



Students in scouting: Unbeknownst to many students, Heritage has its fair share of outdoors-men and -women: Boy Scouts, Girl Scouts, and even Venture Scouts. Read all about their experiences in this student Feature. Go to C7.

Broadway bound: Sophomore Adelina Marinello has always loved the stage – she's participated in over 25 performances since the age of 11. Turn to Entertainment to find out about her plans to eventually make it to Broadway. Go to D11.

Ready to ride: Kicking off its third season, the equestrian team saddles up for the first competition of the circuit. Preparation includes everything from barn chores to team building exercises. Flip over to Sports to learn more. Go to E15.

# 97,000 bricks later...

Sloane Kapit | Staff Writer  
pl216611@ahschool.com

Parking on campus has for a long time been incohesive for students and staff members. Juniors have been parking in the remote lot on Flamingo Road and shuttling to school while seniors have been parking at the church and crossing busy Broward Boulevard. This has not only created difficulty for the school, but also for the students themselves. The school was taxed with providing buses for transportation to the remote lot while simultaneously making sure the crosswalk on Broward Boulevard was as safe as possible at all times.

A long-awaited vision to improve this dilemma will finally become a reality with the opening of the new parking garage. "I am excited to be able to park the seniors on campus so we don't have to have them crossing Broward Boulevard," Mrs. Elise Blum, Upper School principal, said.

Construction has a few unavoidable delays due to necessary coordination between the school and Broward County to address the changes that the garage brings to Broward Boulevard and the City of Plantation. According to Mr. William Laurie, the garage was originally set to open in August 2017, and the construction crew achieved that goal.

Although juniors will continue to park in the remote lot, the



**THE FIRST CLASS WITH A PARKING PASS:** After almost two years of construction, the parking garage is finally ready for the 2017-2018 school year. (Photo/Angela Lin)

new parking garage will provide a welcome change for seniors; faculty working in the 2000, 3000 and 4000 buildings and staff. Standing four floors high and containing approximately 420 new parking spaces, the garage will host faculty parking on floor 1, seniors on floors 2 and 3 and staff on floor 4.

The new building is an enormous addition to the campus. Mr. William Laurie, the school's president, believes this garage serves as an improvement to the school because it will "move adequate and proper parking for all major events and daily use."

Not only does the garage increase the parking spaces

available for students and staff members during school, but it also further accommodates visitors during school events. The new spots were brought about with the intention to replace the 300 spots lost at the church across the street while adding more spots for growth. With that, as many as 18 new security personnel have been hired to assist in safety and protection related to the garage.

The new garage on campus not only serves as an exciting addition to the school, but also for upcoming seniors, who will be the first group of students to experience the change in their

daily routine. For senior Sophia Donskoi, a broadcast student who had to report to the remote lot every day by 6:45 am, parking during her junior year proved to be difficult and time-consuming.

"I do plan on parking in the garage, and I'm super excited to sleep in and be on my own schedule," Donskoi said. Senior David Min is just as excited to park in the new garage, which he believes will be an improvement to the Heritage community.

"The school put a lot of time, money, and effort into creating the project, and I trust that it will be a major success," he said.

## What's next? Starting gym in January

Sloane Kapit | Staff Writer  
pl216611@ahschool.com

As the saying goes, out with the old and in with the new. Mr. William Laurie wastes no time in an effort to keep his campus up to date with all of the latest technology and equipment. In the wake of the parking garage's completion, resources can now be devoted to a new project.

Mr. Laurie and the administration reached the conclusion that a new gymnasium will be the next project.

After two years of cooperation between the athletic department, administrators and an architect, the design has been finalized. The construction of the gym is set to break ground January 2018, if not sooner. "We estimate completion around August 2019," Mr. Laurie said.

Currently, the basketball and volleyball courts are one and the same and located in the 7000 building while the weight room is situated on the opposite side of campus in the 2000 building. When the new gym is complete, all three of these athletic components will be conveniently situated in the same building.

"The addition of a weight room [to the gymnasium] will also be instrumental because we currently have to traverse campus to the 2000 building for weight training, then walk all the way back to the 7000 for practice," Harrison Arnberg, a senior on the basketball team, said. Housing all three in the same complex will benefit student athletes by removing this commute.

According to Mr. Laurie, the new gym will house a "larger

weight room, basketball and volleyball courts." Besides this, there will be showers and locker rooms within all training rooms for boys and girls. The gym will be located next to the Fine Arts building where the outdoor basketball courts are currently situated.

Overall, the gymnasium will serve to improve the quality, practice, and games of certain sports at school.

"With a bigger gym we could attract a bigger crowd, and a bigger crowd will help us win more games," Arnberg said on how the new gym will provide a tremendous advantage.

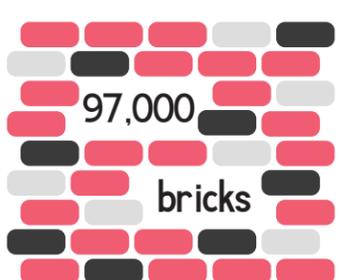
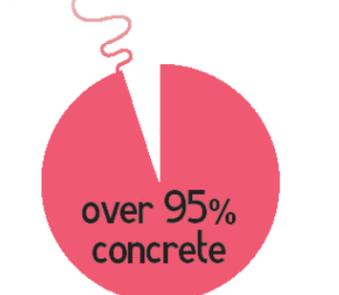
Not only will the gymnasium house athletics, but also will provide space for new classrooms on the floor above it. There will be 16 additional classrooms for the English Department and Speech

& Debate classes. There will also be a Journalism Lab, a new space to work on the literary magazine and newspaper.

This begs the question of what the future holds for the cafeteria. At the moment, the cafeteria is located in the gym, the same space that houses the basketball and volleyball courts. The cafeteria's location will remain unchanged until a new cafeteria is built. This, however, is scheduled to take place in the future.

For students, not much will change until the gym is completed. While it may be tight when passing between the 2000 and 3000 buildings, daily routines will not be compromised. For everyone at American Heritage, the building excitement continues.

## BY THE NUMBERS



(Stats/Greg Holifield)  
(Graphics/Andrew Kolondra Jr.)

CONTENTS	
NEWS.....	A2
EDITORIAL & OPINIONS...	B4
FEATURES.....	C6
ENTERTAINMENT.....	D11
SPORTS.....	E14



## News

## World Affairs Roundup

## News Brief

Isabel Chamberlain | Guest Writer  
pl230891@ahschool.com

## Freshman Mixer

The annual Freshman Mixer is scheduled for Sept. 15. It is being organized by Ms. Elizabeth Carbone and the Student Government Association. The goal of the Freshman Mixer is to help new students become better acquainted with their

## Football Tailgates

The Freshman Tailgate will follow the Freshman Mixer on Sept. 15 from 6 p.m. to 7:30 p.m. Like the mixer, the Freshman Tailgate has been organized with the goal of helping new students meet their peers. Organized by the Parent Teacher Organization, the Freshman Tailgate will be held for new and returning freshman.

## National History Day

Four students won this year's National History Day State Competition and qualified to present their projects in Washington D.C.: freshman Josh Hoffman, senior Daniela Hazan, senior Ekabouna Joseph and eighth grader Maya Moise. Out of approximately 700,000 students participating in National History Day nationwide, Moise was awarded first place for her junior individual exhibit on Pullman Porters.

## Coach Moser wins National Coach of the Year

The National High School Athletic Coaches Association (NHSACA) awarded Boys' Golf Coach Brandt Moser the Coach of the Year award. Competing with eight other finalists across the nation, Moser was awarded at a ceremony held in Peoria, Ill. in June. As the NHSACA explains, "Coach of the Year awards are the most prestigious awards given to high school coaches in America."

## Mu Alpha Theta wins at Nationals

From July 15-21, 38 members of Mu Alpha Theta traveled to Buffalo, N.Y., to compete in the national math competition after previously qualifying at the state competition. Dethroning long time rival Buchholz from its' nine-year winning streak, the math team came in first place overall, with eight perfect scores and 22 first place awards.



**AWAITING AWARDS:** Mu Alpha Theta students wait for awards to be announced (Photo/Joanne Haner).

Asa Zaretsky | Political Correspondent  
pl224371@ahschool.com

*In the wake of a summer filled with events of global consequence, the Patriot Post has collected some of the more recent happenings for a quick refresher on global news.*

## North America

The tension between President Donald Trump and President Enrique Pena Nieto of Mexico was highlighted earlier this month when leaked transcripts of their telephone call showed that neither man was interested in compromising their positions on whether there should be a border wall and if so, who should pay for it.

## Asia

Recent border troubles between India and China have given rise to increased tensions between the two countries as China attempts to court much of Asia with its Belt and Road project, which some in Delhi fear may encircle India.

## Europe

The United States' recent sanctions on Russia have caused some discontent in the European Union, as the sanctions will likely impact a major gas project with Russia, Nord Stream. Russia supplies much of the gas that Europe consumes through pipelines currently in Ukraine, and due to the conflict there, the pipelines are being rerouted.

(Graphics/Amber Bhutta)

## South America

Venezuela's government, according to the United States and many Latin American countries, is marching toward a dictatorship with the recent installation of a Constitutional Assembly that will reportedly give President Nicolas Maduro absolute authority. The United States has issued sanctions against both the Venezuelan state and government connected individuals to try and curtail this development.

## Africa

Allegations of corruption around South African President Jacob Zuma came to a head with a Parliament vote of no confidence on Aug. 8 that resulted in a narrow vote in his favor. The controversy around Zuma has caused politics in the country to heat up as his ANC party nears its 24th year in power.

## New school year, who dis?

*It's time for a new school year, and with that, new teachers to meet and new clubs and classes to join. Here is a list of new teachers, clubs and classes on campus.*

Angela Lin | Co-Assistant Editor  
pl215051@ahschool.com

## Clubs

## Diabuddies

Advisor: Ms. Laura DeCelis

The Diabuddies club raises awareness for diabetes.

## Second Home

Advisor: Ms. Deidra Lovegren

The Second Home club helps international students adjust to living in America.

## The Sign Language Club

Advisor: Mrs. Maryanne Hurtado

The Sign Language Club helps students learn and develop a better understanding of sign language.

## The Musical Appreciation Club

Advisor: Ms. Jennifer Caprara

The Musical Appreciation Club holds round table discussions about different types of music.

## Communiteens

Advisor: Dr. Julia Couper

The Communiteens club works on four service projects each year to change lives in the community.

## Teachers

## Mrs. Silvina Peiretti

Teaching calculus and physics

## Mrs. Lisa Quinn

Teaching English

## Mr. Paul Shaffer

Teaching social studies

## Mr. Spencer Orłowski

Permanent substitute and speech & debate coach

## Mrs. Rosa Blake

Teaching math

## Mrs. Laura Herrera

Teaching social studies

## Mr. Michael Sessa

Teaching PE

## Mrs. Lisa Moreau

Permanent substitute

## Mr. Christopher Clark

Teaching law

## Courses

## AP Art History

Mrs. Kimberly Hughes



## AP Computer Science Principles

Mrs. Nora Demosthenes



## Sports Broadcast

Mrs. Maria Molina



## AP European History

Mrs. Marjorie Milam



(Graphics/Andrew Kolondra Jr.)



## News

# Shorts Among New Policies

Joanne Haner | Staff Writer  
pl184941@ahschool.com

Though few of us bother to read the fine print, changes to the school impact us all.

Sometimes policy modifications or additions are caused by lack of effectiveness, such as the rule for new girls' shorts. Less than a month after the end of the 2016-2017 school year, Heritage students and parents received an email regarding a change in girls' uniform shorts. The email explained that the new shorts will have the American Heritage emblem at the bottom of the left leg. They will also have a "fuller cut," meaning the shorts will not surround the legs as closely as the existing shorts.

Any new or returning Upper School students can no longer purchase the girls' shorts that we all knew too well. However, the existing emblem-less shorts will still be allowed during the 2017-2018 school year.

"Too many female students were either rolling their shorts or having them hemmed to a much shorter length. That is in violation of the Student Handbook," said Mr. Dean Nolle, Dean of Students.

Beginning with the 2018-2019 school year, all girls must wear these new shorts, and students must take greater care to abide by the dress code.

