It was part of the first Olympics in 648 BC.
- [Pencak Silat](#) - Pencak Silat is the name used to refer to a variety of Indonesian martial arts.
- [Pradal Serey](#) - Pradal Serey is a Cambodian martial arts similar to Muay Thai and Kickboxing. Pradal Serey is well known for its use of elbow strikes in order to win a fight.
- [Praying Mantis Kung Fu](#) - Praying Mantis Kung Fu is known for its redirection, joint manipulation, pressure point attacks and trapping tactics.
- [Quarterstaffing](#) - The British martial arts that uses a 6-9 foot wooden staff. Famous from the tales of Robin Hood.
- [Sambo](#) - Sambo is a Russian martial arts style. There are two main types of Sambo; Combat Sambo and Sports Sambo.
- [Sanshou](#) (or Sanda) - Sanshou is a martial arts style developed for the Chinese military. It is focused on combat training and combines elements of kung fu, grappling and self-defense techniques.
- [Savate](#) (French Kickboxing) - Savate is a French martial arts style focused on boxing and kicking. No knee strikes are allowed.
- [Shaolin Kempo Karate](#) - Shaolin Kempo Karate is a hybrid martial arts that combines techniques from Shaolin Kung Fu, Karate and Asian wrestling.
- [Shaolin Kung Fu](#) - Shaolin Kung Fu is a well known style of [Kung Fu](#). This martial arts was developed by the monks at the Shaolin Temple in China.
- [Shootfighting](#) - Shootfighting is a combat sport similar to Mixed Martial Arts. It is focused on techniques from "Muay Thai Kickboxing and total body Submission Grappling".
- [Shorinji Kempo](#) - A Japanese martial arts that combines personal growth, health and spirituality with self-defense techniques such as punches, kicks, escapes, throws, etc.
- [Shuai Jiao](#) - A Chinese martial arts focused mainly on wrestling and grappling techniques.
- [Shuri-Ryu](#) - Shuri-Ryu is a martial arts that combines elements of [Karate](#) and [Kung Fu](#).



- [Sibpalki](#) - Sibpalki is a [Korean martial arts](#) that teaches close combat skills that were utilized in the late 1700s.
- [Sikaran](#) - Sikaran is a Philippines martial arts focused almost exclusively on kicking.
- [Silambam](#) - Silambam is an Indian martial arts focused primarily on [staff](#) fighting.
- [Silat](#) - Silat is a Southeast Asian martial arts style focused on strikes (i.e. elbow and knee), throws, takedowns and weapons training.
- [Sojutsu](#) - Sojutsu is a Japanese martial arts focused on spear fighting.
- [Soo Bahk Do](#) - Soo Bahk Do is a Korean martial arts that grew out of [Tang Soo Do](#).
- [Special Combat Aggressive Reactionary System](#) (SCARS) - This martial arts program was taught to US Navy Seals in the 1980s and 1990s.
- [Ssireum](#) - Ssireum is a Korean martial arts focused on wrestling.
- [Sumo](#) - Sumo is a Japanese martial arts focused on wrestling.
- [Systema](#) - Systema is a martial arts style used by some Russian special forces (i.e. Spetsnaz).
- [Taekkyeon](#) - Taekkyeon ia a Korean martial arts focused on low kicks, leg sweeps, trips, pushes, etc.
- [Taekwondo](#) - Taekwondo is a Korean martial arts style focused primarily on punches, blocks, strikes and kicks (i.e. [spinning hook kick](#)).
- [Tahtib](#) - Tahtib is an Egyptian martial arts focused on stick fighting. Students generally train with a 4 foot wooden stick.
- [Tai Chi](#) - Tai Chi is often seen as a "gentle" martial art because many seniors use its slow movements in order to improve their health & balance and to reduce stress.
- [Taiho Jutsu](#) - Taiho Jutsu is a Japanese martial arts that was originally designed to help feudal police arrest armed criminals.
- [Tang Soo Do](#) - Tang Soo Do is a Korean martial arts style that is similar to Taekwondo and Karate.
- [Tantojutsu](#)
- [Tessenjutsu](#) - Tessenjutsu is a Japanese martial arts based on the use of [Tessen](#) (war fans).
- US Army's [Modern Army Combatives Program](#) - This is the martial arts program taught by the U.S. Army.
- [Vale Tudo](#) - Vale Tudo is a Brazilian martial arts system that is similar to Mixed Martial Arts but with even fewer rules. The limited number of rules can result in more injuries during Vale Tudo contests.
- Varma Kalai - Varma Kalai is an Indian martial arts focused on pressure points. It can also be used for healing applications.
- [Vovinam](#) - Vovinam is a Vietnamese martial arts style.
- [Wing Chun](#) - Wing Chun is a Chinese martial arts style focused on strikes, grappling and weapons training.
- [Wrestling](#) - Wrestling, while used mainly for sports today, is an ancient martial arts style of fighting. It focuses on grappling, throws and "pinning" your opponent.
- [Xtreme Martial Arts](#) - Xtreme Martial Arts (XMA) combines gymnastics with martial arts techniques in order to create acrobatic martial arts "tricks".
- [Yabusame](#) - Yabusame is a Japanese martial arts focused on archery while mounted on horseback.
- [Yaw Yan](#) - Yaw Yan is a Philippine kickboxing martial arts. It also utilizes grappling techniques and defenses against weapons.
- [Yoseikan Budo](#) - Yoseikan Budo is a Japanese martial arts system that combines a number of different martial arts including [Aikido](#), [Jujutsu](#), [Judo](#), [Karate](#), [Kobudo](#) and [Boxing](#).

