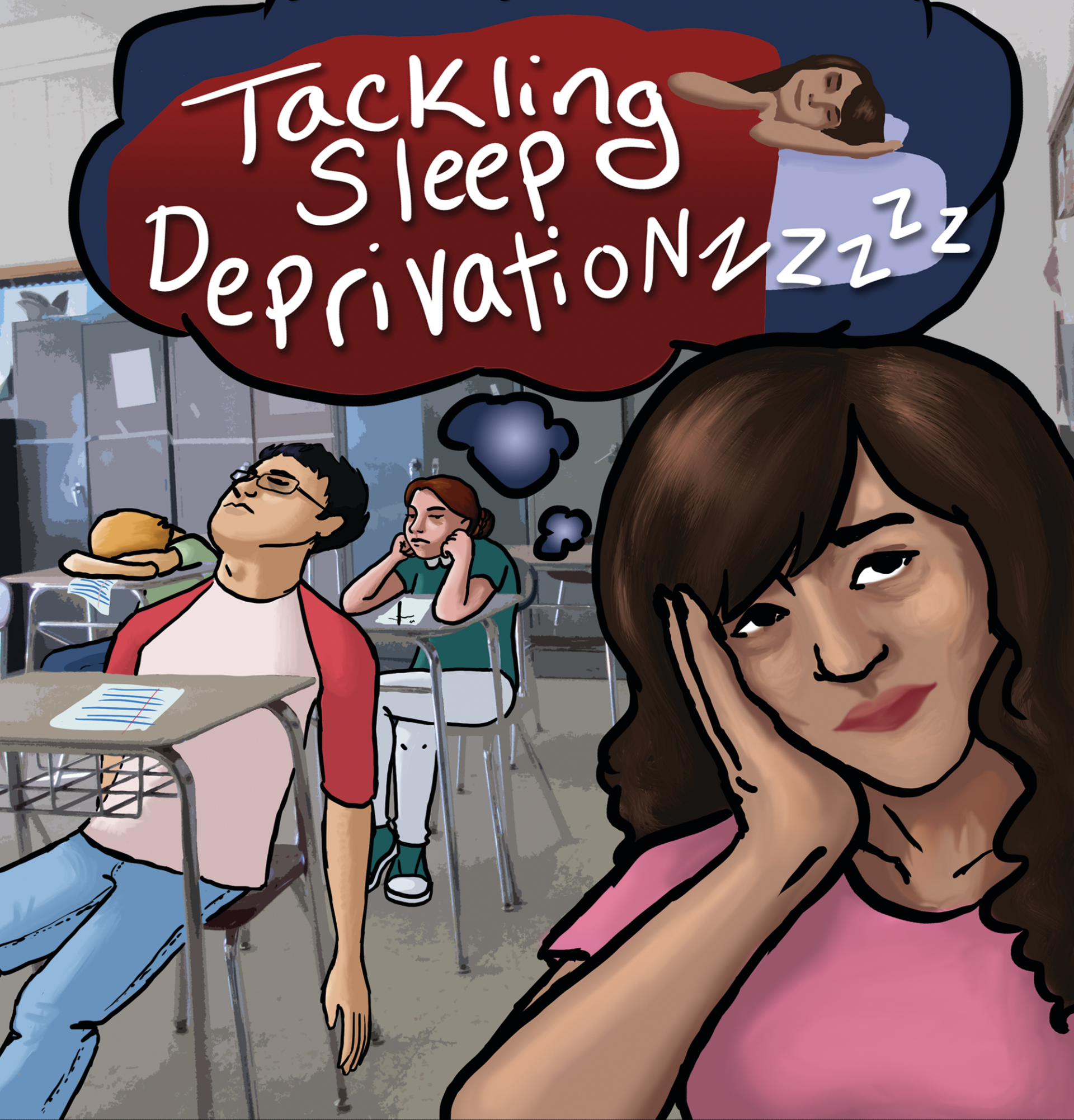




THE SCHREIBER TIMES

Paul D. Schreiber High School Port Washington, New York Volume LXXXV No. 5 January 2015

Tackling
Sleep
Deprivation N z z z z z



Imitation Game

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Milan Sani

Junior Milan Sani took this photo while on a community service trip to Ecuador and the Galapagos Islands. Sani used scale and proportion to take this photo of a boat between two cliffs.

NEWS BRIEFS

Break Changes

For the past two years, there has been a “longer than usual” December break that lasted for two weeks. However, due to the scheduling of holidays next year, this may not happen for a third year in a row.

“Labor Day is Sept. 7, which creates a problem because we traditionally start school the day after,” said Schreiber principal Mr. Ira Pernick.

This means that some breaks might have to be shortened, or that the school year might have to end later if we start school the day after Labor Day.

Next year, both Christmas and New Year’s Day fall on a Friday, which already indicates a shorter break than this year’s break.

Unrelated to the December break, the February break could be shortened or entirely cut out.

“Because of the possible late start, I’ve seen that other school districts are shortening their February breaks to make up for the lost time,” said math teacher Ms. Lisa Tecusan. “I’ve informed my students that this could possibly happen for us.”

The Board of Education decides what the final calendar for each school year will be.

“The district creates a proposed calendar that gets adopted by the Board of Education,” said Mr. Pernick. “Our calendar for the 2015-2016 school year has not yet been adopted.”

This means that as of now, the break changes are not definite, and the possibility that there will even be changes are only based on speculation.

Most students have negative opinions about the idea of shortened breaks.

“Breaks from school are the only time when we are able to relax and recharge, and if we don’t have enough time off from school, then the stress never goes away,” said freshman Danie DiRuggiero.

~ Emily Ma and Rebecca Muratore

Midterm Help Events

Schreiber has an entire week dedicated to midterms, which this year will last from Jan. 26 to Jan. 30. Last year, midterms lasted from Monday until Thursday with students returning to school on Friday. This year, however, Schreiber has reverted to its usual midterm schedule, thus giving students Friday as a testing day.

To help students through the long week, the Port Washington Public Library

and the Schreiber Student Council are organizing new study sessions.

“The Student Council hopes to encourage the student body to avoid unhealthy study habits like cramming,” said sophomore and Student Council Executive Officer Aaron Siff-Scherr.

To help students stop cramming, the study session planned by the Student Council were held before the beginning of midterm week.

The library will be hosting its own study session for students on Jan. 27 from 7:30 p.m. to 11 p.m. The Library will stay open just for Schreiber students who come in before 9 p.m.

Junior Tiger Gao believes that the Library program will be very beneficial.

“I think the controlled setting will help me focus and perform better on the tests,” said Gao.

In addition to academic resources at these sessions, food will be available at the study sessions. The library study session will provide free snacks.

“The sessions are a great fundraising opportunity because students with a thirst for knowledge will likely have a hunger for snacks,” said junior Tracy Naschek.

~ Madi Reiter

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Leelah Alcorn’s suicide sparks reaction

BY **Adi Levin**
Staff Writer

“The life I would’ve lived isn’t worth living ... because I’m transgender,” wrote 17-year-old Leelah Alcorn in her suicide note before taking her own life on Dec. 28. Feeling trapped and alone, Alcorn believed that there was no escape from the lack of acceptance in her life. Instantly, news of Leelah’s actions traveled all over the Internet, from her suicide note on Tumblr, to articles on Facebook, to photographs on Instagram, and tweets on Twitter.

The aftermath of Alcorn’s death inspired others to come forth with their stories and supportive comments about being transgender, many with the Twitter tag #RealLiveTransAdult.

Everywhere, activists have been creating petitions and proposing laws to bring justice in her name. At the forefront of this development is Leelah’s Law: a law intended to ban conversion therapy.

When Alcorn told her parents she was transgender, they sent her to a therapist who told her that she was born a boy and that that was the way she should stay.

“I only got more Christians telling me I was selfish and wrong and that I should look to God for help,” wrote Alcorn.

Alcorn’s parents refused to let her transition or acknowledge her preferred pronouns. There are still people who believe that being transgender is fixable and must remedied.

“I was just really upset that people in the LGBT community like Leelah are being abused for things they can’t control,” said junior and member of Schreiber’s GSA Rachelle Huitt.

After being sent to conversion therapy,

Alcorn was confined to her house and taken out of school so that she would not influence or be influenced by peers.

“They took me out of public school, took away my laptop and phone, and forbid me from getting on any sort of social media, completely isolating me from my friends,” wrote Alcorn.

Another petition asks that Alcorn’s real name be placed on her tombstone, instead of her given name, Josh Ryan Alcorn. Thousands of signatures have been collected online. People have been supporting Alcorn individually, not only spreading the word about the importance of transgender awareness and acceptance, but also mourning her death.

Worldwide, protests and memorials are being held in honor of Alcorn and the transgender community as a whole.

“People are beginning to see that this is a serious problem that needs to be fixed,” said Huitt.

A study conducted by the National Center for Transgender Equality and the National Gay and Lesbian Task Force showed that 41% of transgender people have attempted suicide, and even more trans individuals have been killed because of hate crimes.

Alcorn’s death resonated with Schreiber students as it did with people around the world.

“Everyone’s been taking notice, all over the world and in Schreiber,” said Huitt.

The GSA spread awareness for Alcorn’s message of acceptance by making a morning announcement and handing out what they termed “free gay popcorn” on Jan. 14.

“I think the announcement about Alcorn’s heartbreaking death was a good way to commemorate her life and make people aware of the tragedy,” said



www.dailymail.co.uk

Seventeen year old Leelah Alcorn committed suicide on Dec. 28. The transgender teen’s death inspired protests, memorials, and laws to ban conversion therapy. The GSA spread awareness by handing out “free gay popcorn.”

junior Jesse Moskowitz. “I also really appreciated the fact that the popcorn was called ‘gay popcorn.’ Because it was just like regular popcorn, it sent a message that gay and transgender individuals are no different than everyone else.”

Millions of people hope that someday, Alcorn’s wish that transgender individuals can be completely accepted can become

reality.

“I hope that more transgender people don’t have to go through what Leelah went through, and this made me think about how fortunate I really am,” said freshman Danie DiRuggiero. “I’ll definitely spread awareness.”

Foreign Language Honor Society hosts movie night

BY **Emma Feldman**
Contributing Writer

This year, Schreiber’s clubs and honor societies have been scrambling for ways to raise money, now that bake sales are prohibited during the school day. The Foreign Language Honor Society hosted a movie night on Jan. 9.

“The event was a huge success, and we raised over \$175,” said senior and Foreign Language Honor Society president Alyssa Marshak.

In order to promote attendance, officers gave members of the club participation credit for showing up, and if they brought a friend outside of the club, they were given additional credits. A five-dollar fee covered the cost of admission, and refreshments were available for purchase.

At 5:45 on Friday evening, students walked into the auditorium to await the showing of the Spanish film *Casi Casi*. By the time the film began at around 6:15, slightly delayed due to a few minor technical difficulties, the auditorium was filled with 40 students, both members and non-members representing the tenth, eleventh and twelfth grades. The film was shown in Spanish with English subtitles to aid the students who do not understand Spanish.

This movie event was the first of its

kind for any of the clubs and honors societies, but club members expect more to come.

“We wanted a fun and different way to raise money for the club, and everyone loves a good movie,” said junior and board member Lexi Katz.

After that it was just about choosing a date, a movie, and reserving the auditorium for the event. Students helped procure the movie and sold snacks and refreshments. The decision to show *Casi Casi* was made by a group of Schreiber Spanish teachers and Italian teacher and club advisor Ms. Carol Ferrante.

“I thought that the storyline was a little extreme, but the characters were funny and genuine,” said junior Philip Verdirame. “I really enjoyed watching the over-exaggerated expressions on the actors’ faces, and it was really fun to laugh along with my classmates who also attended the movie night.”

The majority of the students in attendance seemed to have enjoyed the movie.

“The movie was very funny and entertaining,” said Katz. “It seemed like everyone who came had a great time, and people should expect to hear announcements for another movie night hosted by the Foreign Language Honors Society in the near future.”

THIS MONTH IN SCHREIBER HISTORY

January 15, 1937

A student reflected on the “good old days” when men smoked “stogies” rather than cigarettes and when all the girls were collected from parties at 10:30 by their fathers.

January 11, 1952

Female students were blamed for the lack of gentlemanly manners in the male students, and were told to persuade the boys to hold doors for them by refusing to open their own doors.

January 18, 1973

A group of students and Port residents shared a bus to Washington D.C. in order to protest US involvement in the Vietnam War.

January 18, 1984

Dr. Martin Luther King, Jr. was recognized in an Editorial, which went on to say that the struggle between blacks and whites was over, and that “all those bad old days [are] gone with the wind.”

January 22, 1997

Students complained about the quality of the cafeteria food, and recommended bringing an established food chain into the cafeteria. However, many predicted that such changes would take time to implement.

January 15, 1999

A new law was put in place in Nassau County that prohibited people under the age of 16 from seeing movies after 8:00, outraging Schreiber students.

\$69.9 million dollar bond proposed

Administration and residents share concerns over the passing of the maintenance-focused bond

by Timothy Serignese

Staff Writer

On Jan. 13, the Board of Education presided over a meeting to discuss the proposed \$69.9 Million Dollar Bond for renovations, upgrades, and new facilities for the district.

Despite concerns from meeting attendees, the Board voted unanimously in support of the bond. If voters approve it on March 10, a maximum of \$70 million may be borrowed over a seven-year period and paid back over a period of 20 years.

The proposed bond will address the need for major repairs and renovations, future enrollment projections, the demands of the district’s more rigorous curriculum, and the necessity to expand technology within the buildings.

If it passes, \$36 million will be used to create new spaces across the district to alleviate overcrowding. This will also include maintenance and repairs of existing school buildings, such as fixing of ceilings, proper cleaning of school hallways, installation of heat and air conditioning, and extermination of Schreiber and Weber’s roach population.

\$2.6 million will go toward upgrading district technology including increasing the number of SMART boards in school, \$5.2 million will go toward athletics with the construction of two multipurpose turf fields among other things, \$3.7 million will go toward the formation and renovation of at least one science lab at each elementary school, and \$1.6

million will go toward the various security upgrades needed throughout the district.

“The school definitely needs facility improvement,” said senior Josh Curtis. “The addition of chrome books and 3D printers, which were from grants, were good additions. I look forward to expanding elementary school science programs, as well as those in the high school. Such components of the bond as expanding the cafeteria—with a stairway to the commons—and expanding the tech department to replace the engineering portable are additions I think all Schreiber students can proudly get behind.”

A majority of the taxpayers who attended voiced concerns over the size of the bond and the overall use of the money. A lot of the comments veered toward accusations of misappropriation of funds and larcenous intentions of the school board.

E-mails were sent to members of the board accusing them of leaving community members out of the process of designing the bond.

“That is completely false,” said Board member Mr. William Hohaus. “It is incredibly disrespectful for the people to say we haven’t invited participation from the community.”

The Board is facing dissent from the tax base because of the size of the bond and how it is being communicated.

“Some criticize the bond for being a ‘maintenance bond,’ including items of repair that should be in the budget,” said Curtis. “I scoff at these claims seeing how

the budget has been held down over the past few years.”

A common theme was that current problems such as improper heating, leaking and cracked walls, broken auditorium seats and the like are purely maintenance issues, and do not need \$70 million to remedy.

“We need to get away from the idea that this is about patching roofs,” said Board member Mr. Baer. “Port Washington is one of only four districts that have had

increasing student enrollment since 1994.”

It is apparent that there was a lack of communication between the public and trustees.

“There are two issues,” said Curtis. “One, a good infrastructure bond is nothing without a good budget to pay for the programs to use them; two, unless supporting members of the community vote on March 10, the bond will not pass.”

New AP Capstone program under consideration

by Evan Gilmore

Contributing Writer

This past fall, the College Board’s Advanced Placement Program began offering a new program called AP Capstone. This course lets students acquire independent research experience, a skill that colleges find extremely important.

AP Capstone is composed of two new AP courses, AP Seminar, which is taken either sophomore or junior year, and AP Research, which is taken as a junior or senior. (AP Seminar is a prerequisite for AP Research.)

“AP Capstone sounds like an interesting course and is definitely something our school should look into,” said math research teacher Ms. Tina Marie Gallagher.

AP Capstone is designed to provide students with skills required for college readiness, including research, writing, and teamwork, and provide a setting in which students can build on the knowledge they have gained in other AP courses.

“This program should be offered at Schreiber because it would teach students how to conduct individual research and give students skills they can use throughout college, and all while earning valued AP credit,” said junior and social science research student Christina Marinelli.

However, the AP Research program differs significantly from Schreiber’s current research program, and the structured curriculum could limit student freedoms.

“I think that the research programs should be driven by the students’ desire to conduct research and study a field of interest in more depth,” said junior and science research student Emma Feldman. “In addition, the three research programs are very different in how they approach research, and to confine each of them to the same set of criteria would serve to limit the success of the programs. Schreiber typically does very well in research competitions, so I don’t think that the AP aspect to it would really influence our ability to succeed with our research.”

Currently, Schreiber’s research program consists of three classes: math, science, and social science. Ten students per grade are selected to be in each research class, based on a series of tests and interviews.

“We don’t know whether or not we will adopt AP Capstone yet,” said Assistant Principal Dr. Brad Fitzgerald. “We aren’t

sure because we don’t know that much about it yet. We don’t know how it would affect our current research program, and we don’t know if there is room in the budget.”

Because the College Board offers a very flexible model for the program, it would be up to Schreiber (if it adopts AP Capstone) to decide whether to stick to the current method of admitting students into the research program, or devise a new way to choose which students can take the course.

This would be especially important because many Schreiber students aim to take as many AP courses as possible.

“If Schreiber adopts this program it could be a problem, because students will be very upset if only students in research have the opportunity to get AP credit, since many people think that the more AP classes you take, the better chances you have of getting into the college you want,” said junior Jen Hepner.

At the end of the first course, AP Seminar, a written exam will assess how well students have mastered the skill of inquiry. The exam is an hour and a half, and it consists of several short answer questions as well as document-based questions.

Students will also be evaluated based on a team project and presentation. Students work as a group to conduct research on a topic related to an issue of global importance, write a 3000-word paper, and deliver a multimedia presentation at the conclusion of their research.

AP Research, taken the following year, is individual, mentored research that culminates in a 4500-5000 word paper. This research is based upon a question or hypothesis developed by each student individually.

“The AP course would require additional testing and more stress in the already stressful months of January and May,” said Feldman.

As of now, there are no definite plans to implement AP Capstone at Schreiber, but administrators have begun to look into it.

“I could see us knowing what we are going to do in a year from now,” said Dr. Fitzgerald. “We like to offer most AP courses here at Schreiber, but we also like to keep the courses we have running for a long time. We don’t want to jump into a program too soon unless we know we will want it for a while.”

Senior Caitlin Ferris named Intel semifinalist



Josh White

Superintendent Dr. Kathleen Mooney, Principal Mr. Ira Pernick, Assistant Principal Dr. Brad Fitzgerald, senior Caitlin Ferris, social science research teacher Dr. David O’Connor, and social studies department chairman Mr. Lawrence Schultz are photographed to recognize Ferris as an Intel semifinalist. Ferris worked with a Columbia professor and is the only student to progress to a semifinalist in all three researches. Her project is titled “The Trajectory of the New York State Achievement Gap: Possible Factors and the Results of No Child Left Behind.” It used existing data collected from No Child Left Behind to determine the poverty of school districts. She then analyzed the racial backgrounds of the districts and their correlation with the poverty in those schools in an attempt to determine which factors have the greatest influence on the achievement gap. There are only 300 Intel semifinalists out of over 1,800 entries.

