

THUNDERBIRD

HIGH SCHOOL EAST NEWSPAPER

Half Hollow Hills High School East

Issue 1 Fall 2015

Principal's Message For the 2015-2016 School Year

Shelby Gosset

News & Features Editor

As the new school year began to unfold, Hills East Principal Dr. Woodberry took time out of his busy schedule to sit down with the Thunderbird Newspaper and answer a few questions about the year to come.

Thunderbird: What year is this for you at High School East?

Dr. Woodberry: I have been at High School East for 18 years.

TB: What are your personal goals for the 2015-2016 school year?

Dr. W: For the 2015-2016 school year I want to improve my fluency with technology and bring more technology into the school. I have visited other schools that have great technology initiatives, including West Hollow, and I would like to ensure that our school has the best that there is to offer. One initiative that I have been closely studying is the concept of a "Maker's Space." This is an area or room where technology is readily available to students. The space allows students to be creative and innovative. Students can build all sorts of things and take things apart to discover how they work. The space will also contain technology such as a 3D printer. I want to create a space where our students can take initiative, develop their own ideas, be creative, and be innovative. It cannot be fully put in place this year because it takes a great deal of budgeting and planning, but I would like to have the ideas in place so it can hopefully be implemented in the upcoming school year.

TB: On the topic of new technology, what was your inspiration for the Bring Your Own Device Policy?

Dr. W: The Bring Your Own Device Policy is actually a district wide initiative. Over the years, students have expressed that they should be able to use their devices in school. I never disagreed with that; it just needed to be implemented properly. We have to educate students on the proper use

of technology. They must know when it should be used, where it should be used, and for what it should be used. Educators in the district looked at our own practices and realized that we use laptops, Ipads, Iphones and other devices for calendar purposes, email, research, note taking during meetings, and more. The students in our school have grown up with this technology. We felt it was counter-productive to keep that away from the student body in the learning process. Instead, we chose to embrace technology by opening up the network, encouraging students to bring their devices, and teaching students proper use.

TB: The Bring Your Own Device Policy has been very well-received by the student body. Have there been any obstacles in implementing this new policy?

Dr. W: As far as I am aware, there have been no issues with logging on and accessing the Wifi network. However, I have been hearing that students are reluctant to use the Wifi because they think we are going to track their texts, emails, and social media posts. The district does not have the interest nor the capability to read someone's personal messages. The school's goal is not to monitor student use but to encourage students to abide by Internet User Agreement and the Code of Conduct. If something inappropriate occurs, of course the school would use internal and external resources to track the origin of the issue.

TB: If you could give one piece of advice to the Freshman Class what would it be?

Dr. W: If I could give one piece of advice it would be to get involved. When you get involved, High School East is not just the place where you go to school; it becomes a place that you can call "my school." When you take ownership of something, you make it a better place. Similar to your house, you maintain it by watering the lawn, painting, planting flowers, etc. to make it the best it could be. Taking ownership of your

school increases school spirit. Getting involved in school also builds your personal profile for college and can identify interests for college and beyond.

TB: If you could give one piece of advice to the graduating class of 2016 what would it be?

Dr. W: For this graduating class, and every graduating class, I would tell them to look back on their experiences and take the positives with them and let the negatives go. Do not waste your time on negativity; just remember the positives and take those with you.

and let the negatives go. Do not waste your time on negativity; just remember the positives and take those with you.

TB: What is your favorite High School East Memory?

Dr. W: My favorite memories are some of the pep-rallies. I don't have one particular favorite memory, but I love the school plays, musicals, and sporting events.

TB: What is one thing your High School growing up had that you wish we had at High School East?

Dr. W: Although High School East has spirit, I would love to see an increase. At my small high school in Amityville, everyone actively participated in school spirit

activities. There was great attendance at all kinds of school events. I want everyone from Freshmen to Seniors to get involved in school-wide events that make this school great. We have tremendous involvement in many clubs and activities. Everyone shows pride in their individual clubs or teams, but I would love to see greater spirit in High School East as a whole.

TB: Were you ever sent to the principal's office?

Dr. W: Yes. In elementary school, when the principal entered the cafeteria, the expectation was for all students to stand silent and attentive. On one occasion, I sneezed. The principal must have thought I was faking and trying to cause a disturbance. He turned to me and said, "You, to my office." I was scared to death because I had never been sent to the principal's office before. I didn't get in trouble though.

TB: What are the most rewarding and challenging parts about being a principal?

Dr. W: The most rewarding part is interacting with students everyday. It's very rewarding to see students develop from the time they come in as freshmen to when they graduate ready for college, the workforce, or the military. The most challenging part is implementing changes and standards that come from outside of the school system. Our school does this as well as any other, but it is still a challenge.

Fun Facts About Your Principal

Favorite Food- Bacon
 Favorite Movie- Aliens, Gladiator, Independence Day, The Patriot
 Most Recent Book- *The Energy Bus* by Jon Gordon
 Role Model- Dr. Martin Luther King, Jr., John F. Kennedy, Patricia Woodberry (his mother), President Obama, former principals (Mr. McCaffrey, Mr. Kindelmann)
 Favorite Musician- Michael Jackson
 Favorite Ice Cream Flavor- Strawberry
 Hidden Talent - Play the saxophone



Dr. Woodberry is looking forward to another great year.

From Innovative Teacher to our Newest AP: Mr. Rendon

Emily Disman

Entertainment Editor

As many students, teachers, and parents know, Mr. Rendon, former english teacher, is HSE's newest assistant principal. During his time teaching at High School East, Mr. Rendon helped many students improve their reading and writing skills, and he also helped to grow the Interact Club, where students fundraise for charities of their choice. This year, Mr. Rendon gave up those responsibilities and accepted the opportunity to become even more involved with our school community when he took on the role of assistant principal.

Thunderbird: What is the difference between being an assistant principal and being an english teacher?

Mr. Rendon: My day is less structured than it was when I was a teacher. I don't come in

contact with the same kids at the same, regularly scheduled time like I used to. Instead of seeing the same kids during class periods, I see them either in the hallway or during appointments that we have together. It is because of this change in interaction that I most miss being a teacher.

TB: Do you enjoy being an assistant principal more than being an english teacher?

Mr. R: I do enjoy being an assistant principal more than an English teacher as it is something that I've been working towards for a while, but

I do miss a lot of things about teaching.

TB: What responsibilities do you have as an assistant principal that other people working in the school do not have?

Mr. R: I have many responsibilities that are very similar to those of a regular teacher. I make sure that all of the students are doing well, especially during the first week of school when many freshman were having trouble finding their classes. I also have to answer many unexpected, random questions that you

wouldn't believe were even being asked!

TB: Do you still run Interact Club? If not, do you wish that you were doing so?

Mr. R: I do not run Interact anymore, but I miss all the members of the club very much, as well as all of the fun, charitable activities in which we used to participate.

Mr. Rendon ended the interview by saying that the freshmen have been great to work with and have been an amazing addition to our school. I am sure that Mr. Rendon will do a great job this year, and the freshmen are lucky to have him as their assistant principal. On behalf of the entire Thunderbird staff, welcome to your new role Mr. Rendon! We wish you all the best and know that you will continue to set a stellar example of respect, responsibility, and excellence for our school.



Mr. Rendon is very enthusiastic about his new AP position.

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The Green Machine

Lauren Peller

Editor-In-Chief

Tim Green, a former professional football player, lawyer, and bestselling writer of books for adults and children, truly exemplifies the “triple threat.” Traveling throughout various schools across the country, the Green Machine conveys a compelling message about the significance of reading and displaying moral character. Many may wonder how he transitioned from an Atlanta Falcon linebacker to a prolific writer. It appears evident that his adoration for reading and writing propelled his successful career with many best-selling novels. Green’s goal is to have his message spread through his support of reading. He said that, “Reading books keeps you more connected.” In his own novels, he tries to entertain his readers and believes that “you always want to say something that reinforces the part of

your life that you feel passionate about and that you really believe.” Green has also ingrained the importance of education and the benefits of reading to his own kids. He believes that setting the best example first hand is most important. He teaches his kids to have a moral compass as he performs acts of kindness in front of them.

I was fortunate to be able to interview Mr. Green in person.

Thunderbird: Why do you feel that your message is meaningful?

Tim Green: My message is more impactful because students receive an outside perspective to which I believe kids will listen rather than that of a teacher.

TB: How has football influenced your life?

TG: My hard work and perseverance from the days playing football carried over to my career in writing and law, as well as my role as a father figure. In sports (football in my case), it is necessary to exercise your body

and lift weights to build muscle and increase strength. Similarly, in reading and writing, you need to exercise your brain to keep it in top shape. I call this, ‘weightlifting for the brain.’ Of course, to be the best athlete you can be, you have to lift weights. They make you bigger, faster, stronger... reading is exercise for our brains. It makes us stronger in every subject.

TB: Why and how did you push yourself to take risks?

TG: Risky things such as the NFL and being a writer/sports/entertainment person are uncertain. You also need to be lucky - in the right place at the right time. I have known so many individuals who have put in twice as much determination as me, yet they don’t get to be as lucky as I am today. Unless you’re really famous... you really have to have a great, great story...

Sports and entertainment are really uncertain areas. In fact, a lot of times when I talk to students, I say that it requires luck to be successful...it’s, not enough to be talented or work hard.

Since you have achieved your two dreams to play in the NFL and become a bestselling author, is there anything left you wish to achieve?

I am extremely satisfied in my law practice and enjoy traveling to schools and relaying this message to students throughout the country. Even though, I wish in the future to possibly write more books, I live by this line ‘If it’s not broke, don’t fix it. Things are going well.

Stop by our community library to see the dedicated “Tim Green Corner” in the teen section to relay his message and continue to advocate for students to read. With his ethical conscience and compelling message, The Green Machine clearly has affected Dix Hills, leaving a lasting impact on the district and community.



Author Tim Green with Thunderbird Editor-In-Chief Lauren Peller



Lauren and other Half Hollow Hills reporters with Tim Green

Don't Let WASTE Waste Your Future!

Rachel Rosenstein

School News Editor

Attention Hills East! There is a new and exciting club being offered to our student body: *Sustainability Club*! As of this year, the sustainability club is open to new members who are interested in protecting and/or improving the welfare of the environment. A Hills East Senior, Matt D’Alessandro, created this club with hopes of turning our school into more of an eco-friendly zone. As of 2015, plastic, rubber, and other non-biodegradable products have taken over the market, and nearly every consumer item today is composed

of such materials. While littering and discarding of trash in inappropriate places does harm the environment, even if your trash makes it to the garbage can, damage is still being done. Your waste, whatever it was that you threw out, is bagged up and brought to a garbage disposal. These disposals feature mounds of rotting plastic with chemicals and toxic residue seeping into the ground as nature attempts to break it down. Terrible, right? The solution is clear. Recycling is the answer to this problem, and the Sustainability Club is destined to bring you and all of High School East’s students up to date on when, where, how, and why it is important to recycle.

Mrs. Goodenough, the club advisor, was happy to share her standpoint on recycling as well as the goals of this new club. She said, “I would be very happy to see less recyclable materials in our garbage cans.” So I ask you this: Why not recycle? There’s money in it for you! If you save up enough plastic, glass bottles, and cans, you will be sure to leave the recycling center with more money than you walked in with. There you have

it--you can make a profit from helping the environment. Everyone wins!

Mrs. Goodenough also went into depth about the possible circumstances we could face if we don’t take action and start recycling as soon as possible. She told me that, alarmingly, “the landfill out east that we currently use is nearly full, so we have to send our trash out of state. If we don’t take action, all landfills will soon become packed

with trash, and there will be no place to put our waste.” In other words, garbage will surround and eventually consume us. There is not much time to



One of the landfills Long Island uses is almost full.

waste due to the minimal amount of room left in landfills across the world. It is very simple to start making a difference immediately, and we can start in our school.

Mrs. Goodenough further added that she believes it is imperative for all students to use refillable water bottles, that can now be refilled at the new and improved filtered water fountains throughout our school. This would avoid having to buy more plastic bottles, and therefore less plastic has to be made. Does saving the world sound interesting to you? Get a move on and look into the Sustainability Club--it can surely help you to do so.

If you’re interested in helping save the environment, come to room 408! Our meetings are held every other Wednesday from 2:15-3:00 PM. Most of our work will include volunteering and collecting recyclables around the school. One of the club’s goals is to look into collecting paper since paper in our school is a resource that is very often used, yet rarely reused/recycled. We hope to see you soon! Remember, please don’t waste our future...RECYCLE!

Help Spread Awareness: Join Girls Learn International Club!

Emily Disman

Entertainment Editor

As the 2015-2016 school year got underway, many new clubs were introduced. One of the more interesting new clubs at HSE is the Girls Learn International Club. This club was started by sophomore Alexi Braun and is advised by Mrs. Cullen. Girls Learn International is an organization in which students in middle schools and high schools in the United States help find ways to educate girls in third-world countries about human rights. This club offers its members the opportunity to gain leadership experience and become advocates for change. During the year, club members participate in activities that help to illustrate the problems that many girls around the world are facing,

such as poverty, forced marriage, and human trafficking. About halfway through the year, the club will be partnered with a school in a third-world country. Together, they will form bonds and friendships by making scrapbooks and bracelets, and doing other activities. Lastly, the club puts together fundraisers in order to gain money that helps to pay for school supplies and tuition for girls in their partner school. Joining Girls Learn International allows you to help spread awareness about girls’ education in your community. The club meets on Wednesdays in room 111. If you have any questions or would like to join in this endeavor, see either Alexi Braun or Mrs. Cullen for more information.

Safe Halloween 2015

Rachel Penzer & Sophie Kreit
Staff Writers

On October 30, Hills East hosted their annual Trick or Treat Street event, more commonly referred to as Safe Halloween. Safe Halloween is a yearly event at which various clubs create a fun and safe Halloween experience for younger students in the district. This year's event included displays from the Future Educators, the Art Club, Amnesty International, the Academic Club, Gay-Straight Alliance, and many, many more. Younger students in the Half Hollow Hills school district came to High School East to collect candy and to take part in fun activities in a safe, educational environment.

In addition to handing out candy, the various clubs created different experiences in their assigned areas for the children to enjoy. This year, the Art Club built an "Into the Woods" themed haunted house in the Lecture Hall to add to the Halloween experience. The haunted house featured artistic creations made by Art Club students. The Art Club students dressed in fear-inducing costumes and spooky makeup in order to act as ghoulish residents of the haunted house. Future Educators decorated their room with a "Western" theme. All members dressed as cowboys and country music could be heard down the hall! The Indian Club sponsored a "Dinosaur" themed room; this was a big hit with our young visitors. In ad-



One of the decorated doorways for Safe Halloween



Community children enjoying their treats from one of the clubs at HSE.



Don't get scared of these adorable creatures.

dition to themed rooms and the haunted house, the Dixettes and the Step Team performed routines for the children and their families. The crowd went wild as they watched the performances.

This year's event also saw some new clubs participating. For the first time, Gay-Straight Alliance participated in Safe Halloween. The club is run by school psychologists Mr. Miracolo and Dr. Nickel. We asked High School East student and Gay-Straight Alliance board member Robert Gruberg-

er why he feels that it was important for his club to join in on the event. He replied, "It was important for our club to start participating in Safe Halloween because many children and high school students were here giving us the chance to spread the word about our club. We also thought it was important to help provide children with a fun and secure place to have a great time and get candy".

In past years, attendance at Safe Halloween has been decently sizeable; however, this year, the amount of parents and students who attended was remarkably high. Most clubs went through at least ten bags of candy and almost all rooms had lines out the door. With such support for the event, it seems as though many parents hold concerns about the level of safety that a typical "trick-or-treating" Halloween experience provides. Safe Halloween allows younger students to experience this fun holiday. As always, each and every group did a wonderful job making this experience a memorable one for our future Thunderbirds. We can't wait to see what's in store for next year's event.

Go Green, Eat Clean!

