

The Mental Hab

Food for Thought

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Piece of Mind Poetry Night

Written by: Yumna Rashid and Barbara Williams

On April 19th 2017, Piece of Mind and a handful of Ms. Vachris's AP students accompanied her to the 15th annual Poetry and the Creative Mind celebration at Lincoln Center's Alice Tully Hall. Poetry and the Creative Mind is a poetry slam where celebrities and public figures come together and share their love for poetry. This year included the following twelve readers: Uzo Aduba, Wayne Brady, Maurice Hines, Madhur Jaffrey, Sebastian Junger, James Lapine, Cécile McLorin Salvant, Amanda Palmer, Meg Ryan, National Student Poet Joey Reisberg, Elizabeth Alexander, and Meryl Streep. The night started off with the celebration and acknowledgement of the poets in the crowd, as well as those that were not able to be there; each name was called and each poet rose from their seat to accept their recognition. Afterward, this year's poetry selection ranged from light and comedic to inspirational, eye-opening and soul-en-

riching. The readers read the poetry the way that it truly should be read, with power and emotion behind each and every word, bringing the audience together and making goosebumps appear. Along with this year's poetry readings were two special performances. The first was Amanda Palmer's uplifting and unforgettable performance of her "Ukulele Anthem" accompanied by her acoustic ukulele strumming skills. The other was an amazing performance by Cécile McLorin Salvant who stunned the audience with an astounding and breathtaking demonstration of her vocal capacity, all without the use of a microphone in such a large hall. Her resonant notes made their way to our "very-last-row" seats with nothing but clarity and talent. The last performance of the night was Meryl Streep who was her charming self and captivated the audience with her reading of "Good Bones", which is a poem that initially rose to popularity after the Orlando Massacre as it promoted a world of betterment and peace. As people left



the hall, they were encouraged to save the NEA, which stands for National Endowment for the Arts, as its existence is in question under the current legislation. Without it, artists would not receive the support and grants necessary for them to generate and spread the creativity that keeps their passions alive and our minds open.



The Senior Class Trip to Six Flags

By: Erika Kirchner

The senior class was pleasantly surprised by how successful and fun the trip to Six Flags was considering the weather we expected. Days before the trip, the weather was predicted to be horrendous! It was supposed to rain all day and be below 50 degrees which would lead to most of the rides being shut down and us seniors stuck with a gloomy and washed out last trip. Thankfully our experience was just the opposite! Temperatures peaked at 60 degrees, there was no rain and all the rides were open! An extra bonus, there were no lines because everyone expected bad weather and the park was nearly empty. Personally, I went on every ride several times; it was amazing! We played games in the arcade, ate great food, won cool prizes and had a fabulous time united as a class sharing a day together in Trenton, New Jersey. We can all agree this is something we will never forget. We had a blast and were so happy to end our senior year in this fashion. A lesson we learned is to always think positive and hope for the best outcome. It sure paid off!



The Junior Class Trip to Dorney Park

By: Ariana Brown

The annual Junior trip took place on May 12th, 2017 this year, and the astounding class of 2018 took to Dorney Park for a day of adventurous fun. The trip put together by the fantastic junior student government class officers, and the wonderful Mrs. Kind was a success. The day wouldn't have been possible without the officers, Mrs. Kind, and the amazing chaperones. Junior class officers made it even better by adding a splash of fashion into the super cool shirts put together for the day. The food was also super good. The amusement park had the students beyond thrilled throughout the day with all their exciting roller coasters all over the park, with "Steel Force" being one of the main eye catchers. The day was a success and the junior class was able to create memories with one another that will be with them as they continue on their road to success. Thank you Junior class student government and Mrs. Kind!



We're All Going to Miss Lawrence..

By: Kristina Vukaj

Here we are, at the end of yet another school year here at Lawrence High School. The weather is warming up and the excitement for summer is getting unbearable - and as a student in the Class of 2017, not having to rush my summer reading assignment the day before it's due ever again is overwhelming.

