



AWARD-WINNING ALUMS From the WAHS newsroom to the Emmy Awards, Heritage alum Alexandra Hogan reached success as a reporter and presenter this past year.

Go to C15.

HIGH-STAKES PRESIDENTIAL RACE In order to understand one of the most polarizing presidential elections in recent history, we have laid out candidate stances, vice presidential viewpoints and student opinions to create a comprehensive overview.

Go to C12.

FOOTBALL PROWESS Eighth grader Ja'Den McBurrows, above, rules the football field as the number one ranked athlete in the country for his grade. Find out his story in the Sports section.

(Photo/Tavares McBurrows)

Go to E20.

news

Zika relief efforts raise safety concerns

As Zika spreads throughout Miami Beach, Gov. Rick Scott has implemented the use of Naled, an insecticide that targets mosquitoes. However, the unseen health dangers of and suspicious financial incentives for this product raise many questions. Get the facts inside.

See A3.

opinion

Senior year: More serious than you might think

Between senioritis and general distress over college decisions, seniors might be inclined to leave their stress behind and just enjoy the school year. However, while having fun is important, so is excelling in the last year of high school. Get our take on the issue in the Opinion section.

See B9.



entertainment

"Godspell" musical proves spell-binding

The Theater Department presents a fall musical full of high energy songs, theological messages and an incredibly devoted cast, including senior Jacob Greene and junior Hannah Ellowitz, pictured dancing above.

See D18.

sports

Baseball player breaks boundaries

Sophomore Tristan Casas became one of the first Heritage students to join the Under 18 All-American Baseball Team. Read his story in the Sports section.

See E20.

Pre-Med hosts 'super' charitable event

Katherine Quesada | One-Pager Editor
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Pre-Medical Society officers and club members, dressed as superheroes, partied with the pediatric oncology patients of Salah Foundation's Children's Hospital at Broward General Hospital Oct. 14 during the society's sixth annual Superhero Party.

After weeks of planning every detail for the event, from the face painting booth to the music playlist, officers and about 50 members arrived at the Fort Lauderdale hospital to play and eat pizza with approximately 30 pediatric oncology patients.

The party included games such as Just Dance, Xbox, PlayStation, Wii and iPad games as well as Cold Stone's ice cream.

The party cost \$800, which was paid for by donations to A Road for the Cure, a non-profit organization the Pre-Medical Society partnered with last year.

"We're aiming to help show the kids at the pediatric oncology unit a fun time and prove to them that they are as strong as their favorite superheroes," Pre-Medical Society President Sumera Subzwari said.



FURRY FACE PAINT: Freshman Abhirami Sriganeshan creates a bunny face design for a pediatric oncology patient. Other patients played games of Twister and Headbanz with Heritage Boca and Plantation students throughout the Oct. 14 party. (Photos/Kelsey Chandran)

The event — coordinated by senior co-presidents Subzwari and Karthik Sriganeshan, senior holiday committee chairs Edward Quaye and Isabel Acosta and other officers — took place from 12 p.m. to 3 p.m. in a lively decorated room to create a sense of comfort and joy for the patients.

" [T h e children] are cooped up in dull hospital rooms with no human

contact other than with doctors and families; when high school kids show up as superheroes, they get really excited, and that's the best feeling," society vice president Annalisa Romanenko said.

At the party, patients created holiday wish lists which will be used to buy presents for the Pre-Medical Society's Holiday Party Dec. 2, where Santa Claus will give patients wrapped gifts in a winter wonderland themed room.

"All of our events are intended to bring a smile to the kids'

faces and give them a better quality of life," Romanenko said. "Any day that these kids smile is an awesome day."



Rho Kappa's projects strive to commemorate history

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Social studies honor society Rho Kappa is commemorating history with the implementation of two projects: a History Bowl team and a time capsule to be buried and opened in 15 years by the Class of 2032.

According to Mrs. Kimberly Hughes, who is overseeing the History Bowl team, the History Bowl and Bee was founded in 2010 by David Madden.

As a sponsor of the team at Pembroke Pines Charter, her previous school, Mrs. Hughes suggested establishing a team at Heritage.

Rho Kappa president and senior Catherine Nowinski said approximately 16 students have signed up, enough for two or three teams, since each team will have four to six students.

These students will have lunch practices at least once

a week, and each student will study a certain part of history, such as World War I, to ensure that the group covers as much material as possible.

"[Competitions] start at 8:30 in the morning on a Saturday and end about 7 p.m. for the last two teams in the finals... It's a long day," Mrs. Hughes said.

These competitions, which are held at sponsor schools, "operate on a buzzer system. The team sits at a table and after a question is asked, whoever buzzes in the correct answer first wins the point," Nowinski said.

If the team wins at one of the scheduled competitions (taking place in November, January and February), it can partake in a national tournament.

"The winners and semi-finalists are invited to the national tournament in Washington D.C. that is held in April. The final match is at Mount Vernon... The locations for the tournament are

in the historic buildings and museums," Mrs. Hughes said.

In addition to preparing for its History Bowl practices, Rho Kappa is preparing for another project: a time capsule.

While the school has had time capsules in the past, the idea for a new time capsule originated last year when the Class of 2016 used the money the honor society had raised to purchase the time capsule — a small metal box and a plaque. The box will be buried on campus (the location has yet to be determined) at the end of the school year and is to remain underground for 15 years, until 2032.

"We want all Rho Kappa members to contribute either something small that means something to them and the school or a video alone or with friends that they will have fun looking back at in 15 years," Nowinski said. Rho Kappa will encourage members to bring time

capsule items at future meetings and will prepare the History Bowl teams for the first competition, Nov. 19 at Archimedean Academy in Kendale Lakes.



ENCAPSULATING HISTORY: The time capsule (above) will be buried on campus. "It will be interesting to open the time capsule up in 15 years to see how we've all changed," president Catherine Nowinski said.

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Skill

TEACHERS AND THEIR TALENTS

MRS. KRISYNDA CICOS

BY ELYSA GOLDBERG



FOODIE FEVER: Mrs. Krisynda Cicos cooking one of her most requested and favorite meals: Papa Relleno. Papa Relleno is a Latin potato croquette stuffed with meat and vegetables that is served in Cuba, Chile and Puerto Rico. (Photo/Kyleigh Cicos)

Many know Mrs. Krisynda Cicos as a psychology teacher during the school day, but when she goes home, she transforms into a talented and passionate cook. Her interest in cooking began when she was 20 years old, watching her mother and grandmother cook in the kitchen.

"I got married when I was only 20, so I had a responsibility to cook for my family," Mrs. Cicos said. While her husband was in the military, she cooked dinners and brought them to him.

Cicos's family members helped her get accustomed to her new responsibility. They gave her instructions on how to cook her first Thanksgiving meal.

"My father gave me very detailed instructions. He actually used crayons to color the food so I would see the proper colors the food should be," she said.

Mrs. Cicos's favorite type of food to cook is Latin, but she also likes cooking Mexican, Thai and Korean food.

"My empanadas are the most requested meal of all. They're definitely a fan favorite," she said.

Mrs. Cicos hopes to pass down her cooking talent to her daughter, Kyleigh. Kyleigh already joins her in the kitchen and likes to add her own style to many of her mother's dishes.

MRS. GABRIELA ZAVIEZO

BY AMBER BHUTTA

Most of us expect multiple language proficiencies from our foreign language teachers, but Spanish teacher Mrs. Gabriela Zaviezo surpasses expectations with knowledge of five languages.

"Spanish was my native language growing up in Puerto Rico, and I learned English as a part of the standard curriculum at school," Zaviezo said. She took up French in seventh grade and continued throughout high school, and in college, Zaviezo learned Italian at Brown University in order to study abroad in Italy.

"I wanted to study abroad in a non-Spanish speaking country, and, at the time, the only class that fit was Italian," she said. "I traveled to Italy, ended up meeting my husband there, and now at home we primarily speak Italian."

In graduate school, while taking Latin American literature, she took it upon herself to learn Portuguese, the language of a large portion of Latin American literature.

"I believe that language is important not only for communication but for understanding other cultures and what influences them," Zaviezo said.



LANGUAGE LOVER: One of the ways that Mrs. Zaviezo has developed such strong skills in foreign language is through reading newspapers and books. (Photo/Amber Bhutta)

MR. ISAAC SOFY

BY LAUREN QUINTELA

Mr. Isaac Sofy's passion plays a significant role in his life and has introduced him to people all over the globe. Aside from teaching math, Mr. Sofy dances salsa, among other forms of Latin dance.

Soon after graduating from college, Mr. Sofy first tried salsa after a close friend of his high school math teacher invited a group of students to try salsa dancing. Soon after, this friend recommended places where Mr. Sofy could begin taking lessons. During his first year of dancing, he took lessons three times a week.

"I honestly just fell in love with it," Mr. Sofy said.

His adoration for salsa led him to try three other main types of Latin dance: merengue, cha-cha and bachata, all of which he enjoys equally.

"Once you get comfortable with dancing different types of art forms, there's really no favorite at that point. It just [depends on] if I really like the song and the person I'm dancing with," Mr. Sofy said.

Eleven years have passed since he first tried salsa, yet dance remains a central part of his life.

Most of friends are on the salsa scene, and dance has



SALSA SUCCESS: Mr. Sofy dances with one of his longtime friends, Stefania Savoldelli. (Photo/Salsa Con Vista)

led him to befriend people in different continents. In fact, before he travels anywhere, he researches the dance teachers and schools in the place he plans to visit.

"When I traveled the world this past year, I visited seven different countries, and in every single one, I danced salsa. These are people I've never met before, and yet I got to share this with them because we all have the same type of foundation," Mr. Sofy said. "We all share the passion for dance, but everyone is a professional in their fields."

When he visited Paris a couple of months ago, he attended an eight-hour dance event.

"We started [dancing] at 11 at night, and we danced until 7 a.m.... It was amazing," he said.

While he practices less frequently than before, Mr. Sofy's plans to continue dancing and meeting people of diverse backgrounds through his artform.

"It's really just about having fun and enjoying the music," he said.



News

Debate dominates at fall tournaments

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The debate team is dominating at fall tournaments and spreading its talents in a variety of argumentative events.

The team travels across the country debating topical and relevant issues, competing against students from the most prestigious schools and backgrounds.

The team earned top 10 at the Yale University debate tournament.

“Coming up soon is the Blue Key tournament, which is a large state tournament hosted at UF; the Tradition at Cypress Bay, which is one of the largest local tournaments; and the Glenbrooks, which is a massive and highly competitive national tournament in Chicago with competitors from all across the U.S.,” junior Nicolas Fonseca said.

Fonseca and his partner, junior Christopher Matei, are the Congressional Debate captains of the team.

They have taken a major role in developing the team since their freshman year.

“My teammates, both those who have graduated



RAPID RESPONSE: After delivering a speech, junior Christopher Matei responds to other competitors' questions. Matei specializes in congressional debate and is one of the Heritage debate team captains. (Photo/Yasmeen Altaji)

and those still at Heritage, have helped me prepare for tournaments through research, practice, and tons of emotional support.

“Both my apprenticeship and role as a mentor have helped me tremendously learn about myself and work to fulfill my potential as a

debater,” Fonseca said. While the group does win important awards as a team, the individual awards are more bountiful among the debaters.

“I was a finalist at the Wake Forest University Debate Tournament and I placed second at the Flying L Invitational,” Matei said.

Fonseca has seen similar success within this debate season as well. “I’ve only attended Yale so far this year, but I got to to the semifinal round,” Fonseca said.

The next competition is the Florida Blue Key Speech and Debate Tournament Oct. 27 - 29 in Gainesville, Florida.

Zika-fighting insecticide raises health concerns

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For many, the fears of a Zika outbreak have subsided as government officials and promising statistics indicate that the problem is under control.

Unfortunately, while the restrictions in Wynwood were lifted, the transmission zone in Miami Beach has tripled in size, now ranging from 8th Street to 63rd Street. This zone emerged after five new individuals, three of them female and at risk of giving birth to children with neurological disorders, were identified, bringing the Miami Beach total to 35 non-travel related cases.

What is potentially more disturbing than the growing outbreaks, however, is the detrimental aerial insecticide spraying that has residents protesting and environmental activists outraged.

An insecticide that kills mosquitoes instantly, “Naled,” is dropped from planes at predawn and sunset as mosquitoes most active during those times.

Naled is banned in the European Union (EU) as it kills pollinators and wildlife and is toxic to the environment, despite the chemical being approved in low concentrations by the Environmental Protection Agency and Centers for Disease Control.

Recently, a South Carolina beekeeper, Juanita Stanley, lost more than three million bees when officials sprayed part of her town. The EU calls the substance “a potential and unacceptable risk,” even when used in minimal amounts, such as the two tablespoons per acre currently being distributed in South Florida.

While Florida Gov. Rick Scott believes that “the

expansion of the Miami Beach area where local transmission is occurring highlights the need for continued aggressive mosquito control measures and for Congress to immediately approve federal funding for Zika,” scientists are less convinced.

The dangers of spraying areas with a potentially harmful substance have been ignored by Governor Scott, who continues advocating for increased spraying.

According to a study conducted by Naled’s manufacturing company, AMVAC Chemical Corporation, exposure leads to reduced muscle strength, slow responses to stimulation, increased aggression, impaired memory and reduced activity in rats.

Naled kills mosquitoes by using an enzyme called acetylcholinesterase (AChE) which causes a jam in the transmission system of nerve impulses. This can result in restlessness, depression, seizures and a loss of consciousness. Additional symptoms include headaches, muscle twitching, nausea and difficulty breathing. Ironically, inhalation of Naled has even been shown to interfere with prenatal brain development.

Gov. Scott has ignored the dangers and continues to advocate for increased spraying. While residents may assume he is acting out of a genuine fear for the spreading virus, in reality he has a

significant financial interest in Zika’s mosquito control.

Scott’s wife, Ann Scott, owns a multi-million dollar stake in the company Mosquito Control Services (MCS), a team of mosquito control experts. Scott signed an executive order allowing for the use

of \$26.2 million in state emergency funds for mosquito “surveillance and abatement.” When asked by the Florida Bulldog if its company stood to benefit from such funds, MSC refused to comment on two separate occasions.

Zika undoubtedly needs to be dealt with for the safety of students and individuals living in affected zones; however, environmentally friendly options, such as Wolbachia-infected mosquitoes should be pursued over Naled.

These genetically modified mosquitoes, designed by Oxitec, procreate with wild, potentially disease-carrying mosquitoes, and create offspring that cannot survive to adulthood. This method would be self-sustaining in the mosquito population and have lower long-term costs, said University of Miami entomologist Jill Ulrich, and would ultimately offer a safer and more cost-effective solution to the Zika virus.



Asa’s Analysis

BY ASA ZARETSKY

Why some millennials are not voting for Clinton

As election day gets closer and closer, the polls have been reflecting a race that has Hillary Clinton leading. The website FiveThirtyEight has also given her a five point lead in the popular vote and winning all of the swing states. Clinton, though, has a problem that could hurt her chances at election. In the primaries, Clinton held off Bernie Sanders, and it has hurt her, as many of Sanders’ voters have not followed Clinton. Clinton’s push to attract GOP voters, such as portraying her as the national security candidate, has alienated some millennials as well.

In a “New York Times” poll from last month, Clinton pulls a smaller share of the young vote than President Barack Obama did in 2008 and 2012, and most of these voters have not gone to Donald Trump or Green Party nominee Jill Stein but instead to Libertarian Gary Johnson, who takes over a third of the millennial vote in the poll and earned a similar amount in a poll by Quinnipiac.

The support of Johnson appears reasonable at first, with his socially liberal and pro-marijuana positions. Despite this appeal, Johnson may be vulnerable to Democratic criticism of his policies while governor of New Mexico. Johnson privatized prisons, privatized social security programs and adopted his pro-marijuana policies in his years as governor.

However more millennials seem to forgo any choice this year, with many voters going with no choice or on the fence. In a student survey from September, more than 26 percent of students identify as undecided or no choice. This is an odd phenomenon, as on foreign policy, immigration and LGBT rights to name a few the parties stake out opposite plans that portray different concepts of what America means.

Clinton needs to win over millennials by trying a much different strategy than the current one she is using. Instead of simply portraying the election as a choice between her and Trump, she needs to highlight the right wing policies of Gary Johnson to dissuade progressives from supporting him.

She also needs to discredit the “lesser of the two” evils argument by promoting her own accomplishments and calm millennial fears that she could lead the U.S. into another war. Right now, her weakness with millennials could prove fatal in key states.



INSECTICIDE IRRITATION: Residents of Puerto Rico protest the spraying of a Zika-fighting insecticide, which has raised concern over its effect on the environment. (Photo/José Antonio Rosario Medina)



News

World news update: from Asia to Africa

Isabel Chamberlain | Staff Writer
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North America

The 2016 Presidential Election took a quick turn Oct. 8 when a 2005 conversation between president nominee Donald Trump and radio host Billy Bush surfaced.

The recording, uncovered by The Washington Post, captures Trump making lewd comments about how he automatically starts kissing beautiful women. "When you're a star, they let you do it," Trump said according to the video.

