

“May is the month  
of expectation, the  
month of wishes, the  
month of hope,”  
- Emily Bronte

# Breaking Beacon



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## Scholastics National Awards

By Zenia Haris

The winners of the National Scholastics Awards were announced on March 25th in the Hudson Valley region. Congratulations to Alina Joseph and... Zenia Haris?! Alina won a silver and gold award, while I won a gold award! The celebration will be held next month in the Carnegie Hall in New York City from the 9th to the 11th, with award winners able to participate in activities, panels, and social events with each other. How exciting! Everyone who put themselves out there for Scholastics this year has done such an incredible job— I look forward to the next!

### National Scholastic Art Awards - BHS



Alina Joseph- Gold Key  
“Playing Dollhouse”  
Drawing Category



Alina Joseph- Silver Key  
“Primitive Division”  
Printmaking Category



Zenia Haris- Gold Key  
“In the Periphery”  
Digital Painting, Drawing  
& Collage Category

## Surviving AP Exams

### Tips and Tricks

By Marisah George

AP Exams are right around the corner. To most students, the exams and studying for them can be a looming shadow over their lives. However, while it may not seem like it, there are ways to survive the exam, along with ways to survive the seemingly tumultuous studying.

#### 1. Take Breaks

As someone who spent hours at a time studying for exams, the most important thing to keep my sanity was to take breaks. After completing a certain task, such as watching review videos or taking a practice test, leave your room or wherever you're studying. Take a walk outside, have a snack, or scroll on your phone.

Do whatever you can to let your brain relax after working so hard. Don't allow the breaks to go on too long; 15 minutes at most. That's more than enough time for your brain to take a breather and be ready to tackle the next task.

#### 2. Practice, Practice, Practice

It's easy to feel lost when beginning to study, to feel unsure of where to start when you have mounting information in front of you. If you're just beginning to study, start with a practice test. It's ok if you're completely lost on it or forgot almost everything you learned from the past year. Practice tests give you a good overview of where you're at and what you need to work on. Even if that's your only form of studying, it will provide you a

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## Seniors of Beacon Players

### An Interview

By Suvi O'Shea

We have a lot of really talented seniors in Beacon Players this year, so I thought I'd just get a quick reflection from a few of them on their time in theatre production. I spoke to Jonah (Sebastian) Espinosa, Griffin K, and Piper Bruno and asked a couple questions about their times and experiences in the Beacon players.

**When and how did you first become interested in theatre?**

Griffin: It was in 9th grade, when a friend of mine told me to join the art crew.

Jonah: I started theatre because I was recruited by my brother, and I think my first show was Beauty and the Beast in 5th grade. Since then it's become a given about me.

Piper: I joined the pit orchestra my freshman year because Ms. Ryan mentioned it to me.

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## Meditation Room

### What Happened?

By Madison Abrahamson

Not too long ago in Beacon High School's history, students once had a place to wind down and truly feel safe in a closed-off environment. The area I'm referring to was the high school meditation room located in the guidance office. While it has been two years past its prime, I feel as if the meditation room is more needed now than ever.

The incoming underclassman class was absolutely huge in size, making it difficult to truly relax in certain areas,

such as the library, which is often packed during certain periods, and the lunchroom, which is constantly loud.

Bringing back the meditation room, which was located in the most peaceful office area — guidance — may help students take a breath and feel less overstimulated in the school environment. If you weren't there to remember the "meditation room," it offered comfortable seating, coloring books and other stress-relieving activities that helped students decompress between periods.

While some may argue that it would simply become a "skip spot," I would

beg to differ. If students advocate to bring this room back, systems that deter skipping could be implemented by next year. Things like a digital sign-in sheet, timed visits and adult supervision could ensure that the space is not taken advantage of.

High school isn't the easiest place to be every day. This room could include coloring books, comfortable seating, stress toys and small knickknacks to remind students that not everything has to be serious all the time. While it may take time to bring our beloved meditation room back, creating a space for students to put their mental health first is a realistic and worthwhile goal for the upcoming school year.

