



# West Boca High

# BULLSEYE

**ALL NEWS, NO BULL**



Photo by Allen Eyestone | *Palm Beach Post*

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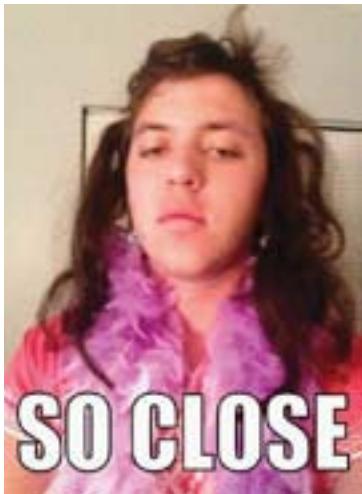
Susan and Darren Stone  
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# Letter from the Editor



Hey West Boca, I'm your new Editor-in-Chief (not your new Mr. Bull) Austin Winslow! I've been a part of the staff for two years and been in Journalism since freshman year, and I am so excited to take this next step in my writing tenure.

Writing is a passion of mine and I hope that next year I'll be able to show you what the staff and I can do. Next year we're changing a few things and moving online!

We want to make it easier for you to access the Bullseye whenever convenient and catch up on everything going around West Boca! I want to also get the word out to FOLLOW the Bullseye through social media on our Snapchat, Instagram, and Twitter accounts, @wbhsbullseye, to again keep you guys updated on everything going around the school all the time. *We give all news, no bull.*

I want to thank the graduating senior staff and former Editor-in-Chief Stephanie Cornwell for all the hard work they put in. I also want to give a huge thank you to Mr. Cruz for putting our paper on the West Boca website for the students to see, it is much appreciated. Lastly, I want to give the biggest shoutout to Mrs. Rosenblum, who came in midway through the year and really helped out the staff when we had no advisor. We wouldn't be able to do what we do without you and for that, we thank you (even though you're a Buckeye).

In closing, next year I will guarantee each and every student will have access to a Bullseye issue in their hands or on their phones and will get up to date with everything West Boca; I and next year's staff will live up to that promise.

Sincerely,  
Austin Winslow  
Your New Editor-in-Chief

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Debra Rosenblum

# Farewell, Mrs. Donney

By Stephanie Cornwell  
Previous Editor-in-Chief

On April 4, 2016, Diane Donney passed away at the age of 55. Ms. Donney taught Exceptional Student Education (ESE) at West Boca High School for 11 years. She grew up in New City, New York and was a loving mother to her daughters Katherine and Elizabeth, and son Brian.

Those who knew her well describe Donney as a passionate, dedicated, and selfless woman. She was an advocate for children and constantly went out of her way for her students.

"She was the most positive, truly genuine person I've ever worked with in education," explains Mr. Sommer. He stated that Donney always answered faculty emails with compliments, reassurance, or a positive quote. It was clear to Sommer and the rest of the community that "she sincerely cared about the kids at West Boca."

Donney started the Pay It Forward club at West Boca and was the faculty sponsor. Tatum Kelso, a senior at West Boca and a board member of Pay It Forward, said that "she went out of her way to do things for people. She was very caring and thoughtful and always wanted people to be happy."

According to the Glick Family Funeral Home, Donney was involved with her religion. She was a parishioner of St. John's Evangelist Roman Catholic Church, where she was a Eucharistic Minister.

Mrs. Lombardi, a friend and co-worker of Donney's, remembers her as a "kind soul." She described Donney as very involved with the school, as she went to almost every sporting event. Donney tried to make learning fun for her students through fun contests, parties, and positivity.

The Funeral Mass was celebrated at 11:00AM on Saturday, April 9th at St. John Catholic Church, Boca Raton. Donney was laid to rest at Deland Memorial Gardens.



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## West Boca Shows Off Their Talents

Katelyn Barnard  
Staff Writer

The theater of West Boca High School was fully packed, last Thursday, May 5, for the annual talent show. Both students and parents eagerly filled their seats while judges: Stephanie Stielpleman, Noel Levin, Craig Sommer, Janice Faustin, and 14 contestants prepared for the show. The night held entertainment for everybody from card tricks to dance numbers, singing, instrumental performances and comedy; this year's talent show had it all.

Magic was brought to the stage by duo Jack Shuster and Javier Perdomo, and solo act Kevin Castillo. Jack and Javier amazed the audience by using predictability skills and making a four of hearts disappear. The two bound Javier with tape as the judges picked the predicted card: the four of hearts. The card managed to vanish from the deck and reappear in Javier's taped mouth. They then unbuttoned their shirts to reveal undershirts with the number four and a heart painted on them. Well done, boys.

