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English 26 Class
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Inside are the stories of the English 026 students from the 2011 Fall semester. While the students came from many backgrounds and experiences, they all have stories to share. Many were inspired by Larry Scurman who generously gave of his time to share the art of storytelling with us. His stories, both personal and fictional, helped us to truly “Keep a Story in Our Hearts.”

These stories represent the students as they begin their journey of college level writing. For many students these pieces represent hours of work and revision. Many sought help from the Learning Center. All learned the importance of belonging to a community of writers.

NCC is a wonderful community for both students and instructors. This book was possible only because of the help and guidance of Gayle Hendricks who kindly offered her expertise in desktop publishing.

The Hardest Thing I Ever Had to Do

ELIZA PASTEUR

The hardest thing I ever did was when I moved from Lynn, Massachusetts to Allentown, Pa. In many ways moving to a new state is almost like when I lose someone close to me and has a great impact on my life. Sometimes in our life change occurs in many forms and is carried out in different ways moving from one place to the next in search of a better life, leaving all behind friends and close family members. First we didn't expect to move to another state nor be in another city. What we once called home is no longer home but a far- away place where our deep and most sacred memories are. I've been there basically all my life until we had to relocate and make Pennsylvania our home. The hardest part of moving was leaving all my friends and close family members, but it was for the best. If I and my husband stayed there we will be struggling with everything and we couldn't afford were lived also. It was extremely hard and impossible to keep the sense of closeness that I had with all my friends. Not only that I was moving but it was couple of hundred of miles away. When a person has lived a great part of their life in a particular place, it is a challenge to move to a different place to better ones life. It was hard to start all over because me and husband had to find a job, find where was the nearest hospital and the supermarket. When we got to Allentown, Pa., I remember we had to walk to the supermarket in the snowy day with our three month year old baby and call a taxi to go back to the our small little apartment. A person experiences all of these things when they migrate to a different county not only does one experience when move to a state. My husband and I both where new parents and looking for what was affordable for us at that time. If we had stayed in Massachusetts things would have been a lot harder, we wouldn't have what we have manage to accomplished owning our own home and now four children. Pennsylvania has a cheaper cost of living and a lot more jobs. I'm very happy my family relocated and doing much better. I am going to school, have a great family, kids love it and we thankful god for our persistence and courage to have left a place in search of a better life.

In conclusion, the hardest thing I ever did was when I moved from Lynn, Massachusetts to Allentown, PA. Sometimes in our life change occurs in many forms and is carried out in different ways moving from one place to the next in search of a better life. I thank god everyday that my family relocated and also doing much better. I'm going to school, my husband is also going to school, my kids love it and we thankful god that we had the courage to have leave a place in search of a better life.

Loving You

SHATIVA QUILES

Being the age of seventeen may be very difficult to find out where in life they need to be. I was the type who loved school for all the wrong reasons. While doing all my work I was more entertained by just being with my friends and acting out a little in class. My junior years in high school my friend and two sisters changed my life. This happened when I just stepped out of the car and decided to walk through the glass double doors on March 10, 2011.

Since I had a fractured ankle and on crutches my sisters helped me go up to the café where they were having youth night. Everyone was looking at me because of how I looked. I was looked at like the weird girl. Having my whole bottom of my leg covered up in a split and wearing basketball shorts because my pants would not fit over the splint. The pastor saw that many new people came that night and wanted everyone who attended there to come and greet us. I was sitting looking at everything surrounding me and acknowledging how many people were into the service that night. As the time passed on and the sky became darker the pastor said something that caught my attention. The pastor was talking about struggles in someone's life and how God will answer each and every prayer with some time. God will never give up in one of his children and he loves us very much when we think that no one is there for us.

While he preached, the way he spoke those words moved me. At the end he called anyone who wanted to get saved up to the front. Crying and on crutches I asked the pastor's daughter, my best friend, to help me to the front. She was so delighted at the point she was moving too fast for my pace. She was more exited for me than I was for myself. Actually I was more afraid of the challenges it was going to bring me as my life went on, and it sure did get harder. Getting saved changed my life and God has helped me throughout my journeys after that.

Soon after I met the greatest friends and started going down the right path. Before I would party all night and not care how I portrayed myself. The fact that they showed me how good it is to love yourself is something that hanging out with friends and making time to go to parties that are not necessary to be at. The doctors were certain that I had fractured my ankle and it was going to take seven months to actually heal but I would not have the same movement as I did before with that foot. The youth and even the pastor said a prayer and kept praying for me through everything I was struggling with. When that night was over I believed in the Lord.

Within two months my ankle turned into a miracle the doctors cannot explain how it

healed with no problem into my future. At first I thought I was dreaming; I did not think for a second that it could have been a miracle. I asked the doctors to review my x-rays over and over again to see if they read anything wrong, and they were certain that it was a miracle. From that day on my faith for Jesus has never been doubted. I am thankful for the life he has granted me and he ALWAYS DOES SOMETHING FOR A REASON!

The Big Warning

MARIA RIVERA

One morning at my rehab center where I work, we got informed about new changes that include how we get our paper work so that the facilities to get paid. This is a situation that we still dealing a year later, because the State keep changing their rules.

My morning started at seven with report time. Usually this time is to recall all the information about our residents and anything that passed in the last twenty four hours. During our report we were informed that our nursing supervisor was fired. Everyone was in shock because we could not understand why she was fired. She was a good leader, a caring, understanding and very fair person.

Our day went on and we continued with our daily routine, which was getting up the patient and setting them up for breakfast or getting them ready for their appointments on a daily basis. So it was time to go to lunch and I went to the cafeteria. It was not a surprise for me when I sat down and, heard people talking or gossiping about what was going on in the building. Everybody was talking about it, but it was only rumors because we were not sure what happened with our boss.

Right after the resident has their lunch, we were call for a meeting with the nurse on charge of the floor. We all went back behind the nurse station for the meeting in closed door, because these was a situation that we did not want to discuss with our residents.

She continued to informed us with some of the reasons why our supervisor was fired. She told us that was related to paper work that included; incident reports, following up with doctors orders and giving room information to staff and others things not related to us. But she replied that we have to finish our work, also do it right in the computer and chart because they were losing money when we did not file paper work on time. She said to please make sure that you do things right. If someone does not know how to do it please ask for help, because from these point on they will be checking our paper work and everything that we put in the computer. We also have only eight hour to get the information on the computer. If we forget to put in the patient we will get suspended o fired for mistake to.

A few rules went in to effect on day and more during the coming year. This is a situation that we still dealing with a year and adapting to the new changes.

Saved

HARRY RIVERA

My life changing stories that changed me and I always remember it when I found Christ in my life. Everything changed for the best for me and my family and also my future. One of the biggest affects in my life that changed me in my life was going to church and becoming a Christian and a good person from where I was heading in my life.

I had my struggles, but my life wasn't too bad. I have good parents who helped me with everything and will do anything to see me succeed in life. I am a house boy because that's where I came from but I also learned from the streets that's where I got my knowledge. My life was hell before I went to church and it wasn't getting any easier. I wasn't with the right people but I knew they had my back and were my friends even though I know they wasn't taking me anywhere in life. Me and my friends got into a lot of trouble and since then it was a habit of me getting in trouble or in fights. I was into rap and rock and even though I felt like an outsider since I had my issues at home and school I acted the way I knew how to. My parents weren't too happy where I was directing my life. My parents told me about church because they grew up at church but left for a couple of years. When I was born my great grandmother and the pastor of the church that my parents went to said I was something special that god has created me for a purpose. I didn't know what God wanted with me or if even there was a God. I didn't care about anything or really what anybody believed in because of everything I was going through as a kid. I didn't go to church because I didn't wanted to I was forced too at first because I had no choice. My life was bad enough how worse can it get bye going to church for one day. My first day of church was on a Sunday and it was full of people and the church was praising and worshipping. The pastor prayed for me and my family and made a service about what god wanted to do with us in our lives. I didn't know what was going on but I felt funny. The pastor told me everything about my life and I was shocked and was confused on how he knew about me if I didn't even know him. After a few months I liked it and kept going on my own and started learning more of Christ and who god was to me.

I was forced to go to church in the beginning because I wasn't going to go by myself. My parents did it for the right in tensions for me but I didn't care why, I just didn't want to go to church. My parents told me that I had to go and learn and to separate me from everybody else since my friends weren't helping me at all in life and sending me to the wrong the direction. I had no choice but to go to church. My life was heading to prison or even worst if I kept going where I was heading. That's why my parents took me to church in the first the place. The thing is I really liked it and it did help me after a period of time.

A few more months past and my life really weren't changing because I didn't change at all. I was doing whatever I wanted and couldn't care less what or who I hurt in my life. Everything started to change in my life. Everything I was doing wasn't right or even feels right anymore. I changed my image I had looking like a guy from the streets. I stop cursing stop worrying so much about My clothes and my sneakers and what everybody else taught of me. I also stop hanging around doing dumb stuff with my friends and even stop hanging with a lot of them to. I told God everything I did and what I wanted to change in my life. After a few weeks things really started to change at home and everything that was going on in my life started to leave. My life really started to change for the best. I was happy for the first time in my life and I have God to thank because he told me he was going to change my life and take all the pain I was feeling and take it away. My life getting together just like God said and I'm the happiest person ever. She is my life and I won't be where I am at right now in my life without her or God. The kid back then is gone and the new me is here I'm not perfect but my life is complete now and I'm just enjoying every minute of it.

This event changed everything in my life because I'm not in the streets any more I'm not doing anything stupid to ruin my life. Everything I do is for her and she is why I am in college to get a career and be everything I can be in my life. Because of god I am a better person for it today. I'm an ordinary kid with dreams and God has accomplished that in my life. I am proud of where I have grown in life and especially Christ. This is my story not to many details but my story of how I got saved in the miracle of God.

Graduation

KRYSTASHALEEN CABAN

It was June 17, 2011 that had changed my life for eternity, it was the day I finally graduated from high school. As I woke up that sunny day butterflies arose to my stomach, joy filled my heart and excitement filled my soul. Excitement because today was the day I finally graduate and get to walk across the stage and receive my diploma. As a teenager I have faced many obstacles in life that sometimes made me feel I was never going to graduate from high school.

Waking up today was so easy but I knew I had to get moving to be done. There was three of us graduating today from my family it was my sister, my girlfriend, and I , so it was triple the amount of stress. Stress from rushing to get our hair and nails done.

Eventually, it was time to line to begin the ceremony. Holding my name card in my hand I began to sweat. Nerves kicking in, scared of what can go wrong. Will I trip miss a step or would they not have my diploma when I went up stage to get it. It was time for the ceremony to start so the lines start moving. Walking in and seeing so many people screaming and applauding a smile from cheek to cheek grew across my face. I felt joy because I was almost there at the golden prize. We are seated and the ceremony begins class presidents and principals finishing up their speeches.

At last the name calling begins and diplomas are being disburse. Its my rows turn to start walking up the stairs and then I heard it my name. A huge excitement overcomes my body and I smile like before as I receive my diploma and walk down the stairs. I then began to realize I did it! I accomplish what many people said I wouldn't accomplish. Holding my diploma in my hand showed me that I can do anything I really want to do in life. I went to school for 13 years six of which were honors and I finally graduated. Graduating showed me and pushed me more to go on with my education and go to college.

Graduation changed my life because so many people have doubted me in the past I myself have doubted myself, but I accomplished it and now I know I am strong enough to continue and go far in life that this is not the end it was only the beginning to my life

A Beautiful Getaway

TIARA-TIFANI PICHARDO

It was about time that my mom and I got away from all the problems and stress we've been through. It was that time to go far away for a while and just let go of everything for some time. We needed something exciting, something worth our while, something we'd enjoy and never forget. That's when it hit her and she decided to take us to Puerto Rico. We gathered a few friends and family members to join us on our vacation. I'd have to admit it was the best I've ever had. We went to Puerto Rico for a week and few days. This was my first time ever going there and I felt great going to a different country and getting to know more about my culture. The different foods, the weather, and different animals and plants that were everywhere were amazing for me to experience all of these things.

My first experience was going to my great grandfather's house in Mayaguez, which we call "El Campo," which means camp. It's a really poor neighborhood where everyone knows each other and treats each other as family. There were huge trees of fruits and little tiny crabs running around. Even though this was something I wasn't used to, I still found it to be a beautiful sight. Behind his house was the beach which was basically his backyard. I would spend all day and night just listening to the waves crash down on the sand and flow right back into motion. Right then and there, I felt at ease. The nights were chilly and cozy; all you'd hear would be the sound of these little frogs by the name of a "Coqui." This took some time to get used to, but it was wonderful.

