



The Mental Pab

The Senior Edition



Valedictorian Safa Ilyas

Safa Ilyas is a cut-and-dried, no shenanigans scholar. She is the perfect fit as Lawrence's Class of 2018 Valedictorian, and she deserves it. Due to her hard work and determination she thrives in all aspects of her education. Safa is in a multitude of clubs. She has shown her leadership as the FHA secretary and the co-vice president of National Honors Society. She played Varsity Badminton and Varsity Tennis. She has worked on Stage Crew, National Art Honors Society, and she was a Math Mentor. She plans on becoming an engineer after attaining her chemical en-

gineering degree from Cooper Union. Safa plans on using her degree to benefit the less fortunate. She is hoping to join Engineering Without Borders to help her fulfill this goal.



Honors Speaker Nicholas Williams

Amicable, down-to-Earth, driven, and knowledgeable are just some of the words used to describe Nicholas by his peers. He is a kind and honest soul. History and math come naturally to him, he plays the cello, was on the varsity soccer team, was a Siemens National Semi-Finalist for his work with Graphene, and he participated in the Garcia Summer Scholars program at Stony Brook University. Some call him a genius, but those who know and love him just call him Niko.



Salutatorian Daniel Rizzo

When you think of excellence in academics and music, it's hard not to think of Daniel Rizzo. There isn't another name that is more exalted in the band room than that of Daniel Rizzo. A gifted student in all subjects, Daniel tried to balance his academics with his love for drumming. Since freshman year, Daniel has been a level 6 NYSSMA drummer, achieving perfect scores in every evaluation. He has been in the All-County Orchestra and band, Lawrence Jazz Band, and Pit Orchestra. He has also been a drum-line coordinator and a Tri-M Vice President. Daniel hopes to pursue a career as a civil engineer.

Advice Column



By: Amanda Romero and Alicia Etwaru

Dear A&A,

I recently broke up with my boyfriend after being with him for over a year. It hasn't been that long, but I am hearing rumors that he is trying to talk to my best friend and that she is "warming up to him." I know we aren't together anymore but it bothers me and now every time I see her, it feels awkward. What do I do? Should I confront her and risk losing a friend or just let it go even if it hurts.

Thanks!,

#Confused

First of all, let me start by saying jealousy is the root of all evil and assumption is a close second when it comes to ruining friendships. However, this green monster might be tugging us to a direction or path we haven't seen yet. A boy should never be the reason to end a friendship unless the loyalty or true form of this friend is being shown.

Unfortunately, you cannot confront your ex boyfriend, as he is no longer with you or yours, but that does not mean you cannot communicate with your friend. It may be that she does not want to tell you because she is trying to spare your feelings, or because she truly does not have feelings towards this person, but you can't know the true answer until you sit down and seriously talk about it. If you share your feelings on the situation and let her be heard, that's the only way the situation can move forward. If she becomes defensive about this boy, it'll bother you, it may even hurt, but think about it; would it hurt more losing your friend? That's how you learn the answer to your own question. If she puts this boy over you, then she is not a true friend. But if she doesn't let him get in the middle of your friendship then don't do it either. Most issues between people come down to miscommunication, or words being left unsaid. The truth is he is just a boy, and there will be so many heartbreaks yet to come, but it's rare to find a good friend. For all you know, he could be doing this to get a reaction out of you, but do not let that get to you or get in between your friendship. The best way to

fix the situation is to speak to your friend, in a normal, not defensive or assuming tone, and hear her out without any assumptions. No boy is ever worth fighting for, especially those who can cause harm to you or those close to you.



Cruising for a Career Online Has Never Been So Easy

By: Alexis Charlton

Making the decisions that concern your future can be challenging and stressful at best. However, as members of a digital generation we have the means to simplify this process. Students of Lawrence High School have access to informative websites such as careercruising.com which provides insight into a multitude of careers. This website provides a plethora of information such as the amount of schooling needed for a certain career, entrance and experienced level salaries, as well as related careers which may open doors to professions one may have never heard of before. Interviews given by members of said profession present realistic descriptions of the daily requirements of their jobs. The website also features photographs of profession-



als in their workplace as well as core tasks, helpful attributes for those entering the profession, a description of the workplace, and a career path describing the direction one may take when starting a career.

