

Artist of the year personal statement- Isabella del Nido

If there's anything this year has taught me, it's that anything can happen. Coming from having my first year on staff completely virtual, I had no idea what to expect from myself. Before my junior year, I always saw myself as this person who was completely closed off from the world. It was me and my sketchbook against the world. When I started making artistic content digitally at home for the paper during my sophomore year, that view began to shift.

Being the only Arts and Graphics editor my first year in person on staff, I wasn't really sure what my role looked like. Therefore, I had to create a role for myself. Newspaper taught me how to open up and communicate with others. In this role, I was responsible for aiding others by creating designs for pages that were art-centered. On top of this, I would create political cartoons, infographics, and any other type of artwork. Each issue cycle, I would have about 4-5 publishes. When designing other pages I would communicate with that page editor to get an idea of what they want. Then I take my own creative spin on it. We plan pages by drawing out a draft. Sometimes that draft doesn't turn out in the final product but it's always nice to get a firm idea of what you want before you open in-design. With political cartoons, I try to research the topic as much as I can before brainstorming art. I remember specifically before we published for winter break I was tasked with creating art for our editorial. Even though it was 4 days before we published I wanted to make sure that I knew what stance I was going to be taking. I did this by having an open discussion with what we wanted this page to look like. That really helped me narrow down exactly what I wanted to do.

Because I was constantly teaching myself new skills on the fly, when I looked at other designers I felt inferior. I thought that I could never get to their level because I wasn't taught the same way as them. It was so cool making art on pages like the in-depth and the front page, but I always felt like that role didn't belong to me. It wasn't until after the 1st semester that I started to believe in my abilities as a designer and artist.

The NSPA Fall National Convention in Philadelphia was the first time since the pandemic began where I was surrounded by others who shared the same interests as me. I signed up for the design workshop and I didn't know what to expect. I was scared that I couldn't perform to the same standard as everyone else. I quickly came to learn that I knew a lot more than I gave myself credit for. After the convention I felt inspired to take on new projects that I was passionate about. I gained confidence in my own work and I'm glad I did because I got the opportunity of a lifetime when I got to start our first ever news-magazine the Directive.

Art has always had a special place in my heart, but I never found a place for it until now. Creating and designing works of art that center around important discussions in our publication has taught me how to be confident in myself. With each issue, I have watched myself break barriers with design. With journalism, my ability to create with a purpose has made it possible for me to reach audiences through visually appealing artwork. I've learned so much in such a short time, I can't wait to see what the future has in store.

Submissions -Isabella del Nido

“Free Menstrual Products are Overdue” -Issue #2

I wasn't sure what I wanted this piece to say, so I went with a personal feeling. I wanted the yellow strips to be caution tape around the body, when people see things like car accidents, or police tape they always slow down to take a look at the wreckage. You can't help but look even though it is tragic. This submission takes that experience and places it in the eyes of period poverty's prevalence in the media.

“Application Season Sparks College Debate”- Issue #3

Some students struggle with the choice between going to college to get an education or jumping into the workforce. It can be stressful coming to a conclusion based on mainstream ideas and personal experience. With this submission, I wanted to represent the internal turmoil that students face when deciding their futures.

“Bowie CARES for Student Hunger”- Issue #4

I think that this infographic piece was one of the hardest things that I had to design this year. However, I am really proud of how this turned out. I think that student food insecurity isn't always talked about and many don't understand what it really means. This submission analyzes how the quality of education is dependent on the physical health of its students.

“The Face of Domestic Violence/ Understanding abuse”-Issue #6

This page design puts into perspective the roots of domestic violence, not just in one gender or the other, but for me, the entire subject. The main thing I wanted to display was how domestic abuse in numbers has little disparity between men and women. The emotional and psychological impacts of abuse aren't always the main story and with the data I chose, I wanted to bring that into light. I wanted to try to bring out the terrible situations created by domestic violence and the internal strife it instills on those impacted by it. Since I created all of the art on this page and they were designed to work cohesively, I am submitting the page as part of my portfolio.

