

Centennial Sentinel

Ariana Babich

The End of a Trend

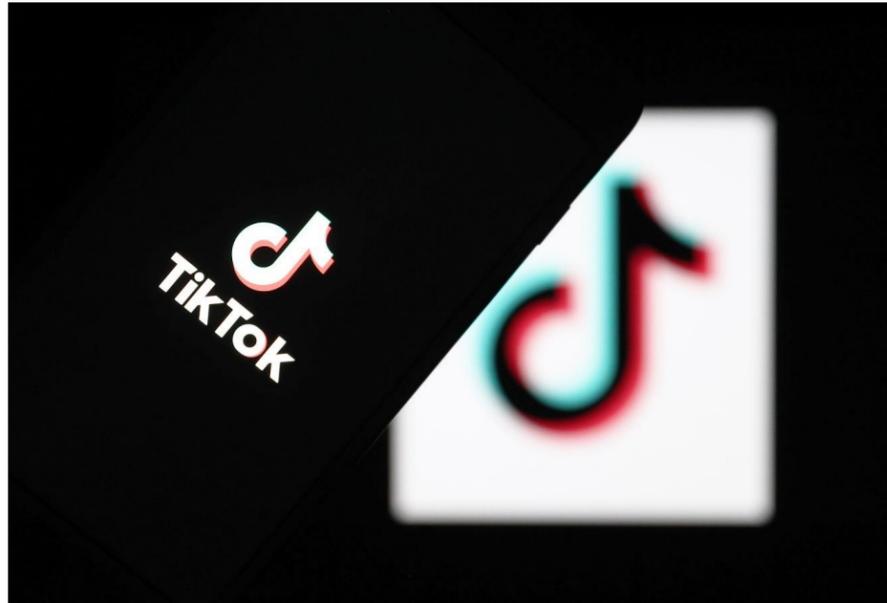
As many of you may know, there is a nationwide trend all over the app TikTok labelled the “Devious Lick Trend”. Basically, in the trend students at school vandalize and steal school property from bathrooms, classrooms, hallways, etc. They then put an audio over it and post it.

For example, in our very own freshman and courtyard bathrooms, students are dumping the trashcans out on the floor and ripping soap dispensers off the wall. It's pretty funny to watch online but it becomes irritating when you can't use the bathroom in school because they're trashed.

There was also an announcement made stating that our school events would be canceled if this behavior continues. If you're asking me, a fifteen second video of an overused joke isn't worth it.

I suggest we start participating in the newer “Angelic Yield Trend,” which is the quite the opposite of a devious lick. In this trend you clean up the bathroom, replace toiletries, and generally act like a janitor.

Although the trend was funny, many students agree that it is time for the devious licks to come to an end.



Getty Images

Emily Steinmetz

A Perspective on Dress Code

One of the most popular topics that comes to mind when talking about school would have to be dress code.

Many debates have been fought over it and many words have been said. Perhaps everything that needed to be said has already been spoken into the world, but I still would like to add my two cents on the subject.

Countless students have voiced that they feel as if dress code infringes on their right to express themselves and that it is sexist.

I wholeheartedly agree with both of those statements.

A few days ago, while I was sitting down in gym, I noticed a couple guys wearing tank tops, but I could've sworn that having your shoulders covered was in the dress code. I thought that maybe a staff member would say something eventually, but it never happened.

Usually, the answer to these questions is something like ‘it's a distraction,’ then wouldn't it make sense to do something about these boys who apparently can't control themselves around bare skin? I just don't see how it's logical to punish a victim.

Doesn't the fact that we need to be so harsh on girls for what they are wearing in order to protect them suggest that there's a bigger problem at hand?

I'm not saying that we should completely get rid of dress code by the way. I just want it to stop being so, for the lack of a better word, weird about girls' bodies and to be enforced equally to everyone despite gender.

Centennial Gallery

New!

Drawings and pictures from your peers!

