

The Mental Hab

Food for Thought

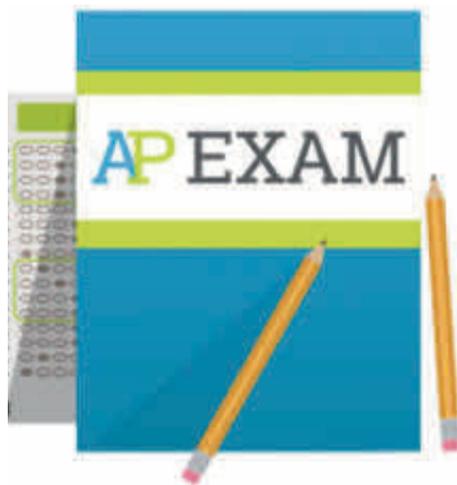
Pages 2-4

Miss Walsh
Runs for a
Good Cause

Trump's Tax
Plan

AP Advice

Dancing with
Miss Sales



Business is Booming!

By: Justin Daniels

Business. Is. Boomin'. The club-like class, Virtual Enterprise, is doing the best it has done in all of its last seven years. After getting the chance to speak to Mr. Palladino and CEO of the club-like class, senior Christian J., I found out just how well their virtual business, "Tornado Fit", has been doing and also how they've done it. For those who are uneducated about the Virtual Enterprise class, "VE" is a class that builds a virtual business entirely on their own and then they go on to compete against a plethora of schools located all across Long Island to see who's business turns out the most profitable. There are two competitions, also known as "Trade Shows", the first one which took place at SUNY Farmingdale on January 8th and the next one to be held in New York City. Yes, you read it right, they are doing the best they've done when compared to every previous year in operation. When asked the factors that have led to their success their answers remained the same: Simply chemistry and hard work. Some may question if it was just their "lucky year". I beg to differ. Christian went on to point out that paired with chemistry is a strong diversity of ideas and open-mindedness which also were huge keys to their success. The entire team of virtual employees can be pointed out for their superb work and dedication. I got the chance to ask Mr. Palladino if there is anything he

would change even though their efforts have been almost almost perfect. He hesitated for a second and decided that the answer was no, no he wouldn't change anything. If the wheel isn't broken, don't fix it. So hats off to them and their success and if you see them around wish them luck at their next trade show!



A&A Advice Column

Dear A&A,

I have a girlfriend and I really like her but she always wants to be with me like all the time. She texts and calls me 50 times a day and she gets upset if I don't hang out with her even if I'm just with my family. It's hard to tell someone you care for that you want to be with them less. How do I do it?

#Frustrated

Dear Frustrated,

While you must feel flattered or appreciated that someone is willing to spend all their time and energy and focus on you, it is not healthy. Yes you appreciate them and care about the person, but it's not being rude to ask for some space. You love being with this person and you fell for them for who they are, not by the time or things you do with them. A person should not be defined by the relationship they are in or be known only for that, but should be given appreciation because of who they are, not for who they are with. Your girlfriend loves spending time with you and may use that as a way to show how much she loves and cares about you, but don't you know the old saying, "absence makes the heart grow fonder"? You can tell her, you will crave her attention when you don't see her as much. It'll bring a special appreciation towards the relationship and make the next time you see each other more meaningful. The more time apart, the better the reuniting is. You don't have to completely ghost the girl either, but tell her rather than seeing her every period, you can see each other every other period or towards the end of the day, because you won't always be expecting them to be by your side but look forward to seeing them. You should also tell her that this is good for her too. High school is a time to find yourself, and sometimes by being by yourself you find out more of yourself and realize you do not need to rely on others to help you. Both you and her should be your own person who grows and develops so that way you guys can both appreciate each other on a totally new level.

Best wishes,

Amanda

Micro-cheating: What is it and Are You Doing it?