[Zulu Stick Fighting](#) - Zulu stick fighting is a South African weapons-based martial arts.

<http://www.blackbeltwiki.com/martial-arts-styles>



Become an Organ Donor

Matthew Ison

Approximately 125,000 men, women, and children in the United States are waiting for a life-saving organ transplant. There are not enough organ donors to meet the needs.

It really makes a difference when a person decides to register to be an organ donor. With just one donation, it can save up to 8 people, and heal up to 50. You can help all these people simply by saying yes to being an organ donor.

There is a lot of misunderstanding about organ donation. People worry that doctors will take their organs before they are even dead. That's not true; all doctors will do everything in their power to keep you alive. They are not even a part of the same team that will end up taking the organs for transplant.

Another reason people choose not to be a donor is because they want an open casket at their funeral. This is still possible; the whole removal is done in a careful manner, and the donor team treats the body with respect. It's almost like the body was never even cut into.

Some people feel that being a donor will cost the family money. This isn't true; the operation and any other costs will be covered by the donation programs.

Look at the chart below, the United States is the most in need of donors. The organs retrieved are less than the number of people that need them. The number of donors is slim and the number of people in need of an organ is increasing. According to One Legacy, a nonprofit organization focused on organ donation, the chronic care system allows people in the US to live longer, thus cutting the number of donations. It would follow then, that the same system would increase the demand for organ transplants.

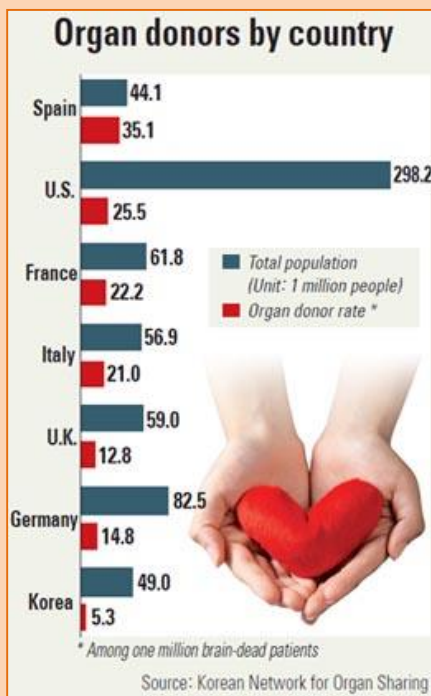
Currently, we have an opt-in system; you must choose to be a donor, but some have proposed an opt-out system, where it is assumed that you are a donor unless you choose not to be. Would you be comfortable with a system like that?

Parts of your body you can donate:

Organs: heart, kidneys, pancreas, lungs, liver, and intestines

Tissue: cornea, skin, heart valves, bone, blood vessels, and connective tissue

Cells: Bone marrow/stem cells, umbilical cord blood, peripheral blood stem cells (PBSC)



Dr. Eden Evins, a Harvard psychiatry professor and director of the Center for Addiction Medicine at Massachusetts General Hospital, described the biochemical effects of cannabis on the central nervous system. She warned that smoking marijuana overstimulates naturally occurring cannabinoid receptors in the brain, which are found in high-density areas that influence memory, thinking, concentration, movement, coordination and sensory and time perception.

[More Information](#)

Everyone has their own opinion on things. Some people feel strongly about abortions, gay marriage, or even political choices, but the one thing I feel strongly about is the legalization of marijuana in the Commonwealth of Kentucky.

I can postulate many reasons why I feel so strongly on the topic of legalizing marijuana in Kentucky. One such is that the Commonwealth of Kentucky has methadone clinics that are only trading one illegal drug for a legal one which people can still overdose from. Marijuana is not a drug someone could overdose from. While there are deaths caused by traffic accidents each year, there are no deaths caused by the use of marijuana.

Another cause for my opinion is the fact that marijuana is the number one cash crop in the Commonwealth of Kentucky, as well several other states. Legalizing marijuana would greatly increase tax revenue, through regulation, which could be used to fund education and other public services.

In addition, the government spends millions of dollars a year on needle exchange programs, which is a lot like saying you can use heroin and other intravenous (IV) drugs, as long as you have a clean needle. IV drugs are known to cause black outs and memory lapses, whereas, marijuana (at worst) increases appetite along with lethargy.

Some may argue that legalizing marijuana would increase the use of the drug, including the percentage of young people using it. Most studies show that, in states that have decriminalized or legalized marijuana usage does not increase. Also it is proven that a large percent of the population will try marijuana at least once in their lifetime, whether it's legal or not.

Overall, do the benefits of legalizing marijuana outweighs the risks of legalization?

Buckheads – “A Real Local Restaurant Loved by Real Locals”

Akeeva Marshall

Everyone loves a delicious, great, mouthwatering meal. We humans love a full happy stomach. People enjoy going out to eat at different places. Many people love going to restaurants for special occasions and events, to satisfy their stomach and eat new things.

A place I've recently been to is Buckheads. They provide good service to the people who dine at their restaurant; there is not even a hint of a negative attitude. The atmosphere at Buckheads is very friendly, respectful, and welcoming. Employees at Buckheads are very polite and they do not rush you. Buckheads employee are considerate in letting you take your time to look at your menu.

