

# Annual Dose

**Healthy  
Recipes**

**Do you  
have  
anxiety?**

**4 Apps to  
Help Ease  
Your Mind 😊**

**Why Teens  
Need  
Health  
Insurance**

**Healthy  
Relationship  
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**Roxborough  
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**2017 Spring Issue**

2017

# Spring

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# Letter from the Editor

In this first spring issue of AnnualDose, I tried to gather content from youth, by youth. There are different articles, artwork and photographs from youth ages 14-25 from different places in the U.S and a couple of other places too.

Some of the articles and artwork range from pieces that symbolize anxiety and articles about it as well. There's also articles about healthy relationships, what you can do with apple cider vinegar and, hypocrisy.

I want to thank everyone who took their time to submit something to me because without you there wouldn't be so much diverse content. In the future, I wish for the number of pages to go up and for more people to get involved.

Stay happy and healthy

Love always....

*Catara Lane*

Editor and Chief





By Larkin Cook, 17,  
IG:lark\_camille88



# Falling

by Nina Gadson,14, IG: nina.beanaaa

I'm falling no longer in touch with reality trying to stay  
in touch with gravity but, it keeps *letting me go*  
*fearlessly*

No fear in not having me here ready to see me give up,  
I'm falling, *no longer in touch with reality*

I can't seem to get away from the fairytale world that's  
killing me! It's killing me, falling, falling and falling...  
*losing touch with reality*

I can't seem to get out of my head blank, blank my mind  
is blank, I think I liked it better when I drowned in my  
thoughts

But now I'm above the water this time there is no air  
gasping, gasping, gasping for air feeling as though I  
have no lungs gone. Gone, they're gone!

Falling *no longer in touch with reality* trying to  
stay in touch with gravity but somehow it keeps  
letting me go fearlessly

Running, running away from myself trying to get away  
from everything but somehow it just keeps following me

I'm falling *no longer in touch with reality* I'm losing  
my mind like Albert Einstein and I'm not even able to  
make sense of it

But it's all and only in my head I see tragic dreams and  
horrible thoughts screaming in my head. Screaming at  
me and *making me lose my mind*

I see imaginary things that don't exist in my head but yet  
I'm still falling, and falling *no longer in touch with*  
*reality*





By: Maria Ann Lyka Jose, 19,  
IG; @mariaannlyka



# Teen Anxiety

Teen anxiety disorders are one of the most common mental health conditions that can start developing during childhood. Anxiety can affect every area of a teenager's life including: academic performance, ability to maintain friendships and a stable social life.

Most teens don't even realize that they have anxiety and don't realize that there are others who are going through the same things that they are. There are countless occurrences of anxiety that you might even recognize some of the symptoms or might even have one of them, but never forget that you must be diagnosed by a doctor.



# ANXIETY

## Generalized anxiety disorder/GAD:

Feeling anxious in new situations or when you feel like you're in danger is a perfectly normal response. It's called the "Fight or Flight" response or "Dip or Jab" reaction. These responses help us survive and make decisions in dangerous situations. A Teen with GAD might take it overboard and worry a little bit too much.

### Some of the symptoms include:

- Difficulty breathing
- Trouble falling asleep (the mind won't shut off)
- Nausea
- Having trouble relaxing
- Thinking about the worst possible outcome for everything
- Excessive concern and worry about daily activities

## Obsessive-compulsive disorder (OCD)

Obsessive compulsive disorder is *the most* versatile anxiety condition. It appears in different ways and not every person has the same symptoms. Unlike alcoholics who drink and enjoy it most of the time, people with OCD only get a temporary relief. They suffer from unwanted and annoying thoughts they can't seem to get out of their heads (obsessive), which compels them to do things repeatedly that might seem unrealistic or unnecessary to others (compulsive/insanity) symptoms might include:

- Compulsive behavior
- Agitation
- Persistent repetition of actions or words
- Ritualistic behavior



# ANXIETY, KNOW HOW TO DEAL WITH IT

By Fulufhelo Ramotsatsi,  
tw:@Patienc18274133

An University/College can be a very stressful environment to be in, but we all get excited when we get there. We never know the weight of the workload we have to get through, making new friends, then having to adapt while some of us know how to handle stress. Whereas others can't seem to stop drowning in it.

