



Mission

To ensure that every student strives to achieve excellence

Motto

The Pursuit of Excellence!!!

Vision

Newark Tech will become a national model of educational excellence.

TERRIER- NEWS

Empower

The WORLD

you live in

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Motivator-Newark Tech Junior Israel Alford



NAACP HISTORY MAKER 2015



Mr. Alford was recognized as a history maker by the NAACP. Mr. Alford's accomplishments as the Chair President of Communications are commendable. He was one of student leaders who convinced State Farm to fund YMS \$93,750 under the Abbott Leadership Institute to open College Success Centers throughout Newark. Israel responded to the accolade by saying "I am honored to be one of the recipients for the NAACP History Maker Award. My advocacy began in 2012 when Ms. Cami Anderson tried to close my 8th grade elementary school. Later on that year I got involved with the ALI Youth Media Symposium where I was taught to use my voice to build and cultivate my city into a more advantageous place to live and visit..."

Self

Improvement

Cherokee Coleman



Self improvement is something we all struggle with in life. How do I start? What if I'm not ready? Some questions we tend to ask ourselves all have a simple answers. Determination. Self improvement is never easy but is actually a simple process. I decided to break it down into four easy steps called ICSI. I promise it doesn't cost any money and you can start right from your bed. Ready? Here we go:

Step 1: Investigate

Investigate simply means to analyze your situation. Think of it like shooting a gun. Instead of just firing off, hoping to shoot something, you need to aim at a clear target (and I'm not saying to go shoot a gun to prove a point). The two practice questions you should ask yourself is, one, what do you feel you is dissatisfying about yourself and need to change? Two, where is it you want to be? Investigating also includes going on the internet, such as Google. You can look up different techniques but we're going to stick with this newsletter for now. I know what you're going to say. Cherokee, why the heck should I 'investigate'? Well, I'll tell you. **Investigating** is like fueling an engine. Investigating gives your mind something to work on. **Investigating** is a great start to self improvement.

Step 2: Commit

Commit is self explanatory word. It simply means to set your goals and prepare your plan of action. How are you going to go about achieving your goals in the most successful way? Your plan should, and will often, include objectives to be achieved, methods, controls and supports. Your plan doesn't have to be perfect. You don't have to cross your t's and dot your i's. Just have a plan that will move you in the right direction. Your simple plan will allow you to reflect on your progress regularly and change things a bit when you need to when circumstances occur that you couldn't predict before. Putting everything in a nice snack wrap, your plan should be your prediction of what you think should happen. Your plan also needs to be an aid, not a liability. That simply means, you have to be willing to re-plan as you need to.

Instead of just firing off, hoping to shoot something, you need to aim at a clear target

~Cherokee Coleman



Commit also means you need to take a look in the mirror at yourself and your motivation. You can also seek feedback and help from other people you trust, such as your best friend or a sibling. Ask yourself the following questions: Why am I doing this? Why am I really doing this? Why is this important to me? Am I passionate about it? Is it a top priority? What benefits do I expect from this and at what price? What are the risks for me and others? How will I commit the necessary resources? What am I putting at stake? Am I in a fit enough mentally and physically to have outstanding results? Am I programming myself for success or failure?

The purpose of this is to provide focus, boost motivation and help you set up for success. If you don't know where you're going, any road will take you there, eventually, but you may wander about all over the place. **Committing** helps you have a clear direction and, therefore, achieve success quicker and easier.

Step 3: Start

Now this is where you put your words into action, when you apply efforts in line with your plan. This is where you actually start doing things, learn, change etc... So, what I'm saying is take action. GO. DO IT. DO IT NOW. LIKE, RIGHT NOW. "It", in this case, depends on your situation. It could mean may be learning new techniques, acquiring new knowledge, applying what you learned, practicing different approaches, implementing and improving your plan and developing new habits. Well, Cherokee, why should we start? The purpose of this step is to ensure action, progress and stickability. Doing Step 1 and 2 will not get the job done on its own. If you get stuck, or are unsure of what to do, try something new or go by a different approach. Have you ever heard the saying 'Failure to prepare is to prepare to fail'? No?

Me either. Anyways, **Investigate** and **Commit** might be seen as steps to prepare yourself but can become an excuse if you're too lazy or procrastinate. Part of **Commit** should be to take action to achieve your self improvement goals every day.

