

**MUN takes Nashville:** The Model United Nations team took home major wins at Vanderbilt University's annual conference in October. Turn to the News section to find out more about the competition's results. Go to A4.

**A new point of Vieux:** When he was in seventh grade, senior Harrison Arnberg gained a new brother from an unlikely place – Dakar, Senegal. Flip to the Features section to hear his family's story. Go to C9.

**Golf girls make history:** The girls golf team recently won its seventh state championship, breaking the record for most championships won. Read more, including a feature on team member Jillian Bourdage, in Sports. Go to E19.

# Butterfly Project takes flight

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Junior Mikhal Ben-Joseph's Butterfly Project took flight on Nov. 5 with its first Bagel Brunch in the Environmental Educational Center (EEC), taking the first steps toward its primary goal of creating a lasting memorial for children who have suffered from genocide and other forms of senseless violence around the world and throughout history. Aiming to spread genocide awareness and to uphold the commonly touted phrase "never forget," the brunch raised \$1,335 for Yazda, an organization intended to provide relief to victims of the Yazidi genocide.

"One big reason I chose the Yazidi genocide is that their plight often falls on deaf ears in our region because the Yazidi population in South Florida is not large," Ben-Joseph said. "I think it is significant that all of these community members who were part of the brunch contributed to a cause that supported a group they may have no relation to, essentially as complete strangers; it demonstrates the real goodness people have in their hearts."

Upon arriving, guests attending the event helped themselves to a variety of breakfast foods outside the EEC donated by various local sponsors including Dunkin' Donuts and Juan Valdez Cafe. Food in hand, attendees then entered the



**BAGELS AND BUTTERFLIES:** Junior and Butterfly Project director Mikhal Ben-Joseph, right, discusses her project with junior Sofia Wagner. The brunch, which drew more than 90 students and parents, surpassed its fundraising goal.

EEC and participated in many educational activities put together by student groups Key Club, Rho Kappa and Tikken Olam. Performances by the Patriot Dancers, Fine Arts singers, and seniors and flutists McKenzie Larson and Tiffany Vera were interspersed throughout the event. Raffle tickets were available for purchase for donated items to raise more money for Yazda.

"The whole event had this special happy vibe, and we had a really unique collection of people. I think everyone who attended, volunteered, performed or even a little bit of each made some nice memories," Ben-Joseph said.

As the granddaughter of a Holocaust survivor, Ben-Joseph originally found inspiration for the Butterfly

Project from a nightmare in which she herself had been a victim of the Holocaust.

"When I woke up in a panic, I realized that my dream had been and continued to be the unfortunate, hellish reality of millions of kids around the world long after the Holocaust ended," Ben-Joseph said. "I understood that the claim 'never again' was meaningless to me unless I did my own part to raise awareness about genocides and stop the crime as it happens in the modern world." After months of extensive research, planning and coordination with administration, Ben-Joseph's efforts finally culminated in the Bagel Brunch.

The Bagel Brunch is only the first of many steps necessary to accomplish the full scope of the Butterfly

Project's goals. In the second semester of this year, Ben-Joseph plans to hold a Genocide Awareness Writing and Artwork Contest for freshmen, the winners of which will paint ceramic butterflies to be placed on a memorial constructed in the EEC. In April, Ben-Joseph plans to host a public Remembrance Ceremony to commemorate lives lost during historical genocides as well as to educate the public on genocide lesser known than the Holocaust.

"When we promote awareness of and teach about genocides, we hope to instill the values of empathy and respect in students so that as young adults and leaders, students feel well equipped to combat prejudice, hatred and violence," Ben-Joseph said.

## BY THE NUMBERS

12,000 Yazidi killed  
250,000 Yazidi forced to flee

220 bagels +  
96 donuts

5 activity  
booths

17 Fine Arts  
performers

90 attendees

1,335 dollars  
raised

(Graphics/Andrew Kolondra Jr.)

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**BUTTERFLIES FLY AWAY:** Senior Nithya Kasarla receives a butterfly face painting from Abrihana Rivera.



**PLAYING FOR A CAUSE:** Seniors Tiffany Vera and McKenzie Larson play their flutes in the Environmental Education Center amphitheater. (Photos/Amber Bhutta)





## Transportation

# On the fast track: riding in style

Three students display their unique cars and let us in on their car experiences.



### Matthew Alonso BMW M5

Alonso has owned his car for a year. His dream car is a McLaren F1. He takes pride in the fact that his car makes people scream. His go-to song while driving is 3 Peat by Lil Wayne. He drives to school and parks in the garage.

**"I originally became interested in cars because my dad was, so I grew up around them."**

### Skyler Schwartzreich Jeep Wrangler

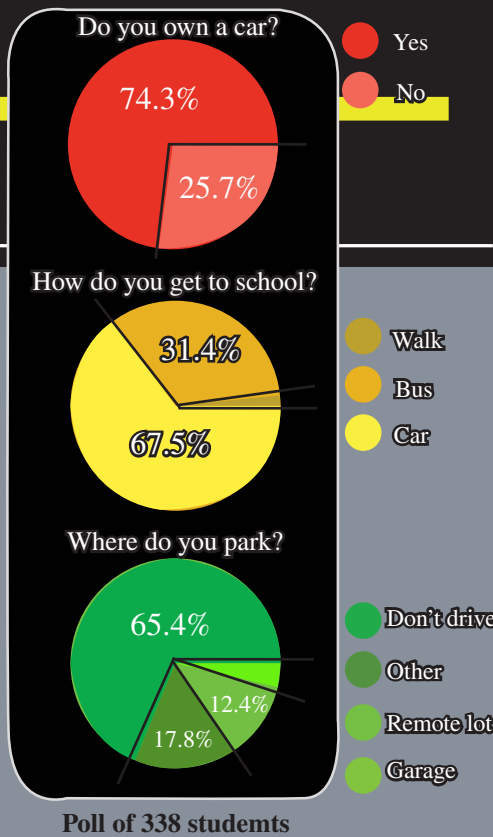
Schwartzreich has owned her car for about three months. Her favorite part of the car is the rock lights (red lights that come on under the car at night). Instead of having a go-to car jam, she usually just listens to whatever song comes on Spotify. She does not drive to school because the remote lot is farther from her house than school is.

**"My dream car from when I was little was a Mustang, but now I definitely like my Jeep more."**

### Patrick McNally BMW 535i

McNally has owned his car for about a year and a half. When he first got the car, it was his dream car, but he has now moved on to wanting the BMW M3. His favorite part of the car is the subwoofers in the trunk. In the car, he can be found listening to anything Kodak Black. McNally drives his car to school and parks in the garage.

**"The Fast and Furious movies originally got me into cars."**



Compiled by: Sloane Kapit and Katherine Quesada



## and take this driving quiz

### 1. A driver cuts you off on Flamingo Road. How do you respond?

- A. Shout insults in your car, asking yourself why this incompetent is on the road.
- B. Silently contemplate their demise.
- C. Ponder why they would do that, and consider doing it, too.
- D. Not care and continue on with your day.

### 2. The person in front of you does not make a right turn on the red. You:

- A. Honk your horn, not keeping your frustration to yourself.
- B. Anxiously lean forward and watch the clock because this driver is keeping you from winning the race.
- C. Analyze their overly safe and patient behavior.
- D. Enjoy their laid-back nature and listen to some music while you wait for the green light.

### 3. Your mom is driving you to school. You:

- A. Comment on her driving skills.
- B. Complain about her slow speed.
- C. Finish your homework.
- D. Have a relaxed conversation with her regarding how your day has been, enjoying the drive.

### 4. You are pulled over by a police officer for:

- A. Passing a driver in a no-passing street.
- B. Speeding.
- C. Crashing your car as you look up at the sky for cloud animals.
- D. You never get pulled over.

### 5. As you surf the pavement, you jam out to:

- A. Rap, the only musical styling to accompany your constant savagery toward the terrible drivers around you.
- B. Rock 'n' roll to get your adrenaline up.
- C. Classical music to satisfy your need for rest and relaxation.
- D. Pop, the only sound that's happy enough to be on your level.

If you got: Mostly A) The impatient know it all, Mostly B) The Competitor, Mostly C) The Philosopher, Mostly D) The Relaxed

## Jack's Journey...on

Broward Blvd.

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If you take a car to school, you probably see a few of your fellow students walking along the sidewalks outside the school to get to their first class on time. Sophomore Robert "Jack" Boucek is usually one of these students. If you get to school early enough, you might see Boucek walking to school wearing his silver headphones and bobbing his head to whatever music he's listening to that morning.

"I usually leave [my house] at around 6:40 because I like to get to school at around 7 so I can do extra homework and study," Boucek said. "I'm usually fairly out of it because it's a bit early."

In addition to being a great form of exercise, a 15 to 20 minute walk is an effective way to wake up in the morning after late nights spent doing homework. Although Boucek has been attending AHS since first grade, he only began walking to school in eighth grade.

"My mom was tired of waking up to take me so when I was old enough, she asked if I could just walk," Boucek said. Most days, he walks to school along Broward Boulevard, but occasionally his mom will drive him to school. If he could, Boucek would "drive [himself] to school without having to pay for gas."



(Graphics/Sloane Kapit)





## NEWS

# Walking for Alzheimer's

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Club members of Save the Memories participated in a walk-a-thon Oct. 21 at Nova Southeastern University. "The purpose of the walk was to raise awareness for Alzheimer's disease," said club president Emily Myers. This is the second time the club has participated in the event and seven members volunteered this year.

At the walk, different pinwheel flowers, represented different participants there. Blue flowers represented

patients with Alzheimer's, yellow represented those supporting or caring for someone with Alzheimer's, purple represented those who have lost someone to Alzheimer's and orange represented those who support the cause and vision of a world without Alzheimer's. "It was hard to see how many people suffered from Alzheimer's disease," Myers said.

The Save the Memories club meets every other Tuesday in room 4124 with Mrs. Geller as the sponsor. Save the Memories is open to both junior high and high school students.



**SAVING THE MEMORIES:** Students from the Save the Memories club volunteered at an Alzheimer's awareness walk-a-thon and served bagels with cream cheese to other participants of the walk. (Photo/Kayla Rubenstein)

# Problems plague health care bill

Yasmeen Altaji | Staff Writer  
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An invisible border of incomprehension and dispute seems to have permanently lined the middle of the U.S. Senates Floor, and the new healthcare bill does little to dissolve it.

On Sept. 26, Majority Leader Mitch McConnell announced with fellow Republicans that the Senate would not be voting on

the controversial Republican-proposed legislation to repeal ObamaCare, confirming a suspicion which had begun to resonate across the legislature: they were simply unable to obtain the votes.

But why is this particular piece of legislation so unpopular? The Graham-Cassidy-Heller-Johnson health care proposition is fundamentally different than that which is currently in effect. Primarily, this legisla-

tion removes a number of penalties, in effect "repealing" several mandates, such as that which requires individuals to purchase insurance for themselves and employers to purchase insurance for their employees.

Next on the list of amendments is a proposal that gives significant power to states in regards to leverage over health insurance policy, as well as a shift that makes dramatic changes to Med-

icaid, the health care program for the lower-income bracket.

Upon the potential implementation of this legislation, major shifts will undoubtedly impact the country on the political, industrial, and personal scale. Until the Senate can come to a consensus—at least on a voting date—the nation must wait and see what political changes will come.

# Speech and Debate Team double take: back-to-back events

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As fall season ends and winter season begins, one team stays strong all semester: Speech and Debate. Fifty-five students competed at the 34th Florida Blue Key debate tournament at the University of Florida Oct. 27-29, with more experienced competitors competing in the Round Robin event Oct. 26.

The tournament consisted of 14 events divided into two categories: debate (Policy, Public Forum, Lincoln-Douglas, Congress and Round Robin) and speech (Pattern A: Foreign Extemporaneous Speaking, Oral Interpretation, Dramatic Interpretation and Duo Interpretation; Pattern B: Domestic Extemporaneous Speaking, Humorous Interpretation, Original Oratory and Program Oral Interpretation).

Heritage's Congressional Debate team is ranked among the top in the country. It holds one of

the highest number of bids to the Tournament of Champions, a prestigious tournament hosted annually by the University of Kentucky. Bids are earned when students place at the top of specific tournaments, and two bids secures a spot at the Tournament of Champions.

"Yes, our students are winning awards, and we are at the top of our game. However, more importantly, because of the group nature of congressional debate, our students are building friendships and relationships with students from around the country that will last a lifetime," Speech and Debate Department Chair Mr. P.J. Samorian said to "Morningstar News."

Congressional Debate members placed as follows: sophomore Ian Bluth, juniors Kenzo Kimura and Chase Freeman and senior Nick Fonseca



**QUESTIONS COUNSELOR:** Sophomore Ian Bluth takes questions during the semifinal round of congressional debate at the Florida Blue Key debate tournament. (Photo/Yasmeen Altaji)

ranked as semifinalists in Varsity Student Congress.

Junior Satya Alagarsamy placed as a finalist, sixth Place, in Varsity Student Congress while senior Christopher Matei placed as a finalist in Varsity Student Debate and second in the Round Robin.

"It's [the tournament] grueling," said senior Christopher Matei, ranked second in the nation and president of Speech and Debate. "It's a marathon of work, but we are running it."

The team, which travels approximately twice per month, attended the 2017 Nova Titan Invitational Nov. 4-5 at Nova High School. In Congressional Debate, sophomore Luca Zislin placed second, Alagarsamy placed third,

Matei placed forth, sophomore Aamir Lacewala placed fifth and junior Chase Freeman placed ninth overall.

In Public Forum debate, senior Jordan Parker placed 13th overall. Juniors Shubhum Giroti and Svetoslav Karagueorgiev were Octa-finalists and sophomores Sammy Platovsky and Volodymyr Zhuravsky were quarterfinalists.

In individual speech events, sophomore Juliette Reyes was an Extemporaneous semifinalist, freshman Angelin Mathew placed sixth in Informative Speaking, junior Yasmeen Altaji placed fourth in Humorous Interpretation and sophomore Jana Kelly placed second in Original Oratory.