While beginning this new chapter in our lives, whether it be college, work, or anything else, is thrilling and we count down the days, I can honestly say - and I'm sure others would agree, that I might actually miss this swamp. I know, I know, that's a big statement... But a true one, nonetheless. Throughout my four years attending (and sometimes complaining about attending) Lawrence High School, I've seen many things, and as I reflect, somewhere deep down, my tiny little heart warms up.

Here's a list of things from Lawrence that will truly be missed:

- Actually coming to school on time, only to become late while waiting outside because I didn't have my ID.
- The confusion I faced every time I rushed to class because I never knew (and I lowkey still don't know) which staircase to take to get there the quickest.
- Leaving your, or your friend's car, and having to walk around to the

main entrance because the side doors are all locked.

- The happiness that you feel when the classroom's radiator is actually working, and you're not stuck in a freezing cold room.
- The frustration that you feel when the classroom's radiator is working and adding even more heat to the already blazing room.
- When the lunch ladies downstairs bless your plate with extra chips on nacho day.
- The calzones from the cafeteria. (I highly recommend those if you've never tried them)
- A freshly restocked vending machine in the Janitor's Closet.
- The moment when the school got those fancy new water fountains. ICONIC.
- Walking into the newly renovated gym for the first time, with the fresh smell of redone floors.
- Mr. Armengau commentating the football games.
- The smell of the fresh burgers, hotdogs, and who could forget, the empanadas, as the crowd goes wild at the football games.
- The strong bonds created with not only fellow students, but with the staff.
- The memories created with people that you might not have known had it not been for the swamp.
- The amazing staff, teachers, maintenance, administrators, guidance counselors. Whoever hired them did a great job, give

them a raise! (and while you're at it, give our teachers some contracts).

I tend to joke a lot about it, but Lawrence as a whole will be missed, the great parts and the not so great parts. So with that being said, you may take it for granted now, not really realizing the impact that this place made on you, because believe it or not, this place is actually pretty influential. But when you're approaching the last

month ever here, and you begin to reflect on your time here and your heart aches just a tiny bit, there'll be a little voice in the back of your head saying, "I told you so." That's me.



