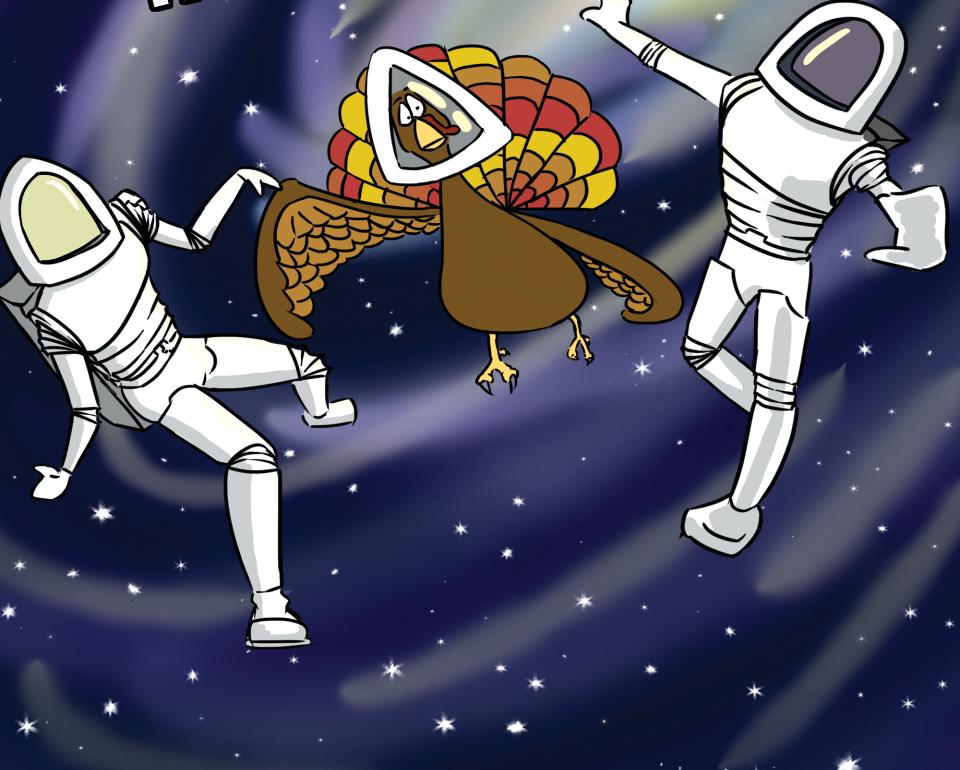


# THE SCHREIBER TIMES

Paul D. Schreiber High School Port Washington, NewYork Volume LXXXV No. 3 November 2014

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**Point Counterpoint** -opinions-

Pg. 7



Interstellar -A&E-Pg. 17 Winter Sports Preview -Sports-Pg. 24 Middle States -News-Pg. 4

# IN THIS ISSUE...

News. Security p. 3 Middle States p. 4 Think Pink p. 6

OPINIONS. Jake's Take p. 8 Briefly Summarized p. 8 Midterm election p. 8

FEATURES. Rosso Uptown p. 11 Turkey Trot p. 14 Black Friday p.15

A&E. Interstellar p. 17 Radio station review p. 18 Big Hero 6 p.19

SPORTS. Calling the Shots p. 22 Fantasy sports p. 23 Winter sports preview p. 24



Junior and AP Digital Photography student Kayla Shafkowitz took this photo in a forest near her house. She used a macro lens to capture the motion of water in this photo.

#### NEWS BRIEFS

#### **PW Green**

Port Washington Green is a nonprofit organization that preserves natural areas and promote eco-friendly living. They work to promote Port Washington's wildlife and enviornment. In addition to enhancing the community through environmental education and fundraising, PW Green works with the school district, along with ecologists, botanists, and ornithologists, to supply environmental education to children at the Guggenheim Preserve. Children are taught about the abundant wildlife that lives in the Preserve. The organization is lead by volunteers and relies heavily on donations to fund their projects.

PW Green's first fundraiser was on Nov. 19 at Finn MacCool's, where they honored the work of board member Mr. David Jakim.

Jakim has taken records of the numerous species of wildlife found at the collection of former sand pits found at the Hempstead Harbor Nature Sanctuary. There are 240 acres of these former sand pits owned by the Town of North Hempstead, near Harbor Links Championship Golf Course. Since the 1980s, this land has become a natural area with a variety

of animals, plants, and wetlands.

Mr. Jakim discussed his discoveries that he recorded from these sand pits, and answered questions from fellow community members who attended the event. A silent auction and raffles took place to help raise money for this non-profit organization.

~ Timothy Serignese

#### Scientist Visits Science Research

Representatives from the Feinstein Institute for Medical Research visited the science research students. Mr. Joshua Bloom and Ms. Paula Hernandez talked to science research classes about their professional research, and how high school level research uses the same principles.

"It's critical for our students to network to develop authentic research opportunities that build on the discoveries of the best scientists," said science research teacher Mr. John Schineller.

Junior Madeline Fagen was responsible for organizing the visit. Fagen worked at Feinstein over the summer and asked her mentor, Dr. Sehba Dsilva, if researchers at Feinstein would be interested in coming to the school each month to give advice to

students and share what projects they are working on. Along with Mr. Schineller, they planned the basics of what these visits would entail.

During this visit, Bloom discussed the basics of the scientific method and had the classes come up with a hypothetical experiment to solve a real problem. This was followed by a speech by Hernandez, who asked about the students' love of science, asking them to examine what makes them so passionate about the topic. She discussed all the different applications of science, and using a scientific outlook to rationalize problems in all aspects of life.

The two scientists also talked about their own research, which included Bloom's study of the Macrophage Migration Inhibitory Factor protein and Hernandez's research on the strength and deterioration of cell cytoskeletons.

Finally, the researchers gave advice to the students after learning about their research plans for this school year.

"Feinstein's first visit to the school was extremely insightful," said junior science research student Emma Feldman. "I hope these visits continue in the future as planned."

~Zareen Johnson

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> Ira Pernick, principal Craig Medico, Evelina Zarkh, advisors © 2014, The Schreiber Times

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#### Security breach despite safety upgrades

ву Genia Peierls

Contributing Writer

In the beginning of this school year, some changes were made to the security system. The district encouraged these changes in response to noted lapses in security in other schools across America.

"We have been making improvements to our security system for the past few years," said Principal Mr. Ira Pernick. "Other than national issues with too many tragic events in schools we have not made decisions based on incidents here."

Despite the fact that additions were not made solely due to complications at Schreiber, one incident that occured on Oct. 29, in which a 17-year-old male was spotted in the cafeteria and arrested for trespassing, is encouraging further reform

"The Board of Education and district administration is working closely with the Schreiber administration and Port Washington Police to strengthen security measures and ensure their safety at all times," said Superintendent Dr. Kathleen Mooney. "The Schreiber administration responded quickly and appropriately to this incident and are taking steps to tighten procedures immediately."

Some security renovations currently being made to the school involve technology.

"We have added more cameras throughout the school and added door alarms to exterior doors in the A wing," said Mr. Pernick.

Several announcements have been made to remind students of existing rules against entering or exiting the building through any doors other than the main doors. Some students feel that the heavy level of security is unnecessary.

"The security measures that have been put in place that prohibit students from using side entrances are a bit much," said sophomore Sarah DeMarino.



Josh White

Educational assistant Ms. Kerry Geiger utilizes the secuirty ID checking system to document visiting adults' entrance into the building. In order to come inside, visitors must present a photo ID and wear a printed Scheiber-specific ID at all times during their visit.

"It's understandable to want to keep the students safe, but blocking the side doors isn't really helping. It's difficult for some students to walk all the way around the building to the front entrance, especially for students who have lockers on the bottom floor. There is also more congestion in the lobby in the mornings."

However, Mr. Pernick stays determined to enhance the safety within the school.

"We will continue to improve security in the future while maintaining an appropriate balance for student freedom," said Mr. Pernick.

Many of the parents agree with the direction of the security in the school as it ensures the continued safety of their children. Ms. Lisa Epstein, parent of senior Jesse Epstein, showed her support

of the school's strict policies, but sees room for improvement.

"I am happy that the school has taken the security issue seriously, and I do not mind the inconvenience of having to show ID at the door," said Ms. Epstein. "I do wish there was a way to have a second entrance safely open. I think that is something to work on."

Though opinions differ on this subject, Mr. Pernick expressed his anticipation of future technology that can provide a safer learning institution for his students.

"We are hopeful to create a more natural flow of traffic in and out of the building to help us maintain a secure environment," said Mr. Pernick.

# New clubs handle fundraising restrictions

ву Rianna Stolper

Contributing Writer

In past years, bake sales proved to be a financial lifeline for many student clubs. A great number of clubs depended on the lucrative sales to gain funds. However, the United States Department of Agriculture's (USDA) decision to more actively enforce their Healthy, Hunger-Free Kids Act of 2010 to make real reforms in school food sales has now put an end to the sale of baked goods, causing financial distress for many clubs.

The prohibition is meant to help teenagers avoid unhealthy eating habits and to promote a healthier lifestyle. Unquestionably, obesity is a problem nationwide and there are many active programs targeting this issue, including First Lady Michelle Obama's "Let's Move!" campaign.

Some believe the ban on bake sales is an overreaction. Foods deemed unhealthy are still very accessible in places outside of school. Upperclassmen are still able to walk down Monfort and get any unhealthy snacks they desire.

In the meantime, clubs are struggling to find alternative fundraising methods. Old and new clubs are both negatively impacted, but new clubs struggling to

gain traction seem to be feeling the effects more greatly. The Chinese Culture Enthusiasts Club, founded by junior Jake Knatz, has been experiencing financial difficulties from the start. This club works to spread the Chinese culture in the Schreiber community while also raising money for the underprivileged schools in China. Along with obstacles that raising money for charities in China presents, the club has also had its issues raising money for itself. Chinese teacher and Chinese Culture Enthusiasts club advisor Ms. Tiffany Fan volunteers her time for the club because the school could not afford to pay for her position.

"The lack of bake sales certainly makes it difficult for the club to fundraise," said Ms. Fan. "The food options we are left with are extremely limited, really preventing us from doing anything with food. In a culture club like this, food is an aspect of the culture that many people will be interested in, and also an entry way to understand a culture."

With the lack of school funding and the ban of bake sales, the club is limited in its ability to raise money. However, if the club gains a following next year, the school will pay Ms. Fan for her work and consequently let the club focus more on raising money for underprivileged schools in China

"I certainly understand the prohibition of bake sales in order to promote selling 'healthy foods," said Ms. Fan. "However, I do think they could open up more food options for us so we don't have to eliminate food items entirely."

The Psychology Club, founded by junior Madi Reiter, is also facing financial problems. The club focuses on sharing and understanding the field of psychology, as well as raising awareness of mental illnesses. The club has drawn many students' attention. However, is held back from further growth by the budget strain. A combination of not receiving funds from the school and not being able to have bake sales during the school day has forced the club to invent new ways of gaining money.

"We mentioned having bake sales outside of school, but it would be so hard to organize and it is really difficult to come up with creative ways to raise money, since we can't have bake sales in school anymore," said Reiter.

These clubs and many others are trying to deal with financial struggles from the lack of bake sales. The circumstances have forced many clubs to think creatively. The Freshmen Class Club sold pumpkins, while the Model United Nations club organized a car wash in order to increase profits.

# End of day blackout

BY Madeline Fagen

News Editor

Mr. Jeremy Klaff's United States History students were startled when the lights began to flicker and went off during a lecture on the alleged ghosts spotted in Gettysburg after the American Civil War. Little did they know, this was not part of the lesson plan, but instead the effects of an unfortunate coincidence of timing of an accident on Port Washington Boulevard.

At approximately 2:45 on Nov. 17, wires on the corner of Port Blvd. and Derby Road began curving and eventually fell due to the bad weather, according to Mr. Ray Ryan, Chief of the Port Washington Fire Department. This caused power to go out in the neighboring communities and in some parts of the school.

"At first we lost partial power and then found out there was an incident on Port Blvd," said Assistant Principal Mr. David Miller

Administration immediately took action to ensure that students and teachers

"We were trying to decide whether or not to hold after school activities because part of the building was dark," said Mr. Miller. "This is potentially unsafe. Then, after the bell rang ending the school day, all power was lost. It was dark and clearly not safe to have students in the building. The school day had already ended so all we did was cancel after school activities and tell everyone to go home. It was a precautionary measure."

An announcement was made that an additional exit from the Schreiber parking lot at St. John's gate would be available to relieve congestion on Campus Drive of all faculty members leaving at once.

A crew immediately came on the scene at Derby Rd. to restore power. While they worked, students exited the building in the dark

"Walking through the halls in the dark was actually a little but frightening," said junior Amy Zack. "A lot of kids were screaming in the halls as they exited, probably just to be disruptive, but it certainly added to the disorder."

Moments after all clubs were canceled and students were asked to leave, the power was restored.

"While power returned a short time later we did not have full confidence that the power would remain on so we continued with our cancellation," said Principal Mr. Ira Pernick. "We cannot have any students or staff in the building if there is no power."

Despite recent evacuation drills, some students are still unaware of what to do in the event of some emergencies.

"Although students participate in plenty of drills to know what to do in the event of a serious emergency, we are not readily informed about what to do under smaller-scale conditions such as a blackout," said junior Casey Lynfield. "I think the school should spread information about what is expected of us in different situations."

Despite students' slight lack of preparedness, many agree that the school handled the situation in the best possible way.

"Canceling clubs and asking everyone to leave was a smart move by the school to ensure safety and reduce confusion," said senior Sameer Nanda.

# Research opportunities offered with FIRE

BY Max Miranda

A&E Editor

In a school where only 5% of all students are a part of the research program, junior Maxwell Silverstein has created a program to further research education. Furthering Innovations in Research through Education (FIRE) is a student-run program that, according to the website, seeks to "connect students with the knowledge and resources needed to conduct research in their fields of choice."

"I hope I can let everyone learn more about research," said Silverstein. "I started the program so that anybody who wanted to could get inspired to take the tools they learned in school and use them in the real world."

This "connecting" is done through planned events in which students listen to lectures by professionals who have had a significant amount of research experience. The first FIRE speaker was Dr. Maria Johnston, an Associate Professor of Psychology at Farmingdale State College.

Psychology at Farmingdale State College. Her speech, titled "High School Research: Where To Begin," discussed both the personal work she has done in her field, as well as tips on how to enter the world of research. Dr. Johnston has done several studies in child psychology, many of them trying to place a finger on a child's sense of right and wrong.

One may question the necessity of such a program, if only a fraction of the student body stands to benefit from FIRE. The extremely independent nature of the program makes it so that students have difficulty getting their project off the ground, FIRE may provide an appropriate launching pad for those who are lost.

"A lot of kids in the research program face difficulty in trying to come up with an unique research project, as the program is designed to be very independent," said junior Carolyn Blumberg. "Students are



Junior Maxwell Silverstein introduces FIRE at Dolphin Bookshop on Main street. Silverstein plans on expanding events to other venues and inviting more scientists to present. He hopes FIRE will allow students outside of the research programs to expand their interests (above). The FIRE logo presented on the program's website (below).

thrown into research often having little to no prior experience; FIRE helps kids find research projects that may appeal to their personal interests."

Silverstein hopes to expand the FIRE program, and inspire those who are not in the research program. While it may appear a difficult task, the past two winners of the Intel Science Talent Search have won the competition without the aid of being in a school research program.

"The program is really about finding interests, so anybody can come if a topic sounds interesting and/or to learn about research. The goal is to have it for everyone, not to isolate it," said Silverstein.

The hope is that the program will begin with basic instruction and lectures, and evolve from there. Silverstein has hopes that somebody will step up to take the reigns once he graduates. Future expansion efforts include finding different centers for events outside of the Dolphin Bookshop, inviting engineers, biologists, and ecologists to come speak, and perhaps expanding FIRE into a club later on.

Overall, FIRE's organizers are pleased with the success of their first event and highly optimistic about the program's future.

