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Letter From The Editors



Dear KAMSC Students,

I hope your first month at KAMSC has been going well so far! Growing accustomed to schedules, the homework load, and extracurricular activities can be difficult – but being engrossed in such a busy schedule sure does make time fly by fast. We, the staff of "84 Steps," would like to wish everyone a year filled with positivity. This first issue has been written as an introduction to ease into the school year.

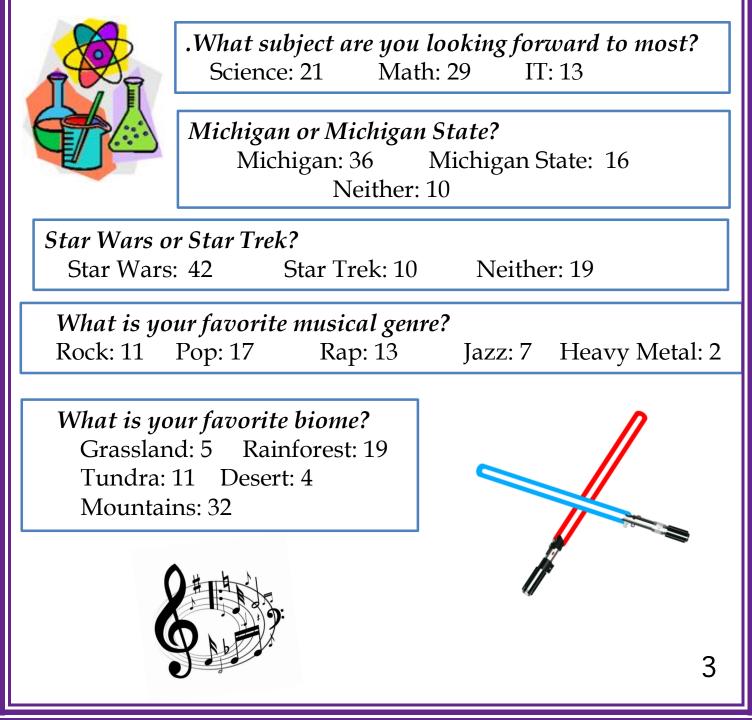
This issue in particular has a wide array of topics surrounding the premise of the new school year. We have many writers that have just joined, and would love to recruit more. If you're interested, feel free to email kamsc84steps@yahoo.com for information. Along with our very talented staff, Zoha Aqeel will be Editor-In-Chief this year, and Kate Diamond will be our Junior Editor. Together, we hope to provide issues that give you something to glance at during your free time, or read during breaks of studying!

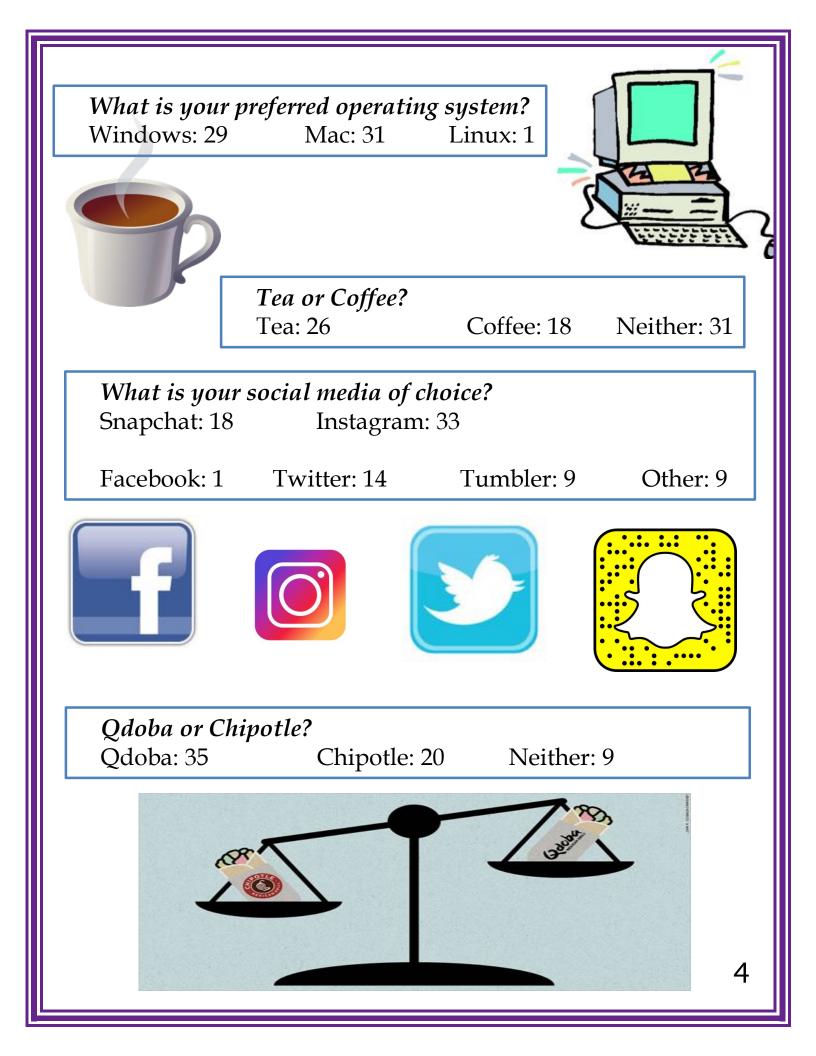
I wish everyone the best of luck this school year. We hope you're able to find advice in this first issue that guides you to a successful year at KAMSC. If you have any questions about writing for "84 Steps," please feel free to contact the newspaper through email. We're always looking for new writers that are eager to have a voice in the KAMSC community. Thank you!