By: Amanda Romero

Do you ever have that one person in your life you confide in so much; the one you tell your innermost thoughts and secrets to, the person you trust the most? Someone you share inside jokes with, mess around with or genuinely feel comfortable in their presence? Did you not think of your girlfriend or boyfriend? Then maybe you might be partaking in micro-cheating. Micro-cheating is a series of small actions caused by a person towards a friend of theirs that indicate they are physically or emotionally focused on someone other than their significant other. Many feel that this includes little nicknames, constant communication on social media, or privacy towards the relationship. While they are not physically associating themselves with this person, they tend to hide the emotional relationship between them. Some tend to think this is just a form of minimum flirtation or being an amiable person, but others feel these are the small signs that a person is cheating or on the verge of doing so. While many people have friendships with others outside of their relationship, some feel there must be a limit as to how they close they can be.

Others feel this issue has been blown out of proportions. They feel as though small things such as texting a good friend, or having a close relationship with another person is acceptable and feel it is absurd to think they cannot have a good relationship with a friend. They feel it is not an underlying romantic affair.

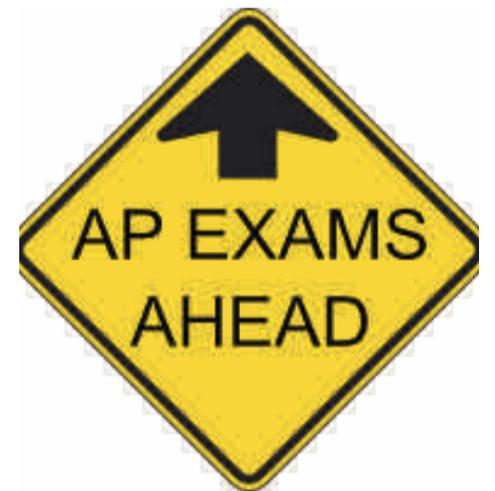
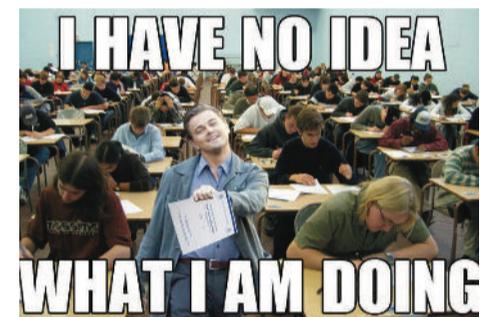
Micro-cheating is an issue mostly caused by insecurities or mistrust in the relationship. If a person thinks their spouse is micro-cheating on them, it is probably because they are insecure themselves, or feel as though the two are not open with each other or receiving equal attention from each other. Regardless, what do you think? Are you micro-cheating or just have a good and healthy friendship?

To Take APs or to Not Take?

By: Jackie Blyudoy

From an early age, it is pounded into our brains that we must take the hardest classes to show colleges we are willing to take on complex curriculums and devote our time to our studies. We are brainwashed into believing the best student is the one that takes the most AP and honors classes and works extremely hard. Mr. Gofman says "students who are capable of taking AP classes, should. What better way to show colleges you are ready for college, than by doing college work? If you don't want to go to college kids, don't take college courses!" Similarly, Mrs. Isseroff says, "APs are high level colleges that should be taken by those that have the time to devote themselves to the rigorous curriculum. It is not for everyone in high school, but it is worth a try." Now here's a perspective from a Lawrence High School junior who has spent countless nights not being able to sleep from stress, worrying or crying. Yes, of course you should always strive to paint the best picture of yourself to impress college admission offices. If you are looking to apply to universities of high academic status or simply trying to challenge yourself, of course APs are the way to go, but at the end of the day, the most important thing is your mental health and one thing teachers try to hide away in the corner: common sense. As an average AP student, there have been days when I wanted to punch a hole in the wall because I studied for hours (yet still failed), and the living genius robot next to me studied for 10 minutes and got a 95 on the test. There have been days when I have questioned my brain's functioning capabilities because I simply cannot absorb math and science, no matter how many times I hit my head with the notebook of notes in a last desperate attempt to understand it. If you are 100% sure as to what career path you want to go down, why take APs that are of absolutely no relevance? At the end of the day, taking APs is definitely a way to impress college admissions and if you can take 5 APs and manage to have a 90 and above average with a 5 on the AP, then by all means, go for it. But, my suggestion is to take the classes that you are actually interested in and have some correlation to your future career. Many top notch colleges don't even accept AP credits, no matter

