

Bulldog Bulletin

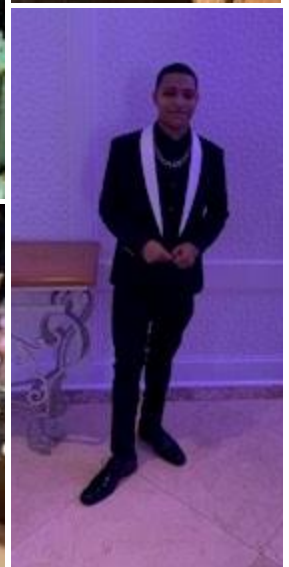
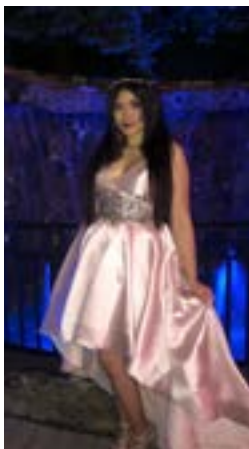
NEWS FOR THE HALSEY HIGH SCHOOL COMMUNITY

Vol 3 Number 2

June, 2021

Congratulations Halsey Class of 2021

It was a year we'll never forget. For months we were forced to remain isolated from friends, relatives, teachers, and school, as Covid-19 raged all around us. We had to adapt to online school and only seeing our teachers and classmates on screens. Then, more than a year later, Halsey opened its doors and brought back students into the halls and classrooms. During the pandemic we all had to make sacrifices but seniors had the toughest year. They had expectations about what senior year would be like. But this year was nothing like they expected. It was only when our Halsey seniors got dressed up and headed to the prom on June 2 at the Westmount Country Club in West Paterson, that it felt like we were all turning a corner. They talked, danced, and celebrated a milestone, completing high school in a world of uncertainty. Here are some pictures of the fun they had. Let's congratulate the Halsey Class of 2021.

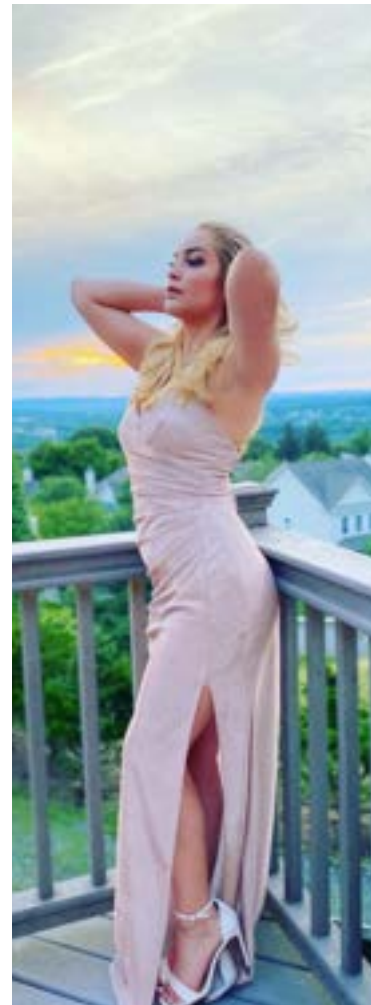


Seniors On The “Rise”

NEWS FOR THE HALSEY HIGH SCHOOL COMMUNITY

PAGE 2

“Prom Night” for the Halsey Class of 2021



Seniors On The "Rise"

English teacher Dr. Nicole Riggans asked students in her senior classes to tell us their Halsey memories and what they're thinking about as they finish their last few days of high school.

I cant believe Im actually about to graduate I feel like just yesterday I started freshman year. One thing I would definitely wanna tell up coming freshmans and sophmores is that they should enjoy there small moments because time flies by so quick its crazy. I would also say that they should focus on there work as much as they have fun because it would most definitely be worth it.

Aldana Guzman-Esquivel

I FEEL LIKE I HAVE COMPLETED ALL THAT I WANTED TO DO. I WANT TO SAY TO THE JUNIORS AND SOPHOMORES IS TO FOCUS ON THEIR STUDIES.
- ANGEL ESCOTO

My highlights of being enriolled in Halsey was being in class, creating bonds with all my teachers. and havin specific work done for all my classes. bonding with all my school mates was also a good expeirience. but for younger kids i would say never let anything come before they're class work.

Al-Jabir Burch

It's been a long time coming.
For my future seniors, be patient. Come about your situations correctly.
- Masiyah Harrison

As a current student in Halsey i can say Im so proud of myself and so happy that im finally graduating high school. I always imaged this day coming but now that its here its quiet remarkable. For all the Juniors and Sophmores DONT GIVE UP JUST YET yor almost there just try and push through it and I promise all will be OKAYYY!!! The hghlight of my time in Halsey was getting to know and talk to everyone. I got to meet alot of different people and it was nice because sometimes i would bring other people together that didnt think they would be friends and make them friends. And i would like to thank all my teachers for being there for me and for helping me at the end of the marking period.