"The Deans' Office will be a lot stricter on enforcing the dress code this year. Students who do not comply will be given points, and a subsequent violation will lead to their being sent home if they cannot comply," Nolle said. "The alternate solution was long pants for the entire Upper School, which was under serious consideration."

Other policies aside from dress code will be more strictly enforced as well. The number of conduct points deducted for inappropriate acts such as cutting class and class disruptions has

been raised to 10. Additionally, class cuts will result in 10 points off the student's grade.

Other policy changes include the number of exam exemptions allowed junior year. Beginning with the class of 2020, juniors will only be allowed to exempt one semester exam as opposed to two; however, the average needed to exempt said exams remains the same.

"The reality is that in college students have to take exams. We are a leading college preparatory school. We would be doing a disservice if we didn't challenge our students," Nolle said.

Another change that will be affecting the current lower classmen is the selection of valedictorian and salutatorian. Beginning with the Class of 2021, American Heritage will no longer declare a salutatorian and valedictorian. Rather than announcing the valedictorian and salutatorian at the end of the first semester of the class's senior year, administration

will announce and recognize the top 10 students of the graduating class. The 2017-2018 Student Handbook reads: "These students will be recognized during Senior Awards Night and at Graduation. Any student who enrolls/attends American Heritage for the first time as a senior will be ineligible for this honor."

The process for selecting the top 10 students is the same process as that for selecting valedictorian and salutatorian.

One last policy comes along with the addition of the new parking garage. Juniors will not be allowed to park in the garage, and they cannot park across the street, either. They must continue to park at the remote lot and take the shuttle bus to the school.

Although the student handbook may be a lengthy 68 pages, taking the time to thoroughly read it can be crucial in expanding your knowledge of new policies and changes.



### Asa's Analysis

BY ASA ZARETSKY

#### The fraud of voter fraud

In recent months, the Trump administration has ratcheted up efforts to prove its claims that the 2016 election was riddled with voter fraud.

The administration established a commission led by Vice President Mike Pence and Kansas Secretary of State Kris Kobach, a Republican hardliner, to investigate this alleged fraud.

The commission has requested a large amount of data from states in their investigation, including private data, such as driver's license numbers and parts of social security numbers. This has become a point of contention in 44 states, including Republican led ones. As a result, the aforementioned states have rejected this request as being far too intrusive.

Despite this overwhelming bipartisan opposition, the commission has stood its ground. However, Kobach's hard stance may in fact be unfounded, as voter fraud has been vanishingly rare in the past two decades.

In a study compiled by the Brennan Center for Justice, it was found that since 2000, there have only been around 31 credible cases of voter impersonation fraud, the type of fraud the administration claims was widespread.

Now, regarding the 2016 election, only four cases of voter fraud have been established by courts of law so far. Several other cases are making their way through the legal system, but are unlikely to end with massive change to these numbers.

There's also little evidence for claims of undocumented immigrants voting in droves to stop Trump, either. No case has been successfully brought before a court in 2016 about an undocumented immigrant voting, and none are in the legal system now.

The truth is that voter fraud in modern American politics is not as common as it's made out to be. Courts of every level have established this fact, and despite the propensity of some to claim this, it simply doesn't hold up to the facts.

It is time for our leaders to move on beyond the election and its candidates and focus on the current administration and Congress' actions and policies.

## Checking out The Club Scene

*Out of more than 70 clubs available to Heritage students, here are four that made an appearance at the August club fair to recruit new members and help them find their passion.*

Kenzo Kimura | Staff Writer  
pl225601@ahschool.com

### Mu Alpha Theta

If math is your favorite subject, this club is for you. Mu Alpha Theta provides members with a competitive mindset in math, a place to compete locally all the way to national.

"Mu Alpha Theta is an amazing community of people who have an interest in math. We give students an opportunity to divulge in their favorite subject and expand on their love for math. Everyone on our team is so close and determined to be number one in the country that we were able to realize this dream at the national convention in Buffalo, N.Y., this year," senior and co-president Max Ranis said.

### Future Business Leaders of America

For anyone who's interested in becoming a future leader in their community, whether it be a public speaker, an expert on the stock market, or an entrepreneur, FBLA provides the opportunity to explore those interests in the world of business.

"Many people have always been interested in the business field, yet they haven't been exposed to how businesses work in action. FBLA gives our students a chance to compete against other schools across the nation," senior Christie Kang said.

### Key Club

Key Club gives everyone an opportunity to earn community service hours, helping students achieve their goals through volunteer works.

"Key Club is one of many clubs that give people a chance to really help out our community. One of the few events that we sponsor is helping to sort out food supplies for those who really need it. It's an amazing experience that everyone should try," junior Emily Irigoyen said.

This national organization provides an array of volunteer opportunities, such as beach cleanups, food shelter sorting and Trunk-or-Treat.

### Life in Action

Life in Action provides students with valuable life lessons for after college, things you wouldn't learn in an average classroom setting. The club allows any student to learn more about life skills like finances and budgeting, understanding your rights and transitioning into adulthood.

"Life in Action helps students with practical advice on topics ranging from filing taxes to driving safely. We do our best to promote ourselves primarily by talking to friends and teachers and we do our best to expand our members' knowledge for the real world," said senior Amy Kwon.

## Katie's guide to surviving senior year

*With senior year comes serious stress, so here's a quick list to help you stay on top of college deadlines and requirements; and, remember, the tassel's worth the hassle.*

Katherine Quesada | Co-Editor  
pl208161@ahschool.com

### Application Deadlines

Most early application/decision applications are due Nov. 1; however, a few, such as those from Florida State University, are due Oct. 19. Regular decision applications tend to be due Jan. 1. However, certain schools, such as the University of Florida, have regular decision dates as early as Nov. 1. Be sure to double check deadlines as they vary from school to school.

### Testing

Early applicants should take last minute SATs Oct. 7 or ACTs Sept. 9 in order to ensure their school accepts their most recent scores. However, some schools with a Nov. 1 deadline will allow applicants to submit a Nov. 4 SAT score or Oct. 28 ACT score, but regulations vary. Regular decision applicants should aim to take last-minute tests no later than the ACT Dec. 2 or the SAT Dec. 9. Register early as sites do fill up quickly.

### Scholarships

Scholarship deadlines vary drastically, with some as early as August 2017 and others as late as August 2018. Do not assume a school will automatically qualify your application for a scholarship, as many scholarships require their own applications. Students who wish to apply for the Bright Futures scholarship must submit an application no later than Aug. 31, 2018. For more detailed information on scholarships, visit the guidance page on the portal, which has many lists and descriptions of a variety of scholarships.



## EDITORIALS AND OPINIONS

# How should clubs pick officers?

Club elections on Heritage's campus are a hotly contested topic among students. Some clubs let executive boards choose officers, while others conduct general elections in which all members have a say. Which process is better for clubs?

### EXECUTIVE APPOINTMENT

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

It's the end of the year, and you're at the last meeting for your favorite club. You're running for vice president, and you just gave a speech that received a lot of applause. Suddenly, 10 more students walk through the classroom door, talking loudly and disrupting the meeting. They are club members as well, but very inactive ones who frequently miss meetings. After they quiet down and take their seats, one of these late arrivals stands up and announces she has decided to run for vice president, too. There go your chances of being elected.

Far too often situations like this occur in Heritage clubs, where elections become popularity contests. However, fairness can be restored through the appointment of club officers by an executive board, consisting of the club's current executive officers (president, vice president, etc.) and the club advisor. "The executive board are the ones who see who is really putting in the work, so letting them choose officers takes out the bias," junior Jacob Mass said.

Some people argue that officer appointment doesn't give every club member a fair chance, but there are many ways to work around this issue. Some large clubs, like NHS, combine the

processes of executive appointment and election by having the executive officers interview all candidates and select the top two or three to run for general election. Others set criteria for running for certain positions – for example, a potential president might have to have attended at least 75 percent of all club meetings in the past year or have participated in three or more club events.

Avoiding plain-and-simple popularity elections through one or both of these methods yields better, more qualified officers and ensures that the club will be the most successful in all of its projects and events throughout the upcoming year.

### GENERAL ELECTION

Alyssa Herzbrun | Staff Writer  
pl231251@ahschool.com

In a democracy like our country, it is imperative to uphold the basic principles of our founding fathers by electing all individuals to public office, even at the high school club level. Club officers should be elected by the members who make up their club – the system of appointment is antiquated and does not result in the best candidate for office.

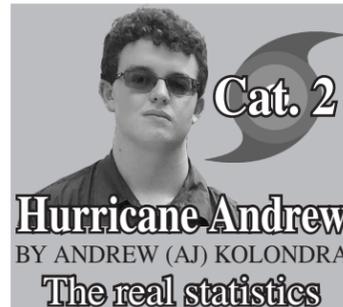
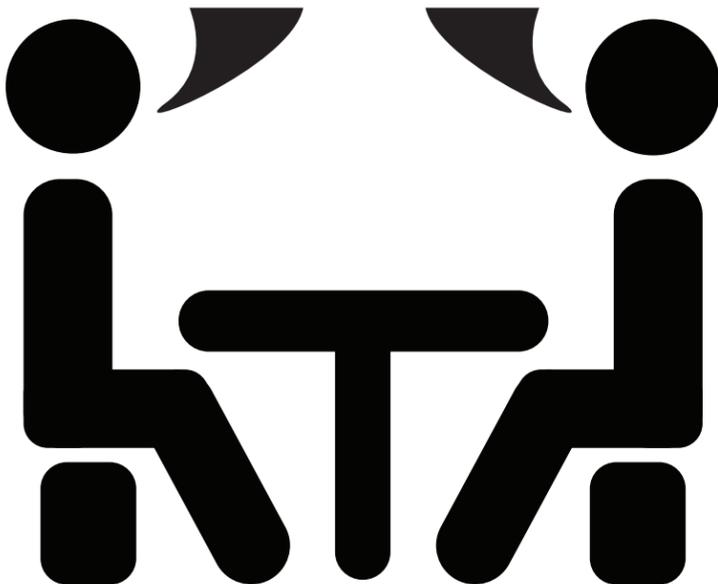
Students who are electing a peer into club office may look at a different set of criteria than someone who is making an appointment to office. A faculty member may look at

the academic abilities of a candidate or choose someone based on their personal history with the student or the student's involvement in another club. Students may have very different priorities. A peer may look at how much the student puts their heart and soul into the club and is more likely to be familiar with the personality of the student running. This makes them a better judge of whether that individual works well with others.

Most importantly, a student is looking to elect someone who is concerned about the interests and goals of the club. They will likely elect someone who is very knowledgeable and passionate about the club, while faculty members may appoint someone based on criteria that are not necessarily in the best interests of the club.

Finally, I believe that club members will work best together to achieve the common goals of the group if their officials are elected, not appointed. Appointments may result in resentment, as candidates may not feel like they got the chance they deserved to run for a position. School clubs will thrive best when the interests of all members are represented by elected, not appointed, club officers.

(Graphic/Andrew Kolondra Jr.)



The real statistics

One of my summer assignments this year was to read one of a number of rather cynical books about working with numbers and statistics. As an editor of this newspaper, I chose one titled "A Mathematician Reads the Newspaper," in which the author analyzed the often false figures used in journalistic writing.

So in the spirit of AP Statistics, here are some of the most common "statistics" cited by the left on the political battleground, debunked.

#### The Wage Gap:

A recent Internet meme shows a school bake sale where girls only pay 77 cents for a treat and men pay a full dollar, to protest the alleged "gender wage gap" in which women only earn 77 cents to a man's dollar. Let's pick easy numbers and say the average male annual income is \$100 and the average female annual income is only \$77. By these numbers, women only earn 77 cents to a man's dollar, correct?

However, this simple calculation fails to take into consideration occupation, education, position, or even hours worked per week ("full-time" is a subjective term).

According to a Georgetown University study, the five top-paying college majors are, on average, 72.4 percent male, and the five worst-paying are 81.2 percent female. The so-called "wage gap" depends largely on the individual career choices of men and women. A study by the American Association of University Women even shows that the "actual" (for lack of a better term) wage gap is around 6.6 cents, and if a comprehensive study could be conducted, with all factors considered, that number would likely be lower.