Also, **Start** includes being an achiever so that your *motivation, determination and self esteem* are enhanced. Look at it like success is 5% inspiration and 95% perspiration. Keep going, never give up. Especially when others give up on your or when you feel hopeless and useless. To help you, reward yourself when you reach a certain milestone to motivate yourself to keep going. Keep **Starting** and trust yourself and the process. As they said, back in the day, when the going gets tough, the tough get going.



Step 4: Integrate

Integrate simply means to make the changes needed to build new habits which make your "self improvement learnings AUTOMATIC". What I mean is, you will start doing things differently, without even thinking about it. Again, Cherokee, why should I do this? See, I got you. The purpose of this step is to ensure that you reach a state where you have completed something that you don't even know you've completed. This step also brings us back to **Commit** because it regards your purpose and how well you've achieved it.

Sir Thomas Buxton once said, "The longer I live, the stronger becomes my conviction that the truest difference between the success and the failure, between the strong and the weak, between the big and the small man, that separates the boys from the men, is nothing but a powerful aim in life, a purpose once fixed and then death or victory. And no perfect speech or manners, no culture or education, no pull or influence, can make a two-legged creature a man without it."

Take the above suggested ICSI process and tailor it to suit your needs. You don't have to follow it exactly how I told it. This process will put you in control and make the achievement of your self improvement goals easier and more satisfying. It will make you proactive and boost your self esteem as a result. This process will help you to sing the songs of your choice.

Summer Break Tips

5 Ways to Make the Most of Your Summer Break **~Raijean Thomas**

1. Rest

Sleeping and resting are not the same. To sleep is to slow ones body down. To rest is to relax. When you rest, energy is restored to your body. Stress and anxiety can allow you to physically sleep but not mentally rest. That is why one can sometimes awaken just as tired as he/she went to sleep.

2. Manage your time

Many of us start Summer Break with the idea that we have several weeks to relax and have fun. Yet we often find ourselves feeling tired and disappointed at the end of the break. Why so? Many of us do not manage our “down-time” appropriately. By creating a schedule, we can maximize our leisure and recreational time. Even events such as “TV Saturday 11am-3pm” and “Walk dog” should be recorded.

3. Be a “couch potato”

“2 months out from school? Sounds fun! It HAS to be epic!” Right? Wrong. You dont have to go everywhere and do everything. Your schedule is YOUR schedule meaning there has to be time for YOU. It is important to build in leisure time. Take a “break” from the outside world, this summer break. Afterall, Resting is more like being couch potatoes.

4. Get in Touch with Nature

Being outside in nature makes people feel more alive, finds a series of studies published in the June 2010 issue of the Journal of Environmental Psychology. "Nature is fuel for the soul," says Richard Ryan, lead author and a professor of psychology at the University of Rochester. "Often when we feel depleted we reach for a cup of coffee, but research suggests a better way to get energized is to connect with nature," he says. No one says to go out hugging trees, but consider taking a walk.

5. Go somewhere!

So, you dont have to tap into your savings or even into your pocket. Your “somewhere” could be the mall, a park or even just a friend’s house. Go somewhere you dont usually go and enjoy a new experience!

Motivating Yourself Thru Food!

~Deja Ingram

Food is something we all lose motivation for at one time or another for many reasons. Personally, I have more failed diets than I care to remember. Instead of a carrot with a glass of water, a lot of us would rather have a Big Mac and a Coca-Cola. I know this food maybe delicious but we can't have it all the time. It clogs arteries, has countless chemicals and byproducts that are barely consumable to humans and other harmful things that could kill you over a short period time. So the following recipes provide a healthy alternative for some things we enjoy.



http://www.eatingwell.com/recipes_menus/recipe_slideshows/healthy_recipes_to_satisfy_junk_food_cravings

1

Grilled Ham, Muenster, and Spinach Sandwiches

Mild Muenster cheese is too often overlooked; it's great for sandwiches, burgers, omelets, or just plain snacking. It matches well with thinly sliced ham, fresh spinach, and sweet-and-tangy chowchow in these crusty-breaded sandwiches.

Pantry Checklist:

- Chicago-style Italian bread
- Deli ham
- Muenster cheese
- Baby spinach
- Mild chowchow

Prep: 7 minutes

Cook: 4 minutes

Preparation

1. Layer each of 4 bread slices with 2 ounces ham, 1 slice Muenster cheese, 1/2 cup baby spinach, 1 tablespoon chowchow, and 1 bread slice.

2. Heat a large nonstick skillet over medium-high heat. Coat sandwiches with cooking spray; add to pan. Cook 2 minutes on each side or until browned and cheese melts. Cut sandwiches in half, if desired. Serve immediately.