Natalie Velasquez

I will tell the lower classmen to stay focused and to enjoy their youth because high school goes by extremely fast.

Elisa Morales

The way i feel about graduating highscool makes me so happy and also makes me feel blessed because after having to struggle those four years i can finally say i reached my goal, ive had bumps on y road but it's all about motivation keep your head up no matter what. let me tell you guys something i just got married 2021 i met my husband in highscool, my sophmore year and he was a junior and i just want to let you guys know there is true love in this world, you wll meet people in highscool and fall in love you just have to learn to have good communication never give up on your highscool sweetheart as long as ya support each other be there build each other everything will be alright, ya need to motivate each other and prosper and elevate. The highlight of my time there in halsey was meetig the love of my life. last but not least i want to thank my guidance Mrs. Sekiewics she has been there for me and helped me with so much, and she was the best person to talk to when you had some type of problem.

Briana Blanco

Halsey News

NEWS FOR THE HALSEY HIGH SCHOOL COMMUNITY

PAGE 4

Looking Forward to Senior Graduation and New Start in the Fall

With graduation for the Class of 2021 less than a month away, Halsey Principal Christopher Van Vliet has nothing but admiration and respect for seniors during an unprecedented year of online learning and pandemic restrictions. We asked him to reflect on this past year and to look forward to September. We asked him about his goals for next year and what we can all expect when school reopens in the fall.



As seniors prepare to graduate, what would you like to tell them as they start the next stage in their lives?

The Class of '21 is a resilient and determined group. They have impressed our staff by displaying the true spirit of Halsey over this most difficult year. I hope that all graduates are moving on in their lives to do something that they love. Whether it is college, the work force, or the military, I wish them all the best and encourage them to always follow their dreams.

What are your thoughts about this past year?

I am so proud of the way we all came together as a school community to make it through such an extraordinarily challenging school year. We were forced out of our comfort zones and made the necessary adjustments and adaptations needed to get through this difficult time. I am so excited for the next school year and a return to normalcy. I believe that we will be an even better school next year because of what we went through together this year.



Do you see any silver linings from our experiences as a school during the pandemic?

I always try to look at the positive, and while this was an incredibly challenging year, I do believe we will take some good things from this experience, like the increased use of technology and more efficient methods of operation. I also feel that we will all be grateful to once again be around each other in a normal setting and appreciate the little things in life that we sometimes may have taken for granted.

How do you feel about the start of the new year?

I am more excited for the new school year than I think I ever have been (and I am always excited for a new school year). Just being able to see kids in the hallways, visiting classrooms, and meeting with people in person. All of the things I love about our school, being able to do them again freely, that will be a wonderful feeling.

(Interview continues on the next page)

Halsey News

NEWS FOR THE HALSEY HIGH SCHOOL COMMUNITY

PAGE 5

Looking Forward to Senior Graduation and New Start in the Fall

(Our interview with Mr. Van Vliet Continues)

What goals do you have for next year?

As always, we want to continue to increase our graduation rate, so that we are sending future productive citizens into the world. We also would like to see improvement in our math testing, our ELL students performance, and our social and emotional wellness. More than anything, however, our goal is to have a healthy and safe school year, with a return to normalcy.

A WORLD OF SUMMER PROGRAMS 2021

HIGH SCHOOL



What advice do you have for students for the summer?

I hope that our students take advantage of the many wonderful opportunities that the district has made available. There is a program for everyone, and especially with the challenges of this year, it would be beneficial to our students to participate in a program or programs that they feel they may need some enrichment with. Also, I think it is important for students to get some down time and recharge the batteries for what we hope will be an awesome school year.

What will the schedule look like next year?

At this time, we are preparing for an 8 period day, from 7:45am-2:29pm, as usual. Obviously, that could still change, but this is what we expect right now. While an 8 period schedule does not provide a lot of extra room for

electives, especially for our younger grades, there will of course be electives in place and students will have a choice as to what they would like to take according to their scheduling / credit needs.



Will Covid-19 safety measures still be in place in September?

That's a bit far off to predict at this time. There are a number of scenarios that the state and district will look into, and they will do what is best for the health and safety of our school community. I do believe there will still be some health and safety measures in place. The particulars of this, however, will be worked out over the summer. Our hope is that we are able to open as normal as possible come September.



Seniors On The “Rise”

Where are Halsey seniors heading next? Some are heading to four-year colleges, while others are starting a career in the military or joining the workforce. Here's a list of some of the schools and institutions that our Halsey graduates will be attending in the fall.