#### The 2016 Election Results:

Even now, almost a year after the 2016 election, Clintonites continue to whine about the difference between the electoral and popular vote results. However, if third-party voters' votes are redelegated based on which major party they are more likely to vote for, and if all absentee votes are taken into account in states where not all votes were counted, then Trump wins the popular vote by millions of votes (see the January 2017 issue for more detailed calculations).

#### Sexual Assault:

Leftists love throwing around the statistic that 1-in-5 college-age women have been raped in their lifetime. However, the study that produced these results used an extremely broad definition of rape, counting both "attempted forced kissing" or intimate encounters while intoxicated. According to the FBI, the actual statistic is far lower, at only .03 women out of every 5 (6.1 in every 1,000). While this number is still far too high, overexaggeration to further an agenda is not a practice we should condone.

# Don't compromise the need to organize

Carrie Kuecks | Features Editor  
pl194961@ahschool.com

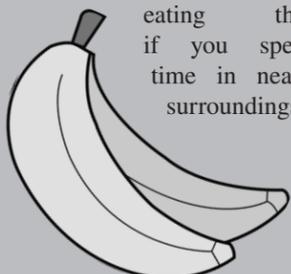
As the new school year kicks off, it is important to remember to keep yourself organized. Here are a few ways organization can help improve your academic success.

### 1) It can reduce stress.

The clutter of a messy backpack and work space can cause unwanted stress. According to a study from "Shape" magazine conducted by the Personality and Social Psychology Bulletin, "People with cluttered homes, or homes filled with unfinished projects, were more depressed, fatigued and had higher cortisol levels than their counterparts, who described their homes as restful and restorative." Cortisol has the ability to control blood sugar levels, regulate metabolism, reduce inflammation and assist with memory formulation, according to the Hormone Health Network.

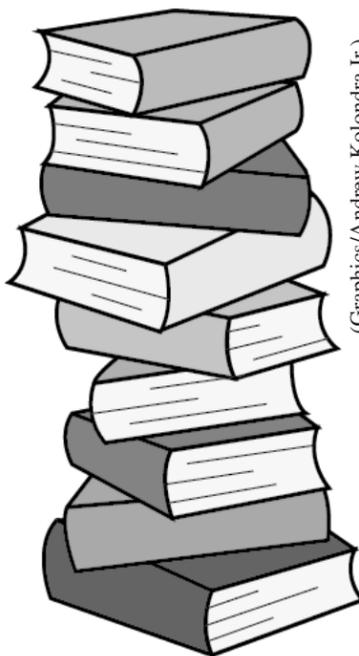
### 2) It can lead to healthier diets.

Clean and orderly spaces can reduce anxiety and help keep binge eating of unhealthy foods in check. A study from the "Psychological Science" journal analyzed the effect of clutter on the human brain. Dr. Selhub said in the journal "Clutter is stressful for the brain so you're more likely to resort to coping mechanisms such as choosing comfort foods or over-eating than if you spend time in neater surroundings."



### 3) It can give you more energy.

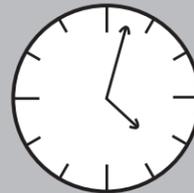
Having messy schoolwork lessens your motivation and can make you less energetic. According to WebMD, being organized can increase your energy levels.



(Graphics/Andrew Kolondra Jr.)

### 4) It saves time.

Having organized systems for your schoolwork increases your efficiency and, as a result, can lead to finishing assignments earlier. For example, rather than spending time rummaging through a messy backpack or room trying to find your homework, you could have started (and finished) earlier by keeping your papers and supplies organized.



Take the time to set up a system to stay organized early in the school year. It will allow you to concentrate on studying and will keep you calm and centered. Organization is a lifelong skill that is necessary in any career and is important for your current academic life and well-being.



Editorials & Opinions

# Should we switch to block schedules?

August 2017

(Graphics/Maia Fernandez-Baigun)

Monday

Tuesday

Wednesday

Thursday

Amber Bhutta | Co-Assistant Editor  
pl208261@ahschool.com

## YES

As many students are painfully aware, the allotted 49 minutes per class period is often insufficient.

Every now and then, one student's question unintentionally leads to an unrelated discussion that consumes precious class time.

While seemingly inconsequential at the time, the true misfortune sets in when students arrive home, pull out that math assignment late at night and

stare at it uncomprehendingly, wishing they had had the time to ask for clarification in class. As such scenarios become increasingly commonplace, a solution appears on the horizon: block schedules.

As a study by the National Education Association (NEA) defines it, a block schedule consists of three or four longer periods of daily instruction as opposed to the traditional daily six-, seven-, or eight-period schedule.

Block schedules are made up of fewer, longer classes, typically from 60 to 120 minutes each. The classes meet fewer days each week, and as a result, students have fewer classes, and teachers teach fewer students.

Fewer classes for students and fewer students for teachers provides a plethora of benefits to both parties. For example, the aforementioned NEA study goes on to explain that block scheduling benefits teachers who primarily use project-based class assignments.

Teachers have more planning time, can better individualize instruction and see fewer students per day, thus allowing them more time to build strong relationships with individual students.

With the increased teaching time, students can complete longer cooperative learning activities in one class period.

They have more time to ask questions and less information

to process over the course of a school day.

Additionally, they only have homework for three to four classes a day as opposed to seven or eight, allowing more time for extracurricular activities and a healthier sleep schedule.

A study conducted by the Center for School Success highlights research that shows block scheduling's benefits: higher GPAs, lower failure rates, lower dropout rates, higher college enrollment rates and slightly higher SAT scores.

As shown by both theoretical and empirical evidence, block scheduling holds merit over traditional scheduling, facilitating the educational experience for both teachers and students.

Monday

Tuesday

Wednesday

Thursday

Alex Becker | Sports Editor  
pl215753@ahschool.com

## NO

If it ain't broke, don't fix it. The nine-period day at Heritage has kept the school running perfectly for more than half a century. Changing the working system would only hurt students' performance.

Traditional scheduling, what Heritage currently has in practice, ensures that each class is given the proper amount of time each day to cover the needed material.

Contrarily, block scheduling makes classes meet less often, yet for longer periods of time. Classes on a block schedule lose about 30 hours of class time each year.

The drastic decrease in time leads teachers to rush lessons along and harms students who may not be able to keep up. In fact, in a study done by the National Association of Secondary School Principals, 45 percent of students' grade point averages fell after a switch to block schedules.

With rapid teaching methods comes more material covered in a single day. As teachers rush through multiple lessons, the quality of teaching takes a hit as well, forcing students to seek outside help from tutors or after

school learning centers, which can be very costly.

Those who do not want to spend the extra money but still need help are forced to learn the material on their own, and often do not learn the correct way to solve certain problems or answer certain questions. The purpose of school is for teachers to instruct students in how to solve problems; if students are teaching themselves, that purpose is lost.

Several lessons per class, multiplied by four classes a day, equals so many lessons compiled into one day of school that it becomes extremely difficult to make up even a single day of missed school.

Students who are sick for multiple days of the year have almost

no chance of catching up to the rest of the class.

In an analysis of the detrimental effects of block schedules, Jeff Lindsay of Georgia Tech University finds that block scheduling alone decreases student achievement by 10 percent.

Switching Heritage's schedule to a block schedule would be detrimental. Though Heritage's student body is made up of intelligent students, there would still be a large number of students who would get left behind when teachers inevitably speed up learning. The student achievement rate at AHS is outstanding – there is no reason to get rid of a working system.



The snowflake

BY VANESSA RYALS

### Racism is not an opinion

Shortly after the Charlottesville, Va. riots, an eerily familiar picture made the rounds on Twitter: black and white, a group of 13 men and women squished side-by-side laughing, posing, one is even holding an accordion. It is a picture of youth. Innocent camaraderie. A grunge Instagram aesthetic of your weekend out with friends. If it weren't for the men's uniforms you would never know they were Auschwitz staff members having fun between mass murder. Racism, sexism, anti-Semitism isn't always obvious.

The truth is that right-wing extremism has become increasingly inconspicuous – making it all the more dangerous.

Not all white supremacists sport swastikas, but most share racist and anti-Semitic memes in group chats and online forums while assuring everyone "it's just a joke." Not all conservatives support the actions of the terrorist who drove his car into a crowd of anti-Nazi protesters, but many blamed leftist violence before the growing population of alt-Right extremists who incite such violence.

Most frightening of all, white supremacists, Nazis, and members of the alt-Right are everyday people just following an ideology they believe in. They are the people who argue for freedom of speech, then turn a blind eye when that speech becomes hate-filled. They are enemies of equality.

Providing a platform to elevate the voices of those who advance the Republican Party's vile and fear-mongering rhetoric only pushes this country further into the flaming heap of ignorance and intolerance that facilitated the rise of the Trump administration.

Free speech is an important staple of democracy. However, the concept of free speech cannot be entertained until this nation overcomes its history of discrimination to form a true democracy, one in which all people exist on a level playing field. Considering that Americans have never been on equal grounds – not racially, politically, or even monetarily – completely free speech is not truly possible.

Double-check that Instagram aesthetic. Be critical of the "jokes" your friends make. Look more closely at who you choose to surround yourself with.

There is no place in this nation for the protection of bigoted ideologies on any front. It is past time we make this truth become self-evident, by any means necessary.

# Freshmen, explore your options

Maia Fernandez-Baigun | Staff Writer  
pl212601@ahschool.com

As freshmen, you are surrounded by peers who experience similar thought processes. You are all new to high school and very few of you have a solid idea of what you want to accomplish. (I know this because I was one of you just last year.)

At some point in the year, you may be excited to try new things out, meet different people, or even start to become serious about your

future. Some of you are wired to strive for the highest grades no matter what, and some of you believe that your best effort is more than sufficient.

My experience as a freshman was expected, given that I have been attending classes here since fourth grade. Back then, I had no clue what path I wanted to take in the future years. In middle school, I was involved in mock trial, a law competition, and junior high journalism. Both were great experiences, but at the time,

I was more inclined to join the pre-law program.

Naturally, I decided to take the required class to join the program. However, as the semester progressed, I realized that law wasn't for me, so now I'm going down the journalism path. One thing I wish I had done is branch out more. By joining clubs and societies, you are able to share a space with other people who have a similar interest as you.

This is also your lucky year, because nothing is set in stone.

Experimenting with clubs and classes is recommended, and with more than eighty-five different clubs to choose from, there are vast options.

Freshman year can be terrifying, exciting, boring, stressful or all of these at the same time, but it's just your first year in the experience that is high school. While you should branch out now while you've got the chance, know your limits and keep yourself from getting overly stressed – you still have three more years to go.



Features

# WTWU: Mrs. Rebecca Geller

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

Andrew Kolondra Jr. | Co-Editor  
pk183941@ahschool.com

Math aficionado Mrs. Rebecca Geller is the teacher of teachers, literally. When she's not teaching students – everything from seventh grade math through Pre-Calculus – she's teaching other teachers how to pair creativity with technology in the classroom and engage students in the learning process. She has both taught a graduate course for teachers of all levels earning their Master's and run collaborative workshops for teachers in Dade County who were uncomfortable with certain FCAT materials. Even now, while she sticks to physically teaching students only, she works with other teachers online using collaborative websites.

She did not always have this affinity for teaching, though. In fact, Mrs. Geller's favorite classes growing up at North Miami Beach High (besides math) were Anatomy and Physiology. She loved learning about the body and wanted to become a nutritionist. An active member of student government, Mu Alpha Theta, the yearbook club and her school's peer tutoring program, she described herself as pretty geeky. While 100 percent committed to her studies, Mrs. Geller explained she was "the queen of organizing activities," as she was heavily involved in student social activities, community volunteer efforts

and fundraisers. She even created a teen group at her local community center that hosted social events and ran volunteer efforts. Mrs. Geller has many fond memories from her high school years, including some that many current Heritage students may be able to relate to. "I was so stressed about taking the SAT that I fell asleep during the reading comprehension portion, and the proctor was kind enough to wake me up. I actually did well, despite my nap, but I was so nervous when the scores arrived by mail," she said.

