



Patriot Press

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Apex Friendship High School's Student Newspaper

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STUCO Elections

By: Braylin Campbell

On April 20th, Student Council (STUCO) held an interest meeting in the media center at 2:40 p.m. The meeting provided information about this organization such as positions under each branch like Student Body, Junior Class, and more. Student Council has the responsibility setting up school events, Spirit Weeks, creating traditions, establishing dates for events, and most importantly, addressing the needs of the Student Body. The meeting provided the attendees with campaigning tips and rules.

All STUCO campaign participants must create a one minute video explaining to the Student Body or class what they intend on doing to help students, better the school and build student traditions. All participants can have 1-3 posters representing the name

and position they aspire to achieve. Campaign swag such as bracelets, pencils, and t-shirts will be allowed. The prohibited swag includes food, drink, and money and will lead to disqualification. Any participant running for a Presidential position must write a 3-5 minute speech for the student body or class about why they should vote for them.

"I want someone who is dedicated," stated Mrs. Wooten, Student Council Advisor. Mrs. Wooten looks for a candidate who cares about school spirit, student activities, and wanting to create a fun school culture that students will look forward to. "I want people who like working events and are willing to listen to their classmates; not just their little group of friends," Wooten continued. Mrs. Wooten also looks for candidates who

undoubtedly will do their job and be there when needed.

Campaigning begins May 1st through the 5th. For any participants, campaign videos will be due to Mrs. Wooten by 5 pm Tuesday, May 2nd. Voting will be held in homeroom May 10th and final voting for Student Body Presidents and Class Presidents will also be held May 16th. For more information, visit Mrs. Wooten in room number 2223.



See Mrs. Wooten for more information on STUCO

No More NCFEs = Senior Exemptions?

By: Kierney Leonard

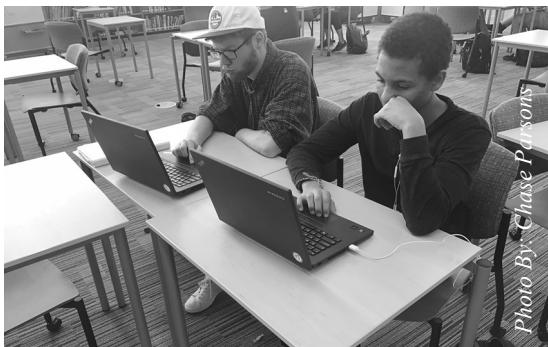


Photo By: Chase Pearson

James McLaughlin (11) and DJ Perry (11) hope to have Senior exemptions for testing next school year.

Many have probably heard of Wake County's policy of Senior Exemptions. With this policy, Seniors may be excused from taking a final exam if they obtain an A with three absences, a B with two absences, or a C

with one absence. Students should note that they receive an absence for every four tardies. However, the recent application of North Carolina Final Exams (NCFE) takes away this right for Wake County Seniors. If a Senior takes a CTE class, a class with an End-of-Course exam, or a class with an NCFE, they will not be eligible for the exemption.

North Carolina currently has been debating state-made exams, and many lawmakers hope to omit the NCFEs altogether. Wnct.com revealed that through House Bill 90 NCFEs could be eliminated, and class finals could be left to the teacher, rather than the state. Mr. Wight, AFHS principal, explained, "The big concern about the NCFE is that they weren't consistently aligned with the standards, so I think that when the

teachers make their own exams, obviously they're going to be much more closely aligned."

Mr. Wight also revealed that he favors Senior Exemptions for Apex Friendship Seniors, so without the NCFE, AFHS Seniors could be eligible for exemptions on teacher-made finals. One of the drawbacks to teacher-made exams, however, proves to be the various exams that could be made for one class. Mr. Wight explained that due to this, AFHS has PLTs (Professional Learning Teams), in which the different teachers of one course get together and come up with an exam that all of them use.

On March 21st, an NC State House Education committee voted to get rid of state-made exams, according to wfdd.org. Rick Elmore, North Wilkesboro Representative, revealed that teachers will still be evaluated through other means, such as remaining standardized tests.

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Editorial

Inside Scoop on Tanning

By: Chase Parsons

Planning on trying to get that perfect tan for Prom? Better think twice on a method of tanning. Most people yearn to be super tan, but how much harm can certain tanning methods cause? Tanning beds prove to be the worst form of tanning. They produce both UVB and UVA rays. According to factretriever.com, "UVB rays penetrate the top layers of the skin and are the ones mainly responsible for sunburns. UVA rays penetrate to the deeper layers of skin and are associated with allergic reactions, such as a rash." Both can cause cancer and lead to skin damage, such as wrinkling and age spots.

