

The School For Excellence Monthly



March 2018

ASTROLOGY

Astrology is the study of the movements and relative positions of celestial objects as a means for divining information about human affairs and terrestrial events.

The order of the astrological signs is Aries, Taurus, Gemini, Cancer, Leo, Virgo, Libra, Scorpio, Sagittarius, Capricorn, Aquarius and Pisces. The concept of the zodiac originated in Babylonian astrology, and was later influenced by Hellenistic culture.



Aries (♈) (meaning "ram") is the first astrological sign in the zodiac. Individuals born amid March 21st to April 19th, depending on

which system of astrology they subscribe to, may be called Arians or Ariens. People under the Aries sign are believed to be like a child who is frank, enthusiastic, fierce, a bit hotheaded and too loyal to their friends.

Taurus (♉) (meaning "bull") is the second astrological sign in the zodiac. Individuals born amid April 20th to May 21st, depending on which system of astrology they subscribe to, may be called Taureans. People under the Taurus sign are believed to be reliable, practical, ambitious and sensual.

Gemini (♊) (meaning "twins") is the third astrological sign in the zodiac. Individuals born amid May 21st to June 20th, depending on which system of astrology they subscribe to, may be called Geminians. People under the Gemini sign are

believed to be expressive, quick-witted and sociable and ready to communicate and have fun though have a tendency to suddenly get serious, thoughtful and restless.

Cancer (♋) (meaning "crab") is the fourth astrological sign in the zodiac. Individuals born amid June 22nd to July 22nd, depending on which system of astrology they subscribe to, may be called Cancerians. People under the Cancer sign are believed to be introspective, phlegmatic, tenacious, intuitive, emotional, domestic, empathic, and clairvoyant.

Leo (♌) (meaning "lion") is the fifth astrological sign in the zodiac. Individuals born amid July 23rd to August 22nd, depending on which system of astrology they subscribe to, may be called Leos. People under the Leo sign are believed

to be warm, action-oriented and driven by the desire to be loved and admired.

Virgo (♍) (meaning “virgin”) is the sixth astrological sign in the zodiac. Individuals born amid August 22nd and September 22nd, depending on which system of astrology they subscribe to, may be called Virgos or Virgoans. People under the Virgo sign are believed to be typically analytical, kind, hardworking and practical.

Libra (♎) (meaning “weight scale”) is the seventh astrological sign in the zodiac. Individuals born amid September 23rd and October 22nd, depending on which system of astrology they subscribe to, may be called Libras or Librans. People under the Libra sign are believed to be kind, gentle and lovers of beauty, harmony.

Scorpio (♏) (meaning “scorpion”) is the eighth astrological sign in the zodiac. Individuals born amid October 24th to November 22nd, depending on which system of

astrology they subscribe to, may be called Scorpio or a Scorpion. People under the Scorpio sign are believed to be focused, brave, balanced, and mysterious.

Sagittarius (♐) (meaning “archer”) is the ninth astrological sign in the zodiac. Individuals born amid November 23rd and December 21st, depending on which system of astrology they subscribe to, may be called Sagittarians. People under the Sagittarius sign are believed to be curious and energetic, extroverted, optimistic and enthusiastic, and likes changes.

Capricorn (♑) (meaning “goat’s horn”) is the tenth astrological sign in the zodiac. Individuals born amid December 21st and January 20nd, depending on which system of astrology they subscribe to, may be called Capricornians. People under the Capricorn sign are believed to be ambitious, determined, and practical.

Aquarius (♒) (meaning “water-bearer”) is the eleventh sign in the zodiac.

Individuals born amid January 19th to February 18th, depending on which system of astrology they subscribe to may be called Aquarians. People under the Aquarius sign are believed to be independent, mysterious, free-spirited and eccentric.

Pisces (♓) (meaning “fish”) is the twelfth sign in the sign in the zodiac. Individuals born amid March 14th to April 14th, depending on which system of astrology they subscribe to, may be called Pisceans. People under the Pisces sign are believed to be powerfully emotional, intuitive, creative and caring.



