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The Strongsville High School LANTERN

20025 Lunn Rd., Strongsville, Ohio 44136

Do something great today... it will be in the paper tomorrow. Do something great today... it will be in the paper tomorrow.

Students find alternative ways to take a stand on National Walkout Day

Cameron Bly
Journalist

On Feb 14, the students and staff at Marjory Stoneman Douglas High School experienced a school shooting that resulted in the death of seventeen students. In a society driven by the freedom to assemble and the freedom of speech, people of all ages throughout the United States have been responding and generating opportunities for change in regards to gun violence.

Strongsville High School seniors Lauren Radke and Alex Corpuz decided to take action after the Florida shooting by working with administration and

guidance to lead various activities open to all HS students in support of the students at Marjory Stoneman Douglas High School. On March 14, rather than staging a school walkout, students were able to sign a poster to be sent to the victims, contact legislators supporting gun laws, and show support by wearing maroon.

Throughout school lunch periods, the media center was open for all students to participate in the activities. While walkouts were common across the country to protest gun violence, Radke said easily accessible events organized through the school itself were a safe way to ensure

students' voices be heard.

Just as students expressed their support through the awareness activities, students spoke their opinion about the effects of them. Overall, most students agreed that being able to address the issue in school with support from both peers and teachers was productive and boosted morale.

Students Shannon Narolewski and Ali Awada agreed that organized events are "a better way to get our point across safely and efficiently."

However, a Strongsville student disagreed and said she felt disappointed that the walkout was not the main initiative. She

felt, "the same threat to safety would be present in a fire drill in which all students exited the school."

Regardless of how the situation might be addressed, students

of Strongsville High School seem to agree that a change needs to occur in the safety and comfort of not only high school students, but youths and adults across the country.



Seniors Shannon Narolewski and Ali Awada signing the poster sent to Marjory Stoneman Douglas High School

Carrying the gavel to States

Shahzeb Malik
Journalist



The SHS third place Mock Trial team

The Strongsville High School Mock Trial team placed third out of 32 teams at the State competition from March 8-10 in Columbus, Ohio.

Allison Papish, Comparative and Advanced Placement Government teacher and the advisor for the group, says Mock Trial is "a way to compete on a different level in which you have the intellectual ability to compete. Young people need to be able to respond spontaneously in life and Mock Trial really helps with that."

The team raked in a number of individual awards with Shyam Polaconda winning Best Witness, and Satya Nayagam and Suraj Srinivasan both winning Best

Attorney. and freshman Marquis Globokar was also recognized. The team worked hard throughout the year and it definitely paid off both from an individual and a team perspective.

Papish also says, "It's real world experience with judges and attorneys that work in the field, and you need to defend yourself. They learned certain skills in this type of setting that you won't learn anywhere else in high school."

These skills are cultivated by the organization of the experience. Shyam Polaconda was able to explain how Mock Trial works: "The students they get a "mock case" and you have two

sides, prosecution and defense. Essentially, they work the case as a team and if you win two trials at the district competition you move on. The same goes with regionals, and with states you have to win four."

Similar to a real-world courtroom, intense challenges come about and Strongsville students "raised certain objections that only the most sophisticated attorneys could raise" Papish explains.

Shyam says, "We lost the third trial which was on the second day, if we won that we would have gone to the finals. The day of trial is when it pays off and it's really so much fun. We had a pretty good run this year."

Bio's survival of the fittest

Ashley Mullins
Journalist

Excitement, anger, and tension, Oh my! The month of March marks the start of March Mammal Madness! March Mammal Madness is an annual tournament run by Dr. Katie Hinds of Arizona State University in which mammals fight to the death. The tournament is arranged in a bracket style similar to college basketball's March Madness. Scientists analyze the mammal's strengths and weaknesses to determine which animal advances in the bracket competition.

Science teacher, Dan Mott, decided to have his students

compete in this nationwide competition. Eighty seven of his AP Biology and Regular Biology students competed in the tournament this year.