"The turnout was a solid stepping stone, but I still want to try to help as many people as possible. The next event should be within the next month and we've got high hopes for it and the success of the program as well," said junior and FIRE board member Tiger Gao.



www.firesciences.com

# Middle States accreditation in the works Committee working to meet the standards of the Middle States Commission

**BY Tessa Peierls** 

Assistant News Editor

Schreiber is currently working to earn recognition for academic excellence and school strength through the Mid-Atlantic Region Commission. Also known as the Middle States Commission, this organization is designed to recognize schools that exhibit a strong education system that promotes diversity, and to encourage the growth of schools. Membership is completely voluntary, and involves a thorough examination of the school as a whole.

Social studies teacher Ms. Alicia Cotter, a member of the committee who is working towards certification, described the purpose of pursuing this recognition.

The goal of Middle States accreditation is to be recognized by an outside evaluating team for the strength of our academic and social community, and all of which it entails," said Ms. Cotter.

In order to be recognized, Schreiber has to demonstrate a connection to its history, and to the history of the town. Assistant Principal Ms. Julie Torres, a

committee leader, gave details on this part of the process.

"When you walk into a school, there is a culture, an atmosphere that you feel right away," said Principal Mr. Ira Pernick. "Some schools I've been to feel heavy, and there's something off about them. Most visitors immediately notice how compassionate the environment here is."

"We put together a small group to look at the history of Port Washington, and how it fits into the context of the school," said Ms. Torres. "The focus of this is not just the town, but how the history of the town shapes what we look like.

Gym teacher Mr. James Fallon, a member of the subcommittee, discussed the focus of the short paper written on Port Washington and Schreiber.

"We focused mostly on the population explosion and the development of the school system, and how we came to be Schreiber high school," said Mr. Fallon.

The committee that is working towards accreditation is composed of administrators, teachers, and students. The group will meet on a monthly basis in order to prepare for the eventual visit from an evaluation team.

"When you walk into a school, there is a culture, an atmosphere that you feel right away," said Principal Mr. Ira Pernick. "Some schools I've been to feel heavy, and there's something off about them. Most visitors immediately notice how compassionate the environment here is."

One goal of the committee is to create a mission statement for the school. The Middle States Commission states on their webpage that one of the core values is "Respect for the unique mission of each institution and evaluation within that context." Ms. Torres discussed the process that is currently underway, that involves a collaboration of students and teachers inside and outside of the committee.

"We got together a small subcommittee to get started on the mission statement, and have since discussed with different groups, and at a full faculty meeting," said Ms. Torres.

The committee plans to address several issues in the school. Many bulletin boards are left empty, and few faculty members regularly update the school website. Mr. Pernick addressed the concern that these school issues will be hastily covered up when the team visits.

"I don't think preparing for this visit is trying to spackle the holes, trying to hide who we are," said Mr. Pernick. "We shouldn't try and rush to hide these things, we should own these flaws and address them."

The evaluation team will be visiting in the fall of 2015, so the changes and additions required by the Middle States Commission must be completed by that time

# Think Pink Day spreads Breast Cancer Awareness





Josh White

Freshman Natalie Burke, junior Will Barnes, Principal Mr. Ira Pernick, sophomore Lily Welsh, junior Parker Meyer, Ms. Pat Kosiba, Dr. Helen Sachs, and Mr. Raymond DiGiacomo dress in pink for Think Pink Day festivities (left to right). Junior Max Miranda gets his face painted with the breast cancer awareness symbol (left).

**BY Illana Grabiner and Maddie Lane** 

Staff Writers

Pink attire, nails, and hairspray filled the halls on Oct. 24 for the Relay For Life Planning Committee's kick-off fundraising event and celebration of National Breast Cancer Awareness Month.

This club raises money for the American Cancer Society. Throughout the year, the Relay For Life Club holds numerous events to raise money and awareness for their cause. Some of the larger events include, going to Hope Lodge in New York City, and the National American Cancer Society Relay for Life.

"Think Pink Day was a great success, and the whole school got involved with supporting such an important cause," said junior and Relay Coach Ali Goe-

tze. "Throughout the day, as you walked through the hallway and saw all of your peers wearing pink, the school seemed unified."

The club encouraged students and faculty to wear pink on this day to show their support. With the newly enforced school health restrictions, the club was unable to sell food, as they had in past years. Thus, they had to get creative. During periods 4.1 and 4.2, in the lobby, the coaches worked to spread the pink spirit. Some sprayed students' hair pink. Others, painted students' fingers pink to symbolize a "pinkie promise" that they will make sure their loved ones get checked for breast cancer. In addition, they gave out pink pins and ribbons. The club requested donations of any amount in support of the cause.

"It was so awesome how everyone was so into Think Pink Day," said sophomore and Relay coach Jessica Hyland. "I felt we were really making a difference."

Coaches raised a total of \$400, which they were proud of, due to the circumstances. Without the ability to sell food, the members of Relay for Life expected to raise less money this year. Because they raised more money than they expected, the club deemed the day a financial success.

"[The event] got people excited for the New Year and showed we could raise money without bake sales," said sophomore and Relay coach Rachel Reisman.

With every dollar collected by a club, the question of how much money actually goes to the organization arises. Most of the money raised from the numerous

events run by Relay For Life at Schreiber goes to the much larger, and well-known organization, the American Cancer Society. The club does, however, have to keep a small percentage of their earnings for themselves to use for future investments. Additionally, a fraction of the money it raises goes to the school.

Think Pink Day was only the beginning of an active year planned by this club. The largest event many students look forward to at the end of the year is the National American Cancer Society Relay for Life. This night is filled with performers, charities, community members, and students coming together to celebrate cancer survivors, support those currently suffering from the disease, and raising money for future cancer research.

#### THIS MONTH IN SCHREIBER HISTORY

November 13, 1936

The newspaper appealed to the girls of the school, asking them to be more intelligent about football, and not ruin the game by interrupting tense moments with silly questions.

November 13, 1953

The JV cheering squad was chosen, with eight girls being scored and selected by judges based on appearance, pep, poise, movement, and personality.

November 1, 1961

Students attended the first meeting of the John Birch Society on Long Island, and were informed that America was under the control of communist Russia, and that Roosevelt sacrificed Pearl Harbor to join World War II. November 3, 1971

A group of students created the Black Student Union, and approached the administration to ask for more "black" classes.

November 8, 1978

On a Saturday night, students broke into the main office and set fire to several files, with the suspected intent to destroy a friend's bad report card.

November 18, 1981

The school board voted to close Manorhaven and Main Street School, leaving Salem open despite alleged toxic fumes present on the site. November 30, 1989

A national lecturer, who led her school's sexual education curriculum, spoke out against contraceptives to 600 Schreiber students, encouraging chastity as the only form of birth control. November 25, 2002

In a section titled "Not quite newsworthy" a student describes an epidemic of squirrel bites in England, and calls squirrels vicious "masters of disguise," and that he worried this problem would come to Port Washington via oil tanker.

# Upgrades in store for Landmark's Blumenfeld Park

**BY Adi Levin and Caroline Katz** 

Staff Writers

Winds from the east, mist coming in. The park is improving, let construction

The Blumenfeld Family Park, known to many Port residents as the Landmark, has begun to undergo many improvements to make it a safer and more enjoyable place to spend time. Overseen by Town Supervisor Ms. Judi Bosworth and the Residents for a More Beautiful Port Washington, people from all over town are working to enhance the park.

Executive Director of Residents for a More Beautiful Port Washington Ms. Mindy Germain discussed the issues that are still problematic for the park.

"Over the last few years, the central lawn has become dangerous," said Ms. Germain. "There are holes that people can step into, and it's important that the park is a safe place for kids to play."

Ms. Germain pointed out that, because the park is a popular spot for Port residents, it would be inconvenient to fix the entire grassy area at once. Commissioner of Parks and Recreation Mr. Jerry Olsen was inspired by restorations performed in Central Park to fix and aerate the lawn in small sections. This process would enable workers to complete the renovations as well as allow residents to take advantage of Blumenfeld Family Park during this time.

The Parks Department started to work on the central lawn after the Landmark Gala, held on Nov. 8. Ms. Bosworth described the importance of the park to resi-

"The Blumenfeld Family Park is one of the treasures in the Town of North Hempstead," said Ms. Bosworth. "As soon as I took office, Mr. Blumenfeld and I met several times about the condition of this wonderful park that is so important to the residents of Port Washington. It is truly a family park and is visited by so many of our Port Washington families. We, along with members of my staff, visited the park several times and discussed improvements that could be made immediately and some that would wait until after the



The Blumenfeld Family Park is a popular location for Port Washington families. The park is undergoing renovations because of dangerous holes in the lawn and the dilapidated state of the benches. The issues are being addressed in sections in order to make the park safer for children.

There are a few issues that are currently being addressed, such as the worndown benches, crumbling stone chess tables, and, most importantly, the grass in the center of the park. The water park was upgraded before the summer so that children could enjoy it throughout the vacation. The Parks Committee has been working to make these changes happen, and ensure that the Blumenfeld Family Park remains a landmark in Port Wash-

made possible by a combination of pub-

lic and private funding. Donors such as Laffey Fine Homes, the Zimmerman Family, the Krieger Family, and various other Port residents and organizations, allow Port and the Town of North Hempstead to work on beautifying the park and making further improvements. Many residents have helped plant gardens around the grassy area. Sponsorship is crucial, as the park is large and requires a lot of maintenance and meticulous care.

"With our policy, people can fund and The improvements taking place were adopt a garden, so that brings them closer to the town," said Ms. Germain. "It's a great way to show respect in memory of

The improvements taking place will hopefully be beneficial to the Blumenfeld Family Park and Port Washington as a whole.

"I support doing whatever we can to make sure Blumenfeld Family Park is maintained and improved so all can continue to enjoy this jewel in the crown of the North Hempstead Park System," said Ms. Bosworth.

## Newspaper staff attends CSPA 2014 Fall Conference

#### Students attended workshops on layouts and reporting led by experienced journalists

BY Emily Ma and Danie DiRuggierro

Contributing Writers

The Columbia Scholastic Press Association's 2014 Fall Conference brought school newspaper editors from schools across the East Coast, including from our own school, together to improve upon their reporting skills.

At this event, editors received guidance and advice from experienced journalists in an effort to improve their layouts and reporting. The conference consisted of various workshops for high school reporters to attend. Workshop titles, such as "Avocado Green is to Die For!" and "Controversy, Confession, and Cornflakes," attempted to engage students to attend that conference, just as an article title should draw readers into the text. At the seminars, students learned everything from the latest trends in design to tips on

dealing with controversial subjects and which were helpful in their own way." censorship.

"It gives students a resource to receive information about the school," said freshman Rebecca Muratore. "It's a really good way for students to write and express their opinions."

"There were a lot of really informative seminars on different aspects of newspaper and how to improve in those areas," said junior and The Schreiber Times news editor Madeline Fagen. "I was able to attend three different seminars, each of

nsights into how to find information—the school. needed for in-depth articles, utilize her rights as a student journalist, and localize large-scale events.

"I will most definitely be using the techniques and resources that were shared in order to tell the Schreiber community the full story," said Fagen.

Newspaper advisors Mr. Craig Medico and Ms. Evelina Zarkh agree that the conference was valuable and that these new techniques should be used in future reporting.

"It was a great time," said social studies teacher and newspaper advisor Mr. Medico. "The students were inspired by what the speakers had to say, and want to apply what they learned at the conference to their writing in the Times."

Schreiber students think it is important that editors attend conferences like these

in order to improve their writing skills and The discussions Fagen provided enhance their ability to share news with

"I think that these types of workshops are very worthwhile," said freshman Sherry Shi. "Our editors are being inspired by writers of a higher level, which will lead to a better newspaper."

Many students depend on The Schreiber Times to provide information about recent events.

"It gives students a resource to receive information about the school," said freshman Rebecca Muratore. "It's a really good way for students to write and express their opinions."

Programs like the Columbia Scholastic Press Association's 2014 Fall Conference are designed to improve school newspapers like this school's, and encourage students to use their skills to a fuller capacity in order to create better, more comprehensive publications

# Point

# Counterpoint

## Is Skype the most beneficial medium for college meetings?

**BY Caitlin Ferris** 

Staff Writer

The college admissions season is an incredibly stressful and confusing time. With the number of schools available to us, seniors and juniors struggle to find which college will suit our needs best, and accept us.

Part of what narrows this process down is meeting with admissions officers from different colleges. The goals of these meetings are to allow us students to learn more about the school, and to provide a connection, which can be used if a student ever needs more clarification on any aspect of the university. Many representatives will bring materials such as business cards and pamphlets, detailing the school's statistics and programs.

These goals can easily be achieved through Skype. A connection across a video stream may seem less personal, but it differs only slightly from a visit in person. The video chat is interactive, so the officers can see you just as easily as you can see them, and they will still take your questions if you have them. Skype allows some colleges to reach high schools to which they cannot typically travel. If circumstances occur that prevent a representative from physically making it to the meeting, it can still take place.

I personally attended a Skype session for a college, and it was a very beneficial and informative experience. The representative was warm, witty, and engaging. He gave participants a lot of information about the school, and gave us advice on how to strengthen our applications. Most importantly, he gave us a "feel" for the school, even though he was miles away in New York City. The meetings can spark interest in a school—if you like what a college rep has to say, you can visit the campus or look on the website to learn more.

"Many students have busy schedules, and do not have the time to visit colleges," said senior Charlie Scharf. "Also, there is a large financial burden on having to pay for airfare or a hotel to visit campus, which not everyone can afford. Skype provides a free, cost-effective way to get to meet with school representatives."

school representatives." Obviously, the best way to learn about a school is to visit, and take a class there. However, if you do not have the time or money to visit all the schools to which you want to apply a meeting with a representative is the next best alternative.

"With so many different universities to choose from, Skype sessions with college reps are really helpful because they give students who don't have the time to actually visit schools a chance to learn more and show interests," said senior Sam Goldman.

This quote also alludes to another helpful part of the meeting: the opportunity to establish your interest in your favorite universities. When you attend a meeting, your name is written down, so that the school can continue to email or mail you information, and so that it knows that you have invested time to learn about the university, and that you care. In this way, Skype meetings are just as valuable as meetings in person with reps.

Skype sessions allow college representatives to communicate with as many high schools as possible, allowing the college to reach out to a more diverse set of students.

"I do think it's a good idea for west coast colleges, and small colleges that may not necessarily have the resources to fly their representatives across the country to publicize their school," said senior Josh Curtis.

Schools may create more diverse student bodies if they can appeal to different areas of the country that they couldn't previously reach.

"I think college Skype sessions really take advantage of technology to help students learn more about a particular school. This kind of communication is especially helpful now that increasingly more students are applying to schools far away from them," said senior Wyn Stopford.

As technology progresses, admissions have changed as well. Schools now email prospective students, set up accounts for admission through the Common App and send acceptance letters (and rejection ones, too) through email. Technology allows the admissions process to be more efficient, and this efficiency includes online meetings with representatives.

 $^{\mbox{\footnotesize BY}}$  Adi Levin and Caroline Katz

Contributing Writers

Schreiber has recently implemented a new program in which students can interact with college representatives through Skype, as opposed to speaking with them face-to-face. Although the program wasn't intended to replace meeting college representatives in person, many students consider the new program as an alternative to speaking to representatives directly.

"It shouldn't take the place of face-toface meetings; it's supposed to enhance the flow of information," said guidance director Mr. Hank Hardy.

The program is supposed to strengthen the quality of in-person discussions, but if students use Skype in lieu of traditional conferences, disadvantages may arise.

As far as first impressions are concerned, talking to college representatives through Skype cannot possibly compare to face-to-face meetings. Talking to someone in person creates a more memorable experience.

"It's a little more comforting to be around a real person rather than a computer screen," said junior Maxwell Silverstein.

Students can't address their own private concerns in a Skype conversation, and it's important for people to connect to representatives on a more personal level, which makes college and university representatives more approachable.

"You lose a part of someone's personality through the screen," said senior Haley Sambursky. "There's a detachment when you aren't actually talking face to face in the same room."

