

**CHEERS TO
A NEW YEAR
& ANOTHER
CHANCE
FOR US TO
GET IT
RIGHT.**

—

OPRAH WINFREY

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THE FAVORITE MONTH OF GYMS: JANUARY

By Megan Santhumayor

With every new year that comes along, many resolve to become an improved person. Traditions include celebrating New Year's Eve with family or friends, watching the ball drop in Times Square, and counting down to the next year. Additionally, many people set goals, or "New Year's resolutions," for themselves. This time of the year serves as a clean start that motivates and inspires people to work hard towards their desired lifestyles. A common resolution is to eat healthier and exercise more. It is for this reason that gyms and health clubs find long lines of people waiting to obtain a membership in January. A typical day in the first month of the year includes a crowded gym with booked classes and occupied machines. Eager to be the best person that they can be, new members pay for many visits. However, almost half do not follow through with their goal; most quit by the end of the first month. Working out and being active has become a fad and the trend repeats itself every year.

Fitness centers sell deals such as a twelve month membership at the beginning of the year, knowing that the majority will not come regularly. Large fitness companies like LA Fitness, Planet Fitness, and Crunch rely on people not showing up to the gym. When talking statistics, approximately 1 in 8 gym memberships are formed during the New Year's chaos, and health clubs worldwide make about \$75.7 billion each year together. One misconception is that money drives people to exercise, so they pay for an expensive contract. If someone does not have the internal motivation to work out, he or she will most likely not automatically start going to the gym because of a new membership or new year. The large amount of failed gym memberships show that it is imperative to make realistic goals for oneself and realize that a mindset cannot be changed overnight.

Even though gyms love the month of January, "gym rats" usually dread it. The transformation from December 31st to January 1st is overwhelming. Filled parking lots and amateur weightlifters are expected sights on this day. Yet, experienced fitness

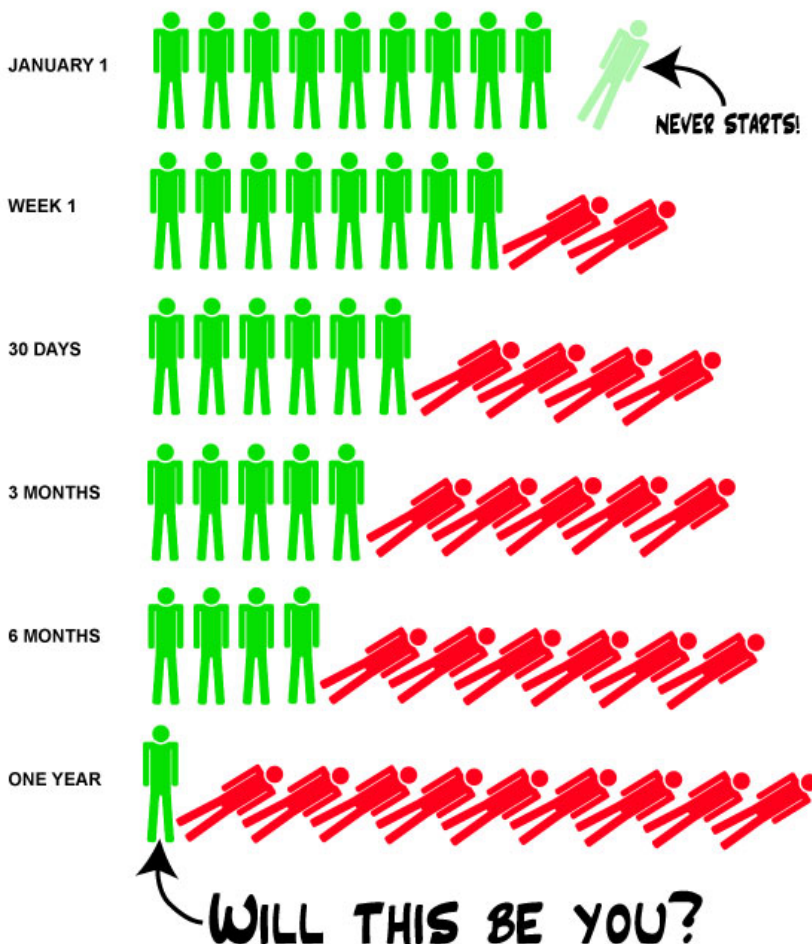
4 professionals are inspired by these newbies who prove that it's possible to keep

working towards a goal. These busy times benefit health clubs too. For instance, the prices of personal training and other classes might drop, which attracts more clients.

