



(Photo/Angela Lin)

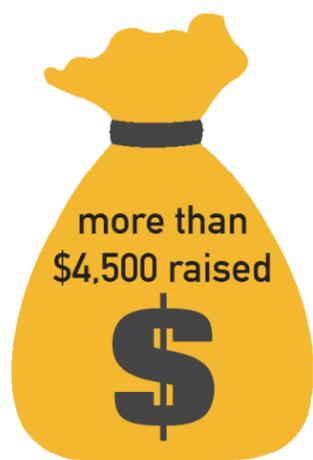
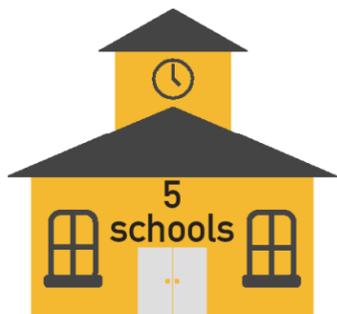
**Battle of the sexes:** Both men and women are expected to conform to societal standards, but do men know what women go through, and vice versa? One brave staffer searched for opinions in this month's student-edition Faceoff. Go to B8.

**Caffeinated campus:** Despite the bitter (pun intended) conflict between aficionados of tea and coffee, these two caffeinated beverages are staples of high school culture. Turn to the center spread to find out more. Go to C12-C13.

**Marching madness:** The Heritage marching band has been hard at work practicing this year's marching "Copland" under new drum major senior Julia Gill (above). Check out Sports for the details. Go to E23.

# The most MUNderful time

## BY THE NUMBERS



(Graphics/Andrew Kolondra Jr.)

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**MUN IS FUN:** Junior Daniela Velez throws a shaving cream pie into the face of senior and MUN executive board member Gabriel Hinojosa as part of FUN-MUN, the last session of the day. The pie-throwing was part of a fundraiser for Project Alive. (Photo/Sofia Godoy)

*Heritage recently joined the elite group of high schools to host their own Model United Nations conference. American Heritage Plantation Model UN drew more than 200 delegates.*

Katherine Quesada | Co-Editor  
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The Model United Nations (MUN) team, ranked in the top 25 teams in North America by best delegate, hosted its first public mock conference, American Heritage Plantation Model U.N., (AHPMUN) Sept. 23 and Sept. 24, with approximately five high schools, and 230 delegates, in attendance. Previously, the conference has been limited to a training simulation for Heritage students exclusively, despite the club wanting to take it public for years.

"The biggest obstacle we faced was the amount of preparation and logistical work that gets added when we invite other schools," co-president senior Zihan Kabir said. "An important step for us was last year, when we invited American Heritage Boca/Delray delegates to attend. It also helped that this year we have so many committed members ready to help run the conference, perhaps more than any previous year."

The majority of MUN conferences are held by colleges, and Heritage joined the elite group of high schools who have made the effort to host a conference. Despite being the team's first effort at a public conference, AHPMUN was larger than most other high school conferences as five schools attended.

Planning began in April 2017 and was directed by co-presidents Kabir and Harrison Arnberg. Tasked with creating committee background guides, some officers wrote more than 30 pages over the summer. Senior Alec Chao took charge of the website (ahpmun.weebly.com), graphic designs and some logistical work, while seniors Roberta Wasserman and Aditya Bafna organized food and supplies.

Throughout the process, the presidents met with Mr. Mark Gruskin, Mrs. Marjorie Milam, Mrs. Deidra Lovegren, Mrs. Elise Blum and Dr. Doug Laurie to organize logistical information and secure venues and funds for the conference. The majority of the conference was confined to the 3000 and 4000 buildings. The opening and closing ceremonies, and the meeting of the largest committee SOCHUM, were held in the theater.

"The most difficult part of planning AHPMUN was assigning positions," Kabir said. "Accommodating specific assignment requests from other schools, working with a constantly increasing number of Heritage students interested in attending the conference and ensuring partnerships didn't cause any issues but made the process take longer than we expected."

However, despite all the difficulties in hosting the conference, the commitment from members has been key to AHPMUN's success.

"We have such a large and amazing group of members this year that allowed us to pull it off," Arnberg said. "It would've been impossible without a massive amount of help from Mr. Gruskin and the whole club."

MUN conferences are divided into multiple committees, and each committee is assigned a chair, while delegates are assigned to specific committees in which they compete. AHPMUN hosted seven committees: EUMC, chaired by Chao; SOCHUM, chaired by senior Sarah Mitchell; 2015 Paris Climate Change, chaired by senior Nithya Kasarla; Henry VIII, 1525, chaired by senior Skylar Britton; U.S. Senate, chaired by senior Min-Kyu Kim; United Nations Security Council, chaired by Arnberg; and La Piscine (crisis committee), chaired by Kabir.

The keynote speaker for the conference was Heritage alumnus Mr. David Ceasar, a Washington D.C. resident who works for the U.S. State Department. Mr. Ceasar handles

management and operational planning for leaders-level summits hosted by the President of the United States, and spoke to the delegates on the topic of diplomacy and the government.

Although the conference is Heritage-run, Heritage students did not have an unfair advantage in placing at the conference as awards were limited to non-Heritage students. A post-conference award ceremony was held for Heritage students, and winners were guaranteed a traveling spot on the team.

"It's incredible to consider how far the club has come over the years," Kabir said. "The level of enthusiasm and involvement of all our members, from the seniors who've competed for all four years of high school, to the sophomores who've only attended one conference, really says something about the spirit of the Model UN team. Many of us have hoped to be able to have something like this for a while, and having it all come together in the final weeks is just indescribable."



**MUNCh BREAK:** Sophomores Jackson Arnberg and Jacob Kasner and seniors Amy Kwon and Andrew Bass work on their MUN directives during their lunch break. The cafeteria was filled with delegates working on directives for the afternoon part of the conference. (Photo/Sofia Godoy)



## Fantasy Football

# Let's talk fantasy football

*Students explain the reasons why they love the friendly competition*

"I enjoy playing fantasy football because it's like another team in the NFL you get to root for, plus I like to win."  
-sophomore Timothy Esposito

"You make memories, you make money and you make friends."  
-junior Eduardo Mestre

"My dad has been in the same fantasy league with his friends for 19 years, and as I got older all the dads invited their kids to play with them. I am still in that league, and I am also in seven others."  
-sophomore Logan Kapit

"I originally got into fantasy football because my family had a league, and after awhile they finally let me join it."  
-junior Maya Berry

"The best part of fantasy football is that it lets me enjoy every single NFL game instead of only the Dolphins games."  
-senior Lee Friedman

Compiled by: Sloane Kapit and Alex Becker

## The Patriot Post dream team

*The Sports Editor "drafted" his dream fantasy lineup. Here is the roster:*

(Photos/NFL)



**Tight End:**  
Rob Gronkowski  
New England Patriots

**Running back:**  
Ezekiel Elliott  
Dallas Cowboys

**Defense/Special Teams:**  
Minnesota Vikings

**Wide Receiver:**  
Antonio Brown  
Pittsburgh Steelers

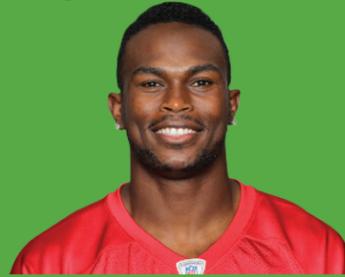
**Kicker:**  
Justin Tucker  
Baltimore Ravens



**Quarterback:**  
Aaron Rodgers  
Green Bay Packers



**Running back:**  
Le'Veon Bell  
Pittsburgh Steelers



**Wide Receiver:**  
Julio Jones  
Atlanta Falcons



**Flex:**  
Kareem Hunt  
Kansas City Chiefs

## The reality of fantasy football leagues

*To get involved in the fantasy football hype, here is what you need to know:*

Sloane Kapit | One-Pager Editor  
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### Types of Fantasy Football Leagues

**Keeper:**

- Combines standard draft and dynasty
- Keeps predetermined number of players previously drafted on the same team each year
- Drafts new players to accommodate for those dropped

**IDP:**

- Individualizes defensive players instead of utilizing them as a single unit
- Requires more research to determine which defensive players to draft

**Survivor:**

- Permanently eliminates lowest scoring team each week
- How to win: be the last team standing

**Standard:**

- Most popular type of league
- "Snake" style draft
- New roster annually

**Auction Draft:**

- Gives teams "money" to spend on drafting players
- Auctions players to the highest bidder
- Promotes strategic spending

As the new season of pro football kicks off, so does the fantasy football season. While it does have fantasy in its name, these leagues are no joke.

In 2015, the "New York Post" estimated that more than 75 million Americans would take part in fantasy football that year, spending around \$4.6 billion. In many leagues, players pay an entrance price and the winner earns prize money. In others, playing is just for fun or, as part of a bet, where the loser may receive a punishment.

Essentially, each league begins with a draft, either on draft boards or online, where the teams come together to choose their lineup for the season in a predetermined order.

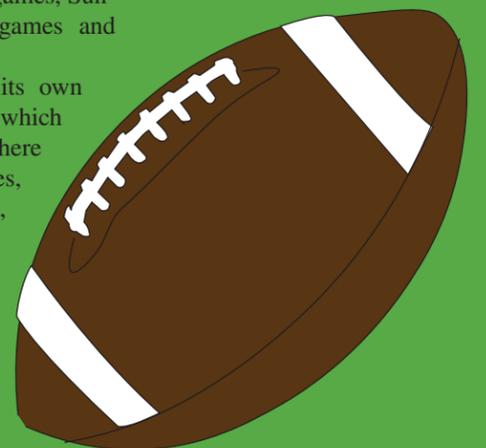
In most leagues, teams choose between running backs, wide receivers, tight ends, quarterbacks, kickers, and a defense. This leaves many teams in ruts regarding which players to choose first.

Each week, teams are matched up against one another. The goal is to score more points than the other, accumulated by players' performances in actual games. The team who scores the most wins.

Another way to calculate winners can be through total points, where teams' points accumulate each week throughout the entire season. At the end, the team with the most points wins. Points come from Thursday night games, Sunday day and night games and Monday night games.

Each league has its own rules, depending on which type of league it is. There are standard leagues, auction draft leagues, keeper leagues, IDP leagues, and survivor leagues. Standard leagues have become the most popular. Fantasy football has

become an ordinary tag-along to football season. It makes football fun to watch because although one's home team may not be playing, that person still has one to root for provided someone from their fantasy team is involved in the real-life game. "Playing fantasy football with friends fosters great competition and is a lot of fun," senior David Coterón said.



(Graphics/Sloane Kapit)



# NEWS

## Walking for Alzheimer's

Carrie Kuecks | Features Editor  
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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

Katherine Quesada | Co-Editor  
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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 fourth, sophomore Aamir Laceywala placed fifth and junior Chase Freeman placed ninth overall.

In Public Forum debate, senior Jordan Parker placed 13th overall. Juniors Shubhum Giroti and Svetoslav Karageorgiev 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 on 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

For the Model UN team, Boston University Simulated United Nations on Nov. 10-12, is a new conference for American Heritage team, however, it is giving the Varsity members 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 on 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 its mission: to serve the community. Key Club has hosted many peanut butter & jelly drives, beach cleanups, and fundraisers. On Oct. 31, the club participated in the annual Trunk or Treat and began a new theme of "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. Cicco'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)



# News

# Homecoming week

Asa Zaretsky | Political Correspondent  
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## October

*Homecoming dress-up dates: Make sure to dress according to the theme for each day.*

**23**

**Monday**

Candyland/Sweet Dreams-PJ day

**24**

**Tuesday**

Madden Mobile-Sports day

**25**

**Wednesday**

Class T-shirt day

**26**

**Thursday**

Cranium Nerd day

**27**

**Friday**

Black and Gold day  
Homecoming Football Game

**28**

**Saturday**

Homecoming Dance

(Graphic: Andrew Kolondra Jr.)

## News Brief

Sloane Kapit | One-Pager Editor  
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### Georgetown Debate Tournament

The Speech & Debate team headed to Georgetown University for a tournament Oct. 7-8. Junior high and novice-level students took part in this trip to compete in Public Forum Debate and Lincoln Douglas Debate.

### Library Additions

The Upper School library added new databases along with new computers. The library can now accommodate two classes at a time during scheduled library periods. Also, the senior section, known as the College Corner, added a new television.

### PSAT Oct. 14

The PSAT was offered Saturday, Oct. 14. Students arrive at 7:30 a.m. where breakfast snacks and drinks were available. Testing, which took place in designated classrooms, began at 8 a.m. and ended at noon. Students of grades 9-11 came to school to complete the test.

### College Fair

The annual College Fair took place in the Fine Arts building Thursday, Oct. 12 from 11 a.m. to 12:30 p.m. Students and parents had the opportunity to meet representatives from various universities, show interest in those schools and obtain vital information from these representatives regarding admissions, location, housing, academics, costs, extracurricular activities, technology and campus visits.

### Chick-Fil-A Leadership Academy Fundraiser

The students involved in the Chick-Fil-A Leadership Academy partnered with Feeding South Florida to bag meals. More than 100 meals, comprised of lentils, rice, vegetables and salt, were packaged to be sent to a foster home in Colombia.

# A New Leader for the ICC

Kayla Rubenstein | Staff Writer  
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The ICC, or International Club Council, is the organization that oversees major club activities at American Heritage.

Directing this group is the responsibility of Dean Natalie Cashman. According to Dean Cashman, she was chosen to take over the ICC due to her 15 year tenure and experience in advising other clubs, including Key Club.

"I personally deal with the portal pages of the clubs, as well as keep up the ICC's own portal page," Dean Cashman said.

Not only does she have the portal pages to work with, but Dean Cashman also has an agenda of her own.

"I want the club activities to be done together. Heritage's clubs should be seen as a community, always helping each other," Dean Cashman said.