Motivation plays a key role in the process of going to these meetings. If a college visits Schreiber, then most interested students feel obligated to attend, whereas if sessions are available online after the fact, students would be less likely to participate in the discussion. A number of students aren't even aware

of what the Skype program entails, or don't use it at all.

"My friends and I don't have the time to sit through the interview and don't have questions to ask. It's kind of pointless to go if you don't have questions prepared," said senior Mia Crowley.

Not only do students experience problems with this program, but obstacles also arise for college representatives. Many colleges do not want the Skype sessions to be recorded, making it impossible for students to access the meeting at a later point in time. If students choose to take part in Skype chats, instead of a proper face to face, and the college in question doesn't want the conversation recorded, then they have no way of obtaining information that was discussed in that session.

"The purpose of speaking with college admissions representatives is to gain personal connections with schools and to ask the questions that are important in making your college decisions, yet both of these are completely lost through interactions over Skype," said senior Evan Kaminsky.

Even if the conversation itself goes smoothly, technological problems are inevitable. Unclear connections and glitches can definitely compromise the success of a session. Background noise and other distractions can also cause problems for students and representatives. You can go anywhere to Skype, but in a proper setting for a meeting, there should be few disturbances. The area is prepared to ensure that background noise will be kept to a minimum. Skype calls are far more informal, so participants don't usually take many precautions.

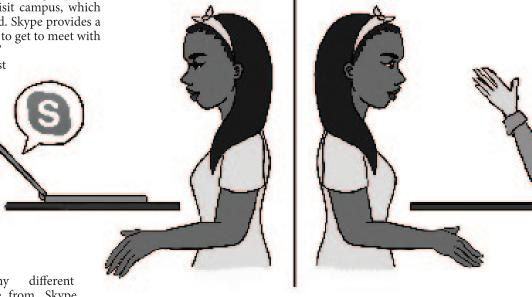
Only a handful of colleges have participated in the Skype program, which limits students' options. However, ten times as many colleges have taken part in Schreiber's Annual College Consortium, involving discussions with admissions representatives and Schreiber alumni.

Zareen Johnson

Overall, using Skype to interact with college representatives has many problems.

"There's a very different feel over Skype," said senior Crystal Ren.

Perhaps, if people considered it as an addition to the current face-to-face discussions, rather than a replacement, students could better use it to their advantage. Skype could never take the place of meeting representatives in person.



ues is just one more example to demon-

strate that fact. While many learn about

another test to study for. If the learning

government structures in classes, it is just

#### No one cares about midterm elections

**BY Josh Curtis** Contributing Writer

"If a nation expects to be ignorant and free in a state of civilization, it expects what never was and never will be? Thomas Jefferson's words in a 1816 letter to Charles Yancey ring true today as they did during the early American republic. It is because of this sentiment that support for public education grew to be so powerful. Horace Mann, father of the American public school system, believed that secular, public schools were key to upholding the virtues of a republic in its citizens, and he advocated for this throughout his tenure as a public figure in Massachusetts politics. That spirit has formed the trajectory of American schooling—to teach children to be well-enough informed that they might successfully protect their nation's democratic institutions against forces of either tyranny or anarchy. 200

While most students will cringe at the idea of the dreaded mid-year tests when one mentions "the midterms," I will instead cringe at the idea of the ignored midterm elections. This might be excusable in a school of mostly non-voting age citizens, except for the fact that the trends among young people who can vote uphold these abysmal participation rates: 21.5% of eligible voters aged 18-29 actually voted in 2014, and 20.9% in 2010. When I talk to students, it often seems like they could care less about elections on Election Day, I doubt that the fate of the country is on many people's minds.

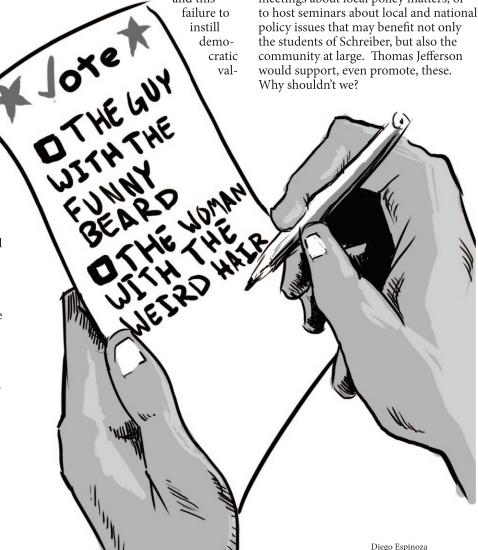
years later, how do we score?

"I think most students know little to nothing about midterm elections," said senior Jared Hirshfield. "Many students feel as if they have nothing to do with politics, but they can and will be affected by policy changes. For example, after college, many will be employed and will have to pay taxes."

Many bemoan that politicians are not

attuned to the needs, concerns, or skills and assets that young people have. But as Thomas Jefferson says, "I know no safe depositary of the ultimate powers of . . . society but the people themselves; and if we think them not enlightened enough to exercise their control with a wholesome discretion, the remedy is not to take it from them, but to inform their discretion by education." So I ask again, in this context: 200 years later, how do we score?

were more hands on, then the student body would be more engaged; plenty of local politicians offer internships, and Schreiber is one of the few schools in the area that does not send students to these. Perhaps, the school should engage in more open discussions of local Our public education system needs and national policy. The school should revamping, encourage students to attend town board and this meetings about local policy matters, or failure to instill democratic Why shouldn't we?



#### Jake's take: sugar, pumpkin spice, and everything nice

BY Jake Arlow Staff Writer

The beauty of fall is immense and overwhelming. Artists have attempted to capture its true essence in paintings and poems, their words and brush strokes dripping with warm colors and cool breezes. These people failed to realize that the true essence of fall is not in a dainty red leaf riding the wind to the ground, or in cold nights snuggling under a warm blanket. It is found at Starbucks.

Set foot into the store and your senses will be overwhelmed. Look to your left: a used napkin and a stirring rod! Look to your right: a disheveled man waddles out of the public bathroom! The sounds of a cheap Christmas album fill the store with a buzz that can only be described as "both spirited and depressing."

The tantalizing odor of the sterile and uniform coffee maker fills your nose with the spirit of autumn. But the most overpowering scent of all is the smell of the Pumpkin Spice Latte. Now, I know most people think, of course a pumpkin spice latte goes with fall, but I'm not just going

to state the obvious. No, the Pumpkin Spice Latte is a cultural fall phenomenon, and needs to be analyzed as such.

The first sip of a Pumpkin Spice Latte

"Look to your left: a used napkin and a stirring rod! Look to your right: a disheveled man waddles out of the public bathroom! The sounds of a cheap Christmas album fill the store with a buzz that can be described as 'both spirited and depressing."

transports the drinker to an endless pumpkin patch where the scarecrows are smiling and the crows sing sweet songs. Then, the spice arrives. You knew it was there, but it shows its sassy face just when you least expect it. It makes one say, "Hey spice, how you doin'?" Answer: very good. Everyone's witnessed it.

"I know it's fall because even my turds are pumpkin-spiced," said senior Will

This latte feels like home. It feels like a mother's embrace after a long journey. Fall is like the latte because it starts out sweet with Halloween, the first brisk day, the smell of bonfires, but it can also turn spicy. It can snow, storm, freeze, yet you'll still love it. You will still have that warm and cozy feeling.

"I love the fall," said senior Neil Devas. "I can drink Starbucks and snuggle up with a good book by a roaring fire while I watch the leaves dance outside my

So go to Starbucks and take it all in. Wave to the used napkin, hug the disheveled man, buy the cheap album. Soon enough, you'll be drinking Gingerbread Lattes, and your winter's frigid heart will invade you just like a

#### Briefly summarized

BY Sabina Unni Assistant Opinions

The longest serving United States President was Franklin D. Roosevelt, who served for twelve years. In Burkina Faso, the now ex-president, Blaise Compaoré, has served for 27 years. As if 27 years does not seem like enough, Burkina Faso recently tried to pass a constitutional amendment to allow him to run in a fifth presidential election. Rumors began in July of 2013, when Compaore's oppositional party, the People's Movement for Socialism, spread information that he would attempt to prolong his term. On Oct. 30, the National Assembly, a legislative body, met to debate the introduction of a new constitutional amendment, which the ruling party, the Congress for Democracy and Progress, would have supported.

The meeting sparked mass chaos throughout the nation that included looting, arson, and street protests. The National Assembly building and parliamentary building as well as other government buildings were burned by protesters during the upheaval. The protests were not exclusive to the average citizen; high-ranking government officials, including Defense Minister Kouamé Lougué, participated in uprisings. Following the burning of the Congress for Democracy and Progress headquarters, Compaoré dissolved the government, declared Burkina Faso to be in a state of emergency, and fled to the Ivory Coast. General Honoré Nabéré Traoré stated that the country would enstate a transitional government for the next twelve months, and finally, after much anguish, Compaoré officially resigned. Colonel Isaac Zida, controller of a large branch of the military, appointed himself as Head of State for the transitionary period, despite General Honoré Nabéré Traoré's previous claims of leading the transitional government.

This is not a coup d'etat but a popular uprising," said Zida. "I salute the memory of the martyrs of this uprising and bow to the sacrifices made by our people."

But why is this event important? Burkina Faso is a country that exists in the Sahel region of Africa, a region of social and economic turmoil. Throughout Burkina Faso, there is food insecurity, droughts, a lack of fundamental rights for women, extreme terrorist groups, and now, there is massive political instability.

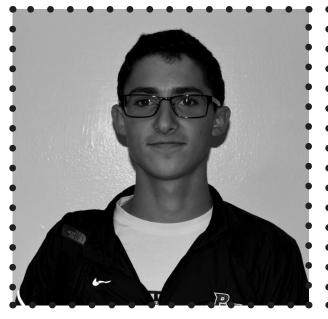
As said by the International Food Policy Research Institute, "Food insecurity, or poverty-related hunger, follows from armed violence that disrupts markets and livelihoods and leaves household armed violence that leaves households without sufficient resources to access food."

Al-Qaeda in the Islamic Maghreb, a terrorist group that plagues the region, and the Tuareg Rebellion, a regionwide series of conflicts which has stirred underlying tensions, also contributed to the lack of proper resources, as each group seizes supplies donated by organizations and governments. Furthermore, food instability has been brought about by the lack of education and non-arable

In summation, this is a region that is already full of problems, and these problems will be further exacerbated due to political instability.

# Schreiber Speaks

#### What is your best Thanksgiving experience?



"My aunt Janine made an enormous turkey and it fell apart on the table and fell apart on everyone."

~ Joey Levine, sophomore



"I went to the Thanksgiving Day Parade to see the floats. It was two years ago and I went with my friend Emma and her parents."

~ Adriana Alvez, sophomore



"I don't have a favorite experience since every year is unique and great. Every year, all my relatives come over and we have a great time."

~ Gabe Lyons, senior



"My husband and I called our friends and one of them let us watch the Thanksgiving parade from the tall new office building."

~ Ms. Tina Marie Gallagher, mathematics



"My brother's great dane decided to snatch the turkey off the table and went running around the house. We had to chase him to try to get it back."

~ Mr. Hank Hardy, guidance



"We celebrated Thanksgiving the day after Thanksgiving and we called it 'Festivus' and my whole family came together to celebrate."

~ Ms. Lauren Foster-Holzer, special education

Photos and reporting by Stacey Kim, Sabina Unni, and Josh White, Opinions Editor, Assistant Opinions Editor, and Photo Editor

## Increased Schreiber security: a neccesary inconvenience

**BY Elizabeth Muratore** 

Staff Writer

Over the past few weeks, the words "doors," "alarms," and "intruders" have been echoing through the halls. The loud ringing of newly installed door alarms is an all-too-common occurrence, much to the chagrin of teachers in the A and B wings. Students must trudge around the school to the front doors longing for the days when they walked a mere fifty feet from their mom's car on Ridge to the door next to the Foreign Language wing. Security at Schreiber is tighter than ever. Even so, an intruder still made it past the guards, through the front doors, and into the school cafeteria recently.

Some might argue that despite the ramped-up security, determined intruders will always be able to find their

generation, where national security and enforcing such stringent rules, students future efforts to protect school shootings are constantly headline news, how can we afford to be lax about the security of our school and the safety of students?

It may be slightly more annoying to walk farther in chilly weather to get into school, but this does not negate the importance of implementing stricter security measures.

"Personally, I think that the safety regulations are overall beneficial for the entire school community," said senior Sameer Nanda. "While it may seem like a hassle at first glance, I think in the long run, when students are safe from intruders, it will be truly helpful and successful. Furthermore, in this day and age there has been a dramatic increase in the amount of violent, hostile teenagers who are trying to break into schools for

way into the school. But in this post-9/11 whatever reason; so by establishing and from entering should not discourage

"While it may seem like a hassle at first glance, I think in the long run, when students are safe from intruders, it will be truly helpful and successful," said senior Sameer Nanda.

are actually guarded from such looming threats."

The recent failure of the school's security system to prevent an intruder or convince the student body that the increased security measures are "unnecessary" or "annoying." It should motivate the Schreiber faculty to more closely examine what failed to prevent the intruder from entering the school and to subsequently formulate a plan to thwart future intrusions.

"Though the school's security may be ineffective at the moment, I appreciate the effort the school put in," said sophomore Jordan Greenblatt.

If, at some point, when the door alarms or security guards prevent a bomber or serial killer from entering the school, Schreiber students and faculty will no doubt be thankful that the school had the foresight to anticipate such an intrusion.

# Editorials

# Participation in quarter grades

You think you are doing exceptionally well in Physics, until you get your report card. You receive a full letter grade lower than you had calculated and immediately email your teacher, asking what happened to your C+. The next day, your teacher explains that although you do very well in the class, you do not raise your hand often or add to the conversation at all. Because you are slightly more shy than your peers, you cannot receive the grade for which you studied and did homework. Instead, the boy who sits next to you and gets mediocre grades, but speaks up whenever he gets the chance, does better than you.

This is a common situation for students, for the most part. Despite their good intentions, many teachers penalize pupils who do not share their opinions often. There is a plethora of reasons a student may not raise his or her hand on a given day. Little sleep the previous night could make students less willing to participate. Shyness and insecurity, often built into an individual's personality, affect students' activity in class. It is unfair to give students a lower grade than they deserve just because they may have one of these characteristics, or are experiencing one of these issues. Additionally, if a student understands the material and is able to do well in a class without raising his or her hand, why should he or she be forced to ask unnecessary questions for a good participation grade?

At the same time, some teachers could not care less if their students talk, and simply do not include participation in their grading policy. This hurts students who go out of their way to keep a class conversation going and does not rightfully punish the students who are

disruptive

Because of the inherent unfairness in this lack of uniformity, The Schreiber Times believes that teachers should standardize participation grade guidelines. There is one particularly effective policy used by a few teachers that The Schreiber Times suggests more teachers take advantage of. In this system, all students should start with a perfect participation score. If they are disruptive in any way, points are deducted from that score. If they actively participate or do not say anything at all, that grade stays the same. At the end of the quarter, every student gets the grade he or she deserves.

If Schreiber were to regulate participation grades, this would reduce the number of students who find themselves with a grade they do not think they deserve.

# Technology in the classroom

According to a 2013 study of American teenagers by the Pew Research Center conducted by Mary Madden, Amanda Lenhart, Maeve Duggan, Sandra Cortesi, and Urs Gasser, 78% of teenagers have cell phones. Clearly, cell phones have numerous advantages, but teachers and administrators have had to rework and edit school policy to adapt to this modern phenomenon.

To deal with teenage cell phone usage, the current policy, as listed on pages 25 and 26 of the Rules and Procedures, states: "students are prohibited from using or having on or in an operational mode any paging device, mobile telephone, cellular telephone ... or any type of telecommunications or imaging device during instructional time, except as expressly permitted in connection with authorized use in classrooms.

While students are permitted to possess such devices during the school day, they are prohibited from using them in any manner which invades the privacy of students, employees, volunteers, or visitors."