Senior Class College/Career Choices

Brandon Aboua BMCC	Colia Gethers Finger Lakes Community	Samantha Morales Binghamton University	Johnny Garcia Rugama Workforce
Rafael Acosta Nassau Community	Emilio Gonzalez LIU Post	Jessica Moreno Penn State University	Rachel Sagastume Nassau Community
Carlos Alas Nassau Community	Edwin Gomez Nassau Community	Brenda Munoz Binghamton University	Elmer Salmeron Workforce
Evelin Alfaro Nassau Community	Allen Green Brown University	Silas Nelson-Richards Workforce	Matthew Schiller SUNY Buffalo
Sariana Almonte SUNY Oneonta	Reed Grontas Saint Rose	Eve North Queens borough Community	Matthew Serebryansky East Stroudsburg University
Jairo Amaya Queensborough	Danny Guevara Hofstra University	Paula North Queensborough Community	Emily Silbersweig Nassau Community
Humberto Aponte John Jay College	Lesley Guevara University of Hartford	David Obamor Nassau Community	Michael Simoa Nassau Community
Mavet Angelica Arellano Pratt Institute	Nicole Helicher University of Albany	Elianna Oken FIT	Madelane Solarte Mesa Workforce
Emma Balsam Duke University	Christopher Hernandez Nassau Community	Kenneth Orellana Binghamton University	Arika Speight Monroe College
Sarai Barahona Guardado Workforce	Luis Angel Hernandez Army	Alex Padilla Stonybrook University	Kiara Stephens Adelphi University
Amy Barrientos Stony brook University	Maria Herrera John Jay College of Criminal Justice	Valerie Panan SUNY Old Westbury	Bryan Tarrant Nassau Community
Katie Barrientos Adelphi University	Jade Hill SUNY Old Westbury	Astro Palomo Leiva Paz Queensborough	Jack Torres. Nassau Community
Arie Baum SUNY Geneseo	Eden Kataev Workforce	Korishma Patram Adelphi University	Fabrizio Unquieta Nassau Community
Leilanie Beradino Workforce	Erika Kirchner SUNY Maritime College	Gerber Perez Arizona State University	Melissa Urbano Nassau Community
Monet Bond Cortland	Patryja Knowiec Nassau Community	Danielle Portillo Molloy College	Sergio Valle Workforce
Vishal Boodoo F.I.T.	Jack Lanzilotta Nassau Community	Yazmin Poueriet University of Tampa	Jeffrey Vargas Nassau Community
Zsofia Boukalow Nassau Community	Kara Leger SUNY Canton	Paul Preziosa Nassau Community	Katie Vega- Zelaya Queensborough
Tianna Brown SUNY Old Westbury	Kaila Marcus University of Georgia	Jacquelyn Ramirez Nassau Community	Kristina Vukaj Hunter College
Lianne Byrd Delaware State University	Manuel Marroquin Workforce	Kiran Rampersaud University of Buffalo	Rivka Weinman University of New Haven
Kristian Cabrera Johnson and Wales	Jose Martinez Workforce	Yumna Rashid University of Maryland	Barbara Williams City College of New York
Aaron Casanada Stockton University	Robin Martinez Queensborough	Dylan Reese Nassau Community	Joshua Williams Marines
Luis Felipe Chicas Navy	Tania Martinez Navy	Robert Rexha Adelphi University	Aliyah Wright Sienna College
Cinthia Contreras Adelphi University	Jessica Mastorides Syracuse University	Jahaira Reyes Queensborough Community	Maria Zabaleta Adelphi University
Karen Cordero Workforce	Kevon McGregor Parsons The New School	Leslie Reyes NYIT	Matthew Zampino Nassau Community
Joseph Curcio NYIT	Justin McMillan Nassau Community	Milton Reyes Army	Gabriela Zepeda Nassau Community
Andrea Curioso Binghamton University	Perry Melendez Workforce	Brandon Rivera Nassau Community	
Rupali Dhasmana Laguardia College	Astrid Menjivar SUNY Oswego	Kevin Rodriguez Springfield College	
Bryan Diaz Army	Shania Miller Dominican College of a Blauvelt	Armando Rodriguez Marines	
Stephan DuPont Nassau Community	Kevin Molina APEX Technical School	Vanesa Rodriguez St. John's University	
Jason Eras Rider University	Anderson Montan Nassau Community	Andrea Rojas Navy	
Stanley Faynblut University of Connecticut	Eric Morales. Cortland University	Sindy Rodas Nassau Community	
Taylor Galloway BOCES	Emely Murcia Queens borough Community	Soham Roy Queens College	
Jordan Garry Binghamton University			



Promposal Season

By: Danielle Portillo and Jessica Mastorides

Tis the season! And not just ANY season, but PROMPOSAL season! Some people say that promposals are "lame", while others try their hardest to impress their dream dates. Flowers, carefully decorated posters, balloons... every promposal consists of meticulous planning and detail. Some promposals have extended from being in our very own high school all the way to Orlando during the biannual Disney trip. This year, although a few grandiose promposals have occurred, there remains to be many girls who haven't been asked yet. Many have asked "what are these guys waiting for?" and even stress about whether or not they will have a date by the time prom arrives. It's the beginning of June, and these questions still remain, leaving girls feeling anxious as June 20th gets closer and closer. Some girls have taken matter sinto their own hands, breaking the stereotype that boys

have to be the ones to make the first move. Promposal culture has not only been reformed in this respect, but also the amount of underclassmen going to prom is a significantly smaller number than last year. It's great to see that the majority of our seniors have close relations with each other and will be able to enjoy prom together as a class. We can't wait to see what the future holds (hopefully with more promposals) as we end our senior year off the right way.



Lawrence's Top Scholars 2017

By: Emma Balsam

For every senior class, one of the most exciting moments of the year is finding out which star students made the top three based on their academic average. It is an incredibly difficult feat to achieve such phenomenal grades consistently over the course of four years. Typically, the students who receive the title of valedictorian, salutatorian, or honor speaker are enrolled in multiple honors or AP classes. These students also tend to be athletes, artists, musicians, volunteer workers, or leaders of multiple school clubs. Balancing superb grades and multiple other responsibilities seems impossible, but the top three for the class of 2017 made it appear effortless. Congratulations to Allen Green (valedictorian), Aaron Casanada (salutatorian), and Barbara Williams (honor speaker) on their inspiring successes and achievements.