We then decided to leave Mayaguez after a few days and went to a hotel in San Juan. Here all the fun began. We went to fancy restaurants, and while the adults went to parties, I'd stay on the beautiful sandy beach across from us. The skies were genuinely baby blue with beautiful white clouds. That took me only a second to get used to because it was so lovely. The white sand between my toes felt great. I lay down, and I felt as if the ocean breeze was just lifting me off my towel. Watching all the people have fun in the water and making sandcastles out of the hot sand was a good sight. I was surrounded with happiness and joy. I couldn't help but smile.

I opened my eyes, and the sun was shining right over me, as if this were a blessing I made it here. The sun left me looking like a well-cooked lobster. I wasn't in pain, but I was so shocked of how dark I was. I finally made it to the clear blue water, and admired it. As the strong waves crashed on my back, I loved every moment of it. I'd go under water and get filled with excitement to see what was down there. Sand dollars flowing on my feet and little harmless fish swimming on by. I did panic at first, because they were harmless little creatures, but it was nice.

It was night time and we all went to the hotel restaurant for dinner. Me being the sea food lover that I am, got this amazing soup that had different types of fish, clam, lobster and more. I was flabbergasted at the taste. I still feel the warm amazing broth flow down my throat every time I think of it. It was the most delicious dinner I had that whole time. There were many more dishes I've had, but that one stayed with me the most.

My overall experience in the two parts of Puerto Rico was stunning. I would do anything to go again and do way more than I did before. This was an unforgettable vacation that relieved me and my mom. When it was time to come back it was sad, because I didn't want to leave just yet. I finally got to experience the greatness that people talk about when they visit there.

Stress Free

SHATIVA QUILES

Every year I go to this place where it looks so beautiful day and night. Mainly when summers around that is when everyone plans to go. My summer I am there almost every day. Most of the time I go there alone and if I am there with anyone else I tend to leave the group to go into my own little world. Not anyone can take me away from this place I love so much the feelings I get towards it are incredible. All the stress and tension that I go through at home I would go up to my room and just think of me back in the place I love so much.

The hotness you feel when you step onto it and the rush you get to get away from that hot sand into the cool sand that is right next to the water. That calmness after you find a place that no one is around and you are there alone not a single soul to bother you but your own. The freezing moment you feel all over your body once your feet touch that water then it feels relaxing. Your mind goes wondering into places a person hardly goes to. The smell of the ocean just coming to you and the sounds of the wave crashing into each other, thrusting in the sand then pulling itself right back into the ocean is something I can live for each and every day.

As the day pass everyone does not even try to find me, they know exactly where I am. I go to the board walk after I clean most of the sand off and go get a funnel cake. While it is so warm I find somewhere I can sit and just enjoy every piece. The powdery sugar that flies everywhere when the wind blows, the warmth that goes into your mouth and you wish that this could never finish. When you do finish you tend to just like your fingers and make sure all the sugar is all off before throwing away the plate. Having this warm feeling inside then I noticed that the day has gone past me and night is approaching.

The smells of the food are amazing but the smell of some people not that much. It is somewhat harsh and a nose cannot really take it. Not many people tend to go onto the beach at night and that is what I love best. They all like to just go on the boardwalk and see if they can attract another mate. When I see this going on I tend to think of everyone as some type of animal. Each one trying to create new breads without them knowing. Just sitting on the sand letting the water slightly touch the tip of my toes I sit there and write. Write stories, poems, songs, draw what I see never forgetting a single detail.

Everyone has that one place that can either relax them or just scare them away even if they say they do not. Most people tend to just go to that place over and over without realizing that is the place where they feel best at ease. I found my place, now have you found yours?

Puerto Rico

ELIZA PASTEUR

The place I visited was Caguas, Puerto Rico; it is located in the Central Mountain Range of *Puerto Rico*, south of San Juan. I visited Caguas, Puerto Rico when I was thirteen years old, with both of my parents who were born and raised in Caguas. Caguas is full of history, and it is a great relaxation environment making it a great place to visit with a population of hundred forty five thousand people living there.

I remember visiting, Caguas Puerto Rico with all the farms and the country, it was extremely fascinating. Caguas is twenty miles from San Juan and forty miles from Ponce. During the early part of the twentieth century, Caguas hosted one of Puerto Rico's most important sugar manufacturers, which gave employment to thousands of Cagüeño's. Caguas is served by one freeway, one tolled expressway and one main divided highway. Puerto Rico Highway thirty connects Caguas to the east. There is no freeway/expressway to the west, due mainly to the fact that there is no sufficient population west of Caguas to develop a new freeway or expressway. Mostly is people riding on there horses just to go into town. Usually there some cars will pass by, but there is nomuchtraffic. We visited my grandparent's house that our families have lived for generations. The house is on thirty six acres of farm land. At first it was hard to for me to stay there because I'm not used to living on a farm away from the city. My grandparent's neighbors were about a mile away, we where about thirty minutes away from a local hospital, and the local supermarket was about ten minutes away. For my grandfather to go into town, he had to ride on a horse because he doesn't know how to drive. Taking showers was very hard since there was hardly any warm water. I didn't need a alarm clock to wake me up in the morning because the roosters and the chickens will wake me up or the smell of my grandma fresh brew coffee that traveled around the house. The weather in the morning was so nice and breezy but once it gets around noon time it becomes scorching. I would go out before noon time and lie in a hammock that my grandparents had on their side of their house and enjoy a peaceful afternoon with nice weather. I used to help my grandparents feed the chickens, horses, cows and the pigs, also I helped my grandmother to cook which her cooking was so delicious. Even though I vacation there for only two weeks it was a learning experience and I really enjoyed it there.

In conclusion, Caguas Puerto Rico was extremely beautiful country side with lots of farms. It was hard to for me to stay there because I'm not use to living on a farm away from the city. This experiece change me because I really relized my grandparents worked hard to go into town or go to the hospital, while its easy for me just hopped in my car andgo. In the future I would love to take another trip back to Caguas but this time I would like to bring my husband and our kids to vacation there for two weeks.

Main Street

KRYSTASHALEEN CABAN

As I was walking down the long busy street admiring all I see. Seeing with, my small little eyes, large crowds of young people hanging out, laughing having a great time. As I continue to walk all I can hear many different types of music, rodeo music, different types of Spanish music, Asian music, and so on. I smell all the spices of all types of food breezing through my nose. Down town Fort Worth Texas, Main Street, is where I love to be. All I see is large crowds of teenagers and young adults sitting around laughing having a great time, dancing around doing routines for activities for the day. Grinning from cheek to cheek as they dance for the crowd. Performing all types of dances such break dances, rodeo, and Spanish. As they spun around on their heads, doing cool hand movements, different facial movements like they are so focused and determined to astonish their fans that are watching them, I became so amazed. Swaying back and forth to the Spanish music I start singing to the music and head bobbing. Young adults swinging their rope as if there in a real rodeo at the moment. Additional, teens sitting around eating all types of foods loving each and every bite of their warm and very scrumptious food. voices coming from every direction like never before catching up on all missed time. Young adults holding their children eating delicious, soft, chocolate, vanilla, strawberry ice cream to the last drop.

As I continue walking down Main Street I look around at all the different restaurants. So many different types of food, smelling so warm and tasty. As I walk I smell delicious pizza, taste the cheesy cheese, the steaming hot pepperoni yum. Then I pass by the taco shop the spicy, warm, crunchy, creamy tacos. The fresh taco salads filled with fresh tomatoes and lettuce. Orange long slices of cheddar cheese, soft, rich sour cream on top with chopped up mouth-watering bacon pieces. Fashion everywhere as I look, large clothing stores filled with lots of people. Women and men coming in and out of stores with tons of bags full of clothing, shoes, jewelry, and accessories. Walking into Dots clothing stores all I see is color everywhere purple, green, pink, yellow, blue, brown, etc. Music at a medium rate but enjoyable. Lines everywhere people waiting to check out or just to get a fitting room. Dots associates constantly coming up to the customers asking how they may help the customer, very welcoming and outgoing. All and all between the mouth-watering taco salad, the vibrant shopping spree, the inspiring dance movements when it was time to go a heart breaking pain arose to my heart. The love for Texas would never fade away because of all the vivid memories we share together. I will never disregard the wonderful warm feeling of a place I call home Fort Worth, Texas.

Miami Breeze

TIARA AZIZ

During the month of June, I board myself on a plane and it's my first time doing it; I was scared and I didn't want to do it but I had to. I can feel the shivering sweat drip down my face as I sit in my chair on the airplane, and I can feel the vibration in the seats as the flight attendant do a final check up. As the plane takes lift off, I can see the birds fly below us through my window, and I can see the cotton candy looking white clouds in the sky. In two hours, I will be in a state where the sun shine it's a bright highlighter yellow onto the surface. Florida, the Sunshine State, a place that I love going to where the trees sway against the wind, the ocean shines with sparkles, and food that smells so great, Florida the best place on earth..

My cousin's condo is where I'm going to stay for three weeks. The condo is located on a beachfront and the backyard faces the crunchy sand and sky blue ocean. When I get in the house, the front hallway is very colorful like the rainbow, and the ceiling is a whiteout color and it's stainless. Walking through the halls I see a living room with its black and white paint on the walls, black couch with a white stripe. The entertainment stand is nice solid chrome silver with a black 60 inch HD plasma screen t.v. The kitchen is blue and orange like the University of Florida College. I always feel really calm when I'm over here because the tension is never here and just the scenery makes me feel so relaxed and happy.

Once I get upstairs, there is bubble gum color wallpaper on the wavy looking walls. Also there is a big laptop that had a SpongeBob case on it, and also a silver 52 inch plasma screen t.v with a candle apple scent when you get close to it. Once I go through the kitchen onto the deck, I see the mint colored lawn chairs that sit next to a candy apple table with a mint green umbrella. When I walk onto the sand I can hear the mumbling bird chirp above and I also grab the crunchy sand and lay in it.

Once I get back in the house I can smell the mouth watering hotdogs that my cousin prepares for me. After that I just sit on the couch and relax. Now this is a Miami breeze I've been waiting for.

The Mountains of La Chorrera

MARIA RIVERA

The mountains of Panama is great for one's health. The ecosystem it is diverse is has many people, animal, plants, rivers and caves that are gorgeous.

La Chorrera is a town far away from the civilization, it takes eight hours to get there and some of the traveling has to be done on foot. The surrounding of La Chorrera is very beautiful. The grass is very green and the trees have big wide branches. Some of the trees produce flowers and others produce fruit to eat.

Sometimes the mountains of La Chorrera are big and the view is amazing. You can see the mountains from far away. If you look very carefully, you can see a little road in the middle of the mountain that will connect to the next village.

It is great for anyone to go to visit it because the air is pure; there are no cars, industries around or any kind of pollutions that could damage one's health. I believe that it is great because everything that surrounds it has not been treated with any kind of chemicals.

The people that live in town are very nice; they are always willing to help, and they work together on the field as a big family. They do not use any kind of technology; such as electricity, phone or machines. Because they live far away from the nearest town, everything that they used is from their own work on the villages. For examples, they produce their own fruit, vegetables, grain sugar, salt and others needs.

On the farms all the animals are raised with everything natural. The farmers use sugar, grains and their own corn to feed the animals. Nothing comes from outside to make them grow faster. Throughout the years they get better and better producing more animals.

The rivers have clean, clear and cold water because it comes from the inside of the mountain. That is the water the farmers use for everything. However, they boil their water that they drink because it might have bacteria.

One reason that I love this place is because the plants are very beautiful. There are all kinds, the ones that we can eat from, including the sweet oranges, papayas and mangos. The seed of the papayas are put to dry for days. The seeds are used to treat people or animals when they get sick. Some of the plants are very dangerous because they are poisonous, and one cannot eat or go to close to them because they would poison the skin.

Inside the mountain there are caves with white and grey rocks, where the people go to take warm baths. They believe this water has healing power to cure and purified their body and soul.

Outsider can not go inside the mountain because this is like a special place only for the Indians who live there, it is like a church, that one has to be a member to able to go in.

In conclusion, La Chorrera is a beautiful town. The surrounding mountains have amazing views. The air is very beneficial for everyone because it fresh and clean. The most important things is that there is no pollution around and everything is natural and you could enjoy better quality of life.

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Puerto Rico

HARRY RIVERA

My homeland is Puerto Rico and if your family hasn't been there, then your family really is seriously missing out on an amazing island. With all the texture, the texture of the sun oil on the body, the texture of the sandy beach, and the moist rocks on the bottom of the feet. The atmosphere, its so breath taking that you can't resist. When I go to the beach at night I can see the whales go up for air and splash back into the water. My heart feels home and amazed of the magnitude and the power and lust of Puerto Rico. It's an experience that you can't miss out on is Puerto Rico. The Island of Puerto Rico has one of the most beautiful Rainforest called *EL YUNQUE*. The forest has a number animal such as the endangered Puerto Rican Parrot (very rarely seen) and the tiny coquis (indigenous tree frogs) that serenade the evening hours. It's something to die for to see and it's only in Puerto Rico.

