



the

# patriot post

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## COLLEGE ACROSS CONTINENTS

When some seniors apply to college this fall, their applications will reach universities overseas, from England to Japan. Find out where students plan to apply and learn about the programs offered abroad.

Go to C11.

## GIRLS JUST WANNA HAVE

**FUN(DAMENTAL RIGHTS)** Do you think feminism is all bra-burning and men-hating? Can men be feminists? Debunk your misconceptions and discover the origins of feminism.

Go to C12.

## SOCcer SUCCeSSeS

After four state championship seasons, the girls soccer team hopes this year will bring about a "five-peat." Read about the team's leaders, players such as Stephanie Aberdeen (above), college commits and coaching triumphs.

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## news

### UF Coalition application makes changes

For stressed out seniors everywhere, the thought of completing an entirely new application for the University of Florida can be daunting. Learn about the changes, requirements and guidance's response to it all in the News section.

See A4.

## opinion

### The truth about

### marijuana legalization

While possession and use of any kind of drug is not condoned, the economic and social benefits of marijuana legalization can be argued. Read this month's Faceoff to decide where you stand.

See B7.

## entertainment

### Teen ambassadors tackle theater

For students interested in seeing professional productions, Teen Ambassadors offers endless opportunities. To learn how to get involved, go behind-the-scenes and hear from current ambassador and senior Sofia Ubilla (pictured below with an actor from the Lion King), check out the Entertainment section.

See D17.



(Photo/Ian Ibbetson)

## sports

### Girls volleyball reigns triumphant

Recap a near perfect season for the girls volleyball team. Learn about the top players, such as senior Lucila Grinspan, and the team's successful track record.

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# Parking garage makes progress

**"The city wanted us to have the parking garage before they would approve further building on the campus."**

-Dr. Douglas Laurie



Katherine Quesada | One-Pager Editor  
pl208161@ahschool.com

As the school year continues, so does construction on the parking garage. Although the garage is structurally sound, many cosmetic steps have not been completed, such as the installation of a computerized gate system, security office and 110 security cameras, as well as lighting and the red brick facade.

"These other things take time, and [the construction workers] have to work on the entrance and the exits to Broward Boulevard," Vice President Dr. Douglas Laurie said.

With a predicted completion date at the end of the semester, seniors, parents and faculty can expect to park in the multi-million

dollar garage by January. Juniors, as a result of city rules, must continue to park in the El Rey Jesus church parking lot off Flamingo Road northbound.

"The city is not allowing us to park across the street. They will allow us to have short-term parking of about 30 minutes or so, but no all day parking," Dr. Laurie said. The 421 parking spaces will be solely occupied by seniors, parents and faculty.

The need for the parking garage is simple: there just isn't enough space on campus.

"We didn't have enough parking on our campus to serve our school," Dr. Laurie said.

The parking garage not only allows more cars to park on campus, but also

opens the door for new projects. This upcoming March, construction is expected to begin on the new gymnasium, which will be built on the outdoor basketball courts.

The new two-story building will include a gymnasium with seating for 2,500 students, a 5,000 square foot workout facility and locker rooms.

The structure will also include 16 classrooms to house the English department, and four computer labs, one of which will be an improved journalism room. The math department will then occupy the downstairs 9000.

A new aquatics center will be built on the tennis courts and will house an Olympic-sized swimming pool and a three-story

building. The structure will include a swim locker room and maintenance section on the first floor, a dining hall on the second floor and an auxiliary dining hall and meeting space for clubs on the third floor. The building will also include an internet cafe.

Once the two above projects are completed, construction will start on the west side of campus.

"Where the present pool is, we will build a two-to-three floor dining hall and student union," Dr. Laurie said. The building will be utilized for robotics and club meetings.

The future Heritage will resemble a college campus, while still maintaining its goal of molding students into the best and brightest they can be.

## The name's homecoming... Heritage Royale homecoming

Amber Bhutta | Business Manager  
pl208261@ahschool.com

Amid countless assignments, students now have something to look forward to: Homecoming week.

This year, Homecoming is earlier than usual, Sept. 26 to Oct. 1.

Between the efforts of the new class advisers and the Student Government Association (SGA), this year has a lot to offer.

This year's Homecoming theme, picked by a junior committee and finalized by SGA, is Heritage Royale, a nod to the famous James Bond movie Casino Royale. "We were in between Heritage Royale and A Night in Monte Carlo," said sophomore class president Daniela Velez, "but eventually [SGA] agreed on Heritage Royale."

Each of the dress-up days would be modeled after a casino in Las Vegas.

"SGA picked out the decorations for the dance and the names for everything," said Velez. As for changes from previous years, movie night has been suspended indefinitely, due to cancellations because of poor weather.

Continued on A4

### Heritage Royale dress-up days

**Monday:** Toga day  
(Caesar's Palace Hotel and Casino)

**Tuesday:** Pirate day  
(Treasure Island Hotel and Casino)

**Wednesday:** Rock star day  
(Hard Rock Hotel and Casino)

**Thursday:** Class Shirt day

**Friday:** Black and Gold day

**Reflections****Revolutionary Revelations**

As we grow older, we become wiser. Below, staff and students have imparted their wisdom through what they would tell their younger self.

Share what you would tell your younger self and a picture by emailing pl224551@ahschool.com to be featured on ipatriotpost.com.

Compiled by Katherine Quesada

**Eighth grader Rebecca Blanco-Bulhoes**

"Aim for the moon. If you miss, you'll land among the stars."

(Photo/Sergio Blanco-Morales)

**Freshman Alexander Nazareth**

"Try new things because you don't know what you like until you find it."

(Photo/Alexander Nazareth)

**Sophomore Claudia Bermudez**

"I would tell my younger self to appreciate those naptimes more and to not procrastinate doing homework by staying awake until 1 a.m. doing nothing."

(Photo/Zahyra Bermudez)

**Junior Roberta Wasserman**

"Don't get caught up in the competitiveness of AHS; compete against yourself and focus on improving your persona."

(Photo/Michael Wasserman)

**Senior Joseph Weisberg**

"Hard work yields great results; so, work hard and yield great results."

(Photo/Alan Weisberg)

(Photos/Katherine Quesada)

**Ms. Denise Roldan**

"Everything changes. If you're going through hard times, hang in there. It will pass. If you're in a great spot, make sure you live in the moment because it too will pass."

(Photo/Weston Photography)

(Graphics/Katherine Quesada)



## News

# Living in Latin America

In light of the tense political situations in many Latin American countries, the Patriot Post asked students with relatives in several of these nations their opinions regarding current events.

Zihan Kabir | News Editor  
pl210992@ahschool.com

### Colombia

Colombia has been a breeding ground for endless conflicts among the government, guerrilla rebel groups and the drug cartels for decades. President Juan Manuel Santos has made progress in the ratification of a historic peace agreement with the Revolutionary Armed Forces of Colombia (FARC), the largest guerrilla organization in Colombia, in late August.

"The negotiations between FARC and the Colombian government represent a pivotal step towards ending a conflict that has been plaguing the nation for more than 50 years. Although the peace treaty was signed by both parties, there is still much work to be done to ensure that no more Colombians are subject to the violence created by the drug cartels and guerrilla forces supported by the FARC," senior Lorenzo Lamo said.

### Venezuela

President Nicolás Maduro of Venezuela inherited a state with a failing economy and increasing poverty from his predecessor, Hugo Chávez, when he was sworn into office in 2013. Since then, crime, inflation and hunger have risen to unprecedented levels. The struggle between the current socialist government and the U.S.-backed opposition has only worsened the situation, leading to Maduro announcing a national state of emergency in May.

"Right now is the worst time in Venezuela's recent history. People are always being robbed and killed. You can't even find the most basic things at stores, the economy is so bad," sophomore Arnaldo Ferrebus said.

"The situation is so bad that they rely on someone called a *bachaquero*, who is basically someone who gets you all the basic necessities of life for a lot of money, because you can't find anything in a supermarket anymore. You can't find toilet paper, you can't find bread, you can't find milk. You need to pay for a *bachaquero* who somehow finds a way to get them, but only the very rich can afford them. [Wealthy Venezuelans] have bullet-proof cars because of how dangerous it is there. Venezuela is the murder capital of the world," junior Gabriel Hinojosa said.

### Brazil

Even as Brazil prepared to host the 2016 Olympics in Rio de Janeiro, the country faced its worst recession in 25 years. Combined with the devastating effects of the Zika virus and a corruption scandal that involved many members of the political elite, conditions were established for the impeachment of President Dilma Rousseff. She has been replaced by Michel Temer, who was the vice president under Rousseff, but there is an impeachment case against Temer as well. Demonstrators continue to fill the streets of large cities as the Brazilian people demand change.

"It is a shame that such a beautiful country with such a joyous people and culture is going through all these political and economic problems. We hope that the change in presidency will bring positive changes to the future of Brazil," junior Matheus Jogaib said.

"I'm angry that the government decided to host the World Cup and the Olympics, two things that Brazil could not afford. People are dying on the street, but nobody cares. With the new president, people are saying, 'At least this president is less corrupt,' as if that was the goal of the election. 'Less corrupt' is what they use to describe their president. Would you like to live in a country like that? I sure wouldn't," junior Mikaela Basso said.



### Asa's Analysis

BY ASA ZARETSKY

#### Swing states turn

#### toward Clinton

Republican presidential nominee Donald Trump's trip to Mexico, followed up by a fiery speech on immigration, confused both voters and experts. If the race continues to trend the way it has, new states may be open for Democratic presidential nominee Hillary Clinton. Republican states such as Arizona and Georgia are closer to a Democrat win this year than they have been for decades and may swing toward Clinton. Meanwhile, states such as Virginia and Colorado are not very close, a trend that toughens Trump's path to victory. He will have to win more of the Midwestern states where Clinton is entrenching. The good news for Trump is in Iowa, where he is tied.

Suburban college-educated Republican women in Arizona and Georgia who are put off by Trump's misogynistic statements and temperament pose an issue, according to polls. However, they disapprove of Clinton, viewing her as untrustworthy. She needs to calm their concerns about her conduct for her to win them. If Trump wants to sway these Republicans, he must move away from immigration and leave his Russia-friendly stance on foreign policy to a more interventionist viewpoint.

Clinton has been successful in Virginia and Colorado. In Virginia, Clinton has a six point lead, and in Colorado, Clinton is beating Trump by 11 points, according to website RCP. These leads have been consistent since July, and there are many reasons for them becoming less swingy. The pull of VP pick Tim Kaine and the dislike the moderate Republicans in the DC suburbs have for Trump could explain her lead. However, her lead in Colorado is from the demographics of the state. With a growing Latino population and a base of urban white liberals, Clinton has been able to build support. Gary Johnson's Libertarians have also been able to gain in Colorado, which has sympathies for his campaign, especially on marijuana legalization.

Finally, in Iowa, Trump has been gaining in contrast to other states. He is currently tied in many polls. This is due to demographic shifts in the state. The white working class of Iowa has long been a Democratic stronghold, but as the population has aged, it has become more conservative and open to Trump's populist message. Regardless, the race is still fluid.

**THE ZIKA VIRUS**

Katherine Quesada | One-Pager Editor  
pl208161@ahschool.com

What You Need to Know

**SYMPTOMS**

Fever, rash, muscle pain, joint pain, headache, red eyes

More than  
80

Locally acquired cases in Florida

#### The facts:

- Zika is transmitted primarily through mosquito bites, but it can also be spread by the exchange of bodily fluids.
- Zika can cause birth defects if a pregnant mother is bitten by a host mosquito.
- Scientists have not found a vaccine nor cure for Zika. Doctors recommend rest and hydration as recovery and to take antihistamines.
- Local mosquito-borne Zika has been found in Miami, as well as in American Samoa, Puerto Rico and the US Virgin Islands.
- More than 13,000 local Zika cases have been reported in Puerto Rico.

#### How to avoid Zika

1. Avoid Wynwood and Miami Beach.
2. Wear bug repellent.
3. Wear long sleeves and pants when in danger areas.
4. Stay in air conditioned areas.



(Information/Center for Disease Control)



## News

## News Brief

Zihan Kabir | News Editor  
pl210992@ahschool.com

**Pre-Law Chipotle night**

The first Pre-Law Chipotle fundraiser social of the year will be held Sept. 28. Every time a student makes a purchase and mentions Pre-Law, a percentage of the sale will go to the Pre-Law Society. Chipotle socials will be held once a quarter.

**English department changes**

Speech will join research paper as a second semester assignment for all Upper School students except seniors and AP students. Research paper is now information-based instead of literary-based. Students will also be required to write shorter literary papers throughout the first semester.

**New class sponsors**

While limited to the senior class in previous years, each Upper School grade level now has a class sponsor. The freshman class sponsor is Mrs. Jessica Burns, the sophomore class sponsor is Mrs. Maria Molina, the junior class sponsor is Mrs. Jessica Miliffe and the senior class sponsor is Mrs. Krisynda Cicos, Mrs. Marisa Behar and Mr. Laureano. This change was initiated in order to help plan events, including the Homecoming dance, and increase the number of class-specific activities, such as the freshman tailgate party.

**Online referrals**

Referrals will no longer be filled out on paper forms by faculty. Instead, teachers and deans will submit referrals online, using computers or mobile devices.

**Model UN mock conference**

The Model UN team will host the fourth annual mock conference Oct. 8. The conference, the American Heritage School Model United Nations (AHSMUN), gives students the opportunity to engage in debate regarding international issues and current events. For the first time, the conference will include participants from the American Heritage Boca-Delray campus Model UN team. For more information, visit [www.ahsmun2016.wordpress.com](http://www.ahsmun2016.wordpress.com).

**MIT Launch program**

The FBLA Entrepreneurship program has adapted materials from MIT Launch, an organization that aims to help high school students develop entrepreneurial skills by launching startups. Students are welcome to join the program regardless of experience. The MIT Launch/Entrepreneurial program will meet in room 9110 every Monday at 3:10 p.m.

# Students join campaigns



**DEFENDING DEMOCRATS:** Senior Lorenzo Lamo poses with Representative John Lewis (left) and representative Debbie Wasserman Schultz (right). The three attended a rally in Hollywood to gain support for Wasserman Schultz's campaign. (Photo/Vivian Piereschi)

Skylar Britton | Opinion Editor  
pl215352@ahschool.com

Senior Lorenzo Lamo is getting a head start at a life filled with politics, debating and public affairs by volunteering his time to work for the Re-Elect Debbie Wasserman Schultz campaign.

During the election, Lamo, along with five other students, was dropped off in neighborhoods campaigning door-to-door in order to establish Wasserman Schultz as the most worthy and credible candidate for the 23rd Congressional District.

The Congresswoman has represented the 23rd District for nearly 25 years and Lamo urged

others to go to the polls and vote for Wasserman Schultz.

"Our goal was to show constituents of the 23rd Congressional District that she has fought for the issues that matter most to them like the environment,

Lamo hopes interning for the Wasserman Schultz campaign will aid him in the future for a career involving national and international affairs.

This is Lamo's first internship experiencing politics and cam-

when I am older, specifically in the Middle East," Lamo said.

Lamo was able to experience first-hand a ruthless atmosphere of fighting for a candidate.

Not only did the work of Lamo and his colleagues help Wasserman Schultz's campaign, but also developed Lamo's skill-set and provided him with an idea of what being a politician in actuality is like.

"I improved my communication skills and got to experience what it was like to be part of a campaign during a competitive election cycle," said Lamo.

Wasserman Schultz won the Democratic Primary by 56.8 percent, defeating Tim Canova at 43.2 percent.

**"She has fought for the issues that matter most... like the environment, social security and healthcare."**

Amanda Wasserman | Co-Assistant Editor  
pl221301@ahschool.com

If there's one thing that our Guidance Department knows inside and out, it's college admissions. College advisors have helped thousands of students and read hundreds of essays, but this year, guidance faces a new unknown: the Coalition Application, or as college advisor Sharon Bikoundou calls it, "the Coalition of Confusion."