The valedictorian, Allen Green, is one of the most well-rounded students Lawrence High School has ever had the privilege of educating. He is an AP Scholar with distinction, earning 4s or 5s on all his AP exams. He is a student athlete, being captain of the varsity tennis team this year. He was named all-conference in both wrestling and tennis in his junior year. Without a doubt, science research is his most passionate extracurricular activity. Allen's project on making an iron graphene catalyst for hydrogen fuel cells has been officially patented and his work has been published in the MRS Communications science journal. His project has won Allen countless awards: JSHS semifinalist and third place in the engineering category, a Regeneron STS research badge, I-SWEEEP Energy Grand Award, the Korean Science Service Award, and the Alamo Regional Academy Science and Technology Award. When he's not doing science research, Allen can be found sweeping best speaker awards in Model Congress and dominating as captain of the Quiz Bowl team. Allen is also an accomplished first violinist in the Chamber Orchestra and Honor's String Ensemble, as well as being elected Tri-M treasurer two years in a row. He is also president of the math club and brought the AMC to LHS. Allen dreams of attending medical school and becoming either a Rhodes Scholar at Oxford or a Knight-Hennessy Scholar at Stanford. His favorite classes from high school were AP Chemistry and AP

Macroeconomics. Allen Green will be attending Brown University in the fall as a biochemistry major.

Salutatorian Aaron Casanada is yet another Lawrence Scholar who will be pursuing a future in the STEM field. Aaron is a member of Lawrence's quiz bowl and science bowl teams. He is a phenomenal player and is a very valuable asset to both teams. Aaron loves all things science and plans on attending Stockton University for their Dual Degree Program (Applied Physics/Aerospace Engineering). Then he will transfer to Rutgers after 3 years to complete both degrees. Aaron dreams to work as an aerospace engineer, preferably for SpaceX or NASA. In his spare time, he likes using the spaceflight simulator Kerbal Space Program and also enjoys cooking. Aaron has also lived all around the world. He has lived in the Philippines, England, and the United States. He has made lifelong friends from all destinations, especially from Lawrence. Aaron Casanada is sure to change the world one day.

Barbara Williams, honor speaker, has always been a star student at Lawrence. She was valedictorian of the 8th grade class in 2013 at Lawrence Middle School. Barbara is also a student athlete, playing on varsity volleyball, bowling, and badminton. She is an extremely valuable player on all teams and her skills will be dearly missed next season. Barbara's passions lie in many different areas, as her favorite classes have been AP Biology, English, AP Macroeconomics, and Public Policy. She dreams of becoming a physician with a specialty in some area that she is currently undecided on. As for extracurricular clubs, Barbara shows her creative side as an editor for the school yearbook and a writer for the school newspaper. She is musically inclined as well, as she is a first violin in all of the school orchestra's performing groups. Barbara is also in SADD, Tri-M, and National Honors Society. She plans on getting her BS and MD degrees from Sophie Davis Biomedical Education Program within CUNY City College of New York (CCNY). Barbara Williams will hopefully be a most caring and effective doctor one day.



Prom Tips for the Ladies

By: Danielle Shackelford

So promposals happen, ideas being tossed around about what you're wearing, and who's going with who. Prom is here! Although all those ideas are running through your mind, it is important to plan ahead. I'm going to help you ladies out a bit to save you the time and trouble when the clock starts ticking.

