



(Photo/Ryan Bible)

American Heritage School, 12200 W. Broward Blvd, Plantation, FL 33325 VOL. 21 ISSUE 7 March/April 2018

Fun at FSPA: Students traveled to Orlando April 11-14 to learn and compete alongside other publications students from across the state at the Florida Scholastic Press Association's annual convention. Head to News to read more. Go to A3.

#MSDstrong: Sophomore Alexandra Geisser is a survivor. Feb. 14, 2018 was a day unlike any other for her, as she witnessed the horrors of the Marjory Stoneman Douglas shooting. Turn to Features to hear this transfer student's story. Go to C13.

Sailing on stage: Over 50 students, including senior Brandon Dawson, produced the musical "On the Town," which follows the journey of three sailors on a free day in NYC. Flip to Entertainment to read about their adventure. Go to D16.

Walk out to speak out

Almost 20 years after the mass shooting at Columbine High School in Colorado, which made headlines as the first major tragedy of its kind, Heritage students came together and "walked out" of class to honor the National Day of Action Against Gun Violence in Schools.

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Friday, April 20 marked the 19-year anniversary of the Columbine High School shooting, a massacre orchestrated by two teenage boys that claimed the lives of 12 students and one teacher. To commemorate the lives lost that day and in recent school shootings and continue the rolling momentum of the March for Our Lives (MFOL) movement, students and faculty promptly walked out of class at 9:45 a.m. Across the nation, thousands of others did the same.

"A lot of people refused to come out today because it 'wouldn't do anything,' but I think the energy of all of us being here and having the same dream for change proves that something is going to change," sophomore Astrid Maldonado said.

The walkout was largely organized by campus activists and members of the Advocating for Change Today (ACT) club, including seniors Faith Ward, Fiona Baquerizo, Ruhi Mansey, junior Amy Haft and freshman Bella Ramirez. Students were permitted to walk out of class but were not allowed to walk off campus.

Weeks prior, several members of the Model United Nations team including seniors David Min, Zihan Kabir and Andrew Bass attended the ACT club's first meeting to suggest pressuring school administration, which prohibited participation in the #Enough Walkout March 14, to approve of the Columbine anniversary walkout.

"It's absolutely crucial that we don't forget the [MFOL]



SPEAKING OUT: Junior Jordyn Allen, sporting orange to honor the National Day Against Gun Violence in Schools, speaks to the crowd of students gathered on the football field for the walkout April 20. Allen was one of five student body representatives asked to speak at the event: freshman Bella Ramirez, sophomores Aditi Mishra and Alexandra Geisser, junior Allen and senior Zachary Spicer. (Photo/Vanessa Ryals)

movement and that we keep fighting for it, because if it just dies out, then the 17 people who died that day would have gone in vain," freshman Ella Noriega said.

The National School Walkout began as a petition on Change.org following the Valentine's Day massacre at Marjory Stoneman Douglas High School (MSD). The petition gathered more than 250,000 signatures of support.

The morning of, as students across the nation prepared to walk out of class with signs and posters, another school shooting took place in Ocala, FL. A student was shot in the ankle, and the suspect was immediately taken into custody.

On campus, the second period dismissal bell signaled students participating in the march to head toward the front field. As students wearing maroon and orange filed onto the turf, Mansey, Haft, Ramirez and other ACT Club members organized them into a symbol of peace.

Following a one minute and thirteen second-long moment of silence to honor the lives lost at Columbine, representatives from each grade who had written pre-approved speeches spoke to their classmates on the importance of unity and action in the fight for gun reform.

An estimated 500 students skipped their third period class to

attend the rally on the field. In the crowd were those personally affected by recent incidents of gun violence, and students who recognize the need for gun reform.

Sophomore varsity soccer player Olivia Roth, who also plays for West Pines, recalls the narratives that claimed her teammates' lives during the shooting at MSD.

"My friend Alyssa Alhadeff went to [MSD] and she lost her life along with my other teammates who were also in that school. One of them, Chloe, was right behind the coach who took the bullets for the students. I came out here to support them," Roth said.

Motioning to other members of the varsity swim team, junior

Isabella Taylor said, "One of the victims in the shooting was Nicholas Dworet. He was a swimmer. It personally affected a lot of the swimmers here because he was bound to become a really good college athlete, and he had his whole life ahead of him."

The Saturday following the rally, Progressive Youth, a political organization founded by junior Sofia Godoy to encourage youth to find their political voices, held its first meeting at Broward County's Southwest Regional Library. The club's next meeting is May 5 at 4 p.m., the location to be announced on the organization's Instagram account @pyofsf.

"I'm just amazed that there were so many people [at the walkout]," sophomore Alexandra Geisser, a recent transfer student and survivor of the MSD shooting, said. "Knowing so many people are rallying with Douglas and want to see this change just means the world to me."

PROTEST FOR PEACE: Students who "walked out" of class on April 20 organized into a peace symbol – or, due to a comical error, a Mercedes-Benz logo – on the field. Below are some details from the walkout, presented by the numbers. (Photo/WAHS News)

500 students walked out of class

19 years since Columbine shooting

5 speakers

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Goodbye

From 9114 to college...they're off!

As the seniors venture out, the editors address their final farewells to the newspaper and staffers.

Katherine Quesada | Editor-in-Chief



(Photo/Weston Photography)

I will never forget my first day in 9114 as a newspaper staffer. I walked in to meet the Editor-in-Chief at the time, Adam Turner, class of 2016. I was extremely nervous joining a staff midway through the year since I was transferring in from journalism.

When I walked through the door, I did not see a bustling room (an indeed busy room with which I would become very familiar) but a room of 20 students sitting around a table with their heads adorned with party hats, Christmas music blaring and presents for each other.

It felt like home. The people I met that day would become some of my best friends. The room I sat in would become my safe haven on campus. The adviser I met would be the rebound for my ideas and a confidante for all my questions and problems throughout high school.

Newspaper is more than a class. Yes, it teaches you how to talk to people, write on a deadline and layout a paper, but it also teaches you how to collaborate with your peers, think outside the box and truly listen to those around you. I cannot imagine who I would be or where I would be without newspaper and the people it has introduced me to and the experiences I have undergone.

When I leave May 13, I may be leaving American Heritage, but I know I will never leave "The Patriot Post" and those who made my high school years memorable: Ms. Adams and my fellow staffers.

To my newspaper family: I will miss our Saturday workdays, trips to conferences, after school writing sessions, blaring music and monthly fiestas. It will be hard not walking into 9114 to see you all every day, but I will never forget you guys, and I can't wait to (repeatedly) visit.

To Amber and Angela, I am so excited to see what you girls do with "The Patriot Post." You guys have been amazing assistant editors and I know you will make the newspaper something this school has never seen before.

I will miss these last three years in the newspaper room, but as I venture out, I know 9114 will always be a place I can call home.

Andrew Kolondra Jr. | Editor-in-Chief

The funny thing about the world is that it doesn't have any extra pieces. It contains everything. You remove just a single piece, and it isn't the same. The funny thing about the staff of "The Patriot Post" is that it's just like the world – you remove a single person, and the paper just isn't the same.

When I took journalism on a whim my sophomore year, I had no idea I'd end up writing for the Post not six months later. I had no idea I'd work my way up to the position of EIC. And I had no idea I'd become part of one of the most loving and supportive groups of people I've ever had the pleasure of knowing. Each and every one of you has become an important "piece" of my life, pieces without which my life just wouldn't be the same.

To Katie, the piece moving on to bigger and better. It's been a wild ride running the Post with you this year, and though it wasn't always the smoothest of sailing, I wouldn't have had it any other way. Number five on the lacrosse field, you're going to do unbelievably amazing things at Yale; I just know it.

To Angela (and Trelawney), the piece I can't live without. Silica beads. Plastic sprinkles. Clothespins. So many ordinary inanimate objects that now have special meaning to me, thanks to you. I'll never take Our Song² off of my playlist, and I'll make sure to name every duck I see in college. I know I'm passing my EIC baton onto the absolute most deserving person for the job, and I'm super excited to see where you and Amber take "The Patriot Post" next year. Aroint thee!

To Amber, the piece you didn't tell me was rude. Even when you're locked out of your own home or riding escalators for fun, you'll always be a strong independent woman (unless Anqi – or the D-Plan – has something to say about that). I have so much confidence that you and Angela will take extra good care of the Post next year, and I look forward to its revolutionary makeover. Promise to remember me when you're a world-famous drag racer?

To Carrie and Yasmeen, the pieces that always know what to do to make you laugh. Unfortunately, it's time for Carrie Tries: saying goodbye. I appreciate you two more than you could ever know. Never let the office™ chat die, at least not until you clean up the chili or find thick Tony.