The Coalition Application, a new application platform, is accepted by a number of schools; the University of Florida (UF), however, is the only university that accepts it exclusively. In previous years, students applied to UF using the university's own application. Although UF has maintained its Nov. 1 deadline,

students must now apply using the Coalition Application.

"[The Guidance Department] has listened to webinars, gone to workshops in different states and asked a lot of questions about UF," Mrs. Bikoundou said.

Guidance also hosted Jump Start college workshops for rising seniors in June, much earlier than in previous years, primarily due to the uncertain nature of the Coalition Application and the Common Application opening earlier than ever before.

Mrs. Bikoundou does not anticipate a drop in the number of students admitted to UF as a result of the new application, but the university will accept fewer applicants than ever before due to issues with over-enrollment. In the coming years, the

Coalition Application will become more widespread throughout the state university system. The director of Florida State University (FSU) told Mrs. Bikoundou that the Coalition is more customizable and accessible to lower income students. Next year, FSU will use the Coalition Application in place of its current university-specific application. FSU, as a member of the state university system, must verify all changes to its application with the state government.

"If FSU wants to change one question on their application, it takes weeks. That makes the Coalition a very attractive option," Mrs. Bikoundou said.

Students have experienced a few minor issues with the

Coalition Application, but guidance continues to learn new information from students and send out emails with relevant information and tips.

"On the Coalition, they're asking you to input in all of your grades, but UF has you do that on the [Student Self-Reported Academic Record]. We're trying to be proactive and have emailed all of the seniors to let them know that they don't need to fill out both," Mrs. Bikoundou said. The number of students applying to UF is not expected to drop drastically, according to Mrs. Bikoundou, but students will have to wait until spring to determine if suffering through "The Coalition of Confusion" results in a golden letter of acceptance from UF.



## News

# Freshmen start tailgate tradition

The class of 2020 hosts a dance/pizza party before a Patriot home game to instill school spirit and get to know each other.

Joania Hernandez | Staff Writer  
pl224611@ahschool.com

Freshman students made new friends, ate pizza and danced Sept. 2 at the Freshman Tailgate. Prior to the Varsity Football game - at which the Patriots defeated Don Bosco Prep - the class of 2020 gathered at the Lower School playground for a little pregame fun organized by Mrs. Jessica Burns, the freshman class advisor and an English 1 teacher.

Freshmen let loose to songs like "Shut Up and Dance," by Walk the Moon, "Suavemente," by Elvis Crespo, and the always classic "Cha Cha Slide."

"I loved seeing the students encourage each other to dance

and watching them form meaningful bonds that will carry them through high school," said Mrs. Burns. "It was a huge success and it looks like we will be able to make this an annual event."

Freshman Valentina Eusse, who attended the event, said, "I made a lot of new friends and got to know some people from my classes. The Tailgate made the start of the year a little less overwhelming and scary."

Overall, the event was a tremendous success. American Heritage looks forward to many more traditions like this one. Mrs. Burns said, "Things like this are what make doing this [job] so rewarding."



STARTING THE YEAR OFF RIGHT: (1) Sophomore student ambassadors Amber Bhutta and Daniela Velez help energize the freshman crowd to take a group photo on the dance floor. (2) Freshmen "whip" with the Patriot mascot in an attempt to get the rest of their friends to dance. (3) Sophomore cheerleader Danielle Bodner and kindergartener Dublyn Burns, daughter of freshman class advisor Mrs. Jessica Burns, show off their moves. (Photos/Vanessa Ryals)



# Healthy options offered at new Yummy Grill

Elysa Goldberg | Centerspread Editor  
pl206382@ahschool.com

Last year, Yummy in my Tummy started offering organic and healthy lunches in the cafeteria. This year, the eco-friendly food company took their lunch options to a new level by adding the Yummy Grill. "The Yummy Grill was created to fit the needs of health conscious students," said Yummy in my Tummy employee Karen Stanley.

"We received very positive feedback from Heritage about Yummy in my Tummy and decided to add Yummy Grill to the company," she said.

The Yummy Grill offers food such as lean beef burgers, grilled chicken and veggie burgers. Each meal costs \$6.50 and comes with water and Pop Chips. The Yummy Grill also has daily



specials. "Each week we have lunch 'specials' to tailor the needs for each student and to make more choices," Stanley said.

During September, Yummy Grill is letting high school students design their own sandwich. Students submitted their idea of the "perfect sandwich," including bread choice, condiments and types of cheese.

The winner of the contest will have their sandwich named after them and served at the Yummy Grill.

According to Stanley, the Yummy Grill is off to a great start and a lot of students enjoy the food. "We are so grateful to Heritage for their feedback; it made the Yummy Grill possible," Stanley said.



GRILLING 'EM UP: The Yummy in my Tummy employees get ready for junior high lunch by cooking burgers for the all-new "Yummy Grill." The meals are cooked to order. (Photos/Elysa Goldberg)

# School groups to evaluate AHS

Andrew Kolondra Jr. | Co-Assistant Editor  
pl183941@ahschool.com

2017 is an important year for Heritage, as it will be evaluated by a number of organizations. AISF (Association of Independent Schools of Florida), MSA-CESS (Middle States Association of Colleges and Schools Commission on Elementary and Secondary Schools), Ai (Accreditation International) and AdvancED/SACS (AdvancED/Southern Association of Colleges and Schools) will all be evaluating AHS April 25, 2017.

Every five years, schools are evaluated on all facets of everyday campus activity. AISF, the leading organization behind the accreditation, expects schools to meet a variety of standards in categories ranging from philosophy and

school leadership to finances and health and safety. This set of standards is known as the ASAP Standards, or the Standards of the Academic Schools Accreditation Program.

Before the visiting team arrives, a committee of teachers and administrators will prepare a document known as a Self Study to give AHS an opportunity for self-reflection and correction. The Self Study is a 100+ page document containing the list of ASAP Standards with fill-in boxes under each standard for the school being accredited to record the ways in which it meets each.

"The document will serve as the team's guide to everything about our school. The visiting teams are charged with making sure that all member schools maintain the AISF standards," said Mrs. Anita LaTorre, junior

high principal and member of the committee.

After the visit, the team will write an official report in which they make observations, recommendations, and commendations. AISF's Board of Directors then votes on whether or not to re-accredit the school. Having an accreditation recognizes a school's "educational, ethical, and professional standards... for the benefit of the children of Florida" and "assist[s]... schools in achieving their goals," according to AISF.

Students and teachers should not be anxious about the visit, however. "Students, faculty, and staff should go about their normal routines. If a team member needs help, has a question, or enters your classroom, please be helpful and courteous," Mrs. LaTorre said.

# Heritage Royale homecoming planning

continued from page A1

The new class advisors also discussed possibly getting rid of the Powder Puff games in the future.

"There was a vote, and some of us voted against continuing Powder Puff because of injuries to participants," said sophomore class advisor Ms. Maria Molina, "One thing we thought of was replacing it with an indoor sport like basketball."

Working alongside Ms. Molina are Mrs. Jessica Burns, freshman class advisor; Ms. Jessica Miliffe, junior class advisor and Mrs. Krysinda Cicos, Mrs. Marisa Behar and Mr. Juan Laureano, senior class advisors.

Coin Wars has also returned, where each grade level tries to raise the most money for charity using spare change. This year, homecoming information was also posted on each of the new grade level portal pages.

As a part of the competition that prevails during homecoming, the new class advisors were challenged with designing the class pages.

Ms. Molina said, "It's like a contest. Each of us has to try to design the best page for our class and create the most class spirit."

Creating more class spirit seems to be the overarching theme for Heritage Royale 2016. As new traditions replace old ones, Homecoming at American Heritage is on track to do just that.

## After-School Activities

- Powder Puff Game  
Thursday Sept. 29 - 6 pm
- Homecoming Game  
Friday Sept. 30 - 7:30 pm
- Homecoming Dance  
Saturday Oct. 1 - 8 pm



## EDITORIALS & OPINIONS

# The media's "yuge" obsession with Trump

Asa Zaretsky | Political Correspondent  
pl224371@ahschool.com

A screen with telegenic faces covering the same events with different faces making slightly different comments flashes before your eyes again and again. No matter when you turn on the screen, it is essentially the same content repeated, and at some point you think it is merely a recording repeating. This is no dystopian future, but the bleak landscape of modern 24-hour news TV stations. With many

popular news stations such as CNN, Fox News and MSNBC being 24-hour stations, you can see what is going on regardless of when you tune in. If you are to linger on one channel too long though, you will notice that the stories don't just repeat for the morning and evening viewers; they cycle all day.

The regurgitation gets worse in some circumstances, such as when Republican presidential nominee Donald Trump says something deemed outrageous

or holds a rally. The stations bring in many pundits, campaign spokespeople and politicians to analyze what he just said or did. However, these analyses are generally unnecessary. On CNN for example, the panels frequently devolve into shouting matches between liberals and conservatives that need to be broken up by a commercial break. It is also possible for commentators to overanalyze events or to seem to analyze events, but in reality they discuss the same details.

Repeating the same set of news with little variation is not interesting for viewers. The producers of these news shows often ignore important events around the world. For instance, when Turkish tanks invaded Syria in late August, most news broadcasts covered Hillary Clinton's speech about the "Alt-Right" phenomenon instead, even though it happened days later. The 24-hour TV news stations need to realize that spicing up their broadcasts

could entice new viewers or get people who tuned in earlier to watch more than once a day. After all, they have an obligation to their viewers to report the latest and most relevant information at the moment, if they are to justify themselves. If you are concerned, tell the stations that have been doing it the worst from these links and addresses. CNN: <http://edition.cnn.com/feedback/> MSNBC: <http://www.msnbc.com/contact> Fox News: [yourcomments@foxnews.com](mailto:yourcomments@foxnews.com)

# God save the queen... and AP European History

Skylar Britton | Opinion Editor  
pl215352@ahschool.com

It was 1618, a year for the Prince Electors to nominate a man worthy of becoming the Holy Roman Emperor. The Holy Roman Emperor stood as one of the most powerful people before the loose states unified in 1871 to become Germany – but that's another story. Once a Roman Emperor was chosen, the Protestants near Prague expressed their discontent with the man chosen by capturing two Catholic German princes and throwing them out of a window. People looked on in awe as two prestigious men fell to their supposed deaths. In fact, only one thing saved them from explosive impact with the ground. A soft, mushy brown substance altered the course of events that day.

Horse feces saved the lives of two German princes that fine day.

Numerous captivating events like this one happened repeatedly throughout history, for European history reads like a novel.

Unfortunately, this year, AP European History is no longer available to high school students interested in learning fascinating romantic histories. In past years the class was filled with very few students, and this year practically no students signed up for the course, so it was removed from the course selection sheet.

The biggest mistake anyone can make who may be interested in history and the study of people and their cultures is not taking European History. Before I joined the class my sophomore year, a large chunk of history, hundreds of years in fact, was like a blank slate in my mind. I did not know the immensity of Otto von Bismarck's power. I did not know the lineage of

the Tudor monarch in England, and I certainly did not know who painted "The School of Athens." It was Raphael, by the way.

Students in Europe must learn United States history. Many students, specifically in the United Kingdom, must memorize the 50 American states and their placement while many students in the United States cannot even memorize the 50 states of their own country much less European countries.

Buzzfeed filmed a video on how well Americans know the five countries within the United Kingdom, their placement, and their flags. Most of the Buzzfeed employees did not even know there were five countries in the United Kingdom. If European students can memorize the 50 states, then American students can stand to learn a little part of European history.

European history is filled with such beautiful dialogue and events, and it is saddening that people do not want to learn about it. If more people express their interest for the class, then AP European History and Mrs. Marjorie Milam can once again reunite to create an intellectually stimulating class for students interested in the histories. European history is at the crux of our culture, so it is vital that people appreciate the different dimensions of its history to the fullest extent.

Therefore, learn about Europe's history – the poop and all.



Graphic/Skylar Britton

# Stream instead of live watching

Joania Hernandez | Staff Writer  
pl224611@ahschool.com

With so many new streaming platforms, classic TV watching is in decline. Our laptops, phones, and tablets are replacing standard TVs and streaming our favorite shows using platforms such as Netflix, Hulu, and Amazon Prime.

These services eliminate the always dreaded commercial break and lessen monthly bills, but they also allow for the popular binge-watching phenomenon. According to a

survey conducted by CNET, 76 percent of subscribers think that Netflix can replace regular TV.

To combat the potential loss of customers, channels on regular TV, such as HBO, are releasing apps on which their shows can be streamed over an internet connection on any screen at any time; but you still have to pay a hefty cable bill to access the subscriptions.

Nielsen has reported that the number of cable subscribers is decreasing by 10 percent each quarter. Lidia Shong from

the tech startup "aboutLife," said "I recently downgraded from Comcast's Triple Play for \$233.28 per month. Now, I only pay \$39.99 per month for Comcast Internet and \$15 for Netflix." The decision to cut her cable saves her about \$180 per month—nearly double the average bill.

Switching doesn't only save money, but also time—six days' worth, to be exact. Since Netflix eliminates advertisements, it saves time, money, and gives the flexibility to watch anything, anywhere, anytime.

# Don't attempt to be a 'clubaholic'

Anglea Lin | Entertainment Editor  
pl215051@ahschool.com

As high school principal Mrs. Elise Blum once said, "Heritage is like an ice cream bar. There are so many different flavors and toppings."

School is a place to explore, gain insight on your future career and develop your passions.

Freshmen are met with the exciting prospect of joining a variety of clubs to find something they enjoy and that might impress colleges.

As the new school year begins, many freshmen fill up their time with too many after-school activities and then often struggle to keep up as the year continues.

Participating in many clubs can be great, but focusing on classwork and homework is more important, considering that colleges consider both a student's commitment to after-school activities and his or her academic performance.

Belonging to many clubs can become a distraction and may contribute to dropping grades. A too busy schedule can prove detrimental.

Joining many clubs is a serious commitment, and attending a meeting every few months shows a lack of dedication to the club. It is better to participate in fewer clubs and fully commit to them rather than

participate in numerous clubs and devote very little time to each one. Even landing a leadership position in only a few clubs can be eye-catching to colleges.

Attend the first meetings of multiple clubs that strike your interest, but eventually narrow down your choices to two to three clubs. You may find that certain clubs are very different from what you envisioned. If you decide to leave a club, inform the advisor politely.

Instead of juggling too many clubs, prioritize clubs that you enjoy. Participating in a few clubs while maintaining your grades will lead to a successful school year.

# Hang on to your clingy friendships

Andrew Kolondra Jr. | Co-Assistant Editor  
pl183941@ahschool.com

It's eighth hour the last day of sophomore year. After fervently discussing your plans for the summer, you and your best friend, with whom you unfortunately only shared one class, say your goodbyes. Summer rolls by, and none of those plans come to fruition. Your friend isn't exactly the best replier when it comes to texts, so the two of you don't so much as send each other one message the entire summer. School starts again, and you don't share any classes. You never again speak to your once best friend.

This unfortunate situation occurs more often than it should among high school students. Why? Teenagers fear being clingy. They feel that if they "cling" to a friend, they'll seem needy, pushy, and overbearing—and who wants to give off that kind of impression?

The teen definition of clinginess wrongly includes double texting, texting too often and always being the one to initiate the conversation. However, these are all natural human tendencies that just happen to be more visible in the "clingy"

person sending the messages than in their recipient. As adolescents, we are naturally inclined to overanalyze simple situations like this, when in reality the ratio of our sent to received messages has no effect on others' perceptions of us.

It's important for both parties to put in at least some effort to maintain the friendship. Of course it becomes more difficult when you lose the thing you have in common, but a little effort can go a long way.

The truth is, we don't care if others double text us, so why would they care if we double text them? (Juniors in the national merit class, think about that reading section passage about gift-giving. Sound familiar?) Double texting or always being the one to start the conversation doesn't make you needy or pushy at all. Overanalyzing something so simple only fosters needless anxiety—and I speak from personal experience.

Don't let that best friend slip away over the summer just because you're scared to text him or her more than once. Friendships are important, so if you have to, embrace your clinginess—some people actually like it.



