

## Hispanic Ads



**31 de Octubre**  
**Día de la Reforma Protestante**



**General Editor:**  
**Adayra A. Rodríguez**



# Holistic News



**.50 ¢**

**Our School Won a Green Flag**



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**does he likes me?**  
**Love Quiz!**

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# Politics: Presidency and Our Senior Class

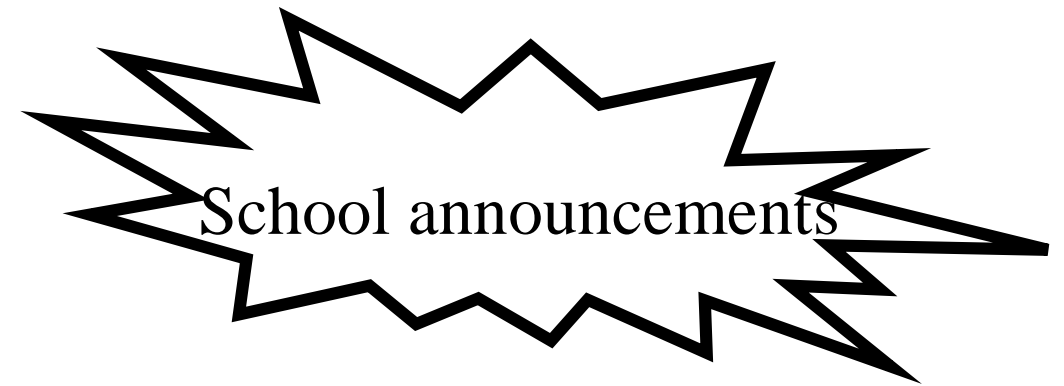
The debate of our class presidency was one full tension. Two application teams were postulated, one of them didn't have a president because they had a philosophy very particular.

They didn't want to impose a president in their team; the class should choose it freely. That application team was composed of Dayanara Santana as vice-president, Viviana Garcia as treasurer and Edmyr Martinez as secretary. The other application team was composed of Joyce Casiano as president, Stephanie Vazquez as vice-president, Cristian Belen as treasurer and Ana Ayala as secretary. Also, an independent candidate postulated for president; Andrea Velez. The Election Day was on September 25, 2015. The ambient was very strange, everyone had a prefer team. Finally, everyone voted and a team was selected. The team established with a president candidate won, but one member of the other team was selected as treasurer; Viviana Garcia. Another election was made; it was the one of our class name. On Octo-



ber 7, 2015, the seniors of our school voted for a name; a name that will represent us and what we are. The name selected was "Nakoa", that means braves. That didn't end there, we needed a group of parents that were prepared to represent and work for what we want as class. In a reunion, the parents who wanted to work, auto postulate. As president we have Ana Pagan, mother of Joan Rodriguez. As vice-president we have Karen Perez, mother of Angel Echevarria. As treasurers we have Ivonne Rivera, mother of Viviana Garcia, and Zuleika Rivera, mother of Roneishka Rosado. As secretaries we have Janette Torres, mother of Ana Ayala, and Barbara Montalvo, mother of Alondra Espinosa.

By: Maria A. Torres Cruz



The winning students of garden project in recyclable and waterproof material for the week of 5-9 natural resources were:

First Place: Ian Sánchez from 12-3

Second Place: Alexandra Acosta from 10-7

Third Place: Soniely García from 10-7





## School announcements

**DON'T MISS  
OUT!**



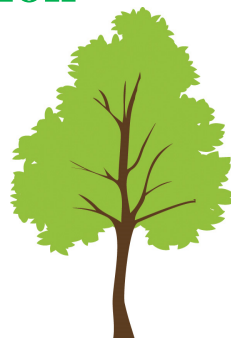
### Environmental Club Reunion



of 12 Grade students only

Date: October 22, 2015

At Laracuate's Classroom



# Health

Like many students on the Luis Negrón López High School I go and eat breakfast on the school lunchroom. As everyone does, I sit in the tables to eat the breakfast, but that day was different. That day when I was eating with some friends, I noticed from the corner of my eye something moving. Curious, I check it out, just to be taken aback by the fact that it was something in the food, something alive. It was a living worm moving through the food and the tray. Shocked, I drop everything and went to show the others, to alert them of the possibility their food having one too.