When I go to Puerto Rico all the food is in every street corner, and so many to choices to choose from. My favorite is red rice with beans and pork. The taste of the soft delicious rice that just tingles the taste buds and the beans melts like a river of happiness, The pork just sets the mood when u take a bite and you feel the steam of this delicious pork in your mouth so soft and creamy like you just got into heaven. My favorite thing is the food. I can eat all day if I wanted to. My taste buds would go crazy after one bite that I can't stop eating. It's so hot over there it's hard to gain weight since its going to sweat out with all that oil and grease in a few minutes from the heat. I love the food there because is the only place where can get actual Spanish food.

The main thing I always smell and I'm not even in Puerto Rico right now is the tropical air. When you first step out the plane you can smell the wonders of the coconut trees and rainforest trees all over PR. You can also smell the food too. When I go the most smell is the tropical smell of the ocean and trees it smells so good and refreshing. It smells like home and where my family and my nationality is at and born from.

The thing I always feel is the sands in between my feet when I go to the beach. The soft hot or cool sand in between my feet or the salt water of the ocean hitting me with the winds I miss the most. I can sometimes feel the lizards on me when I used to sit outside my great grandma house. I used to take them and keep them as a pet. I miss feeling the wind and the sand between my feet when I went to the beach with my family.

The main thing any Spanish person would say or even anybody that went to visit is the sound of the coqui. The coqui is like a frog but not really a frog. It makes this beautiful sound all day but more at night. They are illegal to kill since they are our nation symbol and our pride. The coqui would always put me to sleep at night as a kid or even

when I go to visit every year. Puerto Rico is the only place in the world that has them and the coqui can't live anywhere else but Puerto Rico. The sound is like music to my ears. When you go to Puerto Rico you see the beauty of the island, the culture is all around you that you wouldn't even want to escape, and you would love to keep exploring. You see the beautiful clear water, the gorgeous paradise of the hotels, the weather, even the food. Puerto Rico is an incredible island. They have so much to do beautiful land mark when they use to transport food and tobacco. When you look at the ocean at night the water glows from the shine of the moon and you can even catch an enormous whale catch up for air and makes a huge explosion when it dives back into the water. It's an incredible site to see this amazing creature. These are things that are visible to eye when people visit the Island of Puerto Rico.

I promise you that you will not be disappointed. You would be thanking me for telling to go take a trip the greatest island in the world. When you get to Puerto Rico go to Ponce Puerto Rico where the water is clear as the skies and go fishing or take a cruise and enjoy yourself in the beautiful world of Puerto Rico.

This island still has riches that the United States still uses everyday like tobacco, sugar cane, and a lot of our fruits we grow. Where one of the United States Precious islands, also one of the most gorgeous islands in the world.

The Alaska Cruise

ALLISON AULT

Many people don't have the option or the money to go on a cruise. I was one of those people until this summer when my Dad surprised me and told me that the whole family was going on a cruise to Alaska. There are many cruises out there that people can choose from but Alaska was chosen because my grandparents went there before and my grandfather, Pop-Pop, wanted the whole family to go. So I agreed and I went on the cruise with my grandmother, Nana, Pop-Pop, my Dad, Melissa, Taylor, Justin, Uncle Glenn, and me. The ship, the Island Princess had 15 decks, one indoor pool, one outdoor pool, and a weight room. The ship stopped at four main places Ketchikan, Juneau which is the capital, Skagway, and Glacier Bay. The experience made me realize that this cruise was every expensive and that nothing was free. Having me go in this cruise made me understand why I never had the opportunity to do this before.

Our first stop was at Ketchikan, Alaska. Ketchikan has a population of 14,516 people. Ketchikan is a unique place of beauty built along steep hillside, with boardwalks and buildings to shop, and this friendly town always is full of activity. While we were at Ketchikan, my Dad, Melissa, Uncle Glenn, Justin, Taylor, and I went zip lining thanks to the Alaska Canopy Company. The sight that we saw zip lining through the Alaska rainforest was extraordinary we reached a height of 75 to 100 feet in the air. I can feel the metal rail attached to the device that helps steer to go in a straight line. Seeing the open ocean and all the docks where the boats are located there which were owned by people. Sight of all the homes located there and the bear in the open area land when we were soaring through the air on the line. The smell of fresh open ocean and of the green pine trees in the Alaska rainforest. The sound of the bird chirping and the wind blowing by you so fast because your soaring through the air. The longest line in the route was about the size of two football fields. When we were all done the people who worked there at the adventure sight made us a cup of hot chocolate for us to drink to warm up our bodies. Our next, stop is Juneau, Alaska the capital.

Juneau, Alaska is the capital and it has a population 31,000 people. It is located with mountains all around it and ocean in the front and is larger than the state of Delaware. When we were ported in Juneau we all went whale watching. The sight was the best, whales coming out of the water seeing their tails, their faces. The sound of the whales when they appear out of the water making a crashing noise as their bodies hit the water. Seeing the sea otters play in the water, and watching them lay on the rocks asleep. The smell of fresh air and mixed with fresh ocean smell. The taste of the cold water that I just bought in the

boats gift shop downstairs flowing down my throat like a riverformed by the rain going down a hill to the crate, while I am enjoying the attractive scenery. The touches of the cold passionless water splashing up on my hand after the waves are crashing against the boat feel like I somebody pinched me in my hand. Our next stop was the beautiful sight of Skagway, Alaska.

Skagway, Alaska is located near Haines on the Pacific Ocean 90 miles north of Juneau. Once in Skagway, the whole family went on at train ride; the route was called the White Pass and Yukon Route. The sound of the train blowing the horn as we cross the tracks intersected with roads so the cars know to stop. The sight of all the mountains, all the rivers and the waterfalls positioned between the mountains was beautiful like nothing I have ever seen before. The fresh taste of the frosty water running down my throat since the dryness in my throat is coming from the freezing wind. The touch of the comfortable couch that I was sitting in to make the adventure comfy, while I carry on a conversation with other people and their families. The smell of the relaxed pine trees which is mixed with the open air surrounded by mountains. When we all, went on the train, most of the flowers that we saw were the state flower forget-me-nots. This tiny flower grows wild in much of the state. Our last port is Glacier Bay.

The final destination of the cruise was the beautiful sights of Glacier Bay. The sight of the white glaciers, even though black parts are found in the midsection because they are starting to melt. The black part is also known as a waterfall form by the big crack and the water from the glacier which is melting. The sound of pieces from the glacier detaching, while you hear the small pieces running down the glacier like rocks falling down the side of a mountain. The sound of the glaciers cracking in half and hearing all the pieces fall into the water and melting in the water because it is so inflamed. The feel of the cold wind hitting my arm and making me have goose bumps. The smells of the ocean water blowing buy me while I sit on the balcony taking a picture of me with the college glaciers in the background and the beautiful blue skies. My Dad asked for the whole family to come out onto the balcony because he would like to say a few words before we get off the ship. The taste of my apple juice going down my throat after my Dad proposes a toast to Uncle Glenn, Nana, and Pop-Pop saying "Thanks for a trip of a lifetime, that we all will never forget. My dominate impression of this place is knowing that I will never be able to do this again ever. My reason for choosing this place and describing it was because my Nana & Pop-Pop were supposed to go in January 2008 for their 50th wedding Anniversary, but my Nana got an infection in her knee so she couldn't go. So when the next opportunity came my Pop-Pop said I would like to have the whole family go since this opportunity that may never happen again. Alaska was so beautiful I took so many pictures that it would act like you have been there.

Panamanian Potato Salad

MARIA RIVERA

The potato salad is a typical plate from the north side of Panama. This is a plate the people cook for special occasions usually during festival times and birthday's parties or any special occasions. It is typical plate that it has to be on the table for the special occasion for many years.

First go to the store and buy the ingredients like; five pounds of potato, two big onion, one green pepper, one stick of celery, six eggs, four carrots and one radish. Also buy two cans of vegetables mixtos, one can of green beans, and one of mayonnaise finally buy salt and pepper.

Next peel the potatoes cut them in half and put them in a big pot with water and salt. Add the six eggs to boil them, cut them for thirty minutes until they are done to check if they are ready, take a fork and put it through the potato to check if it is well done. Do not overcook them because if it over cooks it would look like mash potato. Turn off the stove and let it to cool down at least one hour empty the water out of the potato, on a side dish peel the eggs and cut them on little blocks.

Meanwhile peel the carrots and cut them on little blocks and put them to cook for twenty minutes, then drain the water and let it cool down for at least half hour during the free time take the celery cut it on little blocks also the onion, the green pepper and mix them together and let them to the side and in a different pot put the radish to cook, do not peel before it cooks do it after it is done because it is easier to take the skin off. When it is done cut it on a block that is the last ingredients to be put into the salad.

Now take the potato and cut them on little blocks put them in a big pot, put the eggs and the vegetables that are all ready cut. Also drain the mixed vegetables, take the water off and also put them in the pot.

Next put the carrot with the other vegetables and the potato in the pot, eventually all the vegetables should be in inside the pot, then mix them with a wooden spoon from the bottom up when it is everything mixed, put two spoons of salt half of pepper and finally three cups of mayonnaise.

Finally put the radish into the potato salad and mixed together in the color change. The color should turn to purple.

Finally it is done and it is served with a metal spoon never with a plastic or wood spoon. It has to be served in little plates. This is the best potato salad that everyone would enjoy and love it.

The Panamanian potato salad is the best salad.

Applesauce Raisin Cookies

ALLISON AULT

Many people have all different talents. Some of my talents are baking cookies, swimming, solving a math problem, cooking pasta and many more. My favorite thing to do is bake cookies. All sorts of cookies from chocolate chip, sugar cookies, peanut blossoms, and applesauce raisin cookies just to name a few. I am going to teach people how to make applesauce raisin cookies, this recipe has been in the family for many generations, and my family always makes them before Christmas. This is a good cookie that anybody can make very fast and very easy to mix together for a party or just to eat.

When baking always make sure that all the ingredients are ready. This recipe calls for $\frac{3}{4}$ cup of soft shortening butter, 1 cup of brown sugar packed, 1 egg, $\frac{1}{2}$ cup of applesauce, 2 $\frac{1}{4}$ cups of sifted Gold Medal flour, $\frac{1}{2}$ teaspoon of baking soda, $\frac{1}{2}$ teaspoon of salt, $\frac{3}{4}$ teaspoon of cinnamon, $\frac{1}{4}$ teaspoon of grounded cloves, and 1 cup of seedless raisins. On top of those ingredients also grab a large mixing bowl, a small mixing bowl, a mixing spoon, a regular spoon, a fork, sifter, a hand beater, cookies sheets, and brown paper bags. After having all the ingredients gathered, begin the process of making the applesauce raisin cookies.

First step is to preheat the oven at 375 degrees. Take the large mixing bowl, mix together butter and brown sugar. Make sure this is done by taking the fork and cream back and forth. Remember when creaming the mixture; always keep the bowl moving around in a circle so that the fork can get everything creamed instead of just one place that is creamed. Next step is to hand beat the egg into the bowl with the butter and brown sugar. When cracking the egg use the side of the bowl. When opening the egg be very careful that none of the shells drop into the bowl. If this happens carefully take a finger, put it into the bowl and drag the shell under the finger until it is out of the ingredients. When beating the egg use a hand beater, if a hand beater isn't available than you can use an electric beater but make sure that it only stays on level one. If the beater is higher than level one then the mixture will become too watery. Don't use a whisk because the ingredients will stick to the whisk. Make sure that the bowl keeps rotating to get all the egg. With the hand beater make sure that it doesn't go to fast because the mixture would get everywhere and cause a huge mess.

Meanwhile, the oven is still preheating take the applesauce and slowly pour it into the same bowl at the other ingredients. Pouring the applesauce slowly will not give it a chance to splash everywhere on the table. Fold in the applesauce into the ingredients with a large mixing spoon. Keep folding until everything is folded together well. When done folding those ingredients together, take the small bowl and mix the flour, baking soda, salt, and

the spices and mix those together. Then, take the sifter and hold it over the large bowl. If the sifter isn't over the bowl the dry mixture will go all over the table. Depending on the size of the sifter gradually pour half of the dry mixture and sift, then pour the other half. If the sifter is big enough, gradually pour the entire bowl of the dry mixture in the sifter and sift slowly and carefully. When sifting, don't sift fast because then the dry mixture may get everywhere. So do it very carefully. Eventually, when everything is all sifted and mixed together, add the raisins. Fold in the raisins with the large mixing spoon until well blended together.