This massive amount of information may be overwhelming for some, and undoubtedly there are students who are unsure of what careers spark their interest, careercruising.com offers aid to these students as well. By clicking the "Assessments" tab and then clicking on "Matchmaker and My Skills" students will answer some questions and later be presented with various careers corresponding to their responses. Next, students may begin the "Ability Profiler" which determines whether one has the necessary skill set for the jobs provided by the matchmaker. A "Suitable for You" section will be created which contains a list of professions the website feels suit you best. Bear in mind however, that this website is only a point of reference, if a profession you are passionate about is not present after the website's assessment, don't let it stop you from chasing your dream.

Finding the right profession for you is no easy task, but informative and insightful tools such as careercruising.com simplify the process, allowing us to

encounter professions that we are enthusiastic about, thus, making us better equipped to make the world a better place.



District Dance Show Wows Audiences, Again

By: Jackie Blyudoy



To say that the auditorium was full on May 31st, is an understatement. At 6:45, the lobby was already packed with people racing to get the best seats in the house. Once the show began at 7:30, not only were the seats packed, but people were even standing against the walls. This year's dance show theme was "Love Is..." This is just what our school district needed during a time when the concept of love is repeatedly being forgotten across the world. Every aspect of the dance show came as a surprise to the audience; even the portrayal of the concept. She decided that rather than just doing what everyone would expect: love song

after love song, she would attack the emotion from a more artistic perspective. The premise of the show was built upon the seven greek loves: eros, philia, storge, ludus, philautia, pragma, and agape. These greek types of love range from self love to love found in friendships to family love and more. This touch of greek culture was seen in between each act when Ms. Sales explained the kind of love being presented followed by Bhawan Sandhu reading a poem. The biggest surprise, I believe, was the opening. Dancers from Dance 1, 2, 3, and 4, sat in the audience dressed in normal clothing with a touch of red. Ms. Sales even went as far as directing them to bring their phones and text on them, as though to blend in with the crowd. Although some friends and family who recognized familiar faces may have caught on to what was happening, most did not. At 7:30, when dancers started dancing in their seats, the audience was astonished. This year, the show was composed of a school wide effort. Ms. Staller and Windell took part in Dance 4's presentation of pragma-enduring and lifelong love between two partners. Chris Vinas danced a duet with Susan Sedhom as a portrayal of eros. Lastly, the stage crew was a huge part in moving props and controlling lighting. The dance show was truly a success.