Guidance Counselor Korbman Retires After 39 Years of Service

By Victoria Reyes

After 39 years of helping students find their way through high school and plot their next move after graduation, Mr. Korbman is retiring from his duties as Halsey guidance counselor.

He was known as a problem solver by his students. "My kids knew that if they came down to the office, I would see them unless it was totally nuts down here," said Korbman. "My kids knew that they could email me, and I would respond back right away. They just felt very comfortable."



Korbman giving out a student award

Korbman began his long tenure at Elizabeth Public Schools as a psychology and history teacher. After 7 years of teaching, he then made the switch to counseling. Over the next 32 years, he worked as a guidance counselor at Dwyer Academy before settling in at Halsey.

"The best thing about being in the district for so long are the kids and really knowing that I made a difference in their lives. That's the beauty of education," said Korbman. He also emphasized the importance of fostering meaningful relationships with students. "If you can connect with a kid and leave them with a positive feeling, it affects not just the one kid, but generations after that."

Over the years, Korbman has counseled thousands of students and helped them navigate the challenges and successes of high school. "I'm often in awe of our students," he said. "Some of them come from unfortunately very dysfunctional families or homes, but they show up, and they're doing their work. Even with all this baggage, here they are, graduating."

Students always knew they could count on Korbman being there when they needed help. But in return, Korbman also expected students to do their part. "I've always told kids as long as you're giving 100% of yourself, 100% of the time that's the bottom line. It doesn't have to translate into an A plus and it may not translate into B or C, and we can't all be good in every subject, but you know, if you're trying your best all of the time, you're gonna do well."



Korbman at his desk

What are Korbman's plans for retirement? He wants to spend more time with his children and grandchildren, travel, and just slow down a bit. "I want to make the merry-go-round of life slow down a bit so I can enjoy the smaller things in life."



Also retiring in June were teachers **Tammy O'Farrell** and **Michelin Phareau**, and Halsey Annex Secretary **Tanya Staggers**. A retirement celebration on TEAMS on June 24th gave Halsey staff members a chance to say farewell. We wish them a well-deserved retirement.

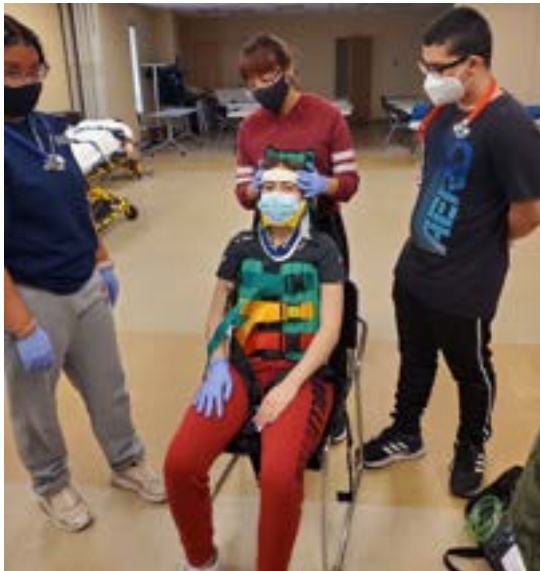
Public Safety News

NEWS FOR THE HALSEY HIGH SCHOOL COMMUNITY

PAGE 8

Halsey Academy Graduates First EMT Class

Despite being on lockdown for most of the year, a select group of students became the first Emergency Medical Technician (EMT) graduates from Halsey. Teacher Michael Cerrato was one of the instructors for the class and helped these students earn their certification.



The goal of the course is to provide students with a possible career path as an EMT after they graduate.

“The students were taught how to administer prehospital care and transport for the sick and injured patient,” said Cerrato. “When students finish the class, they need to take and pass The National Registry of Emergency Medical Technicians (NREMT test). Passing this test gives them a license under the New Jersey Department of Health to practice as an EMT in the state and any other state that honors the NREMT exam.”



Nursing News

NEWS FOR THE HALSEY HIGH SCHOOL COMMUNITY

PAGE 9

First Field Trip Since Lockdown Shows Tech Side of Nursing

By Jennifer Bravo

I am currently a junior, enrolled in Halsey's nursing program. I was so excited when my teacher Ms. Walton announced that she was planning a field trip. We were finally able to learn about medicine and see how all the skills we learned virtually are used in a hospital.



Ms. Walton at Trinitas' main core building during the class field trip

Good patient care at a hospital includes expert medical care from healthcare workers. Good care also relies on getting a patient's facts and stats recorded accurately. Halsey Health Occupation Teacher Faheemah Walton wants her students to learn about the importance of keeping track of all this important medical information.