"Everybody has a unique voice and Speech and Debate empowers us to use it," Matei said. The team will use that voice Nov. 18-20 at the Glenbrooks in Chicago.

## News Brief

### Letters 4 Better

Letters 4 Better has been doing book drives since the beginning of the school year. For the fall, Mrs. Zaviezo and her club have organized book drives for the Pajama Program, a non profit organization that provides new pajamas and books to children throughout America. For Halloween, the club hosted its candy sale for the students during lunch in order to fund the program. Its next book drive is during Thanksgiving week, where their mission is to collect enough books to send to children all across America for the holidays. Letters 4 Better has meetings every other Thursday.

### Junior workshop

The class of 2019 attended a presentation on the college admissions process Oct. 30. This admissions process presentation gave students a chance to see how the admissions process really works and dispels some myths such as the reliability of "acceptance rates." With this presentation, students were given a different perspective to the college admissions game.

### Model UN

Brown University Simulation of the United Nations Nov. 10-12 was a new conference. This conference gave the Model UN team a chance to expose a lot of newer delegates to Model UN. The team is returning to William & Mary High School Model United Nations 2017 Nov. 17-19, hosted at the College of William & Mary, to compete with a variety of schools across the nation. Overall, their November season is shaping up to be one of their largest excursions yet with the Brown and William & Mary conferences.

### Key Club/ Friends 4 Fosters Drive

Key Club has been working on fulfilling their mission to serve the community. Key Club has hosted many peanut butter & jelly drives, beach cleanups, and fundraisers. Oct. 31, the club participated in NHS's annual Trunk or Treat and began a new theme, "Marvel Superheroes" accompanied with bowling, slime making, and puzzle solving. Key Club plans to help children in Friends 4 Fosters, an organization in which disadvantaged mothers and children are given a chance to get food and education. Meetings are every other Friday in Mrs. Cicos's room, 4101.



**VICTORY SELFIE:** Senior Nicolas Fonseca, juniors Chase Freeman and Kenzo Kimura and sophomore Ian Bluth pose for a selfie with their awards. (Photo/Yasmeen Altaji)





## Asa's Analysis

BY ASA ZARETSKY

### Dealing with the Iran Deal

For two long years, the United States, France, the United Kingdom, Germany, China, Russia and Iran sat down to negotiate an end to Iran's nuclear weapons program and sanctions relief. On Oct. 18, 2015, a deal was struck. Iran would end its nuclear weapons program and accept inspectors in return for sanctions relief and returned assets.

The Joint Comprehensive Plan of Action, also known as the Iran Deal, hailed as a new era in Middle Eastern geopolitics. That is, until on Oct. 13, 2017, President Donald Trump decertified the deal, and everything was thrown into confusion. Despite this attention, many Americans don't know what the Iran deal is, a factor that may have contributed to Trump's decision.

In short, the Iran Deal established guidelines for Iran's nuclear energy program, which would take a matter of months to convert into a full blown weapons program. Iran had to abide by severe restrictions on centrifuges, power plants and enriched uranium. To enforce this, Iran allowed inspectors from the International Atomic Energy Agency into their facilities to ensure compliance. On the other hand, Iran received sanctions relief from all countries involved, and assets frozen in the past were released. This aid in total amounted to billions of dollars.

As the U.S. Congress, under complete Republican control, was reluctant to approve any kind of deal regarding Iran, President Obama agreed to attach 90 day deadlines. If the administration decertified the deal, Congress would have the power to reimpose sanctions and end it. This is exactly what Trump had in mind when he went against the advice of his Secretary of State, Security Advisor and Secretary of Defense. Even though Trump acknowledged that Iran was complying with it, he said that Iran's actions in Syria, Yemen and Iraq were so egregious that it was no longer in the interest of the United States to continue the deal. Now, Congress must decide to follow his lead and reimpose sanctions, or preserve it. If Congress leaves the deal, European countries have warned, they will not follow the United States and continue to hold the deal in place. This lack of cooperation over the Atlantic is dangerous, and if cemented, could lead to an Iranian nuclear relapse.

# News

# Victory at Vanderbilt

*Students on the Model United Nations team have swept the Best Delegation award at VUMUN, Vanderbilt University's annual Model UN conference.*

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The Model United Nations (MUN) team has added yet another component to its list of achievements. On the weekend of Oct. 21, more than 30 Heritage delegates took part in a series of worldly debates, and many brought home prestigious awards at Vanderbilt University Model United Nations (VUMUN).

The 14th three-day conference hosted more than 10 schools and students held General Assembly committees such as the World Health Organization, Roman Senate, and the African Union. Crisis committees, in which one typically portrays a character in a scenario rather than a delegate of a country as one would in a General Assembly, included an Overwatch committee, a Contagion committee, and a committee entitled "Korean Unification: Peace, Love, and Nuclear Disarmament."

Junior Claudia Bermudez received recognition as an honorable delegate representing

Brazil in the World Health Organization based on how well and how often she spoke as well as the content of her speeches. The highest award is Best Delegate, followed by Outstanding Delegate, Honorable Delegate and Verbal Commendation.

Junior Talha Pala took part in a simulation of the Bretton Woods Conference of 1944 during which allies of World War II came together to negotiate and create a new global economic system for the post war economy. "It was a really fun and successful trip," Pala said. He was recognized as an Outstanding Delegate in his committee.

This combination of successes led to the American Heritage MUN team being named the best delegation, meaning the team won the most awards at the conference. This is the first time that Heritage has achieved this feat at Vanderbilt's Model UN conference, making this year's VUMUN a paramount accomplishment.

## Award Winners at Vanderbilt University's Model UN Conference

### School Award: Best Delegation

#### Best Delegate

Eric Bazail  
Noah Brenner  
Sarah Mitchell  
Harrison Arnberg  
Daniel Zintsmaster  
Min-kyu Kim  
Skylar Britton  
Emily Moon  
David Min  
Zihan Kabir  
Paridhi Kapadia  
Mikhal Ben-Joseph  
Nithya Kasarla

#### Outstanding Delegate

Talha Pala  
Thomas Lovegren

#### Honorable Delegate

Roberta Wasserman  
Sloane Kapit  
Claudia Bermudez  
Alec Chao  
Laila Inan  
Yakira Matisonn  
Aditya Bafna

#### Verbal Commendation

Sabrina Lin  
Logan Kapit  
Sofia Godoy  
Shirley Wong  
Gabriel Hinojosa

## Remote parking lot opens 20 spots to sophomores

*With the availability of spaces in the remote lot, administration has decided to give a select few sophomores an opportunity to drive to school.*

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For the juniors who cannot park their cars in the parking garage yet, they must find another place to park their cars.

"There was enough demand for sophomores that we decided to open [the remote lot] to 20 students," Mr. Dean Nolle, Dean of Students said. More than half the spots have already been filled.

The spots are given out on a first-come, first-serve basis. An email was sent out to the sophomore class Oct. 18 with an application form for a spot.

All the rules and regulations of the parking lot for juniors also apply to sophomores, and passes are \$50. The passes are valid for the entire 2017-2018 school year and will have to be purchased again at the start of the next school year.

Asian Fusion Food and Deserts

- Ramen
- Asian Desserts
- Egg Waffles
- Boba Tea

**FYR & ICE**

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Coral Springs, FL 33065  
(954)-688-9078

## Community vendors participate in annual Holiday Bazaar

*With December approaching, the annual holiday bazaar brings in new vendors, a variety of food, and raffle prizes.*

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Shopping, socializing, and celebrating the holiday season all at school seems quite out of the ordinary. However, the 10th annual Upper School Holiday Bazaar will take place Dec. 12. The schoolwide event occurs every December to ring in the holiday season.

While Lower School students (PK3 through 6th grade) will perform holiday songs for their parents inside the gym, the focal point of the Bazaar is the shopping event. Students are welcome to shop during school and after school between 3 p.m. and 4 p.m.

Items range within a variety of price points, from \$5 to several hundred dollars. Various vendors from outside of school come to sell their products at the Holiday Bazaar.

Some of these vendors include Chefmom, Pink & Blues, Stark Style and Esther Mercado. The PTO will also sell Chick-fil-A sandwiches to purchase alone or as a combo meal with chips, a cookie and bottle of water.

Another important aspect of the Holiday Bazaar is the raffle. Last year, approximately 20 clubs participated in the Bazaar. This includes selling raffle tickets (3 for \$5) and holding booths to sell baked goods or other club-specific items.

Now, clubs are no longer required to donate their monetary

prize winnings to charity. Instead, clubs will be awarded the money to use in whatever manner they see fit. The Holiday Bazaar is a way for students of all ages to come together and embrace holiday cheer, shop and have fun.

#### The five prizes being offered to raffle winners are:

**Most Tickets Sold by an Individual**  
1st place, \$500 and club advisor receives day off lunch duty  
2nd place, \$250 cash award  
3rd place, \$125 cash award

**Most Home Baked Goods (donated club wide and based on number of members)**  
\$500 cash award to club  
Club advisor receives day off lunch duty

**Best Tasting Home Baked Good**  
1st place, \$50 cash award  
2nd place, \$30 cash award  
3rd place, \$20 cash award

**Best Presentation of a Home Baked Good**  
1st place, \$50 cash award  
2nd place, \$30 cash award  
3rd place, \$20 cash award

**Winning Raffle Ticket Cash Award**  
1st place, \$250  
2nd place, \$150  
3rd place, \$100  
Additional winners receive Holiday Bazaar vendor prizes





## OPINION

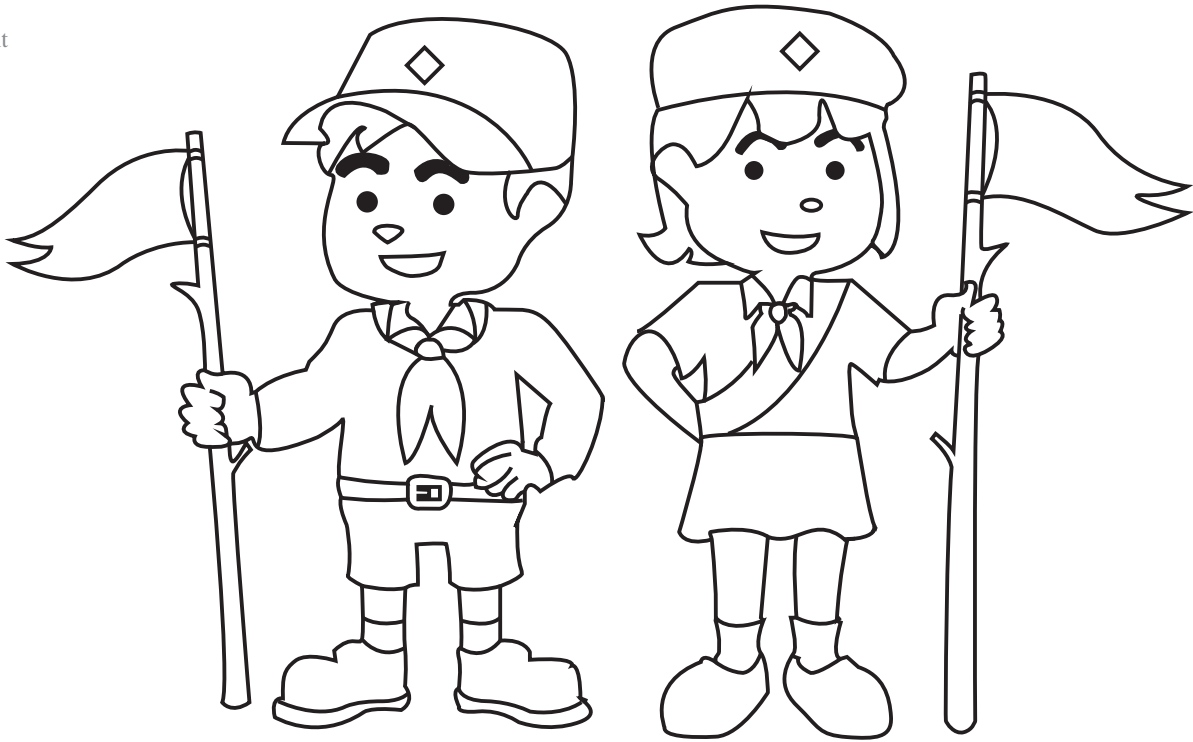
# Co-ed scouting organizations?

*While currently moving toward a more equal future, American scouting organizations should allow both girls and boys to join. Read our political correspondent's reasons why below.*

Asa Zaretsky | Political Correspondent  
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In a historic move, the Boy Scouts of America announced Oct. 11 that girls will now be included. The organization will begin to admit girls to the Cub Scout program and in 2019 the Boy Scouts will begin to allow girls to join fully.

While co-ed programs had existed before, such as Venture Scouts, these programs were not on the scale of the main Boy Scouts programs. This major policy shift hits against decades of traditional gender divides. Despite this, there has been significant backlash from both conservatives and the Girl Scouts of America, who blasted the move as opportunistic. The common argument from both groups is that Boy Scouts should be for boys, and Girl Scouts should be for girls.



(Graphic/Kristen Quesada)

This argument is heavily flawed, however, and relies more on inertia than on facts. The

idea that girls are more suited to some activities and boys to others is simply false, and reinforces

archaic gender divides. The truth is that numerous boys and girls have tried to apply for the

organization geared toward the other sex because the activities of the respective organization have more to do with personal inclinations than anything about gender.

Boys and girls also benefit by experiencing co-ed environments, which co-ed scouting can provide. A study performed by the U.S. Department of Health and Human Services in 2001 showed that girls and boys who grow up in single-sex environments become more aggressive and violent.

These benefits can be extended beyond the Boy Scouts, too. It would be good if the Girl Scouts also developed similar programs to that of the Boy Scouts, so they can provide boys with their own unique experience. It's time for both scouting organizations to advance beyond the old gender divides and into an inclusive future.

## Letter to the editors: check your facts

Eric Bazail | Guest Writer  
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Last month's edition of "Hurricane Andrew" fundamentally floored me. The blatant disregard for basic history exhibited in this column appalls me and motivates me to write this letter because the record must be set straight.