Kevin followed next in card tricks, managing to trap a single card in a balloon. With assistance from an audience member, Alexia Harouche, she picked a card, placed a full deck into a blown-up balloon, and popped it. The card chosen was the only one remaining in the balloon shreds. Both magic acts did a terrific job of amusing the audience and received a standing ovation. The singing department of the show was carried on by Samuel Cadieux, Isabella Aguilar, trio MCS, Micaela Benitez, Zachary Gropper, and Bianca Fuentes. One of the most impressive qualities from the acts was the dedication and originality incorporated into each performance. Samuel, while fittingly wearing a newsboy cap, matched his vocals to Broadway standards during his



*Photo by Katelyn Barnard*

singing of "Santa Fe", while MCS mashed multiple songs into one melody, and pianist Micaela presented her original song, "Sociopath". The most impressive was Bianca Fuentes with her well-deserved first place win in the show. She played and sang the acoustic version of "Riptide" by Vance Joy on her ukulele. When asked about her win, she responded, "It's pretty amazing." Congratulations, Bianca!

Students also brought their instruments to the stage and played their hearts out. The quartet group Saxophone Band kicked off with members Matthew Madden, Hari Pradhyumnan, Rafael Soto, and Justin Thornburg jazzing to "Bohemian Rhapsody" on their saxophones. This fun number had the judges bobbing along to the beat and the audience filling in the lyrics. Daniel Losev followed next with his guitar strumming to "Cuban Dance". This piece held elegance to it and left the judges captivated.

Next on the list of excitement, the dance numbers were presented by Lorena Reis, the duo Sam Squared (Samantha LeClaire and Samantha Frankenbush), and Chloe Malloy. All of the acts choreographed their own routines, with Sam Squared grooving to modern pop music, Lorena twirling to a lyrical piece, and Chloe tossing her batons. Sam Squared brought a lightness to the stage with their wild movements and fun personalities.

Lorena, the second place winner, elegantly glided across the stage, while extending herself to impossible heights and spinning to the chorus. Bronze nationalist in baton twirling, Chloe, tossed her batons to the ceiling while spinning around, to catch them when they neared her. All three acts performed remarkably and received mass cheers from the audience.

While all the acts entertained the audience, the one official comedy act was stand-up comedian Joe Jaques performing "Not Funny Comedy". In the act, he hilariously went over the dishonesty in responding to "how are you?", the awkwardness of awkward interactions, and the existential crisis that accompanies summer vacation. "[The talent show] was pretty good. This would either be okay, or, like, one of the worst days of my life... and it was okay," said Joe on the experience of the event.

Most of the fun was held on stage, but the audience had a great time. Freshman Jimmy Burns said, "It was spectacular" in response to his first viewing of a talent show. Overall, the night was a huge success with incredible, talented participants. Congratulations to winner Bianca Fuentes and runner up Lorena Reis, and job well done to all of the contestants.

Students must be free of all obligations to obtain a parking decal.

### Parking Decals and Lockers

Parking decals will be sold to any licensed driver who agrees to abide by school policy ( No Learners Permits ).

Students need to bring with them a valid drivers license, vehicle registration, proof of insurance and a completed parking form with a parent notarized signature ( see attached parking form ) and the \$60.00 fee must be submitted at the time of purchase in Student Services. All students will park in the west parking lot only. All parking spaces will be numbered and students will be able to select their parking spaces on a first come, first serve basis. Seniors will have the first opportunity to select their spaces before any other students. Lockers will be sold 1 locker per student for \$5.00 Students may not buy lockers for their friends. No sharing of lockers allowed. \*\*\* Please bring correct amount \*\*\*

Parking Decals \$60.00 & Lockers \$5.00

### Pre-School Sale Dates:

Seniors-----July 27- 28 9:00 am - 12:00

Juniors-----Aug 1 - 2 9:00 am - 12:00

Sophomores----Aug 3 - 4 9:00 am - 12:00

Freshman-----Aug 8 - 9 9:00 am - 12:00

& New Student Night

### New Student Night

Freshmen and New Student Night

Tuesday, August 9, 2016

from 6:00 - 8:00 pm.

Students will be able to receive their tentative schedule purchase planners and lockers for \$5.00 each. One locker per student.

Students may not buy lockers for their friends. Students will also have the opportunity to locate their classes / lockers around campus.