Cost, distance, and comfort are factors which may make a gym membership impossible for some people. Thankfully, our communities offer free resources. Activities such as running and walking help burn calories and build endurance. Public courts and parks are equally as beneficial because they are other forms of exercise that may cater to others' preferences. Swimming, bicycling, yoga, and pilates can assist in positivity while simultaneously in exercise by strengthening muscles. This shows that a gym membership is not necessary to have a workout because personal and creative ways have a lot of advantages too. Gyms make profit from failed New Year's resolutions every year.

KEEPING YOUR NEW YEAR'S FITNESS RESOLUTION

Out of every 10 people who resolve to "lose weight", "exercise regularly", "eat healthy"...



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Interview With An Alumnus

By Ariana Novo

With the season of college applications heading behind us, many students feel liberated yet anxious awaiting their results. For a glimpse as to what life could be like after all the stress, I turned to Academy alumnus from the Class of 2016, Joe McCann.

1. How would you say the Academy has prepared you for college?

Academically, it's been pretty fantastic. Most of the classes in college haven't been too tough, and for the ones that are, I really understand good work habits for projects and such. Also, all the 500 presentations and speeches we had to give were so useful because not a lot of people know how to speak. Negatively, the school doesn't train us well socially, it just gives us a lot of bad habits that other places don't get. In particular, I've found this idea of "squad culture" to be an annoying thing to shake since high school.

2. If you could change one thing about the college application process, what would it be and why?

I'd probably say I'd change the emphasis on the essays because it's just so arbitrary. Maybe make things more major specific such as math proofs for math majors, portfolios for CS majors, essays for undecided, projects for art majors, etc. But I don't know, that has its own downsides.

3. Have you used the social networking opportunities provided by the Academy during your time at NJIT? (i.e staying in contact with friends, applying for jobs through people you know, etc.)

I keep in touch with a very small set of people, probably less than 10. Not because I don't like anyone else, I just don't get invited to events. My pals at NJIT are all in AKPsi with me, so we all have fun together in that regard.

4. Describe your senior year in three words.

6 Many inside jokes.

5. If you were going through the college application process again, what would you do differently?

Apply only to NJIT and then use the money I wasted on the other applications to go on a trip or something.

6. On a lighter topic, what was your favorite memory at the Academy during your last year?

At the time, probably the Nashville trip I took for TSA but looking back, bus rides with the gang were easily some of the best times of my life. Just being forced to spend nearly two hours a day with the same 5 other people in a mini-van gets you to just know everyone well. We weren't emotional with each other but we just had fun through chatting and messing around. We recorded some podcasts which were always pretty funny.

7. What is your best advice with dealing with both the stresses at the Academy and senioritis that may hit during the last year?

College apps are done so stress levels should be down, congrats to all for surviving. For incoming seniors, do applications early. Like I finished all mine by end of October so I was cruising. For senioritis, I'd say take advantage of the fact that you probably are bored and figure out what you want to do and like pick up a hobby. Like I discovered I love math, but never really explored it until college. Do something more educational and college major focused. Do lots of AP tests, study for those to take up your time lol. Get out the electives.

8. Which subject do you think best prepared you for life after high school and why?

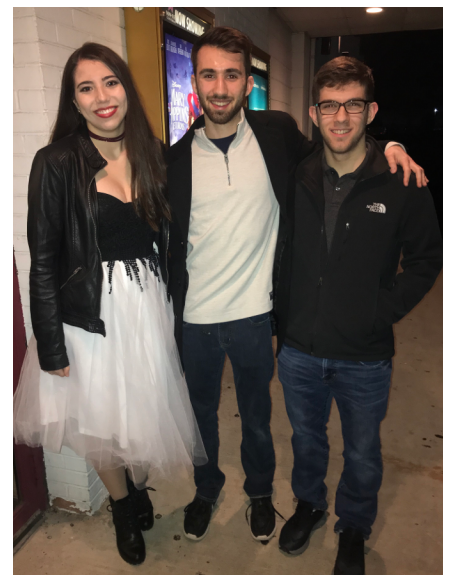
I don't really know, because I really liked all my teachers in their own way for helping me in some way but I'd say Mr. Paterno and Mr. Mosaad both equally made me confident in my major and career choices.