Even though teachers, faculty, and staff adhere to this policy, students often blatantly infringe upon it. In some cases, teachers cannot admonish or punish students, as they are unaware of this cell phone usage. You're probably familiar with one of the following techniques, the phone-inside-of-folder, or the phone-ontop-of-backpack, or perhaps the elusive phone-in-calculator-case. If that meant nothing to you, it can mean one of two things—either you're a very good student, or you're lying.

But who cares? This is not only disrespectful and distracting to students, but also incredibly rude to classmates. Members of *The Schreiber Times* have noticed students check their phones in class, and it was distracting and disturbing. It is in no one's best interest to check one's phone during class. If you're not going to pay attention in class, at least let other students pay attention to the teacher and lesson.

The Schreiber Times urges students to make rational and just decisions with their cell phones, and to think in the best interest of all around them.

#### Helpful Guidance Department

Whether it is applying to college, changing schedules, or needing support, who do students call? Their guidance counselors. Very few students would understand how to efficiently apply to college if it were not for these faculty members, but many misguided students believe that the guidance department plays a minor role in their lives.

It's obvious that guidance counselors' help is essential to students. They are there for seniors every step of the way, guiding them to apply to compatible schools. Would you be able to understand the complexities of Naviance and the CommonApp without them?

Counselors also provide an

#### equal amount of care and effort to underclassmen, answering their inquiries and addressing their needs.

In addition, guidance counselors and students, throughout all grades, tend to form strong bonds, as they are not like other faculty and staff; students feel comfortable enough with their counselors to share issues regarding school and to ask for advice.

As a result, *The Schreiber Times* strongly believes that the guidance department is vital to not only to seniors but also all students in the school.

Interested in writing for The Schreiber Times? Then come to the next newspaper general meeting on December 4! All new writers are welcome!

#### **Times Policy Statement**

The Schreiber Times' 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.

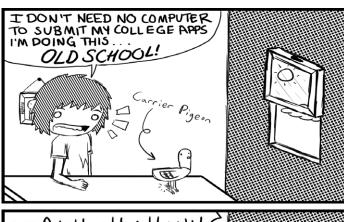
We will print letters to the editors if judged to be of sufficient quality and importance on a space-available basis. We will not print letters that are obscene, libelous, or contain unfounded charges. The Times reserves the right to shorten letters if doing so does not alter their meaning, and to choose 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.

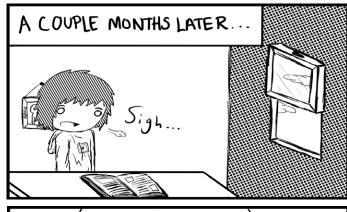
We will not publish advertisements if they are deemed libelous, obscene or likely to incite criminal activity. Prices of advertisements are standard and price schedules are available upon request. Advertisements do not necessarily represent the views of The Times.

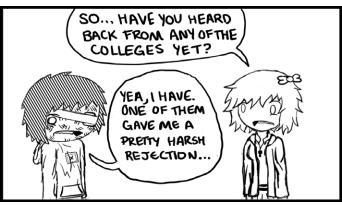
We will establish new policies if the need arises. Until such a point occurs, The Times will follow the policy described in this space as well as the guidelines of common sense and reason.

#### **Old School College Apps by Ethan Bookstein**









#### Uptown Rosso puts the pizzazz in brick oven pizza

BY Izzy Gold and Aliza Herz

Staff Writers

If the thought of another pizzeria in Port makes your tummy turn and stomach growl, here's some advice: feed them with food from Pepe Rosso Uptown.

Pepe Rosso Uptown, located at 52 Main Street, made its debut on Aug. 29. Many people believe that this restaurant is just another pizzeria, something that this town does not need any more of. However, Pepe Rosso Uptown is far from a generic pizzeria so do not worry; it is a unique artisanal pizzeria and restaurant, and a spinoff of Pepe Rosso 24 in Manorhaven.

Rosso Uptown is different from the other pizzerias in Port. During the warm eater, which makes it easy for anyone to find something that they like. Pepe Rosso Uptown is similar, but has more of a pizzeria style restaurant when compared to its downtown location. Known for their brick oven pizza, Rosso Uptown has become a huge success since its opening at the end of the summer. Most pizzerias in Port do not offer brick oven pizza like Rosso Uptown, which is what sets it apart from the others.

Each location's menu, while essentially Italian, offers unique foods. For example, the downtown restaurant offers a certain set of soups, but the uptown location offers a different, yet somewhat similar, set of soups. Things like this separate the two menus from one another.

dishes making it difficult for many to favor one restaurant over the other.

Most people who have been to the restaurants seem to love the menus. However, there have been complaints from customers who go to Pepe Rosso Uptown that the service is extremely slow.

"Part of the reason why I enjoy Pepe Rosso 24 more than the uptown location is because when I went there the restaurant was very crowded so the service was terrible and I had to wait so long for my food," said Rosenberg.

On the other hand, some students have become avid Rosso Uptown goers, and feel rather neutral over their Uptown versus 24 preference.

"I am a huge fan of the personal pizzas





Rosso Uptown is an italian inspired restaurant for all types of occasions whether you are just meeting up for lunch with your friends or having a family reunion. With the large flat screen televisions, customers are able to watch any game while enjoying a big plate of chicken parmesan or penne alla vodka.

months the front windows open to create an open feeling within the restaurant. Customers who sit near the window are able to watch the excitement and action of Main Street as they enjoy their meal. Unlike its partner restaurant in Manorhaven, Rosso Uptown is located in a more populated section of Port, which is more convenient for customers who like to be in town during meal times.

Pepe Rosso 24's menu features a wide variety of Italian-style food. They have many options, even if you are a pickey

"I love the Rigatoni Siciliana, but I have found it much better from the Pepe Rosso located in Manorhaven, it just is not the same at the uptown location. It is certainly worth a try, however, because I know others who enjoy this new location even more," said junior Emma Rosenberg.

There are varying opinions within members of the Port Washington community over which restaurant is better. Students at Schreiber who have been to both restaurants and have developed a strong love for their favorite at Pepe Rosso Uptown," said junior Blake Dolin. "I go there all the time."

While there are many different opinions concerning the menu and service at Pepe Rosso Uptown from residents of the Port Washington community, what we do know is that the new restaurant is unique, fun, and definitely an experience for everyone! Besides after a long day at school, who wouldn't enjoy a nice slice of brick oven pizza with a tall, cold glass of

#### The unique month of new & awkward transitions

BY Jake Arlow

Staff Writer

It is National Model Railroad Month, it is the end of the first marking period, it is National Sleep Comfort Month, it has Have a Party With Your Bear Day (Nov. 16, for those who enjoy ursine celebrations). it is full of excitement and changes: it is November and let me tell you, a lot is going on. Between the excitement of Halloween and the festive holiday spirit of December, this transitional month is sometimes forgotten. It is like the awkward tween cousin who shows up to a family dinner with one chest hair, braces, and a cracking voice. And although you may not realize it now, it is very important.

For Schreiber students, the month marks the end of the first quarter, and for seniors, this means first quarter grades will be sent to colleges. Senior Sarah Sigman, when asked her thoughts on this, said something that cannot be reported in a school newspaper. On the bright side, the stress of the quarter is released, but the anxiety of college admissions is just beginning.

November is also the month our clocks fall back, and another hour of darkness comes upon us like a monster leaving its closet, ready to strike. But hey, that means it is lighter in the morning. This transition to dark nights gives the month a disjointed feel, but the daylight savings is necessary. All of the farm folks leave the fields, and instead do homework and then pass out at 8:30 because why on Earth is it so dark?

Apparently, the November Blues have not reached Schreiber teachers. They are obviously a strange breed of humans that does not perceive the world the same way as students. So what do they have to say about the wacky month of November? Not much.

"I got nothing on that," said English teacher Ms. Jennifer Sacha.

For teachers, the month is not July or August, so it has no real differentiation from the other 10 months of the year that are also not July or August. The one thing Schreiber teachers do pay attention to is the No-Shave aspect of November, as most (male) teachers are capable of growing beards, which in itself is a big transition from normal teacher to teacher-who-looks-like-lumberjack.

So many things happen in November; it's no wonder the month flies by.

"November is like the gateway drug of months," said senior Will Berger. "It seems like no big deal now, but sooner or later you'll find yourself depressed and rolling around in white powders."

Do not fear the changes, but embrace them. Let November seep into your skin like a soothing ointment.

It is normal to feel a little different during this month: a lot is going on all at once. The leaves have fallen from the trees, second quarter has started, the weather is changing quickly, it is getting darker earlier, and ISIS has begun chemical warfare on innocent civilians. All of these are natural things, and they just make this November extra special for all of us.

By the time December rolls around, you may be eagerly awaiting the winter holidays. However, there might just be a little part of you that misses this odd but special little month we call November.



BY Sammy Bizenov and Danielle Tawfik

Assistant Features Editors

As our bags of Halloween candy get lighter, and as the weather starts getting cooler, every food lover gives thanks for the food-filled holiday of Thanksgiving. For us foodies, Thanksgiving means stuffing our faces with turkey, sweet potatoes, pumpkin pie, and anything else that is present at the holiday dinner table.

Many would claim that the most important part of any Thanksgiving feast is, of course, the turkey. Turkey is the ultimate symbol of the Thanksgiving season. While many families eat the traditional braised turkey with seasonal vegetables, and others choose to deep fry theirs, or use herb crusts. No matter how their family chooses to eat its turkey, most will agree that the gravy can make or break the meal. Nuts, chicken stock, and turkey fat are among the common ingredients used to make up this special Thanksgiving sauce. However, different families add their own flare to the turkey dressing.

The next ingredient for the perfect Thanksgiving dinner is stuffing. Stuffing can give your dinner extra flavor and spice up your turkey. Any type of stuffing is great, but try something new and add in some peaches, hazelnut, sausage, and herbs, or maybe incorporate cornbread or challah bread instead of the bread you usually use. The stuffing can make your turkey taste unique and memorable.

Sides such as cranberry sauce and mashed potatoes are also important for making your dinner flavorful and special. The sweet taste of cranberry sauce mixes incredibly well with the savory taste of Combining mashed potatoes, grilled vegetables, and butternut squash flavoring is a delicious and easy way to make your dinner really stand out!

The best way to end the perfect Thanksgiving meal is with anything pumpkin. Drop your pumpkin spice latte for a day, and enjoy the other things pumpkin flavoring has to offer! Your typical pumpkin pie is a Thanksgiving essential. But who says you should stop there? Get creative by making pumpkin crème brulée or pumpkin-flavored chocolate chip cookies.

Sticking to the category of fall's harvests, we could not leave out one of the most important Thanksgiving delicacies: sweet potatoes. There are countless ways to enjoy this Thanksgiving treat. You can eat them mashed and mixed into your turkey, or even in French fry form. However, arguably, the best way to enjoy sweet potatoes is baked and topped with marshmallows. No matter what manner you choose to eat sweet potatoes, the vegetable is seen as essential at any Thanksgiving feast or dinner.

Whether you are hosting a huge family feast, or eating a smaller dinner at a local restaurant, Thanksgiving dinner is one of the best meals of the year. We tend to think this: don't feel guilty about eating whatever you want, because calories don't count on this Thanksgiving!

Getting together with distant family and giving thanks to everything you have is fun and all, but let's be real here—the best part of Thanksgiving has to be the spectacular



Neither the national nor the state standards for health education listed on the school's website refer to specific sex education requirements. Moreover, condoms are not available to students on school grounds.

Parents also offered their views on the proceeding of their children's health classes. Schreiber parents believe that it is helpful for students to learn about sex education in class, but some have mixed feelings about learning about sex in a coed classroom.

"Sex education should be taught in high schools, but it shouldn't be taught in mixed or co-ed classes," said Schreiber parent Ms. Vlada Alexeeva.

However, most parents support the idea of learning about sex education and STDs at school.

"I believe that sex education helps teens take precautions and avoid attaining any disease that comes from sexual contact," said Schreiber parent Ms. Shirley Rayn.

#### **LGBT Sex Education**

On a different note, some students feel that Schreiber helps students make good decisions regarding sex and contraception, but lacks appropriate LGBT sex education that goes beyond simply recognizing different sexual orientations and genders. Although the Dignity for All Students Act, passed in 2010, prohibits discrimination based on sexual orientation, there are no New York State standards in place that require LGBT sex education.

"Sexual education should revolve around teaching students about all forms of healthy sexuality," said senior and former GSA vice president Olivia Mann. "While I am thankful for Schreiber's lessons on abstinence and PIV sex, I believe that LGBT students are left in the blind. Students should be offered unbiased information about all healthy sexualities, despite any political influences. And since this is rarely offered, LGBT students are uneducated about how to use their bodies, and more importantly, how to protect themselves."

LGBT youth are disproportionately affected by negative sexual health experiences. According to the CDC, young gay and bisexual men accounted for 19 percent of all new HIV infections in the United States and 72 percent of new HIV infections among youth in 2010. Young LGBT women in high school are more likely to have experienced coerced sexual contact, and transgender HIV rates are more than four times the national average. Transgender youth are also far more likely to experience sexual violence.

Long Island Gay and Lesbian Youth (LIGALY) makes Safe Schools Initiative presentations for freshman health classes, but these workshops normally discuss the importance of creating safe spaces for LGBT youth and not LGBT youth sex education in particular. Although the school fully supports the Gay Straight Alliance (GSA), one of the first on Long Island, and its efforts to raise awareness and support for members of the LGBT community, this awareness campaign has not spread to health class sex education units. The health department has declined offers from the Gay Straight Alliance (GSA) to make LGBT sex education presentations.

Some students believe that LGBT sex education would benefit not only LGBT students, but also the student body as a

"I believe that we definitely should learn more about about LGBT sex," said senior Akari Shimura. "To be quite honest, I don't really know much about the subject and I believe that it would be beneficial not only students who will likely participate in this form of sex, but also to all other students who will gain a greater awareness of the topic."

Students also feel that health classes do not provide safe sex information for both non-straight and non-cisgender students on the gender and sexuality spectrums.

"If it were discussed in class, maybe students would feel more comfortable and it wouldn't come off as taboo," said Mann.

Even so, there are silver linings. Sixtyone percent of students polled felt that Schreiber created a comfortable learning environment for discussing sex education.

"I think that they do it as best they can," said senior Haley Sambursky. "People tend to not take health class seriously, but the health teachers still need to educate the students on the consequences that could result from having sex, like STDs

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"What health has really taught me is that venereal diseases are permanent and scarily gross," said junior Mikayla Hyman. "Also, I recently found out that having sex can give you a higher chance of getting cancer because about one half of the country is carrying something called VNA."

#### **Community Resources**

In the event that students feel they are not receiving adequate sex education in their health classes, or want extra information, a multitude of online and community resources exist that can provide students with the information they need to be fully informed. These websites and facilities range from small organizations to large-scale establishments, but all have a common goal: to educate people on sexual health and offer the services they need to maintain that health.

"I always consider the number one resource to be your parents and second to be your teachers," said health teacher Ms. Pat Kosiba. "If you don't get the information you need from these sources, I wouldn't advise students to simply Google any question they have, but instead to visit the site or facility of a reputable source, such as the Nassau County Health Department and Planned Parenthood."

Planned Parenthood is a nationwide non-profit organization dedicated to advancing the knowledge of all individuals in sexual wellness, providing healthcare to those in need, and advocating policies that keep services of this sort available.

Information regarding almost any aspect of sexual education is available at Planned Parenthood facilities or on their website, PlannedParenthood.org. The website has teen-specific information and forums. The closest Planned Parenthood, located in Glen Cove, provides birth control, emergency contraceptives, pregnancy tests and services, STD testing, treatment and vaccines, abortion services, and general reproductive checkups and tests for men and women. These services go beyond what Schreiber provides, and can

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therefore be valuable. Planned Parenthood offers additional opportunities for teens through their volunteering and employment programs. Schreiber graduate Arianna Kosloff ('13) interned at Planned Parenthood for her senior experience and observed what the organization can do to fill in the gaps of public school sex education first hand. She was a part of the Teen Advocacy Program (TAP), which gathers students to participate in awareness events.

"The other teens that I met through the program were very relatable and excited to be learning everything they could," said Kosloff. "We were eager to pass what we learned onto ours peers by visiting heath classes throughout Hempstead and talking about Planned Parenthood."