Ladies, set up your appointments for makeup in advance. If you are looking forward to getting your makeup done by a professional, book months in advance. It would be unfortunate for you to not be able to get your makeup done because they are full. This goes for all the girls that can't do their makeup themselves. Tip 2, transportation. Have a way to and from the prom. If you're planning on taking a party bus, limo, try to get multiple friends on board. The cost will be cheaper for you; plus riding to prom with your friends is always a bonus. Tip 3, this might sound like something we would all know but, keep your phone charged or at least bring your phone charger. What is prom without pictures and snapchats? Exactly. Don't be that person who's phone dies in the middle of taking a group picture. Most important tip of all, bring an extra pair of shoes (preferably flats). Listen, if you are going to after prom, which most of you are, or even prom in general, that is a lot of hours in high heels. I recommend all girls to bring an extra pair of comfortable but cute shoes to wear when your feet has had enough. All in all, enjoy your special night! Get dressed up, feel pretty, because at the end of the day, you came to slay, not to play.

P.S,

Boys, please wear colors to match your date's outfit!!



Here's To You

Poem By: Lily Cervantes

Here's to the late nights we've spent pulling all nighters,

The afternoons we'd waste causing a bit of mayhem,

And the mornings we'd nap through just because we're lazy teenagers

Trying to catch some sleep.

To all the jokes we've created

And forever friendships we've established

From you to me,

To her and him,

Here's to everything we've ever endured

To the old, new and not yet friends

The past, the present, the future

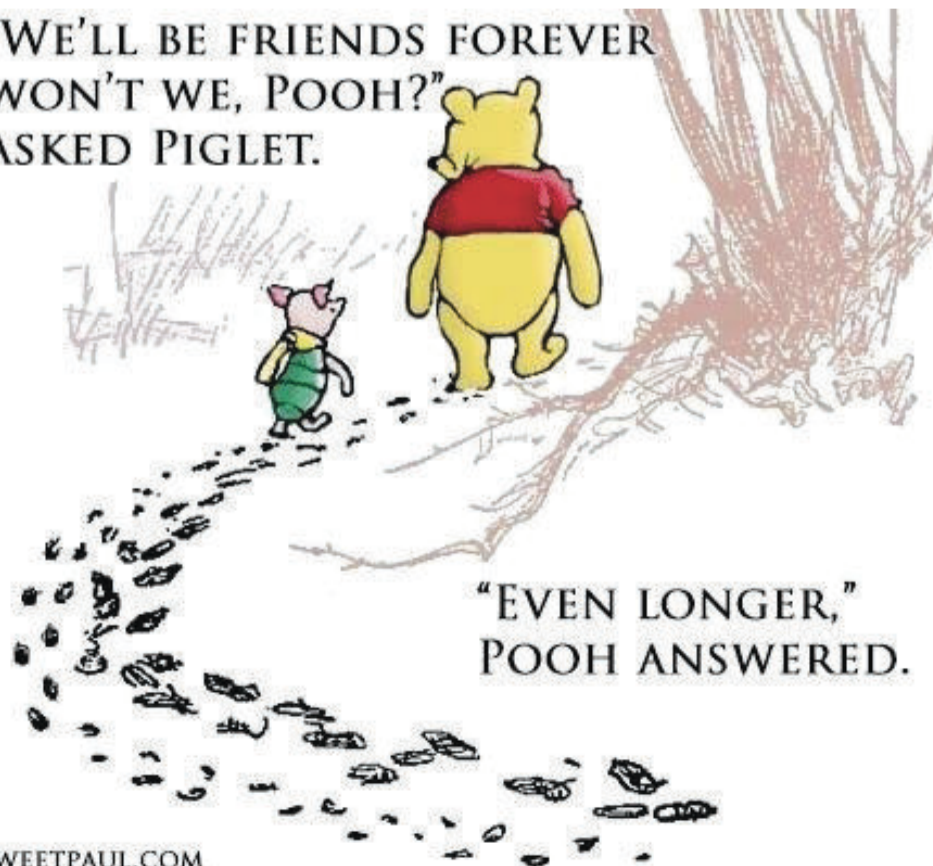
And all the success I know you'll encounter

Here's to you Class of 2017

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		9					5	4

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"WE'LL BE FRIENDS FOREVER WON'T WE, POOH?" ASKED PIGLET.



"EVEN LONGER," POOH ANSWERED.

It's been a true pleasure being a part of the Senior Class of 2017! Best of luck to everyone in all you hope to accomplish!

- Jordan Garry, Editor of the Mental Pab



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