

November 17, 2016

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School Voice

By Ms. Wilm

The goal and purpose of this student-driven newspaper is to give students a voice, a form of expression, and an ability to share their successes with West Side and Newark community. Together, along with my team of student writers, we will begin sending out a bi-weekly school newspaper aimed at informing and celebrating school and community-wide activities. There will be a limited amount of printed copies of this newspaper because West Side aims at embracing the 21st Century by producing a digital newspaper that can be downloaded and shared. This will allow students, parents, and community members to share the successes of our students with family and friends via different social media outlets. The students participating in the creation of this newspaper have dedicated their time and energy to creating a theme, researching topics, writing, and editing. I am incredibly proud of the team of students who have volunteered their time to make sure the community is aware of our West Side Campus Rough Rider's pride. We would like to invite all members of the West Side Campus community to become involved in this newspaper by sharing their stories, successes, upcoming events, photographs, exemplary writing pieces, and artworks. If you have something you'd like to contribute you may reach out Ms. Wilm at Rwilm@nps.k12.nj.us or contact a student member.

Welcome to the 19th Annual Making Strides Against Breast Cancer of Newark!

By: Isis Hobbs and Rafiyah Smith

This year's breast cancer walk took place on October 16th in downtown Newark. It began at Lincoln Park and ended at Military Park. 505 teams and 2,908 people participated, raising a total of \$197,361.83. The top participants and teams included Celia Fernandez, Elsie Best, Lisa Bouldin, Beta Alpha Omega Pink Pacesetters, Making Strides In Memory of Rosemarie Mancusco, and Team Babalu. There were also three top companies, including Newark Public Schools who raised a total of \$4,435.47. Ms. Johnson and her Girlz Group also participated in the walk, and raising funds for the Making Strides foundation.



[Click here for more information on the Making Strides Breast Cancer Foundation](#)

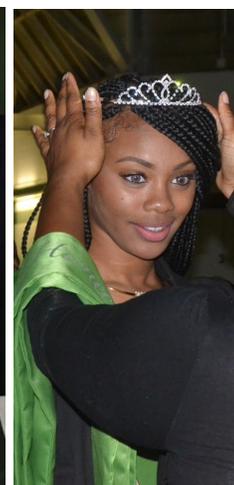
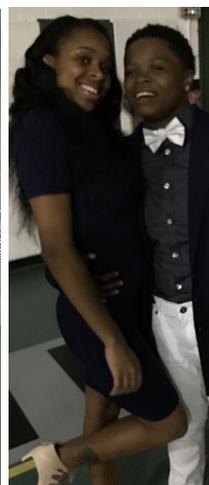
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Homecoming Dance

By: Quadasia Coley-Jones

As I walked into the homecoming dance, I realized more people had shown up than I anticipated. Everyone was dancing and having fun as usual but this time we were allowed to dance and enjoy ourselves as we pleased with minimal resistance and restrictions. Bobby, the DJ, played all of the latest songs that we liked. The West Side gymnasium had been transformed into a "dance hall" for us by the staff members who participated including Ms. Tracee, Ms. Dos Santos, Ms. Holt and others. Green and White decorations had engulfed the gymnasium in Roughrider spirit. The students that attended the event were dressed to impress and prepared to participate in the 2016 homecoming, which was the first homecoming Westside High School had held in years. Those in the homecoming court, myself included being crowned a "Princess", had especially enjoyed the event. Our positions in the homecoming hierarchy were announced by Mr. Ramkissoo, the principal, as we walked down a lane of people, posing for pictures and dancing for videos. Homecoming eventually came to an end and people gradually left the gymnasium expecting homecoming to be over. However this was only the beginning, there was a homecoming parade the next day, where the court and other participants marched down South Orange Ave. which lead to a block party held at West Side High School. Beverages and food were available and music played as the crowd eagerly awaited the football game. The players suited up and residents began to fill the seats of Untermann Field. This was the finale to West Side High School's Homecoming weekend.



The Homecoming Game

By: Daniel Mendez

Homecoming is a time when the stands are full of students and hype is in the air. Gathering hype for sports can be a hard goal to accomplish when students don't attend games to support their school. West Side football hosted its homecoming game at Untermann Field Friday, October 14 against Central High School. Many students and faculty had high hopes for the game, but those high expectations soon came crashing down with a 6-19 loss. Our starting quarterback had been suspended from playing in the game that day. Coaches were forced to substitute in the star running back to account for the missing QB. In response to the problem, one coach remarked "The kids weren't using their full potential and didn't take pride in the event occurring, once you take out a piece of the puzzle you have an imbalance in the offense making the team more predictable."