First off, equating Christopher Columbus and the Conquistadors is a grave mistake of historical interpretation that I have no interest in discussing. But more importantly, misconstruing the opposing argument as wanting to eradicate mention of Confederates from history is a fallacy on the author's part. Wanting to take down monuments dedicated to these individuals is not removing

them from history – it is removing them from the literal pedestal they have stood on for decades and it is recognizing the role that these individuals have played in fomenting racism and bigotry in our nation's history.

The Civil War was fought for states rights. But for which state right? That of a state to allow slavery within its borders. Yes, George Washington, Thomas Jefferson, and other Founding Fathers were slave-owners. Their conduct is unequivocally reprehensible and will remain a blemish on their historical records. However, their racism and disregard for the worth of other human beings never led them to commit acts of treason. If not on

the grounds of their inexcusable bigotry, the fact that Confederates betrayed our nation should be enough to preclude their historical legacy from being revered.

As the great freedom fighter Liu Xiaobo once said, hatred "destroys a society's tolerance and humanity, and blocks a nation's progress to freedom and democracy."

America has never been more divided, and symbols of the oppression committed by one people over another will only detract from our healing. These monuments deserve to be in museums, not in public parks and places where they solely serve as a perpetual reminder of the racism and hatred their subjects espoused.

Figures such as Nathaniel Bedford Forrest, who later founded the Ku Klux Klan, deserve to be reviled and scrutinized by historians, not honored and celebrated.

I agree that these changes should not happen overnight. Changing county, street, and place names would have to happen over several years and admittedly at a substantial cost, but We the People must take those steps, or else the ghosts of our past will continue to haunt us. An investment in our domestic tranquility and common defense will always pay itself back tenfold, so let us act now, before it becomes too late.

### Guide for letters to the editors

Do you have a response to a column or article that was published in the paper? You can make your voice heard by submitting a "Letter to the editors." To get your submission published in the next issue's newspaper and on [ipatriotpost.com](http://ipatriotpost.com), physically hand the response in to room 9114 or email it to [patriotpost@ahschool.com](mailto:patriotpost@ahschool.com).

## Students, speak up

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Help me. Such a statement seems easy to say for most; however, these two words can be the most difficult sounds for a teenager to make.

Fear of judgment, retribution and victimization cause many teens to refrain from alerting adults of bullying in and out of school and online. As social media grows, it is easier for children to "roast" and call out others online 365 days a year, 24 hours a day, 7 days a week.

The lack of confidence teens experience in deciding whether to tell an adult usually stems from the question, "Is it really that bad?" Teens wrestle with this question, debating whether the incident is bad enough to make the effort of alerting a superior and getting the perpetrator in trouble. The difficulty in not only shedding light on the bully but also on oneself as the victim leads many teenagers to stay quiet and ride it out. However,

with their abuse comes more abuse to others who, like them, do not speak up.

A resolution, however, exists: anonymous messages. Although Heritage has yet to implement a system of anonymous tipping, the Guidance Department would be open to the possibility.

"If we have the facts that bullying is happening and that people can't approach a counselor, we would definitely be very diligent about putting a system into place," freshman and sophomore guidance counselor Ms. Ludy Joseph said. "There's always something to be done."

Through this alert system, teens can bring attention to what is happening, while staying anonymous and out of the limelight.

"I think [students] will find that every one of the counselors are so serious about having students feel safe. The best thing to do is to tell someone. Telling someone can save a life," Ms. Joseph said.

## The athletic perspective: grass or turf field?

Kayla Rubenstein | Staff Writer  
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### Pro Turf

"While it can be a pain, turf is a little hotter which I think gets us in better condition."

- Senior offensive lineman Zackary Zambrano

"The turf is free of divots, holes, and in-ground sprinkler systems that can do serious damage to the human body."

- Varsity boys' lacrosse coach Chad Moore

"Grass fields must be mowed and maintained on a regular weekly basis alone with fertilizing and lining, and this all takes many hours to work on. Sometimes, grass fields need reseeding which takes down a field for weeks at a time. There is also a significant water savings as turf fields do not need to be watered."

- Athletic director Ms. Karen Stearns

### Pro Grass

"On a wet turf it is harder to make a decision whether or not I should have the girls stunt. The girls' shoes tend to get wetter and a little slippery."

- Cheerleading coach Calesta Soto

"Turf is more slippery than grass."

- Junior running back Tyler Jones

"I prefer natural grass over artificial turf. Grass surfaces allow for more natural movement and feel. As a midfield soccer player, I am very sensitive to any alteration in playing style due to ball movement and surface feel. I feel that I am prone to more muscle and joint soreness when I play on artificial surfaces as opposed to natural grass surfaces."

- Junior midfield soccer player Chloe Laureano





## Opinion

# Overprotecting our youth

Kelly Taylor | News Editor  
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In today's competitive school environment, it is common for parents to worry about their children's future. Will they get into the perfect college? Will they have the perfect career? Will they succeed in everything they do? While children depend on parents to teach them how to become adults, there comes a point where parental involvement becomes parental dominance.

According to Dr. Joel L. Young from "Psychology Today," helicopter parents are defined as overprotective and are usually characterized by imposing values and excessive interference in the actions and consequences of their children. There are many different reasons behind the excessive control some parents demand, but, in most cases, these parents do not

mean to harm their children. In fact, helicopter parent behavior largely stems from an all-encompassing need to see their child succeed, and many of them would go to extreme lengths to ensure it.

Helicopter parent behavior ranges from allowing children to stay home from school because they did not finish the big project to staying up late themselves to finish it for them. Although these parents intend to help their child, the lack of responsibility and independence fostered by these actions can have serious effects on the type of person their child grows up to be.

As children become adults, they have to make their own decisions and take responsibility for themselves instead of constantly relying on their parents. Researchers Kayla Reed and Mallory Lucier-Greer at Florida

State University have studied the effect of helicopter parents on college students.

According to their observations, an increasing number of students call home more than once a day to ask their parents about everything from class changes to what they should buy at the store. How can rising adults be expected to live on their own if they cannot even decide which groceries to buy?

Other observations, including those made by Dr. Young, indicate an association between overcontrolling parents and anxiety. With such high expectations and demands to succeed, social anxiety can build up and, in some instances, even develop into depression. Everyone makes mistakes, but children of helicopter parents usually do not take failure as easily, as their parents hold

them in high esteem. Failure is a natural part of life, and falling into despair with every little mistake can be detrimental to one's mental health.

A child's ego is also a serious component affected by parental behavior. As some parents put their children above all else, sometimes even above school rules and punishments, children can grow to see themselves as better than others. The ego inflation can have serious consequences including bullying students they see as inferior or believing themselves above the law.

Parents play an instrumental role in the development of the future through the children they raise. There comes a time when children need to spread their wings and take their lives into their own hands.

## Write, don't type, your notes

Carrie Kuecks | Features Editor  
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Living in a high tech world where technology is at our fingertips can blind us to believe that the digital method of anything is better. However, there are some activities that when performed the "old-fashioned way" produce better results. Note-taking for example, is more effective when hand-written than typed.

Although some argue that typing notes is more efficient because for them, it takes less time,

studies show that the act of writing notes by hand can be more beneficial in the long term. According to NPR, in a study published in Psychological Science, Pam A. Mueller of Princeton University and Daniel M. Oppenheimer of UCLA tested how handwriting notes affects learning.

"When people type their notes, they have this tendency to write down as much of the lecture as they can," Mueller tells NPR's Rachel Martin. "The students who were taking longhand notes in our studies were forced to be

more selective... that extra processing of the material that they were doing benefited them."

There is also a boost in organizational skills if you take notes by hand. On the computer, everything is likely on the cloud and can be found later. However, taking notes by hand forces us to organize notes in a binder or folder in a neat fashion for later usage. Organizational skills are important for future careers and also reduces anxiety.

"Over time, being surrounded by clutter slows us down, makes

us feel mentally and physically fatigued, and causes stress and anxiety," journalist Maria Rodale from the Huffington Post said. Taking the time to find a system to organize your handwritten notes will improve your ability to organize now and later on in life.

To improve your efficiency, try note-taking on paper. The act of summarizing and re-wording what the teacher says in handwritten notes is more beneficial to gain a conceptual understanding of the material taught.

## Communication is important

Amber Bhutta | Co-Assistant Editor  
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The familiar scene of our car or bus rides to school in the morning hold almost universal similarities: us, with headphones plugged in or the radio buzzing in the background, scrolling through study utilities and/or social media on our phones or trying to catch a few extra minutes of sleep.

Conversation with those around us seems almost unfathomable that early in the morning. Similar scenarios occur in countless other places, from the dinner table to parties, in which we are too absorbed in our own spheres to notice the people and things in front of us. However, while a certain dose of solitude is normal, healthy even, this type of quasi-romanticization of over-introvertedness has led to a scientifically proven downward trend in mental health in the form of a hidden epidemic: loneliness.

In 2015, Brigham Young University conducted data-analysis study and reported that subjective feelings of loneliness increase one's mortality risk by nearly 30 percent.

"More Americans are living alone than ever before, and technology like texting and social media has made it easier to avoid

forming substantive relationships in the flesh and blood," Justin Worland, a participant in the study, said.

By substituting physical relationships for virtual ones, we allow substantive relationships to lose value, too enraptured by the on-screen world to notice.

The phenomenon not only leads to the deterioration of individual people, but also to the disintegration of entire social networks. Dr. Nicholas Christakis who conducted a study on loneliness through generations, elucidates on the contagious properties of loneliness in an interview with the "New York Times."

"If you're lonely, you transmit loneliness, and then you cut the tie or the other person cuts the tie. But now that person has been affected, and they proceed to behave the same way. There is this cascade of loneliness that causes a disintegration of the social network," Christakis said.

As we delve further into our virtual realities, brimming with relationships maintained by typing and word limits rather than actual conversation, we lose time that could be spent building meaningful relationships with people physically around us.

Don't let the statistics scare you away from technology. By all means, post heart emojis and supportive comments on your friends' photos. Watch Instagram videos that make you smile before you face another school day. Study last-minute with

Quizlet. But stop hiding behind the mindless chatter on the radio and depending on it to drown out supposedly awkward silences. Make the time to say something out loud and communicate with those around you, both for their sakes and your own.



(Graphic/Joanne Haner)

### The snowflake

BY VANESSA RYALS

#### #MeToo

Imagine you're walking home from school, when a stranger runs by and steals your backpack. You scream for help, but it's too late. They've already made it to their getaway car and are speeding away. Nobody else saw it happen, so you do the only thing you can do: Go to the police station and report the crime.

Chances are, you might be asked what the thief looked like, and have an incident report filed.

Now imagine, before filing a report, they asked you this:

What were you wearing when your bag was stolen? Have you been drinking? Did you tell them to stop?

Chances are police won't ask these questions because they have nothing to do with having your backpack stolen.

This scenario can be applied to instances of rape, sexual assault and sexual harassment. Which, unlike having a bag stolen, are often treated as the case above.

According to a study by the U.S. Bureau of Justice Statistics, 65 to 84 percent of all sexual assault cases go unreported, with the most prominent reason why being that many fear police mistreatment of the case, fear the justice system and fear lacking evidence. We live in a society where victims of petty theft are often taken more seriously than victims of rape. But women are finally speaking out.

The #MeToo trend began following the firing of former film studio executive Harvey Weinstein after he joined the seemingly endless line of men in Hollywood, politics and big business accused of sexually harassing, assaulting or raping women.

Whether due to fear of social repercussion, or attacks by misogynists who blame them for ruining the "lives" of promising young rapists, victims and survivors of assault are often forced into silence about their experiences.

If the recent outpouring of stories and support indicate anything, it's that sexual harassment is far too prevalent, but with every tweet, story and post we increase awareness of this fact. Change won't happen overnight, but it certainly won't happen if we remain silent.

Conversation is the first step to healing. Let's keep the momentum going.

*Notice to those who have been sexually assaulted/raped: do not feel compelled to voice your experiences if doing so might put you in a dangerous situation.*





## Opinion

# Puerto Rico: not quite a 10

*Has Trump really ‘earned a 10’ for his help in Puerto Rico? Read below to find out what our political correspondent thinks.*

Asa Zaretsky | Political Correspondent  
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“I think I’d give myself a 10 [out of 10].” President Donald Trump has been confident in his response to Hurricane Maria aftermath in the U.S. territory of Puerto Rico, patting himself and the government on the back for a job well done.

He seems proud of the low death count, “only 16,” and touts the military response as speedy and efficient.

However, the truth is far less cheery for the president, and reveals a White House that fell short of how to respond to a crisis, Trump-made or natural.

As of Oct. 25 (statistics will be updated) 80 percent of Puerto Ricans are without power and 25 percent are without clean water, with some even being forced to drink out of “superfund” sites, which

are water cleanup facilities. It took weeks for the military to arrive in force to help out, and even then, they were in fewer numbers than during the 2010 Haitian Earthquake response.

The hospital ships the military has utilized in lieu of the powerless hospitals have also had few patients due to the destruction of infrastructure.

Finally, adding insult to injury, the Puerto Rican government decided to hire an inexperienced Montana-based power company with only two permanent employees and connections to a Trump cabinet official over other contractors and Elon Musk’s Tesla to fix Puerto Rico’s power grid.

The situation hasn’t been helped by Trump’s inflammatory tweets and statements on the island, slandering the mayor of San Juan, who literally begged for help, as a Democratic stooge and poor

leader. He has also threatened to pull the federal government’s aid out of Puerto Rico entirely and tweeted that Puerto Ricans want everything done for them.

To help Puerto Rico, the government needs to take seriously the fate of millions of citizens. It needs to put billions of dollars more in disaster aid than planned, deploy thousands more troops, give rebuilding contracts to serious companies and restructure the disaster response leadership in Puerto Rico.

These steps need to be taken now if Puerto Rico is to recover. Sadly, Trump hasn’t made any attempts to do these things, and has now pivoted to attacking fallen soldiers’ widows and reviving anti-Clinton tirades. If Trump really wants to earn a “10” on disaster response, he needs to shape up and shut up.