what your score is on it (yet another thing teachers probably haven't told you) Others accept based on your score, a good percentage accept 4 and 5. You can't sit on 10 chairs with one behind, so take a few APS through your high school career, work hard and devote all your attention to them, and get a 5 while simultaneously maintaining your mental health. Never sacrifice your mental health for a number on a piece of paper because to put it in perspective, you're going to get the same Undergraduate diploma at Binghamton University than you are at Harvard University. The difference is \$50,000 per semester. My advice to you young one, don't fall into the AP trap, play it wisely.



Runnin' Walsh

By: Stacy Portillo

What if I told you to go run 10 miles? You'd think I was crazy right? Well, what if I told you to run 26.2 miles? That is the length of the New York TCS marathon. The New York Marathon is one of the biggest in the world with a course that goes through the five boroughs and had over 50,000 finishers in 2017, one of them being our own Ms. Walsh. After months of preparing for the big event, Ms. Walsh ran like she had never done before. In order to run a marathon, a runner must not only be physically fit for the task, but also mentally prepared. In order to ready herself, Ms. Walsh extended her running regimen starting in June 2017. Since Ms. Walsh was already a distance runner, having 10 half marathons under her belt, her regimen was focused on increasing her stamina

and distance. In one week during training, Ms. Walsh noted that she would run 40 miles a week, 5 to 8 miles a day during the school week and 10 to 22 miles on Sunday. After coming home exhausted at 6 o'clock after teaching and coaching soccer, Ms. Walsh still made it a point to get her miles in. I don't know about you, but that is some real dedication. Completing a marathon is not an easy thing to do, so why do it? Well, Ms. Walsh was running to raise money for The New York Police and Fire Widows' and Children's Benefit Fund, an organization that provides "financial assistance and a network of support to the families of New York City Police Officers, Firefighters, Port Authority Police, and EMS Personnel who have been killed in the line of duty." This organization hit close to home, as her father passed in 2014 as a result of Myelofibrosis developed after his heroic acts as a first responder to the 9/11 terrorist attacks. It was these factors that helped her push past the wall when her body wanted nothing more than to collapse. In her words, "I constantly heard my dad's voice telling me to keep pushing." In order to cope with her loss, Ms. Walsh wrote a moving piece called, "The Day That Keeps on Giving." This emotional piece follows her as a young girl, and the thoughts going through her head at significant moments in her life pertaining to her father and the consequences following 9/11. Every year, Ms. Walsh shares this piece with her students as a way of opening up. One of the lines that touches my heart every time I read it is, "My mother brushes his hair back on his head, and gives him one last kiss. I whisper in his ear, 'forever your little girl.'" In the end, Ms. Walsh raised close to \$9,000 for The New York Police and Fire Widows' and Children's Benefit Fund, an incredible feat.



New Taxes: Everything You Need to KnowBy: Niko Williams

Everyone who pays taxes look for good tax cuts these days. Well, one of the first major legislative bills has recently passed after judgement by government officials: The Tax Cuts and Jobs Act. This is probably the most prominent legislative act passed under the new Trump administration, and is the biggest tax cut with relation to the GDP since 2013. The tax cuts financed by new debt (and taxation elsewhere) adds up to about 1.5 trillion dollars. So how might this affect you and your family?

The new tax plan reduces the number of tax brackets for individuals and couples from seven to four. According to the Washington Post: "A 12 percent rate would apply to individuals earning up to \$45,000 and married couples earning up to \$90,000. A 25 percent rate could apply to up to \$200,000 for individuals and \$260,000 for couples. A 35 percent rate would apply until \$500,000 for individuals and up to \$1 million for couples. A 39.6 percent rate would apply above \$500,000 for individuals and above \$1 million for couples. Most individuals earning \$12,000 or below and \$24,000 for couples will pay zero because of the doubling of the standard deduction."