Outside of school, Mrs. Geller was involved in many sports clubs – weightlifting, aerobics and running – but she didn't play sports for school. "My hobby was exercising. I liked to challenge myself by designing different exercise routines and training programs, and I still do today," she said.

Mrs. Geller pursued her dreams of being a nutritionist through the Honors program at the University of Florida, but after finding she did not like Organic Chemistry (nor going to school in a small town), she changed her major and finished her degree in mathematics education at Florida International University in a program that was "on the cutting edge."

After earning her bachelor's, she started teaching immediately and went to night school at Barry University to earn her Master's of Science in Application of

Technology in Teaching. A self-proclaimed "lifelong learner," Mrs. Geller hopes to go back and earn her doctorate someday. Math has always made sense to Mrs. Geller, but sometimes her teachers' explanations just did not reach her. "I couldn't just accept things without the reasons so I searched for the reasons on my own," she said. This sentiment was nurtured when she was inspired by one of her high school math teachers who taught math on an interdisciplinary level, something she hopes to do with her own students.

"I teach mathematics because it is an area where I can pair logic, creativity, technology, discovery and truisms found by those before us to understand the world around



**STUDENT GOVERNMENT SENATOR:** Mrs. Rebecca Geller (pictured at right) participated in Student Government in high school. She won an award for "most dedicated Senator." (Photo/submitted by Mrs. Rebecca Geller)

us," Mrs. Geller said. She only wishes she had today's access to technology and the Internet when she was in high school, as it would have "cut [her] time in half." Recognized as regional teacher of the year for Miami-Dade County Public Schools when she taught in an application-based, interdisciplinary magnet program at her own high school, Mrs. Geller is extremely proud of her work.

"I challenge my students to think of different ways of approaching and solving problems, and have them explore and discover relationships as much as possible.

"My greatest desire as a mathematics teacher is to share not only the understanding, but to build the confidence of my students," she said. "If I could do it, they can, too!"

## Opioid outbreak reaches new heights

Katie Quesada | Co-Editor  
pk208161@ahschool.com

A plague of opioids has hit America's middle-aged generation, with approximately 33,000 people nationwide fatally overdosing in 2015, a figure which more than doubled 2013's opioid death toll of 16,235, according to NBC News.

To put this number in perspective, opioid overdoses kill more people than gun violence, with 13,484 gun-related deaths in the U.S. the same year, according to the Gun Violence Archive.

This epidemic hits close to home, too, as 12 percent of the nation's opioid-related deaths occur in Florida. According to Dr. Lewis Nelson, as quoted

in the New England Journal of Medicine, after alcohol intoxication, opioids are the most common cause of poison in patients in North America. From 2004-2011, opioid-related harm more than doubled, with 488,000 hospital visits in 2011 due to opioid abuse. Consequently, the Centers for Disease Control and Prevention announced a nationwide epidemic in February 2011.

The rise results from an increase in access to high-purity, low-cost heroin. Simultaneously, the rates of fatal overdoses caused by oxycodone decreased due to the new anti-addictive drug oxycontin, which replaced oxycodone in 2010; as a result, more abusers now turn to heroin than oxycodone.

According to NBC News, heroin, fentanyl (which is commonly mixed with heroin to form a stronger drug) and oxycodone led to the deaths of 3,896 Floridians in 2015.

Last year, 525 deaths in Palm Beach County and 220 deaths in Miami-Dade County were the result of opioid overdoses; 90 percent of fatal overdoses in Broward County involved heroin, fentanyl or other opioids.

On May 4, Gov. Rick Scott declared a state public health emergency in the wake of rising opioid deaths, four years after the start of the crisis in Florida.

The U.S. Department of Health and Human Services has granted Florida \$54 million to pay for prevention, treatment

and recovery of opioid addicts. Gov. Scott has also allowed state Surgeon General Celeste Philip to distribute Naloxone, an anti-overdose medication, to first responders.

Despite the rise in usage, few addicts have sought medical help, as only 20 percent of abusers seek treatment. This may be caused by lack of interest or lack of insurance, as most abusers are middle-aged or older and less likely than non-abusers to possess medical insurance.

In 2008, the Mental Health Parity and Addiction Equity Act was passed, requiring insurance companies to have equal coverage of surgical and addictive services, with the hope of allowing more abusers to seek treatment.

Despite these efforts, the number of addicts seeking treatment did not increase. As the opioid epidemic continues to worsen, with opioid-related deaths tripling since 1999, the U.S. must crack down on drug exchange.

With 53 percent of abused drugs received from physicians, new laws must be enacted to limit or eventually prohibit addictive drugs.

Additionally, the illegal drug trade of the new, stronger heroin, mostly arriving from planters in Mexico, must be regulated with increased law enforcement along the border to keep citizens safe.

This time is now to fight the largest death-toll epidemic the U.S. has faced since the 1918 Spanish Flu.

	<b>Editors-in-Chief</b>    Andrew Kolondra Jr., 12th    Katherine Quesada, 12th	<b>Features Editor</b>    Carrie Kuecks, 11th	<b>Business/Managing Editor</b>    Amber Bhutta, 11th	<b>Staff Writers</b>    Alyssa Herzbrun, 10th    Joanne Haner, 10th    Maia Fernandez-Baigun, 10th    Sloane Kapit, 11th    Kenzo Kimura, 11th    Kelly Taylor, 10th    Kristen Quesada, 10th	This publication informs students about events, influences readers through editorials, and entertains through features and reviews, all achieved through responsible reporting. Opinion articles reflect the views of the staff and do not necessarily reflect the opinions of the administration, faculty, or student body. We strongly encourage letters to the editor from students, parents, or faculty in response to these articles.
	<b>Online Editor-in-Chief</b>    Vanessa Ryals, 12th	<b>Entertainment Editor</b>    Angela Lin, 11th	<b>Social Media Editor</b>    Vanessa Ryals, 12th	<b>Copy Editors</b>    Amber Bhutta, 11th    Andrew Kolondra Jr., 12th    Katherine Quesada, 12th	
	<b>Assistant Editors</b>    Amber Bhutta, 11th    Angela Lin, 11th	<b>Sports Editor</b>    Alex Becker, 11th	<b>Adviser</b>    Ms. Diana Adams		
	<b>Political Correspondent</b>    Asa Zaretsky, 12th	<b>Centerspread Editor</b>    Katherine Quesada, 12th			



Features

# Everyone Has a Story:

## Jack



## Gottlieb



### The Q Concept

BY KATHERINE QUESADA  
Lessons from Spain

This past June, I spent 17 days road-tripping around Spain. Packed into a tiny Volkswagen Crossover, my family and I had no idea what we were about to discover. If driving through 21 cities taught me one thing, it was that Spain is old.

Now, I know what you're thinking, "Of course it's old, Katie, it's over 500 years old." Yes, I know that, but what I didn't know is that I would walk among ancient Roman ruins built 25 years before the birth of Christ, sit in an amphitheater's original stone bleachers, where Roman citizens would watch fights among prisoners, or marvel at aqueducts more than 2,000 years old in a city three hours outside Madrid.

This unexpected history led me to think of where else a piece of the past might lay unappreciated. Luckily for us, we don't have to undergo a nine-hour flight, but just a 20-minute drive, to find our own historical treasure.

South Florida was home to the Tequesta tribe, which had only 30 members by 1743 as a result of European diseases, warfare and firewater. Once the Spaniards ceded Florida to the United States, the Tequesta tribe was forced to Havana, Cuba in 1819.

The Seminole Indians took their place after arriving in South Florida during the three Seminole wars in the early to mid-19th century. Major William Lauderdale built a series of forts along the New River (which gave Fort Lauderdale its name) in order to defeat the Seminoles and force them onto reservations in Oklahoma. Many battles were fought in South Florida during the last two Seminole Wars, including one at Tree Tops Park on Pine Island Ridge, a site just 10 minutes away from AHS.

All but 100 stubborn Seminoles evacuated the Everglades; those who stayed posed such a threat that the growth of Broward County was stunted until the late 1870s. These Seminoles played a significant role in the lives of early settlers of Cooper City and Davie, who encroached on their land, until a treaty signed in 1930 established the current reservation land.

Important and interesting history is not that far away from us. Keep that in mind when shopping at Sawgrass Mall or buying a burger at the McDonald's down the street – you never know what happened there 400 years ago.

In the midst of summer, a time when contact with other students is limited and school-based selection methods are nearly out of the question, we turned to social media to select this issue's unwitting EHAS subject.

We settled on posting two riddles on the iPatriot Post Instagram account in a contest, explaining that the first person to direct message us the correct answers would win an unspecified prize.

Despite our initial doubts, the subsequent enormous response that included people who didn't even attend American Heritage and criticism such as "bruh, you should choose harder riddles," senior Jack Gottlieb answered correctly a mere two minutes after we posted, earning him the prestigious EHAS slot for our August issue.

Born in Miami and raised in South Florida, senior Jack

Gottlieb has attended American Heritage since his freshman year.

"I've lived here all my life, and I want to stay in America even after college," he said. As a senior with college at the forefront of his mind, Gottlieb hopes to pursue biology or animal sciences in college, his top choice being Princeton, in order to fulfill his dreams of becoming a veterinarian.

Gottlieb doesn't only love to help animals, but to also help others. He spends his summers as a senior counselor at the American Heritage camp, and during the school year, he works at the Lower School after school care as a counselor and at a daycare at the Jewish Community Center. He also volunteers at the South Florida Wildlife Center. However, his passion for animals doesn't end there.

Inspired to take action after the unfortunate death of his

beloved dog Bella this past year, Gottlieb took up art not only as a way to cope with his dog's death, but also as a way to positively impact the community by starting a business of drawing portraits of other people's pets.

As a self-taught artist, Gottlieb spends several days completing a portrait for a fee of \$50 and donates 10 percent of the money he makes to the Humane Society.

"I did a few projects in middle school for the Humane Society, and it's something I wanted to start up again," he said.

"I like to draw, so I started a business of drawing people's pets. I wanted to give other people something to remember their pets by."

If you are interested in a pet portrait and want to help Gottlieb donate to a worthy cause, check out his instagram page @jack.gottlieb and direct message him for more information.



Amber Bhutta | Co-Assistant Editor  
pl208261@ahschool.com  
Angela Lin | Co-Assistant Editor  
pl215051@ahschool.com

*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.*

# Scouting: more than cookies

Joanne Haner | Staff Writer  
pl184961@ahschool.com

All students have their own lives off-campus. Activities can range from hitting the gym a few times a week or having music lessons, to heading home to complete the day's homework. Juniors Rayyan Merchant and Sophia Viner participate in their Boy and Girl Scout troops respectively, and senior Amanda Pointer participates in a Venturing Crew.

Boy, Girl and Venture Scouts all have the common goal of teaching valuable life and leadership skills that will last a lifetime.

"As a Boy Scout, you're required to learn a lot of medical and practical skills like tying knots and CPR," Merchant said. "That would be really hard for a high school student to find in another program."

Merchant's troop participates in a variety of activities, including camping, hiking, volunteering and fundraising. In order to move up in troop rankings, scouts must learn and improve many leadership and organizational skills.

"In my troop we meet at least once a week on Tuesdays," Merchant said. "Depending on the various activities going on, you might meet at other places. For example, scouts in leadership positions will meet once a month for a Patrol Leader Council, and if you're preparing for a long hiking trip of 30 miles or more, you'll probably go on a preparation hike of five to 10 miles every week. Overall, scouting involves a lot of time and commitment."

Junior Sophia Viner is a Girl Scout. Like Boy Scouts, Girl Scouts teaches important life skills such as finance, first aid, art, cooking, engineering and math. Activities can vary by age; younger girls go on smaller, less intense excursions such as to museums or on camping trips. Older girls, however, can do something called a "Take Action Project," which are longer, more in depth, self-driven service projects.

"How much commitment a person puts into [a Take Action Project] depends on her level of commitment to their troop. Some

people meet once a month," Viner said. "If you are working on achieving a gold award [the highest achievement for a Girl Scout], you need to put in hundreds of hours."

"Girl scouting has taught me leadership skills, how to take initiative and better responsibility. I would recommend joining Girl Scouts because it empowers girls to do amazing things, and provides them with great opportunities," Viner said.

