

VOLTAGE

Science Park High School

260 Norfolk Street, Newark, NJ 07103

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TEAM PROFILE: GIRLS SOCCER TEAM

BY DANIELA FONSECA

How do you describe the SPHS Girls soccer team? You could start with the first soccer team at SPHS to win a state game. This particular group of girls has had one of the best seasons SPHS has ever seen. The girls soccer team was undefeated in the Colonial Division, which helped them move on to the State Group Quarter-Finals, then to the Semi-Finals, where their season ended. Out of the fifteen games played this season, the team won twelve of them. The girls won one team trophy for the Colonial Division and nine individual recognitions for players. The team is made up of twenty-seven girls, and while the largest portion is made up of freshmen, the class with the largest number of starters is the junior class. The captains are Kelly Pais, Cristina Cabral, and Marisa Moraes, and the coaches are Justin Mohren, one of Science Park's own teachers, and Joseph Capitani.

The team claimed that the hardest game they played was the game against Brearley School, but they managed to win 2-1. When I asked them to briefly describe the season, Marisa, one of the four seniors on the team, said, "It actually felt a high school experience, unlike all the other years." Mr. Mohren answered, "We were focused on being as good

as we can, and it was rewarding." The girls agreed that their hard work during the pre-season was what got them to the Semi-Finals.

Aside from doing well in sports, these girls stand out academically; the soccer team had the highest grade average for all fall sports in the district. Although practices could last up to three hours or more on a regular weekday and over five hours during preseason days, the team is able to juggle school work and soccer. Kelly, a captain, explained that the main thing to do is prioritize your homework, stay up late, and dedicate yourself to school.

This year marked a change in that it was Mr. Mohren's first year as a head soccer coach. He also coaches baseball at Barringer. He said the hardest part was learning soccer terminology, and that he learned planning and taking opinions helps a lot. "I definitely have an understanding of what I want to do next year," he told me. "As a head coach, I see it as a responsibility to get a great program. Two levels would make a better program." Mr. Mohren wants to get a JV and Varsity team for girls soccer. Right now, the team is only varsity. Most girls have been playing for eight to ten years, and this helps because there is no need to teach basic skills, but there are a few

girls who have never played before.

I asked the girls to describe the team, and Sofia said, "We're sisters." Claudia, a junior on the team, stated, "We're each other's support system. We keep each other going." It is obvious what helps them win games: unity on and off the field.

The team wanted to give a special thanks to Ms. Monica for all her dedication and hard-work. "She has dealt with a lot of our players. She does a great job and cares about the girls."

— Coach Mohren



YOU-NIFORM

BY CLARESSA LOPEZ

Busted for violating the uniform policy again? We've all been there. Instead of fighting against the policy, why not work with it? You can still be fashion forward by following these tips.

GENTLEMEN:

What's Hot

- One of the trendiest things out for men now is the bowtie. They scream intelligence and give you a neat, adorable look. No rules with bowties, so go crazy with colors, designs, even sizes! Not 'bout that life? Traditional ties are just as classy and attractive.
- Sweater vests! That intellectual look.
- Graphic tees will never go out of style, and you don't have to wear a button up over them! Try showing off your favorite Marvel® heroes with a fitted tee over your SPHS polo, and pull out your collar. Fitted tees are loose but tight in all the right places. Be sure your tee is large enough to cover the sleeves and the bottom of your SPHS shirt.

What's Not

- Sagging is NOT cute. Buy a belt and put your underwear away.
- Too many necklaces. You're not 2Chainz.

LADIES:

What's Hot

- With your SPHS skirt, knee-high socks or traditional stockings.
- Accessories are a girl's best friend! Try something new with a purse or handbag.
- Scarves, leg warmers, and belts certainly influence the outfit.

- Tribal patterns! Limit yourself to just one; it's all you need.

What's Not

- Typically, wearing more than two different patterns is a major crisis; however, the school skirts can be an exception if you take advantage of the situation. Be cautious when wearing plaid with plaid; it may become tacky and messy.
- Don't bedazzle anything. Ever.