We all stopped eating and check daily our foods. Personally the employees knew of the case, saying that it wasn't the food, which was perfectly cooked, but the tray. It may have been from some outer source that the animal had ended there. This is a



health issue, because our health could end up affected. It is a hygiene thing, but it also makes students refrain from using the lunchroom.

You may ask, why is this a bad thing? If students stop going to the lunchroom, this affect on their health because they stop eating healthy food and moving to the greasy food that affects their health.

By: Yanishka Ruiz

# Sports

## Feminine Softball

The girls started this year magnificently; achieving a lot of victories. Our school team won the District Championship, and then the Regional Championship. They defeated Cabo Rojo with a score of 24-4, Mayaguez with a score of 11-1 and Rincon with a score of 17-1. With no doubt, our girls have done an extraordinary job, and they haven't finished yet. On October 16, 2015, they are going to faced Maunabo for the Semi national Championship. We know that our athletes will bring that trophy where it belongs.

## Masculine Softball

Our masculine team is not far behind from our girls. The guys in our school team remained District Champions by defeated the teams of San German with a score of 4-2 and Lajas with a score of 3-2. We are very



proud of both teams, that's how we do it in the Luis Negrón López.

## Volleyball

The volleyball tournament starts the next Wednesday, October 14, 2015. The feminine team is going to play at the Santa Maria court of Sabana Grande. The masculine team will play at the municipal coliseum, "Ángel Mercado" of Sabana Grande. Both teams will confront the teams of Lajas, San German and Cabo Rojo.

By: María A. Torres Cruz

# Movie's in theater



## The Martian

English

**GENRE:** Action/Adventure

**RATING:** PG-13

**MON - FRI**  
5:30 PM, 8:40 PM  
**SAT**  
2:20 PM, 5:30 PM, 8:40 PM  
**SUN**  
2:20 PM, 5:30 PM, 8:40 PM



## Hotel

## Transylvania 2

Spanish

**GENRE:** Animated

**RATING:** PG

**MON - FRI**  
4:30 PM, 6:50 PM, 9:10 PM  
**SAT**  
2:10 PM, 4:30 PM, 6:50 PM, 9:10 PM  
**SUN**  
2:10 PM, 4:30 PM, 6:50 PM, 9:10 PM



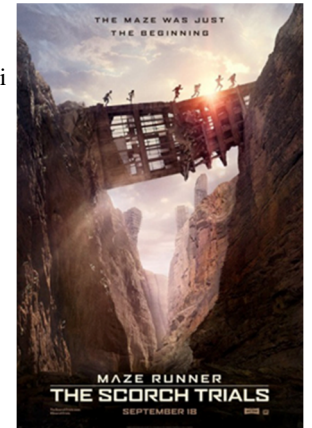
## Maze Runner: The Scorch Trials

English

**GENRE:** Action/SciFi

**RATING:** PG-13

**MON - FRI**  
3:55 PM, 6:20 PM, 9:15 PM  
**SAT**  
12:55 PM, 3:25 PM, 6:20 PM, 9:15 PM  
**SUN**  
12:55 PM, 3:25 PM, 6:20 PM, 9:15 PM



## Pan

English and Spanish

**GENRE:** Adventure

**RATING:** PG

**MON - FRI**  
3:50 PM, 6:05 PM, 8:40 PM  
**SAT**  
12:55 PM, 3:30 PM, 6:05 PM, 8:40 PM  
**SUN**  
12:55 PM, 3:30 PM, 6:05 PM, 8:40 PM





