



THE PHOENIX FLAME

University High School- 55 Clinton Place, Newark, NJ 07108 -http://www.nps.nj.us/ - Edwin Mendez , Principal

A Phoenix embodies: Responsibility Integrity Service & Excellence

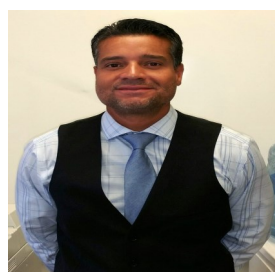
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Phoenix Always Rising: From Student to Successful Alumni

Many students have passed through the doors of 55 Clinton Place with different goals, dreams and aspirations. But there was one thing that each of these students had in common, they entered these doors with a great sense of purpose.

When you enter the doors of University High School as a freshman or a 7th grader, you know that no matter what, you're going to rise up. As a student at UHS, you've already beat the odds, you are a part of the few that have been chosen to walk these hallowed halls.

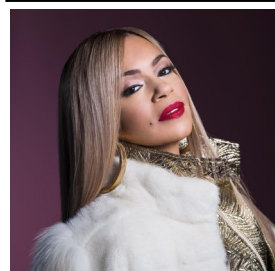
As in life, not everyone is able to rise to the occasion but those that did have gone from being good to great. We were able to catch up with some Phoenix alum that are out here soaring. Each of them were eager to share words of wisdom with current members of the Phoenix Family.



Edwin Mendez
University High School Principal
Class of 1986

"Don't be afraid to be great. Choose this time in your life to make decisions to be GREAT! You

owe it to yourself."



Faith Evans
Singer/ Songwriter
Class of 1991

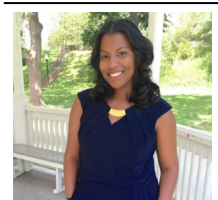
"High school is the time to explore and discover new things. Don't be afraid to step out of your comfort zone, and meet new and different

*types of people who fuel your passion for life and who help expand your concept of purpose!! Take this time to develop a work ethic that will follow you beyond your years of high school and enhance the path you want to travel. **THINK BIG**, because your potential is limitless! There is no ceiling to greatness!!!"*



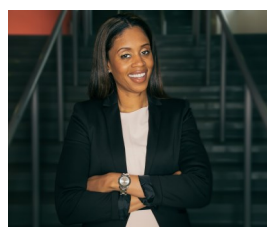
Otis Anderson Jr.
NPS Teacher/UHS Head Basketball Coach (Boys)
Class of 1999

"The advice I would give is that UHS is a family. Even when you graduate from UHS its still a family because you will build friendships with people there for life."



Rabiah Duncan
Brand Strategist
Class of 1999

As a young adult, you will evolve and reinvent yourself, over and over and over. Embrace every lesson and move on to the next journey. You got this! DO IT!"



Kelly Williams, PhD
College & Career Access Director (NPS)
Class of 1998

"Enjoy this year and the next four ahead. It only comes once! Live

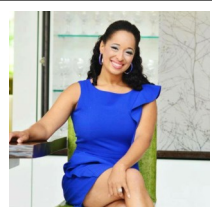
each moment and soak up the memories. Enjoy the ride!"



Lieutenant Sharef Talbert
US Naval Officer
Class of 1997

"Cherish these moments as they will pass exponentially fast. Set goals and formulate strategies to achieve those

goals. Some days will be more challenging than others but they will produce some of your most rewarding moments. Nothing is given, everything is earned. Knowledge is Wealth! This is not just a hashtag!



Tami Charles
Author, *Like Vanessa*
Class of 1998

"Whatever it is you want to do in life, find someone else who is doing it better, study...

look to see what that person is doing, how they're doing it, what makes them so great at it, take little tidbits; make your own."



Kitab Rollins
Manager of Performances (NJ PAC)
Class of 1998

"Extract as much information from your teachers as possible. Know that your teachers' sole mission is to shape you into the best student,

and therefore the best person you can be. For example, to this day, I cannot, in good conscious, utter the words being that, "Seeing that, 'or due to the fact that," because my former English teacher, Mrs. Marilyn Louis Howard ingrained in us that those terms are not to be used in standard English. Also, whenever I have to read something important, I pick up a pencil or pen because Mrs. Marie Girona taught us to read with a pen. Enjoy this time of your life, and cherish the friendships you've made. They just may still be your best friends 20 years from now. I can attest to that!"



Otiz Porter, PhD
Professor/Author
Class of 1996

"My advice

would be learn your abilities and limits. In college, professors often do not know you as well as high school teachers. Therefore, we do not have the same investment in you. Understand how much work you are capable of handling, learn to schedule your time, and be responsible for yourself. Life after high school can be very liberating and exciting or it can be suffocating and riddled with obstacles. Your fortitude, coping skills, and preparedness will determine your path."



Lydelle H. King
Senior Producer ESPN
Class of 1996

"Live your life for you... follow your curiosity. Even though you may not have a

clear vision for your career, you are probably curious about things which may or may not be obvious to you. It's important to follow your curiosity and uncover your less obvious interests. Pursuing them sets you on the path of unlocking who you are and your creativity."

Hassanah Blake
University High School Vice-Principal
Class of 2002



"Many magical people have roots in Newark, NJ and even University High School! Never stop dreaming and always remember that the Phoenix ALWAYS Rises!"



Jordan Thomas
Rhodes Scholar
Senior at Princeton University

Class of 2014

"I would highly encourage the students to take full advantage of the wonderful group of teachers at UHS, and to actively work towards building meaningful relationships with those teachers. Of course, there is the short-term, practical value of this -- these are the teachers that students will one day ask for letters of recommendation. More importantly, though, these teachers possess the knowledge, wisdom, insight, and guidance that will shape these students in ways they

never imagined possible."



Safanya Searcy
Political Coordinator
Class of 1999

"Remember that each day has the capacity to be better than the day before, and never, even be afraid to own your truth."