DEAN CASHMAN RULES: New ICC director Natalie Cashman conducts her second ICC meeting of the year. (Photo/Kayla Rubenstein)

**the patriot post**

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



## News

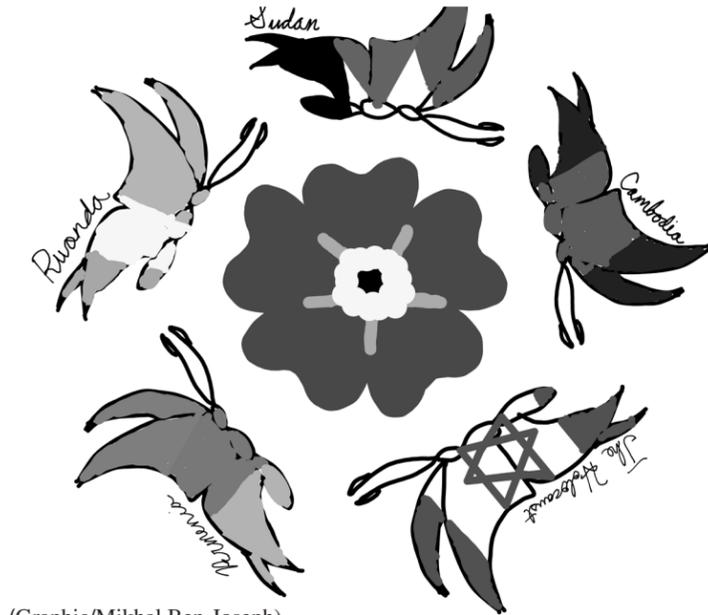
# Never forget: the Butterfly Project

*The granddaughter of a Holocaust survivor, junior Mikhal Ben-Joseph, raises awareness of genocides across the world.*

Asa Zaretsky | Political Correspondent  
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The Environmental Education Center is often seen as a quiet place to observe the various flora and fauna. One of the creatures present is the butterfly, but soon a new kind of butterfly will make its way to the center. Ceramic and painted, these insects will fill a solemn wall mural, and each one will commemorate one child lost to a genocide. The effort to create this memorial is called the Butterfly Project, and its mission is to raise awareness for genocides across the world.

The club, which will meet every other week on Tuesday in room 7123, was founded by junior Mikhal Ben-Joseph, the granddaughter of a Holocaust survivor. She traces her inspiration from a traumatic experience. "I had a terrible nightmare about being in 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



(Graphic/Mikhal Ben-Joseph)

long after the Holocaust ended, 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."

Ben-Joseph is coordinating with several other clubs, such as Tikken Olam and National Honor Society, to make the wall and other programs. The Butterfly Project is also offering a Genocide Awareness Writing

and Artwork Contest for freshmen, a presentation on the History of Modern Genocides also to the freshmen, a Butterfly Bagel Brunch Fundraiser in November and a Remembrance Ceremony in April, which will have speakers and informational tables.

The formal goals of Ben-Joseph for the Butterfly Project are sixfold. She plans to create a permanent memorial space, offer opportunities for student involvement and leadership, unify the community, promote interclub coordination and cohesion and support other anti-genocide organizations. With the recent classification of the ISIS atrocities against the Yazidi as a genocide and the atrocities against Rohingya gaining more light, the need for more awareness is urgent. To learn more about the Butterfly Project, contact Ben-Joseph at pl229591@ahschool.com.

There will be a Butterfly Project Bagel Brunch on Nov. 5. Tickets will be available soon for \$10.



## Asa's Analysis What is DACA?

BY ASA ZARETSKY

Every president since Ronald Reagan has attempted to, in some way, reform America's immigration system. Democrats and Republicans have recognized that the present system has only created a second class of American society that millions of people live and toil in. These people are known as undocumented immigrants, as they did not come to live in America through official means. However, no president has succeeded at immigration reform because both parties have completely opposing ideas. Democrats want to create a pathway to citizenship for undocumented immigrants. Republicans want to deport most of these people back to their home countries.

Where these distinctions start to fade is on the question of the "Dreamers." These "Dreamers," numbering about 800,000 in total, came to the United States when they were under 16 years old accompanied by family. Democrats and some Republicans have long argued that these children should be given citizenship, as they had no choice in coming here illegally. Many of them have only known America. Former President Barack Obama tried to pass a bill known as the DREAM Act that would give these people permanent legal status, but in 2001 it failed in congress. In 2012, he signed an executive order called Deferred Action for Childhood Arrivals, also known as DACA, which allowed Dreamers to apply for work permits and a special status to live legally in the United States. To apply for DACA, one must have come to the United States before their 16th birthday, lived in the United States since June of 2007, attended high school and never been convicted of a felony, among other requirements.

Now, the status of these Dreamers is in doubt. The Trump administration has announced a phasing out of DACA in the next six months and encouraged Congress to come up with a permanent resolution to this issue. President Donald Trump has acted rather evasive on this issue, seemingly coming to deals with Republicans and Democrats and then denying that any took place. Many Dreamers have been active in pushing Congress for a solution that will give them permanent status in petitions and rallies. As a bipartisan bill doing so makes its way through Congress, they look to a speedy and humane agreement that will end the uncertainty of the past years.

## Chorus all-stars audition for All-State

Kristen Quesada | Opinion Editor  
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All-State Chorus involves the top choral students from junior and senior high schools across Florida. The event takes place Jan. 10-13 in Tampa. During this time, students rehearse and perform selected music with guest conductors. This all must happen after auditions.

Only the best of the best are selected into All-State, so students must practice and audition to be selected.

"To prepare, we practice and drill advanced sight reading in class. I also study on my own,

retaking previous tests and using websites to generate questions and sheet music," A Cappella singer and senior Fiona Baquerizo said.

All-State auditions take place at Cypress Bay High School beginning Sept. 23 and continue throughout the rest of September and October. Auditions occur in two parts: the Musicianship test and the voice quality test.

The Musicianship test is a written examination where students are assessed on their knowledge of several topics such as key signatures, vocabulary and selecting the correct rhythms and

itches that are played. If the student passes this test, they continue to the next level that same day.

The following level is the sight reading test. Qualifying students have no prior knowledge of the music presented and are given five levels of increasing difficulty. They are given music to sight read and must sing the music on pitch and in rhythm.

Students who score high enough on these tests return a second time with music the Florida Vocal Association has presented them. In this stage, students are asked to sing excerpts from the songs. They are

then graded on the accuracy and quality of their voice.

Upon completion, all of the trials are scored and weighed, and those who score the highest qualify for different choirs: Men's, Women's, Mixed, and Sight-reading choirs.

"I want to go to All-State because I absolutely love the chorus community," said Baquerizo, who has previously been to All-State. "I truly believe in the power of music and its ability to connect people. All-State allows me to be part of making a change and stressing the importance of music in our lives."



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## Editorials & Opinions

# It's too soon for Trump movies

*Just nine months after assuming office, is President Trump ready to be memorialized in the most widely-reached and longlasting way, film? Two Hollywood directors think so. Read what our political correspondent has to say about it.*

Asa Zaretsky | Political Correspondent  
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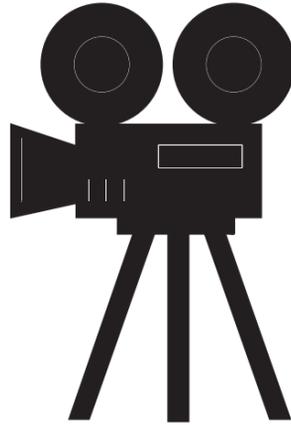
It has become a trend to see new political dramas about presidents and their administrations. For example, "LBJ," "Jackie," "Elvis & Nixon" and "Mark Felt: The Man Who Brought Down the White House" are all feature films with some big name actors that have been released in 2016 and 2017. This is not uncommon, presidents have been a frequent subject for dramas, but all of these movies were produced after the end of their administration.

In an unprecedented move, Hollywood is setting up movies about Trump's campaign and ad-

ministration that will likely be released during his term (at least, if he doesn't leave office within the next year).

A movie about FBI Director James Comey's experience with Trump and subsequent events is already being shopped around circles by a prominent producer, according to The Hill. In addition, a TV series based on Joshua Green's "Devil's Bargain," which highlighted former Chief Strategist Steve Bannon's career before and during the campaign has already been announced.

This may not be the best idea. The events surrounding the administration, despite frequent



(Graphic/Kristen Quesada)

leaks, are not fully known to us, and guessing can bring some embarrassing results. It also begs the question of how soon after an event it should be immortalized on the silver screen.

Ideally, we should allow for some space between events and entertainment about them. The impacts of making movies based on events too close to the political and emotional atmosphere surrounding their initial occurrence can be readily visible in the ridiculously inaccurate and exploitative "13 Hours," which covered the 2012 attack on the U.S. Consulate in Benghazi. The attack had been latched onto by many Republican

figures in the 2016 primary as a way to get at the Democratic front-runner Hillary Clinton, who was Secretary of State at the time. The film's unambiguous finger-pointing at Washington and numerous falsities were contradicted and debunked by the actual investigation, but its release right before the pivotal Iowa caucuses ensured a massive turnout in the cinema by an energized Republican base.

"13 Hours" shows us that even though filmmakers are primarily interested in profit, we should urge caution when it comes to events that may reopen fresh wounds and memorialize situations where all the facts may not be known.

## Teens and memes: What is the obsession?

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

A new epidemic has risen among many students and it does not show any signs of stopping: memes. What exactly is a meme?

A meme is a relatable, yet funny, piece of text usually accompanied by a picture or a video. These pictures can be of objects, animals, or people taken at a particularly funny moment. They are spread through the internet on many different websites and social media and are mostly targeted to kids and teens.

Memes target many topics, such as politics, sports, movies, celebrity feuds and even television shows, making them susceptible to controversy.

Some particular memes that gained people's attention so far in 2017 were the "distracted boyfriend," the "mocking spongebob" and the "snapchat hotdog" memes. On my quest to discover why people love memes so much, I decided to ask some of our students why memes are so appealing.

"Memes are a way to express our weirdest emotions," sophomore Kevelya Koppa said. "They are just too relatable."

While this made perfect sense, I looked for another perspective. Why are memes relatable and what makes teenagers so drawn to them?

"The reason I think is because they're usually made by

older teens and college students, and they've already been through what we are going through, so we find it even more relatable," freshman Ryan Seese said.

Junior Chey Sirota shared a similar opinion. "Take for example the image of a sweating frog that many teens relate to. It's a reflection of the anxiety they experience, and I suppose it's nice knowing they aren't the only ones feeling like that frog, too," Sirota said.

This seemed to clear things up a little more, but now I was intrigued as to why a creator makes memes. Some people create memes to make a political statement, to promote awareness or maybe just to share a funny idea or thought.

"Every meme tests my ability to creatively express my opinions and comedy, so in a way I make them for the challenge," Sirota said.

So where can you make a meme? There are hundreds of easily accessible apps and websites that generate memes and allow you to add your own images and text.

You can choose to select an image from your camera roll, online or take a picture with your camera in the moment.

Memes have made their way into today's culture and prove that a picture is worth a thousand words.

"They've taken hours of my life that I'm never getting back."

- Senior Jim Liu



(Photo/Nithya Kasarla)



(Photo/Cassandra Peña)

"Teens are able to relate to other teens through memes."

- Junior Chey Sirota

## Wrongful religious restriction

Kristen Quesada | Opinion Editor  
pl208162@ahschool.com

The United States, the staple of diversity, is only what it is today because of freedom. As guaranteed by the First Amendment of the Constitution, people have freedom of religion.

The Constitution states the government shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof, but may society?

The Constitution grants all religions an equal playing field. The United States as a nation grows more tolerant every day, but society seems to be choosing in which ways it does so.

According to Fox News, in the mid-summer of 2017, a campus chapel was being pressured into removing crosses, Bibles and other religious symbols from its 60-year-old church by a group that advocates for separation of church and state. While in the end no action was taken to remove these symbols, it brings up a very important question: Is this OK?

While there are advocates for tolerance sweeping the nation for all religions, there are also proponents of removing all meaning from religious symbols. Separation of church and state is in place to prevent the government from favoring one religion over another in its law making processes. A church should not be pressured into no longer being a church. A mosque should not be pressured into no longer being a mosque. A synagogue should not be pressured into no longer being a synagogue. The list goes on.

It is wrong for society to pick and choose which religions to support and not support, and it should instead respect an individual's choices because that is what freedom guarantees. The very dictionary states that freedom is the power to act, speak or think as one wants without hindrance or restraint. To ensure true religious freedom in the United States, society must not attempt to limit an individual's right to worship as they please, but instead embrace it as that which we are guaranteed by the Constitution.



(Graphics/Kristen Quesada)

### TOP DEFINITION

### meme

*It's not a word, it's a lifestyle.*

### EXAMPLE

*Him: Hey did you see that dat boi meme? It's so funny.  
Me: Get out of my house*

(Definition/Urban Dictionary)



## Editorials & Opinions

# Financial aid failures: where colleges fall behind

Vanessa Ryals | Online Editor-in-Chief  
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It may come as a surprise to know that despite the seemingly endless opportunities provided to students whose families are of low income – Pell grants, need-based scholarships, work-study programs – many colleges still fail to form socioeconomically diverse student bodies.

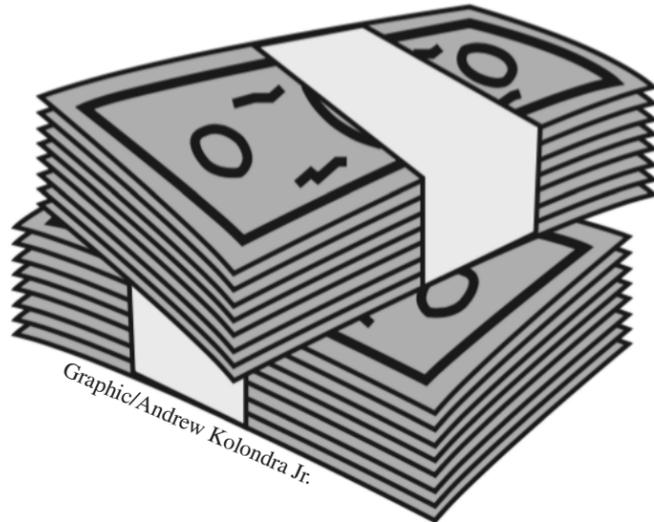
While some studies claim that higher education may serve as a socioeconomic equalizer, kids from families of upper and upper-middle income are eight times more likely to graduate from a college or university than students from households with low incomes, according to “Forbes.” Colleges have become richer and richer, but the struggle for low-income students to obtain a degree hasn’t become easier.

The majority of low-income students who score in the top 10 percent of SAT scores don’t apply to selective colleges, de-

spite these schools being able to meet their full financial need. The issue lies in the fact that selective schools often fall behind in efforts to recruit low-income high-achieving students.