As a proud Rough Rider, I am calling out for student involvement in the games to come. West Side is hosting its Football Senior Night next Friday, November 4, against Whippany Park High School with hopes at keeping their playoff hopes alive. The game will be at Untermann Field at 7pm. West Side is in dire need of school spirit and student support at the games. When the stands are full of West Side supporters, there is no greater feeling for the players, motivating them to give their all. Please come out and support your school.



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The Lady Roughriders Volleyball

By: Coach Meekins

The ladies volleyball team finished the season with 5-18 record. Injuries and conflicting schedules hampered the team throughout the entire season. Seniors Desiree Fields and Michelle Bamidele were selected captains of an academically sound team. Alnisa Burgman was clearly the team's most improved player with over 40 aces on the season. Kiarra Crawford led the team in both kills and digs while Michelle Bamidele led the team with over 10 blocks.

The highlight of the season was the team's win over Christ the King who had beaten us in September. We suffered 3 forfeits due to scheduling conflicts where several students had academic obligations on Saturdays. With the untimely injury to probably the team's best player, Naomi McCoverly, we never could get the 6 best players on the court at the same time. Despite the losing record, the girls persevered and learned to overcome adversity. I am most proud of the fact that the ladies completed the entire season without receiving any unsportsmanlike penalties.



Cross Country

By Coach Greene

The West Side Cross Country team had a very productive season. The Team started out very strong with the boys winning the small school team title and Sophomore, Fatima Sannor, won the girl's race. Throughout the season, the team competed in many different meets that helped to prepare them for SEC Conference and the Newark City Championships, where West Side Boys placed second in both contests while the girls were second at the SEC meet. The Girls went 13-1 in the SEC dual meets, while the boys recorded a 9-2 record this season. Both are school records!

West Side boys and girls had a strong overall team performance this season with Sophomore, Samuel Colon III, winning both the SEC Conference and the Newark City Meet races. Sophomore, James Bell, was 3rd in the SEC championship race and 5th in the Newark City Meet. For the girls, Fatima Sannor placed fourth, and Aminah Muhammad placed tenth in the SEC Championships. The girls' team had five girls make the SEC All Conference Team and the boys had 7 runners to make the SEC All Conference Team. This was the first time that the West Side Cross Country program has ever accomplished this feat. Both teams ended their seasons after great performances at the Essex County Championships.

The girls' team goal was to win Conference, which we were not able to accomplish but with all the team coming back next year we look to be better. The boys had the same goal, but with an early injury to our top runner JimLee James, the team settled for a second place finish in both conference and cities. The boys' team was also filled with underclassmen so they look to be in control for next year as well. As I reflect on a great season, I think my favorite part of the cross country season was probably the Conference meet because I got to witness a young girls' and

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boys' team with lots of talent, bringing a new winning tradition back to West Side Campus. Both teams had to work very hard for their success this season. They had high expectations at the beginning of the season and despite a few obstacles, both teams were successful.

"At the start of the season, we knew we had a lot of potential and we knew we could be really good," Samuel Colon said. "Unfortunately, injuries and sickness came along to knock us off track a bit, but to come in second at Conference and cities was still a nice accomplishment."

Both teams will be returning with their top runners next year, so the expectations are high for all.

"Next year, I think the boys' and girls' team is going to be very good," Sannor said. "We'll both have five returners from the top seven this year, so it's going to be exciting seeing our success next year."

Both teams are looking forward to track season and what they expect to be a positive future cross country season for returning team members. I think our team has the potential to be really great next year. As long as we all work hard, I think our next season will go well.

West Side Soccer Team

By: Coach Pinnock

The West Side Soccer Team began our season with a bright outlook. We sported seven new players ranging from grade 9 to 11. We anticipate that these new players will return next season to further supplement our existing team. We also salute our departing seniors Javon McKoy, Theophilus Desloges, and Devon Hood. Desloges and Hood have enjoyed three and four seasons, respectively, of consistently representing the Roughriders in soccer.