A second resource for teenage sexual education is MTV's It's Your (Sex) Life (IYSL) public information campaign at itsyoursexlife.com, launched in 1997 to promote responsible sexual health decisions among teens. Certain MTV programs, including Teen Mom and 16 and Pregnant, support IYSL and spread information about the real facts of teen pregnancy. The IYSL website contains entertaining and informative videos and blog posts that discuss various topics of sexual education in-depth, just for teenagers.

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Other online sexual education resources for teens include Scarleteen, Sex Etc., Like It Is, Go Ask Alice, TeenSource, Young Women's Health, Advocates for Youth, and SIECUS.

No matter what type of information students need regarding sexual education, a resource exists to supply it—whether or not they feel Schreiber can adequately supply it.

By Rachel Cho, Ana Espinoza, Madeline Fagen, and Rachel Kogan.



ccording to a 2013 survey by the Centers for Disease Control and Prevention (CDC), 34 percent of American teenagers and 28 percent of New York teenagers are sexually active. According to another 2013 survey by the U.S. Department of Education, 91 percent of U.S. students are enrolled in public schools. This data underscores the consequence of sex education at public high schools like Schreiber.

Schreiber students participate in sex education units in ninth grade and eleventh grade health classes. The curriculum follows national and New York standards: it is "comprehensive, medically accurate, and age appropriate." Some topics that the health department addresses include: qualities and values related to healthy and safe relationships, physical and emotional risks of relationships, preventing pregnancy & STIs, sexual anatomy and physiology, human development and sexual orientation. Teachers use traditional lessons and class participation to tailor classes to the realities of modern relationships and teenage culture.

"Students are encouraged to treat

into more detail?

themselves and their bodies with respect," said health teacher Ms. Janine Kalinowski. "This is in regards to all areas of wellness, including sexual health."

The health department favors a curriculum that both encourages abstinence and includes contraception information (sometimes called an abstinence-plus curriculum) over an abstinence-only program. The latter has faced criticism, and has not proved to be effective in delaying teenage sexual activity or reducing teenage pregnancy in districts where schools implement it. Health classes try to find

nappy mediums.

"The curriculum can hit personal, cultural and religious beliefs—we have to be sensitive and respectful to these diversities," said Ms. Kalinowski, "Some health educators tend to focus only on the extremes—for example, teen pregnancy, severe cases of sexually transmitted infections, and rape. While we cover these topics—we spend ample time discussing components of healthy relationships and constructive choices that can be made that demonstrate a sense of responsibility and

Both students and staff members understand that many students are involved in sexual intercourse or other sexual acts.

"Time is of the essence, since many

teens are having or are going to be having sex in the near future," said senior Haley Sambursky. "So they need to be educated on all the things that go along with it. much information as they can and hope difference between the ways in which the that it sticks."

> Students are equipped with knowledge that will hopefully prevent future mishaps, and they agree that sex education in high school is important. However, many students feel that Schreiber's sex education program is not comprehensive enough. In a poll of 135 students, 64 percent felt that the ninth and eleventh grade sex education units were too short, or lacked detail. Only 44 percent felt that Schreiber sex education was adequate.

"I think that sex is either made out to be a definite no-no or completely ridiculous," said senior Ariel Waldman. "To be honest, it doesn't really prepare you for the real world and scares a lot of students. There's also a lot of extraneous information, like different types of birth control that aren't effective. They're teaching us over and over again. In seventh grade, birth controls we shouldn't use instead of the ones that we should, which is pretty counterproductive."

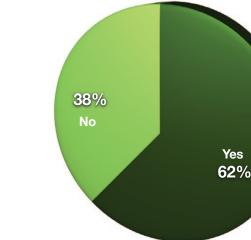
Many students do not remember the information they learned in middle school, but recall information from their

freshman and junior year health classes. When asked about the differences between this information, a majority of seniors replied, "No difference." Even so, It's important that the teachers put out as some students believe that there was a two classes were taught.

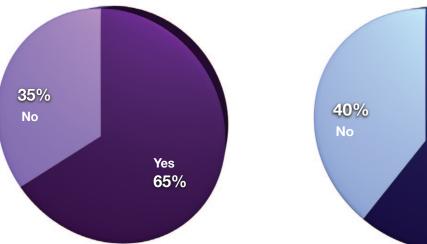
"Ninth grade was so much more awkward," said senior Ariel Waldman. "I think freshmen are more naive than upperclassmen about the topic because of their age, so sex ed was definitely more daunting. We didn't go that much into depth as freshmen, or maybe we did and I just don't remember. That's the thing, I feel like sex ed is probably something you should remember or else, what's the

Many students find themselves listening to the same information year after year, with what they suppose to be minimal changes.

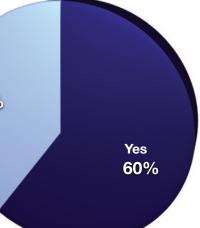
"Although sex ed is necessary, it gets a bit redundant," said senior Haley Sambursky. "They teach you the same things eighth grade, ninth grade, and eleventh or twelfth grade. No new materials is covered, and the repetition turns everything into a joke, because everyone already 'knows' everything from the last three or four times they heard it."



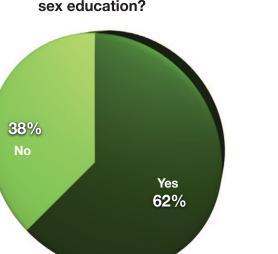
Do you think health classes should spend more time on sex education units, or go at Schreiber is adequate?



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## Town members flock to run the annual trot

**BY Carly Perlmutter and Katie Oppenheim** 

Staff Writers

Your breath escapes into the air in short puffs. You keep moving, pumping your arms back and forth, back and forth. You are exhausted, barely able to keep one foot in front of the other. Despite all this adversity, you muster all your energy. Satisfied, you continue trotting along. Welcome to the Turkey Trot.

The Thanksgiving Day Turkey Trot, sponsored by the Community Chest of Port Washington, is an annual community event. People of all ages participate in the five-mile run that starts on Manorhaven Boulevard and lasts from 8:30-10:30 a.m. each Thanksgiving morning.

The race starts in front of Manorhaven beach park, loops around Cow Neck Rd., winds through Sands Point, onto Port Washington Blvd, and twists back down to Shore Road, ending back in Manorhaven.

Whether you are a five-minute miler or a fifteen-minute per mile walker, everyone is allowed to participate and experience the satisfaction of sore legs and full lungs.

"I came in 200th place in my age group and surprisingly still got a medal!" said sophomore Miranda Tanenbaum. "One year I finished after they opened the roads to the cars and they even mailed me my medal! I love this town and this event because it's so much fun and brings the community together!"

People run with friends, family, teams, and even pets. Some groups coordinate their outfits and wear customized items



Josh White

Community members gather at 8:30 a.m. on a chilly Thanksgiving morning in 2013 to participate in the annual five mile run.

of clothing that distinguish them.

Many groups also dress in costume, including silly turkey hats, Santa outfits, and even as reindeer. Each year, a group of adults dresses up as reindeer and run while singing Christmas carols and jingling sleigh bells, in the spirit of the upcoming Christmas season.

The annual run not only encourages a strong sense of community, but also

promotes health, fitness, and exercise. After running the five miles, you feel much better about the turkey and stuffing-filled evening that lies ahead. All of the calories that are going to be consumed in the meal to come won't count as much.

"As I stuff my face with mashed potatoes and cornbread, I feel better about it because I know I burned the calories during the run," said community member

and Thanksgiving enthusiast Robert Oppenheim, father of Katie Oppenheim. "Although I may be a bit sore, the run was definitely worth it because now I can eat without feeling guilty."

Every participant receives a shirt with a different and unique logo each year, promoting turkey spirit as far as wardrobes go. The logo is chosen from submissions to an annual logo competition. Last year's winning design was created by senior Maria Tsampas. Family members and friends stand on the sides and encourage all runners, holding decorated signs and cheering for everyone.

Additionally, many people who live along the path of the Turkey Trot play loud and energizing music from their homes to increase spirit and energy for people on the run.

"While I'm running, it feels great hearing the excited cheers and shouts from people watching," said sophomore Eva Tamkin. "I've even heard some people gobble before! I feel such a strong connection to everyone in Port Washington during this amazing event."

The Turkey Trot definitley emphasizes the town's spirit as fellow runners wait for eachother at the finish line. At the end of the race, each participant recieves an apple and water.

All in all, the Turkey Trot brings the Port Washington community together, with up to 3000 anticipated citizens eager to jog each year. Town members of all ages are encouraged to join the excitement. Remember to bundle up, drink water, and most importantly, keep safe!

#### Giving thanks this holiday with friends, family, and food

ву **Miranda Tanenbaum** 

Contributing Writer

Things I am thankful for: family, friends, turkey, and traditions.

Thanksgiving is one of the most popular holidays in the United States, with its origins dating back to 1621. Celebrated every year on the fourth Thursday of November, Thanksgiving is the one day of the year when we are supposed to truly sit back and value all that we have in our lives.

For most people, Thanksgiving is a family holiday spent with relatives from near and far, and an opportunity to be extra grateful for all that we have. Whether this holiday means going out to a restaurant with some cousins, watching a football game, going to a parade, or having a homemade turkey, almost everybody has some sort of annual Thanksgiving tradition.

This holiday allows for people to appreciate how fortunate they are, soak

in the presence of their friends and family, and kick off the holiday season with a bang: filled with food and loved ones.

"Most Thanksgivings, I go to my grandparents' house and watch football with my family," said junior Ryan Delmonte.

Every year, hundreds of Port Washington citizens participate in our town's very own, Thanksgiving Day run. This event, known as the Turkey Trot is a very common tradition for many local families.

"I run the Turkey Trot every year with a few of my friends. It's really fun and kind of breaks up the day. Afterwards, my family and I drive to my grandma's house and spend the rest of the day with all of my cousins," said junior Bari Cohen.

While some Schreiber students stay local for the holiday, others choose to travel in order to reunite with family.

"For Thanksgiving, my family and I celebrate with my cousins in Chicago," said sophomore Amanda Glassman. "When my grandma was alive, Thanksgiving

was her favorite holiday, so it is still very important to everyone in my family. We always eat pecan pie, in honor of her, because she used to make her own special and delicious recipe for us."

In my case, by the time Thanksgiving rolls around, my grandparents are in Florida for the season, so my family and I celebrate with them a couple of weeks before the holiday during what we like to call "Tanenbaum Thanksgiving."

All of my aunts, uncles, cousins and second cousins on my dad's side of the family gather at our local country club and dine together: all while catching up on news from the past year. It's so nice being able to spend a day with relatives I don't always get to see, and really being able to value the company of my family.

On the actual Thanksgiving Day, my family and I drive up to Utica to celebrate with my mom's relatives. Before the feast, the boys of my family usually play a game of football. Meanwhile, the girls usually opt to go for a walk or watch a movie to pass time and work up an appetite for the

meal ahead.

November is the month of gratitude. Thanksgiving Day allows Schreiber students and the Port Washington community as a whole to appreciate family, friends and traditions, and of course, the amazing food, such as the traditional apple and pumpkin pies, definitely add to the day's positivity.

"Thanksgiving is my favorite holiday," said sophomore Emma Furst. "All of my family comes over, and my mom cooks the best food. I can't wait for Thanksgiving this year!"

No matter how the traditions formed and came to be, or how you celbrate the holiday, everybody's family has their own special way to celebrate and show their appreciation towards everything good in their lives. Sometimes we all need a reminder of how grateful we should be of the people that surround us in our everyday lives. It is so important that all Americans have this day to reflect and give thanks to everything they have.



#### Conquer the infamous day of deals and energetic shoppers

ву Katie McDermott

Contributing Writer

For some, the day after Thanksgiving is a day to digest all the turkey they ate the night before and to relax with family. However, for many others, the day after Thanksgiving takes on a whole different meaning. Millions of bargain hunters flock to their favorite stores and line up, waiting for the best deals on anything from the latest boots to the new iPhone.

One of the busiest shopping days of the year in the United States is Black Friday, and it is considered the unofficial beginning of the holiday season. It is a day when Americans can do their holiday shopping while saving money.

But how did this phenomenon even start? Ever since the first Macy's Thanksgiving Day Parade in 1924, the Friday after Thanksgiving has been recognized as the unofficial launch day of the holiday shopping season. However, it was not until the 1960s that "Black Friday" became an official term.

Originally, accounting records were handwritten. Red ink represented a store's loss, while black ink referenced a profit in sales. Because of the increase in consumerism during the end of the fall-winter season, businesses found themselves using black ink more often. Retailers are said to make the most money during this season, with approximately twenty to forty percent of annual revenue being collected in November and December. Once retailers began to realize

just how receptive people were to saving money, they decided to discount their prices in order to attract a larger crowd of people and make a greater profit. From this began the Black Friday spectacle.

"I usually go to Roosevelt Field Mall at about 10 p.m. on Thursday with my mom and sister," said junior and veteran Black Friday shopper Allison Yu. "My sister and I usually shop while my mom waits on line for us. One time she had to wait for almost four hours! Shopping on Black Friday is definitely worth it. There are amazing sales in various stores, and you are able to get tons of cute clothes for a very low price."

So if you are thinking about going Black Friday shopping this year, here are some tips that you can use on your shopping adventure to help get you the most bang for your buck:

Make sure that you do your research beforehand.

Browse the sales before you go in order to figure out which retailers will be having the greatest sales. By deciding where you want to go and at what time, you will feel less overwhelmed and anxious. Additionally, if you are planning on purchasing an expensive item this year, it is essential that you do

your homework on the product first. **Get there early**. Chances are, there will be thousands of other people just like you who are in search of those coveted sales. By getting to the store early, you will be almost guaranteed to get a great deal. Try Best Buy for flat screen TVs starting at \$200.

Divide and conquer. Most likely, you will be going to more than one store that day. Because of the numerous amazing sales, many products will sell out fast. That is why it is important to go with your friends or family. By having a group of people with you, you can split up, and assign each member in your group a certain store or product to search for. This way you can get the best deals while going to all of your favorite stores!

Have fun! Although Black Friday is known for being the most competitive day of the year for shoppers, it should also be a day to reflect on what you already own. The holiday season is a time to be thankful for your blessings and to spend time with the people you love. It is important to remember that you and your loved ones are much more important than the gifts you will be giving and receiving this holiday season. But of course, who doesn't love a great sale?

If you don't get the best deals on Black Friday, don't be discouraged! There are still tons of other opportunities leading up to the holidays to finish all of your shopping and eliminate the stress of spending too much.



www.newsday.com

Shoppers crowd together at Macy's at Roosevelt Field Mall in Garden City. Every year shoppers fill the local shopping center on Black Friday, eagerly searching for the best deals.

#### Skip the guilt, savor holiday flavors, and save your waistline

ву Delia Rush

Features Edtior

Turkey, stuffing, pie, oh my! At last the Thanksgiving season is upon us: the time of the year notorious for making you feel over-indulgent. Though it seems impossible, there are ways to avoid that food-baby in the hours and days following your Thanksgiving dinner. There is room to savor your seasonal delicacies while maintaining that trimmed waist line simultaneously.

The simplest way to keep from feeling overly guilty is to start the day off right. A foolproof way is to do some exercise on Thanksgiving Day. Exercising earlier in the day (before diving into a pile of mashed potatoes) is probably easiest on your stomach. The extent of your physical activity is up to you, whether it be participating in Port Washington's very own annual Turkey Trot or just doing a few jumping jacks. Whatever you choose, you should definitely kiss those calories goodbye while blasting the song "Disco

Inferno" aka "Burn Baby Burn."

My biggest piece of advice, especially if exercising isn't your thing, would be to refrain from stuffing your face all day long before your Thanksgiving day meal. Eat a nutritious breakfast and munch on healthy snacks throughout the day to keep yourself from caving in to unhealthy choices. This will keep you feeling fresh and energized during the busy holiday.

