

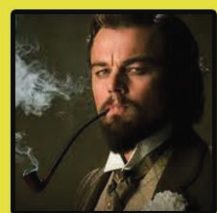
THE SCHREIBER TIMES

Paul D. Schreiber High School Port Washington, New York Volume LXIII No. 5 January 2013



THE CHALLENGES OF SECURING SCHREIBER

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Senior Sara Marinelli took this photograph of lightning during a storm from the town dock. Marinelli is currently an AP Photo student and has taken photographs of elements of nature in town and abroad.

NEWS BRIEFS

Flu season

Coughing, sniffing, red-nosed students have been abundant in the halls and classrooms during this first month of 2013. The flu season which has been reported to be more severe this winter, is affecting people throughout the country, and students at Schreiber are no exception.

The flu advisory report for the last week of December and the first week of January released by the Center for Disease Control (CDC) suggested that 49 states have widespread influenza activity and 27 states and New York City have reported high levels of influenza-like-illness. There have been 3,710 hospitalizations associated with laboratory-confirmed flu virus and 20 pediatric deaths reported during this season. On Jan. 11, federal health officials reported that deaths have reached the level of an epidemic.

Students at Schreiber have been affected by the flu as well. Students who are not sick enough to stay home from the beginning of the day do sometimes end up going home by the end of the day.

“A lot of children have been going home sick in the middle of the day, lately,” said school nurse Ms. Maria Hernandez . “This does seem to be disruptive for them to leave school early. I’m mostly seeing flu-like symptoms.”

Students have missed class and exams before and after the break due to illnesses.

“Being sick is really irritating and sets you back in schoolwork quite a bit. If I’m really sick, my work in school will be affected,” says sophomore Sabina Unni.

This kind of absenteeism affects each person differently.

“There’s always one or two students in each class who end up missing a few days. Some lag behind in schoolwork and struggle initially because they miss so many notes, but most are able to catch up,” said Spanish teacher Ms. Evelyn Joseph.

Those who are concerned are taking precautions to avoid getting sick and spreading germs to their peers and family members.

“Sick people don’t bother me but I get sick really easily so to keep from getting sick, I’m washing my hands more frequently,” said senior Andrew Kim.

Others try to stay healthy in different ways.

“I wear more layers to keep myself warm, including scarves and hats. I also keep myself hydrated with hot drinks,” says sophomore Anan Rayn.

This flu-like disease is very widespread and not just restricted to schools.

“The flu has been spreading like wildfire, everyone in my family had it,” said sophomore Rachel Ellerson.

Officials from the CDC have strongly

recommended people to get flu shots. Vaccines have been 62 percent effective this year according to a preliminary study. The vaccine is considered moderately effective this year.

~Crystal Ren

APPR

At the Jan. 8 Board of Education meeting, Superintendent Dr. Kathleen Mooney announced that the Annual Professional Performance Review (APPR) plan which determines how teachers and principals will be evaluated for the year has been accepted and approved by the State Education Department.

“I cannot overstate enough how important it was for us to gain that approval. This could not have been possible without the collaboration, collegiality, and cooperation with both the administrators and the teachers and many of the principals working to get this completed,” said Dr. Mooney.

The BOE adopted the final version of the plan at the Jan. 8 BOE meeting. Accreditation resulting from the APPR process allows school districts to be eligible for increases in state aid.

~ Minah Kim

The Schreiber Times

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Ira Pernick, principal
Craig Medico, Evelina Zarkh, advisers
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Staff Writers: Seth Barshay, Will Berger, Julia Deriu, Makenzie Drukker, Madeline Fagen, Eric Fishbin, Lena Kogan, Lylia Li, Ben Lerner, Max Miranda, Priyanka Ninan, Alexa Pinto, Crystal Ren, Ali Verdi, Jake Weinkselbaum, Charmaine Ye. Contributing Writers: Erica Andrew, Jenny Barshay, Jacob Bloch, Maddie Cohen, Michaela Gawley, Ali Goetze, Sarah Moen, Chloe Silverstein, Zareen Johnson, Ali Peltz. Contributing Photographers: Claudia Varner. Backpage: Aaron Brezel. Centerfold: Dan Bidikov, Ana Espinoza, Hannah Fagen, Kerim Kivrak. Staff Photographers: Elana Galassi, Claudia Varner.

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Two seniors distinguished as Intel semifinalists

BY Ana Espinoza
Assistant Editor

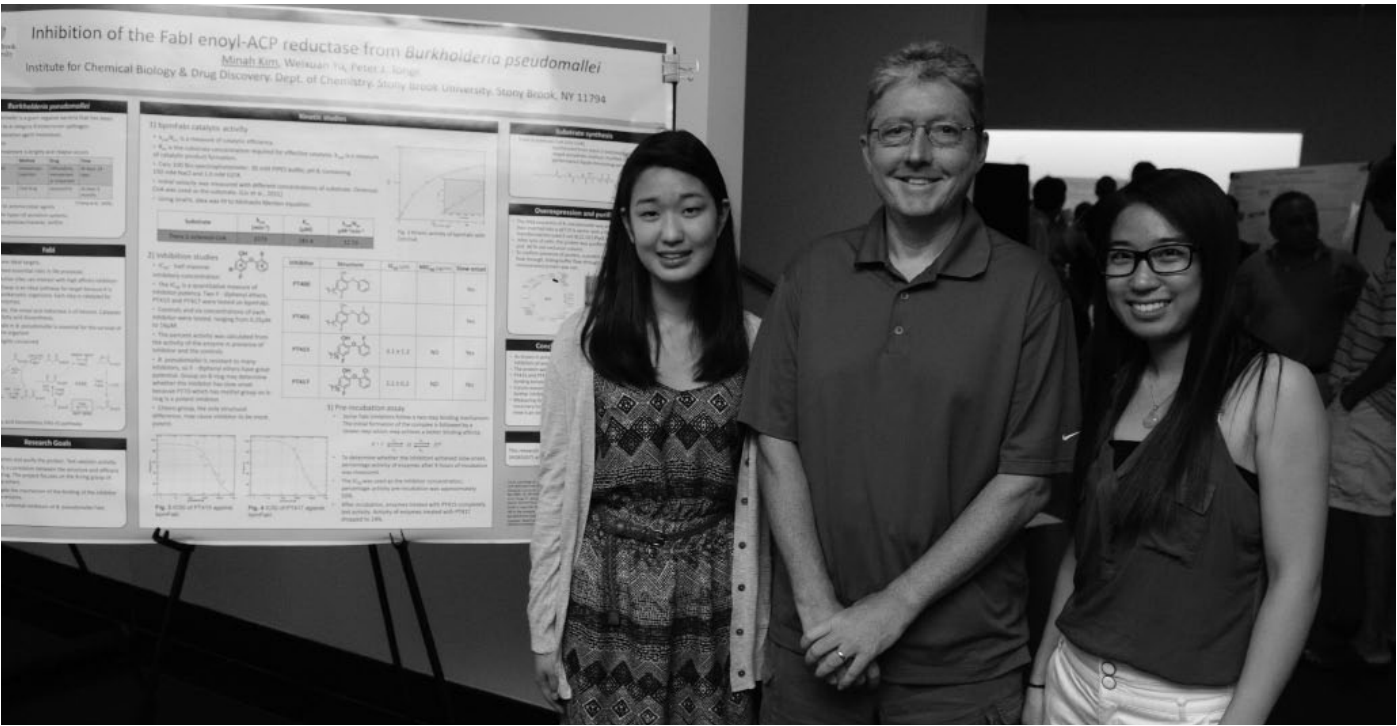
This year, two seniors, Drew Feldman and Minah Kim, were distinguished as semifinalists in the Intel Science Talent Search competition, and will each receive a \$1,000 prize. Intel STS recognizes 300 students and their schools as semifinalists each year and 40 of those students move on to become finalists. The organization distributes \$1.25 million in awards to the students distinguished by Intel STS for excellence in science research and academic standing.

Semifinalists were announced online on Jan. 9 at 3:00 p.m.

“I started to check the Intel website at 2:00. I refreshed the page about 100 times until the link became hot at about 2:55. Drew was the first name I found on the national list. I was so excited for Drew. His research is amazing and he worked as hard or even harder over the past three years than anyone else to achieve this award,” said math research teacher Mr. Anthony Tedesco.

Feldman, a student in the math research program, conducted research at Boston University through the Research Internship in Science and Engineering (RISE) program. His project was called “Elastic Modulus Reconstructions from Sparse Displacement Measurements.” Feldman used ultrasound image data to measure the relative stiffness of tissues and analyzed the effect that decreasing amounts of data had on this calculation. He prepared and ran numerous tests, calculations, and algorithms on a computer.

Feldman’s project could potentially facilitate the diagnosis of certain medical conditions, such as cancer and asthma or any other illness that deals with the stiffening of tissues. Specifically, it could be used to quickly determine the malignancy of a tumor, but further



Senior Minah Kim presents her research with her mentors at the Simons program symposium at Stony Brook University. Kim submitted her research to Intel STS from which she received distinction as a semifinalist.

studies need to be done before any clinical application were to exist.

“The mentorship experience was fun. It gave me a way to really understand the role that a scientist/engineer has in a professional academic environment,” said Feldman. “I had a great relationship with my mentor. We had tea with two graduate students every day and spoke often about many things, not just science and math. We all went out to lunch a few times also so it wasn’t necessarily all work.”

Kim, a science research student, worked at Stony Brook University under Dr. Peter Tonge in the chemistry department. She conducted research as part of the Simons program which provides funding and a stipend for all participants.

Kim’s project focused on early stages

of drug development for individuals infected with *B. pseudomallei*, a bacteria that causes melioidosis, a potentially fatal disease endemic in tropical regions. Currently, treatment is difficult and ineffective due to the resistance of the bacterium to antibiotics.

She tested four inhibitors against a protein that is essential to the viability of *B. pseudomallei*. The inhibitors were able to stop activity of the protein to varying extents, which would prevent the survival of the pathogen. Through her research, Kim addressed the need to design novel antibiotics against such pathogens.

“I really enjoyed working in the laboratory at Stony Brook. It was a great experience to work, collaborate, and learn with graduate students. The program was seven weeks long, but I commuted to the lab even after my program ended to collect more data for my project. My project was a really small part of all the research that was going on, and I learned a lot from helping other graduate students with their projects,” said Kim.

All seniors in research classes at Schreiber are required to enter the competition, but other students who have done research are allowed to enter as well.

“It never hurts to have people whose work is recognized at that level. It is a substantiation of the research program,” said Assistant Principal Dr. Brad Fitzgerald. “It is a really tough competition and so any time Schreiber has names flying up into that competition, it supports our mission. It clearly puts the school in good standing.

Students entering the competition had to go through a rigorous application process. After executing a project and collecting data, usually in a research laboratory, students had to write a research report ranging between 10 and 20 pages. During the school year, students had to answer six essay questions and fill out numerous forms about their research, aspirations, and inspirations.

Research classes start preparing students for Intel early in their junior year. The students write emails to professors at universities who are currently researching an area that interests the students. Students learn how to formulate a research paper and how to conduct themselves in a research setting. Students

also have a timeline to help manage their work.

“Applying for Intel is a lot of work for a student. Most students are driven away by the length of the application or the many essays that are required, in addition to the research. The research teachers and students at Schreiber High School embrace this obstacle and work together to achieve this goal,” said Mr. Tedesco.

This year, the application season was especially difficult due to power outages as a result of Hurricane Sandy. Intel STS extended its deadlines by four days to accommodate students from areas affected by Sandy. Many students from Schreiber wrote their applications during the power outage, and had to find places with Internet access so that they could fill out the online application.

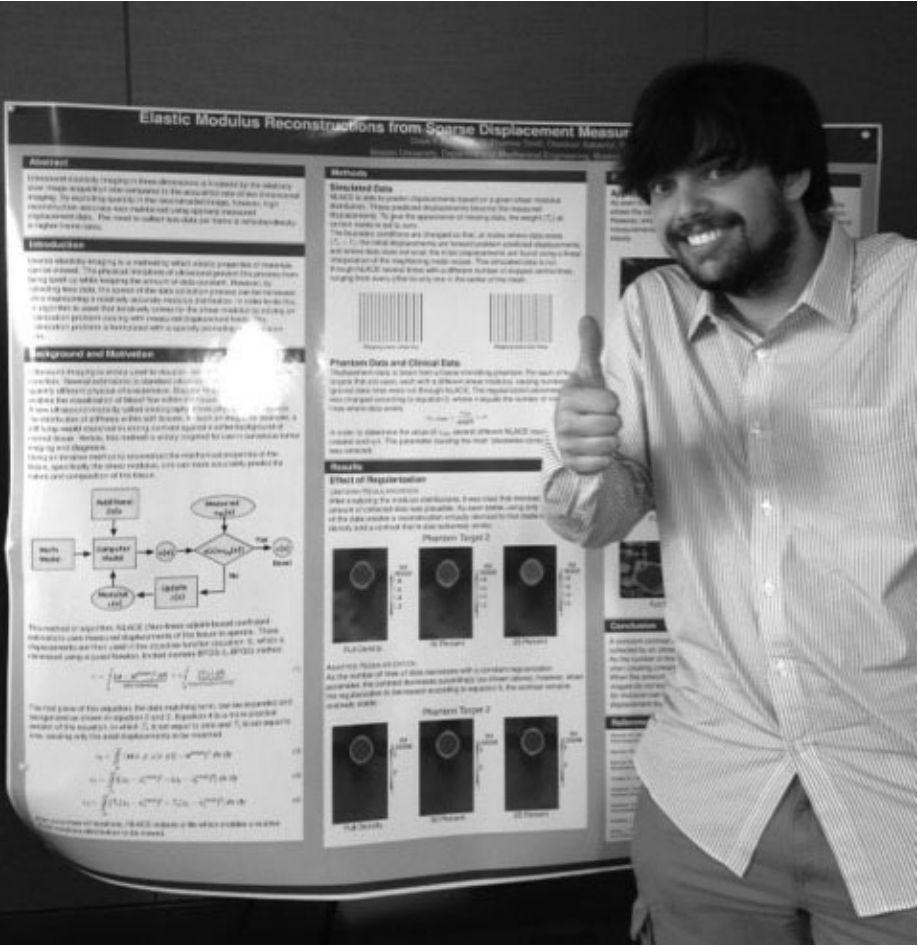
“My friends and I went to Barnes and Noble to write our Intel applications during the week off because of Sandy. In a way, it was really nice to have that week off to focus just on Intel and college applications,” said Kim.

Schreiber has had 70 semifinalists and six finalists since 2000. However, in recent years, the number of applicants has increased and competition has become stiff.

“I’m very excited for Minah because she is extraordinarily deserving of this and likewise for Drew,” said science research teacher Mr. John Schineller. “It is a shame that there are so many applicants from so many schools doing research. Thus, other deserving students may not get the recognition they were hoping for. It’s just competition. It’s a much more clear indication that they have to pick and choose with more discretion.”

“We’re lucky that we do have winners and the students who won truly deserve tremendous credit,” said Dr. Fitzgerald. “I feel bad for the kids who worked just as hard and had excellent projects that for whatever reason did not make it. I don’t think the kids who go into this always do this for the sake of winning the competition, but rather for the experience and to do research and publish it.”

Finalists will be announced on Jan. 23 and they will receive an all expenses paid trip to Washington, D.C. in early March when they will compete for the final awards.



Courtesy of Mr. Anthony Tedesco

Senior Drew Feldman presents his research on using mathematics and computer science to help diagnose illnesses. Feldman’s research at Boston University was recognized by Intel STS.

Students explore cultural heritage through art

BY Zareen Johnson

Contributing Writer

Port Washington students come from varied cultural backgrounds, and art students in Foundations in Studio Art and Drawing and Painting classes recently explored this heritage with a project called “Ancestors and Artifacts.”

The project was organized by the Great Neck Art Center (GNAC), which sent two visitors to art classes to teach students about oral history and the personal importance of heritage.

For this project, students had to interview one of their relatives in order to learn about their ancestors and any significant family artifacts.

“I liked the project because because I got to show something interesting about my family in Vermont,” said junior Trudy Grussinger.

They then used what they discovered to create either a “heritage box” or personal icons using artistic mediums.

The GNAC visitors, Ms. Sonia Arora and Ms. Tracy Walzer, also taught classes about poetry and assemblage art. All participating students wrote poems

based on quotes from their interviews, and incorporated these poems into their artwork.

Art classes have done similar projects in the past, but this is the first time that the GNAC has participated in the process, and also the first time students incorporated interviews and oral history.

“All the students did family history interviews,” said art teacher Ms. Miranda Best. “The pieces were more meaningful and more personal than in the past.”

Six Studio in Art classes and two Drawing and Painting classes participated in the program. The Studio in Art classes’ heritage boxes and the personal icons created by the Drawing and Painting classes will be on display in the atrium beginning Jan. 17.