She teaches a class called Health Unit Coordinator. Students learn about medical terminology, medical abbreviations, and how to enter and process patient medical records using a hospital computer system.

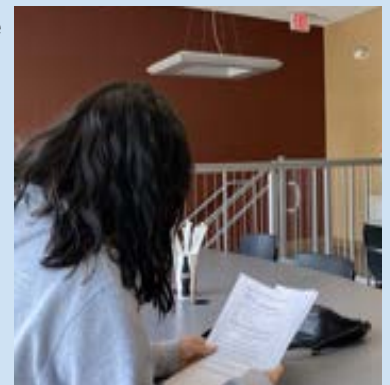
"Students engage in a 4 hour computer training of the Electronic Medical Record and Physician Order Entry System (Sunrise) used by the hospital," said Walton. "This training is usually completed prior to students starting their hospital rotation. This is done in an effort to familiarize students with the system and so they have prior knowledge of how the system functions."

This may sound technical and tedious, but knowing how to enter in and process medical records correctly is critical to a patient's health and wellness. "A Health Unit Coordinator is a valued part of the nursing team," said Walton. "They are considered like the custodian of the patient's chart during their shift. They assist in the process of making sure that a doctor's orders are carried out correctly. They have to be well versed in medical terminology and be 100% accurate when entering orders into the system. They are looked at as the go-to person when someone has a question regarding the hospital order entry system. It's imperative, especially for our students who go in and actually care for patients, to have a good knowledge base of the system prior to entering clinical work."

On May 28th, Walton and a handful of students went on their first nursing field trip since the start of the pandemic. They went to the Trinitas Medical Center and Core Building where they learned first-hand about the computer systems used by hospitals and tested out the skills they learned in class.

Covid-19 put a stop to almost all of Halsey's nursing department field trips. This is usually an important part of the Nursing curriculum. Having students finally set foot in a real hospital was emotional for Walton. "I was overjoyed to see everyone's faces in person. It filled my heart to give them after months of being virtual learning, an opportunity to make a connection to all of the information we talked about in class. They could see what healthcare is all about and the roles they are being trained for."

"I got to learn a new set of skills that would help me in my future career in the healthcare field as well as an amazing opportunity to interact with a healthcare professional," said Halsey Junior Katherine Balarezo who attended the trip. She plans to complete her studies in nursing next year at Halsey and continue to study medicine in college.



Halsey student reviewing summary sheet for nursing computer training course.

ROTC UPDATE

NEWS FOR THE HALSEY HIGH SCHOOL COMMUNITY

PAGE 10

Re-"Boot Camp" Planned for Summer

By Isabella Maria Ruiz

The pandemic benched almost all of Halsey's ROTC staff and students, but this summer there are big plans to reboot the program.

Starting July 6th, Halsey ROTC cadets and instructors will be making up for lost time, as they prepare for the new school year in September. **"This summer is going to be huge,"** Halsey's ROTC Senior Marine Instructor Colonel Robert Golden said.

He and his staff want to get the cadets back in shape and up to speed. This includes preparing the rifle and drill teams for competitions in the fall. There will be tryouts for new students who are interested in joining the program. They will also announce the names of the student ROTC leadership team including the Commander of Cadets, Executive Officer, Operations Officer, and The Sergeant Major.

"This summer program is going to be a whole lot of training and team building," Golden said. "It will be fun but will also be a lot of work."



Marksmanship Class



Color Guard-Cadet 1st Lieutenant Damaíela Silva and Cadet Sergeant Alexa Jimenez.

Last year was rough for ROTC. They weren't able to do many activities because of the lockdown. Their training was completely virtual which was a challenge. "I'm glad this year is over. It was completely unique," said Golden. "We've never had a year where cadets are not as engaged in doing things as they usually are."

Luckily, things are changing. With school now open to hybrid learning, some ROTC students have chosen in-person instruction. For Golden, seeing students back in the classroom has brought a smile to his face. It means things are getting one step closer to normal. Golden's goal right now is to train his Color Guard so they can perform at this year's graduation in July. He's also got the rifle team practicing their aim at the shooting range.

As this year comes to a close, Golden hopes his graduating seniors will use what they've learned in ROTC to become successful in life. **"We try to instill in them the skills they need to become better citizens, like how to be a leader, take the initiative, be dependable, put others first, be committed, and challenge yourself."**

Golden is especially proud of Jaime Castillo, who graduated early so he could attend US Marine Corps boot camp, Alexandra Orants, who has been named Cadet of the Year and is also going to Marine Corps boot camp, and Fabiana Facio, who won second place in the state in the National Society of the Sons of the American Revolution essay contest. She wrote about how JROTC has prepared her to be a better citizen.