According to the Census Bureau, only 20 percent of Americans make a six-figure salary. In contrast, many of the nation’s top colleges have a student body consisting of more students from the top one percent than the bottom 20 percent combined. The most shocking example being at Washington University in St. Louis, where 21.7 percent of the student body population comes from the top one percent of the U.S. population.

While having a large wealthy population might enable colleges to expend more aid on needy students, there is a more simple solution to increasing campus diversity. Through standardized testing agencies such as the College Board, colleges compile lists of stu-

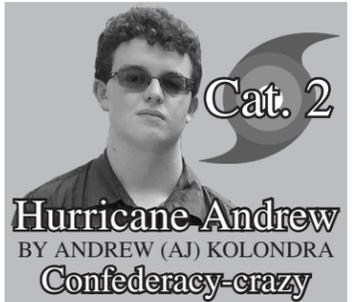


Graphic/Andrew Kolondra Jr.

dents to send emails inviting them to apply or to attend open houses. Higher-tier universities that can afford to finance students’ educations should take this one step further, and request lists of high-scoring students who also qualify for SAT fee waivers (aka students who come from low-income households). Colleges can send these students resources to encourage them

to apply to top-tier schools, and detailed information about how financial aid packages will make these schools affordable for them.

A college education should be accessible to anyone willing to put in the work for it, but with limited access for low-income students and colleges failing to do their part in outreach, that simply isn’t the case.



Hurricane Andrew  
BY ANDREW (AJ) KOLONDR  
Confederacy-crazy

Columbus Day. One of many holidays on which we look back and remember the first brave explorers to come to America. But as most people know, the arrival of European sailors in America had unintended side effects: indigenous populations suffered huge casualties, entire civilizations wiped out by disease.

OK, so Columbus wasn’t as great as some of us think. But he was integral in the colonization of the New World. So, do we memorialize him for his contributions, or do we shun him for his affronts to humankind?

The Columbus case resembles one of the most prevalent controversies currently: what to do with Confederate Civil War monuments.

Many people believe the Confederacy’s institutionalized racism and support of the despicable practice of slavery warrants the removal of all Confederate monuments. However, despite their faults, Confederate figures (and good old Chris) remain an important part of history and removal or destruction of memorializations would be impractical and expensive and alter the historical record.

Let’s look at a local example. Anyone who picked up the “Sun Sentinel” on Sept. 29 was greeted with a shocking question in huge letters: “Is Broward named for a racist?” Napoleon Broward, governor in the early 1900s and namesake of our county, was a segregationist who believed in purchasing separate territories outside the U.S. for “the negroes” to reside in. Despite his prejudice, Broward was instrumental in developing the land we call home, and his name shouldn’t be deleted from history. Besides, removing Broward’s name from history would be remarkably difficult and expensive – every piece of government letterhead, signs on every major highway, every public library (and every book within) and every document in the courts and public records bears his name. It’s simply unreasonable to think we can remove him from history.

Removing Confederate monuments could be taken to the next logical step – figures such as founding fathers George Washington and Thomas Jefferson. As President Donald Trump has said: “Robert E. Lee, Stonewall Jackson – who’s next, Washington, Jefferson?” Washington and Jefferson, two of the most important men in America’s history, were slaveholders. Now think of the Broward example, but with Washington or Jefferson. Interstate highways, colleges, public schools, cities – even the very state of Washington and the national capital (including two of its major memorials) would have to be renamed or removed.

Attempting to remove historical figures from history due to their now unpopular or unacceptable opinions is impractical and an overreaction. The Confederate controversy is just one of many issues which some are using to continue to divide American citizens and cause unnecessary conflict. We all simply need to remain level-headed in the face of this hysteria.

# Second-hand smoke: the silent abuser

Kelly Taylor | News Editor  
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Child abuse comes in all shapes and sizes, but the most common idea involves anything that physically harms a child. While ill-treatment such as hitting is an obvious child abuse offense, there are some parental habits that also prove life-threatening.

Second-hand smoke puts everyone inhaling it at a risk of serious health issues. However, the intake of second-hand smoke in the still-developing body of a child is even more dangerous. According to the Centers for Disease Control and Prevention (CDC), subjecting children to smoking regularly may stunt the growth of their lungs.

Not only does the consumption of tobacco make children more susceptible to serious illnesses such as cancer and cardiovascular disease, CDC studies have shown

that it increases their chances of coming down with a common sickness such as the cold.

A smoke-filled environment also aggravates formerly existing health defects including asthma. Children with asthma are already at risk of a life-threatening attack, and the constant exposure to smoke may increase the severity of serious attacks.

It is illegal for people under 18 to smoke due to legitimate health risks. Parents should not have the right to subject their children to chemicals that have been deemed illegal and destructive for minors.

If it is illegal for parents to harm their children, how is it legal for them to continuously put their children’s lives on the line by picking up a cigarette?

Second-hand smoking should be considered child abuse as it is just as dangerous as other forms of maltreatment.



(Graphic/Andrew Kolondra Jr.)

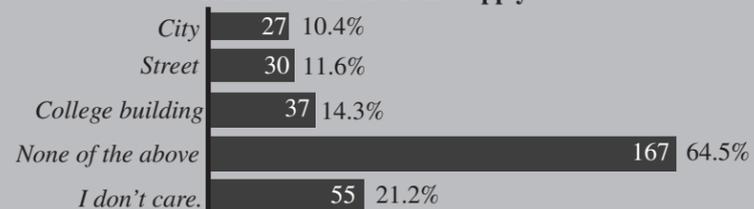
Smoking near children leaves well alter the whole course of a lasting mark that could very their lives.

## Confederacy crazy: student opinions

If a \_\_\_ is named after a Confederate war hero, it should be re-named. Check all that apply.

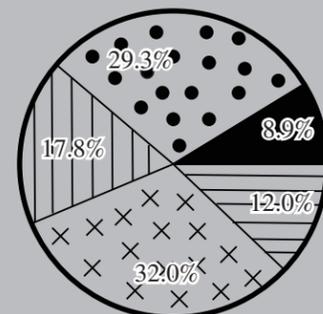


If a \_\_\_ is named after an important historical figure who owned slaves (e.g. George Washington or Thomas Jefferson), it should be renamed. Check all that apply.



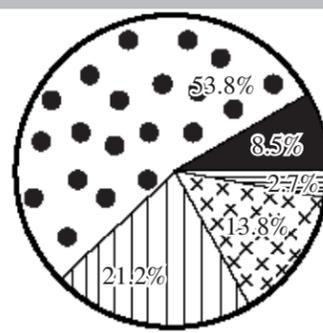
Should public statues of Confederate war heroes be removed?

- ☉ Yes, they should all be destroyed.
- ☉ Yes, they should be removed and placed in museums.
- ☉ Individual cities should be allowed to decide.
- ☉ No, they should be left alone because they are an important part of history.
- I don't care one way or another.



Should public statues of important historical figures who owned slaves (e.g. George Washington or Thomas Jefferson) be removed?

(261 students polled.)





## Editorials & Opinions

# Battle of the Sexes: *Boys and girls, what's the hardest thing about being each gender?*

At the heart of many gender-related debates lies misconception. In an attempt to clear up some of those misconceptions, the *Patriot Post* has asked students what they believe is the hardest issue faced by their own gender and of the opposing gender. Have another opinion? Email us at [patriotpost@gmail.com](mailto:patriotpost@gmail.com).

Compiled by Amber Bhutta | Co-Assistant Editor-in-Chief  
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### Guys

#### What's the hardest thing about being a guy?

"The hardest part of being a guy is that sometimes there is a notion that we're supposed to do more work as men because of societal expectations. It's seen as more pathetic if you're a stay-at-home dad than being a stay-at-home mom."



Sophomore Albert Ting

#### What do you think is the hardest thing about being a girl?

"The hardest part about being a girl is getting ready in the morning. Also, social groups."

"The hardest thing about being a guy is definitely having patchy facial hair."



Junior Mayyar Barazi

"The hardest part of being a girl is probably giving birth."

"The hardest thing about being a guy is realizing that you're already 16 years old and you still can't grow facial hair."



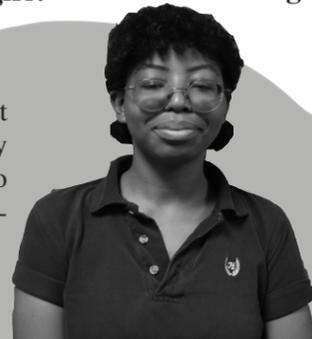
Junior Arnaldo Ferrebus

"I believe the hardest thing about being a girl is dealing with the menstrual cycle every month."

### Girls

#### What's the hardest thing about being a girl?

"People definitely don't take women seriously enough, so it's hard to move up when you're confined to your gender."



Junior Ariann Barker

#### What do you think is the hardest thing about being a guy?

"For guys, I think they have to live up to all sorts of expectations. Women breaking the rules is kind of 'in' and accepted now, but guys don't have the luxury, in my opinion, to break out of what they're 'supposed to do' as men."

"I think the hardest thing for me as a girl is when a guy makes a sexist joke or comment and expects me to be OK. Like, can you stop?"



Sophomore Eniya Krishnaraj

"There's definitely an expectation for guys to act 'manly,' and I think that stereotype is unfair for guys."

"For women, garnering the same quality and quantity of respect as a male attains is the most difficult obstacle second only to the pain of childbirth."



Senior Karen Lu

"Dealing with the expectations of masculinity. Sometimes guys don't like to ask for help or feel that they can't cry during sad movies because they feel ashamed or weak if they do so. Gender roles go both ways, and it's not just women who are expected to act a certain way. Also remembering to put down the toilet seat."

## Online shopping is the bomb.com

Carrie Kuecks | Features Editor  
[pl194961@ahschool.com](mailto:pl194961@ahschool.com)

Technology plays a large role in our lives, and it is time to embrace the world of online shopping. Whether you want to buy a new top that correlates with your Instagram aesthetic, a Polaroid camera or even food, online shopping can be the best option to save money and time.

Online shopping is fast, efficient and as simple as clicking a button. Shopping at the mall can be more costly in the long term when considering the cost of gasoline and the time that it takes to drive, find a parking place and walk around to find an item. According to the Huffington Post, the average American spends more than \$2,000 per year on gasoline to fill up the tank. Adding "mall runs" as an additional reason why this number is so large is unnecessary when online shopping is a viable option.

In addition, online shopping allows a shopper to avoid high-pressure sales techniques that may guilt you into purchasing products you do not need or may subconsciously enable you to stay in the store longer. According to Time magazine,

store owners use sensory branding such as sight and smell to get customers to stay in the store longer, hopefully encouraging them to purchase something. Many store owners will paint the walls certain colors or will offer free food to entice customers to purchase products they don't really want. These in-person experiences may cause impulse buying that can be avoided by shopping online.

Online shopping is a more global way of shopping. If you have a friend or family member that lives in other parts of the world, you can ship them a gift from an online shop without having to go to the post office.

Additionally, online shopping has more variety than traditional shopping. When shopping at the mall, you may see the same style of clothing repeated in every store. With a much larger array of shops online, it is nearly impossible to not find the right item for your taste. Online shopping does require self-control, staying within a budget and factoring in the cost of shipping. Shoppers should also be fully aware of return policies and limitations when shopping online.

An argument against online shopping is that retailers can be "sketchy" and not as reliable as large, well-known retailers one encounters shopping in-person at the mall. Most online shopping websites have a comment section where other shoppers leave reviews on the product.

Although reviews are subjective, they can be extremely helpful when deciding whether to purchase a product. This type of consumer feedback does not exist in the mall. Shopping in the mall is not just a function of completing a purchase, it is a social and cultural experience that cannot be replicated online. In-person shopping also allows for a consumer to try on clothes and inspect the quality themselves and not just rely on a reviewer.

If you want to know where to

online-shop until you drop, note that most of your favorite stores at the mall have websites. In addition, Amazon.com has a wide variety of products to purchase typically at lower costs.

Online shopping is a perfect example of how technology makes our lives easier. It is time to embrace tech-culture and give online shopping a try.



(Graphic/Andrew Kolondra Jr.)



## Editorials & Opinions

# It's not only the caffeine

*Is Red Bull really the ultimate partner for an all-nighter? Despite the common idea that energy drinks are helpful, they might not give you that extra kick you were looking for.*

Kenzo Kimura | Staff Writer  
pl225601@ahschool.com

Energy drinks such as Red Bull and Monster Energy are a staple of many students' lives, often used to pull all-nighters to study for exams or to survive long days at school.

What many students don't know is that most of these caffeinated and sugary drinks are extremely detrimental to one's health. A "sugar crash" may be a temporary effect for some, but increased risks for heart attacks affect all.

Students may think energy drinks are solely a sweet, caffeinated, fizzy drink which acts as a substitute for coffee. But what many of us don't realize is that this substitution is far more dangerous for our bodies than any other caffeinated beverage. According to Reuters Health, "Drinking 32 ounces of energy drink is associated with potentially harmful changes in blood pressure and heart function that are beyond those seen with caffeine alone."

In order to find more specific effects of these energy drinks, Reuters analysts looked at physical changes in a gathering of 18 men and women after consuming a commercially available energy drink and after drinking another drink with the same amount of caffeine, with the exception of the ingredients that energy drinks include.

Dr. Will Boggs, a reputable Reuters journalist and researcher, found that besides the 320 milligrams of caffeine - the amount in about four cups of coffee - "the energy drink contained 4 ounces of sugar, several B vitamins and a proprietary energy blend of taurine and other ingredients that are often found in drinks such as Monster Energy, Red Bull and 5-Hour Energy.

"Taurine, a free form amino acid produced in the body, is good for the body in moderation. However, too much taurine can directly lead to high blood pressure to strokes and seizures to heart disease," Boggs said.

Although energy drinks may keep adrenaline high throughout

the day, students need to remember that caffeine is not the dangerous ingredient of these drinks. It's every other ingredient used to enhance flavor and maximization of adrenaline like Taurine. Some students are starting to take action against drinking energy drinks by refraining from them and using substitutes.

Senior Chris Matei said: "I used to always drink Red Bull before any tournaments, but I stopped since I learned about the dangerous things it could do to my body. Now I drink tea or coffee in moderation."