Ras J. Baraka
Mayor of Newark
Class of 1988

"There's a voice that's missing and I hope you students in here understand that we need your voice out there ...begin to use all the apparatus that we have access to—the Facebook, the Instagram—all this stuff we can use. Rosa Parks didn't have Instagram. Can you imagine if Rosa Parks had Facebook?"

Students reflect on alumni advice.

"University's Alumni definitely gave me an idea that no matter where you come from, you can rise up from all the negativity and make something positive out of it. To know that I go to a school where numerous people became successful, that only makes me feel that I can be successful or even more." —

Dominique Joseph

"You should never settle success comes when you don't settle I can respect that." —

Clinton Ade-Agyei

"I understand that giving your 110% with everything that you do benefits you in the long run. This not only encouraged me but also inspired me."

— **Malaysia Cotton**

"Their advice shows me how serious you have to be about life if you want to make it." —

Dwight Ankle

"It made me realize that not only do you have to know the person you want to become, you gotta map out a plan to reach this new person." —

Carlos Shamburg

"I now see that our school can receive average students and make them into adults that can change the world."

— **Kyle Wiggins**

"It is important to remember that we are more than just products of our environment."

— **Emanni Jenkins**

When I leave to go to college I'm going to take into consideration everything they said and apply it, so I can graduate and be the best man I can be. —

Ty-Saiah Moss

We Rise Up!



HANGING UP MY JERSEY

BY, DESTANIE JEFFERSON-LEE

“On three, Lady phoenix, On Six, Family, on nine, SENIORS!”

You never really expect the emotions to hit you as hard when the night that is specifically dedicated to you finally comes.

I've been playing volleyball for 5 years for University. It sounds a little crazy, but I started my eighth grade year when I wasn't supposed to. (Shhhh, don't tell anyone.) I've had some of my worst days on this team. From having a concussion, hints of favoritism, feeling like I wasn't good enough to quitting and leaving my jersey right on the floor. In spite of it all, I always came back to my team. I always came back to the love of my life.

My senior night was emotional! I picked on all my other teammates telling them they were going to cry, they were punks, but as soon as Coach Wilson said, “#2, Destanie Jefferson-Lee”, I balled my eyes out walking up to get my signed ball and my personal picture.



My parents came late, so it brought me from happy crying to mad because I reminded them everyday that tonight was special for me. A lot of people who are close to me couldn't even make it, even my sister who played volleyball here too and is now in college. I was already upset, but when my mom came up and made her speech giving me my plaque with all my volleyball pictures, made me forget how late she was.

We played against Timothy Christian. They aren't on our level, so we played just to have fun with each other on the court and that's exactly what happened. We had fun and at the end of the game, I just reminisced on my first time ever playing to now. I thought about how much I have grown as a

player, and the bond I built with them, all the memories. We've always had each other's back.

Divided we fall, together we stand.

Sometimes I can't believe it is my last year. All of the emotions of that night stayed with me. I still can't believe this is my last year with my team. All four years you wish for the time to hurry up and come but now, I just wish for one more year just to play with my team.

Benjamin Patmore
University High's Prolific Bowler
By: Clinton Adu-Agyei

University High School has a lot of stellar student athletes. I got the chance to interview one of them; the captain and arguably the best player on the Phoenix Bowling team, Senior Benjamin Patmore.

Q: What is your motivation in this sport (bowling)?
A: My motivation is winning that gold trophy and hitting 300

Q: What do you enjoy most about bowling?
A: I love getting strikes
Q: What are your most memorable achievements?
A: Getting seven strikes in a row

Q: What are your long term goals in terms of bowling?

A: To get a perfect game of 300
Q: How do you think your coach can help you in achieving this goal?
A: He can give me tips and tell me some bad habits that I have.

Q: What would be your idea of a perfect season?
A: A perfect season would be me getting zero losses

Q: Do you plan on bowling in college?

A: Maybe, I'm not sure yet. Benjamin is a great student as well as athlete his classroom performance and on court performance may give college recruiters a lot to think about if he does decide he's going to play in college.

Track Team on the Move

9th Annual Super Essex Conference Indoor Championships

By, Clinton Adu-Agyei

On December 23 2017 **University High School** competed in the Ninth Annual Super Essex Conference (SEC) Indoor Championships.



CALEB WARE, CLINTON ADU-AGYEI, BRANDON ODOM, & DAQUAN PATTERSON

This meet was University High's second meet of the season. In the 55 meters which one of the first events to go off, Seniors **Caleb Ware** and **Clinton Adu-Agyei** both placed. First year runner **Caleb Ware** placed 4th and ran a preliminary time of 6.94. He ironically made it to the finals with this time and ran the exact same time and placed 4th again in the finals as he did in the Prelims. Clinton Adu-Agyei placed in the same position for the prelims and finals, though he placed in the same position, Clinton unlike his less experienced teammate dropped his time from 6.75 to 6.73 in the finals. Clinton and Caleb both also placed top 6 in the 200 meter finals and won medals in that event as well.

Other top 6 runners on the day from University High School were Senior **Brandon Odom** and Sophomore **Jahmirr Baker**, in the 400 and the 55 meter dash hurdles.

University High Schools next track meet is on Wednesday, January the 3rd in the Essex county relays.

The Head Coach Lauryn Monroe spoke on her expectations of her team for the season, “The boys have done really well in the first

couple of

meets we all know they can do much better, the girls are developing at a very impressive pace at the moment so we look forward to a very successful season for both boys and girls, and I believe consistency will be key.” I agree, with hard-work, dedication and practice this can be a great track season.

Sports Stats as of February

Boys Basketball: 10-11

Girls Basketball: 20-1

Indoor Track Relay:

4th in the State

Bowling Team Won:

Super Essex Conference Winners



PHOTO: NJ>COM

By, Nefertiti Cooper

This is the last year that senior **Danielle Robinson** will play basketball on a high school level. Danielle started her basketball career at **BRICK Avon Academy** where she played for head coach Marc Harris. Many high schools wanted Danielle on their team and while she started her high school career with Shabazz's Lady Bulldogs, she eventually made the right choice and became a Phoenix. Danielle

Finishing Strong

took some time out of her busy schedule to sit down and share her thoughts with me about her final season. Danielle has several options for college. The colleges that she's considering are California

State, Florida State and Georgia State.