“Having people look at my amazing work of art makes me feel like Oprah Winfrey,” said sophomore Christian Esposito. “Finally, it is I who is giving back to society.”

The project was slightly different than in years past.

“This was a new experience,” said Ms. Best. “I haven’t worked with the art center before, and I think we’ll continue with the program in the future.”



Claudia Varner

A Drawing and Painting class works on projects depicting aspects of students’ cultures. The works will be displayed in the atrium starting Jan. 17.

Guidance department modifies college application process

BY Madeline Fagen

Contributing Writer

Over the years there have been many changes to the college application process, and this year is no exception.

The process for the class of 2013 started off with a parent meeting in which counselors presented the basics of college searches, including certain tools and search engines for parents and students, test information, and information regarding teacher recommendations.

Students then received an informational packet and, for the first time, students attended group information sessions that introduced them to Naviance and key information for beginning the application process.

Counselors addressed questions at a second group session. There were then individual meetings with students, their parents, and their counselors in which they discussed possible college choices and their overall standing in the application process.

On Feb. 13, the guidance department will begin holding junior assemblies for the class of 2014. The Common Application’s format and questions are changing this year, so the information given to students at the second session must also change. Counselors will review students’ progress at this next session, and students will discuss the schools in which they are interested. The guidance counselors may pull up their résumés on Naviance and help them with any questions they have. Additionally, juniors will receive multiple handouts and informational guides.

There are changes for the sophomore class of 2015 as well. Last year, sophomores were given time to come into computer labs with counselors to open their Naviance accounts, explore career options, and explore the colleges that would be beneficial for the career they have in mind.

“As a junior getting ready to apply to colleges, I have no idea what the application

is going to be like,” said junior Jackson Shain. “Introducing sophomores to the college application process gives them the chance to see where their strengths lie and where they need to improve. I wish I was given the opportunity to practice applying earlier so I wouldn’t feel so stressed now.”

Counselors advised sophomores to begin building their résumés as one of the basics of applying to a school.

“In my opinion, getting started earlier on the application process can only be beneficial to students in the long run,” said sophomore Keton Kakkar.

Any student is also now able to sign up to go to room 112 for an informational session in which counselors will help them

with any questions they have regarding applications.

Naviance in general is also being updated for the school. It is accessible to students, parents, administrators, and teachers. Through Naviance, students can look at charts and graphs containing statistics concerning past Schreiber applicants to specific colleges. Students are able to conduct advanced searches and collect a vast amount of information from Naviance.

The school has continued to expand its use of Naviance. It started out simply for research, then to determine what schools are good for each student, and now to electronically send information to

many colleges at once. Teachers can also send their recommendations to colleges through Naviance.

“We are not up to the full potential of Naviance,” said guidance director Mr. Hank Hardy. “Each year we do a little more with it, and I see us expanding it. Certain suggestions have been made at conferences to continue to develop the site.”

“Preparing for college can be a very stressful process, and the fact that the school is going through great lengths to help students prepare is really appreciated. It is important for the school to continue to change and adapt its process as time passes,” said senior Kimberly Suzzan.

Students from every music ensemble represent Schreiber at All-County music festival



Courtesy of Ms. Ruth Smith

From left, top row: Mr. John Meyer, Eric Rosenblatt, Jesse Epstein, Ethan Usoskin, Chris Bendix, Leo Potters, Nick Sapountzis, Dan Bidikov, Nathaniel Chu, Gregory Stebbins, Carl Finkbeiner, Mr. Anthony Pinelli, Mr. Mark Brenner, Julia Bain, Eleanor Kim, Minah Kim, Ellie Zolotarev, Elizabeth Waskover, Erin Choe, Annie Kim, Nicole Forman, Bomin Choi, Ms. Carol Garofalo, Mr. John Spiezio, Julia Bain, Kimberly Suzzan, Amelia Pacht, Emma Hohausen, Emily Weinstein, Elizabeth Muratore, Sydney Ronis, Kimberly Winter, Laura DeBruin, and Gisella Snailer. Students who excelled at NYSSMA in the spring have the honor of performing at All County during the week of Jan. 14.

BOE meetings turn digital with Livestream

BY **Minah Kim**
News Editor

For the first time ever, anyone with internet access could watch a Board of Education meeting from his or her home or office. The school district broadcast the meeting live on Portnet. The live stream started at 8 p.m., and viewers could chat in the sidebar during the meeting. During the first several minutes, microphones were not working properly, but all the glitches were quickly ironed out and people were able to view the entire BOE meeting live online and play it back afterwards.

Several members of the Board of Education asked district administrators

“The introduction of live video streaming of school board meetings is an exciting opportunity to utilize technology to enhance the school district’s communication with the community,” said Director of Technology Mr. David Baylen.

to investigate whether a live stream could be implemented and the potential costs involved.

Assistant Superintendent Ms. Mary Callahan and Superintendent Dr. Kathleen Mooney worked with the Director of Technology, Mr. David Baylen, to learn how streaming works, what equipment would be needed, and how quickly it could be set up.

“I’m very pleased to be part of this exciting project. I believe that it demonstrates our school district’s vision of utilizing technology to enhance all

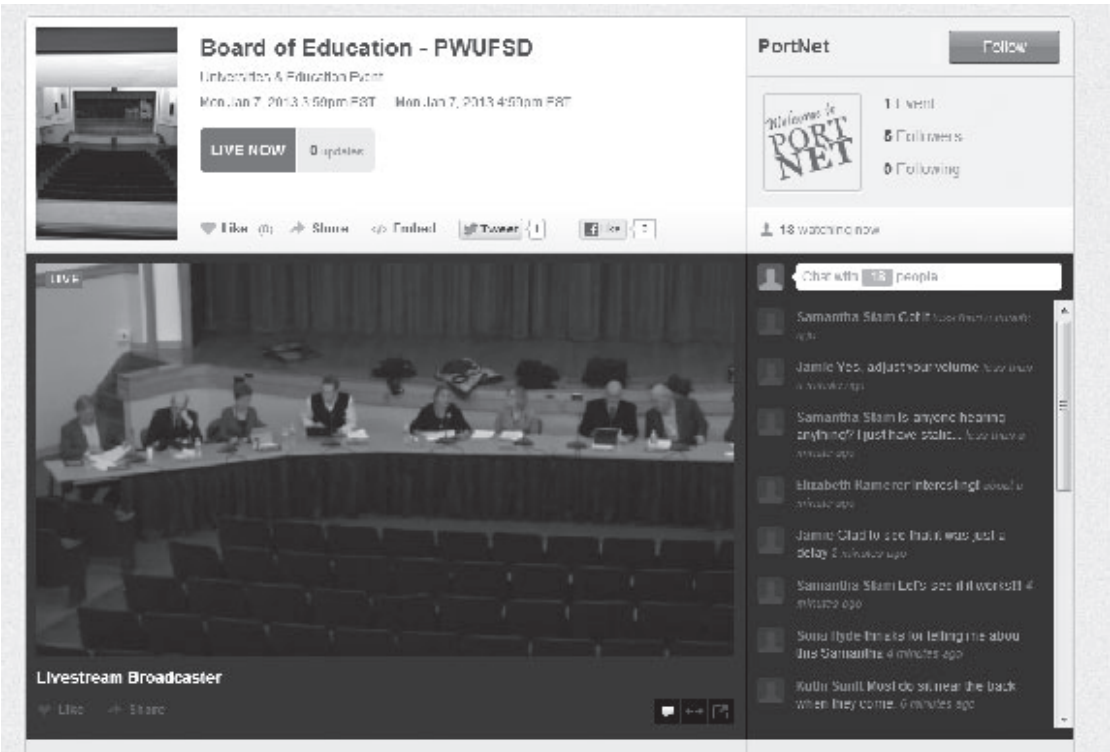
aspects of our school programs and will be a great benefit to the Port Washington Community,” said Mr. Baylen.

In Mr. Baylen’s absence, because of a short medical leave, Mr. David Israel worked with the BOE to set up the stream. District Information Technology Aide, Mr. Chris Johnert, and Mr. Phil Macedonio from the print shop worked on the project as well.

“The introduction of live video streaming of school board meetings is an exciting opportunity to utilize technology to enhance the school district’s communication with the community,” said Mr. Baylen. “The Board of Education and our new Superintendent Dr. Kathleen Mooney are committed to providing open access to board meetings to those members of the community that cannot attend in person.”

To make this project possible, the district had to purchase a video camera similar to the one purchased for the TV studio. The district also has to pay a subscription fee to the streaming service it is using.

To support this video streaming project, members of the technology department worked in collaboration with the district’s facilities department to install new network cabling into the projection booth in Schreiber. This new network connection is being used to broadcast the video stream and will be available for use by the Schreiber theater arts department. In addition, the district purchased a new HDMI capable video camera and a live



The Board of Education meeting is broadcast live on Livestream.com. Now community members can watch the BOE meetings online during and after the meeting.

stream broadcaster, which is a device that allows for video streaming without using a dedicated computer. This enables a direct and reliable connection to the Livestream online service.

Technology department staff worked to configure and test the new equipment, as well as establish the online account with Livestream.

“We will be updating and maintaining the new Board video channel on the district web site. Working through the district’s business office, we trained the staff members who are responsible for the setup of equipment and video recording of Board meetings,” said Mr. Baylen.

Mr. Baylen worked on the setup and Mr. Macedonio, who has filmed BOE meetings in the past, did the actual filming.

“This is beneficial for the community and the District because it provides more people with the opportunity to view BOE

meeting proceedings, especially if they are unable to go out at night. It makes the BOE meetings accessible to more people in the community,” said Dr. Mooney.

In the future, the livestream could be used to communicate with viewers at home.

“I’m really impressed that Dr. Mooney was able to get this beta version of the webcast going,” said Mr. William Hohauser, Vice President of the BOE at the Board meeting. “I’m not usually texting during the meeting but there is a chat feature on here. I’m chatting with all you viewers at home. I don’t know if we want to get to the point of fielding questions through the chat feature. It’s a possibility that we have opened up here. At the very least it is ready for advertising, to let people know that it is working well. Hats off to Dr. Mooney for getting this going in a very quick manner. It looks like this is a success.”

Key Club holds toy drive for children in need



Hannah Fagen

Key Club members sort through donated toys. The Key Club toy drive collected over 500 toys for Nassau County social services who distributed the toys to foster children and orphans living in Nassau County.

Sandy causes delays in AP exam registration

BY **Ana Espinoza**
Assistant News Editor

As a result of delays caused by Hurricane Sandy, Advanced Placement test registration is taking place almost two months late this year, beginning on Jan 15. Student registration for AP tests usually takes place in November, before Thanksgiving.

“We wanted to do it before Thanksgiving, originally,” said Assistant Principal Dr. Brad Fitzgerald, the administrative coordinator for AP testing. “However, there were enough people with no power, and I did not want to come back and concern people with the registration when the exam wasn’t coming until spring.”

Students who noticed the delayed registration were concerned.

“People in my classes kept asking teachers when registration would be. I think people were worried because registration usually occurs in November. I assumed it was because of Sandy,” said

senior Lani Hack.

The fee for each AP exam is \$89 this year (an increase of \$10), with additional fees for options like rush score reports and advanced score reports by phone.

“The increase in the price is really ridiculous. As a senior, I’m taking seven AP tests that I have to pay for. I probably will not get credit for the APs in college,” said Hack.

However, administrators delayed AP registration in order to accomodate more students.

“I could’ve done it around December,” said Dr. Fitzgerald. “But the holidays are an expensive time for a lot of families, and the fee is an expense. So I thought, let’s have a week or so after the holidays and have everyone back in the swing of things before we announce the registration.”

Students will have a month to pay their dues and complete the registration.

“I do think it’s considerate,” said sophomore Maria Tsampas. “But I don’t think the kids really needed the extra time.”

2013 MIDTERM SCHEDULE

ROOM #	EXAM	TEACHER	ROOM #	EXAM	TEACHER	ROOM #	EXAM	TEACHER
TUESDAY JANUARY 22, 2013 8:15 AM			C22	Living Environment	Zuvich	12:15 PM		
15	Int. Algebra Regents	-	B11	Honors Biology	Apicos	131	Regents Earth Science	-
201	RCT Global Studies	-	B12	Honors Biology	Apicos	131	Regents Chemistry	-
9:00-11:00 AM			B13	Honors Biology	Crivelli	201	RCT Reading	Sp. Ed.
A1	Integrated Algebra	Carstens	A1	Honors Biology	Dardzinski	1:00-3:00 PM		
A2	Integrated Algebra	Carstens	B14	Biology	Apicos	B11	Math 11H	Reynolds
A3	Integrated Algebra	Carstens	B15	Biology	Brandt	B12	Math 11H	Tecusan
A4	Integrated Algebra	Tecusan	B16	Biology	Brandt	B13	Algebra 2/Trig.	Bozzone
A5	Integrated Algebra	Tecusan	B17	Biology	Brandt	B14	Algebra 2/Trig.	Lederer
A6	Integrated Algebra	Tedesco	B18	Biology	Crivelli	B15	Algebra 2/Trig.	Martinez
A7	Integrated Algebra	Tedesco	A2	Biology	Dardzinski	B16	Algebra 2/Trig.	Siener
A8	Math 9H	Lederer	A3	Biology	Dardzinski	B17	Algebra 2/Trig.	Siener
A9	Math 9H	Tedesco	A4	Biology	Gallego	B18	Algebra 2/Trig.	Tecusan
A10	Math 9H	Tedesco	A5	Biology	Gallego	B19	Algebra 2/Trig.	Tecusan
4	ESL Pre-Algebra	Choit	A6	Biology	Nelson	A1	Algebra 2/Trig.	Verity
B11	AP Biology	Ezratty	A7	Biology	Travis	A2	Algebra 2/Trig. Plus	Gallagher
B12	AP Biology	Ezratty	A8	Biology FLC	Travis	A3	Algebra 2/Trig. Plus	Gallagher
B13	AP Env. Science	Brandt	A9	Biology STEPS	Dardzinski	A4	Algebra 2/Trig. Plus	Lesser
B14	AP US History Qual.	-	A10	Biology ESL	Decker	A5	Algebra 2/Trig. Plus	Martinez
215	AP US History Qual.	-	12:15 PM			A6	Pre-Calculus	Pichkur
217	AP US History Qual.	-	15	Algebra 2/Trig. Regents	-	A7	Pre-Calculus	Pichkur
219	World Literature	Schulman	17	Algebra 2/Trig. Regents	-	A8	Pre-Calculus	Reynolds
B15	Mythology	Gokturk	201	RCT Math	Sp. Ed.	A9	Pre-Calculus	Siener
B16	Trends in Literature	Cohan	1:00-3:00 PM			A10	Pre-Calculus	Siener
B17	Trends in Literature	Cohan	215	AP Euro. History Qual.	-	15	Topics in Pre-Calculus	Siener
B18	Trends in Literature	Gokturk	217	AP Euro. History Qual.	-	17	AP Calculus AB	Kamerer
B19	Trends in Literature	Gokturk	219	AP Euro. History Qual.	-	19	AP Calculus AB	Pichkur
B20	Trends in Literature	Gokturk	221	AP Euro. History Qual.	-	21	AP Calculus BC	Ganzekaufer
12:15 PM			225	AP Euro. History Qual.	-	23	AP Calculus BC	Ganzekaufer
4	English Regents	ESL	B11	Earth Science	Campanella	FRIDAY JANUARY 25, 2013 8:15 AM		
201	English Regents	Sp. Ed.	B12	Earth Science	Campanella	217 Global & Geo. Regents		
131	Physics Regents	-	B13	Earth Science	Paradis	201 RCT Writing		
1:00-3:00 PM			B14	Earth Science	Paradis	9:00-11:00 AM		
15	Math 10H	Ferruso	B15	Earth Science	Paradis	202	Global History & Geo.	Denton
17	Math 10H	Martinez	B16	Earth Science	Paradis	C22	Global History & Geo.	Denton
A1	Physics	Fish	B17	Earth Science	Travis	101	Global History & Geo.	Foster-Holzer
A5	Physics	Johnson	B18	Earth Science	Travis	C21	Global History & Geo.	Foster-Holzer
B11	Physics	Schineller	A1	French 4H	Delio	B11	Regents Chemistry	Carmody
B12	Physics	Schineller	A2	Spanish 4H	Gonzalez	B12	Regents Chemistry	DiFazio
B14	Physics	O'Brien	A3	Spanish 4H	Gonzalez	B13	Regents Chemistry	DiFazio
B15	Physics	O'Brien	A4	Latin Prose Honors	Griffin	B14	Regents Chemistry	DiFazio
B16	Physics	O'Brien	A5	Adv. Italian Honors	Ferrante	B15	Regents Chemistry	DiFazio
A2	Honors Physics	Fish	A6	AP Latin	Griffin	B16	Regents Chemistry	Krebs
A6	Honors Physics	Johnson	A7	AP French Language	Delio	B17	Regents Chemistry	Nelson
A7	Honors Physics	Johnson	A8	AP Italian	Ferrante	B18	Regents Chemistry	Nelson
B13	Honors Physics	Schineller	A9	AP Spanish Literature	Joseph	A3	Regents Chemistry	Carmody
A3	AP Physics B	Fish	A10	AP Spanish Language	Morffi	A4	Regents Chemistry	Carmody
A4	AP Physics B	Fish	THURSDAY JANUARY 24, 2013 8:15 AM			A5	Regents Chemistry	Krebs
A8	AP Physics C	Johnson	217	US History Regents	-	A6	Regents Chemistry	Nelson
215	Soc. Sci. Research Qual.	-	15	Geometry Regents	-	A7	Chemistry	Krebs
217	Soc. Sci. Research Qual.	-	201	RCT Science	-	A8	Chemistry	Krebs
219	Soc. Sci. Research Qual.	-	9:00-11:00 AM			A9	AP Chemistry	Carmody
221	Soc. Sci. Research Qual.	-	118	AP Eng. Literature Qual.	-	118	AP English Lit. & Comp.	Sachs
B17	Integrated Geometry	DiVenuto	120	AP Eng. Literature Qual.	-	120	AP English Lit. & Comp.	Schulman
B18	Integrated Geometry	DiVenuto	122	AP Eng. Literature Qual.	-	122	AP English Lit. & Comp.	Schulman
B19	Integrated Geometry	DiVenuto	127	AP Eng. Literature Qual.	-	127	AP English Lit. & Comp.	Valenti
A9	Integrated Geometry	Gallagher	129	AP Eng. Literature Qual.	-	A1	Math Research Qual.	-
19	Integrated Geometry	Ganzekaufer	A1	Spanish 3H	Joseph	A2	Math Research Qual.	-
21	Integrated Geometry	Ganzekaufer	A2	Spanish 3H	Joseph	12:00 PM		
23	Integrated Geometry	Ganzekaufer	A3	Latin 3H	Griffin	15	AP Statistics	Ferruso
A10	Integrated Geometry	Kamerer	A4	French 3H	Lindemann	17	AP Statistics	Ferruso
WEDNESDAY JANUARY 23, 2013 8:15 AM			A5	Italian 3H	Ferrante	SCHEDULE CHANGES: AP LIT. QUALIFYING - JAN. 24, 9 AM AP STATISTICS - JAN. 25, 12 PM		
131	Living Environ. Regents	-	A6	Italian 3H	Ferrante			
201	RCT U.S. History & Gov.	Sp. Ed.	A7	Financial Algebra	Bozzone	504 ROOM/CONFLICT ROOM: ROOM 213 8:05-10:25 10:25-12:45 12:45-3:05		
9:00-11:00 AM			A8	Financial Algebra	Ferruso			
215	AP Psychology	Byrne	A9	Financial Algebra	Ferruso			
217	AP Psychology	Byrne	A10	Financial Algebra	Verity			
219	AP Psychology	Schultz	215	US History	Brazicki			
221	AP Psychology	Schultz	C21	English	Faraday			
225	AP Psychology	Schultz	C22	English	Faraday			
			138	Science Research Qual.	-			
			140	Science Research Qual.	-			