Alexa Grill
Entertainment Editor

Have you checked out the newest addition to the scenery of High School East? If not, it's about time you visit High School East's very own garden. This garden was founded by Ms. Aull, one of the school's health teachers and founder of the Holistic Nutrition Club. Ms. Aull, along with the members of her club, started the garden to educate the staff and student body of High School East about whole foods and the benefits that they have in one's diet. She does not tend to the garden all by herself though; Ms. Aull gets help from volunteers from both her Holistic Nutrition club and her elective course. There is a variety of delicious and hearty vegetables grown in the garden,

including kale, romaine lettuce, mixed greens, snap peas, broccoli, and radishes. Although it began late in the harvest season, their short term goal for the garden is to have the food ready by Thanksgiving, so the students can take the healthy vegetables home and enjoy them at their family dinners. In addition, she wants to teach her students how to prepare the food grown in the garden during class time. The long term goal for the garden that was set by Patrick Murphy, director of the health department in the HHH Central School District, is very ambitious and will most likely take a few years to accomplish. He wants to hopefully see some of the vegetables grown served in our own school cafeteria! If you are interested in helping with the garden, Ms. Aull's Holistic Nutrition Club meets every other Wednesday in room 544, and new members are always welcome! Maybe you can be the one to get the vegetables grown in our school garden into the school cafeteria one day.



Students in Ms. Aull's nutrition club prepare the ground for planting.



Ms. Aull harvesting some of the mixed greens.



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Message from the Editor-In-Chief

Dear Hills East students, faculty members, and community members:

As Editor-In-Chief of the Thunderbird, I am excited to present our Fall Edition! We are very fortunate to have such an array of outstanding contributors and a new and enthusiastic editorial staff. Later this year, the paper will be making its online debut! Our new platform utilizes WordPress to create an interactive and entertaining news experience. We will supply you with all of the latest news around Hills East and around the world. Keep an eye out for it soon!

Thank you for your continued support,
Lauren Peller

Student Government Update

Mackenzie Gosset

Staff Writer

As most of you already know, a lot of the fun events that go on over the course of a school year are sponsored by Student Government.

This dedicated group of representatives from each grade level comes together to plan various events and activities to unify the student body and promote Hills East spirit. Throughout the month of September, Student Government's main focus was homecoming. This included the nominations and elections of the homecoming court, the homecoming parade, and the homecoming competition night. Each grade level was assigned a specific theme based on the overarching idea of American culture. The Freshman were the Fresh Musicians, the Sophomores were Soph Spangled Banner, the Juniors were Nick Juniors, and the Seniors were Seniors In Command. Each grade created a banner and a float to present their theme during both pep rally and the homecoming parade. Members of Student Government also created and ordered shirts for each class that depicted their theme. Many students showed their school spirit by wearing their class shirts to school on the Friday of spirit week and to comp night the following night. Prior to the pep rally, members of Student Government met in the West Gym where each grade level was assigned a section of the gym to decorate. After the excitement of the homecoming game, each grade cheered on their classmates as they fought hard for their class at Comp Night. After a long night of intense competition, the Sophomores came out on top! As always, homecoming weekend was a very fun and exciting way to kick off the school year. Stay tuned for more upcoming events and fundraisers organized by the High School East Student Government.



Expanding our Horizons

Alyssa Schmidt & Jolie Freedman

Staff Writers

你好雷鳥! (Hello Thunderbirds). Do you want to learn a new language? Hills East offers an amazing program called Independent Studies. Once a week, students can choose to learn a language that is not offered as a class in school. There are many languages to choose from including: American Sign Language, Arabic, Chinese (Mandarin), German, Hebrew, Japanese, and Russian.

Last year, we decided to take Chinese I. We decided that we wanted to expand our knowledge on a language that we were unfamiliar with and enhance our skills with foreign languages. We thought that taking independent study would be an easy and fun way to explore the Chinese Language. Chinese I was offered every Tuesday from 2:30-3:00 in the language wing. Our teacher, Mrs. Wendy, taught us not only the language, but also the Chinese culture. We learned the complicated alphabet and vocabulary words. Our teacher also introduced us to many aspects of Chinese customs in order to help us better understand the language. She gave us origami and chinese painting lessons, talked about geography, taught us chinese songs, gave us native candy, showed us movies, and told us stories about her life and experiences in China. Mrs. Wendy cared to know all about us in order to make the class fun for us, which included doing a talent show! We learned how our hobbies and interests can connect us to the Chinese language. Most importantly, we learned how important it is to be exposed to other languages and how we can relate to cultures different from our own. On top of that, Mrs. Wendy taught us so much while making learning fun.

This year, we are taking Chinese II. We cannot wait to make more memories and continue learning about the Chinese culture! 作为一个独立的研究. 你不会后悔的! (Take an independent study. You will not regret it!)

Hills East Drama Department Presents *Harvey*

Michael Valdes

Staff Writer

The Hills East players did it again! They entertained their audience with their skillful rendition of Mary Chase's *Harvey*. It truly was a treat for the audience!



HSE cast of *Harvey*

With its goofy plot and hilarious characters, *Harvey* was another hit for High School East. This year's cast definitely left its mark on the theater department, and I am sure that we will be seeing them on stage again in upcoming productions. The female lead, Veta Louise Simmons, played by Elizabeth Thompson, had the audience in giggles throughout the play. Also notable was Aidan Mallon as the male lead of Elwood. With his character's light hearted jokes and sometimes serious nature, Aidan naturally fit the role.

Other notable performances include Katherine Thompson as Myrtle Mae Simmons, Veta's daughter, and her comical shenanigans; Nia Mays as Ethel Chauvenet, with her rude humor and high class nature; Madyson Montelle as Miss Johnson, the maid; Stephanie Leibowitz as sweet-natured Nurse Ruth Kelly; Jeremy Cohen as Duane Wilson, with his aggressive behavior and ridiculous efforts to impress Myrtle Mae; Collin Cook as Dr. Lyman Sanderson, with his wit and argumentative behavior with his love interest Nurse Kelly; Benjamin Keschner as Dr. William Chumley; Brianna Sera as Betty Chumley, Dr. Chumley's wife; Max Glover as Judge Omar Gaffney; and Tate Kershner as E. J. Lofgren, the cab driver.

The show centers around Elwood P.

Dowd and his imaginary friend Harvey, a six-foot three-and-one-half-inch tall white rabbit who he describes as a "pooka." A pooka is a creature of Irish folklore who brings both good and bad fortune to an individual or a community. Elwood drives Veta and Myrtle Mae insane, resulting in them not having a social life. This is caused by Elwood constantly disturbing people and freaking them out when he "introduces" them to Harvey. This leads Veta to bringing him to an asylum called Chumley's Rest. In a turn of events, they end up admitting Veta into the asylum instead of Elwood and later find out that they made a

mistake. This leads into a wild goose-chase to find Elwood and admit him instead. By the end of the play, Elwood makes the sacrifice of taking an injection which will dull his mind and make him forget about Harvey. He does this out of love for Veta because she has done so much for him, and he doesn't want to see her suffer because of Harvey. Veta ultimately realizes that she doesn't want Elwood to



Male lead Aidan Mallon as Elwood and female lead Elizabeth Thompson as Veta Louise Simmons

change as she loves him for him, and if she has to accept Harvey for Elwood to be himself, then she will.

Harvey is a heartfelt play that will be remembered at HSE for years to come. It is witty, hilarious, and sets a good mood for audiences of all ages. I give high acclaim to *Harvey* and see many Hunting-Tonys coming HSE's way!

HSE Student Helps "Whip" Pediatric Cancer

Madeline Propis

School News Editor

Whip Pediatric Cancer is a new internet sensation that is bringing awareness to childhood cancer. Whip Pediatric Cancer is a foundation created

with the intentions of raising money for the Memorial Sloan Kettering Pediatric Research Center. In addition to donating money for the cause, participants make a video of themselves dancing to the popular song, "Watch Me (Whip/Nae Nae)" and post it to social media. The videos bring awareness to pediatric cancer and the foundation. Jordan Belous, the girl who started it



Jordan Belous displays her campaign website to encourage people to post a video of themselves dancing to a popular song using the hashtag #WhipPediatricCancer.

all, is a junior right here at Hills East.

Jordan was involved in several other pediatric cancer foundations and programs for many years before she came up with the idea for Whip Pediatric Cancer. This past summer, Jordan volunteered at a day camp for children with cancer and their siblings. Jordan realized that all of her campers loved the song, "Watch Me (Whip/Nae Nae)." All of the campers would stand and do the dance whenever they heard the song. This inspired Jordan to start the

campaign to "Whip Pediatric Cancer."

Not only is Whip Pediatric Cancer important to cancer patients and their families, but Whip Pediatric Cancer is also very important to Jordan. At the camp where Jordan worked and within other programs with which Jordan has been involved, she loved to see kids who have seen the worst things in life smiling and laughing. Jordan feels that even though she is young, she has found her passion: to be the voice for these children. Jordan herself said that she "won't ever stop raising cancer awareness until cancer is extinct." Whip Pediatric Cancer has raised approximately \$12,276 for the Memorial Sloan Kettering Pediatric Research Center. Over 43 countries are involved and over 7,000 people have "liked" the Whip Pediatric Cancer Facebook page.

Jordan's goal for the foundation is to continue raising funds because more funds lead to more research which leads to more survivors. Many Hills East clubs have been participating in the campaign. The Dixettes posted a video on Facebook, and the step team got teachers involved at Fall pep rally. Get your club involved to help raise awareness too! When we come together as a community, we are always met with success. Let's do it again and help Jordan "Whip" Pediatric Cancer!



Teachers "Whipped" at the pep rally.

HSE's Art Electives

Jolie Freedman

Staff Writer

The students in our school are extremely lucky to have so many different course offerings in the art department. Just about anyone can find an interest in art by exposing themselves to the different electives provided by High School East. Art education is very beneficial because it opens up students' minds to unleash their more creative side. One can view life in a whole new perspective through art. It isn't painting a great picture or taking a good quality photo that makes art important. It's how an individual envisions an idea and puts that idea into action that makes art most valuable. Art has always been one of my favorites classes at school, and I highly recommend that every student enroll in some form of an art class during their time at HSE.

There are so many art classes to take, so everyone should be able to find something that interests them. These classes can even be utilized to establish a career. As a complement to the diverse course offerings, HSE is also very fortunate to have a diversely talented group of art teachers. Mrs. Mead teaches studio in art, drawing and design for production, and architecture. Mrs. Godoy teaches fashion illustration and design and studio in art. Mrs. Diodato teaches ceramics and sculpture, photography, and media arts. Mrs. Uttendorfer teaches AP art history, AP studio in art photography, and photography. Mrs. Nelkin teaches computer graphics, media arts, and creative crafts. Mrs. Norris teaches AP drawing, AP 2D design, AP 3D design, and drawing &

painting. Mr. Petrucci teaches studio in art and media arts. In all cases, these teachers are very talented in their particular field and offer their students not only art instruction, but also someone to emulate.

Several course choices, such as media arts, studio in art, and creative crafts, are full year classes, while other electives only run for one semester, freeing up time in students' schedules to take another class in which they may be interested. If you are really passionate about art, there are also many AP classes offered. Digital film making is an elective being reintroduced this school year, and game design is a new elective starting up this year. If you can't find

room on your schedule or just want to expand your knowledge of art, there are also many art clubs offered after school as extra-curricular activities.

A new diploma being offered at HSE is the Arts Conservatory diploma in order to reward students for their commitment to art. There is also Distinction in Visual Arts and Advanced Distinction in Visual Arts. Maintaining a certain average, being accepted into National Art Honor Society, and being a member of an art club are a few of the requirements needed to achieve these accolades.

Art courses also help to get students involved in the school. Art students help with the yearbook, decorate for Safe Halloween, have their artwork hanging around the school, and participate in art day. Being involved in the art department will give you the opportunity to express yourself and to get involved.



This tree represents all the art electives available at HSE.

New Outdoor Physical Education Class

Sophie Kreit

Staff Writer

Do you enjoy biking down rugged hills? Are you adventurous and up for an exciting challenge? If so, you should elect to take the Outdoor Education option for your gym period! If you have an afternoon gym period, you have most likely been offered the Outdoor Educa-

tion option as a replacement for typical physical education activities. Outdoor Education is taught by Mr. Michael Gibbons, who has been working in the Half Hollow Hills Physical Education department with disabled students for eleven years. This is Mr. Gibbons' first year teaching Outdoor Education to a larger portion of the student body. This new program introduces mountain biking, fly fishing, snowshoeing, and various

other outdoor activities to high school level students in an effort to promote outdoor activities and increase awareness of the advantages that they provide. The current activity being taught in Outdoor Education is mountain biking. The mountain biking unit involves courses mapped out across the High School East campus that students use during group rides and races. There is also the option of being timed on a course in order to improve personal statistics. Students are learning skills such as braking, shifting, cornering, and descending and ascending hills. In addition, students will learn how to replace a flat tire on a mountain bike and remove the rear wheel. The terminology of bike parts and the history of mountain biking will also be taught. When asked how he feels about the new outdoor program, Mr. Gibbons

answered that exposing students who are inexperienced with these particular outdoor activities to more unique physical education options is highly beneficial. Mr. Gibbons mentioned that the addition of the Outdoor Education program is a positive step forward in promoting these outdoor activities, allowing students to realize that physical education does not only include typical team sports.



Mr. Gibbons and members of the Outdoor Education program

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10 Tips for a Successful Junior Year

Shelby Gosset

News & Features Editor

Junior year, the hardest and most stressful school year, is the constant conversation of 11th graders. As a current senior having already experienced this extremely hard year, I have ten suggestions to make this year a little bit easier for current juniors.

1. You can't do it all- Many of us think that we have time for everything under the sun, but that is never the case. Only sign up for classes and activities that you have the time for. I know that you want to do it all, but with an over-packed schedule, the quality of your work in other areas will suffer. Instead, focus on a few things that you can put your entire effort into, and you will surely be a success.

2. Plan your time accordingly- Junior year is not only a challenge academically, but it is also a year jammed packed with activities. From drivers ed to ACT or SAT prep, there just doesn't seem to be enough hours in a day. Make a schedule to fit everything in, and stick to it! Time management is essential to getting everything done that needs to be done.

3. Start preparing for the ACT/SAT now- the ACT/SAT is an important component of your college application. The sooner you start, the better prepared you'll be and the more opportunities you'll have to get the score you want!

4. Prepare for the ACT/SAT with full force- Once you start, give it your all! If you start without your complete attention and dedication, you will wind up wasting your own time.

5. Start looking into Colleges- College may seem to be light years away, but in reality, it's just around the corner! Utilize Naviance to start looking at differ-

ent universities. Go on the websites of these schools to investigate the majors and other programs that schools offer.

6. Make a few College Campus visits- Visit a diverse array of colleges near or far. Not only should you take a tour of a college and attend the information session, but you should also explore the dorms to get a feel for student life. Reach out to a staff member or current student to learn from their personal experience.

7. Set up your teacher recommendations- Think about which teachers can tell your story best and give colleges the best image of you. If you can't think of any teachers, make time to get to know some of your current teachers!

8. Become a leader- As an upperclassman, it is necessary to become a strong leader and set a positive example. Start taking initiative in clubs and activities. Plan an event or organize a fundraiser! Go above and beyond! Not only do we need leaders in the community, but colleges also love to see leadership in college applicants. They are looking for those who can be leaders on college campuses.

9. Get plenty of sleep- With a packed schedule, sleep seems to always get pushed to the side. Be sure to get enough sleep or you will not be able to focus in school or during assessments. Sleep is essential to staying focused and achieving your goals.

10. Be confident- Under high stress, we often lose sight of ourselves and our strengths. Believe in yourself and do what you do best! Don't sweat the small stuff!

I hope you find these ten tips useful as you navigate your way through junior year. Best of luck to all of you!

Until There's a Cure, There's Sunrise

Maddy Propis

School News Editor

The happiest place on earth...Sunrise Day Camp! Full of smiles and warm hugs, Sunrise is a day camp for children with cancer. Located in Wheatley Heights, Sunrise is a free camp that includes programs for children with cancer and any siblings in their families. Many students from Hills East, including myself, volunteered at Sunrise this past summer. The experience is like no other as volunteers are able to join in as Sunrise lifts the spirits of the campers who have endured numerous struggles with cancer in their very young lives.