GENERAL:

Pullover power!
Hoodies, cardigans and shirts are easiest to

wear with the uniform. Solid colored clothing items always benefit your look. If you're not sure what look you're trying to achieve, use the basic outfit method: one solid color, one pattern, and a color scheme of 1-3 colors. If you're into matching, have at most two different shades of the same color; the last color should be simple, like a white.

Color Do's and Don't's

Love colors? That works, but can also be very dangerous in the fashion world; don't try to look like a rainbow unless you're into that kind of stuff; no judgment here! Pick a color scheme and try your best to follow through. Gray and red, brown and white, or our very own blue and gold!

REMEMBER:

Horizontal stripes can give the illusion that you are wider.
Vertical stripes give the illusion that you are taller and thinner.

A uniform is required here at Science Park, but fashion never fails.

STUDENT PROFILE: MARIA GRILLO

BY CARLA ZURITA

"I'm a very visual person," Maria told me when I asked her how she would describe herself. Undoubtedly so, in the few minutes in which I interviewed Maria, this description translated through all aspects of who she was. Maria Sofia Grillo was born in Uruguay and came to the United States at the age of seven. Today, a senior at Science Park High School, she has progressively displayed her colorful personality with her involvement in so many clubs throughout the years, and these clubs emphasize the rich diversity of her interests: Robotics, the school newspaper, Environmental Club, Math Club, Art Club, and Photography Club. However, her pride and joy is being captain of the tennis team as well as being a peer leader and a member of Teen Pep.



As Maria's high school experience comes to an end, her thoughts about the future approach reality. When I asked her where she sees herself in the future, she told me how her passion and love for helping kids out, which has been encouraged by her participation in Peer Leaders and Teen Pep, makes her see herself as a teacher or guidance counselor someday. Another passion that Maria has, one that most Science Park students know about, is being an artist. She told me how she can easily envision herself as "the art teacher who runs around the halls late for class with paint in her hair." As far as her top colleges, she has found herself battling over her two favorite ones: PRATT In-

stitute and Tyler School of Art in Temple University, where she plans to major in art.

With so much going on her senior year and the responsibilities that come with it, you may wonder how she manages to do it all while keeping such an optimistic mentality. Maria's response to this was that she has a motivational factor in her life, one that drives her through thick and thin: her parents. Maria explained to me how her parents have always been on her side from day one and have been willing to go far and wide in order for her and her younger brother to have a good life.

"I owe the world to them, and one day I will make them as proud as I am to call them MY parents," she said with endless gratification in her voice.

Artistic, driven, and definitely hard-working, Maria has proven herself to be an inspiring individual with a very expressive character, and for that, the Voltage staff commends you. We wish you the best of luck in all that you do and hope to see you running down a set of halls with paint in your hair one day!



SONNETS FROM MR. TOWNSEND'S CREATIVE WRITING CLASS

Conflicted Muse
by Ashanti Hargrove

The poetry was harder than she thought,
With meter and with rhyme she struggled then.
She tried her best to do what she was taught,
Try as she might she failed, and tried again.
Combining words together without ease
In pieces that attempt to fit as one,
Her teacher she would very soon appease
By handing in the poem perfectly done.
She stayed up late at night 'til it was right;
Her sonnet was the sole thing on her mind.
The hours and hours of all those darn rewrites,
The stars for her had finally aligned.

Today she presents in front of her class
And to her relief she has completely passed.

Stained Perception
by Christian Mendonça

Found I the portal God bestowed on us;
'Tis stained its sections blown by skillful hands
When kissed by fire, bent and boisterous,
Then placed in churches on the blessed lands.
Spread colors serve as spectrums from the heart,
Ripped out from chest the essence now on glass;
Sprawled 'round the colors rich, its vivid art,
Portrayals of deep and hardened thoughts amass.
Now did display thyself on canvas put
For all to gaze, yet sickly art thou name
A stain this form is but despised like soot,
But on clear structure light will shine the same.