To Sloane and Kenzo, the pieces that you'd never think to put together, but then end up really glad that you did. Sloane, your one-pagers are some of the most creative we've ever had, and I'm really glad to have had you on staff this year. Keep an eye on Angela and Amber for me next year, all right? Kenzo, I think the only time worse than when you suffered a wardrobe malfunction in class is when you only had \$9 at the store but the groceries cost \$10. Watch out for that in the future, especially if you change your name to Trash Boat.

To Maia, Joanne and Kristen, the pieces that can recite Vines on cue, start classwide dance breaks and think of a million and one ways to misspell Jo and's name. To Alyssa, Kelly and Kayla, the pieces that bounce back from even the hardest problems and bring everybody together at the toughest times. To Alex and Sammy, the pieces that you can always rely on. I'm extremely confident in all of you; I know I'm leaving the paper in more than capable hands for the years to come.

And to Mrs. Adams, the most important piece of all. I don't even know how to express my thanks in words. Thank you for introducing me to the exciting and enjoyable world of journalism, writing and layout design. Thank you for helping me manage our amazing staff (and my own workload, when it seemed unmanageable). Thank you for teaching me to become a better person in all the ways it counts. Thank you for making 9114 my second home.

You never know how to say goodbye until you have to say it, and even then it's way more difficult than you would've first imagined. As a wise Pooh bear once said, "how lucky I am to have something that makes saying goodbye so hard." And how lucky I am to have all of you.

How lucky.



(Photo/Angela Lin)

Vanessa Ryals | Online Editor-in-Chief



(Photo/Weston Photography)

Who knew I would be here, writing a farewell letter to one of the only constants in my high school career: the comfort and safety of room 9114.

To be completely honest, I shouldn't be here. The second semester of my freshman year I was asked to join yearbook. By a miracle of miscommunication, some months later I was congratulated by my guidance counselor for making it onto the newspaper staff. I hesitated for a moment, but decided not to say anything – and I am eternally grateful that I didn't.

So the summer before my sophomore year, I stumbled into room 9114 wearing a cropped John Deere tank top and leggings (oh, how things have changed).

Ms. Adams – this wasn't the first time we met. Only a few days before summer break of 2015 I noticed you tearing up in the hallway. While I didn't know you at the time, I gave you a hug. That hug, by the way, would be the first of many, many more to come (thank you for each and every one of them).

My first year on staff was arguably my best year on staff. It didn't take long for me to realize my passion for writing and reporting significantly overshadowed any passion I had ever known before – I threw myself wholly into being an "Emerging Young Journalist" (Yes. I'm still bitter.) It's been a wild three years: skipping class to live stream pep-rallies, losing sleep to cover late-night CNN town halls, and even being published in a professional paper (huge shout-out to the Sortals). I could never have done it without you, Ms. Adams, and without the escape I have found in room 9114.

There are many things I regret about the circumstances that have affected my life these past years – circumstances affected largely by forces out of my control. At times I regret that I couldn't live up to my full potential as a writer, reporter and editor, but I can say with absolute certainty that I will never regret joining newspaper in high school.

Thank you for helping me realize myself.



NEWS

Securing campus safety

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Since the mass shooting at Marjory Stoneman Douglas, the security of the school is an important topic on everyone's mind. American Heritage takes the security of our campus very seriously.

Within the past few weeks, the school has reinforced the gating around the campus and installed emergency exits for additional security. Additional cameras are getting installed along the fence to ensure that no one trespasses without alerting security.

Administration is looking into clear backpacks for all students at the start of next year. Students who play sports and carry sports

bags around the campus will need to get their bags checked. Students can leave bags where they get checked and pick them up at the end of the school day.

With overnight trips, bags will also be checked and will no longer be stored in classrooms. Bags will get checked by security or the deans on campus.

In order for kids to get more involved in the safety of the campus, principal Ms. Elise Blum said, "We want to catch problems before they become real. American Heritage is our home, and we want people to treat it that way. If we want our community to be safe, then we have to treat it that way and care about everybody. We want to make a society

where no one wants to hurt anybody because we all care about each other."

On April 10, American Heritage had an open forum with the students which was sponsored by SGA so that students could share their opinions and voice their concerns about the security of the campus.

Ms. Blum wants students and parents to know that kids should be aware to help make the school safer. "I really want you to not have to worry. That's our job. I want you to have to worry about school. I want you to be kids and to enjoy being in high school. We are worrying a lot about keeping you safe so you don't have to," she said.

Ms. Blum wants everyone situationally aware and thinking about where they would go in the case of a code brown on campus.

Safety precautions such as checking school bags and wearing clear backpacks won't be implemented until the start of next year. The school may also be getting portable X-ray machines for sports and theater events taking place at the school.

To ensure that everyone knows they are safe on campus Ms. Blum said, "Students should not spend a lot of time being concerned because we are always thinking about your safety. You should make sure that you care about your community and make sure it's the one you want it to be."

Students emerge, expand and evolve at FSPA

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Students and advisers look forward to the Florida Scholastic Press Association (FSPA), state convention as a rite of passage. The organization promotes journalistic excellence in teens throughout the state. The competition that took place April 12-14 at the Wyndham hotel in Orlando hosts groups of students statewide involved in newspaper, yearbook, literary magazine, online media and broadcast.

Over 1,200 journalists and advisers gathered to collaborate during the convention. FSPA provides opportunities to students and advisers to learn different ways to improve in all areas of journalism.

Through use of expert speakers, hands-on-experience and district workshops, the convention engages students in real-life activities that enhance their skills in a variety of ways.

FSPA attendees participate in online competitions that take place in the fall and spring. The digital contests allow students to showcase their writing, design, photography, art, broadcasting and multimedia. A Best of the Best gets chosen for every category and winners were announced

throughout the convention, either at the opening ceremony, banquet or closing ceremony.

Students can choose from nearly 50 different competitions to submit an entry for judging before the start of the convention. Contest entries include editorial cartoons expressing the political opinion of the author, yearbooks spreads featuring life on campus, feature photography of school activities and even the broadcast show opening video.

FSPA also provides a yearly evaluation and feedback from other publication advisers for newspaper, literary magazines, broadcast and online media. Evaluations help improve publications and multimedia programs. Publications receive comments about their strengths and weaknesses. The top publications and broadcasts receive an All-Florida award at the convention.

The On-The-Spots contests take place during the convention and were based off of this year's theme "Emerge, Expand, Evolve." Students receive their prompts on Twitter or at their designated room and are given a certain amount of time to complete the competition. The winners were announced at the closing ceremony on Saturday morning.



FSP-YAY: Juniors Ariann Barker, Angela Lin, Amber Bhutta, sophomore Joanne Haner and senior Andrew Kolondra Jr. gather around Lin's laptop to look at her newspaper layout. The newspaper team competed from 12 pm- 10 pm. (Photo/Kenzo Kimura)

On-the-Spot Winners

First Place Editorial Photography and Feature Photography: Kenzo Kimura

First Place Yearbook Team: Spotlight Yearbook

Second Place Short Story: Ariann Barker

Second Place Literary Magazine: Simran Dulay, Jordan Romeril and Ariann Barker

Second Place Caption Writing: Dalya Ackerman

Second Place Convention Snapchat Coverage: Harrison Krinsky

Third Place Mixed Company: Maia Fernandez-Baigun

First Place Press Conference Coverage: Emily Myers, Sophia Donskoi and Ruhi Mansey

Second Place Hand Drawn Illustration: Natalie Perez

Second Place Collaborative Commercial: Cole Holifield

Second Place Man on the Street: Theodore Rackauskas

Honorable Mention Hand Drawn Illustration: Astrid Maldonado

Honorable Mention Newspaper Team: Amber Bhutta, Angela Lin, Katie Quesada, and Andrew Kolondra

Ninjineers advance to the national competition

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"Some say it's more than robots," according to the nonprofit FIRST (For Inspiration and Recognition of Science and Technology) Robotics, and the Heritage robotics team would likely agree with the statement after returning from FIRST's San Francisco regional competition. Engineering Troupe 2383, officially dubbed the "Ninjineers," returned from the tournament ranked eighth among teams from across the globe.

The Ninjineers typically go to three of these regional tournaments annually; so far this year, in addition to advancing to the final round of the San Francisco Regional, the team has championed the Palmetto Regional and placed second at the South Florida Regional. This year, however, the team will go beyond

the usual three: troupe 2383 will be attending the World Championship in Houston in mid-April.

Junior Jorge Rivera, director of the Ninjineers' public relations, described the unique challenges specific to this year's competition: "This year [was] much more dependent on strategy... We needed a robot that would be able to adapt to any kind of situation... At points you need a robot that could complete each task efficiently."