A cheery day at Sunrise starts with the entire camp gathering in the Hub (area with benches and a stage) for songs, cheering, and some daily announcements. Then, the campers and their counselors break off into morning activities by group. Sunrise offers so many entertaining activities including sports, arts and crafts, martial arts, and music. In the middle of the day, lunch provides a nice break for everyone to refresh during a hot summer day. After lunch, campers get some much needed relief from the heat in the pool, which most campers would say is their favorite part of the day. They spend an hour in the pool learning how to swim, playing with their friends, and splashing their counselors. Finally, the campers finish the day with some more activities and then meet in the Hub again for songs, cheering, and dismissal. The

campers come back five days a week, and the staff does their best to keep them smiling and laughing. In order to do so, each week focuses on a different theme that is coordinated with special activities during the day. For example, during music week, Sunrise had a day that incorporated the music festival known as Woodstock. The entire camp was redesigned into a Woodstock festival, and everybody enjoyed themselves! The themes enhance the camp experience and give the children something to look forward to each day.

Even though Sunrise operates like a regular camp, it has counselors who give 110% because they recognize that these children with cancer face day to day struggles. Sometimes, the campers are sick, and they are unable to come to camp, so it is the responsibility of the counselors to make sure that campers have memorable experiences every day they are able to attend.

Sunrise has a huge impact on not only its campers, but also its staff. After this experience, I now feel more able to connect with all people with cancer, especially kids. Working at Sunrise taught me to keep things in perspective and reminded me about what is really important. I was lucky to have the experience to work at a place as amazing as Sunrise Day Camp, and I will always cherish this volunteer experience. If you ever have the opportunity to volunteer at Sunrise, I would highly recommend that you do so. It is an experience unlike any other!

Stumped by Mr. Trump's Bump

Lauren Peller

Editor-In-Chief

If one considers the events that took place this summer in our country's race to the White House, it is hard to ignore the Republican frontrunner, Donald Trump, and how he has taken the field by surprise. Mr. Trump arrived on the presidential candidate scene by way of a real estate empire and a reality TV show. He arrived at the Iowa State Fair by way of his million dollar helicopter amidst swirling dust. Not to worry, he wore his red baseball cap with the logo "Make America Great Again," so his famous hairstyle was kept under cap for safety purposes.

The media, political experts, and pundits have been baffled and antagonized by Mr. Trump's success in the polls. In fact, he virtually dominates the political news coverage while people still wonder if

he has ulterior motives. Is he seeking to ramp up his brand, or is he an electable candidate with solid strategies behind the hyperbole? More preposterous is the speculation that Donald Trump is part of a conspiracy theory that

has been orchestrated by the Democrats to sabotage and splinter the Republican candidates.

Whether despised or worshipped, Trump is the hot topic. As a "celebrity" candidate, he does not hesitate to be over the top with every possible tactic to boost attention and ratings. Above all, with 25% of the Republican vote as of the time of this writing, Donald Trump demands a closer look.

He says what he thinks and can sometimes be humorous.

Donald Trump is comfortable using a strategy that breaks the rules for political campaigns. It is clear that Trump is using his gut instincts and is unapologetically outspoken. He pokes fun like a naughty child and is able to get away with comments that one can hardly imagine. This includes insults involving some taboo topics, such as intelligence, appearance, wealth, and ethnicity. Trump has been successful in entertaining his audience and just being himself. Some Americans comment that he says what people think but are afraid to say and that he can even be shockingly funny. Occasionally, he adds humor at his own expense because that gives him permission to make fun of others. Consider the televised toupee test that Trump arranged. It could have been dubbed the most "Trump'd" hair yank of the century.

He keeps it simple.

Mr. Trump's slogan, which is proudly displayed on his baseball caps, proclaims, "Make America Great Again." Either by using repetition or easy to comprehend catchphrases, Donald Trump has hit a chord that resonates with Americans. With his confident and assertive statements, or "Trumpisms," voters are assured that America will be great again. They yearn for the country's past successes and want to

believe him. Donald Trump's mission is not entangled in policy. He is on a carefully orchestrated mission to sell his favorite brand: himself.

He doesn't need anyone's money and is not a politician.

Donald Trump is a billionaire and unabashedly brags about his personal wealth. Special interest groups and the money they contribute to a presidential campaign have no impact. Trump doesn't need their money. Unlike his competitors, he is financing his own campaign and maintains that he is not a career politician and that he cannot be bought. He adds that, "I am strong, and politicians are weak." Trump argues that politicians do not understand how to deal with our enemies and that he will make us feared by the entire world. He will put on an Armani suit, go to Washington, and negotiate like an American Gladiator.

He exudes confidence in his decision making and proclaims that he will bring his prior success to the oval office. He capitalized on his legendary and flashy real estate empire to transform himself into an iconic media personality. Donald Trump is relentlessly boasting about his superior intelligence and education. He presents himself as a candidate who will have the insight and courage to make the tough decisions that are in our country's best interest. Donald Trump wants to become America's CEO. Who will be the first to be fired? Maybe the White House hair stylist?

He is business savvy and intelligent.

Trump has the reputation of a fearless risk taker who displays a keen business acumen. He exudes confidence in his decision making and proclaims that he will bring his prior success to the oval office. He capitalized on his legendary and flashy real estate empire to transform himself into an iconic media personality. Donald Trump is relentlessly boasting about his superior intelligence and education. He presents himself as a candidate who will have the insight and courage to make the tough decisions that are in our country's best interest. Donald Trump wants to become America's CEO. Who will be the first to be fired? Maybe the White House hair stylist?

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He brings a new energy to political campaigning.

Donald Trump provides entertainment and has worked his entire life to craft his bigger-than-life persona. He stands apart from the typical, boring politician filled with rhetoric. Instead of using a teleprompter or note cards, Trump draws from his personality and television instincts. He has become skilled at using Twitter to stay controversial, yet relevant. He commands attention and will often be confrontational. With a stretch of the imagination, Trump almost sounds like a WWE wrestler in a business suit with crazy hair and a lot of flashy accessories.

He is in love with himself.

Mr. Trump seems to be having the time of his life given all of the attention and popularity. After all, he is in a win-win situation because if he does not become president, he can go back to being "the Donald" that we all know. In all likelihood, he will have another reality show when the dust settles. No one can predict the future and determine how far Donald Trump will climb. This Halloween, one can assume that Mr. Trump relished all of the costumes created in his image. He probably even chuckled when expertly carved "Trumpkins" took their places on window ledges.



Donald Trump is famous for speaking his mind.

"Orange" You Glad it's Apple Season?

Lauren Peller

Editor-In-Chief

Based on my last experience apple picking, it took a lot of persuasion for my parents to make the trip out east this year. Fortunately, the Sunday morning I chose happened to be one of those picturesque autumn days. After all, it is all about the setting. A perfect blue sky with the sun shining; the air as crisp as the apples I would soon be picking. I was going to experience the ultimate fall pastime at Harbes Orchards in Riverhead where the sounds and smells of apple picking welcome the new season. Prepared with a chunky sweater, jeans, and boots, I was anxious for a new "PYO" ("pick-your-own") experience. Dreaming of the day, my imagination evoked scenic views, farm animals, pumpkins, apples, and homemade products.

Pulling into the parking lot of Harbes, I was presented with the quintessential fall scene. I quickly fell in line to get my bag and headed off to reap my yield of shiny golden and red apples. The wooden signs displayed the apples in season: Shizuka (similar to a Golden Delicious), Aztec Rose Fuji (the most requested red Fuji), and Sun crisp (red and golden-cross of Golden Delicious and Cortland). Typically, each orchard produces different apples at different times, so these three would be my reward.

With my bag in hand, I began to get the hang of picking the ripest apples and easily removing them with a dexterous twist-and-pull motion. Farmer Harbes shared with me that I was lucky to have gone apple picking this year rather than last year. In comparison to last fall, this fall presented conditions perfect for harvesting apples. He said that the relentless snowfall last winter created an insulating blanket of snow that protected tree roots. There was also a later start to spring than usual and a moderate amount of rainfall. This reduced the risk of certain fungi and produced a great harvest. Maybe this experience was going to create a new fall tradition.

After filling my bag with my golden and red bounty, I was drawn by the wafting apple scents to the barn for what would be a tough decision: Apple cider, roasted corn, apple cider donut, or a caramel apple? Suddenly, I had a flashback to when I was five years old and my caramel apple's wooden stick pierced my hand, causing blood to squirt everywhere, so apple cider seemed like the best choice. Grabbing a decorative pumpkin, I took pictures, purchased the pumpkin, and contemplated



Harbes Farm Apple Picking

what I should do with my freshly picked apples. Sampling an apple right out of the bag, I concluded that it tasted better than any apple from the grocery store.

Not only do apples taste great, but my further research showed that they contain many nutritional benefits as well. Apples help regulate blood sugar and have blood fat lowering features that aid in the prevention of heart disease. There are current studies being conducted that look at the potential health benefits of apples related to their positive impact on bacterial balance in the digestive tract.

Consider the varieties. Golden, Red Delicious, Fuji, and Braeburn apples can be mild or sweet and are often eaten raw. The tart Pippins and Granny Smith varieties are best for cooking because they retain their texture. Besides eating the apples raw, my favorite way to pay homage to my day in

the orchard and the freshly picked apples is to make a healthy and delicious Apple Crisp (recipe below). Spend a day making new fall traditions for you, your friends, and your family by picking your own apples at Harbes Farms or one of the many apple picking farms on eastern Long Island!

Low-Fat Apple Crisp Recipe:

Filling:

6 cups of peeled, thinly sliced apples (6 to 8 medium-sized)

½ cup of water

¼ cup of firmly packed brown sugar

2 tablespoons of all-purpose flour

½ teaspoon of ground cinnamon

Topping:

¾ cup of oats (Quick or old fashioned; Uncooked)

3 tablespoons of firmly packed brown sugar

2 tablespoons of melted margarine

¼ teaspoon of ground cinnamon

Instructions:

Heat oven to 350°F. Spray an 8-inch square glass baking dish or rectangular glass baking dish with cooking spray. For filling, combine the fruit and water in a large bowl. Add sugar, flour and cinnamon; stir until fruit is evenly coated. Using a spoon, put the mix into the baking dish. Bake it for 20 minutes and then take it out of the oven to add the topping. For the topping, combine all ingredients in a medium-sized bowl; mix it well. Sprinkle the topping evenly over the fruit. Bake for an additional 15 minutes or until the fruit is tender.



Pope Francis Visits NYC

Lauren Hochheiser

Staff Writer

Pope Francis visited New York City on September 24 and 25. Even though his trip was only a little more than one day, it brought a great deal of excitement to the city. On Thursday, September 24 at 6:45 pm, Pope Francis prayed the Evening Prayer at a Vespers service held in the renowned St. Patrick's Cathedral in New York City. While a select few were able to be present inside St. Patrick's, most New Yorkers and Americans anticipating his visit lined Fifth Avenue in the midst of his arrival to catch a quick glimpse of the Pope and cheer him on with enthusiasm. Pope Francis met with a select group of

students in East Harlem. The Pope also met with American immigrants to discuss the adversity they have faced upon entering the United States, and he addressed the United Nations General Assembly at the United Nations building. During this significant visit, the Pope also attended a mass dedicated to 9/11 victims and their families. The Pope had one more event, a very large mass held at Madison Square Garden, before heading off to Philadelphia on the following day. Pope Francis has been touted as the most forward thinking, liberal Pope that the Catholic church has seen to date, which explains the stupendous welcome he received as he made his way through New York City.

A Western Adventure

Rachel Rosenstein

School News Editor

Have you ever considered heading out West with nothing more than a handful of necessities crammed in a bag no bigger than a standard toaster oven and expecting to have fun? I did, and I know first hand that it wasn't just fun. It was an experience of a lifetime! When most people think about the perfect vacation it conjures up thoughts of pools, beaches, enticing restaurants, and nice hotel rooms. This experience had none of that. In a million years, I never would have imagined enjoying myself without any of these typical luxuries.

As the plane touched down in Moab, Utah, I glanced out the window, and I couldn't believe my eyes. We weren't in Dix Hills

anymore, that's for sure. Right there in front of me were bright blue skies and majestic mountains with beams of sunlight sparkling off the sides. The natural beauty was breathtaking; it was something you'd only expect to see on a post card. I heard that I'd be sleeping on a cot along the side of a river for four days and for the life of me could not imagine ever doing such a thing. After an exciting first day of fifteen hours of traveling, I was slightly nervous for what was in store. The next four days were spent rafting down the Colorado River. Our river guides taught us how to paddle through tremendous, class five rapids. Even those who were terrified of white water rafting had the most amazing time. We pulled over at the end of each day to a clean, sandy area on the side of the river where we set up a makeshift kitchen to cook our own food and put together our cots for the night. We were given the option to stay sandy or bathe in the river, so those who were feeling risky remained sandy for several days. As much as that sounds unappealing, it truly became part of the adventure. There are no words to describe what it is like to lie down with no ceiling above you and look up into a sky full of millions of stars. You start to wonder if there really is life out there. Will we ever be able to travel to any of these stars? As these



Rachel in Bryce Canyon, Utah

thoughts crossed my mind, I slowly shut my eyes and fell asleep as the waves of the river crashed along the shore. The final five days were the next leg of our adventure. These days consisted of visiting and hiking two very well known national parks, Bryce Canyon and Zion National Park, as well as sleeping at a camp site in tents. With our camelback backpacks on, we woke up each morning to take a bus to either Bryce Canyon or Zion National Park where we'd hike different trails through enormous, yet spectacular mountains that led to peaks taller than three Empire State Buildings! For some reason, you don't mind the feeling of burning thighs, sore feet, and light-headedness from the heat because

you are achieving something you never imagined you could do. Never before did I have to rely on other people to get me through such a challenging experience. You learn to appreciate and respect the support that you get from people around you more than ever before. Each night, we'd have our own mock cook off where we'd split up into teams and use ingredients given to us to cook a three course meal on just a tiny wooden stove at the camp site. Okay, maybe our meals wouldn't meet Bobby Flay's standards, but we enjoyed working together and trying our best to be creative.

This experience taught me to push my boundaries and try new things that may have originally seemed out of my comfort zone. I recommend that everyone try to do something that seems rather daunting because once you do accomplish it, the feeling is so gratifying. Tackling this western adventure has now made me want to explore different parts of our country and even the world. I will never forget the beautiful scenery, the rigorous outdoor activities, and the camaraderie amongst myself and those with whom I traveled. I'll leave you with this: if you ever decide to embark on this type of journey, bring a good camera because you will want to have unimaginable pictures to reflect back on for the rest of your life.

New Horizons Probe Reaches Pluto

Anish Pisipati

Staff Writer

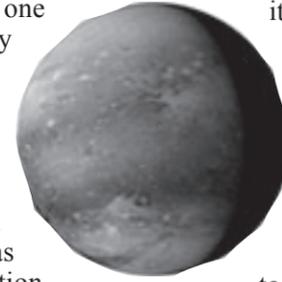
The New Horizons spacecraft comes the closest it has ever been to the destination to which it has been traveling since the beginning of 2006: Pluto.

Even though there are several probes that have reached farther away than Pluto, this one came the closest that any has come to the surface of Pluto, which is about 7,750 miles. During the short amount of time that it was nearby, it recorded a titanic amount of data. On top of this, it also has an incredibly high resolution camera, called LORRI, to show pictures of the demoted planet in great detail.

On the way to this historic event, the New Horizons space probe also settled some decade-long disputes. This includes the question of how large Pluto is, which we now know to be 1,473 miles in diameter, according to NASA. This is larger than what many people expected. Also, two more (extremely small) moons were discovered prior to the flyby: Kerberos and Styx. This increases the moon count to a total of five.

Since the probe is so far away, it is nearly impossible to operate it in real

time due to the lag time caused by the limit of the speed of light. This is why they always have preprogrammed actions at a specific time. The scientists must figure out exactly what the probes need to do before a certain point to get the most desired result. One member of the New Horizons team described at a briefing on July 12 that when it is nearby, it will quickly take many measurements of the surface and the atmosphere with its many different instruments across the probe. Since none of the instruments can move freely, it will have to rotate many times to be at the correct angle.



Despite the extreme detail that has gone into the proper use of the probe, we got more information about Pluto in that one week than humans have gotten since the dawn of civilization. This is not the end of the story, though, as only the first few hundred pictures came in. This is only the tip of the iceberg for our understanding of Pluto. When the probe has spare time, or when it is not collecting data, it is sending the data back to Earth, and the rest of the data is going to come in at some point over the course of the next year. Like most space probes, there is still a lot of time left in it. This is not the last mission for New Horizons!