Amongst other (more complicated) changes, the new plan is also changing the mortgage interest deduction cap, from 1 million to 500,000 dollars of loan debt. Basically, people who are buying expensive houses won't be able to deduct 1 million dollars on their interest payments any longer.

There will be no changes to EITC (Earned Income Tax Credit). This allows for low income and middle-class income families to continue to take home equal percentages of their earnings. There will also be no changes to retirement plan tax breaks; everyone's 401k plans are safe.

This is just some of the "simple" changes being made under the new tax plan. There's many other in-depth changes, however they would be hard to read and understand, both for the writer (me) and for the readers (you). Among these are corporate tax changes, estate tax changes, investment income changes, child tax credit changes, state and local tax (SALT) changes, and changes to standard deduction. It is still unclear as to how this tax plan will play out; some changes may improve conditions for some more than others, and some changes may not help anyone at all. For most Americans, it is predicted that everyone will see some small reduction in taxes, but again, the economy isn't always predictable. With that said, best of luck to everyone; this tax plan changes a large portion of previous tax plans and it will affect us all.



LHS Highlights Ms. Sales and the Dance DepartmentBy: Jackie Blyudoy

The auditorium has filled to its maximum occupancy on the last Thursday of May for the past 10 years. Audience members sit (or stand once all seats are taken) waiting, eager to see the biggest show of the year in the Lawrence district. For two hours, they are entranced by the creativity and passion being presented on the stage. But, does anyone take the time out to think about the five months leading up to the showcase? I sat down with Ms. Laila Sales, head of the Lawrence Dance Department to gain insight on the long and hard process of putting together a dance show. This

year's theme is "love is..." Upon hearing this theme, one's mind may cross countless ideas that could represent love, so I asked Ms. Sales what inspired this theme and how it came about. As a teacher, she believes the summer is a time for self reflection and more time is allotted to think about one's blessings. This past summer, Ms. Sales took the time out to think about what the average person strives for. Is it money? Success? No. It should be love. Everyone should strive to treat people with kindness and many elements of love to better version of themselves. The question in that moment was, how could she have the dance department express it in an artistic way? The process begins in January. Each student is expected to step outside their comfort zone in order to discuss the central idea of the class's dance, brainstorm a storyline, research factuals/any historical components and lastly, choreograph. High school classes pick music and collaborate in choreographing dances. Often times, guest choreographers come in ranging from ballet, hip hop to even tap. Ms. Sales wants the public to know that the department puts in long hours of rehearsals, especially during the weeks leading up the show. She says, "My dancers don't just stand around in pretty leotards. I make sure they use critical thinking skills to create continuous movement. We are here to give people what they pay for." She is forever grateful for the department's constant trust in her in creating organic movement and exceeding the district's expectations. She would also like to thank the Lawrence staff along with alumni and professional choreographers who take part in the creation of the production. Although it may seem that the dance show is months away, the dance department is already in full swing preparing for this huge event because 7:30 P.M. May 31st is just around the corner.



"The Future is Female"

By: Lily Cervantes

He's about 6'2, brown hair slicked back in a greasy way. His hands are always really warm and his eyes are so eager. I know why. I wish I didn't. He doesn't know me, but I know him. His name begins with an F and continues on three syllables. He doesn't know me because everytime he's stopped me, he's met someone new, never me.

The first time, he met Vanessa. Vanessa was only 15, black jeans and a hoodie begging to be thrown away, but he seemed to like that. He seemed to like everything about every girl he met every. Four. Times. He told Vanessa he wants to take her out, he wants to get to know her better he says out of breathe. He ran a block for her in the strong, January winds. She politely brushed him away everytime he had a new date idea. The politeness did nothing; being polite has never gotten Vanessa, Jessica, Maria, or me anywhere. Not when it comes to older men. Vanessa made him freeze in the silence, she did not want to speak or interact with him, and she's only so tall compared to this giant.

