

# THE APP RAP

By Alex Pawlakos

**App:** Virtual SAT Tutor by Ivy Standard  
 Ace the SAT by Emrecan Dogan  
 SAT Vocab - MindSnacks by MindSnacks  
**For:** iPhones and Android phones  
**Price:** Free-\$4.99

For many high school students, the arrival of spring is a reminder that the SATs are coming and preparations must begin. Luckily, there are some very useful apps that enable the dedicated student to get in a little extra studying in their spare time without having to lug around bulky SAT practice books. Although it is hard to find a good SAT study app that works on both iPhones and Android smartphones, there are good apps for each. For the Android phones, Virtual SAT Tutor-Vocabulary and Virtual SAT Tutor-Math are both excellent apps for SAT vocabulary words and math problems. For

the iPhone, Ace the SAT is excellent for math and Mind Snacks does the job for vocabulary. In the free versions of Virtual SAT Tutor, there are over 100 different vocabulary words and over 75 advanced math problems all of which have been used on actual SAT tests. The MindSnacks app uses really fun games to help you learn vocabulary, and Ace the SAT shows detailed step-by-step solutions for their math problems. For a small charge of \$1.99, the Virtual Tutor apps can be upgraded to include many more words and problems. For \$4.99, MindSnacks can be upgraded to include 25 lessons. Although studying

for the SAT tests may not be fun, these apps definitely make it more interesting!



Alex Pawlakos enjoys biking, weightlifting, and tutoring in his spare time. He is a reporter on Express Yourself™ Teen Radio.

## Middle Schoolers Learn Self-Defense Techniques

By Sophie Braccini



Tom Westernoff teaches a safety class at OIS.

Photo Sophie Braccini

In a recent letter to the community, Lafayette Chief of Police Eric Christensen warned residents that with the return of spring and prison reforms, risks could be on the rise. "I understand this is Lafayette, but I need you to lock your doors and windows when you leave your home. This one very simple act will deter a lot of would-be crooks," he wrote.

Moraga resident Tom Westernoff agrees. For years, the owner of the Karate and Fitness Place has trained Orinda Intermediate and Joaquin Moraga Intermediate School students to become aware of their surroundings and use self-defense techniques.

At a recent class, Westernoff asked one OIS eighth-grader to grab him by the neck. He then swiveled, crossed his arms over the boy's arms and, bending forward, pretended to kick him back with his bent elbow. This is one of the many moves West-

ernoff teaches the teens. For years now, he's been asked by both schools to conduct the self-defense unit for the seventh or eighth grade physical education class.

OIS eighth-grade student Thalia Ward said, "[The class] showed us different moves if we are attacked and also tells us about the stuff we should be aware of." Ryan Miller felt that the 'block and punch' was the most useful move he learned, adding that practicing is very useful for both boys and girls.

Although Westernoff lives in Moraga, a town with a good safety reputation, he is conscious of potential dangers. "There has been series of burglaries in Lamorinda. We all need to stay aware and watch out for what's going on. If you're walking down the street playing with your phone, you are not paying attention to what's going on around you," Westernoff told the students.

Westernoff wants adults in the community to maximize their safety as well. "When I get in my car, I always lock the doors before starting to check my phone," he said. He suggested kids use their keys or a backpack as a weapon if needed. He told them about street smarts and where to find help.

The teen girls said they never felt endangered in the community, but some boys said they have felt threatened at school and that the class helped them feel secure and more confident.

At the end of the class, volunteers broke a piece of wood with their fist. Girls were the first to line up. Everyone who tried succeeded in breaking the piece of plank.

"If you want to continue to be prepared," said Westernoff, "you need to practice your skills regularly and keep in shape."

## TEEN SCENE

### Is She Really Wearing That?

Comments on College Clothing

By Caie Kelley

How often do you hear, "You know, my favorite part of college is studying. I love all the textbooks and the tests?"

When cousins and friends discuss their semesters away from home, they don't talk about the academic side of college or grad school. Instead, it's all about the social scene, endless stories about those crazy nights, sorority and frat parties, and of course, the fashion statements on campus.

Since I'm in high school and plan on going to college, it's fun to find out from friends who are already there about the wardrobe rules.

Winnie Yoe, a junior at Dartmouth College, said East Coast schools were about being preppy. Leggings, Northface jackets, and fur boots were the most common items worn.

My cousin, Derek, who is at William & Mary, describes the fashion at his school in one word, "J. Crew." It's a bit of a generalization, but it appears that East Coast style is more conservative, with an emphasis on sophistication, classic styles, and layers.

Lamorinda friends at UC Davis, UC Berkeley, and UCLA testify that West Coast style is relaxed. Probably because of our moderate to warm weather, flip-flops and shorts rule in California. "I think people here put effort into

making sure they look like they didn't put any effort into their clothes," remarked Kari, a sophomore at UC Davis.

Ultimately, the consensus about fashion was the same. "You wear what you want, at any college," I heard over and over again. College logo sweatshirts and jeans are the unofficial uniform everywhere.

As Sam, a family friend explained, "Sure, there are the trends at universities but there is no one-size-fits-all look. Be yourself - that's the most important."

Although it's cliché, remaining true to yourself is always fashionable.



Caie Kelley is a junior at Miramonte High School and the Pop Culture reporter on the teen show, Express Yourself™. In her free time, she enjoys swimming, piano, and volunteering.

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