Making Strides For A Cure

Dylan Irwin & Brianna Novitz

Staff Writers

Even though it was 35°, more than 65,000 people united on October 18 to walk together for an amazing cause. These dedicated and motivated participants helped to raise an outstanding \$2.7 million. This walk raised funds and awareness for the the American Cancer Society to work towards finding new treatments and early detection methods for Breast Cancer. According to the American Cancer Society, breast cancer is the second most common cancer diagnosed in women in the United States (skin cancer being the most widespread), and they are putting a lot of time and funds into stopping it in its tracks. Patients, survivors, and their loved ones gathered together to raise support, spirits, and funds for Breast Cancer awareness. Stacy Brennan, a Plainview resident who



is living with stage four breast cancer, was supported by more than 200 family and friends. Robert Abballe, 25, of Garden City Park, was walking holding a banner in memory of his mother, Lorena, who died of breast cancer three years ago at the age of 49. He participated in the event with about fifteen family members and friends. Top participants in the walk were Lori Vollmer, who raised \$13,818; Beth Davis, who raised \$11,651; and Eric Diton, who raised \$11,111. Not only do people walk to support the cause, but there are also numerous attractions, such as a Zumba workout and a DJ, to provide fun and energetic music throughout the event. The walk is one day in October, but the fight is every day of the year. Large in both size and impact, this walk is an exciting event that changes the lives of people affected by Breast Cancer.

Nephcure for a Cure

Jolie Freedman & Nicole Shanker

Staff Writers

Each year, we participate in the FSGS walk in honor of Matthew Levine, our best friend's brother. Focal Segmental Glomerulosclerosis (FSGS) is a rare kidney disease that greatly impacts his life. Hosted by the Nephcure Kidney International Program, this walk aims to raise awareness and funds for FSGS and help families affected by the disease. Currently, there is no cure for FSGS, but with each walk we are one step closer to finding a cure!

Matt has been living with FSGS for ten years. His sister and our friend, Sydney, tries to get involved as much as she can in order to help her brother. She brings over thirty friends to the walk. Most people have never heard of FSGS, so in or-

der to increase awareness, she initiated the *Stand up and Be Counted* challenge. On social media, the goal was to post a selfie video with the hashtag #SUBC tag your friends. In response, your friends would record their own selfie video and tag more friends! For his bar mitzvah project, Matt is collecting donations for Nephcure to help fund research. The support of friends and family means the world to Matt as he battles FSGS.

The annual walk for FSGS was held at Holtsville Park on October 18. We are proud to be a part of Team Levine each year! Team Levine's goal was to raise \$5,000 dollars, but when all was said and done, were able to raise \$7,000! Hopefully, these annual walks will lead to better research and eventually a cure.



Singing for a Cause

Carina A. Boyce

Staff Writer

The Long Island Children's Choir (LICC) is often referred to as "The Choir with a Cause." I am fortunate to have been one of the founding members of the LICC. We participate in many fundraising events that benefit families in our community. Over the weekend of October 24, LICC was proud to participate in the annual "Light The Night Walk."

Light the Night is a fundraising campaign benefiting the Leukemia & Lymphoma Society (LLS). Their goal is to increase funding for research of blood cancer diseases. These diseases include leukemia, lymphoma, Hodgkin's disease, and myeloma. LLS states that there are "no means of preventing or early screening for most blood cancers, [so] the LLS research agenda is focused on finding cures." At this event, a somber candlelight ceremony served as remembrance

of the victims of these diseases and honored those still fighting. The LICC was proud to share this sentimental moment.

The Centers for Disease Control states that Leukemia has the highest incidence rate (8.8%) among children ages 1 to 4, and the highest death rate (0.8%) for the same age group. The evening put a face to these statistics, and we hope that our singing brought the families some peace.

Under the conduction of HHH's own Colleen Regan, the LICC Lyric Choir sang "Amazing Grace" at the Saturday LLS "Light the Night Walk" at Bethpage Ballpark.

Our community is very proud of the work that our choir does, and we invite students and families to support our cause by going to the LICC chapter website to learn more about our events or to support our various causes.

A Triad of Attacks On A Triad of Continents

Terrorism Claims Hundreds Of Lives As Many Question How We Mourn Each

Gibran Boyce

Op/Ed Editor

Friday, November 13, 2015 bore little interest to most of us, other than the fact that it was the end of the first quarter, and it coincided with the infamous “Friday the 13th.” U.S. kids were on their way home from school, and a continent away in Paris, French citizens and visitors were enjoying a Friday evening of dinners, concerts, and soccer games. However, their ordinary evening was shattered at around 3:20 p.m. (9:20 p.m.

Parisian time) when news broke on CNN that terrorists had attacked multiple locations in Paris, France. Within an hour, no less

than six attacks had

erupted in the City of Lights as Parisian police fought desperately to stop the attacks. The Islamic State of Iraq and the Levant (ISIL or ISIS) claimed responsibility for the attacks, which were coordinated from locations in Belgium by terrorists who appeared to have easily crossed France’s borders as visitors. A passport found in proximity to the attacks belonged to a Syrian citizen who had entered Greece as a refugee within the past month, making his way to Belgium and then France.

It marked the second time in eleven months that Paris was under siege by terrorists – the first being the Charlie Hebdo attack in January 2015 that resulted in twelve deaths at the magazine’s headquarters and four more at a Kosher grocery store, as widely reported. Back then, an empowered Paris touted “Je suis Charlie” (“I am Charlie”) and defiantly took back its streets. Now, less than a year later, CNN captured weary Parisians far more terrified of this new instability in their hometown. However, as the world once more stood in solidarity with Europe to support France and Facebook profiles were draped in the colors of the French flag, others began asking where was that show of solidarity when terrorist attacks claimed as many lives in Lebanon on the Asian Continent just days earlier and in Kenya on the African Continent at the turn of the year. The suggestion from many, including well-known actors such as Angelina Jolie, as reported on Twitter and Today-Events.com, was that the world (or at least our Western society) may place a greater value on the lives of Europeans than it does on the lives of others. The question remains, however, do flag colors on Facebook and Twitter truly measure genuine grief or just momentary trends?

In the twenty-four hours following the Paris attack, CNN reported that as many as 129 lives were lost – eighty nine at the Bataclan Theatre where American band ‘Eagles of Death Metal’ was performing. According to the New York Times, three terrorists entered the Theatre with AK-47s and methodically slaughtered concertgoers. An astounding 352 more were injured – about eighty remain in critical condition. It is easy for many of us to identify with sitting at our favorite restaurant on a Friday evening or going to a concert featuring our favorite band or going to cheer on our national sports

teams at games. French President Francois Hollande was no different than the rest of his countrymen that evening and was also at the Stade de France where approximately 80,000 fans joined together to see a friendly football match between France and Germany. The terrorists tried to enter the stadium, but an alert security guard discovered the vest of one and denied him entrance. Two of them ultimately detonated their suicide



(Source: Washington Times)

bombs outside the stadium with a bang so loud that players inside noticed and even hesitated in the middle of the game. A third detonated his at a nearby McDonald’s restaurant.

As the country scrambled to make sense of the attacks and casualties, and armed forces fought to extinguish the attacks, a decision was made to keep the players and fans in the stadium rather than place their lives in danger heading out into what had become the middle of a “war-zone.” The next day, California State University President would reveal in a press conference that 23-year old American student – Nohemi Gonzalez – was amongst the dead. Nohemi, a design student at California State University at Long Beach, was having dinner in Paris as she spent her semester studying abroad at the State School of Design in Sèvres, France.

However, as the world mourned with Paris and cried in unison with Europe, families that lost loved ones to terrorist attacks in Bourj el-Barajneh, a southern suburb of Beirut, Lebanon, one day earlier wondered why the world did not seem to care as much about their casualties. Their plight was captured in Huffington Post and New York Times articles after the fact. On November 12, 2015, double suicide bomb attacks had killed an estimated forty-three innocent people, with ISIS also claiming responsibility for those attacks. While most news outlets reported the attack as a bombing in terrorist group Hezbollah-territory, the innocent lives that had been lost were lost in the dialogue.

There were also few stories of Adel Termous until the New York Times reported his story after being criticized following the Paris bombing. The Lebanese father and hero tackled one of the bombers, dying in the process, but causing the premature detonation of that bomb before the terrorist could embed himself in an even greater crowd to increase the number of casualties. Nor were there stories of 14-year old Ali Awad, who unfortunately went out to see what had happened after the first blast, only to be killed by the second one. Their tales would only surface in New York Times stories in the days fol-

lowing the Paris attack, when the world began to take notice of the plight of the forgotten people of war-torn Lebanon. Could it be that the world is now numb to their deaths because years of war have made us immune to their suffering?

The same could be said of the students of Garissa University College in Kenya who awakened in the wee hours of the morning on April 2, 2015 to the sounds of gunfire as Al-Qaeda rebels stormed their dormitories and took 700 students hostage. They would then separate students by religion, according to CNN, freeing Muslims, but slaughtering 147 mostly Christian students and injuring seventy-nine others. The African continent has also had its pockets of chronic instability, but the murder of over a hundred students anywhere is horrifying, and the world mourned.

While the Kenyan students got far more news ink than those who later died in Beirut, the spontaneous singing of Ee Mungu Nguvu Yetu, the Kenyan national anthem, did not happen around the world, while the spontaneous singing of La Marseillaise, the French national anthem, could be heard in the streets of Greenwich Village, the French Embassy, and the United Nations in New York City, on the streets of Québec in Canada, and in numerous Opera Houses, cities, countries, and continents around the world.

Similarly, while the red, white and blue colors of the French flag draped great buildings such as the Statue of Liberty, the White House, the Sydney Opera House, the Tokyo Skytree, the Brandenburg Gate in Berlin, the London Eye, as well as profile pictures in an electronic age where Facebook, Instagram, and Twitter are used as barometers to measure passion for a cause, the Kenyan and Lebanese flags certainly didn’t receive these honors.

Terrorists are equal opportunity offenders. They hate the masses and seek maximum damage with each incident. There is no doubt that much can be done to separate the terrorist from the terror, to separate the suicide bomber from his victims, and to separate extremist’s behavior from the tenets of any religion. We recognize that most law-abiding people value life, whether that life is in Bourj el-Barajneh, Beirut, on rue Alibert in Paris, or in a Kenyan university dormitory that happens to border Somalia.

So whether we drape our buildings and profiles in the national colors of affected nations or not, our hearts will always bleed red when any innocent life is lost to terrorism. In the words of Somali-British writer, poet, editor, and teacher, Warsan Shire, “Later that night / I held an atlas in my lap / Ran my fingers across the whole world / And whispered / Where does it hurt? / It answered / Everywhere / Everywhere / Everywhere.” The entire world aches as a result of the injustices and terror that so many people face every single day. It is so simple for individuals to no longer empathize with those less fortunate. However, we

are all citizens of one global community. While the world unites and we lend our love and support to those who are not typically exposed to such tragedies, it is imperative that we also continuously lend support to those facing such horrific realities daily. Just because the realities of some may be harder for us to fathom or when something has become “old news” in the media and therefore “out of sight,” it does not mean that we should allow it to be “out of mind.” For many people around the world, these horrific events will never be out of sight or out of mind. Unfortunately, we now expect a less-trusting world that is far more reluctant to assist Syrian refugees desperately in need of our help, making many pay for the sins of a few. And, as France retaliates with a spate of bombings in Syria less than forty-eight hours after they were attacked and Pope Francis warns of the potential start of a “piecemeal World War Three,” we know the answer truly is that the world will continue to hurt everywhere.

Should Syrian Refugees Be Allowed to Enter the U.S.?

Lauren Peller

Editor-In-Chief

According to 31 governors, who are mostly Republican, the answer to this question is no. They have affirmed that they will make every attempt to deny entry of Syrian refugees into their respective states. This is a reaction to President Obama’s announcement that in 2016, approximately 10,000 Syrians will be allowed admittance to the United States and provided with refuge from the oppression of their homeland. The contentiousness surrounding the Syrian refugees has been heightened considering the recent Paris terrorist attacks in which one of the suspects had been concealed in the wave of Syrian refugees who were allowed to enter Greece in October. In the end, the federal government will make the final decision, although the individual states can attempt to thwart the process. In this age of social media, a number of the governors have taken their opinions online and tweeted their opposition. According to Governor Greg Abbott of Texas, “Texas will not accept any Syrian refugees, and I demand the U.S. act similarly. Security comes first.” On the other hand, White House Deputy National Security Advisor Ben Rhodes said, “We have very extensive screening procedures...a very careful vetting process.” As of now, New York is not committing to a position. However, New York Representative Peter King has punched holes through the vetting process and feels that we cannot trust any records indicating who these refugees actually are, if they are even available from Syria. Given that our security comes first, I would agree with New York’s position and hold off on a final decision to accept refugees. We need to be assured that the federal government has conducted a thorough review of the current procedures, screening, and quality of data that is available for vetting the refugees. In light of recent world events, I don’t think we can afford to discover that the vetting process has malfunctioned after the fact (Source: www.cnn.com).



(Source: New York Times)

THE POWER OF AN IMAGE:

A Raft, a Boy, and the European Migrant Crisis

Gibran Boyce

Op/Ed Editor

Imagine it. Hundreds of thousands of Long Islanders carrying as much as they could on their backs, eyes focused on the horizon and backs turned to all they have owned and known, heading to destinations unknown. No where to go, no food to eat, the only thing on their mind is survival – which depends on successful escape from the war zone that was their home. They



wsj.com/TheShortAnswer

look back one last time

(Source: wsj.com)

at their homes - now in ruins - and then to the loved ones next to them as they keep marching forward. Imagine, a past so horrible that even an unknown future has got to be better. Now imagine Syria's refugees – fleeing by boat, van, train, or foot – destination unknown. Many won't make it, but all must try. This, my peers, is only a taste of what millions of Syrian refugees face every single day as they flee their home country in search of asylum in any country that is kind enough to let them in. When you are fleeing with your life, you aren't picky. This is the European Migrant Crisis.

It is at times difficult to empathize with a people or a circumstance that most of us seemingly have no relation to. After all, out of sight out of mind, right? This event is taking place halfway around the world, so why should we care? Truth is, if we don't,

who will care about boys like Aylan Kurdi and his brother Gahlib? Aylan, age three, and his brother Gahlib, age five, are Syrian refugees. The Kurdi family, who are ethnic Kurds, had been fleeing the Syrian conflict in their war-torn town of Kobane. Three years ago, after ISIS took over their hometown, the family fled to Turkey. According to The Telegraph, "Abdullah Kurdi [the boys' father,] has a sister called Teema in Vancouver, Canada, and it was there that the family hoped to settle. Teema had sponsored a refugee application they made in June to the Canadian authorities, but it was rejected because refugees living in Turkey are not regarded as being in immediate danger." For this reason, the Kurdi family used the more than €1,000 (1,000 Euros is over \$1,100) they received from the father's sister in Canada to pay smugglers able to carry them by raft to Greece. To them, it was a desperate attempt to begin their journey to the new life they were envisioning in Canada. It was on that fateful trip that the 15-foot raft-like boat flipped over,

killing Abdullah's wife and his two boys. The heart-breaking discovery of the limp drowned body of three-year old Aylan Kurdi would become the visual turning point on how the world views the refugee crisis, in a way that only a deceased child could appeal to the humanity in our conscience.

The European migrant crisis is not a new issue. The crisis has been building for years, every now and then it was mentioned in the media, however, it remained a remote problem that allowed other nations to look away. Young Aylan Kurdi will forever make sure that we never again look away. According to the United Nations

Refugee Agency (commonly referred to as UNHCR), a refugee is a person "fleeing armed conflict or persecution. There were 19.5 million of them worldwide at the end of 2014." The circumstances they were living under were often so dangerous that they willingly trek hundreds of miles without food for days at a time, crossing national borders of neighboring countries in order to reach safety. Refugees are protected by international law and cannot be forced to return back to their homes if their lives and freedoms would be threatened. So it is with that simple truth, that childlike trust in the goodness of the world at large, that they march in trance-like processions towards safety and goodness and hope.