Sports team budget breakdown

Allocations for sports based on fixed, yet flexible funds

BY **Madeline Fagen**
News Editor

In a time when money is increasingly tight and spending is calculated down to the penny, the distribution of funds within schools is of great concern. Spending for sports teams is especially important to the athletes throughout the District.

“Every team thinks it doesn’t get enough funding, but I’m sure none of the individuals who complain actually know how much money is given to each team out of the entire sports budget,” said junior Dylan Sica.

The budget for sports teams is carefully planned based upon fixed required payments and flexible yearly needs of each team.

“In any budget process there’s a number that we work with,” said Athletic Director Ms. Stephanie Joannon. “The number that is in the athletics department for Schreiber sports teams is a number that we can more than adequately use to take care of all of our teams.”

Budget Breakdown by Category		
Coaches	\$460,203	52.72%
Supplies & Uniforms	\$40,290	4.62%
Reconditioning	\$16,570	1.90%
Buses	\$188,650	21.61%
Supervision	\$54,694	6.27%
Entry Fees	\$34,800	3.99%
BOCES Fees	\$66,159	7.58%
Awards	\$11,500	1.32%

An athletics budget has many components. Firstly, it pays coaches, which accounts for about 53 percent of the total budget. Next, the budget must serve to outfit the teams and send them out to get cleaned at the end of the season.

“As a former coach in the district, I really do take great pride in how our teams look and how we outfit them,” said Ms. Joannon.

The budget also pays all the fees required for practices and games. This includes providing bus transportation for games, scrimmages, and off-site practices, hiring supervisors and officials required by Nassau County Athletic Association for some teams, allowing certain teams to go to invitational meets and tournaments, and paying the various sums required for BOCES.

“We allow all teams to play the maximum number of games available,” said Ms. Joannon. “There are some schools that try to save money by not allowing all teams to play all 17 possible games. We also organize scrimmages for teams to practice. We’re in the mindset that if we’re going to run a program, we run it the right way.”

The budget additionally includes funds for a sports awards night and senior banquet at the end of each season in which MVPs, most improved players, and coach’s award recipients are recognized.

Although all teams receive money in the same general categories, funds distributed between sports teams differ.

“It is so obvious that some teams get more funding than others, and it’s truly unfair,” said junior John Gallagher.

Funds vary between sports for many reasons. Some teams, like the cheerleaders, don’t need extra supervision. Other sports, such as those with varsity and ju-

nior varsity leagues, have more than one team. Teams that play away games need extra supervision, and teams that play more games need more resources. Final variations are a result of yearly needs.

“What does come into play each year is if we need to replace equipment or if we need to buy new uniforms,” said Ms. Joannon. “Teams get new uniforms every four years mostly because they start looking older or get out of style after about four or five years. Some schools do it after seven years, some schools have their varsity uniforms after five years give it to the JV, but we don’t do that. So when it comes to buying uniforms that ups the budget for a team.”

The budget is flexible in the sense that it will change based on coaches’ requests.

“At the end of each year, the coaches come to me, sit down, and tell me what uniforms they need; so a team needs new uniforms so I put in a little more money, so another team doesn’t need anything new,” said Ms. Joannon.

Although the district does stress outfitting its teams, the budget only includes equipment or uniforms that are necessary for a new game.

“I am disappointed that everyone on the track team has to purchase their own warm-up suits,” said sophomore Joey Levine. “The school should at least propose an organized fundraiser.”

Team shirts, sweatshirts, and warm-up uniforms are not included in the budget for teams because they are more personal.

“You hear teams say we need to buy sweats or sweatshirts, but we don’t and can’t because they are not necessary for playing in a game,” said Ms. Joannon. “These extras are things that teams are in fact encouraged to fundraise for.”

Budget Breakdown by Sport		
Badminton	\$13,107	1.50%
Baseball	\$38,360	4.39%
B. Basketball	\$34,522	3.96%
G. Basketball	\$19,168	2.20%
Boys Bowling	\$10,786	1.24%
Girls Bowling	\$6,202	0.71%
Cheerleading	\$7,402	0.85%
Portettes	\$8,402	0.96%
B&G XCountry	\$22,743	2.61%
Field Hockey	\$36,556	4.19%
Golf	\$19,124	2.19%
Football	\$71,022	8.14%
Gymnastics	\$22,748	2.61%
Boys Lacrosse	\$50,730	5.81%
Girls Lacrosse	\$44,139	5.06%
Boys Soccer	\$42,051	4.82%
Girls Soccer	\$38,800	4.45%
G Softball	\$43,436	4.98%
B Swimming	\$26,349	3.02%
G Swimming	\$26,349	3.02%
Boys Tennis	\$29,282	3.35%
Girls Tennis	\$29,152	3.34%
Boys Track	\$26,970	3.09%
Girls Track	\$26,970	3.09%
Boys Volleyball	\$38,754	4.44%
Girls Volleyball	\$37,942	4.35%
B Winter Track	\$26,957	3.09%
G Winter Track	\$21,672	2.48%
Wrestling	\$38,441	4.40%
All sports awards	\$14,700	1.68%

2015 MIDTERM SCHEDULE

ROOM #	EXAM	TEACHER	ROOM #	EXAM	TEACHER	ROOM #	EXAM	TEACHER
MONDAY JANUARY 26, 2015 8:15 AM								
34	Living Environment Regents	-	215	Global History II	Macrigiane	15	Earth Science	Travis
-	ELA (Common Core) Regent	-	217	Global History II	Macrigiane	17	Earth Science	Travis
-	RCT Global	-	219	Global History II	O'Connor	B11	Utopia/Dystopia	Cohan
A1	Algebra 1	Gorman	-	Global History II	Betty-Denton	B12	Utopia/Dystopia	Cohan
A2	Algebra 1	Carstens	221	AP European History	O'Connor	B13	Utopia/Dystopia	Gokturk
A3	Algebra1	Basile	223	AP European History	O'Connor	B14	Utopia/Dystopia	Gokturk
A4	Algebra 1	Kamerer	225	AP European History	Sepulvida	B15	Utopia/Dystopia	Gokturk
A5	Algebra 1	Kamerer	118	AP European History	Matina	B16	Mythology	Gokturk
A6	Algebra 1	Kamerer	120	AP European History	Matina	B17	Comparative Literature	Schulman
A7	Algebra 1	Pichkur	122	AP Spanish Literature	Joseph	B18	Comparative Literature	Valenti
A8	Algebra 1	Gorman	127	AP Latin	Griffin	217	Social Science Research	-
A9	Algebra 1 Plus	Carstens	129	AP French	Delio	219	Social Science Research	-
A10	Algebra 1 Plus	Carstens	10	AP Italian	Ferrante	221	Social Science Research	-
15	Algebra 1 Plus	Gallagher	12:15 PM			223	Social Science Research	-
17	Algebra 1 Plus	Gallagher	122	English Regents	-	118	AP Literature	Sachs
18	Algebra 1 Plus	Basile	129	English Regents	-	120	AP Literature	Schulman
19	Algebra 1 Plus	Basile	English	English Regents Reader	-	127	AP Literature	Valenti
-	Pre Algebra	Vaserstein	C23	Algebra 1 Regents	-	TUESDAY JANUARY 27, 2015 8:15 AM		
B15	Global History II	Klaff	-	Physics Regents	-			
B16	Global History II	Klaff	A1	Financial Algebra	Ferruso	31	Global History Regents	-
B17	Global History II	Dragos	A2	Financial Algebra	Ferruso	-	RCT Writing	-
B18	Global History II	Howard	A3	Financial Algebra	Verity	A1	Geometry	Ganzekaufer
B19	Global History II	Howard	A4	Financial Algebra	Verity	A2	Geometry	Tedesco
B20	Global History II	Howard	A5	Earth Science	Campanella	A3	Geometry	Wolfert
C23	Global History II	Brenner	A6	Earth Science	Campanella	A4	Geometry	Wolfert
213	Global History II	Brenner	A7	Earth Science	Campanella	A5	Geometry	Pillar
			A8	Earth Science	Paradis	A6	Geometry	Pillar
			A9	Earth Science	Paradis	A7	Geometry	Pillar
			A10	Earth Science	Paradis			

2015 MIDTERM SCHEDULE

ROOM #	EXAM	TEACHER	ROOM #	EXAM	TEACHER	ROOM #	EXAM	TEACHER
A8	Geometry Plus	Ganzekaufer	B19	Composition	Pulice	118	Regents Biology	Ezratty
A9	Geometry Plus	Ganzekaufer	B20	Composition	Pulice	120	Regents Biology	Ezratty
A10	Geometry Plus	Reynolds	118	Composition	Sacha	122	Regents Biology	Travis
15	Geometry Plus	Reynolds	120	Composition	Sacha	127	Regents Biology	Travis
17	Geometry Plus	Verity	122	Composition	Sacha	-	Living Enviornment	Zuvich
18	Geometry Plus	Verity	127	Composition	Schulman	225	US History	Vinella
19	AP Biology	Ezratty	129	Composition	Schulman	223	US History	Cotter
B11	Freshman English	Block	15	Composition	Schulman	221	US History	Cotter
B12	Freshman English	Block	17	Composition	Valenti	219	US History	McClean
B13	Freshman English	Cohan	-	English	Faraday	217	US History	McClean
B14	Freshman English	Cohan	225	Global I	Dietz	215	US History	Klock
B15	Freshman English	Cohan	223	Global I	Dietz	213	US History	Klock
B16	Freshman English	Lally	221	Global I	Dietz	C23	US History	Howard
B17	Freshman English	Lally	219	Global I	Brenner	2	AP US History	Muhlbauer
B18	Freshman English	Mills	217	Global I	Brenner	4	AP US History	Muhlbauer
B19	Freshman English	Mills	215	Global I	Brenner	6	AP US History	Muhlbauer
B20	Freshman English	Pulice	213	Global I	Dragos	8	AP US History	Vinella
129	Freshman English	Zarkh	C23	Global I	Dragos	10	AP US History	Vinella
127	Freshman English	Valenti	18	Global I	Dragos	11	AP US History	Klaff
122	Freshman English	Valenti	19	Global I	Sepulvida	17	AP US History	Klaff
120	Freshman English	Woska	21	Global I	Sepulvida	18	AP US History	McClean
118	Freshman English	Woska	23	Global I	Sepulvida			
144	Freshman English	Woska	10	Global I	Sepulvida			
-	Freshman English	Faraday	11	Global I	Matina			
2	Spanish 4H	Gonzales-Montes	2	Global I	Matina			
4	Spanish 4H	Gonzales-Montes	4	Global I	Matina			
6	Latin Literature 4H	Griffin	6	Global I	Byrne	A3	AP Computer Science	DiVenuto
8	Advanced French	Delio	209	AP Studio Art	Best	A5	AP Computer Science	DiVenuto
10	Advanced Italian	Ferrante	106	AP Studio Art	Murphy	B13	AP Environmental	Brandt
	12:15 PM			THURSDAY		B14	AP Environmental	Brandt
B11	Algebra Regents	-		JANUARY 29, 2015		A2	Math Research Exam	-
-	RCT Math	-		8:15 AM		A4	Math Research Exam	-
A1	AP Chemistry	Carmody	A1	Algebra 2 Trig Regents	-	142	Regents Chemistry	DiFazio
A2	Geology	Paradis	A2	Algebra 2 Trig Regents	-	130	Regents Chemistry	DiFazio
A3	AP Psychology	Byrne	-	RCT US History	-	134	Regents Chemistry	DiFazio
A4	AP Psychology	Byrne	A3	Math 9H	Pillar	136	Regents Chemistry	DiFazio
A5	AP Psychology	Bryne	A4	Math 9H	Reynolds	139	Regents Chemistry	Grasso-Krebs
A6	AP Psychology	Schultz	A5	Math 9H	Tedesco	30	Regents Chemistry	Grasso-Krebs
A7	AP Psychology	Schultz	A6	Math 10H	Carstens	31	Regents Chemistry	Nelson
A8	Spanish 3H	Joseph	A7	Math 10H	Ferruso	34	Regents Chemistry	Nelson
A9	Spanish 3H	Joseph	A8	Math 10H	Basile	35	Honors Chemistry	Carmody
A10	Latin 3H	Griffin	A9	Math 11H	Tecusan	36	Honors Chemistry	Carmody
17	French 3H	Lindemann	A10	Math 11H	Reynolds	37	Honors Chemistry	Carmody
19	Italian 3H	Valentino-Terrado	C23	AP Government	Cotter	40	Honors Chemistry	Nelson
	WEDNESDAY		213	AP Government	Cotter	41	Honors Chemistry	Nelson
	JANUARY 28, 2015		215	AP Macroeconomics	Medico	144	Chemistry	Grasso- Krebs
	8:15 AM		217	AP Macroeconomics	Medico	131	Chemistry	Grasso-Krebs
223	US History Regents	-	219	AP Macroeconomics	Medico	42	Regents Physics	Fish
A7	Geometry Regents	-	221	AP Macroeconomics	Medico	23	Regents Physics	Johnson
-	RCT Science	-	A1	Algebra 2	Siener	21	Regents Physics	O'Brien
A2	Pre-Calculus	Pichkur	A2	Algebra 2	Siener	19	Regents Physics	O'Brien
A4	Pre-Calculus	Tecusan	A3	Algebra 2	DiVenuto	18	Regents Physics	O'Brien
A6	Pre-Calculus	Tecusan	A4	Algebra 2	DiVenuto	17	Regents Physics	Schineller
A3	Pre-Calculus	Siener	A5	Algebra 2	Tecusan	15	Honors Physics	Fish
A1	Pre-Calculus	Siener	A6	Algebra 2	Tecusan	14	Honors Physics	Johnson
A5	AP Statistics	Ferruso	A7	Algebra 2 Plus	Tedesco	215	Honors Physics	Johnson
A6	AP Statistics	Ferruso	A8	Algebra 2 Plus	Tedesco	213	Honors Physics	Schineller
138	Science Research	-	A9	Algebra 2 Plus	Wolfert	12:15 PM		
140	Science Research	-	A10	Algebra 2 Plus	Wolfert	120	AP English Qualifying	-
219	Accounting	Saraceni	223	AP Spanish Language	Morffi	122	AP English Qualifying	-
215	Accounting	Saraceni	225	AP Spanish Language	Morffi	127	AP English Qualifying	-
213	College Accounting	Saraceni		12:15 PM		129	AP English Qualifying	-
217	College Accounting	Saraceni	A1	BC Calculus	Ganzekaufer	118	AP English Qualifying	-
-	Algebra	Zuvich	A2	BC Calculus	Kamerer			
	12:15 PM		A3	AB Calculus	Kamerer			
31	Earth Science Regents	-	A4	AB Calculus	Pillar			
8	Chemistry Regents	-	A7	Differential Calculus	Siener			
-	RCT Reading	-	A8	Honors Biology	Apicos			
130	AP Physics 1&2	Fish	A9	Honors Biology	Apicos			
135	AP Physics 1&2	Fish	A10	Honors Biology	Crivelli			
134	AP Physics C	Johnson	15	Honors Biology	Dardzinski			
B11	Composition	Brock	B11	Regents Biology	Brandt			
B12	Composition	Brock	B12	Regents Biology	Brandt			
B13	Composition	Corbo	B13	Regents Biology	Apicos			
B14	Composition	Corbo	B14	Regents Biology	Crivelli			
B15	Composition	Gokturk	B15	Regents Biology	Dardzinski			
B16	Composition	Lisecki	B16	Regents Biology	Dardzinski			
B17	Composition	Lisecki	B17	Regents Biology	Dardzinski			
B18	Composition	Pulice	B18	Regents Biology	Gallego			
			B19	Regents Biology	Gallego			
			B20	Regents Biology	Gallego			

504 ROOM/CONFLICT ROOM:
ROOM 115
ROOM 117 (PM)

Point Counterpoint

Should we have a week dedicated to midterm exams?

BY **Lya Rothman**
Contributing Writer

Amidst all the stress of homework, extracurricular activities, and obligations outside of school, the last thing that students need is more tests. Nonetheless, midterms (and final exams for semester classes) are an essential part of academic life. Most students prefer to have a week specifically dedicated to midterms, as it is a better alternative to having these tests during a normal school week, and expecting students to balance their class work loads while reviewing the material covered in an entire semester.

"I like having midterms separate because it gives us time to study without worrying about our classes," said senior Laynie Calderwood.

Midterm week is designed so that students come in to school only for their scheduled tests, so that they have more time to study. Even if students have a scheduled test every day, or have more than one test scheduled a day, they are given more studying time than in a normal school week.

While last year there were complaints about how the tests themselves were spaced out, there are inevitable conflicts and it remains in the best interest of the students to leave the current midterm week setup as is.

"If it ain't broke don't fix it," said social studies teacher Mr. Alex Sepulveda.

Besides the administration of January Regents exams, having a separate week for midterms is beneficial to students because it allows us to focus our time on studying for those tests, time that would otherwise be taken up by homework.

Learning how to prioritize is an essential skill for the future. Using this time to space out studying accordingly gives students the opportunity to practice that skill.

"It's a great time to try and meet with teachers and come up with a plan to study," said senior Aimee Levinson. "And for seniors, these grades really matter, so trying your hardest means everything."

Especially for juniors and seniors who are worrying

about getting into college, there is added pressure to do well on their midterms and finals. For seniors sending out mid-year reports to colleges, midterms are a large part of boosting grades in their classes. For those who simply want to raise their GPA, midterms are the most common solution.

In a hypothetical situation where midterm week is removed, all that would happen is that every teacher would have their midterms on Thursday and Friday of the week in an attempt to maximize review time. That means that most of a student's classes would force them to review an entire semester's worth of material at the same time. There is also the increased possibility of having multiple tests in one day, which does not seem pleasant.

The benefits of long-term studying versus cramming have been proven time and time again, but at best, a student will only remember the material for a short time. At worst, they might not remember what they have learned at all.

Knowing how midterm week is going to be scheduled beforehand and being able to plan out study time accordingly allows students to focus on more long-term ways of remembering what they have learned.

To minimize the pressures that multiple tests cause, midterms should be administered during a separate week.

BY **Shia Miller**
Staff Writer

Stress. It's something that every teenager experiences. Between studying for classes and the SATs, and worrying about what lies ahead in the near future, stress effects even the best of us. We should be doing everything that we can to reduce the stress. However, this is not the case. Instead, we have an entire week dedicated to two or three-hour tests, which are held consecutively, which stress students out even more. While ensuring that students are learning and retaining information is important, we do need a new solution to testing students.

Midterm week is one of the most intense weeks of the entire school year. Sure, there are Regents and AP exams at the end of the year. But these tests are what we prep for all year round. On the other hand, midterms sort of just sneak up on you. A teacher might casually mention the test before winter break. But as soon as we are back to school, midterms are the only thing that anyone talks about.

"Whenever the midterm week is near, I go through a panic attack," said senior Sameer Nanda.