We played over 17 competitive games this season. Our players displayed fair play and sportsmanship throughout and they must be commended. We finished the season with a record of 5-8-4 (wins, losses, draws). Special mention must be made of new addition Boluwatife Okuboyejo, who emerged as our leading goal scoring machine, notching over 12 goals in his debut season. Special mention must also go to goalkeeper Devon Hood. Devon had over 40 saves this season and we wish him all the best as he pursues his post-secondary education.

We ended the season on a sour note as we bowed out to Science Park High School in the first round of the Essex County Soccer tournament. We were defeated 4 goals to 3, a game which saw us holding a brief lead toward the end of the game. Our boys fought tirelessly and must be commended for their efforts.

Our season culminated with a team dinner, where we shared in a hearty meal made possible by the efforts of Principal Ramkisson and Coach Pinnock, who prepared a meal for the players. Thanks to them both. Thanks also to Coach Henry who worked tirelessly in preparing the boys for each game. We look forward to continued success next season.

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College Corner

By: Michelle Bamidele

Rutgers University Newark

Acceptance rate: 62.8%
Total enrollment: 11,804
In-State Tuition: \$25,724
Other Campus Sites: New Brunswick and Camden



RUTGERS

College of Arts and Sciences

The Newark College of Arts and Sciences enrolls more than 60 percent of the undergraduates at Rutgers University-Newark and is the largest school on campus. With majors in almost 40 fields, the curricula at NCAS combine the advantages of a liberal arts foundation with the specialized training necessary for a specific career.

School of Criminal Justice

The School of Criminal Justice is a major national and international center for scholarly research on all aspects of policing, delinquency, crime, and criminal justice administration. This provides a basis for its educational programs that also fulfill public service obligations by helping to address the needs of criminal justice agencies within the city, state, nation, and world.

Rutgers Business School

Rutgers Business School offers undergraduate and graduate programs that equip graduates with the skills they need to function in today's diverse global business environment. With a focus on a team approach, the curriculum teaches students to critically reason, gather and weigh evidence, and bring an innovative and thoughtful approach to problem solving in real-world business settings.

CTE CORNER

C-Tech Telecom I-Copper Based System: Mr. Timmons

The main idea of this course is based primarily on Telecommunications. This is the application of communicating over a long distance by cable, telegraph, telephone, or broadcast. If a student successfully passes, they will receive a certification at the end of the course. Mr. Timmons states "Students will receive a certification to do copper wiring and cable installing. It is a copper wiring program that is designed to give students cable skills. Students create adapters and learn telecommunications through the tab."

Manufacturing: Mr. Tandy

In this course, students study the manufacturing process from the creation of an idea, following it all the way to becoming a finished product. Students are currently building a rollercoaster. According to Mr. Tandy, "One word that describes the class is challenging because the class is not just learning something from a book, there's a process." However, students do have fun, participating in field trips, and having guest speakers come in and speak to them.

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Acceleration Academy Feature

Acceleration Academy kicked off its first quarter with new programs and new students aiming for academic success. One of the academy's new students, Justin Jones, became the recipient of the academy's inaugural "Student of the Week" award. The award, given out during a weekly convocation, recognized Justin's positive attitude, increased maturity, and work ethic since arriving at The Academy. "Juss" was followed in this honor by Anastasia Williams, Tara Mackey, Daquan Roland, and Joshua Ijeh - with each weekly winner showing improvement in their performance, attendance and attitude towards school.

While The Academy welcomed many new students this quarter, it also was excited to welcome a new family member! Acceleration Academy Director, Beatrice Pierre, was happy to announce the birth of Chloe Leah on October 17, 2016. Chloe came into this world at a healthy eight pounds and five ounces and the academy looks forward to Ms. Pierre's return from maternity leave in January.

While Ms. Pierre has been out, things at the academy have not slowed down, including the work of Ms. Cross as she helps prepare academy students for the possibility of college. The students recently participated in a college workshop which focused on the costs and structure of colleges, including an activity in which the students created their own fictional colleges for which they came up with tuition and general curriculum. With the help of Ms. Cross and the rest of the acceleration academy staff, students are hoping to transition their college dreams from fiction to reality this year.

