

Focus on You, Then Study

Yasemin Fidan

It's hard to study. Especially if it's something you don't find interesting. That quiz or test may not seem that important to you, but it's still a part of your grade. Even just 30 minutes of studying can be helpful.

Here are a few things to help get motivated when studying:

S: Study Space

Your study space is important. Avoid noise that causes distractions. You should have a well-lit and organized environment. An organized desk will lessen distractions. When it's quiet it's easier to concentrate and to remember all of the information you're studying. So remember to silence your phone or put it in a separate room.

T: Time Management

Time management is a hard thing for most people. We have so much we want to do. Studying sometimes doesn't seem important. It's the day before and you have

nothing memorized. This is where time management comes in handy. Come up with a schedule for each day. Go over your schedule and see what you can do later. Replace that with a few minutes to an hour of study time.

U: Understand Your Material

If you think reading or re-reading notes is studying, you're completely wrong. This method of "studying" is extremely ineffective. Instead, write down notes as you read. While writing down the notes, also write down questions. Summarize what you think is important. Flashcards, studying with a friend, or even by yourself (Quizlet), are great techniques.

D: Don't Forget to Eat

Make sure you eat and drink water during study time. Studying can be tiring. It is important to fuel your body. Eat something every couple of hours. Protein like cheese, eggs, and meats are



Artwork: Sean Lyles

some things you should be eating as well as vegetables and fruits. Even cacao products can help with studying. Cacao boosts your ability to learn, focus, and memorize things.

Y: You Are Important

It's never good to study for long periods of time. Take a break. Eat, drink, stretch, or even take a quick nap. Do something you enjoy to motivate yourself to continue studying. If you are feeling stressed, anxious, or depressed over the amount of school work you have, take some time to adjust. Make a to-do list, or try doing some breathing exercises/meditation for a few minutes to get yourself back on track.

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Friendship

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Friendship is a journey. It is filled with different types of difficulties, hardships, and joy. Some friendships are real, some are not. Choosing the right friend is a journey. Sometimes you don't know whether you are choosing the right or wrong friend.

Friendship is a bond between two or more people. The different categories of friendships are BFs AKA Best Friends or Best Friends Forever AKA BFFs', or you can be frenemies.

Frenemies are very common in friendships, it is usually around the early teenage years or the adolescent ages. A frenemy is someone that is friends with someone even though they do not like that person.

Bad friendships can be caused by someone using a friend, lying to your friend, pretending to be someone you're not, or hurting your friend on purpose.

It is easy to develop bad friendships. One thing you should always know is that anything can happen and it may not be because of you, it could be a person spreading rumors about you. It also happens that people grow apart from each other. Over time, friendships can fall apart. Friendships sometimes end.

Good friendship has good effects on people. This means that each friend understands each other's beliefs and decisions. Having a good friendship is a gift. Make sure you work at understanding what it takes to be a good and trustworthy friend.



Artwork: Catharina Santana

Monkeypox

Brooklyn Pak

What is Monkeypox?

Monkeypox has been a problem in African countries and recently cases have spread across the globe. Europe, Portugal, US, Canada, and Spain have all been hit with cases and spikes of the infectious disease. But, what exactly is monkeypox?

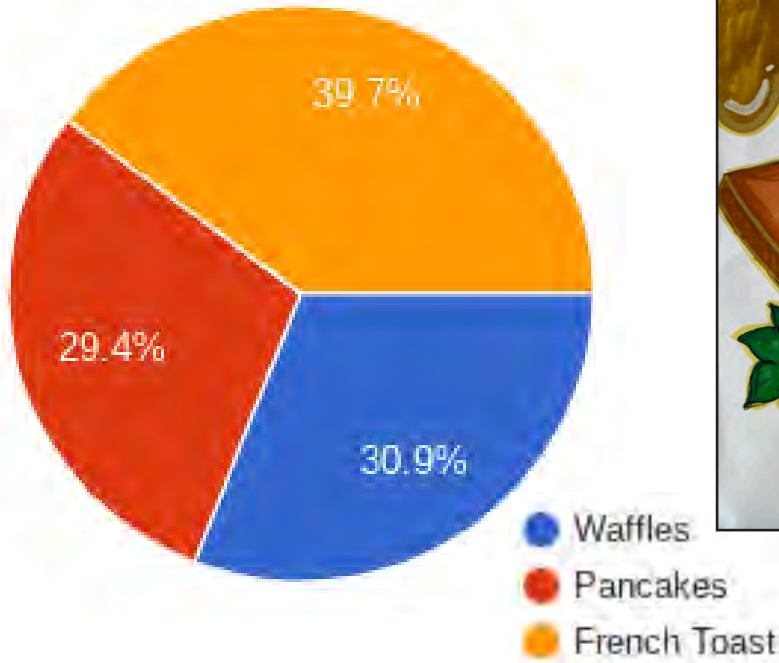
Monkeypox is a disease spread by rodents and it doesn't usually spread to humans. However, around 25,000 people in the US have been infected and 70,000 people globally. Infected people have rashes, similar to chickenpox. The color of the rashes can vary.