When most students on campus would have been long gone, the Ninjineers practiced building and running their robots every school day until 8 p.m. in preparation for tournaments, in addition to coming in on Saturdays for all-day weekend practices.

The amount of testing and training proved crucial to the troupe's success in San Francisco. "[The Bay



BOTS OF FUN: The Ninjineers pose with their multitude of awards after becoming finalists in the competition. (Photo submitted by Jorge Rivera)

Area] is a very competitive area... The region has a lot of teams that are very good," Rivera said. One of his favorite parts of the experience was "making our name known not only here locally, but also on the West Coast."

The "gorgeous San Francisco beaches" were just one of junior Max Zintsmaster's most memorable parts of the trip. "The best part is the excitement and passion that

everyone has for the event and wanting to see each other succeed, along with the relationships we build with other teams," Zintsmaster said. He values having a role in the "big community of people who love technology... Who are going to be the ones shaping the future of the field."

The Ninjineers kept at their rigorous practice schedule and made it to Semifinals.

News Brief

CSPA & STN

Journalism students in Yearbook, Newspaper and Literary Magazine traveled to New York March 13-18 to attend The Columbia Scholastic Press Association (CSPA) convention.

Broadcasting students went to Tennessee March 14-18 to attend The Student Television Network (STN).

Meant to educate emerging journalists, both conferences host workshops given by distinguished journalists from across the country.

French Competition

Organized by the American Association of Teachers of French and sponsored by The Florida Chapter, Congrès de la Culture Française took place March 7-10 in Orlando.

French students from all levels competed in reciting poetry, reading comprehension and speaking French.

Students also participated in putting on a play based on their level of comprehension and two project-based events that revolve around the theme: the Soccer World Cup.

MSD Bracelets

Students in National Honor Society sold bracelets to stand in solidarity with Marjory Stoneman Douglas High School (MSD).

Sold for \$1 each, the bracelets spread awareness for MSD.

Prom

Prom was Saturday April 21 from 7 p.m. to 11 p.m. at The Gallery of Amazing Things.

This year's theme is the Enchanted Garden. Each ticket cost \$95.

DCON

Members of Key Club participated in the 80th annual District Education and Leadership Conference (DCON) April 5-8.

More than 2000 students from all over Florida met in Orlando to receive leadership training and develop a universal understanding of Key Club.

Attendees earned more than 16 service hours at the conference, listened to multiple inspiring keynote speakers and participated in social events to strengthen them as leaders in the community.

Scholastic Keys

Three students have received Scholastic Keys for their outstanding work in various artistic fields.

Sophomore Flora Ranis received a Silver Key for poetry, junior Gabriela Coutinho a Silver Key for dramatic script and junior Kathryn Treacy a Gold Key for photography.



News

Mathletes win back-to-back titles



Asa's Analysis

BY ASA ZARETSKY Do Guns Make People Safer? Studies Aren't Allowed

A common talking point of many conservative politicians is that the presence of more guns in a particular area will make the area safer as its residents will be able to properly defend themselves against any criminal activity. There should be no fear for law abiding civilians to get locked and loaded, they point out, because it's criminals and the deranged who kill with guns.

Liberals, on the other hand, argue that guns don't make people safer, and that the presence of more guns in a particular area make it more likely that a shooting or suicide could occur. One might think that the federal government has commissioned studies on this matter, and it could resolve this argument through such research. However, that's not been the case for more than 20 years.

In 1993 a study funded by the CDC (Centers for Disease Control and Prevention) found that in households that owned one or more firearms, the rate of homicides increased significantly. In response to this first of its kind study, the NRA backed a bill in 1996 called the Dickey Amendment which prevented federal dollars going to research and studies about the effects of gun law reform and how to prevent gun violence. Twenty-two years later, the American Psychological Association, American College of Preventive Medicine and numerous other medical associations, as well as the sponsor of the amendment himself, former Representative Jay Dickey, have called for its repeal. The amendment works well, conservatives rebut, by preventing the federal government being able to justify any gun control laws it might pass with studies it could influence.

This is not true. The Dickey Amendment impedes any federal dollars going to gun violence research, and as few studies by private groups have been able to reach the scope of capacity that the federal government has, this effectively prevents scientific research into whether the axiom of more guns makes people safe is accurate.

If Congress wants to be seen as a responsible law making body, it should try to back up its statements on gun violence by repealing the Dickey Amendment and allowing researchers to have the resources available to determine the truth of the conservative slogan.



MATH TEAM SWEEPS STATES: Heritage mathletes won big, with first place wins in Alpha and Mu Ciphering, Mu Individual and sweepstakes.

(Photo/Joanne Haner)
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Just like most sports, the road to states for Mu Alpha Theta consists of long practices and teamwork. Forty-eight students traveled to the DoubleTree Hotel at Universal Studios to attend the annual Florida Association of Mu Alpha Theta State Convention from April 19-21. Students participated in several competitions such as ciphering and topic tests.

Students are sorted into three divisions: Mu, Alpha and Theta.

Freshmen (Theta) compete in Geometry and Algebra 2, sophomores (Alpha) compete in Pre-calc and juniors and seniors (Mu) compete in Calculus and Statistics. Each student must take an individual test and topic tests that relate to their division.

The individual test consists of 30 multiple choice questions that students have to answer in an hour. The topic tests are formatted the same as the individual test. However, students take two topic tests or more based on which division

they are in. Each division has six topics students can choose from including integration in Mu, complex numbers in Alpha, and functions in Theta. Open topics are available for Alpha and Mu students.

Students also had to take the ciphering test which consists of 10 free response questions, each question with a three-minute limit.

Besides required tests, students also have the opportunity to participate in math relays, the hustle, scrapbook, poster competitions and many other activities. Students will

take on Buccholz, their rival, who they finally beat at the National Mu Alpha Theta competition over the summer.

"The competition between our team and Buccholz's team is extremely tight. It's either us or them winning by one point in each competition. We hope to claim the state title again," said Mu Alpha Theta advisor Mr. Richard Rovere.

Mr. Rovere's wishes were fulfilled as Mu Alpha Theta took home first place overall, with Buccholz close behind.

Mock trial states: team suits up at states

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After placing sixth place out of approximately 20 competing schools across Florida, the mock trial team finished its season.

The mock trial state competition occurred in Orlando March 13-15, comprised of teams from each Florida county that sent one. States is the second competition in the three-competition bracket.

First, a team must win first place in its respective county competition as Heritage did to qualify

for the next level. The winning county team then advances to the state competition where it represents the entire county.

The winner of the state competition then competes in a national competition which includes teams from all 50 states and certain territories. The AHS team had eight participating members with three lawyers and five witnesses since teams are allotted slots for six to eight students per team.

The TERRA Environmental Research Institute from Miami won

first place; leaving AHS as top 6 out of 20 schools.

"TERRA was the most proficient team we went against since they were very technical with their objections and arguments in competition," senior Nicolas Sweet, lawyer and captain of the mock trial team, said.

"We did well, we left everything out there. You win some, you lose some. I'm happy with our progress and will enjoy my retirement. I learned a lot and wouldn't trade it for the world."

Although the mock trial team won't be able to compete in nationals this year as it did last year, the students learned from this experience and have become more ready to take on next year's competition.

"I thought the team was absolutely amazing. Although I'm disappointed that we couldn't compete in nationals, there's always next year," sophomore Jack Baker, an alternate witness, said.

Moot Court competes at first round of competition

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After submitting its briefs to Florida Law Related Education Association (FLREA), nonprofit that runs Mock Trial, Moot Court and other social studies competitions within the state of Florida, the Moot Court team has its hands now full with preparing for the county competition.

Moot Court simulates the appellate process in the state of Florida. Based on the Mock Trial facts, FLREA develops a fact pattern that requires students to interpret the constitutionality of a Florida statute applied in Mock Trial session. Students either take the role of the Petitioner, who appeals a ruling from the fictional 6th District Court of Appeals (in reality, only five exist) to the Supreme Court of Florida, or the Respondent, who attempts to have the Supreme Court affirm the 6th District's ruling. Each role consists of two partners who split the issues and write a 20-page legal brief pertaining to the case. Students then submit the brief first to their coaches, who select four briefs for

submission to FLREA in hopes of receiving selective invitations to compete with their brief.

"For me, writing the brief involved two steady weeks of constant editing and review with the coaches," junior and Moot Court member Eric Bazail said. "Not everyone gets accepted by FLREA so this kind of begins a nerve-wracking few weeks of prepping oral arguments while you wait for an invitation."