## A Senior's Perspective

By Zenia Haris

As the year winds down, I can't help but feel like I left a lot of things unfinished. Things I wanted to say, people I wanted to befriend, events I wanted to participate in—

There's so much that I wish I had or hadn't done. I know I'm not the only one who thinks they need a do-over. On the other hand though, I know a lot of us are ready to close this chapter of our lives. It's exciting, even if it doesn't feel that way while you're experiencing it. All the senioritis talk is true, yes, but there's still so much to look forward to. From a senior— You're going to be okay.

It's unfair to expect anyone to have their entire life mapped out as a teenager, so don't be so hard on yourself about it. College isn't necessarily the end-goal, you're allowed to be confused, and no, grades don't actually determine your worth as a person. The biggest thing you need to concern yourself with is if you're proud of who you're becoming. If you're not, change that.

## AP Exams

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lot of good review and practice with the AP test format.

### 3. Bring gum!

Yes, exams are stressful and challenging. Above all else, however, they can be boring. It's so easy to be reading without actually really reading a passage or staring blankly at a problem as precious time passes. With little other ways to stay alert, the best way to stay focused during an exam is to chew on gum. Science backs this up: chewing gum boosts alertness by 20% due to increased blood flow to the brain. It's so important to stay focused on the entire test to not lose time; every second

counts.

### 4. Take it seriously- but not too seriously

A lot of people will say "It's just an exam, don't stress about it." And that's partially true and partially false. If you're hoping to get into a top school, AP scores really help. They demonstrate your academic excellence, leading to a stronger application. However, what's important to remember is AP scores don't need to be sent to colleges; while they help applications, they don't detract if you choose not to send them. So, work hard, but if the results don't come back the way you expected, just remember that in the end, it is just an exam.

## Seniors

From Page 1

### What has been the best aspect of being in Beacon Players?

Griffin: To put it simply, the community that's built and the friends you make.

Jonah: You get to have friends and relationships you wouldn't have made otherwise.

Piper: It's really fun to surround yourself with other people that have similar interests to you.

### Is there anything you'd like to say or advice you'd like to give to people entering Beacon Players/theatre production?

Griffin: Have fun.

## Dr. BHS

Dear Dr.BHS,

Is there any point to any of this? Not to get political or anything but things aren't looking so great for the future right now and honestly I'm scared. I'm scared to become an adult during a time where people can't afford basic necessities or even luxuries like apartments during their "prime years." It makes me really unmotivated to accomplish anything because it seems like whatever I do will end up being pointless. I don't know man. Any advice?

From,

Cocopuff28

Dear Cocopuff28,

I understand how stressful everything looks right now but you cannot let fear dictate how you move throughout life because you would be limiting yourself. I can't promise that if you work hard you'll be able to afford everything that you want, but I can assure you that any work put into it will not be in vain. Move smart and don't make silly decisions based on assumptions.

Sincerely ,

Dr. BHS

Jonah: Have fun because life is so short, that's the senior mentality.

Piper: Enjoy it, and don't take it for granted



# Struggles of Senioritis

By Zenia Haris

As the year creeps ever-closer to the end, seniors have been struggling. Between being in charge of making decisions that will change our entire lives and juggling school work that seems monotonous and pointless, it's left a lot of us reeling from that infamous Senioritis. Deciding whether or not coming to school will be worth it today should not be a question plaguing our minds, yet it's the only folly formed one we have after getting barely any sleep because we were awake all night trying to catch up. I've interviewed a few students at BHS that have been taking advanced classes since

freshman year. AP and DCC classes demand a lot of time out of a student—time that they most certainly cannot spare as seniors. Here's what they're thinking:

"Being in the building feels so pointless and unenjoyable, because why am I here when I'm so mentally ready to leave/maybe already committed or at least accepted and genuinely can't access anything online thanks to all the blocks and bans? And then I finally get out and just blink and suddenly I have homework due that I didn't know existed."

"I've been struggling to find motivation for sure, and I'm kinda realizing that my grades don't matter at all

anymore. I also am struggling to convince myself to come to school all the time, even though I don't, I feel a lot of urges to skip."

"My grades are pointless at this point, I feel unmotivated. I rot at home once I get back from school and work. I feel tired all the time and want to sleep. I have an urge to skip almost all the time now."