Since it has been published, the polls have increased by four points in Hillary Clinton's favor and many Trump supporters, including the Speaker of the House of Representatives Paul Ryan, announced they can no longer defend him.

Latin America

The president of Venezuela, Nicolás Maduro, has driven

Venezuela to poverty. Due to corruption, it has the worst economic growth worldwide according to the International Monetary Fund, inflation has increased by 700 percent and a total of 84 percent of the population would vote to remove Maduro from office.

Oct. 7, Maduro awarded their annual Peace Prize to the president of Russia, Vladimir Putin, calling him a fighter for peace.

The very next day, Putin moved nuclear missiles closer to the European border.

Europe

After Poland completely banned abortions

Oct. 3, millions rallied in a nationwide pro-choice protest held by the Save Women. Hundreds of

instead protested on the streets of Warsaw. The rally was one of the largest protests against a single issue that the country has ever seen.

Parliament later voted against the bill with 352 votes to 58 and rejected it, reinstating legal abortions.

Asia

In Thailand, the first two Asian babies born with complications from the Zika virus was confirmed. These babies had Zika-related microcephaly, a condition in which they are born with small heads due to improper brain development.

Problems include seizures, learning disabilities, and difficulty swallowing. Hundreds

of cases of Zika have been detected in Singapore, and many other Asian countries including Cambodia, Myanmar, Indonesia, Vietnam, and the Maldives also have detected widespread cases.

Africa

Elhamy Agina, a member of Egypt's parliament, called for mandatory virginity tests to be taken by girls wishing to attend university.

If a girl failed the test, her parents would be informed.

Agina added that these measures would help to prevent Urfi marriages, illegal marriages young men and women sign up for in order to have premarital sex.

This sparked an outcry among politicians and women's rights advocates, with many Egyptians attacking and criticizing him on social media.

Agina was recently pressed into offering an apology for his proposal.



(Graphic/Vanessa Ryals)

Theater department boasts new productions

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With the new fall season comes brand new theater productions from the Fine Arts department.

Over the next two months, the theater department will exhibit junior and senior high productions in the Black Box theater and in the main Proscenium theater.

The four shows are "James and the Giant Peach," "Godspell," and "Sister Mary Ignatius" and "The Actor's Nightmare," the latter three of which are senior high productions.

The senior high shows "Godspell," "Sister Mary Ignatius," and "The Actor's Nightmare" will premiere in October and November.

The two-act musical "Godspell" is the loose retelling of a series of Biblical parables from the Gospel of Saint Matthew, while the one-act play "Sister

Mary Ignatius" relates the story of a Catholic nun's conflict between the ideals behind religious teachings and the reality of following them.

"The Actor's Nightmare," also a one-act play, recounts the story of an understudy's experiences playing an unfamiliar role.

"Godspell" was performed on Oct. 6-8 in the Black Box theater; "Sister Mary Ignatius" and "The Actor's Nightmare" will be performed back-to-back from Nov. 16-19 in the Black Box theater, as well.

The junior high program "James and the Giant Peach" is adapted from the 1961 novel of the same name by children's author Roald Dahl.

Following "Godspell," "James and the Giant Peach" will be performed in the American Heritage Center for the Arts' main theater on Oct. 27 and 28 with a matinee Saturday, Oct. 29. Tickets for all three shows will cost



CREATIVE RETELLINGS: Senior Elliot Mahon plays himself in the fall musical "Godspell." The play was performed by juniors and seniors and centered around a biblical retelling of the story of Christ. (Photo/Emma Gellman)

\$17 for adults and \$12 for students in 6th grade and below. Tickets may be purchased online at <http://ahschool.tix>. Heritage students may receive a free ticket with their school ID. Tickets may be purchased online at <http://ahschool.tix>. com or in the Main theater box office from 11:45 a.m. to 1:00 p.m. each day.

Students compete to become the next best mathematicians

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Similar to the show "Who Wants to be a Millionaire," students are competing to be the next mathematician. Who Wants to be a Mathematician is a national high school competition hosted by the American Mathematical Society.

Students from schools are separated into nine regions and in Jan., compete for the \$10,000 reward, \$5,000 for the first place winner and \$5,000 for his/her school. The students take a series of online multiple choice tests on math topics from algebra II to calculus.

Students start at level one and advance to the next level if they score an eight or above.

The top five scorers in each region will compete in their region's semi-final, and the winners of each region will compete in the final.

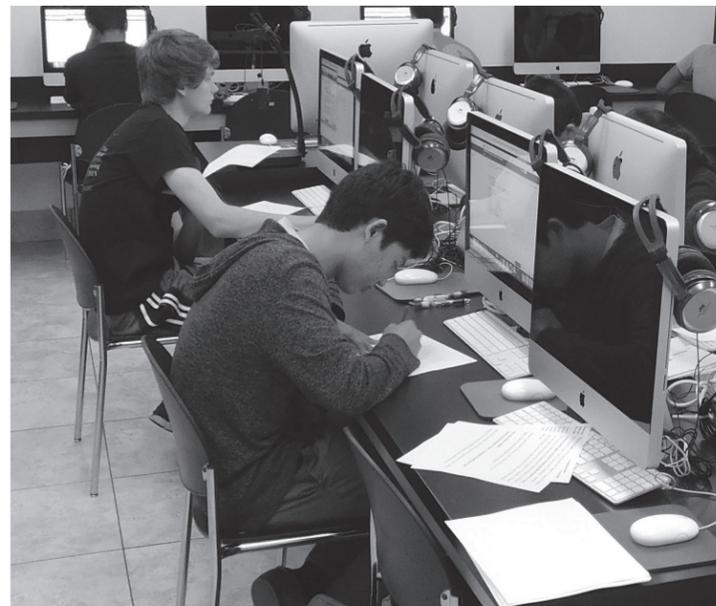
This is the team's first year participating in Who Wants to be a Mathematician. 28 top-scoring students from math competition were chosen by teachers to compete and took the level one test at school Oct. 1. Of these students, 18 qualified for level two and five received perfect scores.

"Even though this is not an as popular competition, I enjoyed the experience. I can't wait for the next round," said level two qualifier and junior Max Ranis.

Students competed in level two Oct. 22 in hopes of making it to the semi-finals.

Level Two Qualifiers

- Sophomores**
- Gabriel Diraviam
- Luis Garcia
- Rishab Jain
- Abhitya Krishnaraj
- Emily Namm
- Vladyslav Olesenko
- Matthew Robbins
- Shayaan Subzwari
- Saaketh Vedantam
- Juniors**
- Sriraj Atluri
- Jim Liu
- Kishan Patel
- Cassandra Pena
- Max Ranis
- Daniel Sarnecki
- Seniors**
- Jackson Blitz
- Soryan Kumar
- Couper Leo



MATHEMATICIANS AT WORK: Sophomore Shayaan Subzwari and senior Couper Leo work diligently on the level two multiple choice test. Results for the test will be announced in a few weeks. (Photo/Richard Rovere)



News

Mrs. Foltz paints perfection

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When art teacher Mrs. Susan Foltz admired the works of other art teachers at the last two annual conferences of the Florida Art Educators Association, she thought her work was just as good as theirs and decided to submit her own work this year. She was right. With her watercolor painting "AHS Fine Arts Building," she won first place this year.

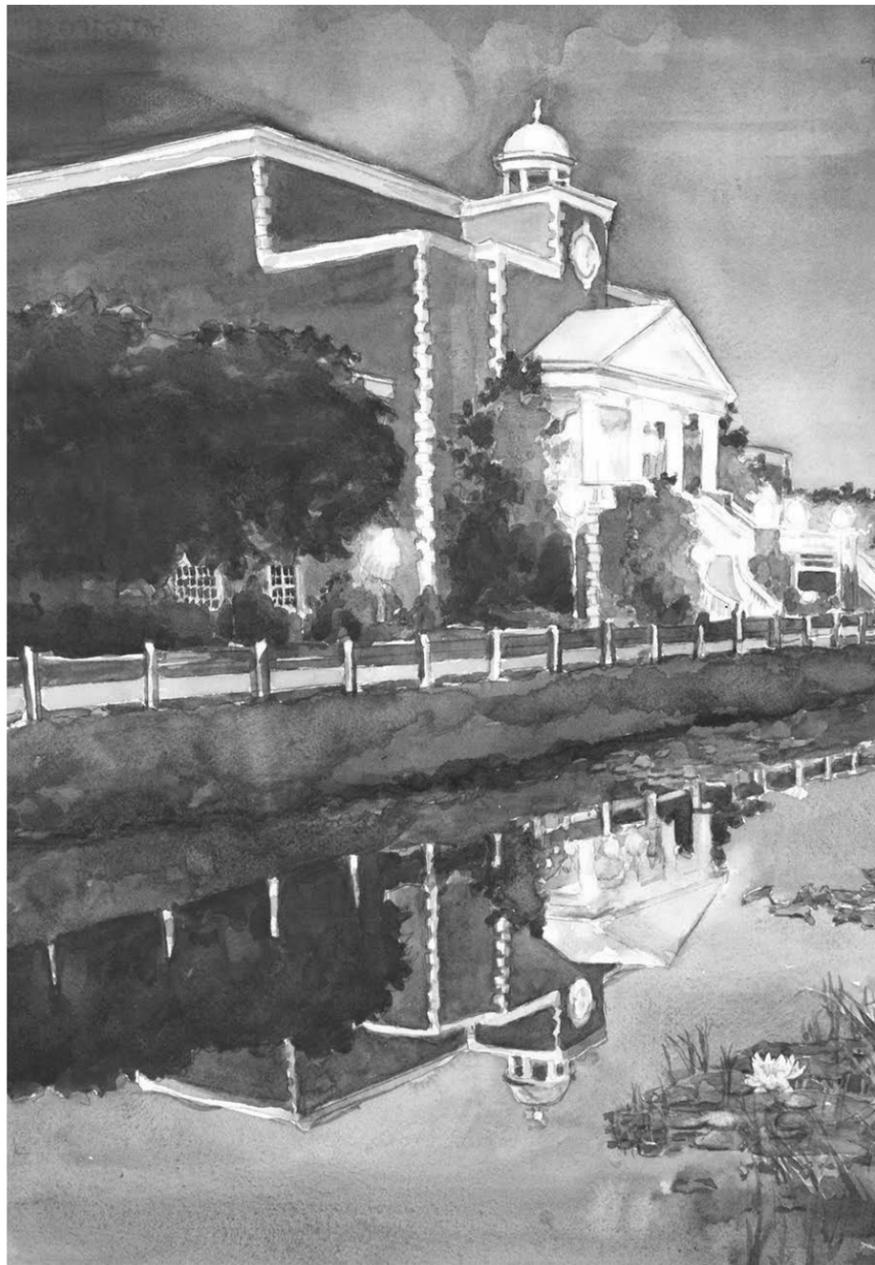
"One morning when I was coming to work I noticed how beautiful the Fine Arts building looked reflected in the drainage canal. I loved the warm glow of the lights and how the sky is brighter in the reflection than it is in the actual sky. I also loved the water lilies and how a water lily is the symbol of knowledge and wisdom, which related really well to my appreciation of what we do in the Fine Arts building," Mrs. Foltz said of her inspiration for the painting. She has had other school-related ideas for art but has not had a chance to work on them yet.

Mrs. Foltz, also the sponsor to the AHS chapter of the National Art Honor Society, will receive a gift certificate from Sargent Art Products to buy art supplies as part of her award. Two years ago she won the Martha's Vineyard Art Association's all-island show for "Best Watercolor," but unfortunately she only enters a few shows every year and does not get the opportunity to paint as much as she would like.

Although Mrs. Foltz may not get to actively create art as much as she would like, her life still revolves around art. "What I love about drawing and painting is

that you can invent a world that is wholly yours, something that no one has ever seen before and that they can spend hours engaged with and exploring your creation. I love art that makes you think and makes you wonder 'how did they do that?'" she said.

Mrs. Foltz offers some insightful advice to aspiring artists: "Your life can be your art if you think critically, if you stretch yourself beyond your current limits and engage yourself with a good problem and persist until you have resolved it. If you reflect on what you have learned, develop your craft and apply what you have learned to your next challenge you are an artist. While I work with images, I think this way of being applies to all of the creative disciplines. I love art because no matter how long you have studied or what you know already there is still so much more to learn. When you learn to draw you have to observe the world in a very different way and



SYMBOL OF KNOWLEDGE: Mrs. Susan Foltz, art teacher and sponsor to the AHS chapter of the National Art Honor Society, painted the Fine Arts building with the drainage canal in front of it to include the symbolic water lilies. (Photo/Susan Foltz)

question your first perception of everything you see. So, my advice to aspiring artists is 'keep your mind open' and develop your craft."

If you are involved in the visual arts at Heritage, take advantage of the fact that you can ask an award-winning artist for advice on your work.

Chick-fil-A Leader Academy kicks off 'Do Good December' activities

Members of the AHS chapter of the Chick-fil-A Leader Academy are planning service projects and activities within their communities for the national December event.

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Members of the Chick-fil-A Leadership Academy attended their first event, "Visions and Values," Oct. 10.

While enjoying complimentary Chick-fil-A meals, the students discussed potential service projects and participated in activities aimed at developing leadership skills.

After playing a game in which a blindfolded student was led around by peers, the members watched videos about personal values and their role in cultivating vision.

Students reviewed progress on a previous project to present Chick-fil-A gift cards to individuals in their community they appreciate.

Every year, the club plans a community service project as part of "Do Good December."



LEADERS IN THEIR COMMUNITIES: Club advisor Mrs. Ludy Joseph discusses potential service projects with members of the AHS chapter of the Chick-fil-A Leader Academy at their meeting Oct. 10. The club will participate in "Do Good December" as part of the national leadership organization. (Photo/Zihan Kabir)

The students discussed various organizations to volunteer for before deciding on a foster home.

"I feel like it's going to give me more service opportunities

and more fulfillment. I'm excited because I love volunteering. I would like to meet some of the [foster] kids and give them a day that they can remember," freshman Jonah Warhaft said.

News Brief

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Girl Up

Last school year, Girl Up, a club about women's empowerment, was canceled. Administration has allowed the club to re-form after an evaluation. Although a meeting day has not been set yet, interested students may contact Mrs. Ashley Hendricks for more information.

ICC buttons

The ICC is introducing its new button maker. For \$5, any Heritage club may use the machine to make 25 buttons. Buttons can be used for fundraisers, raising awareness or other club needs. Contact Mrs. Krauss for more information.

NHD chocolate bar sales

To fundraise for travel expenses to the state and national National History Day competitions, Mrs. Leslie Porges is selling See's Candies. Different varieties of candy bars, including milk chocolate, milk chocolate with toffee and dark chocolate with almonds are available in 8212, Mrs. Porges's room, for \$2.50 each.

Chorus Halloween grams

Chorus members sell Halloween candy grams until Tuesday, Oct. 25. The recipient will receive a bag of candy and a handwritten message Monday, Oct. 31 if a gram has been purchased for them. All proceeds will benefit the chorus.

NAHS fundraisers

The National Art Honor Society hosted two fundraisers in October. Students sold bracelets for the Girls and Boys Club Thursday, Oct. 13 and made cards for veterans Thursday, Oct. 20.

Model UN

The Model UN mock conference was moved to Nov. 19 due to Hurricane Matthew. The original conference was set for Saturday, Oct. 8.

In addition, Heritage delegates will be attending the Vanderbilt Conference (VUMUN) Nov. 4-6, immediately followed by the William and Mary Conference (WMHSMUN) Nov. 11-13 (immediately followed by the mock conference). "We're all extremely stressed by these back-to-back-to-back events," said senior Amanda Wasserman, president of AHSMUN.

STNHS Supply Drive

The Student Television Network Honor Society collected donations, such as nonperishable foods and school supplies, to donate to the needy in Haiti.



EDITORIALS & OPINIONS

What scares students more than books?

Staff Editorial

The first time I walked into the library on campus, I felt excited. On my campus tour, the vast array of computers, work spaces and books left me in awe.

To do my homework in such a pristine facility would be a privilege.

On the first day of my freshman year, I entered the fancy automatic doors, and I expected a warm welcome.

However, I was met with hawkish stares followed by a curt "Where is your ID?" and a "Tuck in your shirt" (for the small flap of shirt that escaped my pants). From this moment on, I felt wary to return to the library.

I am not the only student who has had these encounters; some students feel targeted while studying in the library. Minor violations that could easily be resolved with a calm

word or mentioning are instead resolved with harsh scolding.

Checking your phone to see if your parents have called to let you know they've arrived often leads to being accused of texting friends or playing games.

Accidentally leaving a closed water bottle on the desk warrants a stern reprimand when a simple reminder would suffice.

Printing becomes an intimidating ordeal when a staff member must inspect every page of a document before allowing students to print their work.

To many students it seems like the library staff members are waiting for students to slip up so they can swoop in and reprimand those they see as rulebreakers.

Students should try to take responsibility by quickly checking themselves before they walk in the library.