Next step is to spread the butter on the cookie pan. Putting the butter on the pan will prevent the cookies from sticking to the pan when they are all finished. Take a paper towel and smooth the butter evenly all over the pan. When all the pans have butter on them, then fold the mixtures again after having it sit for awhile. Next take a teaspoon and put the dough on the pans. When one pan is ready, put the pan into the oven. Be careful the oven is going to be hot, so use oven mitts. The cookies will take about 10 to 12 minutes to cook or look at them and if they look lightly brown on the top they are done. Don't forget to set the timer. While the first pan is in the oven continue putting the rest of the dough on the other pans. When the timer goes off or the cookies look lightly brown take them out. When opening the oven use a mitt to take out the pan. Place the pan on top of the stove and put the next pan in the oven. Close the oven and set the timer again. Finally, take a spatula and take the cookies off the pan. Hold the pan with an oven mitt on so that the cookies don't fall off. When taking the cookie off the pan you will put them on a brown paper bag. Using a brown paper helps the cleaning when it is all over. Parchment paper can be used in replace of the brown paper bag. These last couple steps will be repeated until all the dough is on the pan. Wait until the cookies are cooled off and then they are ready to eat. Enjoy!

These cookies make about four dozen cookies or maybe more depending on how small the teaspoons of cookies there are. The tastes of these cookies are so delicious that they are so soft that they will just slide down your throat. My grandmother always told me that when going to a party always makes sure that something is brought. Never go to a party empty handed. These cookies can also be used for bribing a teacher for a higher grade is he or she likes raisin or just any cookie in general. Other people should know how to make these cookies because they are very good and many people like cookies and enjoy eating them, they can be made for a little group meeting or a good snack with friends while watching a movie.

Learning How to Dye Hair

SHATIVA QUILES

Most people have natural black or really dark brown hair. When it comes to making the decision of what color to pick, it may be difficult. Having naturally dark hair, always keep in mind that when it comes to a product that is sold in a typical Revlon box it will never turn out the exact color on the box. The hair color on the model is professionally done. When planning to go light always pick a color lighter than originally planned. There are three simple steps to self dyeing hair at home; they are prep, section, and wait.

The preparation stage is probably the easiest next to the wait stage. When buying the hair dye, have no worries because it brings everything needed on the box. It includes a small bottle with liquid, which is the color, a paper with instruction, and on the paper are a set of plastic gloves. A small bottle, usually white, is the cream color developer. Pour the color in the cream color developer then make sure to close the cap tightly, if not done so the dye will spill all over the room and ruin anything near it. Next shake the bottle so that the color mixes thoroughly. If is not shaken well enough the chemicals in the bottle will not make the color it is supposed to. After it is shaken well enough, let it sit for a good five minutes so it sets. Letting the color set makes it so that the hair will take the color as good as possible.

Next, as I like to call the section part. This is where parting the hair in four major sections is critical. Make sure the basic hair accessories are around; a clip, a comb, and bobby pins. Detangle all of the sections first then clip the three out of the four sections up. Cut the tip of hair dye bottle so it comes out. With one hand hold the section and with another, mainly the most dominant hand, dye the edges first. Dyeing the edges first makes it easier for the person to hold the hair while distributing the dye evenly. With a comb, preferably one with small teethes, part the hair and dye the edges and follow to the bottom of the hair. Repeat over and over also check for any dry spots. After finishing one section clip it up again, proceed to the other sections and repeat the steps.

For dyeing hair virgins, the waiting part might be the most anticipating part. Depending on how light the customer wants the hair to be, leave the hair dye in for at least twenty minutes. It also depends on how thin or thick the hair is, if the hairs thick leave the dye in for about twenty-five to thirty minutes. However, if the hair is thin leave it in for about twenty-five minutes maximum. If washed out earlier than expected the results will not be as greatly anticipated.

Wash out the dye thoroughly and shampoo three times. If not done so the dye will be on the scalp and people can see it was done at home. Washing it completely tricks people

that it was done professionally. Use the special conditioner that is provided and leave it in for a half hour. Having a plastic shower cap is a good accessory to use to keep the moisture on the scalp. Detangle the hair and wash out the conditioner. Now the natural color that was started off with is now a totally different color. Style, complete, and enjoy the new look created at home.

Rehab Aide

MARIA RIVERA

There are a few things that a rehab aide in a nursing home is required to know. The schedule for the day begins with knowing how much time I have to spend with every patient and groups for exercise activities. Prepare my equipment, check patient appointments, read the information on every single patient, make my own schedule to work with everybody and finally record all the information to put on their chart.

The first thing that I did to become a rehab aide was take an 80 hours course on exercise; I followed a therapist to learn the exercise and also the range motion of the body. I was required to learn the names of every single patient .How many times they need therapy and what exercises they need. After a few weeks I took a writing test and also hands on test. My mentor would call out an exercise and I had to show what I had learned because I needed to know all the equipments and their names right away. From there, if I passed the hands on test, I would become a therapy aide and the work that the therapist could not perform I would do as a therapy aide.

My day starts at 6:55a.m. The first thing on my list is the 15 charts on my desk. One important thing I should do is check the patient list with the doctors or therapy, and then I have to read, make notes and check the notes from the last visits to the resident. Meanwhile, I write what type of exercise I am going to do with them and how much time I spent with the patient. Eventually, I can divide my date between them than I get my equipment to work.

Eventually my day starts with walking around the hall, sometime just from the bed to the bathroom helping them to transfer from the bed to the chair, bathroom or any other task that the need to learn how to do all over again to become strong with their body and the ability to do these task. Sometimes it takes a long time for a patient to recover all their movement again. Patients who lost their movements in their arms and/or legs sometimes need more range of motion. Range of motion means they need more exercise then others. Everybody is different, so you have to work a little hard with some of them. Their recuperation takes longer and is more painful than the rest.

Some of the residents need to learn more than others. Some need to learn how to transfer and also need help getting a partial or a full shower. Sometimes they get these elderly that they never took a shower in their life so we have to explain how to use one or sometimes give them a few trip to the shower to explain to them how they are going to used it when they move out of the facility. Eventually they will get it.

Therapy is not only for the elderly, there are younger generations that attend therapy as well including babies sometime a healthy person that just got into a car accident and everything is erase out of their memory and they have to start from scratch and learn everything all over again. This is why I think everyone should know how to help themselves. After I do all the exercises with my patients, I make sure that I have an activity set up for all of them in one big room so that they can get to know each other and socialize, meet each other and make new friends. Sometimes it's helpful because you will find one or two people that knew each other for many years and were living in the same neighborhood meet in the therapy section all over again. Now that my day is almost over, the last hour I do my writing about everything that I did for each patient for the whole day, than I have to chart it on the computer so that the doctors and nurses can be updated on each patients progress.

In conclusion, when someone says that they are a therapy aide, put some thught into it because it is a lot of work, it doesn't just involve walking someone. It also means to help them recover and start their life all over again or continue to have the free life that they used to have. Sometimes we don't appreciate what we have until we loose it. How wonderful it is to walk, talk, and be able to do things and enjoy life. "So next time that you are making a decision, just think twice."

Lifeguard

ALLISON AULT

A lifeguard supervises the safety and rescue of swimmers, surfers, and other water sports participants such as in a swimming pool, water park, or beach. Lifeguards in some areas are part of the emergency services system to incidents and in community they may function as the primary EMS providers. When becoming a lifeguard he or she must be 15 years old by the end of the class or older. A lifeguard must have his or her certification, they must know their responsibilities, and then he or she must decide their working condition. People think that a lifeguard is an easy job; I on the other hand disagree.

For a lifeguard certification the person must have Lifeguarding, First Aid, and CPR/AED. A lifeguard must always carry a whistle, a swim suit, and a rescue mask. To pass the test the lifeguard must know how to use the rescue tube, rescue boards also know as a back board, a ring buoy and a reaching pole. He or she must memorize all the jumps and approaches. The jumps are slide in entry, stride jump, compact jump and run and swim entry. After the entry the lifeguard must approach with a front crawl or breaststroke. They must memorize the types of victims like a passive victim which is found in shallow water, an active or passive victim which is found in deep water. A lifeguard also must know how to remove a person from the water with a rescue tube and rescue a multiple victim from the water. Having a lifeguard certification will benefit you in the future through the skills learned and developed can bring a great value towards a career.

Next, step would have to be the First Aid, a lifeguard must be able to treat and know right away what a person has that needs first aid. A Secondary Assessment is a quick examination from the victim's head to the victim's toes for an adult, for a child or infant you must ask the parents for a brief history. A Sudden Illness which can happen to anyone, anywhere. Some sudden illnesses are a diabetic emergency, fainting, a seizure, a stroke, an allergic reaction and poison. The lifeguard must also remember how to treat and approach a victim with a sudden illness. Bites and stings can happen to anyone at any working conditions. A person might have got a bite from a snake and a spider. Stings will be hard to tell what kind of bug hurt the victim but the lifeguard should always wash the wound with soap and water all the time first. Wounds are just an everyday occurrence but normal wound will take the first layer of soft tissue under the skin off and maybe more. Injuries to the muscles, Bones and Joints are like a fracture, dislocation, sprains, or strains. All of these injuries can be treated before the EMS gets here to keep the body part in place. Heat and Cold Related Emergencies are often found from an overexposure to extreme heat or cold conditions. All of these have treatments the problem or the test is what will the lifeguard use and is it the right one. Last step would be CPR/AED which is very hard.

When CPR is needed you must decide if the person is an adult, a child or an infant. Then the lifeguard must know the hand position, compress which is how far down the person presses, compressions of breathes and the rate. For an adult two hands must be place on the center of the chest, press the chest down 1 ½ to 2 inches, then do 30 compressions with your hands and two breathes after that the lifeguard should continue doing CPR for one minute. The lifeguard should do 100 compressions in one minute. For a child and infant the cycle and the rate stay the same. The child must have one to two hands on the center of the chest and the chests gets pushed down 1 to 1 ½ inches. The infant must have two to three fingers on the center of the chest just below the nipple line and press down ½ to 1 inch.

AED is the short version of Automated External Defibrillator which is an automatic device that is used to recognize a heart rhythm that requires an electric shock. CPR requires one lifeguard but AED is different; it requires two lifeguards one performing CPR and the other one getting the AED monitor ready for use. This happens by turning on the AED, wipe the victim's chest dry, and attach the pads. If the victim is an adult one pad goes on the upper right of the chest, and the other pad goes on the lower left side. Same for child, but if the pads are going to touch one another than one pad goes on the child's chest and the other one goes on the child's back. Plug the connector in, make sure that no one is touching the victim, push the analyze button. This will show if the person needs a shock or not; if no shock is required than continue CPR until the EMS gets to the location.

On top of all that a lifeguard has many responsibilities and duties. A lifeguard must watch the people in the area of water, they must enforce the rules so people don't get hurt but must also maintain a good observation of the water. If someone is drowning the lifeguard is required to go in and save them. This is where the jumps come in and the approaches. When the lifeguard must safe someone he or she must whistle three short blasts to indicate that an emergency is taking place and action must occur now. Some jobs require the lifeguard to put the equipment away that had to be use during the day.

When looking for a job there are many different locations like ocean beach, inland body of water, swimming pool, water park and open ocean. Ocean beaches are commonly beaches with sand. Inland bodies of water are known as lakes, rivers, where every swimmer can swim in a place that is surrounded by land. A swimming pool can either be an indoor one or an outdoor one but are not often managed by professional just a normal person. Water parks are like Dorney Park, any place where they have a water section. Last an open ocean is defined as a lifeguard for a boat at sea or sometimes a cruise.

Now, do people understand me? This isn't easy. If anybody stills says that this is easy after they read this than they need to go through a lifeguarding class and have a job and then say it is easy. I don't think that will be happening. If something happens to a person the lifeguard on duty during that time is responsible for the whole condition.

Soccer

TIARA AZIZ

Soccer is a tough sport to play; it takes speed, physical endurance, and strategy. Soccer is also a sport where people can't slack off and take a play off. The main point in a soccer game is to get the ball into the goal area. There are many positions on a soccer field: forwards (players in the front), defense (players in the back), goal keeper (the person protecting the goal), midfield (players in the middle of the field), and a sweeper (the captain). In soccer games, the players play forty-five minute halves and if it comes down to overtime, then ten minute half, and if nobody scores in that period of time, then a shootout is given.