This year, the coaches selected Bazail and his partner Flora Ranis alongside seniors Nicolas Sweet, Madison Paez and Melody Chan and juniors Paridhi Kapadia and Sloane Kapit and sophomore Barak Huang. These students now await formal invitations from FLREA, spending their practices preparing for the district competition in April and the state competition in May.

The Moot Court team practices on Friday afternoons from 4 p.m.-5:30 p.m. and Saturday mornings from 8 a.m.-10 a.m. At the start of the year, practice entails group seminars on the cases outlined in a case packet. Next, it shifts focus to writing the actual brief, and then finally,

oral argumentation and mock rapid-fire question and answer sessions.

"Moot Court is very erudite in the way it functions," Bazail said. "It requires a lot of deep analysis and requires a different type of quick thinking and style. I enjoy Moot

Court because it provides me a great educational opportunity, it challenges me to learn about complex legal situations and ultimately, it tests me in so many ways."



MOVE TO MOOT: As Moot Court prepares students for the world of law through an appellate court simulation, sophomore Flora Ranis and junior Eric Bazail fortify their understanding of cases through brief writing with three of the four district of appeal justices. (Photo/Eric Bazail)



OPINION

WHICH IS WORSE?

Choose sleeping over studying

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It's 12 in the morning, only six hours before you have to wake up to get ready for school. You have been studying for last hour and continue doing so until 2 a.m. to prepare for your Spanish and Chemistry tests before you go to sleep.

When you arrive at class at 7:45 in the morning, you are exhausted and do not ace the test as you had hoped. You wonder why you didn't live up to your expectations, recalling the extra time you spent reviewing the material before you fell asleep. However, in actuality, that was the problem.

With 98 percent of people unable to perform exceptionally well on tests with only a few hours of sleep, research has proven that adequate sleep translates into a successful test day. Several reasons account for your lack of performance as a result of five, six or fewer hours of sleep, one being the fact that your ability to stay alert

decreases significantly. Staying up to study that extra hour destroys your chances of performing as well as you would've liked, despite the extra knowledge of the material gained.

A study conducted in 2013 revealed that as high school students advance from 9th grade to 10th grade to 11th grade and to 12th grade, the amount of sleep they receive diminishes. Consequently, the study discovered that 12th grade students, who sleep the least on average, had the most difficulty staying attentive the following school day.

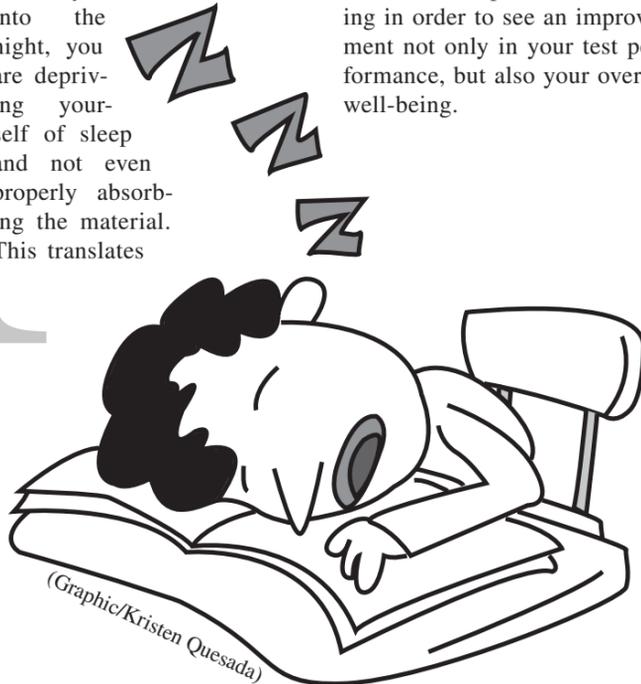
Sleeping the recommended time of approximately eight to 10 hours enables you to remain focused for the entirety of the day. Scientists have discovered that as you sleep, your brain stores memories, so you are able to recall them in the future. Therefore, the more time you sleep, the more memories you will be able to remember, including the material that might appear on your test.

However, as the night progresses and you begin to grow more tired while studying, it has been proven that instead of actually reviewing the chapter, you are only skimming through.

Therefore, if you continue to study late into the night, you are depriving yourself of sleep and not even properly absorbing the material. This translates

into a lose-lose situation the following day.

The effect of not enough sleep will be reflected on the grade you receive. It is imperative that you decide to call it a night instead of spending an extra hour of pointless reviewing in order to see an improvement not only in your test performance, but also your overall well-being.



Hurricane Andrew
BY ANDREW (AJ) KOLONDR
The eye of the storm

When I began writing the first edition of Hurricane Andrew, in which I would "boldly stand up" to the widely accepted, generally liberal viewpoints of youth culture on a high school campus, I had no idea just how far the hate I'd receive would reach. I expected to see opposition from those spouting from the fountain of "justice and tolerance," through strongly worded letters to the editor and the like, but it would be an injustice not to label such opposition for what it often turned out to be – the very intolerance that many students claim to be battling.

Through this column, I did not hope to "indoctrinate" students like you into believing certain things or holding certain viewpoints. Neither did I hope to "brainwash" you, nor spread "fake news," though I have been accused of doing all three.

With the exception of a mishap involving a poorly worded sentence last fall, I simply aimed to provide you with the information I was certain many of you would never receive otherwise – the information that the left-leaning major news media doesn't offer. It was my naïve intention that, once presented with the other side of the argument, you all would engage in meaningful discussions about the topic at hand and come out of the situation as better, more developed thinkers with new viewpoints on both simple and complex issues and world events.

Put simply, I had hoped to teach all of you that politics is more than just liberal and conservative. There's no need to politically polarize yourself so deeply that you can't even have a rational conversation – yet some of you have and continue to do so.

You can be a conservative and advocate for stricter gun safety legislation. You can be a liberal and believe abortion to be immoral. You can be a conservative and identify as LGBT. You can be me. You can be you.

It's extremely unlikely for any one person to agree with every single liberal stance or every single conservative stance on the issues and events that matter. In fact, if one side of the political spectrum is 100 percent your beliefs, then there's likely something wrong. Everyone has his or her own ideas, and every individual is unique, so having unique views shouldn't be an abnormal occurrence.

Whether or not my column accomplished its goal no longer matters. If nothing else, you should take away one important piece of advice: go out there and develop your own opinions. See and experience the world to the best of your ability, and come back someone with his or her own unique combination of ideas and views. Come back an independent thinker.

Think before you ink

Kristen Quesada | Opinion Editor
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People live life attempting to avoid the constricting feeling of regret. That matter isn't helped when people make lifelong decisions, such as tattoos, in high school.

In a Northwestern University study, it was found that 25 percent of study-takers had tattoo regret, with 17 percent contemplating removing their tattoo(s) altogether. Considering that approximately one out of five American adults has a tattoo, this regret is quite common. How much would that regret percentage decrease if people held off on getting a tattoo until they were older?

When people are younger, they may get tattoos based on trends, celebrities or something else that may be a transitory fad. If someone is going to make a permanent decision, shouldn't it be based on something more than a temporary sensation?

Think of someone getting a fruit-sized tattoo of Britney Spears in the 2000s when she

became irrelevant nearly a decade later. High schoolers should put more thought into the decision before getting a tattoo and make sure it has significance for them.

"I regret not doing stuff I wanted because I was afraid of what other people would think. However, I recommend not getting a tattoo at a young age because your body is a temple, and you shouldn't mark it with insignificant things before fully going over the thought," Spanish teacher Mrs. Gabriela Zaviezo said.

However, if an event has had such an impact in someone's life that they wish to commemorate it in tattoo form, that's his or her decision. But when someone is at such a young age, they should be extremely confident that they are going to be OK with that specific tattoo for the rest of their life. If not, they should talk with others for input before they make a decision that will stay with them for the rest of their life.

Tech addiction take-over

Maia Fernandez Baigun | Staff Writer
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You can find technology everywhere in today's society. It can be found in school, at home and even in cars; whenever someone wants to contact another, there will always be a device available to do so. There are positive sides to the use of technology, but after a certain period of time, the effects of daily technology use can be extremely harmful.

The dependence of always having a cell phone around, whether to play music and games, check emails or social media and send text messages can have long lasting mental effects, or addiction.

Not only do you create a need for a device, but you become constantly reliant on the updates available, new games to play or even the number of notifications, likes and comments on your newest post.

After years of spending more time looking at screens than away from them, you become less active and your social life decreases greatly. "Does technology take away from real life? Yes, everywhere we go nowadays, almost everyone is on their phones," sophomore Hailey Howitt said, "and it's not a good thing."

But what actually happens when you develop a technology addiction? When you like something (like playing video games), the brain releases dopamine, a type of hormone that the brain releases associated with pleasure, but also one of the main factors of addiction (which makes the body crave and demand more of it).