States like California, Delaware, Hawaii, and Texas, as well as a few others, have made it illegal to use tanning beds under the age of 18. North Carolina does not require parental consent or permission for teens under 18 to use a tanning bed, according to ncsf.org. Some

people use tanning beds so much that they become addicted to them. According to shape.com, "Tanorexia is a term that describes a condition in which a person tans excessively to achieve a darker complexion because they perceive themselves as unacceptably pale," says Dr. Glenn Kolansky, board certified New Jersey dermatologist. More negative than positive results come from tanning beds, so why use them?

"The body makes vitamin D when skin is directly exposed to the sun," according to ods.od.nih.gov. People need vitamin D which can be obtained from being in the sun, but too much sun exposure can lead to sunburn and even skin cancer. Vitamin D can also be obtained from eating fatty fish or drinking fortified orange juice, according to health.com. Wearing sunscreen with SPF protects the skin from harmful UVB rays. Yes,

some sun intake in moderation does help the body, but too much proves to be

detrimental because of the long lasting negative after effects.

Spray tanning can be used as a non-harmful alternative to tanning beds and sun tanning. Locations like Planet Beach, Sun Tan City, and Bella Tan offer affordable spray tans during prom season. Spray tanning also comes in bottles, sold at most beauty supply stores.

Instead of risking skin cancer with tanning beds or harmful sunburns from sun tanning, use the safer technique of spray tanning. It has many positive aspects, such as a long lasting tan and it can be done quickly. Clearly, spray tans stand out as the best option when trying to achieve the perfect Prom tan.



Women in the Workplace

By: Jada Enoch

Through time, women continue to make a steady increase towards total gender equality, but much more needs to be done in order to accomplish this goal. A pay gap reflects the difference in men's and women's median earnings. In 2015 the IWPR documented a 20% pay gap between men and women in the workforce. A female's pay has grown exponentially since 1960, but it won't reach the even level of the average males until approximately 2059.

Women make 80 cents for every dollar made by a man. An interesting aspect of this gap shows it affects a wide variety of ethnicities, races, and religious backgrounds. The numbers depend almost purely on gender, but do negatively vary in cases of Hispanics and African Americans.

Segregation within the work force exaggerates the pay gap. In 2015, there has been a total of 149 million full-time and part-time workers, 53% male and 47% female. There proves an unequal representation of women in construction, maintenance, production, and transportation, while men show little interest in the fields of education, health



Mrs. Wooten exemplifies women in educational leadership positions.

care, and office and administration support. This separation of job choice strongly contributes to the inequality in salaries, frequently with the result of female

dominated jobs having a lower salary average than jobs correlated with men.

For a great example of an obvious pay interval, look at the women's US soccer team. They stayed nearly undefeated throughout the 2016 Summer Olympics, something the men's team didn't qualify for. Earlier this year five star players of the women's team filed a formal complaint to the Equal Employment Opportunity Commission (EEOC) stating the men's team gets paid almost 4 times more than them. The women receive a \$72,000 base salary in contrast to the males \$100,000. The women documented \$1,350 for each win and nothing for a tie or loss, compared to \$9,375 for a men's victory, \$6,250 for a tie, and \$5,000 for a loss. Sadly, if the men win a high ranked game, their bonus goes up. Although this case recently has been published, it doesn't deviate too far from most occupations in the United States. Many women find themselves in jobs that don't pay as highly as men.

The true question remains. How do we fix this problem? With girls everywhere fighting to earn as much as men through protests and with companies promoting equality, hopefully we can achieve what we have deserved all along; equal pay for equal work.

Want to voice your opinion? Send your Letters to the Editor at: afhspatriotpress@gmail.com

News

Save the Bees!

By: Julia Uhlman



Those who regularly use the internet, or have recently bought some Honey Nut Cheerios, may be aware of the sudden decline in

the bee population. While everyone claims the bees happen to be dying, this may not actually be the case. According to slate.com,

Dave Hackenberg discovered ten years ago bees had been disappearing. Researchers found that the bees had not been dying, only disappearing. Hives had been abandoned, but no bee bodies had been found.

Many blame a new class of pesticides, called neonicotinoids, which make bees more susceptible to parasites according to the EPA. Many pesticides have been restricted due to regulations recently passed to lessen these effects. Jeff Pettis, an entomologist, told slate.com that in the past 3 to 5 years the bee population has not been in decline. It seems that the bees had been in decline in the past, but with recent regulations and the queen bee's abilities to produce thousands of eggs a day, the bee population appears to be slowly, but surely, increasing.