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Feature Article

“The Itch”

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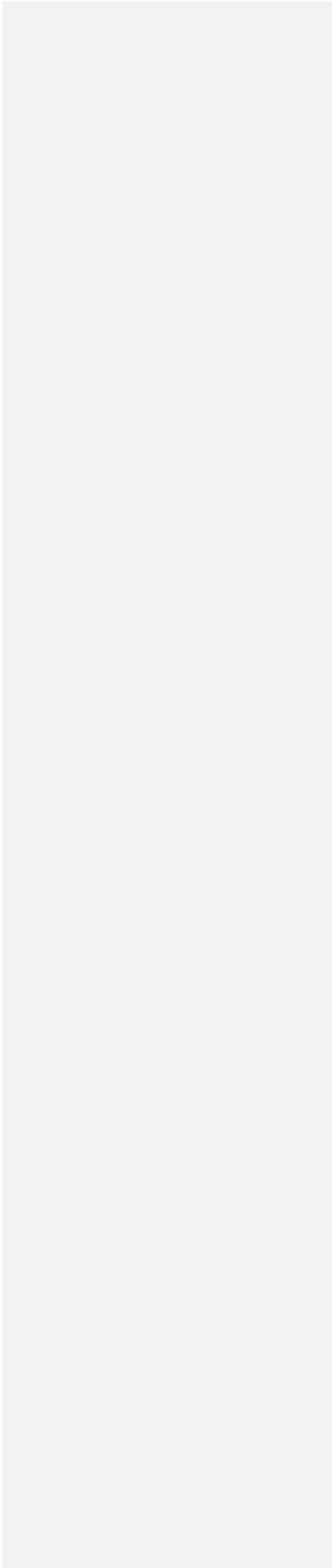
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Dara Cohn and Alyssa Cano

How to Write a College Admission Essay

Four simple tips to help you

Starting the college admissions process may seem like a scary thing. The essay may seem like the hardest part of the entire process, but do not fear because here are some tips and tricks on how to write the perfect essay!

First tip: Make sure to start writing your essay and planning early. Starting early will entail more time to edit and revise to make sure the essay is in its best form. Waiting until last minute can cause you to rush and leave out important details. Make sure to start as soon as possible. The sooner you start writing the better.

Second tip: Make sure to pick a topic you are passionate about and how you can tie it into what you want to major in or what career you want to pursue. For example, there are many prompts to choose from on Common App.

Pick the prompt that you can easily write about and how you can apply it. The more passionate you are about the prompt, the easier it is to get the most details possible.

Third tip: Be true to yourself. While writing your essay do not leave out any details about yourself and make sure it is truthful. Some people may give the advice to lie on your college essay, but do not. Being true to yourself shows the colleges who you are, and they can get a true sense of you. When being true to yourself, be careful not to brag. Colleges want to hear about you, but not hear about how amazing you are in a non-humble way. Be humble while being honest about everything you've accomplished.

Fourth tip: Make it engaging. Make sure you write it like you are having a conversation with your reader telling them a story.

Make sure you know that your reader will not get bored reading your essay and will read the entire thing. It may seem harsh, but you want to make sure the college admissions office reads your essay all the way through.

We want to wish every Senior the best of luck on their college admission process! Good luck class of 2022, you got this!



University of Miami (private):

- This college was founded in 1925 by George E. Merrick
- Located in Coral Gables, southwest from Downtown Miami.
- The most popular majors for freshman are business and management, biomedical sciences, health professions, engineering, and social sciences.
- The acceptance rate is 27.1% which is the lowest in the state, making it the hardest college to get into in the state as well. This at the same time shows it rigorous standards.
- Average in-state tuition is around \$52,000... making it also one of the most expensive colleges in Florida.
- The GPA requirement is at least a weighted 4.2
- SAT between 1270-1440
- ACT is accepted as well and is



UF UNIVERSITY of FLORIDA

University of Florida (public):

- Founded in 1853 by James Henry Roper
- Located in Gainesville, Florida
- The most popular major for incoming freshman are engineering, business and marketing, biomedical sciences, social sciences, and health professions (very similar to UM)
- The acceptance rate is at 36.6%
- Average in-state tuition is around \$22,000
- GPA requirement is a weighted 4.1
- Minimum SAT requirements are between 1310-1470
- Minimum ACT requirements are 28-33

Erin Simberlund and Julianne Dannenberg

Top 2 Colleges in Florida

+Dorm essentials you need to know

Freshman Dorm Essentials:

- Desk lamp with charging port
- Large trash can
- Under-the-bed storage
- Fan
- Handheld vacuum
- Mini toolkit
- Bed dressing + backups
- Mattress pad
- Laundry basket + supplies
- Normal school supplies of course!
- Personal bowl and plates and utensils
- Basic toiletries
- Seasoning for campus food (most people say get garlic salt)

Roselyn Cardenas

Hostile Architecture

The dark reality



According to the Cambridge definition of hostile architecture it is "the design of public space in a way that stops unwanted behavior". In theory it seems like a good idea to want to stop bad things from happening, however though that's not how it works and in most cases.

This architecture targets homeless people hence it is more widely known as 'anti-homeless architecture'. The biggest problem with it is that it does not actually do anything to solve the problem of homelessness.