Point

Counterpoint

Should schools have armed guards for students' protection?

BY Jacob Bloch

Contributing Writer

The tragic events in Newtown, Connecticut bring to mind a similar situation in the early '80s. On Oct 1, 1981, like any other day, children went to school to learn in a safe, free environment. However, on this day, Luke Woodham, a 16-year-old sophomore, decided to bring a Marlin model 336 .30-30-caliber rifle to his high school in Pearl, Mississippi.

Luckily for the school, assistant principal Joel Myrick retrieved a .45 caliber semi-automatic pistol from his truck, ordered the gunman to the ground in the parking lot, and subdued him, clearly preventing the situation from escalating.

As authorities would later learn, if it hadn't been for Myrick, Woodham would have continued his plans to escape to Pearl Junior High School and take the lives of more children.

rights if guards were employed.

As you walk through the streets of any town in America, you are defended by a police force. When you walk on actual school grounds, you could be under better protection from armed security.

Time is essential in all these cases. Woodham shot nine students. Each and every time he shot his deer rifle, he needed to reload the weapon. The average NYPD police response time is 8.4 minutes; 8.4 minutes to fire at teachers and students, reload, and repeat.

Instead, someone should always remain on the scene, armed and ready to act as both a deterrent for potential shooters and a method to fight back if an attack does occur.

Without it, the security of our schools will still retain its holes waiting for the inevitable disaster.

By taking these necessary actions, we would be taking power away from the killer and moving it towards the security

BY Ali Goetze

Contributing Writer

According to the *Washington Post*, the United States has the highest amount of murder by guns in the world.

After the recent tragedy in Newtown, Connecticut, a new controversy over gun control has broken out across the nation.

Schools are attempting to find solutions to gun control as the concern for student safety is becoming more prominent.

How far should schools go to protect the well being of their students and faculty?

Many schools are taking the thought of armed guards into heavy consideration.

This is not a good idea and schools should not be turning to such drastic and violent measures.

like it would be more nerve-racking for the students," said senior Emma Brezel. "It would feel as if the school was always surrounded by constant danger rather than being protected."

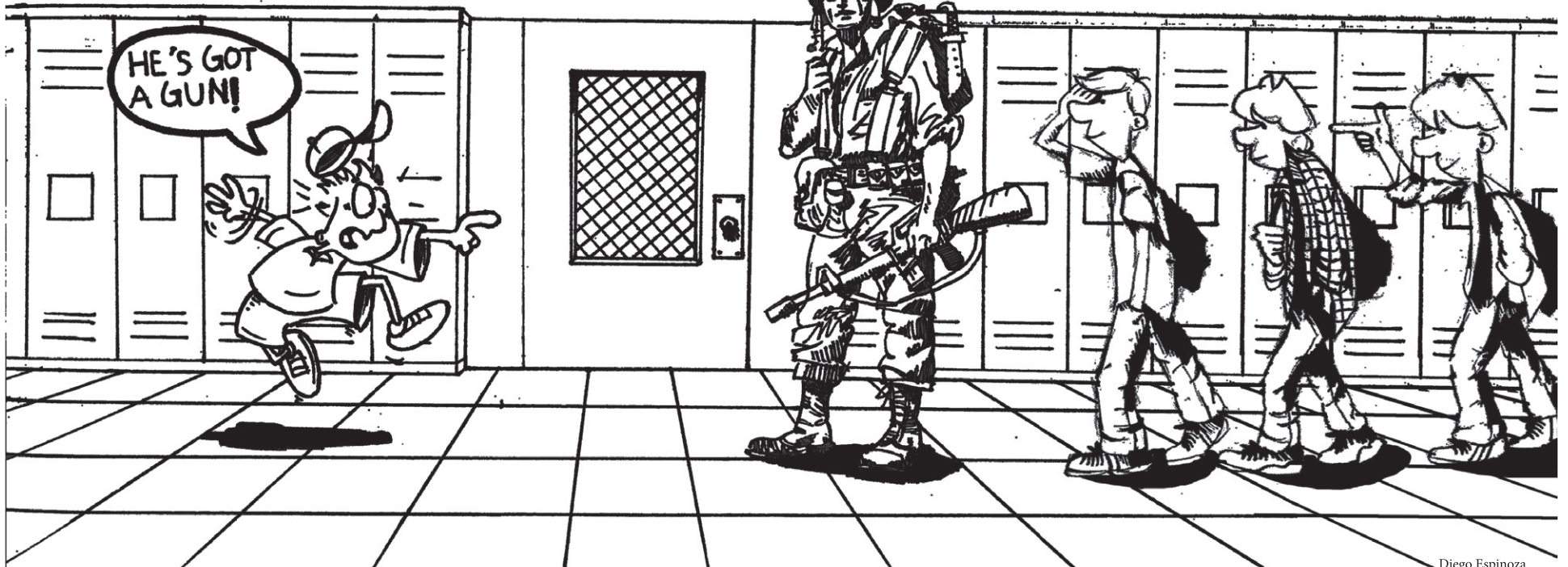
Mandatory armed guards will send the message to students that violent crimes are a frequent problem at their school, which would most likely cause greater anxiety.

When seeing how prisons have armed guards, schools with armed guards could give off a similar prison-like impression.

It is obvious that people do not feel safe at a prison and they would not feel safe when attending their school.

"Having armed guards on school property would not be the right environment for students," said freshman Stella Rae Burrows. "Rather than making them feel safe, it would instill fear and anxiety."

Instead of having armed guards, it is better to prepare ourselves for certain emergency situations.



Diego Espinoza

Lastly, Myrick remarked, "Here was this monster killing kids in my school, and the minute I put a gun to his head he was a kid again." This entire event begs one question: why aren't we placing armed security in schools across America?

By having armed security in our schools, we are increasing our chances of preventing these incidents from occurring and decreasing the severity of those that do.

Schreiber should seriously consider arming guards for the good of the entire school community.

Of course, it will not be successful 100% of the time. As President Barack Obama noted at the Sandy Hook vigil, the fact that we can never completely eliminate evil is not an excuse for inaction.

The government must protect the essential rights of its citizens, including the right to life. In no way would the students and staff of the school lose their

of innocent people.

In some schools in America, such as a San Antonio-area district in Texas, off-duty deputies patrol every campus. In Harrold, Texas, some teachers with extensive training are armed with concealed weapons.

These schools understand the issue that faces them and decided to have some sort of armed security there to protect them.

Now, states such as Oklahoma, Missouri, Minnesota, South Dakota, and Oregon are considering laws regarding firearms on school campuses.

Hopefully, this same course of action towards safety and security will be taken by all state legislatures in America.

If this policy were implemented at Schreiber, many students would feel a lot safer as they walked through the doors. This way, in case of emergency, the students would always know they are protected.

There are many other ways to insure school safety than having armed guards.

"I think with the result of the tragedy, we should have less guns instead of more guns," said freshman Annie Kline. "Putting in armed guards would promote fighting violence with violence."

Guns are the problem in the first place, so why would more guns be the solution?

Elementary schools, especially, should not even consider armed guards because adults impact very young children.

Having armed guards would put the idea in children's heads that having a gun would keep them safe and that guns are a necessity.

Furthermore, it will also leave students feeling very unsafe when attending school.

"If armed guards were implemented into the school on a daily basis, I feel

For example, teachers and students should be trained for emergency situations and should be taught the appropriate actions to take during different crises.

Most students and staff members are not adequately prepared to face disasters. However, the presence of armed guards in a school setting would just spark nerves rather than help the student body.

Instead, schools need to wake up and come up with ways to prepare students, instead of just preparing guards.

Students do not just need to feel safe, but also need to know that they could save themselves, not wait for a guard to save them.

This issue is being discussed all over the nation and although principals and leaders of school boards are looking at the pros, it is time they look at how armed guards may negatively impact the experience of going to school.

Schreiber Speaks

Which Disney character would you be and why?



"I would want to be Mulan because she is funny, dauntless, kicks the Huns' butts, and has a pet dragon."

~Sophia Kim, junior



"I would want to be Buzz Lightyear from *Toy Story* because he has lasers, wants to fly, and has a cool spaceship."

~Matt Leong, sophomore



"I would want to be Mickey Mouse because many people say that he looks like me and because I've always thought he's cool."

~Jason Hernandez, senior



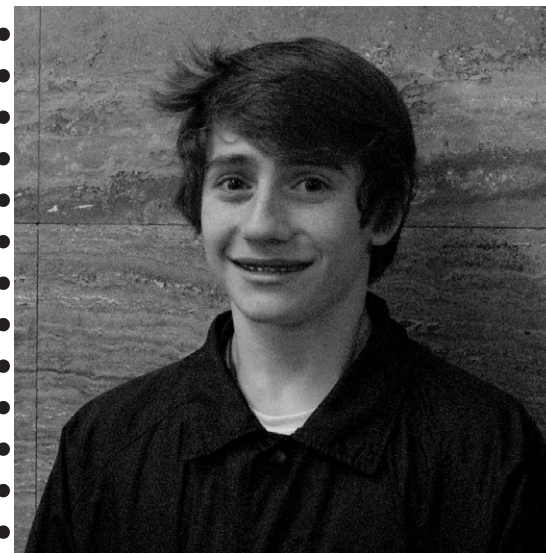
"I would want to be Gaston from *Beauty and the Beast* because he is jacked, he is a beast, and because mad girls are into him."

~Cal Gross, junior



"I would want to be Pocahontas because she is very independent and she stands up for what she believes in. And because she is a princess, obviously."

~Delia Rush, freshman



"I would want to be Donald Duck because I had a stuffed animal of him when I was younger and it brought me through all the hard times in life."

~David Nevins, freshman

Reporting and photos by Hallie Whitman and Erin Choe, Opinions Editors

Schreiber teachers make better than average tutors for students

BY Erica Andrew and Michaela Gawley
Contributing Writers

As the year progresses and classes get more intense with important tests such as midterms approaching, many students turn to tutoring for a more in-depth understanding of class material.

Although students can go to just any tutor for help with materials, Schreiber especially has a highly knowledgeable base of teachers for students to look to for guidance.

To help achieve their academic goals, many competitive students hire Schreiber teachers as tutors.

"Students who don't have free periods will benefit greatly from hiring a tutor," said science teacher Ms. Marla Ezratty. "It is good to know that there is availability outside of school, and that students are able to obtain help with a subject that

they have trouble with."

There are several obvious advantages to having a Schreiber teacher as a tutor: these teachers are more than familiar with the curriculum at Schreiber than outside tutors, and they can teach the material in a way that parallels what students are learning in their own classes.

"Teachers should be allowed to tutor students from their own school because they really understand the material and know exactly what is being taught," said junior Emily Shlafmitz.

Teachers at Schreiber are also able to communicate with each other, allowing for a more universal teaching method throughout each department.

Although teaching approaches vary slightly among teachers, classes are generally on the same page.

Students find comfort in uniformity, especially when it comes to learning.

Having a tutor who is a teacher at your school allows for optimal communication between your tutor and your teacher.

A teacher in the same department has the opportunity to speak to your teachers to understand your position as a student, in terms of academic potential as well as behavior.

Also, students who struggle with tests may find comfort in having the ability to so easily speak with their tutor before a test to assuage their nerves.

This system is also beneficial for students who are uncomfortable approaching their own teachers and feel shy when asking questions.

"It's always helpful to have a teacher help you study for a test as well as review it afterwards, because they know best what concepts are most important to focus on," said junior Olivia Cisneros.

Some argue that this system is unfair because it destroys equal opportunity among students who might not have Schreiber teachers as their tutors, or puts kids who can't afford a tutor at a disadvantage.

However, this is not an issue because Schreiber's flexible block schedule gives all students plenty of time to meet with their teachers.

Students as well as teachers are given many hours off each cycle, and with this time, students can often find their teachers in the department resource rooms. Students can also approach other teachers in the department offices during off periods who can also help them with the material.

Even students without many off periods always have the opportunity to meet with teachers, for many come to school early and will stay late.

Foreign language starting in elementary school?

BY Ali Verdi and Priyanka Ninan

Staff Writers

Recent studies have shown that children absorb languages much faster at a younger age.

However, students in Port Washington do not begin studying foreign languages until middle school.

Evidence indicates that the best time to start learning a language is age two. Children who start at this age can reach fluency by age five.

By the time children reach middle school, the ability to easily and efficiently absorb language has declined.

“The younger you start a language the easier it is to learn,” said Spanish teacher Mrs. Debra Korba-Rapp. “The problem with starting in middle school is that many other things going on with your body and brain that it becomes really difficult to learn a new language.”

Starting to learn a language in Weber is too late and no amount of homework or studying can make up for the lost time.

“If they’re serious about students actually learning a language and being able to speak it fluently, research suggests that the younger the better,” said AP Psychology teacher Mr. Larry Schultz. “Therefore, I would say the earliest you could start, the better it would be. The closer you are to the ‘critical period,’ where you can learn languages, the better you are.”

Many students feel that their language skills haven’t progressed since middle school, which can lead to a loss of motivation.

“People who learn another language when they are younger don’t have an accent because they are learning them side by side and in the long run, they become bilingual,” said Korba Rapp. “It is easier for them to process the language at a

younger age.”

If language had been introduced into the curriculum at an earlier age, students might have been fluent by now.

“Even after six years of taking French, I don’t feel like I could carry on a con-

to converse in their chosen foreign language with native speakers. Many foreign language teachers at Schreiber are fluent at foreign languages because they spend an extended amount of time in that country.

Being forced to practice speaking the language in an immersive setting from a young age is the most effective way to ensure that a student will become fluent.

Some teachers make an effort to expose their students to whatever foreign language they are teaching for the entire hour.

This method proves to be effective because it drives the students to not only speak the language throughout the period, but also to comprehend what the teacher has said.

The more often teachers enforce this type of learning, the more fluent students will become.