Note:

Cooking Light Fresh Food Fast,
Oxmoor House
APRIL 2009

<http://www.myrecipes.com/recipe/grilled-ham-muenster-spinach-sandwiches>



NT Selected Recipes

Deja Ingram
Salima Brown
Zaynab Jinks
"Motivating with Food"

2 Corn and Potato Chowder

Heat a Dutch oven over medium-high heat. Coat pan with cooking spray. Add bell pepper and 3/4 cup green onions, and sauté 4 minutes or until lightly browned.

Ingredients

3/4 cup (6 ounces) 1/3-less-fat cream cheese, softened

1/4 cup (2 ounces) fat-free cream cheese, softened

1/4 cup minced green onions

1/4 teaspoon salt

1/8 teaspoon black pepper

2 garlic cloves, minced

12 mini bagels, halved and toasted

1 (12-ounce) bottle roasted red bell peppers, rinsed, drained, and chopped
Increase heat to high; add corn, water, seafood seasoning, thyme, red pepper, and potatoes; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until potatoes are tender. Remove from heat, and stir in half-and-half, chopped parsley, and salt. Place about 1 1/2 cups soup in each of 4 bowls; sprinkle each with 2 tablespoons cheese and 1 tablespoon green onions.

**Nancy Hughes, Cooking Light
JANUARY 2006**

<http://www.myrecipes.com/recipe/corn-potato-chowder>



"Aim Realistically"



A Motivational Speech

~ ~Domonique T. Campbell



As children we dream to become the greatest and the best; we have big bright eyes which lead the way to the untapped mind of an innocent individual. In that period of time we see all the world has to give, we aspire to be everything from super heroes saving the day, to dragon slaying knights in glistening polished armors. Everything is possible as a child, nothing is negative. The world is every child's dream box and every new adult's scariest fear.

Just as a language and skill are acquired; children are taught why dreams don't always come true. As we grow in age our spirit dies down like a weak burning flame. Before you know it you turn around and you've blossomed into an adult. Pushed out into an adult world with problems that you find yourself alone to face. What are you going to do? Who will you depend on when you find that your considered lucky when you actually reach your dreams? Well I may not say what everyone else is telling you, no I may not follow the mainstream happy-go-lucky crowd, when I say do yourself a favor "aim for what your capable of!"

Nowadays people follow what they see; they comment that they are just as talented as celebrities and can do just fine without better education or without hard work. This mindset is wrong and I'm sorry to be the one to say it, but not everyone can be a Johnny Depp, Halle Berry, Steven Jobs or in fact Bill Gates who stated in his speech "I did the best of everyone who failed" while in college. Gates was much like the children of today, lazing around and doing a mediocre job on everything (from what little information I have) and then he happened to get a lucky break.

Unfortunately it wouldn't be "luck" if everyone had it. I feel that a young person should start as soon as they can in creating a dream life that is more than realistic while still maintaining a level of comfortability. People are capable of living with the basic necessities of life until the innateness of greed and selfishness of a young person causes us to reach too far and want too much. There's nothing wrong with having dreams and goals in life but you have to know what it is you need in order to accomplish these goals. The ability to separate "want" from "need" is part of aiming realistically towards your goals.

When aiming for the stars we have to jump, reach and stretch. We are no longer children, life is not taken care of for us anymore, and people don't sit around trying to hand feed us. We are the young generation, the next generation in fact and we have to cease our hurtfulness, our stubbornness and shameless lifestyles. Expecting for a successful outcome to fall into our laps is an unfortunate misguided state of mind. The undeserving must change the way they think, they must work to achieve anything in life. Like Bill Gates said in a speech, "I didn't worry about getting up in the morning". He didn't worry because he was already up all night working and putting effort into what he wanted to accomplish. If there is anything I could say that I would hope to stick with you all forever is to aim for realistic goals and work hard for them.

"Self Improvement Becomes a Movement"

-Zaynab Jinks

Conduct your limitations as apparitions

your success will be limitless.

Failures and hope as vigor to progress let go of the stress ...

Conduct your limitations by other people's perception and deception

Failures and hope as vigor to progress let go of the stress...

Deception is a weapon to misguide the weak minded from societies' oppression.

Failures and hope as vigor to progress let go of the stress...

Perception-Deception -Weapons-Apparitions- all lead to societies' oppression.

Failures and hope as vigor to progress let go of the stress...

As we let go of stress self-improvement becomes a movement.

Only when we let go of negative perceptions does self-improvement become a movement.