9. Where do you see yourself in ten years?

Probably either an incredibly stressful Wall Street job or chillaxing in some other country like Greece, Japan, or Germany. I don't know, ten years is a long time. Ten years ago, I was scrub in elementary school.

10. If you could give one piece of advice to high school seniors, what would it be?

I would say not to really stress about school choice. Like I thought NJIT would suck but I've been having the time of my life and learning a lot. Don't be a college snob.



*Ariana Novo, Joe McCann,
Daniel Marku (left to*

TECHNOLOGY IN 2019

By Roshan Patel

Although 2018 may have been an exciting year for consumer technology, 2019 is sure to be much more exciting. From artificial intelligence to virtual reality, fierce competition and new technological developments hold great promise for this year.

1. Model Y

The Model 3 has been considered Tesla's best product to date and appeals to the general population. With a growing electric car market and increased competition, Elon Musk has recently announced the unveiling of the Model Y sometime during 2019. The new vehicle will have third-row seating, making it the largest Tesla vehicle launched to date. The vehicle is forecasted to be the cheapest in the line of Tesla products, and will begin production in late 2019. In terms of features, the vehicle will include the same falcon doors as the Model X, a solar roof, autonomous driving capabilities, a range of at least 238 miles per charge, and much more cargo space. This vehicle will be sure to hold great promise for Tesla and will truly define the electric vehicle market.



2. iPhone XI

In 2018, sixty percent of Apple's sales came from the iPhone. The new iPhone XI will feature a wide array of features and services in the hopes of conquering more of the smartphone market. The new phone will include three camera lenses and a much smaller notch on the face of the screen. As always, it will feature a customized chip made by



Apple while ditching the headphone jack. Rumors abound that the new phone will utilize both Face ID and Touch ID. The phone will also turn 5G capabilities, possibly becoming the first phone to do so. The phone will also be much more software intensive and feature more Artificial intelligence features as well. Only time will tell whether or not this phone will be able to fend off competition.

3. LG Signature OLED TV R9

Showcased at the CES 2019 event, the LG Signature OLED TV R9 is a sixty-five-inch television with the ability to roll itself into a small box. The television takes about forty

seconds to roll and unroll itself and also incorporates the Google Assistant and Alexa. The television box also includes large front-facing speakers. It has a very clean and sleek design. This television relates to the bendable screen concept, something which Samsung is currently working to develop for its own line of televisions and products. Though this technology has not yet been perfected, it is an exciting step in the right direction.



2009 - A Brief Look Back

By Rocco Tropea

As we continue to leap forward into the ever-promising future which 2019 holds, it's important for us to look at what we went through in the past. 2009, a year which was once so familiar, is now a decade behind us. Let's take a brief trip back in time to see just how much has changed over the past 10 years...

Film

As with any year, 2009 saw the release of a myriad of films, but there is one in particular which stood (and still stands) out from the rest. 2009 saw the release of Avatar, which overtook Titanic to become the top grossing film of all time, with a total worldwide gross of over \$2.7 billion. While some of the film's special effects are not as impressive those used today, Avatar still remains an impressive achievement for Hollywood. 2009 also saw the release of Harry Potter and the Half-Blood Prince. Although not nearly as groundbreaking as Avatar, this film is currently ranked at #49 for the top grossing films of all time, with an initial rank of #8.



Sports

While there was no World Cup or Olympic Games to be held in 2009, there was Super Bowl XLIII, which had its fair share of record-breaking moments. The Pittsburgh Steelers defeated the Arizona Cardinals 27-23, giving the Steelers their 6th Super Bowl win, an NFL record which has yet to be broken. Another notable aspect from this game was an interception returned 100 yards for a touchdown by Steelers linebacker James Harrison. At the time, this was the longest play in Super Bowl history.