ASTROLOGY

Abigail Morales
December 6, 2017

EDUCATION

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Education is the process of receiving or giving systematic instructions at a school. The question I want to ask everyone is if education is really that important to everybody? Sometimes I feel like education isn't really that important, I feel like it's a scam just to get money. They stress us to finish high school just for us to spend thousands of dollars on a college. We go to college to study for something that we want to be, but it's not a guarantee we'll be able to get that career we studied for. In <http://www.onlinecoursereport.com> it states nine reasons why education is a scam.

We feel that we have to go to college because of society. The society put pressure on each other about education, they feel as if everyone needs to be the same. I say society put pressure on each other because, for an example I tell my family I'm not going to college and they just start putting you down. They say if you don't go to college and get an education your automatically not going to be nothing in life, but you don't really need college. It's really just a burden on some people.



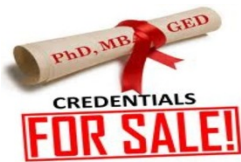
I'm in between with the importance of education, because I feel like it's important but at the same time I feel like it's not that important. I probably feel that its important because of the mindset of people around me, everyone that I know thinks that we should and are supposed to go to college. This kind of thought about education wasn't always on my mind, I started thinking like this after a video I saw, it talked about how we need to open our eyes and see what's really going on in the world. There's a song called FLY by Hopsin and it talks about the same thing you can find it here <http://www.youtube.com/>.

Back to the beginning when I was talking about how they make us pay all this money for our education. Since they care about our education so much why do they make us pay so much money for it, some people might can't afford it so what are they supposed to do, how are they going to study their career.

Question is how do you feel about education?

BY: Ambrielle Hall

December 6, 201



BEST EASTERN CONFERENCE TEAM

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Cleveland cavaliers

The Cleveland Cavaliers are a National Basketball Association (NBA) franchise and compete as a member of the league's Eastern Conference Central Division. The team was founded in 1970, and has played at Quicken Loans Arena, known as "The Q", since 1994. NBA legends such as LeBron James, Brad Daugherty, Nate Thurmond, Walt Frazier and Shaquille O'Neal have played for the Cavs. The Cleveland Cavaliers won its first NBA championship in 2016, after defeating the Golden State Warriors in record breaking fashion. The Cavaliers were the first team in NBA history to come back from a 3-1 deficit in the Finals.

The Cavaliers were an expansion team in the NBA in 1970. Before they landed on the name "The Cavaliers", "The Jays", "The Foresters" and "The Presidents" were also considered.

The Cavs had 6 #1 draft picks through its history, including Austin Carr, Brad Daugherty, LeBron James, Kyrie Irving, Anthony Bennett, and Andrew Wiggins.

They had two players who received the Rookie of the Year Award; LeBron James in 2004 and Kyrie Irving in 2012.

The Cavs won the Eastern Conference Championship twice. Once in 2007 and again in 2015.

Boston Celtics

The Boston Celtics is a National Basketball Association (NBA) franchise based in Boston, Massachusetts. Founded in 1946, the team has the most titles of any NBA franchise, accounting for almost a quarter of all NBA championships since the league's founding. After struggling through the 90s, the Celtics won a championship in 2008, during the new "Big 3" era with Kevin Garnett, Paul Pierce and Ray Allen. The team also holds an NBA record total of 10 Most Valuable Player Awards, given to four Celtics: Bob Cousy, Bill Russell, Dave Cowens and Larry bird.

The franchise's 17 championships are the most of any NBA franchise, and account for 24.3 percent of all NBA championships since the league's founding in 1946.

The Celtics have played the Lakers a record 12 times in the Finals, including their most recent appearances in 2008 and 2010, where the Celtics have won nine meetings.

Four Celtics players have won the NBA Most Valuable Player Award for an NBA record total of 10 MVP awards.

The Celtics rose again after struggling through the 1990s to win a championship in 2008 with the help of Kevin Garnett, Paul Pierce, and Ray Allen in what was known as the new "Big 3" era, following the original "Big 3" era of the 1980s that featured Larry Bird, Kevin McHale, and Robert Parish.

Presented BY: John Biel

December 6, 2017

THE HISTORY OF DANCING

There are many artist out who knows how to dance and enjoy dancing such as Chris Brown, Beyonce and Michael Jackson.



