



The Roundtable



Fall 2011

Wheaton High School
12601 Dalewood Drive
Silver Spring, MD 20906

Real Enrichment Academic Learning: Wheaton High School's Step toward Success

By: Alexis Gabriel

Special points of interest:

- Highlights of the 2011 fall sports season
- Reviews of today's hottest music and movies
- Riveting editorials
- Meet Two of Wheaton's New Faces
- First Edition of the Ask Us Anything Advice Column

Wheaton High School's 2011-2012 administration introduced a new policy called R.E.A.L Time to help students excel in their classes. R.E.A.L Time is an acronym that stands for Real Enrichment Academic Learning. This is a twenty minute period on Tuesdays and Fridays from 11:40-12:00 where students are required to go to a teacher to complete work or to get extra support. This policy

was created to help students improve in their classes. The previous enrichment program, where the students had the choice of seeing teachers, was not effective for the school. Students were not taking advantage of the one hour lunch period to seek out extra support from teachers. Vice Principal Stephanie Valentine stated, "This is an opportunity for students to have a concrete

time during the school day to work on assignments, complete missing assignments and make up tests. This also forces students who would not usually go to get support from teachers to do so." By creating R.E.A.L Time, administrators expect students' grades to gradually increase and contribute to Wheaton's overall success.

Wheaton's Long Awaited Renovation

By Shelly Dean

Wheaton High School has been scheduled to be renovated beginning in 2013, with an expected completion date of 2018. The five year renovation will involve the complete reconstruction of both Wheaton and Edison School of Technology, including the sports fields. Last year, there was a great deal of debate on whether or not Wheaton and Edison should be separate buildings or continue sharing the same building. A unanimous vote by the Board of Education this past September determined that the schools should separate. The new superintendent, Dr. Joshua Starr, favors the idea of building

Wheaton and Edison as completely separate buildings, as do most of the community and parents of both Wheaton and Edison students. Kristen Dean, parent of a Wheaton senior, says, "It's the least costly and the best option for both schools." The decision to separate the schools was not the only thing the community celebrated. Most people are just excited that Wheaton will be renovated, period. This feeling is shared not only among students and parents, but also among the staff and administration of Wheaton. They are excited about the opportunities the new building will

provide. The academies will finally have the lab facilities and latest technologies that they have been doing without for some time now. People are also optimistic that the new building will attract more students to Wheaton in the future. The renovation of Wheaton High School is something this community has been anticipating for years. 2018 can't come soon enough.

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Introduction to AOIT: Academy of Information Technology By: DaShonna Kerr

The Academy of Information Technology is a program of study that introduces students to better career opportunities in today's workforce and prepares them with organizational and technical that they will need, in order to succeed in a higher field and work toward a career.

Here at Wheaton High School, there are great courses to teach the students these skills such as Discovering Programming Concepts and Web Site Development. These classes enhance opportunities for employment

after graduation. Senior Aaron Ferguson says, "I learned a lot about creating websites, designing them using html codes."

The AOIT director is Mr. Ball. Although he isn't new here at Wheaton, this is his first year as Academy Director. Ms. Washburn, new to Wheaton this year, also teaches in the AOIT academy.

She is very knowledgeable with regards to information technology and has experience in the private sector and at the university level.

AOIT is a great academy for students especially those interested in working with computers, programming, and many different types of applications.

"I learned a lot about creating websites, designing them using html codes."

Satisfying the Curiosity of Science

Offering students access to a laboratory and computers, the Bioscience academy allows students to explore the world of biomedical science as they learn something new each day.

Lead by Ms. Carias, the academy has grown from only 24 students in 2006 to 196 students in 2010, demonstrating the increased interest in science and the careers it has to offer.

The academy offers four courses that run throughout a student's four years of high school. The first is Principles of Biomedical Science (PBS), offered to freshmen. It introduces stu-

dents to the academy and to the human body culminating in a heart dissection at the end of the year. "I love the fact that we get to cut up the heart and see the parts we learned about in class" says one PBS student.

The sophomore course, Human Body Systems (HBS), teaches students how body systems work, and at the end of the year they have the opportunity to dissect a kidney. "Ms. Sobie explains everything so well it makes it easy to understand the concepts being taught" says a HBS student.