A Student Voice

"A Day In Politics"
By: Rouwaida Nitiema

Hillary Clinton's political views and attitude towards this year's Presidential election are without a doubt a strategic way to compel voters. One of her most supported views throughout her campaign thus far is the issue surrounding gender equality. She wants to raise minimum wage with equal pay in jobs for women. According to "Exit Poll", 53 percent of voters in the 2012 election were women. This is a strategic move for Clinton because if she can get a plethora of women voters on her side, she could potentially reach new heights in this year's election. Clinton's strategy is to use her opponent's debate weaknesses against him. Trump, who is considered a sexist by a large amount of the public, was crippled by Hillary Clinton during the first presidential debate. She skillfully baited her opponent with her word choices and provoked him to expose his true colors. Her plan of action to let Trump consistently interrupt her, made her seem calm and collected in the eyes of the audience while Trump seemed temperamental.

Hillary Clinton's performance during the first debate was sublime. She answered the questions she was being asked without going off topic, and provided great arguments and qualities expected of a political

"Donald Trump"
By Michael Lawrence

Donald J. Trump has become famous for his obscene outbursts during this Presidential race. This usually defines him, and his potential to be the Commander in Chief of the United States. This, in turn, blinds some to his actual plans for the country he envisions to run. His major plans revolve around taxes and healthcare. This does not cover all of his ideas for the United States, but these are his most radical changes. Donald J. Trump believes his plans will revitalize the economy and in turn, the populace.

Trump owns many "successful" businesses, and his political plans reflect the fact that he is an American business owner. The significance of his tax plan lies in the change to business tax, lowering it to 15%, claiming that it will help businesses big and small to

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leader. For example, throughout the debate, she never interrupted Trump because she listened as he talked. Once you stop listening to your opponent, you are not arguing effectively-which was not what Hillary Clinton was doing. Her She showed her confidence when she talked about her plans to create new jobs by reforming trade deals. She also showed her confidence when she stated "I prepare to be president and i think that's a good thing". This portrays her as someone who will not be afraid to lead the country.

She incorporated skills of rhetorical appeals in both the first and second debate. During the first debate, she answered the issue regarding her 33,000 deleted emails in a deftly manner. She answered by owning up to her mistakes. This creates a sense of honesty and credibility in the eyes of the audience because her apology portrayed her as not only human, but also a person that is not afraid to take responsibility for her actions. This is essential because it is a quality that is highly valued in a president.

Lastly, Hillary Clinton sympathizes with the larger population on various levels. She wants to give illegal immigrants immunity during her first week in office as president of the United States. I t is a strategic move because doing this will encourage the undocumented immigrants to come out from the shadows, which could contributes massively to the United States economy. There are plenty of United States voters who have family members that are immigrants, either illegal or not. This could potentially persuade their votes in order to get their family members to become citizens. Donald Trump wants to run the country like a business which prove to be cataclysmic for many reasons. Leading a country takes being able to make wise decisions and not taking drastic actions and risk. If Trump wants to treat the country the way he treats his business, the country could go into more debt because Donald Trump has filed plenty of bankruptcies with his businesses. His character flaw of being temperamental can prove to be fatal to the United States if Donald Trump becomes president. Hillary Clinton on the other hand has proven many times to be a diplomatic person who has great ideas that will lead the United States forward into an new era.

prosper. With more money to expand, companies will need to hire more individuals. Trump claims that this will lead to a job growth of 2 million, compared to Hillary's plan for the economy, which will cause a job deficit of 300,000. Though this is very significant, it doesn't stop here. His plan also entails that Americans will experience \$15,000 and \$30,000 tax deductibles for single and joint filers respectively, and a replacement of the Inheritance tax. His plan of lowering taxes on America's citizens and businesses intend to keep them in our country and revitalize our economy.

The second major plan revolves around Health Care reform. The first thing that should be established here is that Donald Trump insults and rejects "Obama Care", and that it is an "economic burden" and embodies the damage done by Obama, Democrats, and the Supreme Court. He plans to completely repeal the free Health Care policy. He plans to promote a system of "free market", in which healthy competition between insurance companies will provide benefits to the public. By removing limitations across state lines, Donald Trump expects insurance companies to try their best to entice you to engage in business with them.

Those who see Trump's plan may have mixed feelings, whether he is in favor of business, promoting a "neo trickle-down system", or the idea that his plans can't be trusted because he can't be trusted. Regardless, this is the mindset of the Donald Trump who wants to run our nation, and he has radical changes in mind to improve the country.