By the time she was able to grant me an interview she'd recently hit a basketball milestone by scoring 1,000 points for the duration of her career.

How does this season feel knowing that this is your last year here at Uni?

“It is a very intense and emotional feeling knowing this will be my last

time playing with these amazing and talented group of ladies.”

Did you set any goals for yourself going into this season?

“Yes my main goal was to get win a state championship and win a Tournament Of Champions” This is a tournament that you win after your win the state championships.”

Name something you're most proud of your team for.

“I'm most proud of is there ambition and hunger to win it all.”

What predictions are you willing to make for yourself and the team this season?

My only prediction is that we will win it all.



PHOTO: NJ>COM

Danielle is the captain of her team and usually the highest scorer but every great leader realizes that no one person can do everything alone.

When asked about why they are successful and to identify something that the Lady Phoenix has that other teams don't, Danielle had this to day.

As a team we want to win. Our team has a chip on our shoulders. We been overlooked, doubted and disrespected. No other team has gone through that but we won't let that get in our way. We will use that as our motivation to win it all.”

As of right now they have a pretty good shot at it. The girls' record is **11-1**.

Phoenix Flame ALL ABOUT YOUR SKIN

How to Keep & Maintain A Fresh Face Glow

by, Destanie Jefferson-Lee

Everyone wants flawless skin. Acne, blemish free skin. It can be hard. School plays a big role in your blemishes with all the stress you can have going on especially, during your last two years of high school. I'm no expert, but I am here to give you some tips on how to start your flawless skin journey.

The Basics:

You always hear this when asking about to how to clear up your skin. “Drink water. Don't touch your face. Eat right.” And they're all true. Acne can be caused by not drinking enough water to help clear your system, not eating right. Diet plays a huge part with skin and hair. And by touching your face. Your hands are dirty and carry bacteria and your allowing those things to get on your face.

Be Patient and Be Consistent:

Your skin is just like a new sport you're into. You need to be patient and put some time in before you get better at it. This is a one big key because without being consistent, how will your skin get better?

Being patient comes right after. Scars and pimples don't just fade away overnight. Products you use have to work their “magic”.

Have a Routine:

You need a routine, especially if you're an athlete. Having a routine can help the rate of your skin clearing up. This is also an important factor because routines can help you stay consistent. Helps your face get used to certain products. Skin care is very important especially for

teens. Some can be just hitting puberty, some can just be overwhelmed and skin is showing it. To buy products for your skin, you don't have to be so expensive, you can go to a drug store like target or even make home D.I.Y face masks. Clear skin is a plus for girls, if you're into make-up, having nice skin and taking care of your face is a big factor.

I know this sounds like a lot. 'Cause it is. But your face is the first thing people notice when they see you and you always want to put your best face forward. Besides, this is the only face you'll have for the rest of your

Phoenix Scholar Spotlight

TOP SENIOR: PRINCE ABIMAH
BY CLINTON ADU-AGYEI



PHOTO BY Nefertiti Cooper

PHOENIX FLAME STAFF

Prince Abimah has very much earned the title of Senior of the month, Abimah is currently in the running for Valedictorian. Prince has been an academic superstar since coming to University High School. In his eleventh grade year he was also in the running to become the student representative for the district. He missed it by just a few votes.

He isn't just about the grades either. In the past four years of his high school career, he's played soccer and ran track and has shown some exceptional performances in both sports. Along with his athletic abilities, Prince has had some involvement in the arts in terms

of dancing and music. He was recently the conductor in the university high school band and also plays the baritone sax in the band. Alongside the several hobbies Prince has, he's also a dedicated dancer, performing at events such as parties, weddings and the recent school pep rally.

When asked about his motivation for success Prince said, "my sister and my mother are my biggest motivators, my mother because she's always had high expectations for her kids so i always knew i had to work hard and to the best of my ability, and my sister because she was formerly a University high school Valedictorian so ever since she graduated i felt the pressure to continue in her footsteps." Prince has certainly painted a positive picture of himself in University high school, figuratively and quite literally. His college decision day is definitely one to look forward to.

Top Scholars as of Mid-Terms

Junior: Amanda Afua Amponsah
Sophomore: Tosin Adebayo
Freshman: Tara Johnson

Phonenix Teacher Spotlight

Teacher of the Month:
Mr. Hood

By Nefertiti Cooper



opened up my world when I was stuck in the suburbs of Dallas or out on my dad's farm. It opened my mind, piqued my desire to see how the world works and to interact with new people. If I can help others discover that same thing, that's amazing."

What do you think you were selected "Teacher of the Month" winning?

"I honestly don't know. I try to do my best job everyday. Some days I succeed; others I fail miserably. It's nice to be recognized by the administration and the school. The best recognitions and awards, however, come from current and former students. They are the ones who really know what it's like to be in my classroom day in and day out, and they know what they learned in their time in my class. Also, if they don't like and/or respect a teacher, they can be brutal, so when they shout me out or recognize me in some positive way, it's extremely rewarding."

After my chat with Mr. Hood, all I can think is, wow, what heartfelt responses from an inspirational person. Mr. Hood has been my English teacher for two years, I've learned so much. He is one of the easiest teachers to talk to, and one of the most understanding. Mr. Hood is one of the best teachers in the building, because he makes his job priority. English is not just a topic, but away of life for Mr. Hood. In addition, to his seriousness for education, Mr. Hood is a very kind person with no hatred in his heart, and enough jokes to keep me laughing through this strenuous senior year.

After a week of waiting, anticipating, and threatening-- joking, but not. I was finally able to sit down for my one on one interview with one of my favorite teachers, **Mr. Scott Hood**. Mr. Hood was awarded teacher of the month this past December. I sat down with Mr. Hood to ask him a few questions about his teaching career here at University High School:

What makes you come to school everyday?

"I really do love working with the students. ...I get to hear of the awards and honors they receive. And those things really matter to me. When students share those moments of discovery or moments of success with me, I feel like I get to share in that success a tiny bit, which is fantastic and inspiring. And, I mean...it's my job. :0)"

Why do you enjoy teaching English?