As we let go of deception then does self-improvement become a movement.

A movement to oppose the wicked doings of the congress' influence.

Failures and hope as vigor to progress let go of the stress...

No I'm speaking of the educational system and how standardized tests determine the imprint of future excellence.

Failures and hope as vigor to progress let go of the stress...

The educational system set a high pedestal for minorities making them feel inferior to standard criteria.

Failures and hope as vigor to progress let go of the stress...

Let tomorrow be better than yesterday don't let false judgement cause your dreams to go astray.

Self-improvement becomes a movement as I motivate myself and others to let go of the stress so that we can progress...



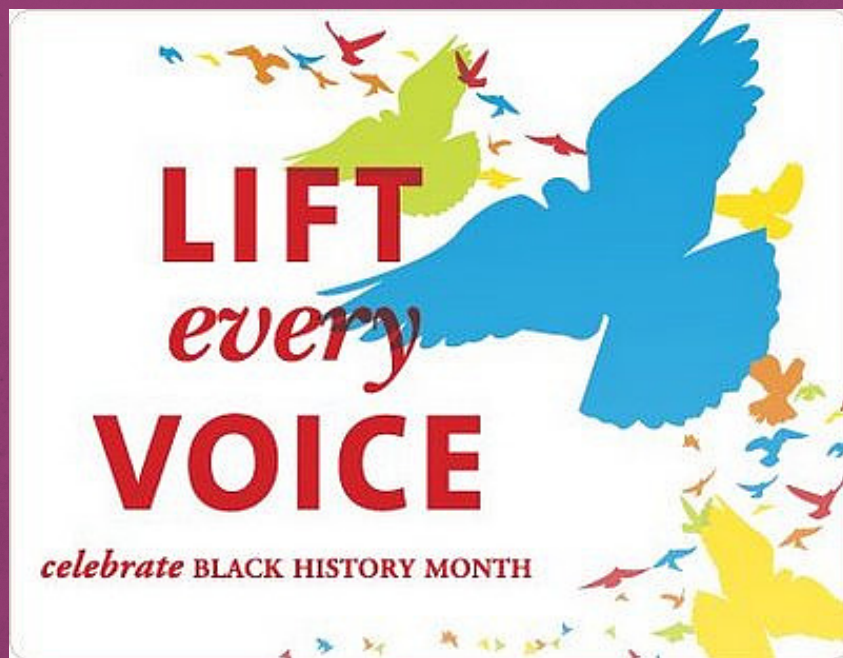
ALMIGHTY FIGHTING AFRICANS

BY AISHA DUKUREH

Black History at Newark Tech will never be the same again. While the class of 2015 performed a tribute to Africa. The assembly put an emphasis on the cultural aspect of “Mama Africa.” Going into the actual assembly Mr. McCune’s music production is truly talented. Newark Tech kicked off the assembly with a presentation of the song “Glory” by Common and John Legend, “Be Free” by J Cole and “If I Rule the World” by Nas. The songs set the mood for the rest of the assembly. The audience enjoyed the presentation of songs and participated as the program started to celebrate Black History Month.

If there is one thing that the class of 2015 can do, it has to be dance. Mr. Gary’s seniors were truly the stars of the show. They showed the importance of dance for those who were enslaved. Digging deep into the roots of Africa they brought back the cultural dances of those whom were enslaved, showing how they used dance as a form of expression. The presentation of intricate dance moves by the students showed how even though many Africans were taken from their homes they still held true to who they were and where they came from. Part of the assembly also showed how Africans were able to interact with Native Americans.

All in all the entire message was well received. We now have a better insight on Africans and how they were able to survive when they reached the Americas. Closing off the assembly was senior Jada McNeil, singing the Negro National Anthem “Lift Every Voice and Sing.” The assembly was beautiful and I can’t wait to see what the class of 2016 will bring to Newark Tech’s annual celebration.



Removing his sunglasses to massage his blood shot eyes, my grandfather positions himself in the kitchen chair near the window, ready to begin telling his never ending story about New Jersey. I lean in closer to his face so that I can decipher the words he struggles to say in English. "Well Noni, I think America is too city for me, look at how dull it be, can't even go outside and breathe in fresh air." My grandfather is from our minuscule underdeveloped island of Dominica, where front doors are always left open to any passing strangers, and when you're thirsty, you can simply climb a tall tree to pick and cut open a fruit to drink.