Midterms usually count for a huge portion of your grade: about 20% of second quarter grades. That's a high price to pay for one test. So, what should

be done about this

situation?

Well first, we need to do away with midterm week. It's a source of anxiety and stress that burdens teachers and students to perform at the highest level and to produce massive tests. If midterm week were dissolved, much would improve. Students with test anxiety would have another chance to redeem themselves for second quarter.

"Midterms themselves have an unreasonably significant impact on student grades," said senior Sally Kuan.

Maybe the emphasis on intense testing would dissolve, and a new system would be implemented that would measure how much a student has retained from the first semester.

Because isn't that essentially what midterms are about? Aren't they simply a way to tell the instructor, and the student, that they don't know as much information as they should at this point in the year? If this is the reasoning behind the majority of these tests, why not create a new system?

"I wish that teachers didn't give midterms for the sake of giving midterms," said senior Kimberly Winter. "There are some midterms that I *literally* can't study for, like AP Literature. If we can't study for a test, how can it be an accurate representation of what we've learned?"

Taking an entire week during the year and dedicating it to midterms is not the only method to checking how well students are grasping what they are being taught in class. There are other ways to monitor how well we retain what we learn. What if, midterms were simply reduced to one hour each? The test could contain any topic from the start of the year. It would be far less intimidating to keep it in a class setting, and far less daunting to take than a 150 question test.

In addition, the midterm week conflicts have persisted for a long time. With in-class midterm exams, there will be no conflicts.

"Last year, I showed up an hour late to my Latin midterm," said Winter. "Luckily it did not impact too badly, but I certainly would not have slept in if it had been an in-class exam."

Additionally, the test would not be counted for more than 10% of our grade, which would not only help those with testing anxiety, but those who didn't do so great in the first semester. Having a smaller test might also mean that we could review the test afterward, in prep for the final, Regents or AP exam at the end of the year. Because, let's be honest: having a midterm week is not vital for our education, and frankly, it's nothing more than a big waste of our time.



Daniel Devlin

#JeSuisCharlie and #JeSuisAhmed: Tensions and Ties

BY Sabina Unni & Elizabeth Muratore
Assistant Opinions Editor & Staff Writer

On Jan. 7, a terrorist attack at the Paris offices of satirical French magazine *Charlie Hebdo* left twelve dead, eleven wounded, and an entire nation heartbroken and furious. These attacks continued the next day, when two of the attackers led Paris police on a chase, resulting in the death of one Paris police-woman. The attacks culminated with the capture of a Kosher supermarket on Jan. 9, in which four hostages were killed. In total, seventeen people have died, but the outcry regarding this issue is on a scale similar to that of the 9/11 attacks. Al-Qaida has stated that the attacks were in response to the magazine's frequent satirizing of the prophet Muhammad and were carried out to "avenge [his] honor."

"Some of Charlie Hebdo's cartoons were unnecessarily offensive, but they still have the absolute right to publish them," said senior Josh Curtis. "In the wise words of Voltaire, 'I do not agree with what you have to say, but I'll defend to the death your right to say it.'"

Neither the French nor the rest of the world has kept quiet in the wake of these attacks. Once news of the tragedy had leaked online, the hashtag "Je suis Charlie" began circulating on social media. Many celebrities, including George Clooney and Jared Leto, have publicly used this phrase to communicate that they, and all who use it, stand together as one in support of those affected by the attacks.

French officials have also spoken out, saying that they will not let these attacks affect their nation's pride or its strength. A rally took place throughout the streets of Paris on Jan. 11 that attracted over 1 million protesters.

Those attending the rally also included over forty world leaders, including U.S. ambassador to France Jane Hartley

and Israeli Prime Minister Benjamin Netanyahu. One report estimated that the number of participants in the rally was as high as 3.7 million.

"Our entire country will rise up toward something better," said French president Francois Hollande at the march.

Despite Hollande's statement, there have been increased religious and racial tensions throughout France. Mosques in two French towns were fired upon, three blank grenades were thrown at a mosque in Le Mans, shots were fired at a mosque in Port-la-nouvelle, there was an explosion near a kebab shop in a mosque, and Mohamed El Makouli was shot by a man screaming insults to Islam.

In response to the terrorists and "Je suis Charlie," many French Muslims, and Muslims around the world, have begun using the hashtag "Je suis Ahmed," in honor of a Muslim police officer, Ahmed Merabet, who was killed in the attacks and uttered these as his last words. Groups of French Muslims have worn placards bearing the phrase, "L'Islam est contre le terrorisme," which translates to, "Islam is against terrorism."

#JeSuisAhmed has become a subject of controversy. "Je suis Ahmed ignores the real victims here," said junior Andrew Gruber.

Others affirm its intended purpose. "#JeSuisAhmed is inspiring because it shows that the mere assumption that a certain race has certain beliefs was disproved by this individual," said sophomore Devon Singh.

This issue is particularly important to student journalists who are witnessing present tensions. Freedom of speech and freedom of religion are some of the cornerstones of honest journalism. On the other hand, baseless offensiveness is irresponsible and unethical journalism.

"Freedom of speech is an unalienable right, but it comes with the responsibility of treating all citizens fairly," said senior Sarah Sigman. "For example, in France it is illegal for Muslim women to wear burqas or niqabs in public. So, the question is: freedom of speech for who?"

We have to underscore the importance of free speech and the ability to speak freely. But we also have to understand that journalists have a moral responsibility to the people whom they are writing about and the people they are writing for.



Jake's Take: the Midterm Apocalypse is here!

BY Jake Arlow
Staff Writer

Here at Schreiber, the end of the world is at hand, and the Four Horsemen of the Apocalypse are on their way: war, famine, pestilence, and midterms. I have my own theories on how the world will end, and they almost all involve sentient robots procreating with unsuspecting humans and creating small robot spawn until the Earth is overrun and eventually destroyed by these creatures. That's just me, though. Other Schreiber students have their theories, and with midterms bringing the end of life as we know it, all of these possibilities are worth examining. So sit back and join me in exploring the bowels of your peers' minds as they predict the oncoming apocalypse and I help you prepare for the upcoming midterms.

"Greenhouse effect leads to unprecedented high temperatures," said senior Olivia Mann. "Sitting on metal park benches, hoods of cars, or any material that absorbs sunlight leads to one's buttocks being melted together. Therefore, ridding oneself of waste is impossible and we all die due to the toxicology of our own waste."

While the image of a uni-bum seems kind of cool, it would obviously just lead

to human extinction. This also seems like a pretty legitimate way to get out of midterms. No teacher will contest the fact that you had been unable to study if you are in this situation. Unless you're in AP European History. After all, Europeans survived the Bubonic Plague. Come on people, step it up.

"Give me an 'aux cord' and my music would be too good, so the world would just explode," said senior Mano Beys.

I asked him how the music would be projected around the world, and the response was "giant speakers." This theory seems to be along the lines of death by noise pollution. When studying for midterms, some like complete silence, while others are fans of the tranquility of background music. Beys is obviously a member of the latter group. Watch out for him at the library, as he will probably have his sick beats turned up beyond a respectable sound level.

Some students have different theories, some that are quite scary.

"The world will end when grandmas learn how to use the internet and start trolling teens," said senior Sarah Sigman.

Although she did not specify, I can imagine this would cause a widespread panic that eventually leads all humans to distrust one another, culminating in the extermination of humans by humans. The only hope for survival would be

groups of teens coming together to fight the hysteria. This is basically the description of a study group, which, by the way, is a great way to prepare for midterms.

When I questioned some people about how our apocalypse will happen, they had frighteningly long and very real lists of their beliefs on how the world will inevitably end. Some theories they perpetuated included images much too vulgar for *The Schreiber Times* newspaper (gluten-free diets and Taylor Swift, to name a few).

"The self-aware smart house lady from the Disney classic *Smart House* hacks into the Pentagon's computer system and sets off the nuclear launch codes," said senior Will Berger.

To insinuate that a childhood icon could possibly do something so terrible and malicious is jarring, though with the recent hacking of many organizations, it is difficult to know who the true enemy is. During midterms week, the true enemy is not your teacher or even your midterms. It is you. You must not procrastinate; you must save yourself from extinction, or at least bad grades. On the bright side, if the apocalypse does come between now and midterms week, life is futile anyway!

Briefly summarized

BY Sabina Unni
Assistant Opinions Editor

I am not a fortune teller. But I can read a calendar, so the following column will include the bills that the House of Representatives, and possibly the Senate, will vote on in the following few weeks, a brief summary of what they mean, and what you can do if you agree or disagree with them.

The "Pain-Capable Unborn Child Protection Act" was brought forward by Republican Representatives Trent Franks and Marsha Blackburn from Arizona and Tennessee, respectively. This bill, if passed, would ban abortions after 20 weeks, with exceptions for rape and special conditions.

Proponents of the bill believe that a fetus feels pain after 20 weeks; opponents of the bill feel that it is unconstitutional, and that it targets young, poor, and unemployed women.

The Keystone XL Pipeline has been one of the most disputed environmental issues of the decade. Proponents of the bill claim that it will decrease dependence on foreign oil and create over 40,000 jobs. (I would like to point out that the State Department estimated 35 permanent jobs would be made, but hey, who's counting?) Opponents of the bill state human rights infringements, trespassing on indigenous lands, a high risk of oil spills, and increased greenhouse gas emissions.

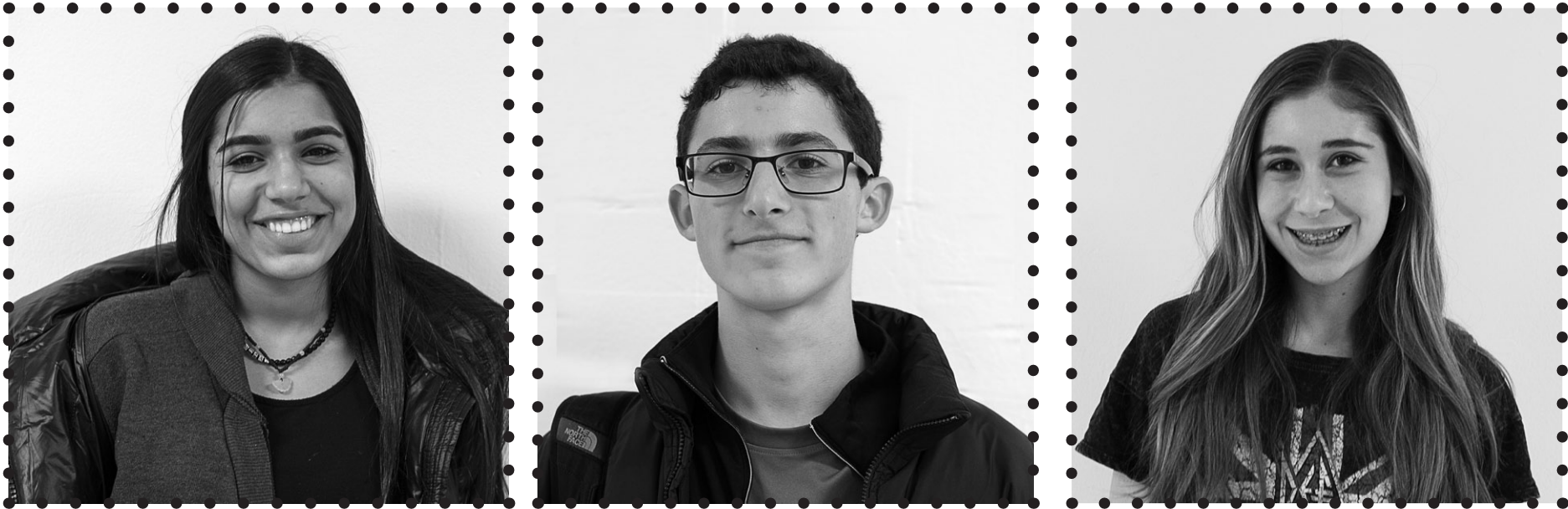
NASA climate scientist James Hansen said, in an interview in *Scientific American*, that using tar sands indicates "either that governments don't understand the situation, or that they just don't give a damn." The new Republican majority allowed the Senate to see this highly controversial bill.

Finally (not the final debate in Congress, but the final debate that this article will include because midterms week is, like, really soon) there are talks of imposing sanctions on Iran. President Obama has continually rejected them, but they are being formulated into the "Nuclear Weapon Free Iran Act of 2015." Relatively moderate president of Iran Hasan Rouhani said, "Iran rejects weapons of mass destruction based on its belief system, its religious belief system, as well as its ethical standpoint," however, a consensus has yet to be made, and congressional leaders want to impose sanctions, despite Rouhani's claim that "sanctions against Iran are illegal and are undermining international law."

How do you make a difference? Well, if you live in Port Washington, your representative is Democrat Steve Israel. You can send a memo via his website, which I cannot confirm nor deny real humans read, or you can call his office phone number: (631) 777-7391. You could tweet him, but Twitter isn't always the best forum for #ReliablePoliticalDiscourse.

Contacting a representative directly is always worth a shot; I know it's overly optimistic to think that a 17-year-old with access to the Internet has the ability to change politics. But, hey, the option is there, so why not try? If you're passionate about something, complain about it! You might just be heard. You also may end up writing a column in your school newspaper, which is the next best thing, right?

SchreiberSpeaks What is your New Year's Resolution?



“My New Year’s Resolution was to read a book every month. I haven’t started any yet but it’s only the first month.”

~ Milan Sani, junior

“This year, I decided to wish people happy birthday more. So I’ve been going up to random people and wishing them happy birthday.”

~ Joey Levine, sophomore

“Starting this year, I wanted to go running every Sunday at the track but I didn’t get to because I was too lazy.”

~ Dara Kaufman, freshman

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

College applications: tough for all, tougher for first generation children and immigrants

BY **Sandra Riano**
Staff Writer

For children whose parents did not grow up in the United States, the college application process can be more difficult than usual. The experiences of first generation students whose parents never enrolled in postsecondary education differ largely from their non-first generation counterparts.

Although expectations vary from culture to culture, most first generation students have parents that face many of the same socio-economic challenges that come with emigrating to a new country.

First, the language barrier easily presents the greatest challenge for immigrant parents. Children who are in school are often more capable of picking up a new language, and take on the role of teachers when it comes to their parents’ English proficiency. The second biggest difficulty these families can expect is culture shock. As parents begin the process of integration, their children are left to do the best they can in order to succeed.

This boils down to navigating higher education on their own.

“This is my reality, instead of dwelling on the disadvantages I face, I work harder for my future,” said senior Melody Sagastume. “It’s the only thing I can do.”

Port Washington is easily one of the most diverse schools on Long Island. However, a very small percentage of honors, AP, and research students are minorities.

This segregation sheds light on the correlation between achievement and race. This is not to say that minorities are not high achieving, but before reaching a level where their only priority is success, these students must first break out of the socio-economic disadvantages that accompany immigration.

Senior year is like a great race in the beginning of September to complete the

Common App and apply to college. Slow and steady isn’t the name of the game here; being prepared and college-savvy is what will get you to the finish line.

Non-first generation students have the advantage of relying on their parents for advice and support, because they have gone through this process themselves. Economically speaking, the college process also puts a lot of pressure on both

“People are so afraid of asking for help because we live in a country where we are supposed to be independent,” said Sagastume, “and that kind of pride stops students from reaching their absolute potential.”

first generation and non-first generation students alike, with the rising cost of applications and test scores.

The only difference here is the first generation students often assume economic responsibility because the college process puts an especially large strain on immigrant parents to provide for their children in ways they did not before.

However, the biggest strain may not be financing their children’s college application, but providing adequate support in other ways. Regardless of generational status, what students need throughout this time in their lives is direction and understanding. What many

non-first generation students consider a commodity, first generation students consider a luxury.

“Students face the concept of using money to buy education in forms of tutoring and private counselors,” said senior Henry Lin. “It is very competitive.”

The administration has not gone far enough to help first generation students. The college process begins as early as junior year with standardized tests. For anyone whose first language isn’t English, standardized tests are comparatively harder to excel in. Since college admissions use these tests as indicators for possible admission, some students are inherently disadvantaged.

“People who are bright but not fluent in English do not have the chance to show their real capabilities with these tests,” said senior Anan Ryan.

I can remember the helplessness I felt when I was surrounded by so many peers who were suddenly much more prepared to tackle their futures than I ever was. It comes with the territory; helplessness and confusion are often experienced by first generation students, but there is rarely outreach provided for those who need it the most.

Many of us are left to scramble and figure this process out as completely and quickly as we can. I won’t even mention the socio-economic factors that play into standardize testing; we’ve all heard the pros and cons to that age-old debate.

“People are so afraid of asking for help because we live in a country where we are supposed to be independent,” said Sagastume. “And that kind of pride stops students from reaching their absolute potential.”

After students overcome the hurdle of standardized testing, they face the difficult task of college applications. For students whose parents are not legal citizens, this process is increasingly more stressful.

Imagine filling out the documentation needed for admissions, and worrying that each time your parents’ social

security is asked for, they could get deported. Ambiguous statuses can also make financial aid applications almost impossible, a particular difficulty for immigrant families.

Although admissions offices promise to safeguard applicant information, some students navigate this process with unshakeable fear and paranoia. The applications one student takes for granted becomes the root of anxiety and despair students with undocumented parents feel. This mixture of fear and confusion keep students from seeking the help they need to complete college applications. As a community, we need to facilitate a space where these students can feel safe and ask for the help they need.

“Our system is not perfect, but we are trying to work with first generation students and immigrants with the help of the ESL department,” said Director of Guidance department Hank Hardy.

If you can take anything away from this, I hope it is a better understanding. This is not a tug-of-war between immigrant students and non-immigrant students. I have not even described the strife illegal immigrants or foreign exchange students face concerning this process.

I urge you to take a critical look at our school. Perhaps, when you are entering, observe the types of students you find walking into Schreiber. A second time, during one of your classes, observe the types of students you will find seated there. Ask yourselves whether you are truly amid diversity.

If the answer is no, work harder to understand the divisions between yourself and someone of a different origin, and advocate for equality. Work harder to acknowledge that because of race, some of us are just at an advantage or a disadvantage. Most of time, it has nothing to do with academic ability. If we actively work to bridge the gap, we can give all students the capacity to dream.

Editorials

Midterm week conflicts

As midterms approach and the schedule for testing is released, the issue of test conflicts arises.

Last year, midterm week was cut down to four days instead of five. As a result, testing times were closer together, making many students run from one midterm to the next with just fifteen minutes in between. Students arrived at their exams still flustered from their last tests.

This year, many students also have two midterms scheduled for the same time slot. Due to this conflict, the administration had to reschedule one of the tests during the Friday testing hours. However, some students already have different exams both in the morning and afternoon that day, making it impossible for them to make up the missed work.

Although the schedule has returned to its original five-day span, timing conflicts persist to be an issue. Regardless of grade level, many students have reported issues regarding overlaps of several midterms and insufficient time to make up their midterms later in the week.

The Schreiber Times believes that there is definitely a solution. One way to prevent overlaps is to schedule all of the grade level classes at the same time. For instance, a student enrolled in a ninth grade math course is not also enrolled in those that are only tenth, eleventh, or twelfth grade math classes. However, a student who is enrolled in a junior or senior year class may be taking a math elective, such as AP Statistics. Therefore electives that are open to specific grades should not be scheduled at the same times.