Syrian Refugees

As the image of Aylan Kurdi remains burnt in our retinas, the tide of public opinion is also changing. Nationals of many countries have begun to protest

their government's stance on not accepting any of the migrants and to seek out promises of relief. It is under this veil that nations like the United States and Great Britain are offering to help under public pressure to help make a difference in the crisis. Over four million Syrians are fleeing their country and it is only under the veil of Aylan Kurdi's limp body that we are seeing a change in policy towards them. According to recent numbers from CNN, amongst the nations that are helping, Turkey has accepted almost two million migrants and Lebanon over a million. The U.K. has pledged to take 20,000, and the U.S. and Canada are each considering 10,000 migrants.

Twelve people traveling on that fateful raft with Aylan died that day, but the image of Aylan is the one that will forever change the way we look at the Syrian migrant crisis. Finally, the world has come to accept that if we are to consider ourselves a compassionate society, then we must accept that the migrant crisis, in Syria and elsewhere, is not "their" problem, but "ours" (Source: www.cnn.com).

Oregon College Shooting

Aditi Patil

Staff Writer

October 1 at Umpqua Community College near Roseburg, Oregon began as any normal day would as everyone was enthusiastically adjusting to the new school year. On this fall morning, students sat in Snyder Hall in their English Composition Class. Less than an hour into class, Christopher Harper-Mercer, a student currently enrolled in the class, entered with several weapons. Harper-Mercer shot his professor almost immediately and then demanded the students form a circle on the floor of the classroom. He began singling them out for slaughter, telling them to stand and state their religion.

Ana Boylan, 18, remembers herself being in excruciating pain after she was shot in the spine with the bullet lodged in her back. She evaded her death by playing dead along with her classmate and friend, Lacey Scroggins. Boylan recalled this moment by saying, "I almost lost my life, It's never going to leave my mind." The shooter showed little mercy to others, shooting the rest as they were lying down in the center of the room.

After hearing the shots, Chris Mintz, an Army veteran and new student who helped evacuate his classroom nearby, pulled a fire alarm in another building and ran back to help the students in the classroom. Mintz pleaded with the gunman to stop, saying it was his son's birthday. The gunman continued to shoot, hitting Mintz five times, but somehow missing his vital organs. Miraculously, Mintz is still alive.

Rand McGowan, a student who was shot in the hand by Harper-Mercer, said that it did not seem as if the shooter was targeting Christians, while two other students who survived believed he had been targeting Christians. Either way, Harper-Mercer killed nine people and wounded several others before he took his own life.

The gunman picked out one student telling him "you're going to be the lucky one" before handing him an envelope to give to whomever came to help them. Randy Scroggins, who speaks for his daughter



The victims of the Umpqua Community College shooting

Lacey Scroggins, said Harper-Mercer said, "Don't anybody worry. We will all be together in just a moment," before he shot himself in the head.

At 10:38, the first 911 call was made from

nearby classrooms reporting the gunfire. Responding officers arrived at the scene six minutes later, but they were not immediately able to enter the room as Harper-Mercer began shooting at them. However, he missed, and the officers shot him in the side. They were able to get into the room minutes later. The college reopened its doors the Monday after the shooting and offered counseling to students. However, classes were suspended for another week.

This is not the first incident of a college shooting, but we can only hope it is one step closer to being the last. Sadly, just days after the shooting at UCC, Northern Arizona University experienced a shooting in which one person died and three were wounded. In 2015, alone there have been fifty-two K-12 school shootings and twenty-three college shootings in the United States. Since the Sandy Hook elementary shooting in 2012, gun reform has been constantly debated in the news and on political platforms. Despite the substantial impact and press coverage of this shooting, there have been 149 school shootings since. Many issues about gun laws have arisen, but once again, no one has yet to come up with a solution that prevents these terrible and lethal incidents from continuing to occur (Source: NBC News).

Russian Airplane Downed with ISIS Bomb

Lauren Peller

Editor-In-Chief

A Russian Charter Jet filled with vacationers was blown out of the sky above Egypt's Sinai Peninsula in early November. It was recently determined that there was a bomb aboard the plane, and ISIS has claimed responsibility. All of the 224 people aboard perished as the plane exploded in midair. Russia's President Putin has escalated air strikes all across Syria. After news of the recent events in Paris, Putin has been coordinating his efforts with the French. Mr. Putin has publicly pre-

sented his ultimatum to the terrorists: "We will search for them everywhere, no matter where they are hiding." The



Remnants of the Russian airplane blown out of the air in early November (photo source: www.mirror.co.uk)

Russian government has offered a \$50 million reward for information that will lead to capturing the ISIS terrorists who are responsible for this horrific act of aggression. This could bring about

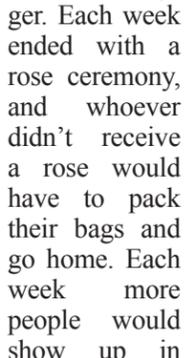
a unique opportunity for the United States, Russia, and European countries to band together against a common enemy, ISIS (Source: www.cnn.com).

Bachelor in Paradise: Season 2 Review

Emily Disman

Entertainment Editor

For those of you who don't know, "Bachelor in Paradise" is a show in which previous contestants from either "The Bachelor" or "The Bachelorette" come together searching for their soulmate. This season was filled with tons of drama, tragic heartbreaks, and unexpected endings. With one couple ending engaged and two continuing their relationships out of paradise, it is pretty safe to say that the show was a success. Each week in paradise couples would come together and go on dates with the intention of making their relationships stronger. Each week ended with a rose ceremony, and whoever didn't receive a rose would have to pack their bags and go home. Each week more people would show up in paradise to not only try and form relationships, but to end the week with a very coveted rose.



Bachelor in Paradise cast

For a majority of season 2, the strongest couples were Carlie and Kirk, Jade and Tanner, and Tenley and Joshua. Everyone, both on and off the show, expected these three couples to last until the end. To everyone's surprise, Kirk broke up with Carlie during their last week in paradise, leaving fans in tears. Tenley and Joshua made it all the way to the end, but they both left in heartbreak when they realized that the long distance relationship wouldn't work out. Lastly,

Jade and Tanner left in love. During the season finale, Tanner proposed to Jade. While Tanner and Jade left very happy, many people left heartbroken. One contestant, Samantha, caused a lot of drama. Samantha even caused people to break up with their girlfriends. Both of the guys that she led on ultimately went home. Samantha ended up beginning to date Nick towards the end of the show, but all of the other contestants told Nick to be careful because she hasn't been completely honest with everyone. Despite the warnings of other contestants, they ended up deciding to continue dating after paradise. While some people came to paradise to find love, it seems as if many people came just to be on television. Contestant Chris Bukowski came to paradise after already being on five different types of Bachelor shows. No one wanted to go on a date with him while in paradise, so he decided to leave and retire from Bachelor shows altogether. Contestant Jaclyn Schwartz also left without ever going on one date. Lastly, Ashley Iaconetti did come for love, but every time she was on camera, she was crying. Every episode was left as a cliffhanger, and I know that season three will be even better and filled with even more drama.

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different types of Bachelor shows. No one wanted to go on a date with him while in paradise, so he decided to leave and retire from Bachelor shows altogether. Contestant Jaclyn Schwartz also left without ever going on one date. Lastly, Ashley Iaconetti did come for love, but every time she was on camera, she was crying. Every episode was left as a cliffhanger, and I know that season three will be even better and filled with even more drama.

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Ariana Grande's *The Honeymoon Tour* Concert Review

Michael Valdes & Nia Mays

Staff Writers

Ariana Grande has proven to her fans that she is done with her Nickelodeon days. Known to many as the amusing, yet dull-minded character named Cat Valentine on the hit Nickelodeon show "Victorious," she has now moved on to be a fantastic independent artist. September 26 marked her first of two performances at the Barclays Center in Brooklyn, and she most certainly exceeded expectations. Her opening act, up and coming Latin-American artist Prince Royce, was amazing and got the crowd excited with anticipation for the main act. When the time came for her to make her entrance, it all began with a countdown.

As she arose on a platform from under the stage, she got the crowd dancing with her featured part in the song "Bang Bang," by Jessie J. From this moment on, the crowd knew that their night was going to be action packed and loads of fun. Her next big number of the night was "Baby I," one of the most popular songs that she has released to date. She is notorious for hitting a very high pitched note in that song, providing her with love and respect from her fans as it helps to solidify her position as more than just a Nickelodeon star. Unfortunately, she did not hit it at the Barclays that night. The reasons for this are unknown to most, but it can be assumed that she can no longer demonstrate this ability because of the damage it can inflict



Ariana Grande in concert

on her vocal chords. As her fans and those with a certain level of musical intelligence, we can forgive her for not taking the risk

since we know the irreparable damage that it can cause. After performing this beloved song, she sang another one of her hit songs, "Right There." During this upbeat number, she experienced technical difficulties that resulted in her microphone shutting off. To make matters worse, she had no back track to accompany her. Ariana's dedicated fans really impressed her as they kept singing the words of the songs, allowing her and her backup dancers to keep going with the normal routine of the number. After the technical problem was fixed, Grande came out and stated to the audience that they "saved the show" and that she was very thankful. After this very "special" edition of "Right There," Grande performed her not so famous, but heartwarming number "My Everything," which she dedicated to her late grandfather.

At the very end of the concert, Grande teased the crowd making them think that it was over, but actually closed the show with her number one hit song "Problem," featuring rap star Iggy Azalea, which made the crowd go insane. Overall, the concert was fun, entertaining, and heartfelt. Ariana Grande has surely proven herself as a stunning performer with a really bright future ahead of her!

New Artist Spotlight: Alessia Cara Four Pink Walls EP Review

Austin Krach

Staff Writer

Watch out world! A new force to be reckoned with is quickly taking the music industry by storm. Her name is Alessia Cara, and she is an up and coming sensation in the music industry. She is a nineteen year old singer-songwriter from Ontario, Canada. Alessia began posting various videos of herself on YouTube covering different songs, such as "Sweater Weather," by The Neighbourhood, and "Mirrors," by Justin Timberlake, hoping to get noticed for her immense talent. Alessia continued to post these videos which resulted



in her being discovered by a major record label. At the age of 18, Alessia was signed to Def Jam Records. Her breakout single "Here" was released on April 1, 2015. This song gave Alessia the push she needed, and she was suddenly thrown into the unique world of the music industry. "Here" was the first single off of the Four Pink Walls EP, which was released on August 28, 2015. The EP has a total of five songs: "Seventeen," "Here," "Outlaws," "I'm Yours," and the title song, "Four Pink Walls."

She begins the EP with "Seventeen." This track starts with a vocal loop and claps as Alessia declares that she wishes she could turn the clocks back and go back to her youth. In the song, she admits that she should have listened to the advice her parents gave her as a kid. Now, she yearns to go back to that simpler time in her life. Following "Seventeen," is Alessia's breakthrough hit single, "Here." This song is about Cara's real experience when she went to a party, and it just was not her type of scene, so she left the party early. The next day, Alessia wrote the song as a rant about that party. "Here" is an anthem for anyone who considers themselves an introvert or does not like the party scene. Hip-Hop beats are infused throughout the song as Alessia sings about the night before. "Here" was recently certified gold in both the United

States and Canada. As of now, the song has peaked at number 20 on the Billboard Hot 100 Chart, and the music video has over 16 million views. The third song on the EP is titled "Outlaws." This song goes out to your best friend, someone with whom you'll make memories to last a lifetime and not care what anyone thinks. "Outlaws" has an old school vibe and uses horns to bring you back in musical time. The fourth song on the EP is "I'm Yours." This song is a pop love song. On this track, Alessia sings about trying to not let

herself fall in love, but eventually she gives in to the temptation. However, this song, unlike the others, is missing something. It does not have the same effect as all of the other songs on the EP. The final song on the EP is the titular "Four Pink Walls." This track helps to make the EP come full circle. As a child, Alessia could never fathom what was outside of the four pink walls of her bedroom. With her newfound fame, she's in a different bedroom everyday, in a different hotel, with a different four walls. Now, Alessia misses wondering what was outside of the four pink walls of her childhood bedroom and the simplicity of her life before fame.

I give the Four Pink Walls EP 5/5 stars. Each song is great in its own way. From the lyrics to the production, each song brought a unique component to the table. In my opinion, the best song on the EP is "Here." While all of the songs are good, the weak link is definitely "I'm Yours." Alessia Cara is truly a popstar in the making. If she plays her cards right, 2016 will be a huge year for her. With global superstars like Drake and Taylor Swift supporting her, the future is bright for Alessia. Alessia Cara's debut, full length album titled Know-It-All was released on November 13. With so much success already, it looks like Alessia Cara is "Here" to stay!

Scream Queens Review

Michael Valdes

Staff Writer

Popular television series creators Brad Falchuk, Ryan Murphy, and Ian Brennan, of *Glee* and *American Horror Story* success, have done it yet again! Together, they have created *Scream Queens* - a show that delivers the irony of a slapstick comedy and the horrors of a murder mystery all in one. Filled with classic college stereotypes, such as goths, geeks, and popular kids, the show is entertaining for everyone to watch! Not only did the producers include famous actresses, such as Emma Roberts, Jamie Lee Curtis, and Lea Michelle in the show, but they also incorporated guest appearances from both Nick Jonas and Ariana Grande, which provided tons of publicity before the show even began on September 22.

Scream Queens is about a college campus that suddenly realizes there is a serial killer on the loose. As the show continues, the victims of the murderer continue to be members of the Kappa Kappa Tau sorority. Throughout the show, the killer, otherwise known as the Red Devil, will show up and

create havoc across the campus. No one seems to know why these catastrophes continue to occur, but everyone plans to eventually get to the bottom of it. While each character has a different opinion about who the real killer is, everyone tries their hardest to just stay safe and alive.

Aside from the occasional murder or two, the show focuses on the dynamic of the sorority. A new rule was made in the beginning of the semester, which stated that everyone was allowed to join the Kappa Kappa Tau sorority, and no one could be rejected. This made the president of the sorority, Chanel #1, very unhappy. After hearing the bad news, she put together a group of girls that she named after herself, Chaneles #2,3,4,5, and 6. The other main character, Grace, is hated by Chanel #1 and only joined the sorority because her mom was a legacy.

The show is both comical and mysterious. The producers, as well as FOX, have done an amazing job with the show, and I am sure that it will continue to be a huge hit! Everyone should watch and enjoy the scandalous hijinks!

MTV Video Music Awards

Alexa Grill

Entertainment Editor

The MTV Video Music Awards was a great television event to bring an end to summer 2015. The performances and awards not only recapped the top songs and artists of the summer, but also of the whole year. Host Miley Cyrus really kept the audience on their feet with her risqué lyrics and twelve outfit changes. Although Miley wore her first outfit at



Taylor Swift performing *Bad Blood* at the MTV Music Video Awards.

the pre-show, she changed eleven times throughout the show itself, which is a lot if you ask me! Nicki Minaj opened the show by performing two of her hit songs, “Trini Dem Girls” and “The Night Is Still Young,” in a long red dress and an elaborate feathered headpiece. Taylor Swift even joined Nicki on stage to help her sing “The Night Is Still Young” and to break into a short version of her own hit song “Bad Blood.” Taylor just can’t seem to get out of the spotlight these days! Anyway, the two girls hugged on stage after their performance which seemed to signify clean slates between them after their Twitter war over the VMA nominations for the Video of the Year Award, in which Taylor Swift’s “Bad Blood” music video featuring Kendrick Lamar was nominated and Nicki Minaj’s “Feeling Myself” collaboration video with Beyonce was not. The tension in the air rose to an all time high when Nicki came up to accept her award for the best hip-hop video. Although she cleared things up with Taylor Swift earlier in the night, the beef between her and Miley Cyrus just got worse. If you are confused about the “beef” to which I am referring, here’s a little recap: in an interview before the show, Miley Cyrus was asked to comment about Taylor and Nicki’s Twitter fight, and she said that Nicki is “not too kind of a person.” Well, when Nicki

came up to accept her award, she called Miley out on her comment in front of the whole entire audience which caught Miley very much by surprise. Miley took this outburst in stride and responded by saying “We’re all in this industry, we all do interviews, and we all know how they manipulate.” Kudos to Miley for being mature about a tough situa-

tion. Since this fight gave the press a great topic to talk about the next day, some people are convinced that it was staged, but it seemed all too real at the time. Another highlight of the night was the presentation and acceptance of Kanye West’s Vanguard Award. Taylor Swift presented him with this award



Macklemore performing his new song *Downtown* at the MTV Music Video Awards.

which is ironic because of her awkward encounter with him at the 2009 Video Music Awards. Here’s another recap for those who weren’t MTV fans back in 2009: as Taylor made her acceptance speech for the award for best female video that she received, Kanye

West interrupted her on stage and said that Beyonce deserved the award instead. Taylor has definitely forgiven him for this situation because she joked “I’m a let you finish, but Kanye West has had one of the greatest careers of all time,” referring to his interruption in 2009. Kanye came up to receive this award, and at the end of his acceptance speech, he said something very unpredictable. He is running for President of the United States in 2020! Whether this statement is true or if it was just said in the spur of the moment, was left unclear, but Kanye running for president is definitely something interesting to look forward to. On a different note, many great performances took place throughout the night but Justin Bieber’s was especially emotional. He hadn’t taken the VMA stage in two years and was greatly supported by everyone especially after he was booed at his last awards show performance. He broke down in tears of happiness after his performance because he was not only excited to be on the stage again, but he is also proud of who he’s become. The other performers of the night included: Macklemore and Ryan Lewis, The Weekend, Demi Lovato and Iggy Azalea, Tori Kelly, Twenty One Pilots and A\$AP Rocky, and Miley Cyrus. Miley ended the night by performing her new song “Dooo It.” The night was very successful, and the highly anticipated

award for video of the year went to Taylor Swift’s “Bad Blood.” No surprise there! Taylor accepted her award with her whole posse of supermodels who co-starred in the video. All in all, the 2015 VMAs were very entertaining and fun to watch, and the awards given out were very well deserved. Now that this year’s VMAs are over, we can all look forward to the 2016 VMAs... and Kanye’s run for presidency!