Technology and Gaming

2009 was not a major year for tech, but there were a few notable developments, such as the release of Windows 7, which allowed Windows users to breathe a sigh of relief after the disaster known as Windows Vista. Additionally, people grew more acquainted with the iPhone. After the launch of the App Store in 2008, the number of apps downloaded climbed into the billions by 2009.

The video games industry of 2009 saw the release of several critically-acclaimed titles, such as Call of Duty: Modern Warfare 2 (considered one of the best in the series), Wii Sports Resort (the 9th best-selling game of all time), and Uncharted 2: Among Thieves (one of the best-reviewed games of the year). Most notable, however, was the release of a new indie game: Minecraft, which would proceed to take the Internet by storm over the next few years. This 2009 release was not the full game, but it would continue to grow from alpha and beta stages all the way up to its full 2011 release from there. Today, it is 2nd best-selling video game of all time (beaten out only by Tetris).



Music

Some of the top artists of 2009 were Britney Spears, Kelly Clarkson, Eminem, The Black-Eyed Peas, and Beyoncé (just to name a few). Some of these artists made Billboard Hot 100 history, such as the Black-Eyed Peas with their song "I Gotta Feeling," which is tied for 2nd for longest time at #1 (14 weeks) and ranked as 7th for the top songs of all time. Kelly Clarkson broke the record for biggest jump to #1 with her song "My Life Would Suck Without You," which climbed up all the way from #97! Some notable performances were at Barack Obama's inaugural concert, Ringo Starr and Paul McCartney performing together for the first time since 2002, and Michael Jackson's This Is It tour. Sadly, however, just two weeks before the This Is It tour would begin, Michael Jackson died due to an accidental drug overdose, leaving behind his legacy as "The King of Pop."

While this was simply a brief excursion into the past world of 2009, we can certainly see that we've come a long way on all fronts, from technology to cultural phenomena. It's almost scary to think that 10 years from now, in the distant future of 2029, we'll look back at this year of 2019 in a similar way, seeing everything as old and outdated, yet important nonetheless. But for now, there's a new year ahead of us, with more record-breaking events and undiscovered experiences which await us.

ACADEMY CLUB CHECK-IN: WHAT THEY'VE BEEN UP TO AND WHAT THEY HAVE IN STORE

By Avinash Kumar

One month into 2019, and things are looking great. The government was recently shutdown, CNN is still reporting, and college decisions are right around the corner. So let's take a step back to 2018, a simpler time, and see what MCA's many extracurriculars have been up to, and what they're looking forward to doing in the new year.

Model UN

After only being able to attend a few conferences last year, Model UN is looking to give its members as many opportunities as possible. That's paid off significantly, with the club having attended JPSMUN in October and looking to attend ILMUNC at UPenn. Through these conferences, the club hopes to get its new members much more involved in current global issues, and teaches them to apply this knowledge to their debates. It also strives to educate public speaking, the art of the deal, and working under pressure, as the topic and flow of a conference is viable to change at any time.

JSA

Junior State of America (JSA) is the largest student-run organization in the country. Dedicated to making students civic leaders and accountable activists, JSA uses debate and activism to drive its mission. In the past, MCA JSA has attended many conferences and conventions from Princeton to



Washington D.C. Boasting many "Best Speakers" and State Cabinet members, our chapter has an impressive past and an even brighter future. Their next convention of the year is Winter Congress where students will represent members of Congress and travel to

Washington D.C. to debate each other on bills they have written.

FBLA

FBLA has a lot planned for 2019. In its first meeting, they covered various topics from business development and resume and LinkedIn building. So far, they have participated in the JA Titans competition which is an online virtual simulator that aims to teach students how to manage a company and analyze the market to make executive decisions regarding marketing, R & D, manufacturing, capital investment, and more. They have also taken part in the regional competition where students have the option to choose from over 50 topics, and they had more than 30 students qualify out of 52. They are currently running a stock market competition where participants will have two weeks to use their knowledge to try to play the market. They took part in Consumer Bowl on January 30th where students learned about consumer affairs in a quiz bowl fashion. Last year, they got second place in the state. This year, they placed first in the competition.