If you're interest in joining the ROTC contact your guidance counselor for more information.

Chemistry In The Spotlight

NEWS FOR THE HALSEY HIGH SCHOOL COMMUNITY

PAGE 11

Teaching Students to See Chemistry As Part of Everyday Life

By Schnailine Nailine Alizar

Chemistry isn't something you just learn about in a lab. Yes, Halsey chemistry teacher Michel Barrios teaches students about the periodic table, molecules, and how elements react with each other. But, he also likes to show his students how chemistry is part of our daily lives. For the past 16 years, he's taught chemistry at Halsey. He also teaches a forensic science class and is a trained chemist. We asked him about how he became a teacher, why he thinks chemistry is so important, and who inspired him to become a teacher..

Where did you grow up and go to school? *I was born in Cuba. I went to high school and university in Havana. Then I came to the United States and I went to the Institute of Technology in Illinois and got a masters degree in analytical chemistry and a masters degree in using technology in education from Walden University.*

Did you always wanted to become a chemistry teacher? *The inspirations of becoming a chemistry teacher came from my mother who was a special education teacher for 30 years. In High school I also had a really good chemistry teacher who inspired me and let me see chemistry in a positive way. I did really well in his class.*

Why do you think chemistry is important? *What we see, what we touch, what we think, and smell, we all are just matter. And matter is just chemistry. That's the reason why it's so interesting.*

How do you respond to students who say, why should I study chemistry? *You don't know what you are going to be doing in the future, so why close this door. You never know. You might end up going into a career that uses chemistry.*

How does chemistry help in the real world? *In our everyday life, we follow rules that apply to chemistry. For example, you know that you cannot light a match close to your rubbing alcohol bottle because it says on the label that it is flammable. That's chemistry. You never know when you're going to need it. So, it's good to have some knowledge of it.*

What do you teach in your forensics class? *We talk about fingerprints, the crime scene, DNA analysis, fibers, and how crimes are reported. We talk about how to collect, analyze and come up with a conclusion about who committed a crime. Chemistry is used in police work. For example, police use a mixture of chemicals in a breathalyzer to determine if someone is under the influence of alcohol.*

How did the pandemic affect your teaching? *We did a lot of activities from the textbook, but it was not the same as mixing a solution, watching for a reaction, and recording data in real life in the classroom. It was a challenge.*



YES PROGRAM UPDATE

NEWS FOR THE HALSEY HIGH SCHOOL COMMUNITY

PAGE 12

YES Program is Back, With the Mission to Have Some Fun!

Isabella Maria Maria Ruiz

Now that schools are reopening, the YES program also wants Halsey students to also have a little in-person fun.

The group, which seeks to meet the emotional and social needs of Halsey students, has been busy organizing and hosting activities that bring students together.

Over the spring break, Yes Program Director Lisa Perry and her staff organized a “Week of Fun” which included bowling, a challenging obstacle course, flag football, and a scavenger hunt in the park. “We also hosted a video game tournament that allowed students to show off their video console gaming skills,” Perry said. She and her staff are also running an in-person Living Conscious Group. Regular participants will go on a paintballing adventure.



Week of Fun Bowling.

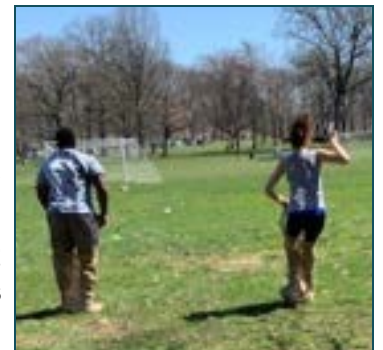


Video Game Tournament Champion.

The point of these activities is to bring students together to have fun and socialize, two activities that many have missed out on during more than a year of online learning. “The goal was to have a safe and fun time,” Perry said. She made sure students and staff followed the necessary safety precautions during these activities by insisting on mask-wearing and social distancing.

During the pandemic, the YES program was almost closed down due to budget cuts. But thanks to lawmakers and the efforts of Perry, YES was able to get back their funding and return to its mission of offering crucial social services to students in need at Halsey.

The YES program has big plans for the summer. Perry and her team are organizing the “Summer Transition Program” which helps students transition from middle school to high school or from high school to college. It’s scheduled to run for five weeks from June to July. Students can also participate in recreational, educational, and community service events which range from food pantry volunteering to rock climbing. “The purpose of these events is to improve the students’ social and communication skills while exposing them to different opportunities outside their environment,” Perry said. “Most importantly, the goal is to have a safe and fun time together.”



Potato Sack Race.