## Editorials &amp; Opinions

# Should marijuana be legalized?

Andrew Kolondra Jr. | Co-Assistant Editor  
pl183941@ahschool.com

Legalize it? I don't think so. One of the most hot-button issues facing American society in recent years has been the medicinal and recreational legalization of marijuana. Do the problems associated with the drug outweigh the potential benefits of its use? Short answer: yes.

Long answer: According to "The Legalization of Marijuana in Colorado: The Impact," a 2014 comprehensive study done by the Rocky Mountain High Intensity Drug Trafficking Area, the medicinal and recreational legalization of marijuana has led to a 100 percent increase in traffic fatalities involving operators testing positive for marijuana (2007-2012), a 57 percent increase in marijuana-related emergency room visits (2011-2013), an 82 percent increase in marijuana-related hospitalizations (2008-2013), a 268 percent increase in children ages 0-5 being exposed to marijuana (2006-2013), a 397 percent increase in highway interdiction seizures of Colorado marijuana destined to 40 other states (2008-2013) and a 1,280 percent increase in U.S. Mail parcel interceptions containing Colorado marijuana destined for 33 other states (2010-2013).

In other words, the legalization of marijuana has crashed more cars, put more people in hospitals and put more children at risk than ever before.

The legalization of marijuana has affected more than just humans. Sadly, the number of pets poisoned from marijuana ingestion has quadrupled in the past six years in Colorado alone. Combine that with the fact that THC (the active ingredient in marijuana) potency is rapidly increasing, and you've got yourself quite a lot of innocent, poisoned animals. PETA, are you there?

Furthermore, research done by the National Institute on Drug Abuse (published in 2014 in the New England Journal of Medicine) proves marijuana can harm the developing brain, increase heart attack likelihood and lower IQ. It impairs cognitive functions, motor coordination, judgment and driving skills. In fact, marijuana delivers more tar to the lungs than does tobacco (making it worse to smoke than cigarettes) and can cause chronic bronchitis or even paranoia and psychosis.

Yes, it does get even worse from here. Because 22 states have now legalized medicinal marijuana usage, businesses are able to legally make money off of the drug, taking away huge profits from drug kingpins like the Mexican cartels. As a result, many cartels and other drug-dealing entities have resorted to selling opioids – hard drugs like heroin. They're not selling measly weak heroin. T

he potency is higher than ever due to a new additive known as fentanyl. Fentanyl is the drug that killed musician Prince earlier this year. Canada declared death by fentanyl overdose a public health crisis September of last year. According to the Centers for Disease Control and Prevention, there were almost 30,000 opioid overdoses in the United States in 2014, double 2012's overdose count and almost five times the number of HIV/AIDS deaths that year. Those deaths involving powerful heroin additives like fentanyl were up 80 percent.

All of these statistics are from two years ago; imagine the numbers now.

Go ahead and post on your blog that marijuana is part of "teen culture." Chant "legalize it" from the rooftops if you so desire. Just know that by supporting the legalization effort, you're putting not only others at risk, but also your pets, your loved ones, and even yourself.

No way! Of course!

## FACE OFF

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

On the 2014 ballot in Florida, a law that would have legalized recreational marijuana garnered more than 57 percent of the vote but fell short of the 60 percent needed to pass it. Since then, the debate over legalization has captivated every demographic. Only four states currently allow for the recreational use of marijuana, but it is time for the entire nation to completely legalize it.

One of the most effective arguments for the legalization of marijuana is revenue and profits. In 2012, Colorado became one of the first states to legalize recreational marijuana, and since then, the industry has burgeoned.

After legalizing marijuana, the Colorado government was able to tax any marijuana sales, and the state collected more than \$135 million in taxes from \$996 million in total sales in 2015 according to the website "The Cannabist." Before Amendment 64 completely legalized marijuana in Colorado, however, all of that money circulated throughout the underground market, providing no revenue for the government.

Marijuana is also extremely beneficial as a medicinal supplement, and the legalization of it would help patients obtain it for medicinal uses.

Chemicals within the herb can increase appetite, decrease nausea, reduce pain, control seizures, reverse the negative effects of tobacco and treat mental illness. The body produces these same chemicals naturally, and inhaling marijuana can stimulate those chemicals to function better. Marijuana is not without its side effects, though; dizziness and drowsiness are among its few ephemeral effects.

The majority of patients who request medicinal marijuana do so to manage pain, but marijuana can also be used to treat glaucoma, stop cancer from spreading and interrupt the progression of Alzheimer's according to Business Insider.

More broadly, the legalization of marijuana would alleviate some stress on federal prisons. More than 50 percent of the people in prison committed drug-related offenses in a 12-month period in 2012 and 2013, and more than 27 percent of those incarcerated for drug-related crimes were imprisoned due to marijuana, according to the Huffington Post.

The United States's prisons are extremely overcrowded, with prison populations increasing by almost 790 percent since 1980, and decriminalization of marijuana would accompany its legalization. This change would make prisons safer due to more bearable living conditions and allow police officers to focus their time on those who commit more serious crimes.

Some argue that because marijuana can serve as a gateway drug, its legalization would only provide users an easier path to harder drugs. Some say that it has negative effects on both users' physical and mental states.

However, a study conducted by the National Institute on Drug Abuse stated that the majority of marijuana users do not use other, more damaging substances.

The argument that marijuana is detrimental for a user's body is only true for those who abuse it. It can be very beneficial as a medicinal supplement, especially in alleviating pain.

In spite of these arguments, the pros outweigh the cons, and the legalization of marijuana is a step that should be taken sooner rather than later. Completely legalizing it would yield widespread benefits for both the government and individuals.

# Students, don't take pride in excess stress

Amanda Wasserman | Co-Assistant Editor  
pl221301@ahschool.com

It goes without saying that most of us would choose relaxation over stress any day. We all enjoy sinking into a soft bed at the end of a long day, spending the afternoon with friends instead of studying for a math test or taking a long nap on a rainy Sunday. We understand stress and are all too familiar with complaints concerning work and school; it seems counterintuitive to assume that we would ever romanticize exhaustion and overexertion, feelings we have grown to detest.

The reality, however, is that high-achieving individuals often place stress on a pedestal and fail to draw a distinction between hard work and self-endangerment.

Each morning, I walk through the halls and hear students, usually upperclassmen, lamenting their sky-high piles of homework and subsequent lack of sleep. "I only slept four hours last night," explains one student with a sigh. "Well, I slept for three," replies another student with a proud, superior grin. This interaction, though innocent in nature, indicates a much larger problem:

we associate intelligence and success with exhaustion, as if each hour we sleep chips away at our intellect and work ethic.

Rather than aspiring to dark under-eye circles and record-level caffeine consumption, we should aim to achieve self-care and balance. Sleeping a reasonable amount and spending quality time doing non-school related activities does not indicate a lack of effort; it demonstrates emotional maturity and an ability to understand when the mind, body and spirit need a break.

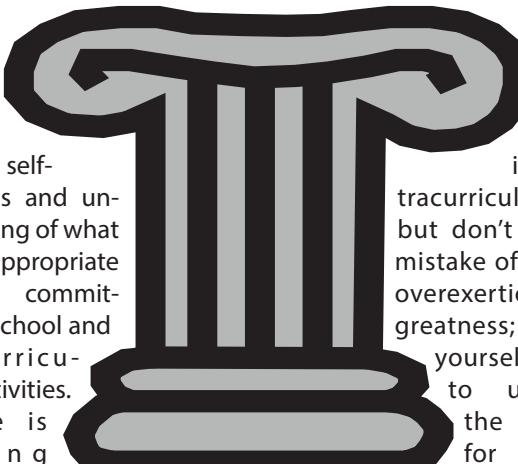
Quitting a club or dropping a difficult class does not illustrate

laziness and a disregard for academics; it suggests an acute sense of self-awareness and understanding of what is an appropriate level of commitment to school and extracurricular activities.

There is nothing

wrong with striving for better grades or excellence in an extracurricular activity, but don't make the mistake of confusing overexertion with greatness; respect yourself enough to understand the need for balance.

## STRESS





## Editorials & Opinions

# Let's not talk politics

Amber Bhutta | Staff Writer  
pl208261@ahschool.com

Politics, it seems, is one of the hottest current topics of conversation, making way for heated debates. In a nation where politics often dominate front pages, and the likes of #MakeAmericaGreatAgain or #ImwithHer can be found in almost every corner of social media platforms and the internet, nearly everyone has a political opinion and wants his or her voice heard.

However, by making sure all those around us are acutely aware of our political stances, we rob ourselves of valuable relationships and alienate the close friends. Undermining the importance of political literacy is not the goal here, especially in this day and age.

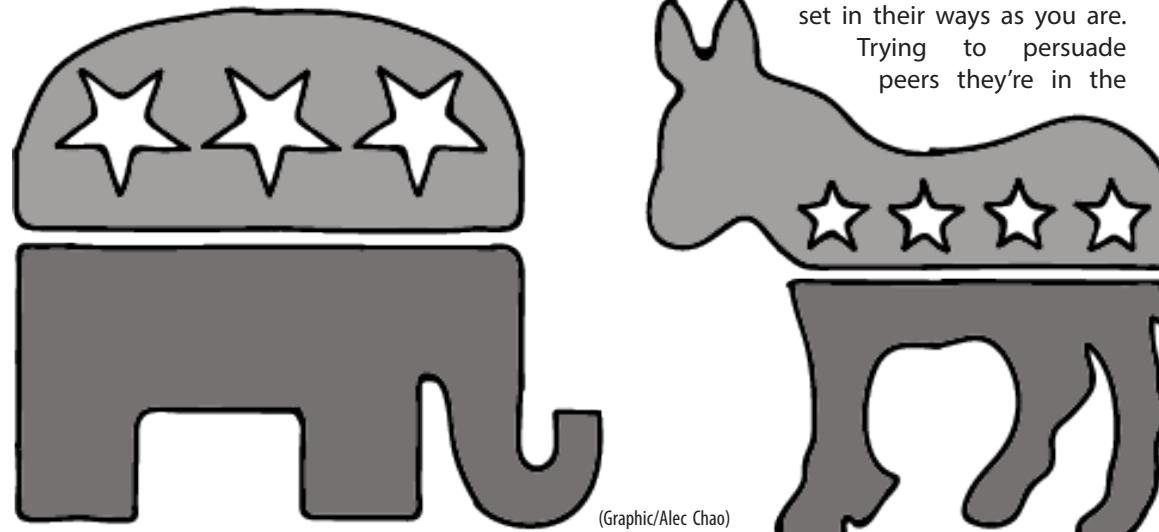
Understanding the highly controversial national issues that affect us and formulating opinions on them remains integral to

societal development. The issue remains that many people are stuck in the mindset that their views are correct, and those who don't agree are in the wrong. In

compromise is reached eventually. Compromise acts as a central component in politics. Although this is supposedly common

ed or incorrect. The truth of the matter is that, despite what you may think, you're hardly ever going to change someone's mind, because they're just as set in their ways as you are.

Trying to persuade peers they're in the



(Graphic/Alec Chao)

politics, "right" and "wrong" often don't exist.

Problems are brought up, argued over, and often mishandled, but ideally, some kind of

knowledge, we live upon these moral highgrounds that allow us to believe we can convince other people that their political stances are unfound-

wrong often results in unforeseen hostility and even the termination of relationships.

One of the largest facilitators of these arguments is

social media such as Facebook or Twitter. What begins as a seemingly innocently shared, politically charged post and a supposedly innocuous response triggers hateful comment threads brimming with malice and unchanged viewpoints.

We've all at least seen, if not actively partaken in, one of these disputes and understand that the consequences usually involve the unfriend button being hit, and not just on the screen.

Again, politics revolves around compromise, and situations like these should be treated no differently.

If you know you're not going to change your mind, you need to understand that other people might not either.

Friendships are built upon shared efforts and contributions, and sabotaging them over politics is sabotaging our well-being for the sake of being right.

## Start utilizing your college advisers

***With college application season in full swing, it is more critical than ever for seniors to reach out to their college advisers for everything from essay advice to standardized testing concerns.***

Elysa Goldberg | Centerspread Editor  
pl206382@ahschool.com

Face it seniors, we are not college application know-it-alls. We do not know exactly what colleges want or what happens in the background of the college application process.

However, the college advisers know practically everything you need in order to successfully complete your applications.

Applying to college is an insane process. Different colleges have different applications, requirements and deadlines, so there is a lot to keep track of. In order to be efficient while applying to college, seniors should schedule regular appointments with their college adviser.

During your appointment, your adviser can proofread your essay, help you decide which college best suits your needs

and ensure you are filling out the application correctly.

It is much more productive to have your college adviser check what you have done than to find out you have been doing the applications wrong the day before the deadline.

Plus, after several appointments, you will start creating a relationship with your college adviser. When your college adviser starts knowing more

about you, he or she can suggest more personal touches to add to your essay and application.

According to Mrs. Luciana Mandal, Director of College Planning, "The counselor is the expert in college admissions and can make suggestions on how to manage the application workload, write essays and short answer questions, where to apply to maximize scholarships and review the outgoing

applications before they go out." The college advisers are here to help you. The more help you get from them, the more likely your applications will turn out successful.

Scheduling regular appointments with your college counselor to review applications will only help you get closer to getting accepted to your dream school.

## Make small changes, make a world (or two) of difference

***Countless everyday decisions, from the food we choose to eat to the vehicles we choose to drive, can greatly increase our impact on the environment, putting the planet at extreme risk.***

Lauren Quintela | Co-Editor-in-Chief  
pl211422@ahschool.com

Gasps of disbelief filled Mr. Osmel Rodriguez's AP Environmental Science classroom on the fifth day of school as students realized the impact of their seemingly insignificant everyday choices.

With an online "ecological footprint" calculator, students discovered how many Earths they would need if everybody on the planet lived as they do — with students' results ranging from 3 to 12 or more Earths.

The ecological footprint is a measure of our impact on the environment in terms of the amount of land required to produce our resources.

Nearly all aspects of our lifestyle factor into this calculation — how often do we travel? How large are our homes? How often do we eat animal products?

We have been reminded countless times of the importance of preserving the planet and its resources for future generations, yet, according to Mr. Rodriguez, if everyone lived as the average American does, we would need an average of 4.7 Earths simply to provide enough resources.

We are consuming resources significantly faster than we can replenish them, and we must make simple changes in order to preserve the planet for future generations.

It is a part of human nature to care more about the immediate problems affecting us rather than problems that will affect generations to come, but we cannot continue to live without any regard for the impact of our choices.

We must realize that the planet we shape today will become our grandchildren and

descendants' home. We cannot expect everyone to make dramatic lifestyle changes, but we can push ourselves to make simple changes that, when considered collectively over a period of time, significantly limit the damage we inflict.

These changes go beyond reducing, reusing and recycling. According to the World Wildlife Fund (WWF), we can lessen our impact on the planet by driving less (by carpooling and biking whenever possible) and flying less, particularly avoiding short flights.

On vacations, we can choose to stay at "green" hotels that focus on water conservation, recycling waste and the like.

At home, we can take advantage of natural light rather than artificial light whenever possible, buy more locally-grown food and plant a small garden. We can choose to run the dishwasher

and laundry machine only when we have full loads, donate rather than dispose of our goods and eat more meatless meals.

Simply enjoying a "Meatless Monday" once each week can positively impact both the environment and our health.

With these and countless other simple lifestyle changes available to us, we truly have no excuse for not realizing the consequences of our actions and taking ownership. The

minuscule sacrifices we make truly can make a world (or four or five worlds) of difference, ensuring the planet remains intact for future generations..



(Graphic/Alec Chao)



# Editorials & Opinions

# Many (driving) years ahead of us

Carrie Kuecks | Features Editor  
pl194961@ahschool.com

Few things in life compare to the excitement of getting that driver's license and/or permit.

The feeling of jumping behind the wheel for the first time is exhilarating. After the thrill wears off, the reality sinks in that driving is a huge responsibility.

While it may be tempting to enjoy this new freedom and drive as often as possible; the truth is, driving on roads and highways in Florida is a lot harder and dangerous than many people think.