# Soup of Letters



## Mathematics

I love Math

T N R L T R W K M J P J  
M V A K N O I T I D D A  
D O D H M L C Q E T B X  
W B S A T A N L E A S T  
N E N T R S E Q U A L S  
M Y F T L V S B D N G X  
Y K B Z E N N E J L B Y  
T U Q N B E X B L N T M  
S N B R R T Y P Z G L D

Ten  
Many  
Most  
Least  
Few

Eleven  
Addition  
Subtract  
Less than  
Equals

By: Wanda Velázquez

# Local News

The Spanish oratory of Cooperativa of Sabana Grande, in this competition as a great opportunity to show how wonderful is our School and our students the theme of the oratory was: Cooperatives: Social and Transcendental Contribution. Some of the participants of our school were: Alexandra Villanova, Yanishka Ruiz, Adayra A. Rodríguez, Nicole Vidro and Heidy A. Santana. They all gave a wonderful representation of our school. Nicole Vidro won first place wining \$100, Alexandra Villanova won second place wining \$75 and Heidy Santana won third place wining \$50. Nicole Vidro will be at the regional competition in The Pontifical University of Mayagüez representing the school.



# Science

A cloud of microbes surrounds the each human.



Everyone's storing data in the cloud these days — including, apparently, people's microbes.

The bacteria that live in and on a human body form a personal microbial cloud around a person. This microscopic mist spreads through the air and settles on nearby surfaces. This cloud can be used to identify not only the presence of a person, but sometimes also the person's identity, researchers report September 22 in *PeerJ*.

After three volunteers sat in a sanitized room for four hours (along with a sterilized laptop for entertainment), the researchers found that human-associated bacteria had

gathered on collection dishes in the room. These bacteria included species like *Staphylococcus epidermidis*, often found on human skin, and *Streptococcus oralis*, a common mouth resident. Each person's cloud contained distinct types and amounts of bacteria — so distinct, in fact, that each subject could be identified by their microbes.

In a subsequent experiment, five of eight participants could be identified by airborne bacteria in air filters in the room. Two of the five people produced so much microbial material that they could be identified based on cloud bacteria that got stuck in the room's air ventilation ducts. By: Yanishka Ruiz

## Quiz: How to know if a guy likes you?

One of the questions commonly asked by girls: How to know if a guy likes you?. Now I'm going to give you this tips answer the quiz and lets see if he like you or not.

### 1. He teases you or flirts with you?

- A. Yes!!! Like every day.
- B. Sometimes but he does that with everyone.
- C. No. I Wish!!!

### 2. How is you friendship?

- A. He is one of my best friend, so he is always with me.
- B. We are normal friends but suddenly we are spending more time together.
- C. I think he knows that I exist.

### 3. Have you catch him looking at you for no reason?

- A. OMG!!!! Yes, I love when he does that.
- B. Sometimes but I'm afraid that he might not be looking at me.
- C. Yes when I look at him for a long time he looks at me back.

### 4. Does he initiates the conversation?

- A. Duhh!!!! I'm not going to look for him.
- B. Sometime he does sometimes I do.
- C. I think we don't have the confidence enough to talk.

### 5. Does he give you cute nicknames?

- A. Yes actually he calls me sweetie.
- B. Actually yes he calls me Baby Sis.
- C. I have heard that he says I'm the stalker, but he is just over reacting.

### Ok girl it's time to know:

4-3 A's he actually likes you

4-3 B's There is something going on but, not sure if is love ,chemistry or a life time friendship.

4-3 C's Don't lose your time, be patient and you will find someone that will love you like you are,







# Soup of Letters

## IRREGULAR VERBS



WHAT DO  
YOU SEE?