He got the hint (only after so many "I'm really very busy".) He left her alone, but he never left me alone. I had to stop walking alone. He struck fear in me. Anytime I had plans that required walking, I forced my friends to pick me up and drop me off. There was one day they couldn't and he saw me in the streets. I was 16 when I saw him again. I didn't grow a bit, nor did my fears get any better. He saw me, I saw him from the corner of my eye and I begged to God he didn't see me. But, nobody heard me, and he turned around and started running towards me. He started running towards me. He started running towards me and I couldn't do anything about it because his body towers over mine and who knows what he has in his pockets or his intentions could stretch farther than

just a greeting. He caught me. He grabbed my arm and turned me to face him. He grabbed my arm and did not blink when he saw me tense up. It did not register as harrassment to him. He thought it was fine.

He didn't think twice about grabbing me. His voice made the hairs on my arm rise. I couldn't do anything. It was him and a new persona. That day, I was Jessica. Jessica was 15 on her way to her father's house. 15 did not make him bat an eye. 15 made him laugh and say, "wow, you're only 15? You look much more mature and so beautiful." He thought I was beautiful. I knew for a fact he was over 24, and as he knew, I was 15, yet, he still thought I was beautiful enough to run to. Jessica tried walking away, but he only followed. He followed for half a block that just so happen to be the longest block ever created in the five towns. He walked by Jessica, and she tried so hard to make herself even smaller than she was, but there's only so much you can do, alone and helpless. He broke the silence. "I'm going to go now, okay? Can I please have your number? Or Facebook? Anything?" he continued to beg and with her phone in her hand, she denied having anything. He wasn't stupid, but he finally got a hint. He tried to hug her, but she winced and moved back. He smiled and left.

17 and (somewhat) free, he wasn't on my mind anymore. He was never in the corner of my eye and I always had a friend by my side. I really forgot about him at a point, but all good things come to an end, as his eyes met mine and he came closer. I couldn't run, I couldn't hide, the sun was setting and I was alone in shorts. I could have cried at that moment, the anxiety built up in my chest. I couldn't breathe and as loud as I continued to yell, "RUN, YOU MORON" in my head, my legs were glued to the pavement. I was utterly alone. "Haven't I seen you before?" he begins to question me and I begin to lie again. "No" I mumble, "I don't live around here, I'm only visiting." All

I've been doing is lying for the past three years. The past three years have been a struggle of deciding between wearing the clothes that I enjoy or hiding my body behind oversized hoodies stolen from the drawers of my younger brother. His eyes met my legs and I try so hard to conceal my skin. He asks my name. I stutter "Maria." He realizes she's petrified and keeps the conversation short. Yay for Maria, he kept it short. He saw she was afraid and kept it short. It could've been worse, he could've taken advantage of her, raped her, murdered her, at least he had the decency to keep it short. Before he leaves, he grabs her hand and kisses it. He tells her she's gorgeous to be careful walking alone at night. The irony he could never understand I was careful walking at night. I was careful towards him. Him.

I'm now 18 and so far, have not made any contact with him. But, just because I haven't noticed him, doesn't mean any harassment has finished. Sometimes I'm a cashier and the men think because they tipped and I said "thank you" that they deserve a smile. Sometimes I have to clean the dining area, where I'm most exposed. They chant my name and ask why they haven't seen me lately. I tell them I'm in high school to tame them, but that does nothing but ignite them even more. They grabbed my broom once, right out of my hand, told me to move over here to clean and moved the tables. I had to look down at the ground and say "thank you" and when I didn't smile, they tried forcing one out of me. I had to stop cleaning and make someone else do it. Another time, I wore leggings, apparently I can't be doing that, because my coworker had me leave the front because one guy wouldn't contain himself and look away from my rear. Like many other women and even girls (very, very young girls), we've had to accommodate to the rules set by men in order to keep us in line, to keep us where they want us. I told myself I wasn't going to let another man make me feel inferior for I am just as equal and deserve the same respect