But rather it works to remove the individuals from an immediate area to create the illusion that there is no problem of homelessness.

There are many ways that it is carried out like metal spikes that come to a point, benches that have added arm rests, slanted benches, and a myriad of other things. Most of these things specifically work to remove the places where homeless people can sleep.

Usually, this architecture is seen in urban areas where it is densely populated, and they don't have enough space for all the people in the area. However this does not mean that the government should give up on its people by leaving an already marginalized population to try and fend for itself.

It can also create a sense of separation between the people in the area and the homeless population by pushing the narrative that they do not belong, and that idea is only fathered by added structures that are implemented into cities.

It can make it seem like it's us versus them when it should not be like that at all. These people are still apart of the community and should be held to the same amount of respect as anyone else in the community.

Of course, homeless shelters exist, but many times these places are religious and can choose to turn away people who may not fall in line with those beliefs. Rather the community should work to house these people and get them back on their feet as it is more economically beneficial for everyone in the community.

Taking care of the homeless population can cost a lot of money but it only costs more even more than that to try and add or replace already existing architecture in an area. According to end homelessness an organization that works to as its name implies end homelessness roughly \$3.5 billion dollars will go into aiding homeless populations in the year of 2022.

While there is no one single source that states an overall cost of anti-homeless architecture many do talk about the millions of dollars that it takes for just one city to add these structures equating that to a national scale it would more than likely cost many billions of dollars to do it. According to Iowa city news replacing the benches in the city will cost roughly \$150,000 and this number does not include any other different types of structural changes just to the benches alone.

It's safe to say that it is very expensive to try and change the structures in a city even more so then trying house these people so that they can be reintegrated into society.

Ultimately, hostile architecture is not made to serve the people it is a way to push out the homeless people and shows what lengths the government is willing to go to try and make it seem like they do not have a problem than actually trying to address the problem that is going on in many cities across the nation.

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Kenzie Kemerson

Centennial's Rush Hour

A very prominent popular issue this year is hallway traffic. With the majority of the student body returning after the ending of virtual learning, it has brought new challenges. A large amount of students are on campus since virtual schooling ended. This has thus led to the hallways being crowded and students finding it difficult making their way to their classes.

It has been found to be very inconvenient for students because of the expectation of having less than three tardies before a referral. But with this new challenge, switching between classes have become noticeably delayed.

Some student's schedules also factor into this. Lots of their classes are all the way across the school from each other, which is almost a five-minute walk;

On top of that, O, P, Q, and R hallway all only allow people to go in and out in one direction due to the ongoing pandemic. Although this may seem reasonable, the likeliness of it really helping with quarantine and covid cases is little to none.

Instead, it makes it even more inconvenient for students to make it to their next block on time depending on where their classes are.

There are no solutions to these issues, and it isn't reasonable to expect people to sprint to their classes in order to be on time. Students have been complaining about the hallways and the rules since the first day. With this, students agree it would be a smart decision to edit the some rules.

Some ideas people have come up with include increasing the limit of tardies before getting a referral, if the hallways were no longer only one-way, or increasing the passing period if the time during the passing period increased, and most agreed upon if the hallways were no longer only one-way.

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Adalia Nantz

“The Itch”

◇ Feature Article ◇

A critique on phone addiction

What's the first thing you do when you wake up? If you're an adult and the answer is turn over to your 'bae' and whisper, "good morning," Or and if you're a mate-less adult enjoying the freedoms of singularity or you're a teenager, getting up and stretching, brushing your teeth, or doing anything but checking your phone, congratulations! You're a part of a special sector of the population!

The majority of people, 80%, have that undying urge to finger their phones within the first 10 minutes of awake-hood-awake hood. Not even this writer is free of The Itch. Not when Tik Tok videos exist... But Writer, you say that like it's a bad thing!

That's because you're usually not just checking a text for a minute, you're wandering Snapchat! You're checking Instagram! You're feeding into an addiction! A phone is a worse device than a vape! This one isn't driven by your own hand, by your own mouth, it has a mind of its own! It beckons you to answer its calls—quite literally—and gives you The Itch! And The Tingle! And all the other sensations that make you hear notifications that aren't there to lure you into the depths of distraction!

There's enough scientific evidence out there, however but I decided to back it up even further, and conduct a little study of my own.

I asked a hilariously small sample to tell me how many hours they spent on their phone, daily. And

I asked how that was even possible and she said, "she didn't get good sleep." I'm sure she's heard this from her parents before, but it's all because of that phone. Looking at screens, especially at night, which is an unrelenting habit for social media dwellers, (and most of us are,) damages your eyes and screws up your 'sleepies'.