“A call for sustainability”-Issue #5

I wanted this piece to emulate how one person can change the world with just things like picking up trash. I designed it so it looked like the earth was transforming from trashy mounds of plastic to how it should be. I think this artwork also represents societies relationship with Mother Nature.



C BOWIE CARES

FOR STUDENT HUNGER

Counselors fight student food insecurity with packaged snacks to enable easier learning

Corinne Piorkowski
Editor-in-Chief

Senior Mia Brelsford's stomach growled. Her teacher droned on in AP macroeconomics class about supply and demand graphs, and all she could keep her mind on was her persistent hunger.

She forgot to eat breakfast this morning. "It is hard to focus when you are hungry, as your mind wanders to food instead of what the teacher is lecturing," Brelsford said. "Many students are able to bring their own snacks to have during classes to curb their hunger but, for some, snacks are not as accessible."

Learning on an empty stomach at any time of the school day can be detrimental to students' performance in class, according to the National Education Association's (NEA) nutrition programs. In a study published by the American Journal of Clinical Nutrition, pediatrics displayed the negative effects of student food insecurity, which is the state of not having consistent access to nutritious food, on their learning ability.

"Hungry children have lower math scores, are more likely to repeat a grade, come to school late, or miss school entirely," NEA said in the article.

To act as a source for snacks to hold students over and keep them focused in class, the counseling department, specifically counselor Hunter Ruffin, pushed forward a program titled 'Bowie Cares' to package snacks free for teachers to keep in their classrooms for student utilization.

"Our goal was to make food resources and feminine hygiene products more available to students in the academic wing," Ruffin said. "You know, the counselors always have snacks and meals in our offices, but a lot of students don't know about that or they don't want to come all the way down here because it's kind of far away, so we just wanted to get enough snacks packaged to place them in every classroom."

Located in C102, there are around 100 snack bags that are available for students to take or for teachers to pick up for their classrooms that students can access during class time. By giving the teachers the ability to openly give students snacks when needed, Ruffin believes they will combat distraction in learning and lead kids to better grades.

"I think the ones in the classrooms are best used as an instructional tool for teachers if they notice a kid is super distracted," Ruffin said. "If they find out that they missed lunch or breakfast, they now have something to offer, a snack break, to help recharge a little bit, and that way, can get back to learning; certainly, anytime a kid misses a meal, it's going to be a lot harder to focus and we just want that to not be a barrier."

In an article from Better Mind by Dr. Julie Schwartzbard, she claims that certain factors affect students' ability to focus in class, hunger and fatigue being two of them, as well as a poor diet to go along with not eating enough.

"Hunger is tied directly to low blood sugar which quickly leads to fatigue

and low energy levels, which all wreak havoc on your ability to focus," Schwartzbard said in the article. "Processed foods lead to blood sugar spikes and crashes that destroy focus, and if you don't get essential vitamins, your ability to concentrate will suffer and it will worsen over time."

According to Brelsford, these effects of persistent hunger can be present in her day-to-day life, especially as she navigates through a confusing school year coming off of the pandemic's online schooling.

"The mornings in which I sleep through my alarm, I rush to get out the door in time to make it to class and I skip breakfast, ending up going to school on an empty stomach," Brelsford said. "My stomach begins to growl and it becomes hard to focus because I'm already thinking about when I'll be able to get lunch by first period and this all just adds to the stress and difficulty in focusing."

In addition, for senior Vanessa Nguyen, snacks provided by the school in a program like Bowie Cares is extremely beneficial to the quality of her learning when she misses time to eat.

"I know as a student having an empty stomach or being dehydrated has decreased my performance in school, because I would fixate on my hunger," Nguyen said. "Sometimes I get fatigued or have headaches when I don't get snacks throughout the day, so having access to snacks through Bowie benefits my health and how I perform in school."

The National Education Association claims that providing school meals benefit both the students and the success of the school, as students utilizing school snacks and meals cost less than if they're paying for year-long a school meal plan. They include that this statistic can be very important for schools in need of saving money,

which Austin Independent School District (AISD) has proved this year through po-

tential schedule changes that they are discussing.