In soccer, shooting plays a major role. Many techniques of shooting are given: the laces for better technique, kicking with the laces will give the player a better shot with more power. Inside of the foot for better accuracy, because if the player is trying to pass the perfect ball for their teammate to score. Outside of the foot for finesse (another word for fancy), usually the pro player would use this type of technique because if they kick it like that, the ball will curve around the defenders. The last one is chipping the ball with the big toe, because if a player is taking a penalty kick, they want to chip the ball over the defenders that are setting a wall. The type of shooting won a lot of championship games over the years for my team especially.

In order to score, the opposing defensive players have to keep the ball out of their defensive zone and send it to their forwards so they can score. When a player kicks or bumps into another player really hard, the referee will blow the whistle and issue that player a foul. If a player gets more than five fouls, they receive a yellow card (a warning card).

To either get suspended or kicked out of a game, the player will have to get two yellow cards and that makes up a red card and then they are out of the game. If a foul is committed inside of the defensive box by the goal keeper, then a penalty kick is given to the offensive team. That's not good to have a penalty kick when the score is either tied or it's 0-0. The penalty box is three to six yards away from the goal keeper's net. Also in a regular game, there are three referees and officials (the people that wear the black and white stripe shirts and black pants or shorts) that does the scoreboard, and if the team scores more than five goals and the other team has no goals, then it's in the mercy rule and the clock never stops running, even if the ball goes out of bounds they won't stop it at all.

It takes a lot of heart and dignity and motivation to play a sport like this because if fears come to mind, defeat is near. Soccer is no joke. People need the determination to win games and it's about family in this sport, without family there is no unity.

C.N.A.

ELIZA PASTEUR

When people hear the term C.N.A. they think only of a person wiping someone's bottom, but its more than that. The term C.N.A. stands for a certified nursing assistant. Often a C.N.A. has direct contact with the individual patient than doctors or nurses. The C.N.A. provides direct patient care both medical and non-medical. This professional is supervised by a R.N. which stands for registered nurse. Some of the roles that a C.N.A. are taking care of the patients, the job duties of a C.N.A. and the paper work.

A certified nursing assistant has many tasks and job duties. One of the job duties that a C.N.A. has is bathing and dressing the patient. Bathing can take place in the shower room or even in patient's room which may be a bed bath because some patients can't move from the bed. Another task that might be included is toileting the patient. Often patients need help with moving in and out of the bathrooms. Some patients use the bed pan because they can't move out of the bed. Also catheter care is included in toileting care which emptying the urine out of the bag. Plus a C.N.A. needs to know if it's a one person or two person transfer to go in and out of the bathroom or the bed.

Two main important tasks that a C.N.A. does to help the patient are taking the patient to activities and helping the patient to ambulate. These tasks are very important because it helps the patient to get better. The activities part includes assisting the patient to take walks outdoor or even delivering reading materials. The ambulation includes getting the patient in and out of bed, in and out of the shower room, and even walking up and down the hallway. This also get the patients to move their body around and its part of range of motion.

Another task that a C.N.A. has that is really important is caring for the patient. The C.N.A. makes sure that the patient eats and drinks. This staff member makes sure that the patient does not get bed sores. To prevent these sores the C.N.A. makes sure that the patient is repositioned every two hours. Checking the patient's vital signs and making sure the patient does not have a fever are other C.N.A. duties. The C.N.A. chart on information which may include the patient's mood, what the patient ate for the day, liquid intake, and how often the patient went to the bathroom. One thing that is very important is for the C.N.A. to communicate with the other C.N.A.'s from other shifts to tell them how the patient did on their shift.

In conclusion, a C.N.A. is more than wiping a patient's bottoms. The C.N.A. makes sure the patient remains in better health. Also C.N.A.'s is a very important person in the health care field because they are the individuals that help and care for the patient's.

Life as a Paramedic

KRYSTASHALEEN CABAN

As humans we always assume we know it all because we see things but there is always more to what we see. When we think of a paramedic we think of someone who just saves lives shows up at accidents and saves someone life but there is so much to the job. A Paramedic is a person who is trained to do medical work, emergency first aid, but is not a fully qualified doctor. A paramedic is a leader who is willing to endure and witness pain; heart break, and death.

There are many must haves for a paramedic to be successful in their career. A paramedic must be a confident leader who can take on many challenges and lots of responsibility. Paramedics must be able to act quickly when it comes to patients who need attention those who may need more attention than other. Though all patients are important some are more severe and hurt more than others. Like between bumps and bruises or someone who has a cracked skull. Paramedics must have a lot of patients to work with hostile patients who are in pain or just too sick to be able to cooperate correctly. A paramedic also must be able to do things independently such as give injections, give CPR, or wrap a patient's body part together until they get to the hospital; there will be many times that their partner will be extremely busy assisting someone else so they would need to complete certain projects on their own.

Knowledge is also a very important source someone would need to be a leader in the field of a paramedic. First off they must have a wide knowledge and education background in math. A paramedic must know math for calculations of problems associated with medication dosage.

Such as how much or the injection they will need how many milligrams of pain medicine or how much of saline they would need until the patient arrives to the emergency room. A

Paramedic does not want to mess up on the calculation of a medication dosage, because that would put in danger the life of the patient. A paramedic has to have knowledge about

Medications and how to practice the medication. They have to have a general understanding of all types of drugs such as analgesics, anesthetics, anti-anxiety drugs. For instance if a patient is overwhelmed and is hysterical a paramedic might give the patient an anti-anxiety drug injection so that he or she may calm down.

A paramedic is responsible, lawfully, ethically, morally each day they give out any sort of medication. They are responsible to use correct precautions and techniques in taking care of a patient in a time of an emergency. For example if checking the head to see if there

is any head trauma, checking to see if the patients pupils are dilated so that they can know if he or she is dehydrated or not. Paramedics are responsible for keeping up with their own pharmacological knowledge. They need to know if there are any updates to any medications. As far as they are still being able to be practice or if there is any new side effects to the medication. They are also responsible to obtain a full drug history from the patient if they are able to such as names of any medications, when they take the meds, how often

The Crazyiness Within a Family

SHATIVA QUILES

Family is something we are born into. If we were allowed to pick and choose who our sisters, aunts, cousins, brothers, grandparents, uncles, and even our parents, family would not be unique. Every family has that one person the “loud” family member they do not like to invite to the parties. Then there are other family members who are respectful in front of others. Being born into a family might be the greatest blessing of them all, thanking our mother and father for bringing us into this world; my family is a variety of things like some are embarrassing, others do not know how to socialize that well., non-educational, and educational.

We all have that one family member that is so obnoxious and ruins everything at a special event or at a family gathering. As much as they might get on others nerves not loving them is something that is impossible to do. They might make the night by all the ridiculous things said and done or they can embarrass the family name. They will get drunk and start roaming around the house screaming, if we have some form of karaoke they will get the microphone and start saying things they shouldn't be saying or start singing like a fanatic. With all that said and done that is only one or a few things that can worry everyone but cannot control. The crazyiness of them is what makes the family worth wild. For example, being the first to be on the dance floor and act like a maniac giving the family a huge enjoyment to talk about in the future.

Another type of different family members can be the ones that do not like to go to public events and are so shy to even get up from the corner of the room. They are the ones that will be behind the video camera or the actual camera so they can let everyone see the memories that will last a lifetime. I understand this because I was once the shy one in the family. With everyone dancing and laughing bringing up memories for when they were kids I would sit there and just smile. Another reason I remained shy is because I was always so afraid of what they would say of me. I was never the most beautiful girl in the family. I was the short chubby one that stepped on people's feet and always broke something valuable.

In my family there are a lot of non-educated individuals. A majority was that they did not finish school because they got pregnant or just dropped out. My family has a high percentage of just dropping out rather than graduating. This is caused by their parents allowing them to do as they please or they just become pregnant and not moving on with their education. In many family situations this occur more than often now in the 21st century. Now more than ever they younger generations are the ones are greatly increasing as the high school drop outs.

A select few in my family has a high school diploma or GED. Only nine members have a diploma and I would be the second to attempt to achieve my bachelor's degree. With their broken up English trying to speak to one another at times is hilarious, and even if someone else came over and tried to understand what they were saying it would be impossible. For example, this would be a typical conversation my aunt and another family member would have.

Cousin: Titi where is the phone at?

Aunt: Es ahh Es com oba der.

Cousin: Do you mean it's over there?

Aunt: Si.

My family has their own language that we can all understand. Before that is when the more educated bunch comes to play. When they need something done professionally one of the nine are always there helping the other translate and sound professional in the world. Also, informing our relatives on how to act in a meeting of any sort so they can be taken seriously and not as another person that will get unfair justice.

Most families have their flaws but that is what makes each person special. Not one other family can say 'yes, my aunt is exactly alike they could be twins'. In realistic terms that will never be possible. Cherish the family members that are given no one can be welcomed with the different types of family members each person has even if it involves some that are wild, sophisticated, and shy. Also take each day like it is the last time that they will be in the family because tomorrow is never promised. The things that people find insane can be a memory that will last a life time. Don't forget family is a blessing.

Types of Swimming Coaches

ALLISON AULT

A coach is an instructor and a trainer who prepares an athlete for competition and is a member of the team. There is the Head Coach the person that runs the place, the Assistant Coach the people that help the Head Coach if needed, the Diving Coach who only coaches the divers, the Distance Coach and the Sprinting Coach who will help train the swimmers to be ready for their races.

A Head Coach is a person who is in overall control of the team and the strategies of the meet. The coach is there to help the swimmer build their understanding and knowledge. A coach like this one has qualities and characteristics of high performance. A coach that get this job should support the team, encourage them tell them that they can do it and that the coach has faith in them that they can do it and succeeded while doing it. Lastly, this coach will know how every team member's minds work. How hard can they push themselves; if they can do better, push them. The next level below Head Coach is an Assistant Coach.

An Assistant Coach is to provide sport activity supervision, and assist the Head Coach. The occupation of an assistant is to help coach the swimmers, conduct practices if the head coach didn't show or isn't present. This job also requires the coach to show up for all the meets and pool sessions. At a home meet the assistants will get the pool assemble for the meet, during the meet they will take down the times so that the head coach will know where everyone's position is in the event that needs to be swum. Depending on if the pool has a diving board; the next coach would be the diving coach.

Becoming a diving coach is a big task, there are many steps. First, the person must find a safety training course and take it. The second step would be to by the book that is required and this book must be brought to every pool session and classroom session. Next step is to complete the USA Diving Safety Course test, and pass the test of course. Last step, is to make sure that the person in CPR and First Aid certificated if yes, than apply for a job. Having a diving coach on the coaching staff helps the Head Coach during practices because he or she doesn't have to be down a coach because the diving coach is also a good swimming coach as well. A head coach looks for at least four assistants and a diving coach. A diving coach could also just focus on the divers not having to do both the divers and the swimmers. There are many benefits of having a diving coach on the coaching staff.

If the Head Coach would break down a practice between distance and sprinting workouts then he or she will divide the team. They will always have a distance coach who will show the swimmers how to pace themselves for a long race. This coach is chosen by

the Head Coach or sometimes based on the person's background. The other coach would take the sprinting people. The sprinting coach will train the swimmers for the short course races. This coach will show the swimmer that this event is a race; he or she will show the swimmer that the race must have a start with a good accelerated motion forward, energetic and fast flip turn, quick finish. The swimmer must learn that to have a quick or bounce turn the coach will show the swimmer how to not breathe before or after the flip turn. This coach will work with the swimmer to have a good clean start but make sure that it is quick and fast.

There are many other different types of swimming coaches. Deciding on what coaches are needed is always depends on how the Head Coach wants to run things with any circumstances which is giving by the athletic director for the upcoming season. Better then classify swimmers between distance and sprinting, the Head Coach could put people into groups based on the swimmers favorite stroke, or based on the swimmer's ability or performance or their attitude. In swimming the Head Coach has the final say in everything like meets, practices, what time the bus leaves for away meets, the roster for a swim meet and when the swim meets are going to be held.

Types of Neighbors

ELIZA PASTEUR

We all have different types of Neighbors. Some are nice, nousey, and there are neighbors that don't stop being evil. We even have neighbors that are just bunch of weirdo's. The neighborhood that I live in have a lot of different kind of neighbors that I'm going to break it down into different categories.

The first category will be the neighbors that everyone wish to always have. The one that brings homemade chicken noodle soup or even homemade chocolate chip cookies (Yummm) to the house. They are willing to help out no matter what the situation is. They be willing to cut the grass or even shovel the snow in the winter cold. Also they are willing to watch people houses while they're in vacation. These are the neighbors that I love.

The second group is the neighbors that always in people's business. They like to spread rumors or even try to talk to other neighbors just to find out what happen in the neighborhood. These are the neighbors who over hear things and like to pass it along with their on twist. Their nose is right up there in everyone's business, lurking around every corner of the house. A real snoopy snoop. These are the neighbors that I'm afraid to fall on their bad side.