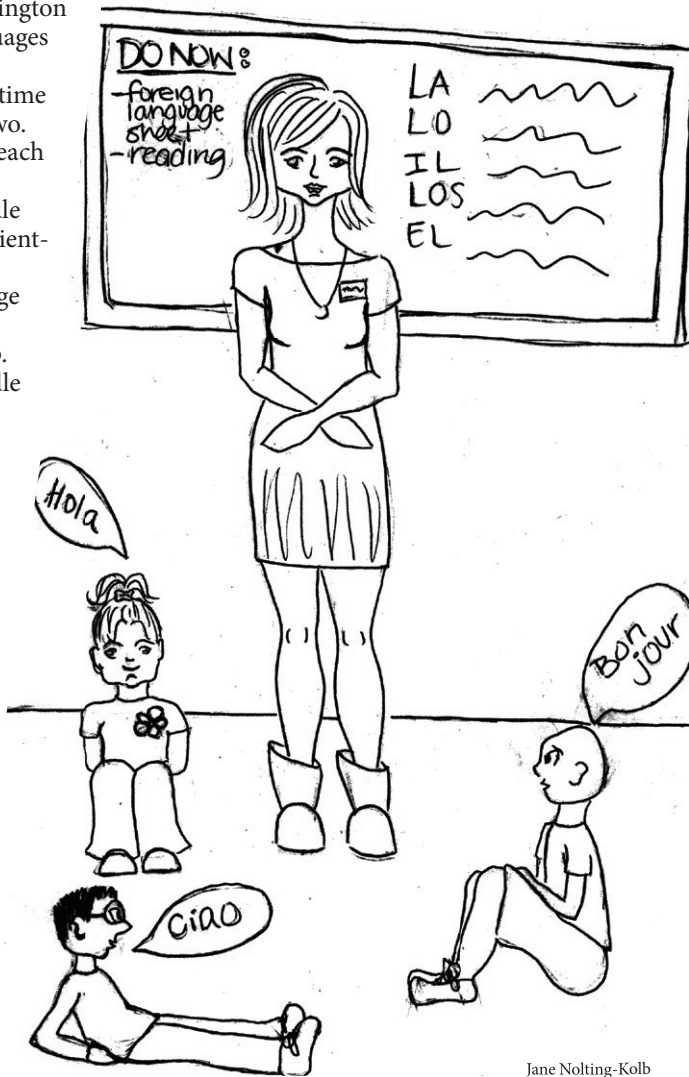
Another issue with learning a language later in life is that there are certain aspects of language that aren’t easily learned.

The pronunciation that you learn when you’re younger is hard to teach once reaching a certain age.

“It’s so much easier to pick up on a new language at a younger age,” said junior Nisha Nanda. “I think middle school is a bit too late to start learning a second or third language.

Foreign languages should be introduced in elementary schools because it would make the language more like second nature.”

Schools, students, and foreign language teachers would benefit greatly from instituting foreign language into the curriculum of children in elementary school as early as first grade.



Jane Nolting-Kolb

versation with a native French

speaker,” said junior Lael Franco.

Many foreign language courses taught in school focus on written grammar rules and vocabulary.

More important, however, is that students develop the skills necessary

Cell phones are an effective educational medium

BY Sarah Moen

Contributing Writer

With the daily and excessive use of cell phones, many wonder whether cell phones should be allowed in the classroom setting.

Some teachers still argue that cell phones only cause disruption in class and that if allowed, students would not use their phones for academic purposes, but instead to text their friends or go on social networking sites such as Facebook, Twitter, or Instagram.

However, phones aren’t necessarily a distraction; they can also be an effective method of getting information to aid class work.

Having easy access to a cell phone can limit confusion on a topic being discussed in class.

“I would use my phone to access an internet translator, or to go on websites such as Quizlet to help me study during class,” said freshman Nikki Riquelme. “However, cell phones should only be for academic purposes when they are out in class.”

If a student needs to look something up, cell phones become an object of

utility. This can be especially helpful in foreign language classes for quick access to dictionaries or translators.

Many teachers also agree that cell phones are acceptable for academic purposes.

“Students may find cell phones really helpful in finding information pertinent to the lesson or in use as a dictionary. But they should only be allowed to take their phones out with their teacher’s permission,” said Ms. Zove.

“Students using phones to text or email in class are disruptive,” said foreign language teacher Ms. Nancy Zove. “However, as an educational tool, cell phones can be useful. Students may find cell phones really helpful in finding information pertinent to the lesson or in

use as a dictionary. But they should only be allowed to take their phones out with their teacher’s permission.”

As long as students use cell phones in class for purely academic material, cell phones are very beneficial.

“Cell phone use is very helpful,” said chemistry teacher Ms. Joy Grasso-Krebs. “Especially with online grading and checking labs, using cell phones to access the internet can improve grade point accuracy.”

Currently, Schreiber is piloting PowerGrade, which is a way to allow kids to monitor their grades online, which would help prevent confusion about grades.

“Cell phones should not be used for texting friends or socializing in class,” said Grasso-Krebs. “But we have to accept that cell phones are here to stay since we are growing as a technology savvy generation.”

Any class willing to adapt to our increasingly technological era will receive great benefits.

The adoption of cell phones is the necessary next step in changing our learning environment for the better.

Congress’ new slogan: Where’s the pork?

BY Will Berger

Staff Writer

The House of Representatives overwhelmingly approved a \$9.7 billion package to pay flood insurance claims resulting from Hurricane Sandy, in spite of a delay caused by Republican Speaker and Grinch stunt-double, John Boehner.

The vote came more than two months after the storm—and after Boehner employed the silent treatment strategy against both Democrats and Republicans.

All of the negative votes were cast by House Republicans whose primary concern was the considerable “pork” built into both the House and Senate versions of the original \$60 billion bill, such as “\$150 million for fishery disasters in a range of states—including Alaska and Mississippi.”

I’m pretty sure Alaska and Mississippi aren’t in the tri-state area, although this could make sense if the continents were still aligned in the pre-historic Pangea formation, or if you’re using Apple Maps.

“Pork” comes from the term “pork barrel spending,” which refers to legislators spending state or federal money for local projects to please their constituents.

To separate the pork from immediate aid, the House decided to split the original \$60 billion bill into \$9.7 billion for flood insurance and \$51 billion for relief and reconstruction, the latter of which includes the so-called pork.

But although the \$9.7 billion bill contains about as much pork as you would find in an Orthodox synagogue, 67 Republican members of the House still voted no.

Strangely enough, a large proportion of the no votes came from representatives of Louisiana, Texas, and Florida, whose states have received millions of dollars in emergency aid in response to previous disasters, most notably Hurricane Katrina.

Even before the vote, Republican Congress members received tongue-lashings for the delay, most notably from Republican Governor Chris Christie.

“Last night, the House Majority failed the most basic test of leadership and they did so with callous disregard to the people of my state,” said Christie. “It was disappointing and disgusting to watch ... Shame on you, shame on Congress.”

Although he is probably not as concerned with the massive pork, considering he can eat 20 lbs. of it in a sitting.

“The people of our states can no longer afford to wait while politicians in Washington play games,” said Christie in a joint statement with Governor Andrew Cuomo.

They still haven’t realize that it was Nancy Pelosi in the dining room with the lead pipe.

Even if this whole “pork” issue is a legitimate beef, is now really the time to reform the way our government provides emergency aid?

Let’s just wait until people are no longer able to build sand castles in their own homes to start changing the discourse in Washington.

Editorials

Horror of Sandy Hook elementary school shootings shake the nation

Last month's shooting at Sandy Hook Elementary School in Newtown, Connecticut, took the lives of twenty innocent first grade students and six faculty members of the elementary school.

The Schreiber Times would like to offer its condolences to the families of victims and townspeople of Newtown.

The horrific killings are incomprehensible and the grief impossible to come to terms with. It is tragic to see such a heartbreaking loss, at an elementary school no less, where young minds are supposed to be nurtured and protected. In the six and seven year olds who died we see ourselves, our younger siblings, neighbors, and the kids we babysit; they were children with dreams and their entire lives ahead of them, all of which were quickly torn away.

The Schreiber Times would like to applaud the first responders in Newtown and the students here at Schreiber who sent aid to the devastated parents and children.

Last month, President Obama addressed the nation and stated, "We've been through this far too many times," while calling for prevention of future tragedies.

The Schreiber Times would also like to take the opportunity to point out that such a tragedy as what occurred in Newtown could have just as easily occurred right here in Port Washington.

Although we feel safe in our homes, our school, and our community, it is essential that we remain alert, and always

exercise our best judgment in possibly dangerous situations.

Students who notice any suspicious activities should speak to a trusted adult in the building right away.

While we cannot alleviate the pain of this heartbreak, we can send warm thoughts to the people of Newtown, and students of Sandy Hook who lost their friends and are still recovering from this nightmare.

Letter to the Editor: The Storytellers

Look around at your classmates. Look at your friends, acquaintances, those you know and those you don't. Now, I want you to think about this: every single person in this school has their own issues that they are dealing with. Everyone has their own story.

Imagine if this was your story: after dealing with major depression and self-harm for two years, you finally tell your parents and spend a month of your junior year in a psychiatric hospital. Imagine you were so depressed you thought you would never get better. Imagine thinking of suicide and really believing this was the only way to stop the pain. What if you felt like you were lost in a cave and would never find your way out?

The truth is, there is always a way out. Although this story might be your past and/or your present, it does not mean it has to be your future. There is hope.

There is help. For my senior experience, my goal is to bring hope and help to those students who need it at Schreiber. I have found that many students who deal with issues don't realize that there are people who want to listen to them. I want to listen to you. I want to help you find happiness in your life.

I am bringing To Write Love On Her Arm's campaign, The Storytellers, to Schreiber. It is a campaign that not only brings awareness to mental health issues, but seeks to help those who think they will never see the light. Regardless of what you might think, your story is important. People want to hear it. I want to hear it. This program can offer help. And maybe it will help.

So, look out for our fliers in the hallways. We'll be selling bracelets in the lobby, as well as hosting other events. We will be having meetings for those who want to come and establish a safe community at Schreiber for those dealing with mental health issues. There will be meetings for those who would like someone to talk to.

The Storytellers has only just begun at Schreiber, and I hope by the time this school year is over it will have a place here. Don't give up. You are important. You matter. There is a way out of the cave. The light will always be there, waiting for you to come find it.

Thank you,
Tamara Hoffman

Letter to the Editor: Interactive map

It's never any fun getting lost in an unfamiliar building. At Schreiber, this happens way too often. New students and parents have difficulty getting to where they need to be. Schreiber should invest in an interactive directory that would serve as a map and post bulletins.

When freshmen start the year at Schreiber, more than half of them are overwhelmed by the size of the school. This posts a problem because many students arrive late to class. Getting lost can also

cause stress, which is a stress they do not need during the first weeks of school.

Parents too spend too much time circling the building and asking student and faculty where a certain location is. Parents who come for Open House or for meetings waste time trying to find where they need to be and often end up being late for their event.

To prevent further interruptions and overwhelmed students and parents, Schreiber High School would benefit from a directory. This can be as simple as having a bulletin board with a giant map and reminders thumb tacked to it. Schreiber High School, along with many other schools, should consider this investment to make their school a stress free environment.

~Liana Saidai and Emma Schildraut

*Interested in writing for
Opinions? Then come to the
next newspaper general meeting
on January 31! All new writers
are
welcome!*

Times Policy Statement

The SchreiberTimes' primary purpose is to inform its readers of events, issues, and ideas affecting Schreiber High School. The Times also serves as an open forum in which members of the Schreiber community may express their ideas and opinions.

The Times will report all news accurately, honestly, and fairly. We will not give preference to any group or individual. We will respect the rights of all information sources and any errors will be corrected promptly.

We will print submitted materials on the basis of their quality and significance as determined by the editors of this publication. The editors reserve the right to print, refuse to print, or return any submitted materials. The editors also reserve the right to edit any submitted articles.

We will print letters to the editors if judged to be of sufficient quality and importance on a space-available basis. We will not print letters that are obscene, libelous, or contain unfounded charges. The Times reserves the right to shorten letters if doing so does not alter their meaning, and to choose a representative letter from a group of related ones. Letters do not necessarily reflect the opinions of the editors. We will not print any anonymous letters.

Editorials printed in this publication reflect the opinion of the majority of the editors. If the situation warrants, minority editorials will be published. Editorials do not represent the views of the Port Washington Union Free School District.

We will not publish advertisements if they are deemed libelous, obscene or likely to incite criminal activity. Prices of advertisements are standard and price schedules are available upon request. Advertisements do not necessarily represent the views of The Times.

We will establish new policies if the need arises. Until such a point occurs, TheTimes will follow the policy described in this space as well as the guidelines of common sense and reason.

SIGI_SQUAD by Chris



Students set out to prove feminism is still relevant

Young feminists connect to the most basic principles of gender equality

BY **Daniella Philipson and Alexa Pinto**
Features Editor and Staff Writer

Observe: a rare creature in her natural habitat, hissing at the nearest group of male subordinates as she lights a stolen Victoria's Secret bra on fire, revealing her unshaved underarms.

Her favorite pastimes include stomping on the confidence of males, smearing the name of housewifery and trying out spunky boy haircuts before going home and worshipping her shrine to Gloria Steinem and Hillary Clinton.

Jokes, jokes; feminism isn't actually about not shaving your legs or behaving "like a boy." Feminism is nothing to fear.

In fact, if you search for the definition of the word "feminism" in a reputable dictionary like Merriam-Webster, you will find that it simply means "the theory of political, economic, and social equality of the sexes." It sounds harmless, right?

After all, in the twenty-first century, isn't equality one of our society's primary goals?

Backlash against feminism is largely characterized by misconceptions and stereotypes.

"I do not remember my first encounter with feminism; I think that it is just common sense. I think that people are afraid of feminism because of the stereotypes of the crazy feminist," said senior Joe Adsetts.

The truth of the matter is that women across the globe are still on the receiving end of tremendous disrespect by their male counterparts.

Feminism simply tries to provide se-

curity against this, because any society in which women are taken advantage of by virtue of their sex is far from equal.

"Recently, feminism has been more prevalent than ever," said senior Kayla Conway. "I wrote my college essay on it and I guess it has given me a different view when approaching schoolwork. For example, when learning about history or analyzing literature, I almost subconsciously look towards the women's roles because I find it interesting. I consider myself more of a closet feminist only because I am not going around and preaching or making my beliefs known

It was not a theory created by a vicious group of man-hating women. Feminism simply aims to give women opportunities.

The argument for feminism has nothing to do with being pro-choice, although a majority of feminists tend to align themselves with that particular view.

Feminist women, and men (yes, feminist men do exist), would like women to have the choice to start a career or raise a family or do both.

And while the choice may not always be an option, when taking financial needs into account, feminists want working women to be treated fairly in the work-

dictated by what we are told we cannot achieve because of gender, and feminism has given us the courage to let this not dictate our lives.

Feminism has given us the courage to stand up for what we have always thought (but had never confirmed) was right.

The self-confidence we have gained from our newfound beliefs outweighs any snarky, sexist comments we may receive from our peers.

The feminist community we have found and discovered from social networking sites and our high school has been the most comforting part of our lives thus far.

Feminist ideologies have opened our minds to the world at large, and have invested us in issues internationally and domestically, as well as make us dig deep into the world of politics.

We are now not only interested in the mechanisms of our society and its injustices or wrongdoings, but also feminist literature and triumphant historical changes throughout the waves of feminism.

Regardless of gender biases, we are determined to grow up in a world where our lives are not dictated by sexism, but rather by our passions and desires.

Although gender biases might say otherwise, we belong in the real world making decisions for ourselves.

We refuse to grow up in a society where we are not equal to my counterparts simply because of our gender. This is what feminism is truly about.

"Recently, feminism has been more prevalent than ever," said Conway. "I wrote my college essay on it and I guess it has given me a different view when approaching schoolwork. For example, when learning about history or analyzing literature, I almost subconsciously look towards the women's roles because I find it interesting...I like to discuss feminist issues, read different articles and just keep up in small ways."

to everyone. However, I like to discuss feminist issues, read different articles and just keep up in small ways."

"What it all boils down to is equality, and feminism has been twisted in people's minds too much," said Adsetts.

Feminism, believe it or not, is not an attack on the male population.

place and in relationships.

"I think that feminism has become an important part of my life, but its importance is more personal," said Conway. "Some of my friends do not even know the impact that it has had on me."

Although we are only teenagers, more often than not our lives as females are

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"The art of writing is the art of discovering what you believe."
—David Hare



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WHERE?

Room 212

WHEN?

Every day during 4-1/4-2

The unspeakable tragedy that occurred at Sandy Hook Elementary School last month resulted in the deaths of 26 innocent children and teachers, and truly shook the nation. The events affected Americans deeply and emotionally, and left many asking if the mass shooting, and so many others in the past, could have been prevented.

Since the shooting, discussion has gone both to the issues of mental health care in America, and gun control regulations. Another topic that has been at the forefront of the minds of those currently enrolled or employed at a school or with children in school is school safety and security.