"Since parents and counselors provided for the program, it's a great opportunity for students to eat in school without the district having to fund for and provide meals," Nguyen said. "I think most of the community is aware of the issues the district has with funding sometimes, so having a program like this definitely will help them combat those issues."

In Nguyen's opinion, the program not only gives her the chance to succeed better in class, but also opens a door to aiding low income students especially during the pandemic.

"I think this program is a great resource for students and staff because there isn't always accessibility for snacks throughout the day for a lot of the Bowie community," Nguyen said. "Bowie Cares shows that the school really cares about our health and well-being during difficult times such as this pandemic, especially for students who struggle with getting food on the table; having this resource will inevitably take a burden off of their shoulders when coming to school, and I think a lot can come from this program."

From an adult perspective, eating throughout the day gives students a chance to fully comprehend the information given to them in class without focusing on their persistent hunger, which is what Ruffin had in mind when leading the Cares project this semester.

"I'm just hoping that students are more engaged throughout the school day," Ruffin said. "I certainly don't want hunger to be a barrier to accessing the material, and if we want to meet that need, then I think providing some sort of food can be something to help them get through the day."

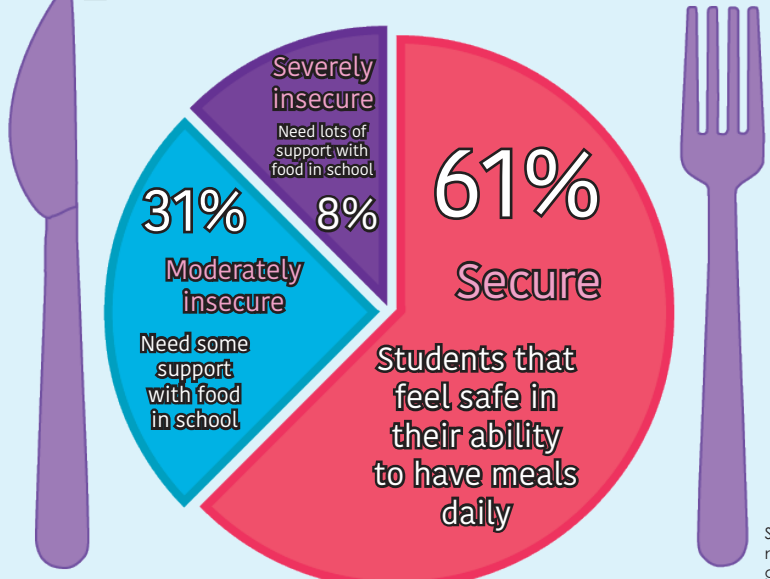
For increasing student health in school, the Healthy Schools Campaign (HSC) emphasizes the positive impact school-provided food resources can have on students' learning, serving as a direct correlation to the origin of the Bowie Cares project and the purposes behind it.

"A vast body of research shows that improved nutrition in schools leads to increased focus and attention, improved test scores, and better classroom behavior," HSC said in an article. "School food can also increase school connectedness and reinforce to children, families, and the community that students' health and well-being are valued."

A project like Bowie Cares ultimately gives the school power to emphasize the importance of eating to further kick-start students' ability to learn, while battling the ongoing issue of student hunger diminishing student performance, according to Brelsford. "I think that no matter if you already have access to the resources that Bowie Cares provides or if you are in need of these resources, we can all benefit from equal opportunities to food resources," Brelsford said. "When we lift others up and help them reach their highest potential, we too can be benefited." ■



STUDENT FOOD INSECURITY



Source: <https://educationvotes.nea.org/2017/08/21/student-hunger-hits-shameful-levels/>

ART BY Isabella del Nido

The Face of Domestic Violence

An ongoing court case showcases the ins and outs of abusive relationships

Isabella del Nido
Double Truck Editor

Each day, you walk down the halls and see the same thing. Regularly you see two people walking close, maybe even holding hands, suddenly you see as they fall into a disagreement. Just before they walk into class, they leave each other with a bitter goodbye. You're unable to see why they became boyfriend and girlfriend in the first place. But they won't break it off, they won't end things before they get ugly. That's because they already are.