(Graphic/Maia Fernandez Baigun)

# Climbing to the top with clubs

Kelly Taylor | News Editor  
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Choosing clubs and activities is no easy task with all of the options on campus, especially when it comes to adding to college applications.

According to Education Corner, extra curricular activities are an important consideration for most colleges. For example, students who have a GPA of 3.5 and want to attend a top-ranked college will have better odds of being accepted if they demonstrate ability and accomplishment through involvement in extracurricular activities.

This is especially true for students seeking competitive merit-based financial aid scholarships. For these students, participation in meaningful extracurricular activities can be crucial.

In the midst of a struggle to compete for colleges’ attention, some students think it’s better to disregard the hobbies they enjoy and instead find themselves piling up on clubs or picking specific activities they feel colleges will be drawn to. Being the class president or winning trophies for

debate are two things that may look great on a college application.

However, students trying to pick the most prestigious activities, regardless of their passion for the activity, may find themselves at a disadvantage when colleges are expecting them to pursue areas that they were never really passionate about in the first place. What some students fail to see is the importance of choosing clubs that they have a personal interest in.

Education Corner suggests that most colleges want to see personality and originality in their applicants which cannot be truly reflected if the student is choosing activities they do not enjoy or want to pursue in the future.

Just because a particular activity looks good on a resume does not mean every student looking to get into a high-ranked college has to join to be accepted. Everyone is different, and the activities one partakes in are just another way to display that.

Competition for college also affects the quantity of clubs students feel the need to join. Education Corner notes that

students may choose to participate in multiple clubs just because they think the variety showcases their diversity.

Although colleges like extracurricular activities, according to the My College Guide online website, they value lots of work in a couple of activities over little involvement in many.

It’s not about what the club is; it’s about how a student participated in it. Student dedication to

particular extracurriculars shows commitment and decisiveness, two factors looked upon highly in college admissions.

Working hard in a select few clubs displays specific interests so colleges know what students want to pursue and can consider how they fit into their programs. Just as the guidance counselors proclaim: College is a match to be made, not a prize to be won. High school is a

once-in-a-lifetime opportunity, one that students shouldn’t waste on clubs they don’t like.

Choosing clubs for the sole purpose of getting into college may prove to be something students regret looking back on their lives.

Is getting into the top-ranked college really more important than enjoying individual interests?



(Graphic/Maia Fernandez Baigun)

the patriot post

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## FEATURES

# WTWU: Mrs. Carol Cabrera

*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).*

Angela Lin | Co-Assistant Editor  
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When people think of Mrs. Carol Cabrera, junior high English teacher and National Junior Honor Society adviser, they probably would never imagine the shy girl she was in high school.

Mrs. Cabrera was born in Columbus, Ohio, but her family was abruptly relocated to Miami Dade when her father got a job.

"They [Mrs. Cabrera's parents] moved their family of four little kids to a place they had never visited and didn't have a place to stay. We stayed for two weeks in the Opa-locka Motel until we could rent a house," Mrs. Cabrera said.

Attending Miami Carol City Senior High School, Mrs. Cabrera characterized herself as a shy girl who was an honors student and heavily involved in Sorrota, an all-girls after school service club that often volunteered at a local

nursing home. She also peer tutored. As a quiet and reserved student who liked to go unnoticed, Mrs. Cabrera loved to read books and attend English class.

Despite her quiet and reserved nature, Mrs. Cabrera's biggest regret in high school was not joining the cheerleading team.

Even though she attended every practice, she decided right before cheerleading tryouts that she wanted to be in the bleachers with her friends instead of cheering on the football team.

Originally wanting to be a nurse, Mrs. Cabrera volunteered at her local nursing home after school.

However, it was her 11th grade English teacher who changed her mind and influenced her decision to pursue English. "She [her teacher] was so inspiring. We called her 'dragon lady' because she was fierce and demanded a lot from us, but she also inspired our

love for literature," Mrs. Cabrera said. She aspires every day to teach her students like her teacher once did.

After high school, Mrs. Cabrera attended Ohio State University for a year, but transferred to Florida Atlantic University because she was tired of the cold weather and was homesick.

Her love for English and teaching continues today as Mrs. Cabrera has been teaching at American Heritage for 10 years.

Her love for English and teaching stems from excellent English teachers from the past. She has been a teacher at American Heritage for 10 years.



**FLORIDA TALENT:** Mrs. Cabrera graduated from high school as a talented honors student. She attended a Carol City High School and later graduated from Florida Atlantic University. (Photo submitted by Mrs. Cabrera)

## Carrie Tries: a sampler of spicy food

*With so many activities available 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.*

Carrie Kuecks | Features Editor  
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For this issue of Carrie Tries, I went out of my comfort zone and tried spicy food.

As a certified whimp and someone who was not raised in a family that eats anything spicier than pepperoni, I have never acquired a taste for spicy food.

In an effort to expand my palette, I took on this challenge with an open mind and empty stomach.

The first spicy food item I tried was a bag of Chester's Flamin' Hot fries to warm up. These fries were only mildly spicy; however, I still gulped down an entire bottle of water to "survive" eating them.

Overall, I would recommend these fries as a good starting point for spicy food newbies.

Actually, the spicy version of these fries tasted better than the non-spicy version I have tried in the past.

If you are interested in trying these fries, they are sold for \$1 in the vending machine on campus located in the Quad.

The second item I tried is one that is more notorious for its spiciness, Tabasco sauce.

I only tried a small amount on a spoon; however, the spiciness felt like a punch on the tongue and intensified over time. My mouth felt like it was crying.

However, I was able to get over my discomfort by drinking milk and eating crackers. Tabasco sauce (in bottle form) is sold at Walmart for \$7.13.

At last, I met my challenge square on and barely "tasted" the chicken wings because the moment the sauce hit me, I immediately chased it down with plain rice and several glasses of water.

The Atomic Blast sauce left my lips burning to the point where I sought relief by applying ice cubes to my mouth. I broke out in a sweat and even felt my temperature rise for a few moments.

The Mango Habanero sauce was sweet, and then, in a flash, fire took over my mouth.

I probably enjoyed this sauce the most because it was sweet and tangy for a split second.

I hesitated but finished the challenge by trying Red Hot Cajun sauce.

At this point was still recovering from the other hot sauces, so it was another brief moment of fiery heat followed by yet another full glass of ice water.

Overall, the whole point of this exercise was to break out of my comfort zone and try something new.

Whether it is hot sauce or a new elective, never be afraid to get uncomfortable because you'll never know unless you try. I learned that I liked Chester's Hot fries, for example.

As for me, I am still not convinced that I will ever grow accustomed to eating extremely spicy food.

However, hopefully, maybe over time I can gradually eat more spicy options of food and therefore expand my palette.



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# Features

## A different point of Vieux

Sloane Kapit | One Page Editor  
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Not everyone can say they have a sibling of a completely different background, continent of birth, religion and ethnicity, but senior Harrison Arnberg can. Arnberg, in addition to having a younger biological brother (sophomore Jackson Arnberg), gained a new family member when he was in seventh grade. This addition was not typical, as his new brother, then 16-year-old Vieux Kande, hailed from Dakar, Senegal, in West Africa. In 2012, he came to Weston to attend the Sagemont School and was immediately submerged into American life. Soon after his arrival, he decided to begin playing basketball and met the Arnberg family through his coach. This idea originally appealed to Arnberg, due to his longing for an older brother to play basketball with. At the time, he was unaware of the long list of benefits the decision would bring him and his family. “What seventh grader wouldn’t want a 6-foot-10 older brother from Africa? It was the coolest thing in the world to me,” Arnberg said.

The first obstacle the family faced was a language barrier since Kande’s native language is Wolof. Although he also spoke

French and Arabic, he did not speak English upon his arrival. This prompted the use of Google Translate for conversation. Fortunately, Kande caught on to English rapidly as he had to adjust to life on a different continent, vastly different from the one where he was born. To put it into perspective, before coming to America, Kande had never seen dish soap or silverware. For Arnberg, although it was an adjustment, having a new brother was exciting, especially because the two of them clicked immediately.

Six years later, the two have developed an unbreakable bond and brotherhood. Both younger brothers look up to Kande as a role model. Not only does he epitomize perseverance and hard work, but he has also taught them to express and understand gratitude, especially towards each other. When Kande first arrived, Harrison and Jackson would argue over small, trivial matters.

“Vieux would explain to them how lucky they were to have one another and how they should not take the life they have together as



(Top) FAMILY TIME: Harrison Arnberg (right) laughs with Vieux Kande (middle) during an outing at the Cheeca Lodge & Spa in the Florida Keys. (Left) PROUD BROTHER: Harrison and Vieux after Vieux’s graduation from Lynn University. (Photos/Howard Arnberg)

brothers for granted,” Arnberg’s mother, Amy, said. Kande, who has several brothers and sisters in Senegal, was able to impact the boys’ relationship based on his past experiences and love for his siblings. Kande’s positive influence reached into the spectrum of basketball as well. While making sure to attend all of the boys’ games, Kande spends many evenings playing basketball with them. “If you consider dunking on me 10 times in a row in one-on-one [games] helping, then yes, he has made me a better basketball player,” Arnberg said.

Culturally, the experience for Arnberg has been extremely eye-opening. To him, living with someone who experienced brutal conditions and multiple horrors in Africa is incredible. For example, in the village Kande comes from, if someone is accused of stealing, the whole village grabs bats

to beat the person to death and throws the body in the river. The police’s only action involves the removal of the body. The experiences Kande has lived through and events he has witnessed come as a shock to Arnberg, but ultimately serve to increase his respect toward Kande. Additionally, Arnberg has become more culturally aware through the experience as Kande is Muslim. “As a Jew, it’s a very amazing and rewarding experience to talk to him about his beliefs and religion,” Harrison said.

The Arnberg family did not legally adopt Kande because his mother is alive, and their goal was not to replace her in any way. Kande’s mother traveled to the United States to attend his college graduation, from Lynn University in Boca Raton. This was her first time ever leaving her village. Arnberg described his experience meeting Kande’s mother, Dior, as something he would never forget.

“She is the single most amazing woman I’ve ever met. She raised nine children in a house the size of an American Heritage classroom, not to mention all nine are over 6-foot-4,” Arnberg said. Although she did not speak English, Kande translated and fostered meaningful exchange between the two for the duration of her visit. Arnberg recalled the moment he held hands with Dior as Kande walked across the graduation stage as a moment he would cherish for the rest of his life. As for what Kande’s future holds: he either hopes to play professional basketball in Europe or acquire a job in the United States.

The Arnbergs plan to venture to Senegal this coming June to visit Dior and the rest of the Kande family. Kande has provided the Arnberg family not only with a different perspective on life, but also on family. After coming to the United States not knowing any English, he graduated high school and college, maintained his love for basketball throughout and exhibited his perseverance and determination. “The most important thing we have learned from Vieux is that anything is possible when you are surrounded by love and support,” Amy Arnberg said.



The Q!Concept  
BY KATHERINE QUESADA  
Every 98 Seconds

Every 98 seconds, an American is sexually assaulted.

With the rise of the #MeToo campaign following the revelations about Harvey Weinstein’s sexual predator past, hundreds of women have come forward to share their stories and their wisdom for the women and men of today. With each story, the stigma around discussing sexual assault and sexual harassment softens a bit and opens the air for more to come forward, to no longer be oppressed, to finally own their voice. The 54 women who have shed light on Weinstein’s abuse have led the way for society to finally look at sexual assault and address the issue.

According to RAINN, the nation’s largest anti-sexual violence organization, sexual assault refers to sexual contact or behavior that occurs without explicit consent of the victim, such as attempted rape, unwanted sexual touching, the forced performance of sexual acts and rape. However, what many people don’t realize is that sexual assault branches into sexual harassment, which includes lewd comments made to a woman as she walks by, an unwarranted photo of a person’s body or even something as “harmless” as a sexually-driven comment.

As of 1998, 1 in every 6 women have been victim of sexual assault, with 15 percent of the female population having experienced rape in the United States. However, women are not the only victims in the wide web of perversity, as approximately 3 percent of men have experienced sexual assault, and with men the victims of 10 percent of all adult rapes (women fill the leftover 90 percent!).

The aftermath of sexual assault is where the true danger lies, as 33 percent of women who are raped contemplate suicide and 70 percent of sexual assault victims experience moderate to severe stress, a higher percentage than any other violent crime.

The first step to solving sexual assault is the destigmatization and open conversations held about the topic. With females age 16 to 19 four times more likely to suffer sexual assault, the education about what sexual assault is and how to deal with it is necessary and important in the lives of teenagers. Knowledge is power, and in this case, protection. The more males and females know about sexual assault and how to avoid it the more information and knowledge we will have to end the widespread crime.

Thus, spread the #MeToo and show you do not squander in fear but stand to face your predator.

## Senior Jersey Spotlight



Andrew Kolondra Jr. | Co-Editor  
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(Photo/Andrew Kolondra Jr.)

Anyone with minimal knowledge of the “wholesome” side of Internet culture may be familiar with a popular furry gray character who has made quite a name for herself – Pusheen the Cat.

Senior Lauren Waldman saw more than just a cat in Pusheen, however. She saw an icon that would become an obsession. “I started getting into Pusheen mainly because she’s very relatable. She likes to eat, sleep and be fabulous. So, basically me,” Waldman said. Her friends were “subjected” to her obsession starting her sophomore year, when she began to acquire Pusheen merchandise.

“I was really easy to buy presents for. They’d get me something Pusheen-related, and I’d literally cry,” Waldman said. “I have an unhealthy amount of Pusheen merchandise.”

Waldman also has an actual cat named Tigger, whom she described as the “most chill” cat. “I’m totally OK with being his food servant because he makes everything better. Whenever I’m stressed, I pet him, and everything is good,” Waldman said.

When it came time to choose her senior jersey nickname, a friend gave Waldman the idea of Pusheen. “He was totally joking. I, on the other hand, wasn’t,” she said.