O U Q M T Z S J S G F V C W I  
R A J P I H E E Z K O A D A U  
D M E V O S W M U O R N T R R  
O L N W O E T K N U G E E D W  
S C E R D G O A O R E V Z H T  
W D Q Y U O Y M K K T I K T M  
D O P T T R M B E E Q G R I K  
L F R R M L E Q G K V C B W N  
O W E G X C A E Y V X G Q J X  
S V Z L S Y N K Z B R Z H O C  
O T W K I P T T E A T E N J J  
W F Z A P B O K L X T N T I S  
K B N Y J L M I S E K C U T S  
D A E R P S E F L D N D I D L  
E Z P D W R I T T E N K V W U

GOT  
TIME?

DID  
GIVEN  
LET  
OVERTOOK  
SHOWED  
SPOIL  
WITHDRAW

EATEN  
GROW  
MEANT  
ROSE  
SLEPT  
SPREAD  
WRITTEN

FORGET  
KNELT  
MISTAKE  
SEWED  
SOLD  
STUCK



# World News

## Five steps to achieving the goal of educating every child in the world

A girl with her schoolbook at Pibor primary school in Pibor, South Sudan. Worldwide, 250 million children do not have basic numeracy and literacy skills.

### Address disadvantage from early childhood

Hardship associated with poverty affects learning even before children start primary school, and those who encounter difficulties early on face an uphill struggle to catch up. Early childhood education helps to redress this: attending at least one year of pre-school has an average benefit for learning that is equivalent to at least one formal year of schooling in Argentina, Australia, Brazil and Germany. In Argentina, the impact is twice as large for poorer students. To benefit fully from education, children must also start school at the right age (in two-thirds of countries, six years old is the common starting age for primary education).

### Ensure teaching is at the right pace for the weakest learners

One reason why so many children spend



time in school without progressing is overly ambitious and inflexible curricula. Education interventions aimed at basic literacy and numeracy skills for children who have fallen behind curricular expectations show that they can improve rapidly with the right support.

### Provide disadvantaged children with the best teachers

In many countries, inadequate training of teachers is holding back children's learning. In Mali and Niger, training for teachers led to major improvements in early-grade reading: while no students

# World News

training. In addition, the best teachers are often not reaching schools where they are most needed. Vietnam is one country that has addressed this: teachers of more disadvantaged children are actually absent less often, provide feedback more regularly, and are slightly more likely to have received "excellent teacher" status.

## **Provide learning resources to help children progress at an appropriate pace**

Learning materials will only be effective if they are accessible to children in the classroom, are pitched at the right level and in the right language, and teachers are trained to use them. A computer-based tool in India that tailored learning materials according to children's current learning levels increased test scores in mathematics for the average child, to exceed 69 of children in the comparison group.

## **Empower parents and communities to hold schools and policymakers to account**

To implement measures aimed at raising

learning outcomes and overcoming inequalities, households and communities need to be able to hold policymakers and school leaders to account. In Indonesia, interventions aimed at increasing school committees' authority and introducing elections of committee members lifted the average child's learning in the Indonesian language. Special measures can be potentially powerful, but care must be taken to empower the disadvantaged within communities. In Mali, for example, increasing the power of local governance empowered some groups, but further isolated nomadic groups.

By: Lisbeth Perez

# Academic News



## **We earned the Green Flag**

The last September 26, 2015 our school Luis Negrón Lopez for the third time, was awarded with the Green Flag this flag is given to ecological schools of Puerto Rico once these made their contributions to the environment, set by the national jury of Eco-School (JNEE). These year 42 school participated which only 35 send them the portfolio for the evaluation and we were one of those schools, in this year we had a great impact on around 12,424 students and 1,163 teachers across Puerto Rico.

Thanks to our effort and dedication to the environment our school earned we earned. The Green Flag was received at the Luis Munoz Marin Park in San Juan. The people who represented the school were: the teacher Raquel Vázquez, the librarian Zenaida Martínez and the students called Adayra Rodríguez Vázquez, Johann Vázquez, Adianez Vélez, Wanda Vidro, Rocío López, Sayie García, Angellie Santiago, Michael Pagán. I will like to thank the school and all the students that helped in this project especially the teacher Providencia Laracuenta she is the one that directs the protects pro- environment.

