## GITY AND STATE BEAGHES, PARMS OPEN THS WEEKEND - PG. 2



## 'SENIOR SIGNING DAY'



All seniors at a Brooklyn high school are heading to |parts. (Above) Members of the first AF Brooklyn High college and celebrated their achievement at a special "Senior Signing Day," just like their sports counter-
graduating class hold up T-shirts bearing the names of the colleges they wrill attend.

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AF Broolkiyn Kigh's Assowiate Direotor of College Counseling, Sabrina Dawson, watches as seniors read their personal statements daring "Senior Signing Day:"

All seniors at a Brookiyn high sohool are heading to college and celebrated their achievement at a special "Senior Signing Day," just like their sports counterparts.
These athietes of academia attend Achievement First Brookiyn High School in Crown Beights, which opened wilh ninth graders in 2009 and now sarves grades nine through 12. This school year, its first year at full sire, it serves 296 students.
The 32 seniors were accepted to a total of 216 colleges, including Williams College, Ithaca College, Syracuse University, Lafinyette College and several schools in the SUNY and CUNX networks.
Traditionally, "signiag day" events are when nationally recognized high school athietes roveal their college choices. At Aohiere:
ment First Brooklyn, a special "signing day" assembly was held during which the gleeful seniors showed the result of their academic prowess Each of them held up a tee shirt that showed the college they will attend in the fall, much to th dolight of their families, friends and school officials.

Gabrina Dawson, associate direotor of college counseling at the school, said she was wery pleased "One hundred percent of our 32 seniors wrere accepted to a foux-year college or university with an average of 6.7 acceptances per student, and they were awardod more than \$1 million in grants and scholarships.
"I am honored to have had the privilege of working with and for these special young adults:"


Senior Marcuise Wilsom holds up a Furchase College T-shixt after amouncing he will attemd the school in the fall.

senuop Gaxe Poxtler, who will attend SUNY Potsdam, addresses the erowd durine "Senior' Signing Day."

## Ten ways to honor veterans and military families this Memorial Day <br> By OZ SPIES <br> long way to alloviating those con-

Memorial Day is more than just a chance to fire up the grill - it's a day created to honor men and women who have died in military service. Its an opportunity for kids and families to take some time, whether its a few minutes or a full day, to recognize and thank veterans, troops, and their familles. You can go to your town's Memorial Day parade, send a heartielt lettor: of thanks, or volunteer your time in honor of those who've served. Here are ways for kids and families to recog nize and help veterans, military families, and those who've lost loved ones this Mernorial Day.

## A Day to Remember

Memorial Day is more than just a chance to fire up the grill. Here are 10 ways, large and small, that you and your family can honor troops, military families, and veterans this Momorial Day.

## Say Thanks

Write a thank-you letter to a veteran or current member of the armed forces, whether it's your grandfather or someone you've never met. A milLion Thanks makes it easy to send a letter to men and women in the milltary, and making a card is an easy hands-on activity for kids of all ages.

Earbecue far the Troops
This year, the USO is encouraging people to host Berbecues for the Troops - backyard fandraising


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events to support the moraleboosting efforts of the USO. Find out how you can host your own at BBQforthetroops.org.

Suppart Injured Service
Members and Their Families
In Operation Iraqi Freedom and Operation Binduring Freedom, over 48,000 service members heve physical injuries, with at least 400,000 more facing post-traumatic stress disorder and other issues. The Wounded Warrior Project provides everything from outdoor rehabilitation retreats to career comnections.

Visit a Veteran's Cemetery
One of the most tredilional ways to recognize Memorial Day is to visit one of the VA's National Cemeteries for Memorial Day Ceremony. Others also honor the dead by placing flags and flowers on veterans' graves.

## Reach Out to

Support Mental Health
Every 65 minutes, a veteran or member of the armed services commits suicide. Leamn the warning signs at the Veteran's Crisis Line website.

You can also support an organization like Veterans Helping Veterans Now that offers support groups for veterans and their families.

Serve in Honor Of
Those Who Served
Take some time - a day, or just a few hours - to volunteer your time and serve your community in honor of those who've served our country. Find opportunities in your area at All for Good. As veterans are more likely to be homeless (about $13 \%$ of the homeless are vets, compared to $7 \%$ of the population overall), collecting tolletries for your local homeless shelter wrould be a meaningful projeot.

Support Thisse On
the Home Front
If you know a family with a loved one serving overseas, or a family who's lost a loved one, take some time to help out by mowing their lawn, offering to watch the kids, or bringing them dimner. Men and women who are deployed often wroxy about how their families are doing back home, and supporting your neighbors can go a
cerns. Or if you don't know someone cerns. On if you clont know someone
in the services, consider donating to The National Military Family Associar tion, a nonprofit that provides support and informadion to military familles.

Attend Your Liooal Paradle
Most comraunities have a Memorial Day parade to commemorate those who've lost their lives while serving our country. Going to the parade is one way to introduce Memorial Day to younger children.

## Learn Abont Veterans

Making a Differcnce
Anter serving in the armed forces, many veterans continue the tradition of service by founding nonprofits to change the wonld. A former US Marine founded Nuru International to end extreme poverty. Team Rubicon mobilizes military veterams to use their skills and expertise to help out after disasters like Humricane Sandy.

Relp Fimilies Stay
Gtrony Duaring Deploymuents Through United Through Reading; service members can create a DVD of themselves reading a bedtime story to their children - something that the kids can then watch and cherish while their mom or dad is far awny. Mind ont how you can get involved at United Through Reading's website. Or supThrough Reading's website. Or sup-
port Operation Shower, an organizaport Operation Shower, an organita-
tion that offers volunteer-hosted baby tou that offers volunteor-hosted baby
showers for moms expeoting a new baby while their husbands are deployed.