According to Teen Driversource, "75 percent of serious teen driver crashes are due to 'critical errors,' [including] lack of scanning that is needed to

detect and respond to hazards, going too fast for road conditions and being distracted by something inside or outside of the vehicle."

Some new drivers want to drive like they were cast in "Fast and the Furious," but safety needs to come first.

Just because the state of Florida has issued a learner's permit or license does not mean that it is a good idea to immediately start driving on I-595.

For students, rushing is a way of life. We speed every hour of every day, rushing through hallways, classes and homework. However, beginning drivers must slow down their pace to ensure they receive enough practice to avoid accidents.

Driving is both a privilege and a risk. Time and experience pay off when on the roads.

Start by practicing in empty parking lots or in your neighborhood before heading out to major intersections or highways.

Don't just memorize the road signs for the driver's test or permit; learn the road's many rules and signs.

Take advantage of training facilities for new drivers and driver's education courses.

Getting used to driving takes time and practice. According to the Centers for Disease Control and Prevention, "Six teens ages 16-19 died every day from motor vehicle injuries in 2013."

Take it slow and drive safely to save a life, maybe your own.



## The pertinence of politics in students' lives

Alec Chao | Staff Writer  
pl224451@ahschool.com

In the wake of a tumultuous primary season, disenchantment with the American political system is to be expected.

As polarizing candidates prepare to battle for the presidency, younger voters and activists may feel marginalized. Some may question why they even bother with something as fickle as politics. However, make no mistake: political literacy and involvement is key.

For many of us, this election cycle is the first we can remember where neither candidate is

an incumbent. Coincidentally, this may be the very first election cycle members of our demographic have truly involved themselves in, their interest spurred by candidates such as Bernie Sanders who push for the progressive policies many millennials crave.

However, the primaries are over, Sanders has left the building, and the general election is fast approaching.

All the while the less politically inclined members of our peer group may be wondering where they stand in regards to political literacy. The jargon is complex, the electoral process

is baffling, and the policy is nuanced. In short, some of us may ask: how does the American political system work, and why should I care?

The answer is rather simple. As intricate as it may seem, our political system is shaped by the thoughts and ideas of citizens.

We influence the course of the national political conversation through our votes, by choosing who will represent our views in our national legislature.

Of course, these are clichés we've heard before, and they will do little to sway anyone still on the fence. It is easiest to speak bluntly: to

understand our political system is to have the power to control it. It is dangerous to walk into the polls on voting day uneducated and unaware of the issues.

With the power provided to us under a democratic system such as ours comes the risk of voting for something you simply don't understand; you certainly are not at fault if you do not understand, but you must at least make the attempt to do so.

The best way to educate yourself is to read a variety of news sources and connect events to one another. By doing so, correlations between

individuals' platforms and the policies they propose become much clearer. Join clubs such as the newly minted Political Club on campus.

Even volunteering with a political party or organization representing a certain cause may help illustrate the intricacies of the political process, especially at the local and regional levels where the process tends to be easier to understand.

The time is ripe for you to establish your political identity, but you have to want it. It is not only your responsibility to decide who leads, but also to understand why they lead.

## Pricey organic school lunches make "cents" for students

Alex Becker | Staff Writer  
pl215753@ahschool.com

When the lunch bell rings, kids from all over campus run to grab a bite to eat, see their friends, and relax. With a new health craze going around, students turn to the new Yummy Grill station in the cafeteria for a healthy choice.

However, the new organic lunch spot is a little more pricy than the other stations. For instance a burger costs \$6. Some students are upset with these prices and wonder why the prices are so much higher than the prices of the other lunches. Well, the \$2 that many people call outrageous might actually be worth it.

Yummy Grill is an organic based station serving grass-fed meat, pesticide-free vegetables and antibiotic-free chicken.

Organic food is more expensive than other food for three major reasons.

Start out with production time. Pesticides help plants grow faster, so without them plants grow more slowly and less efficiently. This means that organic farmers have to hire more workers for tasks such as hand-weeding and sometimes cleaning up polluted water to ensure the food is organic.

Besides hiring more workers, farmers also have to treat organic plants with a more expensive fertilizer. Most fertilizer is chemical-based, but organic food is grown in either compost or manure.

The increased cost to grow organic food means that in order for the farmers to make a profit, they need to sell their goods for more than usual.

However, only 0.9 percent of worldwide farmland is used to grow organic foods. This high demand and low supply requires farmers sell their products at a higher price because when a lot of people want something that there is little of, its value rises.

Even just getting the title of "organic" costs money. Not only do the farms have to be kept in prime shape for health reasons, but farmers also must pay an inspection and certification fee. The fee can range anywhere from \$400 to \$2,000 a year. In order to pay the fee farmers have to increase their food price.

The obstacles farmers go through to make a profit increase the price students have to pay for a healthy lunch. Some students don't even try it because of the extra \$2 they would have to pay for an organic lunch.



**YUMMY GRILLING:** During junior high lunch, the Yummy Grill employees cook organic burgers to order for hungry students. All burgers are topped with fresh produce as condiments. (Photo/Elysa Goldberg)

Most do not even know why it costs more, but the truth of the matter is that it's better for you.

With less toxic metals and pesticides, organic food is a much healthier choice than non-organic food. It may seem unfair that farmers are asking

for more money from us, but studies show that eating organic can extend your lifespan.

I'm trying to live as long as possible, so if spending daily pocket change will extend my life by even a day, I'm willing to pay.

|                           |                      |                            |                           |  |
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## FEATURES

# Everyone Has a Story (EHAS): Pierre Younes



## Mandy's Musings

BY AMANDA WASSERMAN

### Senior Surprises

I don't usually like to bring back memories of freshman Amanda, but with senior year underway, I can't help but think about how I've changed since my first year here. I spent much of freshman year observing seniors from a distance, and while many of my observations were incorrect, others proved spot-on.

#### We aren't as composed as we seem.

When I first arrived at Heritage, I always admired how seasoned the seniors were at handling stress. While I walked into tests nervously re-reading my notes, the seniors always looked relaxed and composed. In reality, we still struggle with academic and personal stress, but three years of high school have taught us how to internalize it and keep our calm.

#### Age doesn't equate to maturity.

At age 14, I assumed that most seniors were mature enough not to argue with friends and family over insignificant problems or engage in gossip. Looking back, I vastly overestimated the emotional maturity of 17 and 18-year-olds; the friendship and relationship drama is as present now as it was in ninth grade.

#### Most of us are still unsure of what we will study.

As I explored different clubs and classes as an underclassmen, I took comfort in knowing that by senior year, I would have it all figured out. Spoiler alert: I definitely don't have it all figured out. Most of us are suspended in a collective air of uncertainty and don't know what career path we plan to pursue or even what we plan to study as undergraduates.

#### We still care what other people think.

I used to envy seniors who disregarded what other people thought of them, but looking back, I realize that this was a lie. Although it is fair to say that most of us have a thicker skin, we do still care -- a lot -- about what our peers think of our appearance and personality.

#### Senior year actually is a lot of fun.

Senior year is perhaps more stressful than junior year due to the combination of challenging classes, extracurriculars and college applications. It is, however, significantly more fun than freshman, sophomore and junior year.

Most of us are able to drive, possess a greater degree of independence, resulting in a much more engaging social life.



Lauren Quintela | Co-Editor-in-Chief  
pl211422@ahschool.com

Lauren Hutton | Co-Editor-in-Chief  
pl219691@ahschool.com

Many students claim they aren't swayed by seemingly meaningless superstitions; yet, if you were asked to walk under a ladder, smash a mirror or open an umbrella indoors, would you? This month, eighth-grader Pierre Younes didn't let fear hold him back when he bravely tempted his fortune and picked up one of 10 "tails-up" pennies sitting ominously next to a black (stuffed) cat. His uninhibited nature earned him this month's prestigious EHAS spot, and we set out to find out his story.

Although he was born in Boston, Mass., Younes has bounced back and forth between the East and West Coast. At 3 years old, his family moved to Sacramento, Calif., for his father's job. Just two years later, however, they moved back east to settle down in Weston. He began attending Heritage for Pre-K Four and has been here ever since.

As the son of two immigrants from countries more than 7,000 miles apart, Younes frequently visits relatives around the globe. His mother was born in Colombia, while his father was born in Lebanon. Although the countries seem vastly different, Younes enjoys both immersing himself in

the lively culture of Colombia and visiting his family's house in the mountains of Lebanon, which has been passed down from generation to generation.

When he's not in another country, Younes enjoys pursuing his varied passions: orchestra, math and debate. Younes knew what he wanted to do from an early age; he began playing the violin, an instrument he quickly grew to love, in first grade and joined the math team in fourth grade.

"Because I liked [violin] so much, I learned to play viola and piano," Younes said. He went on to join the Florida Youth Orchestra, which requires auditions and attendance at weekly meetings. He plans on continuing to play in the orchestra once he gets to high school and looks forward to it being "harder than this year."

Younes considers Competition Geometry his favorite class. He hopes to join Mu Alpha Theta once a freshman. Despite his "math side," he also enjoys debate, which he has been involved in since last year. He enjoys "the back-and-forth" aspect of debate, but considers all of his interests equally important.

Just as Younes regards both sides of his heritage with equal fondness, he considers both law and medicine equally interesting and feels unsure of which track he will pursue in high school. While his father's career as a doctor has fueled his interest in medicine, Younes's affinity for debate has led him to consider a career in law. Younes plans to "go to college and get some big degree



**STRINGS ATTACHED:** Eighth grader Pierre Younes participates in a music competition in Jacksonville. Younes won first place in three other events. (Photo/Sandra Arciniegas)

and work" in one of the fields that interests him.

In between two cultures, two potential careers, varied passions

and two opposing sides of a penny, Younes proves that everyone truly does have a story.

*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.*

## Prepare for standardized testing: SAT and ACT dates

Katherine Quesada | One-Pager Editor  
pl208161@ahschool.com

**When school starts, everyone knows what's coming up: standardized testing. We compiled a list of test dates for organizational convenience. Take your review books out, because testing is about to begin.**

### SAT

| Test Date: | Registration deadline: | Late registration deadline (late fee: \$28) |
|------------|------------------------|---|
| 10/1/16    | 9/1/16                 | 9/20/16                                     |
| 11/5/16    | 10/7/16                | 10/25/16                                    |
| 12/3/16    | 11/3/16                | 11/22/16                                    |
| 1/21/17    | 12/21/16               | 1/10/17                                     |
| 3/11/17    | 2/10/17                | 2/28/17                                     |
| 5/6/17     | 4/7/17                 | 4/25/16                                     |
| 6/3/17     | 5/9/17                 | 5/24/17                                     |

### ACT

| Test date: | Registration deadline: | Late registration deadline (late fee: \$25) |
|------------|------------------------|---|
| 10/22/16   | 9/16/16                | 9/30/16                                     |
| 12/10/16   | 11/4/16                | 11/18/16                                    |
| 2/11/17    | 1/13/17                | 1/20/17                                     |



## Features

# Students applying to colleges abroad

Although many students dream of the ivy-covered walls at Princeton University or the roar of the crowd at a University of Miami football game, not all seniors limit their college search to the United States. For three seniors, the quest for the perfect post-graduation education extends overseas and into England, France and Japan.

Amanda Wasserman | Co-Assistant-Editor  
pl215352@ahschool.com

### Lorenzo Lamo:

Lamo fell in love with the Sciences Po - Columbia Dual-BA program the moment he learned about it as an underclassman. This selective program focuses on developing expertise in the social sciences and in foreign language, two interests Lamo has cultivated through debate, Model United Nations and the Spanish Honor Society. Students study at Sciences Po University at one of seven campuses in France for two years, earn a Bachelor's Degree and then move to New York City. Once there, they enroll in the Columbia School of General Studies and matriculate with another degree in a subject of choice related to the social sciences. Lamo, who is applying for admission to the Menton Campus, located near Nîmes in the South of France, plans to focus on Middle Eastern Studies and begin learning Arabic.

### Ana Escalante:

Escalante plans to attend a four-year college or university, but her passion for travel photography and global exploration led her to consider a nontraditional post-graduation experience and enroll in the Education First Gap Year program. The institution, which emphasizes instruction outside the confines of the classroom, immerses participants, all recent high-school graduates, in intensive language study. After visiting Tokyo numerous times and spending six weeks in the city this summer, Escalante fell "in love with the language and culture of Japanese people." Her aspirations, however, include more than just gaining fluency in Japanese. An avid photographer, Escalante hopes to intern for the photography department of a foreign magazine and work on her portfolio, which is inspired by the human interactions behind technology. Escalante remains fairly certain that she will take a gap year but would consider enrolling in a traditional university for the Fall of 2017 if offered a full-scholarship or admission to the University of Florida.

### Catherine Nowinski:

Nowinski, originally from Great Britain, has always cherished her homeland and her friends and family overseas. Although she plans to apply to numerous colleges within the United States, Nowinski's parents encouraged her to apply to selective English universities such as Cambridge. Nowinski would consider attending college abroad, but notes that the application process can be a bit tricky for those who attended high school outside of the UK. British students take "A-level" exams that determine their admissions decision, but since no such equivalent exists in America, students are required to submit at least five AP Exams with a score of five. Furthermore, while only states universities in America have minimum requirements for SAT and ACT scores, Cambridge University demands a "high pass" on both exams, equivalent to at least a 1460 on the new SAT or a 32 on the ACT.

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### Senior jersey spotlight



Angela Lin | Entertainment Editor  
pl215051@ahschool.com

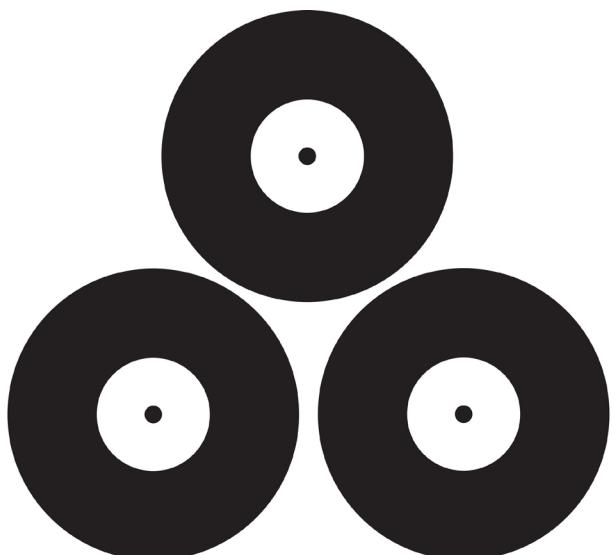
Coming up with a creative word or phrase for a senior jersey can be tough for some seniors, but for senior Gianna Sanchez the decision was easy. She emblazoned her jersey with "\*shrug\*" which was derived from her signature emoticon "\\_\\(ツ)\\\_/" She often uses it in texts, and many people associate her with it. Being the executive producer of WAHS, "\\_\\(ツ)\\\_/" sometimes even appears on the morning announcements when there are technical issues.

Getting the shrug on Sanchez's senior jersey was not an easy task. Sanchez originally submitted "\\_\\(ツ)\\\_/" for her jersey, but the company asked her to slightly alter the face of the shrug after complications.

"I was disappointed, but the arms are really all that matters," said Sanchez.

But the issue didn't end there. The week before senior jerseys came out, an email was sent to Sanchez asking her to change her senior jersey because the company couldn't print it. With one last try, Sanchez submitted "\*shrug\*" in the hopes that the design would finally be approved.

"I use it all the time to describe my life in general. Instead of having a negative attitude, I just shrug it off and say 'it happens'. Life is a shrug," said Sanchez.