By: Adayra A. Rodríguez



# Interview to Wanda Vidro a Nurse from Mayaguez Medical Center

## The Work of a Nurse



What is your name? Where did you studied? What did you studied? Where do you work?

My name is Wanda I. Vidro Santana. I studied nurse, in the Interamericana of San German, Puerto Rico. I work at Mayaguez Medical Center.

What is the hard part of your work?  
The hard part of my work is the long hours of work. Some of the patients are hard to work with. Nursing is not always an easy task, but it is very rewarding and enjoyable.

What are the challenges that you have when you were studying?

The challenges that I had when I was

studying was the economic and the transportation. I wanted to study in another University but I didn't have a way to get there. So I study in a closer University, but still I had to wake up early so one of my family members that work close could take me there.

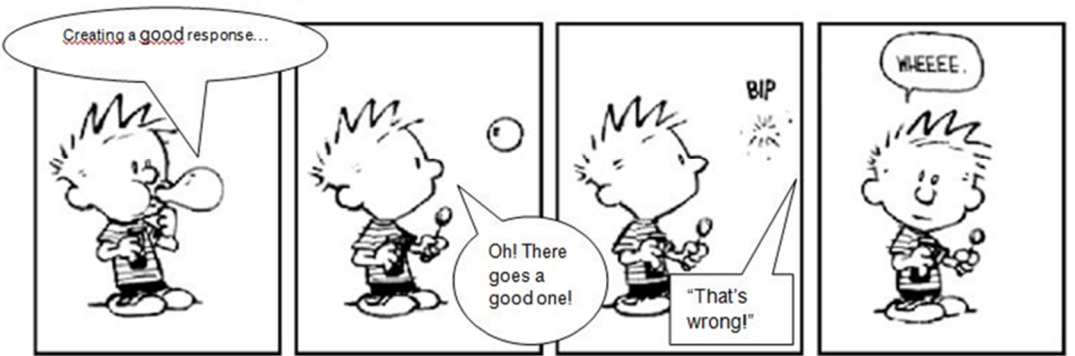
What do you love about your job?  
What I love most about my work is the satisfaction, seeing that the patient gets better and can get to their home with their family again.



By: Wanda Velázquez

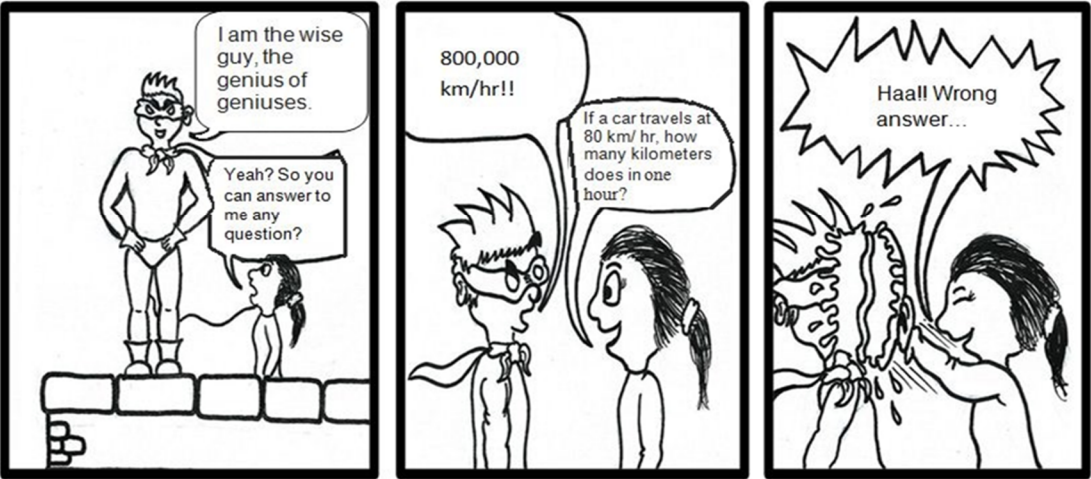
# Comics

Me when I'm taking Spanish class:



By: Lisbeth Pérez

You are the wise guy, the girl is your test!