Pointer participates in Venturing, a co-educational scouting program for kids between the ages of 14 and 21. Pointer has been a Venture Scout, or Venturer, for more than three years. Like Boy Scouts, her Venturing Crew does a lot of adventure-based activities. These activities include canoeing, mountain biking, white water rafting, sailing, backpacking and wilderness survival.

"I love doing this, and many crews do this in their free time, but most of the requirements and awards are based on different leadership training

and personal development," Pointer said. "Leadership training and my friend groups have definitely made me more confident in myself and in my public speaking abilities."

Pointer is the president of her Venturing Crew and the Vice President of Programs for the South Florida Council Venturing Program.

"I highly suggest everyone joins Venturing if they want to join a new friend group or like to spend time outside," Pointer said. "Each unit does different activities and some aren't active, so contact a few to find the right group. You don't need to be committed to a Venturing Crew to hang out, make friends or go to activities."

Next time you see a Boy Scout Troop hiking, someone eating a Girl Scout cookie, or a Venturing Crew backpacking, remember all the hard work of the people behind the action.

Viner said, "[It's] a lot more than selling cookies."

# Patriot Post's Declassified School Survival Guide

Compiled by Angela Lin, Asa Zaretsky, Kenzo Kimura, and Alex Becker

Stat Sheet	
1,648 high school students	58 water fountains
198 toilets	40 acres
157 teachers	18 sports teams
74 clubs	8 chair lifts
	6 elevators

**Tip #1**  
Surround yourself with people who will support you and push you to be better.

**Tip #2**  
Don't be afraid to ask a lot of questions if you don't understand something in class.

**Tip #3**  
Attend a meeting of a club focused on something outside of your comfort zone.

**Tip #4**  
Make friends with your teachers.

**Tip #5**  
Make time to hang out with your friends and family.

**Tip #6**  
Exercise at least two times every week.

**Tip #8**  
Don't let one bad grade bring you down.

**Tip #7**  
Take short breaks when doing homework to decompress.

## Take my advice

"Do your homework. In sixth grade it didn't matter as much, but in seventh grade, it's a big deal. I made that mistake."  
- Eighth grader *Coby Ackerman*

"Grades are important but nothing to stress about. Don't overload yourself with too much work you can't handle."  
- Freshman *Jasmine Dulay*

"Don't mess with any teachers because they WILL remember it the whole year."  
- Sophomore *Adam Cui*

"Try new things, as many as you'd like, just don't prioritize your extracurriculars over your studies."  
- Junior *Yasmeen Altaji*

"Be sure to delegate enough time to each of your classes and DON'T procrastinate."  
- Senior *Sajiv Chandrasekaran*

"Don't follow what everyone else is doing if you feel that it isn't the right plan for you."  
- Alumna *Ana Escalante, class of 2017*

**Tip #15**  
Use a planner and stay organized.

**Tip #14**  
Ask your classmates or teacher for help if you are having trouble in a class.

**Tip #13**  
Don't skip breakfast.

## IMPORTANT S1 DATES

<b>SEPT. 1</b> NO SCHOOL (Labor Day)	<b>DEC. 18</b> Exams Period 1 & 2
<b>SEPT. 21</b> NO SCHOOL (Rosh Hashanah)	<b>DEC. 19</b> Exams Period 3 & 4
<b>OCT. 20</b> End of First Quarter	<b>DEC. 20</b> Exams Period 5/6/7 & 8
<b>NOV. 3</b> NO SCHOOL (Conference Day)	<b>DEC. 21</b> Exams Period 9
<b>NOV. 22-24</b> Thanksgiving Break	<b>DEC. 25-JAN 5</b> Winter Break

**Tip #12**  
Don't overload yourself with activities and homework to the point that it becomes mentally and physically damaging.

**Tip #11**  
Make friends with new students, and make them feel welcome. You will gain new friends who can offer you support and guidance if you need it.

**Tip #9**  
Don't stand in the middle of the hallway and talk. You don't want to get trampled by other students and make enemies with those who you are blocking from getting to their next class.

**Tip #10**  
Eat a good balance of different types of food.



# Carrie Tries: segwaying

*With so many activities to do at American Heritage and in South Florida, it can be overwhelming to decide what to do. Features Editor Carrie Kuecks plans to try various clubs and activities on campus and in South Florida to inspire students to try something new. Read below for more info:*

Carrie Kuecks | Features Editor  
pk194961@ahschool.com

For the summer edition of Carrie Tries, I decided to leave the cocoon that is my room, stop watching Netflix and go segwaying at Birch State Park in Fort Lauderdale.

Many companies offer segway tours in South Florida, but the one I tried, Fun Center Fort Lauderdale, offered three tours: Fort Lauderdale beach, Birch State Park and downtown Fort Lauderdale.

I chose the Birch State Park Segway Tour, which costs \$59 per person for one hour and 20 minutes.

I had to bring a signed waiver or have a parent or legal guardian present with me and call in advance to obtain the waiver.

Before the tour started, the instructor held a brief

training session. I began by practicing ways to maneuver the Segway in the parking lot. At first, it was not easy to control because Segways respond to every slight movement.

In other words, the key to control depends entirely on your center of gravity and balance.

To increase speed, lean forward slightly and lean back to slow down.

Segways require gentle, subtle movement as opposed to a lot of strength or force. Our Segway journey began when we entered Birch State Park.

The park has newly paved roads which provided the perfect opportunity to go as fast as possible and race with friends who had come with me.

After a few minutes the instructor took us off road through the park. Some of the terrain was bumpy and hilly, which made

it more challenging and fun. Segwaying in the park was quite comfortable because most of the trails had a decent amount of shade from the trees.

However, sunscreen and athletic clothing are recommended for Segway tours.

Despite the intense heat and humidity, zooming around on a Segway allowed me to feel a breeze and keep cool.

Towards the end of the tour we stopped by a massive banyan tree and the tour guide took photos of the group. As we headed back to return our Segways, we rode along the Fort Lauderdale Beach boardwalk near the ocean.

Segwaying is a fast and thrilling way to take in the beauty of South Florida.

If you want to try something new, grab some friends and consider riding Segways in Fort Lauderdale.



**CARRIE TRIES SEGWAYING:** Features Editor Carrie Kuecks tries segwaying at Birch State Park, located near Fort Lauderdale beach. Wildlife such as turtles and birds are frequently seen in the park as well as beautiful trees and plants. (Photo/Lucy Robinson)

# Amber Bakes: Thai rolled ice cream

Amber Bhutta | Co-Assistant Editor  
pl208261@ahschool.com

Thai rolled ice cream, an increasingly popular, innovative form of ice cream, has expanded from its modest origins in Phuket, Thailand to locations all around the world.

To stave off the ever-present Florida heat, here's my rendition of this treat.

Combine milk, heavy cream, sugar, and salt straight into a large metal skillet. Place the skillet on the stove over high heat.

Continue to stir while the milk heats and the sugar dissolves. When the mixture comes to a boil, then remove from the heat entirely and let the mixture cool to room temperature.

Once the base has cooled, add your topping of choice over the ice cream base. Using one paint scraper in each hand, chop up the toppings and mix them into the ice cream.

Moving around the ice cream base will create air bubbles. This will yield a creamy, well-textured ice cream. Once the toppings are

incorporated into the ice cream base, place the skillet into the freezer for four hours. The ice cream needs to be extra frozen to scrape it into rolls.

This step is crucial! Place the bowl you will be using to serve the ice cream and the paint scrapers used to scrape the rolls into the freezer for at least 15 minutes.

Quickly scrape the ice cream into rolls by placing the paint scraper at an angle against the edge of the pan, pushing carefully forward.



(Photo/Amber Bhutta)

## Thai Rolled Ice Cream ingredients:

- 3 tbsp. whole milk
- ¼ cup of heavy cream
- 1tbsp. sugar
- a pinch of salt
- Mix-in of choice (I used rainbow sprinkles but anything works)
- 9-inch metal skillet
- 2 paint scrapers

# Pre-professional programs open doors for passionate students

Kelly Taylor | Staff Writer  
pl233383@ahschool.com

It is common knowledge that students in the four pre-professional programs are loaded with extra courses and activities that can be seen as both time consuming and rewarding.

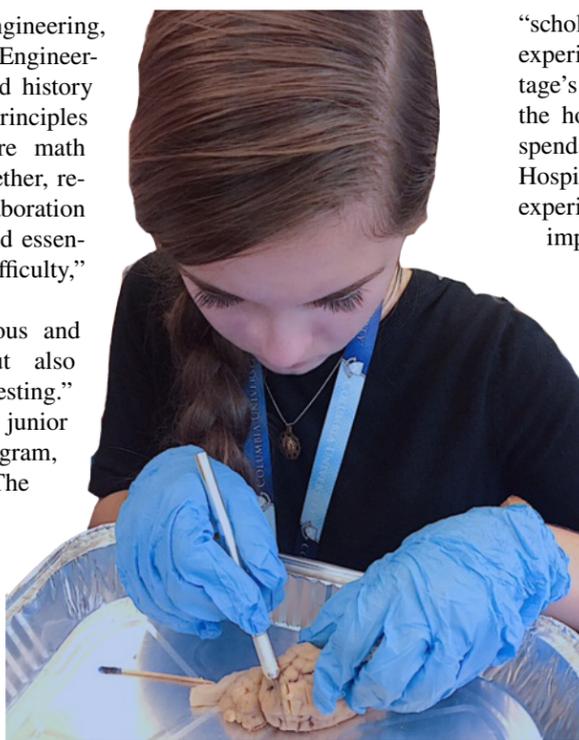
The pre-Engineering, -medical, -law and Bio-Medical Engineering programs all offer unique opportunities, courses and technology to assist interested students in learning about career paths that might be the right choice for their future.

The students obtain different skills and knowledge from these programs that are of value in their core classes as well as later on in life, particularly in their chosen area of study. "When I joined Pre-Engineering, it was listed as an extracurricular," pre-engineering student senior Royce Guy said, "but to me, this was definitely a core class, and one of my most

difficult at that. Engineering, from Introduction to Engineering in which math and history come together, to Principles of Engineering, where math and physics come together, really felt like a collaboration of my core classes, and essentially doubled the difficulty," Guy said.

"Yes, it was tedious and time consuming, but also enjoyable and interesting." Emma Quarequio, a junior in the Pre-Med program, shared this opinion. "The courses are hard, but passion makes them easier," she said.

According to Quarequio, there is more to these programs than just a list of required courses for students to complete. She believes the courses are



**DISSECTING FOR THE FUTURE:** Junior Emma Quarequio dissects a sheep brain as a part of the pre-med experience. Pre-professional programs gave students the chance to find out whether a certain career is for them. (Photo submitted by Emma Quarequio)

"scholarly," but the real world experiences come from Heritage's "unique close relation to the hospital." Pre-med students spend time at Broward General Hospital as part of their in-field experience, which made a lasting impression on Quarequio.

"The pre-med program really helped me refine my areas of focus and deepest interest through exposure to a hospital setting and courses.

As sophomore Meghan Lannon looks back on her first year in the pre-law program, she hopes she will be influenced similarly.

"I believe that pre-law will guide me towards a better realization of the legal profession," Lannon said. "I know that the program will be instrumental

towards my future." Bio-Medical Engineering is the newest program Heritage has to offer and it adds a certain element of teamwork amongst the medical and engineering fields.

"Learning to work in teams, learning the development process and learning to think and be creative," said senior Kelsey Chandran, the president of pre-med, when asked about the benefits of the program in terms of preparing for college.

"Understand that it takes work outside a regular schedule to develop great things. It opens doors to the best universities." The pre-professional programs allow students to explore a future in careers that interest them.

At an age when everyone has to make big decisions about where they want to go in life, students in the pre-professional programs can go confidently into the familiar territory of their career path.



# ENTERTAINMENT

# Lights, camera, Adelina!

Kristen Quesada | Staff Writer  
pl208162@ahschool.com

At a mere 5 years old, sophomore Adelina Marinello knew what she wanted to do with her life. "I want to be up on that stage," Marinello said after viewing a school play.

While living in New York City, Marinello was inspired by the shining lights of theater, wanting to eventually perform on Broadway.