It has That's something to do with melatonin levels, something wretchedly boring that I'm sure you don't want to hear about. I'm sure reading this, this: the girl has finally fallen asleep... But a All jokes aside, 19 hours?! The average person from my sample spent 6 hours on their phone a day. I even surveyed a teacher who spent that long on her device, but (in her defense, she works on it). According to an CNN study, the number of hours the average American spends on their phone has increased since social distancing, and the daily average screen time marks somewhere around four hours, but that includes old people. More specifically, us teens, we look at our phones all the time for a few different purposes.

I asked teens with unspeakable numbers, I'm talking six and up, why this was. One said something along the lines of, "Because my friends

Okay, that last part was made up. He didn't tell me to leave, I was forced to after he sunk into his shame, contemplating his life choices. It was sad watching him like that but what's worse was his number. And he knew it, h. He knew he was throwing his time away, and time is money. He told me he "couldn't do anything about it."

That's where he was wrong. I told him to knock that chip off his shoulder, and to delete the only app he had. (Instagram.) It was the one that that stole all his time away from him with its luring algorithms and Mark Zuckerberg-y thievery. He said he "couldn't (delete it) again."

But you know who could? Me. Since 2020, I've gone social-media free. (besides YouTube, of course). I've kicked my social anxiety and insecurity to the curb as pictures of living Barbies were no longer thrashed in front of my face. My screen time went from, like, nine to one or two hours a day. My migraines vanished. I traded nine hours of screen time in for nine hours of sleep. And behold, I've found the time to do my homework, pick up a job, and join two clubs! How do you think I'm writing this article?

Don't think I'm immune to "The Itch," to the distraction of a little scroll on YouTube while I'm engulfed in homework. It hasn't gone away, is the urge to be distracted, but for the most part, without the temptation, the apps, and with the time limit I put on YouTube, I have garnered the ability to resist. To be disciplined. A skill each and every one of us needs to learn if we plan to be successful.

The problem with us teens is that we've been coddled and sucking the nip of technology since we got here, and haven't had to learn what the technology deprived productive generations before us had. How do we expect to be the next doctors without the endurance and focus to study? How do we expect to be the next legends of the NBA and NFL without the endurance and focus to practice? Without good methods to relieve us of our stress?

With a constant distraction, (masked as temporary entertainment), stealing our lives so we can look at everyone else's? How do we expect to be anything great without the grit and sacrifice it takes to achieve? It's simply not possible.

Funny thing is, whenever I interviewed the people, asking ed them how or why they made the draining wretched decision to spend so much time on their phone, they seemed like they already seemed to know knew the extent of their problems.

They're just so accustomed to the behavior, they've allowed the device to program them!

That proved to me it's a subconscious decision. And without Reminders—like the ones spotted over Tik Tok warning you (completely ineffective anyway)—they don't realize the time slipping out of their hands, and do nothing to

That's how it works. They don't just steal secure information and time, but they aim to steal your money, too. Guess what? It's redirected to their own pockets, it's value that you're making for them. Last time I checked, checked; you weren't getting paid.

Don't get me wrong. Phones aren't all evil. It houses social media apps like LinkedIn, GroupMe, which make business and congregation far easier. It has other aspects that augment and outdo traditional communication.

But the simple fact is, most of us aren't using it that way, and instead we abuse it.

Phones breed the addiction to zombify yourself for gaps of time. You're checking what the Explore Page has on it, but as soon as you exit the app, you've forgotten all of it because your brain was put on ice and numbed until you pulled yourself out of the spell. That's because the information you're feeding your brain isn't doing anything for you.

If it's not news—truthful news—or something educational, inspirational or heart-pricking (and most of it isn't), it's had no effect on you. Scrolling on those zodiac-sign threads on the 'Explore Page' for hours on end is like eating sand. But we did, and still do it, all the time. Like drugs we can abuse our phones, but unlike drugs, it's hard to identify phone-addictions because no one ever looks up, and phones (specifically social media) don't make us happier. To clarify, I'm not telling you to go do drugs instead.

So here we have it. All in all, short in short: phones, sp can (specifically social media) can give you: sleep disorders, mitigate your vision, make you depressed (higher rates of depression in teens using social media), and it steal s your life right from your hands=time=money!



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The Gallery

Art from your peers



Drawing by Julianne Dannenberg



Images by Samuel Rogers



Pictures by Dara Cohn, Kara Castillo, and Nahionmy Rivera Ortiz