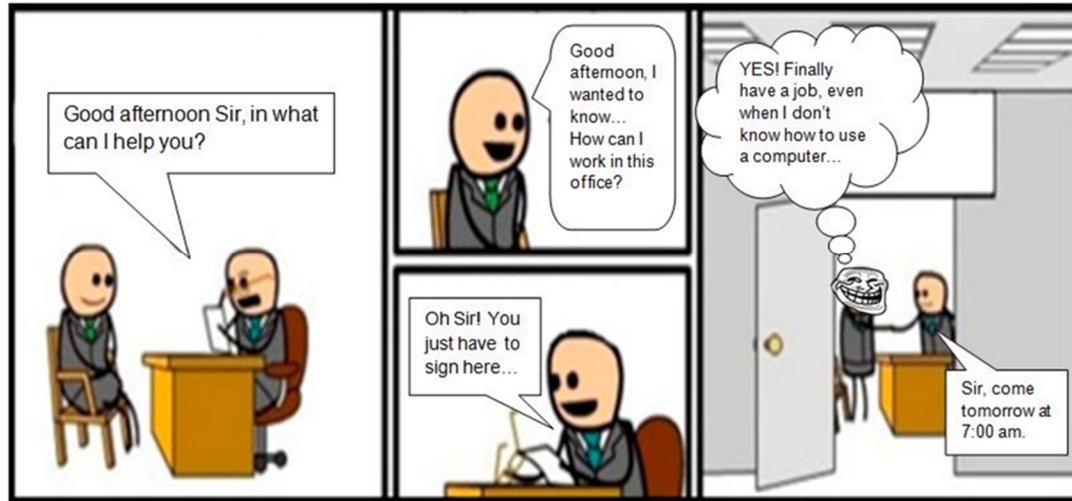


By: Lisbeth Pérez

# Comics

## Expectation

By: Lisbeth Pérez



## Reality

By: Lisbeth Pérez



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## Interview to the president of the graduating class 2015-2016 “Nakoa”: Joyce L. Casiano

### A sneak pick to a presidential mind

1. What motivated you to throw the post of president of the graduating class?  
Being a very active and sociable person motivated me to throw for this position. I like the teamwork and cooperation.

2. What activities do you expect to perform for the benefit of our Graduating Class?  
Everything within reach and activities among the students in the school, chocolates and food sales, raffles, carnivals of basketball, volleyball and softball and fashion shows.

3. What do you expect of your policy?  
I hope that all work in group, we have understanding and unity. All opinions and ideas are taken into account.

4. What would be your best strategy to raise funds without having disputes between students?  
Carnivals can be one of the activities that can generate funds without creating

controversy among students because it promotes sports among the youth and is a healthy activity that parents approve and are in full agreement to perform.

5. What are your main goals for the graduating class?  
My biggest goal is to be achieved something beautiful, something good done in the end leave good memories and harmony, and this will be our last memory of high school.



By: Lisbeth Pérez



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# Interview to Dayanara Santana

## Her opinion about the New Principal

1. How did you receive the news about the new Principal?

“I was in the lunchroom when I heard a girl talking about a “new Principal”. I was kind of confused but I didn’t pay much attention.”

2. Did she present herself in your group?

“No, because the day she was going to every home group my teacher was absent, but my friends were talking about her going to each classroom.”

3. What was your first impression?

“My first impression was that she is very young, that’s something different and hopefully something positive.”

4. What do you expect from her as a Principal?

“I just expect that she helps us and cooperate with our senior stuff.”

5. What have you heard from her in the hallways?

“I’ve heard that she’s very strictest and that she has a couple of student’s hats in her office, because that’s not part of the scholar uniform.”