Dan Mott said that he "wanted to generate excitement about biology outside of the classroom and have fun doing it." He decided that as an incentive to motivate students to apply their biology knowledge to the tournament, he would award extra credit to anyone who advanced farther than he did.

As the tournament went on, the students' competitive natures were revealed. Senior, Cammy Bly, says "I did experience some tension between my classmates. They argue sometimes, but it



March Mammal Madness bracket displayed in the main hallway near the science classes

really escalated when March Mammal Madness began."

As advice to a future competitor in this fight to the death tournament, senior Hannah Schmidt, says that in order to win, "You must first front load with research and scouting of the animals to create a strong

bracket, and hopefully you will be able to see success on the back end."

The desire to win and earn bonus points was the true motivation of some students, but some students claim the goal of extra credit did not affect them. Senior Connor Rowitz, says "I always try

my best regardless of extra credit."

Regardless of what motivates students to succeed, many can agree that March Mammal Madness was an experience to remember! Junior Shrini Jasani says, "It is something I thoroughly enjoyed and will definitely compete in next year."

News

Strongsville's finest voices

Susie Alley
Journalist

Strongsville's Choir Department held the annual Teen Idol competition in the high school auditorium on March 27. Those who were selected at auditions earned the chance to perform in front of a live audience and a panel of three judges.

Students from each grade performed their chosen song for the audience hoping to win over the judges' hearts. Despite the overwhelming talent, the judges made the tough decision

and chose a winner. Based on the judges' scores, Allyson Godinsky earned third place, Abby Whewell was named runner up and Ronell Warmuth won the competition.

The premiere of American Idol seventeen years ago sparked Choir Director Vickie Eicher's interest to create Teen Idol as a way to showcase the musical talent of Strongsville students. This year, Linda Gorczynski planned the show with the help of her daughter, Alexa, under the super-

vision of Eicher.

The process this year, as always, began with an audition. The competitors began practicing their chosen song a month ahead of time in attempts to earn a spot on the final list of singers moving onto the live show. The students were only able to try out if they were enrolled in a choir class at the time of auditions.

One of the school's well known musicians, Eddie Staats, auditioned and was chosen to compete. Staats explains, "music



Alexa Gorczynski competing at this year's Teen Idol competition

is a big part of my life, and I hope to be able to perform in front of people."

Seats began to fill and the performers showcased their talents to the crowd. Senior Cammy Bly attended the show and mentioned, "The show was excellent!

It was exciting to see people I know and go to school with singing on stage. This was my first year attending Teen Idol and I'm definitely glad I went."

The talent at Strongsville High School was sure to be seen at this year's Teen Idol competition.

Dune buggy donation

Michael Gallagher
Journalist

Local electrical engineer Bob Wolford created an electric-powered dune buggy, currently in the SHS media center, using his electrical engineering skills to show students what someone can do when they put their minds to it.

It took Wolford a total of approximately 8 years and 1000 man hours of work to complete the dune buggy as a hobby side project. He had wanted to do this because he "...got bit by the electric vehicle (EV) bug" several years back and became very interested in the subject. Wolford chose to build the dune buggy from scratch.

"I believe that truly retaining deep seated knowledge is only possible by applying that knowledge to an actual application. There's also some aspects, a certain tribal knowledge if you will, that cannot be learned just by studying books, formulas, and not having any hands-on experi-

ence."

It took knowledge in engineering to follow through with his goal such as battery and wire gauge sizing, torque/speed gearing calculations, electrical safety considerations, etc. Wolford hopes that the dune buggy will be used to teach students the value of hands-on knowledge and is working with teachers on ideas to give students exactly that. One idea is to have hands-on makerspace workshops/labs with science classes. He is also willing to hear students input and ideas for improvement on it!

"When working on a project like this, it does help to know your limits up front and seek help when needed. In general, I like to separate things into three buckets: things I already know how to do, things I want to learn, and areas where I seek out help".

However Wolford did not have all the knowledge he needed, so he sought out CNC machinist

Dave Gregga to help him with welding the dune buggy.