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# The true meaning of feminism

*"Feminism" is a difficult word to define because of the many interpretations of what being a feminist means. Below, information on the topic has been provided to explain feminism more clearly.*

## What is feminism and why does it matter?

Lauren Hutton | Co-Editor-in-Chief  
pl219691@ahschool.com

**"I'm not a feminist because I am a man."**

**"I'm not a feminist because I don't feel oppressed."**

**"I'm not a feminist because I don't think women are better than men."**

When the issue of feminism comes up, many students, both male and female, are quick to state why they do not support the cause. However, in many instances, this lack of alignment with feminism comes from a lack of understanding of what feminism really is. Most modern feminists define feminism as an ideology that strives to obtain political, economic and social rights that are equal to those of men. Women do not want to take over the world, and they do not want to "steal" men's power — they simply want equality in everyday life and in the workplace. Believing in equal rights in terms of gender means believing in feminism. It's as simple as that.

You don't have to be a man-hating extremist to be a feminist. You don't have to shave your head and not wear pants, or think women are more deserving than men. Common misconceptions, such as the statements above, demonstrate this misunderstanding of feminist ideals. For instance, many women don't feel the oppression feminists often reference and therefore feel the issue is not pertinent to their lives. While they may not feel actively oppressed, most females will spend their entire lives trying to escape the oversexualization of their bodies (from the media and the workplace to the streets), and many will suffer the consequences of the wage gap, whereby women are paid, on average, just 79 cents to a man's dollar for the same job, according to the Institute for Women's Policy Research. Additionally, around the world women often face much harsher examples of gender inequality, and not

supporting feminism because it is not a major part of your life implies a lack of sympathy for the unfair treatment of women globally.

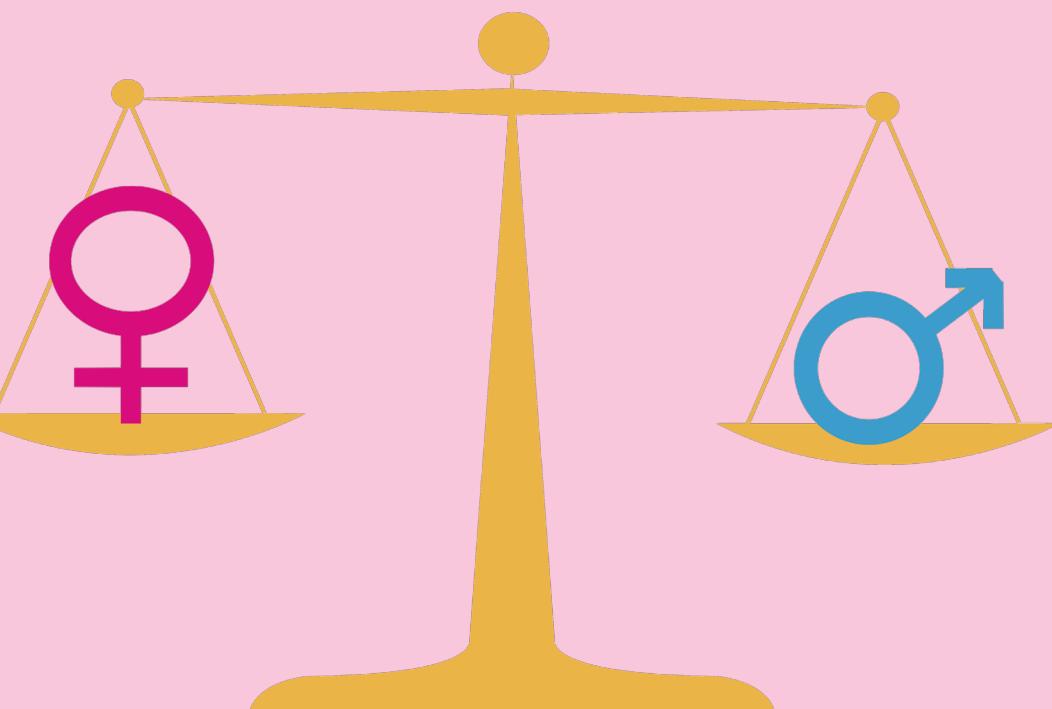
When women are still being subjected to honor killings, domestic abuse, child marriages, genital mutilation, female infanticide, victim blaming in the instance of rape and a lack of judicial rights, there is clearly an issue that needs addressing.

Feminism originated in 19th century America and has continued to grow and evolve ever since. The Women's Movement first came about at the 1848 Women's Conference in Seneca Falls, as women wanted to fight for the abolition of slavery and Temperance movements but needed political power to do so.

Initially, women sought voting, divorce and property rights as well as access to higher education. After obtaining voting rights in 1928, women began focusing on issues such as workplace equality, reproductive rights

I am a feminist for Emma Sulkowicz, who fought to have her alleged rapist expelled after her accusations went unheard and ignored.

I am a feminist because I deserve equal rights.



(Graphics/Elysa Goldberg)

(Photos)Carrie Kuecks



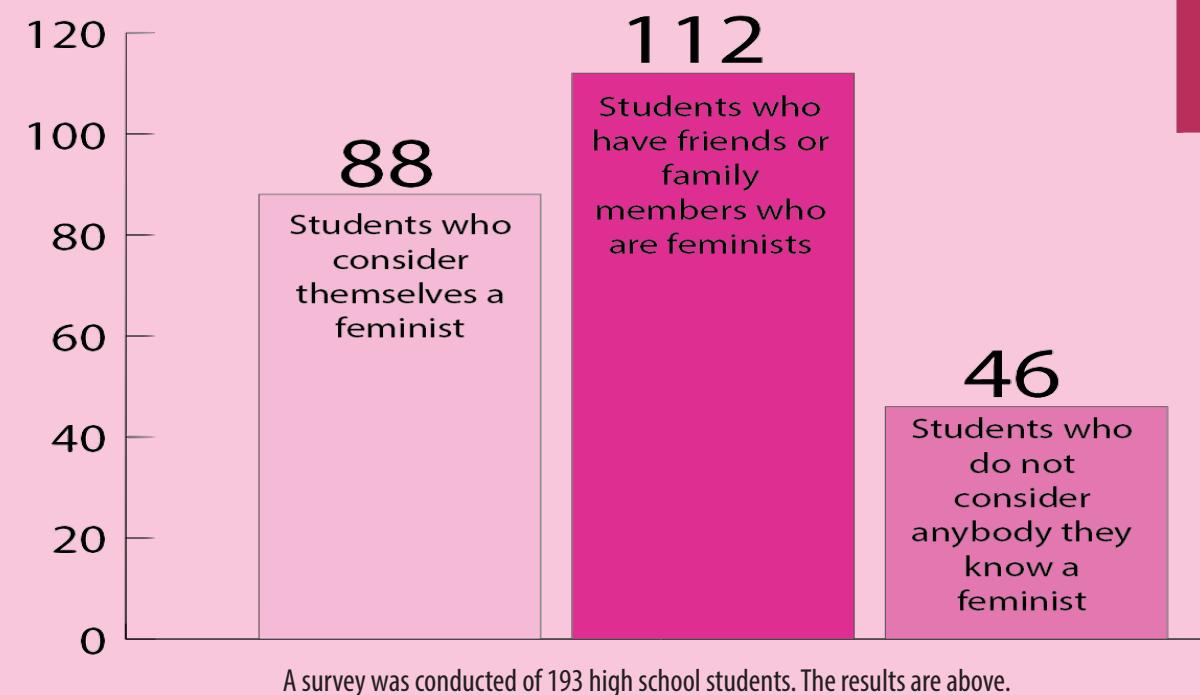
"I believe that women and men are equal. It is important to have equal representation of both men and women."  
- freshman Daniela Rivera



"I believe in equality for everyone."  
- sophomore Sarah Dickey



"It is not fair that men have more rights than [women]. It is important that in America, a country that many others look up to, we have equal rights."  
- sophomore Simran Dulay



## Common misconceptions about feminism

Vanessa Ryals | Online Editor-in-Chief  
pl224551@ahschool.com

**Myth:** All feminists are bra-burning lesbians who hate men.

**FALSE**

**Myth:** Men cannot be feminists.

**FALSE**

**Myth:** The patriarchy no longer exists in America, so there is no need for feminism.

**FALSE**

**Myth:** Feminism only benefits women.

**FALSE**

**Truth:** Believe it or not, feminism actually has nothing to do with sexual orientation and does not discriminate against men. Feminists come from all cultural and socio-economic backgrounds to support equality among all genders, but like any other large social movement, there are a few radicals who give it a bad name. Besides, what kind of woman would burn a bra? Bras are expensive.

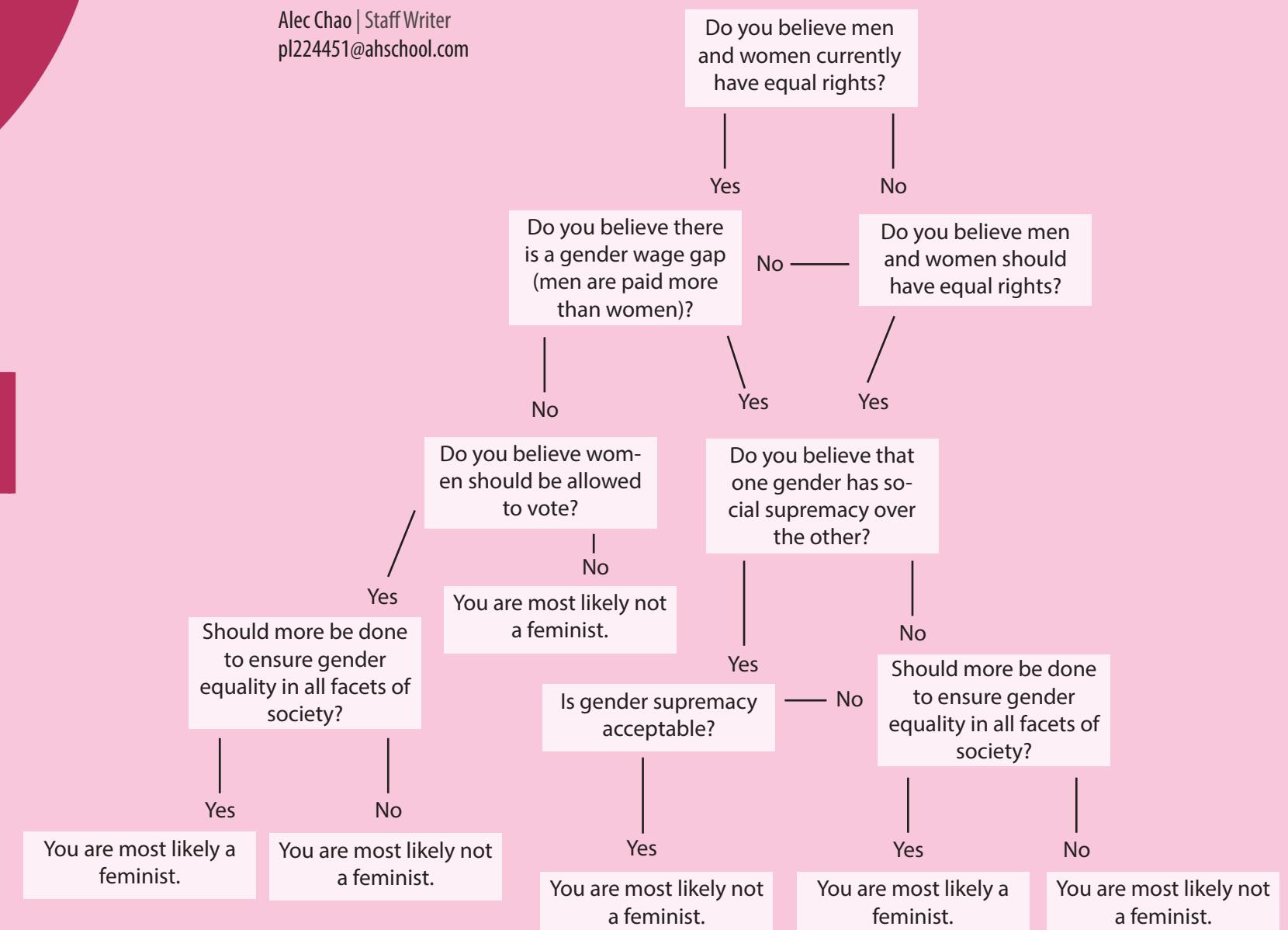
**Truth:** You do not have to be an animal to support animal rights. You do not have to be a tree to support the green movement. You do not have to be female to support equal opportunity for females. Men, it is OK to be a feminist. By the same token, men who identify as feminists should not be put on a pedestal. There is nothing heroic about a man who supports equal opportunity for his female counterparts. That should be a social norm.

**Truth:** Feminism is an evolving movement. While it is fair to say that we no longer face the same patriarchy of the early 20th century, many women across the globe are still at a disadvantage. In some places in America, women are paid less than male co-workers in the same job positions, and some businesses are unfriendly toward expectant mothers. In other countries, women are still fighting for basic human rights. While the patriarchy in America has substantially weakened, it is very much alive in other parts of the world.

**Truth:** Feminists do not advocate only for women. While feminist work is aimed at eradicating social standards created to oppress women, it also benefits men who do not necessarily conform to those same standards. Not every woman is petite and girly, and not every man is emotionless.

## Test your feminist ideology

Alec Chao | Staff Writer  
pl224451@ahschool.com





## Features

# WTWU: Mrs. Ashley Hendricks

*Have you ever wondered what your teachers were like in high school? In our monthly teacher profile, we explore what they were like 'When They Were Us' (WTWU).*

Elysa Goldberg | Centerspread Editor  
pl206382@ahschool.com

During high school, English I and III teacher Mrs. Ashley Hendricks was in love with theater. Because her extracurriculars were centered around theater, she attended Dillard High School in Fort Lauderdale, a magnet school for performing arts and computer science.

"I was a part of Thespians and musical theater. I loved to sing and dance," she said.

During her high school career, Mrs. Hendricks was able to work with professionals through her acting classes. She explained that this was one of her favorite parts of high school.

While involved in the performing arts, she was able to find people with similar interests and eventually became close friends with them. "My group of friends were fantastic people," she said. Mrs. Hendricks explained that because she had

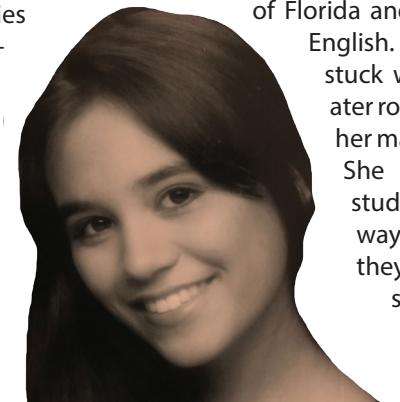
great friends and a sense of community in her school, the only word to describe her high school experience is "amazing."

However, Mrs. Hendrick's high school was slightly different than ours. "When I went to high school, there was not as much stress. With high school now, I can definitely feel and see the stress," she said. Because she understands the importance of pursuing one's passion, as she did when she was in high school,

Mrs. Hendricks tries to lessen the workload she gives her students. "I alleviate the stress so [my students] can do what they love," she said.

After graduating from high school, Mrs. Hendricks attended the University

of Florida and majored in English. However, she stuck with her theater roots, receiving her masters in Film. She encourages students to always do what they have a passion for, especially now in high school.



(Photo/Dillard High School)

# How we came to be the Patriots

Amber Bhutta | Staff Writer  
pl208261@ahschool.com

Whether you've just glimpsed the mural in the cafeteria or you're heading to a sports game, the question has crossed nearly all our minds: "Why a patriot?" Founder and President Mr. William Laurie shed some light on the mystery as he explained how it all started during his own high school days. "I was the mascot for my old high school team, the Blue Devils, and I would travel with the football team to games," said Mr. Laurie, "and there was always this one team we lost to... called the Yellowjackets."

As it turns out, American Heritage's school colors were inspired by the Yellowjackets' colors: black and gold. That wasn't the only inspiration. "I originally wanted us to be called the Yellowjackets," Mr. Laurie

said. While the colors stuck, picking a school mascot didn't go entirely as he had planned.

Fast forward to the year 1971, when the first American Heritage School was opened in Hollywood, and the first American Academy was opened in Wilton Manor. At the time, it was the age of the American Heritage Eagles. Not quite Patriots, but it has a nice ring to it. Four years later, history was made as Mr. Laurie sold the Hollywood and Wilton Manor schools and bought the land for what would soon become the American Heritage Plantation campus.