Instead of consuming these potentially dangerous beverages, you can always switch to a healthier method of keeping yourself awake. After all, having a good night's rest or a cup of coffee is the best way to stay awake the next day.



(Graphic/ Maia Fernandez Baigun)



## The snowflake

BY VANESSA RYALS

### In defense of DACA

Removal of Deferred Action for Childhood Arrivals (DACA) is perhaps the biggest insult to immigrants President Donald Trump has given since calling Mexicans rapists and criminals.

Since his inauguration, Trump has advocated for several anti-immigrant measures including his self-proclaimed "Muslim Ban," the RAISE Act (which slashes the number of legal immigrants without increasing merit-based immigration) and building of a "border wall" between the U.S. and Mexico that will, as Trump has stated, be paid for by Mexico.

As someone whose family members have been protected by DACA legislation, the reality of its removal struck me particularly hard.

Children and adults who benefit from DACA, also known as dreamers, are not rapists or criminals or any other derogatory term Trump has used in the past to describe immigrants. In order to be eligible for DACA, recipients must not have committed a felony or multiple misdemeanors. Dreamers are often Ivy-league bound students, workers and beloved members of our community. Rescinding DACA protections is a direct, unsympathetic attack based on the unsubstantiated argument that foreign-born people who come to the U.S. are responsible for the declining employment of native-born Americans.

As indicated by the Bipartisan Policy Center, the employment rate - defined as the percent of population out of work but actively looking for work - among native-born Americans has decreased 6 percent, while employment among foreign-born Americans has decreased only 2 percent. However, the reason for this discrepancy is that native-born Americans are exiting the labor force in increasing numbers to retire, file for disability or pursue higher education.

Further research by the Cato Institute and Center for American Progress indicates that ending DACA will strip the U.S. economy of \$280 billion to \$430 billion over the next decade.

Dismantling policies that keep families together and provide opportunity for young people who come from disadvantaged circumstances proves that President Trump's intentions to "Make America Great Again," seems to be "Make America White Again."

# Are eight Ivies really the goal?

*Are you planning on applying to all eight Ivy League schools? If so, you might be making a mistake. Read below to find out why.*

Vanessa Ryals | Online Editor-in-Chief  
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"College is a match to be made, not a prize to be won," but as the eight Ivy League institutions become more and more competitive to enter with each graduating class, it's fair to raise the question - Should students really be applying to four, five or even all eight of these schools?

Of all college graduates only .04 percent graduate from one of the Ivies, but most of them go on to live happy and successful lives.

High school seniors shouldn't waste hundreds of dollars in application fees just to say they were admitted to Brown or Princeton. In fact, students who fit into the Brown niche probably shouldn't apply to Princeton. While acceptance into an Ivy League university

is an honorable achievement, students should seek colleges based on fit, not prestige.

Each Ivy has distinct values, curriculum, location and composition. While students at Brown can enjoy a completely open curriculum, students at every other Ivy are confined to a structured course load.

To illustrate these differences, here is a breakdown of the "holy trinity" of the Ivy League schools per 2017 statistics:

**Harvard:** With a 5.6 percent acceptance rate, Harvard is the most selective of the Ivy League schools. It is also the largest with 29,652 total students. Dorm assignments are subdivided into houses sophomore year, inspiring a sense of community among students.

The campus demographic is 43.3 percent white, and 56.7 percent minority races (African American, Asian, Hispanic or Latin and Native American or Pacific Islander) and non-U.S. citizens. Its curriculum boasts 173 major choices, and its location in Cambridge, Mass provides students with plenty of internship opportunities in Boston and surrounding areas. There are 0.69 reported hate crimes on campus per 10,000 students.

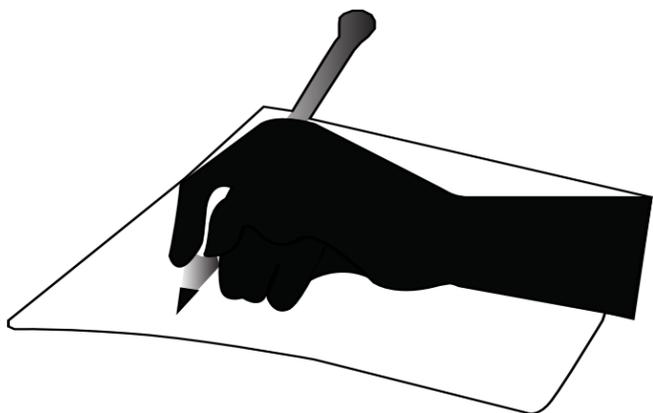
**Yale:** Yale has a 6.7 percent acceptance rate and a renowned liberal arts undergraduate curriculum. Students can try out classes at the beginning of each academic year during a "shopping" period, and choose between more than 120 different major options. Before admitted students even step foot on campus, they are randomly sorted into one of the university's 14 residential colleges.

The student population demographic is 47 percent white, and 53 percent minority races (African American, Asian, Hispanic or Latin and Native American or Pacific Islander) and non-U.S. citizens. New Haven, Conn., isn't quite as boasting in internship opportunities as the major metropolis Harvard is located in, but reported hate crimes per 10,000 students is at its lowest possible, zero.

**Princeton:** Princeton has a 7.1 percent acceptance rate. The campus is located in the rural suburb of Princeton, N. J., and is considered one of the more affluent college towns in America. Unlike the large number of majors offered by Harvard and Yale, Princeton students must choose among only 44 majors.

At Princeton, all freshmen and sophomores must live and dine in one of the six residential colleges. The university places strong emphasis on undergraduate scholarship, and most students must commute to internships. The student population demographic is 41.6 percent white, and 58.4 percent minority races (African American, Asian, Hispanic or Latin and Native American or Pacific Islander) and non-U.S. citizens. Reported hate crimes are the highest of the top three Ivies, at 2.47 per 10,000 students.

Every Ivy League institution's student body divisions, location and educational opportunities vary in such a way that there is no justifiable reason to apply to all eight. Students should not apply to colleges on their perceived prestige, but rather where they would best fit in.



(Graphic/Maia Fernandez Baigun)



## Features



### The Q Concept

BY KATHERINE QUESADA

#### SERVICE TIPS

Throughout high school, the importance of community service hours has been drilled into our brains, with the “it looks good for college” tag. However, what many forget to mention is that service looks good for college, if you enjoy it.

As a senior, I have seen how important it is for one to convey themselves and their passions in a transparent prose, where farce is easily spotted. If you do not enjoy handing out water bottles at your city’s little league tournaments, colleges will see through it in your application.

The best way to spend your time is how you enjoy spending it in a research lab, on a playing field or in a movie theater. Colleges look for students with unique extracurriculars, and if that means never having a Friday night free because they’re all spent at concerts, go for it – fully embrace your passions.

On the other hand, if community service is your niche, as it is mine, pursue that instead. My freshman year, I founded the nonprofit organization, Friends for Fosters, Inc., through which I dedicated my time to fundraising for foster children in South Florida.

Although it sounds difficult to start and run a nonprofit, with an organized schedule and a plan, anything is possible. The first six months were rough in terms of raising funds and making connections, but after writing letters to corporations and reaching out to local businesses, Friends for Fosters accomplished its first goal of donating 150 duffel bags to foster children who are left to carry their belongings from home to home in trash bags. The organization went on to host a toy drive and donated more than 200 Christmas gifts to children from a local foster agency. Throughout the process of running the organization, the best times I’ve had are interacting with people who have the same goals as I do: to improve the lives of children who have lost hope.

Every time I call an executive of a company or sell cookies at a bake sale, I don’t look at myself as trying to raise money but as trying to spread the word of an often forgotten youth group in our community. At the end of the day, the most rewarding part of volunteering in my own organization, making and following my own rules, is seeing the direct impact I am making through determination and hard work.

# Clubs post to promote

Sloane Kapit | One-Pager Editor  
pl233383@ahschool.com

The effort to spread the word about clubs and reach out to members can be a challenge. Leadership teams in clubs have come to a viable solution: accounts on social media.

Not only does this give viewers and followers a taste of what being a club member entails, but it also makes this knowledge accessible and far-reaching.

According to CNN, teens spend around nine hours a day using media.

Clubs have taken this knowledge and used it to their benefit

by creating accounts featuring themselves. These accounts, on Instagram, Twitter or Facebook, can be used to promote meetings or important events, discuss goals and depict the day-to-day activities of their members.

#### @ahs\_patriotdancers

“I always post reminders for things like bake sales and important rehearsals and announcements for auditions and performances, along with videos and pictures of Company and Patriot Dancers in class and during shows.

“Last year, I started posting clips on Instagram of each senior performing their senior solo.” -senior Victoria Baez, who has experience

running the @ahs\_patriotdancers Instagram account

#### @heritage\_mun

“On the Model United Nations Twitter, only the highest quality content is posted. Specifically, the objective of the Model UN social media page is to notify current members of the club of the occupancies.

“Additionally, we like to have fun. Therefore, oftentimes comedic aspects are promoted as a method to appreciate the hard work that is put in.

“As the saying goes, nothing not worth joking about is worth talking about.” -junior Paul Yermish, who runs the @heritage\_mun Twitter account

#### @ahskeyclub17

“I believe that when my club is on social media, we connect with our members on a whole new level.

“Whenever we post something new, whether it be on Instagram or twitter, we show new and returning members how fun our club can be.

“Because of our increasing number of members, we need to find new ways of being inclusive toward all of our key clubbers.

Social media is the answer to that.” -junior Kenzo Kimura, who runs the @ahskeyclub17 Instagram and Twitter accounts

# Carrie Tries: Set Design

*With so many activities to do at American Heritage and in South Florida, it can be overwhelming to decide what to do. Features Editor Carrie Kuecks plans to try various clubs and activities on campus and in South Florida.*

Carrie Kuecks | Features Editor  
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Set Design is a Fine Arts credit class where students learn the process of building a theater set and learn to build one.

Students can also compete in the set design district wide competition, and, if they place high enough, they can compete at the state-level in Tampa during the spring.

In the class, students work on creating a set for one play throughout the semester; the end goal is to create a 3D colored set model. The class is structured to have little homework and mostly in-class assignments.

Scenic designer and Set Design teacher Ms. Meghan LaLonde gave me a tour of the upcoming fall play’s set design and then let me build.

Prior to building real sets, set designers create a model for the play. I decided to create a model chair. For beginners like me, it was easier to work using thin paper to make the set chair while more experienced designers use thicker material. Ms.

LaLonde taught me how to create the chair out of paper and let me get to work.

I worked on a self-healing cutting mat to avoid scratching the table under the paper I cut. It was my first time using an X-Acto Knife and Ms. LaLonde instructed me to cut away from myself and to cut in the center of the large grid paper sheet in order to prevent running out of room.

The grid paper squares are used to represent inches when creating a set model. Ms. LaLonde lets her students be creative and figure out their own methods of creating pieces and also instructs students at the same time. The class size of set design is usually small and students receive individual instruction.

To create my chair, I drew a flat drawing of a chair on grid paper. Next, I cut out a rectangle and legs out on the sides. I added curves to the top of the chair in attempt to add style and personality.

After I cut out the chair, I folded the seat of the chair upwards to get it to stand. Finally, I added armrests to the chair by rolling up



**CARRIE TRIES SET DESIGN:** Students in the Set Design class create models of different plays and learn the art of creating a set. A tip I learned is that drawing out a design prior to cutting makes it easier to cut out. This chair took around 10 minutes to create. (Photo/Carrie Kuecks)

pieces of paper and taping them onto the chair and then my chair was complete.

If you are interested in taking the set-design class, make sure to take the Visual Concepts Fine Arts prerequisite class.

If you have an interest in learning how to design beautiful sets and scenery for plays, you should definitely consider trying out the set design elective.

# Sophomore programs new apps

Angela Lin | Co-Assistant Editor  
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While most students play games in their free time, sophomore Dylan Riffle, programs them. Riffle’s love for programming started when he signed up for a computer science class in fifth grade. The class taught him the basics of programming, and he eventually mastered the skill himself. Riffle launched his first app, Meoww, in August 2016, and since then, has produced several others such as Peanut Butter Toss and Marshmallow Maniac. To create an app, Riffle first brainstorms for an idea. He then

creates blank characters and objects and starts to create the art. After inserting the art, he creates the music.

He then uploads his finished project on the Apple Store and the Google Play Store.

His older apps are only downloadable with an iPhone because his programs are written on Swift, a programming language, but his newer apps have made it to Android phones, too.

More than 1,000 of Riffle’s app downloads are from China.

“I got a thousand downloads from China just based on luck. I was so surprised when I saw the numbers,” Riffle said.

Currently, Riffle is developing several more apps as well as maintaining his previous ones. Check out Riffle’s website at dylanriffle.com or download his

apps Meoww, Peanut Butter Toss, Pantry Madness and Marshmallow Maniac, from the Apple or Google Play Store.

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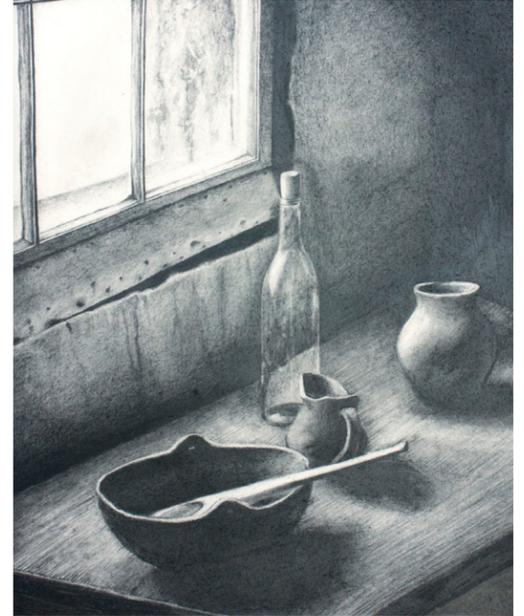
Features

# Everyone Has a Story:



(Submitted by Azzara Nincevic)

## Azzara Nincevic



(Drawing/Azzara Nincevic)



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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.*

Our typical mad hunt for an EHAS selection method was thrown out of the proverbial shutter-covered window due to a literal natural disaster in the shape of Hurricane Irma. In the midst of power outages, fallen trees, the thought of Halloween candy beckoned us like a light at the end of the tunnel.