Whether your family is hosting Thanksgiving or you trek miles away to sit in front of that glorious turkey, there is most likely food around all day long. It seems like there are little hors d'oeuvres everywhere you turn so it is easy to pop hundreds of bite-sized appetizers in your mouth or just grab handful after handful of the food lying around the kitchen. A simple solution is to occupy yourself with some other activitity. Throw around a football outside (the more activity the better), watch Thanksgiving specials on television, or play with those annoying cousins who just won't stop screaming. The point of the holiday is to show gratitude and spend time with family, take



Josh Whit

A nutritious and light meal including vitamin-packed vegetables.

advantage of the tradition and give thanks. After sticking to your guns all day, Thanksgiving dinner will seem even more appetizing. But wait! Don't help yourself to three servings just yet! Using a smaller plate for any of the courses makes portion control a little easier, so don't reach for that platter the size of your head, however difficult it may seem. Take a small serving of everything that seems to whisper your name seductively and enjoy the meal while it lasts. Even if your passive

aggressive aunt squeezes your cheeks and beckons your to have just one more scoop of stuffing, stay strong! You have made it this far.

Finally it is time for dessert, time to let yourself truly indulge and satisfy that sweet tooth. At first it may seem overwhelming. who knew so many different kinds of of pie existed? Choose your favorite, but if you just cannot decide on one, take a small sliver of whatever your heart desires and suck in all of that pumpkin-y apple-y goodness.

So, fellow food lovers, whether you are watching your figure or just want to be able to button up those jeans when shopping on Black Friday the next day, you do not have to be overwhelmingly filled with Thanksgiving food. Keep yourself from being stuffed from stuffing by just limiting the amount that you eat. After all, the day is unofficially called Turkey Day. Spoil your taste buds a bit and do not be afraid to over-nourish; just be aware of exactly how much and what you are putting into your body this Thanksgiving.

#### Spare some stress with time management apps

ву Madi Reiter

Contributing Writer

With the stress of school, it may seem like your backpack is overflowing with handouts, only-okay test grades, and last week's lunch. Perhaps, this is symbolizing what is actually going on in your head: utter and completle chaos. To help with this common issue, some may use their school planner to organize their assignments; however, with just a tap on the screen of your phone, there is a new and innovative way to organize your life.

The use of technology is a convenient way for students to keep their lives organized. Many mobile apps often benefit the user because they make important information accessible. Now, when your parents yell at you for being on Instagram too much, you can truthfully say that you were "planning your week" or "checking to see if you missed any assignments," by using one of many time management apps now available online.

One beneficial app that can be used to keep school assignments organized is called iProcrastinate. The appreplaces the agendas with which the school provides us. It has a mobile agenda that can show homework assignments and other tasks you may have with the touch of a finger, on the go, being extremely accessible since its mobile application.

A section for each class can be entered into the app, and in order to record a homework assignment, you simply click the subject, type the name of the assignment, and choose the due date. When the phone is rotated horizontally, a calendar with all the assignments from each section can be viewed.

This app is helpful because it not only displays the information in a unique

and visual way, but it also allows the user to check information at any given moment with just the tap on a button. Besides, students are more likely to be carrying their phone rather than their agenda, which allows homework assignments to

be more

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Franny Moy

accessible.

From sports, to clubs, to volunteering, to tutoring, to working, a high school student's day can be very hectic. With all of these and

that too!

Week Calendar can help manage your schedule. After entering the time and date of each activity, you can view the schedule with fun graphics of your choice whenever you desire, as opposed to that boring calender built into your smartphone. This schedule is convenient because it is flexible and user-friendly,

commitments, it can be difficult to

remember where you have to be and

at what time. Well, there's an app for

displaying information simply.

With all this work and activity, getting out of bed on time in the mornings is a seemingly impossible challenge.

Imagine: your alarm clock goes off, you reach over, hit the snooze button, and then go back to sleep. We have all been there and faced the panic of oversleeping that tends to follow. An app called, SpinMe, is meant to prevent your tired body from doing that.

The app is quite ingenious. It is similar to a normal alarm clock where you set the time you want to wake up, but what makes this app unique is you don't simply hit a button to turn the alarm off. Once the alarm goes off, the user must stand up, put their two thumbs on the screen, and spin in a 360-degree circle twice.

This action is meant to prevent someone from hitting the snooze button and just falling back to sleep. The beginning of the day can sometimes determine how well one feels that morning and by extension, the rest of the day.

It is a lot less stressful to start your day on time than in a rushed fluster where you may not even have time to eat breakfast.

Technology is meant to improve society by making tasks more simple and convenient. Having programs on the go and always on hand is what every high schooler needs. All of your prayers have been answered by these afforadble, quick, and easy-to-use apps.

In this day and age, it is almost shocking to even think that we still used pen and paper. Apps like iProcrastinate, Week Calendar, and SpinMe will save students the stress of remembering when assignments are due, when their next soccer practice is, and running into class, late, because they over slept.

# Sc hreiber ience

By Anna Fox

Stafff Writer

Ebola. Ebola. Ebola. Say it in public and people will run. But the real issue is: what are these people actually running from?

Whether you are a little kid who has heard the word at school or an adult who has obsessively watched the news, Ebola seems to be a frightening disease, to say the very least. Many people are unsure of what the virus is, how it can be contracted, and what its current status is in the United States. Here are some facts that may help clear up some myths and rumors about the Ebola virus.

- 1. The Ebola virus was first identified in humans in 1976. There were two reported cases: one in Central Africa and the other in Sudan. The virus was named after the Ebola River, now the northern part of the Democratic Republic of the Congo.
- 2. Ebola is not highly contagious. However, the virus is extremely infectious, meaning that a very small amount of the virus can cause illness. Experiments identified that a single Ebola virus is fatal in primates.
- 3. Ebola is not transmitted through air, water, food, or mosquitos. Humans can only be infected by coming in direct contact with the bodily fluids of another person infected by the Ebola virus.
- 4. There are several symptoms of the Ebola virus. These include overall physical weakness, fever, diarrhea, aches, stomach pain, and vomiting. Also, a person with the Ebola virus may experience rashes, red eyes, chest pains, throat soreness, difficulty breathing, or internal bleeding. Symptoms usually appear within eight to ten days of exposure to the Ebola virus. However, the incubation period of the virus can span two to twenty-one days.
- 5. Ebola cannot be transmitted if someone does not have symptoms or once they have recovered from the virus. The reason that health care workers are susceptible to the Ebola virus is because of their close contact with patients during treatment.
- 6. Confirmed outbreaks of the Ebola virus can be found in the following areas of West Africa: Democratic Republic of the Congo, Gabon, South Sudan, Ivory Coast, Uganda, Republic of the Congo, Guinea, and Liberia.
- 7. There are five strains of the Ebola virus. Humans can contract four out of the five.
- 8. Scientists are unsure of Ebola's origin, but they think that the natural host species is the fruit bat.
- 9. There is currently no vaccine for the Ebola virus in humans. However, doctors and scientists have been working with other mammals, and have found a vaccine that prevents the Ebola virus in monkeys. They are now trying to modify the formula to become available to humans soon.

10. Although the Ebola virus is fatal, it is uncommon in the United States. There have been 4 reported cases in the United States, with only 1 death. Two of the infections originated in the United States, while the other two emerged in Liberia and Guinea.

# Fashion

ву Gillian Rush

Contributing Writers

With chilly fall weather kicking in, it is now time to put away the sandals and cutoffs, and pull out all those warm sweaters and jeans. Although word has it that it is hard to stay warm and still look fashionable, there are new trends this autumn that will turn this assertion on its heals.

One of the easiest ways to stay warm but still look cute during the colder months of the year is to wear an oversized sweater. These can be paired with anything from skinny jeans, to skirts, to everything in between. While picking your shoes, practically any sneaker, flat, or boot works. Sometimes, oversized sweaters can look a bit slouchy and almost lazy. However, by pairing these sweaters with the right outfit and fun accessories, you will feel and appear both comfortable and fashionable.

On the runways this season, model after model is spotted wearing fall's favorite pattern: plaid! Plaids in different colors, line thicknesses, and form are sweeping the hottest designers' shows. Play with how you wear your plaid. If you're feeling bold and willing to embrace

# Keep cozy and cute in the cold How to stay comfortable but trendy this winter

the fall trend, go for a plaid coat or pants. If you want to try out the pattern before going all in then try a plaid scarf. Or just try one of everyone's favorite staple pieces: the flannel, which is perfect for layering in the chilly weather. Wearing plaid is an easy way to accessorize and look great while wearing an outfit perfectly fit for fall!

Scarves are an easy and cute way to accessorize any fall look. You can play with different colors and textures to add to any outfit you choose. They keep your upper body warm, and look great with almost anything.

There is nothing that feels more like autumn than a favorite pair of jeans. There are hundreds of kinds of jeans to choose from. So everyone can find something they like. A favorite style is the simple skinny jean. Skinny jeans are an easy replacement for leggings if you are looking to switch up your wardrobe but still remain comfortable. With the right outfit combination, skinnies keep you very warm in the fall. You can dress them up with a nice pair of heels and shirt, or you can dress them down with a cozy sweatshirt or, of course, the oversized sweater

Boyfriend jeans are making a comeback as one of fashion's favorite fall staples. The loose, distressed, and commonly cropped jean has been seen in many designer fall collections and is loved by an even greater number of "fashionistas" throughout the world. Wear it with a looser-fitting shirt to get a bohemian look, or try a fitted shirt to let the boyfriend jeans be it's own stand-out feature. Jeans are definitely a great way to play up your outfit and to stay warm for fall.

Another fun accessory to add to your outfit while staying warm and fashionable is the notorious and popular beanie. This fashion staple is an essential for cold temperatures. From models to moms. and teenage boys to teenage girls, the beanie has been a desired item lately. Differing in colors, designs, and patterns the beanie can warm your head and ears while warming your heart because they are just too cute to handle. Some beanies have prints, pom poms, others have slogans like the infamous "Mean Girls" quote, "You Can't Sit With Us." While you may be hesistant to partake in this trend with the threat of hat-hair, the beanie is a great hair accessorie as well, proving to be the solution to any bad hair day.

Last fall, green was considered the "in color," this autumn, blue is making a comeback. Every shade of blue imaginable has strut down the runway. It seems to look good on everyone!

These fall trends are being featured by designers and can be found in stores everywhere. So if you are looking to stay warm this season, but stand out as well, fall in love with these fall trends.

# arts8. Centertainment

#### Interstellar is an emotional spectacle that suspends logic



At one point while watching Interstellar, my friend turned to me and said, "Mike, I'm crying." I laughed and asked him why, but he could not give me an answer. The onslaught of emotions, mind-warping scientific concepts, logical breaks, and powerful imagery had simply gotten to him, and he was overwhelmed, bewildered and glued to the screen, all at the same time. Such is the condition in which the clunky, yet undeniably breathtaking, Interstellar will leave you.

Interstellar, the new sci-fi epic from popular director Christopher Nolan (The Dark Knight, Inception, Memento), has had to live up to some lofty expectations. The film was shrouded in secrecy during its marketing campaign, only some plot points being given away to tantalize audiences.

The film follows Cooper (Matthew McConaughey), a former NASA pilot with an incredible love for his daughter, Murph (Jessica Chastain). The Earth that they live on is dying—crops are failing and dust storms are ravaging the countryside in a condition similar to the 1930's Dust

another galaxy via a wormhole, for which Professor Brand (Michael Caine) chooses Cooper as the mission's leader.

The film follows Cooper as he deals with the consequences of not only leaving his family to embark on a perilous journey but also the effects of relativity and the irrational nature of mankind.

For a film that touts its scientific accuracy as its highest achievement, the performances in this movie are spectacular. Nolan knows how to direct a drama. He understands the nuances of human emotion and how to build up to that singular climactic, cathartic moment audiences crave. McConaughey gives one of the best performances of his career as Cooper, the logical scientist who never once denies his humanity; he makes raw a character whose emotions could have easily rung false.

Chastain and Anne Hathaway, who plays Brand's daughter, ground the movie with their extremely human performances, presenting rationality always in conflict with irrationality, and logic always in conflict with instinct. Even Mackenzie Foy, who plays a young chemistry

b e t w e e n Cooper and her feels real and true, and when they are separated, the audience experiences a devastating loss.

Nolan also leaves his trademark touch on the film's visuals, which are almost all  $composed\ of\ practical\ effects.\ The\ minimal$ use of CGI and the jaw-dropping space imagery make for a potent experience comparable to Stanley Kubrick's science fiction masterpiece, 2001: A Space Odyssey (1968); the haunting silence of space, the fully realized planets, the most scientifically accurate black hole put on film to date—these all suck the audience in and never let them go.

The action is high-stakes, edgeof-your-seat type stuff, even if it is completely implausible at times. These contrasts between scientific accuracy and implausibility can take you out of the experience, but if you can suspend your disbelief, you are along for a breathtaking

Unfortunately, the film has dangling threads—many of them. And if you pull at any of them, the film unravels. There are plenty of logical breaks—character

decisions that do not add up, character epiphanies that do not make sense, and an awfully convenient final act that feels sloppy coming from Nolan. The themes are also incredibly heavy-handed. The overarching theme, that "love is the one thing that transcends time and space," feels forced, and Nolan's criticisms of the nature of mankind and his support for environmentalism are all too clear. At times, subtlety is simply lost in a befuddling mix of pure emotion and scatterbrained science. It is an overwhelming mix that can obviously drive some people, like my friend, to tears.

But if you can suspend your disbelief and turn off that nagging voice in your head, the movie truly is the most aweinspiring experience at the theater this year. The film thinks it is smarter than it really is, and definitely does not reward viewers looking for a movie with a logical narrative path. However, if you are looking for moving, thought-provoking cinema that will fuel passionate debates for the car ride home, experience Interstellar. Just try not to cry.

# Chris Rock shocks with SNL monologue



The former SNL cast member received negative comments after an opening monologue with the sensitive topics of 9/11 and the Boston marathon bombing.

ву Michael Falzone

Contributing Writer

Saturday Night Live has been known to push the boundaries of comedy. The show made no exception to this tradition on Nov. 1, when Chris Rock hosted.

Rock was an *SNL* cast member from 1990 to 1993 and had not been back to the show since 1996. His return was underwhelming, to say the least.

In his opening monologue, Rock made jokes about the Boston Marathon bombings and the 2001 terrorist attacks on the World Trade Center.

"In America, there are no sacred days because we commercialize everything... we're five years away from having 9/11 sales! 'Come on down to Red Lobster! These lobsters are nine dollars and eleven cents," said the former cast member.

Rock also made insensitive jokes about the Freedom Tower's opening.

"They should change the name from the Freedom Tower to the 'I'm never going in that tower' because I'm never going in there...does this building duck?" said Rock.

He received a few isolated laughs from the audience, but mostly awkward chuckles. Rock stated that rebuilding the Freedom Tower in the same spot as the original World Trade Center was a bit arrogant on Americans' part.

Is Rock saying that if you stand up to terrorist, you are arrogant? Rock shows

a blatant disrespect for the thousands of innocent civilians, firemen and police officers who died that day, as well as all of our service men and women who have been injured or killed fighting the war on terror.

The majority of people agree that Rock should not have used the Freedom Tower for the sole purpose of getting a few laughs out of the audience. As an American, he should be proud to enter the Freedom Tower. He should be proud of a symbol that stands up to oppression.

Rock warned the audience that 9/11 will become commercialized. But what he did not realize was that he was acting as the main perpetrator of the phenomenon. Rock made the 9/11 jokes for the purpose of gaining publicity, and by extension, money. His hypocrisy is disgusting. Appalled by the monologue, many rightminded Americans took to Twitter and Facebook to express their feelings for the pinhead Chris Rock.

"Hey Chris Rock, hard to believe I know, but jokes about the Boston Marathon and 9/11 are awful. #SNL," said @JordanWellin on Twitter.

Should comedians like Chris Rock be allowed to go on television and say these things? Of course, they are allowed to say what they want, but it is up to the American people to identify the garbage some people spit and to make sure that the rest of the world does not judge the country based on that trash.

# "Motion" lacks innovation



mtv.co.uk.coi

ву Ian Chu

Contributing Writer

Electronic dance music fans around the world naturally set high expectations for DJ and producer Calvin Harris' fourth studio album, announced last September.