In the fall of 1980, Mr. Laurie had gone on a vacation. In his absence, American Academy Headmaster Mr. Peter Gulotta decided to take matters into his own hands and issued a poll to the entire student body with

the question: What should the school mascot be? Influenced by the recent bicentennial, America's 200th birthday, the students voted for the American Heritage

Patriots. "I came back from vacation, and suddenly we were the patriots," said Mr. Laurie.

The new name eventually grew on him. If he were

given the opportunity, Mr. Laurie explained that no, he would not change the mascot name. "Not even for the Yellowjackets," he said.



LET'S PLAY SOME FOOTBALL: The Patriot mascot marches onto the field before a game with senior offensive lineman Jerome Janvier and junior running back Matthew Peart. The school's nickname was the Eagles before students voted in 1980 to change it to the Patriots. (Photo/Emma Gellman)

*Whether you're a senior leaving with your friends during lunch or an underclassman just looking for an after-school snack, here's a list of convenient places to eat near campus.*

**SENIOR LUNCH:**

## OFF-CAMPUS DINING GUIDE

(Graphic/Lauren Quintela)

|   |  |  |
|---|--|--|
| <b>For subs on the fly:</b>                 | <b>Publix</b>  | <b>Quick dining options conveniently located near campus</b> |
|   | <b>soups, subs and chicken tenders</b>                       | \$ = Options under \$5<br>\$\$ = Options \$5-10              |
| 225 S. Flamingo Road (0.6 mi)               |  |  |
| \$\$ Try: Half chicken tender sub, \$6.09   |  |  |
| <b>For sandwiches, soups and more:</b>      | <b>Panera Bread</b>  |  |
|   | <b>soups, salads, sandwiches and baked goods</b>             |  |
| 10001 Cleary Blvd. (2.4 mi)                 |  |  |
| \$\$ Try: BBQ Chicken Flatbread, \$5.19     |  |  |
| <b>For fast, authentic Mexican cuisine:</b> | <b>Agave Taco Bar</b>  |  |
|   | <b>tostadas, burritos, quesadillas and tacos</b>             |  |
| 13040 W. State Road 84 (1.5 mi)             |  |  |
| \$ Try: One carne asada taco, \$3.49        |  |  |
| <b>For an abundance of burgers:</b>         | <b>Sunrise Grill</b>   |  |
|   | <b>specialty burgers and fries (plus sweet potato fries)</b> |  |
| 133 N.W. 136th Ave. (2.2 mi)                |  |  |
| \$\$ Try: A "Toasty" burger, \$5.95         |  |  |

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## ENTERTAINMENT

# The spiritual experience of 'Godspell'

Amber Bhutta | Business Manager  
pl208261@ahschool.com

In light of recent world events filled with tragedy and senseless violence, a little more sense of community and togetherness could go a long way. This fall, the Drama department is providing just that with their upcoming musical "Godspell."

Set in modern-day New York City on 96th Street, the story is told through various musical parables from "The Gospel According to Matthew" as Jesus Christ, played by Jacob Greene, recruits a group of followers and teaches them various lessons through song and dance. "It's all about building community,"

director Mr. Johnpaul Moccia said. As the story unfolds, the show aims to create a sense of community with the audience.

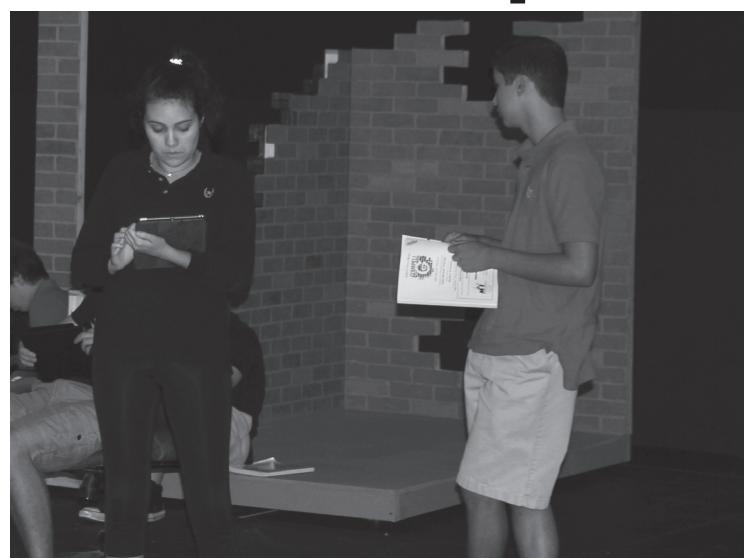
Despite the role of Christ, the show doesn't focus on Christianity. As Moccia said, "The musical isn't about religion. It's more about spreading togetherness and connecting with the audience."

Though it loosely follows the storyline of Jesus Christ, the musical focuses mainly on the development of the characters. The way they learn to build solidarity with one another overshadows the more religious aspects.

Mr. Moccia was the one who brought the idea of doing "Godspell" for this year's fall musical

to the table. "It was on my list of plays I wanted to do at some point, and I felt it was a good fit for how strong the department is," he explained. Though Jesus Christ plays an integral role in the show, 'Godspell' is characterized as more of an ensemble show, meaning that there is no specific lead in the show.

"Godspell" will be performed in the Black Box Theatre Oct. 5-9. From the 5th through the 7th, shows will be at 7 p.m. On Saturday Oct. 8, shows will be both at 2 p.m. and at 7 p.m. On Oct. 9, there will be one show at 3 p.m. Tickets will be available for purchase in the theater lobby during both senior high and junior high lunch.



**GETTING INTO GEAR:** Junior Cameron Wheeler and sophomore Frederick Bredemeyer rehearse for "Godspell." The cast of "Godspell" rehearses after school every day in the weeks leading up to the first performance. (Photo/Amber Bhutta)

## Country: The unpopular music genre that still has merit

Vanessa Ryals | Online Editor-in-Chief  
pl222451@ahschool.com

A man with a farmer's tan leans his twelve-gage shotgun against his lifted F-250 and pulls out a banjo – only one genre should come to mind. Country. Country music originated in the Southern U.S. during the 1920s. Typically featuring the simple harmonies of banjos, guitars, fiddles and harmonicas, it takes its roots from western, blues and folk music. Admittedly, I swore off all things country until the day I came across the Nitty Gritty Dirt Band's rendition of "Will the Circle Be Unbroken." Since then, I have come to recognize that

there are two types of people in this world: those who like country music and those who pretend to dislike country music.

In 2014, approximately 11 percent of the world's population (according to the Nielsen year-end report) listened to country music – making it the fourth most popular genre behind pop, hip-hop and rock.

Fans of more popular music genres are often quick to judge country music based on cliché southern stereotypes and preconceived notions that the genre only appeals to those who live rurally. In fact, two of the most cherished country songs

of all time, the Soggy Bottom Boys' "Man of Constant Sorrow" and Johnny Cash's "I Walk the Line," never actually mention the common country stereotypes of farmer's tans, hunting and binge-drinking.

What sets great country music apart from genres such as classical or rap is its ability to touch on human emotions without becoming overly sophisticated or difficult to follow. Country songs can be patriotic, nostalgic, exciting or moving without the listener having to work to understand their intentions. The majority of country songs do not use curse words,

either. Making the entire genre more family-friendly than modern hip-hop and pop tunes.

Country music also remains one of the few music genres that still features artists' talent and innate musical skill, rather than auto-tuned vocals over an electronic beat. Although country music has undoubtedly taken on a different sound than ever before thanks to groups such as Maddie and Tae, Florida Georgia Line and Cole Swindell, it is unique in that most artists are able to play their own instruments in addition to singing. Even mainstream country artist Chris Janson can get down on

a harmonica like nobody's business. There is no need for auto-tune when the majority of country singers have genuine talent.

While the most beloved country groups and singers of the past such as Garth Brooks, Hank Williams and Alabama are unfamiliar to most students of this generation, it is important to realize that great music exists beyond what is played on the radio. It is well past time that students turn down the volume on Drake and J. Cole, and turn up to some old school country music. Listening to "Ain't Goin Down" by Garth Brooks is the perfect way to start.

## Muggles, which American 'Harry Potter' House do you belong in?

*The possibility of you waking up on your 11th birthday to Hagrid filling up the doorway delivering your acceptance letter into Hogwarts School is even closer than you imagined. In the wake of the "Fantastic Beasts and Where to Find Them" craze, Pottermore just released four new American houses where people can be sorted based on their personalities and intuition - what American Ilvermorny House are you in?*

Skylar Britton | Opinion Editor  
pl215352@ahschool.com

### Pukwudgie

The Pukwudgie is a tiny, gray goblin-like magical creature native to North America. People sorted into Pukwudgie are very independent, have extremely intuitive minds and do not need reliance on others to be successful. These people are not the most extroverted. Pukwudgies are the worst kind of tricksters. Wherever there is room for pranks and deception, Pukwudgies are there causing the commotion.



### Wampus

A Wampus, most related to a house cat, has the characteristics of strength and speed. People sorted into Wampus tend to be very surreptitious and mysterious people. People in Wampus come and go as they please and never stay in one place for a long period of time. Although some may see the Wampus as a wallflower, their furtive intuition and inner thoughts are purely satirical and sarcastic.

### Thunderbird

A Thunderbird is a massive, blue-winged bird native to North America. Whenever the bird leaps off from the ground and beats its wings in the air, a thunderstorm emerges. Those people sorted into Thunderbird possess brave traits. People in Thunderbird are ready for any adventure any time during the day and typically are not fearful of most challenging circumstances.

# Woogie

*"Save a Life"*

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*In memory and in order to honor former Heritage student Dylan Wohlgemuth, the funds collected through Woogie.org will go towards the Woogie Scholarship and to provide financial support for baseball programs in both schools and individual leagues K-12. Please donate to help end Hodgkin's lymphoma.*

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Email: [info@woogie.org](mailto:info@woogie.org)

Mail: PO Box 1442, Boca Raton, FL 33439

### Horned Serpent

Horned Serpent shelters intellectuals who have a passion for learning. Although any Harry Potter reference with the words "snake" or "serpent" typically have bad connotations, people sorted into Horned Serpent look out for their friends and wish utmost safety and success for people they truly care about.



## Entertainment

# Theater from Broadway to Broward

Lauren Hutton | Co-Editor-in-Chief  
pl219691@ahschool.com

If attending Broadway productions for free with a backstage pass while receiving community service hours sounds enticing, consider applying to become a teen ambassador. The Teen Ambassador program, run by the Broward Center for the Performing Arts, strives to provide teens from Palm Beach, Miami Dade and Broward County the chance to experience all realms of live performance.

Teen Ambassadors act as publicists for the Broward Center as they receive the opportunity to experience theater, write reviews and promote special offers through social media platforms to reach the youth community. To apply, one must submit an application (found at [www.browardcenter.org](http://www.browardcenter.org)) which includes student grades, teacher recommendations and essay questions. Of the submitted applications, 24 students are accepted into the program each

year; 12 are typically returning ambassadors. Students must be able to attend one monthly meeting throughout the school year, maintain a "B" average, use at least one social media account and review at least one show a month.

The program requires ambassadors to review at least one production from each of the following six categories: jazz, broadway, symphony, opera, dance and family-style. However, within any given month, from jazz shows to the Miami City Ballet performances, there is a wide variety of performances to pick from.

Although the Aug. 26 deadline has passed for this season, current student ambassador and senior Sofia Ubilla strongly encourages interested students to apply next summer.

"I've experienced so many things in the world of theater that I never would have been able to otherwise," she said. If accepted, this will be Ubilla's third year as a Teen Ambassador.

Though she is the only current ambassador from Heritage, previous ambassadors include Liat Shuflita, Alyssa Fintel and Spencer Perdeck. Current senior Jacob Greene has also been a Teen Ambassador in the past.

The chance to experience a behind-the-scenes perspective of theater isn't the only benefit of the program. For each show attended, ambassadors can sign in to receive five community service hours. This covers the time spent viewing a production and writing a review or promoting the show online.

Ubilla's best experience so far was with a production of "The Lion King." After seeing the show just 10 rows from the stage, she was then given the chance to see the production again from the orchestra pit beneath the stage.

"I was basically backstage for the show, and I got to see how the orchestration of a professional musical works. That was just really, really cool. Some of the musicians had played the



**BROADWAY BOUND:** Senior Sofia Ubilla attends the Teen Ambassador introductory meeting to get to know her fellow ambassadors and learn the rules of the program. She is now in her third year of Teen Ambassadors. (Photo/Ian Ibbetson)

show over 3,000 times, and because they had memorized the score, they were sitting there reading their books and playing the piano," Ubilla said. Later that night, she also got a tour of the backstage area from a cast member.

Having made an abundance of friends who are equally as passionate about theater through

her time as an ambassador, Ubilla advises new applicants to ensure their love for theater shines through in their application.

"All of the people who are part of the program have this shared passion for theater, and they're not all performers. Some of them are writers and some are musicians," she said. "They all just love seeing live performances."

## Donald Glover: race, sarcasm and rap in 'Atlanta'

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

Donald Glover wears many hats: actor on "Community," writer for "30 Rock," stand-up comedian and rapper. Glover has had an illustrious career in the entertainment world. With "Atlanta," Glover's new show on FX in which he stars, he shows that he still reigns over entertainment.

The show follows Earnest "Earn" Marks, a Princeton dropout trying to make ends meet in

Atlanta played by Glover. Earn's cousin, whose stage name is Paper Boi, gains some momentum as his rap career takes off.

After getting Paper Boi's music on the radio and effectively giving his career the boost it needed to launch him into stardom, Earn seeks to become his manager so that he can provide for his daughter.

The show is not just about hip-hop in Atlanta. "Atlanta" is about race and society. Glover

subtly comments on the state of race relations in the United States and what it means to be a black hip-hop artist.

In the first episode, Earn and Paper Boi are portrayed on news media as reckless and irresponsible young rappers after they are arrested at a gas station.

While waiting in jail, Earn stumbles upon some figures which speak about institutional racism and police indifference to and brutality toward black

members of society. The others waiting to be processed, who are all black, talk about Lee, a clearly mentally ill patient who has been arrested week after week. Once Earn asks an officer why he always returns, he is met with a stern and dismissive "Shut up."

Glover combines two of his strengths – rap and satirical comedy – in a show that is ahead of its time. He has a laundry list of talents and has showcased them

in different ways throughout the entertainment industry. Add "Atlanta" to the rest of the hip hop scene originating from the city – Future, Rae Sremmurd, Young Thug and many more – to truly see Atlanta's effect on rap.

"Atlanta" airs weekly on FX at 10 p.m. Tuesday. Glover's last studio album "Because the Internet" under the name Childish Gambino is available for purchase on iTunes for \$9.99 or to stream on Spotify.

## Artist's declaration of independence leaves impact

Alec Chao | Staff Writer  
pl224451@ahschool.com

The music industry has been highly reliant on artist-record label relationships to produce and distribute content for decades.

As time has progressed, the integrity of such relationships has degraded, resulting in a great deal of resentment and animosity. In a bid to increase profits and marketability, labels have become increasingly stringent in regards to the content artists release to the general public. This has angered artists, who

feel that labels are sacrificing creative vision for simple profit. While independent labels provide better support for fledgling artists, they often do not possess the fiscal strength required to ensure that music is a profitable venture for the artist.

However, the advent of Internet music-sharing sites such as Bandcamp and Soundcloud has enabled artists to stray from record labels. This provides artists with the ability to control their own promotion and distribution without the influence of third parties on their work. While there is a risk associated

with self-distribution, the reward is equally as high. There is no better representation of this contemporary shift than rap artist Chance the Rapper.

The 23-year-old Chicagoan, known for his second mixtape "Acid Rap" and recently released third "Coloring Book," is one of few widely recognized rap artists not represented by a record label, independent or major.

Bennett has chosen to remain unrepresented, preferring to digitally release his content for free and receive income

from merchandise and concert ticket sales.