When you fall asleep with a screen fresh in your mind, the brain doesn't fully "power off," and

you are not able to get the sleep you need.

"[People] go to bed, but they can't sleep or they fall asleep exhausted and wake up tired. [My patients] started telling me they couldn't switch their brains off," Dr. Ramalakan of the Nightingale Hospital said in an interview with BBC.

Simply put, even though most of our lives revolve around the use of our iPads (because of school), it might be best if we could put down the technology for awhile and focus on life outside of the screen. Not only would we break the horrible habit of being glued to any screen, but it would significantly help people's awareness and health.

This technology plague is quickly spreading, but there are hundreds of different forms of entertainment (books, outdoor activities or cooking) that do not require a screen and are easily accessible. For one day, try putting down the screens and avoid the addiction.





Opinion

An argument for activism



The snowflake

BY VANESSA RYALS

Taking Action

I began this column February of last year largely to criticize the incoming presidential administration and all whose ideologies propelled its rise. In my mind it was a noble, albeit self-serving, act; I could publicize my sentiments, and the sentiments of so many others on campus, while simultaneously reassuring myself that liberalism was still the dominant ideology among highly-educated people.

And it worked. Since “The Snowflake’s” inception I have received numerous responses from classmates and teachers, most commending my calling out of toxic belief systems and identifying of problematic trends in our community. The outlet I used as my own personal catharsis sparked conversations in classrooms and afterschool clubs – but to what end?

In writing for this paper, I have contradicted the values I hold most close. I have provided content for a publication that operates under strict and biased scrutiny, and, on many occasions, I have succumbed to the urging of higher powers to change my phrasing, water-down my arguments and refrain from publishing certain “inflammatory” opinions. All the while, outside of school I have remained a strong advocate for the Student Press Law Center’s “New Voices” campaign – a student-led initiative to expand press freedoms in the classroom. Do I contradict myself? Very well. I contradict myself.

Criticism is necessary and indispensable, but in this form it cannot exist without also enabling our current environment to persist. Inevitably, a distinction must be drawn between thought and action. While the written word that calls for change lives on forever, it remains just that unless direct action is taken.

Adults might own and oversee our operations, but students, having the agency to decide which classes to take, how many hours to study each night and how involved to be in extracurricular activities (i.e. being the force that propels this school to its high ranking and supposed greatness), hold the power.

In other words, don’t just discuss change. Organize within clubs and outside of the classroom. Join community organizations. Volunteer. Make an impact. Stand by your beliefs, but also dare to challenge them.

The worst thing anyone can do is be complacent with the way things are right now.

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After former student Nicolas Cruz burst into Marjory Stoneman Douglas High School (MSD) carrying an AR-15 and opened fire on the student body, MSD students issued a more figurative call to arms to students across the nation, refusing to allow the tragedy to succumb to the short attention span of American politics.

In the three weeks following the massacre, MSD students, speaking not only on behalf of their school but also the millions of students across the country who attend classes with a lingering fear of school shootings, forced the gun control debate to the center of the political stage, spoke with state and national policymakers and inspired a renewed push for legislative reform regarding guns.

The success of student activism in promoting positive social change both highlights the power

of student voices and extends beyond the scope of gun control.

“The foundation of any true democracy is civil society and civic engagement. Even though we, as students, can’t vote or run for office, we can help bring about political change by pressuring our elected officials by participating in rallies, protests and other similar activities,” junior Sofia Godoy said. “However, I’m involved in immigration reform activism, and I volunteer for Andrew Gillum’s campaign for governor.

“Though the events at MSD inspired my my passion for gun control, I have considered myself a student activist in many other areas since long before that.”

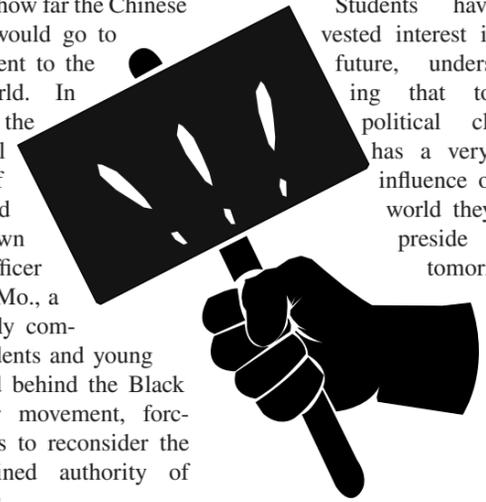
In 1960, four African-American students, dubbed the Greensboro Four, staged “sit-ins” at a segregated lunch counter at North Carolina Agricultural and Technical State University, refusing to leave until hundreds of other black students partook in the

protests, eventually contributing to the passage of the Civil Rights Act of 1964. In 1989, Chinese students held demonstrations condemning the government in Tiananmen Square in Beijing, only to have Chinese troops open fire to shut down the protest.

The still-unreleased death toll, though many estimates approximate thousands of casualties, revealed how far the Chinese government would go to suppress dissent to the rest of the world. In 2013, after the controversial murder of 18-year-old Michael Brown by a police officer in Ferguson, Mo., a body primarily comprised of students and young people rallied behind the Black Lives Matter movement, forcing legislators to reconsider the loosely-restrained authority of police officers.

History overflows with student activists paving the way for revolutions and change. Students represent a demographic armed with an underestimated passion for shaping the world, knowing that they will one day occupy the positions of the very global leaders and policymakers who regard the students with an amused dismissal.

Students have a vested interest in the future, understanding that today’s political climate has a very real influence on the world they will preside over tomorrow.



(Graphic/Maia Fernandez Baigun)

Has homework lost its purpose?

Kelly Taylor | News Editor
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After a long day of tests, quizzes, essays and lectures, students return home exhausted with a big pile of homework. At this point in the day, one common question pops into the mind: Is homework really necessary?

Meant to reinforce class instruction, teachers assign homework corresponding to their lessons which, in theory, provides a review for students to better understand the principles taught.

However, many students have a variety of commitments

after school and do not return home until late in the afternoon or early evening, and then they must attempt to rush through the day’s homework in order to keep their grades up. Completing homework without using proper thought or adequate time robs the assignments of their instructional value as students fail to retain the information.

While cutting out all extracurricular activities would solve this time crunch, it would deprive students of the ability to learn outside of school and put them at a disadvantage when applying to colleges that like to see student

commitment to activities.

Each class may only give one piece of homework a night, but with up to seven other classes to take into consideration, homework piles up fast. The extensive number of classes in one day also means that tests and quizzes occur frequently throughout a week. As assessments account for more of a class’s grade than homework assignments, students need more time to study for specific subjects, leading them to rush through the rest of their work to study. However, students trying to complete all of their homework who leave little time for studying usually

see decreases in their test and quiz grades.

Although this system would not benefit students with poor work ethics, the students looking to expand their knowledge and succeed in their classes would take advantage of the assignments without struggling to complete too much homework in one night.

Giving students the free will to make decisions about their homework could build a self-imposed work ethic that will strengthen decision-making skills and independent thinking. Homework should be optional.

The influence of guns in today’s video games

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As a result of the tragic shooting at Marjory Stoneman Douglas, a plethora of protests and rallies have challenged the easy access ordinary citizens have to weapons today, spurring many topics of debate over gun violence.

On Feb. 22, however, President Trump offered a different perspective, shedding light on the influence of the media, specifically video games, on the youth.

He noted how he has constantly heard negative reviews of video games in regards to the violence it exposes gamers to. “The video games, the movies, the Internet stuff is so violent. It’s so incredible. I see it. I get to see things that you wouldn’t be — you’d be amazed at,” President Trump said.

“I have a young — very young son, who — I look at some of the things he’s watching, and I say, how is that possible?” However, although controversial,

the act of playing violent video games is not uncommon in the United States. According to the American Psychological Association’s (APA) study conducted in 2015, more than 90 percent of children living in the U.S. play video games, with 85 percent of video games available centering around violence.

The recent incidents of teenagers harming others have left people wondering whether there is a link between the introduction to brutal games at such a young age and aggressive behavior in the real world.