### First Day Procedures

Monday, August 15, 2016 is the first day of the 2016 - 2017 school year. There will be lists of all student's room assignments posted at various locations around campus. Students should check the list and report to their first period class when the bell rings. Their teacher will hand out their official schedule.

### Attention all Seniors !!!

Prestige Portraits will be sending out senior portrait appointment cards over the summer. If you do not receive an appointment card, please contact

Prestige Portraits 1-772-463-0457 or 1-954-584-5959 to schedule an appointment. ([www.prestigeportraits.com](http://www.prestigeportraits.com))

If you have any questions please contact Mrs.

Lombardi at [margaret.lombardi@palmbeachschools.org](mailto:margaret.lombardi@palmbeachschools.org)



Open House  
will be Tuesday  
September 6th.  
at 6:00 pm.

### Edline

Edline provides an opportunity to display a dynamic, fully graphic web page for schools and teachers to share information with parents and their community. It is available through the Internet 24 hours, 7 days a week at [www.edline.net](http://www.edline.net). School information, updates, teacher lesson plans and progress / grade report can be viewed by parents from home or work. A high level of security allows parents to see only their student's work.

## Pathfinder Winners: Stephanie Cornwell and Julia Lopes

By Lillian Richards

News Editor

*On the evening of May 10, hundreds of students, parents, and educators from both Palm Beach and Martin Counties filled the tiers of the Raymond F. Kravis Center for the Performing Arts for the 33rd annual Pathfinder High School Scholarship Awards. The prestigious Pathfinder competition awards between \$2,000 and \$4,000 to four students in each of the eighteen categories ranging from academics to athletics. Two West Boca High School students were honored, for the first time, with \$4,000 and the coveted "astrolabe" trophy which symbolizes the path each student may follow in the world. Stephanie Cornwell received the award for Communications, while Julia Lopes received her award for Art.*

You probably know Stephanie Cornwell. She's pretty, she's popular, and she's the Captain of the Varsity Cheerleading Squad. She is also brilliant. On Wednesday night, Stephanie won the Pathfinder High School Scholarship Award for Communications.

This outgoing and well-liked student is the former Editor-in-Chief of the West Boca High School *Bullseye*, President of National English Honor Society, Historian of National Honor Society, and has written numerous published articles for places such as *The Boca Raton Tribune*. After taking journalism for four years, and writing for the school newspaper for three, Cornwell decided to apply to become the Communications nominee for West Boca. Her essay on why she should become the nominee, which detailed her chosen career path as a writer in the communications field, secured her spot as a potential pathfinder.

Cornwell put together a ten page portfolio including articles she had written for the *Bullseye* and local newspapers, and a letter to Marco Rubio about offshore oil-drilling, among other things. During her interview at Palm Beach Atlantic University, Cornwell diligently shared as much about herself and her work in the brief ten minutes with the judges. Leaving the interview, she felt that "This was the best interview I had ever had. I loved the judges; I felt really positive."

At the event itself, Cornwell detailed that "It felt like the Oscars." The awards are given out in reverse alphabetical order making Communications one of the last categories to be announced. So far, West Boca had not placed in anything. This came as a shock after a very successful year in 2015 with over six winners in various places. Cornwell thought "Maybe I would scrape by with a fourth because I had a really great interview," after not hearing her name she had virtually stopped paying attention. When her picture was projected on screen, Stephanie couldn't believe it. Salutatorian, Preet Kumar, grabbed her hand and screamed "Steph, that's you!" She "could hear her parents screaming from the balcony" as she walked to the stage, stunned and in tears.

As she heads to the University of Florida in the fall, Newspaper Adviser Mrs. Rosenblum believes "Stephanie has the ability to make everyone feel wanted. She is a born leader with incredible potential in the field of journalism."



*The proud parents || Courtesy of  
Stephanie Cornwell*



*Stephanie with trophy in hand  
|| Courtesy of Stephanie Cornwell*

**Julia Lopes** moved to the United States from Minas Gerais, Brazil when she was six years old. Even at this young age Julia had already developed a passion for art, however she had not tried to pursue it. Towards the end of middle school she applied to Dreyfoos School of the Arts and was declined. She enrolled in West Boca and checked off Art with Mrs. Feldman as her first choice elective on course selection sheets.