Ask yourself: "Am I in dress code?" "Have I texted everyone I needed to already?" "Am I

actually going to work?" These simple checks can save you time and trouble since students do not feel the librarian's wrath if they follow the rules.

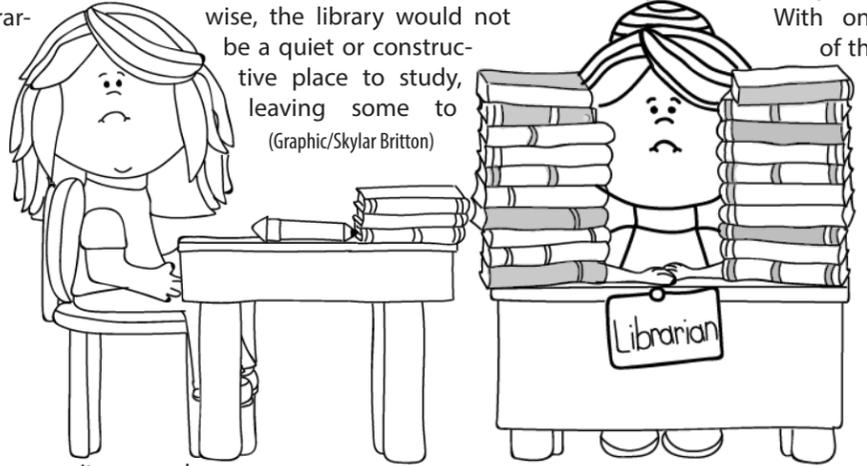
Some students may not be aware of a few of the rules which include the ability to use headphones to listen to music as long as the volume is not too loud for others to hear. While it is OK to quickly text a parent regarding pickup time, phone calls have to be taken outside of the library.

Finally, while water is allowed in most places on campus, the library is not one of them due to the sensitivity of the expensive computers all around. Of course, rules are created for a reason, and uniform guidelines and

library policies are important. Obviously, students cannot do whatever they please; otherwise, the library would not

be a quiet or constructive place to study, leaving some to

(Graphic/Skylar Britton)



choose the noisy quad to try to study instead.

This is a shame considering the many resources the library has to offer. With so many computers available, different areas to finish homework, and a senior corner that seniors should see as a perk, the

library has the potential to be a productive place with a positive atmosphere.

With one of the

best libraries a high school can offer, students should feel comfortable going to the library to read or do homework and taking advantage of the benefits of the library and not avoid it because they feel Big Brother is watching, waiting for the slightest mistake to get children in trouble.

Pay attention in your foreign language classes

Amber Bhutta | Business Manager
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While the prospect of conjugating verbs and memorizing vocabulary words may seem daunting and a major turnoff, foreign language classes hold a lot more value than we realize.

The mandatory minimum of two years in classes of Spanish, Chinese or French exist for more than meeting college requirements. A common stereotype of American tourists traveling abroad is their struggle to overcome the language barrier, expecting locals to accommodate them with some kind of knowl-

edge of English. While many of us struggle with mandatory two years of a foreign language, a requirement set by the state, the Pew Research Center reports that studying a second foreign language for at least one year is mandatory in over 20 European countries. In fact, most European students begin studying their first foreign language as a compulsory school subject between the ages of 6 and 9.

Because of this, Forbes magazine points out that 18 percent of Americans report speaking a language other than English, while 53 percent of Europe-

ans (and increasing numbers in other parts of the world) can converse in a second language.

This exemplifies the importance of learning a foreign language early on as a core subject. American students today have a tendency to view foreign language as an unimportant subject as compared to other subjects such as math or history.

As a result, while 53 percent of Americans speak a foreign language, the Atlantic magazine reports that less than 1 percent of American adults today can speak a foreign language that they learned in a U.S. classroom.

Although other countries forge ahead in terms of language proficiency, we waste whatever meager time we spend learning other languages in favor of just trying to pass the class.

This attitude is detrimental to both ourselves and American society as a whole. Nearly everyone is already aware of the advantageous nature of multilingualism.

However, language, as obvious as it may seem, is essential to communication. With our apparent lack of concern over multilingualism, we create a perception of American self-centeredness in that we expect everyone else

to speak English while we don't bother to learn other languages.

While this perception may not reflect our actual beliefs, we project this image to the rest of the world.

The importance of language education, especially early on in school, cannot be taken lightly. In an increasingly globalized world, proficiency in multiple languages is becoming less optional and more necessary.

While change won't be immediate, one thing everyone can do, no matter how frustrating, is pay attention in foreign language classes.

Call off the costume shame

Vanessa Ryals | Online Editor-In-Chief
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Picking out a Halloween costume was never a huge ordeal when I was younger.

My mother would walk me down the children's aisle at Party City and I would point to whichever picture I liked – usually one of a Disney princess or Ladybug – and that was it.

Thirteen years later, picking out a costume has become a bit more complicated. Although I can still go out

on Halloween night in an unfitted black dress and pair of strap-on wings and call myself a Ladybug, I would much rather be the "Sexy Ladybug" in fishnet tights.

However, this brings with it an entirely new set of problems. On Halloween, girls are often criticized for dressing too provocatively or for not dressing provocatively enough.

Regardless of what others may say or think, the opinions of others should not be taken into account when choosing a Halloween costume.

Costumes are inanimate objects.

They do not have a say in who wears them. They do not objectify the wearer. They do not discriminate between color, size or gender.

The only thing stopping you from wearing what you would like to wear is yourself (and, maybe, your parents). If you feel comfortable going out in a corset and spandex, then go out in a corset and spandex.

If you are not comfortable wearing low-cut tops and short, tight shorts, do not feel obligated to wear them.

Because most women's versions of costumes are more revealing than men's versions of the same costume (but this is a separate argument altogether), girls should not hesitate to purchase men's or children's versions of costumes.

On the same note, boys who feel more confident and comfortable in the women's version of costume should feel free to wear that version if they so choose.

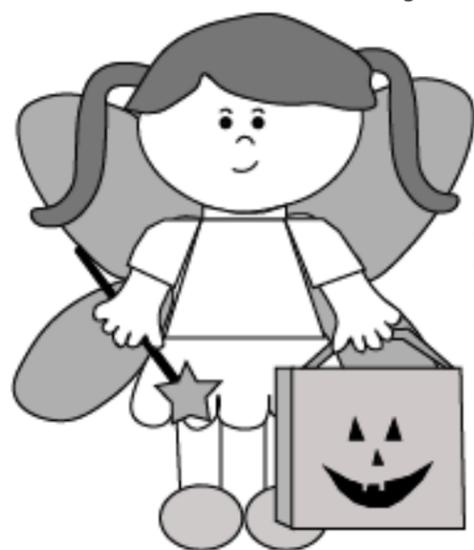
This Halloween, wear what you want (so long as your costume does not attack a group of people).

But also remember that others are entitled to wear what they want as well.

How one chooses to dress on Halloween, or any other day of the year, should not be subject to judgement.

So on Halloween, pull on those fishnets, or don't.

At the end of the night, we are all united with one common goal: to have fun on Halloween and express ourselves through our costumes.



(Graphic/Katherine Quesada)

Reform your ways of trying to help developing nations

Isabel Chamberlain | Staff Writer
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Like glorified gods, the U.S. strives to save the economies of impoverished nations through foreign aid, though we are accomplishing the very opposite.

According to the National Bureau of Economic Research, Sub-Saharan Africa's economy has decreased by approximately 11 percent since 1974.

Corporations such as the World Bank that are meant to help reconstruct destitute countries have destroyed their agriculture and corrupted their economies.

For instance, the European Union (EU) donated \$2 million to South Africa, which used the money to host a play to spread AIDS awareness.

The cast and crew were driven in a luxury bus, and fewer than one hundred people saw the play, which actually contained a lot of false information about AIDS.

We must acknowledge that what we are doing isn't working. We must reform the

way we attempt to help impoverished nations in Africa.

If we would really like to help Africa's economy, we must focus on developing schools and giving every child a complete education, whether it be through community service or through foundations such as Save the Children (savethechildren.org) and World Vision (worldvision.org).

In the long run, only Africa can save its economy. A country that depends solely on the aid of others is bound for failure.

We must instead focus on developing Africa through community service work rather than simply giving the countries money through foreign aid.

Though our intentions might be good, we have only made things worse for the African economy.

It is about time that we stop blindly sending money to impoverished nations and start making a positive impact.

The only way to seek change is to reform our old ways.



Editorials & Opinions

Spiritless seniors, step it up

Lauren Quintela | Co-Editor-in-Chief
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I vividly remember standing on the football field as a sophomore during the Powderpuff game and hearing the loud, eager chants of the senior class. A picture of unity, the seniors huddled together, radiating excitement. I remember feeling more excited than ever for my senior year—two years felt like too long of a wait.

Inevitably, senior year finally began. That's when I noticed the lack of camaraderie in my class.

When advisors emailed the various grade levels during homecoming week and invited all students to help plan, design and create a class homecoming banner, six students, a mere fraction of the senior class, showed up. (Consequently, the senior banner didn't win the banner contest.)

Similarly, according to senior class advisor Mrs. Krisynda Cicos,

only three girls showed up to the senior Powderpuff meeting intended to teach the girls valuable strategies.

Senior year is (supposed to be) a time of class unity, abounding spirit and increasing excitement. Although many seniors look forward to major senior-only events such as Grad Bash, senior carnival, senior breakfast and, of course, graduation, they seem to lack interest in some of the events organized by the advisers to foster solidarity and class spirit.

Understandably, among

college applications, after-school commitments and challenging classes, many seniors have

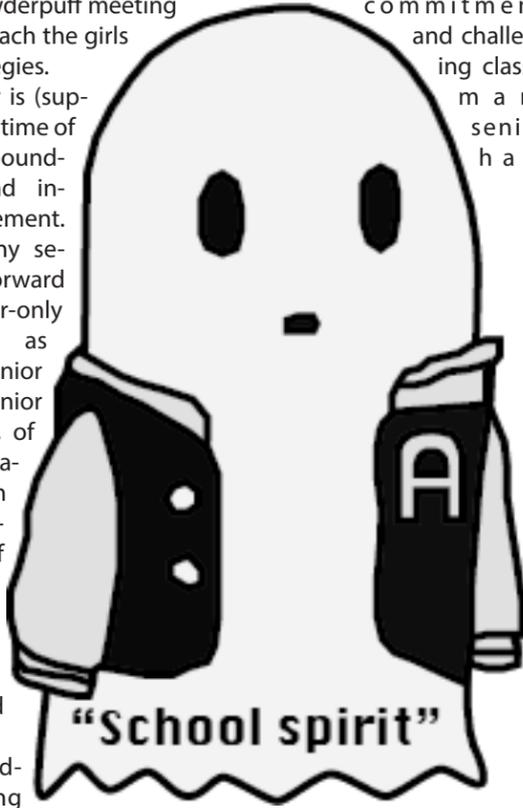
jam-packed schedules that don't allow them to participate in many other activities.

Others say the mass emails sent to the senior class contribute to the class's apathy, for rather than discussing events in class and getting excited together, seniors read their emails individually and feel less inclined to participate.

Regardless, if we can make it to these events, we should embrace every opportunity we receive to forget the stress of school and college applications. The senior advisors work to provide the class with opportunities to come together, from senior picnics to dress-up days, so whenever we can put our own interests aside, we absolutely should.

Slowly but surely, the class is taking steps in the right direction — the field was covered in red shirts at the senior pizza party during Class Shirt Day. Nonetheless, we must remember that in less than a year, the people we've grown familiar with and the friends we see every day will be scattered throughout the country in colleges across the continent.

No matter how eager we are to move on to the next phase of our lives, in the months leading up to May, we should step outside of our comfort zone, talk to people we've never talked to before, attend events we'll never be able to attend again and, most importantly, enjoy being part of something larger than ourselves.



(Graphic/Andrew Kolondra Jr.)

Girls, we have got a problem

Administration should invest in the installation of personal hygiene machines in the girls' restrooms.

Isabel Chamberlain | Staff Writer
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Imagine you're a girl walking to class. Your stomach aches and your head hurts, so you take a break and go to the bathroom. Alas, you've been plagued with your period. You don't have any pads or tampons on you, and there are none to borrow. Unfortunately, the school bathrooms lack necessary feminine hygiene products. Administration needs to increase the availability of sanitary products in the school.

Though a supply is available in the Upper School Office and Clinic, walking across the school can be both time consuming and embarrassing.

While we are lucky to have relatively clean bathrooms in every building, the school bathrooms lack necessary feminine hygiene products. Administration needs to take the next step and add sanitary supply dispenser machines in the girls bathrooms. These supplies are just as necessary as toilet paper.

A bill was passed in New York City June 21, 2016, giving high schools, prisons and homeless shelters access to free pads across the city. Schools in India have also begun selling inexpensive maxi pads in

an attempt to keep girls in school after learning that approximately 1.9 million students skip school because of the lack of pads or embarrassment. A Ph.D student from Delhi, Devika Mittal, said "Once you have the [feminine hygiene] machines, you start recognizing menstruation as normal," according to CityLab, a branch of "The Atlantic" magazine.

The school bathrooms used to have feminine hygiene product dispensers but unfortunately,

students vandalized the machines and used the products to clog toilets. However, with the recent installation of the school's cameras, it will be easier for administration to track culprits and give the girls what they need.

It is time that our school once again provides these necessary products. The price of these dispenser machines ranges from \$100 to \$400.

This small investment is a simple solution that would benefit the female school population greatly for years to come.



(Graphic/Andrew Kolondra Jr.)

Parents can be your own personal psychologists

You may get frustrated with all the questions your parents ask, but they only want to help you work through your problems.

Skylar Britton | Opinion Editor
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To some, it might be difficult to imagine their parents as angry teenagers rolling their eyes and releasing melodramatic sighs with every nagging word of their parents. Others know how their parents were when they were kids — whether they loved headbanging to Led Zepelin's "Houses of the Holy" or spending nights indoors studying the night away.

No matter what kind of person your parents were, they probably went through what you are struggling to go through now. Parents have boundless words of wisdom, and I am not afraid to say my mother is my own personal therapist.

Often I lay on my couch in the living room and stare up at the ceiling while my mother says, "Tell me about it," and "How does this make you feel?"

Some people may be astonished by this idea.

You are a teenager and teenagers are supposed to have secrets, right? However, venting to your mom or dad can create a new perspective on any issue you are having trouble with. Advice from friends is valuable, but advice from parents may be the most trustworthy advice you can receive. Although sometimes you and your parents get frustrated with each other, no one wants the best for you more than your parents do.

We are at a point in our lives where stress and school are two words that are always on our minds. Worry is an inescapable feeling, no matter how badly we try to force it out

of our minds. Sometimes a mother's condolences and a father's terrible dad jokes improve lousy situations.

Asking your parents for advice is vital. Your parents often know what is best for you, even if they nag and bother you.

You do not have to tell your parents your deepest, darkest secrets immediately.

Start off slow by telling them how you feel a certain day and you can work your way up to confiding in them.

If you blatantly tell your parents a huge secret out of the blue, they might get a little freaked out, too.

Start off slow, and work your way up to the therapeutic and healthy relationship you can have with your parents.



(Graphic/Andrew Kolondra Jr.)



Editorials & Opinions

Class rank: reveal or conceal?

PRO

Elysa Goldberg | Centerspread Editor
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Publishing class rank is often a debated subject in many high schools across the nation. While some believe class ranking increases competition among students, by not reporting class rank, schools force students into an unfair guessing game.

Rather than guessing and hoping that we are in the top percentage of our class, we should be given our class rank to reduce the cutthroat competitiveness of the student body.

Class rank is not designed to cause competition but to serve as an incentive for students to excel in their classes. A satisfactory class rank serves as a reward for doing well in school.

A student who is not happy with his or her class rank can be motivated into paying more attention in class, doing the homework and studying.

In a school where many students may already know where they fall in their class, class rank can open the doors to discussions about the importance of grades.

Failing a test may bring your grade down in that class which, in the long run,

affects both your grade point average and class ranking. Therefore, students may be more inclined to do well in their classes if their grade point average and class rank is in jeopardy.

Many colleges like to see students' class rank to help make decisions concerning the admissions process.

According to CollegeBoard, "Most large state universities... rely on [class rank] to help sort through the high volume of applications received."

Class ranking does not need to be shared with the whole student body or even submitted to colleges (if not required).

However, if students want a way to compare themselves with the rest of the class, they should have the right to do so.

Amanda Wasserman | Co-Assistant Editor
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At a school where competitive culture reigns supreme, the last thing we need is class rank.

It is worth noting that the difference between those ranked in the top 10 percent and top 20 percent is often no more than a tenth of a point, or the difference between taking one AP class instead of an honors class.

Class rank produces an unhealthy level of competition that leads students to take an extra AP class instead of an elective simply to boost GPA.

While it is important to take challenging courses and achieve the best grades possible, students should not feel pressured to

drop Ceramics I for AP Calculus for the sake of class rank.

Lee Coffin, Dean of Undergraduate Admissions at Tufts University in Boston, stated that fewer high schools rank students, depriving universities of a uniform method to assess applicants in the context of their own schools.