Apple’s New Releases for the End of 2015

Spencer Levine

Staff Writer

Apple iPhone 6S and iPhone 6S Plus: are they really the most advanced iPhones ever? Yes, the iPhone 6S and iPhone 6S plus are the most advanced iPhones ever built. But are they really that much different? Some people may say that they are totally redesigned, but if you are looking for the newest features of the iP-



The new iPhone 6s and 6s Plus

hone, there actually are not so many. Here’s what has changed: there is a brand new rear 12-megapixel iSight camera that can shoot 4K video, a new feature called 3D touch, and a new color rose gold for the exterior of the phone. 3D touch senses how deeply you press the display, letting you do all kinds of essential things more quickly and simply. This brings a new dimension of functionality to the iPhone experience. And when you use 3D Touch, your iPhone responds with subtle taps. So not only will you see what a press can do — you will feel it. But are they worth it? If you have an iPhone 6, there is no need to upgrade for a couple of new features that you may actually never use (unless you really want the new rose gold), but if you still have an iPhone 5S or earlier, I can understand the desire to upgrade.

Apple also released a brand new iPad named the iPad pro, a 12.9” inch screen with some cool new accessories exclusively for this iPad pro. These new accessories include a brand new Apple pencil. This pencil is a stylus made just for the iPad pro and charges through the bottom charging port, where 15 seconds of charging gives you 30 minutes of usage. Apple also released a smart keyboard for the iPad pro. This keyboard connects to the iPad pro through a new smart connector exclusive to this Apple product.

Another product that Apple recently released is the brand new version of Apple TV. This new Apple TV has a brand new Siri remote, with a touchpad on top, that charges through the lighting port on the remote. The new 4th generation Apple TV also has an app store including games and many apps that you previously were not able to download on the earlier versions of Apple TV. Additionally, to add to the fun, you are now able to connect with 3rd party game controllers. These products have already begun to flood the market and will surely continue to create huge demands during the upcoming holiday season.

So, if you’re interested in getting any of these products to call your own, head out to the stores as soon as you can! Try and beat that holiday rush!

Timeflies At The Paramount

Alexa Grill

Entertainment Editor

On October 11, the band *Timeflies* came to the Paramount in Huntington, NY as a stop on their “Just For Fun” tour. Timeflies is a two person band consisting of a singer, Cal Shapiro, and a producer/ DJ Rob “Rez” Resnick. Their fan base is made up of mostly teenagers. The two started *Timeflies* in 2011 while sitting in their college dorm room and not expecting to get anywhere. Little did they know, they would turn into a pop sensation. The concert started promptly on time at 8:00 PM, with their first opening act, *Lost Kings*. *Lost Kings* is made up of two DJs who pumped up the crowd by playing cool remixes of popular songs, such as “How Deep is Your Love,” by Calvin Harris and the Disciples, and “I Bet My Life,” by Imagine Dragons. Although *Lost Kings* did not do a very long set, they definitely got the crowd excited for what’s to come. After a bit of waiting while the stage crew set up for the next act, Kalin and Myles, a duo from California, came out to perform. Singer Kalin White and producer/rapper Myles

Parrish definitely have a large “KAMFAM” as some of the crowd came to the concert just to see them. The two performed their hit



Cal Shapiro and DJ Rob Resnick

songs for about an hour and even featured the well known rapper Hoodie Allen from Plainview, NY as a surprise for the audience. Hoodie only sang his hit song “No Interruption,” but the fact that he surprised the audience was very cool. Kalin and Myles

definitely had a great stage presence; they danced around, and Myles even went crowd surfing. Once they finished, anticipation was in the air as the crowd waited for *Timeflies* to come out. When they did, the crowd went crazy as they opened with one of their most popular songs “All the Way.” As the night continued, *Timeflies* not only performed their own songs, but covers of other songs, too. Carly Rose Sonenclar, runner up on season two of *The X Factor*, joined them onstage to perform their collaboration song called “Runaway.” Singer Cal Shapiro interacted with the audience well by making eye contact and squirting his water bottle into the crowd. There were many “die hard” fans in the audience who knew every word to every song. *Timeflies* ended the concert with an encore of another one of their most well known songs called “I Choose U,” which definitely pleased the crowd. Overall, the concert was very fun, and I would even consider seeing them perform again in the future. Time sure did fly at this concert!

Movie Reviews: The Visit

Alexa Grill

Entertainment Editor

With nonstop television commercials and endless *YouTube* ads, “The Visit” is definitely a movie that everyone knows about; however, it is not a movie that everyone has seen because of its terrifying storyline and horrifying previews. It is a horror movie about two siblings who go to their grandparents’ house for the first time without actually having met them before. On top of that, their mother hasn’t spoken to her parents, their grandparents, in fifteen years. This alone sounds a little sketchy to me, but I guess everyone deserves to know their grandparents. Anyway, when the movie starts out, the mood is happy because the kids are excited to go to their grandparents’ house. This quickly changes shortly after they arrive and nightfall comes. The kids are primarily annoyed that bedtime is at 9:30 PM, but little did they know, once 9:30 came, an early bedtime was actually the least of their concerns. Every night at 9:30, their grandma did really weird things, such as projectile vomiting, scratching the walls, slamming open and shut a door repeatedly, and running back and forth across hallways. Initially, the kids try to convince themselves that this was just “weird, old-people behavior,” but they soon realize that something is severely wrong, and they are in danger. The movie definitely takes an unexpected turn when the children find out the truth about the identity of their “grandparents.” I definitely recommend seeing this movie if you are into thrillers because it really keeps you on the edge of your seat. Not only was it scary, but this movie was also humorous because the little brother loved to make up funny raps, and he imitated the grandma’s weird behavior. It was definitely a really good movie with an unexpected ending and worth every frightening second!

The Intern

Nicoletta Gasparis

Staff Writer

Job searching can be quite challenging especially if you are already retired. Ben Whittaker, played by Robert De Niro, is a 70-year-old retired man looking for a purpose in life. As a solution, he decides to be unconventional and become a senior intern for Jules Ostin, played by Anne Hathaway, the founder of an online

fashion company. This outstanding film, produced by Nancy Meyers, is a family-friendly movie that is mainly filled with joy, happiness, and laughter, but has its moments as a tear-jerker too.

The Intern follows the story of Ben and Jules and how they come to be best friends. Ben, the old, retired widower, signs up for a “senior internship.” Although it comes across as one for seniors in high school, this internship



Robert DeNiro and Anne Hathaway star in *The Intern*.

is quite the opposite. It is actually for those who are seniors in life. When Ben applies for the job, he is greeted by many friendly faces and almost everyone in the office enjoys his company, except for Jules. Jules, the confident and self-assured business woman of the story, doesn’t think she needs the help of an intern and wants to run the company by herself.

As the plot progresses, Jules and Ben bond, and Jules discovers that his words of wisdom and kind advice are actually of much help. See *The Intern* and follow

Jules and Ben as they work hard, fool around, and strive to make the company the best it can be. The plot itself brings the characters together and shows the connections between their lives. This comedy is a great hit from beginning to end and is definitely a must-see!

Maze Runner 2: The Scorch Trials

Nicoletta Gasparis

Staff Writer

After the widespread *Maze Runner* book to film adaptation release in Fall of 2014, the second movie of the jaw-dropping saga, *The Scorch Trials*, was released on September 18. In the second chapter of their journey, Thomas, who is played by Dylan O’Brien, and his friends are transported to the Scorch—a vast, desolate, desert-like wasteland. Their obstacle is making it out alive and escaping the grasp of WCKD, a corrupt organization who wants to capture them in an attempt to find a cure for a disease called the Flare. Overall, *The Scorch Trials* was an epic success and left the audience perched on the edge of their seats in captivity and thrill.

As the story begins, Thomas and his friends, the Gladers, are dumped in the Scorch, where they venture into a no-man’s-land in search of tranquility after being tormented in the constraints of the Maze. While in the Scorch, they face many dangers, like the Cranks, who are people who have become deeply infected with the Flare and can be compared to modern-day fictional zombies who eat human flesh. They also have to escape massive lightning storms and make it to safe land. Along the way, many people die and others are injured or infected, causing the results to be detrimental. Thomas and some of his friends who have survived these obstacles pair-up with the Right Arm, a group that aims to destroy WCKD.

Overall, this movie was a wonderful adaptation, although many of the major plot points were tremendously skewed from the original storyline of the book. This science fiction thriller was fast-paced, action-packed, and well-planned out. Go watch this outstanding and highly-recommended new book-adaptation and look out for the third book adaptation, *The Death Cure*, with an anticipated release date of Fall 2016.

Americana Manhasset Concours d’Elegance Car Show

Sakshi Sharma

Staff Writer

The 11th annual *Concours d’Elegance* car show took place at Americana Manhasset on October 11, 2015. There were many exotic supercars just waiting to mesmerize onlookers. A handful of my favorite supercars that were present



The Lamborghini Veneno

(and some rarely seen on the road) included the Lamborghini Veneno, Ferrari LaFerrari, Ferrari P4/5, Pagani Huayra, Lamborghini Aventador Super-Veloce, and the Porsche 918 Spyder. These exotics range in price from \$500,000 - \$4,500,000.

The Lamborghini Veneno is truly unique in every way. It’s named after “one of the toughest and most aggressive fighting bulls ever.” At first glance, anyone can testify that this is the meanest looking car you will ever lay your eyes on. Everything from the interior to all the carbon fiber on the exterior, makes this the ultimate dream car. The Lamborghini Veneno was built to celebrate Lamborghini’s 50th Anniversary, with only a total of three Veneno coupes in existence, and I had the once in a lifetime chance to see one. With a 0-60 time of 2.9 seconds, this V12 has a top speed of 221 mph and totals 750 horsepower. All this does not come cheap, however, as the price of this beast came in at around \$4.5 million. The three individuals who own these cars received a call from Lamborghini and had to put in an astronomical deposit for the car without even getting a look at it. But, of course, Lamborghini has a reputation for perfection, and after the long flight in a private jet supplied by Lamborghini, the three men were stunned at the unveiling event in Geneva, Switzerland. The three very lucky individuals are Antoine Dominic, the owner of Lamborghini Long Island, Kris Singh; the managing director of Tequesta Investments from Florida; and an anonymous buyer from Saudi Arabia. I was lucky enough to watch and hear the Veneno rev and even chase it down during the take off.

One of the most famous of the three hypercars, the Ferrari LaFerrari, was also on display at the Americana. This car has

absolutely stunning specifications in all the major aspects, such as horsepower, top speed, body design, and of course aerodynamics. This beast competes with the other outstanding hypercars, the Porsche 918 Spyder and the McLaren P1. This car’s exclusivity is just one of the many reasons that it is considered a wonder of the car world. There were only a total of 499 units available, making the selection process to buy one extremely arduous. Ferrari did not have to wait very long after unveiling their most anticipated machine of all time to get buy-orders. There were 1,000 requests put in by just three days after the car’s debut. When it comes to this car, you don’t choose Ferrari, Ferrari chooses you. You have to be capable to buy this car. It does not matter what your net worth is or how many cars you have in your collection. These factors do not entitle you to automatically own a LaFerrari. In order to own this car, the potential buyer has to own a minimum of five Ferraris, and these cannot be the everyday ordinary Ferraris, like the 458 Italia, but cars that are unique, such as the F40, F50, or Enzo. Basically, the ones that only the hardcore Ferrari owners would have. All this work is definitely worth it because you will not only be



The Ferrari LaFerrari

getting something that is a neck-breaker, but also something that has a tremendous amount of power. This V12 comes packed with 789 horsepower, and since this car is partially electric, it receives a 161 horsepower boost. Since this car is a hybrid, it can launch like a Bugatti, while saving you some money with better fuel economy, (like it actually matters when you own a 1.4 million dollar car). Overall, this car is absolutely stunning and is my personal favorite out of the three hypercars. The cars at the show were outstanding to look at, and I am very happy to say that I was able to be in such close proximity to these amazing cars.

NHL Preview

Jacob Broxmeyer

Professional Sports Editor

The 2015 NHL offseason was filled with a plethora of drama. It all started on draft day, when Connor McDavid, deemed the next “great one,” was selected by the Edmonton Oilers first overall in the draft. In addition, several marquee names were moved throughout the offseason. Three time all-star Phil Kessel was traded to the Pittsburgh Penguins, three time Stanley Cup Champion Patrick Sharp was traded to the Stars, and U.S.A. Olympian T.J. Oshie was traded to the Washington Capitals. Both the Islanders and the Rangers were pretty quiet during the summer break. The Rangers did trade backup goalie Cam Talbot to the Edmonton Oilers and forward Carl Hagelin to the Anaheim Ducks, but the only

notable move made by the Islanders was the signing of journeyman defenseman Marek Zidlicky. The 2015-2016 NHL season will be a great one, and only time will tell who will be the one to hoist Lord Stanley.

Predictions

Stanley Cup Matchup- Tampa Bay Lightning vs Dallas Stars
Stanley Cup Champion- Tampa Bay Lightning
Hart Trophy- John Tavares
Norris Trophy- P.K. Subban
Vezina Trophy- Carey Price
Jack Adams Award- Jon Cooper
Selke Trophy- Patrice Bergeron

Can the New York Knicks Stage a Comeback This Season?

Jeremy Schier, Kevin Rouse, & Dylan Kaufman

Staff Writers

As disappointing as this past season was for the New York Knicks, Phil Jackson and the coaching staff are hopeful and confident that things will change. Last year, led by first year coach Derek Fisher, General Manager Phil Jackson, and veteran star Carmelo Anthony, the Knicks were hopeful that they would have a great season capped off by successfully making the playoffs. The players were optimistic that Phil Jackson's newly introduced Triangle Offense would work considering his past success. Within the first couple of games, the Knicks were a .500 team. However, as superstar Carmelo Anthony went down, the season became a disaster, and the Knicks concluded the season with the second worst record in the NBA.

In order to combat this downfall during this offseason, the Knicks made several big changes to their roster through the draft and free agency. The Knicks left

draft day with a sense of satisfaction and excitement; they walked away with Kristaps Porzingis, a center who brings talent, skill, and height to a team that's desperate to go back to its winning ways. Going into free agency, the Knicks were expected to make a big splash. This, however, was not the case, as they missed out on big name superstars Lamarcus Aldridge, Greg Monroe, and Marc Gasol, to name a few. Even though they missed out on their main targets, the Knicks didn't leave free agency quietly. The Knicks did end up signing Robin Lopez, Derrick Williams, and Arron Afflalo, and traded for the Orlando Magic's Kyle O'Quinn. Although these moves were not very "flashy," they were very important. All four of these players bring a set of useful skills and provide much needed depth for the Knicks. The Knicks seem to be on the right path back to success. After last year's atrocious season, fans are excited and confident. Only time will tell!