The junior level course is Medical Interven-

tions (MI), which allows students to learn various interventions that help prevent, treat or diagnose diseases studied during the course. The senior course, Biomedical Innovation (BI), gives students the opportunity to research better ways to deal with the problems facing the medical system. At the end of the 1st semester, students get to dissect a pig, naming the body parts learned throughout the years. "The best thing about BI is having the same teacher for 4 years which made the transition absolutely easy. Also, getting to cut open up a pig makes it more awesome" exclaims a current BI student.



Students prepare an experiment

"I love the fact that we get to cut up the heart and see the parts we learned about in class."

Thinking Outside the Box

By: Mary Molina

International, Global and Cultural Studies (IGCS) is one of the four academies offered at Wheaton High School. This year, Mr. Brooks is in charge of IGCS, which is composed of three pathways: Digital music, Digital art, and Social Studies pathways.

As the new Academy Head, Mr. Brooks is focused on “forging international partnerships. For example, this summer Ms. Vorisek and I attended a conference in Peru and have

each been paired with schools in Lima. Later this month, we’re planning a teleconference at Discovery Channel where our students will get a chance to discuss and debate current controversial issues with students from Peru.”

Explaining the advantages of IGCS, Mr. Brooks notes that “IGCS kids get tremendous opportunities to learn skills necessary to be successful in our increasingly interconnected global world. Kids who grad-

uate from our academy emerge with critical thinking skills that are greatly beneficial both in college and beyond. They are creative, excel at thinking outside of the box and are prepared to take their place as global citizens.” IGCS teaches students that the world is a much bigger than their backyards.

“[IGCS students] are prepared to take their place as global citizens.”

A New Outlook on Engineering

By: William Monteith

During the 2012-1013 school year, a select few incoming freshmen will get to experience a new addition to Wheaton’s Engineering program, including its current fundamentals.

Any student currently in 8th grade has the opportunity to apply for Wheaton’s new Engineering Magnet Program, but only twenty five will be accepted. The twenty five will be selected based on their grades, recommendations from Math and Science teachers, successful completion Algebra 1 before entering High School, and passing an entrance exami-

nation.

The new magnet program will still be a part of the Engineering Academy, thus requiring the same academy classes for graduation. A major difference between the two programs is that the New Magnet students will work in tandem, moving as a cohort within the school.

These students are also required to take advance classes outside of Engineering including AP level classes in Social Studies, Math, and English. The new program aims for its students to earn over forty college credits before gradu-

ating high school.

Ms. Robertson is excited for the new Engineering program and the connections it will give to the incoming freshmen. She notes that “It will provide new opportunities to work with new businesses and companies.” The program promises new advances and outlooks for future Engineering students.



Current Engineering students prepare to race their cars

Meet the New Faces at Wheaton High School

By: Ashley Daring and Abenezer Frezghi

Wheaton High School hired many new teachers this year, including Ms. Forman. Ms. Forman is the new 9th and 10th grade English teacher as well as our new drama director.

AD: Was Wheaton your first choice?

SF: Yes, Wheaton was my first choice.



Wheaton High School is proud to present our new Biology teacher, Ms. Cruz. Ms. Cruz is not only new to Wheaton, but also to the state of Maryland. She recently moved from Florida with her fiancé. She taught for the past six years at Cooper High School, in Cooper City, FL. Before becoming a teacher, she majored in biology and studied primatology, leading to her prior job working at a primate jungle.

AF: Do you like Wheaton so far?

JC: It's a different environment because it's a smaller school, and I'm used to being in a big environment, but it

AD: What encouraged your decision to work here?

SF: I like the diversity at Wheaton. I used to work at Blair; this is a much smaller school, so I feel the support more from the students and teachers.

AD: What college did you attend and what did you major in?

SF: I went to the University of Maryland College Park and double majored in Secondary education and English.

AD: What are your interests?

SF: Theatre! I love theatre, dance, and music. I love pretty much anything

“nerdy.”

AD: What is your favorite play and why?