In the fall, the YES program plans to host groups focusing on college preparation, job readiness, Pride, and the challenges of transitioning from middle to high school. They will also run support groups for young men, young women, freshman and game club groups. “We realize that social activities like this help to increase adaptability to new environments and situations,” said Perry, “We hope to see many more students participate in our groups and activities in the fall.”

In The Spotlight

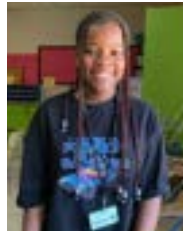
ESL Teacher Helped Me Realize I “Have a Voice” In English Too

By Melitza Joseph



For the past 20 years, Anna Maria Llanos has been helping students find their “English” language voice. She is an ESL teacher at the Halsey Annex. She was my teacher during my freshman year.

When I came to Halsey my writing and grammar skills in English were not strong. My first language is French and Creole. My mom and I came to the US from Haiti two years earlier. I felt like I was missing out on a lot of what was being taught in class because I didn’t know how to express myself in English. Then I came across Ms. Llanos.



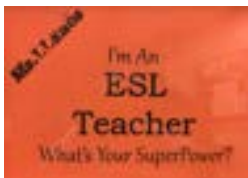
She had faith in me and made me work hard at improving my English. She made class fun, but she was also demanding. I remember one time she made me revise my essay multiple times until I got it right. I was frustrated at the time. But now, as a senior who is about to graduate, I look back on what she taught

me and realize it was worth it. I’m planning to attend Union County College in the fall to study nursing. I credit her with giving me the skills I needed to succeed. I recently spoke to her about why she’s so passionate about teaching, what her goals are with students, and her former life in rock ‘n roll..

How did you become a teacher? I fell into teaching by mistake. I first did lighting design for rock ‘n roll bands. One day I decided that I needed to go back to college and finish my degree. When I graduated, two years later my supervisor came to me and asked me what I was planning to do. I said I was going back to rock ‘n roll, and she said, I think you should become to an ESL teacher. She saw something in me that I had not seen. I’m very grateful for her insight and for seeing this is my passion in life.



What's your goal as a bilingual teacher? I want them to find their voice. I want them to realize that they have a voice. I want to validate their thoughts and their ideas and that they are not discriminated against because they haven't fully captured their second language, which is English. They're super beings for learning two languages.



Why do you think ESL is so important to students here in Elizabeth? I truly am a proponent of bilingualism. How beautiful it is to be able to read, write, speak, understand and have social cultural interactions between two or more languages. It's not just about teaching English as a second language. It's about cultivating both languages at the same time. We want our students to be strong in two languages.

When you see a student's English improve how does that make you feel? It makes me feel proud. It's like when a mother and father feels really proud because their kid has achieved something really good. My heart is filled. Nothing makes you prouder than a student who has gone out of their way to learn.

HALSEY CELEBRATES DIVERSITY

NEWS FOR THE HALSEY HIGH SCHOOL COMMUNITY

Page 14

Multicultural Week with Ms. Dixon

By Isabella Ruiz



Halsey's ESL Teacher and Multicultural Club Advisor, Jacqueline Dixon.

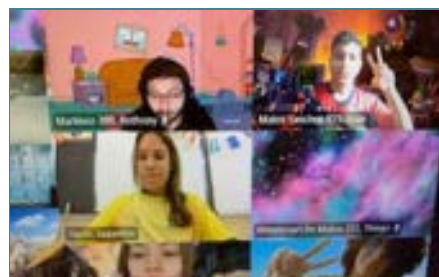
Halsey students come in all shapes and sizes. They also come from many countries and traditions including Brazil, Dominican Republic, Egypt, El Salvador, Nigeria, Nicaragua, Peru, Pakistan, Puerto Rico, and the list goes on.

During the first week of June, the school celebrated Multicultural Week, a time when we deepen our understanding of the cultural diversity of our student body. Halsey ESL Teacher and Multicultural Club Advisor Jaqueline Dixon helped organize this week of classroom activities for staff and students. The theme this year was *We Are All Pieces of the Same Puzzle*. **"My goal was to make my students see what life is like in other countries' cultures,"** Dixon said.



Student presenting a landmark in the Dominican Republic.

In her class, she had students share crafts, pictures of popular food dishes, clothes, dances, and important landmarks from their home countries. Some wore jerseys from their favorite sports teams and t-shirts showing their country of origin. Others discussed the meaning of the colors and symbols of their country's flags.



Students Wearing Jersey and T-shirts from their country of origin.



Dixon also encouraged students to invite class guest speakers to talk about cultures and traditions from other countries. "This was a fun way for learners to gain insight into diverse ethnicities, customs, and traditions," Dixon said.