I remember my first day in college, I had mixed emotions, I was excited and nervous at the same time. As exciting as it was, that I was finally in a place I always wanted to be, I had so many questions. What if I am not going to enjoy the course? What if it is not going to be worth it in the end? Do I really see myself writing my whole life? What if one day I cannot write anymore or my creative juices are not pouring enough? Well, I did not have answers then and still do not have them.



For me it was not about having answers but getting through the day and having a goodnight sleep after knowing that I had fun that day.

Anxiety or stress doesn't just come from your school work and the assignments and exams you have to get through. Sometimes, it has to do with your peers in campus, how they dress, how they behave, what they do for fun. I thought I needed to change from that summer dress I like to rock or those ordinary jeans and average shirts, but to what? Were my eyebrows supposed to be "on fleek"? Did I just need a little moisturizer for my lips? I felt like I was an extrovert trapped in an introvert character. Did I need to spread my wings and loosen up to fit in? I was just in my first year and I did not need to rush into anything, but I was in a different environment it would be okay change.





I can't really say we had a lot to do in freshman year, we did not have a lot of assignments but when they came, there had to be a lot of attention put to them. I was scared if I was going to have time and if I was going to be doing the right thing. I remember most of them required massive research and with the fear of plagiarizing it meant sleepless nights and more dedication. As a student you will always feel like you have limited time to do certain things but the truth is: we always have time. We had so many group assignments and it was hard to complete the work, everyone had their own perspective of how it was supposed to be done. We went from finding ourselves to being almost late for submission, to not doing well on some assignments. All in all, that year went very fast, I had no choice but to work hard.

When I went to my second year, things were getting more challenging. We now had more assignments, as expected, but we had to work harder .

One thing I liked about my school was, they gave us room to grow, we had an opportunity to do *Media Studies* as a whole, and as the years went by you had a chance to know what you are comfortable with. I found myself in the comfortable hands of Journalism, but was it something I had always planned as I was growing? No. This is somehow a very confusing and exciting experience I am going through. It was so stressful, I did not want to be a journalist, I wanted was to be a fiction writer and film and television director, I still do. For some reason Journalism was the only module I was consistent in, I was very good at it and I felt like I understood it better. I had three majors: Television, Journalism and Public Relations. I enjoyed doing them, but I was getting confused. I had days when I felt like I did not know what I was doing and my majors didn't feel like they were the right fit at one point. At the same time, assignments were coming and it was very tiring. I was stressed about finding the right information, the time to write, and if I was going to submit on time.





When you get a chance to submit, you come back to your old self, you have a chance to smile and catch up with your social life, but the ultimate truth is anxiety will always affect you as long as you allow it to. As long as you have decisions to make, a place you need to be, deadlines you have to meet, it will always be stressful if proper preparation is not put in place.

I talk to myself almost all the time to get through stressful times. I know it sounds crazy but it is very vital for me. I used to write in my journal daily when I came back from school, but it was not enough, I needed to hear myself talk. The more I was talking out my stress, the better I was feeling. How did I know that talking was going to help? You have to challenge yourself to new things, try things out and see which one works for you.

Reflecting on those years, I did not need to change, I needed to be me, appreciate myself more and be able to see the beauty that was within me. I needed to let myself grow without the *influence of how others were performing*. It is okay to be stressed, you are only human. If you are like me with a sensitive and fragile attitude, it is even hard to pick yourself up but you have to do it. I always find myself crying, not knowing why but I always feel better after.

Truth is you need to find yourself and I know that it is hard sometimes, but if it means trying out different things to get there, then do it. There is no method in how you have to handle anxiety, you have to know yourself and what makes you happy.



# Why do teens need insurance? How does insurance relate to Healthcare?



How does insurance relate to healthcare? Or how does healthcare relate to insurance? Ask almost anyone and they'll definitely have a story for you. Insurance saves you the hefty bill in case any catastrophic events may hurt or injure you. Without insurance you just might be going home bankrupt and still sick. The only responsibility of the hospital (technically) is to stabilize you, and that's if your halfway dead. Notice the first question they ask you when you walk through the door is "do you have insurance"?