We filled a hastily acquired animal cracker jar with exactly 247 pieces of assorted candies and stationed ourselves outside during lunch, luring people in with a poorly-made poster and inviting them to guess how much candy filled the jar. Despite many students' attempts at mathematically calculating the correct number, junior Azzara Nincevic simply glanced at the jar, wrote down her guess and walked away, leaving us stunned as we read the correct number.

A Florida native, Nincevic has attended American Heritage since preschool. Taking after her

older sister Natalia, Nincevic has had academic inclination in her blood since she was young.

From an early age, Nincevic's aptitude in math has far surpassed that of her peers. Starting in Lower School as a part of the advanced math class, Nincevic participated in a self-paced, on-line math program for 20 minutes a day. Through this course, she finished Algebra 1 during fourth grade. At the end of fifth grade, administration allowed Nincevic to take the Algebra 1 final exam, which she passed. Having proven her math prowess, she proceeded to take geometry, a class many students don't take until high school, in sixth grade. From then on, Nincevic took math competition classes until her freshman year, in which she took AP Calculus AB and AP Statistics.

"I'm currently a junior and taking multivariable calculus, the final math class the school offers," Nincevic said. "Beyond

that, I'm really not sure what next year holds for me in terms of math classes."

Math isn't the only area Nincevic excels in. Despite starting at age 10, later than the stereotypical dancing-in-diapers ballerina, Nincevic's ballet career advanced rapidly. From humble beginnings as a new dancer, she quickly fell into a schedule that often included 25 to 30 hours of practice a week.

"Dance requires a lot of discipline, and you're constantly working to improve," Nincevic said. "It's a sport that helps build character and physical strength."

Nincevic's dedication culminated in her being offered a position at the Miami City Ballet pre-professional program. However, due to the huge commitment and her simultaneously receiving a scholarship at American Heritage, she declined the offer and put her dance career on hold in favor of academics.

"Ideally, I would've gone to Heritage and done the dance program after school, but it required attendance from 3 p.m. to 8 p.m., and would have required me to change schools," Nincevic said.

Though her dance career is on hold, Nincevic's interests stretch beyond the scope of the math and dance to include robotics, computer science and visual arts.

"I've always liked drawing since I was a little kid," she said. "I never really started taking it seriously until sophomore year when I decided to pursue visual arts more strongly, especially after stopping dance." Nincevic currently takes Art Composition Honors in preparation for AP Studio Art senior year.

After high school, Nincevic plans include expanding her interests in the STEM field, pursuing her other interests such as politics and psychology and taking up dance once again as a hobby.

## Senior Jersey Spotlight



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

Senior jerseys for the class of 2018 are finally here, and with them returns our monthly feature: Senior Jersey Spotlight.

When the movie "Moana" came out last November, Anya Gunewardena's friends immediately recognized the similarities between her and the island princess. They look similar, have similar names and both hail from an island nation (Gunewardena is from Sri Lanka). And so a nickname – Moanya – was born.

But where Gunewardena truly relates to the Disney heroine is through her values. "The movie does not focus on a princess who's looking for the attention of a prince, but rather a princess who wants to live her own life," Gunewardena said. "Just like her, I want to write my own story."

And that she does through her active lifestyle and involvement in many activities both in and out of school. "Moana likes to travel just like me. She sees the world as an endless adventure, and I like to approach the world with the same mentality," Gunewardena said. "I love my island, and just like Moana, I do everything I can to make my island proud."



Woogie.org is a registered 501c3 nonprofit charity.

*In memory and in order to honor Dylan Wohlgemuth, the funds collected through Woogie.org will go towards the Woogie Scholarship and to provide financial support for baseball programs in both schools and individual leagues K-12.*

**Visit woogie.org to donate.**

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# Coffee vs. Tea: H

Compiled by Carrie Kuecks, Amber Bhutta, Kenzo Kimura and Kelly Taylor.

## Where to get your fix

Caffeine. To some students, it sounds gross. But to many who need it in order to survive long nights of studying or simply to employ their basic needs, they think it's beautiful. Not only do coffee and tea bring joy and energy but they seem to be following a popular cultural trend in today's society. Nowadays, with coffee shop chains such as Starbucks and Dunkin' Donuts providing people with fast and inexpensive coffee, more options are starting to become available. High school students who are constantly bombarded with intricate coursework and assessments need to take breaks and relax.

Here are a few coffee shops around our school that provide a "chill" atmosphere:

### Ella Cafe

One of Plantation's most popular coffee shops, Ella Cafe brings something new to the table of relaxation. With traditional espresso and lattes being served in a shabby-chic setting, students are able to alleviate stress by taking a seat and having a cup served with a variety of sandwiches and soups. Ella Cafe provides an example of one of the newest, yet most traditional designs in a coffee shop: comfort. Additionally, you can opt for a hot or cold cup of tea. For those looking to calm down in a warm atmosphere, the address is 9743 W. Broward Blvd., Plantation.

### 22 Bliss Cafe

Many students tend to care about their health and the environment, so when some restaurants commit to healthier choice options at reasonable prices, everyone becomes happier. As stated in 22 Bliss's description, the cafe is a "popular outpost offering organic espresso, smoothies and light breakfast/lunch fare in a casual venue." With vegetarian options and organic coffee served daily, those who crave a new alternative have this option along with a large variety of coffee and tea. The address is 8353 W. Sunrise Blvd., Plantation.

### Aroa Craft Yogurt & Cafe

Although mainly known for its delicious brand yogurt, Aroa Cafe is a coffee/tea shop in which customers are allowed to achieve a whole new taste experience. With a variety of yogurt options available and various lattes, espressos and a myriad of hot and cold teas, those with a sweet tooth can take part in it. With a more modern architectural design and revitalized menu of salad dishes, those who want to stay hip and cool during the school year can always visit. The address is 1045 S University Drive, Plantation.

Although we only featured three coffee shops, there are many more in the area students can try out. Whether it's for the Instagram or for the brain, coffee brings students together, through social interaction and a shared love for the hot or iced beverage.



**Starbucks:** \$1.75, tall

**Dunkin' Donuts:** \$1.59, small

**Panera Bread:** \$1.79, small



(Photos/PNG Tree)

44%

of Upper School teachers prefer tea to coffee

Results based on a poll of

## Kite high

Amber Bhutta | Co-Assistant Editor  
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As high school students born and bred in a heavily coffee-based culture, many of us consider coffee not only a warm drink to enjoy out with friends, but also a means to wake up and stay awake on days when sleep is in short supply.

On the other hand, though the word "tea" summons images of raised pinkies and dainty teacups, many people often drink tea in lieu of or in addition to coffee as a means of revitalization.

While many attribute coffee and/or tea's reinvigorating properties to caffeine under the guise of common knowledge, how caffeine stimulates the body is not as well-

"I prefer tea because of the preconceived notion [I have] that coffee kills brain cells. I feel like it is unhealthy to rely on something for energy, so I have caffeine-free tea."

-Sophomore Zahra Willis Cox

(Graphics/Katherine Quesada)



# HOW WE stay woke

## Coffee Myths Debunked



### 1. Coffee stunts your growth.

Parents usually don't want to give coffee to their children because coffee is associated with insomnia and restlessness. Besides those symptoms, the common idea that coffee stunts growth keeps parents from giving their children coffee. However, research has proven that there is no evidence that coffee has any effect on a child's development. Caffeine was once associated with osteoporosis, a condition in which bones become fragile because of the loss of tissue. According to a study involving 81 children for six years, researchers found that those who consumed the most caffeine every day did not have a "difference in bone density or gain by the end of the study than those with the lowest." (nytimes.com)

### 2. A shot of espresso has more caffeine than a cup of coffee.

Sometimes downing a shot of espresso instead of a cup of coffee seems like a solution to curing your extra tiredness. Technically, a shot of espresso has 63 mg of caffeine compared to regular coffee which has 12-16 mg of caffeine per ounce. Though espresso has more caffeine, people usually drink at least eight ounces of coffee which typically has 95- 128 mg of caffeine. Caffeine in espresso and coffee also vary by brand. (consumerreports.org)

### 3. Decaf coffee is caffeine-free.

That after dinner cup of coffee might just be the reason that you can't sleep at night. Though not as caffeinated as a regular cup of coffee, decaf coffee still contains small doses of caffeine. According to researcher Bruce A. Goldberger of the University of Florida, five to 10 cups of decaffeinated coffee has about the same amount of caffeine as one or two cups of regular coffee. Though it is a small amount, people with medical conditions such as high blood pressure and heart arrhythmia who are told to abstain from caffeine, could be affected negatively. (webmd.com)

### 4. Coffee dehydrates you.

This misconception is often believed because caffeine is a diuretic, a substance that causes urination. This leads most to think that the more you urinate, the more water your body is losing. According to Marie Barone, a UC Davis Medical Center dietician, drinking coffee a few times a day will not dehydrate you. Since coffee is mostly water, it goes towards your daily fluid intake. In a study by the Journal of Human Nutrition and Dietetics, researchers determined that consuming caffeinated beverages did not lead to excess fluid loss. The water lost in your body is replaced with the water you drink. In another study by PLOS ONE, researchers found that three cups of coffee a day is equal to three cups of water a day. (lifehacker.com)

56%

of Upper School teachers prefer coffee to tea

of 140 Upper School teachers

**Starbucks:** \$1.85, tall

**Dunkin' Donuts:** \$1.59, small

**Panera Bread:** \$1.89, small



## ON caffeine

known. As magazine Scientific American explains, at the cellular level, caffeine inhibits a chemical called phosphodiesterase (PDE).

Inside cells, PDE normally breaks down the second chemical messenger cyclic adenosine monophosphate (cAMP). When caffeine stops the breakdown of cAMP, its effects are prolonged, and the response throughout the body is amplified.

In the heart, this response prompts norepinephrine and a related neurotransmitter, epinephrine, to increase the rate and force of the muscle's contractions.

This leads to many commonly known side effects of caffeine, including elevated heart rate and increased blood pressure.

"I prefer coffee because I hate tea."  
-Junior Marisa Balzano



## Features

# Student Emigrates from Venezuela

Yasmeen Altaji | Staff Writer  
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"The city was devastated, like the rest of the country, but there was still a great vibe there... people were happy," said Carlos Suberviola, senior, about the hometown he recently bid farewell to.

The Venezuelan socioeconomic crisis has escalated significantly since the days of Hugo Chávez and rolled over into the presidency of Nicolas Maduro. It is the worst economic crisis in Venezuela's history, with millions of citizens impacted.

The Suberviola family made proactivity a priority. "I used to come [to Miami] every summer to visit family here; we made the decision to stay a year ago," Suberviola said. They set up travel arrangements; Suberviola and his brother, junior Luis, applied to American Heritage; and the family was set to depart from their home over the summer.

A difference of resources is a notable feature of attending a new school. "Here we have iPads, TVs, and websites at our disposal, all of which would be difficult to

have at my last school," Suberviola said. "We basically only used notebooks and pencils."

The adjustment to the rigorous curriculum is in process. "I like the teaching methods better here as they are more effective and objective, but I like the environment of my old school better, since it's warmer and less overwhelming."

Suberviola has now begun to shift his focus toward college. "I knew I was going to be a senior here, so I started the college process a year ago. It's tiring," he said. Suberviola plans on

pursuing a career in engineering, and MIT and Carnegie Mellon are a couple of his top choices.

"I'm willing to go anywhere in Boston or the Northeast; I like the college feel there."

Of course, there is a bit of adjustment that comes with moving to a new country.

"I miss my friends. I don't miss the fact that there is no medicine or food, but I always miss the happy vibe," Suberviola said.

"In part, I'm glad I moved. I'm part of a whole new experience."



**BEACH SMILES:** Senior Carlos Suberviola enjoys time at a favorite beach in Venezuela before he emigrated to Florida. (Submitted by Carlos Suberviola)

## Upper School PTO: More than Bazaar



**HARD AT WORK:** Parent volunteers display food at the High Honors Breakfast. This dedicated group of parents hold this event three times a year for students in grades 7 through 12. (Photo submitted by Michelle Kuecks)

Kayla Rubenstein | Staff Writer  
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The College Fair, High Honors Breakfast and Holiday Bazaar all have one thing in common: the Upper School PTO. Every year, a dedicated group of parents band together to bring these events, as well as numerous others, to the junior and senior high students on campus.

All students in grades 7 through 12 have the opportunity to be a part of one of the events, but not everyone completely understands the extent of what the Upper School PTO truly has to offer.

One of the events the PTO had planned was the College Fair Thursday, Oct. 12. The PTO also runs the High Honors Breakfast.

"It is a huge undertaking, where we serve about 1,000 students a full hot breakfast," said Mrs. Michelle Kuecks, this year's Upper School PTO president. This event, taking place every quarter, allow students with a qualifying GPA of 4.33 to eat a breakfast sponsored and distributed by the PTO.

While there are many events throughout the year, by far the largest event is the Holiday Bazaar. This event does not apply to just Upper School, but rather the entire school. Involvement from students range from Lower School students singing holiday songs to Upper School clubs selling raffle tickets and competing in the baking contest. Prizes are

awarded by the PTO to students and clubs who participate in ticket selling, home baked goods, and volunteering competitions. The PTO manages 30 vendors selling a variety of items, such as jewelry and clothing. Without the dedication of the parents at the PTO, this would not be possible.

While the work put into these events by the PTO is by no means simple, the parents involved in the project contribute to every step they can.

"I think the best part about participating in PTO events is working with some incredible parents at American Heritage. We come together for one reason: the students," Mrs. Kuecks said.

## Merrymaking in Munich

Katherine Quesada | Co-Editor  
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What do you get when you combine music, dirndls and sauerkraut in a tent? Oktoberfest! Although this massive celebration is often associated with beer, Oktoberfest offers much more to people than a pint. Originally a wedding festival following the nuptials of Bavarian Crown Prince Ludwig and Princess Therese Von Sachsen-Hildburghausen in 1810, Oktoberfest holds food and fun at its core.

The merrymaking festival was originally dry, forcing brewsters to sell outside the fairground, but always centered itself on family fun, hosting horse events, a carousel and agricultural games. Now, the celebration includes music, amusement rides, dancing and traditional Bavarian fare.

The main Oktoberfest is held in Munich, Bavaria, and holds the title of the world's largest folk festival, with 6 million visitors a year. This year's event lasts 16 days, Sept. 16 - Oct. 3, featuring 14 tents set up in a field outside of Munich called Theresienwiese, or "wiesn" for short. However, hundreds of festivals are celebrated around the world.