Dance Is one of the most popular type of way to express what you're feeling inside. Dance is a performing art form consisting of purposefully selected sequences of human movement. This movement has aesthetic and symbolic value, and is acknowledged as dance by performers and observers within a particular culture. There are many different types of dancing. You have hip-hop, R&B, Latina, bachata, Zumba and many more that you can think of.

People dance for many different reasons. Human beings probably danced even before there was a word for it. Rhythmic bodily movement is instinctive. It connects people, even if unconsciously, to the rhythms of nature. Dance springs from a human desire for personal expression and social connection. Another reason why people dance because they feel like it's good for their health because it's considered exercise. It can also help you with better social skills. Most fitness clubs now offer dancing classes, as it's a great way to keep fit and active while enjoying your dance.

Also dance is a good demonstration of neuromuscular coordination but also is a good demonstration of energy saving when doing movements. Perception of gracefulness is related with



smoothness of movements and how the inertia of the previous movement is used for the next movement in order to employ the less energy possible. Awkward movements employ more energy than the ones that are graceful since the muscles are fixing the trajectory constantly, while graceful movements seems to be weightless because, in the movement, the muscles are relaxed most of the time except when it is necessary.

These artist been basically dancing since they were kids. It was something that enjoyed doing and felt like it was part of their singing. Sometimes when you're a singer you're going to need some dance moves. Chris brown started



dancing at a young age and says

Michael Jackson was his inspiration and started performing different places like churches. Then you have Beyonce Knowles who started dancing at an early age also and started performing at talent shows and also singing. Lastly we got Michael Jackson whose pop of music started dancing when he joined the group Jackson 5. Many people has been dancing their whole life and most people enjoy dancing and it make them happy and they feel good about it. Anyone and everyone can dance.

Alima Kaba

November 21, 2017

<http://www.dancefacts.net>

Honey garlic baked pork bites

Today's meal will consist of pork. You will be learning how to make honey garlic baked pork bites. This will take about two hours and forty five minutes to make. These will be the ingredients you will need to make this meal.



- 1 tablespoon olive oil
 - 8 cloves garlic, finely minced
 - 1 large onion, finely chopped
 - $\frac{3}{4}$ cup honey
 - $\frac{1}{2}$ teaspoon dried chili flakes
 - $\frac{1}{4}$ teaspoon salt
 - $\frac{1}{4}$ teaspoon pepper
 - 2 pounds pork loin roast, cut into 1" cubes
 - Parsley, chopped for garnish
 - Sesame seeds, for garnish
- You make as much food as you need to feed the amount of people you desire.

<http://allrecipes.com/recipes/673/main-dish/pork/>

First, you have to preheat the oven to 350 degrees.

Then, in a large oven-safe baking dish, gently toss the cubed pork with the salt and pepper, onion, and olive oil.

Cover the dish with aluminum foil and bake for 1 hour.

Then, remove the pan from the



oven and add the garlic, honey, and chili flakes. Gently move the pork bites around to help mix in the honey and garlic.

After, place the aluminum foil back on the baking dish and return to the oven for another 30 minutes.

Remove dish from the oven. Remove the aluminum foil as well. Stir the pork around and place back in the oven, uncovered, for 45 minutes.

Once cooked, remove from oven, and allow to cool for five minutes. Sprinkle with chopped, fresh parsley and sesame seeds. Serve immediately.

Culture

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Around the world there are many diverse cultures. Culture is the customary belief, social forms, and material traits of racial, religious, or social group. Even though there are many cultures around the world, it's nearly impossible to determine how many cultures are there in the world. Although some people leave their country, some forget about their culture and others maintain it. Especially in the United States, there are so many cultures mixed. Some change their way of dressing, others don't.

Some people also mix up culture and religion, although they are not the same "culture may be thought of as a causal agent that affects the evolutionary process by uniquely human means. Religion, on the other hand, is considered a process of revelation and contains the concept of the faithful who receive the message of revelation." Some examples of culture are, "customs, arts and social interactions of a particular nation, people, or other social group." www.Google.com For example in Dominican Republic, the day of independence Feb.27 it is always a custom to celebrate it,

WHAT IS CULTURE?



go out and party, there are also carnivals on that day and around that time. Also for example the Islamic religion have the custom of praying five times a day, Although not everyone follows there custom like in every other religion. Muslim females are custom to wearing a hijab, or at least most of them. Despite the United States having many diverse cultures/people, holidays like thanksgiving and Halloween are celebrated among every culture.