SF: When I was in high school I was in the play “Clue,” which was based off the board game, and I played Ms. Scarlett. It was a funny murder mystery. I also enjoy comedies.

AD: What is one of your pet peeves?

SF: I hate when people don't push in their chairs.

Ms. Forman is a spunky cool teacher, and she has a lot to offer here at Wheaton. Hopefully, she will be here for many years to come!

Plus I get to teach my students for the whole year, instead of just one semester.

AF: What is your life's motto?

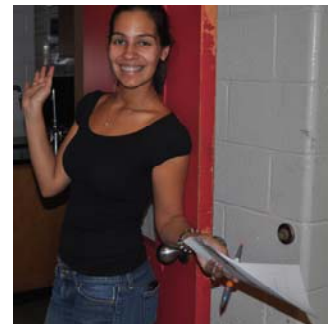
JC: Don't regret anything you do, use your mistakes as much as you can to learn.

AF: What do you like to do on your free time?

JC: I enjoy cooking different types of dishes, but my favorite is ziti pasta. Traveling and

sightseeing are my favorite things to do. Maryland is a great place for traveling because D.C. and Virginia are not far away.

Ms. Cruz is looking towards the whole school year; she likes her new students, the new environment around her, and says, “I can't wait to see how the year will turn out.”



The Knights Football Squad Mix it Up with Age

By: Aaron Ferguson

The 2011 lineup for the Wheaton Knights Football Team has a new look; the Knights this year are young and the veterans aren't as big in previous years. The Knights consist of thirty players on the team due to JV standouts being moved up, including sophomores Carl Mitchell, Tim Mallet, Joel Singh, Jean Agbele and freshman Dari Sales.

The Knights are a scrappy, hardworking team. "We're outsized and outnumbered, but our skill and effort outweighs that" says senior quarterback David Sales. Sales isn't really classified as a quarterback, but as a fullback, in the single wing offense. "That's beside the point" quips Sales. The

team features many seniors in their final year as Knights including TraVarus Rogers, Jackson Julius, Abenezer Frezghi, Greg Gadbois, Maurice Williams, Ivan Vera, Dakari Harris, Juan-Pablo Castilla, Babatunde Omotosho, Omar Kadry, Oscar Cachon, Leon Sparks, Darnell George, Rony Sibrian, Haileab Ghebrekidan and Jose Castillo.

Wheaton looks to keep rebuilding the football program and instill a hardworking attitude, as the Knights already have a host of hardworking players. "As the going gets tough, the Knights keep going" says senior cornerback Dakari Harris. The Knights have already begun to change and improve upon their skill

and play. Junior Ayinde Warren remarks, "It's just about putting the pieces together, and then we'll have something special."



The Knights moving the ball on offense

Cheering for the Best

By Karen Castaneda

This year's varsity cheerleading squad is composed of twenty lady knights, one senior, thirteen juniors, and six sophomores, led by Coach Weaver. This year's squad does not have any captains for the reason that all the juniors have been on the squad for the same amount of time while the lone senior hasn't been on the squad long enough to become captain.

The returning juniors are divided into three groups in which two or three juniors serve as captains. There is a stunt group (the girls who coordinate aerial stunts), a dance group (the squad's choreographers), and a cheer group (the girls

who compose and lead cheers)

This year's squad has advanced a lot compared to other years. As Erika Prudencio, a returning junior says, "This year we have a lot of fast learners and a lot of talent." Maricela Sierra, another returning junior says, "We hope to bring a trophy home this year" when asked about the three competitions this year. Last year, the squad placed fourth place at the county-wide competition.

This squad tries to help support every event at Wheaton High School. This year the squad has been helping raise money for breast cancer by selling pink

ribbons. So far, they have raised \$871.48. They also cheer during field hockey, soccer and sometimes volleyball games. This squad is very spirited and successful. As their coach says "We're a young squad but we are accomplishing so much more than we have in the past."

The Lady Knights show their support during the Homecoming game



Kicking It with the Knights

By: Shane Herman

With the end of the 2011 season, Coach Amaguana and the team pushed through every game with his twenty-two man army more determined than ever. At the end of the season the coach and the boys described their performance as “persistent.” As far as the whole season Coach Amaguana noted, “It was okay but as a team we could do better. We made very silly mistakes earlier in the season, but I think we’re slowly learning from

it.”