Senior Nick Baran has attended numerous Oktoberfests in his hometown of Hamburg,

Germany. "My favorite memories are mostly of me hanging out with my cousins at the festivals," Baron said. "It's a chill positive atmosphere where everyone takes time off work to sit back and talk to friends, family and strangers." Touching on the cuisine side of the fair, Baron recommends two German delicacies: bratwurst (sausage made from veal, beef or pork) and currywurst (fried pork sausage), two of his favorite festival foods.

Two Oktoberfests take place in Miami: Sam Adams Oktoberfest and Oktoberfest Miami. Sam Adams Oktoberfest goes on Oct. 6 - Oct. 8 at the MANA Wynwood convention center (2250 NW Second Avenue Miami) and will feature live music and authentic food. The German American Social Club of Greater Miami hosted its 60th Oktoberfest Miami Oct. 13-15 and will continue festivities Oct. 20-22, featuring games, rides, German food and live music.

The German American Social Club of Greater Hollywood hosted its Oktoberfest Sept. 30 and Oct. 4, and will end festivities Oct. 28.

For more information visit, [thisisoktoberfest.com](http://thisisoktoberfest.com), [german-americanclubhollywood.org](http://german-americanclubhollywood.org), or [gasciami.org](http://gasciami.org).

## OKTOBERFEST

*in the details*



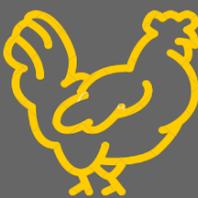
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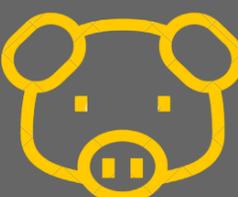
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116  
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140,225 pairs  
of pork sausages



83  
telephone booths



34  
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Statistics from Oktoberfest in Munich, Germany (Graphic/Katherine Quesada)



## Features

# WTWU: Mrs. Daniela Conn

*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).*

Kelly Taylor | News Editor  
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Junior high U.S. history teacher, Mrs. Daniela Conn, never dreamed of becoming a teacher when she was a student at South Plantation High School. As a high school student, Mrs. Conn aspired to be a straight A student and future doctor.

Mrs. Conn's love for history developed at the hands of her Honors World History and AP European History teacher in her sophomore and senior years. "He was the first teacher I had that made history interesting, and I thought that was pretty cool. I thought that I'd love to do that, but I didn't want to be a teacher," Mrs. Conn said.

Mrs. Conn was the secretary of student government and active in the environmental action group, Key Club, and People for the Ethical Treatment of Animals (PETA). She even became a vegetarian at age 15. Her love of animals drove her to volunteer at the Broward Humane Society when she wasn't at school or working at the Häagen Dazs Ice Cream Shop in the Broward Mall where she became a manager.

She dreamed of going to college in New York and applied to Hofstra, NYU and Columbia.

She was accepted into most of the schools she applied to,

but she didn't want the debt that came with out-of-state tuition. Upon receiving the Florida Bright Futures scholarship, Mrs. Conn decided that the University of Florida (UF) was the right choice for her.

Although she was dead set on college, choosing a major was no easy task. She changed her major six times her junior year, switching from pre-med to history.

"I was always, and still am, all over the place," Mrs. Conn said. "I always liked to try different things and classes, and I still am that way."

Originally, Mrs. Conn wanted to be a doctor but she changed her mind after attending her first biology class, which she dropped. While testing different majors in her first couple years of college, Mrs. Conn knew that she loved history, but she couldn't see herself teaching for the rest of her life.

"Ultimately, I decided to spend the next two years of college studying what I love and figuring out what lay ahead when that decision needed to be made. My philosophy during school was similar to my philosophy in life...life is just too short to not wake up and do what you love every day."

Mrs. Conn graduated from UF with a degree in history and a minor in Hebrew. Unsure of

what her next step would be, Mrs. Conn spent 15 months in an accelerated master's program to get her master's in Social Studies Education.

It was during her student teaching that Mrs. Conn learned the joys of teaching. Her decision was made when the teacher whose class she had taken over told her that she had to become a teacher because she was the best student teacher he had seen in his entire career. Even as she is teaching today, Mrs. Conn is still not set on the career.

"I still don't know what I want to be when I grow up. I'm just here temporarily," Mrs. Conn said. Despite her uncertainty about teaching, Mrs. Conn's interests in sharing history in an interactive way is still prominent in the way she conducts her classes. "I try to make them see that it's fun to learn about history if you do it the right way, you know. If you really try to bring it to life. I always have kids that tell me 'history is so boring. We just read out of a book.' I just want them to see that history actually isn't in a book; live people went through it."

**HALLOWEEN NIGHT AT HAAGEN DAZS:** Daniela Conn (left) working at Häagen Dazs ice cream shop with friends on Halloween in her junior year. (Photo submitted by Mrs. Conn)



## New principal leads Academy

Alyssa Herzbrun | One-Pager Editor  
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In August, students and faculty welcomed Mrs. Lana Buchalter to the Plantation campus as principal of American Academy school. Born in Russia where she lived with her parents and older brother, she and her family left when she was 7, fleeing religious persecution and seeking refuge in the United States.

Ms. Buchalter graduated from Barry University in 1993 with a bachelor's degree in elementary education, and she continued her education to receive a masters's in science and occupational therapy. Since then, she has worked with pre-school through adult age

students. Ms. Buchalter taught at the Plantation campus for six years, and then became principal of the Boca Delray campus for six years. She decided to move back to the Plantation campus because her children graduated from there, and it brought her closer to home.

Ms. Buchalter loves being a principal most because she looks forward to working with the students and the teachers every day. Her goal for the school year is to make sure that everyone including students and teachers learn and succeed. Ms. Buchalter said, "Anyone is capable of anything they put their mind to."



**INTRODUCING LANA BUCHALTER:** The new Academy Principal, Lana Buchalter, pausing from a busy day's work to pose for a picture. (Photo/Kelly Taylor)

## Breeding grounds for germs

*Do you know about all the germs your phone collects from surfaces throughout the day?*

Maia Fernandez-Beigun | Staff Writer  
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Everyone knows about how dirty the bathroom floor, the sub way, or even the bottom of our shoes are, but something else is lurking around with more than 15 times the germs of any of the above, and we use it every day: our phones.

We use them to make calls, search the internet, text, take pictures and play games. These devices are known to accompany us everywhere, but at what cost? What most of us don't know is how dirty our phones actually are. On average, an iPhone has around 25,000 germs per square inch, totalling to roughly more than 236,000 germs on the screen.

So, how exactly does your phone accumulate such staggering amounts of germs? How does it affect our daily lives?

We raise our phones to our ears to talk, providing an easy route for the germs to our faces. Additionally, we use our phones after meals, in public transport, after a workout, while playing with pets, and we even let friends use them.

Our phones are like honey for dust, except we are talking about our phones and germs.

Along with bacteria, comes the dreaded acne, infections, and diseases as well. What types of bacteria can be found on our screens? "94.5 percent of the phones were contaminated with some kind of bacteria many of which were resistant to multiple antibiotics," said Dr. Leah R Gerber from the University of Arizona.

Bacteria from influenza to the notorious E. coli have been found on people's screens. So what can we do about it?

Most cleaning products such as hand sanitizer or screen

wipes have been found to eliminate most germs superficially, but this leaves behind the bacteria trapped in the aux input and the speakers.

The ultimate solution would be to remain cautious about where you leave your phone, how you wash your hands, and who you lend it to.



(Graphic/Alyssa Herzbrun)



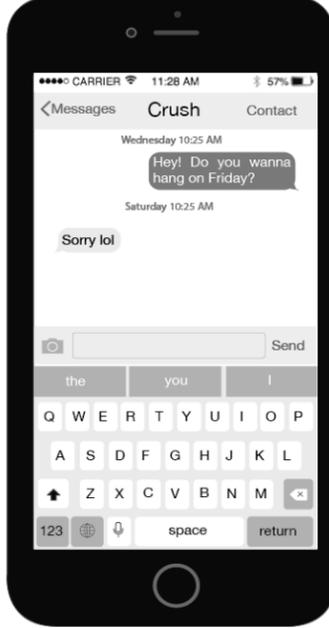
ENTERTAINMENT

# Five tips to take a hint

*In our online world, texting plays a vital role in budding high school relationships or friendships. If you are unsure of what he or she may be suggesting, it may help to ask yourself these five questions.*

Emily Irigoyen | Guest Writer  
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(Graphics/Angela Lin)



## Who usually texts first?

If you find you are always the one to start the conversation or if you struggle to keep chats alive, your texting companion may not be that into you. An important part of a texting relationship is balance -- each participant should be somewhat engrossed in what the other is saying and motivated to advance the conversation. If your texts appear one-sided, try talking about subjects the other person is passionate about; by making some of the conversation focused on their interests they will be more engaged in the conversation and may want to start new conversations with you in the future. If you try this and they still fail to show enthusiasm, that person isn't worth your time.

## Do they always ask for help with homework or other favors?

This scenario is a double-edged sword, because by asking for your help, the other person shows trust in your ability to provide such help, but he or she could also be taking advantage of you. If trusted friends or people you hope to grow closer to ask for help, they show willingness to share their lives with you and offer you time to get to know them. However, if people who don't normally interact with you in person nor through casual text messages repeatedly ask for favors through text, make sure to know where you stand in regards to them. This can be a sign they don't truly want to learn more about you but would rather benefit from your abilities without giving anything in return.

## Do they reply in only one word text messages?

Texters may be in a hurry or unable to text for a particular reason, and therefore may respond with one word replies occasionally, but if they repeatedly reply to your well thought-out paragraphs with "K" then they probably aren't interested in what you have to say. This situation can often be resolved in two ways: either stop texting people in long paragraphs or multiple uninterrupted text messages, or simply speak to the person. It can be difficult to have a genuine two-way conversation over text but by understanding how people speak normally in person you can interpret their text messages more accurately.

## Do they take long periods of time to respond or never respond?

Thirty minutes does not constitute a long period of time but three days does. Unless the person you are texting misplaced his or her phone, it shouldn't take three days for a response. If he or she doesn't respond immediately, don't worry yet, but if the texter often takes days to respond, he or she likely doesn't care about the content of your text. In this case, I wouldn't recommend texting back immediately to that same person, it's ok to not always respond eagerly to the person you are crushing on.

## Do they leave you on "read"?

Being left on "read" means that the person you are texting saw your message and decided not to reply. This is a major red flag when texting because if they don't have time to respond to you, they can turn off read receipts, meaning you wouldn't be notified they had read your text. If you ever find yourself left on "read," there is a possibility they are mad at you or simply don't want to text you. This may be a good time to reevaluate your texting relationship with them. On the other hand, if they do leave you 'on read' don't message back complaining about it either.




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## Entertainment

# Drawing Her Own Future

Carrie Kuecks | Features Editor  
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From the time she was 8 years old, junior Natalie Perez has loved to draw. She currently perfects her drawing technique by taking 2D Animation and Figure Drawing classes in the Fine Arts department. Perez's favorite style of art is that of "cartoony-anime," which blends both anime and cartoon animation. "The basic anime and manga style is way too restricted, and some cartoons are so loose, so I like a blend of both," Perez said.

Perez created the art Instagram account, the.defty.lefty, on July 15, 2015 and to date, has never deleted drawings from

it. By keeping the 433 posts, she is able to look back at her work and reflect on her progress as an artist. She also draws inspiration from others.

To Perez, art is an individual expression and this serves as one of the main reasons why she likes art.

"I follow a ton of artists on Instagram and some 2D animators on Youtube. I also learn a lot from my artist friends at school, like Anastasiia Korolevskaia and Sarah Dickey," Perez said. Her work is not limited to drawing, as

she experiments with other mediums such as watercolors and plans on continuing until she can create a favorite piece. Last year Perez entered her first formal art contest, and in the future she plans to enter more.

To Perez, art is an individual expression and this serves as one of the main reasons why she likes art. "Ten people can be drawing the same thing, but every single drawing will always come out differently, because everyone has their own style," Perez said. While art is currently her side-passion, Perez cannot imagine her future without it. She plans on pursuing a career in art in the future.



**THE DEFTY LEFTY:** Junior Natalie Perez, a left-handed artist, enjoys taking animation classes at Heritage and loves being surrounded by other talented artists. (Photo submitted by Natalie Perez)

# Obscura: Daniel Caesar's "Freudian"

Kemzo Kimura | Staff Writer  
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While many of us tend to relate the modern romance genre to mainstream singers such as Frank Ocean or Bryson Tiller, I have someone else in mind. With heavenly acoustics and a majestic chorus, Daniel Caesar might possibly be the king of modern R&B. Toronto-born, Caesar né Ashton Simmonds, began to incorporate the warmth of pre-autumn's into his songs to acquaint us with feelings we haven't paid attention to since Valentine's Day bouquets filled their vases.

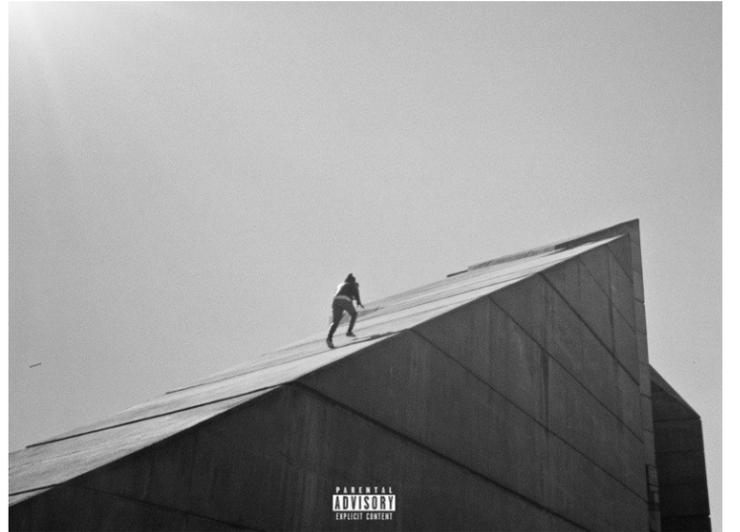
Although many may argue with me here, I suggest listening to his works. His last album,

"Pilgrim's Paradise," gives a melancholic old school soul vibe. "Freudian," however, provides a celestial array of a new choir showering Caesar's vocals in this album. He has always incorporated the use of heavy bass and tune modifications, yet, in this album, you feel like you're in a new world. Caesar is the re-affirmation of vibing.