"I did see Broadway shows," Marinello said. "That was inspiration to one day have enough knowledge and be talented enough to be in that real dream world."

Marinello has been involved in the fine arts since she was 6 years old, taking part in 11 plays and 18 chorus concerts.

"My favorite part [of fine arts] is you get to express

what you love with other people enjoying it," Marinello said. "Not only are you getting away from your life, but the audience is getting away from their lives also."

On campus, Marinello participates in the mixed chorus



and the Junior Thespians acting troupe, performs in several plays and studies drama in the Acting II course. She also acts as a student ambassador for the Broward Performing Arts Center Fort Lauderdale.

Marinello's most memorable performance, so far, is the role of Mrs. Peterson in "Bye Bye Birdie" in seventh grade, as it was her first comedic role ever. "It was very interesting to see a new side of theater, which I never expected to be actually good at. I was very surprised," Marinello said.

Marinello loves everything about fine arts, from the community to the feeling she gets on stage, but she treasures the creative aspect of theater. "You can create an entirely different world for yourself and forget your troubles and become an entirely different person, while still adding pieces of your personality into [your role]," she said.

"My dream, since I was a child, is to one day be on Broadway," Marinello said. She plans to attain this dream by continuing



**TALENT OGRE-LOAD:** Sophomore Adelina Marinello (center) acts as Fiona in "Shrek the Musical," which was performed at St. Mark's Episcopal Church. (Photo/Dick Francis)

her fine arts career throughout high school and attending a college with a well established fine arts program.

Fine arts has been Marinello's passion since a young

age, and she hopes to one day shine as bright as her Broadway inspirations Idina Menzel and Sutton Foster, as she comes into her own light on stage.

# Grab-and-go breakfast recipes

*Sometimes, there's no time to eat breakfast before school as you are rushing out the door to make it to first period. Here are a few breakfast options that can be prepared the night before and eaten on the way to school.*

Angela Lin | Co-Assistant Editor  
pl215051@ahschool.com

## Chocolate peanut butter overnight oats

### Ingredients

- 1/3 cup plain Greek yogurt
- 1/2 cup (heaping) rolled oats
- 2/3 cup unsweetened milk of choice
- 1 tablespoon chia seeds or ground flaxmeal
- 1/2 teaspoon vanilla extract
- 2 tablespoons natural peanut butter
- 2 tablespoons unsweetened cocoa powder
- Pinch of salt
- 0-2 tablespoons honey or maple syrup

### Instructions

1. Whisk together all ingredients in a bowl. Spoon into a jar with a tight-fitting lid.
2. Close and refrigerate for at least 4 hours, but preferably overnight before eating.

(wholefully.com)

(Graphics/Andrew Kolondra Jr.)

## Egg muffins

### Ingredients

- 1 lb ground turkey sausage (or pork)
- 6 large eggs
- 1 cup egg whites
- 1/2 red pepper, diced
- 3 tablespoons minced onion
- 1 cup cheddar cheese
- 1/2 cup mozzarella cheese

### Instructions

1. Preheat oven to 350 degrees.
2. Brown turkey sausage over medium high.
3. Spray a muffin tin with cooking spray. Divide the red pepper, onion, sausage and cheeses over 12 wells.
4. In a large bowl combine eggs, egg whites and salt & pepper. Pour egg mixture over the sausage in each well.
5. Bake 22-25 minutes or until done.
6. Remove the muffins from the wells and serve warm or let them cool completely and refrigerate or freeze.
7. To reheat from refrigerated, microwave about 30 seconds. To reheat from frozen, microwave 45-60 seconds.

(spendwithpennies.com)

## Breakfast sandwich

### Ingredients

- 6 large eggs
- Kosher salt and freshly ground black pepper
- 6 English muffins, split
- 12 slices deli-sliced ham
- 6 slices cheddar cheese

### Instructions

1. Preheat oven to 375 degrees. Lightly oil six 10-ounce ramekins and place onto a baking sheet.
2. Add one egg to each ramekin, beating slightly, and season with salt and pepper.
3. Place into oven and bake until egg whites are cooked through, about 12-14 minutes.
4. Place one egg over the muffin bottom. Top with 2 slices ham and 1 slice cheese, and then cover with another muffin top to create a sandwich. Wrap tightly in plastic wrap and place in the freezer.
5. To reheat, remove plastic wrap from the frozen sandwich and wrap in a paper towel. Place into microwave for 1-2 minutes, or until heated through completely.

(delicious.net)

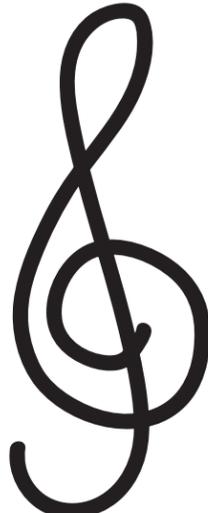
# Don't let the heat keep you from the summer beat

Katherine Quesada | Co-Editor  
pl208161@ahschool.com

Think back to two weeks ago – you were lying by the pool in the sun without a care in the world. Now, stress has set in as you are sitting at a cramped desk under artificial light doing math homework. To ease the transition back to school, here is a list of songs that made your summer great and hopefully will make the start of the school year manageable.



1. "Despacito," Luis Fonsi ft. Daddy Yankee
2. "Green Light," Lorde
3. "Shape of You," Ed Sheeran
4. "Slide," Calvin Harris ft. Frank Ocean and Migos
5. "Malibu," Miley Cyrus
6. "Bon Appetit," Katy Perry



7. "You Don't Know About Me," Ella Vos
8. "Want You Back," HAIM
9. "HUMBLE.," Kendrick Lamar
10. "Mask Off," Future
11. "It Ain't Me," Kygo ft. Selena Gomez
12. "Stay," Zedd ft. Alessia Cara



(Graphic/Isabel Chamberlain)  
(Graphic/Andrew Kolondra Jr.)



# Entertainment

## Restaurant review: La Brasa



**The Shuffle**  
BY AMBER BHUTTA  
**Wage Gap**

Grabbing headlines and sparking controversy, actors Daniel Dae Kim and Grace Park recently announced their departure from popular, crime-fighting drama "Hawaii Five-0" after nearly seven years as series regulars. While rumors run rampant as to whether or not the two Asian-American actors departed after a salary discrepancy between them and their caucasian counterparts, the truth of the matter speaks to a long-standing issue that extends far beyond the dimming light of the Hollywood sign: the wage gap.

As its colloquial name implies, the wage gap refers to the relative discrepancy in earnings between two groups, typically associated with gender but more often than not applicable to race.

The breadth of the issue only widens when it comes to women of color. Women made up just 22 percent of protagonists in the top 100 domestic grossing films of 2015, according to a report from San Diego State University's Center for the Study of Women in Television & Film. Meanwhile, 76 percent of all female characters were white, 13 percent were black, 4 percent were Latina, and 3 percent were Asian.

"The only thing that separates women of color from anyone else is opportunity," Academy Award-winning actress Viola Davis said in her 2014 Emmy acceptance speech. "You cannot win an Emmy for roles that are simply not there." —Or get paid for them.

Naturally, it's difficult to sympathize in scenarios similar to the previously mentioned ones, as, for celebrities with bank accounts brimming with 10 digit figures, heckling over a few million more comes across as petty and inconsequential.

On a principle level, however, the difference in salary is representative of a widespread issue woven into the fabric of our country.

As the Pew Research center reports, among full- and part-time workers in the United States, black in 2015 earned just 75 percent as much as whites in median hourly earnings and women earned 83 percent as much as men.

As "Hawaii Five-0" actor Daniel Dae Kim's wrote in a final Facebook note: "The path to equality is never easy." However, the first steps to embarking on that path are acknowledging the issue in its systemic nature and learning not to settle for less.

Carrie Kuecks | Features Editor  
pk194961@ahschool.com

Plantation has a new twist on traditional Latin American food at the Peruvian restaurant La Brasa. Located across from the Broward Mall at 270 University Drive, La Brasa attracts customers searching for quality food for low prices.

La Brasa's casual and family-friendly atmosphere brings in many customers, especially on weekends. They serve large portions for affordable prices ranging from \$4.95 for chicken with rice and beans to \$15.99 for seafood paella. The restaurant also offers family specials; a family of four deal costs \$37.50 or a larger family deal costs \$68.50.

La Brasa stays true to its Hispanic roots and plays fútbol

(soccer) on the televisions. Customers wait in line at the front of the restaurant to place their order. Then, servers deliver the food to the tables. Customer service at La Brasa is excellent due to their helpful and friendly staff.

A wide variety of traditional Peruvian food is served at La Brasa. From chicken to seafood, to rice and beans, there is food for almost every appetite. Some of the restaurant's most popular dishes include sautéed chicken, sautéed beef, and rotisserie chicken. Their rotisserie chicken was so popular that when I visited, they had sold out.

La Brasa uses traditional Peruvian spices such as Rocoto, Huacatay and Ají Amarillo, which are featured in most dishes they serve. Their side dishes are traditional and delicious as well, such



**FAMILY DEALS AND MEALS:** La Brasa creates a family-friendly environment by offering family specials and friendly servers. (Photo/Carrie Kuecks)

as their moist and well-seasoned rice and beans (arroz con frijoles) and plantains. La Brasa has many dessert options such as Peruvian-style flan and creamy ice cream.

A great dining option for all due to its low-prices and friendly atmosphere, La Brasa serves up smiles and seasoned culinary creations to all of its customers.

## Obscura: "Little Joy" by Little Joy

Isabel Chamberlain | Guest Writer  
pl230891@ahschool.com

The concept of Little Joy began at a music festival in Lisbon, Portugal in 2006 with the chance meeting of The Strokes drummer Fabrizio Moretti and Brazilian rock band Los Hermanos singer Rodrigo Amarante. It was two years before their first and only album would be released. The idea began as an album created, not for fame or money, but out of sheer love for music. Both artists were already well distinguished as musicians and had their fair share of fans, yet both sought something deeper and more significant to themselves rather than a wider audience.

The album, "Little Joy," exists in a genre of its own—a fusion between the two rock groups that contributed members: The Strokes and Los Hermanos.

Little Joy's album of the same name begins with two light hearted upbeat love songs before setting the mood with "Play the Part," a structureless song about the singer's unrequited infatuation for a close friend.

The rest of the album pivots between upbeat melodies like "How to Hang a Warhol" and nostalgic odes to an unreturned love like "Don't Watch Me Dancing." Overall, "Little Joy" is about the struggles of loving someone who can never return that love. The final song in "Little Joy" is the song that led me to discovering what would become my favorite album of the summer: "Evaporar." It's slow and smooth, played exclusively on the acoustic guitar, and the only song on the album sung entirely in Portuguese.

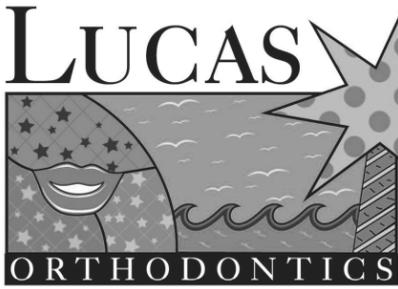
Roughly translated, Amarante sings, "The water is what has gone. It returns

to the sea, spills into the sky, purifies, leaves minerals behind, and evaporates."

What truly makes "Little Joy" such a personal and intimate album is the abstraction of the lyrics; this allows the listener to interpret the songs however he or she may choose. My personal

interpretation is that "Evaporar" is a reflection of the narrator's time lost yet not wasted, how pining after someone who couldn't requite his love taught him more about himself, comparing himself to water. "Little Joy" never achieved fame or stardom, but it was never meant to. In the

album's ninth track, "How to Hang a Warhol," Amarante sings, "I keep writing songs that are all my own... If you like them, yeah, but if you don't, too bad, 'cause it's all I have." The album was created by and for the three artists, rather than to resonate with a wider audience.



**LUCAS**  
ORTHODONTICS  
*Embrace A World Of Beautiful Smiles*

**Read What Our Patients Are Saying...**

"Dr. Lucas has done a fantastic job on my son's teeth. He is so caring and professional that I have decided to enlist his services (for myself). His staff is warm and friendly and I look forward to a beautiful smile in the future."  
— Sharon Huggins, January 2015.