Coffin notes, however, that admissions officers must spend more time reading the applications of those who are not ranked and reviewing qualitative pieces of information that help to reveal information about a student's performance.

The absence of class rank may lead admissions officers to more seriously consider data such as stellar test scores or extraordinary extracurricular performance.

Class rank, in theory, is a secretive system where students only know their own ranking. Most students, however, know what their neighbor got on the Spanish test or history presentation.

What basis do we have for assuming class rank would be any different? Students do not need the added barrage of questions from peers concerning class rank.



Don't ice out Edward Snowden

Alec Chao | Staff Writer
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Martin Luther King, Jr. was incarcerated in Birmingham city jail in the midst of the April 1963 Birmingham, Ala. civil rights campaign. From jail, King wrote his famous "Letter from Birmingham Jail," in which he justifies his legal subversion, stating the basis of a law's validity rests on its morality.

Morally unsound laws are meant to be broken, as according to King, an unjust law is "a code that is out of harmony with moral law." As the world becomes more technologically interconnected, the need for surveillance to prevent nefarious use of technology is apparent.

With such power comes the possibility for moral corruption, an issue Edward Snowden attempted to confront. Following his revelation of immoral government surveillance tactics, Snowden was persecuted and forced to flee the United States. The question remains: Does morality justify Snowden's actions?

Snowden is a former CIA and NSA contractor best known for his disclosure of information regarding state-sponsored surveillance programs. The documents Snowden provided to journalists in May 2013 described the U.S. government's efforts to monitor the telecommunications activity of American citizens and

foreign nationals, a practice that has been called unconstitutional and has ignited global debates regarding information privacy.

As he languishes in exile overseas, the debate over Snowden's actions continues. Undoubtedly his deeds are highly polarizing. Some, such as former Florida senator Bill Nelson, have labeled Snowden a traitor, while others proclaim him to be a patriot and a hero. Snowden—sometimes called 'Citizenfour' in reference to the 2014 documentary of the same name—undoubtedly committed a criminal act. However, do legal constructs supercede morality?

While a criminal in the eyes of the U.S. government, Snowden did indeed expose immoral and unconstitutional practices for the benefit of society. We are in

debt to him for his disclosure; without his exposure of the NSA's practices, the public may never have known the magnitude of government surveillance. He should receive some semblance of punishment, though no more than a decade in prison should he return to the United States. Any greater sentence, such as execution or lifelong incarceration, would foster distrust of the government due to its active opposition to dissidence.

It has become part of the social condition to follow authority regardless of the cost. Edward Snowden demonstrated the implications of marching in the opposite direction. His punishment's expected magnitude is unjust, and does not deserve eternal condemnation for exposing truths to the public.



HIDING IN HONG KONG: Edward Snowden (left) meets with Glenn Greenwald, an investigative journalist from "The Guardian" during a May 2013 meeting in Hong Kong. Snowden traveled to Hong Kong to meet with Greenwald and journalist Laura Poitras and provide them access to nearly 9,000 documents detailing NSA surveillance practices. (Photo/Laura Poitras)

Seniors don't need science fair

Zihan Kabir | News Editor
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Senior year is notoriously stressful. Besides keeping up with classes, seniors must worry about submitting college applications, a process that will define the next few years of their lives. For this reason, seniors have traditionally been exempt from the English department's speech competition. However, their first semester is still unnecessarily busy because of another demanding long-term project: science fair.

In honors science classes, seniors must submit a project, which requires dozens of hours of work outside the classroom. The commitment required for science fair distracts from college applications, which realistically should be seniors' main focus outside of school. The little free time they have should not be dedicated toward a science project. By senior year, the benefits of science fair dwindle especially for students who have participated in science fair their past high school years. Many seniors already know what wish to study in college they and are mature

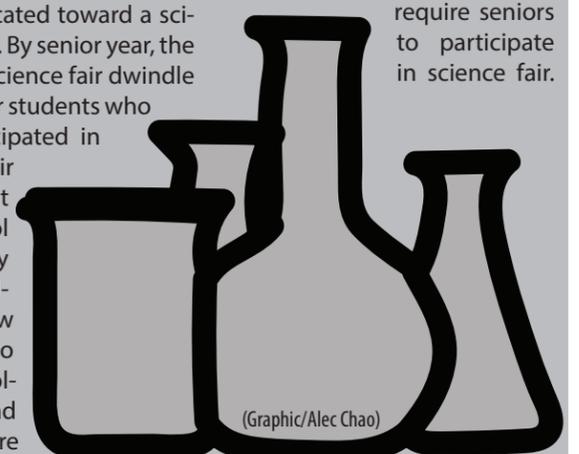
enough to determine whether or not science fair is worth the time commitment, especially since they have already had three years of practice with research and experimentation.

Although some seniors take pride in their science fair projects and enter competitions, others do not put in much effort and only submit something out of necessity.

Those who are interested should always have the opportunity, but it does not make sense for all seniors to participate.

Senior year is a time to focus on college applications, not projects that students have done many times before and will not significantly affect their futures.

The Science department should follow the lead of the English department and not require seniors to participate in science fair.





Editorials & Opinions



PIGGYBACKS AT THE PICNIC: Seniors enjoy a rare stressless afternoon at the Senior Picnic. With college applications due in a few months, many seniors are happy to have an easy and fun day. "On a scale of one to done, how ready am I for second semester? The scale broke eons ago," senior Robyn Ratzan said. (Photo/Lauren Hutton)

Senior year signals stress

Conner McLeod | Co-Sports Editor
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Senioritis: A contagious disease with symptoms including lack of energy, extreme apathy and loss of brain power

After a year of rigorous workload and pressure to succeed academically, incoming seniors may feel burned out. These seniors may have the impression that senior year is "easy" or a joke. But once the year starts, they soon realize that the stress is neverending.

Obviously, seniors have to write numerous essays to apply for college, which nearly everyone understands to be a tedious process.

However, because of this extra task, some students expect

senior year teachers to be lenient with the amount of work they give. These students would be terribly wrong.

Senior year teachers do not assign less work just because students are applying to colleges. Why should they? At the end of the day, these teachers have to do their jobs and teach the material properly. Incoming seniors need to be aware of the amount of work they will now be expected to do.

For early admission applications, many colleges only see the courses seniors are taking, not their first-semester grades, when making admission decisions.

As a result, students choose a lot of high-level courses to impress their colleges but

believe their grades will not matter. While five AP classes might look good on a transcript, students need to maintain their grades. These grades will matter for mid-year reports which colleges ask for during regular decision admissions.

Awareness of the stress of senior year is important to have so juniors don't come into their last high school year with an "I don't care" mentality.

If they do, like many others, the workload will hit them like a tidal wave.

As a warning to the Class of 2018, beware of how difficult senior year is and don't be your worst enemy by overloading your schedule to look good for college. Senior year classes are legitimate.

Overriding is our right

While some pre-requisite classes have merit, others leave students upset when they're locked out of classes they feel qualified to take in their junior and senior year.

Andrew Kolondra Jr. | Co-Assistant Editor
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The AHS Course Selection Sheet clearly states: "You may not override into a course for which you have not met the prerequisites."

You are outraged. You planned out your four years of high school science classes before freshman year, with a gradual increase in class difficulty to show colleges that you like to challenge yourself.

However, it's now senior year, and your guidance counselor informs you that you are not allowed to take Honors Marine Biology because you opted for CP Biology instead of Honors three years ago as a freshman.

Contrary to what you might be thinking if you were in this hypothetical situation, most class prerequisites (and corequisites) do exist for a reason.

For example, Intro to Visual Concepts provides necessary background in the arts that anyone interested in visual arts classes should know, and it only makes sense to take English II before English III or IV. Because Physics H uses Precalculus H concepts, this corequisite is logical as well.

Teachers develop entire curriculums designed specifically to prepare the students taking their class for the classes

to follow. Why would you want to override that prerequisite or corequisite class and skip the material you need to know?

Of course, there are always exceptions. Some prerequisite classes do not entirely consist of preparation for the classes to follow; thus, you may think it acceptable in those cases to override the class. Unfortunately, you cannot do so.

Maybe you actually are in the situation described above, and maybe Marine Biology is your absolute favorite thing to study and what you want to major in when you go to college.

Or, maybe you have taken courses outside of school and already know the necessary material to take Marine Bio.

In either case, you should not be prevented from taking the class of your dreams just because you didn't want to take Honors Biology three years ago.

You would want an override and should be able to obtain one. Administration should make the option to override prerequisite classes available to students.

What are your thoughts about overriding?

Let your voice be heard by voting either for or against overriding pre-requisites in this week's ipatriotpost.com poll.

Get pumped for this year's first blood drive

Kevin Pollack | Co-Sports Editor
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Eight times a year, the National Honor Society sponsors a blood drive through OneBlood, so the sight of a Big Red Bus in front of the gym is familiar. However, the sight of seeing someone walk out of a bus with a bandage on his or arm isn't that common.

Unfortunately, participation in the blood drives this year is lower than usual. Although they could literally save three lives and get three community service hours, few students take part.

This disinterested attitude toward the blood drives should change. Many people view giving blood as an undesirable chore, but to give blood is a selfless act of charity. Every two seconds, a person needs a blood

transfusion just to stay alive. People on the receiving end of donations are desperate. It is our duty to save lives where we can, and none of us know when we may be the one in need.

Though missing class may seem like a reward to some students, others are not entirely thrilled with the idea. However, you can make up chemistry homework or get the math notes from a friend.

Giving blood isn't an everyday opportunity, and if you don't have a legitimate reason not to, then you should. Every day, more than 36,000 units of blood are needed for transfusions in the United States alone. The next time someone comes into your class to talk about the blood drive, don't just sit in silence. Raise your hand and donate.



THREE HOURS FOR THREE LIVES: The OneBlood truck pulls up next to school five times a year. Students that donate blood receive three community service hours because they are literally saving three lives. (Photo/Vanessa Ryals)

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This publication informs students about events, influences readers through editorials, and entertains through features and reviews, all achieved through responsible reporting. Opinion articles reflect the views of the staff and do not necessarily reflect the opinions of the administration, faculty, or student body. We strongly encourage letters to the editor from students, parents, or faculty in response to these articles.



FEATURES

Summer research students tackle world problems *A rigorous, two-month program over the summer, Heritage Science Research Institute allows students to pursue higher level science fair projects and eventually compete with them.*

Amber Bhutta | Business Manager
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Hemangi Rajpal

Sophomore Hemangi Rajpal has participated in science research since she was in sixth grade, and she was selected to in the Heritage Science Research Institute as a freshman. Rajpal originally started the program because her parents wanted her to, but that soon changed. "As I actually started research, it became less like schoolwork and more of something I really enjoyed doing," she said. Rajpal now works on an independent project at the University of Miami that aims to restore vision in patients after traumatic accidents. "I've always been interested in neuroscience, and because of the experience I gained from the summer research, the university was willing to let me work with them," Rajpal said.



(Photo/Hemangi Rajpal)

Nithya Kasarla

Science research has been a part of junior Nithya Kasarla's life since sixth grade, and because of her experience, she was chosen to participate in the first year of the Summer Research Institute during her freshman year. Her project involved using a technology called CRISPR to delete allergen genes and create hypoallergenic plants. Kasarla has pursued this endeavor for nearly two years, winning first place at the state science fair. Now, she has decided to research a different topic. "After considering the situation of many farmers in India and other developing countries that live next to a factory that has heavy metal pollution, I decided that I needed to come up with methods to clean the contaminated soil and protect the uneducated farmers against poisoning," Kasarla said. "I hope to do just as well and compete with this topic."



(Photo/Zara Joykuty)

Stefan Abi-Karam

For junior Stefan Abi-Karam, partaking in the Summer Research Institute this past summer was a rewarding experience. "I enjoyed [taking] the fall research class earlier that year, so I was excited, but I also didn't really know what to expect," he said. "To get the most out of it, you need interest and motivation." Abi-Karam's project involved designing a new system for landmine detection using distributed sensing. "I knew I wanted to do an engineering project because that's what I was passionate about, and after reading a lot of journals and papers, I decided to see whether landmine detection could be incorporated into GPS and GSM technology," Abi-Karam said. "I definitely think, if given the chance, people should participate in the Summer Research Institute."



(Photo/American Heritage)

Emily Pallack

Sophomore Emily Pallack was first exposed to the Summer Research Institute last year, when she made the decision to partake in the program. "I've always loved science and exploring more scientific topics than what's in textbooks," Pallack said. Her project involves examining a certain gene in model organisms to figure out if the activated gene causes pesticide resistance. "The program exposed me to lots of experts in the field... one of them even helped me narrow down my topic," Pallack said. As a part of the program, she attended several field trips to labs in Miami. "Science research really prepared me and taught me the steps to take to answer scientific questions, and now I think of science fair as more than just a competition."



(Photo/American Heritage)

Conspiracies that will make your head spin

Skylar Britton | Opinion Editor
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Is this article Illuminati confirmed? Yes.

Beyoncé and the Illuminati, Bush and 9/11, JFK and many more conspiracy theories have spread throughout the world. Whether you believe in conspiracy theories or not, the evidence and claims supporting such theories are all over the internet and some may actually have merit.

The following conspiracies are contributed by <http://www.telegraph.co.uk/>.

Conspiracy No. 1.

Paul McCartney is dead and was replaced by an impersonator. Many people believe McCartney died in a car crash in 1966 and was replaced by an impersonator right before the release of "Sgt. Pepper's Lonely Hearts Club Band."

In the outro of "Strawberry Fields Forever," some people believe John Lennon whispers quietly "I buried Paul," while others believe the mumbled words say either "cranberry sauce" or "I am bored."

Conspiracy No. 2.

We never landed on the moon. This conspiracy is one of the more popular theories with a wide range of ideas as to why the government falsified the

landing on the moon. One of the more well-known "proofs" is the movement of the flag. Critics claim that the American flag waves on the moon almost like there is a breeze, which they concluded could not happen on the moon. Whether or not this theory is true, Neil A. spelled backwards is Alien. Coincidence?

Conspiracy No. 3.

The assassination of John F. Kennedy. The 35th President of the United States was shot Friday, Nov. 22, 1963, in Dallas, Texas at 12:30 p.m.. The United States Committee on Assassinations concluded that Lee Harvey Oswald was the sole murderer in the Kennedy assassination. Doubts have surfaced since then that there was only one killer.

Also, footage surfaced showing Kennedy was hit four times, not three. In 1979, the House Select Committee on Assassinations (HSCA) found the original FBI investigation and the Warren Commission Report to be completely wrong. The HSCA also stated there were at least four shots fired and that it was possible that a conspiracy existed.

Conspiracy No. 4.

We are ruled by Lizard People, or "Reptilians." This conspiracy may possibly be one of the most believed in theories

as well. David Icke, a staunch conspiracy theorist who gives keynote speeches on his far-out ideas, developed this idea and claims George Bush, the Queen of England, Lady Gaga, President Barack Obama and more are lizard people planning to end mankind.

There are ways to spot lizard people, since they all have hazel eyes, low blood pressure, a deep compassion for the fate of mankind, a capability of disrupting electrical appliances and a love of science.

People have connected Obama to almost all signs of locating reptilians, and base their evidence off of a video of Obama swatting a fly and successfully killing it.

Conspiracy No. 5

The Earth is hollow. Some people believe the Earth is composed solely of the crust, and the way to get inside the hollow interior is by accessing two portals in the North and South Poles.

People who live within this empty center include the lost Viking colony in Greenland and people who practice Nazism.

Although these conspiracy theories sound completely ridiculous, there are many people who believe in them.

The internet contains an incredible amount of "evidence" supporting these claims that may erase your skepticism and make you believe Dungeons & Dragons is a cult and The 27 Club exists.

Senior jersey spotlight



(Photo/Lauren Quintela)

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What began as a phrase humorously exchanged among friends ended up on the back of his senior jersey, earning him confused glances from some and laughs from many others. Senior Luca Alves's senior jersey reads "T KIERO BB♥," a play on a Spanish phrase that translates to "I love you, baby."

According to Alves, he didn't come up with the phrase himself.

"Originally, my best friend Gustavo and his friends in Argentina used the phrase in a playful manner through texting. When Gustavo and I became friends, he introduced me to the phrase," Alves said.

Eventually, Alves began using the phrase with his other close friends, even though they didn't understand its significance because he loved its meaning and unusual spelling.

"I wanted to put the phrase on my senior jersey to make Gustavo and my other friends laugh. Regarding the goofy spelling... it's spelled that way because of shortening or simplifying of words when texting, but I'm pretty sure the silly spelling adds a significant amount of playfulness to the phrase," he said.

Alves said while he has received many confused reactions from people who don't speak Spanish, he has also received "positive, laughing reactions" from people who understand the significance of his jersey.

Alves's friends reacted to his choice of jersey name just as he had hoped: "All my friends who know the phrase laughed just as I thought they would," he said.



Features

WTWU: Ms. Melissa Santiago

Have you ever wondered what your teachers were like in high school? In our monthly teacher profile, we take a trip back to the past and explore what teachers were like 'When They Were Us' (WTWU).