This doesn't mean people should forget about the bees. Bees happen to be vital

for the pollination of many of the fruits and vegetables humans consume, as well as the crops livestock consume. So while the bees do seem to be doing better, they could still use help. Queenofthesun.com recommends "Planting bee-friendly flowers and plants in the yard and straying away from pesticides and chemicals in the yard to help the bees bounce back." Prototypes for "bee drones" happen to currently be experimented with, according to TIME magazine, in case a threat to the population occurs again, but the current designs have been created for purely educational purposes, and for raising awareness about the loss of bees. "Local bees are our primary pollinators," explained Mr. Trull, a science teacher here at AFHS, "and without angiosperms being pollinated, it would wreak absolute havoc."

Adopt a Friend

By: Riley Smith

If planning on adopting a pet in the near future, definitely keep in mind the animals that need their forever home. According to the ASPCA, around 6.5 million animals get put into a shelter nationwide every year, with 33 million being dogs and 3.2 million being cats. When people don't adopt from the local shelters that just increases the amount of animals that have to be euthanized.

Around 1.5 million shelter animals have to be put to sleep each year according to the ASPCA. Fortunately, this statistic has been declining due to pet adoptions and pets being returned to their owners. When deciding to get a pet, the shelter always will be a smart option because of being at capacity.

The process of pet adoptions can be a long one. A lot of factors go into whether the pet may be suitable for the home. The environment of any home can make or break if the animal will be allowed to stay with the family. The adoptive family has to have a stable home prepared for them. An unsuitable scenario would be trying to adopt a dog into a home with cats even though they don't get along with cats. According to The Humane Society forcing an animal into a painful situation should be avoided. Doing a home check will be a part of the process especially if adopting from a rescue group. Home checks make sure that all the necessities that the animal needs in order to thrive and feel comfortable in the home get put into place before adopting them. The animals need to be compatible with any other animals or children in the home.

When considering adoption try looking into local organizations like the Wake County Animal Shelter, SPCA of Wake County, Best Friends Pet Adoption, and The Goathouse Refuge. All of these places have available animals that have been looking for their permanent homes. Check it out and you may find your forever friend.



Mrs. Cattrell experienced the joys of dog adoption when she adopted Jax.

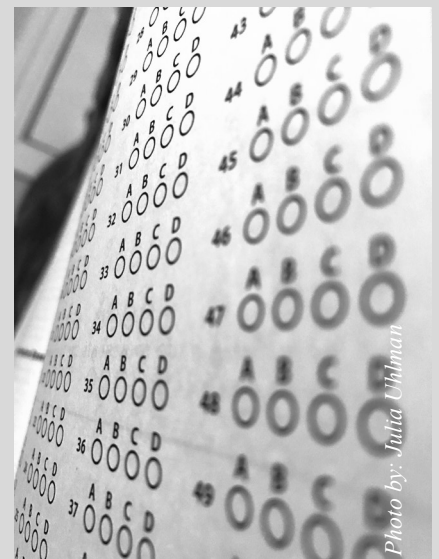


Commander's spirits revived when Mrs. Cattrell adopted Jax.

No More NCFEs

Continued from front page

Ncleg.net revealed House Bill 90 has been passed by the House with a 117-1 vote, but has yet to pass through the Senate. It cannot become a law until both Houses of the legislature pass the bill, and the state government ratifies it. If it passes, the bill will go into effect for the 2017-2018 school year, according to Keung Hui, writer for The News & Observer.



Student Life

1,2,3 Breathe

By: Neda Dabbagh

High School students deal with the painstaking agony of all-nighters, procrastination, and stress. Stress. What a wonderful word to describe the teenage life. Before exams, the overload of stress becomes unbearable... causing psychological and physical damage.

According to Mary Alvord, a psychologist specializing in teens based in Maryland, states that, "too much stress has many effects on the body and mind." She explains that short term effects lead to anxiety, but over long periods of time, stress can degrade the immune system, cause heart problems, and form chronic anxiety and depression. In order to prevent these damaging, life-altering defects, teens may

participate in the following techniques.

Try some light yoga after school and become in tune with the body. This includes deep breathing which begins the fundamental for the development of physical well-being according to the US National Library of Medicine. Breathing exercises prepare the body for deep meditation, leading the body to enlightenment and "inducing stress resilience... enables us to rapidly and compassionately relieve many forms of suffering."