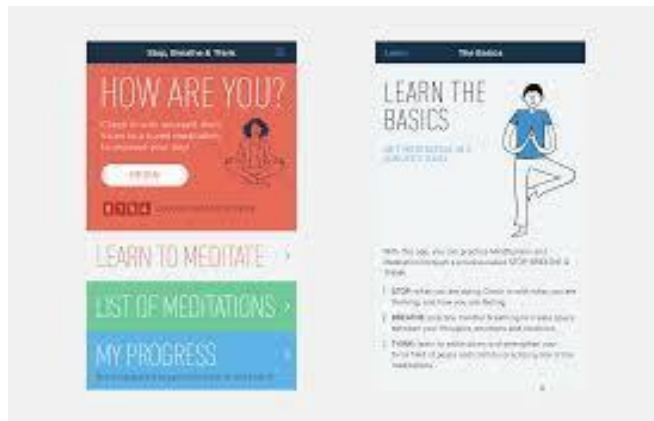
## Weird fact



Ghost Dialer: Insurance and phone companies use a computer dialer that can call multiple people at once. This dialer uses a number with an infinite zero number. In some cases, it's even reported that it called people's phone that weren't even on.



Sometimes you just want to take your mind off things and relax. There's an app for that, literally! and I found... not 1, but 4!



## 1. STOP! BREATH & THINK

Make regular check-ins with yourself on your wellbeing. There's a setting just for *Teens* that focuses on problems you might encounter in school and offer real solutions.

4 Apps to Ease your Mind

## 2. SMILING MIND



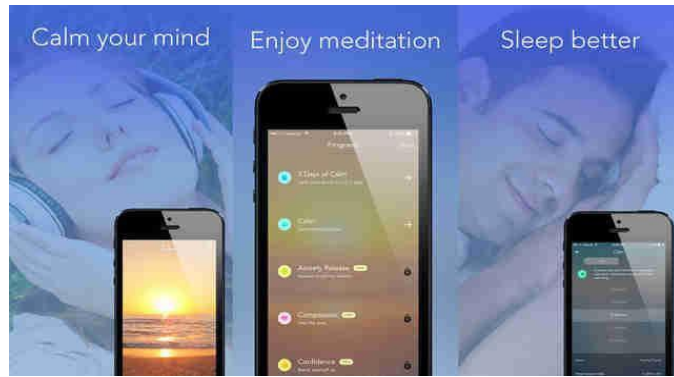
Its developers are psychologists trained in youth and adolescent therapy. The app caters to all ages and just helps to make you sit down and breath when you need it most.



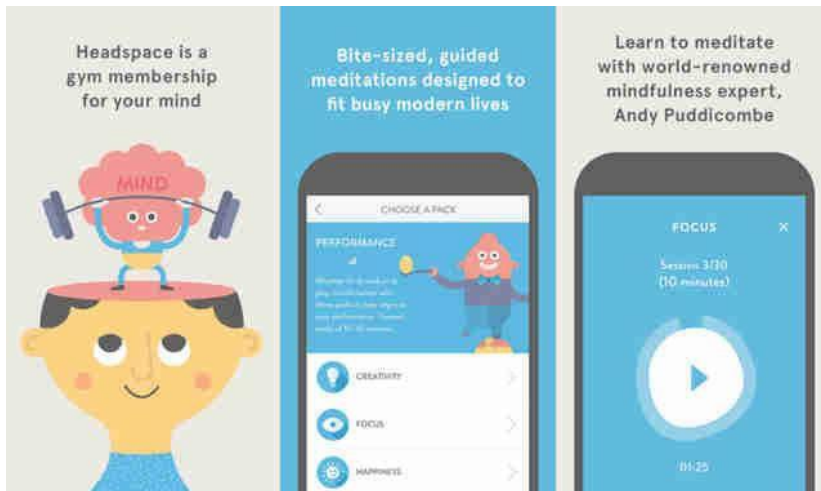
**THERE'S  
AN  
APP  
FOR  
THAT**



### 3. CALM



Made for anxiety victims, the main goal of this app is to do what it calls: “helping people *chill out*”. The free version includes a week-long introductory period, seven guided meditation sessions, 10 audio nature "scenes" (for ultimate relaxation) and 16 music tracks.