If overlaps of midterms are inevitable, the time slot allotted to make up tests should be more flexible. In some cases,

students do not have the time to make up for the test they missed during the Friday testing time. However students may not have any exams on Monday or Wednesday. Then, they could have had a make-up midterm scheduled on one of those days.

Yes, it is highly improbable that a schedule can be created with absolutely no issues. *The Schreiber Times* believes that if administration follows these suggestions, it would greatly reduce the multitude of midterm conflicts that have existed for a long time.

Gym make-up sessions

As we approach the end of another quarter, many students face the inevitable: having to go through the annoying process of making up physical education classes. Because of a rule that student participation is factored into a student's grade in physical education classes, and the 85 percent rule, which stipulates that students will fail a course if they do not attend at least 85 percent of the classes, many students are forced to find time to make up these classes or risk getting a lower grade in the class.

This process involves students either making up the classes during an off period, or during make-up times offered before or after school at the end of the quarter. For the latter option, the amount of available spots fill up quickly and many students are turned away from making up classes, meaning that their grade will be lowered.

The Schreiber Times finds this policy unfair. If a student missed one or two physical education courses for just reasons, such as being home sick or having an in-school conflict like a field trip or a research competition, that student should not be potentially penalized. Rather, the student should

be able to take a number of excused absences before having to make up classes for credit.

In addition, the school should offer more opportunities for students to regain credit in the PE course. If the student has conflicts from a lack of off periods, an abundance of extracurricular activities, or participating in a school sport, they should not be unfairly affected by this unfair policy. For example, maybe a school athlete could receive credit for participating in sport.

Website underutilization

A visit to the District's website can tell you a lot about our schools. Pictures flash across the screen of high school plays, middle school sports games, and elementary school holiday parties. A list of announcements commends award winners, discusses charitable causes, and explains Board of Education decisions.

Despite the ample material displayed on the home page of the Schreiber PortNet site, much of the information on the rest of the site is outdated. Not only do some teachers and clubs not regularly update their pages, but also many others display no information at all. On many pages, class and club outlines in which information should be placed are empty. This lack of utilization is a waste of a resource that has many potential benefits.

Our district offers a beautiful platform for publicly displaying information, and *The Schreiber Times* believes that all groups with access to the site should take advantage of it. As more and more new technologies are added to Schreiber's repertoire, students, teachers, and administrators must not abandon traditional yet still valuable tools. The school website is an essential part of academic technological communication. It can be accessed by anyone, anywhere, without the need for a username or password. This allows students, parents, Port residents, and individuals from other towns to learn about the programs our school offers. Blank pages are not only very

frustrating for people looking for specific information, but also send a bad message to outsiders looking in.

Because the school website is such an important resource, *The Schreiber Times* believes that it should be used to its greatest potential. This would entail updating information on all teacher's, club adviser's, and administrator's pages. Teachers may also enhance their use of the PortNet site by posting their schedules on their pages instead of only on the hallway bulletin boards.

Interested in writing for The Schreiber Times? Then come to the next newspaper general meeting on February 5! All new writers are welcome!

Times Policy Statement

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

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

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

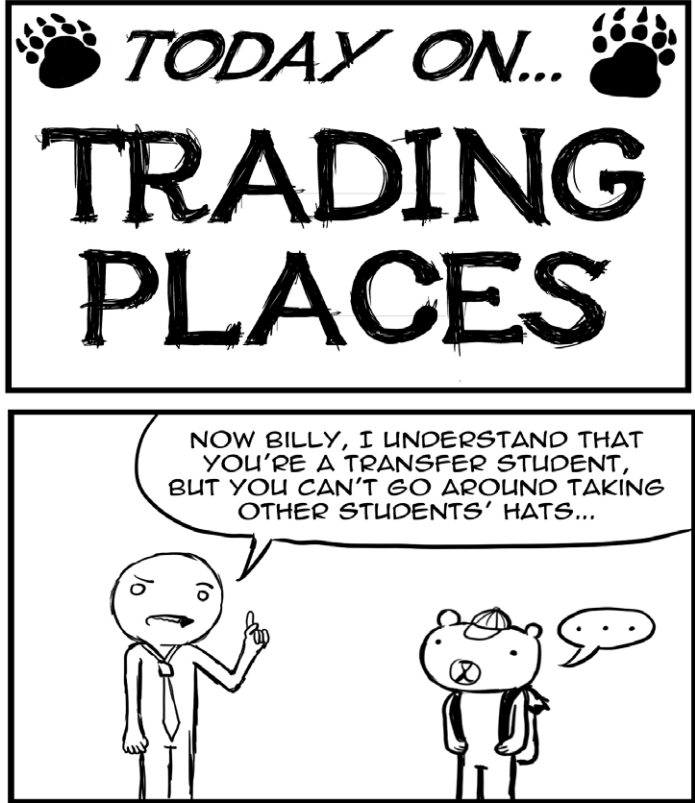
We will print letters to the editors if judged to be of sufficient quality and importance on a space-available basis. We will not print letters that are obscene, libelous, or contain unfounded charges. The Times reserves the right to shorten letters if doing so does not alter their meaning, and to choose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

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

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

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

Trading Places by Ethan Bookstein



Roll your way down to the best sushi places in town

by Izzy Gold and Aliza Herz

Staff Writers

Have you ever wanted sushi, but had no idea which restaurant to go to? With so many options in Port, how could you possibly choose?

Have no fear. With some help, the hours of debating between restaurants will be a thing of the past. This is your go-to guide for the best sushi restaurants in Port. There are three main Japanese restaurants in Port Washington: Bonsai, Aki, and Aiko. Each of them has its own unique menu, location, and price range.

Aki is located on 46 Main St., next door to Gino's. Out of the three restaurants this one is the closest to school. It offers free delivery with a minimum of \$15. The menu has a large variety to choose from, so it is perfect even if you don't like sushi.

One of the more popular items on the menu for those who eat raw fish is the Spicy Tuna Pizza. Unlike your typical pizza, this dish offers toppings including spicy tuna, avocado, jalapeños, and spicy mayo, on a tortilla.

"Aki is my favorite sushi restaurant in Port Washington because of their exotic rolls such as the Orange Dragon Roll, the Volcano Roll, and the Samurai Roll, which is my favorite," said junior Jenna Hecht.

However if you are not into such unusual rolls they sell California rolls for \$5.00 each and avocado and cucumber rolls for only \$4.00.

If sushi isn't your food of choice, they also have chicken hibachi, fried rice, and chicken teriyaki, all of which are delicious. Their prices are not the lowest out of the three sushi places, but if you're looking for a good Japanese meal for cheap-ish, Aki is the place for you!

Bonsai is located on 92 Main St., right near the Main St. Movie Theater. Like Aki, it too offers free delivery. However, Bonsai gives you the unique option of ordering your food online.

Just like Aki's, the Bonsai menu has a large variety of foods, making it difficult to choose between the two. Yet, there are many things that separate the two restaurants.

Bonsai is known for its shrimp tempura appetizer, which consists of lightly fried shrimp and veggies, served with tempura sauce. This dish, along with many others at Bonsai, is perfect for those who do not eat raw fish.

"I always go to Bonsai for their chicken teriyaki, it's my favorite," said junior Blake Dolin.

For those who do eat raw fish, Bonsai offers its famous Port Washington Roll,

prices, Bonsai is perfect.

Port's third popular sushi restaurant is Aiko, located on 90 Main Street, right next door to Bonsai and down the street from Starbucks. Aiko does not have free delivery nor can you order online, which is something that sets it apart from the other two places, making it a little less convenient for high schoolers to successfully satisfy their sushi craving. The menu, on the other hand, is very similar to the other two with a few different items.

Two of those items are the spicy tuna dip and the Aiko sandwich, which has lobster salad, spicy tuna, tomato, avocado, and soy nori. Aiko, like the other two restaurants, has many different items to choose from. These dishes, however, unlike those in Aki and Bonsai, are not always traditional Japanese dishes. It offers more American options such as chicken nuggets and French fries.

"I love Aiko for its Unicorn Roll, which contains shrimp tempura, cucumber, topped with spicy salmon, avocado, and served with mild spicy sauce," said junior Samantha Segal. Aiko also has avocado rolls for \$3.50 and a California roll for \$4.50. Most of their prices are either the same as or in between Bonsai and

Aki's.

As it turns out, it does not completely matter where you go. Bonsai, Aki, or Aiko; you can't go wrong as all three offer scrumptious sushi at reasonable prices.



Josh White

Senior Lena Kogan enjoys a spicy tuna roll from a local favorite, Aki, whose delivery options make it possible for high school students to order during their lunch or off periods, as long as the order is at least \$15.

consisting of spicy salmon, crunchies, and squash, topped with avocado and spicy tuna. As far as prices go, Bonsai's are a bit lower than Aki's. Their avocado roll is only \$3.50; fifty cents less than Aki's. If you're looking for great food and lower



BY Carly Perlmutter and Katie Oppenheim

Staff Writers

It's that dreadful month of the year again. The month where staying up until midnight is the usual, when anxiety and jittery nerves fill your soul, and when cramming takes over your days. Welcome to the month of midterms!

According to healthychildren.org, twelve percent of children ages 8-12 skip breakfast, and by the time kids reach adolescence, thirty percent skip breakfast each morning.

Although you might be going to sleep late and rushing to get to school the next morning, consuming breakfast is crucial. Teenagers who don't eat breakfast are running off of a meal consumed about ten hours prior. A balanced breakfast enables a student to have more energy and better concentration.

The "sleeping late and rushing to school" excuse is common in high school, but studies show the possible detriments of skipping the most important meal of the day.

"We know that the biggest predictor of overeating is undereating, many of these kids skip breakfast and lunch, but then go home and don't stop eating," said Dr. Marcie Beth Schneider, M.D., FAAP, a member of the AAP's Committee on Nutrition and an adolescent medicine physician in Greenwich, Connecticut, as quoted in an article by the American Academy of Pediatrics.

The rationale to skipping meals is actually causing individuals binge eat at night, resulting in unhealthy habits.

Many high school teenagers say that they would eat a healthy breakfast on the go, but don't know what to eat. Quite frankly, it's simple.

There are many different choices that are quick, easy, and healthy that could provide an early morning energy booster. A breakfast that includes a balance of protein and complex carbohydrates is likely to boost a student's school performance for the remainder of the day.

Instead of eating sugary cereals, coffee and energy drinks that will induce a crash later in the day, affecting blood sugar and energy levels, try whole grain toast with peanut butter and banana, a delicious balance of the salty, nutty taste from the peanut butter, the creamy sweetness from the banana, and an extra crunch from the toast.

While you can opt for white bread, whole wheat is a healthier alternative. That extra kick of fiber can definitely make a difference when it comes to test taking.

Also, a quick yogurt parfait with honey, granola, and berries is a sweet and nutritious choice. Yogurt is a great source of calcium and berries are loaded with natural sugars and carbohydrates.

For your salty side, quickly whip up some eggs or egg whites that are full of protein and nutrients and will keep you full throughout the day.

Eating a healthy breakfast in the morning is crucial, especially the day of a big test. A few extra minutes in the morning to set a quick bite can boost your test scores tremendously.

Skip the stress of midterms with these helpful study tips

by Delia Rush

Features Editor

As you stare down at the booklet in front of you, you take a deep breath and open its pages. This is a much-anticipated moment. Some parts seem familiar, others not so much. Your palms become sweaty as you grip your number two pencil a little bit tighter, eraser shavings spreading across your desk. You look up at the ceiling, praying that little tip from seventh grade will pull through and prove to actually work: providing you with something similar to an epiphany and magically supplying you with the answer. After some contemplation, you settle with just choosing "C."

There is a sure bet to end this phenomenon: to rid yourself of this unnecessary stress, the best solution is to study.

Ah yes, studying, the preparation many of us dread and end up putting off until the last second. Well, believe it or not, cramming does not do you any good. So while the days that we await so anxiously come closer and closer, there are some vital tips that can help you ace that midterm.

Get moving. Studies show that exercise promotes blood flow to your brain, allowing you to think quickly and efficiently. Just a little cardio here and there improves memory and increases

alertness and energy. These are not only beneficial while taking a test, but also while studying. Even the smallest amount of exercise increases self-esteem, making you feel indestructible. Studying thus seems less of a burden.

Find your method. Different studying methods work for different people. If you have found that after studying extensively your grades do not reflect your effort, chances are you should switch up your studying habits. Some people learn best from writing out facts or problems. In this case, writing a review sheet by hand, or rewriting notes, can be extremely helpful. Studies have also found that using blue ink assists the most with memory. However, if memorization is your route for success, try flash cards. Other studying techniques include reading over notes or review books and highlighting as you go. Try a few of these methods out and find what seems the most natural and efficient to you.

Practice, practice, practice. The act of actually taking a test is anxiety-inducing in and of itself, no matter the setting, subject, or value of the test. Calm some of your nerves by taking practice tests or practicing questions. Familiarizing yourself with the subject material that will be on your midterms not only helps you review, but also promotes confidence, especially when you get answers correct. Even if you're struggling, redoing

questions from old tests, taking practice tests from review books, and then going over the questions you got incorrect can establish which areas you need to improve. From this information, you can work more specifically on these aspects of the material.

Give yourself a break. With so much information on your mind, all of this studying can definitely become overwhelming. So while you may feel that it is necessary to lock yourself in your room in the days leading up to midterms, this can cause a lot of needless stress. Certainly, you should devote a good amount of time to studying within these next few crucial days. But allow yourself some leisure time as well. Going out for lunch with friends, watching a movie, or reading a book to relax can help you decompress and direct all of that anticipation energy towards some mental health moments. So grab some coffee, tea, whatever your preference is, to give yourself a little boost (just stay conscious of your caffeine intake). Stay calm and remember to stay confident. Since what you expect is often what you get, live through your self-fulfilling prophecy! Make sure to get plenty of rest, as lack of sleep can compromise academic performance, eat a filling and nutritious breakfast the morning of, and have a very merry midterm week.

And: sleep-deprived Ze Schreiber

released during sleep. High school is an important period of physical growth as well as emotional growth in a person's life. Over time, lack of sleep can decrease bone density. So when there is a lack of such a necessary part of development, there is an increased risk of growth-related conditions such as osteoporosis.

Sleep deprivation can also significantly reduce alertness and performance, which is necessary to strive in an academic environment. According to an article by Dr. Michael J. Breus, losing as little as ninety minutes of sleep can reduce alertness by as much as 32%.

"I definitely think that a lack of sleep affects me," said junior Milan Sani. "I am less attentive in class due to the fact that at times I cannot keep my eyes open, especially during first period."

This significant decrease can impair memory and thinking abilities, as well as the ability to retain new information. The brain becomes exhausted as a result of sleep deprivation, making an individual feel slow and inept.

"When I don't get enough sleep, for whatever reason, it affects my effort in school. If I stay up late, like if I was studying, it doesn't make taking tests any easier. I don't feel energized the next day so I also participate in class less," said junior Dani Levitsky.

Further, if sleep deprivation continues for a long period of time, hallucinations can occur. The sleep deprived run risks of numerous negative psychological consequences: depression and paranoia, for example. Lack of sleep can also trigger weak vision, headaches, and even migraines. Research at Missouri State University found that sleep deprivation results in the release of certain proteins that activate

pain, such as those associated with head pain.

"I find that I sometimes get migraines and my vision worsens when I only get a few hours of sleep. This makes it really hard to focus in class," said junior Bari Cohen.

While these all seem risks for an individual experiencing sleep deprivation, others are also put at a risk. According to the National Highway Traffic Safety Administration, as cited by Breus, drowsiness causes at least 100,000 car accidents a year.

Although reduced alertness and performance may seem manageable, the physical effects of lack of sleep can be severe. Besides physical fatigue, most of the bodily side effects of lack of sleep are long-term. They include high blood pressure, heart attack, and heart failure. Perhaps the most surprising fact is that studies have shown higher mortality rates and increased links to obesity and weight gain among those regularly getting less than six or seven hours of sleep a night.

As if all of these risks weren't enough, lack of sleep takes a toll on physical ap-

pearance as well. An infamous trademark of sleep deprivation is the presence of under-eye bags.

"Especially as a junior, it's almost impossible to finish all of your homework and studying without losing some sleep. At times it feels like the only thing heavier than your book bag are the bags under your eyes," said junior Anna Fox.

Another consequence is acne, since the collagen in skin cannot be fully replenished with only a few hours of sleep under a person's belt. Associated are early

signs of aging, such as wrinkles, making the term "beauty sleep" seem less of a joke and more of a serious matter.

With packed schedules and overwhelming amounts of work, students often have to choose between sacrificing their remaining hours to Netflix or to sleep. Chronic sleep deprivation may result in reduced academic performance at school along with unhealthy habits that can lead to sickness. Although it may sound impossible, there are in fact ways for students to get the right amount of sleep and come to school feeling refreshed.

First off, students need to manage their time wisely. Instead of leaving everything for the last minute, budget your time by working on assignments for a little bit every day. By the time that most students get home from a few after school activities, eat dinner, and shower, they are forced to begin their homework late. Although this does occur, by prioritizing their time and having an organized work schedule, students can get work done.

Another more tangible way in which students can eliminate sleep deprivation is napping. A short nap, meaning 20-30 minutes, is usually recommended for short-term alertness. This type of nap provides significant benefit for improved alertness and performance without leaving you feeling groggy or interfering with your regular sleep schedule. However, do not trust your internal alarm; make sure to set up an alarm on your phone!

Students who take several AP and honors classes have a great deal of work, and challenging work at that. Although the students who take these classes may be sleep-deprived, there is one thing to remember. Stress and lack of sleep are in your control, as it is your choice whether or not to take these exhausting classes. While sitting with your guidance coun-

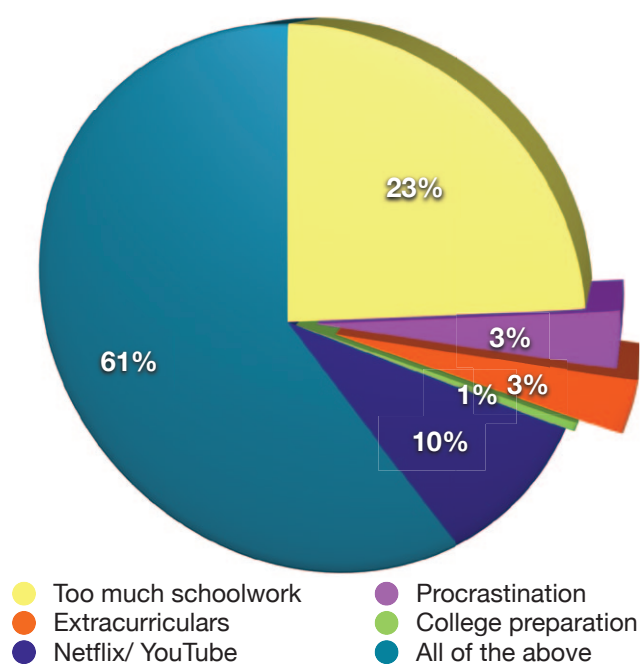
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Also, take advantage of your off periods. Although students may want to socialize with their friends and hang out in the cafeteria during their off periods, you are missing out on valuable time to get work done and leave yourself time for more sleep later on. Off periods are a useful time to go to teachers to get help or ask them questions, so you are not struggling to do your math homework at 12 p.m. All in all, do not let your off periods go to waste all of the time.