Schreiber, like other schools across the nation, has a series of measures in place to insure that our building is a secure one, and that tragedies such as those at Sandy Hook are prevented. In the wake of such a shocking tragedy, however, community members, administrators, and staff members are reevaluating present security measures, and seeking to improve existing plans.

During the Jan. 8 Board of Education meeting, which the district broadcast live over the internet, security was one of the main topics of discussion. Parents and other Port Washington residents, many with children at Guggenheim, made speeches expressing their concerns over existing school security measures. Many called for more locked doors, thorough checks on visiting adults, bullet proof windows and doors, armed guards, widespread panic buttons, and detailed security reports to be distributed to community members.

“We have many things going on, and many things under consideration,” said Superintendent Dr. Kathleen Mooney.

Following the public forum, Dr. Mooney, Director of Facilities Mr. Jim Ristano, and Assistant Principal Mr. David Miller, who co-chairs the Emergency Preparedness Committee, made a presentation detailing district emergency preparedness and security measures.

“The single most important expectation of parents is that their children come home at the end of the day,” said Mr. Miller during the meeting.

The school board responded with detailed information about current and future safety procedures, such as the Emergency Preparedness Committee and the district’s adherence to the BOCES security template. Schreiber in particular has a number of measures in place to keep students safe including the GEM car (security smart car) and a camera system.

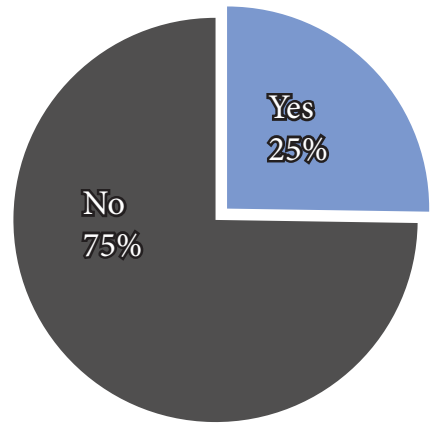
Schreiber security measures are part of a “layered” approach to protecting students and staff. There are many precautions in place, both long-standing and fairly new.

“Security measures range in scope,” said Mr. Miller. “There are a lot of plans in place so that teachers are aware of how to respond. And of course, planning and preparedness are the first step towards keeping kids safe.”

Some existing precautions include panic buttons in several confidential locations around the school building, locked doors, regular drills, and checks for identification. Visitors must leave a form of identification at the front desk in order to provide the administration with information regarding who is in the building at all times.

In order to protect the integrity of the

DO YOU FEEL THAT THE SAFETY AND SECURITY MEASURES AT SCHREIBER WOULD BE ADEQUATE TO PROTECT US IN CASE OF AN EMERGENCY?



system, many aspects of the district safety and security plans are not disclosed to the public.

The most visibly obvious aspect of Schreiber’s efforts to maintain a safe and secure learning environment is the team of security guards who work in and around the building whenever school or scheduled extracurricular events are in session. These guards are each retired members of the New York Police Department, and are responsible for most aspects of day-to-day safety operations on campus.

“We keep an eye on this whole campus,” said security guard Mr. John Holze, who works at Schreiber in the afternoons and evenings.

Schreiber has a semi-open campus: juniors and seniors may enter and exit during lunch and off periods with no supervision, but underclassmen must remain on campus.

Students may know the security guards best as those individuals who check ID cards to insure that those leaving campus are upperclassmen.

“The guards do a good job, because they know the faces of the students who they have checked going off campus,” said senior Daniel Baumgart. “If they see anyone new, they usually ask for their ID card.”

Still, the security guards have not, in the past, been completely successful in monitoring the flow of students in and out of the campus.

“Even though the security guards occasionally ask students to show their IDs, I think it’s fairly easy for underclassmen to leave campus undetected because of the school’s various exits,” said senior Georgia Goodman.



Although administrators have plans in place to protect those on campus, they currently have no way to keep track of or communicate with off campus students in case of an emergency.

“Should something happen while I’m off campus, there is no way to be accounted for,” said junior Jackson Shain.

In addition to checking student IDs, the security team insures that all doors are locked during the school day, questions unauthorized persons on campus, and assists students and staff during emergency preparedness drills. Once the new security booth on Campus Drive is completed,

the security team will manage it for the duration of the school day.

Aside from the very visible security team, Schreiber has a complex safety plan in place. Various committees advise the school on security matters, including the District Safety Committee, the Building Safety Committee, and the Emergency Preparedness Committee.

As part of Board of Education policy 8130, all schools in the district are required to actively maintain procedures for handling emergencies in a manual, including a go-home plan, shelter plan, evacuation plan, and procedures for responding to acts of violence. As per the policy, students and staff must also be instructed in how to respond to civil disturbances, environmental problems, fire,



Hannah Fagen

A school security guard observes Campus Drive from inside the GEM car. Three students leave campus without having their ID cards checked. Security guards check identification for all students who exit campus, to insure that only upperclassmen leave, and all adults who enter.

“If someone did come in with a gun, I’m not sure that we would be prepared, so in that regard, I don’t feel very safe,” said junior Sabrina Brennan.

system failures, medical emergencies, and violence protection and intervention.

The intention of these security measures is clearly to protect students and staff in case of an emergency, such as a shooting like the one in Sandy Hook. However, when polled, students believed, nearly 3:1, that safety and security measures currently in place would not be adequate to protect the school community in case of an emergency.

“If someone did come in with a gun, I’m not sure that we would be prepared, so in that regard, I don’t feel very safe,” said junior Sabrina Brennan.

During the polling process, many students who responded that the security measures wouldn’t be adequate protection indicated that complete protection against

emergencies is an impossible goal.

“I think that they’re doing what they should be doing, and all that they can be doing,” said senior Kayla Conway. “I don’t think there’s anything that could be done to completely protect us from this type of emergency.”

“There are a lot of emergency exits and a lot of windows,” said sophomore Jenny Garofalo. “But when these things happen, there’s not a lot you can do to prevent it.”

Still, many students feel completely comfortable with the level of security on campus.

“I feel as safe as a soup threatened only by forks, which is pretty safe,” said junior Simon Shapiro. “There are no real external threats that I’ve ever seen entering the school or even remotely nearby. We have an exceptionally secure community.”

Other students, admittedly, know very little about the school’s plans to keep students safe.

“I’m not consciously aware of how the school is keeping me safe, no,” said junior Priyanka Ninan.

Administrators admit that current security plans leave room for improvement.

Students have mixed opinions regarding their safety during the school day, as well as regarding potential dangers during an emergency.

“One thing that we can improve with our teachers is the staff development aspect of security,” said Mr. Miller.

Teachers are required to wear identification in order to ensure the absence of unauthorized staff, but many do not wear their personal ID cards for the entire duration of the school day. To improve staff awareness of security procedures, there is an online safety PowerPoint in the works for teachers to review.

There are also other pending developments in order to expand school security. For example, card access control will eventually replace keyholes in building doors in order to create a swipe system. Alarm contacts will also be installed in all doors in the future, and this will provide the administration with information as to which doors are open.

Questions still remain as to whether or not safety and security measures at Schreiber are sufficient to keep students and staff members safe, especially in the case of an emergency.

By Dan Bidikov, Ana Espinoza, Hannah Fagen, and Kerim Kivrak

JAN. 14, 2013:
A DAY IN THE
LIFE OF THE
SCHREIBER
SECURITY TEAM

7:00-8:30

Guards perform traffic duty by directing cars and buses in and out of school, while allowing students and staff to cross through the parking lot safely.

8:30

Each guard is assigned a post in front of the circle by the administration building: one by the tennis courts, one by the St. John’s gate, one on the front steps and student area, and one on mobile patrol by use of the GEM car.

9:30

A dog and his owner wander on to school property. A guard promptly asked him to leave, because no dogs are allowed on school property.

10:20

Security guards provide a visitor with a parking spot, and direct him to the main lobby to sign in and show identification.

11:30-1:00

Each guard takes a 30 minute lunch break, staggered within this time period. As each returns from lunch, he is assigned a different post for the rest of the school day.

3:00

Guards resume traffic control for afternoon pickup.

Dr. Kathleen Mooney is the district’s newest superintendent

BY **Maddie Cohen & Chloe Silverstein**
Contributing Writers

Following a thorough search and months without a permanent superintendent, the Board of Education finally chose Dr. Kathleen Mooney to fill the position. For the past four months, Dr. Mooney has served as the interim superindent after Dr. Gordon’s retirement last June.

Dr. Mooney is no stranger to Port Washington. She began working in the district in 2000, serving as the Director of Pupil Personnel Services for eight years.

After spending time overseeing the myriad of special education programs that take place throughout the district, Dr. Mooney was promoted to Assistant Superintendent of Human Resources in 2008, prior to landing the title of superintendent.

“Going forward, our biggest challenge, of course, is that the financial situation is so tight. It makes it difficult to put motives and good intentioned programs into action. I would not only like to maintain the superb quality of the school programs that we already have, but improve and enhance them in the years to come,” said Dr. Mooney.

If the budget does not leave the district with enough money, Dr. Mooney is hoping to fund new programs and technologies from grants to make up for the loss of finances.

Dr. Mooney clearly made a positive impression on the school board, which voted her superintendent out of forty



Harry Paul

Dr. Kathleen Mooney, poses in her new office located in the Administration Building. She has worked in the school distric for the past twelve years, is eager to be a part of the community and work with students and staff.

candidates.

“We as a board and a community had the opportunity to see Dr. Mooney in action,” said Karen Sloan, President of the

School Board.

When she is relaxing at home in Locust Valley, Dr. Mooney loves to cook, read, bake and shop.

“My favorite book is *Little Women*,” said Dr. Mooney.

“I always wanted to be like Jo March. I could relate to her desire to run with the men, so to speak. And I related to Jo in that she loved literature. In high school, I used to write for the school paper and then, when I was a senior, I worked as the editor of the Features section and in college I was the editor-in-chief of the newspaper,” said Dr. Mooney.

Her favorite shows include *Once Upon A Time*, *The Voice*, *American Idol* and *Downton Abbey*.

Financial goals aside, Dr. Mooney is striving to encourage open communication between the students and herself and get to know the student body.

“Whether it is educationally or about the budget, I want to hear about it. Within the next five years, I would love for us to keep up with technology and not only prepare our students for college, but for employment,” she said.

Dr. Mooney’s favorite part of the job is interacting with the students and staff, something that she would like to do more of in the upcoming months.

“So far, I have gotten more of a chance to connect with the terrific faculty and I have been working on getting to know the student body. Port Washington truly has the best students. When you walking into any one of the schools, students will hold the door open for you and are so polite. They are helpful and eager to do so. I think this is just a testament to the parents and illustrates how wonderful the community truly is.”

Letterpress leaves players wanting more words

BY **Jack Weinkelbaum**
Staff Writer

Not long ago, the top five apps were all word-related games. But, alas, the popular game Words With Friends has been dethroned along with its genre. Have no fear, letter lovers; Letterpress is coming to revive the genre!

Letterpress, created by Atebits, is a free word app with a completely new concept. Instead of a Scrabble-like board, users’ iPhone screens glow with a 5x5 board, each box of which contains a letter of the alphabet.

The game relies heavily on Apple’s Gamecenter and requires two players. Players can invite friends to play on Gamecenter or you can use the auto-match feature and play with an anonymous player.

If you do not have an account in Gamecener, however, in order to install the app you will need to create one. Once you create a Gamecenter account, it allows you to access the app and import your contacts to Letterpress. By doing so, you can play with friends that have app or invite others to join.

This past December, Letterpress was named App of the Week by ABC News. It is compatible with the iPad, iPod, Touch and iPhone, and formats itself to fit whatever device you chose to play on.

“Give this game a few tries to get the hang of it and you will find yourself immersed,” said ABC News reporter Mary Godfrey.

If you become a Letterpress addict, you might want to splurge on the 99 cent upgrade. Without paying, the game is locked into its classic features and two game maximum. Paying allows for a



Harry Paul

multitude of games and six different themes.

Letterpress is a great game for passing time. Since it is turn-based, you can continue playing whenever you feel like it, just don’t take too long or your opponent might become irritable. This game is for both casual gamers and word addicts alike.

KALEIDOSCOPE CORNER

Stuck
Rebecca Herz

Pink dots were never her thing — rock climbing,
that was more like it.

Forget coloring within the dots in a book made for
children, she wanted to hop from circle to circle —
bubblegum colored trampolines.

She grew up, the dots turned to doors — open,
closed with a thwack.

Tenacity was her
screwdriver, she unhinged them — all but one.

There’s one that won’t budge, even now.

After displacement caused by Hurricane Sandy, Frippery moves from Long Beach to Port

BY Jenny Barshay & Julia Deriu

Contributing Writers

Main Street has once again exceeded our greatest expectations with the addition of a trendy new shop called Frippery. After the destruction from Hurricane Sandy, Frippery’s owners, who also own a store by the same name in Long Beach, decided to open a second shop in Port Washington.

At first glance, Frippery, located at 16 Main Street neighboring Frank’s Pizza, seems underwhelming. However, do not let the tiny storefront dissuade you; Frippery has a large variety of items that compensate for its small size. It is quaint and charming, with cute decorations and friendly employees.

Jewelry, sweaters, wallets, bags, ballet flats and winter accessories are only a sample of what you can find at Frippery. The diverse products are not even the best part; the prices are extremely affordable, making it easy to find a unique gift or purchase and still be practical. The least expensive items begin at \$5 while the costliest item is \$60, which is rather affordable, especially for Port Washington.

Prices aside, the factor that sets Frippery apart from most other stores in Port Washington is that once a week, the owner of the store goes into New York City on a “shopping spree” to find new items to sell in the store. These items can come from all over the city. The owner also takes special requests from customers if they are looking for something specific.

Frippery’s stylish sweaters are perfect to cozy-up in. Other cute winter accessories include soft headbands that protect your ears and smart-touch gloves that allow you to use all of your favorite touch-screen devices.

Scarves are one of Frippery’s specialties and, on average, only cost about \$12. There are many different styles and prints available, including the infinity scarf, which is scarf that is shaped like a circle and has no end. Some of the scarves are even hand made, making it a truly unique buy.

The array of jewelry starts at \$5 and includes rings, bracelets, necklaces, and earrings. Frippery has jewelry that can be worn casually or dressed up for special occasions and receives shipments from both larger jewelry companies and specialized artists. In addition, Frippery



Photos by Daniella Philipson

Frippery has a wide range of accessories, gift options, clothing, and jewelry. Clockwise from the top left: decorative and warm scarves starting at \$12 each, a wide assortment of bracelets, touch-screen gloves, and a large, bejeweled pendant.

appeals to young children with items such as headbands and watches. They also sell gift cards and provide gift-wrapping. In the future, Frippery is hoping to gain popularity and grow within the community, especially among high school students.

Although Frippery is an interesting shop with trendy merchandise, it doesn’t really contribute anything unique to Port. Whit and Whim, a shop on lower Main Street which opened earlier this school year, offers nearly identical products.

All in all, Frippery has very stylish

products at great prices. You can almost always find something you like there and, on the off chance that there is nothing that interests you, you can make a request or you can wait a week and check out the new items that they have picked up from the city.

Master of antioxidants, Glutathione, reveals bodily benefits

BY Kelly To

Assistant Features Editor

It is the secret weapon against aging, cancer, autism, and degenerative diseases like Alzheimer’s. While it is produced naturally in your body, high levels of stress, pollution, and a poor diet all cause a sharp depletion in the master of antioxidants. “What is it?” you ask. Why, it is Glutathione, of course!

Glutathione is a substance that can be injected, infused, and ingested without any known side effects. It may be used as an anti-aging product, skin whitener, or for disease prevention. This potent antioxidant is unfamiliar to many people, but has been used for quite a while in

integrative health practices and beauty treatments.

Physical education teacher, Ms. Robin Cooper, is a survivor of breast cancer and receives glutathione infusions to maintain her health after the treatments. Our bodies naturally generate this chemical, but it is not enough for those who have been exposed to excessive radiation. To compensate for this imbalance, glutathione may be consumed to reduce the abundance of free radicals.

Ms. Cooper has been receiving glutathione infusions intravenously for the past six months after it was recommended to her by Mitchell Gaynor, a leader in integrative oncology. Integrative health is a practice that combines western medicine with more natural approaches, such as

massage therapy and herbal remedies. She claims that she has never experienced any negative side effects from glutathione and feels “more energetic” and “less fatigued” as a direct result because “it has detox and anti-aging properties.”

Glutathione is a natural substance produced within our bodies by amino acids. It is associated with the immune and nervous system and helps maintain vitamins C and E in their active forms. This substance is also used to prevent illnesses that often result at an older age, such as heart disease and Alzheimer’s. Most importantly, as one of the most effective antioxidants, it helps rid the body of free radicals.

Due to its youth preserving properties, Glutathione is used as a beauty product.

It can lighten skin tone by reversing the metabolism of melanin, the color pigment in our skin, and turning the dark pigments into lighter ones. Thus, Glutathione has been sold and advertised as a skin whitener.