they force upon me. I spent three years being afraid of a man who is obviously quite inadequate. I am so tired of being afraid. I am so tired of forcing other people to stand near me in order to avoid any cat calls or harassment. I'm tired of having to shove my way to be heard and explaining that my silence means "yes" when it so clearly means "go away". I'm tired of being so silent and so are many other girls. We're learning to overcome the tiredness and you don't like that, but we don't care what you like and you're afraid. The future is female and it's so beautiful.



THE FUTURE IS FEMALE



Flu Season

By: Danielle Shackelford

Coming into 2018 has been a rough one, it's only February and I'm sure we have all heard about the deadly sickness going around, the Flu. This Flu is not like the common cold we all get. The Flu is ten times more dangerous. This time it's deadly. It has been reported that women, men and especially children have died from the Flu. The Flu has been killing up to 4,000 Americans a week according to Fortune Health. Here's some basic facts that you need to know about the Flu this year.

What exactly is the Flu?

The Flu is a "common viral infection" which is short for Influenza (Fortune Health). It is an extremely contagious respiratory illness. Once you get the Flu, the virus spreads through the body until it reaches the respiratory tract.

How do you contract it?

The Flu is contracted from person to person by various ways. If you spend close contact with people on the daily, your risk of getting it is higher than a person who doesn't deal with individuals closely on a day to day basis. Many ways you can get the Flu is by breathing in "air droplets" that contain the Flu virus. Eyes, mouth and nose can be contaminated from you touching them with infected skin. The Flu will start to develop between 1 to 4 days afterwards (Fortune Health).

Who can get it?

Any and all ages, including gender can be infected with the Flu. Recently, children have been dying more this year than adult. About 3,000 to 49,000 deaths happen each year in the US due to the Flu (Fortune Health).

How to avoid it

Here's some tips on how to lessen your chances of getting the Flu according to "Fortune Health":

1) Get a Flu shot. It is recommended everyone received the Flu shot to kill any small strand of the virus.

2) Avoid touching your face, mouth and eyes. Your skin can be infected which will transfer into your body through those openings.

3) Wash your hands after touching any surface, even from your own home

4) Try to avoid or lessen your contact with any sick person (includes sharing food, drinks ect.)

5) Relax and get SLEEP. Sleeping helps with your immune system. A functioning immune system with help prevent viruses.

It is important that we all take precautions on how we live our lives. The Flu is a serious, contagious illness that you would want to avoid. Follow the tips and stay safe. The Flu this season is no joke.



Habituation to Aggressiveness

By: Ariana Brown

All of you may be asking yourselves right now, what is habituation? Well it's very simple actually. Habituation is just a big word for saying "Used To" or "accustomed to". For example, do you notice that a plane passes the high school almost every 10 minutes? The answer to this would probably be no, because you've become habituated to it, you no longer even notice it's there. Now on to the bigger picture.

How many Americans have watched horror movies? Or movies portraying thousands of deaths? Does it even shock you when these aggressive acts take place on the screen? You would most likely answer no, and why is that? That's because you've become habituated to it. This isn't bad, or anything to become upset over, habituation is just a clear representation of how the human mind works, and how once you're exposed to certain situations an amount of times they don't excite you anymore. When you actually think about it, we have all been accustomed to something that would firstly be viewed as something abnormal. Many of us never realize it until you actually sit and think about it. Habituation is just something that we all will eventually come to terms with. Sometimes it is with something we really shouldn't be accustomed to, and other times it could be a good thing. However you look at it or try to fight it, it's something that is there and true.