Your Editors, Zoha Aqeel and Kate Diamond

First Year Student Survey Welcome To KAMSC: Zoha Aqeel & Liya Jin

As the anxious 9th graders approached the Nature Center grounds, most chatter was confined between old-school friends, or surface level discussion. But, by the end of orientation everyone had loosened up, to an extent where the entire atmosphere was filled with excitement. In the midst of all the enthusiasm that orientation brings, the 84 Steps staff was able to ask a few fun questions from the students. Here are the results!





How To Survive The First Year

By: Saad Qureshi

First and foremost, congratulations on getting accepted into KAMSC! This is surely one of your life's greatest milestones. You have probably heard stories from previous KAMSC students about the sleepless nights, stacks of never-ending homework, and the endless studying, all of which is completed in a day's work. However, with a couple of hints and pointers, you'll be able to finish your first year with success and achieve strong grades, participate in school activities, and maintain a healthy social life. The three rigorous classes you'll be taking this year at KAMSC will surely make you work more vigorously than ever before, but making strong study habits will prepare you for success in the long run.

Honors Biology at KAMSC has been known as the most difficult class for first year students. Although it's a very challenging class, attaining strong grades and doing well in the class is possible. Many students are flustered by the complexity of the subject, but one will soon come to realize that the key to success in biology is taking comprehensive notes, both in class and at home. Notetaking was definitely a tool I underestimated for studying in my previous years, but I can almost guarantee that taking notes in any class will equate to success. And not only is it important to write down notes, but to review and study your notes the night you take them in order to retain the information. I also suggest that, in preparation for an exam, creating a study guide with questions and answers from the textbook will assist in memorizing the content.

Depending on the previous math courses you took during middle school, you will be placed in one of KAMSC's math classes, ranging from Geometry to Calculus. Although Biology may seem to be a handful on its own, mathematics is equally important during your first year, and time must be balanced between the two subjects. In math, there is one universal key to success: practice, practice, and practice. The more problems you solve, the better you can grasp and understand the concept at hand. It is also crucial to complete every night's homework and to ask your teachers questions regarding the material, in order to prepare yourself for any upcoming exams.

Lastly, Information Technology (IT) with Mr. Cardwell is a fun and class that introduces technology and programming to students on the computer. If one appropriately utilizes their time in class, they'll find that the projects are captivating and that only a rare amount of homework assigned. Mr. Cardwell is an amazing teacher that creates a very relaxing environment in which you will things like programming, 3D printing, and so much more! Lastly, IT is a class that assists with your annual research projects, in which you will learn more about later. If you guys have any questions, don't hesitate to contact me! Good luck!

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How To Survive Sophomore Year

By: Kate Diamond

Alright Sophomores,

Welcome to Sophomore year, congratulations on sticking through to the second year of KAMSC. We are all excited to have you back. You have a research paper under your belt, you've navigated high school exam season, and you've begun to learn one of the hardest lessons for a smart kid: you will need help.

9th grade introduced you to this novel idea, of asking for guidance and clarification, that has pulled KAMSC students for generations from the grasp of lessons or projects you just couldn't get a handle on. You've pulled through, but a new year brings new challenges, new teaching styles, and new subjects, some of which you will fall in love with, and others which you might not greet with the same zeal. But that doesn't change the fact that you are still facing a challenge.

Last year you began to learn about seeking help directly. This year, one of the tools my class found most useful was our

ability give and receive help from each other. Understanding elusive chemistry concepts, puzzling through programs as a team, and collaborating (not copying, to quote Mr. Cardwell's great lesson) to solve whatever problems may arise became the best path to success. We implore you to form a study group, not composed of only your best friends, but of a team that can and will work together to sift through problems and worksheets and find ways to complement each other's strengths and weaknesses. For some the solo act works just as well, but not a single student didn't have to raise the bar for themselves Sophomore year. But banging your head against a wall alone when working on a program should prompt you to reach out, and chemistry concepts might be understandable with just a google search or text to a friend. Remember, you are still a KAMSC team.

Some of you might need to reach out to others, some might seek the help of supplementary note taking, reading, and online videos to better gain an understanding, but remember, there are more tools at your fingertips than you know.

Remember all of your assets, find how you learn best, and seek supplementary help if you need it. And don't be ashamed if you do. During Sophomore year it can be easy to forget about your end goals, but finding some good friends to help keep you on track, and seeking out opportunities to do more of what you find fun makes the year worth it.

Best of luck, and remember, everyone is rooting for you!