Like most substances, Glutathione is stronger and produces quicker and more direct results when injected rather than ingested. Glutathione pills, self injections, and patches may be purchased from vitamin stores, health centers, and online websites.

“I do believe Glutathione should be more commonly used, although insurance companies do not cover it. It’s preventative medicine and integrative,” said Ms. Cooper.

Fashion

Express your style through your fingertips

Nail polish is becoming more than just a second hand accessory

by Caroline Ogulnick
Assistant Features Editor

Glitter, gel, beads, foil, rhinestones, studs, stickers, and newspaper (yes, you read that right)—you name it, and it can be put on your nails. For the past year, enhancing your fingertips with more than just a solid color polish has become a huge trend. Girls have gone on a nail-craze, from tie-dying their tips to printing the latest news on their fingers.

A superior accessory, nail polish is not permanent, and it can be changed at any time according to one’s outfit or mood. A bottle of nail polish fits everyone’s budget and the brands and colors are endless. An average bottle ranges from \$4 to \$10, and can be found anywhere from drugstores to designer boutiques.

In addition to being cheap, trendy, and versatile, nail polish and nail art are great ways to spice up your style. Though many believe that their fingertips go unnoticed throughout the day, your nail condition, color, and design say a lot about who you are. Painting your nails is a great way to make sure that they stay healthy during the harsh winter weather, and adding some eye-catching nail art never hurts!

Your local drugstore is a great place to start when looking for nail polish and accessories. Sally Hansen nail polish can be found almost anywhere and produces hundreds of nail products that are moderately priced and work well. The Salon Effects Real Nail Polish Strips are their most popular product and come in forty different colors and patterns. These stickers are the best alternative to sitting and waiting for your manicure to dry, and once you file them down, you’re free to touch your nails as much as you want.

If you’re on the adventurous side and want to create your own nail design rather than stick on a pre-made one, Sally



Hansen’s Nail Art Pen is perfect for the task. These pens allow you to style your nails however you desire and feature a fine-tip, which makes the pen easy to control, and a mistake-proof formula which is perfect for any mishap. At \$7, the Nail Art Pen is a great way to add art to your nails without paying for a pricey professional.

While beauty stores like Sephora and Ulta are a little more expensive when it comes to nail products, their selections are definitely worth the cost. Sephora sells many nail polish brands and accessories

that cannot be found at your local drugstore or salon. Nails Inc. London is an English brand exclusively sold at Sephora in the United States. One of their best sellers, the Wave Magnetic Nail Polish, has been a big hit among nail enthusiasts. The magnetic wave phenomenon not only impressed buyers, but offered them a dazzling nail-painting experience that transformed right before their eyes.

Ciaté, another English nail polish brand sold at Sephora, puts a twist on typical glitter polish. Along with their solid color polishes, Ciaté offers a “Caviar Manicure.”

Their Caviar Manicure set comes with a bottle of a solid color polish and a bottle of mini “pearls” or beads. If you’re tired of a flat manicure, and are willing to pay \$20, a Ciaté Caviar Manicure is definitely something you should invest in.

“I like the brand Ciaté because of their caviar beads,” said senior Chloe Klug, “The beads are different from anything I’ve ever worn on my nails before.”

Although there is an abundance of products you can buy to enhance your nails, there are many ways to get creative without out having to purchase anything in addition to the nail polish. Tie-dying nails, also known as water marbling, has become very popular within the DIY nail community. All it takes is a simple base coat, drops of a different colored polish mixed in a cup of water, and a little bit of patience.

“I love to tie dye my nails. It is a lot easier than it seems and is definitely more fun to look at than just a basic solid color,” said junior Kelly Nardone.

Newspaper nails are undeniably one of the most inventive nail art projects out there. They require a base coat of white or grey, rubbing alcohol, and cut up pieces of newspaper.

After dipping each nail into a cup of rubbing alcohol, hold a piece of newspaper against it until the print appears and add a top coat to ensure that the image doesn’t wear off. Forget reading the news online, now you can read *The Schreiber Times* from your fingertips!

Nail art has emerged within the last year and the trend continues to grow. Many websites, blogs, and books are dedicated to nail polishes and accessories alone and attract many followers. Coloring and designing your nails is a chic yet cheap way to embellish any outfit and have fun while doing so!

Stress eating proves to be the greatest pre-midterm pastime

by Makenzie Drukker, Micaela Shields, & Charmaine Ye
Staff Writers

Listen up children, midterms are almost here! That means it’s time to study. You freshmen are probably freaking out, while seniors are looking forward to coasting through one of their last rounds of major high school exams.

Emotional and stress hunger is characterized as a sudden and urgent sense of appetite. It is usually a associated with a specific craving. People tend to eat more than they ordinarily would, which causes a sense of personal guilt afterwards. Comfort foods are meant to comfort—hence the name; however, once a person is finished eating, he or she is neither less stressed nor more able to study efficiently.

Like procrastinating, students know that stress eating does not better their condition, but with all of the chaos of testing, it is inevitable. We are here to give you a list of the top five foods to snack on:

Chips Be it the classic Lay’s or a healthier alternative (think Stacy’s Pita Chips), chips are an ideal snack for midterm studying. Only one hand is necessary for consumption, so you can have some uninterrupted quality time with your textbook and, if you really want to be fancy, buy some dip and up the ante

on your study party.

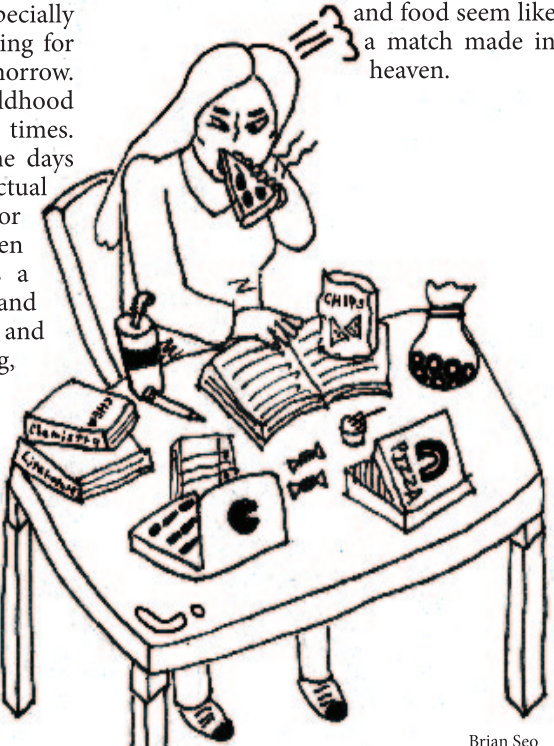
Candy Any and all varieties will suffice, though Jolly Ranchers, M&M’s and lollipops are particularly good for stress eating. Feel free to finish up the leftover Halloween candy and stocking stuffers the we know you have lying around. A “Candy For Stressful Times” stash is sometimes necessary, especially when you have just started studying for your biology midterm, and it is tomorrow.

Mac and cheese This childhood favorite is a go-to for stressful times. Think of it as a throwback to the days when your best friend was an actual person, not SparkNotes. (For those whose best friend has been SparkNotes, Socialization 101 is a class. Go see Mr. Fish.) Mac and cheese takes only minutes to make, and the cheesy goodness is comforting, satisfying and actually semi-healthy. OK, that’s a lie. But at least it gives you a quick break from studying. If you’re feeling gourmet, Annie’s is a viable choice; but Kraft is also always a crowd-pleaser.

Ice cream Although the health teachers may advocate salad, celery sticks, fruit, or something healthy (read: boring) like that, Ben and Jerry are your new study buddies.

Anything chocolate is sure to help you through these hard times. Tears are a perfect topping for ice cream, so feel free to confess your imminent failure to a very big bowl. For those who prefer sweet over salty, sprinkles can brighten anyone’s day.

Anything and everything in your fridge When all else fails, raid the fridge. Stress and food seem like a match made in heaven.



A Word for the Health-Conscious:

For those of us, meaning most of us, who are up late and reviewing until the last minute, food is a great way to stay awake. Emotional or stress eating is something that we all have resorted to at one point or another. While mindlessly grabbing at a bag of potato chips may help ease the pain of studying, sooner or later, you will probably come to regret it.

If your stress eating is out of control, here are some suggestions of healthy foods that are much better for you during those late night study sessions.

To avoid this bad habit, it is important to know your limits. If you are aware of your limitations while studying, you won’t hit the point where food becomes necessary or appetizing. Ask yourself if you are truly hungry because realizing that there really isn’t any hunger can be the first step to solve the problem.

Nevertheless, we know that most high school students have little self-control and will just gorge themselves with food. Certain foods enhance the mind and can actually help you instead of hurt you. Fish, soy products, fruit, salad and nuts are foods that all have certain aspects that promote mental power. A healthy diet makes for a healthy mind, and a healthy mind makes for more productive studies.

arts & entertainment



Django (Jaime Foxx) and Dr. King Schultz (Christoph Waltz) embark on a violent journey to save Django’s wife, Broomhilda (Kerry Washington). *Django Unchained* is director Quentin Tarantino’s excessively bloody, yet enthralling revenge flick with a historic spin.

BY **Daniel Bidikov**
A&E Editor

Django Unchained is undeniably thrilling

Your doctor tells you not to eat sweets instead of vegetables, and your obligation to feel cultured tells you to watch two hour conversations about gender roles instead of cool explosions. It is easy for the above-average cinemagoer to feel guilty about enjoying something without family drama or fruitless romance. *Django Unchained*, however, is a perfect occasion to choose dessert over the main meal.

Django is a smart yet traditionally entertaining film, an action-filled tale of escaped-slave-turned-bounty-hunter Django (Jamie Foxx) who searches for his wife Broomhilda (Kerry Washington) alongside fellow bounty hunter and retired dentist Dr. King Schultz (Christoph Waltz).

The squeamish and inexperienced may at first feel alienated or offended by the film’s extreme violence. Those viewers are advised to bite their lips for the first couple of gruesome bullet wounds and prepare their eyes for a quick glimpse of genitalia, as these shocking scenes add to

the rawness of *Django*.

As Django and Dr. Schultz set out on adventures, their characters mesh perfectly and the actors play off of each other as soon as they meet on screen. Their interaction with the antagonist, over-the-top planter Calvin Candie (Leonardo DiCaprio), is both hilarious and tense. The performances are strong all around, although the exaggerated southern accents infrequently fall apart mid-sentence.

Samuel L. Jackson covers the supporting role of Stephen, the submissive head house slave and Uncle Tom figure of the movie. He and DiCaprio clash with the quirky, likeable protagonists. With each glance they exchange the air between them grows more volatile, until it literally explodes in the satisfying conclusion.

The cast takes each detail in their performance to the extreme, portraying their characters on screen as beyond human in the insanity of their actions and behaviors. Every character is overdone, with mannerisms and tendencies that are a step more ridiculous than in most cinema, and a staircase more outrageous than real life.

Venerable Western film actor Franco Nero makes a cameo that older crowds will appreciate.

The movie carries controversial political messages. The wealthy slave owner stereotypes are as amusing as they are historically inaccurate.

While the conflict between the anti- and pro-slavery characters is interesting, do not overthink it. Try not to ponder too much about race relations as Django

gleefully beats an overseer to death with a whip, or it will become less radically entertaining and easier to complain about. Be mindful to take *Django* in terms of its historical context, like you would *Huckleberry Finn*. It doesn’t matter if the constant “n-word” dropping and violence bordering on levels in Tom and Jerry cartoons are there for a political reason. The gore is awesome, and the racism is a great vehicle for character development and storytelling.

Django is the first Tarantino film to go without the editing expertise of the late Sally Menke. The new editor, Fred Raskin, managed well, endowing *Django* with shine and style. The soundtrack is full of music composed specifically for the film, most notably Ennio Morricone’s “Ancora Qui,” which fit the exploitative tone of the film.

Tarantino’s ability to bounce from a touching shot of Django’s face as he wishes for an end to his wife’s abuse to a dynamic shootout is key to setting the film apart from other action movies, dramas, and comedies alike. *Django* is delicately made, powerful, and easily the most entertaining movie of 2012.

Ode to 30 Rock: a look back on a phenomenal series

BY **Hannah Fagen & Daniella Philipson**

Editor-in-Chief & Features Editor

The end of this month brings with it the end of an era for many lovers of comedy; NBC’s critically acclaimed *30 Rock* will air its last episode on Jan. 31. *30 Rock*, which stars Tina Fey as Liz Lemon, quirky, smart, nerdy, and kind head writer to *SNL*-style comedy sketch show *TGS*, has been in a class of its own for the past seven years.

Based on Fey’s real-life experience at *SNL*, the show has chronicled Lemon’s struggles to “have it all,” by balancing her work life with her social and personal ones, while still attempting to maintain her sanity.

It is sad to think that the wacky world of *30 Rock* is nearing its end. For the past seven years, Liz Lemon has shown television viewers how to stress eat like a professional and served as the perfect example of what happens when someone’s “workself suffocates [his/her] lifeme.”

Actually, utterly depressing may be a better way to describe the end of *30 Rock*. After Jan. 31, the world will no longer have new encounters with Dr. Leo Spaceman (spa-che-man), a possibly certified physician who once told Tracy Jordan that his “blood tasted like rootbeer,” during a diabetes diagnosis. Dr. Spaceman is not alone on the list of secondary characters who will be dearly missed.

What will happen to society without new appearances of Dennis Duffy, D’fwan, Angie Jordan, and Suhbas the Janitor? What will happen to America’s morality without sweet, oblivious Kenneth?

Liz Lemon aside, the character who will be missed the most is Jack Donaghy. Jack Donaghy gives terrific advice and is right about everything. He understands the appeal to Phil Collins’s music (“I have two ears and a heart, don’t I?”) and truly believes that horses are the only appropriate subject matter for serious artwork. His guidance, whether moral or amoral, always holds some shred of truth to it.

30 Rock has possessed, since the start, the unique ability to blend laugh-so-hard-you-Liz moments with the more heartfelt,



sitcomsonline.com

***30 Rock* told the story of struggling middle aged television writer Elizabeth Lemon (Tina Fey) and her unlikely best friend, successful NBC executive Jack Donaghy (Alec Baldwin). Their televised journey through life entertained for seven seasons.**

Top 5 Lizzing Moments:

5. In order to get out of Jury Duty, Liz dresses as Princess Leia, and insists that she doesn’t “think its fair for [her] to be on a jury, since [she] can read minds.”
4. Jack materializes wearing a Tuxedo in the office, to which Liz responds, “Why are you wearing a tux?” Jack replies, matter-of-factly that “it’s after six. What am I, a farmer?”
3. Liz pretends to be pregnant to help Jack, and is forced to have a “maternity” photo shoot.
2. Liz gives birth to a cartoon cheese cat in a dream.
1. Liz Lemon attempts to fill a water cooler, after insisting that she be treated equally.

Popular *Pretty Little Liars* returns toABC family

BY **Erica Andrew & Michaela Gawley**

Contributing Writers

After the long, suspenseful break from the hit series *Pretty Little Liars*, the revenge seeking “A” is back. The season three winter premiere on Jan. 8 followed the thrilling Halloween train special. Although many new secrets were revealed, many new questions came into play.

The third season starts with a bang; Mona, now known to be the infamous “A,” is released from a mental institution and is enrolled at Rosewood High School. However, the girls enter their new relationship with immense caution given Mona’s history.

With each season both the plot and characters have become increasingly twisted.

Just when you think you know a character, a complication arises, secrets are revealed and the unexpected occurs. Toby’s involvement with “A” had remained ambiguous, so it is difficult to watch Spencer trust him so explicitly. I think that all the fans wished they could tell her

that he is not who he seems and is playing for the other side. Is he is working with “A” in order to try and protect Spencer? At this point, we can only mentally prepare ourselves by expecting the unexpected.

Aria Montgomery’s (Lucy Hale) dad Byron (Chad Lowe) returns as a main figure within the mystery, because of a rising concern about his secretive relationship with Alison DiLaurentis (Sasha Pieterse). His creepiness intensifies during this episode, and it seems as though this season will only bring about some interesting revelations about his past.

The episode expands on existing scandals as new ones arise. In a web of backstabbing, lying, and multiple deaths, the Liars are still left without an answer as to who murdered their best friend Ali.

As more of the past is dug up, the fans become more and more suspicious of anyone and everyone.

Surely we can expect serious and shocking plot twists throughout this new season. *Pretty Little Liars* fans are most definitely in for a thrill.



abcfamily.com

Spencer (Troian Bellisario) watches as Hanna (Ashley Benson) confronts Mona (Janel Parrish), who recently returned from a mental institution. The friends are back, with tension in the air as the show’s conclusion approaches.

A 1960s period-piece that is too cliché to Not Fade Away

BY Victor Dos Santos
Assistant A&E Editor

It's unfortunate that a film as strange and atmospheric as *Not Fade Away* is just one big self-indulgent, tonally inconsistent, irritating mess.