For my dinner at Buckheads, I had a house salad; my dressing was ranch. On the salad there was lettuce, cheese, bacon bits, and croutons. For a house salad, I kept it plain and simple, but Buckheads has many amazing types of salads. There are the Buckhead House Salad, Spinach Salad, and Cheyenne Chicken Salad, just to name a few but. A salad is a meal for me, especially because I added chicken to it for an extra cost of only \$2.00. The menu includes something for everyone. There were appetizers like buffalo wings, chicken tenders for the kids, burgers and fries, pastas, seafood, salads and more. They also have awesome mashed potatoes.

At Buckheads you can experience a nice family dinner. You can enjoy yourself and the service. Employers at Buckheads take their job very seriously and understand how to make your time there pleasant. Next time you're thinking of eating out, why not try Buckheads and fill your lovely body with their amazing choices of food.

Check out the menu:

http://www.eatatbuckheads.com/wp-content/uploads/2015/01/Louisville_2015_Buckhead_Menu.pdf

Buckheads is located on Bardstown Rd. near Goldsmith Lane and on the water front in downtown Jeffersonville across the river.

DWB

De' Asia Beard

Throughout history police officers have inflicted physical abuse on black people, but I want to bring attention to the blatant discrimination and verbal abuse that we as a race have had to endure. Many people would disagree with me, and say that there is no such thing as racial discrimination and that if there was, that law enforcement would take no part in it. I'd like to tell you a story about something that happened to my family and me about six years ago. Then you can tell me if racial discrimination is real or not.

We had been driving for about fourteen hours. After stopping three times for food and bathroom breaks, and hearing "are we there yet?" about a thousand times, we were finally in South Carolina. My mom had been planning to take a family trip to Myrtle Beach for a while. We were only an hour away and had an hour and a half until we had to check into our hotel. My mom was in the middle of telling my cousin, two sisters, and me how close we were when we heard sirens. We all turned around confused, because we knew that she wasn't speeding. Regardless of what we knew, she still pulled over.

After the officer asked my mother for her license and registration, he started asking my mom a lot of personal questions: "Is this your car" (even though he saw that the car was registered to her), "Are *all* of these your kids?" "Where do you work?" "Do all of your kids have the same dad?" and a bunch of other things that didn't have anything to do with why we were pulled over. (Apparently my mom's tinted windows were too dark.) My mom was finally fed up with all the invasive questions and asked him what they had to do with anything, he ignored her question and replied with, "Can we search your car?" My mom was obviously angry and confused and told the officer that if she refused that she knew that they would have us sitting on the side of the road while we waited for a warrant, so there was no point in saying no. He told her that she was absolutely right and that he already had search dogs on the way. Being eight years old, I didn't understand this and just wanted the mean man with the gun and badge to leave so I could go swim at the pretty beach that my mom told us we were going to.

About 45 minutes later, a couple of trucks pulled up behind our car. They had us all get out and sit on the road, while a dog circled the car and kept sitting down every couple of seconds. The officers (who were all white) then told my mom that the dog smelled something. They pulled out all of our bags, and went through them. All of our cloths were thrown to the ground while they searched our car again. They came up empty handed, like we knew they would, and had us put our things back in the bags and back into the car. My mom, fuming by now and wanting to get on the road again, asked them why they felt it was

necessary to do all that when all she was trying to do was take her kids to the beach. The officers gave a careless apology and told us that we could leave.

Why did the officers of Horry County, South Carolina keep us on the side of the road for over two hours for something as random as my mother's window tint being too dark? If it was really a problem, then they would have given us a ticket, which they didn't. There is no doubt that we were the victim of racial discrimination at the hands of law enforcement on that day our family was headed to the beach. They were rude and abusive towards us without cause. We had done nothing wrong other than making the mistake of driving while black.

Driving While Black, the App

- Sections to learn about your legal rights, traffic stop best practices and how to be safe
- Instantly and easily alert family when stopped
- Tips on recording your traffic stop
- Tips for Parents
- An opportunity to “test drive” your knowledge
- Ability to record and submit complaints or commendations on law enforcement
- Help identifying legal professionals in your area
- News, information and other resources



<http://dwbtheapp.com/>

Follow the Rules

T'Lauriyon Milliken

I hate riding with bad drivers. You know, those who speed or text or do any number of things that put my life in danger. And it's not just my life, every other driver on the road is in danger, too. So, always think of others while on the road because others have to be cautious of you while driving.

Driving while on the phone texting, snap chatting, on Instagram, on twitter, or on Facebook, can really confuse you. You're focused on texting and social media and you don't pay attention to the road, then PLUMP - wreck. The sad part is that it really wasn't an accident. That's just an excuse, because you weren't doing what you were supposed to do as a driver. Cellular devices can be **very** bad on the road, so don't use them while driving because wrecks can be prevented if you wait till you stop before you check your phone. It's not worth it.

Speeding not only can cause wrecks, but can get you a ticket. Say for instance it's raining and you speed because you are in a rush to get somewhere, then you slide off the road and hit someone because you couldn't control the wheel because it's raining. You could get seriously hurt or hurt someone else! When you are driving, you are supposed to keep a safe distance from the car in front of you. That distance is bigger when it's raining than it is when it's dry. Don't follow other cars too closely.