"Over the past decade, I've had the opportunity to talk about books and writing with thousands of students and colleagues. I honestly can't think of much I would prefer to do. Reading literature is one of the most important acts anyone can do. It serves as the best way to learn about the world around us and the humans in the world. Everything is in books - love, war, politics, philosophy, psychology, the history of the world writ large and small, success, struggle, cool places I'll never get to visit. As a kid, reading is what

The Phoenix Flame **ADVICE**

BY MISS MIMI
THE PHOENIX FLAME STAFF

Q). I like a good friend and I think she likes me too, what do I do?

A). This situation can either go positively or negatively. However, in life you must take chances and not be afraid. You should tell your friend exactly how you feel because sometimes when you hold back how you feel, you miss out on the good you could have had. You must consider both outcomes of the situation. This can go really well, where you two will talk and tell each other how you feel and possibly get together or he/she may not feel the same way but at least you will still have that person as a friend. Take the chance because that's the only way you will find out!!

Q). Should you completely cut out ex-girlfriends when you're in the relationship you've always wanted?

A). Sometimes ex-girlfriends tend to ruin what's good. If you have what you want, then the rest should be irrelevant. Therefore, there is no need for conversation. If you don't want to lose your present love, leave your past ladies where they belong - in the past!

Q). How do I make easy money?

A). Well first off, there is no such thing as easy money. And if you get easy money then you don't want it. Chances are you had to do something that you might not be proud of to get that "bag". Truth is, there is no easy way. 'Cause as corny as it sounds, easy come, easy go. You want to find something to do what will allow you to make money forever. Or your money can make money. That's the real bag. So, I say find a skill like doing hair, makeup, baby sit kids. If you're good in school become a tutor. If you're a good athlete see if you can get money coaching. It's all about how hard you're willing to hustle.

Q). How do you tell one friend that another friend is talking about the? I have screenshots of conversations, should I share it with my other friend.

A). First of all, wow. That is a dilemma. It is

really a tough situation. You have to think about what you want to get out of the situation. What is your end game? Do you want the friends to make up? Or are you trying to start a fight? You have to consider these questions before you approach the situation. I say talk to the friend that is not being loyal and check them. Let him/her know that they're being shady and that's not right. Then tell them that if they don't stop you will expose them to the other friend because if you don't that would be phony.

Q). Do you think people should divide the bill evenly when you go out to get food with friends? Or do you think everyone should pay for what they ate?

A). This depends. You have to know your friends and who is going to be cheap and who's not. While the proper thing to do is split the bill by all parties. Some friends may not want to do that. Some friends may say I don't want to pay for your surf and turf and I only had chicken nuggets. The best way to avoid this issue is to talk about how you are paying BEFORE you place your order.

So, the next time you need HONEST and REAL advice from a peer, Place your ANONYMOUS questions in Mrs. Jones mailbox and look for my reply in the next paper!

**Just ASK
Miss Mimi**

Nefertiti Cooper
Devon Corry
Meagan Pichardo
Me-Ajah Jackson
Vanessa Iowah
Brenaijah Gittens
Clinton Ade-Agyei
Destanie Lee-Jefferson
Ikea Greene
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Tamar Wertz
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Emanni Jenkins
Amber Moss
Dwight Ankle
Raquan Pierce
Karin Adams

A Note from Our School Nurse

Tips on How Not to Catch the Winter Cold

BY, DR. BEAUMONT

It is that time of year again when students and teachers are missing a lot of days from school. Not because they are on a vacation on a Caribbean Island— it's worse. They're stuck in their bed with the Flu. Here are few tips to keep from catching a cold or spreading your germs this season:

1. If you or another child in your house is sick— stay home. You should remain at your home for at least 24 hours after your fever is gone. Only leave the house to seek medical attention.
2. If you're sick you should have very limited contact with others as much as possible. This way you will not spread your germs to others.
3. When you sneeze or cough be sure to cover your nose with a tissue and then throw that tissue in the trash right away.
4. Wash your hands with warm water and soap for at least 60 seconds.
5. Avoid touching your eyes, nose and mouth. Germs spread the fastest this way. I know this seems hard to do but keep try to remember this for all year long and it will become a habit.
6. Clean and disinfect all hard surfaces and objects that might be contaminated with germs. Spray Lysol in the air and on door knobs Use disinfectants to clean off hard surfaces.
7. Drink plenty of fluids mostly water. I know it is cold and you want that hot coffee and/or tea and that is okay, but also drink water and plenty of it. Your body needs it to function.

And finally try your best to get at least eight hours of sleep. Your body is more susceptible to get sick if you're not well rested.

#MeToo: When the Silence is Broken

BY CALROS SHAMBURG

Sexual harassment has been around since the beginning of time. The hashtag #MeToo is used on social media to help show how widespread sexual harassment is as-sault. Not only is it happening outside, it also happened in the work-place.

This hashtag that was first used by social activist Tarana Burke but became popular when actress Alyssa Milano tweeted about it, was used to help survivors realize that they are not alone and it gets better. The purpose was to help women and men get the power and courage to stand up and feel good about themselves. As this began to take off, one singer made a huge impact to the movement. Kesha was a victim of sexual, physical, verbal, and emotionally abused. The person who caused this pain was her manager Dr. Luke. She tried so hard to break away from him and her record label but it couldn't happen. As she was going through this, many celebrities stood by



her side (Lady Gaga, Taylor Swift, Etc). In September, Kesha was finally free from Dr. Luke and her record label and signed with a different label. Once signed, she was determined to release new music. Her Song "Praying" became the number one song because it talked about the hurt and pain she went through with this company. Not only did it help her get through her pain, it helped other victims as well.

Last week was the highlight of the movement as the Grammys came around. The Grammys were in for a surprise when Kesha performed her hit song "Praying". Not only did Kesha shake the Grammys, not that many women won a Grammy that night and Twitter was not having it.

Not only is sexual assault a problem that is happening for women, they are not get-

ting the recognition that they deserve. They worked just as hard as these men or even twice as hard and they don't get recognized. #MeToo was the highlight of the grammys and it made people start thinking a lot more.