By: Maria A. Torres Cruz

# Top 5 Books to Read

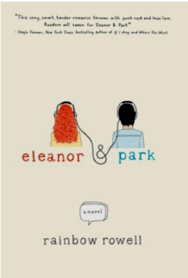
The Testing by Joelle Charbonneau

Keep your friends close and your enemies closer. Isn’t that what they say? But how close is too close when they may be one and the same? Cia Vale is honored to be chosen as a Testing candidate; eager to prove her worthiness as a University student and future leader of the United Commonwealth. But on the eve of her departure, her father’s advice hints at a darker side to her upcoming studies--trust no one.



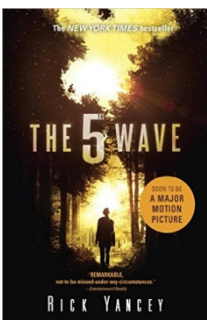
Eleanor & Park by Rainbow Rowell

Set over the course of one school year, this is the story of two star-crossed sixteen-year-olds—smart enough to know that first love almost never lasts, but brave and desperate enough to try.



The 5 Wave by Rick Yancey

After the 1st wave, only darkness remains. After the 2nd, only the lucky escape. And after the 3rd, only the *unlucky* survive. After the 4th wave, only one rule applies: trust no one.



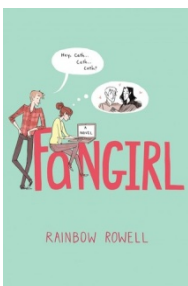
Since You Have Been Gone by Morgan Matson

Before Sloane, Emily didn't go to parties, she barely talked to guys, and she didn't do anything crazy. Enter Sloane, social tornado and the best kind of best friend--someone who yanks you out of your shell. But right before what should have been an epic summer, Sloane just disappears. No note. No calls. No texts. There's just a random to-do list with thirteen bizarre tasks that Emily would never try. But what if they can lead her to Sloane?



Fangirl by Rainbow Rowell

For Cath, being a fan is her life. She and her twin sister, Wren, ensconced themselves in the Simon Snow series when they were just kids; it’s what got them through their mother leaving. Now that they’re going to college, Wren has told Cath she doesn’t want to be roommates. Can she make it without Wren holding her hand? Is she ready to start living her own life? Writing her own stories?



By: Wanda Velázquez

# Editorial Page



## Be Rad and Free

Why every single person that walks on Earth has to follow the same mold? If we think about it, it's something completely terrifying. Not only government, but also the market handle us.

We grow up, and we have to study, because if you don't then you are a complete loser to society. You study because you want and need money to survive in this world of robots. That's what this society is; a society of robots. I'll give you a brave example: when we get out of high school, we need to study in college for at least four years so you can become a "professional", then you go out to the real world and find yourself a job, you spend the rest of your miserable life working like a dog so you can sustain yourself, and finally when you're too old to be working you stay home waiting for your death to come. Maybe you'll be all alone because your priority in life was to get money and have all those things that you dream to have when you were young, because society teach us that without luxurious you're a nobody. Is very embarrassing where this world is going.

Things shouldn't been like this but as always, people want power and control. They have achieve their goal; people do nothing else but what the laws and rules tell them to do. They are never "free" as some claim to be. We do what we see, and for generations we've seen that happiness is obtained by having tons of money, that at the end you have nobody to share it with or nobody that really wants to be by your side for who you are.

Think about it, don't let that world that's outside fool you. You have much more to offer to this magical world than a brain full of false knowledge and a pocket full of cash, but a heart empty as store on clearance. Think beyond, do what makes you happy, and be who your soul wants to be.

By: Maria A. Torres Cruz

*Be the change  
you wish  
to see in the world.*  
*-Gandhi*

# Anime Quotes



The word 'anime' is based on the original japanese pronunciation of the american word 'animation.' The stereotype of the anime style are characters with proportionally large eyes and hair styles and colors that are very colorful and exotic. The plots range from very immature (kiddy stuff), through teenage level, to mature (violence, content, thick plot). Many people center in the violence part, and completely forget how this is a media through that can teach life lessons, those that truly stood out, and to show the philosophical and psychological, even poetic side of both anime and manga. Here are a few quotes to leave you thinking.