Driving too slowly causes too much traffic confusion and negative energy. Remember, you can't get in trouble for driving the speed limit. So as a beginning driver, just try your best not to drive too fast or too slow. Drive the speed limit or very close to it.

Remember the driving manual you studied to pass the test? **FOLLOW THOSE RULES AT ALL TIMES** and we will all be a lot safer!



Basic Facts About Teen Crashes

- Motor vehicle-related deaths decreased 51 percent for 15- to 19-year-olds from 1999 to 2012.
- Motor vehicle-related deaths decreased an average of 26 percent for all age groups from 1999 to 2012.
- Nationally, 963,000 teen drivers were involved in police-reported motor vehicle crashes in 2013, which resulted in 383,000 injuries and 2,865 deaths.
- Motor vehicle crashes remain the No. 1 cause of death for adolescents.
- The greatest lifetime chance of crashing occurs in the first 6 months after licensure.
- The overwhelming majority (75 percent) of serious teen driver crashes are due to "critical errors," with the three common errors accounting for nearly half of these crashes:
 - lack of scanning that is needed to detect and respond to hazards
 - going too fast for road conditions (e.g., driving too fast to respond to others or to successfully navigate a curve)
 - being distracted by something inside or outside of the vehicle
 -
- Environmental conditions such as poor weather, vehicle malfunction, or aggressive driving, or physical impairments such as drowsy driving are not primary factors in most crashes.
- The fatal crash rate for drivers ages 16 to 19, based on miles driven, is four times higher than for drivers ages 25 to 69.6
- Distraction was a key factor in 58 percent of crashes involving drivers ages 16 to 19, according to an analysis of video footage of 1,691 moderate-to-severe crashes 6 seconds before they occurred.
- Distracted driving is a factor in 14 percent of police-reported crashes involving teen drivers.

http://www.teendriversource.org/stats/support_teens/detail/57#sthash.UFSOq5BC.dpuf

Transphobia

By: Daniel Monteagudo

I really wish people were more accepting of the transgender community. I don't see any valid excuse to discriminate. People don't really look into how transgenders suffer; being stuck in the wrong body is bad enough. Problems with gender dysphoria are not taken seriously. Society needs to make a change.

A new recent transgender, Caitlyn Jenner, has struggled through a difficult time. She's mistaken for "Bruce Jenner," but what people don't want to understand is that is not who she is anymore; she is not a man, she's a woman. She has made a huge difference for the transgender community and she gives others a chance to show people who they really are. She is a true hero.

Another transgender, Gabrielle Ludwig, a former navy sailor and father was known as Robert Ludwig in the past. She knew ever since she was a little boy that she wanted to be a girl. She never felt comfortable in her own skin and knew something was wrong. She decided that it was a good idea to start hormones and transition into a woman. Now she has never felt so complete in her whole life.

Life as a transguy or transgirl is one of the hardest things some will ever have to deal with. It affects a lot of things in daily life. Dealing with the wrong name and pronouns causes frustration. Often, people are very disrespectful and continue to use the wrong pronouns and name. A piece of paper, a birth certificate, does not define the person. A transgender knows who he or she is no matter who tries to tell them differently.

Most transgenders are terrified of being discriminated against, getting disrespected and getting harassed for being themselves. This treatment can lead to risky situations, like turning to self-injury and attempting suicide. It's hard living in the wrong body. Many claim that one is what they were born; a female, will always be a female, or a male will always be a male. This is incorrect. Body parts do not define transgenders.

Minors who suffer with Gender Dysphoria shouldn't have to wait until they are 18 to start treatment or to transition. Treatment should be available at 16 and parental consent shouldn't be needed. Too many parents disapprove of their child's identity and so many minors commit suicide to get away from all the misery. Transgenders need more protection from harassment, physical and sexual assaults, and even murder. Schools need to start building transgender restrooms and allowing students to be with their desired gender or sex in sports teams, group assignments, or even one gender schools. Transgenders need more rights and respect.

Human Rights Campaign

As more and more transgender people share their stories, the public's understanding of gender identity and expression builds. HRC works to educate the public and provide a range of resources on issues that transgender and gender nonconforming people face—from workplace discrimination, to securing identity documents, to finding culturally competent healthcare, to family and parenting issues, to combating violence—and to advocate for full inclusion and equality.

<http://www.hrc.org>

Losing Shells

Darryl Stephens

Going through the motions of life, I travel slowly, hesitant to make mistakes. Like a snail when faced with unfamiliar obstacles, I hide away, afraid of what people may think. Once comfortable, I lose the shell, gaining confidence and becoming a blank canvas patiently working to become a master piece. Sometimes not knowing what I want to be, exploring and observing the world. My decisions in life will come and impact me, my family, and the people I surround myself with. There are two roads I could take; I could end up another statistic and end up in the streets and in prison. Or I can go to school to gain an education and make my life and everyone around me better.

Life is long and short in the same instance. I should enjoy life because it won't last forever, but not move so fast I miss the importance of life. There is more to me than just a patient, slow moving snail. Once motivated, my head is in a frenzy, and sometimes I think faster than I react. Once my mind is made up, eyes are locked in like a snake hunting its prey. What defines a human being is the personality, character, and knowledge; all that defines me. Only time will tell what the future has in store for me, until then I'll learn as much as I can to become the beautiful master I imagine I will become.