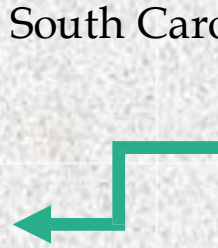
### 4. HEADSPACE

Headspace calls itself “a gym membership for the mind,” focusing on the scientific benefits of meditation and tries to make everyone believe in meditation.





Photographer: Marco  
Morales from Newberry  
South Carolina



All social  
platforms are  
[@addictiveicon](#)



Maya:  
Student  
Athlete  
basketball  
player at  
Newberry  
College



Her Healthy Tip:  
Always do some  
Physical activity  
to Make your  
body strong and  
Healthy







# Vegan Recipes



## ***Asian Style Soup***

- ➔ In a medium sauce pan, bring vegetable broth and soy sauce to a boil at medium-high heat.
- ➔ Add in broccoli, shredded carrots, leeks and bean sprouts to the broth. Let boil for about 5 minutes.
- ➔ Turn off heat. Add in the rice noodle nest, let sit for 3 minutes (according to packaging) and enjoy.

### Ingredients:

- 3 cups vegetable broth or water
- 1 tbsp. soy sauce
- 1 cup broccoli
- 1/4 cup shredded carrots
- 1 cup leeks
- 1 cup bean sprouts
- 1 rice noodle nest
- Salt to taste
- Green onion for decoration

### Recipes by:

Marika Anderson, 17,  
Canada TW & IG:  
@MikkiMiicky



## ***Cucumber & Tomato Salad***

### Ingredients:

- About 20 cherry tomatoes
- 1/2 large cucumber
- 1 tbsp vinegar
- 1/2 tsp vegetable oil
- 1 tsp salt
- Ground pepper to
  - Dice cherry tomatoes and cucumber

### Ingredients:

- 8 cups water
- 1 can diced tomatoes
- 3/4 cups carrots
- 1 cup leeks
- 1 large onion
- 4 garlic cloves
- 10 mushrooms
- 1 can dark red kidney beans
- 1 can white kidney beans
- 1 can chick peas
- 2 handfuls spinach
- 3 cups rice



## ***Rice & Beans***

- In a large sauce pan, bring water and diced tomatoes to a boil at medium-high heat.
- Dice carrots and add to sauce pan. Let boil for 5 minutes.
- Chop up leeks, onions, garlic and mushrooms.
- Add to saucepan with kidney beans, chick peas, spinach and rice.
- Cook until rice is fully cooked.
- Serve and enjoy



# Healthy You Positive Energy.



## Roxborough High school HYPE council interview

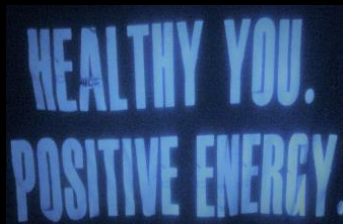
HYPE is an organization in Philly that inspires youth in the city to live healthier lifestyles!

### What is your Mission?

“To spread healthy eating habits across the school.”

### Why did everyone join hype?

To make the school a “healthier, more vibrant place”



“we are here to offer you a healthy you and a positive energy”- HYPE council

### Why do you think being healthy is a good choice teens should consider?

“It’s a lot of obese children in the world and the parents just don’t care” – Amir

“HYPE offers a fun and youthful way to eat healthy and be more active”-Tymirah (president)

“Students don’t realize how many unhealthy portions they eat and we’re here to show being healthy is fun even on a budget”- Deja

**#GETHYPEPHILLY**



**Roxborough High School**

**HYPE Council**

**20**



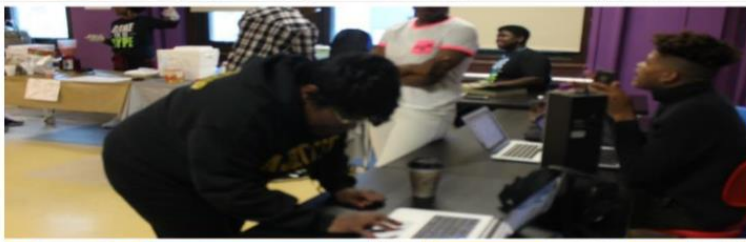
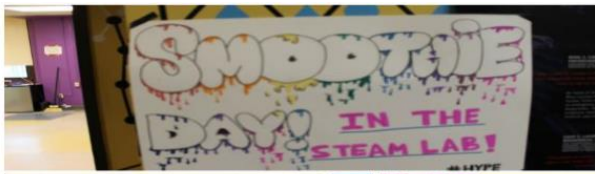