Instead of going through every single song in his new album "Freudian," I'll be reviewing the album as a whole. From the first to the last song in the album, Caesar transitions every verse into an illusion that the album consists of just one song. Although a majority of the songs

are very slow, Caesar manages to hype your spirit in a passionate way. He is still not as well recognized in the R&B community, but he is making his way to the top with his combination of new and old school style.

Although you may not vibe with slow music, I recommend the album to everyone. His prominent songs in the album, "Get You" featuring Kali Uchis and "We Found Love," give listeners a different vibe of music from what we tend to view as "modern R&B." The rest of his persona is inexplicable and up to you to decide, so take a listen. If love sounded like anything, it would be Caesar himself.



**A MESMERIZING MELODY:** Daniel Caesar's new album "Freudian," released late August. (Photo/Genius)

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## Entertainment

# Hitting the high notes



### The Shuffle BY AMBER BHUTTA Celebrity activism

In an age when social media allows for facilitated expression of opinions, celebrity activism has become something of a mainstream trend. When President Donald Trump says something particularly outrageous, or the Women's March arrives in Washington D.C., celebrities flock to their Twitters and Instagrams to make their opinions known. Through such acts, however, celebrities have drawn a fine line between legitimate concern for societal well-being and parading social activism as a new fashion trend.

The phenomenon is particularly well-exemplified in the Trump administration's recent move to rescind Deferred Action for Childhood Arrivals (DACA), a policy that, as explained by National Public Radio, allows young people brought into this country illegally education and work opportunities. Currently, the U.S. Citizenship and Immigration Service puts that number of DACA recipients, or DREAMers at 800,000 people. Deeming DACA protections as "unconstitutional," Trump has given the Department of Homeland Security six months to phase out DACA and Congress just as long to come up with an alternative solution. Considering Trump's rocky history with immigration policy, DREAMers are understandably unhelpful.

Celebrities across the board took to their social media platforms to make their outrage known, throwing around phrases such as "inhuman" and "misrepresenting American values" in a scramble to denounce Trump's actions. But while such fervent reactions may influence opinions of social media followers, they also pave the road for warranted criticism: while many celebrities were quick to string together riotous statements and tack on an obligatory #defendDACA to the end, few backed their claims with ways to combat the issue. This gives celebrity activists an air of artificiality as their statements lead to little more than "likes" on social media.

Academic Darrel West of the Brookings Institution researched the dangers of empty celebrity activism and explained that while these endeavors by famous people do end up leaving a wider audience more informed, they hardly ever reach the people who matter.

"There will be more superficiality and less substance in our political process," West said.

Instead of just expressing your opinions into the void of social media to prove your political literacy, find out ways you can help. In the case of DACA, sign the petition organized by United We Dream, a grassroots immigrant protection organization, to show your support to Congress. Contact local Congressmen and women and show support for adequate immigration reform that doesn't criminalize immigrants, and put the "act" in activism.

Andrew Kolandra Jr. | Co-Editor  
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Junior Yasmeen Altaji is on another level when it comes to music – literally and figuratively. As an opera singer, she can reach and hold notes higher than most singers even dream of reaching. Her nearly seven years of opera practice paid off when she got to share her talent with the world at the Pompano Beach Cultural Center in September, performing excerpts from classic operas, some Broadway scenes and her solo – Handel's "Bel Piacere" (Great Pleasure) – for the Florida Grand Opera.

Her former voice teacher worked at the Florida Grand Opera, and encouraged her to send in an audition video to the Youth Artist Learning Academy (YALA).

Once placed in a group, she participated in a three-week-long opera "boot camp," where she learned from "active professionals and experts in their fields"

in everything from costume design to dramatic interpretation of the literature to vocal technique.

"I got to work directly with Robynne Redmon, a mezzo-soprano and University of Miami (UM) professor. She helped me immensely for the concert," Altaji said.

The program culminated in a June performance, which was repeated in September at the Pompano Beach Cultural Center. Altaji was lucky enough to be one of three YALA participants interviewed and featured in an "Opera America" article about the program.

When Altaji started voice lessons at 10 years old, she

dove straight into classical repertoire and has continued to develop her craft since then.

She's been playing classical piano for even longer (12 years) and often performs both piano and opera, as she did at annual year-end concerts at University School and in the AHS talent show the last two years. Though she usually sticks to opera when it comes to performances, she likes to practice jazz and certain types of pop occasionally, to offset the constant classical practice.

"I'll sing whatever comes to mind," Altaji said. "Music is a blank slate. There's no right or wrong way to do it."

While she is unsure whether she plans to major or minor in music in college, she

currently takes piano at the Frost School of Music Preparatory program at UM.

"I've been eyeing a few universities and conservatories and looking into their arts programs," she said. "A career in music and performance would be a dream come true."

While she described the first piece she ever learned – Puccini's "O Mio Babbino Caro" (Oh My Beloved Father) – as "kind of a mess," Altaji can no longer imagine a world without music. "When I'm studying a piece, writing, practicing... everything – music-related or not – seems to just fall into place," she said. "It's liberating."

If you'd like to hear Altaji perform, keep an eye out for news – she's entering more competitions this year and might just get some more opportunities to serenade crowds. Who knows? Maybe we'll even hear her at the talent show again this year.

(Photo/Omar Altaji)



## Apple releases new products

Joanne Haner | Staff Writer  
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Apple held its first event at the new Steve Jobs Theater in Cupertino, Calif. on Sept. 12 and unveiled a number of new products: the Series 3 Apple Watch, the Apple TV 4K, the iPhone 8 and 8 Plus, and the iPhone X.

The keynote presentation began with the welcoming of the new theater and the beginning of Apple Park, the dream campus of the late Steve Jobs. Apple CEO Tim Cook, with help from other presenters, explained the various changes coming to Apple Stores, which will be converted to Apple Town Squares in cities where there is enough room to do so. These new town squares, located in cities such as New York and Paris, will include open plazas, genius bars, board rooms and "Today at Apple" workshops.

The new Series 3 Apple Watch includes features such as a speaking Siri, an enhanced heart rate sensor and an enhanced display and speaker system. One of the main changes regarding the new Apple Watch is that the Series 3 watches are now available with a cellular card and can make calls like a cell phone. The revamped heart rate monitor was created in collaboration with Stanford Medicine and can help identify cardiac irregularities that can lead to stroke or heart disease. The pricing for Series 3 Apple Watch begins at \$329 without cellular and \$399 with cellular.

Apple also unveiled the Apple TV 4K. Other than an updated chip and a better video output display, the Apple TV 4K is fairly similar to the original Apple TV. A 32 gigabyte Apple TV 4K is priced at \$179.

The most anticipated product from this Apple Keynote Presentation was the new iPhone.

Rather than releasing an iPhone 7S to follow its usual pattern, Apple skipped the S generation and released the iPhone 8 and 8 Plus. The 8 is relatively the same size as the 7, but has an enhanced True Tone display. Simply by looking at the new phone, one can only tell the difference from the 7 by the new glass back. According to Apple, this is the strongest screen to ever be put on a smartphone and, thus, is the most durable iPhone ever.

In addition to the iPhone 8 series, Apple released the iPhone X. Like the iPhone 8, the iPhone X has an A11 Bionic chip, which has six processor cores; the A10 chip of the 7 had four. All three phones also now have the ability to charge wirelessly, like the Apple Watch.

The most notable difference of the X is its new display, an edge-to-edge screen. The home button has been removed and replaced with a virtual sliding bar. Instead of using Touch ID with a fingerprint, the X unlocks itself by using Face ID, Apple's new facial identification system. Simply look into the smartphone to unlock it. An interesting detail about Face ID is that Apple specifically designed the program to not recognize a picture or mask. The front and back cameras of the X have been enhanced, and photos taken in portrait mode have new lighting effects. The new camera also enables its user to use their facial expression to animate any one of a dozen emojis, including the dog, unicorn, panda and pile of poop.

Costs for the new iPhones begin at \$799 for the 8, \$899 for the 8 Plus, and \$999 for the X, and are available with 64GB storage or 256GB storage.

## Theater's fall flair

Yasmeen Altaji | Staff Writer  
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With the new school year and coming of the fall, we must all bear witness to the impending seasonal crazes, but arguably one of the most exciting points of the impending season is the new Fine Arts department productions. First on the schedule is 35MM, an American song cycle that made its debut in 2012. It is considered a "musical exhibition" rather than the typical play; it contains a clever usage of multimedia which inspired the songs and music of the show.

A song cycle is a collection of songs with similar themes or styles that explores different concepts. With this in mind, it is only expected that the scores are the main focus, since the song cycle style allows for a more personal connection with the music and story lines. "The music is incredible," says cast member senior

Hannah Ellowitz. "Each song tells a new and interesting story that can really resonate differently with each audience member."

One of the many highlights of the production will be a number featuring two talented dance students, senior Valeria Yamin and sophomore Israel Del Rosario, which Ellowitz said, "you don't want to miss."

Rehearsals have not yet begun but, as always, three-hour rehearsals will take place almost every day after school until the date of the show. The cast is "super diverse and intimate," and members are excited to work on this challenging, exciting new realm of musical theater.

35MM is targeted for ages 14 and up. The show runs from the Nov. 18-21. Gather your friends and your passion for the arts, and prepare for yet another production by the Fine Arts department.

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# Entertainment

# Restaurant review: Bocas House

Carrie Kuecks | Features Editor  
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Situated in Weston Town Center, Bocas House combines traditional Venezuelan and Peruvian food in a cool and cozy environment.

Located at 1793 Bell Tower Lane, this fusion-style restaurant attracts customers searching for delicious steaks, ceviches and milkshakes.

Bocas House mixes Venezuelan and Peruvian culture in its food. According to restaurant manager Samuel Balbas, Bocas House was founded because "There was no fusion between Venezuelan and Peruvian food in Miami and we wanted to bring that [here]."

The menu features classic Latin American dishes such as ceviches (\$14.50-\$18) and causas (Peruvian-style mashed potatoes).

The restaurant's most popular dish, the Tomahawk, is a large

portion of steak with homemade chimichurri sauce served on a large wooden platter and accompanied by chicken, sausage, grilled tomatoes, asparagus, yucca and coleslaw.

If you have room, order a milkshake, the presentation factor alone is worthwhile. These milkshakes feature a tower of delicious cookie, cake and ice cream stacked high.

It is no wonder why many customers take pictures of their legendary shakes and post them on social media.

There are three different milkshakes offered at Bocas House: cookies and cream, three leches and Nutella.

All milkshakes are served in trendy glass mason jars and have extremely wide straws to allow for easy sipping of the thick and creamy shakes. The cookies and cream milkshake came in a glass coated in chocolate fudge and sprinkled with Oreo crumbles.

Above the milkshake was a chocolate cookie cake, topped with vanilla ice cream and whipped cream, and a "shot" (syringe) of warm fudge to drizzle onto the cake or into the shake.

The three leches milkshake is served with ice cream in a cone, a piece of cake above, followed by a scoop of ice cream, then whipped cream and a caramel drizzle. Milkshakes range from \$16-\$18.

The Nutella milkshake comes with chocolate cake on top, scoops of vanilla ice cream and chocolate drizzle on top.

In essence, these milkshakes are towering pieces of edible art. This small yet cozy dining option offers tasty meals in a casual atmosphere where meals were meant to be shared.

Bocas House is also a place worthy of a stop to experience a fusion of Peruvian and Venezuelan food or to try their milkshakes.



**LEGENDA(D)RY MILKSHAKES:** Bocas House is famous for its milkshakes. The cookies and cream milkshake comes with a cake. (Photo/Carrie Kuecks)

# Marvel Movies are marvelous successes

Kayla Rubenstein | Staff Writer  
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Iron Man, Captain America, The Hulk: these are just three examples of major characters that helped the Marvel industry become a billion dollar cinematic leader.

In just ticket sales alone, the Iron Man movies have made more than \$800,000 worldwide.

What makes these movies so successful has to do with their humor, and how it is integrated with the action. "The movies have a perfect balance of humor and action.

Even in harrowing action scenes, there is that little quip or remark of comedic relief that really lightens it," freshman Hayden Kirkeide said. While they are extremely successful, it can be argued that the movies were released in a random order.

The first Marvel movie to hit the big screen was "Iron Man" in 2008. Following it was "The Incredible Hulk," and then "Iron Man 2" in 2010.

The preliminary "Thor" movie came out in 2011, as well as "Captain America: The First Avenger." In 2012, Marvel came out with "The Avengers," which included every major character. Released in 2013, "Iron Man 3" and "Thor: The Dark World" made their debut.

"Guardians of the Galaxy" and "Captain America: The Winter Soldier" were introduced in 2014. A big year for Marvel, in 2015 "Ant-Man" and the second installment of the Avengers movie, "Avengers: Age of Ultron" were released.

Last year, in 2016, "Captain America: Civil War" and "Doctor Strange" were introduced.

The most recent Marvel movies to be released are "Guardians of the Galaxy Vol. 2" and "Spider-Man: Homecoming" this year.

At the end of all of these movies, a short clip is shown, usually pertaining to the next movie in the series.

As an example, Kirkeide said, "In the second post-credits scene in "Iron Man 2," there is a crater in which, at the end of a scene, we can see Thor's hammer, Mjöl-nir, in the crater, a lead-in to the following movie, "Thor."

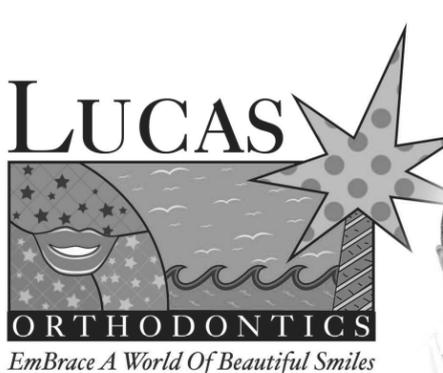
New Marvel movie additions are coming to the big screen soon.

The third installment of "Thor", "Thor: Ragnarok" is the final movie to come out in 2017.