It's gonna take a lot for women to actually let people know that what they are doing is wrong. The #MeToo movement is the highlight of their plan. Being sexually abused or harassed takes a toll on your confidence because it makes you feel like you aren't worth it and that can't do anything about it because others would make it seem like it's your fault and it isn't. You are not useless, you know what happened, we understand that we would never know the pain you go through but you can turn that pain into power and gain your courage back because no one has that right to take it away from you and that is one thing you use to make the person who assaulted you feel worthless. If this never happened to you but you know someone who did, give them space but then afterwards, help them gain their confidence back and make them feel good about themselves. If you are being sexually abused or you feel like you're being sexually harassed, tell someone who trusts. It's time to break the silence!

Was it That Serious?

BY DE-STANIE JEFFERSON-LEE

The winter pep rally has been going on at University for over 20 years. Alumni that graduated in the 90's are still talking about theirs. Don't believe me, ask AD Wilson. It is a day that you will never forget. This is a day that other students wish they were a Phoenix. Some years we have special guests like rap stars to come out and help us stay lit. So why should we expect this year to be any different?

On the day of pep rally, there's a lot of tension especially between the juniors and seniors, you can expect that. As seniors we can expect the trash talk, the hate, the envy. Class of 2018 takes up a lot of the programs in university and we tag our names on it. We have great achievements as a whole. You always hear the adults talk about "the seniors this" and "the seniors that" in a good way. So we understand there can be a little hate but the junior class took it to far.

The morning of, rumors were spreading about juniors taking an extreme step in pranking the seniors. Throwing dog and cat food, cereal, spoiled milk and rice. The reaction wasn't great. A lot of seniors were not too fond of it especially because it wasn't approved. Words got to their advisor and the principal and they had "it under control." Coming



from our principal, we trusted his word.

As the senior class sits in the middle of the gym bleachers, supporting everything that goes on, you can hear the snickering. Every class has something up their sleeves or the seniors. Even the sophomores. But when the junior class started to dance, you can feel the tension rising. One minute we're laughing, cheering them on and then next thing you know, there's food being thrown from the juniors onto the seniors, and with that, some people wanted to fight. Things were taking too far for it to be just a prank. Pep rally almost got shut down.

The disrespect, the unfairness, it was by far the rudest thing ever. The gym looked a mess, it smelled horrible. It took so much time into settling them down, that the last performers were the cheerleaders, couldn't even bring the basketball players in their season with a great performance.

Was it really worth it? What was the purpose? Was it that serious? I guess you will see next year.

Accepted & Admitted



BY Tamar Wertz

The excitement of being admitted to a college is one of the best feelings you could ever receive. As you prepare for your senior year, you will get that nervous feeling of applying for colleges. It gets stressful and tiring, but you should never give up.

Your junior year of high school is all about visiting colleges and getting that experience for the first time before the actual transition. It starts out as a lookup then a small visit, it then becomes an interest and then a goal. As you prepare to send in your application, the process is so stressful. You experience anxiety, stress, and nervousness during the process. You have SATs, FAFSA, and then the Common App college applications.

Filling out applications gets easier the more applications you fill out. As the year goes on, the process gets less stressful. Then comes the waiting process. After you send in your applications the waiting then becomes

stressful. You sit there and wait for a decision that comes in 2-4 weeks. It's scary because all you can think about is if they will accept you or reject you. I would say that is the scariest part of the college process.

Then getting accepted to the college you wanted to go to, one of the BEST feelings ever. You prepare for this moment for your whole life and when it is finally here it is so surreal, but trust and believe that that's the only thing you can think about once you get accepted. The whole process is scary but once you get through it, it is the best feeling ever. All you have to do is stay focused and don't stress out as much.

Senior Year Tips

BY SADEEYA BENTHAM

Senior Year is the year every high schooler anticipates when they enter high school. Although senior year comes with a lot of excitement and activities, it's very easy to lose your focus during the year. You have college applications, prom to prep for and any other senior activities your schools may have. As well as you have to maintain good grades for the year. I know this sounds very overwhelming, because truth is it is. But don't give up just yet! I have some suggestions to help you out.

I have two tips for anyone entering their senior year.

The first thing is to limit your **procrastination**. Try to procrastinate less and do things as soon as possible. Being you have so many things to do this year you need to manage your time better. If you are given an essay on Monday due at the end of the week just knock it out the first two nights.

The second thing to remaining focus throughout this year is choosing your priorities and friends right. You need to surround yourself with all good influences because the company you keep can influence a lot of your choices

New Jordans Release

BY EMANNI JENKINS & MALAYSIA COTTON
THE PHOENIX FLAME STAFF



In the beginning of the school year, there was a new retro Jordan release "the blue 5's" the sneaker created by the originator the one and only Michael Jordan. Every now and again surprises people with new

Jordans and different styles. However, These that have recently dropped are not all that hype because, most people do not know how to rock it!

Senior Kyle Wiggins shared his views on the latest edition of sneakers to be dropped.

"The sneakers are really nice, I think people are able to wear them with good fashion, but i don't think the shoes will be able to go with just anything, people would really have to find the color coordinates."

There are many students that agree with Kyle

some feel the sneakers are worth it, especially when worn with the right outfit. On the other hand we took the time out to interview another fellow senior Amber Moses and here is the response we received

"I feel the shoes are not all that hype. Every since they have been aired, I feel people have just been copping them just because. They outfits that have been worn with these shoes have been booty! The only person who worn these shoes right was Danielle"

Sneakerhead and fellow senior, Danielle Robinson is who many feel is the only person that actually wore them correctly.

In the end it comes down to whether you feel its worth the hype. Our advice is to rock what makes you feel



Photo Credit: Instagram

Top Five Products to Maintain Your Natural Hair

BY IKEA GREENE



Photo: Courtesy

Every girl wants healthy hair at whatever length your hair is. Here are some products you can use to help you keep your hair healthy during the cold months.