What Lantern Ring Would you have?

The lantern rings are the most powerful weapons in the universe, according to DC. There are 9 lantern rings each with its own emotion and philosophy. Green is not an emotion, but the central color, a fulcrum point between the four negative emotions and the four positive emotions.

Red Lanterns- Rage

If you were to become a red lantern, you would have to be very angry. Fueled by it with a pinch of vengeance. Anger is the desire for something your way and it being cut off by another force. For example when you go out for a job interview in which they rejected you or you getting bullied at school. Those things can make you sad, but they can also make you angry and based on how you deal with this anger will depend if you a valid candidate. Everyone gets mad, but some don't know how to control it. In the red lantern core, you become almost animal like where you act on instinct instead of reason. Your difficulty to maintain your frustration will make you lose control easily and make the ring take over making you able to defeat anyone. Even though you become very powerful in this form, there are other consequences to joining this core. Your blood will be replaced by acid, the ring becomes your heart (if you take it off- you die) and you lose control easily. "Injustice is among us" is their philosophy, and to get back at their tormentor is their ultimate goal.

Orange Lanterns- Greed

To be an Orange lantern is to be selfish. So selfish that is anyone even looks at your stuff, you'll kill them. You're jealous if anyone has something better than you, your greedy and think you deserve everything. To an extent, you're a narcissist. Orange Lanterns are not as powerful when they want stuff, but if someone touches their stuff, they as powerful as they can imagine themselves. To defeat an orange lantern is to lead them on a wild goose chase and leading them to traps is easy. It is better to leave these lanterns alone for they can be very dangerous. Being around one overtime can make you greedy. There are not many people like this, for they would kill each other. And they are very obnoxious. They are able to be countered be the purple lanterns compassion.



Yellow Lanterns- Fear

A possible yellow lantern candidates are based on their ability to inflict fear on to others. They are masters of deception and stereotypical bullies. These lanterns can break a person's will, and if not strong enough could destroy a person's will forever. Scaring people is something they do for fun as a way to feel powerful. You will be respected, feared, and noticed with this ring power. You probably would join this core for some attention, or you just joined to avoid being scared by them [shrugs]. But this core is considered the dark side of the other cores, you could say this core is evil. A master of will power will win against any yellow lantern

Green Lanterns-



Will

Green Lanterns are the brave soldiers, a police force for the galaxy. They could be considered the light side of the lantern cores (like the light side of the force/Jedi). Only the bravest and most determined can ever join this corps. Willpower is not an emotion, therefore it is rather the central color that balances out all the other rings. Because green

lanterns rely on willpower, the power gets easy to control but hard to master, for you could be easily countered by fear.



Blue Lanterns- Hope

The blue lanterns are reliant on hope and willpower. The willpower to hope for the best, to look on the bright side of life, to be at peace to be enlightened. This ring is the most difficult to master but it pays off in the end. With this ring, you can save a red lantern from the core (removing the users ring without him dying), and power boost a green lantern ring. The blue lantern is the most powerful ring, but it comes at a heavy cost. A blue lantern must be near a green lantern ring to unlock his/hers full potential. And the blue lantern wearer must never feel despair, and if they do, then they grow weaker.

Purple Lanterns- Compassion

The greater good comes first, then yourself. The Purple lanterns are able to put their shoes into others and understand. They have unique powers to better enable them to their task. They can teleport, heal people mentally and physically and the ability to be untraceable. Purple lanterns

counter orange lanterns. They want everyone to be happy. To be truly pure of heart.



Pink Lanterns- Love

Pink lanterns are for females only. They are also called Sapphires. They believe in the power of love. Loving one another, loving themselves and finding true love. And they intend to spread their philosophy across the universe. Their special power is the ability to read minds and fill in holes of torment and sorrow (to heal the mind like the purple lanterns) with their true love sight. Their ring comes from a parasite that gives them the ability to seduce another person easily. But sometimes when they are betrayed or heartbroken, they can go into a rage state that makes them lose control. And they are weak to black lanterns. Inexperienced users are weak to the red lanterns.