Jece Abuan Stony Brook University	Lir Bohnik Army	Sigrid DeLeon SUNY Farmingdale	State College
Jeniffer Stephanie Alegria NCC	Ethan Breban Binghamton University	John De Los Santos NCC	Alejandro Herrador York College
Mohamed Alkaifi NCC	Ariana Brown SUNY Potsdam	Diego DePaz NCC Priscilla Detweiler Molloy College	Safa Ilyas Cooper Union Mohammad Islam NCC
Paul Altubar Utica	Latrell Bryan Workforce	Carlos Duran Utica	Christian Jaiyesimi SUNY Buffalo
Bradley Alvarado NCC	Justin Bugtai SUNY Farmingdale	Jeffrey Escalant NCC	Christopher Jaiyesimi SUNY New Paltz
Hugo Alvarez NCC	Kris Carpio Workforce	Christian Espinal QCC	Jeliea Jardine Utica College
Jordan Amezquita NCC	Derek Canales Johnson and Wales University	Haisha Famuyide Albany	Marquis Jeudy NCC
Joseph Amoroso SUNY Old Westbury	Paoli Vega Canales Workforce	Jessica Fuller Harris-Stowe State University	Eternity Jimenez Utica College
Leslie Argueta City College of New York	Sharon Canales Workforce	Anthony Gebauer NCC	Amaya Jones SUNY Purchase
Matthew Arroyave St. John's University	Isaac Castro Army	Nicole Giordonello SUNY Albany	Rachel Kendal University of Florida
Heaven Arzu St. John's University	Lily Cervantes John Jay College of Criminal Justice	Jessica Giron NCC	Fiza Khader NYU
Maria Avilez Pas Workforce	Brayan Chavarria Workforce	Shashana Glen SUNY Cortland	Caleel Killingbeck Workforce
Radu Banisor Workforce	Joel Cook Stony Brook University	Genesis Gomez NCC	Eric Kolchinsky SUNY Binghamton
Britny Barrientos Stony Brook University	Kion Cooper BMCC	Madeline Gomez SUNY Albany	Olivia Levi SUNY Oswego
David Barrientos SUNY Old Westbury	Noelia Damaris Cifuentes NCC	Ivan Gonzalez Batan Workforce	Ruby Levine SUNY Binghamton
Jefferson Barrientos Workforce	Chris Collier NCC	Nicholas Gargano Rochester Institute of Technology	Cristofer Martinez NYC College of Technology
Taylor Bater Workforce	Chyna Crawford Baruch College	Hanah Grontas High Point University	Jenifer Martinez Mendez NCC
Taylor Bell York College	Aaliyah Croft NCC	Claudia Guardado SUNY Old Westbury	Stephanie Mejia St. John's University
Eric Birbilis Farmingdale State College	Jantezis Cuellar-Nunez SUNY Old Westbury	Francine Henry College of Staten Island	Dylan Mendoza NYIT
Michael Birbilis Hofstra University	Santino Dalmazio Utica College	Jachelle Henry Morrisville	

Gary Monzon Army	Jay College of Criminal Justice	versal Technical Institute
Jesslyn Monzon NCC	Mariella Perez-Serrano NCC	Vilma Rogel NCC
Brayan Morales Workforce	Kimberly Picado NCC	Kani Rogers Navy
Muhammad Munee NCC	Jordan Pina Concordia College	Amanda Romero-Soberanis NYU
Kevin Nalisa Adelphi University	Alexa Pitt Pratt Institute	Jada Rosenberg Ohio State University
Nasir Nelson Workforce	Shayla Pitts Seminole State	Catherine Capata Saavedra NCC
Nubya Vasquez Molloy College	Jake Pomper SUNY Buffalo	Brian Sanders SUNY Potsdam
Wesley Joel Vasquez-Alvarado Army	Stacy Portillo The City College of New York	Danielle Shackelford San Diego State University
Roy Vazana NCC	Emily Prashad John Jay College of Criminal Justice	Alex Smith SUNY Morrisville
Andrew Velasquez-Berrateran Adelphi University	Andrew Johnson SUNY Potsdam	Suquan Stays Monroe College
Christopher Vinas NCC	Chris Quiroz FIT	Matthew Stein FIT
Matthew Walsh Five Towns College	Derick Rabanales Workforce	Rafael Soto FSU
Nicholas Williams Stony Brook University	Sean Ramirez SUNY Farmingdale	Ishmael Tirado Adelphi University
Keith Woods Temple University	Zoya Ramzan Hofstra University	Sierra Troupe Brittany Beauty School
Richard Zetino Workforce	Roshan Reddy Stony Brook University	Gabriela Turcios Buffalo State
Angie Zuniga Paz NCC	Yenifer Reyes NCC	Orvin Umana NCC
Diana Nyman FIT	Daniel Rizzo Binghamton	David Vacchio Jr. NCC
Jailene Pena NCC	Colin Roberts Louisiana State University	Perry Vacchio Baruch
Antonio Perella Purchase	Nia Robertson SUNY Brockport	Diana Valle York College
Octavio Perez Adelphi University	Christian Rodriguez Uni-	Janee Vanderhall NCC
Rachel Perez-Estrada John		Daniel Vasquez City College of New York



**Congrats
Seniors!**

Good Luck!

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2018**

Senior Artwork Class of 2018



Diana Valle



Matthew Stein



Iliana Cervantes



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