1. **Wild Growth Oil** helps your hair grow within 3 months all you have to do is apply it on your hair twice a day for only \$8!
2. **Castor Oil** can also help soothe an itchy scalp and help

reduce dandruff. Castor oil may help hair grow stronger and thicker.

3. **Mayonnaise**, like the kind you put in your food, can be used as a hair treatment helps to maintain a healthy pH balance which in turns restores damaged hair. Mayonnaise consists of eggs, vinegar, natural oils and other nutritional ingredients which moisturize and nourishes your hair.
4. **Cantu Shea Butter Leave In Conditioning Repair Cream** is an intensive deep penetrating leave in cream conditioning treatment that is made with pure Shea Butter and other natural oils to stop and manage breakage, repair split ends, and add manageability and shine.
5. **Dr. Miracle's Leave in Conditioner** helps strengthen and softens. This product is blended with Vitamins A, C and E for strong, soft, manageable shiny hair.

Teacher Spotlight: Mrs. Coppola

Making History "Cool" Again

BY, MAJID JOHNSON

Mrs. Coppola is the best teacher at University High School. Relax folks this is just my opinion. Now, I say this because she has steadily been my teacher since freshman year. Partly because I always made sure she was my history teacher. If my schedule didn't have her on it I got it changed immediately. Every year. (Don't tell anyone.)

She just has a creative way of teaching that always keeps me focused. Even when I didn't feel like it, she always gets me to do work to go to her class after Rampton (Gym Teacher).

The only problem I ever give Coppola is me being on my phone, and I actually stopped being on my phone in her class because I know she hates that.



She gives me a certain look every time she catches me -- it reminds me of my mother. Or she'll say out loud, "Hold on class let's wait for Majid to finish texting." and that makes me laugh every time.

So, I just put my phone away.

For this and so much more, Coppola is my favorite teacher. And I felt that if anybody needed to be included in the Teacher Spotlight she did.

WE ARE NEWARK!

Amazon's HQ2 Coming to Newark: Is This Good or a Bad?

BY, Dwight Ankle



The city of Newark has a skilled workforce, a metropolitan area of over a million residents, and good public transportation. All reason Amazon is choosing to setup their second headquarters here.

In an interview Mayor Ras Baraka he said, "We have exactly what Amazon is looking for, in terms of expanding their company in a city that will help them grow and where it will have real social impact. Newark is an opportunity to make a real statement, about what they're trying to accomplish in the United States in the age of Trump".

The national review says, "if cities want to achieve real growth, mega-corporations like Amazon promising local investment and jobs are the best bet" Amazon says that their second headquarters would mean a 5 billion dollar investment and 50,000 new jobs. They will also be adding two more distribution centers which would add another 2,200 full time jobs. All of this sounds great for our city but along with all the good the Amazons HQ2 will do it also comes with some comebacks.

With Amazons first headquarters in an article by the National Review states "Seattle journalist Paul Roberts claimed that Amazon has had a negative impact on his city. While Roberts grants that Amazon and other mega-corporations have been beneficial to Seattle in some ways, he explains that the rapid influx of high-paying jobs and residents has led to rising housing prices, a strain on infrastructure, and an "erosion of urban identity," damaging the city in the long run."

I asked my fellow classmates what they thought of Amazon setting up their second

headquarter in our city. And if they thought it was a good or bad thing for Newark.

I was curious to know if they thought it was a good or bad thing for Newark.

Kelly McIntyre a high school senior said,

"I think that it's good because it can bring jobs to Newark, but yet how long will these jobs last for these people. Amazon is kinda like a revolving door job. It would likely make Newark well known and once people see that Newark is on the rise it might lead to gentrification. This will probably lead to more closings of local black owned businesses."

Tamar Wertz, another high school senior at University says,

"The whole situation of Newark being the place for Amazon I feel like it's really good, I feel like it's a great opportunity for Newark to become a broader city in New Jersey, besides the crime and violence and all, it's just a good accomplishment for Newark."

We can only wait and see what Amazon headquarters will have in store for the city of Newark and hope it will be the best!

If there is a story you think we should be reporting we want to know!

Email us at thephoenixflame55@gmail.com

See Ms. Jones or any newspaper staff member

The Phoenix Flame

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The Phoenix Flame Staff

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We want to hear from you. If you can't wait for the paper edition, follow us on **Twitter** or **Facebook** @ UHS411

Keep up with the blog phoenixflameuhs.blogspot.com/

Teacher Spotlight: Mr. Julien

BY: Ikea Greene & Shardea Armstrong

A good teacher can inspire hope, ignite the imagination, and instill a love of learning.

Many students feel as though the teachers don't feel the same about the students. But that isn't the case for our French Teacher, **Mr. Julien**

Mr. Julien is the type of teacher that cares about his students. He doesn't only focus on our grades he cares about how we feel. Several Phoenix students agreed with this as they stated that Mr. Julien is one of their favorite teachers in the school. He is the type of teacher that brings out the best in all of his students.

Mr. Julien was very honored to know that his students thought so highly of him. He said, "Previous students were more interested in learning French than the students now in days. But this just means that he has to show his current students what there is to love about French."

In spite of that fact, Mr. Julien says that his students participate very well in his class. He is even has a French Club. Currently the French Club is raising money to go on a trip to Paris, France. For more information see Mr. Julien in Room 207.



Watch Netflix's *The Flash*

BY AMBER MOSES

If you are into TV shows about Superheroes then you need to tune into the Netflix series *The Flash* based on Marvel comics.

I like this show because it has a little bit of a mixture of everything. It is blood boiling and every episode leaves you rushing for more due to all the plot twist and catches. It will occupy you all day, be careful I advise

you not to ever start watching at night if you have to get up in the morning. You know how you come home and sit on your phone for like an hour before you take off your stuff, instead you'll be watching this show.

The Flash is a Netflix series that is a mash-up of genres. It is drama, romance and action and adventure. It's about a forensics expert who wakes from a coma with amazing powers obviously, with specifically speed abilities squares off against forces threatening the city in this live-action

superhero romp. *The Flash* is not an original Netflix series, it comes on CWTV and TV PULS.