A study conducted in 2014 exemplified that an increased exposure to violent video games increased the aggression and action of the youth. Scientists studied individuals and their waves of emotion experienced during video games and concluded that those participating in the highly intense first person shooting games showed extreme

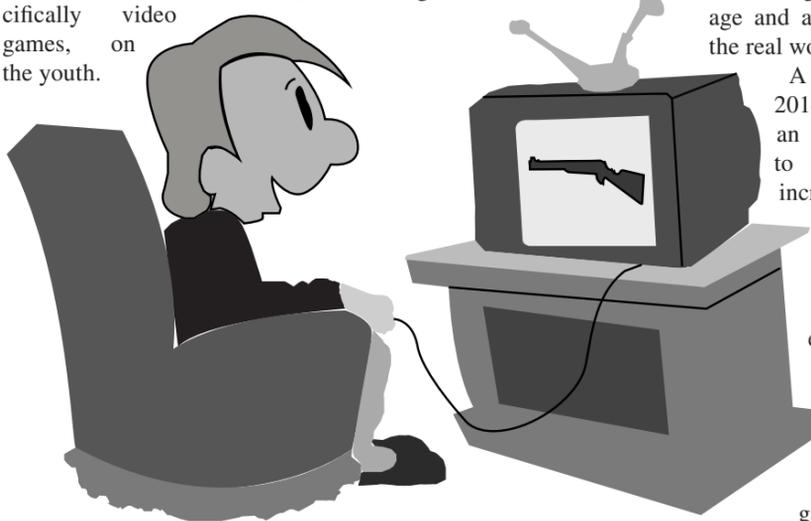
feelings of aggression while those who played other games did not nearly show the same levels.

As a result of the rush felt when playing in a high intense first person shooter game, the individual feels continuous waves of aggression. Over time, it is believed that this aggression will transform into their permanent behavior.

Aggression translating into action has been seen in past teenage led attacks. Teenager James Holmes, who was responsible for a shooting at a movie theater in Colorado in 2012, was found to have been obsessed with such video games.

Experts have determined they have reached a conclusion claiming that there is indeed a true association between the aggression felt when playing violent video games and similar actions performed afterwards.

By being exposed at such a young age to this violence, their minds will develop into believing aggressive behavior is acceptable-- and it is not.



(Graphic/Maia Fernandez Baigun)



Opinion

Do it for the gram: I ain't gonna do it

Katherine Quesada | Co-editor
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Vacations provide the perfect setting to escape life's daily stresses and struggles, or so we think.

According to a study of 2,000 people by Expedia, the average person spends nine hours of a weeklong vacation on social media, completing the same tasks as he or she would do at home after a

long day out of the house: scrolling through hundreds of pictures.

Thus, the true question becomes, does social media detract or enhance our vacation?

According to the previously mentioned study, 44 percent of responders claimed social media made their vacation experience less relaxing. The reason for this is not surprising: social media keeps people connected, maybe a little too connected, to their "friends," leading society to subconsciously compare experiences.

When one considers his or her vacation experiences, it is often accompanied by the urge to share, or more than likely, brag, about his or her day.

When people do this, the experience lived loses value because it is no longer appreciated for its reality but only on how others perceive it.

The viewers no longer observe their surrounding for its beauty but cram their photo albums with 15 seemingly carbon copy images, intensely judging

each snap for best lighting, angle and pose. That being said, do we really vacation, or has social media made our getaway into a get back online?

The Merriam-Webster dictionary defines a vacation as "a scheduled period during which activity is suspended."

With this in mind, I urge you to suspend social media while on vacation, or at least lessen its impact on your day.

Although it is important to document your adventures and save your memories, try taking

photographs of your experience without social media in mind and refraining from posting until you have returned home.

This method allows you to truly obtain the rest and worldly detachment sought after while still saving memories that last a lifetime (and most certainly a few days sitting in your camera roll).

Pre-register to vote

Kristen Quesada | Opinion Editor
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How can you take a step into the political realm and exercise your voting rights before turning 18? Pre-register to vote.

While you must be at least 18 years old to vote in elections, 16-year-olds may pre-register on or after their 16th birthday and may vote in any election on or after their 18th birthday without additional paperwork to fill out.

Pre-registrants fill out an application and are added to the voter registration list with a "pre-registration" status, automatically adding them to the voter registration list at 18 years of age and allowing them to cast a ballot.

California launched online pre-registration for 16- and 17-year-olds to encourage teenagers to begin thinking about the voting process before being able to legally vote in March last year. This program simplified the pre-registration

process, allowing teens to pre-register in mere minutes on their phones, tablets or laptops. In the first months of the program's activation, 88,700 teenagers pre-registered.

Hawaii used to be the only state that allowed 16-year-olds to sign up; several others states have approved laws allowing 16-year-olds to pre-register in recent years. These changes occurred because young adult voter turnout has lagged behind the general population, and pre-registration is viewed as a potential answer to that problem.

Teens are becoming more and more politically active nowadays, and to truly get your voice out there, it's important to take the next step and pre-register to vote.

Advocacy and activism for specific topics is extremely important, but the most effective way to make your voice heard is to cast a vote.



(Graphic/Joanne Haner)

Math competition classes should be High Honors

Joanne Haner | Asst. Online Editor
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The more work students put in by challenging themselves should reflect the difficulty of the class they take. Therefore, the weight of a grade in an advanced class such as an AP or honors course is justified. The Heritage GPA system tends to put much stress on class levels.

High Honors classes such as Multivariable and Differential Equations are already weighted the same as an AP course. They are not AP courses because CollegeBoard does not recognize them as college-level or administrator exams for them. Nevertheless, the class is taught at an extremely

high level, and the weight of the grade in our GPA is a direct representation of that.

Math competition classes, such as Competitive Pre-calculus and Competitive Algebra II, are also taught at a level that is beyond that of honors and should be also be weighted as High Honors.

These rigorous classes complete the year-long honors course curriculum in just over half a year, and then use the second half of the year to exercise advanced math competition skills through difficult programs such as that of the Art of Problem Solving (AOPS) series.

AOPS takes problems from prestigious mathematics exams

such as the American International Math Exam and the Harvard-MIT Mathematics Tournament.

Additionally, students take tests from the Florida Association of Mu Alpha Theta (FAMAT) as a grade. Perfect scores on FAMAT tests in competition are already rare, and the students in these classes are expected to receive perfect or near perfect scores when given these exams on a weekly basis.

The only way this can be achieved is by plentiful and rigorous practice.

As a student currently taking Competitive Pre-Calculus, I have firsthand experience when

comparing the workload between Honors and Comp., as we abbreviate it. The material is significantly more advanced, for the sake of success in competition, but the class is still considered equal to Honors in terms of GPA.

Why should we math team students struggle to receive a B+ in competitive classes when we can drop to honors and earn an A+ with much less effort?

The problem with dropping a level, aside from being at a serious disadvantage from the rest of the math team, is that the challenge we seek is lost.

It is unlikely that CollegeBoard will ever recognize Pre-Calculus or Algebra II as an AP

class, regardless of the advanced level it is taught here.

The students in the competitive classes are reimbursed by succeeding in competition as part of the Mu Alpha Theta competitive math program, but their grades and GPA often suffer as a consequence.

Outside of high school, weighted GPA may be much less important, but for the time being, a weighted GPA is all we look at.

Making math competition classes high honors would recognize the difficulty of the class and reflect accurately on the GPAs of the students who are excelling in the subject.

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FEATURES

Carrie Tries: March(ing) For Our Lives

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

Carrie Kuecks | Features Editor
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Alongside thousands of other students, teachers, parents and community members, I participated in the March for Our Lives in Parkland, Fla. For this edition of Carrie Tries, I will be discussing my experience participating in the march and protesting for the first time.

On a hot and sunny day, I grabbed my sign, water bottle, phone and a couple of friends and participated in the March for Our Lives on March 24.

Pine Island Road was blocked off for the march. Prior to the march, Marjory Stoneman Douglas High School (MSD) students, teachers, parents and Parkland community members gave emotional, heart-wrenching speeches about the 17 innocent students and teachers who

lost their lives in the Parkland shooting and called upon action to change gun laws and school safety features. I felt extremely moved and motivated to march following such strong speeches, many given by people at or around my age.

The speeches emphasized the need to make #NeverAgain carry on not as a moment but a movement and that compromises from both political parties need to be made going forward.

Voter registration booths were also present at the rally for young adults like myself to become politically involved in the near future.

The Parkland shooting hit extremely close to home for me (as well as many students and faculty of this school and other schools in South Florida), as I personally know students attending MSD who had to experience the horrendous

event on Feb. 14, 2018. I was so shocked and horrified and this motivated me to attend the March for Our Lives in Parkland.

After the speeches, I began marching to the MSD memorial along with large crowds of people. I carried a sign that was given out at the march encouraging people to register to vote.

I also chanted along with the crowds various slogans such as "Never Again," "Enough is enough" and "Show me what democracy looks like" as well as many others. The chants helped keep me and the crowd to continue marching forward despite the heat.

The march was extremely organized with volunteers giving out bottled water and a huge police presence was there as well to keep protesters safe.