How To Survive Junior Year

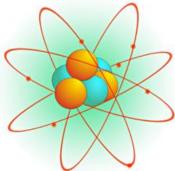
By: Shelby Martell

At this point in your KAMSC career you've climbed up approximately 26,880 KAMSC stairs. You think you have the KAMSC routine mastered, however junior year is packed with a variety of changes. These include adjusting to the afternoon schedule, transitioning from Star Trek trivia to Star Wars trivia, having Ms. Joyce talks become dauntingly more relevant, and the pressure of standardized tests. By following the different steps of the acronym **DON'T**

PROCRASTINATE junior year can be a successful and fun experience.

D- Do the physics sample problems.

Although the sample problems are never collected for points it is important to always do them that way you get a sense of what kind of questions Mr. Sinclair will be asking on tests and quizzes as well as what information/problem types



made sense when Mr. Sinclair went over each step thoroughly on the board but makes less sense when having to solve alone.

O- Organize your schedule.

Part of organizing your schedule includes being flexible. There may be times that you have your schedule all planned out for the week and then life happens and you have to shift things to fix your life. It is important to have every task needing to be completed in one place written down in one place. Find what works for you and stick to it.

N – Note activities that you are involved in or rewards you get throughout the year.

At the end of junior year, as part of the spring checkup you will need to send in a resume or brag sheet that includes accomplishments and extracurriculars. Making this sheet helps greatly for the college application and it is much easier to make a cumulative list as you begin to get involved in an activity then trying to recount all your accomplishments at the end of the year.

T - Take a small chunk of time out to prepare for standardized tests.

The last thing that you will want to do after spending hours doing homework is prepare for standardized tests. We have all been there and understand. Although speaking from personal

experiences, April will creep up fast and standardized tests cannot be tackled through cramming. Instead take practices to get comfortable with time management and question styles.



P- Prioritize your homework load every night and focus on time management.

One of the most important lessons taught by KAMSC is time management. One time management skill that is emphasized in junior year, especially through physics, is that preparing for tests is as much homework as a set of math problems. Through this lesson you will further learn how to study and how to fit in homework to your own schedule.

R – Research.

An amazing opportunity that KAMSC offers to upperclassmen is research team. Not only does research team look great on a college applications it also gives you lab experience that not many high school students get the opportunity to take part in. Although completing research projects in KAMSC classes are equally as challenging. As a sophomore and freshman, you are guided through the research process with many small due dates to keep you on track. However with more experience and freedom in junior year there are very few if any additional due dates. Because of this it is very important to tackle research projects in chunks and manage time in your schedule for the project.

O- Open lab and after school time to meet with teachers.

Open lab is a great time to get additional help from teachers or have a nice work space away from your house on Wednesday nights. It is so important to make impressions on your teachers' junior year, coming to open lab and staying after school shows dedication and passion.

C - Create a study group for physics and other challenging classes.

Study groups are one of the most important additions to achieve success in junior year. The best part of study groups is that if you have questions there is almost always someone who can talk you through the problem. On the other hand, being the person who can explain the problems, you also increase your understanding by being able to teach your peers. Study groups are also great to help maintain motivation and relieve stress as well as strengthen your friendships.

R- Remember that KAMSC is preparing you for college and life.

It is important to keep in perspective that amidst the long stressful nights and sometimes unsatisfactory test scores that KAMSC is teaching you skills that most students don't learn in high school. As you hear from almost every KAMSC alum, learning how to study in high school made the transition to college curriculum extremely easy.

A – Ask your teachers questions.

Although some teachers at KAMSC may be intimidating, all of them want each and every one of their students to feel comfortable with the material being taught. Teachers are always available and willing to help don't shy away from using them as a great resource.

so

S – Seniors.

Seniors are a great resource to seek help from. No matter what class is giving you grief there is probably at least 1 senior who has taken that class and would be more than happy to help. Also don't be scared to ask a senior to tutor you we are always in need of volunteer hours.

T- Take advantage of the creativity of physics lab reports.

It's not often that you get to write your own obituary or fan fiction based on physics so have



fun with it. Lab reports in physics are a fun break from normal homework and also are great way to raise your grade.

I – Investigate college options.

Although college still seems too far away to think about, it is beneficial to use junior year as a time to visit and get a sense of features you like in a college. It is important to start forming a tentative list of schools you may want to apply to and

also search if the college requires additional test scores such as subject tests.

N- Notetaking. In all classes but physics especially, having high quality notes is crucial for success. There are many different styles of notes so find what works for you and stick to it.

A – Always root for Ohio State in the Ohio State vs. Michigan football game.

You will understand in physics but for now just remember, Go Buckeyes.

T- Take time to enjoy the KAMSC events.

As a junior your number of KAMSC dances and sci-fi film fests are starting to run down so take these opportunities to hang out with your KAMSC friends stress free and enjoy the truly awesome events that KAMSC offers.

E- Expect to learn a lot.

Junior year is full of new information being thrown at you but prepare yourself to learn a lot of physics and life lessons in Sinclair's amazing lectures. By the end of the year you will be able to explain complicated concepts like black holes and quantum mechanics and also know how to avoid a speeding ticket and why Tuesday mornings at 9 am is the best time to go to the mall.