This is the common pipeline of domestic violence for men and women in America.

But it gets more complicated when they have to get out, really, they need to get out. When they finally face their fears, survivors are left wondering, "what now?" Confronting their abuser, only for those to view their relationship like a one-sided dice, seeing every abusive relationship the same. Many are led to believe that men are always the ones who abuse. Or, women are to blame for not getting out of the relationship before things got violent. Before they threatened her about what would happen when she tried to leave, like she should've known better.

"I know that controlling and gaslighting occurs in high school relationships," senior Maddie Savasky said. "Gaslighting is misleading someone and making them question their perception. It's manipulation. The person manipulating is doing it to have control over the other, and to make themselves feel better, all of which are lies. I feel like domestic violence is physical and emotional."

Most recently, the Johnny Depp v. Amber Heard trial has put these dynamics in the limelight. In 2018, when the Washington Post published an editorial written by Heard, Depps' faced a lot of public backlash on an alleged claim of domestic violence.

While Depp's name was not mentioned in the article, four days after it was published, Disney removed Depp from the "Pirates of the Caribbean" five-film franchise.

chise.

"I think that the worst part is just hearing how horrible Heard has been to Johnny," junior Jake Statchura said. "The fact that Depp's career was ruined and she was okay with that is disgusting. She didn't just 'kind of ruin' his career, she totaled it. But then she just went on to star in 'Aquaman 2.' Even after all that, she came out saying that she was hurt. It's not right."

“Domestic violence is physical and emotional. It's a crime to hit someone or hurt them but it's cruel to emotionally abuse someone.”

Maddie Savasky
Senior

back to getting the roles that he deserves. Since she's getting sued I don't think she should be getting roles. Instead of roles, she should be getting prison time.”

According to the ManKind Initiative, one in three victims of abuse is male. With the ManKind Initiative Helpline, 64% would have never called if the service was not anonymous. "I remember reading that there was this shelter made for male victims of abuse that opened in New York."

Statchura said. "There was a bunch of outcry from people saying that male victims were not real and that men weren't victims at all. This got the shelter shut down. I definitely think that there are a lot more men that can be victims that don't get the same amount of representation."

Fighting abuse in relationships is often viewed as a fine line. However, it's not always black and white, more often it's viewed as a spectrum.

"I really feel like male victims of abuse don't get the treatment they deserve," Statchura said. "Female victims are always talked about since we tend to believe the dynamic of male abusers and female victims so when the script is flipped, we don't have a way to respond to it. We don't have the same conscience or the same perspective."

More often than not, domestic violence follows a specific power dynamic between all genders. Power dynamics are best characterized by imbalances in a relationship where one person holds something over the other to manipulate them. According to Psychology Today, men and women's voices differ when it comes to confronting abuse. Diminishing one voice over the other continues a cycle of silence.

"With the Johnny Depp trial, we can see 'hey, even male celebrities can be victims, they can be damaged,'" Statchura said. "I hope that this case will change our consciousness about male domestic violence."

Even when the violence subsides, many are left to pick up the pieces of their mental health. Guidance counselor Hunter Ruffin explains the aftermath of abuse.

"It definitely makes it hard to trust people and feel worthy or secure in a relationship," Ruffin said. "It can be hard to feel like that person won't hurt them in any way. It just makes a person feel not worthy of those genuine relationships. Another thing that could happen is that these situations can make someone more hostile to future relationships. If they were never taught an appropriate way to manage their aggression then there is a chance that they could become an abuser as well."

The pattern of controlling, threatening, and degrading behavior that comes with domestic violence is viewed as just that. But there's an element of abuse that tends to get overlooked; financial abuse.

"So one of the things, I think happens is a lot of times women get locked into not having the ability to support themselves," AP Macroeconomics teacher Ruth Narvaiz said. "So the abuser can control everything they do because he's got all the financial resources. Therefore, an abused person is stuck and they don't have any kind of way to escape. Oftentimes, they don't have their own money. Sometimes they don't have their own bank accounts. And so they have no way to get out of abusive situations."