Looking back, I am grateful that I had the opportunity to



CARRIE TRIES ACTIVISM: Features Editor Carrie Kuecks participates in the March For Our Lives march in Parkland, Florida. There were thousands of other marchers from South Florida who participated. (Photo/Yasmeen Altaji)

participate in the march to stand in solidarity with MSD and promote changes being made in national and state school security measures and gun reform. Activism is for everyone, even if you are a year or two away

from being able to vote. It is not something solely for college-aged students or adults. I would recommend trying to find something that matters to you and get involved and take action.

Healthy Heritage volunteers at senior center

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In a world where we never have to leave our homes to access what lies beyond our walls, the importance of the outdoors and nature is often lost. Clubs such as Healthy Heritage work toward educating our generation about the natural beauty of the world. Originally created as the Let's Move club in 2013, Healthy Heritage, sponsored by chemistry teacher Dr. Julia Couper, is an organic gardening and food club.

The main goal of Healthy Heritage is to get people outside to connect with the earth and everything in it that does not require batteries or electricity.

This year, the Healthy Heritage club has implemented a new service project open to all members at the Daniel Cantor Senior Center in Sunrise. The club takes about five to eight students on its monthly trip.

At the Daniel Cantor senior center, students have the opportunity to interact with the older population and share a love of nature and gardening.

Students plant herbs flowers and tend to the garden in order to create a sensory-rich space for the patients. Junior Natalia Ulloa and sophomore Viviana Wei are working to gradually fill the garden walls with nature-inspired murals.

"The more people understand the importance of healthy soil and plants, the more people will protect those things, and the better chance we have of living healthy lives and of protecting our planet," Dr. Couper said.

"Getting young people into a garden to see how things grow increases the chances that they will make healthy choices about food." Students who choose to participate in the volunteering program at the Daniel Cantor Senior Center with Healthy Heritage leave school after

eight hour and are transported via school bus. They usually return by 4:15 p.m. after enjoying two hours of community service.

"It's important for Heritage students to do things that make a positive difference in people's lives, both for those other people and so that they appreciate their health, their mobility, their youth and their education," Dr. Couper said. Healthy Heritage also has an on-campus garden it hopes to expand in the future. Right now, the garden is the home of growing carrot, tomato, pepper, chive, basil and purple cabbage plants.

Volunteering at Daniel Cantor is open to all students. Interested students can email Dr. Couper at julia.couper@ahschool.com to find out when the next volunteering date is and obtain the parent permission form. Healthy Heritage meets in Dr. Couper's room, 9210, every other Monday.



HEALTHY HELPS: Healthy Heritage president junior Olivia Lender and sophomore Jana Kelly pull weeds out of the garden in the company of a patient at Daniel Cantor Senior Center in Sunrise. (Photos/Joanne Haner)



WORKING AND HEALTH: Junior Natalia Ulloa, Healthy Heritage vice president sophomore Daniel Block, sophomores Victoria Molina and Deva Mark, junior Daniil Tourashev and sophomore Viviana Wei enjoy the work they've put into the garden at Daniel Cantor after a long day's work.

Junior participates in Shakespeare monologue contest

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DRAMA AND DREAMS: Junior Gabi Coutinho is passionate about theater and wants to study English and playwriting in college. Coutinho also dreams to be on Broadway someday. (Photo submitted by Gabriela Coutinho)

Few have the opportunity to perform at Lincoln Center, but junior Gabriela Coutinho will for a Shakespeare monologue contest.

This January, the English Honor Society and Dead Poets Society hosted a Renaissance Festival which featured the second annual schoolwide Shakespeare monologue competition.

After winning last year's school Shakespeare monologue contest, Coutinho came to the competition Jan. 20 experienced and ready to perform Tamora's Act I Scene I monologue from Shakespeare's Titus Andronicus and Sonnet 116. She won first place and advanced to the regional contest.

At the Fort Lauderdale English-Speaking Union Shakespeare Monologue Contest, Coutinho won first place. As a result, she will advance to the national competition at the Lincoln Center in New York City on National Shakespeare Day, April 23.

"I'm incredibly excited to perform at the Lincoln Center! I love working on my pieces and have a huge passion for Shakespeare," Coutinho said.

Based on student performances, seven to 10 students advance to the final round. Finalists compete for cash prizes and the opportunity to attend a summer drama program.

First place winners are awarded a scholarship and air-

fare to attend the Royal Academy of Dramatic Art Young Actors' Summer School in London.

All participants get the valuable experience of performing in front of distinguished judges as well as demonstrate their interest in Shakespeare and theater.

"I'm extremely passionate about theater and literature so Shakespeare's world is practically an ideology I work."

"I love immersing myself in his language through analysis and performance. I think the competition is an exciting opportunity for students to delve into the text and play with classical acting," Coutinho said.



Features

Everyone Has a Story: *Rebecca Rodriguez*



Amanda Howitt

(Photos submitted by Amanda Howitt and Rebecca Rodriguez)



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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.

Keeping up with the spirit of the Easter holiday, we decided to organize an Easter egg hunt, hiding four paper Easter eggs throughout the quad, each with a hint as to where to find the next one. The final egg led the participant to room 9114 hoping to redeem a prize.

The prize, this month's EHAS feature, took an unconventional turn as two eighth graders Amanda Howitt and Rebecca Rodriguez completed the Easter egg hunt together and both came to redeem the prize. To accommodate their teamwork, we opted to make an exception and, for the first time ever, feature two people for this issue's EHAS.

Amanda Howitt

A Florida native, eighth grader Amanda Howitt enjoys living in the South, especially because the majority of her family resides nearby. If given the opportunity

to move, Howitt would relocate anywhere so long as her family lived there, displaying her love for her family. One family member, Howitt's father, has inspired her in particular.

"I look up to my dad," Howitt said. "He worked so hard to become the doctor he is today against all odds."

Howitt's father, a practicing ophthalmologist, provided her with the opportunity to pursue her dream of practicing medicine. She spent her past summer working as a technician at her father's ophthalmology practice, allowing her to interact with both the patients and equipment and inspiring her to strive toward following in her father's footsteps and one day becoming an ophthalmologist.

Howitt not only spends her time following her medical aspirations but also invests time

in honing her gymnastics skills. Starting at the age of 2, Howitt has practiced gymnastics for 12 years and currently holds the title of second best gymnast in the state for her level and age division. This past season, Howitt qualified for the state competition and won first place for vaulting, earning her a number one ranking in the category.

"I worked so hard this season to get there so it really showed me hard work pays off," Howitt said. She hopes to pursue both medicine and gymnastics after high school.

Rebecca Rodriguez

Also born in Florida, eighth grader Rebecca Rodriguez dreams of moving to somewhere that has season changes, preferably the Northeast. However, she enjoys her life here in South Florida with her family, especially her mother.

Rodriguez's admiration for her mother mirrors Howitt's admiration for her father.

"Not only is [my mother] physically strong, but she is emotionally strong. I feel that throughout her life she has been kind and true to herself," Rodriguez said.

Besides her love for her family, Rodriguez also enjoys literature class. As an avid reader with a passion for analyzing text, she values the experiences reading provides her.

"I feel like books can transport you anywhere," she said.

Rodriguez has also shown an inclination for music. She played the piano for a couple of years before teaching herself to play the ukulele through YouTube videos. However, while Rodriguez is passionate about literature and the ukulele, she remains unsure as to where and what she wants to study beyond high school.

Teachers' favorite educational movies

Teachers of all subjects often accompany lessons with educational movies on the topic at hand. Here, some teachers share their favorites:

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Mrs. Deborah Seese Torts and Business Law

Mrs. Seese's favorite movie to teach with is "Philadelphia," starring Tom Hanks. The movie chronicles a law firm's rising partner and his struggle battling AIDS and takes place in the early 1990s, a time when people knew little about the cause and spread of the HIV virus. The movie touches upon a plethora of legal and ethical issues, most prominently discrimination in the workplace on the basis of sexual orientation and HIV status. It also focuses on the litigation process from pre-trial demand through trial. Additional law topics involve contracts, intellectual property, healthcare and environmental law. The film educates through its depiction of a variety of dispute resolution techniques, including negotiation, mediation and litigation. "I utilize this movie in Honors Business Law to highlight many of the areas of law studied during the year, and we engage in full discussion about the movie," Mrs. Seese said.