After taking in deep breaths and silencing the surroundings, sit up straight and plant both feet onto the floor. Then close your eyes and focus attention on either calming, rhythmic music, or on the sweet silence of the surroundings. Allow the distracting, stressful thoughts to fade away like a mystic fog.

Other ways to reduce the immensity of stress before exams includes laughing out loud, drinking tea, and listening to music. According to a lab explained on the US National Library of



Juan Cordero (11) "experiences tranquility" during lunch.

Medicine, an experimental group received laughter therapy from a laughter therapy expert for 60 minutes, twice a week for 2 weeks. The results

showed that the "degree of postpartum fatigue in the experimental group participating in laughter therapy would be lower than that of the control group".

These few tips allows high school students to release the unrelenting pressure of stress and anxiety.

Perks for Next Year's Seniors

By: Riley Smith



Photo by: Kierney Leonard

Next year, Apex Friendship's first seniors will be in the final chapter of high school. It will soon be time to walk across the stage to receive a high school diploma, and say goodbye to teachers and friends. Luckily, the seniors get special privileges and perks during the school

year. The plans for the activities seem to already be underway for next year. Mr. Wight says, "There's a group of parents and a teacher who are trying to outline some activities. Nothing is firmly decided yet, but we got some ideas." Mr. Wight explains that they need to plan out when they want these activities to take place. Ideas that have been floating around include a senior picnic or a parade. The end of year idea that Mr. Wight mentioned could be potentially having a luncheon for the seniors. Quite a few ideas have been discussed, but no decision has been made.

Certain traditions exist that many high schools do for seniors, but Mr. Wight says, "Different schools have different cultures." No school may be the same, and

some schools may prefer to do one activity over another. When Mr. Wight had been at Apex High, they would do a parade every year. Some senior privileges take over as a tradition for many years. At the end of the year, he explains that they would do a Senior Awards Assembly. Most of the seniors would be handed an award for excelling in different subjects or sports from different departments in the school. Mr. Wight wants this to be "inclusive". Only the senior class will be allowed to participate.

The majority of the decisions of what seniors get to do as a class come down to Mr. Wight, but he says Ms. Wooten, the Student Council Advisor, has a big part of it. "Some will have to depend on the cost." Depending on how much it costs, then it comes down to if the PTA or seniors will pay for it. Apparently we will not be having a homecoming, because according to Mr. Wight, "Technically homecoming is when people have graduated and they come back." Next year Spirit Week will count as our homecoming due to not having any graduates.

Many current juniors would like the idea of being able to park closer to the school next year and Mr. Wight supports that. He says that the seniors will get the closest spots. Also in relation to this has been the rumor of being able to paint their parking spot. He says, "At my former school, parents would go out with chalk and decorate their seniors parking places the day before school."

Mr. Wight mentions an idea about having a stairwell designated to each class and

being able to paint it. It would be called the "senior stairwell." In the stairwell "we would paint the senior motto or the senior class song." Then when a class goes up a year then the design may be repainted in the stairwell.

At the end of next year a possibility of a Senior Day would be near graduation and all the yearbook signing. Senior Day could include activities like field day, such as three legged races, tug-a-war, and sack races. As many ideas continue to float around, it sounds like many fun activities will be ready for the first senior class. Hopefully seniors will be able to do many activities next year for their last year of high school together.



Photo By: Katelyn Bohn

Kristin Fast (11) models Class of 2018 graduation attire.

Student Life

Best Trip Ever

By: Katelyn Bohn

This year at Apex Friendship, several exchange students traveled all the way from their homes in France into the United States to experience the American lifestyle and what other students their age do at school and what their daily lives look like. The students toured UNC with their American hosts, learned what s'mores and Chik-Fil-A taste like, went to the beach, and even explored the zoo. The exchange students stayed here for two weeks, and then over spring break, students from Apex Friendship traveled to Paris, France.

Nine students traveled to France, along with Madame Probst, her husband, and a parent chaperone. Samantha Duggan (10) says "I really liked the French Exchange, and it's a lot better than just going alone as a tourist, because you get to see what it's like to have a French family. I really liked all the activities that we did, and it's really cool to be able to bond with your French correspondent



Martial, a French exchange student, tells AFTV that eating escargot (snail) is disgusting.

and their family."

Caroline Polito (11), a student who also went to France, says, "The French exchange was the best trip of my life, and I enjoyed it so much." She explains that her favorite parts included going to Versailles, touring the Château and bike riding through the gardens. "With my host family, we toured different churches in Paris and that was beautiful... your French will definitely improve so much."