Amanda Wasserman | Co-Assistant Editor
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To describe Ms. Melissa Santiago in just a few words is challenging, but if one phrase were to encapsulate who she is, it would be how she describes herself: "Nothing if not determined."

Ms. Santiago, whose grandparents are from Puerto Rico, attributes her tenacity to her diverse linguistic and geographic background. Although she grew up in the Bronx, N.Y., she moved to Miami as a teenager and distinctly remembers the anger she felt toward her parents when they uprooted her life.

"I remember hyperventilating the day that they told me — it was like a teenage drama moment. I thought my parents were ruining my life, but it ended up being integral to my upbringing," she said.

She attended American Senior High and ended up meeting numerous close friends with whom she still remains in contact.

"When I think of high school, I think of a lot of good memories,

but I also had to deal with a lot of struggles as I tried to find my own way," she said.

When she was 16, Ms. Santiago's mother passed away. Her family, who thought her mother had been having panic attacks, was unaware that her symptoms were indicative of a congenital heart defect that would unexpectedly take her life.

This hardship, however, did not prevent Ms. Santiago from furthering her academic career. She discovered her passion for feminism and literature, two distinct disciplines that she is in the process of combining into a PhD.

Ms. Santiago attributes her interest in these disciplines, in large part, to growing up as a minority and a female and watching her mother struggle as a traditional woman in an increasingly non-traditional world.

"As both the breadwinner and the homemaker, she was trying to navigate the idea of being the woman who can do anything, should want to do everything, and can be a 'Supermom.'"

I found myself falling into the same patterns, really, and questioning why that was," she said.

In her Multi-ethnic Literature courses at Florida International University, Ms. Santiago began to see reflections of herself in books and understand her own emotions and tendencies through characters.

Each time she re-reads a book, Ms. Santiago interprets it through a new set of eyes, citing "The Crucible" by Arthur Miller as the perfect example of her evolving, complex interpretive lens.

"The first time I read it, I saw the husband, John Proctor, as terrible. I was single and more of a radical feminist, but as I grew and became a wife myself, I began to see Mrs. Proctor, the

wife, as cold and unforgiving. I bet the next time I read it, something different will occur to me," she said.

Ms. Santiago hopes to eventually publish a book and potentially have another child to accompany her two girls.



FLASH TO THE PAST: A younger Ms. Melissa Santiago (left) poses with her two daughters (top right). Her dog, a Miniature Schnauzer named Bella, (bottom right) is an important part of her life. (Photos/American Senior High School)

Her defining characteristics, persistence and spunk, shine through in her intellectual vitality and strong knowledge of who she is and who she hopes to be.



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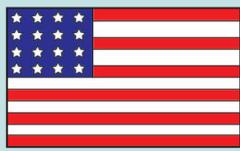
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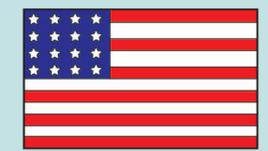


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The road to the White House



Most students tend to base their political opinions on issues with relatively polarizing schools of thought, such as LGBTQ* rights, abortion laws and climate change, but it's important to understand the more nuanced economic policies of the two presidential candidates. Although Medicare, Wall Street reform and taxation do not yet affect students, each of us should be as informed as possible when voting in an election this contentious.

Hands up for Hillary

Amanda Wasserman | Co-Assistant Editor
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Invest in Jobs

Trump's stance on employment, albeit vague, sharply contrasts with Clinton's "100 Days Jobs Plan," which promises to create 10.4 million jobs during her first term. Some key components of her plan include:

- Strengthening trade agreements but negotiating and revising these deals to ensure that U.S. job security remains intact
- Investing in manufacturing industries, infrastructure and sustainable energy
- Pushing to create a federal minimum wage of \$12 and allowing states with higher living expenses to raise it to \$15

College Education Debt-Free Clinton maintains the necessity of a quality education for all citizens but cites Senator Bernie Sanders' plan to provide all Americans with a free college education as unrealistic. Her more conciliatory plan stresses the following ideas:

- Giving every student whose family has an income of under \$85,000 a year the opportunity to graduate from a four-year public university free of debt through grants provided to states
- Lowering the interest rate on student loans to prevent the government from profiting when students borrow money to pay for a private university or room/board expenses
- Increasing support for institutions that serve minority groups by reinstating year-round Pell Grant funding, or grants that do not need to be repaid

Taxing the Top

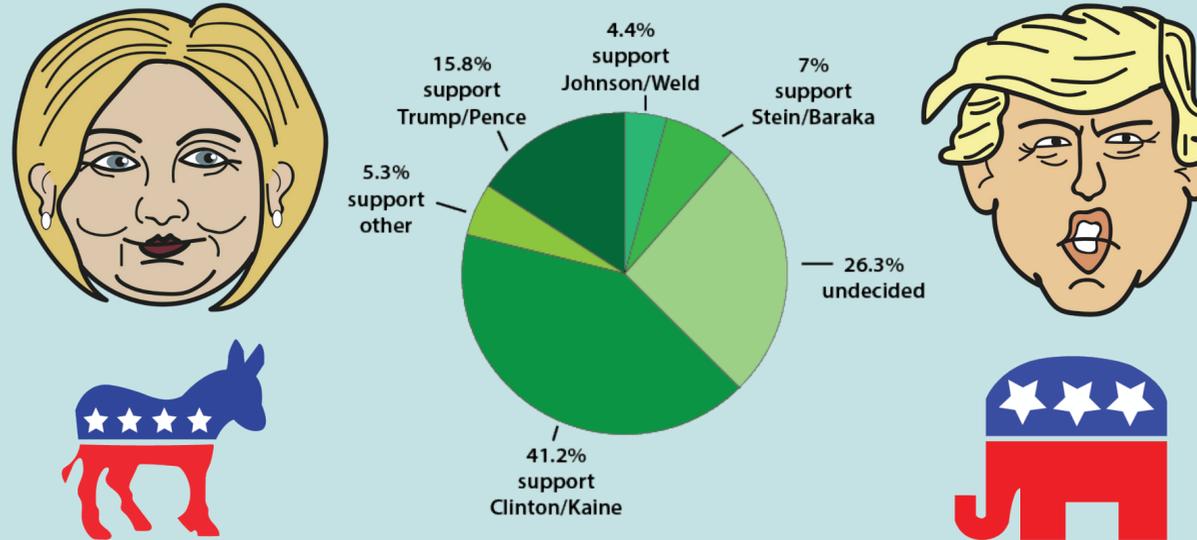
Clinton and Trump's respective taxation plans are perhaps the most significant differentiators between the two candidates. Clinton believes that by growing small businesses, increasing economic opportunity for the middle class and decreasing the power of Wall Street firms, prosperity will skyrocket. A few key points of her plan include:

- Simplifying the process of filing taxes for existing small businesses and providing start-up deductions to lower the cost of starting a business
- Closing tax loopholes that allow high-income Americans to pay a lower tax rate than low income families through imposing a "Fair Share Surcharge" on millionaires and billionaires
- Holding large firms and senior banks accountable for risky actions such as trading bets made with taxpayer money that may lead to additional financial crises

"I support Hillary Clinton for multiple reasons. She's sensitive to the social issues that are important to me, as well as level-headed and well-prepared. She's not flawless by any means, but I trust her a whole lot more with the future of my country than I do Donald Trump."
- sophomore Sarah Dickey

"I support Hillary Clinton because she's had experience in government, unlike Trump, and she was a lawyer. This makes me have trust in her ability to overcome issues of both national and global proportions."
- sophomore Sofia Godoy

We asked 444 students grades 7-12 who they support in the 2016 presidential race, below are the results.



Political parties and candidates broken down

Kevin Pollack | Co-Sports Editor
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Illegal Immigration

Trump wants to deport all illegal immigrants and build a wall along the U.S.-Mexico border. He insists that Mexico pay for the wall and not the United States.

Clinton wants to allow illegal immigrants to remain in the United States and expedite the process to become a citizen.

Gun Control

Trump believes legislation over guns is unconstitutional. He is therefore against policies making it more difficult to obtain firearms.

Clinton believes the sale of guns must be controlled in order to keep society safe, so she is in favor of background checks and limiting the sale of dangerous weapons.

Taxes

Trump wants to reduce taxes for the wealthiest Americans, believing they will have an economic incentive to expand their businesses and create jobs for middle-class citizens.

Clinton wants to increase taxes on the upper class in order to reduce the increasing gap in income between middle- and upper-class families.

Economic Policy

Trump has denounced the Trans-Pacific Partnership and the North American Free Trade Agreement, citing that other nations have taken economic advantage of the U.S. He has contradicted himself regarding minimum wage, so his policy toward it is ambiguous.

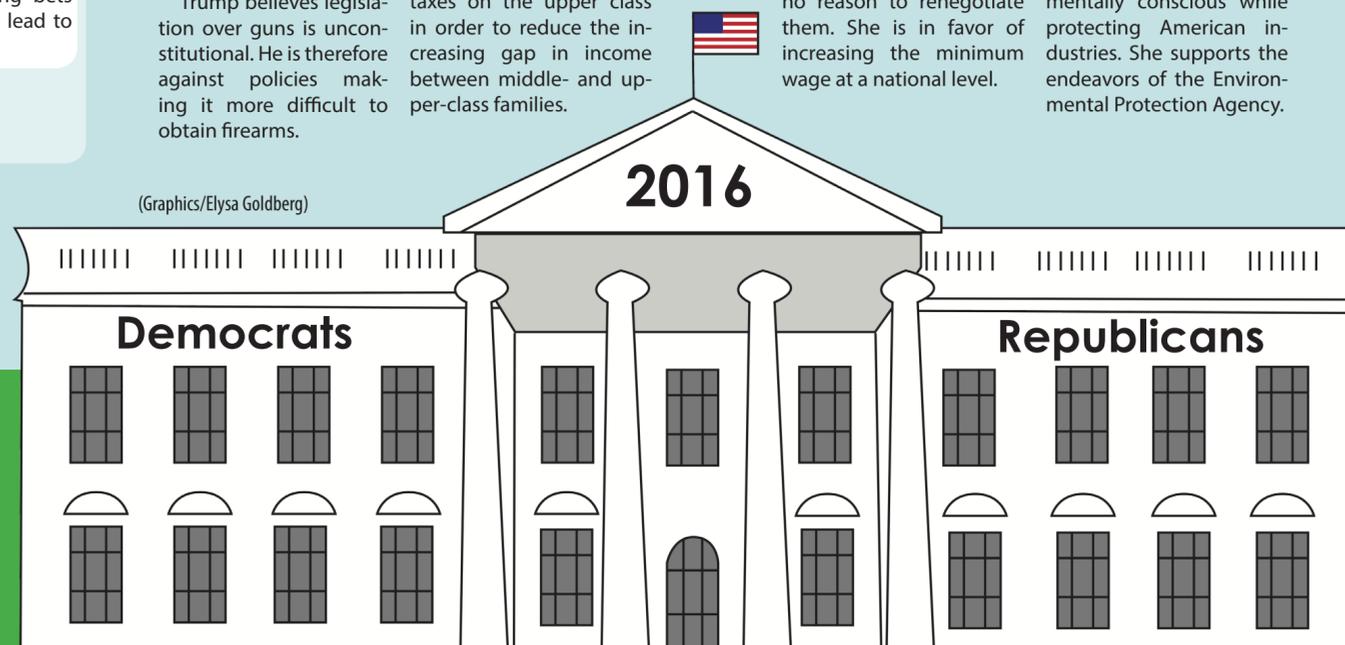
Clinton has stated that the trade agreements currently in place are satisfactory and that there is no reason to renegotiate them. She is in favor of increasing the minimum wage at a national level.

Environmental Policy

Trump has stated that global warming is a hoax created by the Chinese and does not plan to enact policies to combat rising carbon levels and temperatures. He does not support the endeavors of the Environmental Protection Agency.

Clinton has called for more environmental regulation in order to reduce carbon emissions. She wishes to remain environmentally conscious while protecting American industries. She supports the endeavors of the Environmental Protection Agency.

(Graphics/Elysa Goldberg)



Trump will make America great again

Katherine Quesada | One-Pager Editor
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Bringing Back Our Bacon

Donald Trump has traveled our country, met our hard-working people and listened to their plights. Areas such as upstate New York and eastern Michigan, which were once economically booming, now suffer as a result of factories taking their jobs out of the country, and here is how Trump will fix this issue.

- By lowering the business tax from 35 percent to 15 percent, Trump invites more companies to stay in the U.S., and simultaneously provides jobs for the American people
- Trump will promote mass investment by allowing U.S.-based manufacturers to elect full expensing of plants and equipment
- Trump plans to certify that every trade deal the U.S. makes will improve our GDP, so we can acquire his goal of 4 percent growth (higher than the growth percentage of the years following WWII)
- Every income group will receive a tax cut. This plan benefits those who need it the most as the largest reductions will be applied to those with the lowest income
- Trump's plan includes child care cost deductions for children under the age of 13, helping parents support and provide for their children. This deduction is accompanied by an income cap so the policy will benefit those in need

Reworking the Route

Some argue that the government overregulates our life, and this is how Trump plans to boost our economy back from the \$2 trillion this overregulation costs the American people.

- Trump will renegotiate NAFTA to get a better deal for American workers
- His plan includes breaking down energy barriers and making America energy independent by unleashing an energy revolution which aims to add 500,000 jobs, increase the GDP by \$100 billion annually, increase national wages by \$30 billion and increase total economic activity by \$20 trillion over the next 40 years, if started now
- Trump will reduce non-defense net spending by 1 percent of the previous year's total each year to reduce spending by \$1 trillion

For more information on the stances the candidates take on different issues, visit ontheissues.org.

"I support Trump because he lacks the political correctness Americans are used to hearing. When it comes to foreign policy he does not care about hurting people's feelings; he wants to get things done. He also wants to lower taxes on larger corporations so jobs can be created."
- senior Michael Obrevko

"I support Gary Johnson because he represents a moderate faction of America that I believe encompasses a majority of Americans. Unlike our other alternatives, Gary Johnson has a proven record of competence in political office."
- senior Joe Weisberg



Features

Everyone Has a Story (EHAS): Faith Ward

Mandy's Musings

BY AMANDA WASSERMAN

The hidden cause behind no school spirit

During homecoming week this year, administration found itself faced with an unusual dilemma. While a quick look at Instagram or Twitter reveals a barrage of pictures of students at other South Florida schools showing their spirit by dressing up enthusiastically and attending homecoming events, few Heritage girls participated in powderpuff and many did not dress according to the themes.

Lack of participation in homecoming events led to administrative announcements encouraging students to participate in the Coin War for charity and attend the football game. Why do so few Heritage students participate in homecoming events compared to other schools? The answer is simple: the usual tornado of tests, quizzes, homework and projects.

I'm the first to admit that I wasn't particularly spirited during the dress-up days. For Toga Day, I wore a white t-shirt with leggings and a sign that said "Pleb." For Pirate Day, I simply wore a striped shirt and jeans, an outfit that could have been worn to Publix on a normal day without getting any confused glances from strangers. Although I would have liked to watch a video on how-to wrap a sheet into a toga or buy a pirate hat at Party City, the sheer number of tests and quizzes I had presented me with a fairly one-sided dilemma: have fun during homecoming week and fail my tests or forgetting school spirit for a decent grade.

I faced a similar dilemma when the Thursday night powderpuff football game arrived. As a senior, I would have liked to participate in the game for the first time, but I had a quiz in math, a play to read for English, a physics worksheet and a series of exercises to complete for Spanish. Unfortunately, I am not alone; many students found themselves stuck at their desks, inundated with work.

If administration wants students to participate actively in homecoming week, then a no test/quiz and lightened homework policy must be enacted. It is unfair to criticize students for not dressing up or attending events when homework load, not laziness, is the primary reason they choose not to participate.

Administration, students' generally flip attitude toward homecoming may be irritating, but by focusing on the source of the issue rather than the symptom itself, it is possible to bring back school spirit.



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We are on a mission: to prove to you, our reader, that everyone, and we do mean everyone, has a story within them, both unique and interesting. Cue our monthly feature EHAS: Everyone Has A Story, where two Patriot Post staffers set off on a quest to find and extensively interview a Heritage student at random to prove that everyone does, in fact, have a story.

With Halloween approaching, receiving an unexpected candy bar or a frightening sneak attack are equally likely occurrences. We capitalized on this element of the unknown to find this month's brave "Everyone Has a Story" (EHAS) subject by arranging three miniature pumpkins, stuffed with candy and covered by a "Trick or Treat: Lift if you dare" sign, on the steps of the theater. Soon enough, curious junior Faith Ward came along, unrolled three scrolls of paper and discovered that she won not only candy but also the chance to share her story.

Born in Sacramento, Calif., Ward moved to South Florida when she was 2. Despite remaining in Florida ever since, Ward has traveled to the countries where her parents were born — her father is South African, and her mother is Costa Rican.

When she visits Costa Rica, Ward and her family enjoy exploring the city and spending time together.