Even on the first day of school, her now teacher and mentor of four years, Mrs. Feldman, noted that "Julia Lopes is one of those students who comes into your class very quietly and sits down; but when she puts a pencil to a piece of paper, it's magic." It was that day in the period five classroom that Lopes made the decision to "let go of the fear" that had accumulated from years of self-doubt and insecurities. Four years later, Mrs. Feldman has seen Julia flourish from extremely talented to prodigious. Throughout high school, Lopes has traveled internationally and gone on missionary trips that have enriched her perspective and contributed to her impressive portfolio which contains countless paintings and drawings, eighteen commissioned pieces, and three murals.

Now a senior excelling in AP Art History and AP 2D Design, Mrs. Feldman pushed Lopes to apply for a Pathfinder award. It was no surprise that with her immaculate 4.15 weighted GPA and evident talent she won the nomination for the school.

The Pathfinder process was not an easy one for Julia. Although she has overcome significant obstacles, she considers herself "really a shy person" and "not a speaker." On the first of many interview practices, Julia admitted "It went so bad, I started crying." After months of practicing every week with Mr. Questo, Julia had a ten page portfolio featuring a glowing letter of recommendation from Mrs. Feldman, academic information, and some of her artwork, along with a newfound confidence and readiness for the interview. Her official interview went very well, the judges were artists themselves so the shared interest eased her nerves.

On the night of the award ceremony, Lopes was extremely nervous because "Everyone had so many accomplishments. Especially the [students from] from Dreyfoos School of the Arts, [where] I was declined." As the fourth, third, and second place names were announced Julia did not expect her

name to follow. Her picture was projected onto the massive screen as the judge read a biography of her accomplishments, mentioning the amazing story her art tells. Her fellow Pathfinder nominees from West Boca erupted into cheers and ushered a flustered Julia onto the stage to claim the astrolabe trophy engraved with her name.

Lopes was accepted into the Savannah School of Art and Design, Art Institute of Fort Lauderdale, Ringling School of Art and Design, and the Art Institute of Chicago where she has chosen to go to study to become an Art Therapist. All of these schools offered her scholarships of as much as \$18,000 for the first year. The Art Institute of Chicago is the second best art school in the nation, right behind Yale University in Connecticut. Between scholarships from the Art Institute itself, the Pathfinder Scholarship, the Bradley Marc-Ginsberg Scholarship, and various others, Lopes has 90% of her college already paid for.

An ink drawing done by Lopes made of a series of dots, in a style called stippling, with three-dimensional flowers crafted by hand.

[Julia], being the Pathfinder is just another star in her sky. This is just the beginning for her. I will see her again."



Mrs. Feldman tearfully accepts one of Lopes' most outstanding pieces of artwork as a gift.



A colored pencil drawing by Lopes that features spices from her home country of Brazil.



An ink drawing done by Lopes made of a series of dots, in a style called stippling, with three-dimensional flowers crafted by hand.

Her biggest supporter, besides her proud parents, Mrs. Feldman, is very sad to see her go after having her as a student for four years. In an interview Mrs. Feldman shared that "For

# 99 Problems and School Tuition is One

By AnaJulia Severino  
Previous Staff Writer

When money is seen as the solution, it often becomes the problem. Students all over the world know this too well. Up to forty percent of low income students that are accepted into college never make it to their first day, and there is only one thing stopping these bright kids from getting to where they want to be: money.

Luckily, there are plenty of scholarships out there that are available for all types of students. You could be rewarded for thinking outside of the box. All of these bizarre scholarships are definitely worth checking out!

## Top 5 Craziest Scholarships

### 1) **Zombie apocalypse** ([www.unigo.com](http://www.unigo.com))

Win \$2000 just by coming up with the best survival plan should a zombie apocalypse hit your school.

### 2) **"Why buy furniture?"scholarship**

([www.custommade.com](http://www.custommade.com))

You could win up to \$1000 just by composing the best essay answering the question "Why buy furniture?"

### 3) **Duck brand duct tape** ([www.cappex.com](http://www.cappex.com))

Make your prom attire entirely out of duct tape and you could win \$500 to \$5000.

### 4) **Vegetarian Resource Group** ([www.vrg.org](http://www.vrg.org))

Graduating High school seniors that promote and are passionate about vegetarianism can win up \$5000 to \$10,000.

### 5) **Superpower Scholarship** ([www.unigo.com](http://www.unigo.com))

If you have the best answer to the question, "which superhero or villain would you want to change places with for a day and why?" you could win \$2500!