Academic Team/Bowls

Quiz Bowl has had an extremely successful five months. In addition to attracting many new members, the academic team has attended the Scarlet Knight Fall Tournament at Rutgers, the Princeton Fall Tournament at Princeton University, and the Philly Fall Tournament at Friends Select School. As it heads into 2019, Quiz Bowl is planning on attending tournaments at East Brunswick High School and Livingston High School. It's also hosting the New Jersey Middle School Competition in March, and plans on qualifying for the national tournament in Atlanta, Georgia. History Bowl has also had a lot of success. It recently attended its first tournament of the new year, where the JV team placed second and already qualified for the national tournament in Arlington, Virginia.

TSA

The Middlesex County Academy's Technology Student Association has greatly expanded its member base over the past year. The club will be hosting its annual TEAMS (Tests of Engineering Aptitude, Mathematics, and Science) competition in February. The competition consists of three different sections: a design/build challenge, where teams must create an object to solve an engineering challenge; a multiple choice test that



requires teams to utilize math and science skills to solve real-world problems; and an essay that is to be submitted electronically prior to the competition. TSA will also be attending the state competition at TCNJ, and will be competing in a variety of different topics, including bioinformatics, programming, and public speaking.

The Eagle Eye

The Academy Eagle Eye has so far published 5 editions (including this one) and has reported on a wide variety of issues. The club also attended GSSPA at Rutgers University, where members got the chance to learn about various reporting techniques from journalism students and veteran reporters across the state. The Eagle Eye also recently released its first official website, where you can view and download current and past editions. The Eagle Eye plans to continue publishing more editions in 2019, and further improving and tweaking its online website and Instagram page.



Community Service

The Academy's service clubs have had a very busy 5 months! Interact ended off December with the most successful talent show in school history, donating \$1000 of ticket sales to Toys-for-Tots. Red Cross hosted the annual Breast Cancer Walk, attracting nearly a third of Academy students and faculty from across Middlesex County, and plans on holding a blood drive during the first week of February. Safety Ambassadors attended a conference on how to effectively teach students life-saving safety skills and will start teaching first-graders these valuable skills beginning in February. Finally, UNICEF had an amazing lunch, and hosted their annual Trick-or-Treat for UNICEF.



Math League

MCA Math League has hosted lots of competitions over the past year, including Mandelbrot and ASMA, both of which are open to all students, and it has a lot planned for 2019. It will be hosting AMC 10 and 12 in February, and MathCon in late January. Those

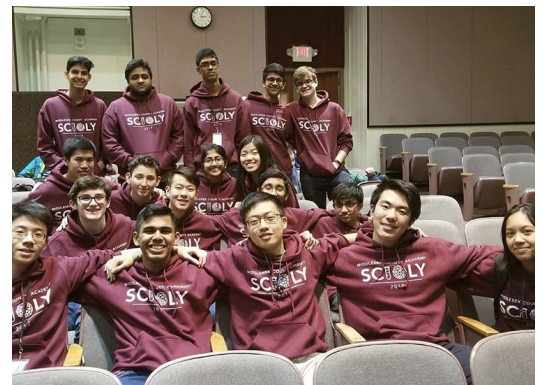
who earn a top score on either AMC 10 or 12 will be invited to take AIME in March. Also in March is MCA's own math tournament, held and run entirely by the Math League. Finally, in April, Math League will be attending MathCon nationals in Chicago.

Computer Science Club

The Computer Science Club has competed in two major events over the course of the year: Zero Robotics High School Tournament and American Computer Science League (ACSL). Zero Robotics, hosted by NASA and MIT, is an algorithmic-based competition where teams of students work together to guide a simulated satellite around the solar system. CS Club was unfortunately knocked out in the elimination round, mostly because the teams it faced had more experience and funding. CS Club hopes to apply what it learned to next year's competition, and hopefully make it past the elimination round. ACSL is a programming and math-oriented competition that tests excellence in both fields. As of now, CS Club has placed first in the state in the Intermediate Division and third in the Junior Division.