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Health - Nurse's Note

The Five Steps of a Breast Self-Exam

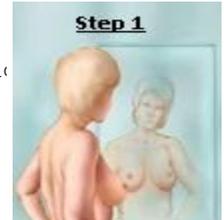
Step 1: Begin by looking at your breasts in the mirror with your shoulders straight and your arms on your hips.

Here's what you should look for:

- Breasts that are their usual size, shape, and color
- Breasts that are evenly shaped without visible distortion or swelling

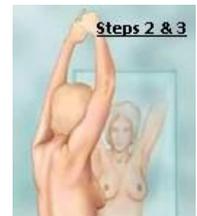
If you see any of the following changes, bring them to your doctor's attention:

- Dimpling, puckering, or bulging of the skin
- A nipple that has changed position or an inverted nipple (pushed inward instead of sticking out)
- Redness, soreness, rash, or swelling



Step 2: Now, raise your arms and look for the same changes.

Step 3: While you're at the mirror, look for any signs of fluid coming out of one or both nipples (this could be a watery, milky, or yellow fluid or blood).



Step 4: Next, feel your breasts while lying down, using your right hand to feel your left breast and then your left hand to feel your right breast. Use a firm, smooth touch with the first few finger pads of your hand, keeping the fingers flat and together. Use a circular motion, about the size of a quarter.

Cover the entire breast from top to bottom, side to side – from your collarbone to the top of your abdomen, and from your armpit to your cleavage.

Follow a pattern to be sure that you cover the whole breast. You can begin at the nipple, moving in larger and larger circles until you reach the outer edge of the breast. You can also move your fingers up and down vertically, in rows, as if you were mowing a lawn. This up-and-down approach seems to work best for most women. Be sure to feel all the tissue from the front to the back of your breasts: for the skin and tissue just beneath, use light pressure; use medium pressure for tissue in the middle of your breasts; use firm pressure for the deep tissue in the back. When you've reached the deep tissue, you should be able to feel down to your ribcage.



Step 5: Finally, feel your breasts while you are standing or sitting. Many women find that the easiest way to feel their breasts is when their skin is wet and slippery, so they like to do this step in the shower. Cover your entire breast, using the same hand movements described in step 4.



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SAT Vocabulary Word Search

By: Abigail Perez

Students upcoming SAT dates are November 5th, December 3rd, and January 25th 2016! Practice your vocabulary and sign up for free online preparatory sessions through Khan Academy. GOOD LUCK!

[Click here to access the Khan Academy Website](#)

SAT Vocabulary Word Search

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

Abhor
Enfranchise
Noxious
Talisman
Bigot
Hamper
Placid
Counterfeit
Kindle
Remuneration

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Resources

By: Devon Hood

COLLEGE LINKS

- **Link for FAFSA-** <https://fafsa.ed.gov/>

Free Application for Federal Student Aid (**FAFSA**) is a form for undergraduate and graduate students in the United States to determine their eligibility for student financial aid when going to college.

- **Link for Rutgers Unniversity-** <https://www.rutgers.edu/>

The official website for Rutgers University for both Newark and New Brunswick campuses.

- **Link for Signing Up for Scholarships-** <http://www.fastweb.com/>

Fastwebs.com is a way for high school students to be able to sign up and find over thousands of ways to sign for potential sochlarships for college.

- **Link for Common App-** <http://www.commonapp.org/>

Common App is for students to apply for colleges for early deadline and get early notices as well as scholarship recommendations and much more.

- **Newark Public Schools Website-** <http://www.nps.k12.nj.us/>

The official website for Newark Public Schools.

- **College Board Link-** <https://www.collegeboard.org/>

College board is a website for students to be able to sign up for SAT and send their scores to different colleges around the world.

ELECTION LINKS

- **Donald Trump's Website-** <https://www.donaldjtrump.com/>

Website for more information regarding Donald Trump's background, political policies, and campaign.

- **Hillary Clinton Links Website-** <https://www.hillaryclinton.com/>

Website for more information regarding Hillary Clinton's background, political policies, and campaign

- **Voter's Regristration Link-**

<http://www.njelections.org/voting-information.html>

<https://voter.njsvrs.com/elections/polling-lookup.html>

Websites to find information on how and where to vote.