Junior year really is a roller coaster ride, some days you will be so stressed that you are at the point of tears and other days you will be thriving and feeling the smartest you've ever been. Through it all, enjoy the time that you get to spend in an environment where people feel as passionate about topics as you do. Good luck and enjoy junior year!





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How To Survive Senior Year

By: Lily Kitigawa

1. Appreciate your school friends

I'm sure you don't even want to think about it yet, but before long you'll be unable to stop thinking about how soon you'll have to say goodbye to your best friends. Certainly parting ways with these people who mean so much to you is difficult. However, an oft-overlooked difficulty of senior year is saying goodbye to your just-at-school friends. These are the friends who you would never text to make plans on your own, but they made Spanish/history/English/school life bearable and

sometimes even fun. Interestingly, these were the first friends I began to miss; I found myself making frequent plans over the summer with my closest friends, but only ever saw these "school friends" rarely and in group situations despite their fairly large role in my high school experience. Don't take them for granted!





2. Shower your/your friends' pets with love

Dogs/cats/fish/honestly-just-pets-in-general form a huge part of some peoples' home lives. I've only been away from home for two weeks and I already feel pet-deprived. While you're still at home, recognize how much your pets (or even your friends' pets) mean to you and shower them with love while you can. There's nothing quite like the loneliness of realizing your pet won't be there to interrupt your studying or help you procrastinate: appreciate

unconditional pet love while you can!

3. Go a little easy on yourself

Senior year is perhaps most difficult not necessarily because of the academic challenges, but because of the need to balance "life" responsibilities with academic ones. Deadlines for graduation forms, senior photos, college apps, etc sneak up without much warning. With responsibilities to friends on top of both academic obligations and these "life" deadlines, I felt I was always in crisis-prevention mode. Though some of this stress can be prevented with good time-management (I'm the first to admit I spend a little too much time on Snap/Instagram/Twitter/arbitrary-procrastination-tool), some of it is just going to happen. Sometimes, the Spanish reading can only be skimmed, the English paper won't be as polished as you want it to be, and the physics homework will be sloppy because you had to do it in between other obligations. That's okay. Life's messy, and especially so senior year. Enjoy the journey and if some things slip through the cracks, keep moving forward.

4. Nap

Related to the frantic stress of senior year is the chronic sleepiness many seniors find themselves experiencing. Whether late nights are homework, friend, or otherwise-induced, sometimes caffeine simply won't cure the drowsiness. Take advantage of a lot of the freedom seniors are given. I often took a nap after arriving early at KAMSC (during lunch) and found that this was just enough to refresh me and keep me fresh for my afternoon KAMSC classes. I also took naps between my last class and the beginning of sports practices. I'm certain my intense nap schedule helped me get through the year and consider myself a fervent nap advocate.

5. I can't come up with a 5th one. Senioritis I suppose? Have the best year, seniors!

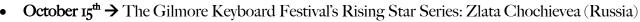
Happenings Around Kalamazoo

By: Zoha Aqeel

As we get used to the same old routine of school and homework, it's nice to sometimes switch things up and partake in activities in the community.

Here are a few things happening in October that you can be a part of!

- October $r^{st} \rightarrow$ Kalamazoo Record and CD Show
- October 6th→ Art Hop
- October $\Pi^{th} \rightarrow Birds \& Coffee Walk$
- October 12th → Star Wars IV: A New Hope In Concert



- October 20th:→Gazelle Sports Historic Walks
- October 21st → The Hobbit 80th Anniversary: Douglas Anderson in Kalamazoo
- October 27th→ Kalamazoo Balloon Festival 2017
- October 27th → Kalamazoo Late Night Halloween Food Truck Rally
- October 28th → Free Flow Candle Making Class
- October 28th → Haunted History of Kalamazoo Tour
- November $3^{rd} \rightarrow$ Fall Cover Crop Field Day

Student Senate Update

By: Deborah Torres

Want a voice in KAMSC event planning? Know of ways to help improve the KAMSC community? Interested in organizing a really good time?

Just to introduce

myself—I'm Deborah Torres and I'm your Student Senate president this year. Student Senate does all those things, and more! Attending our 15 to 30 minute meetings as often as possible means you will be able to vote on dance themes, dress up days, and participate in organizing the other events we plan throughout the year. Time commitment to join Senate is small, attending meetings as often as you can and volunteering with us when it works for you is all it takes! Senate is a great opportunity to pick up some leadership experience while helping to make our school a better place. Our meetings are after Open Lab (7:30-8) in Mr. Sinclair's classroom.. More information is available on the board above the drinking fountain outside Ms . Hach's classroom.

STUDENT VOKE Matters



Horrorscopes

By: Kate Diamond



Although we are a school of analytically inclined individuals, sometimes looking to the stars can help point you in the right direction, even if that direction is based on little scientific fact. Here for you we have each sign's horrorscope for the school year's beginning, where you can find yourself the most bizarre prediction for your near future.