Just to give you a little background of the story Barry Allen's (THE FLASH) life changed completely when his mother died in a freak accident and his innocent father was convicted of her murder. Now a crime-scene investigator, his dedication to learn the truth about his mother's death drives him to follow up on every new scientific advancement and urban legend.

When his most recent obsession, a particle accelerator heralded as a world-changing invention, causes explosion. It creates an abnormal storm of lightning and Barry is struck by it. He awakes from a coma, nine months later, with the power of super-speed. Eventually, he learned that there are others who have gained powers from this freak storm however, they use them for evil. He dedicates himself to protecting the innocent, while still trying to solve the mystery of his moth-

er's death. So if you like drama, romance and a good mystery are all intriguing to you, then *The Flash* is the show to watch.



PHOTO: Google Images



A New Season of Gotham

BY DWIGHT ANKLE

In the last Season 3 we left off with the death of fish mooney, the court of owls decimated, the Tetch virus being released in the city, and surviving and new villains in Gotham fighting for power. The stakes will definitely be high in the following season

Not only are we getting new fan-favorite villains, but we finally see Bruce take on the Batman persona in Episode 1. In the last Season we saw him learning and attaining these skills to be a vigilante but now fans get to see him put those skills to use the way we want him to. This season we get another major villain who plays a key part in Batman's growth from here, Alexander Siddig who will be playing Ra's al Ghul teases that Ra's plans for Bruce will snap the young man's journey to his Dark Knight destiny.

With all this plot twist and so many things going on this season is sure to be worthwhile. This season may be all about how the Dark Knight rises, but once Bruce starts clashing with his now established rogues gallery it has the potential to make *Gotham* one of the most exciting shows on TV.



By: Biacna Dodson

Shaun Murphy, played by Freddie Highmore, is an autistic surgeon with savant syndrome. His stream of consciousness speaks the language of anatomy, with the show calling attention to his intelligence, organs and veins and glands float above his head like illustrations ripped from a med-school textbook. "He's not Rain Man," says his main advocate at the prestigious St Bona-venture hospital in an attempt to convince the board that Murphy is hireable and high-functioning. To those in the autism community, the show has deftly done just that.

"The Good Doctor" aims beyond admirable. It wants us to share its warm hearted yearning to "give hope to people with limitations . . . that they do have a shot," as Schiff's character puts an obvious point on it. He also comments, "Letting things get personal is how we make it matter," which may well be Shore imparting his lesson learned from "House."

If you like your drama with heart and hope, this may well be a good series for you.

Book Reviews Cont.

Like Vanessa is a story set in the 1980's and it takes place in our very own city, Newark, NJ. Telling the tale of a Black, 8th grade girl, named Vanessa Martin. She faces a plethora of problems, such as family issues, insecurities, bullies, broken friendships, and poverty. Despite the unfortunate predicament she is placed in, she stays strong and preserves through it all. Vanessa is inspired by Vanessa Williams' nomination as the first African-American Miss America. She is able to take one huge step towards her own goal of becoming the future Miss America and learn to love, as well as, appreciate herself. The novel also aims to send a message of strength and encouragement to Black girls and woman and pretty much anyone else who is struggling with identity issues.

After reading the book I was able to sit down with the author, University Alum, Tami Charles and ask her some questions. One in particular is kind of a spoiler but it doesn't give too much away:

What made you decide that Vanessa's mother would drop her in the tub, when she was a baby?

"...Vanessa is afraid of taking a bath, and that's another layer of her personality that affects her self-esteem..." Her mother had dropped in the tub, to go "shoot up" and she almost died because of that. Vanessa doesn't know where her fear of water comes from, but it actively affects her daily life and contributes to her timidity. "I just think water is such a big symbol in books." It can, both, take and give life, and in Vanessa's situation "water almost took her life."

What inspired you to write about this topic?

"My previous work didn't tell "stories that were authentic to me." I needed my first book to convey a deep message, as my introduction to the world of publishing. One day I went out to dinner to a editor that had rejected me and "...her question to me was, you know, she said you have all these interesting parts about you; culturally, experience-wise, why are you not writing about that?" And that question motivated me to "re-evaluate who I wanted to be as an author."

My advice is to go get this book when it comes out, not just because the author went to our school but because this book is a remarkably inspiring story.



Author Tami Charles with 8th grade students, Manaswini, Deyannah, Zaniyah, Brianna, Brenajiah, Vanessa, Mia, & LaQuanna

The Phoenix Flame BOOK REVIEWS

Dear Martin the Book for "Woke" Readers

By Me'ajah Jackson



In this dynamic book, you can see through the eyes of any African American youth in today's America. This book connects with all readers no matter your age, ethnicity, race, or social class. If you don't read anything else, you should take time to read Nic Stone's debut novel, *Dear Martin*.

The main character of *Dear Martin* is a seventeen-year-old black male named Justyce McAllister. Justyce is from a rough part of Atlanta but he attends wealthy private high school. Justyce have the fact that we are both black and live in urban communities in common, however even if that weren't the case, I would still be able to relate with this book-- because it's real.

Dear Martin is written in reaction to "protests over the shooting death of Michael Brown in Missouri, the choking death of Eric Garner in New York, Michael Dunn's second trial and murder conviction in the shooting death of Jordan Davis in Florida," as Stone explains in the forward to the novel. It must have been tempting (and it would have been easy) to show only one side of the story. However, through Justyce, Stone gives us a narrator who tries to see all sides of the sto-

in the shooting death of Jordan Davis in Florida," as Stone explains in the forward to the novel. It must have been tempting (and it would have been easy) to show only one side of the story. However, through Justyce, Stone gives us a narrator who tries to see all sides of the story. Even at the end of the book, Justyce isn't sure how he feels. He doesn't think that he knows all of the answers, but he does have hope.

I won't spoil the book for you, but I will say this: whenever you think you know what's going to happen, everything gets turned on its head very quickly.