In their first regular season game this year, the Knicks played the Milwaukee Bucks. They won the game with a score of 122-97. Derrick Williams had 24 points coming off the bench, while Carmelo Anthony finished with 5 assists. If nothing else, this first game was a sign that the

Knicks could potentially become a force to be reckoned with. Rookies Kristaps Porzingis and Jerian Grant both had very good games in the win.

After the Bucks, the Knicks came back to the garden to contend against the Atlanta Hawks, who last year saw four of their five starters become all-stars. The Hawks beat the Knicks 122-101. Carmelo finished that game with 25 points. This game was definitely sloppier than the previous game. No one besides Melo really provided an offensive spark, and no one on the team provided a defensive spark at all.

Two days later, on October 31, the Knicks headed out to play John Wall and the Washington Wizards. Wall and the Wizards have made a name for themselves through-

out the NBA, and everyone believed that it was a sure win for them. However, the Knicks ended up beating the Wizards 117-110. Melo finished with 37 points and 4 assists. In this

game, Carmelo Anthony obviously provided a spark for offense and even a little defense. The Knicks may have gotten lucky this time, but they still walked away with the win.

In their most recent game, the Knicks lost to the San Antonio Spurs with a final score of 94-84. The Spurs lineup is one of the scariest in the entire league. It consists of Tony Parker, Danny Green, Kawhi Leonard, LaMarcus Aldridge, and the legend himself, Tim Duncan. Duncan and Aldridge are two monsters both on the blocks and the boards, while Tony Parker can pass, drive, and shoot. It was not really a surprise to anyone that they lost this game. However, an interesting fact is that the Knicks are 2-0 on the road, yet they are 0-2 at home.

The next game the Knicks have will be played against the Cleveland Cavaliers in Cleveland, Ohio. The Cavs went to the finals last year, but they lost to Stephen Curry and the Warriors. The Cavaliers lineup consists of Kyrie Irving, Kevin Love, and of course, LeBron James. The Knicks still have much to prove this season, but sooner or later, they will make the playoffs and be a team to be reckoned with once again. Hopefully, that time is sooner rather than later.

the best player on the Lakers, and the team will need him to do his part as the star of the team if they want to compete in the Western Conference.

2. How will the Spurs do with Lamarcus Aldridge?

During the NBA offseason, the San Antonio Spurs signed Lamarcus Aldridge in free agency. The former Trailblazer agreed to a four-year, \$80 million contract to join his hometown team. The 30 year old is teaming up with the great Tim Duncan, as well as Kawhi Leonard, Tony Parker, Manu Ginobili, and many others. With signing Aldridge, as well as David West, to a veteran's minimum deal, the Spurs seem like a top team in the NBA. Last year, the Spurs went 55-27 (.671), finishing 6th in the Western Conference. Now with Aldridge, the team looks to get back into the NBA Finals like they did a few years back.



NY Knicks have much to prove this season.

Let's Hear It For NY Football: Jets and Giants

Zachary Leff
Professional Sports Editor

We have reached the midway point of the 2015-2016 NFL season, and it has been a very interesting one so far. To start things off, there are still three teams left in the NFL who are undefeated (Panthers, Patriots, and the Broncos). There have been teams that have shocked us with their performance in good ways, such as the Oakland Raiders, and the Minnesota Vikings, and also teams that have also shocked us in bad ways, such as the Seattle Seahawks and the Indianapolis Colts. Here in New York, however, most of us could care less about how those teams are doing because we prefer to focus on our hometown teams: the New York Giants and the New York Jets.

During the offseason, the Jets went hunting for some talent and definitely found some. They were able to get a whole new secondary that included Antonio Cromartie and arguably the best cornerback in the league, Darrelle Revis. They also added some key offensive linemen from the Seahawks, Ryan Fitzpatrick from the Houston Texans, and a big time wide receiver in Brandon Marshall to round out their free agents. The Jets also hired a new defensive minded coach in Todd Bowles to be the head coach after firing Rex Ryan. In the 2015 draft, the Jets drafted Leonard Williams out of USC, who some consider to be the best player in the draft going into draft day.

The Jets also have some key players returning to the team, including Eric Decker and Chris Ivory on the offensive side of the ball, and Muhammad Wilkerson and Sheldon Richardson on the defensive side. Unfortunately, Richardson got into some trouble with the law, which resulted in a four game suspension. The Jets started their season with Ryan Fitzpatrick as their starting quarterback after Geno Smith broke his jaw during the offseason. Without Geno Smith, the Jets started the season winning four of their first five games. The defense looks unstoppable, and the offense is putting up points. The rise of Chris Ivory and the supreme skills of Brandon Marshall are definitely helping.

The 4-1 Jets looked like a team not to be messed with. Then, in week seven, the Jets faced their biggest test of the year: the New England Patriots. The Patriots were undefeated and looked just as good as, or even better than, the Jets. In that game, the Jets were giving the Patriots a run for their money. It was a close game, but the Jets lost. It was costly because in the next week, they fell to the Oakland Raiders in a blowout, moving the Jets to 4-3 and putting them behind the Raiders in the playoff race.

And now for the Giants, who had a pretty quiet offseason when it comes to getting star free agents. The main free agent they acquired was running back Shane Ver-

een from the New England Patriots. They did lose their star safety Antrel Rolle, and they also fired Perry Fewell, who was their defensive coordinator. Tom Coughlin returned for his 12th season as the head coach, which makes him one of only head coaches to be with one team for the past ten years. In the draft, they were able to get some needed help on the offensive line with Erik Flowers out of Miami in the first round. They would also trade up to take a highly talented safety out of Alabama, Landon Collins.

Two players that made the most news during the offseason were Odell Beckham, Jr. and Jason Pierre-Paul. Both men were in the spotlight for completely different reasons. Beckham, Jr. was becoming one of the NFL's biggest stars after a historic rookie season where he caught twelve touchdowns and had over 1,000 yards in only twelve games. He also had one of the greatest plays of all time when he caught a ball with three fingers on Sunday Night Football. Beckham, Jr. won Offensive Rookie of the Year and is now the face of the New York Giants along with Eli Manning. Pierre-Paul was also in the news, but for very different reasons. After one of his fingers was hit by a firework on July 4th, the result was a loss of one finger, which made people question if he could ever play again. He took a ton of time off, but is now back training with the Giants.

The Giants started out their season with two disappointing losses to the Cowboys and the Falcons, where they were leading by double digits in the 4th quarter. The Giants didn't look too great at all. Their defense was terrible, and the offense was not doing what was expected of them. Then, they won three games in a row, the last one being against the 49ers where the offense drove down the field and scored a late touchdown to take the lead. The Giants looked like they could take control of the division after Tony Romo, of the Dallas Cowboys, was injured.

The problem was that the Eagles weren't ready to give the division to the Giants. On Monday night football, the Eagles demolished the Giants and took the lead right out of their hands. The Giants were back to that embarrassing team. A key win against Dallas helped put them back into the lead, but one week later, they would lose on that lead after a 52-49 loss against the Saints. The Giants are 4-4 and lead the division, but no one is convinced that they could be a playoff team.

Both teams have easy schedules the rest of the way. They have the chance to make a run towards clinching playoff spots. When the two teams play each other, it will be interesting to see if these mistakes are taken care of and if these teams are still alive in the playoff race.

5 Questions for the 2015-2016 NBA Season

David Bieber
Staff Writer

After a 2014-2015 NBA season filled with excitement and surprises, many things happened during the offseason that leave people with many questions about what's to come. Here are some of my questions that I hope will be answered as the 2015-2016 season gets underway.

1. How will Kobe do in what may be his last season?

Los Angeles Lakers' franchise player Kobe Bryant is coming down to the last stand of his career. The 5x NBA Champion averaged 22.3 points per game, 6 assists per game, and shot 37% in 35 games last season before tearing his rotator cuff. The 37 year old admitted that this season can possibly be his last, as he has gone through many rough injuries in the recent past. Even though he is a shadow of his former self, Kobe is still

3. Will any team in the east top LeBron and the Cavs?

Lebron James and the Cleveland Cavaliers hope to get as much success if not more than they did last season. The team finished 53-29 (.646), qualifying for 2nd in the Eastern Conference behind the Atlanta Hawks (60-22). The team then made it to the NBA Finals, but lost to the Golden State Warriors in six games. The team is hoping to top what they did last season and are expected to do so without having a slow start like they had last year. With the Cavs playing in such a weak Eastern Conference, it seems like teams will really have to step up to beat the Cavs for the #1 seed.

4. Can the Warriors repeat as NBA Champions?

After undoubtedly having their best year in franchise history, the Golden State Warriors are looking to repeat what they did last

season and win an NBA Championship. Led by superstar Stephen Curry, the Warriors need to stay focused in a very difficult Western Conference that they dominated last season. For the Warriors to repeat, players like Klay Thompson, Andre Iguodala, Harrison Barnes, Andrew Bogut, and Festus Ezeli will have to play at a high level day in and day out.

5. How will the rookie class of 2015 do?

The 2015 NBA rookies are looking to make a huge impact in their first season in the NBA. Led by Karl-Anthony Towns out of Kentucky and D'angelo Russell out of Ohio State, these rookies are hoping for bright futures on their respective teams. Obviously, some rookies will do better than others, so it will be interesting to see which player will come home with the Kia Rookie Of the Year Award by the end of the season.

College Football Report

Bradley Shanker & James Rouse

Staff Writers

Shawn Oakman (DE–Baylor Bears)- The Baylor Bears were a great team last season led by a nasty defense and an elite quarterback in Bryce Petty who now plays for the New York Jets. They ended up making it to the GoodYear Cotton Bowl game. One of their key assets on the defensive side was Shawn Oakman; he is one of the premier defensive ends in college football right now. He stands at 6'9" and weighs 275 pounds. Oakman put up very productive numbers in the 2014-2015 season.

Trevone Boykin (QB–TCU)- TCU was undefeated up until November 1st. One man has certainly helped them in being so successful. This man is Trevone Boykin. Boykin plays quarterback for the Horned Frogs and is one of the favorites to win the Heisman Trophy. Boykin is a mobile quarterback, meaning he can run or pass the ball. Boykin could end up being a top-tier NFL quarterback and possibly win a Super Bowl.

Ezekiel Elliott (RB–Ohio State)- Last year, Ohio State ended up winning the 2014 College Football Playoff National Championship game. Ezekiel Elliott carried Ohio State for the whole game with 4 touchdowns and 246 yards. He was the offensive MVP of the game and was the main reason they won. Elliott also performed very well during the regular season. He put up 1,878 yards and scored 18 touchdowns. He is one of the best players in the class of 2016, and there is a lot of hype about him going into the draft.

Vernon Hargreaves III (CB–Florida)- Florida has been one of the biggest surprises this season. The Gators are currently ranked in the top 25 polls. While an updated and rebuilt offense led by now-suspended redshirt freshman quarterback Will Grier has been a facet, a filthy and maddening defense has been the key component to Florida's dominance. One of the biggest keys to that defense has been cornerback Vernon Hargreaves III. VHIII was a second-team Associated Press All-American as a sophomore and is continuing to shine this season as a junior. He already has 4 interceptions and constantly lures opposing quarterbacks to throw away from his side of the field. If Hargreaves decides to enter the NFL draft this spring, pro teams will be drooling over the opportunity to add him to their secondary.

Heisman Trophy Prediction

There are many qualified candidates for the Heisman trophy. However, there are four main people that stand out at the top. Those players are Leonard Fournette, Trevone Boykin, Corey Coleman, and Christian McCaffery. Corey Coleman, a wide receiver for Baylor, is one of the best receivers in college football. He had 1,119 yards and 11 touchdowns in 2014 and was Baylor's go to guy. He is very dynamic and knows how to use his speed to his advantage which makes him one of the best players in his class. Christian McCaffery, a running back for Stanford, is having a breakout season and has been a key component in Stanford's offense. McCaffery is capable in both the rushing and receiving game, recording 1,060 rushing yards and 310 receiving yards this season. He is a very versatile player and knows the game very well. These skills and traits make him a strong candidate to take home the Heisman Trophy this year. Trevone Boykin, a quarterback

for TCU, is the star of their offense. He has led TCU to an 8-0 start in 2015 and hopes to stay on track. Boykin is a very complete quarterback who can rush and throw the ball. He is easily the favored quarterback candidate for the Heisman Trophy. The last player in the top four is Leonard Fournette. To us, Fournette is the lead candidate to win the trophy. Fournette, a running back for LSU, has been their most important player this season helping them reach a record of 8-0. As of November 1, Fournette is leading all running backs in the NCAA with 1,352 yards and has the second most touchdowns in the NCAA with 15 total scores. As the leading rusher of the NCAA and able to carry his team to an 8-0 start results in us picking Fournette as the Heisman Trophy Winner this year.

Coach of the Year Prediction

There are 22 coaches on the Watch List for the *Paul "Bear" Bryant Coach of the Year Award*. This prestigious award honors excellence in college football coaching while raising funds to fight heart disease and stroke. The winner will be announced January 13, 2016 at a live ceremony in Houston. The 22 coaches on this year's watch list are (in alphabetical order): Art Briles–Baylor, Matt Campbell–Toledo, David Cutcliffe–Duke, Mark Dantonio–Michigan State, Kirk Ferentz–Iowa, Jimbo Fisher–Florida State, Justin Fuente–Memphis, Mike Gundy–Oklahoma State, Jim Harbaugh–Michigan, Tom Herman–Houston, Brian Kelly–Notre Dame, Jim McElwain–Florida, Urban Meyer–Ohio State, Les Miles–LSU, Pat Narduzzi–Pittsburgh, Gary Patterson–TCU, Matt Rhule–Temple, Nick Saban–Alabama, David Shaw–Stanford, Kevin Sumlin–Texas A&M, Dabo Swinney–Clemson, Kyle Whittingham–Utah. All of these coaches deserve to be here, but to us there are 5 clear-cut finalists. Those five men are Art Briles–Baylor, Kirk Ferentz–Iowa, Justin Fuente–Memphis, Tom Herman–Houston, and Dabo Swinney–Clemson. Art Briles has led Baylor to a 7-0 record so far, but will Baylor be able to sustain the success they've had without star quarterback Seth Russell (neck injury-out for season)? Kirk Ferentz is one of the many surprises this season. Who would've thought that Iowa would go from finishing in 4th place in the West division in the Big Ten Conference last year to 1st place this year with an 8-0 record up to date. Kirk Ferentz has done an incredible job managing games and calling plays this season. We included Justin Fuente and Tom Herman for similar reasons; both coaches have led their teams to undefeated seasons. Justin Fuente has turned Memphis into a playoff contender in just four short seasons. Similarly, Tom Herman has turned the Houston Cougars into a darkhorse playoff contender in just his first season at the helm. Clemson coach Dabo Swinney has led the Tigers to an 8-0 record thus far and has led a fast-paced offense through quarterback Deshaun Watson and a vicious defense through a stout defensive line which includes defensive ends Shaq Lawson and Kevin Dodd and defensive tackle D.J. Reader. We feel that if Clemson can keep up their winning streak, they have a real shot at the College Football Playoff this season. With all this being said, we feel as though Dabo Swinney will win this season's *Paul "Bear" Bryant Coach of the Year Award*.

US Women's Soccer Reigns Supreme Once Again

Zachary Leff

Professional Sports Editor

During the summer of 2015, millions of people watched the Women's World Cup. This grand event was hosted in Canada and had 25 hungry countries going after



Members of the Women's 2015 World Cup Team

the prize of being named the 2015 Women's World Cup champions. In the 2010 World Cup, the US women fell in a penalty shootout to the dominant Japan team. The loss was devastating and crushed all the hopes and dreams of the US becoming World Cup Champions. The last time the US team won a World Cup was in 1999, when Brandi Chastain scored the game winning goal in a penalty shootout. Determined to finally get off this losing streak, the women left the 2010 World Cup in the past and trained as hard as they could to hopefully become victorious.

The 2015 USWNT was one of the favorites going into the World Cup. They were the 2nd ranked team in the world, falling behind only the German Team. The team was filled with many superstars, including Captain Christie Rampone, Abby Wambach, Carli Lloyd Alex Morgan, and goalie Hope Solo. These were some of the best players in the game, and they wanted to win so badly. All of these main players knew the feeling of loss from 2010 and didn't want the same result.