Getting away from oppressive relationships while in isolation is displayed in the media in many different ways. According to Narvaiz, mental abuse makes it also really difficult sometimes to break through abuse unlike how the media shows.

"I always think of movies like 'Sleeping With the Enemy,' where the women come back and they've learned how to do karate and they have all of these skills," Narvaiz said. "I think they've made it look unrealistic and easier to escape than it really is."

These preconceptions of abuse created by the public can be grounds for victim blaming. The Atlantic defines victim blaming as the act of invalidating one's involvement with a crime or accident, favoring the criminal's rationality over the victim's experience.

"If you're being financially controlled, you don't have a way to go learn how to swim and get away from your abuser," Narvaiz said. "The media makes it look perhaps like it's easier to get out of the situation I have seen people say things to rape victims like 'Well? Were you wearing something skimpy?' or 'Did you lead them on?' I think that's part of maybe an old kind of gender roles stereotype that people still kind of hold on to."

Barriers caused by financial abuse, according to Women's Aid, don't rely on physical proximity so it can continue after separation. These barriers make it more likely for women or men to continue in unhealthy relationships, increasing the risk of danger to the victim.

"They say people choose the same kinds of partners over and over again," Narvaiz said. "So once you've selected an abuser, you're more likely to be in an abusive relationship again. I think it's almost impossible to recover from financial abuse. Unless you purposefully select an education or a career goal that allows you to build your own financial freedom, you can get stuck."

According to the National Coalition Against Domestic Violence around 21-60% of victims lose their jobs due to the effects of abuse. Speaking from personal experience, Narvaiz addressed how domestic abuse can leave someone trapped.

"My niece was in an abusive relationship and she got out and then I was so proud of her because she went to nursing school," Narvaiz said. "She was able to support herself and graduate, now she's a physician's assistant, working in an emergency room and making good money. Unfortunately, not everybody is able to do this."

Not everyone can say they went to nursing school to pick themselves off their feet. According to WomensAid, About 32% of their respondents stated that their own money was controlled by their abusers.

"Get professional help, not just with the abuse, but with finances," Narvaiz said. "Find someone who can help you deal with your finances. You probably will have debt so they will need a debt advisor to aid with that. They may even need to declare bankruptcy and move on. They will need financial advice, not just try to figure it out themselves."

Getting help from other resources is one of the steps one can take to free themselves from abusive situations. Whether it's financial, legal, or supportive, like therapy, all can aid in the process of moving on.

"Abuse makes someone vulnerable, getting help is a vulnerable thing," Statchura said. "We don't really see the media portray men getting out of these relationships in healthy ways or in any positive way. It's always stigmatized. I'm really hoping that things will shift our perspective and make the media believe that 'they' getting help, is what needs to happen no matter who's getting abused, no matter their gender, or who they are.' It's okay for somebody to get help. It's okay for somebody to be vulnerable." ■



Understanding Abuse

Was it anger? Love? Shouldn't I hurt you're lying. FEAR Why me? Low self esteem? Guilt. Why didn't you say anything? BLAME I HAD TO GET OUT. Anxiety. Gaslighting. Recovery. MISTRUST Burden.

The process of healing

Moving on
When there's no hope within a relationship, one is left feeling betrayed or as if their dreams are shattered.

Coping Strategies
The effects of trauma can lead one to avoid reminders of the relationship with alcohol or drugs.

Safety concerns
Some people can experience sleep disturbances or loss of self-esteem, causing isolation and depression.

Social Support
Empowerment and reconnection in the midst of helplessness can help with recovery.