Science Olympiad

Following a successful rookie season, Science Olympiad has been preparing for many recently upcoming tournaments. A lot of effort has gone into preparing members for the completely new set of topics (including Fossils and Cryptography) and ordering items for the various events. On 1/15, Science Olympiad attended the Central Jersey Regionals at Union County College and placed 6th overall, snagging some medals and qualifying for states. In February, they are planning on attending an invitational tournament at Princeton University, and in March, they will be attending the state tournament at Middlesex County College.



Investment Society

For the last 5 months, Investment Society has been teaching its members personal finance, preparing them for the near future when they must handle their own funds. It also implemented a stock trading simulation to teach basic investment techniques. Also, due to popular demand, the club will start using the AP Economics syllabus, killing two birds with one stone by teaching members finance while also preparing them for an AP exam. Investment Society has a lot planned for 2019. It's planning on partnering with

United Way to teach members how to file taxes, and aims to utilize this information by traveling to low income communities and helping out locals file their own taxes.

VEX Robotics

Six Sigma Robotics has been working for the last 5 months on redesigning last year's robot for this year's game. The new game is called Turning Point, and requires robots launch balls at tall, stationary targets, turn over large red and blue objects, and climb over platforms. As of now, the team has competed at TCNJ's VEX Robotics Competition, and plans to attend competitions at Camden County Technical Schools, South Brunswick High School, and Millville High School. Based on the team's performance at these competitions, it will attend the state competition at Cherry Hill High School East.

DNA Club

DNA is a club focused on bioengineering where students are able to perform lab experiments and analyze their results using bioinformatics tools. The club has been working in collaboration with the Waksman Student Scholar Program at Rutgers University, allowing students to publish a sequence from duckweed DNA on the National Center of Biotechnology Information database.

Art Club

Every month, Art Club helps decorate the bulletin board in collaboration with student council. Members are made aware of upcoming competitions via Facebook. Art Club is planning on submitting to the MCC art showcase in March. Hopefully, their pieces will be made public, and can be enjoyed by students and faculty alike.

Yearbook Club

Over the past year, Yearbook Club has been taking pictures at many different school events, and trying to capture, in essence, student life. It then compiles all these images into a book of memories. The club has many separate deadlines, and it has just finished student portraits and noting senior information. Their next deadline will be overviews of each month, Class of 2019 memory pages, and a few fun surprise pages.

SENIOR PROJECTS 2019

*Learn more about
this year's CMET
and ECET senior
projects!*

Washing Machine

Nikki & Joanna (CMET)

A washing machine powered by footpedal. The concept of the machine's future is to be sold to schools in poorer neighborhoods, where students are statistically less likely to attend school due to a lack of clean clothes to wear for class.

Facile Meeting Condensing Assistant

Glenn & Jeff (ECET)

Device for meeting rooms that allows the meeting moderator to take notes with their voice, eliminating the role of the scribe. Project will use a raspberry pi to present the user interface, which connects to a server that calls speech recognition APIs, processes the resulting text transcript, formats the meeting notes, and sends them over email to all meeting participants.

System for Measuring Aquatic Quality

Sahar, Sanjna, Mrinali (ECET)

Remote-controlled boat that analyzes water quality and displays the results in a smartphone app.

Mechanical Function Generator

Jatin & Dhiren (CMET)

Computes logarithmic, sine, and cosine functions based on the input using linkages.

Traveling Robot

Saneel & Sayak (CMET)

A functional robot that can travel up slopes and inclines. Robot uses much cheaper material alternatives in comparison to other robot design companies.

Laundry Manager and Organizer

Kevin & Spencer (ECET)

Device that can read symbols on clothing laundry tags by scanning each article of clothing. Project will cater specifically to those who are visually impaired and need help managing and organizing laundry. Informs you how to separate the clothes into loads to be cleaned.

McCoverly

Archi & Hannah (ECET)

McCoverly aims to help physical therapy patients do their exercises properly outside of a clinic. A patient has to do his/her prescribed exercises properly for a fast recovery. However, at home, patients can forget when and how to do their exercises. McCoverly hopes to fix this problem with a wearable band which analyzes whether an exercise is performed correctly, and sends reminders and feedback through an app.