In the end his hard work paid off and now there is a fully drivable machinery right in Strongsville High School.



Wolford's dune buggy in the Strongsville High School media center.

Model UN success

Munira Odetallah
Journalist

The Strongsville Model United Nations team competed on March 6 and 7 in the Cleveland Council of World Affairs Model United Nations Conference at Case Western Reserve University and won Best Large Delegation.

Thirty one students were involved, and many won awards, including Excellent Delegation, Position Paper Award, and the Gavel Award, which is the Highest Achievement Award. The Model UN fosters leadership skills, and this was seen through the student officers, who prepared delegates to debate, write position papers, and research to effectively compete and represent a country, while also solving world crises. Team leaders also held meetings after school and gave extra training to new members to provide the team with the best chance for success.

The President of the Strongsville Model UN team, Krista Albertins, described the rigorous preparation process as "hard

work paid off," and felt that a highlight of the conference was that "many of our underclassman and new members received awards, an exciting moment for them and for me."

Team Vice President Lauren Radke stated, "The new delegates especially debated and contributed to the conversations with conviction and confidence, attesting to their commitment to the club. The personalities that these dedicated students brought to the conference was what made my last conference special."

Model UN Advisor and Social Studies teacher, Aaron Phelps, believed members took initiative and achieved their ultimate goal to "grow as young leaders, to cooperate well with students from other schools, and to 'get their vitamin F' for 'fun.'"

Ultimately, the Strongsville Model UN team won Best Large Delegation for their outstanding student leadership, work ethic, and dedication.

Varsity Basketball's Cinderella run and unexpected Sportscenter highlight

Shahzeb Malik
Journalist

The Strongsville High School Varsity Boys Basketball team finished their season on March 10 in a magical way. They played four games in the post-season advancing all the way to the district championship as the 11th seed.

The boys kicked off the playoffs on Feb 28, with an 80-59 win against Avon, a game was filled with crazed excitement. After taking down the 6th seed as the 11th seed, the boys proceeded to knock out Elyria by 19 points.

The coach said, "The look on those young faces after finally having a win streak for so long was priceless. Right then and there I knew that they were ready for any challenge thrown at them."

The third game in their "Cinderella Run" was that challenge. They fought against Berea-Mid-

park, coming out on top 58-40.

At the end of the game senior Bernie McGivern, the starting point guard was shoved to the half court line in the last few seconds of the game. He threw up a one-handed "gimme" shot and no one in the gym thought anything of it. Until it went straight in. The gym erupted and the video went viral making its way to SportsCenter's official Twitter and Snapchat pages.

What has been called the "Cinderella Run" has shown the best of Strongsville Basketball in a season where it looked as if things were at their lowest point.

When asked about what changed going into the playoffs, Coach John Lipowski said "My players started to learn how to trust each other and how to create for each other.

Many players attest to the fact

that Lipowski's experience and consideration of the postseason being a completely new season were some of the reasons that they went so far.

The four-win Varsity team just punched their ticket to the District Championship against Lorain High School.

Going into the game, Peek said: "We were all very excited but nervous at the same time, we wanted to go out and play our hardest." They, unfortunately, lost the game to Lorain 58-55: a mere three point loss. The boys played their hearts out, but were unable to earn the title of District

Champions.

Yet as the seniors move on, the next generation of ball players are being ushered in. One thing is for sure: no fans will forget the remarkable run of the 2018 Strongsville Varsity Boys Basketball Team.



SHS Basketball Team getting ready to play Berea-Midpark in the District Semifinal Game

Opinion

A Call to Action: How YOU Can Make a Change

The Lantern Editorial Staff

SHS students! With the tremendous increase of national student initiatives to spark change in politics, it is our time to step up and prove the worth of our generation. We are not too young to make a difference; it is time to raise our voices to defend what we believe in, in order to prove that we deserve a seat at the table of political and social change.