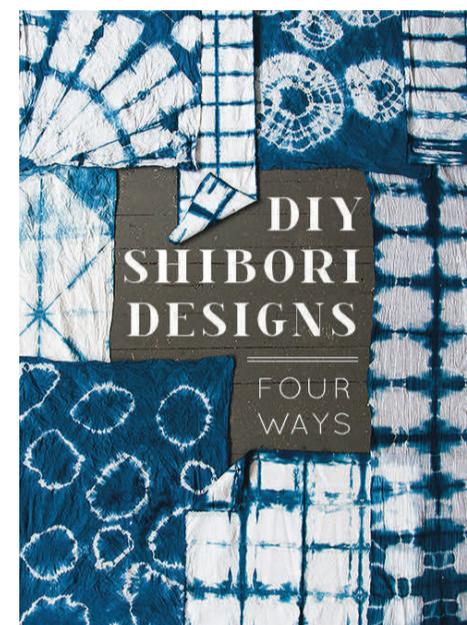
Habituation

EXAMPLES OF HABITUATED BEHAVIOR

- Salivation responses
- Visual attention in human infants
- Startle response in rats
- Attention to your mother
- Reaction to fire alarms in college dorms!

The Holiday Boutique Helps Out

By: Staff Writer



Miss Eskin's Fiber Arts classes had their very first Holiday Boutique this past winter. They used the Japanese Shibori technique, a manual dyeing technique that employs a series of folding, twisting, and tying garments in order to create patterns with the dye. They made silk and velvet scarves as well as hand sewn zipper bags and sold them at the boutique. Needless to say, the Holiday Boutique was an overwhelming success! With some of the profits, the class went on a trip to the Museum of Art and Design in NYC and even had enough left over to invest some of their gains back into the program for new supplies.

In addition, the class decided to crochet hats for babies and children at Cohen's Children's Medical Center. Miss Eskin and her Fiber Arts class should be applauded not only for their business minded attitude but their dedication to the community. Although the hats were made from yarn, some of which was donated for the cause, they were made mainly with thoughtfulness and love.

Looking towards the future, Miss Eskin plans to have a third Empty Bowl Sale sponsored by the ceramics classes in the spring, possibly in April. If the Holiday Boutique was any indication, the bowl sale will be another huge success for students at Lawrence and community as well.



Say What Crazy Word Search



Say What?

K	R	P	Y	R	O	C	L	A	S	T	I	C	O
E	A	C	D	R	I	T	E	I	A	B	T	Y	A
R	L	O	E	D	Y	I	X	R	T	L	A	S	N
F	U	N	G	I	T	C	I	F	N	A	O	F	A
U	C	N	U	D	I	R	C	R	E	T	L	S	C
F	A	I	S	A	C	I	O	O	C	H	Y	U	H
F	I	P	T	T	A	S	N	N	S	E	T	O	R
L	P	T	N	I	C	O	F	D	E	R	I	I	O
E	F	I	E	C	I	R	I	E	B	S	C	R	N
A	P	O	L	M	P	O	P	U	U	K	A	A	I
C	E	N	F	A	S	B	P	R	R	I	M	G	S
C	P	D	O	E	R	O	L	F	E	T	E	A	M
B	B	E	T	Y	E	R	E	S	X	E	T	V	P
O	C	I	A	Y	P	U	U	M	B	R	A	G	E

LEXICON
 UROBOROS
 VAGARIOUS
 PIACULAR
 ANACHRONISM
 UMBRAGE
 PYROCLASTIC
 ERUBESCENT
 EMACITY
 PERSPICACITY
 BLATHERSKITE
 KERFUFFLE
 DIDATIC
 FRONDEUR
 DEGUST
 CONNIPTION
 FIPPLE

Play this puzzle online at : <http://thewordsearch.com/puzzle/145942/>



**We Take Pride in
our Patients**

**We stay current with
the latest advances the
dental profession has
to offer!**

**More than 20 years of
Experience!**

Stuart Marks, DDS

860 Broadway

**Woodmere, NY
11598**

Bonding

Cosmetic Dentistry

Teeth Whitening

**Full Mouth
Reconstruction**

**Crown and Bridge
Procedures**

Implants

Senior Discounts

**Morning and Evening
Appointments**