GreenWorks

Ariana, Kaileann, Aparna (CMET)

A manual compost machine that shreds natural, biodegradable food waste and dispenses compost for gardening soil.

V.I.N.E.

Swathi & Eesha (ECET)

V.I.N.E. is a portable IoT device that is attached to the front of a bicycle and can track the GPS location, speed, tilt, acceleration, etc. of the bike. Based on the data, it sends notifications to a phone app if it senses that the child may have fallen down or wandered, allowing the parent to quickly take action.



Arthropleura

Akhil & Vignesh (CMET)

Arthropleura is a vehicle designed to traverse mountainous terrain while hauling heavy equipment through the use of legs rather than wheels. It gets its name from the Greek word Arthropleura, meaning “jointed ribs,” because the vehicle is designed in a way that it can be broken down into “segments,” each containing two legs.

Flipper Flopper

Nikhil & Sibhi (CMET)

A machine that can re-orient objects in multiple directions to ensure efficiency in factory settings and overall production.

Failsafe

Dev & Yoga (ECET)

Phone dependent NFC-based access control system to help improve workplace security along with defense against unauthorized personnel in a building.

3 Punch Steel Riveter

Anna & Sudheshna (CMET)

A device that consecutively punches three nails into a car bracket part, initiated by the turning of a crank. The device aims to decrease production time per vehicle and increase manufacturing efficiency.

Cook It Right

Rameen & Parth (ECET)

Custom designed microwave that scans the barcode provided on the frozen food package. CIR automatically sets up a proper cook time to prepare the meal. The code is scanned through an app that sets a time based on the information provided by the barcode.

Gesture Automated Recognition System

Vineeth & Amey (ECET)

GEARS is a device that allows users to wirelessly control a lamp's brightness and a speaker's volume with hand gestures. Specific changes in hand position and angle are detected by a wearable device (Apple Watch), then communicated to the GEARS system interfacing with the various smart receiving devices.

Whimsiclock

Sidd & Mohamed (CMET)

To describe the Whimsiclock in one paragraph would be to capture the beauty of the universe in a single jar. Oprah has described the Whimsiclock as the single greatest piece of innovation of the past century, and CES 2020 has been delayed in order to accommodate for this device. Simply put, the Whimsiclock is a portmanteau of the words whimsical and clock, referencing its whimsicality. It relies strictly on the calculations and design of gears, linkages and pulley systems to pull and lift numbered blocks every hour, ten minutes, and minute, as to display the time. You might wonder what the use of this device is? What if you're lost in the middle of the ocean during your prom on a yacht? How will you tell the time when your phone has died? The Whimsiclock does not rely on wall outlets. It serves the same purpose as Big Ben, while expressing the same, subtle beauty as the Mona Lisa.

Wave Displacement Generator

Palak & Adrian (ECET)

An alternative renewable energy source. The device harnesses the constantly changing motion of waves into electrical energy, while monitoring wave characteristics including wave height and temperature.

TOP STOCKS AND INVESTING TIPS FOR 2019

By Matthew Grimalovsky

The New Year always brings a host of new technology, new opportunities, and as always, the chaotic world of investing at the average person's doorstep. Last year was an upsetting year for the stock market, with several factors leading to an unexpected market slide. As a new investor, one must always keep in mind that the economy and the stock market aren't always one and the same. In fact, this was the case with 2018; while the unemployment rate was falling, and the GDP facing excellent growth, fears about the global trade war and rising prices destroyed a predictably good year.

According to the NerdWallet blog, it was the worst year since 2008, as multiple mass stock indexes (collections of similar stocks) fell into decline. For the struggling investor, cryptocurrencies didn't do much better:

Bitcoin alone dipped below \$4,500, a testament to a possible end to the previous crypto-craze. The Federal Reserve's decisions had drastic consequences for investors, easily changing the outcome of the entire month with a single interest rate increase. With all of this uneasy news, why should you want to invest in stocks, or for that matter, anything, in 2019?