# An American Heritage Thanksgiving

## Patriot Classic

### Football Fun: Thanksgiving Weekend Games

#### Thursday, November 23 (Thanksgiving Day)

Minnesota Vikings @ Detroit Lions (12:30 p.m. EST on FOX)  
San Diego Chargers @ Dallas Cowboys (4:30 p.m. EST on CBS)  
New York Giants @ Washington Redskins (8:30 p.m. EST on NBC)

#### Sunday, November 26 (Thanksgiving weekend)

Miami Dolphins @ New England Patriots (1 p.m. EST)  
Buffalo Bills @ Kansas City Chiefs (1 p.m. EST)  
Denver Broncos @ Oakland Raiders (4:25 p.m. EST)  
Green Bay Packers @ Pittsburgh Steelers (8:30 p.m. EST)

### DINE OUT ON THE DAY

*Not the best in the kitchen? Have no fear for these restaurants are open Thanksgiving Day.*

#### Old Heidelberg

This Fort Lauderdale landmark serves up traditional German fare perfect for your Thanksgiving evening with family and friends.

#### Sublime Restaurant & Bar

Love Thanksgiving but not into meats? We've got the joint for you. This well-known Vegan vegetarian restaurant is dishing out some cruelty-free dinner from 1 p.m. to 3 p.m.

#### Mai-Kai

A Polynesian twist on the traditional American holiday: the Thanksgiving Day special includes two different evening shows. Pick one, and enjoy some gūd ĕats.

Compiled by Asa Zaretsky, Yasmeen Altaji, Katherine Quesada and Joanne Haner.

## The parade that makes the Day

Asa Zaretsky | Political Correspondent  
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Many traditions are honored on Thanksgiving weekend, from fattening dinners to frightful shopping, but none is more majestic than the Macy's Thanksgiving Day Parade in New York City, the world's largest annual parade. The parade consists of performers, balloons and floats traveling down New York City streets, from the long-reigning Snoopy to floats of other popular

characters, movies and other media. While at the first parade in 1924, there was only the jolly Santa Claus, now the parade contains more than 50 different giant balloons and floats and has 8,000 participants.

It has been presented by the department store Macy's for 93 years. Last year, 22 million people watched the parade from their homes, and 3.5 million stood out on the cold streets of NYC to see the spectacle make its way downtown. For many years, I too

was among these people, dazzled by the colorful characters and spectacular floats.

This year, new floats of "Jett," a South Korean cartoon character, "Harold the Baseball Player" and several others are expected to grace the parade, with dozens of floats and balloons in total. This fantastical menagerie will awe millions all around the globe, as every year. If you think you might be interested in the spectacle that captivates so many people, tune in at 9 a.m. on Nov. 23.



**Marching in Manhattan:** AHS band members, as part of Macy's Great American Marching Band, played "It's Not Unusual" at the parade last year. This year, the band sends seven students to New York. (Photo/Rick Good).

(Graphics/Katherine Quesada)

## Teachers' Favorite Recipes

### Mrs. Gabriela Zaviezo's Puerto Rican Mofongo Turkey Stuffing

#### Ingredients

- 12 oz of bacon, finely chopped
- 1 medium onion, chopped
- 4 green plantains
- 4 mashed garlic cloves
- 1/4 cup green pepper
- 1/4 cup red pepper
- salt and pepper to taste

#### Directions

**Step One:** In a pan, stir fry the bacon in oil until crunchy, stirring it constantly to prevent over burning. Remove from heat and cook the onions in the same oil.

**Step Two:** Peel the plantains and them into one-inch pieces. Fry until soft on all sides. Mash the plantains with the garlic and place them in a bowl. Season and mix with the onions and bacon until unifom, add peppers and stuff turkey.

**Step Three:** If you choose to serve as a side, keep warm until ready to serve. The onions and oil will keep it moist and prevent it from over drying.

### Mrs. Dina Amata's Raymond Blanc's Gratin Dauphinois

#### Ingredients

- 4 medium potatoes
- 1/2 pint of full-fat milk
- 8 gratings of nutmeg
- 4 oz of Gruyere, grated
- 1/2 garlic clove

#### Directions

**Step One:** Preheat the oven to 250 degrees Fahrenheit.

**Step Two:** Peel the potatoes and slice them 2mm thick. Do not wash the potato slices, as you need to keep the starch in them to help thicken the cream.

**Step Three:** On medium heat, in a pan, bring the milk and cream to a boil. Add the sliced potatoes and stir to coat them with the cream. Season with nutmeg, 5 pinches of salt and 2 pinches of black pepper.

**Step Four:** Reduce the heat and simmer for 8-10 minutes, stirring every 2 minutes to prevent the mixture from sticking to the base of the pan and to distribute the heat through the potatoes. Stir in the grated cheese and remove pan from the heat.

**Step Five:** Rub the gratin dish with the garlic. With a spatula, spread the potato mixture out evenly in the dish. Bake for 35 minutes. It is finished when a knife can cut into the gratin effortlessly.

### Mrs. Evelyn Silva's Turkey a la Cubano

#### Ingredients

- |                      |                            |
|----------------------|----------------------------|
| - Peanut Oil         | For Brine                  |
|                      | - 1 quart of chicken broth |
|                      | - 3/4 cup of table salt    |
| For mojo             | - 2 onions, chopped        |
| - 2 cloves of garlic | - 1/2 pound of carrots     |
| - 2 tbsp of salt     | - 4 cloves of garlic       |
| - 2 tsp of cumin     | - Rosemary                 |
| - 1/4 cup of oregano | - Thyme                    |
| - 1 bitter orange    |                            |

#### Directions

**Step One:** Brine the turkey for two days in a cooler. To brine, bring the chicken broth to a boil and add onions, carrots, garlic and herbs (rosemary, thyme, oregano).

**Step Two:** Prepare the "mojo" in a blender. Combine garlic, salt, cumin, oregano and bitter orange. Save the sauce in the fridge.

**Step Three:** Dry turkey after two days and pour mojo over in a bowl. Leave turkey "abodaba," or soaking, in the refrigerator covered by plastic wrap.

**Step Four:** Fry the turkey in peanut oil.

Giving thanks  
across cultures

#### Chinese

"We get together as a family and enjoy Chinese hot pot."  
-Sophomore Barak Huang

#### Middle Eastern

"My family primarily eats halal food. Usually, we have halal chicken and other things from our own culture."  
- 8th Grader Soha Bhutta

#### Hispanic

"Every Thanksgiving, I take photos throughout the day and make a slideshow to play after dinner, which never consists of turkey. We are pescatarians so my grandma makes a killer seafood paella."  
- Junior Emily Irigoyen

#### Carribean

"When I go to my mom's side of the family, we eat more traditional island food. I eat everything, I have no preference because it's all amazing."  
- Sophomore Madison Romeril

#### Native American

"We don't celebrate Thanksgiving. We have a tribal fair in February. A bunch of tribes from all over the world come to the Hard Rock Hotel and Casino in Hollywood and participate in tribal dances, eat native food and do activities, such as alligator wrestling. That's kind of our Thanksgiving."  
- Sophomore Alycia Cypress





## Features

# Everyone Has a Story:

## ARIANN BARKER



1. **SCREENWRITING SUMMER:** Barker enjoys California weather at her film program at the University of Southern California this past summer.  
 2. **ARI-VANS:** Barker holds one of her 72 pairs of shoes. While her shoe collection is extensive, the majority is comprised of Vans.  
 3. **ART HER-STORY:** Barker embraces her love for other cultures through her Art History project. (Photos submitted by Ariann Barker)



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

Taking inspiration from the lack of fall foliage in our tropical home of South Florida, we decided to bring a taste of the autumn spirit to Heritage by spending two class periods gluing plastic fall leaves to a 100-foot rope. One day after school, we intricately trailed the rope in the courtyard by the Upper School office and awaited someone to follow the trail of leaves. After only a few minutes, junior Ariann Barker followed the rope to the proverbial pot of gold in the form of us: we informed her she had completed the task and earned this issue's EHAS feature.

Born in Washington D.C., Barker moved to Florida soon after and has attended American Heritage since her freshman year. In the past two years, Barker has explored many passions and discovered new ones through her extensive involvement in a variety of clubs, including National English Honor Society, Gay-Straight Alliance and

Progressive Generation. However, Barker feels she has found her true niche as Editor-in-Chief of the Expressions Literary Magazine.

"Sitting down and creating [the magazine] with blood, sweat and tears opened my mind up to the benefits of hard work," Barker said. "The previous Editor-in-Chief (EIC), Stella Ikpat, influenced me, and I hope to carry out her legacy as an awesome EIC. This year, I want to improve upon the magazine and make it amazing so that I can inspire another freshman girl down the line."

Barker's passion for writing extends far beyond the printed confines of literary magazine as she primarily enjoys screenwriting, a passion that was strengthened after attending a summer program at the University of Southern California's School of Cinematic Arts. Much of Barker's inspiration stems from famous screenwriters, such as

Shonda Rhimes and especially John Hughes.

"Something about the way John Hughes wrote his characters made them pop off the page for me and, instantly, my mind made a connection that my identity-seeking middle school self wanted: I wanted to be a writer," Barker said. "Not just any writer, but a screenwriter. I wanted to create characters just as multifaceted and unique as those of Hughes."

Her creativity affects many parts of her life beyond the scope of writing, including her sense of style.

"I've always been the one to challenge boundaries in every facet of my life, but it is much easily seen in my approach to fashion," she said. Despite Barker's confinement to school uniforms, she always makes the effort to incorporate her personality into her outfits, especially through accessories. Her shoe collection alone consists of 72 pairs.

Understandably, Barker plans on studying screenwriting in college, but she also hopes to pursue East Asian studies. Her interest in East Asian culture, specifically Japanese culture, blossomed during her middle school years, though her desire to learn more about Japan has matured since then.

"In middle school, I owned jackets from my favorite anime, I spoke solely in text emoticons, and I talked about moving to Japan to cultivate my ultimate fantasy as a Japanese citizen," she said. "Now, I'm not so sure. I play Japanese video games, sure, but so does most of the American population. I want to go to Japan, yeah, but I don't want to live there anymore. I just want to study the culture."

Barker hopes to employ her passions for both screenwriting and other cultures to fight for social equality for people of all backgrounds.

## Amber Bakes: Pumpkin spice edition

*Nothing is more representative of the spirit of sugar, spice and everything nice than Pumpkin Spice Lattes. Keeping with the season, I opted to bake pumpkin spice cookies.*

Amber Bhutta | Co-Assistant Editor  
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- 1 cup butter, softened
- 1 cup granulated sugar
- 2 large eggs
- 1 tablespoon vanilla extract
- 1/2 teaspoon rum extract
- 3 1/4 cups all-purpose flour, plus more for dusting
- 2 teaspoons baking powder
- 1/2 teaspoon pumpkin pie spice
- 1/2 teaspoon salt
- 8 ounces cream cheese, softened
- 1 stick butter
- 1 tablespoon pumpkin pie spice
- 3 cups powdered sugar
- 1/2 teaspoon of cinnamon



1. Preheat the oven to 350 degrees. Line two baking sheets with parchment paper.

2. In a large bowl, beat the butter and granulated sugar at medium speed with a mixer until creamed.

3. Add the eggs, vanilla extract and rum extract, beating until combined. In a medium bowl, combine the flour, baking powder, pumpkin pie spice and salt.

4. Gradually add the flour mixture to the butter mixture, beating until combined.

5. Wrap the dough in heavy-duty plastic wrap and chill for 1 hour.

6. On a lightly floured surface, roll the dough to 1/4-inch thickness. Use a 4-inch pumpkin cookie cutter to cut out the dough.

7. Place the dough on the prepared baking sheets. Bake until the edges are very lightly browned (about 8 to 10 minutes).

8. Let the cookies cool on the pans for 2 minutes. Then remove and cool completely on wire racks.

9. Spread the cinnamon cream cheese frosting on the cookies if using. Add sprinkles to your heart's content.

### Cinnamon Cream Cheese Frosting:

1. In a medium bowl, whisk together cream cheese, butter, cinnamon and pumpkin pie spice with an electric mixer.

2. Add in the powdered sugar in thirds. Makes about 1 1/2 cups frosting.



(Photo/jeannebakes.com)

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## Features

# Dean Nolle takes theology

*While many students know Dean Dean Nolle in the context of golf carts and visits to the Deans' Office, few know of his passion for religions and pursuit of a degree in theology.*

Kenzo Kimura | Staff Writer  
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Whether it be theater, math or sports, everyone in life has a passion. For some, these passions may turn into subtle interests, while for others it may become a new calling. As for Dean Nolle, his passion sways toward a side few students would expect: theology, the study of religious beliefs.

Growing up as an active Easter and Christmas Eve church goer, Mr. Nolle became interested in studying the Bible in 2002 when he was living in Pittsford, N.Y. "As a family, we attended church every weekend," Nolle said. As he began to read the Bible, Mr. Nolle would ask the Pastor questions almost daily, fueling his interest of religion.

"My Pastor challenged me, not what to believe, but to study, read and form my own thoughts within the confines of what a Lutheran believes," Nolle said.

By continuing his interest throughout most of his life, Mr. Nolle began to study theology and

"My Pastor challenged me, not what to believe, but to study, read and form my own thoughts within the confines of what a Lutheran believes."

- Dean Nolle

take courses in this field. "The more I studied, the more I became interested in what Scripture had to say. I found the historical part of it cool, too," Mr. Nolle said.

Mr. Nolle started seminary in 2003 at Concordia Lutheran Seminary in St. Louis, Mo. He decided the timing wasn't right with two young children and a newborn. He has taken all of his foundation courses and is now ready to get into the upper level course work. Although time is an issue, his determination stays alive.

"I see myself studying and finishing my degree, but much of the politics that go on in the church on a daily basis I do not like," he said.

Although much of Mr. Nolle's liking for religious studies

comes from his life in New York, the person who has stretched his faith and led him to examine what he believes in is a former Heritage student, Danny Prada, who graduated in 2007.

"He might be the most compassionate person I have ever met," Mr. Nolle said. "He has challenged me to think outside the box on what I read."