Harris' third album, released in Oct. 2012, featured the worldwide hits "Feel So Close," "Sweet Nothing," and "I Need Your Love." Backed by prominent vocals and high-strung house beats, these hit songs earned Harris his second consecutive number-one album in the UK.

The world's highest-paid DJ attempts to emulate this same formula in "Motion," released in the first week of November, but with overall lackluster results.

Similar to his previous album, "Motion" features the vocals of well-known artists such as Big Sean, Gwen Stefani, and Ellie Goulding. However, in many instances, these vocals fail to cooperate with instrumentals. Harris lazily slapped on redundant verses from a pre-existing track by rapper Big Sean to produce his underwhelming new song, "Open Wide."

Meanwhile, Gwen Stefani's role in "Together" has been labeled as mediocre and uninspiring, especially considering her singing potential. Fortunately, singer Ellie Goulding comes through by delivering powerful vocals in "Outside" to produce another memorable collaboration with Harris, following "I Need Your Love."

Three of the Scottish producer's previously released singles are included in his latest album: "Under Control," "Blame," and one of 2014's hottest tracks, "Summer." These songs have each climbed the Billboard charts. Despite their catchy melodies, they lack support from the album's other, weaker songs.

Harris' collaboration with Dutch DJ and producer R3hab for "Burnin" resulted in a flat and unoriginal big room track. "Slow Acid" uniquely ventures into the sub-genre of acid house, and the song represents a departure from the producer's typical electro-house style. Nonetheless, the overall track-list adheres closely to the big room sound prevalent at today's raves and festivals.

Despite the disappointingly uninspired nature of "Motion," the album is still performing well on Billboard charts. In late October, Harris became the first EDM producer to land three songs in the Top 10—"Blame," "Outside," and "Summer."

It is undeniable that many songs off "Motion" will inevitably become hits at clubs and radio stations across the globe. However, buffered by a generic mix of pop and electro house, Harris' latest work reflects a concerning trend in the electronic dance music industry: playing it safe.

#### Tech attack: why the phone is not worth the film

ву Eli Lefcowitz

Staff Writer

When was the last time you sat through an entire movie or TV show without checking your phone? For many, during a TV show's monotonous parts, a phone serves as a secondary entertainer until the action picks up the pace. The consequence can be missing subtle, yet crucial, foreshadowing details, and an overall loss of quality and value.

"Whenever the plot slows down and there is dialogue, I often check my phone just to fill the time," said sophomore Justin Harnick. "But when I can tell there is a big moment coming up, I'll put down my phone and go back to watching the show."

What used to be reserved for one's house has carried on to the movie theater. Nowadays, it seems as if it is impossible to go to a movie without seeing someone texting. Movie theaters have attempted to combat this with cheesy warnings and sketches showing how distracting phones can be. But the problem persists. The unfortunate truth is that using devices during movies is only the tip of the iceberg when it comes to modern technology diluting professional entertainment.

In the not-so-distant past, most visual entertainment was professionally produced. The slower parts of movies functioned as a "warm-up" of sorts for action present later in the film. Watching a TV show or movie used to be a cultural spectacle. Gradually, the interest in experiencing film without distractions has lessened, and viewers' attention spans have significantly decreased.

After the creation of YouTube, 'directors' with little more than a phone can produce their own entertainment. Viewers can be entertained without leaving their desks. Viral YouTube videos



are almost always less than five minutes long. With the invention of Vine, an app that allows users to create and view 6-second videos, the idea of watching a 90-minute movie can be daunting.

"When I heard the movie Interstellar was almost three hours, I suddenly lost all interest," said sophomore David Han. "When I actually saw it, it was entertaining."

But the issue is not how long movies are. Rather, it is a reflection of how short we now want our entertainment to be. We want something immediate to quench our bored minds, like six-second Vines of cats speaking or athletes scoring points to the tune of a dubstep song. Filmmakers now have to contend with millions of these entertainers whose footprint in the entertainment industry is growing exponentially.

We consume so much entertainment on a daily basis that when we see a movie, we are less moved by it than in years past. Seeing a movie just seems less special. Feature-length and television program directors and actors have to work even harder nowadays to provide solid entertainment value for their audiences. They understand that people can watch a YouTube video and be entertained, but if they want high-quality entertainment, they go to the movies. Hopefully, this can serve as a motivator to entertainers. Otherwise, it could be the slow death of a beloved industry.

People still watch television programs and movies, but they always seem to need something more. Cheaply made Vines, SnapChat stories, Reddit and Instagram feeds fill up the six-seconds in which there is dialogue in an action movie, while the epic explosions and intense car chases get the most viewing time.

It is possible for professional entertainment to co-exist with amateur content. The dilution of entertainment is not any entertainer's, big or small, fault. Rather, it is a reflection of our shrinking attention-spans as consumers. The internet can be wonderful for content-consumers, but for creators it can be a curse

So before you sit down to the next movie or TV show, forget about that duck face selfie you need to send to your friend. Put your phone in your pocket and fully immerse yourself in quality entertainment.

## At 530 AM, WDOT radio dials up diverse programming

BY Emilia Charno and Ilana Hill

Contributing Writers

How often do you listen to the school's radio station? Although it is not often recognized by the Schreiber community, Schreiber has its very own radio station: WDOT.

Whether it be through broadcasting current events, popular culture, or sports, WDOT allows students to become more involved in the world around them, from the comfort of the smallest room in the entire school.

WDOT can be found on the frequency 530 AM or on portradio.org where they keep recorded versions of every show put on during the school year. In addition, the website features a full archive of each of the shows from 2005 onward.

Each show is 28 minutes long and includes a station identification as WDOT is certified by the Federal Communications Commission.

The program began in 2005 and has since been co-funded by the Port Washington Education Foundation as well as WDOT's own fundraising efforts.

The primary donors to the radio program were Schreiber alumni Ed and Dot Slade: Dot, of course lends her name to the program. These fundraising efforts include two 24-hour Radiothons, from which radio was able to raise enough money to put the television in the lobby.

In addition to Ed and Dot Slade, the students have social studies teacher Mr. Klaff to thank for the radio station. Klaff serves as the ringleader of events on radio by instructing students on how to properly run radio programs.

Running a radio program is as

daunting a task as it might appear, requiring a tactful combination of public speaking skills, improvisation, and creativity. All of which are taught in the radio class itself.

"Mr. Klaff is always helping and encouraging students to become better radio broadcasters," said junior Josh White. "He's always teaching students different speaking techniques. example, he might devote a day to talking for extended periods of time without saying 'um,' 'like,' or other crutch words."

In addition to the basics of radio, students in the class are taught about the history of radio. For example, students might learn who invented the radio and when it began being commercialized. The class is offered to all sophomores, juniors, and seniors.

Due to the lack of publicity that WDOT receives, many students are surprised to find it on their list of electives before sophomore year. Those who do take the class jump at the opportunity to send their opinions across the airwaves.

"I became interested in radio when I was picking electives last year," said junior Matt Kramer. "I have always been interested in public speaking and thought that it would be a great class to take, and I was right, I really like the class."

Despite this lack of recognition, the program has only become more impressive since 2005, at one time having guests like NFL player Anthony Fasano and NBC sports announcer Len Berman.

The interesting and eclectic shows transmitted by WDOT are reflective of the variety of students who host it. Students of different ages, grade levels, interests, and experience levels come together to run the radio station.

After perusing the collection of radio



Junior Matt Kramer broadcasts one of the many shows that WDOT offers. In Sports Talk for Dummies, Kramer talks about up-to-the-date sports news.

shows on WDOT, it becomes clear that there is a large variety of shows focusing on a wide range of topics. These radio shows include Take Me Out to the White House, Dirty Mike and the Boys, and Electric Super Snails. Despite centering around the same subject, each show takes a different approach to its commentary. Some focus on certain sports over others, some talk about sports ethics, and some try to explain sports. But there is one feature that unifies them all: they are all entertaining.

WDOT is truly an independent program; it is based primarily on student choice. The students decide whether they feel comfortable branching out to different subjects or staying with one,

creating a script for their show or just plain winging it.

"I wish I could say that I actually plan what I do on the radio but that would be a lie," said junior Evan Gilmore. "I usually just go on air and spout whatever random bibblysquash comes to mind. Sometimes I'll have a random idea and bring a friend on the air to talk to them about it and see how they react."

After speaking to the WDOT team and listening to the shows, we believe that the club should be more recognized throughout the school. Hopefully WDOT will turn up the volume in the future.

#### Big Hero 6 makes a splash as the first animated Marvel movie

**BY Rachel Ellerson** 

Staff Writer

Disney has done it again. After pumping out such gems as Frozen and Tangled, it was hard to believe that the company could possibly create another masterpiece, but they did. Big Hero 6, as all movies, was not without its faults. However, it was overall an extremely fun and interesting film.

It would be wrong not to mention how stunning the animation was. It was clear that an intense amount of effort was put into this movie, as most of the visuals were breathtaking. There were some instances in which the animation looked startlingly life-like. This only added to the beauty of the overall film.

The film had a pretty wide range of comedy, often venturing into the slapstick genre, but it was never stupid. One issue in many children's films is that script writers resort to making jokes that only children find funny. This movie managed to find a good mix of silly slapstick comedy and more sophisticated comedy. The script also managed to have touching and emotional moments without being cheesy or predictable.

One of the few flaws this movie had was setting. Basically, if San Francisco and Tokyo had a baby, that is where this movie would take place. Literally called San Fransokyo, the architecture of most of the buildings in this film was either very modern or very Japanese. This did

ultimately create some pretty cool visuals in the film, but it really took the audience out of the story when any of the characters would seriously comment on the drastic state of San Fransokyo. Some have argued that, since this movie was an adaptation of a Marvel comic, it is not Disney's fault that the source material had a weird setting. This argument is completely invalid as the original comic takes place in Tokyo. This unnecessary Americanization of the story, while not a huge deal, can be distracting to viewers. Unfortunately, the movie also suffered from a general lack of character development. As the title suggests, there are six main characters, but only two of them are developed as the story progresses. One of them is

an emotionless robot, Baymax.

By the end of the movie, the only thing you know about the four other main characters is that one is really stupid and has a weird obsession with dragons; another will abide by any street regulation upon threat of death; one is probably a feminist, considering the amount of



In Big Hero 6 protagonist Hiro Hamada (Ryan Potter) is applying an Iron-Man-esque suit to his balloon robot friend, Baymax (Scott Adsit). Hiro and Baymax try their best to save San Francisokyo from an evil masked villain.

times she says, "woman up"; and the last one is really hyper, likes a lot of colors, and is the only one who can pronounce the main character, Hiro's, name correctly, including Hiro. All of this is very superficial and does not add any character depth, which is a real shame considering how interesting and enjoyable the movie

The few flaws that this movie had, while from the overall experience. Big Hero 6 is a fantastic story that continuously dazzles

annoying, ultimately did not take away with both fantastic visuals and a really

interesting story.

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# Athletes of the Month &

#### Yuka Kuwahara



Junior Yuka Kuwahara swims butterfly style against Farmingdale on Oct. 7. Kuwahara holds several girls swimming records for Schreiber and represented the Vikings at the New York State Swimming Championships.

#### David Adler



Senior captain David Adler serves for the boys varsity volleyball team. Adler helped lead the team to deep playoff runs in each of the last two

#### Letter Club hosts 3-on-3 basketball tournament

**BY Justin Suzzan** 

Contributing Writer

There are many clubs here at Schreiber with wide-ranging presences. these clubs is the Letter Club.

The club is open to all Schreiber sports participants, and members of this club participate in fundraising events to help the community.

Some of these past events include the lks Hoop Shoot, Family Holiday Basket, and the Fifth Grade Fun Day.

On Nov. 3, the club hosted its 3-on-3 basketball tournament, and it was a suc-

"It was really fun to play basketball all day against other teams," said freshman Dylan Spilko. "Although my team didn't win I had a great time playing some competitive basketball."

In total, eleven competitive teams participated, which made for a very exciting day.

A team that was comprised of sophomores Jake Block, Tristan Duarte, Michael Esposito, and Xavier Meriweather came out on top.

Each of the winners received a \$10 gift card to Smashburger, and, more importantly, the pride of being the best out of ten other competing teams.

But what makes this event significant is that it is not about winning. This tournament is unique because it allows anyone in the school to play. All were encouraged to participate, and it was a way to raise a little extra money while having fun at the same time.

The tournament raised \$138, and the money will be used for club expenses, such as t-shirts and other funds needed to support activities sponsored by the Letter Club.

This event is different from most The Letter Club-sponsored events. the Letter Club sponsors many events throughout the year such as food, toy, and clothing drives.

Among the people who helped organize the 3-on-3 tournament was senior and Letter Club vice president Drew Hamroff.

"It was a lot of fun and it took a lot of brainstorming putting together the whole thing in terms of figuring out brackets, prizes, and gym times," said

The Letter Club will continue to host events in the future. The club will be hosting a food drive throughout the month of November, and for the holidays they will be raising money to provide food and presents for families that are less fortunate.

"We have adopted a family with Our Lady of Fatima Church and are raising money to provide food and presents for them for the holidays," said sophomore and club president Lizzie Witkow. "This event was very successful. Hopefully we will continue to have events like this in the future."

All of the Letter Club's past and future events share one common purpose: to improve our community.

The Letter Club plans to continue to host events and to raise money that helps support local charities.

One complaint that some participants had was the hands-off approach of the refs, which caused a minor altercation during

'Overall, I enjoyed the event," said sophomore Aaron Siff-Scherr. "However, the refs needed to assert themselves a little more. It got a little physical at times."



**BY Eric Fishbin** Sports Editor

At the high school level, winning might not be everything. However, when it comes to professional athletics, fans expect top results and consistent wins from their favorite team or player.

A team's success or failure can be summed up by its fan's reactions to a team win. On Nov. 9, the New York Jets defeated the Pittsburgh Steelers, who had prior to that moment been on a three game winning streak.

No question, this was an upset that, in the moment, thrilled the ever-passionate Jet fans. However, when reflecting on the victory, Gang Green fans realized that despite the win, the team's hopes at a number one draft pick decreased.

It is highly unlikely that the Jets qualify for the postseason, but there is hope for a top draft pick. Each win moves the team farther from a top pick, and with that, farther from a possibly successful future.

Cross over the George Washington Bridge and you will land in New York. Here, you will find the struggling Knickerbockers and their triangle offense. Despite a 46 point performance from Carmelo Anthony, the Knicks fell on a last second buzzer beater attempted by second year point guard, Trey Burke, from Michigan. Burke's buzzer beater, just seconds after Anthony tied the game up with a banked three pointer, bewildered fans at The Garden on Nov. 14.

The incident became the Knicks' seventh loss in a row this season.

It has become evident that they have not perfected the signature Phil Jackson triangle offense. At this point, it is be-

# Calling the Shots The struggle of New York sports teams



Carmelo Anthony kneels after the buzzer following Trey Burke's game winning shot in the last second of the game. Anthony recorded a season-high 46 points, and hit a game tying shot three seconds before Burke's winner. This was the Knicks' seventh loss in a row, and eighth in the season.

coming worrisome that rookie head coach Derek Fisher does not have the skills to run a team, despite performing the offense on the court his entire career.

Fisher claims that the team has been improving each game, but the results have not shown this. Sloppy turnovers, ill-advised shots, and lack of communication between teammates have contributed to the franchise's early failures.

Unlike the Jets, tanking is not a strong option for the Knicks.

The NBA has been using a lottery system to decide the order of its draft since 1993. Therefore, even if the Knicks were to finish last, the team is not guaranteed

the top pick.

The New York Giants have lost each of its last five games.

Last Sunday, Nov. 16, quarterback Eli Manning threw for a season high five interceptions, including two to linebacker Chris Borland.

Now, with a 3-7 record, the Giants will face the division leading Dallas Cowboys in a Sunday Night Football showdown.

The Big Blue's run defense is ranked last in the league, and its passing defense is in the bottom ten.

The defense is not fully to blame. The lack of production from the offense has contributed greatly to the failure of the

team. In Ben McAdoo's new west-coast style offense, Manning has struggled and a lack of connection with the receivers has been evident.