Students also had the option just to host exchange students this year without going

to France, as more French students wanted to travel here than Americans who wanted to go to France. In the future, the trip will exclusively be for students who currently take French as a language.

Five of the French exchange students have been interviewed for AFTV, and when asked if any of them liked Escargot, a famous French dish that includes cooked snails, all of them replied with a resounding no. Two of the students said they liked American

singers Ed Sheeran and Taylor Swift, and the other two who answered said they liked the Italian singer, Lorenzo Fragola. Many of the students explained that traveling to America has been very tiring for them, but they seemed to feel that coming here has been worth it.

Next year there will be an exchange too, so if this sounds of interest, please listen for the announcement of when the first interest meeting for the French exchange will be. It will be an amazing experience, so if this sounds even relatively of interest, please be sure to check it out.

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Arts & Entertainment

The Strum of a Guitar

By: Braylin Campbell

As a work of literature, poetry expresses distinctive feelings and ideas towards a certain topic or issue. Poetry often uses devices such as repetition, imagery, assonance, and more to help trigger the reader or listener emotionally. Music has this same effect. With the strum of a guitar or beat, lyrics in a song can effectively capture the emotion of the artist or listener, but what determines good music or poetry?

According to dailywritingtips.com, good poetry demands precision. Poems intend to create a mental picture, but the most memorable poems convey a universal truth about the human condition. Usually, "bad" poems tend to lack a point or underlying message, like most songs of today. "Generally speaking, today's pop hits and popular music lacks a lot of substance, as what makes music 'good' to many nowadays



Artists from past generations wrote their own lyrics and played their own instruments in albums.

revolves around its sound more than its content," shared 11th grader Bryan Fisher.

According to teenink.com, artists from past generations such as The Rolling Stones, The Beatles and more succeeded because they had recognized talent. Artists such as the ones listed wrote their own lyrics and played their own instruments. Their songs have continued to be loved because they contain meaningful lyrics.

Today, many artists get away with not writing their own lyrics, but also using auto tune or synthesizers which no artist from the past would have used. "I personally believe that Kendrick Lamar and J.Cole have a real talent at expressing music poetically and storytelling," stated 11th grader Marcus Limbrick.

Even in Hip Hop music, rappers or MC's from past generations didn't receive credit as a rapper unless they wrote their own rhymes. This still remains a constant dispute between rappers today, yet artists continue to be praised over lyrics they didn't write. Good music or poetry can only be the choice of the reader or listener. Music and poetry helps express the emotions of the artist.

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Sports

Discover the League of the Unknown

By: Sierra Sanchez

AFHS has heard the buzz about the football team and they know the run-down on basketball players, but what about the fellow student athletes that go unnoticed? Patriot students do not just take pride in school sanctioned sports, but outside teams that go unknown as well. Beach Volleyball has grown popular among students at Apex Friendship.

Since last year, Apex Friendship has had a Beach Volleyball team that welcomes anyone that shows interest and passion in the sport. Daniel Wellish, a co-president of the AFHS Beach Volleyball team, helped found the club back in 2015 with a friend. Wellish said, "My Co-President, Brenna Matthews, and I are neighbors; she approached me and asked if I were interested in the sport and after that we took it upon ourselves to start the club." Apex Friendship plays under the NC High School Sand Volleyball Association



Partners Luke Hepburn (10) and Daniel Wellish (11) pictured at their final conference game against Cardinal Gibbons.

(NCHSSVA) that forms leagues that play against 46 schools according to afhssandvolleyball.weebly.com.

Recently, AFHS Sand Club won the finals against Cardinal Gibbons with a score of 21-3 on April 9th, giving them their first conference win. The team has come a long way since the start and plans to keep improving. Wellish said, "My partner, Luke Hepburn and I, placed second in our first tournament and now won our conference, so we definitely have something special here."

The team does not just strive in sports, but with each other as well. Wellish said that since starting the club, he has created more friendships with his peers because of the hard work and fun they have on the sand.

Although for now the season has ended, don't be sad for too long, since the season will start up again this upcoming school year. If interested, talk to Coach Sullivan in room 3237 on Mondays during B lunch or Thursdays during A lunch.

Varsity Spring Sports Scores

Team	Wins	Losses
Baseball	3	15
Men's Tennis	0	16
Women's Soccer	1	12
Softball	4	14
Men's LAX	4	10
Women's LAX	6	7

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