The record for the team is two wins, seven losses and two ties. Other than the somewhat disappointing record by the still-developing team, the boys have hope for improvement. Excellent players like junior Alex Zacarias led the team with three goals and seniors Gromiko Tchanmeni and Bertrand Chepngang followed closely with two goals each.

Most of the players think that their team is

great, but need to work on beginning each season with a strong start. Senior Kevin Dubon said, “We’ve worked very hard this season, and we have very talented players. forward to.” Junior James Tellez adds, “We have a young and a very strong team. There are probably five seniors out of twenty-two players.”

There have been challenges that the team has had to overcome in the process as well. Coach Amaguana has hope for the team. “We try to be the best we can.”



The team huddles up before the game

J.V. Girls Soccer Shines

By: Erika Ayala

The JV girls soccer team had a very intense season. Coach Michelle Snape noted that the season went great and that the girls improved tremendously. “We had a winning record of 6-3. This is the best record the program has had in a long time. I am very excited to see the program grow with these girls over the next couple of years.”

The Lady Knights got off to a rocky start this season. For many of the girls the first game was their very first high school soccer game. It was a tough loss, but the ladies were able to bounce back and achieve a winning season. Coach Snape stated that “we have achieved and exceeded all

of our goals for the season. With being such a young team, our goals in the beginning were to understand the sport and its rules and what it means to be on the team. From there, we made smaller goals day by day. [The girls] went over and beyond the goals that were set. They worked hard every day to improve as a team.”

As there were only three returning JV players this year, there were a lot of new faces. The new girls and the coach depended on the veterans to lead the way. Captains Dorothy Apetuawa Ellis, Rosie Amuagana and Raquel Alfaro made sure the team was a unit on and off the field. Everyone agreed that the new addi-

tions were a great fit to the team and contributed to the fantastic season.

Coach Snape happily shared her thoughts on the final game: “We won 1-0 vs. Seneca Valley in the last couple minutes of the game and I was so excited about scoring a goal that I hadn’t realize that the ref blew the whistle for the end of the game. I ran onto the field cheering in excitement. The team charged towards me with so much happiness and joy and at that moment I felt so proud until I turned around and noticed that my team had planned to pour the whole water cooler on me.”

“We’ve worked very hard this season, and we have very talented players.”



The JV Girls hustle down the field

Don't Let the Skirts Fool You

By Luz Delcid

Another season has ended for the Wheaton field hockey team. The strove to become better than the previous season. "We are in a rebuilding mode, but our freshmen stepped up, and they have shown that they are capable of providing stamina in our games" said Coach Helberg enthusiastically when asked about his first season as a coach.

The field hockey team had a tough season this year with a new coach and trying to recruit girls to play on the team. The team started with just ten girls on the team, not enough for a complete varsity team. As the weeks went by, the returning players and Coach Helberg were able to recruit

enough girls to complete a varsity team and create a JV team. Captain Tania Ventura said "We worked hard on preparing our freshmen for the upcoming seasons they have left in high school."

In order to accomplish that goal, Coach Helberg and Captains Luz Delcid, Tania Ventura and Gloria Segovia will start conditioning sessions fourth quarter. They are hoping that with the extra help girls in the team will have the skills to be stronger and become undefeated.

Coach Helberg is still very optimistic and is very determined to expand the field hockey team's size and popularity. He remarked, "I'm very proud of

my seniors, especially my captains for helping the new players learn a new sport". Seniors on the team want to let Coach Helberg know that although this year has been tough he has done a great job and will be remembered when they graduate.

"We are in a rebuilding mode, but our freshmen have stepped up"



The lady Knights protect the goal

Golf Team: New and Improved

By Geidy Martinez

This year the Wheaton High School golf team has improved tremendously since last season. This season the team finished with a record of 4-10. Although this may seem disappointing, Coach Ellingson noted that the team scored twenty shots better than last season. The team's hardest match was against Northwood, and they lost by one shot. The second time the Knights faced Northwood, they won by 6 shots.