"For some reason, I tend to prioritize extracurricular activities over my own schoolwork, but then I prioritize my work over my sleep, so it's a vicious cycle that's hard to break. Because of it, I fall asleep in almost each one of my classes at least once a week," said junior Carolyn Blumberg.

Missing out on sleep and worrying about schoolwork increases students stress levels which can lead to stress-related health problems down the road. Also, skipping sleep can be harmful for students as it can affect grades, friendships, and mood. In addition, a lack of sleep can contribute to acne, which is definitely something all teenagers want to avoid. Make sleep a priority. Manage your time, plan your schedule, prioritize your extracurricular activities, limit the amount of caffeinated drinks you consume, and put down that phone!

What reasons contribute to your lack of sleep?



By Seth Barshay, Maddie Cohen
Erik Fishbin, and Delia Rush.
Graphics Ethan Bookstein.

The Walking Dead: sleep-deprived students take Schreiber

The night is dark, the house is quiet. Everyone is asleep. Everyone except for that high school student, crouched over his or her desk. It is 1 a.m. The only thing keeping the student going is the mantra, “Sleep is for the weak.”

Despite most high school students sleep less than 7 hours, according to one source, teenagers need 8.5-9 hours of sleep per night. Getting fewer hours of sleep affects mood, effectiveness in school, performance in sports, and driving attentiveness.

Even though the recommended number of hours of sleep is common knowledge, no one gets that much. Why is that?

Sometimes students do not get enough sleep as a result of too much work assigned in school or poor planning, which leads to unfinished assignments and high pressure. Overscheduling is common, and associated responsibilities contribute to a larger workload. Additionally, students who are in season for sports struggle to finish everything on time and consequently have to stay up later.

“Sleep is a huge contributor to mood and health and because of balancing high school sports and school work, I often lack sleep and it causes frustration,” said junior and basketball player Daniel Ernst. Late end times can cut into sleeping hours especially.

“When we get home really late I don’t have any time to do any of my homework, and if I do have time I’m just too tired to do it. With one night of no sleep, your whole week is pretty much ruined and

you feel like garbage all day for most of the week. I have even fallen asleep in class a few times,” said junior and track runner Maxwell Rutman.

In addition to sports, some students

“I definitely think that a lack of sleep affects me,” said junior Milan Sani. “I am less attentive in class due to the fact that at times I cannot keep my eyes open, especially during first period.”

are overwhelmed by extracurricular activities, along with heavy course loads.

“I could barely fit in time to finish all of my studying, and I was up past three because of it. Drivers Ed took up a lot of time and then I had lacrosse practice,” said junior Ben Landau.

Sleep deprivation can become a memorable part of the high school experience.

“Not sleeping so much during high school definitely affected how I performed in school at times,” said Schreiber alumnus Simon Shapiro. “An overly demanding workload paired with busy extracurriculars were the main culprits.”

Even though getting sleep is vital, especially for teenagers, many Schreiber students put more weight on life in the short term, trying to do as much as pos-

sible per day at the expense of many hours of sleep during the school week.

“For some reason, I tend to prioritize extracurricular activities over my own schoolwork, but then I prioritize my work over my sleep, so it’s a vicious cycle that’s hard to break. Because of it, I fall asleep in almost each one of my classes at least once a week,” said junior Carolyn Blumberg.

Some students miss school because they are so sleep-deprived.

“Sometimes, I’ll go into school late or skip an entire day just to catch up on my sleep,” said an anonymous student. “I’m probably an extreme, but I definitely know of other sleep-deprived kids at Schreiber who end up doing the same. Many of my friends are hardly able to focus in class because they didn’t get enough sleep during the night or two before.”

Countless Schreiber students are affected by sleep deprivation. However, overloaded schedules are not always at fault. As students, we tend to procrastinate; it’s normal, but there are many ways to overcome procrastination.

“Even though I don’t have the most challenging courses, because of procrastination and being up so late from it, I can’t get to finishing my work some nights,” said junior Ben Hayt.

The most common form of procrastination lies is the Internet. Whether it is perusing on Facebook, scrolling through Twitter, or obsessing over various gaming sites, try to be disciplined and limit yourself to only using these during short periods of time during breaks. If you find yourself struggling, you can use apps like SelfControl, which “lets you block your own access to distracting websites” for set amounts of time.

If you do not procrastinate with elec-

tronics and you just need motivation to get started, it is best to set a tight schedule that you can commit to. For example, work diligently for a 20 minute interval, and reward yourself with a 5-10 minute break. If you can last longer, work for 60 minutes and take 10-15 minute rests.

The effects of sleep deprivation run deeper than just fatigue after only a few hours of sleep; there are both short-term and long-term effects that can be quite detrimental. First, sleep is necessary in adolescents to promote proper bone and muscle growth. The dormant state is a time in which the body replenishes it-

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self, repairing different parts of the body; growth hormones are released and proteins are produced in order to repair and develop. Therefore, a person lacks sleep, their immunity system weakens, and the body becomes increasingly vulnerable and subject to illness.

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released during sleep. High school is an important period of physical growth as well as emotional growth in a person’s life. Over time, lack of sleep can decrease bone density. So when there is a lack of such a necessary part of development, there is an increased risk of growth-related conditions such as osteoporosis.

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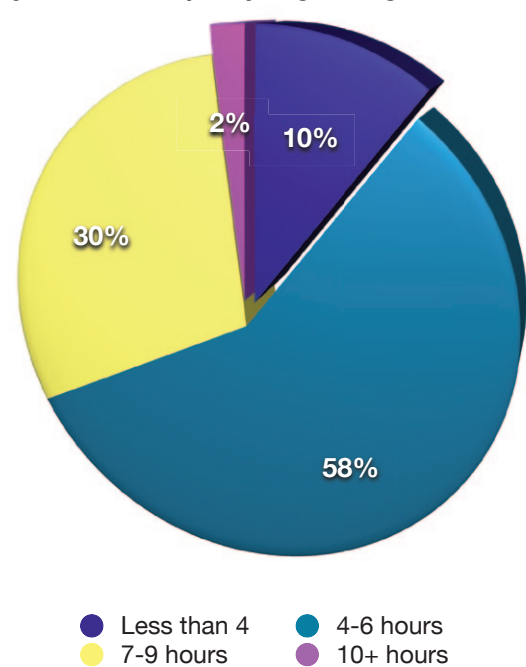
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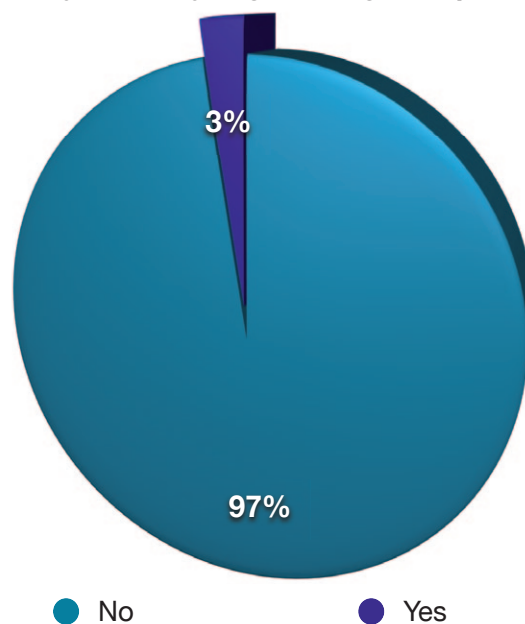
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Erik Fishbin, and Delia Rush.
Graphics Ethan Bookstein.*

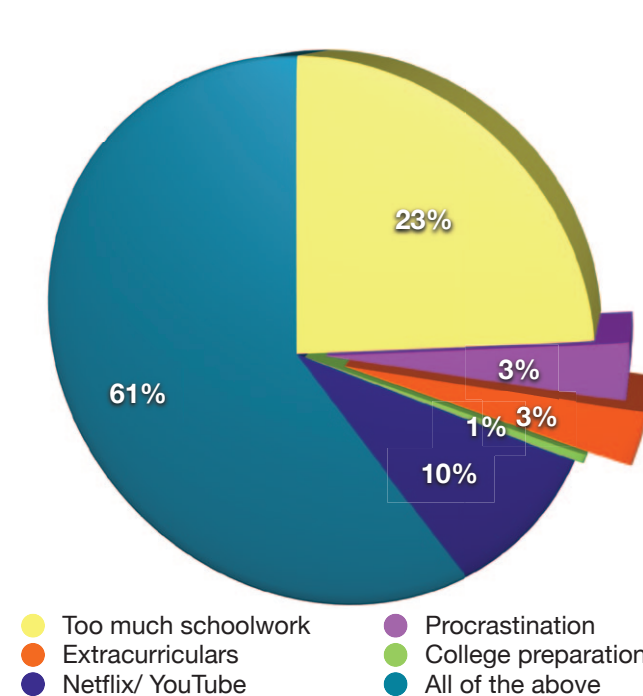
How many hours of sleep do you get a night on weeknights



Do you think you get enough sleep?



What reasons contribute to your lack of sleep?



Students travel the globe this winter break

I spent the best ten days of my winter break traveling the extraordinary country of Peru. My family and I began our amazing trip in the city of Lima, the nation's capital. We walked around for two days and we were able to get a taste of the city's diversity. My favorite parts of Lima included seeing history museums, ancient ruins, and MATE. MATE is the world-renowned photographer Mario Testino's museum. I was able to view many of his famous photographs, along with a limited-time exhibit of Andy Warhol's screen tests.

The next day we headed to the Sacred Valley, a lush and fertile valley high up in the Andes. After, we went to visit and provide supplies to a school. We went to pottery workshops, saw alpacas, and climbed Ollantaytambo, a massive ancient Inca temple/fortress/palace that is now a modern town.

Our next noteworthy day trip was to Machu Picchu, Peru's ancient gem and one of the most beautiful places I have ever been. We trekked the extremely well-preserved Incan city that lies amidst towering mountains. Despite being cloud-level distance above the ground, I was able to hear the river flowing far below me. On our first day of exploring Machu Picchu, it poured. But the city was so beautiful that we did not care about getting drenched.

The next day was bright and sunny as we hiked up the Inca Trail to get to a mountain peak for a view of the whole city. Though I knew that nothing could compare to Machu Picchu, we headed to our next stop, Cusco. Cusco was fun and full of life, despite being situated at a higher altitude than Machu Picchu. We got to spend Christmas Day there and witness huge holiday parades full of dancing, masks, and traditional clothing. The parades showed how Incan traditions live on, even though Peru is predominantly Catholic.

After a fun few days in Cusco exploring more Incan traditions, as well as the city itself, we travelled to our final stop, the Amazon. The Amazon was humid, rainy, and hot, but also fascinating. We went on water safaris to see birds, alligators, frogs, tarantulas, monkeys, sloths, and other animals and insects. We also had the opportunity to explore Amazon villages where residents have to move their houses every few weeks because of the rising water from the rainy season. We played with the kids in the village and talked to some of the adults. Though it may seem like a desolate life to us, life in the Amazon seemed more than enough for its inhabitants.

When it was time to go home, we were all upset about leaving this magical place full of vibrant culture and beautiful views.

By Talia Silverstein



Talia Silverstein

Over winter break, I had the privilege of traveling to Thailand. Saying it was the most amazing vacation of my life is an understatement. From the delicious Thai cuisine to the crystal clear beaches, it was truly unbelievable. My overly enthusiastic family jam-packed every day to its fullest potential. We were hiking to spiritual temples in the mountaintops one minute, and then bargaining in the busy cities the next. Even our car rides were exciting. We traveled by tuk-tuks, which are commonly used, brightly painted cars without doors. One highlight would definitely be island hopping around the Phi-Phi Islands. We swam in water so clear it would be impossible to miss the tropical fish surrounding us. Apparently, the diet of a fish in Thailand consists of, among other things, banana. Our tour guide gave us each a piece to hold. We watched in disbelief as swarms of fish devoured the fruit out of our hands. Straying from the rest of the group, my brother and I discovered a cave. Above the water, wet rocks glistened over our heads while, below the surface, schools of fish by the hundreds of thousands tickled our feet. It was truly an experience I hope never to forget.

Another highlight of our trip was riding elephants at an elephant conservatory. The elephants are highly respected, and taken great care of by men known as mahouts. I am very grateful to have experienced the unique culture of Thailand.

By Harlee Tung



Harlee Tung

Winter break is supposed to be a time to relax with family and friends. However, for many people on sports teams, this downtime seems to be invaded by their sport of choice. As I left on Christmas Day for my family ski trip to Vermont, my bag was filled with thermals and running clothes. My iPhone was ready with both Ski Tracks and Map My Run. For those of us clamoring for the slopes, our crew coaches told us that seven to eight hours of skiing does not equal a workout.

Since I did not own snowshoes for the suggested après ski trekking, I opted for a more traditional form of cardio. Just when everyone was grabbing their fudge covered waffles and hunkering down at the fire pit, I was rushing back to the condo to figure out how to best fit in the mandatory workout. On day one, I laced up my sneakers, layered up and headed out. As my Verizon service wavered on and off, and as I tried to desperately remember the names of the mountain roads, all I could think about was the careful placement of my every step over the snow, around the ice patches and through the slush puddles.

The second day post-ski workout led me to the "gym" at the mountain. I stood in the corner and watched the 70-something-year-old man enjoy his leisurely stroll on the treadmill and the fit 40-something-year-old mom attempt the elliptical as her two kids chased each other around the small room's perimeter. Eventually, they all left and I finally fit in a 45-minute run, when my phone buzzed with messages telling me to hurry up and that dinner was at 6:30.

I had a great idea on day three- laps! I followed the scent of chlorine and the squeals of children and came upon the very-crowded, no-lane pool. I jumped in and somehow managed to get in 30 laps with only four head-on collisions, two basketballs to the head, and one reminder that the pool really wasn't suitable for lap swimming. Believe it or not, I logged in all of my workouts over break, finished all of my schoolwork a little earlier than I expected, and rang in 2015 with a clear conscience, a lot of great skiing, and despite the shaky start, relaxation.

By Logan Katz

Scheduling your way to success with unique classes

BY **Maddie Lane & Ilana Grabiner**
Contributing Writers

The most stressful time of year has arrived, as students are beginning to think about electives for the 2015-2016 school year. Luckily, Schreiber has an incredibly wide selection of classes to choose from. Electives give students an opportunity to either explore their interests or discover something new that they might find an interest in. Some of our school's most popular electives include classes that teach psychology, art, and photography. However, there are also some wonderful classes that not many students are aware of. Some of these lesser-known electives include human development, architecture, and robotics. Even though these classes are not as mainstream, students who take these more unique electives seem to enjoy the experience.

But first, Schreiber has some relatively well-known courses that you may find fascinating. For example, the psychology courses, Foundations in Psychology and AP Psychology, are extremely popular among Schreiber students. In these classes, students participate in different experiments, learn about mental illness and brain function, and explore psychological theories.

"I like psychology because we learn why people act the way that they do in many situations," said sophomore Claudia Hanover.

Also, there are several different standard art options available such as Foundations of Studio Art, Drawing and Painting, Advanced Painting, and AP Studio Art. The school also offers Sculpture and Fashion Illustration.

"Art in Schreiber is like a college level course, with homework and assessments," said sophomore Logan Katz. "Although it is hard work, the end result is very rewarding.

Photography and digital photography classes are also included amongst the most popular courses.

"[Photography] has helped me discover a passion that I did not even know I had," said sophomore Madeline Lavin.

While the better-known courses may seem more exciting to students at first, there are plenty of uncommon courses that should definitely be considered while

planning your schedule. The human development elective at our school, which is available to sophomores, juniors, and seniors, is one of these courses. This class is part of the Family and Consumer Science Department. It is designed to teach the basics in handling young children to students interested in having careers involving child-care, as well as students who hope to become parents someday.

"Besides doing classroom work, learning about the development of people

Oppenheim.

Creativity is not only fostered in architecture classes. Robotics takes this element and adds a competitive side to it. If you are interested in problem solving and mechanics, this class may be exciting for you.

"Mr. Schaeffer gives us a question challenge and then we have to build a robot to complete the challenge. It's really cool," says sophomore Yuval Philipson.

Learning something new can open your eyes to subjects you may become



Josh White

Guidance Counselor Ms. Rafferty and senior Ayman Salloum discuss his classes for the second semester and which electives he will be taking.

from ages of infancy to school age, we go to Daly twice a cycle and student teach, which is a great experience to get to first hand watch the development milestones and learning of kids of different ages," said sophomore Jessica Hyland.

Additionally, Schreiber also offers classes in architecture. This elective has three levels: Architectural Drawing 1, Architectural Drawing 2, and Architectural Drawing 3 Honors. In this course, students are given a chance to develop housing and building plans. They also learn to use Auto CAD, as well as how to create a portfolio of their work that can be submitted to colleges.

"We're currently creating a model of the foundation of a building, and we use a program called Auto CAD to draw, so that's pretty cool," said sophomore Katie

passionate about. The courses you choose can provide you with a foundation for the courses you would like to take in college. Or perhaps they will give you an idea for a possible future profession.

Everyone should carefully decide which electives they would like to take next year based on their individual interests and abilities. Be sure to attend your scheduled guidance meeting well prepared! You should come with your first-choice classes as well as your second-choice classes, just in case the classes you are most interested in are full or do not fit in your schedule. As Schreiber students, we are fortunate to have incredible courses to choose from. Just don't be afraid to choose some unique courses for your schedule next year!

[Fashion] File

BY **Gillian Rush**
Contributing Writer

The dreaded midterm week is approaching. The week when almost no one has much time to get ready in the morning, let alone plan an outfit. Even though it's hard to roll out of bed for your tests, there are still ways to dress nicely and still be comfortable!

The number one rule for clothes during midterms is to be comfortable. Itchy, tight-fitting clothes are not exactly testing-friendly. You want to be comfortable but cute at the same time.

A common way to stay comfortable in general is to wear leggings. These are a great alternative to sweatpants; you can dress them up or you can dress them down. It's especially easy to wear them in the winter because you know that they will keep you warm. Wearing leggings

Style yourself for midterm success

Fast, comfortable, and fashionable looks for test taking

with sweaters and t-shirts with the shoe of your choice is perfect for testing.

A warm, cozy sweater is perfect for testing too. It is like wearing a blanket! Perfect for early-morning testing days (all lazy days, really) because you still look adorable. It is important to wear sweaters with the right bottoms, shoes, and accessories so you can manage to look nice while still feeling like you're curled up under a comforter.

While everyone loves the UGGs that many people take out every December and wear until they become holey, it is important for people to change up their wardrobes. That is why a cute combat boot or riding boot is perfect for the testing week.

They're easy to put on in the morning when you are too tired to lace up shoes. Boots like these come in all kinds of colors and styles. You can wear them with a nice, soft pair of knee socks or calf

socks to make them look unique.

We all know that waking up in the morning knowing you have a midterm later that day is not fun at all. Why have the stress of worrying about your hair when there are so many ways to make it look good without much effort? Top-knots and other up-dos are perfect for testing because they keep the hair out of your face. Because it does not let your hair dangle before your eyes, this hairstyle prevents distractions and can help you focus on your exams.