On an island like this, one is never truly bored there is always some part of the island left to discover. Spending almost all of his life in this foreign place has convinced my grandfather into believing that this is the only lifestyle for him. He loathes America. He has come to the conclusion that America is nothing more than mammoth buildings, obnoxious teenagers, and fenced up houses blocking out potential dangers. Although, he has made this conclusion, my grandfather has yet to step one foot outside of the Essex County.

"Yes, I do realize that America is a highly developed country, and that there isn't much of this place yet to uncover, but that does not exclude us from being interesting and worthwhile" Noni replies.

"Sometimes I just feel stuck here" grandfather mumbles while tugging on his Yankees baseball cap. My question to all foreigners who relate to my grandfather at this very moment is "when was the last time you went exploring this beautiful country called America without it being to the local Shop Rite on Main St East Orange or Irvington Center on Springfield Ave?" America has a lot to offer outside of your neighborhood. Motivate yourself to explore and learn.

I reminded my grandfather how growing up" grandmother always stressed how life isn't going to come sit its warm touché on your lap. If you crave excitement go out and get to it. Just because you are not used to "city life" does not mean you are at the hands of its mercy. Don't succumb to living behind bricked walls. Expand your horizons! Take chances! Live the life that was given to you, instead of wallowing within every complaint. Life is too short to not utilize it to its great advantages. America's doors are just waiting to be opened. I promise you won't regret it. When was the last time you hoped on a roller coaster at Disney World or took a stroll on the board walk at the Jersey Shore? Visit the Princeton University Art Museum or Cape May County Park & Zoo!" Grandfather looked at me and said "me don't have money." I responded "don't fret it Grandfather, there are plenty of free things here to do!"

"Newark Tech

Stars of the Arts"



Anisa Rodriguez
Poetry Written
Gold



Domonique T. Campbell
Short Story
Gold




Alexis Green
Poetry Performance
Gold

Newark Tech students have successfully completed in national competitions sponsored by the NAACP's Afro-Academic, Cultural, Technological and Scientific Olympics (ACT-SO). The ACT-SO organization sponsors 29 competitions with more than 300,000 African American high school students participating throughout the country in this yearlong salute to excellence on multiple levels. Our students continue to excel on national levels.

We have a recipient of the **35th New Jersey Governor's Award in Arts Education for outstanding achievement** -Ms. Shadaia Leach –Smith. We are going to call them the **Newark Tech Stars of the Arts**: Domonique T. Campbell-Gold Medal for short story, Anisa Rodriguez- Gold Medal- poetry written, Alexis Green-Gold Medal- poetry performance, Mikayla James-Bronze Medal- Music Vocal Contemporary and Giovanna Humes-Burgess- Bronze Medal- Music Vocal Contemporary.

~Lynn Kelly



Shadaia Leach-Smith
Vocal Classical -Gold
2015 Recipient of
"The 35th New Jersey Governor's
Award
in Arts Education"



Mikayla James
Music Vocal
Contemporary
Bronze



Giovanna Humes-Burgess
Music Vocal Contemporary
Bronze

Greetings,

In the Pursuit of Excellence, the **Newark Tech PTA** would like to welcome you. As we continue to promote Parental Involvement, we would like to make our plea in inviting you to our meetings and to be a part of our association. We are an ongoing organization that encourages parents and students to be a part of. The cost to join is \$10 per parent/teacher and \$3.50 per student. This is a great way to get involved in your child/children's education and to gain valuable information about what's going on within the Essex County School District. 2014-2015 PTA Executive Board Members:

Ms. Delores Wallace – Parent Coordinator

Ms. Keisha Grant-Foster - President

Ms. Denise Davis – Vice President

VACANT – Secretary

Ms. Kienast White – Treasurer

Mrs. Marcia Phillips – Teacher At Large

Mrs. Barbara Marrow – Parent Volunteer



SIGN ME UP!

We currently have 30 members and striving for more. The PTA meetings are held on the 1st Tuesday of each month at 6pm in the TEAL Center. All are welcome and encouraged to attend and/or bring another parent along with you. We also have workshops incorporated into our meetings such as Attendance, Moodle, Financial Aid, College Prep, Bullying, SAT/PSAT information and much more.

Our goal is to provide assistance to the students, staff and organizations were needed.

If you would like to join the Essex County Newark Tech PTA, please contact Ms. Delores Wallace at 973-412-2293 or dwallace@essextech.org.

“An educational system isn't worth a great deal if it teaches young people how to make a living but doesn't teach them how to make a life”.

Truly,

Ms. Kienast White

PTA Treasurer