Most of the team members were returning

golfers from last year, and their main goal was to improve throughout the season as much as possible. Coach Ellingson said that, "Everything has been great. My athletes were very committed and never gave up."

This year, leading the team was senior Marc Anastasi. Anastasi commented that this season, "was the best season for me throughout my four years." Anastasi recalled one of his best memories as a Knight athlete: "I won a match against this kid from Springbrook that had been beating

me everytime I faced him." The senior also revealed that one of his goals was to improve his ability and skill; he happily declared he did.



The Knights get in some practice before the game

Smashing the Competition

By Amber Le



Juniors Taylor Lyles (above) and Marella Camello stay focused on the game



In a close match against Seneca Valley, Wheaton emerged victorious, 4-3. It was a close match, but in the end, Wheaton came out on top. Second singles player junior Taylor Lyles, won her matches with scores of 6-3 for both. Fourth singles player junior Cynthia Cruz Gomez smashed the first game with a victory of 6-1 and ended the second with a victory of 6-4. First doubles players juniors Halima Doka and Sharon Babirye, finished their game with a victory of 6-0 and 6-1. Lastly, second doubles player, senior Leanne Yuen and junior Amber Le won their match with

both scores of 6-3.

This was Wheaton's third win for the season. The other two games, one against Northwood and the other against Watkins Mills, were "shut outs," where the record was 7-0 for both games. In the end, Coach Harrison was proud of the team saying, "People have improved compared to the beginning of the season."

Like most fall sports, the weather was a major factor this year. Causing inconsistency to games and practices, most games were postponed and a lot of practices canceled. Also, due to injuries and a small team, players were constantly

moved from one position to another. Despite a small team of only 20 players and horrible weather, the Wheaton tennis team managed to win three games throughout the season.

This season may not have put Wheaton first in the division, but they aren't last either, with their record of 3-6. With most of the players being seniors and juniors this year, the team hopes to gain more players for next year. Coach Harrison encourages girls to try out saying, "Girls should come out and play next year, especially freshman and sophomores."

Running Knights

By: Marvin Medina

As the season ended, Wheaton's cross country team held strong, with a record of 4-2 in their division. Star runner senior Naimbai Njerakey, is currently ranked 15 in the county while Junior Morgan Rivers, is ranked top in the 50 in the county.

In the Bull Run, said to be one of the hardest meets, Njerakey showed his dedication and his hard work by placing 2nd out of 185 runners. According to the team, the meet against Watkins Mill, Paint Branch, and Kennedy high schools was the most difficult. They

were able to defeat Watkins Mill and Kennedy in that meet.

Coach Schreckengost was proud of his team, setting goals for the season, for an Individual or team qualifications. One of his favorite memories was "watching the team fall on the ground after a happy exhausted work out".

Senior Naimbai Njerekey commented that "my primary interest in cross-country is having fun and making friends while being on the team. I like it mostly because of the challenges and hardship that you must

endure once you join the team. We excelled this season and have been the best team Wheaton has seen in



Njerakey leaves the competition in the dust

"We excelled this season and have been the best team Wheaton has seen in years."

Reel Steel

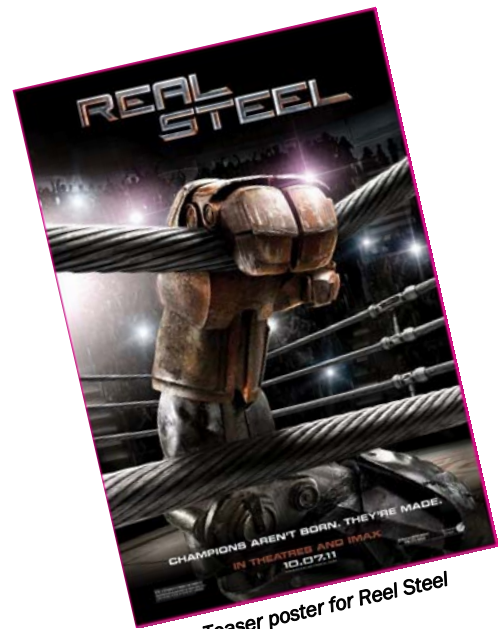
By David Sales

Steven Spielberg, renowned director and producer, has created yet another great hit to add to his impressive repertoire. *Real Steel*, starring Hugh Jackman, famous from the X-Men series, is an exciting inspirational film. Spielberg's movie has an interesting plot with heart-warming characters.