# Healthy You Positive Energy Smoothie Day



**The Roxborough High School HYPE council learned how to make smoothies from Yoga/Nutrition instructor Helanah Warren. They learned different options for creaming and different measurements for how many cups one blend would make and how much ice to use. They also learned about budgeting.**







## Interview with a Critical Care assistant (on a surgical Stepdown and Neuro Science Unit)

**Q: How long have you been  
in the medical field?**

**A: 21 years**

**Q: What do you love  
about your job?**

**A: Taking care of  
patients and being  
there for them and  
their families.**



**Jaqueline Higgins**



© Can Stock Photo - csp12181988

- ❖ Checking Vital signs
- ❖ Accu check (blood check)
- ❖ Venipuncture (labs and blood work)
- ❖ Reposition patients
- ❖ Foley care

**Q:What type of characteristics are NOT a good fit for this job?**

**A: This job is not for**

- Lazy people
- People with no Heart
- The Selfish
- Self-Absorbed

**TEAM**



**Einstein**  
HEALTHCARE NETWORK  
More than Medicine



**“Under no circumstances should you be in a medical profession for the money alone.”**





## APPLE CIDER VINEGAR

Has a similar pH to your skin, helping to restore the pH balance, protecting your skin.

The acids in apple cider vinegar help remove dead skin cells.



# Apple Cider Vinegar For Acne Treatment



Nature's Best Miracle Product - Apple Cider Vinegar

By: Rahat Pat

As a young adult, you have enough problems to deal with. People often underestimate your level of stress and agony because they're not your age. But there are some problems you can take control of, and others that you can't. Acne tends to feel like the latter of the two. Ranging from whiteheads all the way to cystic acne, problems of the skin are directly related to our level of self-esteem, so they effectively drive us crazy, and rightly so.

Anyone who's suffered from acne knows that there are a million "treatments" for it - none of which actually seem to work. However, there is one readily available, cheap, and tried and tested product--if taken in its purest, natural form-- that can eradicate at least 75% of your acne and their scars, in less than a month (depending on the severity of your acne).



Those who know about the product, rave about it. Those who don't, wish they would've known sooner than they find out. Apple Cider Vinegar has been used in salad dressings and recipes for ages. Its pungent taste doesn't garner many fans, but it serves its purpose well - adding a kick to foods.

These days, however, ACV is popular for very different purposes than its supplemental flavor. The acidic vinegar has become a go-to miracle healer of the health-conscious world. Presenting itself as a cure for life's more unpleasant afflictions on our skin and bodies, the product, in its purest form and containing "the Mother," is now used for acne treatment, weight loss, in lieu of laxatives, and even detox. Whether used internally or externally, it serves one useful purpose after another. But is there any truth to the hype? I went ahead and did some experimenting of my own, and the results are... Let's just say, nothing holds a candle to the power of Apple Cider Vinegar (with the Mother).



As someone who's had a growing acne problem since I reached puberty, I spent most of my youth being insecure about myself because of the acne. The worst part? My acne went from borderline mild on overall clear skin to severe on overall terrible skin after high school. I lost a lot of confidence during a time when most gain the bulk of theirs, and no matter how much treatment I used, the problem only ever got worse. It got to the point where makeup could not cover it anymore. My skin looked like Hell itself.

After five years of suffering depression and stress from the side effects of low self-esteem, I accepted that I would always look diseased and there was nothing anyone could do about it. It was then that my mother bought something for me that she had come across during her research for cures to her own health issues. Little did I know that the product would change my life. Of course, that product was pure Apple Cider Vinegar with "the Mother."