# Hosa

By Jenna Issacs  
Previous Managing Editor

West Boca is commonly known for its incredible achievements and its dedicated student body. These two characteristics go hand in hand when it comes to competitions such as the competition that HOSA competed in two weeks ago. With the vast knowledge of medical sciences, the human body, and all other aspects involved in the field of medicine, our HOSA club was prepared and well-prepped. A large number of students ventured up to Tampa, focused on the task at hand. The rough competition was rewarding due to the fact that six students were able to advance and go to nationals.

Those who are able to progress forward include Haley Brown, Tyler Yanow, Jared Shppard, Sydney Schwartz, Matthew Cohen, and Brian Chen. A huge congratulations to those six students for this hard work and excellence in the competition.

Nationals is not until this upcoming summer so they will have plenty of time to prepare. Those who participated in the competition received medals but if any of these students going to nationals place, they will receive an additional medal. Good luck to those competing in the summer and congratulations to those who went to the previous competition!



*HOSA Competition Team  
Provided by Mrs. Stiepleman, Hosa Coordinator*

## Welcome Mr. & Ms. Bull 2016!

Austin Winslow  
*Editor-in-Chief*

The new Mr. and Ms. Bull for 2016, Matthews Ferreira and Spencer Shore, are super excited to represent West Boca next school year. The new ideas they have for next year include planning to bring a ton of spirit and excitement to our school with their outgoing personalities! From the previous Mr. and Ms. Bull they are inspired to keep their spirit going and try their best to fill their shoes. If they can change something it would be to keep organization strong so everything comes out as planned, keep set up creative, and overall add more games and fun to upcoming pep rallies for the school year to come!

But how did they get this far? What led up to their selection? Prior to anything actually happening, all the candidates for this awesome position met with Ms. Steele, other teachers, and other administrators after school for their scheduled interviews. Each candidate had specific times and were all asked the same type of questions regarding spirit, qualifications, etc. Once the interviews were finished, each student was also assigned a Mock Pep Rally time slot where they had the opportunity to show what they got to Ms. Steele, SGA, and other teachers. Ferreira's pep rally consisted of a red carpet and Grammy's theme performance, while Shore's pep rally included a Grease Lightning theme and performance. Once the pep rallies were finished, it then turned to the students and the popular vote. Each student in their English class, except seniors, received votes and chose who they wanted to have represent West Boca next year. Once the voting finished, it then led into the final "part" of the competition between the competitors; Spirit Week.

This week is probably when the non-runners were questioning what the students were wearing. Hopefully it all makes sense now. But here's a quick run through of how it all went down the week of the Pep Rally and the announcement.



### **MONDAY: Barn Party**

This included anything to do with barns or farmers. Someone could see someone wearing overalls, boots, or any other type of "farming clothes".

### **TUESDAY: Pool Party**

The gist of this day was to dress up with anything regarding Swimming or Pool attire. Floaties, sunglasses, hats, and bathing suits were definitely a "splash" hit.

### **WEDNESDAY: Prince and Princess Day**

The goal of this day was to dress as Royalty, whether it was a crown, tiara, or a dress (for either gender).

### **THURSDAY: Retirement Party/Baby Shower**

This was clearly a choice between dressing as an elderly person or a newborn baby. This day had diapers, rattles, canes, and much more.

### **FRIDAY: The announcement**

The day everyone was waiting for. Who would be the NEW Mr. and Ms. Bull for 2016-2017. This day was filled with excitement, yet butterflies in stomachs, but ended with crowning Ferreira and Shore as the new dynamic duo of next year.

Overall, congratulations to the duo for their hard work and dedication to their school and the two will definitely kill it next year, Go Bulls!

# Class of 2017

## Important Dates for Yearbook!

It is hard to believe that your turn has come. The Bullanza Yearbook staff has strict guidelines for submissions into the West Boca High School Yearbook. Please save these dates so you do not miss out on being a part of history!

- Friday, September 9th**-Fun summer and nightlife pictures due

- Monday, October 3rd**- Deadline for Senior picture submissions

- Friday, October 7th**- Senior Quotes must be turned in or your quote will be the dreaded "Congratulations, Class of 2017". The quote must include be typed and include your first and last name as well as your signature verifying the quote is worded correctly. Quotes can be no more than 110 characters including letters, spaces, numbers, etc.

- Friday, October 14th**- Baby pictures including your first and last name along with the \$10 fee cash or check (Checks made out to West Boca High School and include your address and phone number)

- Friday October 14th**- Now and Then pictures due. Include your first and last name and the first and last name of your friend as well as how many years you have been friends.