**TAKING THEOLOGY:** Mr. Nolle will resume his studies this Winter term and hopes to finish in the next one to two years. As he continues to pursue a degree, Mr. Nolle immerses himself in new beliefs and studies. (Photo/Weston Photography)



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## ENTERTAINMENT

# Spotlight: Gabriela Coutinho

*The Fine Arts program is one of the strongest at Heritage, filled with talented students in both the visual and the performing arts. That's why, each issue, we bring you a profile of one outstanding arts student.*

Andrew Kolondra Jr. | Co-Editor  
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Junior Gabriela Coutinho knew she wanted to be an actress at a mere 2 years old. Ever since she was old enough, she's been taking full advantage of nearly every aspect of Heritage's multifaceted theater program. Coutinho has not only acted in eight different school productions, but is also a Cappie critic, competes in Thespians and has written three plays. For these reasons and more, she is this month's FASOTM: Fine Arts spotlight.

Coutinho has always loved the theater spotlight. She participated in Heritage productions as early as Lower School, placed nationally for a historical performance at National History Day in junior high and has won a host of acting awards (all with some form of the word "best" in the title) throughout her high school years. She's even performed in non-Heritage plays at the Florida Children's Theater and continues to expand her theater knowledge through her participation in the Broward

Center's Teen Ambassador Program, through which she goes behind the scenes to meet "inspiring people in the business [of theater]."

"It's so exciting to see the extensive processes and staff that make a complex work of art possible," Coutinho said. She has also worked with the

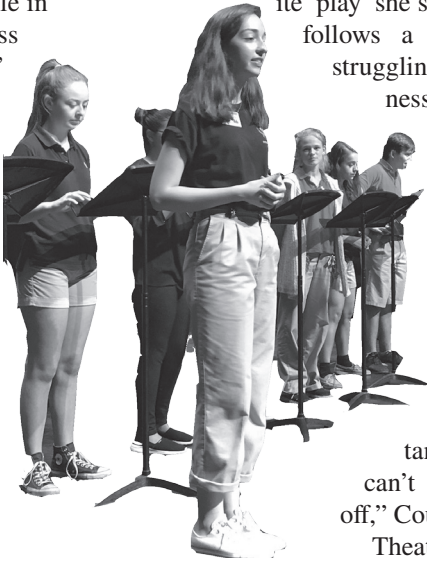
Broward Center (among other groups) to help make theater more accessible to people with disabilities, and the Broward Center recently held its first sensory-friendly production as a result of the efforts of Coutinho and others.

Though Coutinho loves singing show tunes, particularly from shows like "Mamma Mia!" and

"The Light in the Piazza," acting, playwriting and directing are also great passions of hers. Her favorite play she's written, "Fine," follows a 14-year-old girl struggling with mental illness, the various illnesses personified as visions of other teenage girls pressuring her into anorexia and suicidal thoughts. "My goal was to show that these illnesses are tangibly real and can't just be brushed off," Coutinho said.

Theater for Coutinho is "a refuge, for souls seeking to expand themselves and embrace differences, a safe space to celebrate and examine experiences we may or may not commonly share," she said, speaking of its ability to "bring people together to recognize their inherently human commonalities."

Ironically, acting actually brings Coutinho closer to herself.



(Top) **OUR DEAR LADY DISDAIN:** Gabriela Coutinho plays the role of Glory in "Almost, Maine", a series of nine short plays that explore love and loss in the mythical town of Almost.

(Left) **SINGING FOR A CAUSE:** Coutinho participates in a play reading by the Thespians' "The Studio" event, which benefitted Project Alive.

She loves exploring the complexities of characters and their intentions, then breathing these characters to life on stage for all to see.

"In every story I tell onstage, I hope that the audience can lose itself in the art, then pause to reflect how people's choices, despite external factors, ultimately create the world we live in today

and tomorrow," Coutinho said. "Theater is a multidimensional art form requiring thought, labor, love and respectful collaboration to appropriately affect the creators and viewers, producing moments of authenticity and beauty, as well as harsh truths. Theater means life."

## Hang out at these trendy restaurants

*Today, trendy foods and restaurants fill the pages of social media. If you are always wondering where that sweet treat or delicious sandwich came from, here is a list of restaurants that are Instagram worthy.*

Angela Lin | Co-Assistant Editor  
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### PHENOMENOM NITROGEN ICE CREAM & BAKE SHOP

Satisfy your sweet tooth with an unconventional type of ice cream. Phenomenom uses nitrogen gas to whip up your own custom ice cream in front of your eyes. Besides ice cream, Phenomenom also offers freshly baked cookies as a base for your specialty ice cream.

Address: 2272 S University Drive, Davie, 33324

Price: \$3-8



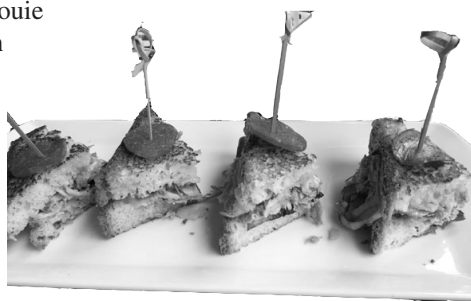
(Photo/Yelp)

### LOUIE BOSSI'S RISTORANTE • BAR • PIZZERIA

If you're hungry for Italian, then Louie Bossi's is the perfect restaurant. Dine in a courtyard filled with trees and mirrors or inside its rustic dining room. Louie Bossi's serves pizzas, pastas and more.

Address: 1032 E. Las Olas Blvd., Fort Lauderdale, 33301

Price: \$5-37



(Photo/louiebossi.com)

New York Grilled Cheese is here to satisfy your comfort food craving. This restaurant puts a modern twist on the classic grilled cheese and tomato soup. Try the grilled cheese stuffed with macaroni and cheese or grilled cheese filled with bacon and caramelized onions.

Address: 2207 Wilton Drive, Wilton Manors, 33305

Price: \$4-12



(Photo/newyorkgrilledcheese.com)



### BARTON G.

Looking for an otherworldly experience? Barton G turns food into art with its innovative plating. It serves New American plates such as signature pastas and meats, such as their Lobster Trap Truffle Mac "N" Cheese and Bird's Eye View Chicken.

Address: 1427 West Ave., Miami Beach, FL 33139

Price: \$12-60



(Photo/bartong.com)





# Entertainment

## Why watch bad movies?

Maia Fernandez-Baigun | Staff Writer  
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“So bad it’s good” is a special type of category in the film industry. It usually does not fall under any specific category other than what expert reviewers like to call “trash movies.” This special genre consists of incredibly low ratings, low production cost and few effects (including camera quality, video quality and edition of the film). However, not all trash movies make little profit. A couple of trash movies such as “The Room” or “Birdemic” ended up earning almost \$10 million and \$17 million, respectively. What exactly makes us want more from something so bad?

No specific logic or studies have been done to back people’s love for these movies other than for pure entertainment. Entertainment, in general, is something that fascinates some people who are generally more appreciative of movies. Many movie connoisseurs know what a good movie looks like and can specifically pick out those that are not. So when a trash movie comes out, the fanatics are usually the first one to watch it. Even though the audience might not feel the way the producers intended, humor is a big part in these movies. It might come from the story plot or witty lines, but it also comes in the form of mistakes made in

the movie, bad acting, or poorly made props. This comedic relief may not have been the producer’s intention, but it does help with sales and popularity. Not only do most trash movies provide comedic relief, but they also occupy the audience for the length of the movie. If a viewer’s intention is to watch something very light-hearted and simplistic, yet funny, it is very unlikely that they will turn to a romance or drama film. Trash films provide a mindless escape from reality, emerging the viewer in a sea of bad effects and acting. So next time you are looking for a bad movie to pass the time, remember that trash movies can be the best.

Top 5 trash movies
<b>The Room</b> Directed by: Tommy Wisseau
<b>Troll 2</b> Directed by: Claudio Fragasso
<b>Birdemic</b> Directed by: James Nguyen
<b>The Emoji Movie</b> Directed by: Tony Leondis
<b>Sharknado</b> Directed by: Anthony C. Ferrante

(Graphic/Maia Fernandez Biagun)



### The Shuffle

BY AMBER BHUTTA

#### Dos and don'ts of explaining 'Keeping Up with the Kardashians' to your grandmother

Colloquialisms and cultural norms that we toss around do not always translate as easily across generations. I learned this as my grandmother, a 70-year-old Pakistani native armed with sharp wit and Food Network level cooking skills, greeted me with the innocent question, “Amber, who is Kim Kardashian?” After serious debate as to the merits of an educational, full-length powerpoint with speaker notes and an hour-long explanation complete with a Q&A, I have compiled a comprehensive list of the Dos and Don'ts of explaining “Keeping Up With the Kardashians” to your grandmother.

DO mention Kardashian children’s name such as North West to enjoy an entertaining, 15-minute tirade as to how names are far more sacred than compass directions. For added entertainment, explain how the trend of rather unique baby names has spread, exemplified by names such as Sir Carter and Bear Payne.

DO use visual aids, especially videos and pictures from the actual show. Grandmothers are often visual people, and videos help them retain knowledge. I personally recommend the iconic “Kim, there’s people that are dying” and “Kim, stop taking pictures of yourself. Your sister’s going to jail.”

DON'T mention how Kim Kardashian landed her claim to fame. There's only so much you can tell your poor grandmother.

DON'T attempt to explain who Caitlyn Jenner is if you prefer keeping your relationship intact. Whether or not I agree, my grandmother holds values idealized by a different generation growing up in conservative Pakistan. Trying to explain the slowly increasing acceptance of transgender people in society to her only provokes passionate rants with raised voices and scriptural references. Try as you might, you are rarely going to sway her opinion. Agree to disagree and don't lose your relationship over political differences.

## Junior High student sings his heart out

Andrew Kolondra | Co-Editor  
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The lights dim, and the audience quiets down as they realize the show is about to begin. Who’s the performer? Is it the head of A Capella? The leader of the Thespians troupe? The choir’s prodigious accompanist? No, it’s not even a high school student; it’s eighth grader Dylan Tuccitto, who has a remarkable talent for singing and musical theater.

Tuccitto, who discovered his talent in fifth grade after his mother encouraged him to sing, now participates in chorus, Junior Thespians, drama and piano here at Heritage. He’s won two All-County Honor Chorus awards and two superior ratings for solo and ensemble awards, and he traveled to Lake Mary, Fla. Nov. 2 to perform in the American Choral Directors Association Men’s Honor Choir. In other words, Tuccitto is more than just a good singer.

“It [singing] means everything to me,” Tuccitto said. “Although I’m always terrified before I perform, once I step on that stage, all the fear immediately melts away.” Outside of

Heritage, Tuccitto performs with Rising Starz Music Academy in Davie and is an alumnus of the Broadway Artists Alliance program in NYC. With his first appearance in a play at a mere six years old, he recently played the Beast in a Rising Starz production of “Beauty and the Beast” at Nova Southeastern University.

Tuccitto credits his mother for pushing him to pursue music, his vocal coach for helping with auditions and Heritage’s own Mrs. Hannah Rariden for “inspiring [him] more than anyone ever could,” he said. “She was the one who helped me realize I had a special talent and encouraged me to keep going with it.”

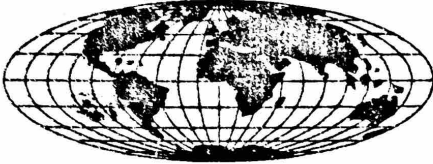
Tuccitto has high hopes for his future: he’d like to one day perform on Broadway or become a famous pop singer, to bring his one true passion into his adult life. “I’m always filled with anxiety before I perform. So many eyes staring directly at me is more than nerve-wracking. But once the microphone touches my hand, and I look out into the audience, my anxiety fades,” Tuccitto said.



SINGING FOR AGES: Eighth grader Dylan Tuccitto sings at a classic car show at the Bergeron Rodeo grounds in March. (Photo/Submitted by Dylan Tuccitto)

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# Entertainment

## Wilde meets the savage 60s

Kelly Taylor | News Editor  
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Originally written and set in 1895 Victorian London by Oscar Wilde, this year's fall production of "The Importance of Being Earnest" transported audiences to the 1960s with bright colors, rock music, and peace signs. Despite being recognized by most modern audiences as Wilde's best work, it only ran for 86 performances after its premier before being shut down due to accusations about Wilde's questionable character which was not considered acceptable at the time. Since 1952 British and American cinema have adapted the play into film on multiple occasions, and it remains a popular comedy in modern theater.

Following two English men in their late 20s, the play tells the story of questionable and

imaginary identities created and tampered with to allow the men freedom to travel regularly between the country and the city. While going by the fictitious name of Earnest, the gentlemen fall in love and find themselves in a bind when the women believe themselves to be engaged to an Earnest.

The new 60s local allowed Wilde's underlying ideas of love and marriage to be compared to different ideas on the topics that arose after his time. The character interaction comments on the evolution of social beliefs and the adaption adds perspective over a broader time spectrum as well as more "hip" aspects of humor.

The male leads, Jack and Algernon, played by juniors Frederick Bredemeyer and Wesley Mahon, respectively, brought the humor to life through their play-

ful interaction particularly in the form of a pillow fight. The ease with which they communicated as well as the questionable relation between the characters hinted at Wilde's history.

As a whole, the cast displayed intricate stage work especially in regard to eating and drinking on stage. Not only did they look very natural in their tasks, but they did not let the food and drink interfere with their accents. One task in particular stood out as senior Sydnie Rathe, who played Cecily, even succeeded in maintaining a hysterical character for a whole scene on roller skates.

The set changes kept with the groovy vibe as the cast put on skits to 60s music, including that of the Beatles, while transforming the stage. This creative idea held the audience's attention and added yet another hint of humor



**THE IMPORTANCE OF BEING GROOVY:** Seniors Hannah Ellowitz and Sydnie Rathe, playing Gwendolen Fairfax and Cecily Cardew, in Act Three as they discuss forgiving their love interests for deceiving them with their fake names. (Photo/Mr. Ryan Bible)

in a space of time that could have been just a soundless blackout.

The fall production tied together the ever-changing social status in a playful and groovy

light. Unique from other interpretations, not a single line of humor was missed and every moment was filled with action, accents and go-go dancing.