Initially, I hated the smell, and the taste nearly made me gag. But, fortunately, the task I was given was to dilute it--half ACV, half filtered water--and apply it on my face twice a day with a cotton ball. I had small, ugly, red pimples everywhere, and years of supposedly helpful products with salicylic acid and benzoyl peroxide did absolutely nothing but dry out my face and give me more acne. I'd lost hope, but what was one more sad attempt, I thought.

For a week, I applied the diluted ACV topically, and lo and behold, it seemed that I was not getting any new flare ups. Not only that, but my pimples were decreasing in size. Good sign, I thought.

Two weeks later, my pimples had died down significantly, and my dark red patches/spots were a lot less severe-looking. Three weeks in, my skin had zero pimples left, only whiteheads when it was that time of month, and my skin tone had evened out some, too. I couldn't believe my eyes, or my skin.

Something worked. After years of unsuccessfully battling the most stubborn acne in the universe, Apple Cider Vinegar was the thing that actually cured my acne! Today, I am acne-free for the most part, my darkest acne marks are almost completely faded, and my self-esteem is high in the sky! Not to mention, the only reason I wear makeup now is to even out my skin tone further - that's it. No heavy, full-coverage, cakey stuff, either. Just a lightweight, oil-free foundation.

But hold on, that's not the end of the story. After curing my biggest problem with the \$10 miracle product, I apologized to my taste buds and started drinking diluted ACV to see what internal benefits it had. Two months after that experiment--1-2 tablespoons of ACV in 6-8 ounces of warm water--my metabolism had spiked! Not only was I digesting food much better (and therefore losing the extra pound here and there), I had a lot more energy everyday, and fewer, less severe cramps during that time of month



. Even my hormones calmed down significantly, causing much fewer hormonal acne flare-ups. The only negative side effect I noticed was that the routine seemed to induce menstruation up to a week earlier than it's expected date, so girls, consult a doctor about ACV usage if this happens to you, too.

Now, I could've just told you the facts about ACV - what the studies say and what "the Mother" is (it's apparently a healthy pectin and apple residue, by the way). That wouldn't have proven anything, though. The truth is, I've done months of testing and experimenting for you, and I'm living proof of its effectiveness. All I suggest is, use ACV topically for acne and internally for other benefits, always dilute it before using, and if you don't see the results you crave in a week or a month, keep persisting for two full months before you pass your final judgement on it. If it can cure all my stubborn, hellish afflictions, it can work wonders for you, too!





Anonymous Tweet Board:  
Things High school Taught  
Me.....

“words  
hurt”

“Its never that  
deep”

“no one cares  
about you”

“if your going  
to be late you  
mines well get  
breakfast”

“little  
things  
matter”

“expect the  
unexpected”

“ everything is a  
lesson, it can be  
good or bad”

“Don't do things  
for validation  
because it only gets  
worse”

“sign up for things  
quick”

“You cant  
depend on  
others for  
your own  
happiness”

“Mental  
illness is  
real”

“You cannot care what  
other people think about  
you”

“Relationships  
don't last”

“accept  
things you  
cannot  
change and  
move on”

“people fight  
over petty  
things”

“friends come and  
go”

“humor is  
just how  
some  
people  
cope”

“change is good and  
getting out of your  
comfort zone can  
turn into great  
things”



# MAJOR KEYS

## Keys To A Healthy Relationship

Na-Tourrie Rucker, 18  
Philadelphia, PA  
Tw:@NXx17\_



Relationships are a very happy and amazing thing to have, but sometimes it can also be very stressful and difficult. It's up to the couple to get through everything. You always have to make sure you keep the bond strong between the two of you. The keys to a strong healthy and happy relationship are trust, communication, respect, and loyalty.

## Trust

Without *Trust*, you will be stressed out from worrying about what the other person is doing when they are not texting you or around you. Without trust, there may be a lot of arguments between you two. If your bond is strong, you will get through the arguments by communicating.

Sometimes your past relationships can affect your present relationship because you think you're going to get hurt again and that's where trust issues come in. Once you're hurt, it will take you a while to trust someone else. Trust issues can have your thoughts all over the place, because you're hoping they don't do that same thing someone else did to you. This might lead to you constantly asking questions and then making assumptions every time you see something you don't like.