Set in America in the 1960s, when everyone wanted to be the next big star in rock 'n' roll, the film centers on young Douglas (John Magaro) who decides to start a band with his two friends.

This could have been one of the more interesting aspects of the film, but unfortunately the dynamic relationship between the three friends never comes across as genuine. There is never a sense of true camaraderie that suggests these people would ever hang out in reality.

Every character appears extremely shallow and obsessed with pursuing his or her own delusional dreams of grandeur. Perhaps if Douglas and his friends were better developed as characters, there would be an explanation why these people acted in this arrogant manner.

What is particularly concerning is that there are moments when the film's writer and director, David Chase, attempts to give some backstory to the other players, but for some reason never chooses to do anything more than add a line implying two of the band members had a falling out at some point in their childhoods.

It is even stranger that whenever Chase attempts to develop a character he does so by setting up a subplot for that particular character that never seems to



Douglas (John Magaro) practices with his fellow band members to attempt to become a successful rock band. Poorly developed subplots and a long runtime hinder *Not Fade Away* from being the sweet homage to the 1960's it could've been.

go anywhere.

A great majority of the film's runtime is occupied by a relationship between James Gandolfini and Magaro that is fueled by some of the most bizarre dialogue and forced chemistry. The relationship existed within the film not only to convey the struggle rebellious youths of the 1960s experienced, but to also let the audience know that *Not Fade Away* is actually a coming-of-age film.

The movie includes an ambiguous and a weird ending to help convey an almost instantaneous shift into adulthood for young Douglas. It wasn't the kind of weird endings that would give the audience the sense that the director was doing something different and original, it's the kind of weird that feels like a pointless addition to the film. It felt like something that was tacked on only to extend the film's length.

The coming-of-age aspect of the film also feels insignificant, as there are so

many other things going on at once it's almost hard to tell what the movie wants to be.

There are subplots that involve a girl being sent away to a mental institution, a man getting cancer, and a brutal motorcycle accident that all feel extraneous.

It is quite difficult to describe this film as being anything but poorly constructed material. With a runtime of almost two hours, *Not Fade Away* is a film that fails to tell a coherent story because it has a few too many stories to tell.

Young Playwrights Festival 2013

BY Ali Peltz
Contributing Writer

Students with passions for theater have written, directed, and acted in short plays for the Drama Club's annual Young Playwright's Festival for years. This year's show was full of entertaining one-act plays that were, deservedly, well-received by students and staff alike.

The Young Playwright's Festival (YPF for short) is a series of short productions, "written by students, directed by students, and performed by students," as explained by Drama Club President senior Delia Van Praag, and Vice President senior Julia Bain at the opening of the show.

Hosted on the weekend of Jan. 4, the show took place in the choir room as it has in years past. In the future, this production may be better suited to take place in the auditorium due to the large turnout.

The actors had the audience laughing out loud while they performed comedies written and directed by their friends—something very impressive for high school students to accomplish. "YPF was hysterical, I couldn't stop laughing!" said senior Erin Condon.

Every aspect of the show was well thought out, including expressive background music and creative sets. Some of the most interesting were a life-size car made of cardboard in "Driving Mark Crazy," and the intense strobe lights to effectively replicate a plane crash in "Planes, Pains and Going Insane."

The show that stood out the most was "Old News," written by senior Tamara Hoffman and Delia Van Praag, and directed by Julia Bain. The two main actresses, juniors Sabrina Brennan and Jake Arlow, had the audience in hysterics for the entire performance. The girls

played news anchors hosting a morning television show. Their characters made jokes about current events and popular reality shows—including the 2012 election and *Toddlers in Tiaras*. This specific performance, as well as the rest of the YPF was indeed a success.

One of the other funniest, most creative plays was "This is Day Camp," written by Van Praag and directed by Hoffman. In this show, sophomore Jina Lay played a camp counselor named Celia, who was telling the story of her first day working at day camp. Junior Sydney Ronis played Dora, the ecstatic group leader who had the whole audience hysterical. This show was unique because it was told exclusively from Celia's point of view about the day. Each character was well developed and had their own personality, which was revealed through their facial expressions and actions. It was impressive too because, even though not everyone had lines, you could clearly tell what type of person they were supposed to be portraying.

Every person who took part in the productions deserves a round of applause just as they received from the audience each day. The crew was efficient in making the shows transfer smoothly from one to the next, as well as working on the computer to give every scene a lifelike effect. Each act was unique and creative after being written by students and directed by their friends. The cast did a remarkable job portraying each character realistically.

Response to the festival was overwhelmingly positive among students. "It's awesome our school can support our students and put on productions such as YPF," said senior Ellie Zolotarev.

8tracks.com; the new Pandora



BY Penina Remler
Assistant A&E Editor

It's late on a school night and you have suddenly remembered you have a huge exam tomorrow. You shut down all distractions, hoping to cram in some intense studying to make up for all the time you've wasted. However, as you sit in front of the screen, something is off. It is a little too focused for your standards.

At this point, you realize you could use some background music to get you going, but how are you supposed to find songs that won't distract you from acing tomorrow's test?

Clearly you don't have the time to scavenge through your iTunes and create a new playlist. This is where the new up and coming mood matching music site, *8tracks.com* comes in.

8tracks.com is a website designed to match one's specific mood to a playlist of the same theme, allowing you to explore

playlists based on your environment, current emotion, hobbies, or favorite genre, among other criteria.

Also, if you specifically know the type of music you want to listen to, you can enter a song title, artist or album and it will match you with a list of relatable tunes. "8tracks has become my new source for music. It's so simple to find the right song for whatever mood I'm in," said senior Lily Weisberg.

Whether you have a long car ride ahead of you, are looking for a playlist for studying, or just need something to listen to on a rainy day, this site provides infinite mixes designed to satisfy your exact taste.

Just like other personal radio services like Pandora, *8tracks.com* can introduce listeners to new music. Unlike Pandora, however, *8tracks.com* has an element of social networking. Although Spotify has an element of social networking attached to it as well, something about the way 8tracks chooses to incorporate it still feels unique. Listeners can compile their own playlists and follow how many other users have viewed and "liked" your virtual mixtapes. This concept carries the essence of the radio onto the Internet, allowing endless access to various areas all at one time.

Whether you have already heard about *8tracks.com* or are just being introduced to the free music-sharing phenomenon, this site is definitely something to keep track of.

As songs and new genres are constantly evolving, the site's growing userbase makes it a perfect way to stay tuned into the ever changing world of music.

Les Miserables is an experience that is far from miserable

by **Lylia Li**
Staff Writer

Les Misérables is without a doubt one of the best musical-to-movie adaptations to date. The film offers a good chance for both avid musical theatre fans who may not have the funds to see a live production, as well as people who only know iconic tunes such as “I Dreamed a Dream” and “On My Own,” to experience

Victor Hugo’s epic story.

It follows the life of Jean Valjean (Hugh Jackman), imprisoned for 19 years for stealing a loaf of bread, and his journey to redemption and becoming a better man. Along the way, Valjean is pursued by the police officer Javert (Russell Crowe) as he attempts to honor a promise to Fantine (Anne Hathaway) in taking care of Cosette (Isabelle Allen). Along the way, Valjean meets a group of revolutionaries planning

to overthrow the French monarchy.

The movie is unique because, much like the stage musical it was based on, each song was filmed live, not lip-synced. This allowed every actor to give an incredibly raw and emotional performance. Anne Hathaway’s “I Dreamed a Dream” was particularly moving, and a tight close-up of her face for the entirety of the four-minute song allowed the audience to see all the nuances of her heartbreaking

performance. Samantha Barks, who played Eponine, is a stage actress, and the strength of her voice and acting shone through in the film. However, not all the actors demonstrated the mastery of singing that Hathaway and Barks did. Seyfried was difficult to listen to with her airy, weak voice, and Crowe’s singing was definitely a drawback of the movie, though his terrific acting as Javert made up for his sub-par baritone.

An advantage of the movie is that it brings to life the streets of nineteenth century Paris in a way the stage musical cannot.

In one of the beginning scenes of the movie, we see a montage of the Paris poor, in all their raggedy, vicious, beastlike splendor. These peasants are more real and desperate than any live actor on a stage. We see Les Amis de L’ABC and how pitiful their barricade is compared to the hordes of French soldiers marching in to trap and crush them.

In addition, the cinematography of the movie is beautiful. Although the story of *Les Misérables* is old, the way the movie is filmed, from strange camera angles and long close-ups of the actors, gives it a modern feel.

Les Misérables is a classic that the entire family can enjoy. It is a film definitely worth seeing, if only to finally know the context of widely known songs like “Castle on a Cloud.”

Be warned, though, that the movie will probably move you to tears multiple times. Be sure to bring a box of tissues to the theater; this is no ordinary lighthearted song-and-dance musical. It deals with heavy topics: the injustice of the situation of the poor in nineteenth century France, prostitution, child abuse, and death. Yet its ultimate message of hope, the preeminence of love, and redemption is what touches such a broad audience and makes it a musical that transcends generations.



Jean Valjean (Hugh Jackman) takes on the responsibility of caring for orphan Cosette (Isabelle Allen). Tom Hooper’s adaptation of the epic novel turned hit Broadway musical is an extraordinary directorial feat.

The suspenseful search continues in *How I Met Your Mother*

by **Penina Remler**
Assistant A&E Editor

Whether you are a devoted fan of *How I Met Your Mother* or just an occasional viewer, you surely ask one question: who is “the mother?” For eight seasons, viewers have tuned in to the hilarious and heartfelt half-hour sitcom, with the identity of the mother always held just out of reach.

CBS has ultimately decided to renew *How I Met Your Mother* for a ninth season, following rumors that the show would end after the eighth.

Dedicated viewers can now breathe a sigh of relief knowing we still have another season to make sense of the crew’s ridiculous stories and come closer to piecing the show’s greatest puzzle together. “Even though people fear the show will drag on, I am overjoyed knowing it is not yet over,” said junior Kayla Pollock.

Since 2005, the cast of *How I Met Your Mother* has developed relationships which fans have watched flourish throughout the years.

Viewers were shocked when, in the summer of 2012, Jason Segel had supposedly announced that the upcoming season would be his last. The thought of breaking up the original crew’s chemistry led fans to believe that the show must be nearing its end. If Marshall Eriksen (Jason Segel) was finished, surely the same would

go for the show.

Predicting this would most likely be the show’s last season, familiar fans expected a “legen—wait for it—dary” ending. Many anticipated season eight to resolve all loose ends, most importantly Mrs. Ted Mosby’s identity. Surprisingly, season eight failed to deliver the irreplaceable humor to which viewers are accustomed.

“Although *HIMYM* is always funny, season eight wasn’t as creative or random as the show normally is. It focused more on the future which was both upsetting and heart warming,” said junior Fiona Bett.

Just as people started to accept the sub-par conclusion of their favorite show, CBS released that season eight would not mark the end *How I Met Your Mother*.

While it is reassuring for viewers to know that their most dire questions are still open

to being answered, many hope season nine will make up for the lack of zest in season eight. Many questions arise over what is in store for the future of *How I Met Your Mother*. Will all the characters return?

Will the show go on after revealing the mother? Do Ted’s children come back into play? Just like we have for the past eight seasons, dedicated fans must patiently wait and see.



Barney (Neil Patrick Harris) and Robin (Cobbie Smulders) try to determine whether they are better suited as friends or as a couple. Viewers hope the ninth season of *How I Met Your Mother* develops its characters further.



Athletes



f the



Month



Joey Alagna

BY Max Miranda

Staff Writer

Senior Joey Alagna, now captain of the boys basketball team, has been working at his sport since he was 10 years old. Since then, Alagna has developed into an instrumental leader of the team.

“Being selected captain was a great accomplishment. It takes tremendous discipline to have daily workouts year round and you need to be a leader on and off the court. It makes it worth it though because I enjoy the challenge that the game gives me. Every time I hit the court I have to challenge myself mentally and physically,” said Alagna.

Although Alagna averages 7.5 points and just under one three-pointer per game, the impact he makes on the team is felt on the defensive end. The senior emphasizes a heavy focus on defense.

“I think defense is the most important aspect in basketball. Especially this year, defense plays a big role for our team,” said Alagna. “If we play good defense and stop the other team from scoring, our offense will come naturally because we all can score as a team.”

Under Alagna’s leadership the team is currently 6-4 with a 3-2 conference record.

Their record puts them in third place in Nassau Conference AA-II and while the team has made improvements from

last season, they still have their sights set on the more important goal, of reaching the playoffs.

“Hopefully, my leadership will take us to the playoffs this year, and I’ll have a positive influence on the team, so we can all become basketball players,” said Alagna.

The senior is currently weighing college options and considering playing at the Division III level.



Elana Galassi

Senior Joey Alagna puts up a shot against Manhasset. The Vikings won on Dec. 7, 51-46.

Bianca Luparello

BY Eric Fishbin

Staff Writer

The last time a girl from winter track made the states was in 2010, when captain Meghan Byrnes competed in the championships at Cornell University. That same season, now-senior Bianca Luparello made the team as a wide-eyed freshman. Now, four years later, Luparello strives to emulate Byrnes’ success and make states. Accomplishing this feat will require the utmost dedication to each of her events.

In this winter season, Luparello and the rest of the track team participated at the highly competitive Hispanic Games on Jan. 5. Over 6,000 athletes competed at the Armory Track in New York City. Amidst cheering crowds, Luparello raced in the girls mile; scoring an impressive 120th place finish.

Luparello has already proved a lot in her four years competing on track. While on cross country this fall she was awarded captain and most improved player, and she made all county.

“Bianca has the ability to make her teammates laugh and keep practices fun although they can sometimes be grueling,” said teammate Allegra Maldonado. “Because of her upbeat and positive attitude, her teammates respect her and follow the example she sets. She is definitely an important leader of the team because she is knowledgeable and

experienced in the sport.”

Throughout her four year career on the track team Luparello has developed a strong sense of camaraderie with the other girls. Together, the girls on the team have been working hard on their nine-minute abdominal workouts. This grueling ritual has become an integral part of the teams fitness.

“We feel that its important to work so we can become the best-looking sports team. Just in case running doesn’t work out we can always be Victoria’s Secret models,” said Luparello.



Elana Galassi

Senior and captain Bianca Luparello competes in various long distance races on the Viking track.

Captain’s Corner: Ali Seltzer, Megan Murphy, Christina Leonard

BY Ali Peltz

Contributing Writer

Ali Peltz: Hey guys, thanks for meeting up with me in Rick’s office today. How’s the season going so far?

Christina Leonard: We’ve had a very rough start because our first two games were against the two best teams in the conference. But, that’s also a good thing because we will hopefully have easy wins for the rest of the season.

Megan Murphy: We’ve had a lot of injuries this season, too.

AP: Can you list the people who are injured this year?

MM: It would probably be easier to list the people who aren’t injured!

AP: Wow, that many? Wait... you’ve had only two games this season so far?

Ali Seltzer: We’ve actually had more than two, because we’ve had multiple non-league games.

AP: Non-league games?

AS: Non-leagues are games we have towards the beginning of the season that don’t count towards playoffs. They are mostly to get us ready to play other teams besides scrimmaging with just each other.

AP: Is that what the tournament was

for earlier this year?

AS: Yes, we had our Viking Tournament hosted right here at Schreiber, and we won!

AP: That’s great! Well done, girls. So, as captains what do you say to your teammates to motivate them?

CL: Basically positive things.

AS: Yeah, we always do a team huddle without the coaches before the start of the game — we make sure to do a little Dougie-ing, a little Two-Stepping, all of your basic dance moves.

MM: We have to get the team hyped!

AP: Sounds like a whole lot of fun. Could I join sometime? Kidding, of course. What positions do all of you play?

MM: I play guard, and sometimes point guard. Christina mainly plays point guard though.

AP: Do you play anything else, Christina?

CL: I’m the smallest on the team, so mainly point guard.

AP: How tall would you say you are?

CL: About 5’4”.

MM: 5’4”?! No you’re not.

CL: Okay, okay... 5’5”.

AP: Still taller than my five feet two inches! Ali, what position do you play?

AS: I’m sort of all over the place, but I mostly play forward. The coach is starting to play me as guard, but it changes all the time.

AP: So what’s the average height of our varsity team this year? Any Yao Mings?

AS: Actually no, we only have a Melo. Sophomore Amanda Dumpson is really pulling it in as our tallest player on the court.

AP: How tall is she?

AS: I’m going to go with about seven feet tall.

AP: And who is leading the team, scoring wise?

CL: I mean everyone is scoring, two points here, four points there.

AS: We don’t have one “go-to player.” We’re all there and we all chip in.

AP: How do you girls bond off the court?

AS: Every Saturday we go to LTB.

AP: Wait, LTB?

AS: Let There Be Bagels. We have a great team brunch after practice every weekend.

MM: We also have a lot of pasta parties that are a lot of fun.

CL: Don’t forget the dancing!