It is vital to understand the constructive methods by which our generation can use its voice for productive change. First of all, the most important aspect of pushing for change is being informed. Make sure you are not sharing fake news. If you see a piece of news on Twitter, research it to prove it is factual

before endorsing or refuting it. Being well-informed discredits the claim that we as youths do not understand the current state of politics. Staying up-to-date on current events is another key aspect of being informed because circumstances are constantly changing. In addition, research-

“In many cases, we are discredited as young people because we display our want for change on social media, but show up only in tiny numbers to the voting booth.”

ing both sides of a certain issue prepares us for debate and provides evidence to support our beliefs. Before we raise our voices on social media, we must first give substance to our arguments and passions.

Taking to social media with a strong, credible argument in today's day-in-age brings atten-

tion to social issues and adds to a political movement. Such a display of dissatisfaction should come after sending direct letters or emails to our representatives pleading for change. The goal of this public display is typically to pressure elected officials to pass legislation that will mirror

these goals due to the attention the issues are receiving on social media. Once you solidify your argument and assure you are making a sound, factual statement, you can add to the social media pressure by tweeting and adding more attention to social issues; however, there is an even more effective measure we can take in

order to make direct change.

If you are over the age of 18, or even turning 18 before November 6, the best way to make change is to VOTE. If our representatives are not passing legislation that reflects our desire for change, vote them out! In many cases, we are discredited as

our voices be heard. If you are eligible to vote, do not miss the May Primary. Vote for the critical issues on the table. We can talk all we want, but real change is made in the voting booth.

As a generation, we have the opportunity to be the change we want to see in the world. If we want and influence in politics, we first need to do the necessary research, remain informed, and know the opposing argument. We should contact our representatives and demand change. Next, we can speak up on social media to pressure elected officials. Most importantly, we need to vote. Never think you are too small or young to make a difference. If we want change, we must demand it.

Love, Simon: Complicated Crush

Bailey Klingbeil
Reviewer

From the small details, such as the Panic! At The Disco posters, *Bob's Burgers* paraphernalia, and vinyl records littering his room, to silly rumors and dealing with annoying kids at school, *Love, Simon* captures the essence of being a teenager today. In doing so, the film ensures that almost everyone can relate to Simon in one way or another, even if we do not understand the struggles he has to overcome. *Love, Simon* (2018, dir. Greg Berlanti) is a breath of fresh air in both the romantic comedy genre and Hollywood itself. While there are some clichés, Berlanti removed their cheesiness and made them seem new again.

There are many of the typical storylines that exist in teen movies, but that's the point: one of the first things we hear Simon say is, "I'm just like you." The filmmakers took this to heart and maintained that theme very well throughout the film to add to the realism of the story.

The impact it has had on

its viewers is incredible- many teenagers have cited the movie as their inspiration for coming out to their friends and family. Members of the LGBTQ+ community have praised the film for capturing the psychological and emotional struggles that are not always shown in other media, such as Simon having difficulty saying the words "I'm gay" out loud. He also worries that things will change dramatically, despite knowing that his parents and friends will accept him.

Though these struggles are not the main focus of the film (they are only mentioned or shown a handful of times), they shape the way we perceive Simon and his life.

Love, Simon has had a tremendous impact on not just its viewers, but Hollywood itself. As the entertainment industry begins to incorporate diversity into its creations, we will hopefully see more movies that reflect the world we live in, just as *Love, Simon* did.

Barrio vs Barrio Food Truck Queso Qualifications

Julia Ostrowski, Cameron Bly
Restaurant Critics

This month, Julia and Cam set out to get down to the bottom of a ground-breaking debate: Barrio... Or Barrio Food Truck?

From all of their past experiences, along with their last dining at the Barrio restaurant in Lakewood, Julia and Cam have given Barrio a 12/10 rating. Not only are the tacos fantastic, but they are cheap. Cam notes that "the abundance of toppings free of charge makes Barrio stand out to me. Such a wide variety of options makes the half hour hike not so bad."

"The queso is what really makes the drive worth it for me," Julia says. "It hits the spot every time, no matter what time of the night or how busy it is."