## Communication

Having strong *communication* skills can get you very far. With communication you will be able to work things out without giving up so fast. Sometimes it is good when you want to express yourself and how you feel towards that person.

Communication is on the same level as trust. Without communication the relationship will go bad, quickly. Also, if good communication is not there, you may wonder if they really want you to be a part of their life and vice versa. Communication is key. It is very important to express yourself and how you feel towards each other.





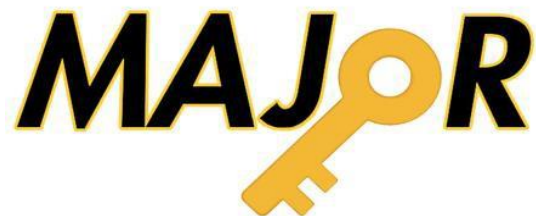
## Respect

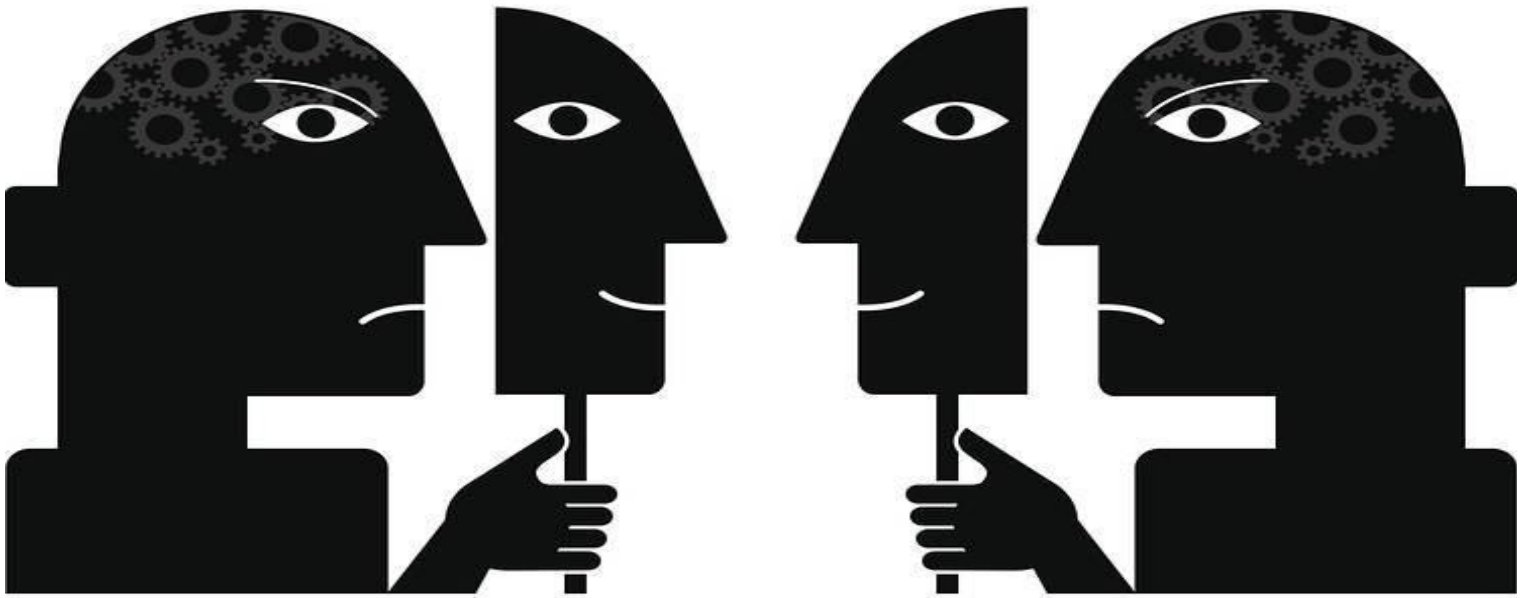
You should always *respect* your relationship and the person you're in the relationship with. You cannot entertain other girls/boys when in a relationship, since that will take away from your existing relationship. Your behavior and communication with other people should never be deceitful. Nobody wants to see their boyfriend/girlfriend talking to another girl/boy in a way that makes them question their own relationship. That is disrespecting your relationship and will cause a lot of drama. You should not want to put anyone through that at all.