"My grandpa used to be a senator in Costa Rica, so he's super famous. He was the youngest soldier in the Costa Rican Revolution," Ward said. "People will stop us and ask to take pictures with him, or we go to restaurants and they give us free arroz con leche."

Ward also visited South Africa when she was 6.

"I think if I went back now, it'd be kind of different because my dad grew up in apartheid because he's mixed... it'd be more serious than it was when I was a kid," she said.

Besides her distinct cultural heritage, Ward's interest in

music is a significant part of her identity. She began paying attention to music when she was 9 years old, but didn't have the resources to fully realize her passion. After coming to Heritage for her freshman year, she finally pursued her interest in classical guitar and has taken classes ever since. In the past three years, her love of music has only expanded; Ward now plays the classical guitar, ukulele, xylophone, piano and even sings.

Because of her background in guitar, Ward found it easy to teach herself the other three instruments by first learning the chords. "I learned guitar, and after that everything else kind of came easy," Ward said. "I got a child xylophone with all the letters spelled out and from that I started learning music theory. Then I taught myself how to play the piano."

Ward wants to continue focusing on all music, although classical guitar is what she hopes to ultimately pursue.

"Music is universal, so that's what's nice about it. I can continue mastering guitar, but I can still continue to branch out," Ward said.

In the future, Ward hopes to study music and ecology. Although one of her favorite cities is New York City, she is considering schools in other cities, including Chicago.

"I've lived in the suburbs my whole life, so I want to live in a city at some point," she said.

Ward's willingness to take risks — whether by lifting the mysterious "Lift if you dare" sign or leaving the familiarity of home to pursue music in the city — and her bubbling curiosity led her to us, revealing once again that everyone really does have a story.



STRINGS ATTACHED: Junior Faith Ward is having fun and "messing around" while playing her ukulele in her bedroom. (Photo/Mikaela Basso)

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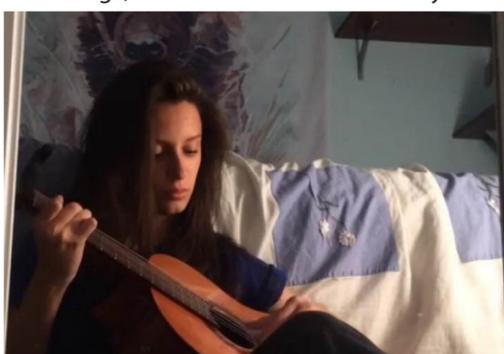


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LOVING LULLABIES: Junior Faith Ward is recording a video of herself playing a lullaby on her guitar. (Photo/Faith Ward)



Features

From WAHS to Emmy winning

Alex Becker | Staff Writer
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For many students, the morning announcements' only purpose is to find out about lunch, or to wake them up in the morning, but for one student those announcements changed her life. Former WAHS executive producer Alexandra Hogan is now an Emmy-winning reporter working at WFMZ-TV in Allentown and Reading, Pa.

Hogan recently won a Mid-Atlantic Emmy in "News: General Assignment" for a story she covered her senior year at Penn State University. The story, "Human Trafficking: A Survivor's Story," followed a woman from Ohio who had been sold into human trafficking.

At Penn State, Hogan was an anchor, reporter and producer of the Centre County Report newscast. Since she was 12 years old, Hogan dreamed of becoming a journalist.

"Heritage gave me my first taste of this life. In Ms. Maria Molina's class students could film, edit, write, report. It was all practice for the real thing," Hogan said. Hogan spent most of her time in the WAHS studio, striving for her dream.

"She fell in love with reporting. She knew even as a junior that this is what she wanted to do," said broadcasting teacher Ms. Molina.



BROADCAST SUCCESS: Alexandra Hogan has been nominated for an Emmy three times and won at the 2016 Mid-Atlantic Emmy Awards for the category "News: General Assignment." (Submitted by/Alexandra Hogan).

"Best of all, Ms. Molina gave us artistic liberty to create anything we could dream of. WAHS was our playground to learn and grow as journalists," Hogan said.

Ms. Molina said Hogan was a leader in the room and a natural journalist.

While in high school, Hogan placed second in the nation at the Student Television Network convention two years in a row.

After winning her first Emmy, Hogan said, "It was a very humbling experience. I love my job, but there's nothing like being recognized for hard work."

Throughout all her success, Hogan has not forgotten her time at AHS.

"I'll never forget the little green room that started my career," she said.

The Studio: A safe place to explore theater

Two seniors have created an organization for students interested in playwriting, acting or directing who don't have a place in their schedule to pursue these interests but want to get involved in any way they can.

Angela Lin | Entertainment Editor
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Committing to the theater program can be a lot of work. From rehearsals to performances, students are required to put in large numbers of hours each week.

For those who appreciate theater but do not have the time to participate in such an intense commitment, you can now enjoy all aspects of theater in a more relaxed environment.

"The Studio" is an organization that allows students to pursue their love for theater without having to commit to shows. Seniors Sofia Ubilla and Valen-Marie Santos founded the

theater organization after they met many students who loved watching and participating in theater but did not have time to perform in shows or the desire to pursue theater as a career.

"We wanted to create something for people to come and perform theater, have fun and discover themselves," Ubilla said.

Two separate "tracks" will be offered: devised theater and writing for performance.

In devised theater, students have the opportunity to perform improvisations related to social justice that uses movement to tell stories.

Student playwrights will have a chance to participate in workshops, and student songwriters

can partake in peer review sessions in writing for performance. At the end of the semester, a few plays, chosen by the officers, will be performed.

Chosen plays will go through the process of auditions, rehearsals and performance. There will also be a showcase for student songwriters and devised theater.

The Studio currently has meetings in the chorus room or main theater and is advised by Mr. Johnpaul Moccia. Contact Ubilla or Santos for information on meetings. The organization hopes to make theater more inclusive for students and inspire people through the use of theater.

Scary Sea Levels: how we affect our ocean

As you may have seen on the news, South Florida streets are flooding, and here is what you should know

Cause



The burning of fossil fuels rises sea level, and natural tides called King Tides flood South Florida in April and October.

What we have done



Miami has built a \$400 million drainage system to help with flooding, as well as required all new construction and renovations to follow green building guidelines. Also, Miami has raised roads in some places by 2 1/2 feet to prevent flooding.

Consequences

Due to the raising sea level, King Tides are expected to rise by about 4 feet by 2100.

What's at risk?

Flooding of Miami Beach could destroy \$27 billion worth of real estate, and those with the most risk are developers. In a worst-case scenario, more than six million South Floridians are at risk of being affected by flood damage.

South Florida authorities plan to take more control over the growth of South Florida to limit the number of residents that may be impacted by the rise of sea level. Although this does not help current Florida residents, authorities are working to find new flood prevention techniques.

All information is from climateresearchproject.org and the Miami Herald. (Graphic/Katherine Quesada)

By 2060, Miami's sea level is expected to rise between 9 inches and 2 feet.



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ENTERTAINMENT

Halloween alternatives to mischief

Lauren Hutton | Co-Editor-in-Chief
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Instead of egging someone's house...

The age-old tradition of circling the neighborhood to find potential targets only to attack their shiny black cars and decorated homes with the slippery goo of egg yolks needs to come to an end. While the thrill of Halloween mischief is tempting, you should instead resort to using your eggs to make a spooky omelette. Simply fry an egg or two in a ghost-shaped cookie cutter, play around until you get the eye yolk placement perfect and cut a horrified mouth out. Next, feed the neighborhood breakfast at midnight.



(Photo/imgur.com)

Instead of TPing someone's house...

No one wants to wake up to a backyard full of toilet paper, probably gone soggy in the Florida rain. Instead, choose to put your creative energy into toilet papering your own backyard to make a haunted house. Many people enjoy experiencing a haunted house, but what you may not realize is that putting one together can be even more fun. Decorate your garden, garage or even entire house with toilet paper, scary figures, sound and fog machines and most importantly you, dressed in a terrifying outfit. Trust me, the screams coming from scared children are much more satisfying than those of annoyed homeowners.



(Photo/pinterest.com)

Instead of ringing the doorbell and running...

While you may think it's hilarious to summon someone from the depths of their home who is nice enough to supply you with candy, only to pull a disappearing act on them, they might not agree. Instead of running from the candy source, an almost blasphemous act, try sticking it out and receiving the candy they are trying so hard to give you. You can still have a night full of laughter with your friends, except you'll end up with a bag full of sugar as well, which is really a win-win situation.



(Photo/quotesgram.com)

Movies based on books you didn't know about

Though movie adaptations rarely live up to the original book, some movies exist completely separately from the original book and receive much more publicity. Here are some movies with unexpected original novels.

Isabel Chamberlain | Staff Writer
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PITCH PERFECT

In this film, a college student joins and competes with an A Capella group. The movie was adapted from "Pitch Perfect: The Quest for Collegiate A Cappella Glory," a non-fiction book written by journalist Mickey Rapkin, following the International Championship of Collegiate A Capella competition. The book follows three A Capella college groups of varying backgrounds and personalities as they fight for first place with a non-fiction style. On the other hand, the movie focuses on Beca, an aspiring DJ who joins a college A Capella group and fights for the championship.

DIE HARD

"Die Hard" follows a policeman visiting his wife for the holidays who must fight terrorists and save hostages. It is originally based off of Roderick Thorp's "Nothing Lasts Forever," a sequel to "The Detective," a mystery thriller about a war hero who investigates the case of an old friend's murder. It was later adapted into a film starring Frank Sinatra.

The PHANTOM of the OPERA

The famous Broadway musical with two film adaptations was originally adapted from the French novel, "Le Fantome de l'Opera," inspired by the legend of a human skeleton used as a prop in the 1841 production of "Der Freischutz." In both the book and movie, a psychotic musical genius falls in love with an opera singer and takes her under his wing. Both follow a similar storyline with insignificant differences in the plot.

Album review: The "Future Looks Good" for OneRepublic

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In 2013, OneRepublic released the song "Au Revoir," and true to their word, disappeared from the music scene for almost three years, leaving many dedicated listeners miffed and confused.

The group's last few albums rarely deviated from their tried-and-true formula for success, and although catchy, were almost too-perfectly engineered for the Top 40 hits list.

However, OneRepublic's new album "Oh My My" consists of a set of edgy and electric tracks, suggesting that the group may be headed in a new,

more mature direction. Perhaps the most notable difference between "Oh My My" and previous albums is the inclusion of collaborations with other artists, including Cassius and Santigold.

OneRepublic is considered a pop group, but its collaboration with alternative, lesser-known artists indicates that the group is looking for something more than just a sensational hit.

Especially surprising is the group's collaboration with Peter Gabriel, lead singer of the rock group Genesis, in "A.I.," a track dominated by electronic beats and artificially produced background music.

Each of the album's 16 tracks integrates a different genre of

music that combines to create a unique pop style. In "Future Looks Good," an acoustic introduction meshes with an upbeat chorus to create an almost folk-style tune.

A slow, emotional undertone in "Fingertips" contrasts the rest of the album's tracks, showcasing the group's dynamism and musical depth.

Similarly, "Dreams" includes an electric guitar throughout the verses, illustrating the band's movement away from bubblegum music.

The inspiration for the album, which took 18 months to produce, remains unclear. Lead singer Ryan Tedder said, "We did a lot of living in the last

four years -- there was a lot to write about."

The group has yet to release tour dates for "Oh My My," but listeners speculate that the information will emerge within

the next few weeks. OneRepublic's album can be purchased on iTunes for \$17.99, but it is also available on Spotify at no cost.



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Entertainment

Don't just study ... Studyblr

Angela Lin | Entertainment Editor
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Meet the new way to help you study: studyblrs. Studyblr is a blog on Tumblr dedicated to aesthetically pleasing and inspiring academic achievement posts.

These blogs are usually run by high school or college students. The intent of these blogs is to help other people with their studying routine and offer motivation and support.

These blogs contain tips on studying, surviving finals, and test-taking skills.

Some blogs even share study playlists. The blogger shares organized notes written in different colors and elegant handwriting about subjects such as biology, AP World History and pre-calculus.

"Studyblrs made me start to study more. Instead of watching Netflix, I go on

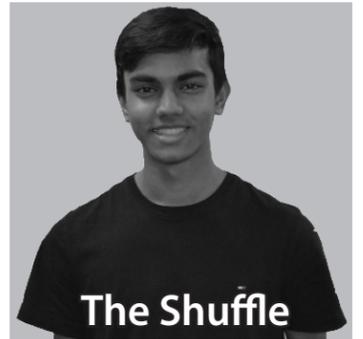
studyblrs to look at the beautiful notes and get inspired," sophomore Ariann Barker said.

The resources that studyblrs provide include free PSAT, SAT and AP preparatory books, back to school advice and certain course materials.

Some blogs share links to notes on apps like Evernote or Noteself, but there are a surprising handful of paper-based notes that are shared by

pictures. While many studyblrs offer helpful tips, some are there purely for motivational purposes, and encourage students to achieve academic excellence.

Some popular studyblrs to utilize while preparing for your next test include: study-ign.com; emmastudies.com; study-blr.com; goodgrades-goodcoffee.tumblr.com. Make sure to go on to one of these websites for good study tips.



The Shuffle

BY ZIHAN KABIR
Race and 'Luke Cage'

When Netflix and Marvel released the superhero series "Luke Cage" last month, the show's primarily black and Latino cast immediately attracted controversy. Despite the positive reception by many, some fans took to Twitter to voice their concerns with what they saw as a "massive lack of diversity."

Set in the historically black community of Harlem, the show contains themes that revolve around race and identity, making the racial composition of the cast necessary for the story being told.

However, many viewers complained that the show was not representative of America's demographics, including a Twitter user who commented, "[The] lack of white people in Luke Cage makes me uncomfortable. This show is racist. How is this on Netflix?"

These critics were vastly outnumbered by the fans who defended the show's casting. One asked, "If Luke Cage is a 'racist' show because most of the cast is black, what does that make 90 percent of all the mostly white shows on TV?"

The individuals who attacked the show have largely been dismissed as internet trolls, but their presence still brings up the issue of diversity in Hollywood.

For much of its history, Hollywood has been dominated by white actors holding lead roles, even when the characters they portray are not white.

However, recent films have attempted to stray away from the trend of white-washing. In the upcoming Spider-Man film, the traditionally white character Mary Jane Watson, Spider-Man's love interest, will be portrayed by non-white actress Zendaya Coleman.

While critics complain it does not follow the comic book description of Mary Jane, her whiteness is not central to her character, so the actress' race should not matter.

Race is, however, central to the characters of "Luke Cage." The trials protagonist Luke Cage faces as a black man in Harlem define him. Especially in an industry that has lacked representation for so long, the fact that attempts at diversity result in criticism is a scary one.

Punny costumes for Halloween

Consider some of the following 'punny' costumes to make others laugh this Halloween. Whether you plan to be Mr. or Ms. Smartie pants or a social (media) butterfly, make others laugh instead of scream.

Carrie Kuecks | Features Editor
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Social (media) butterfly

Listen up, social media addicts. You can represent your favorite social media platforms this Halloween. Print your favorite social media logos and tape them onto a shirt. Add antennas and butterfly wings and keep your phone on hand to achieve the social butterfly look.

The Second Amendment

It's your constitutional right to attach teddy bears to your arms to represent the right to bear arms.

Holy cow

Wear all white and add some black felt spots on your clothing. To appear holy, add angel wings and a halo.

Smartie pants

To be Mr. or Ms. Smartie Pants, tape Smarties candies to your pants. (Optional: carry around a textbook to embody a "smartie pants" stereotype).

Touristy things to do in South Florida

There are so many options for fun activities to do in South Florida that are often overlooked by residents. Get out into the fresh air and enjoy the Floridian life.

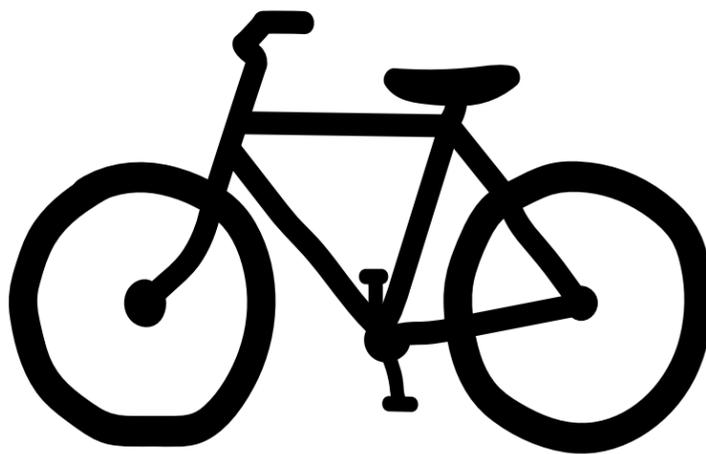
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Everglades airboat (Captain Jack's)

Get in touch with nature (and maybe see some alligators as well) on a fast boat ride through the Everglades. (Cost: \$35/hr.)

Flamingo Nursery Fall Festival

Get a glimpse of what fall is like by enjoying pumpkin themed decor, food and hayrides. This festival is a great way to feel festive despite Florida's heat and humidity. (Cost: Free!)