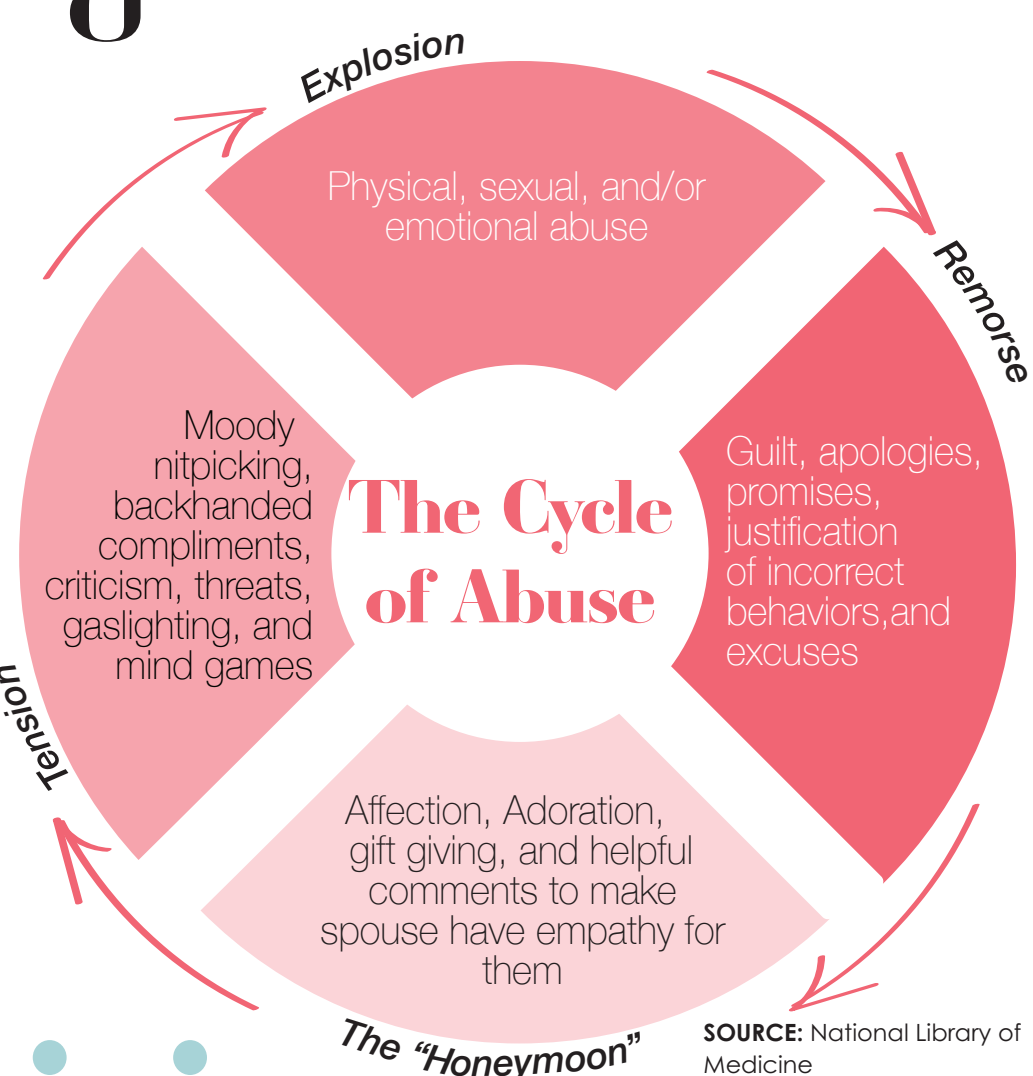
75%
Of Texans ages 16-24 have experienced dating violence or know another person who has.

1,563
Calls were received in Texas within 24 hours, 948 were unanswered.

35%
Of Texas men have experienced intimate partner violence

1 in 6
Men are sexually abused in their lifetime.

1 in 4
Women are sexually abused in their lifetime.



19% Of abuse involves a weapon used against someone else

Reach out:

- Domestic Abuse Hotline-Austin: 800-799-7233
- SMS "START" to: 88788
- Center for Victims of Crime: 202-467-8700
- National Dating Abuse Hotline: 866-331-9474

SOURCE: Deaf Iowans Against Abuse

SOURCE: US Department of Justice

ART BY Isabella del Nido



SENIOR RIDES FOR COMPETITIONS
Senior Ethan Dorer has been freestyle BMX riding since his early childhood

pg.6



IT'S FINALLY PROM SEASON
Seniors get ready for this year's prom on Saturday, April 23, 2022

pg.12



NO PLACE FOR HATE PARADE
Bowie brings back the annual celebration with a rodeo theme

pg.16

coming UP

- April 22 Earth Day 2022
- April 23 Senior Prom Night
- May 2-May 13 Advanced Placement (AP) Exams on campus



'A call for sustainability'

Earth Day renews emphasis on caring for the environment

Arushi Sharma
Editor-in-Chief

If a student looks at a park bench, a highway, or even the parking lot on Bowie's campus, there are sure to be disposable masks, brown paper bags, and plastic wrappers everywhere. These items are waiting to be run over, rained on, and ignored by someone passing by who does not want to risk touching the contaminated item.