DARE DEVIL

TaiNesha Hines

I've always been a sort of dare devil. I like to live my life on the edge. I enjoy doing things that are dangerous, live through them, and say, yes, I did it and made it. Doing dangerous things and living through them makes me feel invincible. The thrill and excitement that I just might not live is exhilarating. But my last thrilling stunt really changed my life and view on things. I literally almost died this time. I guess my other adventures were not too serious, I'd break a leg or something, but this time I almost died. I'll never forget it, on the big 4 bridge.

I was really into skating at the time. My friends and I decided it would be fun to skate up the big four bridge. I'll never forget how bright the sun was shining that day. We skated back and forth on the bridge all day. We had so much fun, we did not even see the sun go down; it was dark before we knew it. We decided to skate back down the ramp of the bridge, knowing it would be a challenge, but I was ready. I wasn't too worried. We all made it to the bottom and cleared it; it was more difficult than I thought. It was fun, but looking back, I honestly think it was not fun enough to do it a second time. Back then, we decided to go up the ramp and come down one more time before we went home. I was fine; I was down for the ride, but when I got back to the top and looked down, I thought of the struggle it had been the first time. I thought about who would get hurt. I wasn't even in my own skates; I had borrowed a friend's because my new ones were being shipped in. I looked down one more time, and decided to go last. Before I knew it, Brandon C. was at the bottom, Brandon F. not too far behind. Vaniece was riding close up, then Dionta. I didn't want to be the last man standing, so I kicked off and was on Dionta's tail. We closed up on the end; both Brandons were standing on the side. Vaniece jumped off and Dionta jumped right behind her. I had at least five feet left and I start frantically panicking. I looked around fast for a landing spot. Both Dionta and Vaneice were lying in the grass where they had landed to my right. I looked to my left, past a bench that other people occupied and noticed lots of safe grass with bystanders blocking my path to it. I got to the end and decided to curve a hard left and land next to Dionta...

I am in the air, just gliding. I see the pavement rushing towards my face. In my head I'm yelling, "Put your hands out! Put them out now! Your face gone be all scratched up." I put my hands out and everything is black for two seconds. But then a bright light grows for five long seconds. I think, "Ay you made it Tai'. You made it." I see it start to fade, and I start to hear screams. All I think is, "No! Bring the light back." I feel hands on my back. I slowly open my eyes and see an Asian man standing in front of a truck. I turn to look at Dionta and Vaniece; they try to help me up, but I can't do it. They take my skates off, and I notice that my two front wheels are turned sideways. Now I understand how I flew into the air. My ankle is twisted and I have blood running down my arms and my knee. Vaniece grabs my phone from the nice man who stopped the truck that almost hit me. While they pick me up to walk to the car, I still can't help but to notice the man. I can't help but remember that beautiful light. Maybe it was just the headlights from the truck that didn't see me laying on the ground. Or maybe it was *The Light* and that man was my guardian angel. I guess I will never know, but I know that my daredevil days are kind of at a halt. But I still like to do heart thrilling things.



Join Me in My Song

Akeeva Marshall



Singing, humming, and mouthing music is something that I love to do. I love to sing all the time and I am very good at it. I sing every single day. For me, singing lets me release feelings I need to release. I release different emotions when I sing or listen to someone else singing. Singing is a way of expressing myself to others because it's something that I love to do.

People use singing to express themselves in a way. For example, people sing because it gives them the opportunity to let people know how they feel. Singing lets people see how you feel toward things and what you believe. When you sing to other people, they can feel you through your singing, giving them an impression of who you are. Singing can also let you have a voice about different opinions and situations. Your singing can be your voice to get through things.

Many people sing to come together in certain situations. For example, people come together in a church to sing for religious reasons. Singing for religious reasons can be a way of praying and praising god. When they sing, it's for a cause that people believe in and love to do. When people come together in a choir, it's for a positive cause because it's letting people be entertained and bringing them together to put their expressive voices together and sing.

In the past, people used singing to help free slaves and bring people together. African American slaves used songs in their everyday life. For example, they used them to express their values and solidarity with each other and during celebrations. Also, most slaves couldn't read, so singing songs could be used as a tool to communicate. Harriet Tubman would use songs as a strategy. The strategy was to communicate with slaves in their struggle for freedom. Secret songs would contain words giving directions on how to escape slavery. The songs that told where to meet known as *map songs*.

Singing is something I love to do. If you enjoy, then raise your voice and join me in my song.