Headbands and clips that get hair out of your face are perfect for test taking. You will be thankful you used this method rather than fussing with and flipping your hair throughout your test.

While it is important to perform well on midterms, the most important thing is to be comfortable, and there is no reason that you can't look good while doing it.

View of the iking

BY **Maddie Cohen**
Features Editor

After hearing about the recent bake sale bans, junior Adeline Lerner decided to do something about this issue. As a passionate baker, Lerner devotes her free time to learning new recipes and baking delicious desserts for her peers. During her sophomore year, Lerner came up with the idea of starting her own baking club, as she wanted to share her hobby with other students.

Starting a baking club seemed easy at first. However, with the new food guidelines, it was difficult to bring this dream to fruition. Yet Lerner did not give up on her goals as she knew that something could be done. Instead of baking more goods, she worked to create recipes that would fit the health policies and taste delicious.

The food guidelines are mandated by the United States of Agriculture, under the Food and Nutrition Service that serves the federal government. Although not every school has admitted these guidelines, as of this year Schreiber chooses to follow them.

Initially, Lerner went to Mr. Weiss, who spoke with her about the school's health goals. After receiving instructions on how to start a new club, Lerner spoke with Ms. Margaret Rizzo of the family and consumer sciences department, who almost immediately was on board with the club. Lerner then handed in a proposal to Assistant Principal Ms. Julie Torres, who regulates school clubs.

Although she only needed thirty student signatures, Lerner ended up getting fifty in favor of the club's creation. After waiting a few months, the club was approved.

The club started off by making simple, tasty, and healthy snacks.

"We want to try to bake cupcakes and cookies, but the club will begin with snacks like popcorn in order to learn about the food guidelines and get more comfortable with them before we take on brownies or cookies, because we have to develop a healthier mindset," said Lerner. "However, on weekend or night events, after the school day, which ends at 3:35, we can bake whatever we want, outside the guidelines."

The club's recipes are approved by an online software that reads recipe nutrition facts. The club aims to have healthy bake sales from which it could raise money to distribute to financially struggling clubs.

"Our goal is to use the food guidelines as motivation for students to create recipes that fit the guidelines, so we can bring back bake sales and stop associating baking with fatty, sugary, and buttery desserts to make healthy yet delicious food," said Lerner.

Schreiber's baking club meets on Mondays once a month at 3:15 in room 103 and is open to everyone, even those who do not know how to bake. Lerner and Ms. Rizzo are looking for new, creative, and delicious recipes to add to their cookbook, so make sure to join the baking crave!

A glimpse into the life of a desperate student

BY **Jessie Baer**
Contributing Writer

Picture this: It is three in the morning on a school night in Port and all across town certain bedrooms have finally exhausted their lights, allowing their inhabitants to drift into a three to four hour long slumber. However, other room’s lights are just turning on, forcing those students to drag themselves out of bed and continue the work they had fallen asleep doing at midnight. When the sun rises, hordes of students walk through the front doors of Schreiber, too many in their just-rolled-out-of-bed outfits and caffeinated coffees in hand, to push through another day of overachievement. In today’s competitive environment, the bulk of students load their college resumes and forfeit their own health for the sake of “their futures.” Large portions of students at Schreiber are enrolled in numerous honors classes, APs, and participate in honors projects. In this struggle to be the “well-rounded individual” that colleges so desperately want, too many of us have overloaded our weekly schedules, taking on clubs, in-school athletics, out-of-school teams, hours of extra classes, and volunteering, all on top of hours of homework.

It’s easy to spot these students as one scurries through the building between classes or has a conversation with a friend. These are the students forced to drink the disgusting cafeteria coffee when the January Port tundra is too disheartening for a Dunkin Donuts run. These are the students so exasperated and fatigued that their headaches and nausea lead them to take a nap in the nurse’s office. These are the students who are so worried about a grade on one test that their entire day is spent studying notes and reading review books in the middle of their other extremely challenging classes,

where paying attention would be more beneficial. These are the students who relish Netflix time because it comes so rarely that any opportunity to be on their computers and not typing an essay or scrolling through WebAssign is absolute couple of classes in order to get more sleep. These students are the ones so overworked that they frequently sleep through their (several) alarms and then freak out from the thought of missing important classwork. The students whose backpacks are stuffed to their maximum



Pam Hidalgo

Senior Kallie Goldstein holds her cafeteria coffee as she frowns and quickly crams for an upcoming test. Students like Kallie take desperate measures while under stress from a heavy work load, lack of sleep, or extracurriculars.

paradise. The students who rarely have a chance to watch their favorite hit shows during their actual air times, and have to wait until school breaks in order to binge watch what they have missed. To these students, free time is simply nonexistent. It is these same students who are barely able to enjoy off periods because the only benefit of them is a chance to spend more time during the week doing work rather than actually having “off” Maybe these students don’t show up to your first period class, but somehow magically appear in your third period class. They are up so late working or at late-night track meets that they have to sacrifice coming to school for their first

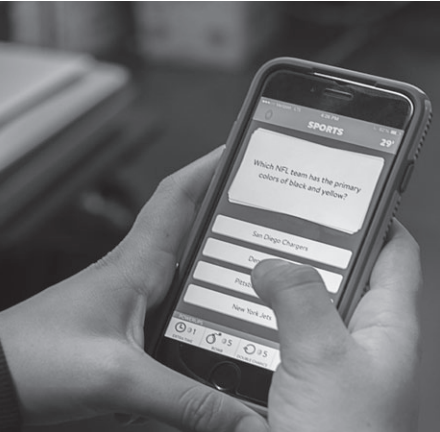
capacity with not just notebooks and binders but with SAT and ACT books as well. “I’d love to give you a quote but I’m too busy studying for my APUSH test, physics test, math test, and English quiz,” said junior Anna Fox. Though joking, Anna’s opinion is true: too many of us spend both our weekdays and our weekends engrossed in schoolwork, bent over our desks to complete the hours of work assigned to us from our advanced classes. Here’s to the near approach of midterms signaling just five more months of this academic struggle; here’s to looking forward to summer.

Testing your knowledge with this fun new fad

BY **Katie McDermott**
Contributing Writer

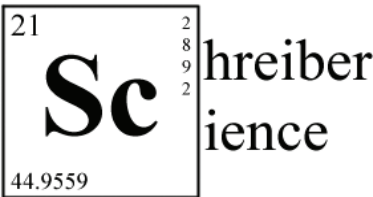
You may try to run away, but you just can’t escape the Trivia Crack craze. The app has taken Schreiber by storm. Students are constantly asking their peers and teachers for help answering trivia questions, and exclaiming disappointedly when their answers are incorrect. Unlike many other app fads, this one is not specific to the student population; teachers have joined the Trivia Crack craze too. But how does this addicting game even work? And why are so many people unable to part with it? The concept of Trivia Crack is quite simple. The goal of the game is to gain six cartoon icons representing various trivia categories before your opponent does. This is done by answering questions about science, entertainment, history, art, geography, and sports. A Trivia Crack user can choose to either play against a Facebook friend or a complete stranger. Throughout the game, the players take turns spinning the trivia wheel: a jeopardy-like wheel consisting of seven slots, each representing a trivia category. You gain icons by answering four multiple-choice questions correctly in a row. But here is the catch: you have only twenty-five seconds to answer the question. If the player answers a question incorrectly or if he or she runs out of

time, he or she hands over the game to the opponent. Thus, players are forced to wait in agony until their opponents lose and it is their turn again. The name, “Trivia Crack” perfectly describes this game, as it is highly addictive. But what is the source of this addiction? Many people enjoy the game’s competitive aspect. I mean, who does not enjoy beating friends and family? Trivia Crack has raced past Candy Crush Saga and Instagram to reside at the top of the free apps chart in the United States for more than a month. Now, merchandise, from iPhone cases to rulers, is being sold with the games’ colorful, cartoonish icons.



Josh White

A student indulges in the popular gaming app, Trivia Crack.



BY **Adi Levin & Caroline Katz**
Staff Writers

We all know the feeling of being completely drained after hours of work and needing a little pick-me-up, whether that is a cup of coffee or an energy drink. According to an article by Barry Meier in *The New York Times*, the number of teenagers who drink caffeinated beverages has tripled since the 1970s. Even in the Schreiber hallways, students carrying a cup of coffe is an extremely common sight. But is caffeine the best way to get through the day? And exactly how much is too much? Nowadays, caffeine is all around us—it is in chocolate, coffee, tea, energy drinks, and even waffles. Caffeine has basically become a part of America’s culture. Consuming a moderate amount of caffeine can increase your concentration and make you more alert and awake. However, too much caffeine causes the mind to be more scattered and less focused.

The average teen should consume at most 100 mg of caffeine per day. To put this into perspective, a “venti,” or large, Starbucks coffee contains about 500 mg of caffeine, a 12-ounce soda contains up to 55 mg of caffeine, and a 5-hour energy drink contains 200 mg. It’s important not to ingest large amounts of caffeine after school, as caffeine can stay in your body for up to 14 hours, possibly leading to trouble sleeping. This creates a vicious cycle: people drink caffeinated beverages mainly because of fatigue and tiredness, but these beverages causes them to be up late at night, and the next day they consume even more caffeine to stay awake.

With the added stress of tests and midterms, teenagers are drinking more caffeinated drinks than ever. Like anything, caffeine in moderation is an excellent way to stay attentive, but too much of the stimulant can produce adverse effects on the consumer’s body. Overdependence on caffeine can lead to headaches and anxiety.

The quickly developing “going out for coffee” culture is rapidly leading to an increase in teenage caffeine consumption. Abruptly stopping an excessive intake of caffeinated beverages can be as harmful as the effects caused by developing the habit in the first place. Caffeine withdrawal is not a pretty sight. When people experiencing it do not have their cup of coffee in the morning, they are often irritable and tired.

The best way to decrease caffeine intake is to gradually ease out of the routine. Other ways to cut down on caffeine include drinking a decaf beverage or moving the time of day you drink coffee to make sure that it does not interfere with your sleep cycle.

Decaf coffee and tea are easy to come by, and maybe staying alert and awake will become easier if you don’t drink exorbitant amounts of caffeinated beverages. It could help to keep track of how much caffeine you’re consuming, or set caffeine limits for yourself. If you’re not reliant on it yet, do your best to limit your caffeine intake so a dependency does not form. So it must be true, caffeine follows the cliché saying, “Everything is good, in moderation.”

arts & entertainment

A&E's year in review: the definitive list of the ten best films of 2014

by **Rami Chaudhry**

A&E Editor

Despite incredibly low numbers at the box office, 2014 was a fantastic year at the movies. A number of blockbusters took sequel-tired audiences by surprise, while soft-spoken independent films took advantage of innovative storytelling techniques. Due to the fact that we are in the midst of awards season, and the Academy snubbed a number of deserving films, A&E has compiled a list of the top ten films of 2014. We felt it necessary to shed some light on our favorite Hollywood blockbusters, independent films, and serious Oscar contenders.

Begin Again was the feel good musical-comedy-drama of 2014. Written and directed by John Carney and featuring an all-star cast of Keira Knightley, Mark Ruffalo, Adam Levine and Cee-Lo Green, the film tells a simple story about a man struggling to reconnect with his family, and a single woman trying to find herself in a new city. The film is uplifting and a treat for music lovers. It also features one of the most original soundtracks of the year, featuring the popular Adam Levine song "Lost Stars."

At number nine is a movie that deserved way more love. Combine Groundhog Day's concept of repeating the same day, Tom Cruise, and terrible marketing. The result is 2014's **Edge of Tomorrow**. This summer action flick was pure fun at the movies, and it should be on every action movie fan's watch list. Too bad the unflattering trailers made the film look like throwaway action sci-fi. Thankfully, it was anything but that. The story was inventive and the action sequences were engaging.

At number eight is **Nightcrawler**, which was arguably 2014's equivalent to *American Psycho*. Behind every psychotic movie character is an incredible actor, and in this one, it's Jake Gyllenhaal. He delivers immensely in this pulsating neo-noir crime thriller. The film centers around the mysterious and mentally unsound character of Lou Bloomlook (Gyllenhaal). After becoming inspired by a freelance film crew shooting a car accident, he becomes enveloped in the world of freelance crime shooting and makes a career out of it. What transpires is a dark, and at times darkly funny, look at what one man would do to film a juicy crime scene. Speaking of psychopaths...

At number seven, David Fincher's immaculate direction and Rosamund Pike's haunting performance are why you should watch **Gone Girl**. Based on Gillian Flynn's best-selling page turner, the story



In **Whiplash**, jazz conductor Terence Fletcher (J.K. Simmons) pushes drummer Andrew Neiman (Miles Teller) over the edge in the most intense film of 2014.

is seemingly unoriginal: a man's wife goes missing and he becomes the prime suspect in her investigation. However, the various twists and turns the story takes are baffling, specifically the actions of Pike's character, Amy. Senior and *Gone Girl* superfan Kate Kerin shared her thoughts on Pike's performance.

"After reading the book, I was nervous as to how Rosamund Pike would portray such a complex character like Amy," said Kerin. "After watching the film, all of my doubts were written off. She truly deserves the Oscar nomination."

If you weren't hooked on a feeling while watching **Guardians of the Galaxy**, you need a serious wake-up call. At number six on our list, *Guardians* is arguably the best Marvel film to date, and a pleasant surprise considering the main characters were, for the most part, unknown to the general public. *Guardians* contained everything you would want from a summer blockbuster: fast paced action, beautiful visuals, a hilarious script, and loveable lead characters. Some have even called it the *Star Wars* of this generation.

At number five, **The Grand Budapest Hotel** showcases a director at the top of his game. Wes Anderson's picturesque depiction of a grand hotel in a fictional European country combines witty humor, distinctive directorial voice, and a surprisingly heartfelt story, all set against a backdrop of a serious and dramatically changing world. Actor Ralph Fiennes is also at the top of his game, portraying the legendary concierge Gustave. If you are familiar with Anderson's work and enjoy his films, we highly recommend this movie. If you aren't, stay far away. This film has Anderson written all over it.

Richard Linklater's coming-of-age epic **Boyhood** is a cinematic accomplishment. Filmed over the course of twelve years, main character Mason (Ellar Coltrane) and his family literally grow up right in front of viewers' eyes in the film's 2-hour and-45 minute run time. People of all ages have something to relate to in this poignant and uplifting film that celebrates life, and acts as a testament to families everywhere.

So what **The LEGO Movie** did not get



In addition to laugh-a-minute jokes, **The LEGO Movie** provided audiences with a surprisingly emotional message about individuality and creativity.

an Oscar nomination. At number three, everything about this hilarious movie is still awesome. LEGO construction worker Emmett (voiced by Chris Pratt) has followed the instructions his entire life. After being mistaken as "the special," he is unwillingly thrust into an adventure to save the LEGO universe, only to realize that even ordinary people like him are capable of extraordinary things. Directors Phil Lord and Christopher Miller, of *21 Jump Street* fame, have been on a roll in the world of comedy, and *The LEGO Movie* is perhaps the best indication of that.

First runner-up, **Birdman** or (*The Unexpected Virtue of Ignorance*), is unlike any film to date. It does more than blur the line between independent films and Hollywood blockbusters. *Birdman*, unlike many other films, was shot to look like one continuous take. It was so impressive that I had trouble taking my eyes away from the screen. The film is not for everyone, but if you stick with it, you will be rewarded with a fascinating story centered around a washed out actor who used to be a movie star (Michael Keaton), as he battles demons and puts on a Broadway play with disastrous results. With phenomenal performances from leading man Michael Keaton, Emma Stone, and Edward Norton, *Birdman* is nearly perfect. So perfect that it would have made our number one spot if it had not been for the following film.

You go to the movies to escape. To laugh and unwind, cry and unravel. You go to the movies to make your palms sweat, heart race or slow down to a standstill. Sorry Christopher Nolan fans, this is not *Interstellar*. Our pick for the best film of 2014 is...(drumroll please)...**Whiplash**. Written and directed by Damien Chazelle, *Whiplash* tells the story of 19-year-old jazz drummer, Andrew Neiman (Miles Teller). Jazz conductor Terence Fletcher (J.K. Simmons), in search of a new drum alternate for his jazz band, takes Andrew under his wing.

It sounds like a simple, run-of-the-mill inspirational flick about a drummer and his teacher when really, *Whiplash* is anything but that. Some may classify it as an intense thriller and/or horror film, thanks to J.K. Simmons' terrifying portrayal of Fletcher, who mentally and physically abuses Andrew relentlessly. The film explores the artistic drive that keeps students like Andrew from giving up, and delves deeper into the egotistical side of musicians. To top it all off, the film has one of the most exhilarating climaxes in cinema history.

Martin Luther King: the man, the myth, the march

BY **David Han**
Contributing Writer

Everyone has heard of civil rights leader Martin Luther King Jr., but few take the time to truly understand the man behind the name. Ava DuVernay’s new movie *Selma* takes you on a historic adventure through the life story of King (David Oyelowo) and the hardships that he and his supporters had to go through in order to create a more fair America.

Not only is the movie historically accurate, but it also does an amazing job of portraying King’s true beliefs and emotions during difficult times, quite a feat. *Selma* takes a new angle on the only man in American history to have a holiday named after him. In our society, King is thought of as a piece of history rather than as a mortal man. This film depicts King’s vulnerability amidst his publicly consistent and firm demeanor. King faced an enormous amount of pressure and stress from his opposition. Of course, King kept moving. King was at the forefront of the the Civil Rights Movement as well as at the front of the three-month march from Selma to Montgomery.

King proposed the march in order to convince President Lyndon B. Johnson to sign the Voting Rights Act of 1965, which allowed black Americans to vote without state or local impediments.

Although many protesters were severely beaten, they did not give up until they received their right to vote.

Only a week after its release date, *Selma* had already managed to stir up Oscar drama. Going into nomination week, many suspected that it would eventually win Best Picture. However, after the nominations on Jan.15, the film’s hopes of winning Best Picture seem bleak. Many felt the nominations snubbed *Selma*, and many Black Americans and have



Civil rights leader Martin Luther King Jr. (David Oyelowo) and his followers stage a peaceful protest in Selma, Alabama in order to convince President Lyndon B. Johnson to pass the Voting Rights Act. Despite a brutal Oscar snub from the Academy, Ava DuVernay’s *Selma* has been critically acclaimed, inspiring and astounding audiences across the world.

expressed their opinions on Twitter using the hashtag #OscarsSoWhite. Among other films in competition with *Selma* for title of Best Picture are *Birdman* and *The Grand Budapest Hotel*. Each of these movies received 9 nominations at the Academy Awards, yet *Selma* only received two: best picture and best original song. To put things in perspective, the Oscar voters are 94 percent white and 76 percent men, and an average of 63 years old.

Those marching in the 1960s likely hoped that race conflict would be a thing

of the past in the 21st century. Given recent killing of AfricanAmericans in Ferguson, New York City, Cleveland, and other cities, the movie’s message seems depressingly relevant. Considering theses events, many viewed the film as a documentary-esque look back into a situation somewhat similar to the one the United States faces today.