To end this week-long celebration, Dixon took the students on a virtual tour of Japan using the Nearpod learning platform. **"They were able to learn about other cultures without having to travel to the country itself,"** she said. **"Every student participated. They felt motivated and excited about learning about each other's culture."**

Student Success Center Increases Student College Applications

By Jennifer Bravo

This year marks the second anniversary of the Student Success Center at Halsey. And despite a year of virtual classes and no in-person meetings, the center has chalked up some impressive results. The Student Success Center (SSC) helps students navigate the confusing and often overwhelming process of applying to college and finding ways to pay for it.



From 2020 to 2021, the center assisted 1145 Halsey students with signing up for financial aid on the FAFSA Appt. It provided one-on-one assistance for 223 students. And it secured more than \$143,000 worth of Pell Grants and scholarships for college tuition.

District-wide, the SSC got 1,400 students to participate in at least one college/financial aid access training. And 112 underclassmen applied for the SSC's annual Spring Preview, a 3-day, 12-hour online bootcamp for those considering the summer-long training program in July 2021.

"We're here to help ensure that you and your family see that there is an opportunity past high school, that you can reach your goals, regardless of the obstacles that are ahead of you," said SSC Coordinator Stephanie Benito Vasquez

Vasquez wants students and their families to realize there are options out there when it comes to applying to and paying for college. "You don't know what you have until you have it," said Vasquez. "You don't know the opportunities until you try it once. It doesn't hurt you to take 30 minutes to come and meet with us and ask questions. Not only is college a lot more affordable than what it used to be, but there's a lot more opportunity for all students."

SSC is part of Make the Road, a non-profit community support group based in Elizabeth, and works in collaboration with Elizabeth Public Schools. In 2019, it started providing youth-led student support for students interested in applying to college in the Halsey Media Center.

Here is how to join the Student Success Center:

Email collegeambassadors@gmail.com or reach out to SSC Coordinator Stephanie Benito Vasquez at stephanie.benitovasquez@maketheroadnj.org. Also, follow their social media for information on upcoming events! (Website: [Make the Road New Jersey \(maketheroadnj.org\)](http://www.maketheroadnj.org) Facebook: [Make the Road New Jersey - Home](https://www.facebook.com/maketheroadnj) | [Facebook](https://www.facebook.com/maketheroadnj), Instagram: <http://www.instagram.com/maketheroadnj>, Twitter: <http://www.twitter.com/maketheroadnj>), TikTok: [@maketheroadnj](https://www.tiktok.com/@maketheroadnj).

How EPS Is Keeping Your School Computer Safe From Hackers

By Isabella Maria Ruiz

When hackers strike computers and their users get locked out without a key. So how can you keep the bad guys from getting access to your computer?

Experts say the best way to keep safe is to change your password frequently and don't use recognizable passwords. We asked EPS's Head Technology Network Administrator Don Sheehy to give us his top computer security tips. They include:

1. Professional Development/Self awareness (don't click on strange or unfamiliar texts or emails)
2. Multi-Factor Authentication (this means using a password along with a secondary form of identifying method such as code sent via SMS/Text or other new technologies)
3. Don't answer personal questions online (this includes maiden names, favorite teacher's name, favorite color, etc.)
4. Device Updates (always install security updates)
5. Antivirus (for EPS computers, antivirus is installed and enforced in all devices automatically)



The Colonial Pipeline

So why do we need to take all these precautions? More and more hackers are targeting computers and phones. And they're keeping devices hostage and charging big ransoms to their owners. According to Macsafe, an internet security company, global losses from cybercrime totaled over \$1 trillion in 2020, a more than 50 percent increase from 2018.

These hacks can cause havoc. A month ago, a security breach at the Colonial Pipeline caused it to stop the flow of millions of gallons of gasoline to gas stations all along the East Coast. The company was forced to pay a \$4.4 million dollar ransom to hackers to get the fuel moving again.

School districts have also been targeted. Earlier this year, at St. Petersburg High School in Florida, a 17-year-old student hacked into the Pinellas County School District's computer network and shut down internet access

for all 145 of the district's schools for two days.

What is our school district doing to protect against hacker attacks? "We have detection and alerting methods that alert us to threats," said Sheehy. "Hackers are getting more sophisticated. They're tricking users into providing their information. It's hard to see this with the naked eye sometimes."

How do you know if your school computer has been hacked? Sheehy says it's sometimes hard to know but they do have tools to monitor for suspicious activity. "If a machine is compromised, we strongly recommend it be taken offline and repaired if possible or completely re-imaged to remove the threat," Sheehy suggested.