(Graphic/Kevin Pollack)

Bike at Shark Valley

Contrary to the title of this park, you are more likely to see an alligator than a shark crossing as you bike your way through the trail. The trail is around 15 miles long (round trip) and there is also an observation tower at the end. (Cost: \$9/hr.)

Family surray at Hollywood beach (Sun and Fun Cycles)

Renting a surray, a large bike suitable for multiple riders, can be a great activity to do with friends and family. Many surray bikes can hold up to six people. (Cost: \$35/hr.)

Segways at Birch State Park (Fun Center)

Walking through this park can be plenty of fun. However, traveling via segway is a new and special way of seeing Florida's beauties. (Cost: \$59/hr.)



ALL PUMPKIN EVERYTHING: Flamingo Nursery hosts a Fall Festival with themed drinks food, stores and more. Pumpkins and other fall-related items are available for purchase at the festival. (Photo/Carrie Kuecks)



Entertainment

'Godspell' spellbinds viewers

Lauren Hutton | Co-Editor-in-Chief
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A boy sits on the steps of an abandoned building playing the ukulele. An individual darts across the stage with a bandana tied across his face. A girl reads in front of brick walls spray painted with "love" and "forgiveness."

Suddenly, these everyday New Yorkers' lives transform as Jesus himself appears. The riveting retelling of Jesus' parables, chock full of witty pop-culture references and the gimmicks of a high energy cast, made "Godspell" a captivating night.

The musical by John-Michael Tebelak with lyrics by Stephen Schwartz was reimagined under the direction of Mr. John-Paul Moccia to occur in an abandoned New York City building. The storyline follows a cast of characters, known simply by the actors' first names, as they enact the teaching of Jesus in a fast-paced, comedic and modern way. Despite its religious nature, the show aims not to highlight Christianity but rather to demonstrate lessons on morality and



SHOW STOPPING: A randomly selected audience member writes on a white board for a spontaneous game of pictionary after being brought on stage to participate in the action. This was one of multiple times during the show when audience members were involved in the storyline. (Photo/Emma Gellman)

the value in the formation of a wholesome community.

The show's greatest successes came in the form of audience involvement and abundant pop-culture references. The cast excelled when interacting with each other, both in the retelling of parables and in transition periods for comedic effect. Audience

members were taken on stage to become a part of this community, and in games of charades and Pictionary, they joined in on the action. The spirited retellings were aided by Mardi Gras beads being thrown to the audience and wine (actually grape juice) and crackers being offered during the intermission. The cast

never truly left the stage and even stayed in character during intermission to talk with the audience and sing to songs played by audience members on the piano. When combined with fragments of pop songs, references to Donald Trump and well-developed supporting characters with distinct traits and accents,

the show balanced serious theological themes with a delightfully light-hearted atmosphere. These efforts to include the audience broke the fourth wall in order to make viewers a part of the community and better relate the message of unity the show strived to develop.

The entirety of the cast, led by Jacob Greene as Jesus and Dylan Erdelyi as both John and Judas, worked incredibly well together, managing to shine individually and as a unit. Hannah Ellowitz consistently brought a sarcastic and high energy character to each scene. Additionally, Elliot Mahon mastered both the ballads and the catchier songs and portrayed some of the most humorous characters of the show.

Ultimately, with impactful songs such as "All for the Best" and a more serious conclusion, the power of unity and human decency shone through in a fun, spirited and impeccably performed rendition of "Godspell."

Obscura: 'The Disintegration Loops'

Staff writer Alec Chao has rather unorthodox tastes in music. Obscura details some of his favorite albums in accordance with his musical preferences.

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There are few things I feel comfortable calling truly beautiful. Despite my appreciation for artistic works and talent, I don't possess the authority to designate what exemplifies beauty. William Basinski's "The Disintegration Loops" is perhaps one of a few exceptions. The allure of "The Disintegration Loops" is bittersweet; mastered in the days leading up to and on the day of Sept. 11, the murmur of degrading sound is an auditory elegy to the 9/11 attacks.

The story of the "Loops" creation is one that has been told

repeatedly. After discovering an archive of magnetic tapes in his studio, Basinski chose to run them through a digitizer for future preservation. As the tapes ran, the oxide backing containing the tapes' auditory information began to crumble, providing the short loops they contained with new aural elements. Basinski repeated this process with numerous tapes and obtained a similar product each time.

As day ceded to night on Sept. 11, Basinski captured the final hour of daylight over Lower Manhattan on video, smoke rising from the site where the World Trade Center once stood.

This auditory-visual project became the basis for the four volumes of "The Disintegration Loops." In recognition of the compilation's significance, it was inducted into the National September 11 Memorial & Museum's permanent exhibition where it plays permanently.

Little can be explained of each loop's sound; interminable and ephemeral all at once, each track drones on with slow incremental changes that lovingly counter the basis of the ambient genre. Tracks "d1p 1.1," "d1p 1.2," and "d1p 1.3" all source from the same loop of a ghostly trumpet fanfare, while tracks "d1p 5" or "d1p 2.2" have a more

electronic texture with brooding undertones. Despite their differences, all nine compositions benefit from relation to one another; each loop's individual sound comprises the project's overarching theme of impermanence.

With its beautiful and captivating atmosphere, "The Disintegration Loops" lends itself to a continual listen-through, a difficult proposition considering its nearly five-hour duration.

Regardless, it is a worthwhile undertaking. Even if played in the background, the compilation's emotion shines through



(Graphic/Wikimedia)

its drone-like uniformity. Perfect for studying or even silent rumination, "The Disintegration Loops" conveys so much without a single word spoken.

Modern classical isn't what you think

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It's difficult to say you like classical music without people thinking you are talking about the great composers of the olden days like Bach or Beethoven. However, if you say you like contemporary classical, then people think you mean orchestral versions of the latest pop songs. Despite the confusion, modern classical music is neither of these

things and is in fact a totally valid genre of its own.

Why is modern classical a different genre than regular classical? It follows a different set of forms and rhythms that allow it to do almost whatever it wants.

Unlike much old classical (or other instrumental genres like jazz), modern classical does not stick to solely the chords within its key signature and borrows chords and notes from up and

down the scales. This freedom of expression through sound is the genre's defining characteristic.

As a result, the genre is extremely wide, and encompasses everything from light and bouncy riffs on only the piano to full-on orchestral pieces for upwards of 50 instruments.

Modern classical includes movie scores (often professionally written by composers the likes of John Williams and Hans

Zimmer), improvisational takes on classic piano works and even video game soundtracks.

If you're still unclear on what modern classical really is, take a look at some of Pandora's many contemporary classical stations to give yourself a better idea.

Wondering what that background song was in that intense and emotional scene from the latest episode of your favorite show? The hit CBS

drama "Person of Interest" concluded some of its best episodes, including the series finale in June 2016, with songs such as "The Violent Bear it Away" by Moby and "Metamorphosis One" by Philip Glass.

Maybe your favorite show used modern classical, too. Look it up, and take a moment out of your typically pop-filled day to enjoy an underappreciated genre.



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SPORTS

Up-and-coming athlete: Eighth grader Ja'Den McBurrows

Conner McLeod | Co-Sports Editor
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Eighth grader Ja'Den McBurrows, a dual-sport athlete who is bound to make ESPN headlines one day, is no stranger to competing with the best and coming out on top.

When McBurrows turned 8, his father gave him his first helmet and signed him up to play football on the local youth team. McBurrows always knew that his dad had a lot of love for football, so McBurrows strived to make him proud.

McBurrows eventually realized he had a special talent for football when his team won the little league Super Bowl. Because of how well he performed at his three positions (receiver, running back and cornerback), his team awarded him the MVP trophy.

He maintained his athletic dominance, winning the Super Bowl and MVP for the next two years.

Coaches around the state began to notice McBurrows' talent as they have invited him to multiple all-star games and select football camps at the University of Miami.

Last year, McBurrows was selected to play in the Class of 2021 National Showcase All-American game.

McBurrows' biggest accomplishment thus far is being ranked No. 1 for his age in the country by both Youth1 and



(Photo/Generation Next)

Generation Next, two acclaimed football insider organizations. McBurrows has definitely solidified himself as one of the best athletes in the country.

Along with dominating in football, McBurrows also competes in track and field, running both the 200- and 400-meter dashes.

He has won many track and field events, including the 2015 Junior Olympics 400-meter dash, the Florida Youth Track and Field 400-meter dash and the Mark Trails Invitational 200-meter dash.

McBurrows says he puts as much effort and time into track and field as he does into football.

McBurrows has big plans for his future at Heritage and beyond. When he joins the varsity football team, he will try and help Heritage continue to dominate.

After that, he dreams of one day playing in the NFL. McBurrows backs up his dreams with hard work, and his hopes show how focused he is in regards to sports.

"I want to become the best slot receiver to ever play for the Patriots," McBurrows said.

In addition to joining the football team next year, McBurrows plans to join the school track team this spring.



NEVER GONNA CATCH ME: Eighth grader Ja'Den McBurrows displays his blazing speed during an important game in his youth league. McBurrows continues to make an impact on most teams he plays for at multiple positions with his ability to break free of defenders. (Photo/Tavares McBurrows)

Sophomore earns spot on U.S. baseball team

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The Patriots boast multiple former baseball players at the collegiate and even professional levels, and although just a sophomore, infielder Triston Casas is well on his way to playing at a higher level.

Casas is one of 20 high school players, five from Florida, to represent the United States on the 18-under team. He is also the only sophomore on the team.

The invitation process to play for the team is long and difficult. The players participated in the 18U National Team Trials in the middle of September in Houston. After the games, 20 players were named to the final roster.

Casas and the 18U team traveled to Mexico in September and October to play in the COPABE Pan American Championships.

After winning six of the first seven games with a plus-49 run differential, the team faced Cuba in the gold medal game Oct. 9 and won 6-1.

Casas is committed to play baseball at the University of

Miami. Among his strong qualities are his power and ability to throw upwards of 90 mph as a pitcher. Perfect Game U.S.A., a scouting service, gave him a grade of 10, signifying that he is a "potential very high draft pick and/or elite level college prospect."

Baseball coach Bruce Aven has nothing but praise for Casas.

"He's a leader. He's a guy who's head-to-tail better than most of the people he's playing with and against, and he treats them all like teammates.

"He's the first to pick them up," he said.

"He is a very humble player, and his character may be better than his talent. And everybody knows where his talent is at."

Casas is able to play multiple positions, and his versatility is a defining factor of his play.

"He can play first [base], third [base], pitch. Just about anything he wants to do he can do. The sky's the limit," he said.

"He's hard-throwing, hits for power right-handed and hits for power opposite field," Coach Aven said.

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Girls bowling profile: Ahnie Jumper

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Despite it being the first year of the Heritage bowling team, the girls have already earned many achievements, including a win against Coral Glades High School. Senior Ahnie Jumper initially joined the bowling team so she could say she was a part of the first year of the girls' bowling team.

"I joined to make history," Jumper said. "It's not that I was really good at bowling or anything; it's just that you only get to have your 'first' once." While she did not know what

to expect when she first joined, Jumper ended up enjoying the new people she met the most out of the whole experience, from her teammates to the coaching staff.

"Whether it be at the meets or during practice, to be completely honest, I would otherwise never have crossed paths with any of the kids I met on the team," Jumper said. Joining the team this year turned out to also have its downside as Jumper said, "I wish the team existed earlier. If I wasn't a senior, I definitely would join the team again next year."



Sports

Equestrian team saddles up

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Equestrians work around the clock, both on and off season, to ensure that both them and their equine partners are at the top of their game.

Headed by Spectrum Show Stables trainer Morgan Conroy, the Heritage Equestrian Club Team, now with a new assistant trainer and additional mount, is currently preparing for the upcoming winter show season.

In addition to attending regular club meetings where members discuss everything horse-related, riders have the opportunity to compete in the Heritage Horse Show at least one weekend a month.

Spectrum Show Stables has lessons to train riders for the upcoming shows.

While the team competes in English disciplines based on the flat and over fences, riders are also welcome to try out Western disciplines.

The next Heritage Horse Show, at Plantation Volunteer Park, will be the weekend of Nov. 5.

In the upcoming months, the most serious competitors will also train for the International ESP Horse Show, at the world-renowned Wellington Equestrian Festival grounds Oct. 29-30.

This year, the barn welcomed two new additions. Assistant trainer Katie Brown will fill in



"NEIGH" BORLY HELP: Heritage alumna and Spectrum Show Stables assistant Madison Adams helps up-and-coming competitors get used to the show ring. Andy Warhol, the bay horse pictured, helps to build confidence in both seasoned and new riders. (Photo/Vanessa Ryals)

for Conroy during lessons and will also be available at club meetings and horse shows.

Spectrum Show Stables, still with the same horses as last year, also welcomed one additional mount over the summer.

Standing at 16 hands (approximately five-foot-tall from hoof to wither), Andy

"Andrew" Warhol is the barn's newest hunter prospect. For its service project, the team has "sponsored" a horse at F.R.I.E.N.D.S. Rescue.

Each month, Heritage Equestrians donate a certain amount to the horse rescue to offset the cost of feed, hay, supplements, shavings, water and turnout for

their horse. In exchange, members may visit with or ride their sponsored horse whenever they please.

For information on how to join the club or team, contact head trainer Morgan Conroy at 954-608-4311.



The Tenth Yard

BY KEVIN POLLACK

Where are coaches of color?

It's no secret that many of the greatest athletes in professional sports are African-American.

However, in comparison to the percentage of players of color, the percentage of coaches of color is considerably smaller; the majority of coaches in professional sports are white.

This discrepancy is especially evident in the National Football League. Minority representation at the head coaching level was only 25 percent at its highest level (in 2011) while African-American players make up 68 percent of the players in the league.

Furthermore, only 19 percent of professional positions in the NFL were held by people of color in 2015.

The Rooney Rule, established in 2003, states that teams must interview minority candidates for head coaching jobs and other senior football operation jobs.

Since it was implemented, the NFL has seen 14 new head coaches of color hired, and from 1991 to 2003, the league boasted only six non-white coaches.

Though the rule has clearly had an impact, it's obvious that black representation in the NFL falls far short of what it should be. There's still a lot of work to do to give minorities and other people of color the opportunities.

The National Basketball Association has nothing similar to the Rooney Rule, and though almost 75 percent of players are black, only three general managers of the 30 teams are black. In the last six years, six positions of general manager or president of 30 were filled by African-Americans.

However, this problem is not as evident in high school sports, especially football.

The Miami Jackson Generals made history when they hired Lakatriona Brunson as the head football coach. Brunson is one of the only female coaches in all of high school football, let alone professional football.

Though there seems to be a trend toward hiring minority coaches, there's still a ways to go.

Something similar to the Rooney Rule must be implemented in the NBA and other sports to ensure that people of color are adequately represented in leadership positions.

Boys soccer strives for state championship

After losing in the early round of the playoffs last year, the boys soccer team hopes to win the state championship this season and redeem itself.

Alex Becker | Staff Writer
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Last season didn't have a storybook ending for the Heritage boys soccer team. After having an impressive 17-3-5 record, the Patriots lost in the first round of the FHSAA Boys State Championship Tournament to the Mourning Sharks by a score of 2-0.

This season, the team will be striving for its first state championship since 2012.

The team kicks off its season Oct. 31 against the Hialeah-Miami Lakes Trojans at Autonation Field on the Nova Southeastern University campus.

The Trojans ended their season last year with a 4-12 record and a seven game losing streak.

The road to recovery begins this season as Heritage will have to cope with the loss of key players star defenders Nikita Maximov and Daniel Lombo.

Maximov was named to the All-Broward Boys Soccer First Team and Lombo to the second team.

Players are lost every season, but this duo was a key component in only allowing 20 goals last season.

Veteran defenders Gerard Cabera, senior, and Cale Torres, sophomore, will have to work newcoming freshman Christian Maldonado and Camilo Espinosa to fill the void that is left in the defense.

The Patriots will also try to repeat the success they had on offense last season when the team scored 61 goals.

Senior All-Broward forward Landon Lupo powered the offensive attack last season scoring 15 goals and adding 10 assists.

Junior All-Broward midfielder Joseph Vinson will also have to be a big part of the Patriots' offensive force to replicate last season's fortune.

The Patriots have had a lot of regular season success in past seasons, but now are hoping for more.

If they want the state title, they need everyone to step up, including key players.

They need to make the transition from winning regular season games and find ways to advance in the post-season.

Coach Todd Goodman and the Patriots may have a serious shot at the their first title since 2012.



GOING FOR GOLD: The boys soccer team celebrates after winning the district championship. This year, they hope to go further into the playoffs and hopefully win at states. (Photo/Phil Sears)



Sports

Nooks and crannies of committing to college

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Dozens of elite Heritage athletes commit to college every year. These commits mean the athletes will accept an offer from a college to attend that school, usually with a scholarship. The athletes go about the process in different ways.

The first step for athletes is sending out highlight films of their play to several colleges. The athletes' high school coaches can either directly send the tapes to coaches or they can upload the film to websites such as hudl.com, where many college recruiters visit to see whom they would like to bring to their teams.