All things have light and darkness at their core,
Acceptance is the key forevermore.

ELECTIVE DIRECTORY

BY BRIONNA ROBINSON

Every year new students are added to the Science Park family, whether they have been here since seventh grade or started as freshmen. Nonetheless, we are always wondering what electives we can take. Should it be something easy? Challenging? Preparing students for college? With this elective directory, your class search can be made easier with access to all possible electives you can take.

History	Math	Science	English
African American History	AP Statistics	Anatomy and Physiology	AP Lit and AP Lang
AP European History	Economics	AP Biology	Journalism
AP World History	AP Macro/Microeconomics	AP Chemistry	Literature and the Law
Women's Studies	AP Calculus	AP Environmental Science	Women in Literature
Sociology		AP Physics	Creative Writing

Music	Language	Art	Other
Advanced Band I	AP French	Web Design and Development	Engineering Robotics I and II
AP Music Theory	AP Spanish	AP Studio Art 2D Design	AP Computer Science
Beginning Band	French I, II, and III	Art I and II	Computer Science I
Beginning Choir	Portuguese I, II, and III	Computer Animation	Digital Engineering
Concert Band I	Spanish I, II, and III		Digital Image Processing
	Latin I, II, and III		Public Speaking

The Voltage has also created a list of suggestions for future electives.

Home Economics	Computer Engineering
Dance (Zumba, Hip-Hop)	All About Shakespeare
Yoga	Learning Grammar
Karate/Boxing	Philosophy
Psychology	Photography
Anthropology	Japanese Language
Poetry	Drama
Wood Shop	Western Literature

See Your Name in Print

Keep Your Eyes on SPHS

and get your name on the masthead of the Voltage.

Mommies Love It!

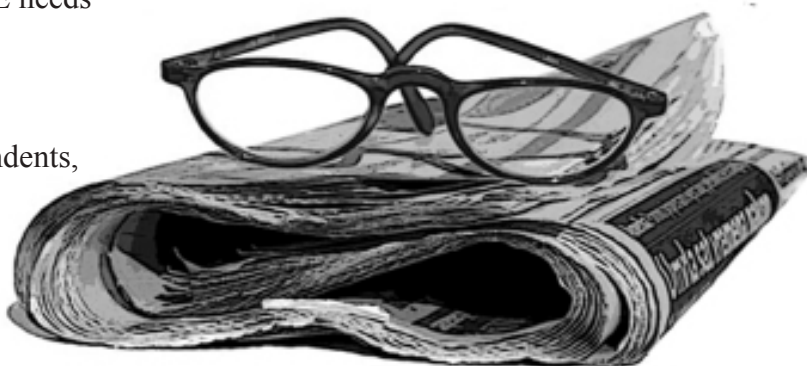
College Admissions Officers Go Gaga!

Teachers are Impressed!

Join the VOLTAGE student newspaper and get recognized.

The VOLTAGE needs

Columnists,
Reporters,
Club Correspondents,
Artists,
Typesetters,
Proofreaders,
And
Photographers.



VOLTAGE

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260 Norfolk Street, Newark, NJ 07103

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SONNETS FROM MR. TOWNSEND'S CREATIVE WRITING CLASS

Night Terrors

by Niekelle Bloomfield-Hunter

The darkness falls upon her eyes at night;
Her life becomes another faded dream;
She screams and cries, no guide to find the light;
Her eyes, they lie 'cause things aren't what they seem.
She's friends with Fear, he sleeps within her mind;
She knows him well, he never leaves her side;
At night, he wakes, his presence makes her blind;
Illusion and reality collide.
Within the dark is where delusion feeds;
She's scared to think, her thoughts are too insane;
Now Fear has found a place to plant his seeds;
Terror now sings slow songs inside her brain.
Thinking she was asleep was her mistake;
She's in a dream from which she can't awake.