What are the Symptoms?

There are many symptoms of monkeypox. Some of the common ones are red splotches on your skin, fever-like symptoms, and drowsiness. You may also feel chills, body aches, and swollen lymph nodes. If you feel like you have a fever, make sure it isn't anything more and to take antibiotics accordingly. Monkeypox causes blister-like rashes on your skin and takes about a week to heal. Treat them appropriately to avoid further spread of the rashes.

Breakfast Poll

Brendan Park



French Toast Wins!



Artwork: Lana Mehetarian

Student Council Elections 2022-2023

Brooklyn Pak

The student council is a critical part of every school. It allows students to be better represented through elected officers that work together with an advisor. It gives students the opportunity to experience leadership and plan different school activities.

Ms. Bonomo is the advisor for the CPMS Student Council. The following students have been elected for student council for the 2022-23 school year:



President

Solomon Pak - 8th Grade

"I promise that this year will not only help shape the 7th and 8th graders of today, but the pioneers of tomorrow. Not a second of our time will be wasted with me as President."

Vice President

Brooklyn Pak - 8th Grade

"We need a reliable, strong Student Council body to influence our students for not just this generation, but the next and the ones after in our school. People should be proud of their school, and with me as VP, you will be."

Secretary

Giovana Robert - 7th Grade

"I believe that my organizational and communication skills will help me be a good secretary."

Congratulations to everyone elected and who participated in the elections.

Fall Fun!

Kelvin Lico Morales

The hot days are over and the cold fall days are coming. Even if it is cold doesn't mean that there's nothing to do. You can have fun in the fall just like having fun in the summer.

Here's a list of things to do in the fall:

Carving Pumpkins: Carve scary or funny faces on the pumpkins.

Leaf Art: The leaves turn different colors in the fall such as red, brown, yellow, purple, and orange! Use the different colored leaves to make art.

Halloween: Make costumes for yourself. Nothing feels better than working on something you made with your own hands.

Apple Picking: Go on a trip to a farm and pick some apples.

Corn Maze: At the farm take on a challenge to complete the maze as fast as you can.

Veteran's Day: Give a card to a veteran to show that we care for them and their service.

S'mores: Make a fall treat. You will need: graham crackers, marshmallows, and chocolate. Roast the marshmallow, then put it on one graham cracker, put the piece of chocolate over the marshmallow, then put the other graham cracker on top and enjoy!

Scary Movies: Watch scary movies with your friends or family to get in the Halloween spirit.

Fall Pictures: Fall is a perfect time to take pictures with the leaves falling from the trees.

Thanksgiving Parade: Visit NYC and watch the Macy's Thanksgiving Day parade. It is fun to watch in person or at home on TV.

Cross Country



Cross Country Photos: Vazira Tojimatova

Fall Sports Photos

Volleyball



Volleyball Photos: Rail Safin

Why Mental Health in Schools Matter and How to Better Yours

Solomon Pak

A clock ticks and the moon rises in the sky high above. Your pencil glides across the paper. The faster you seem to move, the higher the stacks of homework seem to get. Sweat starts to roll down your cheek as the hours seem to fly by, minutes turn into hours, and soon it is midnight, but the clock keeps ticking. When all seems lost and all hope has vanished, finally every "t" is crossed and every "i" is dotted. This is the reality for a large number of kids across the U.S., who struggle to finish mounds of work. Sleep, rest, and time with friends and family are just as important as homework and school. Things like lunch bunch and support clubs are available. Students still need to learn to take care of themselves and their own well-being.

The mental health of a student is as critical as depression and anxiety. School is 24/7 because of the internet. There will always be work, whether it is reading a book for ELA or studying for tests. Teachers try to minimize work and to help students as much as they can, but many students still feel pressured. One of the best ways to better yourself is to set goals that you can realistically achieve and complete them one by one.

Everything seems to pile up, even for responsible students. Tests, homework, projects slowly build up and can lead to stress for any student. Learning to complete work as soon as it is assigned or starting from the top and working your way down a list is the best way to minimize stress.

Early forms of stress and anxiety often lead to downward spirals later in life. Students in our school can participate in activities such as lunch bunch and school clubs (debate, newspaper, drama and student council) to help manage stress.

If tension and anxiety build up, take steps towards minimizing it as fast as possible. As work piles up and you find yourself under stress, find a way to relax, calm down, and try to deal with the situation. You could talk to a teacher, a trusted adult, or a friend. Everyone is in the same boat and there is no shame in it. If there is ever a problem, work it out with those you trust.