Aries (March 20th-April 20th): Aries, you've had a pretty strong start of the year. Your organization has been solid, but staying organized, that'll be the

kicker. The stars urge you to try out a new organization method, but only buy supplies in the color green. We know that blue is probably your math color, and science of course is green, but whatever you do don't use red for anything other than English. Green is the only color you can trust.

Taurus (April 20th-May 21st): Taurus, nice job so far. But get that homework done sooner! I mean, really! Like, finishing your work at 9 pm is a bit unrealistic for those of us who have sports and clubs and stuff, but like, anything after 1 am, is just absurd. Nothing good happens after 1 am. And that's when the homework goblins come out anyway. Next time you unavoidably find yourself working later than someone on the third shift, and try to avoid this at all costs, leave your left shoe, right sock, and one piece of produce outside to keep the homework goblins at bay.

Gemini (May 21st-June 21st): Gemini, this will be your year to find that study buddy. This may not be your best friend, but they think the way you do, with a complimentary understanding. You explain things to them and they explain other things to you, and somehow you both understand it all. You two are practically study twins. See if you can team up with some other pairs of study twins and take over the world, I mean, make a study group. Yeah definitely make a study group. Taking over the world is an extracurricular that can wait until next summer.

Cancer (June 21st-July 23rd): Cancer, you are straight up killing it! But the stars can tell you without a shadow of a doubt, that the extra caffeine you've been having is going to backfire in the long run. The stars can't quite tell what form it's been in, we're awfully far away you know, you just kinda look like a speck on a speck in an even smaller speck.

Leo (July 23rd-August 23rd): Has anyone ever told you what a terrible multitasker you are. Like, really, really awful. Leo, we know you're the kind of person who can be listening and writing at the same time, and manages to write what you heard, and not even realize there was an error. So like, that's its own problem. But, just get things done on their own. You can finish that guilty pleasure Netflix show *after* you finish that worksheet. Netflixing with study on in the background hasn't really seemed to work for you thus far. And all of the studies we have

conducted about it have only had positive results when the subjects had more than 6 eyes. So those of you with 7 or more eyes, multitask away? Virgo (August 23rd-September 23rd): The squirrels have disapproved of your wardrobe thus far. They encourage you to dress in a much more voguish fashion. Some faux fur, ears, a bushy tail, and acorn accents, according to our squirrel representatives, are the key aspects of fashion this season.

Libra (September 23rd-October 23rd): Hey Libra, your birthday's coming up! That's kinda exciting, maybe you should ask for that new hundred-dollar calculator you've been eyeing. Ya know, the one that graphs multiple functions in different colors, that one is



SO nice. But take this time to ask some new friends to come over and do some homework together, tell them it's for your birthday, and tell them you have cake. Cake works like a charm to get people over.

Scorpio (October 23rd-November 22nd): Ask for help when you need it. You should probably ask your teachers, but we know that asking questions is a a bit scary for you KAMSC students. So practice. Envision the question in your mind, or even better yet write it down. To minimize the stress of a question leaving your mouth, start by asking inanimate objects, especially ones without faces. Stuffed animals should only be asked after you've gained enough confidence with some rocks and dirt. Plants work well too, but be warned, the taller the tree, the harder it is to simulate the question asking experience. After you have mastered asking faceless objects questions, you can move onto things that do have faces, like toys or teddy bears, or even pets if you are feeling especially ambitious. Work your way to asking some non-judgmental friends questions, until you finally have enough bravery to go up to a teacher and ask them a question. This is a difficult process, but we believe you can do it. But don't ask us stars any questions. We are too busy for your nonsense, and because of distance you probably won't get our answer for several millions of years anyway.

Sagittarius (November 22nd-December 22nd): The stars chose to give no comment, and were offended to be asked such a frivolous horrorscope.

Capricorn (December 22nd-January 20th): Well you've made it this far Capricorn. The stars feel that turning back now would be too much work, in all aspects of your life.

Aquarius (January 20th-February 18th): You should really work on keeping your scatterbrain in check. Start writing down your off-track thoughts to be contemplated later. One trick to keep your mind from wandering, is to play some ambient music while you work, so that when your thoughts drift, the music will remind you to get back to work. Or better yet you could just employ a friend to stand next to you with a spray bottle. Whenever you stop working they can spray you with a solution of your choice to discourage you from getting off track. You will get your work done more efferently and they will have a great time and make some extra cash. Pisces (February 18th-March 20th): Pisces, you seem to be having a great start to the year. Just beware to third Thursday of next month. The stars can't quite tell what's going to happen, but we're sure it will be interesting; we just can't tell for whom. Sincerely, The Stars

Need A Book To Read?

By: Mika Van Hoven

Tell Me Three Things- Julie Buxbaum

A must read for a teenage girl. It's funny, sweet, and romantic. The mystery of the story will make you read on. Quote from book:

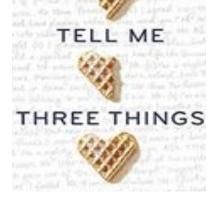
Me: Tell me three things I don't know about you. You know, besides your name and, well, everything else.