Seniors really need a break. It's hard enough having to map your entire future out at 17 or 18—now there's schoolwork to juggle on top of it. For some of us, college decisions are what made us lose our motivation in the first place—why did we work this hard just to not get into the college we wanted? What really matters?

# Harry Styles Album Review

*Kiss All the Time. Disco, Occasionally*

By Hayden Wilson

Harry Styles is officially back from his four-year break with a beautiful, deeply personal album. Styles' new release explores a midlife crisis and how he has found fulfillment beyond a life of stardom. The album strays from his original sound, leaning instead into dance-funk and pop-funk influences inspired

by 1980s music rather than his more traditional angsty pop-rock style.

One of my favorite songs on the album is "Pop." It is very upbeat, danceable and, overall, a fun song to listen to, with synths layered in the background. "Dance No More" is another standout track, bringing a strong Michael Jackson-inspired 1980s vibe through its backing track and showcasing a lighter side

of an otherwise emotional album. That may be why I gravitate toward these songs more than the deeper, more personal tracks.

"Paint by Number" is likely the most emotional song on the album. Many listeners have speculated that it references Styles' former One Direction bandmate Liam Payne, who tragically died a few years ago. The song appears to encourage listeners not to take life for granted and to live fully. However, the best-written track, in my view, is "American Girls." It highlights Styles' vocal ability while reflecting on watching friends fall in love and get married, and his own desire for a deeper connection.

Even though some songs are highly emotional and personal, the album consistently maintains its 1980s funk influence. The four-year gap between Harry's House and Kiss All the Time. Disco, Occasionally demonstrates Styles' growth and shows how he used his time away to find inspiration for this new chapter of his life.

# Friends of Beacon Dog Park

By Hazel Schein

Among the diverse wildlife and abundance of pets, Beacon offers a variety of places where pets can spend time. One spot where dogs can explore is Friends of Beacon Dog Park. This park provides a free, public space that welcomes all dogs. Here, Beacon residents and visitors can enjoy a place where their dogs can frolic off-leash.

A location that provides a natural environment while also being pet-friendly is the Fishkill Ridge Trail. This trail is a five-mile hike that features scenic views and offers exercise for both pets and owners. Beacon has many places where pets are welcomed and included.



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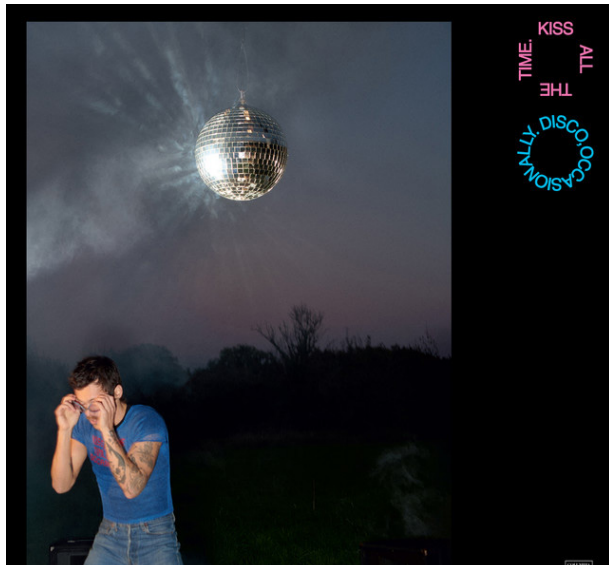
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# Word Search

By Payton O'Connell

M D W E D T C M L L M R M O D  
 R L D R S C O G N I L D E E S  
 M E A L T S E N T D E R N T W  
 C L W R S L S E N H T R A E R  
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BLOSSOM	LILIES
BUTTERFLY	MAYFLOWER
DAFFODIL	MEADOW
DEW	MINT
EARTH	NATURE
FLORAL	PETAL
GARDEN	PLANT
GREEN	RAINBOW
GROWTH	ROSE
HYACINTH	SEEDLING
IRIS	SMELL
LILAC	

# Comic Strip

By Jayme Fuentes

oh! 10 more weeks of school to go



Jayme