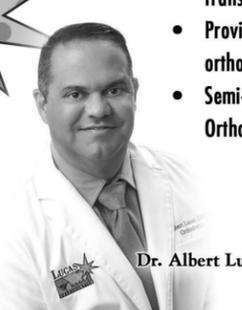
In 2018, "Black Panther," "Avengers: Infinity War" and "Ant-Man and the Wasp" will be released. 2019 brings "Captain Marvel," as well as numerous unnamed others.

Marvel evidently knows what they are doing production-wise, but the order these movies were released make almost no sense.

For first time watchers, Kirkeide suggests the following order: "Captain America: The First Avenger," "Iron Man," "The Incredible Hulk," "Iron Man 2," "Thor," "The Avengers," "Iron Man 3," "Thor: Dark World," "Captain America: The Winter Soldier," "Guardians of the Galaxy," "Avengers: Age of Ultron," "Ant-Man," "Captain America: Civil War," "Doctor Strange," "Guardians of the Galaxy: Vol. 2," and "Spider-Man: Homecoming." Agree? Disagree? Let us know at patriotpost@ahschool.com.



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## SPORTS

# Athletes named Army All-Americans

Alex Becker | Sports Editor  
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Sgt. Michael Taylor of the United States Army opened the prestigious Army All-American Presentation with the AAA motto, "Not just anyone can be a soldier, not just anyone can be an Army All-American."

Becoming an All-American is among the top honors in high school and college sports.

It is a major step closer to the dreams of playing professional sports for all athletes, a step that was once taken by many of the current NFL stars including Odell Beckham Jr., Eric Berry, Andrew Luck and many others.

On Sept. 29, three Heritage football players and one marching band member took this step as well, at the Army All-American Presentation sponsored by American Family Insurance.

Senior tuba player Dominique Cunningham, senior defensive tackle Nesta Jade Silvera, senior cornerbacks Tyson Campbell and Patrick Surtain II and Coach Pat Surtain were those named All-Americans and received their official invitations to the Army All-American Bowl Jan. 6.

The presentation included performances by the orchestra and chants by the cheerleading squad.

Among those in the audience were friends and families of the athletes, the football team and reporters from the "Sun Sentinel" and "Miami Herald".

The first recognized was Cunningham for her amazing tuba playing.

Cunningham delivered an upbeat, yet sincere speech thanking all of the people who have helped her in her life, from bus drivers to fellow band members, to her parents and everyone in between.

Cunningham also quoted Nelson Mandela saying, "It feels impossible until it's done."

Following her acceptance, band coach Mrs. Kimberly Imbersin gave an emotional speech,

citing that Cunningham had chosen all of the great decisions she had made in her life, including joining band.

The next to accept their invitation was Campbell, the No. 2 ranked cornerback in the nation. Campbell thanked all of his coaches for making him a better man on and off the field.

He concluded with thanking his parents, "I try to make the Campbell name proud."

Silvera received his black and yellow jersey next. Silvera started his speech with "Coming where I come from this doesn't seem possible."

Silvera says that this isn't the end of his football career as he will play at the University of Miami next fall.

"There are still many pages left in my book," Silvera said. He ended his speech by thanking everyone who had helped him in his life, including his doubters.

Finally, No. 1 ranked cornerback in the nation Surtain II accepted his invitation to the bowl game.

As well as thanking everyone in his life on and off the field, Surtain II vows to never forget Heritage.

"I will always be a Heritage boy," he said.

As well as his son, Coach Pat Surtain was also invited to the bowl.

Surtain received his invitation as a coach for the game and received a plaque during the presentation.

The Army All-American Presentation was an exciting and emotional event, but is just the start for these four impressive student athletes.

Silvera, Campbell and Surtain II have all received numerous Division I offers to continue their careers and Cunningham will continue to pursue her passion of music and the tuba.

The 18th annual Army All-American Bowl can be viewed on NBC on Jan. 6 from the Alamodome in San Antonio, Texas.



**FOUR OF A KIND:** Senior football players Nesta Silvera (top left), Patrick Surtain II (top right) and Tyson Campbell (bottom left) receive Army All-American jerseys to wear during AAA game. Senior tuba player Dominique Cunningham receives AAA band jacket to also wear at the bowl. (Photos/David Furonos and Alex Becker)

## Coming soon: a new athletics building

Kristen Quesada | Opinion Editor  
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Several construction projects are expected to begin within the next few years, ranging from two new buildings to improvements.

At 209 feet long and 65 feet wide, one of the anticipated new buildings will help the campus run more efficiently.

This new building will act as an athletics building, a cafeteria and a dining hall.

Adjacent to the tennis courts, the building will be three stories, extending further out the higher it goes.

Floor one is designed for swim, tennis, showers and

locker rooms. In addition, a 50-meter long, eight-lane pool is going on the first floor.

It will run along the building and will be surrounded by 20 foot wide decking.

Once the new pool is completed, the current pool at the west side of school will be removed to make room for more construction.

Floor two will be wider than the first floor, extending 10 feet further out as a cantilever.

This floor will act not only as a cafeteria, but also as a viewing floor.

"From this floor, parents can overlook the tennis courts and watch their children play," Mr. William Laurie, the owner of

the school, said. Floor three will be a companion level to the cafeteria on floor two. This level will be a dining hall. Prior to the construction of the new building, the school also plans on installing chillers to help cool down the school.

These chillers will begin installation by Christmastime and will affect several main buildings, including the Fine Arts building.

Another highly anticipated project is the new gym.

The building will be four stories high and construction shall begin by this winter and be completed around 2019 to early 2020.

### Asian Fusion Food and Deserts

- Ramen
- Boba Tea
- Asian Deserts



# FYR & ICE

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## Early College Commitments

### Baseball

Julio Cortez Jr.- University of South Florida  
Triston Casas- University of Miami  
Cory Acton- University of Florida  
Bailey Mantilla- University of Miami  
Matthew Whitney- Florida International University

### Football

Jack Fris- Lehigh University  
Troy Ingle- Western Kentucky University  
Miles Jones- Vanderbilt University  
Nesta Jade Silvera- University of Miami  
Calvin Hart Jr.- North Carolina State University

### Softball

Marisa Soterakis- University of South Carolina Upstate  
Hannah Sipos- University of Florida

### Soccer

Taylor Dobles- Louisiana State University  
Chloe Laureano- Yale University  
Tori Alfero- Villanova University  
Marlee Fray- University of Central Florida  
Elizabeth Matei- Columbia University  
Janel Leon- Stetson University

### Golf

Alberto Martinez- Florida State University

### Swimming

Nicholas Pacitti- Loyola University at Maryland



## Sports

# Girl's Soccer Goes Global

*This past summer, three juniors on the varsity soccer team earned spots on national teams to play soccer as part of the Confederation of North, Central American and Caribbean Association Football (CONCACAF).*

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### Taylor Dobles

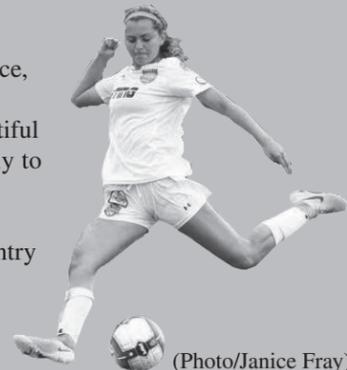
Inspired by her soccer-playing older sister, junior Taylor Dobles began her soccer career at four years old. After years of almost daily practice, playing for both the school team and Sunrise Sting S.C., Dobles's dedication to soccer landed her a spot on the Puerto Rican National team.

"My grandma on my dad's side was born and raised in Puerto Rico, so she is the one who gives me the opportunity to play for this beautiful country," she said. Initially, Dobles was part of a player pool of 500. The pool eventually narrowed down to a final 20, allowing Dobles to fly to Puerto Rico for a final tryout. Two weeks later, she received confirmation that she made the national team.

Dobles spent a week training in Puerto Rico and another competing on behalf of her team in the Dominican Republic.

"Being chosen to represent Puerto Rico was a huge honor because it isn't just for me, my family, my coaches or my teammates, but for a country as a whole," Dobles said.

With hopes of continuing her soccer career, Dobles has committed to Louisiana State University to play Division 1 soccer after graduating high school.



(Photo/Janice Fray)

### Marlee Fray

Coming from a family of both soccer lovers and soccer players, junior Marlee Fray has played soccer since she was 6 years old. Years of hard work later, she was selected by a Jamaican coach to partake in the Caribbean Football Union (CFU) and CONCACAF during her freshman year. This past summer, Fray participated in CONCACAF again as she landed a spot on the Jamaican national team. After a week of training in Jamaica, Fray spent another week playing on behalf of the Jamaican national team in Bermuda.

"Representing Jamaica is a huge honor because not a lot of girls can say they had a chance of playing for a national team," Fray said.

"At my age it's a whole different level and experience that is highly respected." Fray credits much of her inspiration to women's professional soccer player and close family friend, Amber Brooks.

"Amber used to tell me to dream big, and I always took it to heart," Fray said. Fray's idea of "dreaming big" involves continuing to play soccer. Over Thanksgiving, she will compete in the CFU championship in St. Kitts and Nevis. Fray has also verbally committed to play division 1 soccer at the University of Central Florida upon finishing high school.



Bottom row, middle: Marlee Fray  
(Submitted by Marlee Fray)

### Chloe Laureano

Though she spent her early years playing many sports, junior Chloe Laureano discovered her passion for soccer by age 5, her decision facilitated by her soccer-loving father.

"My dad has been my coach since I was 5, and ever since then he has been supportive in everything I do," Laureano said. "I'm more than grateful for the many valuable lessons he has taught me. He has made me a better person on and off the field."

After 11 years of practice, Laureano's soccer skills culminated in her earning a spot on the Puerto Rican national team. In July, she practiced for a week in Puerto Rico before heading to the Dominican Republic to play for a week alongside Dobles. In early August, Laureano was chosen to represent Puerto Rico a second time, this time both practicing and playing games in Puerto Rico.

"Playing for the national team is a huge honor and a privilege that only a few athletes will ever experience," Laureano said. "Hearing the national anthem before games and seeing all the fans in the stadium is a feeling that will never be forgotten. Motivated by her experiences, Laureano has committed to play Division 1 soccer for Yale University after high school."



(Photo/DVSNAPS Photography)

# Shooting for the stars: Femi Funeus

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Of all the places she can excel, senior Femi Funeus chooses to do most of her business on the court.

The daughter of two college basketball athletes, Funeus plays on both the varsity basketball and volleyball teams.

To further her jumping abilities for basketball, which she started playing back in middle

school, she started playing volleyball as a freshman and grew to love the sport.

Since Funeus came to Heritage at the start of her junior year, she immediately was placed on the varsity team for both sports. At her previous high school, she had played on the varsity basketball team since ninth grade.

Despite being an active member of other clubs on campus, including NHS, Chick-Fil-A-Leadership Academy, and

GEMS, athletics are always Funeus' first priority.

"It goes around practice. Sports come first," Funeus said.

She takes part in the pre-engineering program as well, and considers engineering to be her "backup" profession.

"I always liked math; I was good at it, and they went hand-in-hand," Funeus said. Given that any athlete cannot play a professional sport forever, Funeus can see herself as an

engineer once her sporting career has come to an end.

"See, I want to be a professional athlete. For women, as professional athletes, we're paid half the amount as guys," Funeus said. "Once you get into the Olympics, you get endorsed, and that's how you get your money." Although Funeus aspires to one day make the Olympic basketball team, she knows that she has to keep practicing. During the fall volleyball and winter basketball seasons,

varsity practice is three hours every day after school. Additionally, Funeus practices basketball on her own at least three days a week.

As a graduating senior who passes with flying colors in her classes and on the court, Funeus has been approached by many colleges. She is undecided as to where she will go. Wherever Funeus decides to pursue her dedications, she will definitely jump for the stars.

# Breaking the mold of Florida pro sports

Alex Becker | Sports Editor  
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Florida pro sport teams are often described as "poor" or "mediocre at best," but this year they hope to break the mold of mediocrity.

The Panthers, Dolphins, Heat and even Marlins have been on the right track for the last couple of seasons and may finally culminate into winning seasons, playoff berths and maybe even championships in their upcoming seasons.

Although the Marlins couldn't manage a playoff berth, the Fish still proved they had a powerful offense with 741 runs on the season, the most of any season

since 2009. The bullpen needs some serious help, but this team can prove to be a winning team in seasons to come.

Before last season, the Dolphins had only made the playoffs once since 2002. Last season was proof that this team is capable of more. Running back Jay Ajayi was impressive with more than 1,200 yards last season, emerging as a top five running back in the league. Third year wide receiver DeVante Parker has shown signs of stardom this preseason alongside new veteran quarterback Jay Cutler, after starter Ryan Tannehill went down with a torn ACL. Wide receiver Jarvis Landry is also a star in the NFL with two consecutive 1,000 yard seasons.

The Fins offense is struggling but the defense is solid with defensive end, having scored 363 total points last season, combined with a powerful defense led by defensive end Cameron Wake and defensive tackle Ndamukong Suh. This Dolphin team has a real chance at another playoff berth, hopefully making it past the first round.

The Heat was the best team in all of sports during the "Big Three Era." However, since the loss of LeBron James, the team has only made the playoffs once. This team no longer has one leader, but dozens of players that do their job well on the court. Guard Dion Waiters is arguably the most clutch player, forward

James Johnson is extremely versatile on both ends of the court and Hassan Whiteside had 58 double-doubles.

This team made up of scrappy role players plays good conventional basketball and ended last season 41-41, after a slow 11-30 start, including a 13 game win streak near the end of the season. The team is all back and poised to make a playoff run and repeat history of what the Miami Heat are all about: winning.

The Florida Panthers have had their ups and downs over the past couple seasons. In 2015, the Cats finished first in the Atlantic Division. However, last season, the team finished sixth in the division, missing the playoffs.

Despite this, the team has talent. Behind Jonathan Huberdeau, Alex Barkov and Aaron Ekblad this team has a real chance to repeat its success from 2015 and maybe even win a Stanley Cup.

For years, we would watch games, knowing that even if they had gotten out to an early lead, they would inevitably lose it, or knowing that even if they won this game, we still wouldn't make the playoffs. Things are changing. Follow our local sport teams this season; you may just be impressed with what you see. Take advantage of having four professional sport teams in your area. Unlike the past painful seasons, this one should be enjoyable to watch.