SN: okay. (1) I make a killer grilled cheese. (2) if you met me even a year ago, I was a totally different person. (3) ...I don't know. May keep this one to myself.

Me: Come on. You keep everything to yourself.

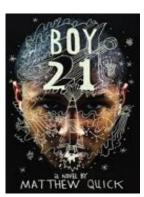
SN: (3) I like you.

Me: (3) I like you too.



Boy21- Matthew Quick

Basketball is the only escape for Finley. His workaholic dad leaves him home at night to watch his helpless grandfather. Finley's hometown, Belmont, is filled with violence, drugs,



and racial issues. His big dream is to escape all of it; but for now, his number 21 jersey helps him get through it.

Russ just moved into town. A tragedy has turned his life upside down. He feels cut off by everyone he knows. Won't even pick up a basketball. He only answers to the name Boy21. Twenty-one coming from his former jersey number.

The final year of high school brings these two together, and that may turn out to be what they both need.

This book brings readers a sense of hope and recovery.

Everything Everything: Nicole Yoon

This new and popular book is a beautiful story of young love. *The greatest risk is not taking one.* -Everything Everything Quote from Book:

My disease is as rare as it is famous. Basically, I'm allergic to the world. I don't leave my house, have not left my house in seventeen years. The only people I ever see are my mom and my nurse Carla.

But then one day, a moving truck arrives next door. I look out my window, and I see him. He's tall, lean, and wearing all black-black t-shirt,

black jeans, black sneakers, and a black knit cap that covers his hair completely. He catches me looking and stares at me. I stare right back. His name is Olly.



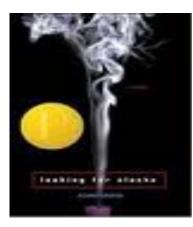
Maybe we can't predict the future, but we can predict some things. For example, I, Maddy, am certainly going to fall in love with Olly. It's most certainly going to be a disaster.

The Westing Game- Ellen Raskin

The Westing Game is a murder mystery that will keep your head twisting and turning trying to figure out who did it. Sixteen unlikely people gather in an apartment building for Samuel Westing's will. Sam Westing, a man who loves games, says in his will that someone in the room killed him, and whoever can find out who, will inherit his fortune. Those sixteen people notice that bizarre events start to happen. No one knows why he chose a stranger, or a murderer, to inherit his fortune. Sam may be dead, yet he gets one last game out of it.

The Crossover- Kwame Alexander

This book is not like any other book you will read. It's designed as a poem, or rap. Kwame's intense raps are sizzling down the court. He writes about these twin boys, Jordan and Josh in middle school who are the kings of basketball. It may be a quick and easy read, but it's bold and explosive words pulls you into the story. Towards the middle of basketball season, when Jordan meets the new girl in school, their dad faces health problems, the twins face challenging differences. As basketball and brotherhood come together, the twins realize that it doesn't come with a playbook, and it's not always about winning.



Looking For Alaska- John Green

Miles "Pudge" Halter is a new student at Culver Creek Boarding School, desperate to get away from home. This outsider's boring life changes when he meets this mysterious and beautiful Alaska Young. Alaska mesmerizes him with her clever and intriguing self, and steals his heart. Then the unthinkable happens. Nothing will ever be the same again for Pudge.

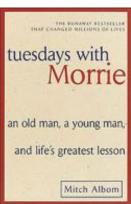
This hilarious and mature book will not let you put it down. It

involves college pranks, funny jokes, and a crazy young man who finds himself more than trying to find Alaska.

Tuesdays With Morrie- Mitch Albom

An old man, a young man, and life's greatest lesson- Tuesdays With Morrie

This book is the final important lesson between a long lost student and a college professor. After seeing his professor in an interview on tv, Mitch remembers the promise he made many years ago; he was supposed to keep in touch. Mitch finds out that his favorite professor was diagnosed with ALS, he doesn't have much time left. From Michigan, Mitch goes to



Massachusetts to meet with him. Also for the next 14 Tuesdays. Every Tuesday that Mitch see's Morrie, he recognises that he is slowly losing control of his body. But, Morrie still always has something to say. He speaks with such wisdom.

This heartbreaking book is a great one to realize, from Morrie's eyes, how to live a great life. Morrie always has a mesmerizing and inspiring thing to say.

Word Search

By: Lauren Park

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MATHEMATICS



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Back To School Tips: Top Ten

By: Arya Shembekar



1. Plan ahead! Whether it is jotting your homework on a planner, phone, or your hand after class, planning beforehand will save you from last minute panicking when you forget what needs to be done for each class.

2. Establish a routine. Getting into a solid routine will keep you organized once school clubs and sports kick off.

3. Stock up on school supplies. I speak from experience when I say NO ONE wants to take trips to Target at midnight. Buy extra poster board, glue, and sticky tape in advance to avoid stressful nights.