As the climate deteriorates with the immense amount of trash everywhere, the conversation of how to keep the earth more sustainable is constantly occurring. To combat the deadly effects that can occur if the climate dramatically changes, students and staff members take a look at their lifestyle and their attempts to make more small sustainable changes.

"We live on this Earth and it's the only one that we have which makes it immensely important," senior Avantika Tiku said. "We need to start taking care of the environment. The call of sustain-

ability is more important now than ever before, even if it's something as small as picking up and properly disposing of your trash when you're finished with it."

In an analysis done by the Environmental Protection Agency (EPA), researchers found that fine particulate pollution, a type of pollution that affects people's health when levels are high, increased by five percent on average across the entire country. While the use of coal has declined over the past few years, the burning of natural gas and an increase in driving has led to this vast increase of this type of pollution in our environment.

"Our society depends on a lot of things that create a lot of pollution in our world," senior Keira Folkers said. "They push aside the fact of keeping our earth clean to continue the things that they want to do. A lot of individuals don't realize how important it is to keep our population alive or even the animal population that exists."

With Earth Day coming up on Friday, April 22, 2022, several eco-friendly Austin organizations have come up with a list of activities that every individual can do to help keep the earth clean and green. Some of these include planting a tree in your backyard, engaging in a trash cleanup, creating signs to educate your peers on recycling, and creating a composting system in your household.

"We live very extravagant lives

in this country as far as material resources go," AP environmental science teacher Alonna Beatty said. "With the advancement of technology, it's easier to find ways to become more fuel-efficient. Another one of the changes that need to happen in our society is for us to become a more sustainable global society. This can start with companies need to be responsible for the end of life of their products by creating some sort of reusable system."

According to the World Development Indicators, the world produces more than 400 million tons of plastic every year. Out of these 400 million, the largest industrial sector is plastic packaging which creates plastic items that are immediately disposed of.

"A cleaner earth to me means that our society changes that shift and are less based on profit and greed, and more based on caring about the environment around us," Beatty said. "Everything that consumers use like even when we try to reduce how much plastic we buy, it never ends up working out because every product is covered in plastic."

A National Geographic study found that 91 percent of the plastic that's collected doesn't actually get recycled. This means that only nine percent is being recycled. The main cause of this inefficiency in the recycling system is the problem that items are placed into the wrong bin which contaminates the other items in the actual bin.

"The only option is to try to change the system, which means that we have to do it at a gov-

ernment level," Beatty said. "In order to have it be successful, it needs to be a global government initiative that everyone works together on."

When President Biden entered office in 2021, he developed 17 Sustainable Development Goals (SDGs) which were comprehensive objectives that were hoped to be completed by 2050. These goals were set to help better understand where the U.S. is on a set of critical economic, social, and environmental dimensions and how far it needs to go in its quest to 'build back better.'

"One of the sustainable friendly activities that I do is having my own vegetable garden in my backyard, which I just recently started," Tiku said. "I've been growing cucumbers, tomatoes, and other vegetables. It's super fun and relaxing to get to plant and watch them grow as the weeks go by."

Aside from creating vegetable gardens, several sources such as the National Ocean Service emphasize that recycling, utilizing reusable bags instead of plastic bags, buying only needs to be used, donating used goods, and not using plastic water bottles can help make your own life environmentally friendly. These actions can assist in decreasing an individual's carbon footprint in the environment.