Set a few decades in the future, *Real Steel*, offers an alternative look at the boxing world: gargantuan machines in the place of flesh, muscle, and bone. When Charlie (Hugh Jackman) loses his boxer, he sells his son, whom he has never met. His son is worth more than \$50,000, enough to buy a top caliber boxing bot. As anyone

could guess, Jackman and the boy (Max) become very close. After all, what kind of kid doesn't love giant fighting robots?

The action somewhat slows in the middle; it was at this point, I began to ponder more on my soda refill than the movie itself. Overall, I really enjoyed *Real Steel*. Despite some uneven pacing, the film was generally compelling. The final fight consists of flying robotic arms, sparks dispersing through the air, and chemical fluids dripping on the ring. I give *Real Steel* 3 out of 4 stars.



Teaser poster for Reel Steel

Amazed by the Dream House

By: Sandra Maltez

Dream House is a suspense thriller that fulfilled my high expectations. The film's complex plot will astonish you once you finally figure out the real story behind the crime.

Dream House is about a man who resigns from his job in New York City as a successful publisher to spend time with his wife and two daughters. They move out of the city into his quaint Connecticut home. Soon, abnormal occurrences start to happen around the house, such as the daugh-

ters seeing faces on the window from outside. The husband discovers that a family was murdered several years prior. As he begins his investigation, he travels down a dark path to discover the truth.

Dream House is an intense thriller that will leave viewers on the edge of their seats each heart pounding moment of the film.



Teaser poster for Dream House

The Epic Rebirth of Weezy: Carter IV

By: Senayt Zeleke

Summer 2011 saw the return of many greats, including Dwayne Michael Carter Jr.'s (better known as Lil Wayne or Weezy) new album *The Carter IV*. According to Nielsen Sound Scan, Carter IV was the number one album in America this summer with 964,000 albums sold in its first week alone.

Prior to 2008, Wayne was just an ordinary mix-tape rapper trying to shine. However, in 2008, Wayne earned a Grammy nominated for Album of the Year for his first two albums, *Carter I and II*. He became the top selling album in 2008 with hits like "Lollipop," "A Milli," and "Got Money." After his suc-

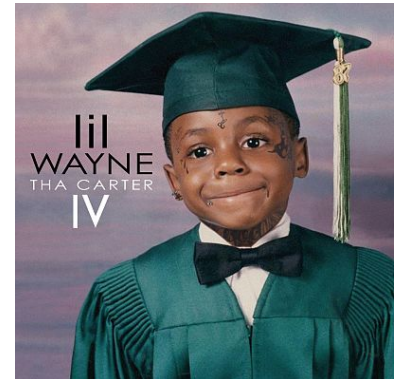
cess on recent albums, fans eagerly awaited the release of *Carter IV*.

According to Billboard, two singles from Carter IV, "How to Love" and "She Will" are currently in Top 10 Hot list. Critics however are not pleased with how this album turned out. They were expecting something similar to his previous albums, with honest perspective on his life, including his extended time in prison. In their eyes, this album lacked reflection on his hectic life, and disappointed critics much like his recent work "Rebirth." They also suggested that most of the guest artists, such as Drake, Rick Ross, T-

Pain, and Cory Guns were "too ordinary". Their parts were "unnoticeable" and "unnecessary." Instead of grabbing the audience interest, they made it dull.

Critics' opinions, however, do not seem to diminish the love fans have for Wayne; his supporters still consider him the "Best Rapper Alive." Even today, months after the album was released, his songs are still blasting on every radio station in America.

"His supporters still consider him the 'Best Rapper Alive.'"



A R.E.A.L WASTE OF TIME

By: Dakari Harris

R.E.A.L Time is a waste of time! If you ask me, students should petition to have R.E.A.L Time abolished. Although R.E.A.L Time was implemented to help the students of Wheaton High School keep up their grades, many students do not take advantage of the opportunity. Instead of going to R.E.A.L time, students often decide to skip, because they feel like they don't want to be stuck in a classroom any longer then

they have to be. "If I'm on honor roll, why should I have to go see a teacher?" asks senior DaShonna Kerr.