## Something wicked this way comes

*The Cappies are a group of South Florida students who write articles about the local fine arts. Read what a student from Cypress Bay High School thought about The Sagemont School's performance of 'Something Wicked This Way Comes.'*

Amanda Ribnick | Guest Writer  
AdminSFC@cappies.org

Double, double, toil and trouble, two boys take the stage. Ice melt and mortal struggle, they tell stories from the page. With twisted church bells and hours beyond twilight, one must tread carefully. For by the beating heart's drums, something wicked this way comes.

The dark fantasy of "Something Wicked This Way Comes" was initially brewed in a book written by Ray Bradbury in 1962. The play follows a series of characters who

wish to be any age but the one they are. The story follows two 13-year-old boys, Jim Nightshade and Will Halloway, and their hair-raising experience with a traveling carnival in the middle of October.

The play opens with the introduction of Jim (Marc Plaskett) and Will (Natalie Medina) as they engage in a boyish fight. The two instantly established their onstage relationship and bounced off each other well, sharing a strong, uniform energy which they carried throughout the show. Within the first scene, it is es-

tablished that Jim is the stronger of the two, foreshadowing the impact their relationship has on the plot. Mr. Halloway (Nico Betancur), Will's middle-aged father, was portrayed quite well. He clearly demonstrated the character's age through his voice and physicality, proving to be effective in telling his story.

Mr. Dark (Andres Hernandez) had superior control over his character's movement, dialect, and overall, the theater itself. His commitment to the suspenseful and spine-tingling nature of his Mr. Dark was

carried impeccably, automatically enhancing every scene he was in.

One of the most prominent elements of the show was the merry-go-round, depicted cleverly by the Pandemonium Shadow Players. The merry-go-round symbolized the change in age the characters undergo, starting up with spastic, jerky motions to illustrate the twisted nature of what is to happen as well as how unnatural and bizarre the process is. The dancers were mostly uniform in their motions, and the firework-shaped lights overhead were innovative and reinforced the concept clearly and appropriately.

Overall, the ensemble had some actors who were more engaged than others. Two standouts include the Lightning Rod Salesman (Peter Koltis) and Mr. Tetley (Camden Lutes), who upon his entrance forward rolled and loomed over the audience, alluding to a jack-in-the-box. The subtle carnival motif was carried extremely well throughout the show. The picture created by Mr. Dark and Mr. Halloway in the library is a prime example, Dark taking

his staff and positioning it over and around Halloway's head in a way that presents the image of the safety bar on a rollercoaster. This is ironic because Mr. Dark represents anything but safety, informing Halloway that he "could kill [him] right now," making Halloway's calm "I know," all the more powerful. The two concepts combine to highlight the carnival's danger and Mr. Halloway's bravery, both pivotal to the development of the show.

The technical aspects of the show were exhibited well. The sets, costumes, and makeup were constructed supremely and were time period appropriate as well as intriguing. The lighting was smartly done, especially during the carousel scenes where they flickered at increasing speeds. The sound overpowered the actors at certain times but was not overly detrimental.

As the show closed, we are left to contemplate the way fear and desire blind us from the happiness we can find all around us, should we only sing, dance, and love a little bit more.

## Goodbye Christopher Robin

Alyssa Herzbrun | One-Pager Editor  
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Those who remember the adventures of Winnie the Pooh will be pleased to know about the recent debut of the movie "Goodbye Christopher Robin." But fans should not expect a recap of the adventures of Pooh and his friends. This movie focuses on the relationship between Pooh's writer, A. A. Milne, and his son Christopher Robin. Milne hoped to highlight the special connection he had with his son by writing a book about the best lessons learned in life.

A. A. Milne grew up in London and fought for the British during World War I. After the war he moved his family to Sussex, England. Milne used his life experiences and those of his son as the characters and setting of his book "Winnie

the Pooh." The inspiration for Pooh came from Christopher Robin's favorite stuffed animal, the black bear. Piglet, Eeyore, Kanga, Roo, and Tigger were modeled after Christopher Robin's stuffed animals which are now on display in New York at the public library and children's center.

The movie came out Oct. 13. Fans of Winnie the Pooh rushed to theaters. The movie ratings on Rotten Tomatoes was 60 percent, but many people who expected to experience more of Pooh's adventures were shocked to see the sadness revealed in the making of Goodbye Christopher Robin. Even with this turnabout, the box office continues to earn money for the film.

Milne and Christopher Robin had many adventures in the Ashdown forest that bordered their property in Sussex, and Pooh's adventures in the

hundred acre woods were meant to resemble those.

Those who love the adventures of Winnie the Pooh will enjoy this film about a special relationship between a father and his son.



(Photo/IMBd)

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## SPORTS

# Girls golf breaks record

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In accordance with the saying “the harder you work, the luckier you get,” both the girls and boys golf teams lucked out at this year’s state championship tournament.

After months of preparation, Patriot golfers attended the tournament walking out with an individual girls win, an overall girls team championship and a tie for second place.

Sophomore Jillian Bourdage ended with the lowest score at the tournament and took home the individual title as girls class 2A state champion.

In order to attend the state championship, a team has to place first or second at districts to advance to regionals and then place first or second there as well. State is a two-day event, with 18 holes each day.

In a team golf tournament, five players play from each team, and at the end of the day the team counts the top four scores.

To win at state, a team needs to have a lower score than the other teams because the objective is to get the ball into the hole touch-

ing the ball the fewest number of times. Seventy-two is “par” and a good score is considered at or under par and anything under 80 is considered above average.

When the whole team advances to the tournament, one’s score is counted toward an individual title and toward the team if the score is in the top five.

While the entire girls team won the tournament, Bourdage additionally won an individual title as state champion, Weidenfeld earned fourth place and junior Alena Lindh got 12th place out of the more than 50 competing in their class ranking.

Members of the team have their own personal coaches, and students practice individually. Unlike other sports, golf takes four to five hours each round and an event like state takes two days, making the whole tournament eight to 10 hours of rounds.

“It’s really hard to balance missing all this school and working on your game in preparation for this event,” Lindh said.

The boys achieved quite the comeback at this tournament. Near the end, the boys were in



**GIRLS GOT GAME:** After its seventh state championship, the girls golf team now leads the state in championship victories. (Photo/submitted by Alena Lindh)

fourth place with six holes left, 10 strokes behind third. They were able to bounce back to second place quickly enough to maintain it as their end result. Though the boys are used to winning

the state tournament, coming in second was hard work, and a great accomplishment.

Coach Brandt Moser said, “For the kids to move from fourth to second was bittersweet.”

This is the girls’ seventh state title, which now makes the team the record holder for most girls state championships in Florida history.

# Lady Patriots soccer seeks revenge

Alex Becker | Sports Editor  
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After winning four straight state championships, the Lady Patriots soccer team seemed destined to win its fifth straight ring last season. Despite being the favorites to win the championship once again, the girls soccer team was defeated 2-0 by Merritt Island High School in the semifinals of the division 3A 2017 FHSAA Girls Soccer Championship.

The team was off to a great start in the tournament winning the first two rounds by a combined score of 15-0. A quarterfinals win was a bit tougher to come by, as the team only managed a one goal victory over North Fort Myers High School. The Lady Patriots were absolutely stunned by Merritt Island, who would go on to be named champions.

The Lady Patriots were undefeated on the season going into the

semifinals, making their loss such an upset.

A season later, the team is looking to move past their defeat and return to their old champion status. However, the team is taking a new approach to the upcoming season. As many coaches would advise their team to forget about a loss, coach Cindy Marcial is reminding her players of the loss each and every day. “For me nothing is guaranteed we must work hard as a

team to accomplish a winning season. Every day we train, we will be thinking about that day we lost,” Coach Marcial said.

This season could be a bit of a struggle to return to the same level of dominance the team has known in recent years after losing eight seniors in the offseason. Yet, Coach Marcial isn’t worried at all. “I do see us winning state this year and bringing that title back to Heritage,” she said.

Success year after year is a tradition at Heritage, specifically for the Lady Patriots, but Coach Marcial has a very simple method for winning. “The girls really respect each other and treat each other like family. Coming to a game or practice we give everything, stay focused and play with heart,” Coach Marcial said speaking about her secret to countless victories. Although winning is the heart and soul of this team, it is still a family that loves to have fun which is why

Coach Marcial still values fun, especially with her seniors. “We need to learn from the last game we lost, make sure we are prepared for any type of style a team plays against us, while still enjoying the season with my seniors,” she said.

Winning on this team is expected, but certainly not guaranteed. “Winning a four-peat was hard. Losing last year shows how hard it is to win even one state championship. I tell the girls all the time, ‘Just because you put on a Heritage jersey doesn’t mean you will win a ring; we must work hard every day,’” Marcial said.

It is always pressure to win when an entire school, maybe even state, thinks of you as a clear favorite, yet Coach Marcial thinks this season is even more overwhelming for the team. “I think we as a team want it so bad that, the pressure will be on this year. We want to be the best again.”

# Teams keep tradition

*From special foods to team bonding and everything in between, athletes around the world partake in rituals for good luck on the field or court. The idea of traditions is even present within the athletics department here at Heritage.*

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Sports rituals are known to help boost camaraderie. For hundreds of years teams have engaged in rituals that strengthen morale and prove to be just plain fun. Teams may engage in various rituals such as chants or cheers.

Like sports teams around the world, Heritage teams also engage in entertaining and sometimes bizarre rituals.

Some teams, such as the Florida Panthers and the Miami Dolphins, recite sayings to encourage great play and a winning spirit.

Cheering on team members helps to motivate them to per-

form to the best of their abilities throughout the game.

Some teams or players believe that superstitious practices such as eating the same foods pre-game or having team members braid their hair in a similar manner will lead the team to victory.

Some teams have developed rituals to promote team spirit. These rituals usually involve an element of fun.

For example, the girls soccer team coach, Cindy Marcial, has team members grab fistfuls of grass. Ms. Marcial then showers teammates with the grass in an effort to spread good cheer and luck.

The boys varsity baseball team show their team spirit by bleaching their hair right before the season begins.

The boys golf team coach, Brandt Moser, takes the practice of rituals to a whole new level. If the team wins the State Championship, he promises to arrive at school sporting a mohawk given to him by his team members.

All members hope that by performing these rituals, not only will the players succeed, but also be brought closer together to play as a team. Traditions among teams has been its own custom for years and will continue evermore at AHS.

## Early National Signing Letter of Intent

- Baseball**  
Julio Cortez Jr. - University of South Florida  
Triston Casas - University of Miami  
Cory Acton - University of Florida  
Bailey Mantilla - University of Miami
- Softball**  
Marisa Soterakis - University of South Carolina Upstate  
Hannah Sipos - University of Florida
- Golf**  
Alberto Martinez - Florida State University
- Swimming**  
Nicholas Pacitti - Loyola University at Maryland  
Catharine Cooper - San Diego State University
- Basketball**  
Femi Funeus - Seton Hall University





## Sports

# From Patriot to Olympian



## From the Bench BY ALEX BECKER Not Just a Football School

The only conversations when it comes to the athletics department at Heritage are “the football team is No. 3 in the nation!,” “we have the top cornerbacks in the nation at one school!,” “we have won states three of the last four years!” and “the football team is undefeated!” Nothing else. Not even a whisper about other sports at this school, just the same facts spewed over and over again by students, faculty and publications. We get it; the football team is very good. Yes, it is amazing to be ranked among the top in the nation, to be so dominant in the state and to have such great defensive backs play on each side of the field, so go ahead and be proud of the outstanding athletics department here at Heritage, but be proud of all sports, not just football.

Heritage is a powerhouse in the high school sports community. Take pride in other sports such as golf, baseball, soccer, basketball, swimming and diving, track and field and volleyball. We have just as much talent in some of those sports as we have in football.

The boys golf team, for instance, has won the state championship three of the last five times, while girls golf has been state champions seven times, more than any other school in the state.

Girls soccer is top 50 in the nation and has won four of the last five state championships, and was only one game from returning to the state championship last year for the chance at a five-peat.

Girls basketball had four players named Broward County All-Stars last season, while our track and field team is home to many state and national champions, with a 2012 state championship.

The baseball team is ranked 19th in the state and had three players drafted to the majors this past spring. Meanwhile, the softball team has won three of the last five state championships and holds a state rank of 7th.

The boys swim team was state champions, in 2013 and 2014, while both girls and boys have been individual state champions in their respective events.

Although football is an important sport at Heritage with countless victories and achievements that should not be taken lightly, it's important to remember that Heritage has 56 total sports on campus, each with its own significant accomplishments. I'm not saying keep quiet about the football team's success, but show some love to other sports on campus. You may just be impressed with what you see.

Sloane Kapit | Staff Writer  
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Senior Catharine Cooper adheres to one motto: work hard, play hard. At 4 years old, her parents put her in swimming class, and from then on, she developed a significant passion for the sport. Fourteen years after she began her swimming journey, Cooper achieved one of the greatest feats in athletics: Olympic qualification.

Cooper swims on the club team Swim Fort Lauderdale year round. With this team, she competes around the country. She is also a member of the Heritage varsity swim team, with which she competes during the fall season. On an international level, she competes for the Panama National Team. Cooper's rigorous schedule includes swimming for her club six days a week. Two out of the six days, her practices are “doubles,” meaning that she has both morning and afternoon practice. Morning practices run from 5 a.m. to 7 a.m., and afternoon ones run from 3:30 p.m. to 6:30 p.m. On the other three weekdays, she only swims in the afternoon. On Saturdays, practices take place from 7 a.m. to 10 a.m. The team gets no holidays off except for Christmas Day. Strenuous morning and afternoon practices leave Cooper with one thought in mind when she gets home: her bed. Reminders

that she has homework to do and tests to study for keep her going. Fortunately, a ninth-hour independent assists her in balancing work with swimming.

Previously, Cooper tried out for the 2016 Rio Olympic Games. She missed the cut by a mere half a second. Although upset, Cooper was able to process this and bounce back even better than before. Not only did she learn what she needed to improve, such as her starts, under-waters and technique, but she also developed a further understanding of the mental side of swimming.

“Coaches always say that swimming is 5 percent physical and 95 percent mental. From that experience, I learned a lot about myself mentally and grew more as a professional swimmer. Looking back at it now, I'm glad I didn't go to Rio because I'm much more self-aware, mentally stable and overall more mature,” Cooper said.