"Every person can make a difference with the actions that they take in their daily lives," Beatty said. "Continue to recycle, use sustainable products, and continue to take care of the Earth, so we can protect our environment." ■



ART BY Isabella del Nido

AP testing season is almost here

Amilia Velez
Dispatch Reporter

As Advanced Placement (AP) exam season approaches, fear looms over students. With AP courses in several topics ranging from World History to English to Physics, the stress placed upon taking these exams begins the very first day of classes and only increases as the year progresses.

AP exams will take place at Bowie during the first two weeks of May. The exams are used to assess if students are proficient enough in a subject to earn college credit. If a student earns a three or higher on a five-point scale, they are eligible for college credit. While the test can help students earn credit for their upper-level studying, it can also be a stress factor for many Bowie students, including junior Savi Kulkarni.

"I'm really nervous because I've heard that AP physics and AP US History are some of the hardest exams," Kulkarni said. "I put a lot of pressure on myself because I want to test out of these courses and get college credit."

According to the UCLA psychology department, forty percent of students experience testing anxiety. This can interfere with performance and cause students to score considerably lower than their ac-

ademic ability. Factors such as time and lack of confidence play into students' results on standardized testing.

"I am the most stressed about the time," sophomore Emma Phillips said. "There is a lot of information from many different time periods in the World History course. Doing a lot of multiple choice questions and writing different free response questions in one test is a lot to do in one sitting."

The end of the school year is packed with tests including AP exams, STAAR tests, and finals. Teachers acknowledge that AP testing can be a stressful time with students wanting to perform well and earn credit for AP classes. Many Bowie teachers, including AP World History teacher Carrie Hoffman-Howell, have been spending the year slowly preparing students to feel confident during the tests.

"My biggest piece of advice for all the upcoming tests is to just breathe and relax," Hoffman-Howell said. "Check track and be aware of the time and trust that you know the material. Some kids get so stressed out and it only ends up hurting them."

While a lot of stress can be detrimental to performance, healthy stress has some benefits. According to the Teens Health organization, anxiety leading up to a test

can actually motivate students. Reviewing material and fully understanding the content can address the anxiety while also calming it.

"My teacher gave us some tips having to do with time management which were really helpful," Phillips said. "We were told to not spend so much time stuck on a question since we only have one minute per question on the AP world history exam."

For students wanting to feel more prepared leading up to the exam, AP classroom has many resources including practice tests and helpful videos. Khan Academy has also released videos on topics for various AP exams. Spacing out study time weeks prior to the exam can ensure that all of the content is covered and not crammed into a short amount of time. The College Board recommends studying in groups for optimal information retention. Youtube can also be a good starting point for overall course refreshers.

"I took the AP World History exam last year online, and I hardly studied for it," Kulkarni said. "This year, I feel like I have better time management and know more study techniques. I am going to study to the best of my ability and hope to pass." ■

Advanced Placement Testing 2022 Schedule

WEEK ONE OF AP TESTING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAY 2ND 8AM: US Government & Politics Exam 12PM: Chemistry/ Spanish Literature & Culture Exam	MAY 3RD 8AM: Environmental Science Exam 12PM: Psychology Exam	MAY 4TH 8AM: English Literature & Composition Exam 12PM: Computer Science A Exam	MAY 5TH 8AM: Human Geography/ Macroeconomics Exam	MAY 6TH 8AM: US History Exam 12PM: Art History/ Microeconomics Exam

WEEK TWO OF AP TESTING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAY 9TH 8AM: Calculus AB/ BC Exam 12PM: Computer Science Principles	MAY 10TH 8AM: English Language and Composition 12PM: Physics C: Mechanics 2PM: Physics C: Electricity & Mechanics	MAY 11TH 8AM: Spanish Language and Composition 12PM: Biology	MAY 12TH 8AM: French Language Culture/ World History: Modern 12PM: Physics 1: Algebra Based	MAY 13TH 8AM: Music Theory 12PM: Physics 2: Algebra Based

ART BY Amilia Velez

INDEX:

News 1, 2
Politics 3
Features 4, 5

In-Depth 7, 8-9
Sports 10, 11
Entertainment 12

Reviews 13
Opinions 14, 15
Photo Essay 6, 16

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