Google

5.0 ★★★★★

★★★★★

4.9 ★★★★★

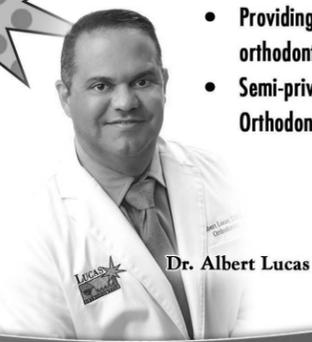
Facebook

★★★★★

4.5 ★★★★★

- Over 15,000 spectacular Lucas smiles designed since 1994!
- We proudly helped 777+ patients transform their smiles with invisalign.
- Providing the newest technology in orthodontics for the most effective treatment.
- Semi-private suites for all Lucas Orthodontics' patients.

**Dr. Albert Lucas**





**LUCAS SMILE SATISFACTION GUARANTEE**  
Dr. Lucas stands behind his treatment and guarantees 100% satisfaction!

**WHITE HOT SUMMER SPECIAL**  
Kids, Teens & Adults!

**COMPLIMENTARY LUCAS SMILE ANALYSIS**  
\*Includes: Initial Consultation, Photos & X-Rays. (\$250 Value)  
New patients only. Exp 7/31/16

**White Hot Summer Give-a-ways**

**FREE White Wireless Beats® OR White Apple Watch®**



While Supplies last, offer for new patients starting treatment. Call for Details. Can not be combined with any other offer.

**TWO CONVENIENT LOCATIONS**

**PEMBROKE PINES**  
954.432.7223  
10056 Pines Blvd.  
Pembroke Pines, FL 33024



**PLANTATION**  
954.475.1177  
8430 West Broward Blvd., #400  
Plantation, FL 33324



**LucasOrthodontics.com**





BBB Rating: A+



Member American Association of Orthodontists

\*The patient and any other person responsible for payment has the right to refuse to pay, cancel payment or be reimbursed for payment for any other service, examination or treatment which is performed as a result of and within 72 hours of responding to the advertisement for free, discounted fee, or reduced fee service examination or treatment.



## Entertainment

# South Florida museums to visit

Carrie Kuecks | Features Editor  
pk1194961@ahschool.com

### Nova Southeastern University Art Museum

Artwork hangs on sleek, well-lit walls by artists from around the world in a variety of different mediums. Visitors can see paintings, sculptures, photographs and glass works from many different cultures and time periods without needing to go to New York or Washington, D.C. to enjoy them. The Nova Southeastern University (NSU) Art Museum, located in the heart of downtown Fort Lauderdale on Las Olas Boulevard and Andrews Avenue, currently has six exhibitions which portray different styles of art from modern to historical.

Modern art is featured in "Some Aesthetic Decisions: A Centennial Celebration of Marcel Duchamp's Fountain," while other artwork allows guests to learn about culture. The NSU Art Museum's location in the hub of downtown Ft. Lauderdale is close to the upscale shops and restaurants on Las Olas Boulevard. Admission for students is free with a valid ID.



(Photo/nsuuseum.org)



(Photo/Carrie Kuecks)

### Vizcaya Museum and Gardens

If you want to learn about architecture and history in a serene setting, check out the Vizcaya Museum and Gardens in Miami (3251 S. Miami Avenue). The Vizcaya museum has served as a popular tourist attraction since the 1950s. The museum has a beautiful house with 34 decorated rooms that contain more than 2,500 art objects and original furnishings, 10 acres of gardens, an orchid collection of 2,000 specimens and 25 acres of endangered primary growth forests, according to Vizcaya.org. Vizcaya has been accredited by the American Association of Museums and was designated a National Historic Landmark. With a student ID, admission is \$10 for the day.

The Vizcaya gardens are an excellent place to relax and soak in the beauty of Florida's nature. Inside the European-inspired historical building visitors can learn about the history of Vizcaya.

### Phillip and Patricia Frost Museum of Science

Whether you are fond of space, aquatic life or just taking good photos, you are sure to find what you are looking for at the Frost Museum of Science, located in downtown Miami's Museum Park on 1075 Biscayne Boulevard.

The Frost Museum of Science opened on May 8, and currently features eight exhibitions: a planetarium, aquarium, the history and future of flying, what it takes to live and work in space, the power of vision, how the brain and body work together, the Everglades and water conservation. Utilizing solar power panels and environmentally sustainable wood and concrete, the Frost Museum of Science is environmentally friendly.

The Frost Museum has a lot of interesting exhibits to offer for all ages and is a great place to take pictures. The museum costs \$28 for ages 12 and up. The museum also offers volunteer opportunities and internships for teens. To find out more, check out its website, Frostscience.org.



(Photo/Carrie Kuecks)

# Pineapple on pizza: Godsend or sin?

Though many may not realize it, pizza is a mode of personal expression that often evokes strong emotions. With this in mind, The Patriot Post decided to explore a riveting culinary debate of our time: Does pineapple have any place on pizza?

Amber Bhutta | Co-Assistant Editor  
pk208261@ahschool.com

### Yum, Pineapple on Pizza!

"I believe pineapple pizza is the only acceptable form of vegetarian pizza. Not only does it provide the consumer with a serving of fruit, but it also supplies a dose of sugary sweetness to the carb filled meal."

- junior Ephraim Oyetunji

"People who don't like pineapple on pizza are simply wrong."

- junior Gavin Grnja

"Pineapple on pizza is such a weird combination but tastes so good."

- sophomore Diya Jayram

"Pineapple on pizza is a gift from God."

- junior Mohamad Adada

### Ew, Pineapple on Pizza?!

"As a person whose cultural and ethnic background is violently Italian, I have to say that pineapple on pizza goes against all my deeply rooted morals regarding the authenticity of the art of pizza."

- junior Emma Quarequo

"There shouldn't even be anything to have an opinion on; pineapple should not be on pizza."

- senior Kelsey Chandran

"Pineapple on pizza is a practice that plagues society. Those that believe eating pineapple on pizza is an acceptable activity are incorrect."

- sophomore Jacob Kasner

**EMPOWERING YOU TO TRANSFORM YOURSELF**



Susie Mendelsohn, Psy.D.  
Clinical Psychologist and Certified Coach Practitioner

Available for individual, Group and Family Therapy

- Eating Disorders • Relationship Counseling • Collaborative Divorce
- Domestic Violence • Adjustment Disorders • Stress/Time Management
- Substance Use Disorders • Mood + Anxiety Disorders • Bullying

AVAILABLE FACE TO FACE OR VIA TELE-THERAPY

Contact Dr. Susie directly at:  
e-mail: [DrSusie@me.com](mailto:DrSusie@me.com)  
• Tel: 954.294.7036 • Fax: 954.900.5992  
[TransformEmpowerSoar.com](http://TransformEmpowerSoar.com)

Office Locations: Fort Lauderdale and Delray Beach



Dr. Susan J. Mendelsohn  
Clinical Psychologist



**"MIND MATTERS"**

Woogie.org is a registered 501c3 nonprofit charity.

In memory and in order to honor 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.

Visit [woogie.org](http://woogie.org) to donate.  
Call: 561-213-0999  
Email: [info@woogie.org](mailto:info@woogie.org)  
Mail: PO Box 1442, Boca Raton, FL 333439



## SPORTS

# Football's foreseeable future

## From the Bench

BY ALEX BECKER  
Sports and college

If you make the right decision, college should be the best four years of your life. As seniors start to apply to college and juniors start to think about applying to college, they need to look at all aspects of the colleges they are applying to.

Don't solely focus on aspects like acceptance rate and what admissions wants to see on an application; look toward the things the college offers. Think of what you want in a college. Some people like small schools and some like big schools; some want Greek life while others hate the idea of fraternities and sororities. Some people love sports, and others just watch the Super Bowl for the commercials.

Whether you're a sports fanatic or not, you should check out how big a role sports plays at any college you apply. If you love sports beyond belief, you should look at schools that have Division I sports. Schools in Division I usually make sports a big deal and almost everyone gets into it. However, if you don't like sporting events and can't, for the life of you, sit down and suffer through a football or basketball game, then look for a school that holds your interests in higher esteem than it does sports.

If you love sports, then maybe colleges such as Emory or NYU, both of which are outstanding schools, aren't a great fit since neither has a football team. The same goes for those who don't care about sports. If you think watching games are a waste of time, do not go to Duke and become Cameron Crazy or apply to Ohio State University, both of which are more sports-oriented schools.

Although sports play large roles at many universities around the nation, some have programs that aren't as intense. Colleges such as Rice University and University of Miami are Division I, yet not every student attends every game. However, at places such as the University of Michigan, nearly every student goes to every game and has an average crowd attendance of more than 112,000 per football game.

When searching for the "college of your dreams," don't just look at academics. Even though work comes first, you want college to be the best four years of your life. The best way to find the best fit is to make sure the colleges you apply to have everything you want in a school.

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

After a successful last season culminating in the Patriots winning their third state championship, the team has been preparing for a repeat. With team workouts Monday through Friday and drill training Wednesdays, players have been working hard to grow individually and as a team.

According to senior Zack Zambrano, center offensive line on the team, "Coach Mike Smith is one of the biggest contributors to [the team's] success. He develops elite athletes who can compete with anyone."

Players are always working to improve their game. In addition to the team's rigorous training schedule and participation in summer 7-on-7 competitions, several players have also traveled to programs held at colleges across the U.S. to train for the upcoming season and meet with recruiting officials.

This year the team is dominant in the trenches with highly-ranked defensive tackle senior Jade Silvera and defensive end senior Andrew Chatfield.



**A SMOKING START:** Patriots enter the field through a cloud of fog before playing their local rival Cardinal Gibbons – 2016 home game. (Photo/Vanessa Ryals)

Dominant center Zambrano and tackle senior Jack Fris, who transferred to Heritage last semester, will continue to hold down the offensive line. Senior defensive backs Pat Surtain and Tyson Campbell, ranked first and second in the country, will make up the secondary line. Last year's Harvard-bound quarterback, Jason Brown, will be replaced with

junior Cam Smith whose athleticism and good football IQ helped lead the team last year.

The Patriots began the season with a 42-27 victory after a non-conference away game against Booker T. Washington Friday, Aug. 18. Week two they headed up to Virginia Beach to play Bishop Sullivan Catholic and won by a score of 14-7 on Saturday,

Aug. 26. Nevada powerhouse Liberty High School will then come down to Heritage for the first home game of the season Sept. 1. The list goes on with a televised home game against Chaminade Madonna Sept. 22 and finally the big district game against Cardinal Gibbons on Oct. 13.

When asked about a state title, Zambrano said, "A tradition has been started at Heritage that will be continued into the foreseeable future. We pride ourselves on being the best and that's our goal no matter what."

Compared to last season, the Patriots plan to compete with the same goal in mind of walking off the field with a state medal around their necks. A huge motivator for many on the team this year is the passing of Dallas Perez, a former Heritage player on the original state championship team and son of coach Mario Perez.

"He won't be far from the team as we play out on the field," Zambrano said. "He helped start the tradition we now follow at Heritage. We're all working to be Dallas Strong."

## Back-to-school fitness routine

Carrie Kuecks | Features Editor  
pl194961@ahschool.com

*Taking the time to exercise may seem almost impossible with the large amounts of homework, studying and extracurriculars on our plates. However, establishing a fast and simple daily exercise routine is not only easy to squeeze into a tight schedule but also very beneficial. Follow these quick and easy five to 10 minute exercise routines from Pinterest to stay healthy and fit.*

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
50 second plank	20 crunches	5 sit-ups	10 crunches	7 squats	7 lunges	5 lunges
5 push-ups	10 jumping jacks	5 lunges	5 squats	10 jumping jacks	35 second run in place	10 sit-ups
15 crunches	45 second plank	7 squats	10 leg raises	30 second plank	7 sit-ups	3 push-ups
5 sit-ups	10 leg raises	25 high-knees	5 push-ups	5 push-ups	20 crunches	50 second plank
12 jumping jacks	2 minute jog in place	5 push-ups	10 jumping jacks	10 toe-touches	5 push-ups	7 squats
<b>Repeat 3 times</b>	<b>Repeat 3 times</b>					

### Spanish Language Tutoring



#### A+ Languages

Offering Personalized Instruction at a Reasonable Price!