The third and final class of neighbors are the ones that always have cops on their property. They always fighting or even throwing wild parties that last up to three or four o'clock in the morning. They like to park on everybody's property because they think they own the street or even like to start trouble with everyone else in the neighborhood. These are the neighbors that everyone hates because they are very disrespectful.

In conclusion, we all have different neighbors. Nobody is perfect and I've had all types of neighbors throughout the years. I much prefer to have been the good neighbor. Whether our neighbors are bad or good, they do have an impact in our lives.

Curious

KRYSTASHALEEN CABAN

People come and go in our lives but the ones we cherish the utmost are the ones we share the most memories with. Like the late night walks through the park or the late night phone calls. Someone who we fall in love with whether or not it's that unconditional love or the middle school romance, but it's spent with someone we feel comfortable with and the little things we like about them. In my past I have dated many different sorts of people some with a humorous side, a romantic side, an argumentative side, and lastly someone who is educated; though I know there is yet many more to come many more that can bring a great interest into my life.

I have been in many different relationships in my past and I know there is a lot more to come into my life. I love to date someone who has funny charisma and who I know I can count on to make me laugh in so many ways and make me feel so comfortable. Someone who has humor, who loves to laugh and have a good time and can stay up all night on the phone making jokes. Some people ask me why I love to date funny people. The answer is that I am funny, so I don't want someone who is dull and doesn't have a sense of humor. I'd get bored of the relationship quickly and want out. When I look for someone to date I look for someone like me but have his own traits.

Another type is someone who has a romantic side. I love to be romantic go on a nice dinner just us or watch a cute lovey dubby movie. Someone who is romantic and shows it is a great plus for me. I love to have a partner who I know from time to time might just pop up with a dozen of roses or tickets for a movie and dinner. Throughout my giggly moments, I love a partner who can be sweet, tender, loving and show affection. I love receiving a teddy bear from time to time or some chocolates. In my life I have always dreamt of having a romantic dinner night like in a movie. For example dinner table set up boyfriend/husband cooking dinner, candles burning on the table, wine glasses sitting on the table with a bottle of wine. To me that is very charming and I have yet to find someone like that.

Though I may look for someone who is funny and has a romantic side of them I like to date someone who is spirited and has an argumentative side of them. Though many people say arguing is bad for a relationship but I believe in some ways it is good. I feel arguing shows the other person they care about them; shows they never want to lose them so they fight for what they want to keep for good. I believe arguing lets out all the accumulation we as humans hold within. It also helps couples to connect more and get an understanding of what the other needs. I look for someone who can be funny romantic and also someone who's is up to argue and not just give up because things aren't going perfectly as they imagine.

Education is a big thing in my life and my family so someone who has a back ground of education and still continues it in adult life it wins a spot in my life. I look forward to seeing myself in a few years with a higher degree doing well in life. So the one I look for someone who has their mind set on doing things big who is intelligent and wants to become someone great in their life.

In conclusion, us as humans we have many different views in people we look forward to dating. I love to have a great time and share lots of memories so someone who is willing to show me they care for me and treat like I deserve to be treated is someone for me.

People's Behavior at Lunch

TIARA PICHARDO

Ever had that one school year that will never be forgotten? That one little group someone's always be seen around with. The ones that people always had fun with and years from then they'll always remember the great memories they all had together. As a teenager, I'll never forget tough's days when my friends would misbehave in class and always make me laugh, class discussions that will forever be remembered but, the best part of the school year was always lunch time! That period were I can just be loud and relax for a few and fully wake up and forget about class assignments for a little while. Lunch periods consisted of loudness and laughing until their gut couldn't take it anymore, the ones that will ask anyone if they are going to finish their food and, the ones that like to keep their guards up.

There will always be that one friend that'll always have someone laughing because they always have something to say. Whether it's something that they did once and it was the worst experience ever or they'll always have something to say about how crazy someone looked that day. That one friend, that'll come to school every day, happy as ever to brighten their friends day with just a silly face. Having people like this in one's life also could be another part of motivating someone to go to school. Not to fool around of course, but if they are in an environment where their comfortable, they are going to want to love being there more.

Another person at the lunch table would be the friend that's greedy with their food, the one that's always finished before anyone else. That person that makes sure they get in front of everyone else who's in line. They even get sort of annoying when they start asking "Hey! Are you gonna finish that?!" or "Do you want this? Can I have it?" I would consider this person to be "fat" because they are always aware to see the lunch lady is willing to give out seconds. There's always person that ends up this way, but at the end of the day they're still loved

Also, the type of people seen at the lunch table would be that loud and crazy kid, one who's "doesn't take anything from anyone". That person doesn't care what anyone thinks about them. Who will fight anyone for even just looking at them a certain way. This happened a lot actually more than often at the high school I attended. They felt like they had to always defend themselves and keep their guard up constantly. They are that type of person that when someone meets them for the first time, they come off strong but end up finding out their very caring and loving. Thoughts type of people can teach someone how to not judge by just how they look but how they are inside. Always give someone a chance.

Finally, there's that one person that just sits back and observes all the laughing and jokes that are being told, and just laughs right along. Quite, but still cool enough to know everyone. Never gets into any problems with anyone but still manages to

Types of Teams I Play

TIARA AZIZ

Since I am a soccer player, I play against lots of crazy teams in high school, club, indoor, and co-ed. Some of the teams are racist against me because I'm black, they try to hurt me because I'm good, or because they don't have the skills I do and they just want to hurt me just for the heck of it. A lot of games I wanted to lose my temper but I learn to keep my composure and relax and I did that. But here are some of the teams that anyone would face as a player in this sport.

One of the types of teams I play is the overly aggressive teams, which are the teams that knock a player over every five minutes. Now a lot of teams that play like that have no type of skill in soccer. For example, William Allen High School plays so lazily that they kick the ball into their own goal. They play overly aggressive because they don't understand or have a clue of what they are doing. So they would just try to kick us because they have no coordination. So when they try to get the ball from us, they would kick our knees, chins, and thighs, it's crazy.

Another type of team is the very skilled teams, like Trinity High School. My high school soccer team played them in the first round of state playoffs. That team was ranked second in the whole state of Pennsylvania, and people didn't have faith in us but we beat them. They played like they are professionals, their passes were perfect, and they were fast. For example, we were playing against track stars. They can kick a ball very well, and they had a lot of moves that beat every one of my team's defenders.

The third type of team is the very dirty team like Emmaus High School. I end up almost fighting with them. Like this one girl tackled me when I was about to kick a ball; I got up and almost hit her but my team stopped me. This is the type of team that will kick us on purpose and will elbow our players when we have the ball; they would do anything to try to take us down. In the end I keep my composure against this team because I can't risk getting suspended.

Overall playing the type of teams I listed above can take a lot of courage and power not to over react or do anything stupid that can be regretful. That's not in my character, and I wanted to set a good example for the city of Easton. These different teams are haters and they do not have the skills that I have so they have to try to bring me down which will never happen.

Different Types of Drivers

HARRY RIVERA

Has there been a day that anyone has thought about the crazy drivers or maybe the slow drivers. Well to be honest everybody has encountered these types of drivers in their everyday life. Everybody is a different driver but don't they always say "I know how to drive and they don't know how to drive". One question that every person thinks about is... "What kind of driver am I?"

Well, the first driver is the slow ones. They go lower than the speed limit. They slow in the highway and the turn so slow it bothers me. If they can't go the speed limit or even a little faster please let someone else drive. Seriously, it takes them about 10 minutes to drive down one street. These drivers could be slower than a turtle in the street. They hold up traffic and they take forever to turn. They take about 10 minutes on a stop sign. How about, when someone is in a rush to pick up their kids. Out of nowhere this lady or man is driving like 25 miles an hour. It gets people mad.

Another typical driver that is in the street is the one that thinks they're kings on the road. Everywhere they go they hog the road. If you're going the highway or even down MacArthur road. They take both lanes driving down which they should be on the right or the left. Another one is when you go to do groceries or go to Wal-Mart or Kmart, they always take too many parking spots except for taking one parking spot. These are the types of drivers that are always in a car accident for driving recklessly. Except for driving normally they want to drive fast and they think since they're in the street it belongs to them. They have no respect for the law. I wonder where they got their license from.

Another driver that isn't too bad but are kind of annoying are the drivers that obey the law to the extreme. They follow the speed limit, but they can't go over the speed limit not even a little. They stop at a yellow light. They always use signal light even if they're in a parking lot or their own driveway. They don't turn on red lights even if they could turn right on the red light. They don't cross in front of other people or even make turns in the middle of the road.

Finally but the scariest type of driver that hits the streets everyday are the panic drivers. They shouldn't be in the street at all. They are scared to hit the highway and even drive in a busy street. They grip the steering wheel so tight because how scared they are of other drivers. They get terrified when anybody honks at them or when somebody is close to their car, since they think they're going to be in an accident. If anybody hurries them they have a meltdown like it's the end of the world. I have no clue why they are so paranoid. They really shouldn't have a license. They are very dangerous drivers and other drivers need to be careful with paranoid drivers.

The world is filled with crazy drivers. I wonder what kind of driver I could be. I see these drivers every day when I drive to school or even work. It's amazing the type of drivers that we all encounter every day. What the world would be without all these type of drivers. It could be so much safer in the street if we didn't have these young 16 year olds driving reckless in the streets and thinking that's everywhere they go it's a race to see who 1st. I think of my days when I got my first car we shouldn't get our license until where 18, when we actually have a brain to drive in the real world.

College vs. High School

TIARA AZIZ

Adjusting from high school to college is a lot of hard work and dedication. It's not easy like high school where students can slack off and still be able to pass. No, college is taking the next step in life and it really becomes a full time job. High school and college are not the same because there are many different things like lunches, scheduling, freedom, and help.

The first one to talk about is the lunches. The lunches in high school is very mediocre and elementary school lunches. Students either have free lunch, reduced lunch, or they have to pay for their own food. Also students don't really have a variety of food choices to choose from and they have to eat lunch in the cafeteria. In college, students have to either pay with their student id card (have to have money on it) or with their own money. The thing about college is that students can eat anywhere around the campus and in the classroom while the professor is even teaching. Students can even leave the campus, go to a fast food place, bring the food back, and eat it right in the café and teachers don't say anything. In high school students can't even leave campus or bring outside food in the café and eat it. They will get in trouble or get detentions.

The second is the class scheduling. High school scheduling is very tight and students don't get break in between because it's class after class after class. Also in high school, students have to have 9 classes a day within a 40 minute per period span. In college we have either 2 classes a day or 3 classes a day, sometimes four. College spreads it out so we can have an hour break before our next class or even 10 minutes. Overall in college, students get to pick their own schedule so they can have good class times around their personal life so they can balance it out with school.

The third is our freedom which is important when it comes to schools. In high school students don't really have freedom because they're forced to do whatever the teachers tell them to do. Either if it's wearing an ID, can't have their pants sagging, has to be in class at a certain time, can't take a certain way during this time, and can't roam around the hallways. In college, we are treated as adults, so they don't care if we don't show up to class, do the homework, and come to class late. In high school they treat students like they are little kids but in college students have more responsibility of their school work, their classes, keeping contact with their professors, and making sure they email them about coming to class late, early, etc.

The last thing to compare and contrast is the extra help on the side. Getting help in college and high school is kind of the same thing because in college we would have to go

to our professor's room during their office hours to ask for help and in high school all we have to do is raise our hand. High school they would make us get help, but in college we would have to make an effort to get extra help.

In the end high school is basically the baby step in life and we have to pass each stage one at a time. In college, we are reaching adulthood and we have to start dealing with more responsibility. In high school, students can get everything on a silver platter, but in college, we have to work really hard for what we want.

High School vs. College

TIARA PICHARDO

In high school, young kids do basically whatever they please. Yeah they'd get "in trouble," but I'm sure they wouldn't mind a few days off of school. Hallways always filled with laughter and smiles, and then there were thoughts days when we'd get entertained by someone fighting another person. In high school there's no caring in weather you do your work or not. While in college students are considered an adult no matter how young one is. When going to college it's time to grow, time to put all the work and efforts that's needed to become successful. I see it as a place where one begins to grow as a responsible adult, and to get a good education. There's NO time for playing around or slacking in any class.