Constant complaints throughout school have been that R.E.A.L time cuts into lunch time. On days with R.E.A.L time lunch is cut from one hour to forty minutes. With this loss, there is less time for relaxing and taking a much needed break from classes. Worse, some people may not even make it to lunch!

"R.E.A.L Time is just a waste of time. By letting R.E.A.L time cut into lunch, a lot of people don't get to eat or finish lunch" says sophomore Diamond Reid.

Even I have missed lunch, because of R.E.A.L time, and I was not a happy camper. During my afternoon classes, I found myself drowsy, lazy and tired, which hardly helped my overall performance.

"If I'm on honor roll, why should I have to go see a teacher?"

Teens are not Criminals

By: Tania Ventura

The Montgomery County curfew was designed to keep teenagers (17 years and under) off the streets. The purpose is to keep them away from public places, thereby decreasing crime and giving the adults their “quiet time.”

From Sunday to Thursday night, teenagers are not allowed to be out between 11 p.m. and 5 a.m. On weekends, the curfew is pushed back an hour, to midnight. The penalty for the first offense is a fine of \$100 and \$150 for the second offense. If a teenager

“fails to obey” this, they can receive up to either 60 days in jail and/or a fine of \$500. Parents can also be fined if their children are out too late (\$100 for the first offense and \$200 for the second offense).

According to County Executive Isaiah Leggett, teenagers are the ones always committing the crimes at night. Executive Leggett seems to blatantly ignore the fact that adults commit crimes as well. The curfew is not fair to teens. The county is treating every teenager like a criminal. The majority of teens don't do anything

bad, yet they are punished for the actions of others. The parents should be the ones setting their child's curfew, not the county. It's the parents' responsibility to know where their child is at all times. The county needs to leave parenting to the parents.



Teenagers won't be able to hang out until any time they want if the law is passed.

New Curfew as Montgomery County Takes Responsibility for Teen Behavior

Some say the curfew is the county's attempt at babysitting and that parents should be responsible of their child's actions. The purpose of the Montgomery County curfew, however, is to promote safety for everyone who is out late at night, especially teens.

The concern on safety rose after the stabbing of a 17-year old girl on July 1, 2011. A group of 50 to 70 teens witnessed the crime and fled the scene as police officers were arriving.

Teen violence has been on the rise in the Montgomery County area and the police are trying their best to prevent any further crimes.

Teenagers don't always make the best decisions; they are, after all, only teenagers. It's not only the parents' responsibility to raise awareness but also the county's to help spread the word. With the help of Montgomery County police, everyone in the community will be safer.



Ask a Knight

By Elise Lemus and Marali Duarte

Dear Elise and Marali

How do I stay focused on school when there are drugs around me?
Confused

Dear Confused,

As a junior in high school I know that staying focused in school is very difficult especially when there are sidebar activities your friends are engaged in such as drugs. What you have to keep in mind is what will help you in the long run: the hard work you put in school or the drugs? Another very important thing to remember is that just because your friends are doing something doesn't mean you should too. If they are *real* friends they won't make you do something you don't want to or that will prevent you from making good decisions.

Sincerely, Elise and Marali

Dear Elise and Marali,

I've had a lot of family issues since I can remember, should I try to solve the problems or should I keep it bottled up?

.....

Dear

I know from firsthand experience that family problems can be some of the worst type of problems to have, but the thing to always keep in mind is that, no matter what, family will always be there, when nobody else is. Something else to know is that you should NEVER keep your feelings bottled up. The problem with this is that eventually one day, you will explode and take all your anger out on someone who has done nothing to you, which you will end up regretting. The best thing to do is find someone you trust, a friend, a family member, maybe even a teacher, someone who you can talk to about your problems, who will listen and won't judge you. By opening up to someone, a great weight will lift from your shoulders and as time goes on, things will get better. Like Tupac once said, "for every dark night, there's a brighter day."

Have a question? Email Elise and Marali at Askaknight12@gmail.com



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