Life Everlasting

by Paloma Perroni

Red is the blaze that furnaces my soul
When light opens my eyes to sparks of war;
I break through rings of fire that shake me whole
To save humanity, whom I speak for.
I welcome fate to keep the flames alive
And mend my dreams that tend to fall apart,
So strength can cast away fears that survive,
Vigor that gives mankind a beating heart.
Life can only begin when death takes place;
It is assured when sunlit days are gone;
We fight the truth until we can embrace,
The start of life without another dawn.
With every end, beginnings come to sight
As we embrace and move straight towards the light.

Awaiting Rose

by Rykeea Lowe

Soft is the chair she sits on those dark nights,
Amazing stories go straight through the mind;
The strong soprano of her voice invites,
Reality becomes so redesigned.
In wind she dances, her skin is so red,
A rose which blossoms and grows with old age;
In life, in laughter, and in love roots spread
To bless with knowledge of the master sage.
The tale of life displayed, her body slows,
Her color ripe now disappears in time;
The glitter of her eyes no longer glows;
Her voice is now no more than just a chime.
Around we sit, our prayers go to the sky,
Waiting for our rose, but saying good-bye.

Recognizing Imperfection

by Monet Jackson

Mistakes that I have made straight in my past,
Learning that destiny and fate are true,
Afraid that repercussions would soon last,
Assisting my conscience to take its cue.
The words in use to strangle with a noose,
But only pages can describe my flaws,
My focus on change leaves me no excuse,
With my emotions I'm left feeling raw.
My imperfections act as broken mirrors,
You can only see them in an x-ray;
When the cracked glass is not glued they are clearer,
All my skeletons have been locked away.
Knowing one day it will all come to light,
But I refuse to hide away in spite.

Individual Discovery

by Carla Silva

Lost in a world with those that know their place,
Obsessing over attitudes around,
Originality has lost its face,
Stuck in a world that is so tightly wound.
Afraid to motion in the wrong direction,
A boat that soon will sail without instructions.
The moon deceives us with a false reflection,
The dancing light creates a slight obstruction.
We are exiled to a deserted island
Where beauty does derive from untouched nature;
Purity outshines popular demand
Attested as terrain that's safe from danger.
A personality so pure is gold,
We shouldn't be constrained to what we're told.

Life's Reality

by Nadirah Lassiter

The pains we face in life include a lot;
Sometimes our hearts feel empty and alone.
People are fighting for the leading spot,
Only one person can hold down the throne.
Within the ocean covered with big waves,
They are the dreams that people chase around.
Sharks are the foes who want you in the grave;
Dolphins are pals who see you with the crown.
Life is perfect while it does last,
But death is something we all have to face.
Hold on to your sweet life and don't move fast;
Reality is something to embrace.
The journey is too short so don't complain;
People will be around to keep you sane.

The Field of Life

by Dajuan Burgess

The feeling of the ball in my cold hands,
The soft turf of the field beneath my feet,
As I hear cheers and screams from roaring fans,
The marching band excites me with a beat.
My passion for this game is like the sun;
I don't feel pain; my body just goes numb;
When you do win, all things are just straight fun,
But when you lose you shrink just like a crumb.
I've had a lot of letdowns in this sport,
But all those things have never crippled me.
All kinds of people told me to abort,
But I won't quit because this is my key.
The door to victory is down the hall,
I take one knee and pray that I don't fall.

Cherishing Life

by Cristina Cabral

Life's a constant motion with no stop signs,
There is no such thing as refunding time.
Each second is cherished as time declines,
Minutes lost; turn to hour's overtime.
Forever land is a fictitious world,
Every motor dies out on its own day.
Hourglass drops sand on the floor unfurled,
As life's lived through the day, nothing is gray.
As hours make up the day, we begin
To fade, into the seconds of day's care.
Years become decades, we begin to sin,
Time never stops, for fear is in the air.
Each moment shall be precious in the heart,
For when we must leave, the clock won't restart.