I've learned to Embrace My Body

Larva Pham

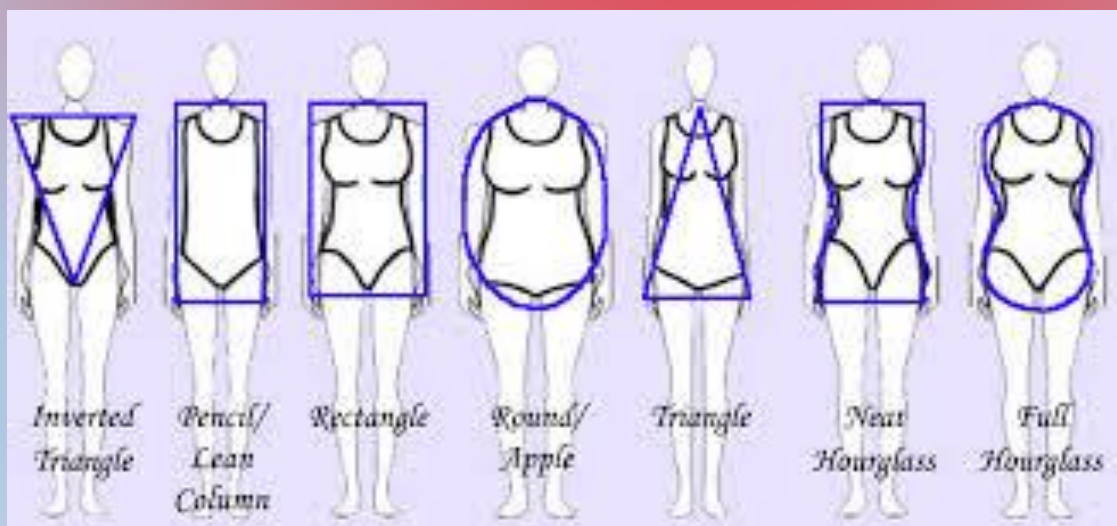
Why is it so hard to love myself? Matter of fact, why do girls, like me, feel so insecure with the way we look? This thought has been running through my head, and I can't seem to stop it.

It started off when I was in 3rd grade; I remembered it like it was yesterday. I'm not going to lie; I was a big 3rd grader. I wore a size 14-16 in girls while my other classmates wore sizes 12 or smaller. They didn't have to worry about their button popping off due to forcing the pants to fit on their waist, nor did they have to worry about their pants ripping from the inside because their thighs were so big. I started to feel insecure about my body. At night, I used to look at myself in the mirror and imagined how I would look if I was skinnier. I knew people would like me because I would fit in, and even the boy I had a crush on would like me back. All of these scenarios played in my head, yet I was still the overweight, ugly girl in class.

Not only was I judged at school, but it came from my family, also. And those judgments were the worst kinds ever. "Larva, you need to diet. Your thighs are twice as large as mine," my aunt said, comparing her thigh side by side to mine. She made me feel sullen. I felt her disappointment because I wasn't as slim as her. It took me a lot of courage not to start crying in front of her. I didn't want her to know that she had hurt me with her words. Until she left, I waited to let the tears come running down my face. It wasn't the first time I'd cried due to this, and I knew it wouldn't be my last time. I was so sensitive; I let my aunt's words get to me emotionally. There was no way I would ever forget about that.

One night, before I went out with my friends, I got ready. I wore blue shorts with a tribal print crop top. I topped it off with black and white sandals. And I couldn't forget the makeup: winged eyeliner, loads of Mascara to make my lashes longer, and pink lipstick. I was confident in myself that night. I was so confident; you could probably call me conceited. I took pictures of myself while I waited for my friends. Although I didn't have a flat stomach, I was able to suck it in so my big belly wouldn't hang over my shorts since I was wearing a crop top.

When I was out, I was having the time of my life. We were singing and dancing together. I was meeting new people left and right. I knew I probably wouldn't see them after that night, but it was okay. We played volleyball. A girl missed a hit, and she tripped face first on the grass. My friend thought it was funny, but I thought we needed to help her. It turned out, she was fine. She just rolled on the grass laughing because



she was so embarrassed. The night was so beautiful; it wasn't humid and everyone was enjoying themselves. It wasn't until I was meeting a group of guys with my friends that a guy called me fat. He was a stranger to me, and I didn't

care about his opinions. Little did I know he was a friend of a friend. Rolling my eyes and giving him the meanest look, I just wanted to flick him off for ruining my night.

We were all getting ready to leave until... “Hey, can you take us home, please?” My friend asked the guy who made fun of me earlier. He looked at me and hesitated for a second, but he said yes. When I got into the car, the car moved. It felt like a big gorilla jumping on top of it. The movement was caused by me, of course. On the ride home, I felt so belittled. No one talked to me, so I was just on my phone ranting. It was so annoying having to be in the same car as the jerk that just made fun of me. Rolling up on my street, he stopped in front of my house, and I got out. I’m pretty sure I made the car lighter, but look who made a comment, “Damn, she shook the whole car when she got out.” Maybe I was the only one that heard that, but I just ignored it. I hoped I didn’t get to see him ever again.

You see, I was raised in an Asian family, so their ideal image of a girl is skinny and beautiful, Model Status. Most Asians are small and skinny, which is why my family lived up to that expectation. And I did not meet those. They didn’t understand that I couldn’t be as small as my friends. They also didn’t understand how my body was made to be “thick-boned.” I didn’t have a high metabolism, either. All of my life, I was a very chubby baby. I’ve always had chubby cheeks, huge, fat thighs, and double chins. I was never a size 3 or smaller; my dress sizes ranged from 5-11. I would always have to worry about sucking in my stomach to look smaller, or trying to fit in the dress that I liked. I couldn’t wear shorts because my thighs would eat them up when I sat down. Everyone could tell I was self-conscious. I felt like I was always the “ugly friend” in my group of friends.

I had come to a breaking point, and I started going on diets, making detox waters and cutting my calorie intake. I even started working out. Just a few months ago, I bought a waist trainer. It was so uncomfortable, but I still wore it. It made my body look like an hourglass figure, and that made me feel good about myself. When it was time to go to the beach with my friends, they were all complimenting me on how slim I looked. I hadn’t seen my friend for two years, and she told me I looked amazing. That was when I realized that I didn’t need to do such harm to body just because people had judged me my whole life.