AS: Dancing is key on the basketball court. If you cannot dance, you cannot play. It’s just not possible.

AP: I’m surprised you made the team then, Ali! By the way, you’re not the only senior on the team, are you?

AS: Well, we have Kayla Conway and Kate Andriola as well. They’re always working hard. The three of us lead the team as the seniors and upperclassmen.

AP: Very nice. Lastly, I hear you have a new coach this year?

AS: Coach Castaldo is new this year. I think she has really helped out our team a lot so far.

CL: She knows what she’s doing and she played in college.

AP: Awesome! I’m glad it’s going well. That concludes our interview, thanks for chatting with me today.

MM, CL: No problem, of course!

AS: Anytime A-Peltz!

Calling the Shots

Gambling scandals run rampant in sports

Recent New Jersey lawsuit begs question: Are fantasy sports a form of gambling?

BY **Dan Miranda**
Sports Editor

The phrase “degenerate gambler” has become household lingo for bettors who have gambling addictions.

The negative reputation for the activity is widespread, but there are also a great number of people who participate in the activity every single day.

Sports gambling has a long history in the United States. Notably, in 1919, eight members of the Chicago White Sox bet against their own team in the World Series. In 1984, then-Cincinnati Reds manager Pete Rose was found to be betting against his team. In 2007, it was found that NBA official Tim Donaghy was betting on games that he was officiating. In all three cases, those who were found to be altering the outcome of the game were permanently banned from playing, managing, and officiating ever again.

To some, it may not be a surprise that those on the inside would try to alter games. It may be because the sports gambling industry is huge in America, and 99 percent of it happens illegally. In 2011, \$2.88 billion was legally wagered in sports books at Nevada betting casinos. According to the American Gaming Association, this represented less than one percent of all wagers placed in America.

Most recently, New Jersey tried to give sports betting options, but their attempt was blocked in the courts by the four major professional leagues and the NCAA.

Sports leagues in the United States—the NBA, NFL, MLB, and NHL—have taken a strong stance against the gambling, claiming that allowing gambling will hurt the games’ reputations.

According to lawsuit testimonies, NFL Commissioner Roger Goodell has listed gambling as the number one threat to the National Football League’s prosperity as a sport.

“Federal government needs money, going over a cliff, cities need money. Chris Christie needs money. But gambling is so ... the threat of gambling and to create more threat is to me — I’m stunned,” said MLB Commissioner Bud Selig, in a media session after the lawsuit went to court.

Interestingly enough, each of the leagues has established its own fantasy sports, where fans of the sport can create teams of different players. The leagues are the one who organize these fantasy leagues, and ultimately the ones who profit off the additional page views and interest in their league.

In order for gambling to take any strides in the public’s opinion, there needs to be a shift from “degenerate activity” to thinking about sports betting as an equivalent to investing in the stock market. When you put money on a stock, you are betting that the stock will rise. And studies suggest that sports gambling is starting to be viewed as a positive, rather than a negative.

A survey conducted by Fairleigh Dickinson University’s PublicMind Poll found that 51 percent of people nationally fa-

vored legalizing online gambling. This was the first time in the history of the poll being asked that more were in favor of legalizing gambling than not.

Although the federal government and

sports leagues themselves have taken strong stances against the legalization of the activity, one thing is for certain: sports gambling will continue illegally at high rates.



Cincinnati Reds manager Pete Rose sits in the dugout as he contemplates his betting scandal. Rose initially denied that he ever bet against his own team, but it was later found that he did place wagers against the Reds while he was the team’s manager in the 1980s.

Tips for a healthy New Year

1. Work out with Mr. Matina, not Mr. Klaff.

2. Take the Monfort stairs two at a time.

3. Don’t buy ice cream from the vending machine.

4. Try harder in physical education.

5. Join the track team.

6. Or wrestling. Don’t quit after the first day.

7. Run or swim in the morning with Dr. O’Connor.

8. Join Mr. Tedesco’s flag football team.

9. Cut down on the Chicken Fantastics, half-and-halves, and Boulevards.

10. Join a local gym—Power 10, Training Station, or Equinox.
- ~Sports Editors,
Jake Eisenberg &
Dan Miranda

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Unlimited Sports Action offers special needs program

Kids, aged 3-14, play soccer and basketball during the “Be Your Best Sport” class

by Jake Eisenberg
Sports Editor

The odds of becoming a professional athlete are around one in 150,000. The odds of being diagnosed with Autism are one in 150, and the chances of having any special needs issues are even higher.

All are welcome at the “Be Your Best Sport” program at Unlimited Sports Action (USA), for which several Schreiber students volunteer. What was originally a program just for those with autism has since grown to include all special needs disorders, due to the high demand for the program. The environment is one of learning and fun, as the children are paired with volunteers from the community, many of whom come from the local middle schools and high schools.

“I became involved with the program after hearing about it from a couple of my friends who were involved. At first, I was nervous to be working with special needs kids, but I quickly realized that these kids just want to have fun, like any other,” said junior Andrew Schlafmitz, one of the many Schreiber volunteers.

The program, held every Saturday morning from 9:30 to 12:15, is designed for children with special needs with the intention of separating them from their world of tests and doctors and giving them a fun, recreational outlet. Additionally, through the use of various drills involving soccer and basketball, the kids learn “playground social skills,” making friends and learning new games.

Participants are broken up by age, with kids ages three to seven playing from 9:30 to 10:15, eight to thirteen year-olds from 10:15-11:00, and kids ages eight to fourteen from 11:15-12:15. For the first hour and a half, the kids play soccer at the USA facility. For the last hour, they play basketball at local gyms, including the Landmark on Main Steet and Daly Elementary School Gym.

The class began with a request for a recreational program from Cindy Marks-

Wittles, whose son, Tyler, is autistic. Marks-Wittles is also a founding member of the North Shore Autism Circle, a benefactor of the program since its inception.

“The program started about five years ago, when Al Sontag, owner of USA, and I were contacted and saw that there was a big need for an outlet for these special needs kids. From the first session on, we sat on a couple of coalitions about special needs and learned a lot about the various disorders. From there, we were able to expand and offer more,” said Mr. Frank Farrino, manager at USA.

In addition to the teenaged volunteers and the trained athletic professionals of USA, there is also an on-hand professional, Mr. Rob Galino, who has a master’s degree in Special Education and is applying to be a Board Certified Behavioral Analyst this coming spring. Galino works not only with the special needs participants, but also with the volunteers, making their individual time spent with their respective buddies more productive.

“With all of the kids, whether they have autism or a different disorder, the techniques in helping them are transferable,” said Mr. Galino. “It is simply the way that you observe their behaviors that is different. The key is to figure out why they do what they do. With the teenaged volunteers, I try to educate them as to how they can help, by modeling different skills and explaining their purpose.”

Not only do the students involved learn about how to socially address special needs disorders, but they also

feel that they are emotionally rewarded in volunteering their time.

“I’ve been with the program since it was started, and I go as much as I can,” said freshman Molly Alstodt. “The whole process has shown me that it doesn’t hurt to give up an hour of your time to do a good thing, and that everyone is capable in helping in one way or another. Soccer was once a large part of my life, and it is nice to give back. I have been working with my buddy, Ryan, for almost five years now, and I have really gotten to know him and watch him grow. Seeing him brightens my day because he is always so happy whenever I see him.”

Throughout the years, the program has always had a wealth of volunteers, creating a 2:1 ratio of volunteers to children. When

that was viewed as too overwhelming, the ratio was cut to 1:1, with extra volunteers asked to come as needed. Other Schreiber students who participate include juniors Jessica Altuch, Jordan Kenyon, and Sam Rosenbaum, as well as freshmen Seth Barshay, Ryan Delmonte, Alex Grossman, Noah Sherman, and Dylan Sica.

“We reached out to the schools for the volunteers and we got an abundance,” said Mr. Farrino. “They get a lot out of it and we can see how it changes their lives. Without them, the program would not be successful. The one-on-one relationships that are formed are heartwarming, to the point that the buddies are embracing when they walk in the door. And that’s the goal. We want these kids to leave with a smile on their faces.”



Jake Eisenberg

The volunteers and special needs children participate in soccer and basketball drills during three sessions on Saturday mornings. Zach (above left) and junior Andrew Schlafmitz had been paired previously. Volunteers create relationships with the kids in the program.

Varsity gymnastics team poised for another successful season

by Seth Barshay
Staff Writer

Whether it is through displaying artistic talent on the balance beam, flipping through floor routines, soaring on the uneven bars, or landing vaults, the girls gymnastics team has shown that they have the talent and teamwork to succeed.

With two overall victories in the first three meets, the team is off to a strong start. Led by head coach Ms. Jeanine Fallon, assistant coach Ms. JoAnn Patterson, and captains seniors Carly Grieco and Ashley Berliner, the team is on its way to a successful season.

“We’ve been playing hard, and have been working hard together as a team,” said Coach Fallon.

During the first meet of the season on Dec. 11, the team beat Cold Spring Harbor’s team 133 to 100.1. In the second meet, a week later, they won in a very close match, edging out Valley Stream High School by a score of 129.70 to 121.95.

Although they lost their third and most recent meet against North Shore High School 145.7 to 140.15, the team scored

its highest point total this season.

“Everyone performs to the best of their ability and always gives it their all,” said Greico. “When everyone on a team puts in their best effort, the results usually show. We want our team to move up to Division I. Right now, we’re fourth place in Division II, and so we will need to be at the top of the Division this year to succeed. Short term, for our next meet, we hope to score 140 points.”

So far, freshman Eleni Kouvaras has proved to be a valuable asset to the team. In each of the three meets, she has led the team in scoring, having all-around scores of 29.8 and 30.2 in the first and third meets, respectively.

“As long as I contribute to the team, I’m happy with my performance,” said Kouvaras. “I’m willing to do whatever it takes in the gym to help my team win. Even though I’m only a freshman, I already feel comfortable with the rest of the team, and I believe that this team has a good chance to continue our success.”

Another freshman, Sera Ellerson, echoed this idea.

“So far, the team has been very wel-

coming and the coaches have been really nice and helpful,” said Ellerson.

Thus far, the team has described themselves as close-knit on and off the mats, despite being laden with new underclassmen.

“Even though it’s early, we’re doing really well this season. It’s really great, and we’re having a fun time. Our team is amazing; we’re best friends, were a family, and it’s just great,” said Berliner.

The gymnastics team’s next meet is the Nassau County Invitionals on Feb. 6. Three representatives from each team compete in each event.

Coach Fallon has a positive and balanced outlook for the rest of the season. “We’re going to keep working hard, to

score more points, and of course to have fun while doing it,” she said.

SPORTS TRIVIA CORNER

What Schreiber science teacher played soccer and lacrosse during his or her college years?

A: Physics teacher Mr. Don Fish played both sports at the Division III level while attending Hamilton College.

VIKING SPORTS

Crew wins landmark race at the Head of the Schuylkill *After a successful fall season, athletes' attention turns toward the spring*

BY Aaron Brezel

Assistant Sports Editor

The Friends of Port Rowing's winter facility on Channel Drive is a nondescript looking building nestled between a Safavieh Furniture Warehouse and an overgrown field.

At first glance, there are almost no signs of life, save for a few boats stacked in a trailer.

However, if you enter through the lone door in the back of the building, you are greeted with the hive of activity that has become the center of Port Rowing's winter operation.

Music blasts as dozens of hopeful rowers train on a sea of ergometers in order to get their 2K, 6K, and 10K times as low as possible. These athletes train towards a singular goal: to become better rowers.

"When you walk into the facility, you are ready to do work. Doing the workouts may be torturous and painful, but when you're done you feel accomplished," said Matt Brandes, who rows stroke third varsity 8 boat. "Even on the least important pieces we keep a competitive environment, making everyone better. If someone on the next erg is two seconds faster than you, you better be two seconds faster than them the next time."

Crew is a tough, unforgiving sport. Without year-round commitment, it's difficult to have sustained success. The sport's unrelenting nature has not stopped the Friends of Port Rowing crew team from its rapid rise to prominence.

Unlike last winter season, when the crew team was just beginning to get its sea legs, this year has taken on a different motif. After such a strong showing in the fall the team is primed to make its mark in the spring.

"I feel like we've been training hard enough so far to really have a strong campaign this spring. Hopefully all our work will pay off," said senior Erin Condon.

The season kicked off on Sept. 29 at the Tail of the Fish Regatta in Saratoga, New York. Competing against some of the leading programs in the state, Port Rowing took home eight medals.

The boys varsity four and the novice boys freshman eight performed impressively, both achieving first place finishes by a dominating 17 seconds and 20 seconds respectively. A boys varsity eight also had a second place finish, just 1.5 seconds out of first.

One week after the Tail of the Fish, Port took on increased competition at the Head of the Housatonic in Shelton, Connecticut. Port Rowing competed against the Connecticut club teams as well as local powerhouses, Manhasset and Chaminade.

Once again, the novice freshman boys eight took home gold along with respectable performances from the varsity boys and girls against their toughest field yet.

Success continued as Port Rowing participated in the Head of the Passaic on Oct. 13 in New Jersey. For their third consecutive race, the novice freshman eight finished first.

"We were actually pretty experienced

for a novice boat, because most of us began rowing in middle school. This, along with our tough practice schedule gave us the edge over the competition," said freshman captain Nick Barry.

The boys competing in the senior four event and the varsity girls competing in the open girls eight also achieved gold medals. It was the boys' second first place finish in three races. The girl's novice eight also won silver.

"It's almost unheard of for a program to have this much success, this quickly," said head coach Steve Panzik, who has run the team since its inception. "We are knocking off programs that have been established for a hundred years. At the varsity level, our guys are going against kids that have potentially six years or 12 seasons of experience, whereas we were only going into our fourth season. The only reason we are able to do this is because these kids pour their hearts and souls into the sport. They have earned every one of their achievements."

Port's hot streak did not end there. For the Head of Charles on Oct. 22, the team sent a girls four, consisting of senior Melissa Iannucci, Great Neck North senior Lindsey Heyman, sophomore Mara Davis, sophomore Molly Alstodt, and coxswain senior Maggie Nelson.

Nelson and Heyman had just recently signed Letters of Intent to Division one programs at Clemson University and Southern Methodist University, respectively.

In only their second fall season, the girls jockeyed against the best teams in the world to achieve a top 50 finish.

On Oct. 28, Port competed in its sec-

ond premier race of the fall. At the Head of the Schuylkill in Philadelphia, the top teams from around the East coast race down a 3.1 mile course. Participating in this regatta was the boys varsity four consisting of juniors Carl Finkbeiner, Zach Herron, Joel Kagan, Ben Schor, and sophomore coxswain Alex Herron. The boys won gold in the Men's 17U by a margin of four seconds.

"This was the first major title our team won, and it feels good that after working so hard for the past couple of years, it's finally paying off," said Kagan. "The first couple of seasons, we were not winning major races, only local ones. Now we're finally achieving our goal of winning big titles, which is incredibly rewarding. Come spring, I'm pretty confident that we're going to kick some butt."

Success in the spring starts in the winter. With the weather too cold to row on the water, members must turn to using the ergometers, or indoor rowing machines. The main focus of winter training is to work on strength and speed. However, an additional aspect is the indoor tank.

This machine uses a system of ergometers and pulleys to simulate the conditions in a boat. Using this along, with video analysis, each rower has a chance to improve his or her form.

"The biggest thing though, I think for the team, is to get stronger," said Coach Panzik. "We go to the regattas, and the guys we face have the edge, strength-wise. Right now we're getting by on our tenacity and our endurance. Now, especially with our junior class, its time to take that next step of breaking through that physical threshold, to get into the next level. We

want our kids to stop being athletes, and start being rowers."

Over spring break, select members of the crew team will once again have the chance to train in Oak Ridge Tennessee, where they host the Youth National Championships.

"It was a really hard couple of days but there would have been no other time when we would have gotten that much practice out on the water. It was a great time for teambuilding and it prepared us for the upcoming spring season," said senior Joe Adsetts, a founding member of the team two years ago.

There will also be several indoor regattas during the winter. During these events teams compete for the best ergometer times.

Some races that Port will participate in is the second annual Gold-Coast Regatta where Port dominated last year, and the C.R.A.S.H.-B. Indoor World Championships in Boston. People all around the world including Olympians will compete. A number of varsity rowers will be in attendance.

If the boys and girls of the crew team can utilize the winter program and combine that with the heart that has gotten them this far, there is very little standing in their way for spring.

"The saying we have is true—rowing never stops. As soon as we're done for the winter season the spring begins, and then it continues into the fall. The Head of the Charles race was a great experience for all of us, and we look forward to many more going forward, hopefully placing better," said Iannucci.



Courtesy of Friends of Port Rowing

Boys varsity four boat poses after winning gold in the Men's U17 Division at the Head of the Schuylkill. From left to right: Coach Steve Panzik, Carl Finkbeiner, Joel Kagan, Alex Herron, Ben Schor, Zach Herron, and Coach Darren Gary.