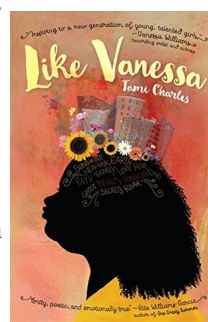
Justyce's voice makes the book very enjoyable and interesting to read. Even though I enjoyed reading this novel, it got tough at times because the issues were that real and relevant due to all the controversial themes, but it's probably one of the most important books I've read.

Dear Martin is worth a read, and I highly recommend it.

Finding Your True Identity Like Vanessa

PHOENIX FLAME STAFF: Vanessa Iowah

Five hand selected students had the pleasure of reading an Advanced Reader's Copy of Tami Charles' debut novel, *Like Vanessa* due to hit bookstores March 2018. I'm so pleased that Brenajiah and I were one of them. occurring in our very own city, Newark, NJ. Telling the



THE PHOENIX FLAME



Aquarius Jan. (20th– Feb. 18th) This will be a happy month for you when it comes to finances. As early as February 10 you'll notice a seismic shift in your ability to attract abundance into your world thanks to Venus moving into your earned income sector. She will remain in the sign of Pisces until March 6, offering you a literal lesson on the law of attraction when it comes to cash flow. As long as you firmly know that there is more where that came from, the universe will provide you with endless opportunities to increase your earnings. Although it might sound corny, try to go with it and see for yourself what magic might occur. You'll be pleasantly surprised. As the month begins, however, you'll be more concerned about a recent turning point in a close, personal relationship.

Pisces (Feb. 19th-March 20th)

A turning point in work or health was likely at the end of January thanks to a Lunar Eclipse that fell in your 6th house. The good news is that a light was shone on whatever needed attention in these areas of your life; because of that, you'll spend the time you need to this month addressing them. As long as you took your ego out of any work situation and are willing to collaborate with your colleagues or peers, this might end up being a valuable experience for you. People want to help you more than you realize, Pisces, and the helpers in your life will be illuminated this month.

Aries (March 21st– April 19th)

New romantic heights are possible for you this month. If there's any doubt in your heart about the soul mate potential with someone you're currently dating, those uncertainties will disappear the middle of the month. Not only will you find yourself getting lost in love, but you'll also begin to understand that the only barrier to this great love affair has been you and your own personal blind spot in matters of the heart. This is great news, Aries, because you'll finally be able to see that all your dreams concerning your love life are within reach as long as you give yourself permission to FALL in love rather than trying to ACHIEVE love.

Taurus (April 20– May 20th)

Your social life will become a source of great pleasure this month thanks to your ruler, Venus, moving into your 11th House of Friendships after February 10. You can look forward to mystical connections and sentimental moments with your pals until March 6. If you've been thinking about joining a group that meets up about spiritual matters, art, film, photography, or even a new book club, this will be a perfect time to do so. You want to get lost in fantasy with your social group now, so anything that supports this desire will be most fulfilling. Another possibility is that one of your friends will become instrumental in helping to manifest one of your personal aspirations. There's a level of unconditional love and support available to you this month through your friends that is sweet and rare.

Gemini (May 21st-June 20th)

Your imagination is the key to your success this month, at least professionally speaking. Venus will move to the top of your chart on February 10 and remains in gentle Pisces until March 6. Pisces is the sign of creativity, spirituality, and fantasy. As a result, your talents (Venus) in these areas will now be visible for the entire world to see -- and this includes your boss or another VIP! Your greatest success comes from your ability to use your imaginative talents, so this won't be the time to hold back from doing so. In fact, you might even receive some type of award or honor because of them. Don't be surprised if you have an offer this month to make a television or online program appearance.

Cancer (June 21st– July 22nd)

This month will become a month of new perspectives for you in several ways. For starters, you'll begin to notice a greater love for exploring new territory, particularly of the spiritual and intellectual variety. Venus will move into your 9th House of Broad Experiences on February 10 and remains in this part of your chart until March 6. You might even fall in love with a new topic you begin to study during this time, so be sure to honor any desire you have to quench your thirst for wisdom. Another possibility is that you're planning to travel abroad this month. Whether for business or pleasure, your trip is likely to be quite a positive experience for you, and you'll love the destination you're traveling to. You might even enjoy an encounter with an exotic lover who is from the country you're visiting!

Leo (July 23– Aug 22nd)

This month opens up with you still very much intoxicated from the Lunar Eclipse in your sign on January 31. This eclipse likely resulted in a significant personal illumination, either about your health, your personal habits, or your overall life trajectory and relationships. In fact, this eclipse might have rolled all these themes into one for you, depending on your particular birth chart. Nevertheless, what this eclipse promised every Leo was to heighten emotions enough to make you realize how you truly feel about a certain situation or relationship. As a result, it'll be crunch time at some point in the spring. You'll be ready to embrace a turning point in your life as a result of this newfound awareness.

Virgo (Aug. 23-Sept. 22)

If you're looking for new work, there's a promising opportunity after the middle of the month thanks to an innovative Solar Eclipse that will land in your 6th house. You might find something by using online job resources or from submitting your resume online. The benefits from this new job will also help you be more focused in school.

Libra (Sept. 23rd– Oct. 22nd)

It seems as though your work life is running as smooth as ever as the new month opens up. Your relationship with coworkers will be deliciously harmonious from February 10 through March 6, so use this edge to collaborate on any key assignments that will help you shine professionally. Another possibility is that you'll be ready to redecorate your work or school space, either at your company or in a home office. You'll be ready to splurge on a few designer accessories that will make you love sitting at your desk and getting down to business! If you're single, this might also be a month when a romantic opportunity opens up on the job.

Scorpio (Oct. 23-Nov. 21st)

What your world needs now is love, sweet love, Scorpio. Fortunately, you're not only in a position to experience the most heart-opening romance possible, you're also in a place to reciprocate those deep feelings to someone worthy of your affection. Venus, the planet of harmony, edges into your 5th House of Pleasure and True Love on February 10, remaining here through March 6. This will give you a cushy pillow of support around any existing relationship, helping you and your partner enjoy mutual feelings of unconditional love, forgiveness, and compassion. If you're single, Venus will open up the door and bring your next soul mate into your life. Just remember to discard any ideas you may have about what he or she is supposed to look like.