The recruiter will either make an offer based on highlights alone or choose to attend athletes' games to see how they play in person. If the recruiter believes the athlete will be an asset to his or her squad, he/she either sends a letter to the athlete's head coach or calls personally to inform the athlete that the college has given him/her an unofficial offer. This offer becomes



SPORTS SIGNING SEALED: With Coach Nobatuka Tan at his side, Heritage alumnus Julien Pinon signing his National Letter of Intent to play at the University of Auburn last year. Pinon went through the college committing process by receiving offers to swim at the collegiate level. After signing his Letter, Pinon was able to start practicing at the Auburn Arena, where he currently swims in order to receive a full athletic scholarship. (Photo/Spencer Krimsky)

official when the college sends a letter to the athlete's school.

Many athletes start receiving offers in their junior or senior year, and if an athlete is very talented, he/she may

accumulate multiple college offers. Sometimes, colleges offer all-expenses paid visits to the college campus hoping to influence the athletes into choosing that particular college.

The athlete has the option of verbally committing to a school by phone.

These verbal commits are not binding, but an athlete usually does not verbally commit

unless he/she is sure that he/she will attend.

When the athlete is ready to officially commit to a college, he/she signs a National Letter of Intent, which is the final step of the recruitment process. When an athlete signs this, he/she states that he/she will go to the college and play on the team. As soon as this letter is signed, athletes do not receive any other offers because the letter is binding.

The official day to sign the letter is National Signing Day Feb. 3.

While many athletes use this event to sign the letter or actually choose the college they will attend, many complete this process beforehand.

This process can be stressful and lengthy due to the number of steps involved, but when it is complete, the athletes will receive admission into the college as well as acceptance on the school's team.

The athletes start working out with their respective teams the summer before their freshman year as the new chapters of their lives begin.

BMX with MAX: A way of life



TEARING UP TRIPLES: Max Schwartz clears a triple jump during practice. Schwartz has competed in competitions in Tennessee and Georgia and placed 2nd in Loretta Lynns - southeast area qualifier 2015. (Photo/ Florida Tracks and Trails)

Katherine Quesada | One-Pager Editor
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Riding at speeds up to 60 miles per hour, flying over up hills is just a typical afternoon at one of Florida's multiple race parks for junior Max Schwartz.

For the past 10 years, Schwartz has been riding dirt bikes, thanks to his father, who introduced him to the sport.

Twice a week, Schwartz goes to the track to practice for future events and competitions.

Participating in races in and out of state at circuits such as Florida MX Series, Schwartz has earned his fair share of wins with the Florida MX Series Championship and Gatorback Gold Cup under his belt.

Due to his success in the sport, Schwartz is sponsored

by eight companies, including Husqvarna, 100% goggles and Seven MX gear.

However, these glories are accompanied by some painful events which include two broken wrists, an ankle fracture, torn knee ligaments, a dislocated shoulder and three concussions.

"My mom hates that I ride. She gets super nervous every time I have a race or practice," Schwartz said.

Although Schwartz has been on the Heritage baseball team for three years, riding his Husqvarna FC 250cc around the race track 10 times to the win is his main passion.

"It's all worth it for the rush you get in the air," Schwartz said.

Sports world mourns athletes

The simultaneous deaths of professional baseball pitcher Jose Fernandez and legendary golfer Arnold Palmer devastated sports fans everywhere.

Kevin Pollack | Co-Sports Editor
pl193782@ahschool.com

The sports world was shaken when two beloved players, past and present, passed away late September.

Marlins ace Jose Fernandez died in a boating accident Sept. 25 along with two of his friends. The Cuban-born pitcher was only 24 years old and already one of the best pitchers in baseball with a 2.58 ERA and a 38-17 record. The Marlins have stated they will retire his uniform number 16.

Fernandez was more to Miami than just a baseball player. His radiant spirit and cheery attitude were part of his success story that made him a fan favorite. Fernandez defected from Cuba at 15 years old

and became a U.S. citizen in April 2015, and his story was uplifting for not only those from Miami and Cuba but also for baseball fans around the globe.

Junior Jacob Usan, an avid baseball fan, was devastated by Fernandez's death. "Jose Fernandez was a true inspiration. Growing up and watching him play was a gift, and his death hit me hard. He was not only a star, but a good person who cares about his fans. It's sad to see someone so great be taken so early. I'll miss watching him take the mound greatly."

Arnold Palmer, a golfer who was considered one of the greatest ever, also died Sept.

25 at 87 years old in Pittsburgh. Nicknamed "The King," Palmer won seven major tournaments, including the Master's four times, which is seventh on the all-time list.

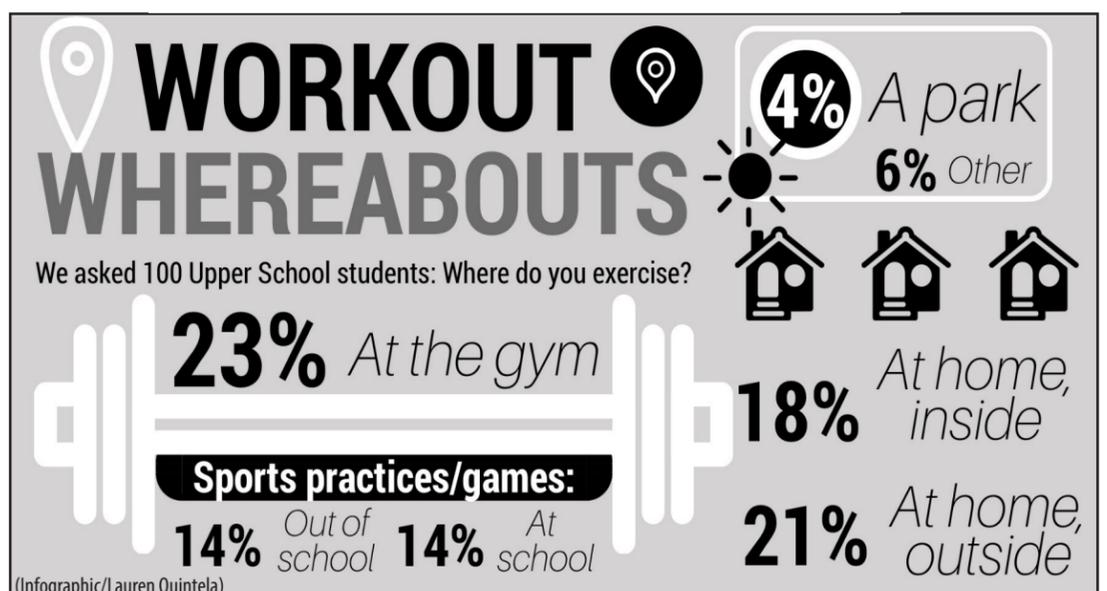
He was inducted into the World Golf Hall of Fame in 1974.

Palmer is often credited with popularizing golf as a mainstream sport and left a lasting legacy on other golfers.

Jack Nicklaus, who won 18 major tournaments, said, "Arnold Palmer meant the world to...the game of golf."

Fans of baseball and golf dealt with the losses of a Hall of Famer and a future legend.

Thousands gathered at each of the respective memorial services, and neither Palmer nor Fernandez will be forgotten by the sports world.





Sports

Football team set to redeem itself

Kevin Pollack | Co-Sports Editor
kp193782@ahschool.com

The varsity football team won the state championship in 2013 and 2014 but missed out on the three-peat last year. As the regular season comes to a close, though, the Patriots are preparing to make a formidable run in the playoffs.

After losing its only pre-season game vs. Booker T. Washington 27-7, the team proved doubters wrong with two strong

wins to begin the season. The Patriots opened with a 17-14 win in Georgia against Colquitt County. Their first home game against Don Bosco Prep of New Jersey Sept. 2 resulted in a 21-0 win.

The Patriots then beat Northwestern 34-32 in a nail-biter. Senior quarterback Jason Brown completed 14 of 19 passes for 253 yards and three touchdowns, including a 76-yard bomb to junior wide receiver Anthony Schwartz.

The team then traveled to Coconut Creek and pummeled the Cougars 48-6. The defense was especially strong, allowing only six points and scoring five defensive touchdowns.

The Patriots' defense dominated the next three home games as the Patriots defeated Norland 24-6, defeated Stranahan 51-0 in the Homecoming matchup and beat Cardinal Gibbons 29-9. Senior cornerback Will Allen III a touchdown

with his scoop-six against Stranahan. Junior running back Abraham Alce scored two rushing touchdowns against Gibbons, and the defense allowed fewer than 10 points for the fourth consecutive game.

The Patriots continued their domination with a 44-21 win against Miami Jackson. Schwartz, who also runs track, displayed his speed with a 75-yard rushing touchdown, and the offense could not be stopped.

Senior linebacker Willie Hampton, who has committed to the University of Nebraska-Lincoln, is confident in the team's ability to reach the state championship and has praised the team's chemistry and talent. "Our biggest strengths are speed, athleticism and playing as a unit, and ... we all are hungry to succeed," he said.

The Patriots will play Hallandale in the last game of the regular season Oct. 28.



POWERHOUSE: Senior quarterback Jason Brown hands the ball to junior running back Abraham Alce in the Homecoming game against Stranahan Sept. 30. Alce scored two rushing touchdowns while gaining 22 yards on the ground on seven carries. (Photo/Gianna Sanchez)



I'VE GOT YOUR BACK: Senior offensive lineman T.J. Slaton, who is No. 43 in the ESPN 300 for the Class of 2017, pancake blocks a defensive lineman from Cardinal Gibbons as senior quarterback Jason Brown throws the ball. Brown ran for a touchdown early in the second quarter. (Photo/Gianna Sanchez)



READING THE READ OPTION: Senior quarterback Jason Brown hands the ball to junior running back Miles Jones against Don Bosco of Ramsey, N.J. The defense forced three turnovers, blocked a field goal and allowed only 75 passing yards in the 21-0 shutout of the Ironmen. The Patriots were the first team to shut out Don Bosco in 12 years. (Photo/Gianna Sanchez)

MILES JONES

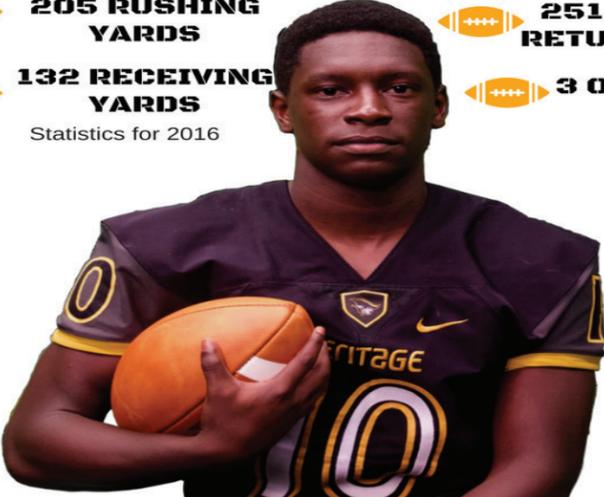
205 RUSHING YARDS

132 RECEIVING YARDS

Statistics for 2016

251 KICKOFF RETURN YARDS

3 OFFERS



(Photo/Adrienne Morales)

NO. 10 JUNIOR HALFBACK/RECEIVER

4.68 SEC. 40-YARD DASH

111.27 SPARQ RATING

BEST AT SPARQ COMBINE



39.5" VERTICAL

BEST AT SPARQ COMBINE

4.04 SEC. 20-YARD SHUFFLE

(Infographic/Conner McLeod)

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Halloween

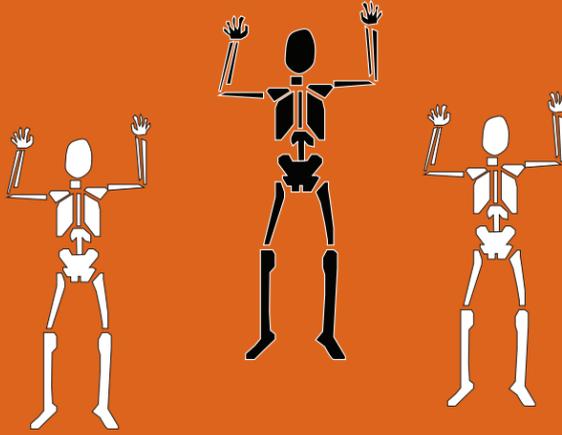
Ghosts, Goblins and Goodies

How Heritage plans on having a haunting Halloween

Statistics compiled by Skylar Britton



1 out of every 5 students will stay home Halloween night.



33% of students plan on attending a Halloween party.



4 out of every 10 students will trick-or-treat.

Based on a poll of 274 Upper School students

Halloween horror stories



"Every year my neighbor throws a Halloween party. I was wearing a ladybug costume and while on the dance floor, my friend threw up on the guy I was talking to. It was the worst Halloween ever."
- Senior Orianna Salazar

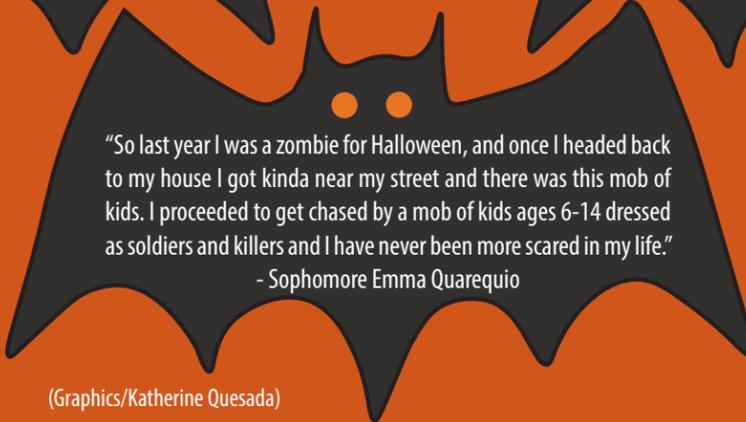
BOO!

Yikes!



"Last Halloween, Daniela Moldanado, Jeremy Ramanathan, Vanya Kohlweg [and I] went to a party on a ranch, and as we were parking the car, a horse galloped over to us and started neighing and kicking the car. We were all terrified."
- Senior Chelsea Sinclair

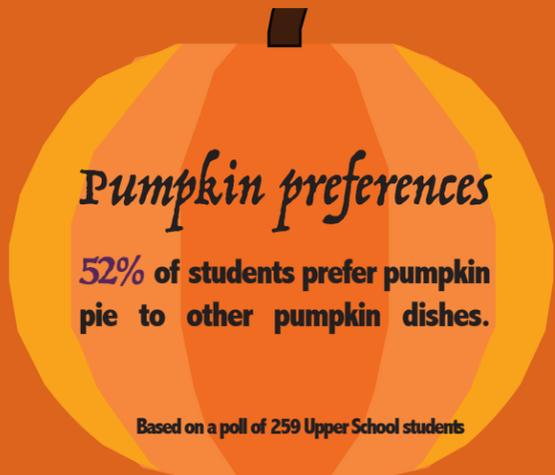
"Back when I was in seventh grade, I was out trick-or-treating with my friends, and there was always this one house where the people got really crazy on Halloween. I was walking past that house and there was a truck parked in the driveway. As I walked past, a person with a chainsaw jumped out of the truck. I'm not an athletic person, but when the guy started chasing me, I swear to God, I ran like 5 miles."
- Sophomore Ariann Barker



"So last year I was a zombie for Halloween, and once I headed back to my house I got kinda near my street and there was this mob of kids. I proceeded to get chased by a mob of kids ages 6-14 dressed as soldiers and killers and I have never been more scared in my life."
- Sophomore Emma Quarequo

(Graphics/Katherine Quesada)

"We had a whole bowl of candy to give out to the younglings that would come by our house. But I remember that after the first trick-or-treaters left, the whole bowl had been reduced to some leftover M&M packs. Then, when I checked on my mother later that night, a huge pile of candy wrappers were on her nightstand."
- Senior Sterling Miller



Pumpkin preferences

52% of students prefer pumpkin pie to other pumpkin dishes.

Based on a poll of 259 Upper School students

Top 10 candy favorites

1. Twix
2. Chocolate
3. Snickers
4. Candy Corn
5. Kit Kat
6. Reese's Peanut Butter Cups
7. Skittles
8. Milky Way
9. Crunch Bar
10. Sour Patch Kids



Based on a poll of 261 Upper School students

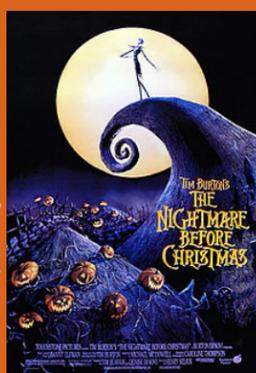
Get your scare on with the best Halloween movies

1. "Halloweentown" series



(Poster/fimdb.com)

2. "The Nightmare Before Christmas"



(Poster/wikipedia.org)

3. "Hocus Pocus"



(Poster/movies.disney.com)

4. "It's the Great Pumpkin, Charlie Brown"



(Poster/geektyrant.com)

Based on a poll of 234 Upper School students