Perhaps with low draft picks, the Giants and Jets can each improve in a desperate department.

For Jets fans, seeing a new quarterback in town would excite enthusiasts. Oregon's Marcus Mariota would be sure to thrill Gang Green fans. Mariota is currently leading the Ducks to a 9-1 record, and a playoff spot.

As for the Giants, the run game is in desperate need of repair.

After seeing a historic, record-breaking performance from Wisconsin's Melvin Gordon, the Heisman hopeful might please the impatient New York fans.

These are not the only New York teams that have struggled over the past season. The Mets and Yankees each failed to make the post-season in 2014.

With this increased lack of success in these sports, it seems as if New York is turning to a new sport: hockey. The Islanders have enjoyed a five game winning streak and a second place spot in the Metropolitan Division.

The Rangers are coming off a Stanley Cup playoff run, and have put themselves in position to win games in the future.

Ultimately, New Yorkers are looking for success.

Fans do not have the patience to wait for the triangle offense to be set up.

They want to see flashing lights in front of Madison Square Garden, media attention at the Meadowlands, and big plays across the board.

Perhaps after the drafts of next year, new players will revive the dominance of New York sports teams.

## Students double as referees for Port Washington Soccer Club

**BY Seth Barshay** Sports Editor

In nearly every sport, athletes usually feel contempt towards the referees, as sometimes their impartial regulation of games gets in the way of the interests of the team.

However, it is of note that these referees are usually athletes themselves. This includes the referees of the Port Washington Soccer Club; these students are also athletes at Schreiber.

The high school student-athletes regulate the games for elementary school stu-

"It definitely took some getting used to. It was weird being the one getting yelled at for a call rather than the one yelling at the call that is made by the ref. It has made me realize that the refs are doing the best they can in interpreting the games and making fair calls," said junior Milan Sani, who also plays for the girls varsity soccer team.

The games are usually officiated by Vikings athletes on weekends, when the scrimmages for the Port Washington Soccer Club are played.

According to the student referees, it gives them a different perspective of the game, which helps with their own playing on the field.

"It's fun to get to be in charge as opposed to being controlled while playing,"

said junior John Gallagher. "Because I play the same sport as I ref, I gained a better understanding for the game which in turn made me play differently when I was playing my own game. I also definitely have less negative thoughts of refs when

Being able to interact with the older players may also motivate the younger players to continue playing soccer until high school.

"I think that us students refereeing definitely helps the kids get motivated to stick with soccer. For me, when I was on the eighth grade team at Weber, being able to practice with the varsity team inspired me to continue. Seeing the older players gives you a taste of what coming up is like, so I think things like this definitely helped me decide to continue with soccer," said

For many current Schreiber students, games for both soccer and other sports, such as PYA basketball, were officiated by then-students.

This exposure to the varsity athletes at such a young age seems to have had a lasting impact on these now-varsity athletes over the years.

"I think that seeing these guys was a confidence booster to see what I could potentially become in the future," said boys varsity basketball player and junior Zach Jimenez.

Team	Conference Record
Boys Cross Country**	14 - 0
Boys Soccer*	2 - 5 - 2
Boys Volleyball*	11 - 5
Field Hockey	1 - 9
Football	2 - 6
Girls Cross Country*	13 - 1
Girls Soccer*	3 - 6 - 2
Girls Swimming	4 - 5
Girls Tennis*	9 - 4
Girls Volleyball	5 - 7

\*made playoffs \*\* won conference

Records courtesy of Newsday

## Fantasy football fanatics rule the halls

BY Kyle Cohen Staff Writer

It is the fourth quarter of the Eagles-Panthers game. The Eagles are up 45-7 in a clear blowout. However, thousands of fans, including Schreiber students, are anxiously watching, unable to keep their eyes off of the screen. Why not? Fantasy football.

Fantasy sports give fans a chance to get a group of friends together and create an imaginary league in which they draft players and manage a roster throughout the season.

Enthusiasts immediately become attached to players, cheering for them to do well each and every week. Managers will pick up players from the waiver wire and swing trades, struggle with bye weeks, and bench players if they are not playing well, just as a normal general manager would do in professional sports.

The types of fantasy leagues vary. The main ones are football, basketball, hockey, and baseball leagues.

The amount of teams in the league varies as well, but most stay between 8 and 14. Some leagues are purely for fun, while others are for money and obscure rewards/consequences. Leagues often create a fun, yet very real, rivalry among friends.

Fantasy sports also give fans a distinct reason to watch games. It automatically attaches them to players and team owners and makes them want their players to succeed. However, it often creates a conflict between their favorite teams and their fantasy players. For example, if a Jet fan has Tom Brady on their fantasy team, they find themselves rooting for Tom Brady to do well, even if he is playing the

"Fantasy football has taken over the lives of millions, and nowadays everyone has a team," said senior Matthew Nicholson. "Although it has gotten many people invested into the sport, I also believe it takes away from the game itself. People only care about their players and not the game itself. For example, I could have one player on my team, and root from them, while the team that I'm playing could have a different player on the same NFL team, and I would root against him. It truly takes away from rooting for a team."

While fantasy football may take away from rooting for teams, some people actually enjoy rooting for their specific players more than rooting for a team. Also, fanta-



sy football allows friends to compete with each other in a friendly manner. Schreiber students have fun talking to friends about who has the better team or who is going to win a given matchup.

"Fantasy sports are great because they give me an incentive to watch games, and it helps to create a fun rivalry between my friends and me," said senior Noah Linder.

Fantasy sports have become incredibly popular throughout the sporting world.

New York Giants tight end Larry Donnell said a few weeks ago that he lost his matchup by a few points. He took himself out of his own lineup for a different NFL tight end, but that week Donnell had multiple touchdowns and an abundance of points that thrilled Donnell "owners" across the fantasy spectrum. Players often receive tweets from fans because they are on their fantasy team. Sometimes, fans like to thank players, but sometimes they are frustrated with a certain performance and vent online. One player, San Francisco 49ers wide receiver Stevie Johnson, was fed up with the virtual criticism. He fired back at fantasy football play-

Some players even have teams themselves.

ers who reproached him by tweeting in a mockingly way, "I drafted many of you to my fantasy work team so make sure to grab me some points today at your workplace. Don't let me down."

In reality, Johnson is right. Fans are relying on these men to do their jobs well, and get on their case when they do not. Fantasy sports are great for professional sports. They increase the sports' popularity and always keep fans interested. Blowout games are suddenly interesting in the last quarter when your team's top running back is on offense and you only need two more points to win.

The downside is that this can cause people to watch only for this reason and add unwanted pressure to the players.

In the end, fantasy sports are a fun way to get together with some friends and have fun.

Next time you are wandering the halls or the cafeteria, keep your ears open for something along the lines of, "Yeah, Peterson just got suspended for the rest of the year," or, "Yes! Le'veon Bell put up 27 points last night!"

#### Captain's Corner: Portettes

BY Aaron Bosgang

Staff Writer

Aaron Bosgang: I'm here with two captains of the Portettes, Emma Marschall and Rachel Stern. How's it going guys?

Rachel Stern: We're doing well. Thanks for having us.

AB: So I'm sure everyone is familiar with the Portettes, as they perform at football games, pep rallies, and other events in Port Washington. How did you guys get started with the team, and what previous experience did you have that led you to join the group?

Emma Marschall: For myself, I had grown up playing basketball and I would go to the high school games and watch the Portettes dance. I always looked up to them. I also have been dancing my whole life so I thought being a part of the team would suit me well.

**RS:** After hearing about the Portettes from the girls that I danced with outside of school, I knew that I wanted to be part of the team. I had also attended a few of the football and basketball games, where I could watch the Portettes in action. But my background in dance was the main reason I joined the team.

**AB:** Being able to watch the Portettes from a very young age seemed to have a lasting impact on how you guys viewed the team. What part of the Portettes do you find most interesting and what made you continue to be a part of the group year after year?

**RS:** The fact that the Portettes are almost entirely student run is very interesting. The captains of the team make up the dances and lead practices throughout the season. Having this style of leadership has allowed girls from all different grades to expand their creativity and grow not only as dancers but also as leaders. This has led to a connection that keeps me coming back year after year.

**EM:** The kids being in charge makes the team a lot different than all the other teams of Schreiber. Once I became extremely close with my team, I realized that I had to continue being a part of the

**AB:** The concept of the students and captains leading the team along the way is definitely uncommon and I can see how these kinds of unique features keep you guys interested in being a part of the team. What do you enjoy most about being a captain of the Portettes?

**RS:** Being a captain gives me the ability to lead the girls that I care so much about. Over the years, we have gotten close and our styles have changed. The Portettes are constantly evolving, and I love that I can be there to help lead the way.

EM: I enjoy being able to choreograph all the dances with my teammates and also getting to be a role model for the younger girls.

**AB:** Well there you have it, folks!

## Boys soccer makes playoffs in transitional year

**BY Eric Fishbin** 

Sports Editor

With a team that was led by juniors this year, the Viking soccer team is excited for a seasoned squad next season.

Already having made the playoffs this season, the Vikings are expected to improve on previous results. Only having two seniors on the team,

the Vikings lacked the leadership necessary for a successful team.

However, with a large amount of returning players that will be seniors next year, that will not be a concern.

"This season was an experimental season to say the least. Since there were only two seniors on the team it gave Coach a chance to see the development of the younger players. It also gave him a chance to see good combinations of players of who will be on the field together next season," said junior Hayden Braider.

Many of the juniors on the team have been playing together since Elementary school on the same travel team, the Wolverines. Because of this, chemistry provides an advantage for the Vikings.

"It has a huge impact on the way we play, not only do we have a better feel for each other's game but we play for each other and share that sort of brotherhood mentality," said junior Daniel Ernst.

Having known each other for many years, the players are more encouraged to win for one another.

Also, having good relationships off the field further improves the spirit of the

"Playing together for so long has really influenced all of us in a positive way on and off the field. Being best friends with each player makes winning feel that much better. I can say throughout the years I have built unbreakable bonds with these

kids. It makes the game so much easier always knowing that each player on the field has your back no matter what. If you mess up, they are there to pick you up and if you do something great, they're the first kids there to congratulate you," said Braider.

With 22 returning players, including 15 seniors, the Vikings expect nothing less than a county title.

"Our goal for next year is to win the counties. We are coming off a playoff appearance, and with the fact that we have a ridiculous amount of returning players, we should have a high goal," said Ernst.

Not only does the team have returning players, but many competitive teams in the division are losing key

"The best teams in our division this season were Hicksville and Plainview. The majority of the players on their teams were seniors and it was clear to

see they had a clear advantage. I believe we will be just as good or even better than those teams were last year," said Braider.

The team is ready for what is to come, and looks forward to playing again next year with the experience it gained over the years playing together.



Junior leftback Teddy Tannenbaum pushes the ball up the left wing against the Plainview JFK Hawks on Oct. 12. The Vikings lost the match 3-0.



# Winter sport teams ready for upcoming seasons

Varsity squads are excited to have new opportunites in 2014 season

**BY Matt Kramer and Dillon Nissan** 

Contributing Writer and Staff Writer

#### **Boys Winter Track**

Last year, the boys winter track team finished as the runner up in the conference, and they sent then-senior James Burns to states. The team looks to stay on track this season behind junior and captain Peter Kirgis, who has extremely high expectations for the team this year.

'Our goal is to win the conference and send a relay and some individuals to the state meet. We are eager to compete to become conference champions and to hopefully have some qualify for the state meet," said Kirgis.

Look for Kirgis, along with several teammates, to try to keep up his play from the cross country season. Last fall, Kirgis recorded a personal record of 16:47 on his 5k and was the only member of his team selected to participate in states.

#### **Girls Winter Track**

The girls winter track team, led by key runners such as senior captains Jenny Aguiar, Neve Devine, and Laura Russo, is hoping to contend for a conference title. Besides those runners, many others hope to improve and succeed.

"I think that for us to win a conference title, we will need every runner to individually step up and put in the hard work," said junior Ashley Randall.

Head Coach Jeremiah Pope stresses a hard working mentality, which he hopes will pay off at the conference meet in Jan-

#### **Boys Bowling**

Despite the graduation of former captain Jameson Santelli, who scored a perfect game for the Vikings last season, the boys varsity bowling team still has high aspirations. Last year, the varsity bowling team came in second in its conference, and it has several returning members of last year's team.

Without the leadership of both Santelli and then-senior captain Murphy Siegel, it will be up to these returning members to try to fill in the void.

"Like last year, I believe our only real competition for the conference will be Manhasset. They have been very good competition for us, but I still believe in our team," said junior Matt Spier.

#### **Girls Gymnastics**

The girls gymnastics team has a high goal for its upcoming season: going undefeated in the regular season. One major factor in this goal is the team's chemistry from several seasons together.

"It is important to develop strong relationships on the team so that we can work together to achieve a common goal," said senior Olivia Ressa. "Although gymnastics seems to be an individual sport, it really takes teamwork and cooperation for everything to come together."

Expected leading performers include seniors Sam Hoffman, Lauren Rudman, Jackie Labbe, Olivia Ressa, and junior Sera Ellerson; incoming underclassmen will attempt to balance out a roster including many returning members.

#### **Boys Wrestling**

The boys wrestling team has been working hard in the offseason to improve its success for this season.

"The coaching staff has been making a huge push to get guys working out and wrestling all year round, which is really what it takes to be successful in the sport," said senior captain Sam Goldman.

Although the team has lost Nick DiLucia, a graduating senior and the third place finisher in the county, the team has a returning senior class led by Goldman and Elmer Mendez, along with junior Teddy Tanenbaum, all of whom are ranked wrestlers in Nassau County.

Underclassmen such as sophomore Henry Burns are hoping to have breakout seasons to further contribute to the team's suc-

#### **Boys Basketball**

graduating Losing members such as Ryan Kriftcher, David Kobus, and Jermaine Brown has left a void in minutes and

leadership for the boys varsity basketball team, but it does not seem to be affecting their confidence.

We expect to make it to the playoffs. We lost a lot of key players from graduation but that doesn't lower our expectations for the team," said junior Zach Jimenez.

Many teammates expect senior Noah Linder to lead the team, followed by seniors Kyle Cohen and Cole Block. Younger players like Jimenez and sophomore Adam Mizrahi look to fill in the void left by departing seniors.

Overall, the team has its sights set on the postseason.

#### Girls Basketball

The girls varsity basketball team is full of experienced seniors, who have built chemistry over the years.

"The seniors on the team this year have played together since elementary school and we know each other's strengths and weaknesses really well," said senior Kate Kerin.

Along with many talented underclassman, senior Mia Walker is expected to be a main focus for the team this

"She's the glue to our team," said

#### **Boys Swimming**

Last season was one of the boys



Junior Zach Jimenez takes a jumpshot in warm-ups during the 2013 season. The Vikings have lost key graduates, but look to have seniors and juniors lead the team throughout their 2014 campaign.

> swimming team's better seasons in recent memory. The team finished at 8-4 in Conference II, with a season-defining win against Cold Spring Harbor, a team that the Vikings had not beaten for several

> This upcoming season, the team will have to deal with the graduation of former seniors such as Will Smith, who qualified for the Nassau Country Final Meet in all five of his seasons for the team.

> "Reilly Beckstrand and Matt Terbancea, who are now seniors, will both be big contributors this season in their respective events. In addition, Thomas Vincent and newcomer Derek Knight, in eighth and ninth grade respectively, will be valuable assets for the distance events. While these I feel will be the key contributors, I can guarantee that everybody will contribute greatly to the team this year," said junior Owen Walsh.

#### **Girls Bowling**

After having multiple seniors graduate last year, the girls bowling team will need its younger players to step up in order to keep up the team's success over the past few seasons.

The team is eyeing a win in its divi-

"I expect the team to improve their techniques and become closer with each other," said junior Vera Puglisi, who has been on the team since her freshman



Girls winter track hopefuls run around the side field during the warm-up of tryouts on Nov. 18. The team is hoping to win the conference title this season, and is led by senior Jenny Aguiar, Neve Devine, and Laura Russo.