This year, Cooper qualified for the upcoming Summer Olympic Games. “In swimming you don't really try out for the Olympics, it just comes down to whether you want it bad enough and work at it every day by lowering your numbers. Eventually you get fast enough to where you can qualify, and that's what happened to me. I combined my talent with passion and hard work and it finally paid off,” Cooper said. In the games,



**WORK HARD, PLAY HARD:** Senior Catharine Cooper practices for upcoming competitions. (Photo/Natalya Wozab)

she will be swimming for Panama. Although she was born in Pennsylvania, both of her parents were born in Panama, and she has dual citizenship. What most excites her about the event is her representation of Panama and the ability she will have to relish in the moment. To her, getting to the Olympics means celebrating a dream come true.

Cooper cherishes the fact that as much as swimming contains an individual aspect, it is a team sport, too. On her swim team, teammates are constantly surrounding each other during practices, cheering each other on and pushing one another to better themselves. Despite this, swimming ultimately comes down to one's individual performance while racing. Cooper knows that

at the end of the day, no one but herself can affect her results. She loves the feeling of control she has over her performance and over the pressure she places on herself.

“I've always loved swimming. I wouldn't have dedicated this much time and effort into the sport if I did not love it so much. I guess since I've always liked it, I've always pushed myself and have always tried my hardest...doing that got me to be really good at it,” Cooper said. With her motivating and supportive coaches, extreme dedication and talent and determined attitude, Cooper hopes to shine in the 2020 Tokyo Olympic Games.

## Swim team races to victory

*The boys and girls on the swim team began the season on the first day of school, Aug. 21, and ended after the state meet Nov. 3.*

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The swim team includes 54 swimmers, boys and girls combined. Dominating the competition this season, the team competed in seven swim meets and won all seven. These victories include the district tournament held Oct. 21, and the regional tournament Oct. 28. The final meet of the season, the FHSAA 2A State Championships, occurred Nov. 3.

The overall top finishes of the State Championship go as follows: senior Catharine Cooper took first place in the 50 freestyle for State Champion and All American Consideration, and third in the 100 freestyle; senior Nicholas Pacitti earned second in the 500 freestyle; senior Christian Kopecki achieved sixth place in the 200 yard freestyle; Olivia Mason achieved seventh in the 50 freestyle; senior Kevin Porto earned eighth in the 100 freestyle. The female swimmers Olivia Mason, Thea McKenna, Annita Huang and Cooper placed second in the 200 free relay event. The participants in the 400 free relay, consisting of Mason, Huang, Isabella Taylor and Emme Ham, placed eighth

in the 400 free relay. The boys, comprised of Porto, Pacitti, Nicolas Rossi and Kopecki, also took eighth in the 400 free relay.

These victories resulted from rigorous practice schedules. The swimmers typically practice Monday through Thursday for an hour and a half, while the more intensely training members practice six days a week, both in the mornings and the afternoons.

Coach Nobutaka Tan highlighted the senior swimmers as the all-stars of this swim season. Cooper, a division one swimmer, went into this year's state competition as a defending champion of her state title from last year. Three of the male senior swimmers competing in individual events include Pacitti, Kopecki and Porto. “We have a pretty good group of senior members. Catharine [Cooper] has made it into several international competitions and is a strong contender to make it into the Tokyo 2020 Olympics. [Pacitti, Kopecki and Porto] are competing in two individual events each, including one relay. I'm confident in these swimmers' abilities to do well in any further competitions,” Coach Tan said.



**AQUATIC CHAMPIONS:** Members of the swim team follow a rigorous training schedule to succeed. (Photo/Joanne Haner)

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## Sports

# Jillian Bourdage: Anything but subpar

Joanne Haner | Asst. Online Editor  
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Golf isn't a sport that everyone appreciates, but for sophomore Jillian Bourdage, golf is more than a sport; it's a passion and a lifestyle.

"I first became interested in golf when my dad took me out to hit golf balls with him when I was 8 years old. I had so much fun spending time with my dad and learning a new sport," Bourdage said. She has been on the championship varsity golf team since she began at Heritage in eighth grade.

"I love playing on the AHS golf team, and we strive to push each other. It's great being on such a supportive and competitive team; we have a lot of fun," said Bourdage.

She recently won the Daniel Berger AJGA Open Championship by ten strokes, shooting 71-66-72 and a total of seven under par. For the past two years, Bourdage has been named Player of the Year by the Miami Herald.

Her success on the course does not come without hard work. Bourdage makes sure to practice at least two hours a day. "Life as an athlete is a balance. I'm doing homework on the go, managing my time with a

structured schedule and trying to fit in workouts and practice. I can't waste any time," Bourdage said. As a freshman, Bourdage chose to have an eighth and ninth hour independent in order to be able to leave school earlier to squeeze in more practice, like some athletes do.

In the future, Bourdage plans on playing Division 1 collegiate golf and continuing with the sport after graduating from college.

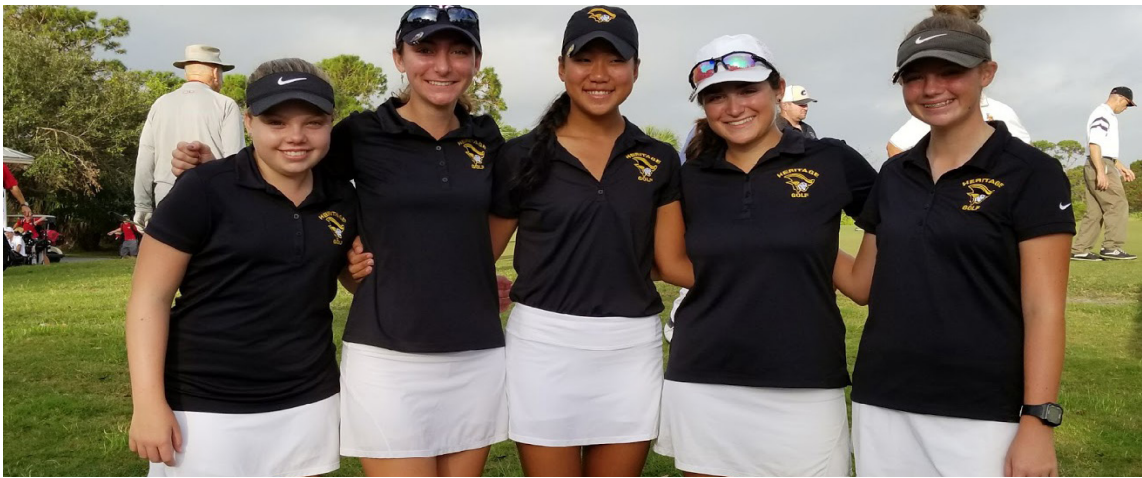
"Currently I'm searching for colleges I wish to attend, but I am aiming for a large Division 1 college with aviation; I want to be a pilot," Bourdage said. "I would like to play professional golf when I'm older, but if it doesn't work out, I have a career to fall back on."

Aside from golf, Bourdage has also taken karate and is a part of the Chick-fil-A leadership club on campus. She enjoys the service activities and the knowledge that her actions are going towards a good cause.

The hours and hours of practice Bourdage dedicates to the sport is rewarding in many senses. "I love the feeling of competing and golf always provides new challenges. It's a great sport and I love every minute of it," Bourdage said.



**GOLFING GAL:** Sophomore Jillian Bourdage's passion in life is golf. She enjoys participating in competitions and golfing with her friends. (Photo/submitted by Jillian Bourdage)



**TEAM PLAYERS:** Eighth grader Kelly Shanahan, junior Alena Lindh, sophomore Jillian Bourdage, freshman Casey Weidenfeld, eighth grade Lily Celentano, and assistant coach Mike Carlin smile for a team photo after winning a regional tournament on Oct. 23. (Photo/submitted by Jillian Bourdage)

# Athletes should sport good sportsmanship

Maia Fernandez-Baigun | Staff Writer  
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As fun as it may be to play a sport and be the best at it, a very important factor in playing sports is good sportsmanship.

As little kids, coaches teach children to respect one another during a game and after the game

whether they are on the winning team or not. A very common way to do this involves teams lining up and shaking each of the opposite team's members' hands.

Even though the losing team might have been disappointed, most ignored it, shook hands and said "good game." The best games are always those with both

good athletes and good sportsmanship. Sometimes, players end up in intense matches, which can often trigger anger. While it is important to show your feelings in the real world, rage needs to be controlled to avoid confrontation on the field.

If a player cannot overcome his or her anger, serious penalties

or injuries can happen. This is a problem many athletes face today. In the 2012 Summer Olympics, Melissa Tancredi, a Canadian women's soccer player, lost her temper in a 4-3 semifinal loss to the United States, and stomped on the head of Carli Lloyd. Although no severe injuries were reported and no lawsuits were

filed against her, it earned Tancredi her horrible reputation as a "dirty player."

While people may think that what happens on the field is the only thing important in sports, the behind-the-scenes are just as important and a key factor to a great game.

## Jones<sup>2</sup> Backfield



#25 Junior Tyler Jones #1 Senior Miles Jones (Graphic/Alex Becker)



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# NETFLIX

## Before Netflix

"I used to watch cartoons on cable before Netflix. Honestly, I still do because I never have time to watch movies or full seasons."

- Sophomore Barak Huang

"Before the glorious days of Netflix, I had spent most of my time playing video games and going out with my friends. Back then I also didn't have too much work to do so I really had a lot of time to spend with my friends."

-Junior Daniel "Max" Zintsmaster

"Before Netflix, I really only got my entertainment from cable television. Friends of mine would go to Blockbuster for movies but I would just watch TV shows and movies on the TV. Each week, I would know when the new episodes for the shows I watched were coming on, so I'd always watch them live."

-Senior Zachary Spicer

## A guide to the best of Netflix

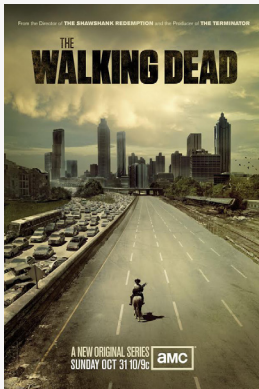
After the disappearance of a young boy, his friends, mother and the town's police chief struggle to get him back from supernatural forces.



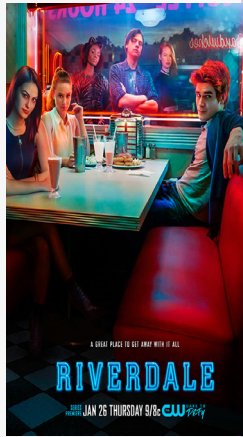
This series centers on different characters and where each of them live. The show features a haunted house, a freak show, a spooky hotel, a witch coven, a cult and an eerie farmhouse.



Sheriff Rick Grimes wakes up from a coma only to realize that zombies have taken over and the world is in ruins. He must lead a group of survivors to safety.



A group of teens decide that they will stop at nothing until they find out who killed a young teenager in the city. Everyone living in the small town of Riverdale must watch their backs until the killer is found.



### Family

If you want to cuddle with your family on the couch for a night of wholesome entertainment:

Smurfs, Penelope, Moana



### Classics

If you want to hop on the sofa for the best classic movies of all time:

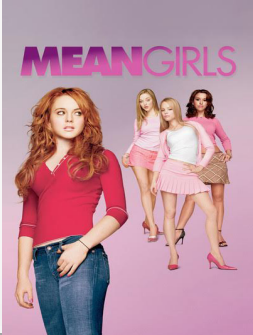
Jaws, The Parent Trap, E.T.



### Comedies

If you need a good laugh after a long day at school:

Mean Girls, Reality High, 10 Things I Hate About You



### Romance

If you're looking for tips on love:

Twilight, Titanic, 13 Going on 30



### Action

If you're trying to hone your super-powers:

Iron Fist, Gotham, Legends of Tomorrow



### Horror

If you're ready to pee in your pants:

Hush, The Sixth Sense, Sleepy Hollow



### Musical

If you're ready to sing your heart out:

High School Musical, Annie, Grease



## Netflix Yum

### Caramel Popcorn

#### Ingredients

- 1 cup butter
- 1 tablespoon honey
- Pinch of salt
- 12 cups popcorn
- 1 cup pecans (optional)

#### Steps

Melt butter, honey, and salt. Toss with popcorn and pecans (optional). Spread on parchment-lined baking sheet and bake 15 minutes at 325 degrees, tossing. Cool and enjoy.

### Cheesy Chex Mix

#### Ingredients

- 3 cups Chex cereal
- 2 cups mini pretzels
- 1 cup cheese crackers
- ¾ cup grated parmesan
- ½ stick melted butter
- Pinch of garlic powder

#### Steps

Toss everything together and spread on a baking sheet. Bake 15 minutes at 325 degrees, stirring occasionally.

## Netflix horror stories

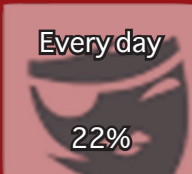
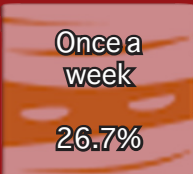
"One time I was watching a horror movie called 'The Ring' on Netflix and it's about a videotape. When someone watches the videotape, they immediately receive a call with someone whispering '7 days,' and they die after the 7 days have passed. I got to a point in the movie where it started to show the videotape full screen. When the videotape ended, my home phone immediately rang. I thought I was imagining it at first. When I picked up, I was really scared, but it was just my grandma calling to see how I was." - junior Daniela Velez

"I was watching Netflix when I heard someone outside. I paused my show multiple times to see if I would hear it again. I called my dad to check it out and the sound disappeared when he was in the room with me. He even went outside with a flashlight. The sound kept coming back when I was alone." - freshman Isabella Khan

"I always watch horror movies late and one time when I was alone, my lights went out. I heard someone come in my house so I locked the door and called my mom. To this day, I never found out who that was." - freshman -Camilla Greppi

## How often do you use Netflix?

A poll of 345 students



(Graphics/ Alyssa Herzbrun) Compiled by Kayla Rubenstein, Kenzo Kimura and Angela Lin