Julia expands upon one of her previous experiences with great reviews, "I once went to Barrio in a rush. I knew I didn't have a lot of time, but I was really craving Barrio tacos. From the time we parked up until getting our tacos, only eight minutes had passed.

Now THAT is a new record!"

Cam has similar feelings toward the Barrio restaurants. She explains that "a longer wait for a table due to the popularity of the restaurant is doable because of the speedy service. I've never waited longer than 15 minutes for my food."

These two have been sceptical of the taco quality in comparison to the Barrio restaurants in Lakewood, Tremont, and Cleveland. Once the Barrio Truck arrived in Strongsville, Cam and Julia knew they had to test it out. With fewer options for creativity and diversity, the taco menu is slim. This is understandable due to the capabilities of the truck as a motor vehicle, but still... disappointing. However, the prices were similar to those of the standing locations, allowing for some relief in the girls' bank accounts.

Julia decided that the truck just didn't live up to Barrio expectations. "My tacos were fine, but not as good as they are in the



Thumbs up for great tacos

restaurant. Without the crazy decor and atmosphere, it wasn't the same. The queso was just as good as always, but the chicken in my tacos made me nervous." Similarly, Cam was not as happy as she hoped she'd be. Her favorite Barrio quality is the endless opportunity for variety, and the truck limited the highlight of her typical meal.

Overall, the Barrio restaurants still have better reviews than the Barrio food truck. Julia and Cam are pondering if the truck is being used to test out a possible Barrio location in Strongsville, so the introduction of it into the area might be productive for future business. Keep an eye out for a potential Strongsville hot spot in the future!

Macbeth Field Trip: Fair is Foul, Foul is Fair

Nicole Ganiere
Journalist

All hail Macbeth! On April 12, Strongsville High School AP Literature students went on a field trip downtown to the Hanna Theater, myself being one of them. All of us, accompanied by chaperones Carol McKnight and Timothy Sorge, piled onto the buses early in the morning with joyful looks in our eyes. We have eagerly spent the past month reading and analyzing *Macbeth*, a Shakespearean drama; their plan to finally see it live was a great way to end the unit. Great Lakes, Cleveland's professional theater company, performed.

Sixty-five students went on this journey. Adam Canning, a student of McKnight, had contrasting opinions on the play. Because Canning does not enjoy plays in general, he was difficult to intrigue. Canning commented on his overall feelings towards *Macbeth* by saying that his enjoyment of the play was, "attributed to the use of lighting, smoke machines and props which changed the whole atmosphere of the theater in a single moment."

Janie Eyerman, Sorge's student, also excitedly opened up on her experience saying, "I felt that the play was well-executed and I enjoyed seeing it live. The idea

of having a set stage to resemble the globe theater of the Shakespearean Era was a nice historical touch that Great Lakes incorporated into the play."

Eyerman also encouraged the use of field trips as an educational experience, saying, "It's always fun to take field trips with your friends! Students can see what they 'have been studying manifest before your eyes into something tangible and real."

The acting was different than anything I have ever seen before. I did enjoy having the scenes come to life and felt that the actors did their best in creating a lifelike interpretation. Julie Campean,

another student of Sorge, said, "The acting definitely helps place everything into context and allows the printed script to really come to life... However, scenes that included long soliloquies definitely dragged a bit and were easier to appreciate on paper."

Eyerman agreed with the belief that the written word is "incredible" and "it is nice to let your own imagination determine the inundations of the play, but I am a huge fan of theater."

McKnight commented on the benefits of the Cleveland theatre culture for students saying, "Cleveland's Playhouse Square is second only to New York in terms of the size and production of live theater."

McKnight also said, "This benefits our students to understand the expected behavior when you attend a live production." She noted, "The actors expect you to engage and be respectful." McKnight was happy to see the AP students being, "part of something much larger."

Finally, McKnight enjoyed seeing her students react to the production. She said, "It's just cool to take a field trip with students who may be seeing a Shakespearean production for the very first time."