HALSEY ATHLETES IN THE SPOTLIGHT

NEWS FOR THE HALSEY HIGH SCHOOL COMMUNITY

PAGE 17

Boxing is Game Changer for Halsey Junior

His life could have gone in a very different direction. He was getting into fights at school and his education was a low priority. Then two years ago, life turned around for Elizabeth native and Halsey junior Sebastian Cargua. That's when his mom and dad introduced him to boxing.

Since then 17-year-old Sebastian has been training at the Park Elite Gym in Roselle Park, building his strength and sharpening his skills. He recently got his Passbook from USA Boxing. On June 19th he competed as a light weight and won his first official bout. We asked him why he loves the sport, what skills he's developed in the ring, how boxing has given him focus and a purpose in life, and what his mom thinks about seeing her son throw punches and get hit by his opponent.



How did you get into boxing? *When I was a kid growing up my mother saw me getting into problems like street fights and fighting in school. She knew I was into contact sports, so she put me into karate. But, I grew out of that. As I got older I got into more problems, more serious problems. So she and my dad put me into boxing. I've been boxing now for two years and I haven't got into any problems.*

What do you like about boxing? *Nothing gives me the same feeling as boxing. I feel a rush and an excitement. I also enjoy going to the gym. It's a good environment. There are people there that I've never met before but I have close bonds with them now.*

What were you like when you first started boxing? *When I first started I was crazy. I didn't have a strategy. I was just throwing punches. Hopefully, one would land. But now I am focused more on skill. I still throw a lot of combinations, that's just my style.*

I'm explosive but I have more strategy now, more setups, more traps in the ring. Different opponents have different styles. Some people might throw a lot of punches, some people might throw not as many punches but are still as effective. There are a bunch of different styles in boxing and you have to adapt to them.

How are you training for your first fight on June 19th? *When training camp first started out, I was nervous. It was my first fight. I didn't know what to expect. But after I got more prepared with more sparring, more training, more everything, I felt more confident. I feel more confident and ready to face my opponent.*

When you're in the ring, what's going on in your mind? *First, it's a feel-out process, see what I'm working with, see what they're doing, their habits, what can I exploit. Then I just download all that information into my head and use what I already know to take the advantage. I hunt them down and then when I know I have them trapped, I try to go for the knockout.*



Continued on the next page

HALSEY ATHLETES IN THE SPOTLIGHT

NEWS FOR THE HALSEY HIGH SCHOOL COMMUNITY

PAGE 18



What do your parents think? *They're happy that I'm passing. They're happy that I'm doing well in boxing. At first they thought it was a phase I was going through. But then they actually saw my dedication and the results of my dedication. They saw I have a future in this. They're happy with that. At first my mother was very scared. She said, I don't want my son getting hurt. But if this is what he wants to do, then this is what he wants to do. After she saw me sparring, she was very impressed and she was happy.*

What do you need to do to officially compete in boxing? *You have to go to a doctor to get a physical, go to USA Boxing officials to get your Passbook, your coach has to do a whole lot of things too, it is a big process. I just got my Passbook. It's exciting because I have a physical thing to show that I'm a fighter. I could show a bunch of people videos, but that book actually lets people know that I'm a fighter that competes.*

How has boxing changed your approach to life and school? *I am a more relaxed person who is just trying to get the job done, trying to actually pass. When I was a kid I couldn't care less about school. I used to get into fights. You can ask my mother. Every time someone gave me a bad look I just wanted to fight them. But now as I get older, I actually have more experience as a person. Education is very important. Boxing has given me more confidence as a person. I never had confidence before. I was never the type to go to a pretty woman and start talking to her. I was never the type to stand in front of a crowd. I was always paranoid, nervous and anxious. But now that I'm boxing, I feel more confident.*

If boxing wasn't a part of your life where would you be? *In a lot of trouble. I'd probably be in the street and into a lot of things I don't wanna be a part of. I'm very grateful to my father who steered me away from these things. He was actually the person that showed me boxing.*

How do you feel about being a senior next year? *I remember those days when I was in middle school, just trying to get by and I'm a rising senior. I feel triumphant. I've been through a lot of struggles at a young age. Now, I feel more clear headed, more ready to take the next step.*



How is boxing preparing you for the future? *It gives me a clear mind. You can't go into boxing all hyped up, all emotions. You have to get those thoughts out of your head and look at the situation with a clear mind. You learn how to plan out your next move. You also learn about being responsible. With boxing you have a lot of power to hurt people but you have to have control of that and be responsible as a person. A lot of people go into the ring angry. What you should do is take that anger and make something beautiful out of it.*

What about the future? *Boxing wise, I want to definitely get my record up and hopefully be prepared to go to the Olympics and then go pro afterwards. But other than that, I don't really have a clear vision of what I want.*

[Click here to hear an audio interview](#) with Sebastain Cargua.