After months and months of feeling bad about myself, I came to the conclusion that I was not the person people said I was. I did not need pills to look good; I didn’t need to starve myself either. A waist trainer? That had to go. I grew close to my body by taking care of it. I was made to be thick; I was made to be different. Who cares if I’m bigger than most Asians. If people really liked me for who I am, my appearance shouldn’t matter to them. I told myself I was beautiful, and I wouldn’t let anyone else bring me down. I no longer try to weigh myself; I’m better than a number on a scale.

In this generation, many girls are stressing over their weight or the way they look. I feel like no one should endure that pain at such a young age. For me, it started when I was eight years old! Now that I am older and learning to love myself, that pain has been going away. I’m trying to become a better person mentally and physically, and I will not let any negativity get the best of me. One day, I will be fully happy with what I’ve accomplished by keeping a healthy body. I just got to keep a positive attitude and embrace myself as God’s creation.

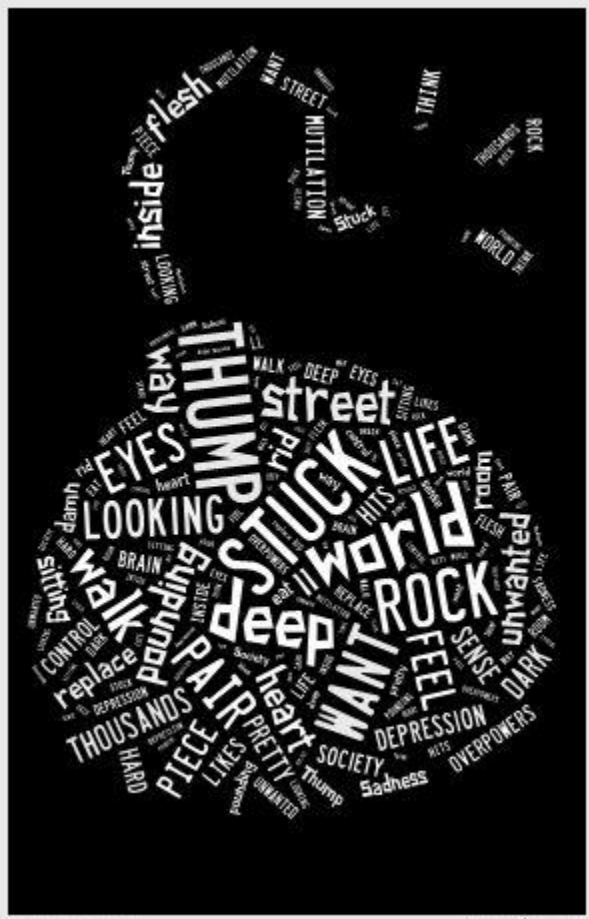
[Find out what your body type is](#)

What a Day!

By: Alio Muse

Clear blue skies, bright sun shine
SPLASH!
Goes the water in the pool as Jibby jumped in
Jell-O! Jell-O! The kids screamed
The clouds look sad as they start to cry
BOOM! Goes the sky
Clouds start to disappear
Kids yell and run inside
The clouds are crying, the clouds are crying!
Wet hair, wet clothes go inside
Dry and clean, the kids come out
"Snack time, snack time" the babysitter yells
Chips everywhere
Knock Knock
Someone knocks on the door
MOMMY! MOMMY!
The kids scream when they see their MOM
"Whoa, what a day," the babysitter says





TRAPPED

Daniel Monteague

Stuck. Stuck in another life. Another world.

Can't walk down the street without a pair of eyes looking your way.

All I can feel is the pounding heart, deep inside my flesh.

Thump, Thump, Thump.

That unwanted piece of you that you just can't get rid of.

It'll take thousands to replace that part of you.

The dark sense you get when you're just sitting alone in an empty room,
An empty word.

That deep depression that hits you like a rock.