- 4. Pinpoint a study area. If your home is always hectic and noisy, find a local library to work, in order to keep you focused on the next test.
- 5. Communicate with teachers. Don't be afraid to ask questions! Write down all your questions before approaching your teacher in order to save time.
- 6. Determine boundaries between social and academic life. If you are always occupied by academic life, take time to visit friends and enjoy a night off. However, if your social life is consuming you too much, it's time to step away from friends that may distract you.
- 7. Have a hobby. Stepping away from school work and partaking in a hobby will keep your spirits high and rejuvenate you, taking your mind away from the rigor of school work.
- 8. Don't skip breakfast! Having a healthy breakfast is crucial to your health and boosts energy needed throughout the day. Though it is tempting to just pop a granola bar in your mouth



tempting to just pop a granola bar in your mouth before walking out the door, consuming rich food like eggs, milk, or oatmeal will kick start your day.

9. Exercise! Simply taking a walk outside will wake up your brain cells and keep you energized for the busy night ahead.



10. Above all, sleep! With a solid routine and strong organization skills, it is possible to get in bed before 3 am. In order to get a good night's rest, avoid using technology before going to bed. Don't let the device put you to sleep.

Eyes On IOS By: Daniel Calco



Each year brings a new installment into the iPhone and iOS family, with this year serving as no exception. The fall of 2017 brings three new pieces of technology to the Apple lineup: the iPhone 8, iPhone X and iOS 11. Apple strives for new innovation to introduce to the technology market, and they certainly have brought a mixed bag of that to the table as of this year's releases. Starting with the smoking gun, the iPhone 8 does pale in comparison to the other releases this year. Marked at \$100 more than last year's iPhone 7, the only main draw to the phone is the enhanced processor, sporting an A11 processor, as compared to

the A10 found in the 7. However, the same processor is also found in the X, meaning that the 8 does act as a bit of a useless upgrade for a higher cost.

The latter two releases do make up for the lackluster iPhone 8, but not in the way one might expect. Apple loves revolution and modernization, and they've achieved it with the iPhone X. The new screen has been redesigned to fit the entire phone, with the exception of the camera, and a new face depth technology is being utilized for FaceID. Is it modern? Yes. Is it useful? Not completely. As of right now, the new processor with the addition of the former two components are the three main selling points for the phone. Sporting a hefty \$1,000 price tag, it's definitely an investment one should think deeply on before plunging in.

One of the final additions to Apple's 2017 keynote is the official release of iOS 11. Prior to the keynote, the operating system was in open beta for any who chose to participate, allowing users to give real time feedback to apple on bugs, improvements and fixes needed. Having sported this new operating system for around three months at this point, I'm most qualified to talk about this more than anything else in the keynote. The main hook to the operating system is the redesigned control center, which appears when users swipe upwards from the bottom of their phone. For the past few years apple has been giving more and more power of customization, and it's beginning to show. The dock can be rearranged, adding as many or as few quick access icons as you'd like. Along with this, convenience has been prioritized, with features such as setting a custom timer right from the control panel, or even changing the brightness of the flashlight with no third-party apps required. While it isn't new by any standards, screen recording is also bundled with the new software given in the update, making it even easier to send videos to friends without paying absorbent prices for other apps to do it for you. Just to name some other features, the lock screen has been merged with the notification tray, notes can now be password locked, siri now has a more natural voice and can talk in multiple languages, and all stored files for apps can now be accessed locally through the files app.

iOS 11 shines through as the champion of Apple's keynote this year, and I'd definitely recommend the update if your phone can handle it. Other than that, I see this year's unveiling as more of a tech demo than anything else. The A11 bionic chip holds a ton of potential in its tiny stature and massive computing size, but it's only being utilized for live emojis and FaceID as of the moment, and FaceID itself is a completely different topic. Apple chose to use scanning technology, which maps the curves of one's face as opposed to judging based off a picture.

Top Ten School Supplies

By: Sierra Stauntun

1. Pentel Hi-Polymer Eraser:

It seems as if every time you make a mistake, the pencil's eraser that you are using decides to make the mistake ten times worse by smearing the black graphite across the previously white page, or even worse, the eraser just not erasing at all which causes you to rub so hard that you tear the page. Luckily, Pentel's Hi-Polymer Eraser doesn't smear or leave marks on your paper, in fact, most of the time you can't even tell that you made a mistake at all.



2. Sharpie Pens:

There are only so many lines, headings, sub-topics you name it that you can draw and write before you can't distinguish between them anymore. The best solution-- a pen that doesn't bleed through the paper onto the back so you can write on the other side. The Sharpie Pens come in a few different colors and are great for lab notebooks, notes, and drawings due to their fine points and no bleed ink.

HIPOLYME

3. Double Sided Sticky Tape:

Would this article be even allowed to be in the 84 Steps without the mention of this tape? I do not think so. Around March every KAMSC kid buys out every craft store, department store, and office store in town of this precious commodity. My mom this year drew the line and when she saw the tape on sale early, bought out the entire store when they were cheap. With all the back to school sales going on-- think ahead and buy your research board tape now, before they disappear onto someone else's board in April.

4. Bic Wite Out Pens:

Buy ten packs of these whenever you see these pens on sale. They are the perfect solution to writing those pesky chemistry lab reports in pen and having no more space to cross out your

mistakes in your calculations and data tables. These pens great for quickly and accurately whiting out your mistake without getting it everywhere.