The truth is, you shouldn't. That is, if you believe that you can easily make thousands of dollars without much effort. Making money in the stock market, regardless of what year, requires patience and discipline. And even though stock indexes such as the S&P 500 and Dow Jones did go into decline, there were many stocks within them that were very profitable. For the investors who did their research and maintained the qualities as mentioned, some were able to identify these stocks, and make money. The stock market is a truly crazy "place", and you won't always make money. By the end of the

day, however, the goal is to make a profit. In order to achieve this, here are my top tips that I recommend for you to start off, or continue your existing path.

- **Start Small:** There are countless free virtual trading sites and apps out there, waiting for you to simply sign up and begin adding to your virtual portfolio. It's remarkable that the best cost-efficient method to gain invaluable experience is a couple clicks away.
- **Understand The Risks/Rewards:** As stated before, the stock market is not a place to get free money, nor will you get rich quick unless you have the insight to buy a stock before it suddenly rises 10,000%. You need to understand that when you start out, you will lose money, and you almost always will be inclined to give up. Here, you can make a decision if the stock market is really for you. This "time of judgement" experience will save you thousands of dollars later in your adult life, where you would not only learning about stocks, but also planning to invest for your retirement.
- **Age+Experience:** Realize that you are most likely not old enough to register a trading account, and/or most definitely will be borrowing your parents money in the case of the "Real Deal". Make sure you discuss the details with them, and explain to them your practice, and your intent to be financially successful in the future. Understand (and have them know) that there is always a risk, not matter the experience, and that you are fully aware of them. This undertaking of responsibilities is ideal for getting into the investment world while still in highschool.
- **Don't Be Afraid To Make Mistakes:** Even in the casual virtual stock trader apps, you will still make mistakes, and that's okay. With every mistake you make, you gain a powerful new insight on how to improve. However, this doesn't mean that you can rush into investing without a single clue of what's happening (at least, it's not recommended). If you really want to make the money you've been seeking, then be inclined to study, read, and practice for quite a while before you feel comfortable moving to real money. Don't be discouraged if this takes months, or more. Your experience, and your mistakes, will be crucial to making it big.

I want you to keep in mind that these tips won't instantly be your gateway to success. However, if you gain the experience and understand the workings of the investing world, you have opened up a whole sector of business, even helping you if you ever decide to create your own. By also gaining discipline and responsibility, you will be more prepared to be financially confident in your adult life, especially with major transactions coming up down the road.

To finalize this article, the following are my personal recommendations for stocks to watch out for in 2019 (I do not state that they necessarily will do well, but they are most definitely on my watch list). Note that these are just a few of many:

iRobot (IRBT): Robot vacuum company with around billion dollars in sales in 2018, and rapid burst in American homes. Watch out for competition though.

Netflix (NFLX): Popular broadcast/film service, with growing revenue and the potential to reach massive international audiences. Does have room for improvement.

Biogen (BIIB): A very “bouncy” stock, this pharmaceutical company is on the brink of top-notch drugs, including a possible cure for Alzheimer’s disease. Drug companies in general are lucrative stocks, and it is a good idea to keep an eye out for ones like Biogen.

Apple (AAPL): This stock is suffering horribly from a series of bad decisions, and is at a quite low price. However, if the trade war with China ends, tech production and results may resume to normal and AAPL could spike, resulting in a large profit.



twitter news

By Ariana Novo



Gillette, the razor company released an ad focused on the topic of toxic masculinity, challenging men to stand up for what's right. While to some it may seem like a positive ad, Gillette is facing much backlash and a boycott from "men's rights activists."



After Netflix released Bird Box, it became a meme for millennials. Vlogger Jake Paul did the Bird Box challenge by walking into traffic and driving, both times blindfolded. The video was then removed because it violated YouTube's guidelines and encouraged dangerous behavior.



The hundreds of migrants in the caravan heading towards the United States border with Mexico just crossed the border of Honduras. President Trump remains steadfast in his opinion that this is an invasion and the way to stop it is by constructing a border wall.



Speaking of the wall, the U.S. government was on shutdown since before the holidays for a total of 35 days. Trump was unable to negotiate a funding plan with Congress to establish his border wall, resulting in what was the longest U.S. government shutdown.

the best
is yet
to come



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