Call: (954) 773-9933

www.aplusalanguages.net

### SZ Paralegal Services

FLORIDA REGISTERED PARALEGALS

Deposition Summaries, Large Document Downloads, Bates and Indexing Document Production, Trial Prep, Power Points, Medical Chart Review, Medical Chronologies

T:(786) 521 1338

E: szparalegal@gmail.com



# Sports

# A heads-up on concussions

Kenzo Kimura | Staff Writer  
p2256011@ahschool.com

Whether it's on the field, indoors, or on the track, injuries are an unfortunate commonality in the world of sports. Sometimes, these injuries can be a relatively minor scrape or bruise, but, for those who don't protect themselves correctly, serious accidents may occur. A prime example of one of these serious accidents is a concussion. A concussion, which is a temporary unconsciousness or dizziness caused by a blow to the head, can occur in sports and are much more serious than many might imagine.

Neurologists all over the world have observed that concussions do not only result in temporary headaches, but also can result in traumatic after-effects to the brain. According to the Clinical Journal of Sports Medicine, "Chronic traumatic brain injury (CTBI) represents the cumulative, long-term neurological consequences such as memory loss and cognitive deficits due to repetitive concussive and subconcussive blows to the brain."

National Public Radio recently stated that, "Nearly all former NFL players examined in a recent study showed signs of brain damage."



**HELMET-TO-HELMET CONTACT:** Players clash helmets during the Nov. 11 regional quarterfinal playoff game against the Fort Pierce Westwood Panthers. The Patriots defeated Westwood with a score of 55-12. (Photo/Vanessa Ryals)

In recent years, football has gotten scrutiny for the long-term damage it can do to players' bodies. The game has been linked to chronic traumatic encephalopathy (CTE), a disease believed to be caused by repeated blows to the head that can lead to symptoms like memory loss, depression, and confusion. It can only be diagnosed after a player dies, when doctors can get a look at the brain. In this recent study, doctors examined more than 100 brains

of now-deceased NFL players and found that all except one had CTE. They also found it in people who only played football in high school or college.

Understandably, much of the early concussion risk studies focused on professional football, a game that involves fast, full contact between players. However, current research has expanded to incorporate any type of sport involving physical contact such as soccer, hockey and lacrosse.

Heritage focuses heavily on preventing concussions, especially in physical contact sports such as football. *The New York Times* writes, "Teaching players how to protect themselves from direct hits are essential to their safety."

"[The school] has great quality helmets that are up to date on checks, and they teach us not to hit with our heads," senior John Fris said. "The blocking techniques we use do not involve hitting with our heads." Not only are

students trained to protect themselves, but also coaches and staff are taught how to treat students with concussions.

"All of our coaches are required to take courses on concussions, as well as pull us from practice or games if they suspect we have any pain or impairment while playing due to a head injury," senior Zack Zambrano said.

Heritage provides readily available trained coaches and nurses, and also introduces courses in which players are made aware of the dangers of concussions. With all of the resources given to our players, concussions are much easier to prevent and treat. Although concussions are still considered frightening to the public, many players, especially football players, don't see them as a common issue. Even armed with the knowledge of the dangers concussions pose, many sports players, especially football players, are undeterred from pursuing their passion.

"From the perspective of football players, concussions are simply the price you pay to play the game you love," junior Paul Yermish said. Nevertheless, all players are aware of concussions and their dangers, and do their best to avoid direct impact to the head.

## Riders ready for show circuit

Katherine Quesada | Co-Editor  
pl208161@ahschool.com

The Heritage Equestrian Team rides into its third season ready to bring home the blue ribbon.

Practice began Aug. 19, and riders will compete with their horses at Volunteer Park, an equestrian facility about five minutes from campus, through May 2018.

To prepare for the circuit, team members not only work in the ring but also complete other tasks for the team.

"[Team members] take team lessons, participate in team activities outside of the barn, and volunteer a couple hours a month to barn chores for community service hours," team captain senior Ashley Gregory said.

Team practices occur every other Saturday, and members congregate on campus once a month to discuss upcoming events and activities and must attend at least three horse shows during the season.

"Since riding is such an individual sport, I think it's good to experience a team setting," Gregory said of the benefits of riding with the team. Students do not need to have previous riding experience to join and can contact head trainer Morgan Conrad at SpectrumShowStables@gmail.com.

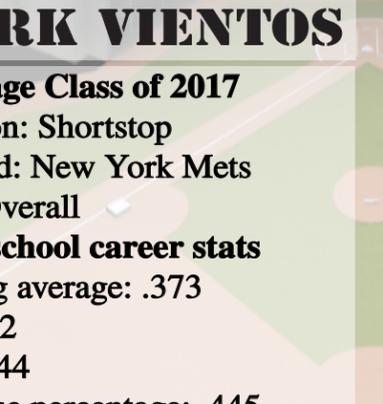
An annual team membership fee of \$350 covers team apparel and competition registration. Additional costs may apply for lessons and horse shows.



**SADDLED UP:** Senior and equestrian team captain Ashley Gregory rides New Moon at Fox Lea Farm. (Photo/ManciniPhotos 2016)

## Drafted Alumni: Making the majors

Three student-athletes from the Class of 2017 sign with Major League baseball teams.

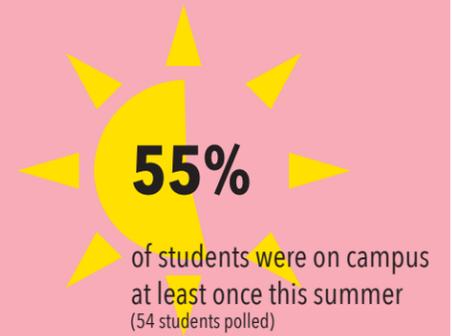
	<p><b>JUSTIN CONNELL</b> Heritage Class of 2017 Position: Outfield Drafted: Washington Nationals 343rd Overall <b>High school career stats</b> Batting average: .218 On-base percentage: .317 Runs: 18 Fielding Percentage: .875</p>
	<p><b>MARK VIENTOS</b> Heritage Class of 2017 Position: Shortstop Drafted: New York Mets 59th Overall <b>High school career stats</b> Batting average: .373 Hits: 62 Runs: 44 On-base percentage: .445</p>
	<p><b>CHRISTIAN SANTANA</b> Heritage Class of 2017 Position: Pitcher Drafted: Milwaukee Brewers 444th Overall <b>High school career stats</b> ERA: 1.63 Strikeouts: 72 Opponent Batting Average: .184 Innings pitched: 51.2</p>

Photos/Broward High School Baseball



# Summer

Many students were on campus over summer break for one reason or another, be it science, sports, or summer school. Check out some of Heritage's summer programs.



## Summer science

Andrew Kolondra Jr. | Co-Editor  
pk183941@ahschool.com

While most students were spending their well-deserved summer break relaxing at home, visiting relatives abroad or participating in college programs all across the country, some just couldn't get enough of Heritage's red bricks, spending seven weeks of their vacation in the Summer Science Research program. Led by biology teacher Mrs. Leya Joykutty, the program ran from 8 a.m. - 4 p.m. weekdays in the science labs in the 9000.

"The students who participate in the research program are among the top science students in the school and are recommended to the program by science faculty," Mrs. Joykutty said. This year, that group consisted of 22 students from grades 6-11, each working on "unique and exciting projects."

Summer science research students complete their science fair project during the program and tackle hard-hitting topics, such as disease research, synthetic organ development and environmental pollution.

Coming from a family of scientists and science educators, Mrs. Joykutty is honored to lead this flagship program, which gives dedicated students the time, money and resources they need to carry out these complex projects. "The program was modeled after similar programs in universities around the country. It offers students who would have been unable to participate in those programs because of age limitations, distance and cost the opportunity to 'do' science and be exposed to the magic of innovation and discovery," Mrs. Joykutty said.

If students don't complete their projects during the seven allotted summer weeks, the lab remains open after school until 7 p.m. daily, starting as early as the first week of school, to allow students to finish their work. Mrs. Joykutty is there, too, right beside her students, because she enjoys the experience just as much as they do. "The daily journey of discovery is exhilarating. I come to work every day ready to do all I can to open doors for them and help their dreams come true," Mrs. Joykutty said. "The students in the summer research program inspire me." Juniors Ephram Oyetunji and Emily Pallack (at right) participated in the program this summer.

## Summer sports

Barak Huang | Guest Writer  
pk234041@ahschool.com

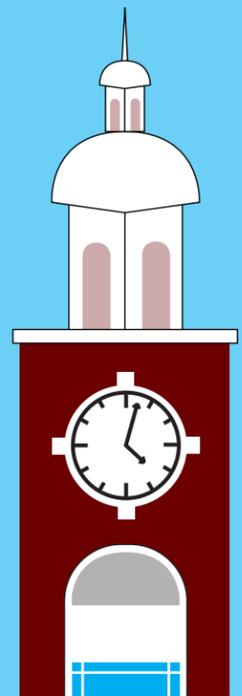
While some students choose to spend their summer time staying off campus (while they can) others come back for the many camps and programs offered during summer break. Four sports camps are offered: lacrosse, baseball, soccer and tennis – each for one-week sessions. Directed by coaches with experience at the college or professional level along with help from former Heritage players, these camps allow students to play sports they love while learning new techniques and developing essential team building skills. Seventh grader Matthew Machon who currently attends the tennis camp said "the coaches are very supportive and helpful no matter your skill set." These camps have helped many beginners become fairly advanced. Sophomore Hunter Chang, a lacrosse camp counselor and varsity lacrosse team member, said that "the camp helped [his] skill set and knowledge improve tremendously" when recalling a past experience of attending the camp himself. The campers not only play sports but go swimming and have indoor events. These sports camps are a great way for students to involve themselves with the school community over the summer and interact with friends and teammates.

Heritage also offers a Leadership Roundtable and Community Service course over the summer. This is a three-week course in fundamental leadership skills that is worth half an academic credit. At the end of the course, students are given 30 community service hours for their work at the local Boys and Girls Club.



**TENNIS TRAINING:** Coach Toby Croke explains to a group of young campers the proper technique of a forehand at summer tennis camp. Heritage high schoolers served as camp counselors for these young tennis players. (Photo/Barak Huang)

**SOCCER STARS:** Campers at the summer soccer camp break into teams to play a friendly scrimmage. Each of the four camp sessions ran for one week and students of all ages participated. (Photo/Barak Huang)



## Junior Emily Pallack

"My project this year is creating blood vessel networks in bio-synthetic organs by using what uterine cells do to create a placenta. Right now scientists are pretty close to being able to create full organs for transplants, but the major problem is that the organ doesn't develop robust enough vascular networks in order to transfer nutrients to all the cells in the organ. So I'm solving this problem by using endometrial stromal cells and putting them in an organ scaffold (basically an organ with just the connective tissue and no cells) and triggering them into making blood vessel networks," Pallack said.

Last year, Pallack advanced to an international competition known as ISWEEP (International Sustainable World (Engineering Energy Environment) Project) for her project on environmentally beneficial methods of eradicating parasitic nematodes.

"The summer research program is the best thing I have ever chosen to do," Pallack said. "Research has been a way to create my own science, really. I have been drawn to it since seeing all the headlines of 'Researchers discover...' and just wanting to be part of that field that is on the cutting edge of science and learning about the things around us."



## Junior Ephraim Oyetunji

"This year I'm working on a project that assesses neurodegeneration of phenotypically diabetic fruit flies. These flies also have a mutation to exhibit symptoms quite similar to Parkinson's disease. The project hopes to see protective effects of caffeine even when the flies are exposed to environmental harm," Oyetunji said.

Last year, Oyetunji earned second place at the school science fair and fourth place in biological sciences at the Florida Junior Academy of Sciences for his project on the effects of acrylamide on the development and behavior of mutated microscopic worms.

"The science research program is a great experience to hone your scientific skills and untapped potential," Oyetunji said, "but it also means family to me. We form great bonds within the group and have fun."