The team started out their journey with a 3-1 victory over the Australian team. In that game, Megan Rapinoe scored a pair of goals, and Christen Press had a goal of her own. In the next two games, the team tied Sweden and secured a much needed 1-0 victory against the Nigerian team. The team played pretty well in the group stage, but didn't lived totally up to their expectations of dominating the competition.

By this point in the World Cup, many new soccer fans were being born in the United States as their success increased. The women realized that their play on the field would be a huge inspiration for the people off the field who were watching

from their couches. Merchandise was selling like wildfire, and the soccer squad was the hottest team to watch throughout the summer.

After waiting a few days to play their next match, the team had a 2-1 victory over Columbia in the Round of 16 and also had an impressive 1-0 victory over the Chinese team where the girls played a fantastic defensive game and where Hope Solo had one of her best games in the whole tournament. The girls looked like they could win the cup with the way they were playing, but their next matchup would prove to be their toughest challenge yet.

In the semifinals, the US team faced the #1 ranked team in the world, Germany. Germany was having a fantastic world cup, and they appeared to be unstoppable. While people in the United States might have been afraid of the German team, the USWNT was definitely not afraid of their opponents. The US team came out firing and went on to beat the German team 2-0. Goals by Carli Lloyd and Kelly O'Hara were made during crucial points in the game and helped propel the US team to the finals.

In the finals, the US team would face a familiar foe, the Japanese team. Four years earlier, the US team was heartbroken after their finals loss to Japan. They knew that they never wanted to have this feeling again. Would the US team deliver? The answer is yes and in a big way. The team won the match 5-2 and were never in any trouble throughout its entirety. Every woman had her best match of the tournament, especially Golden Ball winner Carli Lloyd who had 3 out of her 6 tournament goals in the first 16 minutes of the match. At the end of the match, the team ran onto the field and rejoiced. Tears of joy poured down their faces as they realized that they had won the Women's World Cup. The team got onto the podium and held up the trophy as millions of people cheered "U-S-A."

Later that week, the team came home and was honored with a parade in New York City. Millions of people crowded the streets in New York City as the confetti rained down from the sky. The team gave speeches thanking all of the people in the country who believed in them and stood behind them throughout their journey. This parade was a historic parade because it was the first time in 50 years that female athletes were honored by a ticker-tape parade down the crowded streets of Manhattan. They deserved this parade because of their hardworking attitudes and their immensely positive influence on the United States of America.

CC Sabathia Checks Himself Into Rehab

Jeremy Schier & James Rouse

Staff Writers



CC Sabathia, one of the New York Yankees starting pitchers, checked himself into rehab on October 5. The timing was not ideal, as the Yankees would begin their pursuit towards a World Series the next day. Sabathia admitted he had a major problem and owed it to himself and his family to get healthy. He felt that being a good father and his health were his first priorities. He also stated that as an adult, he must take responsibility for his actions, and that as a baseball player, he must act as a role model for kids who look up to him. Although this is a very melancholy situation, it did not have a huge effect on the Yankees pursuit towards a 28th ring. Sabathia underachieved this

season; he was 6-10 through 29 starts. During the summer, Sabathia got into a brawl outside of a Toronto bar with heckling fans. According to bystanders, Sabathia was visibly intoxicated during this altercation, and he was not finished there. During the last week of the season, Sabathia was notably unstable and had a dark liquid in a cup in the clubhouse after a game. Sabathia, admittedly, has a problem, and this is the reason why he had to seek treatment immediately. Baseball fans near and far are wishing CC the best of luck in his fight against this addiction. Yankee fans especially hope to see him in the dugout on opening day next season.

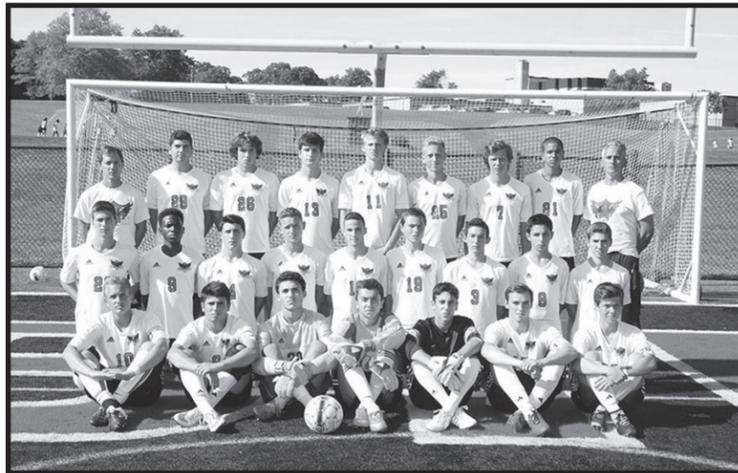
HILLS EAST FALL SPORTS RECAP

Boys Varsity Soccer Playoff Recap

Shelby Gosset

News & Features Editor

Boys Varsity Soccer had a fantastic ending to an amazing season. The team has been working hard during practices and games to prepare for the playoffs. In the first playoff game against Hauppauge, Jared Breakstone scored the first goal (a volley to the bottom left



Congratulations T-Birds on a great season

pocket of the goal) on an assist from Taylor Kaczynski. Hauppauge scored a controversial goal as East's goalie, Jordan Lafauci, dove for the ball, but couldn't stop it before it crossed the line. Now tied 1-1, the T-birds were ready to put up a strong fight in order to move on to the next round. Senior Bradley Weltmann was determined to take the season to the next level, and he scored the next two goals. Weltmann's first goal was assisted by a cross from Ethan Koval. Weltmann was able to sneak the ball in the goal under the diving goalie! Kaczynski assisted Weltmann in his second goal of the game; this time, Weltmann beat the goalie to the ball and tapped the ball into the net.

HSE Girls Varsity Tennis Ends Season with Suffolk County Win

Julia Kosches, Emily Metaxas & Lauren Kornfeld

Staff Writers

The girls Varsity Tennis team had a very successful 2015 season. Captains Stephanie Chikvashvili, Gabby Raziel, and Bryn April led their team to many hard fought victories. The entire team pulled together, never gave up, and demonstrated exemplary sportsmanship. One of the most challenging wins was a difficult comeback against an undefeated Commack team. Winning the Suffolk County Tennis Championship was the icing on the cake for this team. For Suffolk County individual accomplishments, the team of Gina La Russo and Alexis Huber placed 4th in the county for doubles, and Stephanie Chikvashvili placed 3rd overall in singles. Great job T-Birds!



Coach Depelteau and members of the Varsity Tennis Team.

After two big losses to Walt Whitman High School during the regular season, the T-birds knew they had a significant challenge ahead of them! Whitman took the first goal of the game when they scored from outside the 18 yard box with a ground strike. To tie the game,

Kaczynski scored by hitting it out of the air with his chest before the goalie got to the ball and then tapped it in. In the second half, Sam Steinberg scored on a cross from Kaczynski to put East up 2-1. With ten minutes left in the game,

Chad Katzelnick got a yellow card. After losing this essential defensive player, Whitman was able to score and tie the game. The crowd was on the edge of their seats with the score tied up when overtime began. Ethan Homler hit a shot just wide of the goal. With the game still tied, second overtime began, and Whitman scored. The final score was 3-2 with Whitman taking the title. Even though the T-birds fell just short in this game, they played with all of their hearts and souls. The team put up a strong fight from beginning to end. They proved to be a valiant adversary and gave Whitman a run for their money. Way to go T-Birds; it was truly an amazing season.

JV Tennis Has Great Season

Lexie Reiffman & Lyndsey Delouya

Staff Writers

The 2015 Girls JV Tennis team capped off another great season playing against competitive teams from all across Suffolk County. Everybody on the team was extremely committed, which was the first step in ensuring a successful season. Coach Bob taught all of us various lessons this season, including never giving up, the importance of athletic skills, and the value of good sportsmanship. A big thanks also goes out to the four captains, Lyndsey Delouya, Lexie Reiffman, Sydney Levine, and Ayla Kugler, for effectively leading the team with the utmost of pride and dedication. Coach Bob's guidance coupled with the team's dedication resulted in another successful season. The team finished with a 9-5 record that reflects everyone's hard work during every match and practice. This season was filled with many laughs; great memories were made, and everybody learned so much. This team is not just a group of girls; it is a family of sisters. They have grown to get to know one another as more than just other athletes and will always be close no matter what. Congratulations to everyone on the team; you all did so well and should all be proud!

Girls Varsity Soccer Has Promising Future

Samantha Francucci

Staff Writer

The Girls Varsity Soccer team recently finished up a bittersweet season, especially in the eyes of the seniors. As a captain, it was upsetting to not bring the team to the playoffs, but I am still proud of all we accomplished this year. We ended our season with a 5-7 record, although our standings on paper did not do us justice. We were a newly built team made up of mostly underclassmen. This put us at a disadvantage when compared to other teams who have played together for some time. Under the instruction of Coaches Mayo and O'Brien, we were able to overcome this and build on our new talent. I have been a part of this program for four years, and I can say that this is one of the best seasons Hills East has had. We were able to outplay many, if not most, of the other teams in our league. No one expected us to give them a challenge this season because of the great amount of talent lost from our seniors last year, but we proved them wrong. I am honored to have been a leader through it all, and I am excited to see what the future holds for the Girls' Varsity Soccer team.

Thundercolt Swim Team Has A Successful Season

Lauren Peller

Editor-In-Chief

An undefeated season comes to a close, and the Thundercolt Girls' swim team is heading to the New York state championships! The Thundercolts (8-0), made up of swimmers and divers from both East and West, placed second at the county swimming and diving championships, missing the win by 7.5 points to Sayville/Bayport Blue Point, who took home the county title. Coming close to a first place win, Half Hollow Hills sends five swimmers and one diver to the championships taking place upstate at Ithaca College. Senior Emily Altchiler, juniors Baylee Scharf, Rhea Randhawa, and Kelly Lennon, and freshman Elizabeth Park make up the members competing in the swim team's state-bound competition. Junior Jessica Coffey from Hills West will represent the team as their diver. This is the most girls eligible to compete in the state championships that the Thundercolts have seen in a while! Lennon will compete the 100 yard freestyle and the 50 yard freestyle, Scharf will compete in the 100 yard butterfly, and Park will race in the 100 yard breaststroke. In the relays, Randhawa, Park, Scharf, and Lennon will compete in the 200 yard medley. Altchiler, Lennon, Park, and Scharf will race in the 400 yard freestyle. These relays and individual races have broken records all season long, including a victory over longtime rival Ward Melville. Good luck to all of our state competitors! We can't wait to hear the results!



The HHH Swim Team

Varsity Field Hockey

Sydney Barone

Staff Writer

During this past fall season, the Varsity Field Hockey team gave it their all on the field despite facing difficulties throughout. While they ended up with a losing record, the end results did not reflect their daily effort, both on and off the field. Everyday in practice the girls all worked extremely hard, and there was a significant improvement noticeable throughout the course of the season. As the season progressed, they unfortunately lost three girls for various reasons, and the team had to figure out how to all work together and progress with the players on the team constantly changing. When all was said and done, the team came together and ended up scoring more overall goals than they had in previous years. The returning members of the Varsity Field Hockey team are all very excited to see what happens in the future as they continue to improve.



Varsity Field Hockey team

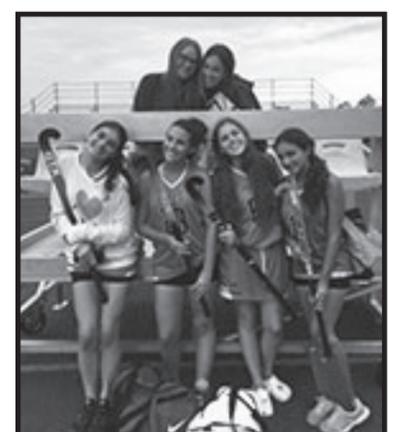
JV Field Hockey

Alyssa Schmidt

Staff Writer

People don't think of Field Hockey as a sport. I admit that I was one of those people... until I went to every game of the season. This year, I was the manager of the East/West JV Field Hockey team. As manager, my job was to go to all of the games and keep track of who scored, who had penalties, and other important information about our team and our opponents.

The JV team started off the season with a bang, going undefeated in the first eleven out of sixteen games. Every single player on the team contributed so much to these wins and always played their hardest, even when we had to play in the torrential rain. While the entire team played hard, and it truly was a team effort, two players deserve special recognition. These two girls, both sophomores, scored almost all of the goals, had all of the assists, and were the star offenders. One was even nicknamed "the quarterback" because she always leads the team by example. These two girls are Taylor Cohen and Gabi Gonzalez, and they both had truly memorable seasons. They were both assets to the team. Congratulations on your amazing season, Flockey Girls!



Some members of the JV Field Hockey Team

HSE THUNDERBIRDS HOMECOMING WEEKEND 2015

Hills East Defeats Smithtown East

Jared Leff & Justin Tisch
School Sports Editor

On October 10, the Hills East Thunderbirds took the field for their annual homecoming game. This year they went up against the Bulls from Smithtown East. Hills East jumped on top early when quarterback Kenny Chavez ran for a touchdown in the first quarter. Hills East kept pouring it on in the second quarter when Kenny Chavez showed off his skills again, this time running for touchdowns. Seth Garvin added to the Thunderbirds' domination as he ran for 87 yards, scoring another touchdown. Going into halftime, Hills East had a dominant 24-0 lead. The traditional homecoming halftime included performances by the band, the Dixettes, and the cheerleaders, as well

as the introductions of the homecoming court, highlighting our recently crowned king and queen. All those participating in halftime did an amazing job, but the chatter in the crowd was all about the Thunderbirds and their commanding lead heading into the second half. While they didn't show the same running game in the second half, the Thunderbirds still managed to increase their score, adding a field goal from kicker Tyler Spellman. Throughout the entire game, the East defense managed to keep the Smithtown offense under wraps, only giving up one touchdown for the duration of the four quarters. As this year's homecoming football game came to a close, Hills East came out with the victory, winning with a score of 27-7. Way to go, Thunderbirds!



T-Bird football representing Hills East.



Varsity Cheerleaders show off their skills.



Hills East band entertains at Pep Rally.

School Spirit at HSE Pep Rally

Rachel Rosenstein & Maddy Propis

School News Editor

Hills East had another successful Pep Rally this fall. There were performances and surprises enjoyed by both students and staff. Each year, Fall Pep Rally highlights the new homecoming court and introduces the current fall sports teams. As in years past, each grade decorated their section of the bleachers with creative and colorful balloons, streamers, and signs to represent their chosen themes. Students were extremely spirited and excited as they participated in the first event of Homecoming Weekend.

There were many great performances from our talented student body. The Hills East Cheerleaders showcased their amazing stunts and routines. The crowd was awed by the exhilarating flips and tricks they performed. The Hills East Dixettes danced to a remix and dazzled the crowd with their routine. Perhaps the most special of this year's performance groups, however, was the Hills East Step Team. They executed a fantastic step routine as usual, but this year was a little different as they surprised the crowd at the end of their routine. All of the Hills East staff members came out onto the gym floor to perform the "Whip" to the song "Watch

Me Whip/Nae Nae" in recognition of the Whip Pediatric Cancer initiative started by HSE's own Jordan Belous. Together, HSE's teachers and the Step Team, joined forces to raise awareness for pediatric cancer and Jordan's cause.

Along with the various great performances, seniors in the Homecoming Court performed their skits, all of which were very entertaining as usual. The princes, princesses, and escorts dressed up as the Incredibles, a bride and a groom, Nicki Minaj, and many more well known figures. The winners of the homecoming court were announced the following day at the homecoming game. Ethan Udell and Theresa Bitetto, who performed the Incredibles skit, were crowned this year's Homecoming King and Queen.

Pep rally was the perfect kick off for a high energy, super fun Homecoming Weekend. School spirit is at an all-time high during Homecoming festivities; let's all work together to embody that emotion each and every day in order to make High School East an exciting place each day of the year!



Hills East Royalty 2015



Dixettes sparkle and shine at Pep Rally.



The Hills East Step team performs at Pep Rally.



Homecoming Court at Pep Rally