High school has so much help one can get, so its students think they can slack off and not do any type of work. Teachers make exceptions about any missed work, they even sometimes let the students do their work in class and still get the chance to earn full credit. Teachers are always willing to help. Also there's always an assistant teacher in a class walking around just in case a student needs help understanding something. Another thing would be that Special ED students got more time on their test if they needed it. They were able to have a teacher there with them and have them read their questions. While in college a students on their own, with what they know. The help is there when you need it, its just the students choice if he/she wants it or not. College is something anyone would take seriously. There are no excuses or exceptions to why a student should hand their work in late. When a professor says something due on a certain day, they MUST have it done and on time. Rarely a professor will say you can hand it in next class. Even though some teachers assign homework and don't check it, doesn't mean you can slack off, it has to be DONE. Homework isn't only what needs to be done, handing class work in and participating during class also needs to be done in order to pass.

As far as attendance goes in high school, a student doesn't really have to show up to class. They can skip as much as they please no big deal. Yes, they'll fail for a semester but they still have the rest of the year to change their grade and get it higher. In high school students cut classes and wouldn't mind if they missed work, simply because they know they can make it up whenever they feel like it. Also if a student doesn't go to school at all, it may turn into a big deal. Police and court then get involved and parents then have to pay fines. In college if a student misses at least five days of class, no matter what they will get dropped from the course. It's not the professor's rule, it's the schools policy. By missing just one single day, it will surely blow a student off track. In one class so much is

gone over that when one returns to class the next time, they have the slightest idea what's going in the class.

The environment in college and high school isn't so different. Students are always surrounded by each other. Also there's no such thing as completion in college. In high school kids pick on each other over the smallest things, they'll do anything to bring each other down. In college students don't go around seeing what others are wearing to then judge them on it. Everyone's different in their own way and it's accepted. Personally think the environment in college is better than high school because people act more mature and have a little more respect for each other. Everyone keeps to themselves and is more worried about how they're doing in their classes than other people, at least that's how I am. In high school students are often surrounded by other students who do more wrong than right, which leads to skipping school and doing drugs and other bad things. College students all around me make me think it's time to be mature and down to business.

In conclusion these two things are very far from being the same. Some better things than the other. College has a way more better influence on succeeding than high school.

High school vs. College

HARRY RIVERA

I thought that college was going to be just like high school, but I was wrong big time. I walked in and college smacked me in the face and I didn't even know what hit me. College gives a lot of homework and it can't be late at all, not even a minute late. The good things of college are the shortness of school and the resources that Northampton provides for their college students. College and high school are too different worlds.

College has no lunch rules like high school has that the students can only eat at 12; college students can eat whenever and where ever they want, and there is no time limit. Another thing that is awesome about lunch is that there are so many varieties of food to choose from, not like high school when they give yesterday's food or it looks like it's from another planet. If there nothing that looks good then go out and eat outside when there time in between classes. The best thing is that I can take my lunch to class or take it anywhere and sit down and study if the lunch room is to pack and to noisy. There are so many quite areas all over the campus.

In high school, classes are from 7:30 AM to 2:40PM. In college I could have a class for only 1hour and go home. There are no 7am classes unless I choose a 7am class. People go home then come back to school for their later classes. Students aren't all day in school, which that's what a lot of the college students that doesn't want to be in school all day. One good thing is also that if I have work from my last class I can do my work and stay at school and do all my work which is a huge help and I don't have to worry about a computer or getting quite time if my house is too noisy, it's always quite in the campus.

There a lot of help and resources on the campus. There an entire library on the 4th floor that has all the computers and also all kinds of books. It's also a very quiet area to do all your work. The next is the learning center. They have tutors there for any subject and they also have private tutors. They can also help with any questions that anybody has about their classes or projects. Another resource is that the professors are available to see there students and help them with any questions that they might have about their classes during their break times. There not a lot of this in high school since the students always go to there teachers and there teachers told them what there missing, not in college. Professors aren't in charge about the work that students could be missing that's not there job.

Students take control of their freedom that the college gives students in college. There everything that they need is on the campus. Once class is done they can go straight and do all there work and get everything done. Take advantage of the opportunity that the college offers and gives. The students are free to go and come as they please. They can drop

a class or add a class to there schedule. The students can pick there classes for there next semester. College is only for 3 months not a whole year like high school.

High school is nothing compared to college. College treats like students like an adult, there are no more playing or acting like a kid. Its time to man up and become an adult and get the work done, professors aren't going to give the work that the student miss that's no there job. This is the real world, this isn't high school.

Not an Impossible Dream

BRADLEY J. RUSH

Did you ever think a six-pack of soda could kill fish? Well it can; every day soda six-pack rings, plastic bags, condoms, beach toys and stray nets are all killing fish. Scientists traveling on a custom made ship “Greenpeace vessel Esperanza” have found traces of floating mixtures of plastic pollution that injures hungry animals as big as whales but, yet as small as plankton (Kay 1). Scientists they now are gathering firsthand data on threats to the world’s oceans from pollution, overfishing, and whaling (Kay 1). So when is the relief coming, if the world keeps attacking the fish and other animals in the ocean we will not have them in the world today. Relief groups are trying but yet not even scratching the surface of this massive problem, are carelessness could cost us in the long run we need to stop harming the oceanicwild life.

Scientists have grown to find that the plastic material breaks up into small particles, which can be the size of some types of grains. These bits can fill the stomachs of the sea creatures, then the sea creatures mistake it for food, causing malnutrition and eventually starvation (Kay 1). In the last three decades marines have found information on how plastic bags have been blocking the digestive tracts of different types of animals that live in the ocean. Most researchers on the effects of plastic waste are done in the North Pacific gyre for only the short-term stages; the published reports paint a trouble some picture (Walsh 1). For researchers to try and avoid the problem the best they can, they have equipment that they use to test the oceans all around to see if there are an unwanted particles in the water.

Manufactured items from over seas are the greatest sources of debate because they serve the long-term effects of plastic polymers in the ocean that currently drift up to 100 feet away from the shore every six minutes. The plastic polymers do not biodegrade like most other marine waste they do however photo degrade when exposed to solar radiation. The plastic particles are found 100 feet below the top of the water line, because the manufactured plastics are heavier then water. Therefore the material sinks under the water and is not affected by photo degradation. It may sound that there are not a lot of opportunities to get these particles in the ocean but, there are more opportunities then anyone could ever even think of. Such as cruises when people through plastic off the ship, littering on the street then when it rains the water will push the liter into the drains then to the rivers followed by the ocean waters.

There are three major problems caused by marine plastic distribution first is entanglement of birds, mammals and, fish. The second would be indigestion, the third is the most dangerous and that is when the material acts toxic when enters the body of the animals. When entanglement comes about it is normally done by fishing nets and lines that have been dumped or lost in the sea (Walsh 1). It is estimated the entanglement in claims the lives of hundreds of thousands

of marine mammals and seabirds each year (Walsh 1). Even if you think the plastic is going to somehow enter the water and float into the distant by a beach you are wrong waves slowly pound and degrade the plastic bottle to a small enough proportion to where the wild life thinks it is food that they can eat and, still be healthy after consumption.

When indigestion comes into the mix of things it can be bad as well, only because the materials have no nutritional value and cannot be readily eliminated by living organisms that mistake them for food (Walsh 1). Filter feeds such as jellyfish, clams and, oysters contract these materials in their bodies reducing the ability to take in nutrients from the water around them. This is also the case with some fish, seabirds and, turtles (Walsh 1). As you can see the animals are consuming these plastic material and we are still going to dump the liter into the ocean and take the chance of harming the innocent animals. As said that the animals will digest this harmful material and cause their stomach to be full without having any food actually in them. Which will then lead to starvation and possible extinction of the animals in the water.

When the fish and other animals consume the material into their body it can become toxic for them. Scientists have estimated that plastic have the ability to hold a million times more toxins than an equivalent volume of seawater (Walsh 2). The animals can get a massive dose of toxin every time they ingest those bits floating around in the water. Researchers have found this can result in a biological damage that affects the reproduction in the health of offspring and even cause mutations (Walsh 2). We are not just affecting the main wild life of the ocean; we are even affecting the young and innocent offspring to come, if it even does because of this tragedy.

When we look at plastic objects in our world today we would never think that this product could harm and even kill almost all of the wild life in the ocean waters. It is a sad fact that the plastic can do that, scientists and researchers have tried to stop. There I just to much going into the waters that they cant get it all out in time. We can all help tis problem by being greener for the fish and other animals. Just throwing it out on the streets won't be good enough for this issue. It will take actually recycling the products used so they never end up to the animals. When it does there are only a few stages then the wild life may not be there after that. Those stags would be entanglement, digestion and, toxins. Entanglement from the people that don't even cut the plastic up and it somehow gets into the water. Digestion because after the plastic is in the waters for a certain amount of time it disintegrates into little bits then the animals consume it. Which is then where the toxins come into play, because eating the plastic is harmful for the animals insides. This is not an impossible dream, many manufactures are now trying to start making biodegradable plastics so that in the event of one being dumped it does not kill and harm fish and many other wild life in the seas as well.

The King

BRADLEY J. RUSH

When eating a burger what goes through the human mind? The last thing would be how to assemble the burger. It is simple yet hard to assemble a burger from Burger King. Three of the most important steps to get the burger out to the public are to cook, assemble, and then wrap the burgers. Each of them has its very own and special characteristics. Things that need to be done during this whole process are following certain procedures including laws, federal laws, and Burger King standard work ethic. It is easy to eat any one particular burger but not so easy to prepare it.

When preparing any kind of burger from Burger King, the first thing must be to wash hands. Say someone is going to prepare a buck double, starting with the frozen patty that would go to a white block called the flavor pack. The flavor pack is a block of fat that the burger is cooked on to give it more flavor and a greasier taste. Then the buck double is inserted into the broiler, and then setting the timer would be the next step. When the timer goes off, the burgers would go into a holding tray. From there the cooks have to mark the tray for four hours, because it is a federal law that fast food cannot be held for more than four hours. When he/she gets to mark the tray, the tray will go into a holding table to be later taken out later for assembly.

To assemble a buck double, first thing that needs to be done is getting out the wrapper, and marking it for four hours. Say if the time is one o' clock, the time would have to be marked for five o' clock. After that the buns would come out, so they can be toasted. When they come out of the toaster, the bottom bun would go on the wrapper, then the burger cooked previously would go on top of that bottom bun. Then cheese would go on top of that, and then repeat, as in patty and cheese again. The progress so far would be placed into the microwave. When the bottom section of the burger is in the microwave, the top of the bun would start to be assembled. Ketchup and two pickles would be on the top half. Then the bottom half and top half would reunite and become one burger. Complex wrapping is the next and ending of the adventure of making this burger.

Wrapping can be a complex part of making a buck double. It starts with placing the burger on wax paper that has the logos and information on it, such as the name of product and nutritious information. Once it gets that far, it is wrapped mostly like a Christmas gift. When done wrapping it has to be folded and flipped, then depending on the burger there are three shelves each self is different, it would be placed on a specific shelf according to the order. If it is not done right they will not let it go out, all of the wrapping has to be perfect, so does the placing of the shelves. Things that can go wrong would be not wrapping the

paper tight enough, so the burger would fall out of the packaging. Placing the burger on the wrong shelf too, so the life span of the burger would go down or possibly up, which would make the burger bad so I could not be sold to the public then.

A buck double can take some time and work into preparing it. There are hours that are put into the process from the time it hits the broiler with that block of flavor. To the time it is in the bag in the car own its way home. There are so many kinds of burgers all made different ways. The buck double is the easiest out there to cook assemble and then wrap. It is the easiest because it is a very simple burger with a few key ingredients. There are other burgers at Burger King that are far more complex. There are certain laws that need to be followed during all of these procedures. If the laws are not followed that can result in loss of business or maybe even federal offenses. From the cooking, to the assembly, to the wrapping it is all a labor of love, it is not just a burger it is a burger from the king.

Free Range No Drama with Ability or No Choice

BRADLEY J. RUSH

Everybody says that high school was the best years of his or her life. That they had so many friends and did so much stuff throughout the years spent there. Football games and, talent shows on Friday nights and, lets not forget those dances. On the other hand for me it was a completely different experience. Yes I had the friends and we went to games and talent shows. I just never really enjoyed myself, at least not until now. I am in college and it is a 100 percent different lifestyle, I would never go back to high school even if someone paid me to. There are different opinions on high school versus college because of the drama, the free range and, the ability to take whatever classes student's want without the hassle of busses.

Once you put high school next to college, there are so many differences you can see and, the big difference would be the drama. High school students always play the he said she said game. I just don't think even one person is honest in high school; they are just all lies and rumors. When entering college on the other hand it is a 360 degree change for the better, which makes the students and academic stay stronger. Nobody starts rumors or lies; everybody just does their own thing without any hassle or any other kinds or trouble. Which has to do with the fact of, everybody at college wants to be there and, it's not required, it is a choice every person makes at some point in their life.