## Loyalty

Never cheat or think about cheating. If you start thinking you want to cheat, break up with your partner - let them go, and then it won't be cheating. You should never want your partner to be heartbroken.

Being heartbroken is something you do not want to go through, so why cause someone else that hurt? Loyalty is a very big deal and plays a major part in a relationship. If you cannot be loyal then do not be in a relationship! It's not fair to your partner. Nobody deserves to be heartbroken.





## Facing the Future: A Critical Perspective

### By Isaiah Woodward

My perspective grows from the environment I am buried in, including everything from the smell of overloaded trash, drug dealers, and the hesitation to sometimes even walk down the street.

My perspective also comes from my experiences. I am involved in as many programs as I can be to keep myself around positive male role models and critical thinkers. I play as many sports as I can. I play for the enjoyment and also because it keeps me away from bad environments, allowing me to free my mind.

If other students can get the same exposure as me, negative morals will decrease and become positive morals. Our youth being surrounded by anything negative will only further advance it. It's up to us leaders to take control.

Youth are surrounded by creators of negativity, who say one thing and do another, perpetuating violence while speaking against it. Hypocritical leaders play a significant role in creating negativity and violence in today's society. How does this effect our youth?



Today's youth are part of a technology based generation. We have access to the world through the touch of a button, which lies in our pocket. Technology has improved life for many. Humans have destroyed and rebuilt parts of the World. Many destructive behaviors come from young minded souls. When destructive behavior becomes influential and popular, it's dangerous. If this continues, the essence of the earth will be ruptured because of our poor choices, leaving a small percentage of positivity within the human population. This tiny percent is what will continue to help rebuild our youth. It depends on what our young minds are willing to take control of and reverse for our generation.

That small, remaining percent of positive people and intellect is our foundation for rebuilding. Today's youth conflicts involve peer pressure, drugs, incarceration, pregnancy, and alcohol. Our standards as young people should be established. Our youth should be exposed to positive activities such as college preparatory programs, SAT tutoring, and extracurricular activities. If our youth are exposed to these things, then our generation can rebuild.

These programs would not only keep our youth from picking up guns, but picking up pencils instead.

So many people don't practice what they preach. For example, if you are telling others to put guns down and you carry one on your hip every day, you're a hypocrite. This is also a contributing factor to the negativity that our youth experience today. If an elder is telling you right from wrong, you would expect them to abide by what they preach. Seeing a role model do the opposite can be confusing, disappointing, and frustrating.

Therefore, negativity is forced upon us. It all comes down to decisions. These decisions frequently come with peer pressure. It's okay to pull away from foolish activities. In addition, temptation will come but only you can control that. Our youth need programs that will help them express themselves in a positive manner. In order for us to keep building positively we need our youth to have freedom to express themselves. We must design our future to decrease the amount of deaths among our youth and give the next generations a better chance.





These pictures are the same  
but also very different!!

Submitted by: Jessica M  
Rivers,23 , IG: jaymonet\_\_



# 7 Day Fit Challenge

## Monday

30-Second Side Plank (Right)  
30-Second Side Plank (Left)  
30-Second Plank  
10 Lunges Each Side (2 Sets)  
10 Burpees

## Tuesday

10 Push-Ups  
30 Crunches (2 Sets)  
10 Burpees  
30-Second Plank  
10 Lunges Each Side

## Wednesday

10 Lunges Each Side (2 Sets)  
60-Second Plank  
30 Crunches  
10 Push-Ups (2 Sets)  
30 Bicycles

## Thursday

10 Push-Ups  
30 Bicycles  
10 Burpees  
60-Second Plank  
10 Lunges  
(Repeat the Series)

## Friday

20 Burpees  
10 Push-Ups  
10 Lunges Each Side  
30 Bicycles  
60-Second Plank

## Saturday

5 Lunges Each Side  
10 Push-Ups  
10 Burpees  
(Repeat the Series 3X)

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Roxborough High School's STEAM Scholars  
District 1199C Training and Upgrading Fund

They tried to bury us.  
They didn't know we were seeds.  
–Mexican Proverb

*Annual Dose*  
*Nourishment for our youth, by our youth.*