However, the movie is so much more than a documentary. It not only focuses on King, but also on those around him who are often overlooked. There were many instances where King’s wife, Coretta

Scott King (Carmen Ejogo), helped to keep King focused on his path to justice. Moments such as these showed viewers that King did not work alone. Without the help and support of those fighting alongside him, King may not have made history.

The legacy that King left behind is empowered by this new film as viewers find a new perspectives on the man who fought a violent civil rights war peacefully, a war that unfortunately continues today.

The clash for crown critic: Rotten Tomatoes vs. IMDB

BY **Alex Devas**
Contributing Writer

Have you ever seen a movie or TV show with a celebrity you recognize but cannot name? Or do you remember times when you had difficulty deciding whether or not to go see a movie? If so, you probably have used IMDB or Rotten Tomatoes. Although both websites offer insights. about movies, television, and celebrities, there are quite a few differences. These differences often make people choose one website over the other.

IMDB (the Internet Movie Database) assesses movies and television series based on a one to ten rating provided by registered members. Then the website weights the evaluation average and uses an algorithm to give a movie or television

series a rating. These ratings are updated weekly and are scanned for fraud.

Rotten Tomatoes uses professional critic reviews to decide the ratings of movies and television series. It uses a “tomatometer” to decide if a movie is “fresh” or “rotten.” If the movie or television series’ reviews are more than sixty percent positive, it is deemed fresh.

IMDB allows all registered members to vote from one to ten, so millions of people can express their opinions about each movie or television series. This allows for greater user input. Rotten Tomatoes, however, has professional critics review works. Because the reviews are written by professionals, they are inevitably more carefully crafted and based on professional standards.

Sophomore Stefan Appel believes that in terms of accuracy, IMDB wins that battle.

“I feel Rotten Tomatoes’ ratings are not consistent and it is not helpful when looking for something to watch,” said Appel.

The 1994 film *The Shawshank Redemption*, nominated for seven Oscars, is the highest rated film on IMDB, at nine point three out of ten. On Rotten Tomatoes, this film is rated at ninety one percent on the tomatometer. Although this seems very similar, there are more than one hundred movies ranked higher than *The Shawshank Redemption*. When it comes to Rotten Tomatoes’ highest rated movie, it is the 1939 classic *The Wizard of Oz*, ranked at ninety nine percent. This movie on IMDB is ranked at one hundred

ninety three, with an eight point one out of ten.

If you are new to both websites, or not a big fan of cinema or television, it may seem like there are no noticeable differences between IMDB and Rotten Tomatoes. However, to cinephiles and TV lovers, there is a massive difference. IMDB goes the extra mile when it comes to movies and television. Not only does it cover the basics, but it also has trivia, quotes, user and critic reviews, parent’s guides, and more. Rotten Tomatoes on the other hand, is far less intricate.

“With IMDB’s craving for detail, it offers me all the knowledge I could possibly want about a movie or television series,” said sophomore Eva Tamkin.

Even so, IMDB and Rotten Tomatoes are useful in different ways. If someone is wondering whether or not a movie is entertaining, they should consider IMDB as their resource. However, if that person were curious about why people enjoyed or disliked that movie, Rotten Tomatoes would be the preferred reference.

Although there are many similarities and differences between the two competitors, it is up to you to decide which one is right. More importantly, the entertainment quality of a film or show is completely based on opinion. Although these sites guide hungry viewers to quality entertainment, you should always judge what you watch based on just that: what you watch.



Black Mirror mirrors the dark side of technology

BY **Max Miranda and Rami Chaudhry**
A&E Editors

Look down at your phone. Do not turn it on, just look down at it. Do you see it? The black mirror?

Not even a decade after the creation of the iPhone, our society is obsessed with the smartphone.

Satirical writer Charlie Brooks has taken this rapid expansion of technology and extrapolated it to a scary degree in his UK series, *Black Mirror*. This British series—now growing in popularity in the U.S. thanks to Netflix—is a dark drama that gives the viewer a peek into the future of technology, and the emotional toll it may take.

I am sorry to report that, according to Brooks, the future is looking pretty bleak.

Black Mirror is an anthology series, meaning that each episode is armed with a new plot and characters, with a completely new cast of actors. Sometimes episodes are set in entirely different realities, with the only consistency being the common theme of the future of technology and its potential pitfalls.

Each episode is a miniature movie that plays out like *The Twilight Zone* or *Goosebumps*. Although the show has been airing since 2011, there are only six episodes over the span of two seasons, with the exception of a recent Christmas special starring Jon Hamm.

Despite this relatively slow production, the show has been consistently shocking audiences since its inception.

While the show's pilot, "The National Anthem," certainly was surprising, many viewers found it to be the weakest of the episodes. It centered around the Prime Minister of the United Kingdom after the kidnapping of Royal Princess Susannah.

The kidnapper crudely blackmails the country's head. What this episode lacks in common sense, it makes up for in raw emotion. The episode made viewers laugh, cry, and question the role and influence of social media in our society. In this way, the show's pilot was a very accurate taste of what later episodes would feature: disturbing situations involving new technology.

The final episode of the first season was even more haunting, taking place in a future where most people can see and hear memories using a brain implant called a "grain." This episode, titled "The Entire History of You," is one of the most acclaimed in the entire series. In this episode, young lawyer Liam Foxwell (Toby Kebbell) becomes extraordinarily jealous of a man named Jonas (Tom Cullen), to whom he believes his wife is attracted. This jealousy, combined with substance abuse, results in an extremely effective ending that tugs hard on viewer's heartstrings. The technological aspect of this episode struck a chord with people today who constantly feel the need to share every part of their life on social media. Many find this episode to be the most powerful, a generalization supported by the fact that Robert Downey, Jr. bought the rights for the episode and plans on making it a major motion picture.

"Tonight's final episode of *Black Mirror*, however, left me sitting in front of an appropriately black screen with



Matt Trent (Jon Hamm) talks to a piece of code meant to mimic a human brain; it is in the egg-shaped capsule that this code will be trapped, performing menial tasks for her entire "life." This kind of haunting situation is common in the show *Black Mirror*.

the expression of a man who has just witnessed the murder of an entire litter of kittens," said Metro News writer Christopher Hooton in a recent article.

Skipping ahead, episode two of the second season, "White Bear," features the equivalent of a real-life nightmare. The plot centers around Victoria Skillane (Lenora Crichlow), who wakes up in a room with no idea who she is, why she is there, and why nobody will communicate with her. The people outside have their smartphones out in front of their faces, recording every little movement Victoria makes.

This episode strays away from the theme slightly to bring an even more intensely disturbing scene. "White Bear" builds and builds to potentially the best climax we have seen.

Black Mirror is one of the most intense, emotional, and shocking shows to hit television since the turn of the century. Its obscene and absurd elements do not take away from the show's ability to achieve the ultimate goal of art: to move the viewer. *Black Mirror* is finally available in the U.S. via Netflix. Looking for your next drama? Add *Black Mirror* to your instant queue and enjoy.

Think you know about the Sony hack? Think again.

BY **Emilia Charno and Max Miranda**
Staff Writer and A&E Editor

Monday, Nov. 24

On the morning of Nov. 24, workers at the Sony Pictures Entertainment headquarters see the unsettling images of skeletons and threatening messages flashing across their computer screens. "Hacked by #GOP. Warning: We've already warned you... We have obtained all your internal data including secrets and top secrets." Calling themselves the Guardians of Peace (GOP), this shadowy group (that never got the memo about their acronym) staged a digital break-in of secret Sony databases and claimed to have obtained over 100 terabytes of information. Just for reference, your phone contains anywhere from 8-64 gigabytes worth of data and 1000 gigabytes is 1 terabyte. Basically, the GOP stole 3000 smartphones worth of data, and just as any good super villain would do, left an encouraging note saying that "This is just the beginning."

Thursday, Nov. 27

Five Sony films including *Annie* are posted to online sharing hubs. Aside from *Fury*, none of these films had been released in theaters yet; they were now being downloaded for free by millions. On top of this, Sony's computer system is

still down.

Friday, Nov. 28

The first reports that Sony believes North Koreans are responsible for this cyber-attack surface. Kim Jong Un flaps puffy cheeks in denial. Journalists speculate the attack is in retaliation to Seth Rogen and James Franco's not-yet-released movie, *The Interview*.

Monday, Dec. 1

Personal information of 6,000 Sony employees is leaked; employees are less than ecstatic that eternal leader Kim Jong Un is taking the time to get to know them. With the help of Mandiant, a cyber-security firm, Sony intensifies investigation into the attacks.

Wednesday, Dec. 3

A new collection of stolen data is released, including the passports and visas of hundreds of movie cast and crew members, such as Angelina Jolie and Jonah Hill. A list of workplace complaints filed by Sony employees over the years is also published.

Friday, Dec. 5

The GOP emails Sony employees again. Instead of offering reconciliation and hope that North Korea and America can get together, they start threatening Sony's employees' families. Part of the email read, "...sign your name to object the false of the company at the e-mail address

below if you don't want to suffer damage. If you don't, not only you but your family will be in danger."

Saturday, Dec. 13

Another round of Sony files is leaked by the GOP. They vow to give Sony Pictures a "Christmas gift" that will destroy the company.

Tuesday, Dec. 16

The hackers send another email, this time directly threatening movie theaters that might show *The Interview*. In the email the GOP says, "Soon all the world will see what an awful movie Sony Pictures Entertainment has made. The world will be full of fear. Remember the 11th of September 2001. We recommend you to keep yourself distant from the places at that time." The Department of Homeland Security releases a statement saying they have "no credible intelligence to indicate an active plot against movie theaters within the United States" soon after. Seth Rogen and James Franco also cancel the rest of their promotional tour for *The Interview*. No jokes to be made.

Friday, Dec. 19

The hackers send another email to Sony, saying it was a "very wise decision" for them to not show *The Interview*. They say that if the movie is kept out of theaters, the threats and attacks will stop. However, they also imply that if the movie

is released on DVD, threats and attacks will continue, confirming the long-held belief that terrorists prefer Blu-Ray. The FBI also publicly announces the North Korean government's involvement in the Sony hack. In a press conference, Obama says Sony "made a mistake" by caving to the demands of the North Korean hackers. Obama feels that compliance with terrorists will only lead to more of such incidents.

Monday, Dec. 22

A North Korean Internet outage occurs and rumors run wild that America caused such a outage as retaliation for the Sony attacks.

Tuesday, Dec. 23

Sony announces it will once again release *The Interview* on Christmas Day to any theaters that wish to screen it, as well as online, so it is available to everyone.

Later...

Overall, the movie has netted \$31 million in combined box office and online sales. As well, the movie will be picked up by Netflix in late January. Meanwhile, Sony is ecstatic that the movie has turned into a symbol for freedom, the only conceivable turn of events that could have distracted audiences from the movie's poor quality.

The Imitation Game cracks the code

by **Adi Levin**
Contributing Writer

The Imitation Game, released Nov. 28, is a stunning film that captures the true story of Alan Turing (Benedict Cumberbatch), a mathematician who was instrumental in cracking the Nazi Enigma machine during World War II, and was later prosecuted for committing “homosexual acts.” Every day, Enigma would change its settings completely, requiring Turing to create an incredible machine to counter it. By intercepting encoded German messages, he and his team were able to pass valuable information to the Allied Forces, saving thousands of lives and shortening the war by two to four years. Over the years, many people built on the idea of the “Turing machine.” Today, it is better known as the beginning of the modern computer. It is hard to understand the magnitude of what Turing and his coworkers at Bletchley Park were able to accomplish and even more incredible to think that so many of us are carrying devices that stem from his machine.

The Imitation Game certainly did Turing’s story justice. The writers did an excellent job of highlighting Alan Turing’s accomplishments and relationships with the people in his life. Of course, it is a drama, so the story was somewhat embellished. For example, contrary to real-life accounts of Turing’s personality, Benedict Cumberbatch’s portrayal of

Turing comes across as a bit unfeeling, rolling with whatever punches life threw him. However, many think that the film did an amazing job of sticking to Turing’s already incredible biography on which the movie is based: *Alan Turing: The Enigma*, by Andrew Hodges.

With a beautiful score written by eight-time Oscar nominee Alexandre Desplat, and an all-star cast, *The Imitation Game* is bound to enthrall everyone who watches it. Benedict Cumberbatch, Keira Knightley, Allen Leech, and other celebrated cast members do an extraordinary job of portraying the ups and downs of his experiences with the Enigma, as well as with the British government. *The Imitation Game* has won numerous awards, including nine awards from the acclaimed British Academy of Film and Television Arts (BAFTA) and is nominated for eight Academy Awards, including Best Director and Best Picture.

Not only did *The Imitation Game* detail Turing’s experience decoding Enigma, it was also a multifaceted portrayal of Turing’s relationship with those around him—in his childhood, his best friend and first love, Christopher Morcom (Jack Bannon), his co-worker John Cairncross (Allen Leach), and his ex-fiancee, Joan Clarke (Keira Knightley). The film did an incredible job of expressing Turing’s sense of helplessness in his relationship with Morcom. Before Turing could finally express his affection for his friend, Morcom died of tuberculosis,

leaving Turing with only a memory and a name for his machine, “Charlie.”

Turing’s situation with John Cairncross was fictionally complicated, as the two were not connected in real life. In the movie, Cairncross was the first one to reach out to Alan, serving as an initial ally. However, tension heightened between the two when their group heard that a Soviet spy was in their midst. Everyone immediately suspected Turing, although Cairncross was the actual spy. Alan quickly discovered this incriminating fact, but Cairncross threatened to reveal Turing’s homosexuality if he revealed Cairncross’ treachery.

Turing’s connection to Joan Clarke was a significant plot point. The only woman working on cracking Enigma at Bletchley Park, Clarke was brilliant and determined. Turing decided to propose to Clarke to cover up suspicions of his homosexuality. However, Alan ultimately broke off their engagement, deciding he could not drag Clarke through it. Clarke was more like a friend to him than a partner. The two remained friends until Alan’s death.

Overall, the creators of the award-winning period drama did an excellent job of transferring Alan Turing’s story to the screen. The result was incredible. Benedict Cumberbatch made Turing seem sensitive and distanced, and *The Imitation Game* is definitely a movie to be remembered. Audiences laughed, marveled, and cried at the story of a genius who saved lives but was forced to give up his own.

Agent Carter adds a new dynamic to the Marvel Universe

by **Lexi Cruz**
Contributing Writer

Marvel has almost always been praised for its billion-dollar recipe on the big screen. Its blockbuster films have made its works a force to be reckoned with in the film industry.

But even with its renowned reputation, it needed to somehow start a transition to television.

In order to achieve its usual success, it was critical for Marvel to find the right approach to this endeavor. After spending 17 episodes with *Agents of S.H.I.E.L.D.*, Marvel Studios was able to find the safe footing it needed to release the amazing *Agent Carter*.

Based on the Marvel one-shot short film of the same name, *Agent Carter* takes place in 1946, post World War II, where young and vibrant Peggy Carter (Hayley Atwell) is relegated to the insignificant works of a secretary in the Strategic Scientific Reserve (SSR).

While on the job, Carter is called upon by inventor Howard Stark (Dominic Cooper) to help clear his name after some of his “bad babies,” or super advanced weapons of mass destruction, fall into the hands of warmongering terrorists. With the assistance of Stark’s dependable butler, Edwin Jarvis (James D’Arcy), and her incisive and sly ways, Agent Carter aims to clear Stark’s name from the black book. Of course, Stark and Jarvis would lend themselves to the characters in the comic-book-turned-movie-series *Iron Man*.

Brilliantly directed, thrillingly plotted, and flawlessly performed, the first two episodes of the miniseries incorporate a rich balance of comedy and spy-fi action as well as a healthy dose of bloody hand-to-hand combat along with several unsuspected deaths, that will leave many holding on to the edge of their seats.

If watching Peggy Carter beat a thug senselessly with a stapler does not make you want to watch the series, than nothing will.

The show has received mainly positive reviews, many critics praising the acting and especially the noir-like atmosphere that is topped off with a lively ambiance and a fabulous wardrobe.

Agent Carter owes a large part of its success to its ability to capture the booming world after World War II.

With minor references to Captain America here and there, the show seems to be on the path to involving Peggy, being the awesome agent she is, more so than on the other popular heroes, initially used to rack up viewers.

As a brilliant new installment to the franchise, *Agent Carter* brings many of the enthralling elements of Marvel’s works to the small screen in an exciting and captivating way that will indubitably leave its audience craving more.

This ABC series is without a doubt a huge hit. Although it lacks the well-known heroes that everyone knows and loves (looking at you, Captain America), it gives other unsung heroes a chance to shine.

Always Sunny still shining bright after nine seasons

by **Seth Barshay & Eric Fishbin**
Sports Editors

It may be the winter, but *It’s Always Sunny in Philadelphia*. That’s right, the show is back and better than ever.

Now in its tenth season, the Sunny Gang has continued its path of crazy shenanigans spearheaded by Charlie Kelly (Charlie Day), Dennis Reynolds (Glenn Howerton), his twin sister Dee Reynolds (Kaitlin Olson), the surname-less Mac (Rob McElhenney), and Frank Reynolds, played by longtime comedy veteran Danny DeVito.

Although the show has been on the air since 2005, it is in its second season since being moved from its original network FX to new affiliated network FXX.

The Gang has been successful in many different forms of media. In the final episode of the fourth season, the *Sunny* cast performed a play called “The Nightman Cometh.” Due to this episode’s widespread popularity, the Gang performed the musical in six cities.

In addition to the play, the Gang released its 256-page paperback book, *The Gang Writes a Self-Help Book: The 7 Secrets of Awakening the Highly Effective Four-Hour Giant*, Today, on Jan. 6. The back of the book claims, “It works! Trust us! Warning: Following the ‘advice’ contained herein could get you arrested, maimed, or killed.” These are the antics of the Gang that have earned them such a large following since the show’s premier.

On Jan. 14, *Sunny* opened up the new season with the Gang on a plane, each person wearing a white tee shirt with varying tally marks. The episode, titled “The Gang Beats Boggs,” is about the Gang trying to beat Wade Boggs’ record of drinks consumed during a cross-country

flight to Seattle before a game against the Mariners.

This is not the first time that *Sunny* has had a baseball-themed episode. In a season five episode titled “The World Series Defnese,” the Gang appear in front of a judge to defend a parking ticket they received while attending a World Series game.

One of the most politically incorrect comedies on television, *It’s Always Sunny* has yet to slow down after many seasons on air, unlike many of its contemporary comedies. Because of this, FXX has the Gang on contract for at least two more seasons of the show after this new season. At the conclusion of its twelfth season,

in a couple of years, it will be the longest-running live action comedy in cable history.

Despite the show’s longtime cult following and popularity on streaming sites like Netflix, the show’s main cast, excluding DeVito, had not appeared in much other mainstream media until recently.

Day has recently found more fame in starring in *Horrible Bosses* and its sequel alongside Jason Bateman and Jason Sudeikis.

Howerton had a supporting role in the award-winning miniseries *Fargo* and also had a recurring role on *The Mindy Project*, in which McElhenney also guest starred.



The Gang appeals a parking ticket that they receive while at a World Series game. It is crazy antics like these that have kept *It’s Always Sunny in Philadelphia* on the air for ten seasons.