When starting as a new student in college it is different, sometimes scary because of the unknown but then exciting as well. Some students are still on the high school level when they first start off their college career, which makes things confusing. They think they have set times and a place to be the whole day, when in all reality it's not like that. College is made to fit into a person's lifestyle, not the other way around. That is where the free range comes in, because each student has the ability to be absent for no reason. Or if a person's tired and has one of those horrible 8:00am classes and can't stay home anymore, they can bring coffee to class. Yes there are those occasional rules but everything in life has rules in today's society. As far as classes now, that all up to the person and their lifestyle.

I love those high school students that complain each and every day about Mr. Bob and how he is an unfair teacher that just fails them on purpose. That was back in the days

of high school, when its time to pick out classes in college it's a little different. So if students do not want that professor that nobody likes and only has 8:00am classes, then they do not have to choose that professor. There are so many teachers when entering college for the most part they are all normally really good too. Which makes it a little harder to choose when it is time for that, because of the fact that there are so many to choose from. Occasionally reality pops into the student's life and they would get stuck with a bad teacher or a bad time for the class. If it affects them that much though, colleges do give them the chance to drop the class.

When high school pops into our head we think yellow school buses. When students are on the bus there is so much going on. Forget the facts of driving the students are loud and crazy and, walk all over the bus when it is moving which is dangerous. They need to be at the bus stop at certain times and, if they miss it the bus won't come back for them. It's a child's transportation to school that they need to rely on for years hoping they don't miss it and nothing goes wrong while traveling to and home from school. When college and transportation enters the mind we think our own cars. Students don't need to wait for the bus at certain times; they can show up and leave whenever they want. The only disadvantage is parking; there are not a lot of parking spots in college. They fill up quickly also but, besides the fact driving and college is better the high school and yellow buses.

On paper it doesn't sound too different, because whether it is elementary, high school or college, school is and will always be school. In the reality part though, high school is completely different than college. From the drama, which college really has non-what so ever, to the free range of choice when you just want to sleep in on that rainy Monday morning. Also not having to take the bus to go to Mr. Bob's class anymore at 8:00am, college is completely different than high school; they will never be the same. That is the one thing I like about "growing up". To the free range no drama with ability to do whatever and drive whenever, or the most drama ever seen with having to take Mr. Bob with no ability to choose different, even with the transportation? Which one would sound better for today's generation?

Lazy, Out of Shape, Happy Push Over Swimmer

BRADLEY J. RUSH

When someone is on a sports team there are many different types of competitors like the lazy, the out of shape but still try, the push over, happy and, enthusiastic. When someone is swimming its like the five charismatic characteristics ten times worse. It is all fun but, he/she always has to watch what one say or what one do. Altogether it is a fun and challenging experience but watch out for everyone on the team, they all have different personalities.

The first personality that can occur when someone would join a swim team would be “The Lazy”. This is when he/she is just starting and, tries to get out of everything, like the runs, laps and, jumps. It is confusing why someone would join a swim team and not want to do anything. When joining a team such as swimming, it is expected to swim a descent distance. A person must really like this sport to be able to accomplish the season. So if “The lazy” category fits someone’s personality, it may not be the right sport for them. Swimming is fun and entertaining when one’s not deciding to be lazy during the season or being “The push over”.

The second personality that may appear in someone’s behavior is being “The Push Over”. This is someone that tries to be lazy and will suck up to the coach. So if the team has a meet and “The Push Over” does not want to swim. He/ she will suck up to the coach to get out of the meet. This can become aggravating to the coach and possibly even other swimmers. There is no need for a person to be like this and, if some is they should just stop the sport, no matter how bad it sounds. If someone would stop it may occur that they will become the “Out of Shape but Still Try”.

Third the “Out of Shape but Still Try”, is another type of person that may be on the team. This can be funny and sad at the same time; I use to be in this category so I shouldn’t really say anything bad. I use to swim around acting like I was doing something and, when the coach came around I would try my hardest to keep going. That is what this category is about; the swimmers that aren’t the best at something and maybe need a little help, like diving, and flip turns. At least he/she tries to get farther though so it makes me happy to see him/her becoming into an okay or good swimmer.

Lastly there is the “Happy or Enthusiastic” swimmer. Which is the only person on the swim team that does not bother me because they are not that bad; it is kind of entertaining. There is only one problem when someone is trying to be the funny and “Happy or Enthusiastic” one. If he/she gets out of control the coach will make the team do a lot more than normal, this kind of swimmer can be identified by just looking at the person who is going crazy screaming, running around and, jumping.

Altogether swimming is fun but one has to watch out for all of the different types of swimmers like the ones I named above. My favorite swimmer would have to be the “Happy or Enthusiastic” one. They make me smile and, that can be hard to do with someone like me. Whether swimmers are a lazy, out of shape, push over that is happy, or just a regular swimmer they have to be prepared and watch out.

Schools in Different Worlds

SASHOY DOWNES

Getting up early in the morning for a long day of learning sounds exciting but it can also be exhausting. The good thing about getting up so early for that long day ahead is the twenty-five minutes lunch where we get to associate with the people we meet that become friends. Like many other things, lunch, dress code, the time school starts and ends, is different in different schools. For example, things are done differently in America and Jamaica, but both systems prepare students for the world after high school.

Jamaica and America both have schooling systems. Both countries have a teaching plan for students in different levels to help them succeed in the area they lack, preparing them for life after high school. Like American schools, Jamaica teaches a student at a pace they will understand and gives homework for students to complete. Although both schools are learning institutes, they are different in many ways. Jamaican schools are located in a tropic country while American school locate where the weather changes seasonally. The schools in Jamaican have more of an open outdoors atmosphere whereas American schools most of everything is done inside where it is more secure.

Both countries take attendance seriously. Getting to school on time is key in Jamaica. In America have a set time where school starts. Before starting the school day Jamaican school takes a few minutes in the mornings to pay respect to their country with saying the countries anthem as does America. Even though both schools pay respect to their countries they start at different times and end at different times. Jamaican schools divide its day into two, morning shift and evening shift, whereas American has one long full day of school. In Jamaican half the school year is morning shift which starts at 7:30am and end at 12:00pm and evening shift starts at 12:30pm and ends at 5:00pm. In American the day is full, school starts at 8:00am and ends of about 3:00pm each day of the weeks.

Both schools give student some time out of their day to have lunch and take a break. This is done differently in both countries in different atmospheres. Schools lunch in Jamaica is given for about 30minutes as with American but in Jamaica the cafeteria is outside where kids get freshly cooked Jamaican food each day the kids could also eat where ever outside

they want as long as it is on school grounds, on lunch the kids are free to do whatever they want. They also have the option to buy from other people that surround the school selling their goods. In American there is a menu for each with prep- food selections that is made on that day, the kids eat in an inside cafeteria and are watch by security guards in case there is any trouble. While eating lunch in American the kids have to stay in one place until lunch is up they have to be in the cafeteria whether they want to each lunch or not.

As with American schooling Jamaican school have a dress code for each student to follow. America allow their kids to wear almost anything they want to school as long as what they wear mean school requirement. Kids could have piercing, tattoo, wear jewelry; their dress code goes along with each kid's preference. Whereas in Jamaican the school tells the kids what to wear and each child have to follow that rule or they may not attend school. The kids wear uniforms according to the school color; kids can't have any jewelry except a pair of nub earring for girls only, kids can't have any piercing or tattoos, if they do the school will not accept them. The boys have to keep low hair cut in order to say in school and the girl must have their natural hair no matter what unless it against their religion.

Each school has many similarities but in so many different ways, schooling in different countries carries same rules but is performed in different way. They are for student and have many different ways of doing the same things.

First day in Jamaica

SASHOY DOWNES

The plane landing got me so excited, I can't get out and see what I have been missing. As I walked outside the airport in Jamaica the hot fierier breeze caught my face. Bunches of travelers waited under this little shelter for their rides, As I stand under this shelter waiting for my step mother I realize how happy I was to be in Jamaica after five years. It was so hot and humid but I didn't mind the site of what I was seeing was so different from when I was last in Jamaica five years ago. It felt amazing knowing I am back home for a visit and couldn't wait to see what everything and everyone looked like.

As we pulled off from the airport heading to the house I sat looking out the window of the car. The roads that looked so huge when I lived there now looked like a one way street with two lanes. The cars drove on the opposite side of the road from American and the speed limit was 85km. It seemed as if we were going a 100mph, everyone overtaking each other, horns beeping. As we drove down the hill going into the town I look to the left and saw the white sand, aqua/dark blue water with pretty blue sky in the horizon and a little sun glaring through the clouds. Everything suddenly disappeared the view took me over it was the perfect view. Right there was a refreshing moment of what Jamaica was like; the wonderful site of this country is so breath taking to me.

Traveling along home I started to remember the streets as I pass them by. It was funny that everything appeared smaller as if I take one step I get to my destination, the long walks to get into the town back then now become shorter. The buildings looked smaller and the gas station looked smaller. Everything looked closed in. Jamaica was so hot there were people in the middle of the street selling bottles of water and juices. Every corner I turned there was someone selling some kind of liquid, peanuts, any little thing they could sell. Leaving the town now passing the junior high school I went it looked the same. I was so happy to see that school my last school in Jamaica.; it was still the color pink and gray. I remember there was a big rubber tree on the top of a hill in my school where we had lunch outside we sat on the wall by this rubber tree and ate our freshly cooked lunch from outside café. The cool thing about this rubber tree was that if someone cut it with something sharp actual glue would come out (white glue and it could stick paper together).

Coming upon the two big white gate to my yard opened up for us to cross the bridge entering my yard. The land I lived on had six colorful houses because Jamaicans love colors. Our house was the first house after the bridge, I had a very big yard and the house stood in the middle of the yard, I could walk a full circle around the house. As I entered my yard for the first time I was happy to see the fruit trees, clothing line, and the four dogs walking around the yard . I was so overwhelmed to be home. My little brother, whom I left when he was eight years old, came to help with my luggage. He looked so different after five years it was amazing how much everything and everyone had changed in that little time.

It was getting closer to evening time the, view of the beach was still fresh in my mind and it was still so hot. My brother and I took a taxi (which was a personal car of any type) back into the town we paid our fare (which was one US dollar, in Jamaican dollars in was eighty Jamaican dollars). The beach was amazing pretty white sand, warn sea water and very cool breeze .The rest of my day was spent laying out on the beach enjoying the breeze and the pretty orange/yellowish sunset glaring on the sea water. I was away five year and I had missed the beautiful site of my country will be making an effort to be back every chance I get.

How to Apply for Financial Aid

SASHOY DOWNES

Getting ready for the first year of college comes with the stress of paperwork, applying for financial aid can be a little stressing, completing paperwork that has never been seen before. Preparing these papers can be frustrating at first, but it is really quite simply. Waiting until the last minute to see if all the necessary information was given correctly is the most frustrating part of the process. Here are some steps that will help with completing the process.

Respecting the deadline, find out from the financial aid office when is the deadline to get the application in. Starting the financial aid process keeping a folder to organized papers is important. Printing out every email that was sent or received, also any online form completed for record keeping. Keeping paperwork's safe is necessary so put the folder in a safe place, don't leave this folder lying around it contains very important information be careful. Remember all the paperwork that has been completed tax form, social security will be place in this folder again keep it safe from arms way.

A unique pin by the Department of Education will be assigned to student. This pin will be required to sign the online FAFSA application and to access the FAFSA application that was open by student (don't lose it). The pin will take up to three days to be active once it was applied for, while waiting for the pin to become active the Social Security of the student will be used to access students information. When the pin is retrieve it is important that it is kept safe and private to protect the student's safety. This pin is used through the college life.

Filling out the FAFSA application can perhaps be confusing because it requires information from the tax return from the previous year. If the student has never filed taxes by themselves it would be best to look over a blank FAFSA form before starting the official application. If the student runs into an error from the FAFSA application they can seek help from the financial office at the school they apply or from their tax preparers that field their taxes. Accurately completing the FAFSA form will limit the error that would arise, it is best to have the most recent tax return available while completing the form. Again remember to not wait until the deadline is almost close to fill out the application.

It usually take about two weeks for the application to be process, with the pin that was applied for, that pin can be used to enter the FAFSA website to check on the status of the application. Checking the status will help the student know whether or not they completed the form correctly, not what the student will receive in terms of aid. Once the application is processed, the financial aid department begins to help with option like loans, grants, tuition discounts and work-study. Each year the student must complete a FAFSA form each year the student plans to attend college if they wish to receive aid. If the form is not completed each no aid will be presented to student for the time planning on attending.

All this information is step to know when filling out financial aid for the school of choice. Seeking help from a professional to assist with the application is fine if the student is still in the dark about the whole process. Just remember accurately filling out the application is important and meeting the deadline for the application.