His lack of representation has also allowed him to collaborate with other artists without interference; Bennett featured on fellow rapper and producer Kanye West's track "Ultralight Beam" from the album "The Life of Pablo," a move that provided Bennett with the attention he required to continue independently of a label.

With the release of "Coloring Book" in May of this year, Bennett made his sentiments regarding record labels overtly clear.

While Bennett is perhaps the most prominent case of vehement opposition to the labels, he certainly is not alone: British alternative group Radiohead and American rock collective Nine Inch Nails have both previously voiced their opposition to label representation.

As he continues his meteoric rise, the record labels must consider the implications of Bennett's independence on the future of the music industry: will Bennett motivate a new generation of artists to seek glory independent of the labels? Or is he simply an anomaly?

### September (Additions)

- The Amityville Horror
- Defiance
- Footloose
- Jaws
- Jaws 2
- Jaws 3
- Jaws: The Revenge
- Heartland: Season 7
- The IT Crowd: Season 5
- Shameless: Seasons 5-6
- The Blacklist: Season 3
- Galavant: Seasons 1-2
- Supergirl: Season 1
- The Walking Dead: Season 6
- Saving Private Ryan
- Scary Movie 2
- Sweeney Todd
- Top Gun
- London Has Fallen
- Zootopia
- The Imitation Game
- Luther: Season 4
- Penny Dreadful: Season 3
- Gotham: Season 2
- New Girl: Season 5
- Bones: Season 11
- Family Guy: Season 14
- The Fosters: Season 4, Part A

### October (Removals)

- NCIS, Season 13
- Once Upon a Time, Season 5
- The Fast and the Furious
- The Fast and the Furious: Tokyo Drift
- Star Trek: Nemesis
- Final Destination 3
- The Real Texas Chainsaw Massacre
- Law & Order: Special Victims Unit: The Seventeenth Year
- How To Win The US Presidency
- The Wedding Planner

## NETFLIX additions

Andrew Kolondra Jr. | Co-Assistant Editor  
pl183941@ahschool.com

### MOVIES

### TV SHOWS

### TV SHOWS



## The Shuffle

BY ZIHAN KABIR

### The meme culture of Harambe

When beloved gorilla Harambe was killed this May, the Cincinnati Zoo faced much criticism from various groups over whether or not his death was warranted. At the time of the incident, a 3-year-old boy had climbed into the enclosure, and fearing for the child's life, a zoo worker shot and killed the Western lowland gorilla. While some argued that the force used was unnecessary, the scientific community eventually concluded that there was no other option.

Talk of Harambe on mainstream media died down in the weeks following the incident, but on social media and online forums, the gorilla's reign had just begun. Harambe's ascent to meme status traces back to several Twitter posts which placed Harambe's image together with Muhammad Ali, David Bowie and Prince, with the caption, "R.I.P. to the Legends of 2016." Four months later, calls for justice for the death of the 17-year-old gorilla are still overwhelming the internet. However, beneath the surface, this phenomenon has little to do with Harambe and is instead a way for individuals to connect and laugh with one another over something that doesn't have much of an effect on them in life.

To those who cared for the gorilla during his life, people who didn't blink twice at news of Harambe's death obsessively creating memes involving him disrespects the gorilla's legacy. In response to the memes, the Cincinnati Zoo has issued a statement that they are "not amused" and even deleted its Twitter account in August.

Unfortunately, the Cincinnati Zoo, no matter how much it objects, does not have the ability to control the internet. However, internet users have an ethical responsibility to be mindful of whom they might be offending.

Regardless, Harambe is no longer simply a gorilla from the Cincinnati Zoo.

Whether it's actor Danny Trejo expressing his support for the gorilla via Vine or students yelling "Harambe didn't die for this!" in the hallways, his influence on popular culture shows that he has become a symbol of what the internet is capable of, a product of the unpredictable nature of social media and the growing domination of memes.

# Entertainment

## Photography student captures life's moments through the lens

Lauren Quintela | Co-Editor-in-Chief  
pl211422@ahschool.com

A gift she received in middle school — a camera — sparked her passion and would take her around the globe as she snapped photographs of her adventures. Senior Adriana Morante has been capturing life through the camera lens since seventh grade, and her affinity for photography has influenced the way she views the world and her future.

Morante has always found photography interesting — "Maybe it's in my genes," she said, for her aunt is a photographer. "I grew up with photography around me all the time."

When Morante was selecting a high school to attend, she felt awed by Heritage's darkroom. "When I was touring the school, I saw the darkroom... that was the defining point," Morante said. After taking the prerequisite Visual Concepts course freshman year, she enrolled in photography classes and is currently a student of Photography V Honors. She plans to complete the final level, Photography VI, during second semester.

In the two years (and counting) that Morante has taken formal photography classes, she has explored both digital and film photography and, as a junior, she received third place in the national Drexel University High School Photography Contest. Morante flew to Philadelphia to receive her reward. There, she met with

Drexel teachers, faculty and admissions directors.

Morante has also captured her vacations through her camera lens, and she showcases her work in an online portfolio.

"This summer, I went to Italy," Morante said. "When I go on trips, I shoot like crazy."

Morante's online portfolio includes not only her vacation photos and landscapes, one of her favorite subjects to photograph, but also images of interesting objects in the city and her friends. Morante especially enjoys photographing her friend from Chile.

"She has gorgeous blue eyes and dark eyebrows, and her eyes just pop out. Taking pictures of her is really fun, especially in black-and-white," Morante said.

Morante believes that her artform is not as simple as many people believe.

"One of the toughest things [about photography] is to not take pictures that everyone else can take... it's hard to make it different," Morante said. "I really like incorporating a message."

Morante's interest in photography has transformed from a simple interest to a potential career path.

"Photography has influenced my major and career decision a lot. I've thought of studying photography, but... I'm really interested in graphic design," she said.

"If I wouldn't have taken [photography] class, I wouldn't even be thinking of design."

Morante remains uncertain about her future (she is interested in medicine as well), but she hopes to use her affinity for the visual arts to benefit others and answer her own question: "How can I help people or help make a change?"



**WHEN IN ITALY:** Morante photographs during her vacation to Lake Como, Italy. "The towns nearby that lake were some of the most beautiful towns I've ever seen," she said. (Photo/Jessica Larrain)



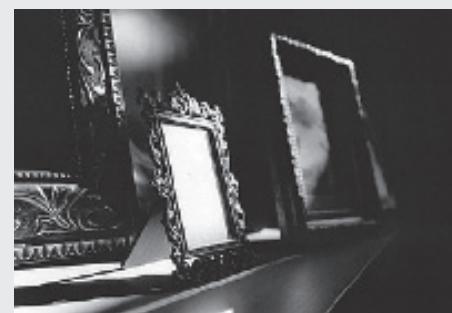
**LIFE THROUGH THE LENS:** Morante carried her camera everywhere she went during her vacation, including to Naples. Morante said that by the end of the trip, her neck hurt from carrying her camera. (Photo/Jessica Larrain)

**"Sundown at the Everglades"**



Selected for the 2016 Congressional Art Competition

**"Framed Memories"**



Won third place at the 2015 Drexel Photography High School Contest

**"Post It's"**



Won an honorable mention at the 2016 Scholastic Art and Writing Competition

(Photos/Adriana Morante)

## "Stranger Things": The story that will keep you watching

Elysa Goldberg | Centerspread Editor  
pl206382@ahschool.com

Netflix is not only known as the premier streaming service, but also the home of many award-winning Netflix original shows such as "Orange is the New Black," "House of Cards" and "Jessica Jones." However, after watching "Stranger Things," there is no doubt that this is the best Netflix original yet.

Created by Matt and Ross Duffer, "Stranger Things" is a science-fiction horror series that takes place in the

fictional town of Hawkins, Ind., during the 1980s. The story follows the disappearance of a boy named Will and a telekinetic girl who helps Will's friends try to find him. The show, which was inspired by the works of George Lucas and Steven Spielberg, pays homage to 1980 culture from the actors' clothes to the posters on the walls. The writers of "Stranger Things" planned the story precisely. With only eight episodes, there is a clear beginning, middle and end with no time to spare. Too many times

television shows are stretched out or prolonged. However, the story in "Stranger Things" is told concisely and most of the words the characters say hold meaning. With that, the actors in "Stranger Things" perform flawlessly. Even the child actors such as Finn Wolfhard (Mike), Millie Bobby Brown (Eleven), Gaten Matarazzo (Dustin) and Caleb McLaughlin (Lucas) play their characters perfectly and make the show enjoyable.

In the series, humor and horror go hand-in-hand. Even during the most frightful and

gory parts of the show, the writers put little hints of humor. Though the show can be scary at some points, the pace can quickly change to one of humor.

"Stranger Things" nods to movies such as "E.T." and "The Goonies" with a strong sense of nostalgia; however, it has its own story to tell. The storyline was so good that I felt the need to watch the full season in one sitting. With the second season coming out in 2017, season one of "Stranger Things" is a must watch.



## Entertainment

# Dueling tidal waves: Which stream are you?

*Four years since his last album, artist Frank Ocean has finally released his visual album 'Endless' and his much anticipated album 'Blonde.' But the question remains: Which one is superior?*

Alec Chao | Staff Writer  
pl224451@ahschool.com

Upon the release of American recording artist Frank Ocean's second album "Blonde" Aug. 20, it became abundantly clear that his debut visual album "Endless," which had been released just the previous day, would become an afterthought, overshadowed by its more anticipated sibling. Clocking

in at just over one hour, "Blonde" is perhaps everything Frank Ocean fans have been hoping for since Ocean announced the production of his second album in 2013. However, this is not to say "Endless" does not possess merit; markedly shorter than its companion album and accompanied by a short film, "Endless" is a practice in experimentation. A compilation of tracks, an artist's attempt to find his sonic footing, that conveys the idea that perhaps "Endless" is not the appetizer but the entree.

Conner McLeod | Co-Sports Editor  
pl219701@ahschool.com

After four long years of Frank Ocean playing with his fans' emotions by announcing release dates for his second album, yet never releasing the album, listeners could only hope that the new album would live up to the hype.

Ocean, fortunately, did not disappoint. His new album "Blonde" was released a day after his mixtape

"Endless" Aug. 20. While "Endless" was conceptually interesting, "Blonde" was the better of the two based on his lyrics and their application to real life.

"Blonde" is an album that is very emotional to both listeners and Ocean himself. Throughout the album, Ocean keeps a slow, jazzy musical tone which some people feel is very soothing and calming.

Ocean then goes on to memorialize his friend in the song "Pink and White." Ocean's lyrics in this song give listeners a "feel-good" mentality after hearing.

One characteristic common to both "Endless" and Ocean's debut album "channel ORANGE" is the varied use muted percussion and reverb, the latter of which provides Ocean's signature baritone voice with a nearly ethereal aura. However, all pertinent comparisons end there. "Endless" is a clear step toward experimentalism, with less emphasis placed on vocal expression and more on instrumentation and ambient sound. There is an ironic sense of cohesion, as well: each track possesses

its own sound but seamlessly transitions to the next with few auditory cues. For example, the scampering beat of "Comme des Garçons" lapses into the muted, airy atmosphere of "Wither" without a note of hesitancy, and Ocean's cover of the Isley Brothers song "At Your Best (You Are Love)" provides a cleverly subdued lead-in to tracks "Alabama" and "U.N.I.T.Y." both demonstrations of Ocean's lyrical prowess. As the album progresses, there is a notable emphasis on instrumental themes leading to the

finale With the finale "Higgs" the album comes full circle, and so "Endless" lives up to its name.

While "Endless" lends itself to its visual accompaniment and cannot be conveniently experienced without it, it is a definite step forward in Ocean's discography. "Blonde" may have received all the attention and acclaim but "Endless" makes its message abundantly clear: it's the sibling that shows Frank's true colors.

album relates to the real world which is a difficult task to accomplish. Ocean, however, did so with flying colors along with songs that are bound to be hits such as "Nikes" and "White Ferrari."

Fans waited a long time for this album, and they received what they longed for. This album will be just as, if not more, popular than "Channel Orange." There is a purpose to this album that listeners can recognize and understand right off the bat and enjoy for the 60 minute duration.

'Endless'

'Blonde'

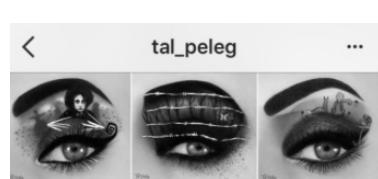
## INSTAntly upgrade your feed

*Instagram: One social media platform, 500 million monthly active users. Save yourself the time of searching through millions of vastly different accounts and check out The Post's list of 'hidden gems.'*

Lauren Quintela | Co-Editor-in-Chief  
pl211422@ahschool.com



Buzzfeed Tasty's quick cooking videos feature both healthy choices and decadent indulgences. Detailed recipes are listed under each video if cooking inspiration strikes.



Tal Peleg pushes the boundaries of art- she uses the eyelid as a canvas for intricate, vibrant paintings. The whimsical scenes depict scenes from movies, books and life's most subtle moments.



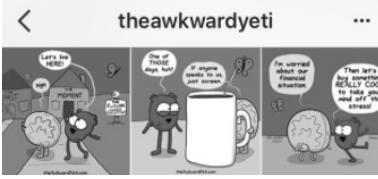
Milo the smiling French bulldog (a self-proclaimed "bedbound butterball," "mustached mush" and "squishy Seattleite") may only be 3 years old, but his account has over 593,000 followers.



SatireGram's handwritten messages mock the cheesy, cliche photos many users share. One of the account's posts include "A close-up shot of my misspelled name on my Starbucks cup."



Samantha Lee creates edible artwork from ordinary food items. Her creations resemble animals, fictional characters and scenery and include a "Pikachu omelette" and "panda sushi."



Featuring personified versions of the heart and brain, a blue Yeti and other cartoon-style characters, The Awkward Yeti shares a multitude of tiny, humorous illustrations.

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## SPORTS

# The beginning of the bowling dynasty

Alex Becker | Staff Writer  
pl215753@ahschool.com

Twenty-four sport teams. Hundreds of student athletes. Dozens of state championships. And now a bowling team. For the first time in school history, American Heritage has a bowling team. The team started thanks to Athletic Director Mrs. Stearns. All the team needed was a coach. That's where Coach Patrick Quinn comes into play.

Coach Quinn bowled at the University of Miami and coached at North Miami Beach High School last season, and he has played in competitive adult leagues for the past eight years. Coach Wayne Lenoff and Coach Kenny Voight join Coach Quinn as assistants on the coaching staff.

Even though Heritage does not have a bowling alley on campus, the team is still able to practice. The team holds practices at Strikers Sports Center and plays games at Sawgrass Lanes.

The team's first game was Sept. 13. The season is only six

weeks long, consisting of 12 games against Broward County schools. Since this is the team's first season, it will most likely be an uphill battle.

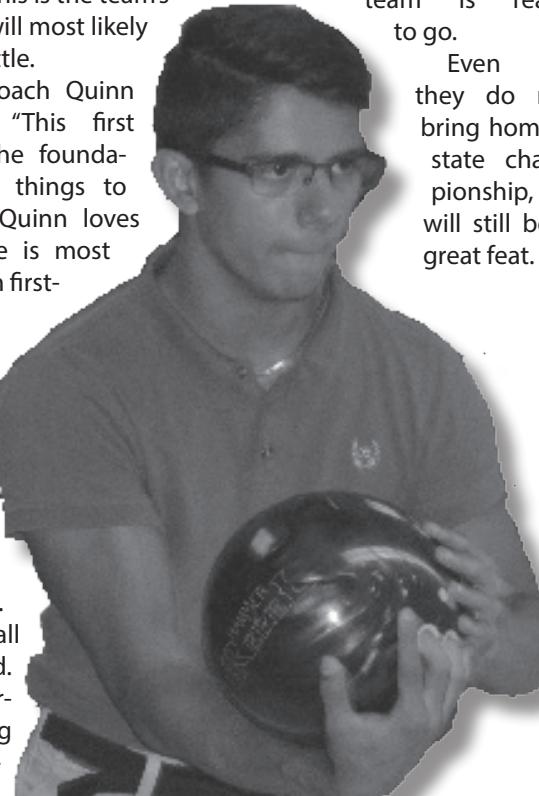
However, Coach Quinn is optimistic: "This first year will be the foundation for great things to come." Coach Quinn loves to win, but he is most excited to teach first-time bowlers.