Athletes of the Month

Laura Russo



Courtesy of Laura Russo
Senior captain Laura Russo runs during a meet in the 2013 season. Russo helped lead the girls winter track team to win their conference this season.

Noah Linder



Josh White
Senior captain Noah Linder dribbles the ball up during a 71-61 loss against the Great Neck South Rebels. Linder is currently the team's leading scorer, contributing to their 4-3 conference record.

Coaches' Call: Schreiber's coaches predict Super Bowl XLIX winner

BY Mikayla Hyman and Kevin Hazan
Contributing Writers

The stage is set in Glendale, Arizona for Super Bowl XLIX. Trying to become the first team to win back-to-back Championships since the New England Patriots in 2005, the Seattle Seahawks and the Legion of Boom prepare to kickoff against Tom Brady and Bill Belichick's Patriots. Coming into the playoffs, each team possessed the first seed in their respective brackets.

The path for the Seahawks was no easy task. First, Cam Newton and the Carolina Panthers came into town. The Hawks easily handled the Panthers and won 31-17.

Next, Aaron Rodgers and the Cheesheads from Green Bay rolled in to Seattle for what would be one of the best comebacks in playoff history. Heading into the second half, the Packers led 16-0. After scoring on a Russell Wilson run to cut the deficit to 19-14 with less than 3 minutes left, the Seahawks needed an onside kick recovery to have a chance. After recovering the kick, the Seahawks took the lead with a 24-yard Marshawn Lynch touchdown. The game went into overtime, and on the first possession, Russell Wilson and Jermaine Kearse hooked up on a 35-yard touchdown pass to win the game and earn a trip to Super Bowl XLIX.

The Patriots defeated the Baltimore Ravens 35-31, with the help of a Julian Edelman touchdown throw, to advance to the AFC Conference Championship against Andrew Luck's Colts. With the advantage of a 7 point spread and a fan base of loyal Bostonians (and perhaps deflated footballs), Brady's bunch was able to take down Indianapolis 45-7.

On Feb. 1, the Seahawks and Patriots will play in University of Phoenix Stadium. After dismantling Peyton Manning and the Broncos last year, the Seahawks will hope to do the same against another legendary quarterback in Tom Brady. As for the Patriots, Brady and Belichick are seeking to solidify their place in Canton, Ohio.

Here are some of Schreiber's coaches' picks for the Super Bowl XLIX champion:

"Seattle's defense is excellent and they are peaking at the right time. Tom Brady, the quarterback for the Patriots, is one of the all time greats and so is Bill Belichick, their coach. Both are going to be hall of famers, but defense wins championships in the NFL. Russell Wilson and Marshawn Lynch will have enough offense to win. Seattle wins."

-Mr. Joe DelGais, Boys Bowling

"I predict that the Patriots will play

the Seahawks in the Super Bowl. Tom Brady and company will win to stop Seattle from a repeat."

-Mr. Kevin Braddish, Girls Bowling

"Seahawks vs Broncos and Seahawks win! Seattle will win. They have a top defense. Defense wins games."

-Mr. Jeremiah Pope, Girls Track

"Offense wins games, defense wins Championships, but turnovers always depict the outcome. Seattle doesn't turn it over and it by far has the best defense out there and can control the clock, hard to

beat them."

-Mr. Joe Migliano, Girls Track

"It is hard to go against Seattle, but I am picking the Colts in a thriller!"

-Mr. Dennis Trottier, Girls Basketball

"Seattle will win over New England this year."

-Ms. Talia Morales, Gymnastics

"Seahawks will win in this year's Super Bowl!"

-Mr. Anthony Schettino, Wrestling

Have any suggestions? If you have any nominations for next month's Male or Female Athlete of the Month, please email SchreiberAOM@gmail.com within a week after this issue's publication with the student's name, grade, and reason for recommendation.

Captain’s Corner: Girls Winter

BY **Ruthie Gottesman and Annie Kline**
Contributing Writers

Ruthie Gottesman and Annie Kline: This is Ruthie G. and Annie K. and we have the captains of the girls winter track team, Jenny Aguiar, Laura Russo, Neve Devine, and Erin McDonough coming your way! How’s it going guys?

Jenny Aguiar: We’re really good. Thanks for having us!

AK: You guys have been running for the team for the past few years, how has the team lived up to your expectations so far?

JA: Well, so far, I think a lot of the girls are making a lot of new friends and they’re having fun, they’re laughing a lot, and I think that is the best thing about track, which is having a good time while working hard. And we’ve done that since we started.

AK: That all sounds great! What are some differences that you have noticed between this year and last year’s team?

Laura Russo: We lost a lot of seniors, but this year there are plenty of freshman that are stepping up.

RG: Practices are a vital component to a team’s success. How are you improving the team during practices everyday?

Neve Devine: I would like to think that we’re demonstrating good things to do during practice such as working hard, and teaching our teammates new things.

JA: Sometimes it’s hard for one coach to teach everything to fifty girls, so we hope that some of us can send out messages that our coaches want to but don’t have the time to.

Erin McDonough: We try to reiterate things that the coaches said in a different way.

RG: It sounds like you guys work well together during practice. Does the team have a good relationship off the track as well as on?

JA: I think some of the best relationships come off the track team, because track is one of those sports that the meets go on for 12 plus hours, so we’re always with each other every day, and we just become a family. It’s not an individual sport; it’s really more team-oriented.

AK: It is your senior years, and you will be leaving the team after this season. For the team’s future, next year, who do you expect to build on the team and assume a leadership role?

EM: Beatriz Chavarria, absolutely.

LR: And Cat Salvatierra.

JA: Christina Marinelli, too.

ND: These girls have been on the team for years.

RG: Thanks for talking to us, ladies! Good luck on the rest of the season!

Boys and girls bowling: separate, but equal?

Calling the Shots

BY **Seth Barshay**
Sports Editor

In most Vikings sports, the boys and girls teams are completely separate entities, with each team holding its own practices and having separate schedules. However, this is not the case with the boys and girls bowling teams, varsity and junior varsity alike.

However, even though the boys and girls teams share the same schedule and both practice and hold meets at Herrill Lanes, alongside one another, there is still a distinction between the boys and girls teams, in place of one larger team.

In an ideal world, it would make sense for the teams to become one larger team with no gender distinction; bowling is different from many other sports insofar that its professional league contains both male and female bowlers.

But due to the current state of each team, it seems impractical to combine these teams for several reasons.

“I think it makes more sense how it is now. I just think that it makes more sense to have the teams split. Especially because if it were not split, around three fourths of the girls who are on the team would have been cut,” said junior and top-seeded male bowler John Gallagher.

Having separate teams is a positive for many bowlers who would not have had a chance to play otherwise.

“I think Schreiber has two teams to give more students a chance to bowl and participate in team sports,” said junior captain Vera Puglisi. “The way it is now

gives more students an opportunity to succeed, and since the teams are smaller it creates a more intimate environment, allowing for teammates to become closer with each other and more confident. With larger teams, less people would be able to play in matches, and fewer people would therefore be able to show off their improvements. Combining sounds like a nice idea but it’s very unpractical.”

Based on this general consensus between the two teams, along with Nassau County regulations distinguishing between genders for bowlers in the area, it seems unlikely that there will be one larger bowling team in the near future.

Unless all the local teams discussed logistics for a large move like this, the two teams will likely be split for the long run.

Unlike these teams, there are other sports that do not differentiate between boys and girls. For example, Schreiber’s golf team, a perennial contender for many years, does not restrict by gender.

However, it is rare that even one girl plays on the team because of the lack of female golfers at Schreiber.

“In theory it would be more fair, but the reality is that with the current level of



Sean Lui

Sophomore Kyle Harding prepares to bowl against the Manhasset Chiefs and Garden City Trojans on Jan. 14. The Vikings won the match. As of now, the Vikings have two separate bowling teams, boys and girls, but some are unsure of whether this is right.

talent on both teams, usually measured by average scores, the team would be almost entirely boys,” said senior Nicholas D’Alonzo.

An athlete’s guide on how to succeed in sports

BY **Andrew Adelhardt and Lauren Rudman**
Staff Writer and Contributing Writer

When the team first started this season, there was a slight feeling of discouragement when only 11 girls showed up to tryouts.

However, as the season progressed, our initial feelings were proven wrong after we won our first meet. As a team, we have learned the importance of working together in order to achieve not only our team goals, but our individual goals as well.

Gymnastics is a sport that requires discipline and dedication for improvement. While it is very much an individual sport, it also takes encouragement and advice from teammates to help the individual excel.

Our practices begin at 3:30 and end at 6, starting with setting up the four events: beam, bars, floor and vault and finishing with breaking them down. After running laps and stretching on the floor, as a team, we do line drills. These drills ranging from the most basic skills (jumps, leaps, and turns) to our tumbling passes (back-handsprings, whip-backs, and other saltos.) After line drills, we split to our individual events and work on our routines and new skills.

Meets are scored based on individual routines on each of the four events. Judges pay attention to every aspect of the routine. From pointed toes to steps after dismounts, everything can affect your score out of 10. Each event requires a certain

number of A, B, and C skills (A being the easiest and C being the most difficult). On vault, most girls perform a front hand-spring or a half-on.

The uneven bars require more thought and strength to make routines flow in a way the judges will enjoy. Beam and floor are similar in that they both require a great deal of endurance. Beam routines must be between a minute and a minute and a half.

It requires balance and focus to perform while the gym is silent and all eyes are on you. Finally, floor is often the most exciting but also the most challenging event.

Floor requires an extreme amount of stamina due to the three intensive tumbling passes and leap, jump, and dance sequences. It is all about impressing the judges, from smiling, slicking your hair back, to not wearing nail polish, every girl must present herself in a way that is appropriate in the judges eyes.

Captains Lauren Rudman, Olivia Resa, and Sam Hoffman, anticipate a great end of the season to come and are proud of the team’s achievements thus far.

~ Lauren Rudman, Gymnastics

As sports journalist Christopher McDougall once said, “If you don’t think you were born to run you’re not only denying history. You’re denying who you are.”

The great thing about running is how people of all ages, skill levels and genders can find their niche. Whether it’s a Sunday afternoon run or the New York

City Marathon, running is a sport for everyone.

In seventh grade, I went out for the Cross Country team with hopes of staying in shape for my next season of basketball. It wasn’t until my first race that I stopped treating it like a never-ending workout.

I then experienced the exhilarating, competitive yet supportive atmosphere of running a race. I learned that the sport that initially looks like a grueling, masochistic venture for the strong-minded is really a group movement with a goal of mutual success.

Unlike other sports when the competitive edge can get the best of people, running a great time or winning a race is a success for the whole sport.

The sport that began as a workout has progressed to a lifestyle. Running dictates the decisions I make, the food I eat, and the effort I put in. It has taught me the true relationship between hard work and success, and the discipline needed to achieve a goal.

Due to the individuality of the sport, starting is the easiest part. An easy way to get started is jogging a loop around the block.

For the first week I would recommend adding an eighth to a quarter of mile every other day until your lungs, legs and mind warm up to taking a run around town. You might be sore at first, but you’ll eventually get used to it. As we all know, people are “born to run.”

~ Andrew Adelhardt, Boys Winter Track

Community steps up for local legend Bruce MacDonald

After devastating fire, fundraiser helps get Coach Mac back on his feet

BY **Eric Fishbin and Andrew Kerr**
Sports Editor and Contributing Writer

Three-time Olympian runner and varsity track coach Bruce MacDonald was rescued from his smoldering home on Jan. 6.

To support Coach MacDonald, a former race walker of his and long-time competitor, Loretta Schuellein McGovern, along with her husband Dave McGovern, began a GoFundMe Fire Fund.

“Coach Mac has done so much for me. He has given me the best advice, trained me in a sport that I love, and helped me achieve many lofty goals. He doesn’t just help me though. He has helped young athletes for about 60 years. He never takes anything in return. This is the first time he has really needed anything, and he never even asked. He didn’t have to. We are all ready to give back to a man that has given us so much. I didn’t start a campaign alone though. The amount of people that are working behind the scenes is awe-inspiring,” said Mrs. McGovern.

On the GoFundMe Fire Fund for Coach MacDonald, over \$25,000 was raised in a single day. In three days, the original goal of \$50,000 was met. However, the goal of \$50,000 was increased to \$100,000 soon after.

It was listed at \$50,000 because Coach MacDonald was a 50k race walker, and since it was difficult for those who organized the fundraiser to predict how much was needed, this was the starting goal. The real goal is to get Coach MacDonald back into safe housing.

“50k isn’t enough for housing, so we need to keep elevating the goal. When he has moved into safe housing and can sit down and relax, before he heads out the door for track practice, then we will have met our goal,” said McGovern.

Some notable donations include a \$1,000 donation from USATF Long Island Race Walking, and an anonymous donor contributing \$10,000.

Coach MacDonald has served as an inspiration to countless Schreiber students, current and graduated, over the course of decades.

Coach MacDonald began both the girls and boys cross country teams, along with the indoor track teams.

In addition, Coach MacDonald started the girls outdoor track team. Next, MacDonald took these programs to the middle school level.

“Coach Mac always encourages us to do the best we can. He shares his stories about his success, as well as what he had to do to get there in order to inspire us to be the best people and athletes we can be. Without Coach Mac, a lot of the girls and boys on the track and field teams wouldn’t be involved with the sport or event they now compete in regularly. Personally, I wouldn’t be where I am today with track and field if it weren’t for him,” said senior captain Erin McDonough.

Not only has Coach MacDonald served as an inspiration to Schreiber’s track and field athletes, but across Long Island as well. Each year, Schreiber hosts the Bruce MacDonald Invitational at Sands Point Preserve.

Additionally, a fundraiser was held at the HUB in Syosset on Martin Luther King Day.

“Coach Mac represents pure determi-



Courtesy of Loretta McGovern

Coach Bruce MacDonald, the founder of most of the Port Washington track program, poses for a picture. Not only did MacDonald begin most of the track program, but he taught Drivers Education in Schreiber as well. Countless generations have been impacted by him, and because of that donations have been pouring in over the past 16 days. Coach Mac has expressed his gratitude to the community via the GoFundMe Bruce MacDonald Fire Fund. The current goal is \$100,000.

nation. Not everyone has the privilege to be coached by him but his presence is a true testament to the hard work it takes to be successful. We are all grateful for what he does for the program and the effort he puts in,” said junior captain Andrew Adelhardt.

Along with the Martin Luther King Day fundraiser, an ongoing clothing drive has been activated for Coach MacDonald. Because of the fire, Coach MacDonald lost everything in his home including clothes. The purpose of the drive is to get Coach MacDonald’s life back to way it was.

Having had such a significant impact on the lives of countless students and learners of race walking, it is no surprise how such immediate support has surrounded Coach MacDonald.

It has been 16 days since the fire, and in that time over \$16,000 has been raised along with clothing and other materials.

Also, over 500 donors have shown support for MacDonald on the GoFundMe fundraiser.

On Jan. 13 the people who started the fundraiser, the McGoverns, posted an update from Coach MacDonald himself. The note said

“Bruce wishes to extend his heartfelt thanks to all who have donated, shared on social media, sent kind notes, and donated clothing. Bruce was hoping to send a handwritten note to each and every one of his supporters, but that was when those supporters numbered in the dozens, rather than the many hundreds who have subsequently reached out! We are all overwhelmed—though not surprised—by your love. Bruce is comfortable for now at his step-daughter’s house and looks forward to returning to the track shortly. Thank you, thank you, thank you!”

Which Schreiber sports team has won the most championships over the past 10 years?

A. Boys Cross Country

VIKING SPORTS

Varsity wrestling prepares to pin opponents in playoff run *Four Nassau County-ranked wrestlers lead deep team of veterans and newcomers*

BY **Matt Kramer and Dillon Nissan**

Contributing Writer and Staff Writer

Schreiber's varsity wrestling team, one of the most physical teams in the school, looks to continue to do what they have done time and time again: win. This year, the team believes that its talent and leadership are exceptional.

The boys wrestling team had high expectations going into this upcoming season with four ranked wrestlers in Nassau County on their team, including seniors Sam Goldman, Elmer Mendez, and Anton Livshin, and junior Teddy Tanenbaum.

"The captains have done a great job leading the way," said Tanenbaum. "Younger athletes like Mikey Nahas and Brandon Liu have also been showing significant improvement and winning some close matches."

But the team is always striving to win, and it believes that this year's squad has a good chance of succeeding past the regular season.

Along with the ranked wrestlers, the team has other players to balance out the lineup. Petty and Nahas have already beaten ranked wrestlers this season.

Another piece to this team is freshman Jake Diamond, who is in the lowest weight class.

Wins by Diamond can help give the Vikings an advantage in that weight class.

"We're always contenders for the playoffs and tend to have winning records.



Sean Liu

Junior Teddy Tanenbaum wrestles against the captain of the Garden City Trojans, senior Chris Repetti, on Dec. 11. Tanenbaum won the match 6-1, adding to his overall record for the year. Tanenbaum has been on the team since he was in eighth grade and hopes to lead the team to a conference championship in the next two seasons.

Sometimes we get unlucky with injuries and filling some weight classes, but our team is always ready to compete," said Tanenbaum.

The team thinks this "ready-to-compete" mentality contributes to wins. So far this season, the team has had some quality wins against teams such as Plainview, Jericho, and Hicksville.

Many current seniors have had a chance to serve as leaders for this team and to relay their experiences to the younger core of the team.

With a coaching staff that encourages work all year round, the team believes it is taking the right steps to succeed. With the playoffs approaching in late January and leading into February, the team also hopes to have its injury-plagued wrestlers back and healthy in time.

"Most of the guys are progressing and peaking at the right time," said Goldman. "Freshman Brandon Liu has shown a lot of improvement from last year, and Teddy Tanenbaum has become one of our most consistent guys on the mat. Senior Brian Carstens is also a big team player, using his strength to his advantage on the mat."

If these factors continue to piece together, the wrestling team thinks it will have a significant advantage in the playoffs.

"The team can go far in the playoffs and I believe Teddy, Sam, Elmer, and Mike Petty can go very far in the county tourna-

ment and potentially even go to the state tournament," said Livshin.

Some factors that make wrestling such a difficult sport are weight and fitness. At times, wrestlers may need to lose weight in order to stay in shape and stay competitive.

Although it can be dangerous, these wrestlers take precautions to ensure their safety and make sure they are not doing anything to hurt their bodies.

"It is crucial to maintain your weight during the season. The hard practices every day allow the wrestlers to get in great shape, and eating right is essential for maintaining a healthy optimum weight throughout the season. The more competitive wrestlers on the team tend to 'cut weight' to maximize their performance throughout the season. The goal of 'cutting weight' is often to get to a weight where you feel healthy, while giving you the best chance to succeed," said Tanenbaum.

The wrestling team has a tough schedule coming up, facing fellow playoff contender Calhoun in their next match.

But the team is sure that if they are able to get a win against them, it could make some noise when the postseason comes around.



Sean Liu

Sophomore Brian Nova shakes hands with a Garden City Trojan wrestler on Dec. 11. The Vikings defeated the Trojans 48-22. Currently, the Vikings hold a 2-0 Conference record and are coming off victories against Jericho and Oyster Bay.



CONGRATULATIONS

GIRLS WINTER TRACK

CONFERENCE CHAMPIONS 2015