Hopefully, this traditional field trip will continue on for many years, as I believe each class should encounter Shakespeare live and in full swing!

Arts & Entertainment

The Love Doctor

Anonymous
Columnist

@CollegeKid

I've been talking to a guy for a couple months and we really like each other, but he doesn't want to start a relationship because we are going to different colleges next year. What should I do?

Dear CollegeKid,
Never give up on love! If you have something good here, do not give it up because of school. You still have a whole summer to hang out and continue to get to know each other. Try long distance! If it is meant to be, everything will work out! Good luck!

@BestfriendBlues

Hey Love Doctor. This isn't really about my love life, but I'm so sad because in like 5 months I'm leaving all my best friends for college :(What am I gonna do without them?

Dear BestfriendBlues,
Your best friends will always be your best friends! College will not put a dent in your relationships at all, I promise. College will be an exciting time for all of you, but the love you have for each other will never die.

@SusieSituation

I am dating this one girl; let's call her Susie. Susie and I have been dating for a couple months, but I don't know I think she's cheating on me...she always hides her phone from me, and I tracked her phone and she was at some random house I've never seen before... What should I do?

Dear SusieSituation,
Talk to her! The only way to know for sure is to talk to her and find out what's going on. You'll never know if you do not ask.

@LonesomeLad

I haven't found love in 18 years of living. Do you have any advice?

Dear LonesomeLad,
Do not be discouraged! Love is hard to find; don't force it! You still have a ton of time, so do not worry about it. It will happen when it happens. If you want to get a jump start in the love field, maybe try a dating website. Keep your chin up!

@CheatingChum

I need help. My boyfriend cheated on me with my best friend, and my best friend won't tell the truth. What do I do?

Dear CheatingChum,
Dump both of them! Both are so unworthy of you for going behind your back, as well as lying to you about it. Neither are worth your time and energy! Do not settle for less than what you deserve!

@PromProbs

Dear Love Doctor, I recently broke up with the guy I was dating. There is just over a month before prom and I don't know who I should take now that I'm single. How should I approach this last minute date search? He said he'd be willing to still go together, but I think it would be awkward.

Dear PromProbs,
Do not go with him! It will be awkward, and I am sure you will find someone much better! Here's my advice to you. Have you ever seen the movie Mike and Dave Need Wedding Dates? If not, watch it. In the movie, both Mike and Dave post an ad on Ebay to find wedding dates. I think that is the best solution for your prom date disaster. Post an ad and see what you get;

Snowballs Don't Kill People

Erin Sievers
Columnist

I crouched behind the fort that took hours to craft, my supply of ammunition running dangerously low. My opponent mocked me from across the field, daring me to face him like the man I was expected to be.

I gathered my courage and jumped up, only protected from the knees down. My head, my chest, my legs were easy targets, and my opponent sneered, the victory already clear in his mind.

Before I could make a feeble attempt to preserve my dignity, to go out with my pride still intact, the soldier across the field drew his arm back and let the snowball roll off his fingers like it was still in liquid form.

The packed snow, now coated in a thin sheet of ice, hit my exposed chest like a rock and shattered into a million pieces. A dark stain blossomed over my heart and I fell back into my own camp, the place where I was supposed to be safe, where I was supposed to be sheltered.

This wasn't fun anymore. When my friend suggested the game, I assumed we would be playing fair. We would only have the amount of snowballs to throw that we could make in ten minutes. But he broke the rules. He continued to make them even though time was up. Even though I was left defenseless and vulnerable, just so he could win. This wasn't fun anymore. How could it be?

I was flat on my back like a turtle stuck in its shell, that was when it stopped being fun. My breath was knocked out of me on the impact, that was when it stopped being a game. The snow was soaking into my jeans and falling down my boots and burning me anywhere it could

find bare skin. That was why it needed to stop.

But my friend wasn't going to stop making snowballs. He wouldn't stop pelting me with them. As long as he had the resources, the ability, he would have no reason to. The only thing that could prevent this from spiraling into something malicious, even more than it already had, was the sun.