*All submissions should be turned in to Margaret.lombardi@palmbeachschools.org. Items requiring payment need to be brought to Room 6-204. Questions may also be directed to Editor-in-Chief, Mackenzie Kline at mackenziekline13@gmail.com.*

## Summer Sports

By Matt Gross  
Sports Editor

Although the 2015-2016 school year is coming to an end, the sports' teams here at West Boca will still continue to participate in events over the summer. Numerous teams will gather to travel to different camps and other events both here at West Boca and outside of Florida.

The football, basketball, and baseball teams will be in full effect over the upcoming summer. There will be football lifting and conditioning

sessions, as well as seven on seven games throughout the summer that are played against other local high schools. The basketball team will also compete in several tournaments against other schools as part of their Summer League. Members of the baseball team, such as starting shortstop Jordan Keller, plan on attending showcases in locations such as Fort Myers, Vero Beach, and even Lake Point, Georgia.

Attending camps over the summer give athletes a chance to be looked at by many different college coaches and enhance the recruiting process. With the previous seniors moving on to the next level, this extra time over the summer helps these teams tremendously. It allows the incoming freshmen, returning players, and coaches a chance to work together, improve their performance, and most importantly prepare for the upcoming season.

# Girls' Tennis State Champs!

By Michael Stone  
Staff Writer

The 2016 season was a great one for West Boca Girls' tennis. Led by 2015 state champions in singles and doubles, sophomore Anna Bright, and senior Ja'cara Gillis, West Boca had its best season since the school's inauguration in 2003. Other key players who started most of the season include Allyson Nerf, Eden Sella, and Francine Voit.

Although these five girls played a major role, West Boca could not have had the season it did without contribution from the whole team.

The girls ended the spring season undefeated in district play and were so dominant that they did not lose a single set throughout the entire season. Riding the momentum from the season, West Boca went on to win the district tournament in a dominating performance, beating Jensen Beach 4-0.

This key victory qualified West Boca for the regional event where all of the district winners come together to fight for a regional championship. This event was crucial for West Boca because in order to achieve their goal of reaching the state tournament, they would have to win the regional championship.

West Boca trained extremely hard for this event because they did not want their season to end right then and there; they had worked too hard. This hard work did not go



*Anna Bright, Allyson Nerf, Francine Voit, Eden Sela, Coach Telford, Ja'cara Gillis, Allyson Lester, and Sofia Labow (from left to right). Provided by Meghan Zaffuta.*

to waste as West Boca pulled off a big win against Vierra in the regional final with a score of 4-1. For the first time in school history, West Boca qualified for the state championship as a team! West Boca achieved its goal; however, they were hungry for more.

Despite the fact that the girls went into the event as an underdog, West Boca continued to believe.

**"I was very proud of the girls and how they were able to come together and play as a team; their hard work really paid off because they were able to win a State Championship!"**

**-Coach Currier**

This "never give up" mentality paid off as West Boca shocked many and went on the win the State Championship, beating Creekside 5-0! Dave Currier, coach of the West Boca Girls' and Boys' Tennis teams, shared his thoughts on the great season: "I was very proud of the girls and how they were able to come together and play as a team; their hard work really paid off because they were able to win a State Championship!"

As he should be, Coach Currier is very proud of his team and is looking forward to a great 2017 campaign. Hopefully, the girls will be able to carry over their magical run into next season and repeat as State Champions!

# Tips to Pull an Effective All-Nighter

By Meghan Zaffuta

*Graphic Designer*

Whether it is procrastination or just a heavy workload, finals coming up in the near future means that there are not enough hours in a day. This inevitably leads to the dreaded all nighter. While you are cramming for major tests at 4 A.M., here are a few things to keep in mind:

- 1) **Lay back on the coffee-** While caffeine may be tempting, after a while, you will crash. Try to push water or space out caffeinated beverages.
- 2) **Stay away from sugary food-** They may feel like they are working at the time, the end result will be just like coffee.
- 3) **Snack on brain healthy food-** Munch on foods that are high in essential fatty acids or vitamins like nuts, dark leafy greens, berries, and whole grain foods.

- 4) **Take breaks-** Every once in awhile stop working to stretch or splash cold water on your face to keep you awake.
- 5) **Do not work in the dark-** Study in well lit rooms and stay away from your bed to keep you awake.
- 6) **Just say no!**- The purpose of sleep is to recharge and repair your body. When you take this away on a regular basis, a compromised immune system, lack of focus, and an increased risk of diabetes, heart disease, and cancer can result.  
*Only pull an all nighter if it is absolutely necessary.*

# Are You Ready for Summer?

By Angelia Bulatao

*Managing Editor*