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5. Ice Breakers Duos:

Quite a weird thing to put on a list of school supplies, but you can blame multiple people in the Junior class for this. I really started considering these school supplies since a few people I know always have them in their backpacks as either a refreshing way to start the morning or a just in case they forgot to brush their teeth. These mints are delicious and are definitely a to get for your backpack sugar stash.

6. Flash Drive:

Even if you think you are all done having to use a computer for CS or IT, any flash drive at all will save you millions of hours worrying about transporting files between your homeschool, your house, and KAMSC. Google Drive might be an option, but it certainly won't allow you to format your lab reports and research papers like you need it-- best stick with Microsoft and carry a flash drive.

7. Post-It Note Flags:

These little colored flags really are useful when it comes to reading in any class. You can use them to mark the sections in the chapter, a problem you were having trouble with, or to organize the papers in you binders or folders if you forgot tabs. Not to mention they are even useful in keeping track of where you left



off in your reading because you can set them up to point to the word you left off at.

8. LEGO ruler:

Honestly my favorite thing on my list. Who doesn't want to be able to play with their ruler while in math class. Build your lines and build your imagination with this great LEGO ruler. I'm still super bummed that my mom wouldn't let me get one. Maybe next year...



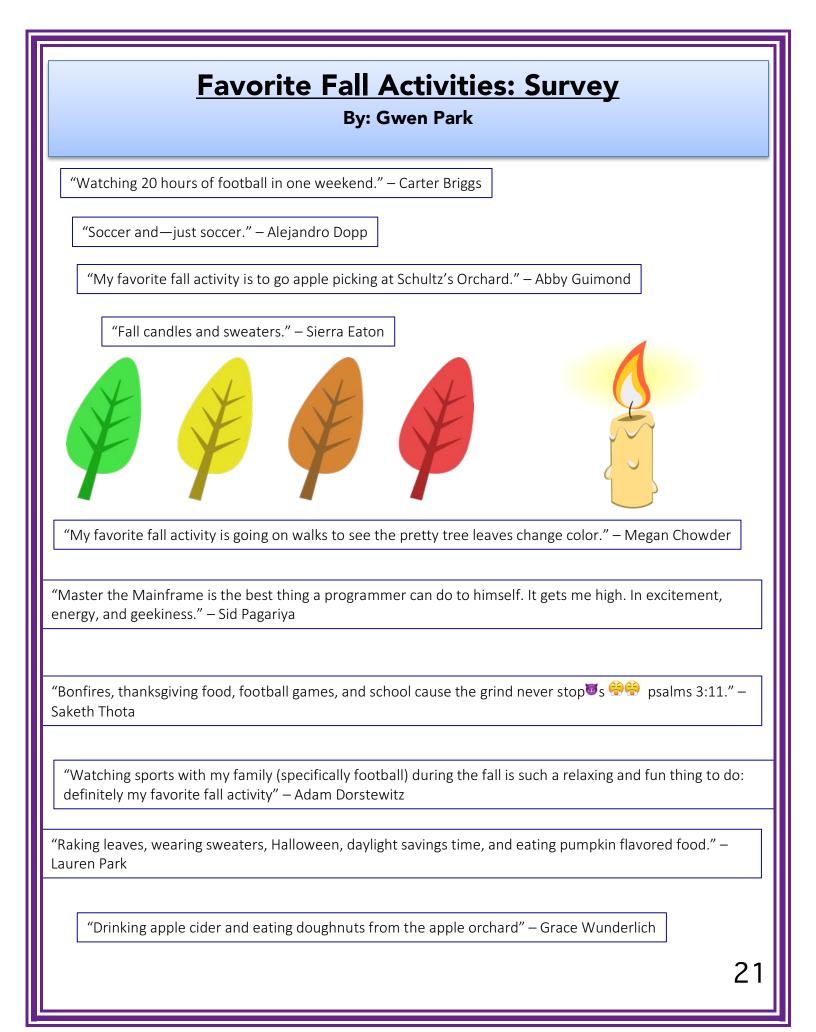
9. Clear Point Pencils:

Up until last year I only ever used the Bic Mechanical Pencils that came in packs of what was probably 2 million, and I was content with my pencil. That was until I borrowed someone's Clear Point Mechanical Pencil. The pencil helps your hand not cramp as much (I think) due to it being a bit bigger in width. Its also fun to watch the lead feed into the pencil. Now, I refuse to use other pencils due to them just not being a Clear Point Pencil. They might be a bit

pricey, but they are worth every penny.

10, Ticonderoga Wooden No. 2 Pencil:

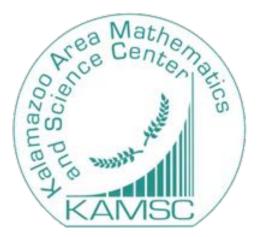
For all those pesky standardized tests or multiple choice tests that are picky, there is no pencil like a Ticonderoga pencil. Even more exciting is that there are loads of colors to chose from now, and they aren't all just yellow like they were back when we were in first grade.



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