"I love the fact we have many beginner bowlers who we can teach and watch truly develop over the next few weeks."

"They are all working hard. I'm looking forward to seeing how they perform in October and comparing it to where they

started in August," he said. Nevertheless, the bowling team is ready to go.

Even if they do not bring home a state championship, it will still be a great feat.



**STRIKE'EM DOWN:** Senior Sebastian Saud concentrates as he tries to earn a strike during the first bowling match. Saud and the rest of the boys lost the first game but are still optimistic about the upcoming season and new sport. (Photo/Conner McLeod)

banners for the team and dress in school colors.

Requiring cheerleaders to bake or purchase food for players only promotes sexist ideals and outdated gender role concepts.

Heritage is known for its excellent sports program, so breaking away from the antiquated "Secret Psych" tradition was a necessary and welcome step.



**LIFT ME HIGHER:** Senior Briana Rodriguez prepares to propel into the air as part of a cheerleading stunt. (Photo/Joania Hernandez)

## Sexist 'secret psych' tradition ends

### Sports Opinion

Vanessa Ryals | Online Editor-in-Chief  
pl224551@ahschool.com

High school cheerleaders have showered football players in baked goods for generations, all in the name of a tradition known as "Secret Psych." As part of this tradition, cheerleaders are assigned specific football players and must bake or purchase food for them before every home game.

While "Secret Psych" is intended to increase school spirit and unity, its sexist elements have come under scrutiny at Heritage, and as of the Sept. 2 football game against Don Bosco Prep, varsity cheerleaders are no longer required to bake food for football players.

"[The football players] never gave us anything back, and everything we did for them came out of our pockets," senior cheerleader Logan Shafer said.

"It was a little outdated, but I never wanted to stand up for it. Once my teammates asked, 'What are we doing?' I took it to the [athletic] director, Karen Stearns, and she shut it down."

While cheerleaders know the requirements before joining the team, serving football players food in no way promotes school unity.

To increase spirit, students should be encouraged to attend more football games, make

## Coming soon: Competitive cheerleading

*The cheerleaders usually stay on the sidelines during big games, but they are now stepping into the spotlight and taking their talents to competition. Read to find out how they are preparing.*

Joania Hernandez | Staff Writer  
pl224611@ahschool.com

On Friday nights during the first and second quarter, our Varsity Cheerleading team can be seen jumping, shouting, and getting rowdy for our football team. Now, the tables have turned; as the student body, it's our job to root for the

Cheer team as they prepare to compete this October.

"I'm excited to compete this year since our skills have grown a lot from last season," says Destini Garner, a junior on the squad. "We're working on stunting and conditioning so we have the stamina to succeed. We're also putting together

example routines, which are going really well."

The team can be found practicing on the track field from 3:15 to 5:30 p.m.

They run on the track to help get in shape, practice throwing and stunting on the grass and work their routines to perfection by the pole vault.

### October home games

#### Varsity Football

Oct. 14 vs. Cardinal Gibbons

#### Swimming

Oct. 13 vs. Somerset Academy

(Pembroke Pines)

#### Varsity Volleyball

Oct. 4 vs. Archbishop McCarthy

Oct. 7 vs. Hallandale HS

Oct. 10 vs. Somerset Academy

(Pembroke Pines)

#### Junior Varsity Football

Oct. 5 vs. Vero Beach H.S.

Oct. 13 vs. American Heritage-Boca Raton

#### Cross Country

Oct. 11 vs. Somerset Academy

(Pembroke Pines)

#### Junior High Football

Oct. 6 vs. Calvary Christian

Oct. 10 vs. Somerset Academy

(Silver Palms)



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## Sports

# Golf team's season in full swing

Alex Becker | Staff Writer  
pl215753@ahschool.com

Victories are hard to come by for many teams, but not the Heritage golf team. The season is just underway and the golf teams have won tournaments, matches and individual achievements.

The boys team has already won a tournament and a match. Heritage hosted its 18th annual invitational Aug. 23 and dominated, beating runner-up St. Thomas Aquinas by 10 strokes.

In the process, junior Alberto Martinez secured a medalist honor by shooting a two-over-par 74 and senior Jonathan Cachon and Kim tied for second as they each shot 75. The boys also defeated Cypress Bay at Weston Hills Sept. 6.

The girls team has been a dominant force since winning their first championship in 2005

and they have picked up where they left off last season. At the Heritage invitational, freshman Zahra Willis Cox won a tie-breaker over Douglas High School for the team's first victory.

The second victory came as the girls defeated Cypress Bay High School in a match at Weston Hills, when the boys did. Then, the girls went to Naples for the Barron Collier High School Invitational.

The girls played hard and were runner-ups. However, freshman Jillian Bourdage, last year's Miami Herald Player of the Year, took first place with two-under par, 70.

Eighth grader Casey Weidenfeld received third place individual, shooting 75.

"We all have a great time at practices and matches and look forward to continuing to improve with this young team and return to the state



**GOLFER GOT GAME:** Although she is only entering her freshman year, Jillian Bourdage has already won the prestigious Golf of the Year award, an honor she received when she was an eighth grader. (Photo/Gary Curreri)

tournament," Coach Linda Sibio said. The team has won eight state championships since 2005

and is trying add to it. Bourdage said, "We [the golf team] are all excited to be playing this

season together and are looking forward to States."

## Girls soccer team shoots for a 5-peat

Conner McLeod | Co-Sports Editor  
pl219701@ahschool.com

The varsity girls soccer team is no stranger to goals, wins and pure domination. They have proven how strong the program is by consecutively winning the state championship for the last four years. This year, the players look to win the state championship for the fifth time in a row and continue their path to greatness.

With last year's seniors gone, a mixture of old and new faces will take the field. Senior defender Jaida Scott, committed to UCF, will assume a bigger leadership role this year.

"Being one of many leaders on this team, I am going to keep my positive energy and good vibes at practice and make sure we are prepared as can be going into the new season," Scott said.

Senior Emma Vasquez, another leader this year, has committed to Jacksonville University. Vasquez helped the Patriots win many games last year with

her 10 goals and 10 assists. Along with Vasquez and Scott, Coach Marcial says her other leaders this year will be seniors Chyanne Dennis, Riki Farquharson and junior Jeanel Leon.

Also returning is sophomore Taylor Dobles, who helped the team tremendously last year in the championship game by scoring the second goal, which secured the game for the Patriots. Dobles had an excellent first high school season last year, scoring nine goals and dishing out 16 assists.

"Last year was huge for me since I was only a freshman and got more playing time than I expected. Also, I made the Miami Herald All-Broward First Team, which was an unexpected achievement," Dobles said. Dobles has high expectations for this upcoming season and hopes to win another state championship. "I'm honored to be playing with a group of talented individuals who push me every day to be a better person and player on and off the field," Dobles said.

The team is excited to welcome back Dennis and senior Angel Breedlove, who were injured last year and could not play. These players will add depth that the Patriots missed last year despite still winning the state championship.

There is little doubt this year's team has some of the best talent in Florida. With three returning players who made the

All-County First Team, two who made the All-County Second Team and three receiving honorable mention, the squad will outmatch most of its opponents.

The numbers attributed to the Lady Patriots do not lie. Going 21-1 last season and outscoring their opponents scoring 129 goals while only letting up 4 goals, it is clear that they won many games with wide margins.

The team has strong players on both the defensive and offensive sides of the ball. Because of their dominating statistics and the fact that a lot of the players are still on the roster for this season, MaxPreps ranks the team fifth in the nation.

This team's domination has not gone unnoticed. This past summer, the coach of the team, Cindy Marcial, won the All-USA Girls Soccer Coach of the Year for putting together such an elite squad.

The four-peat Marcial won last year was historic as it was the first time in this century for any team to do so.

"Winning all USA coach of the year is one of the biggest honors I've had. Being selected out of every coach in America shows how great of a program we have here at AHS," Marcial said.

While the road to success is never an easy one, the Lady Patriots have enough talent and coaching to find their way to the top again.



**HEADING THE PACK:** Senior defender Madiya Harriott heads the ball away from a Ponte Verde player in the state championship game. Harriott was a key player last year for the Lady Patriots, but will not play for the beginning of the season due to a torn ankle. (Photo/Conner McLeod)

### Student athletes commit to college

#### Football:

Cornerback Marco Wilson – University of Florida - 12th  
Wide receiver Dontavius Butler – University of Pittsburgh - 12th  
Linebacker James Houston – University of Florida - 12th  
Quarterback Jason Brown – Harvard - 12th  
Linebacker Willie Hampton – University of Nebraska - 12th  
Wide receiver Darnell Fleury – University of Western Michigan - 12th  
Offensive tackle Kai-Leon Herbert – University of Michigan - 12th

#### Baseball:

First baseman Triston Casas – University of Miami - 10th  
Shortstop Mark Vientos – University of Miami - 12th  
Second baseman Cory Acton – University of Florida - 11th  
Pitcher Christian Santana – Florida Atlantic University - 12th  
Pitcher Bailey Mantilla – University of Miami - 11th

#### Softball:

Sydney Grobman – Yale - 12th  
Soccer:

Defender Madiya Harriott – University of Kentucky - 12th  
Defender Jaida Scott – University of Central Florida - 12th  
Defender Emma Vasquez – Jacksonville State University - 12th  
Defender Chyanne Dennis – University of South Florida - 12th



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## Sports

# Girls volleyball smashes competition

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

The varsity girls volleyball team served and spiked its way to a great start of the season. The girls won eight of their first nine games of the season before they lost to Westminster Sept. 15 to move to 8-1.

The girls opened their season against the American Heritage Delray Stallions and won three sets to none. They then played three consecutive home games against Hollywood

Christian, Monsignor Pace and Pace, only losing two sets in the three games. A 3-0 win against Somerset Academy gave the girls their fifth win, and a hard-fought, five-set win over Sagemont propelled them to 6-0.

Senior hitter, four-year starter and two-year captain Lucila Grinspan logged 28 digs in the crucial win over Sagemont and is enthusiastic about the team's performances thus far. She said that she and the rest of the team are looking ahead for

revenge against teams which the team has previously lost to.

"I think this year, the team's looking better than it ever has. We're just having a lot of fun together and enjoying every moment on the court. As far as strengths go, we have a lot of really strong hitters that can always put the ball away in tough situations. I'm looking forward to playing some teams we've lost to in the past and hopefully beating them," Grinspan said about the team's performance this year.

Coach Lori Rembe praised Grinspan for her achievements both on and off the court.

"She is one of the best all-round student athletes to come through this program. Her abilities on the court as a leader are outstanding. Off the court, she excels in every way possible. She goes above and beyond and her accomplishments are a reflection of her hard work and resilience," she said.

Grinspan is a returning player for the varsity team, but new fac-

es are playing in their first seasons for the varsity team. Junior hitters Femi Funeus and Emily Grady and freshman Isabella Calle have contributed to the team's success. Funeus has consistently performed well, adding 12 kills against Hollywood Christian and 10 blocks against Somerset.

If the girls continue to play throughout the season as they have during the beginning of this season then they will surely be a step ahead come the playoffs.



**THROW IT DOWN:** Senior Lucila Grinspan spikes the ball against Sagemont in the fourth set. The Lady Patriots have dropped only seven sets in nine games this season. (Photo/Jianhao "Andy" An)



**WHAT GOES UP MUST COME DOWN:** Senior Laura Perez leaps for a spike in the second set of the game against Sagemont for a kill. This was one of Perez's 19 kills in the game, and the girls won the second set 25-17. (Photo/Jianhao "Andy" An)



**NOT IN MY HOUSE:** Senior Laura Perez blocks a Sagemont hit in the fifth set of the match against Sagemont, one of her 10 blocks in the match, as junior Femi Funeus provides support on Perez's right. Funeus is playing her first season as a Patriot. (Photo/Jianhao "Andy" An)

**#7 Sr. Lucila Grinspan (2016)**

29 ACES

79 KILLS

70 DIGS

50 SERVICE POINTS

18 BLOCKS

(Graphic/Kevin Pollack)

[www.radianceweston.com](http://www.radianceweston.com)

**radiance** medspa

Faiza Khalid, M.D.  
Medical Director

954.659.0199

info@radianceweston.com

4551 Weston Road • Weston, FL 33331



## Luck

# SPOOKY & SURPRISING SUPERSTITIONS

*Stevie Wonder wrote that superstition "ain't the way," but a poll of 193 students in grades 9 - 12 reveals that students are more superstitious than you think.*

**43%** BELIEVE THAT OPENING AN UMBRELLA INDOORS BRINGS BAD LUCK

**51%** BELIEVE THAT KNOCKING ON WOOD IS GOOD LUCK

**47%** BELIEVE IN SUPERNATURAL BEINGS SUCH AS GHOSTS AND DEMONS

## KOOKY CULTURES

Skylar Britton | Opinion Editor  
pl208261@ahschool.com

If a black cat crosses one's path, most Americans shriek in terror at the "horrid" sight. Meanwhile, Scottish culture believes when a mysterious black cat arrives in someone's yard, it heralds profitability, and English Midlands culture concludes that a black cat brought as a wedding present for the bride generates good fortunes.

While walking under ladders, shattering mirrors and opening umbrellas indoors brings misfortune in America, other cultures have unique superstitions for their own societies not present in American culture.

In Greece, bats are the equivalent to the black cat in America. Many Greeks think bats are godless creatures that must be avoided at any costs. Greeks also believe whenever they sneeze, someone somewhere in the world is thinking of them. When Americans receive an "evil eye" piece of jewelry as a gift, they believe they'll receive a year of good fortunes. Contrastingly, Greeks see the evil eye as an actual evil omen willing to bring misfortunes at any random moment. When-

ever a blue-eyed person gives a compliment, Greeks believe the evil eye is working its magic and think tumultuous events will eventually follow.

The United Kingdom and the United States have very similar beliefs when it comes to superstitions. Many people in the United Kingdom will never open a umbrella

brella indoors and also believe when they shatter a mirror, bad luck ensues. When it comes to black cats, people in the UK believe they bring good luck, but they also will never put shoes on the table for fear that catastrophe will

Italians believe it is good luck when they hear a cat sneeze, but it is bad luck when

a bird flies through the window into their houses. Also, if a nun happens to walk by an Italian, they must touch metal in order to retain the good luck, a practice somewhat similar to Americans "knocking on wood" to avoid jinxes.

The Japanese are afraid of taking photos in groups of three, for the person in the middle of the photograph receives an omen of death. When the Japanese drive past a funeral, many hide their thumbs in a tight fist. The Japanese word for thumb translates to "parent finger" in English, so if they do not hide their thumbs, one of their parents will die.

The numbers four and nine are considered bad luck in Japan as opposed to the number 13 in Western cultures. Four translates to "death" and nine translates to "suffering." 13 is sometimes thought of as an unlucky number in Japan as well, but this is largely due to Western influence.

Superstitions exist across all cultures. Next time you see a black cat crossing your path, think of it as good luck in the British perspective and the next time someone with blue eyes gives you an evil eye piece of jewelry as a gift, throw it and run away.

(Photo/Amber Bhutta)

"I have this 'Toy Story' mentality and believe that all objects are conscious. Whenever I drop something, mistreat something, or something like that, I always have to apologize to it. If I don't, I feel like I'll be haunted in another life." - Sophomore Ariann Barker



"In Filipino culture, if a fork or spoon falls on the floor, that means someone is talking about you (good or bad). I don't eat any foods that involve utensils at school because I'd rather not know if someone's talking about me." - Junior Kelsey Chandran

(Photo/Kelsey Chandran)

Want to read more student superstitions?  
Check out the rest on [iPatriotPost.com](http://iPatriotPost.com).

(Graphics/Amanda Wasserman)

