

14 Days of Confrontation

Putting aside indifferences to rebuild relationships

by Masha Yastreb

Editor-in-Chief



More often than not a large majority of the population avoids dealing with issues involving other people, whether it's a friend or a family member. For 14 days, I swallowed my fear and decided to deal with issues face to face.

I started off talking to my ex-boyfriend. We have had issues in our relationship after it ended. There was always a lot of frustration and miscommunication between us. When I tried to confront him, it was hard to make progress in the conversation about our friendship after the relationship had come to a close. He wasn't very interested in talking about our issues with each other, but we get a step closer to solving the problem each time we speak. I also wanted to confront a

friend about our falling out. There was a misunderstanding between us but it was I who was in the wrong. I was too scared



Having a conversation with a friend over past issues and parting our differences to resolve these issues

to approach her because I didn't want to cause more problems than what was already present. I decided I wasn't going to include her in this experiment until she contacted me. She apologized for being rude toward me but it was me who should have been apologizing. While she was being the bigger person, biting the bullet, it was still a relief to know that we are able to put

this negativity behind us and move forward in our friendship.

The most important person I had to confront was my step dad. We have had issues for almost five years now, and every conversation we had would

my step dad is challenge, and that's something everyone has to deal with when knowing him.

He didn't want me to think arguing meant we were fighting. The reason our arguments were always explosive was because

with issues has become easier.

The most important thing I had to remember when confronting the people in my life was to keep an open mind. Without compromising my ego, hostility would continue to fester between these people and I. Sometimes you just have to consider that maybe you are the one in the wrong, other times you just have to see the situation from their point of view. Yes, you could be the "right" one, but being the "right" one hasn't helped mend any relationships or let go of grudges. Therapist Ryan Howes mentions that "holding grudges have negative long-term effects." I could feel the weight on my shoulders when I thought about these people in my life, thinking if I could just clean up the mess there would be more peace in my life. Some people I wanted to confront were hard to talk to considering they didn't want to talk to me. Remembering that as long as I did my best to try to talk to these people, my job was done.

I needed to remember that even though I confronted these people and solved our differences didn't mean we were going to have a relationship again. You win some, you lose some. However, once I cleared the air of negativity and anger, there was possibility for a new foundation to be built. I had to put my stubbornness aside and accept that I was also part of the problem.

Easy and Accessible Scholarships

Fastweb introduces opportunities of a lifetime

by Zyanya Fuentes

Staff Writer

With Fastweb, a scholarship application available on the app store, you are much closer to your ideal scholarship. As a scholar you are expected to maintain a high grade point average, participate in extracurricular activities, and volunteer. Yet, a crucial and often neglected part of a scholar's endeavours are scholarship applications. However, is it really the scholar's fault that the scholarships are always 140 clicks away from annoying ads and random pop ups?

This app is effortlessly easy to use. You have to create an account, and that takes three minutes tops, and before you know it, you're in this new dimension of scholarships, allowing you to fulfill your wildest dreams.

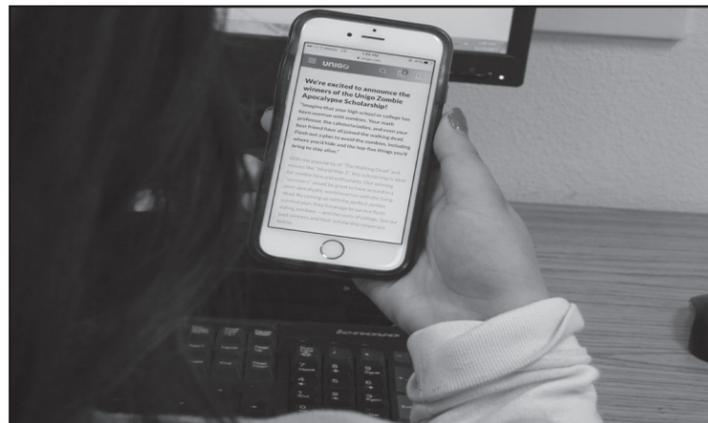
I found a scholarship for two thousand dollars that had to do with writing an essay about a zombie apocalypse taking place on campus. I know, it's not a scholarship most people would even think exists.

The app also gives you the ability to recommend other users to join using your link that then automatically places you and that person into a sweepstake with the prize of \$500.

Aside from the wacky scholarships, the application offers students guidance in

applying for scholarships; for example, they give safety tips to avoid illegitimate scholarships that can lead to identity fraud. The app also allows students to watch videos, check out colleges and even provide guidance in filling out the Free Application for Federal Student Aid (FAFSA).

"It's a good and quick app to gain access to scholarships,



A student looking up apps to help her keep organized with scholarships

internships, and other opportunities that will really help out with college. I highly recommend everyone to use this app; it really only benefits you as a student, so it's worth the time and effort," explained senior Jonathan Morales.

Morales later went on to explain how he only wished he had known about the application as a younger high school student. When talking to other students, a trend was notably

present: how difficult applying for scholarships usually is.

Sophomore Kimberly Aguilar share a brief story, "I remember when I first applied for a scholarship, I had no guidance whatsoever. I had to write a long, boring essay, and I missed the deadline! Scholarship applications are a hassle! I wish I had known about applications like Fastweb or Unigo that really provide access to easy scholarship and guidance "

By joining the fastweb community, you'll probably never miss a deadline because fastweb will remind you every week before submission. You'll increase your chances of finding awesome scholarships and gain access to guidance for the scholarship process and college applications for those who are seniors. Overall the application will simply allow you to stay on track with all your academic endeavours.

Struggle of Vegan Holidays

How to deal with family's opinion on veganism

by Catherine Gonzalez

Staff Writer

As the holidays are coming up, a vegan's strict diet might differ significantly from a lot of their friends and family. Traditional foods like ham or turkey can't be eaten; most sweets also cannot be eaten because a lot of them contain dairy. This diet is physically challenging, but it also seems to be an emotional challenge dealing and interacting with non-vegans. Maya Thompson, who wrote about her experience on what it's like for her during the holidays, stated, "...the questions that some people ask make it really easy to become overwhelmed. Likewise, I have been in places where I almost felt like I was taking a test, and the experience can just be kind of stressful."

Veganism is a dedicated lifestyle in which all animal products are avoided, whether it's food, clothes, or makeup. It's typically a controversial topic because of the ethical reasons behind being vegan and others arguing that people are meant to live off of animal products. People tend to be quite opinionated on both sides because of such contrasting views.

"I've been vegan for about two years now, and everybody in my family is super supportive," claimed lifestyle blogger

Jennifer Arias. "They asked a lot of questions at first, but now they're very understanding and even make vegan dishes for the holidays sometimes." Arias also admitted it was difficult at first because her family would be somewhat critical, but it didn't take long for them to adjust, and she couldn't be happier.

It's inevitable for the lifestyle to be discussed at family gatherings when it affects almost everything that person may eat and family may not be educated about it. However, for long-term vegans, they've come to find out that family will eventually adjust to it, and it won't be as big of a deal as it was at first.

Senior Lilly Gonzalez explained, "My first year being vegan during the holidays was last year, and I was a little sad that I couldn't eat what I used to, but I really believed in what I was doing; my family would make jokes about it, but they were very supportive."

Several websites, such as vegkitchen.com, have suggested to avoid debating about the lifestyle at the dinner table and to be as polite as possible. The emotional aspect that comes from non-vegan family and friends is evidently the most difficult part because traditional dishes can easily become veganized, but it may take a while before others fully comprehend the reasoning behind being a vegan.