If the sun would melt the snow, it would take away any opportunity people would have to hurt others with snowballs. The sun was in control, but instead of increasing its glaring heat, all it did was hide behind the clouds and pretend it couldn't see what this innocent fight was becoming. It seemed afraid, but honestly, I think it liked the snowballs just as much as my friend did. It didn't really want to see them taken away, so it ignored the problem, ignored the pain they were causing.

My opponent walked over, casually tossing his last snowball from hand to hand. If the sun would melt the snow, there would be no use for these trivial barricades that shield us from each other. Our assailants' footprints would fade away, and soon would lack the weight to create more. Anyone with even a fraction of perfect vision would still see the imprints in the grass when the spring comes around. Nobody would be forgotten.

It was too late for me. But it was not too late for other victims to be avenged, to prevent others from having to suffer.

My opponent stood over me, blocking out the dim shine of the sun through the clouds, and aimed the snowball directly at my face.

The Nerd's Corner

AP Testing Game Plan

Morgan Hyun

Columnist

Before: Preparing for AP tests during the weeks leading up to each test is stressful, demanding, and time consuming. Students start to wonder if taking AP classes is really worth it, but it is! Pushing through the gruesome test prep will be worth it in the end when you get the college credit you have been working for all year! To maximize performance on test day, get plenty of rest, chill out, and eat a good breakfast.

Teacher Aaron Phelps recommends that all "students eat a well balanced breakfast with a lot of carbs, fats, and proteins that are going to keep their bellies full for the whole exam. My personal recommendation of the BEST breakfast you can eat for AP would be a peanut butter and banana sandwich on whole wheat bread." (see below)

During: During the test it

is really important that you stay focused on accomplishing your goal and finishing on time to the best of your abilities. Senior Eddie Galay says to, "wear comfy clothes, and don't be late to the test." You want to be early to your test so you can relax and make sure you have the necessary materials. Bring a snack and water for your break, and don't psych yourself out by discussing the test with peers! Just try your best and remember: you have worked hard all year for this test. You can do it!

After: After surviving such long, intense tests you should give your brain a well-deserved break. Relaxing after each AP test is important for everyone's mental health. Get some ice cream with a friend, take a nap, and watch some Netflix to take your mind off how well you think you did. Going on twitter and

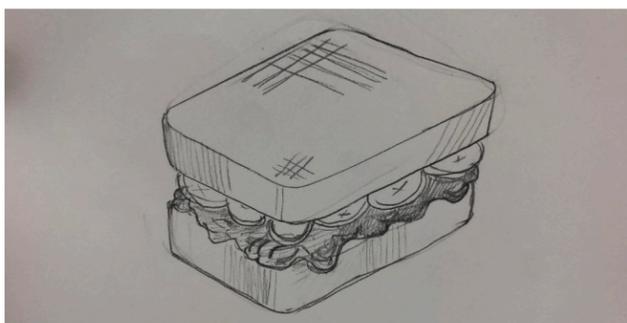
searching the hashtag of the test you just took will always bring up a plethora of AP test memes that will make you laugh and feel better about yourself too! If you have more than one test per week, make sure to manage your time wisely so you can review last-minute material, keep up with non-AP classes, and most importantly: sleep! AP student Ashley Mullins says she likes to go to Cedar Point every year after AP week. Her post-AP test motto is "I go to CP after AP!"

Finding a way to decompress after your tests is not only fun, it is mentally necessary. Once all your tests are over, you can relax and enjoy your last weeks of school without the stress of AP hanging over your head.

Good luck to all AP students taking their respective tests this May! Continue to work hard and your results will reflect your effort.

The Perfect Pre-AP Sandwich

"You start with two slices of whole wheat bread (you can toast them or not) with peanut butter on both pieces. Then you put banana slices in between, slap the whole thing together, and you can wrap it up in a paper towel so it's handy and you can take it with you on the road." ~Phelps



Look out for our next student highlight in the May Issue: Krista Albertins



Living her best life