- "I won't run, I will stand and look ahead to what I must do, I must face the fear, I won't let it control me anymore, I will use my heart that holds my courage and my bravery to move me forward to what I must do." Gray Fullbuster (Fairy Tail)

- "I don't have any wishes that won't come true or that are impossible. Because if it's

a dream I can't reach by myself, I won't even dream it in the first place." Shirou Emiya (Fate Night)

- "Revolving. And each time it's touched by the light of the sun and moon... The world is always changing into something new." Kurosaki Ichigo (Bleach)

- "Life is basically like a soap bubble. It rides on the wind, flying here and there,... And before you realize it, pop! It's gone. When it's about to disappear, you think that you could've flown a bit higher. But by the time, it's already too late." Sakata Gintoki (Gintama)

- "There is no such thing as perfect in this world. That may sound cliché, but it's the truth. The average person admires perfection and seeks to obtain it. But what's the point of achieving perfection? There is none. Nothing. Not a single thing. I spit on perfection! If something is perfect, then there is nothing left. There is no room for imagination. No place left for that person to gain additional knowledge or abilities. Do you know what that means? For scientists such as us, perfection only brings despair. It is our job to create things more wonderful than anything before them, but never to obtain perfection. A scientist must be a person who finds ecstasy while suffering from that antinomy." Kurotsuchi Mayuri (Bleach)

This are just a few of the many quotes passing undiscovered. What do you think? This was all for Anime Quotes. Keep tuned!

By: Yanishka Ruiz



# Changing the World

The December 15, 2014 in our school the “Luis Negrón López” we recycled 298 pounds of aluminium. We couldn’t recycle aluminium without the help of students of environmental science course. Together we are making a big difference the environment step by step we are making a difference in this world. Collecting 298 pounds of aluminium is a great initiative in our school 298 pounds is a big number, but this year we are going for more. WE will keep helping the planet because this is the only beginning, and a special thanks to all these teachers and students that made it possible.



By: Adayra A. Rodríguez

# Petiveria Allicea L. Vs. Cancer

Cancer is a major obstacle to the development, and Breeding Artemia Salina undermines the social and economic progress world- (Brine Shrimp) and Procedure wide (WHO 2011). About 47% of cases and 55% of BSLA (Brine Shrimp Le- all cancer deaths occur in less developed regions of thalyty Assay). After done the world, ie in countries with a Human Develop- these procedures the results ment Index (HDI) medium or low (Wild, 2012) and achieved were that the con- where it is expected that the situation will worsen. If centration of 16mg / mL of current trends persist, by 2030 the incidence of can- the solution were able to kill cer increased by 81% in countries with low and me- 67% of the brine shrimp, the dium HDI compared with 2008. Reasons that have concentration of 8 mg / mL of guided my research: Will the Peticeria Allicea L. the solution was able to kill (Anamú) sufficient toxicity cancer cells to counter- 50% of Artemia Salina, with act? Correlating cancer cells with the death rate reg- the concentration of 4 mg / istered in the brine shrimp. Through my experimen- mL of the solution was able to kill 33.33% of Arte- mation I could check my alternative hypothesis which mia Salina, with the concentration of 2 mg / mL of says: The Peticeria Allicea L. (Anamú) will have the solution could kill 3.33% of Artemia Salina, with sufficient toxicity to counter cancer cells. As a result 1 mg / mL concentration 0% of Artemia Salina. Im- the Peticeria Allicea L. (Anamú) kill the Artemia plying that the Petiveria Allicea L (Anamú) has suf- (Brine Shrimp). ficient toxicity to counter cancer cells.

Which led me to the following: Preparation of the By: Adayra A. Rodríguez

leaves is used in the manufacture of infusion, infu-  
sion Developing Petiveria Allicea L. (Anamú)