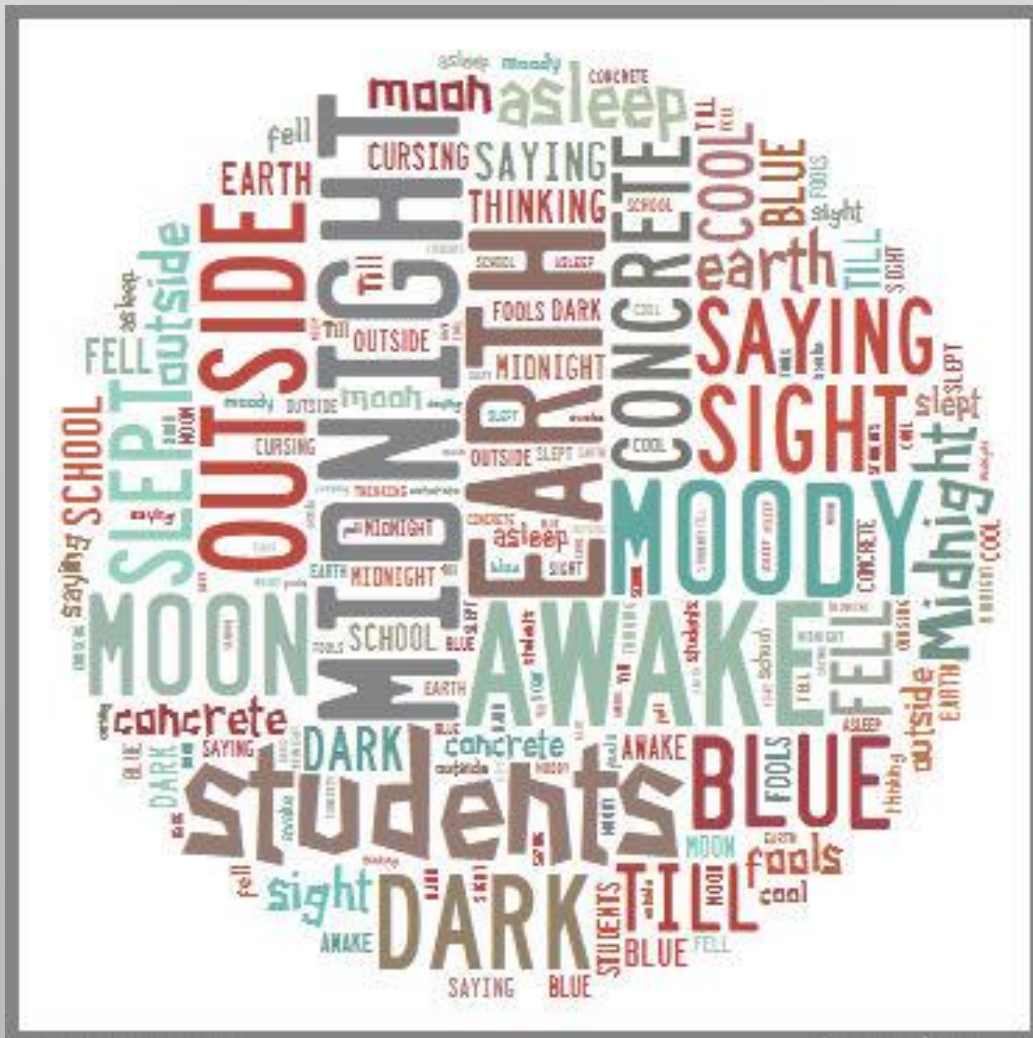
A pretty hard damn rock, too.

You can't be who you want to be.

Society likes to control who you want to be.

Mutilation overpowers your brain and it's all you think about.

Sadness will eat you whole.



Midnight

Nothing on earth was awake,

But the students.

They were moody outside with the moon

It was dark blue, nothing in sight.

They slept on the concrete

Saying school is for fools and cursing.

Till they fell asleep

Thinking they were cool.

Abdi Ali

Everyone comes from route 12,
The highway most of us take for 18 miles,
Some take the exit to the airport,
While some engines run out of gas and drop out.
For the cars that have neared route 12's end,
They soon approach different roads,
Some twist and some bend,
While others know what road to take,
Some don't and just follow their friends,
And some take the road of more education
While still being undecided about the state that they're in.

Some end up taking a road
To where cities blast music every day and night,
And some head to a city
Where they learn how to compose music right,
Some evolve their car into a spaceship learning science,
Like how much pressure is needed to make the ship lift,
And some cars go down the road to discover
The way that their car and other cars are made
To make more cars and learn how to fix them when they need repairs.

While some cars know where they are going,
They are ready to go above and beyond the speed limit to get there,
While the cars that don't know
Or only have some idea
Just cruise along,
And while they're cruising
They see billboards advertising that it's okay to be undecided,
Just choose a path to begin a new route without any guidance,
But the truth is, it's only okay for the people behind the advertisements
Because people love to switch routes
As much as they love to switch tires,
Making more money for them,
Because they get a tax from the undecideds.

For one car, it's just cruising,
Whether to choose a city with big business buildings
Or settle into music,
Or he's thinking about animals and deciding if it should peruse it.
Either way, it wants to be the first car to go another 4 miles or more
Down a path of education,
And whether or not the car is ready,
It's almost passed the border of registration,
It can't choose, but when it does,
It's gonna slam down the pedal of dedication,
And rip out its rear view mirror
To speed towards graduation.





BOO!

Alexis Adams and Angel McCoy

Across

1. Witches' transportation.
5. Another word for scary.
6. Dead people who roam the streets.
8. What you get put in when you die.
9. Something to disguise treaters.
11. A rounded orange-yellow fruit.
14. Evil.
15. What kids say on Halloween.
17. Where ghosts prowl.
18. A figure used to scare birds away.

Down

2. Tenth month of the year.
3. The sound a ghost makes.
4. Taken in a wagon on Halloween.
7. Something you do when you're scared.
9. Something sweet to eat.
10. A rack of bones
12. A dead person that appears to humans.
13. It turns your pumpkin into a jack-o-lantern.
14. A woman thought to have evil powers.
16. The color of a pumpkin.

JEFFERSON COUNTY PUBLIC SCHOOLS

Equal Opportunity Policies

Equal Employment Opportunity Employees/Applicants

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

In the Event of Questions

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

Equal Educational Opportunity Students/Parents or Guardians

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

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

In the Event of Questions

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

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

Discrimination Grievance Procedure

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

Equal Employment Opportunity Commission

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

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

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

Kentucky Commission on Human Rights

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

Louisville Metro Human Relations Commission

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



www.jcpsky.net

Equal Opportunity/Affirmative Action
Employer Offering Equal Educational Opportunities