Black Lanterns- Death

The black lanterns value death. To be a black lantern is to be emotionless. The black lanterns are basically zombies. Very powerful zombies. They have the power to rise the dead (into zombie lanterns), regenerate at an accelerated pace and break the will of the lanterns. They can spread an infection that will

kill the victim overtime and are invulnerable to mental healing. They being so powerful have weaknesses, if all the lantern cores work together, then they overpower them. The white lanterns are another counter, though they are rare. And they get decrease in speed when tanking too many hits.

White Lanterns- Life

You are God with this ring. To possess it you have to embrace and master all the emotions of life. Because that's what life is all about. As a white lantern it is your sword duty to prevent death and you have a powerful ring to do so. You can do anything any other lantern can do and more, like turn invisible, time travel, resurrect people manipulate the mind, physical and mental healing, phasing through solid objects the ability to travel through pocket dimensions and etc. The White lanterns only weakness is death, for they are not immortal.

So which side are you on?



Music is life, let's put that out there. Music helps people. Music changes people. Music gives you a whole new life that you've never seen. It opens your eyes. How? Well, music has meanings. It has messages to life. Like death, drugs, happiness, missing someone, loving someone, hating someone, and so on.

Now , there are many bands and singers that sing with emotion and I'm going to be talking about 2 bands that show emotion when they sing

- Twenty one pilots: Singer Tyler Joseph and drummer Josh Dun had and still make



songs that people could relate to. For example, Stressed out "Wish we can turn back time, to the good old days when our

momma sang us to sleep but now we're stressed out". This people could relate to because the "old days" were better than today.

- Pierce the veil: Band founded by brothers Vic(guitar and singer) and Mike(drummer) Fuentes.



Other members of the band, Tony Perry (lead guitar) and Jaime Preciado (bass guitar). They make amazing music. Mostly about love. "Don't you try to blame this on me. (oh) My love for you is bulletproof but you're the one who shot me". A quote of love. Of how love can go wrong.

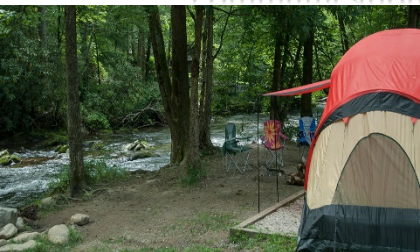
Ninochca Ramos

October 30, 2017

OUTDOOR ACTIVITIES

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There is many activities to do instead of being indoors. If you're planning on going outside and trying fun things with you friends and family you can try camping, hunting, fishing and hiking. Being outdoors can make people realize what's actually going on in the real world also, you'll learn about things you never knew before. You should spend more time outdoors because it'll improve your memories and you will get moving. Outdoors activities can help with communication as well, it's good to go



out with a couple of people. If you're planning on going camping there's a great place at North Carolina. It's really nice and peaceful out there and I recommend people to go out there. If you're camping and didn't bring food but planning on hunting the best place to go to is National Forest in North Carolina. You can practice hunting over there, Make sure you bring a camera to take pictures but I advise you to not bring your phones, there's no service.

There is also a spot for fishing only. It's located around the camp area. You can only fish from 9:00am – 3:00pm. There will be boats provided but you'll need to bring your own fisher. Only 2 people are allowed on the boat and you **cannot** bring your phones along. If you catch a fish it may get a little rough because it'll pull you a little also, make sure you bring gloves so the fisher won't cut you or make your hands hurt.

By the way, There's a Hike section just minutes away from the fishing area. Make sure you bring necessary things. Hike is a great way to help with communication. You'll be walking and experiencing things. You **MUST** have appropriate footwear because you'll be walking a lot, bring a compass, bring extra water because you will get dehydrated during the walk, extra food as well to have some energy and get the hunger away, bring some safety items like lights and a whistle. You'll need a first aid kit, and a daypack / night pack since this hike trip is overnight hours.