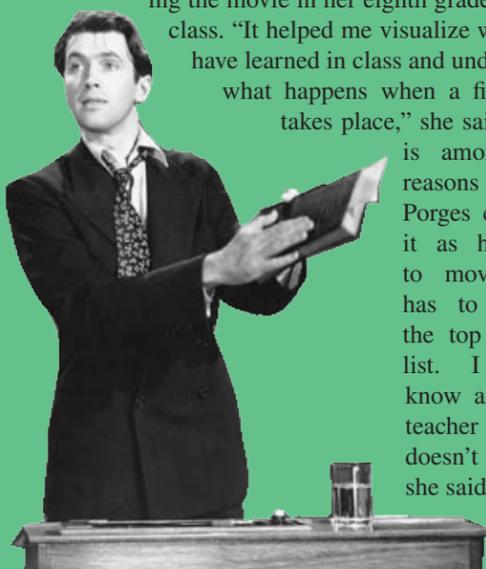
(Photo/wiki-media.com)



Mrs. Leslie Porges Civics

Mrs. Porges shows her Civics class the 1939 movie "Mr. Smith Goes to Washington," directed by Frank Capra, annually. The film chronicles the controversial story of a United States senator who fights against a corrupt political system. Freshman Kayla Rubenstein recalled watching the movie in her eighth grade Civics class. "It helped me visualize what we have learned in class and understand what happens when a filibuster takes place," she said. This is among the reasons Mrs. Porges chooses it as her go-to movie. "It has to be at the top of the list. I don't know a Civics teacher who doesn't use it," she said.

(Photo/patheos.com)



Mrs. Carol Cabrera Literature

Mrs. Cabrera shows the Kenneth Branagh version of "Much Ado About Nothing" to her literature students every year. It's true to Shakespeare's script and the actors resemble the characters the way the original play portrays them. Mrs. Cabrera believes that it allows students to see and hear Shakespeare the way it should be done. "It's funny; it's dramatic, and it's really entertaining. It also does not hurt that it's a visually beautiful movie," she said. She watches it four or five times every year and never gets tired of it.

(Photo/pinterest.com)



Activism on campus and beyond: *how students make a change*

Information compiled by Slonae Kapit and Ktristen Quesada.

Project Alive

When doctors diagnosed Mrs. Jennifer Estevez's son Sebastian with Hunter Syndrome, she and her husband, Mario Estevez, considered creating their own nonprofit organization to raise money for a cure. However, the more they researched Project Alive, the more confident they became that teaming up with that group was the best way to save their son and other boys like him. Mrs. Estevez and her husband have advocated for the cause ever since, and deeply entrenched the school community into their efforts as well. The organization is a parent-led nonprofit with a very lean operating budget that has been working since 2012 to fund preclinical and clinical gene therapy research.

Last year, Mrs. Estevez, in conjunction with Project Alive, raised more than \$1 million of the \$2.5 million goal. Additionally, they signed a contract to fund the production of gene vectors for a Phase I/II clinical trial in patients affected by the disease. They also received investigational new drug clearance from the FDA for the trial. They still have to raise about \$1.4 million to fund the study.

Mrs. Estevez will continue to stay focused on raising awareness and funds and hopes people continue to support the cause.

Mrs. Estevez and her family have hope that they can make the cure a reality. "And even if our efforts don't pay off in time to save Sebastian and this generation of kids, I truly believe that in the near future, no child will have to suffer and die at the hands of Hunter Syndrome," she said.



LGBT Rights

Junior Isabel Chamberlain, a gay teen, became involved in the LGBT+ community her freshman year when she joined the Gay Straight Alliance (GSA) club. "Heritage was the first school I'd ever attended that showed any support for the LGBT+ community, and solely the presence of a GSA made me feel much more comfortable beginning high school," Chamberlain said.

She has worked her way up to the position of co-president of the GSA and supports LGBT events in her community. Additionally, she plans on writing a collection of poems based on frequently ignored historical events that led to gay liberation in society.

"When gay marriage was legalized in America, I was back where I grew up in Belize with my childhood friends. Belize isn't necessarily the most gay-friendly place on earth, but still I was surprised to see the disgust or, at best, apathy, toward the legalization of gay marriage that the people I felt closest to expressed," Chamberlain said. "I grew extremely pessimistic, and part of me believed that any progress the LGBT+ global community could potentially make would occur extremely slowly. As I grew more active in the years to follow, however, I began to understand that not only is this false, but each unique individual, including myself, holds the power to make a significant change." As a result of this event, Chamberlain said one of her biggest goals in life is to return to Belize and fight for the LGBT+ community.



Racial Injustice

Senior Zachary Spicer recalls dealing with racial injustice as something that has plagued him for as long as he can remember. As he has experienced this first-hand, he can truly grasp the difficulties minorities face on a daily basis and strives to end them. "It's upsetting to me that in this day and age, racial injustice is so evident, and I think its importance to me stems from the fact that I know our generation is capable of bringing about change," Spicer said.

Spicer has made it a point to make his voice heard. "My perspective is one that most people don't encounter: a young, underprivileged black boy living in one of the wealthiest and whitest cities in South Florida and attending one of the most privileged schools in the state," Spicer said. Because of this, he always makes sure to provide input on social issues regarding African Americans. In the future, Spicer intends on furthering his goals through voting for representatives who fight for minority rights, continuing to combat microaggressions and advocating on behalf of people who cannot speak up for and defend themselves.

"My voice is one that is typically muffled by mainstream media and America as a whole. Rather than letting this dissuade me, it inspires me to continue advocating against racial injustice. I long to live in a world where Asian, Latino, black and white individuals are all treated equally; where a child from a minority group can grow up to be whatever they would like; and where no black child has to live in fear of being ridiculed like I was," Spicer said.

Gun Control

Freshman Bella Ramirez recently became a gun control activist when her friends lost their friends in the Stoneman Douglas tragedy. "The fact that my friends knew someone was already too close, and that's exaggerated by the school being as close as 30 minutes away," Ramirez said.

Along with two other freshmen, Irene Newman and Ella Noriega, Ramirez hosted an event called Rally for Change in order to spread their message and effective solutions. "There are a few students that went from other schools that seemed interested in creating their own rallies, so we're trying to work with them to create another one," she said.

Ramirez hopes to keep the momentum going, and in addition to hosting protests, she has been attending rallies, including the March for Our Lives event in Parkland. "I don't like just sitting around. I had the opportunity to do something, and I'm glad I did. I'm not going to give up now," Ramirez said.

Activism

noun | ac • tiv • ism

A doctrine or practice that emphasizes direct vigorous action especially in support of or opposition to one side of a controversial issue.

Animal Rights

Sophomore Abrihana Rivera participates in the nonprofit organization Rescue Apparel, which raises money and collects supplies for animal shelters across America. The organization has networks internationally to reach third-world countries and help animals in need there as well. "My family is from a third-world country, and I've always seen poverty. I've seen animals on the streets that are treated poorly, and that's what sparked my interest in this realm of activism," Rivera said.

Not only does Rivera help in the background of the organization, but she is also active in media. "I do a lot of interviews for different television shows for Rescue Apparel about helping animals and treating them right," she said. On top of being a spokesperson for Rescue Apparel, Rivera is an advocate for proper animal treatment. One event she participates in is Bullies against Bullies with the first "Bullies" representing bulldogs, and the second "Bullies" representing those who poorly treat animals. "We talk about how breeding damages animals and the cruelty of removing animals' vocal chords, and we create other protests for things like that," Rivera said.

Women's Rights

"To me, activism is doing everything you can to spread a message," senior Sophia Donskoi said. "Whether it be challenging stigma in everyday life and conversation or something more extreme like a lifestyle change, there are plenty of ways to be an activist and make your voice heard."

Donskoi cares about women's rights because she firmly believes in equality and equality of opportunity. She holds the cause close to her heart because as a woman, she has experienced harassment and negative perceptions firsthand. "I just think that everyone has a right to equality and safety in this country, and when those rights aren't being fully realized, we have an issue," she said.

Donskoi follows People for the Ethical Treatment of Animals (PETA), which, as well as campaigning for animal rights, advocates for women and feminine empowerment. She also follows the Environmental Media Association, which has a female CEO and many inspiring female leaders. Although many of Donskoi's beliefs come from personal experience, certain leaders and organizations have helped open her eyes to different types of activism.

She hopes to raise awareness in her daily life with her actions, such as engaging in dialogues to continue fighting for equality. "I want to accomplish things on a personal level first by speaking to people and setting an example for others. I think the smallest changes lead to the biggest ones," Donskoi said.

(Graphics/Katherine Quesada)



WE'RE THE
KIDS OF THE
FUTURE

PROTECT
KIDS
NOT
GUNS



SAVING LIVES ONE STEP AT A TIME: Protestors march in Washington, D.C. on Mar. 24 in the March for Our Lives campaign for gun reform. Approximately 800,000 protestors attended the March, according to event organizers. (Photos/Angela Lin)





Features

Powering up Pre-Med Society

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Junior Anam Ahmed had a vision for a more efficient AHS Pre-Med Society when she took office as lieutenant her sophomore year. She knew members could do more for the society, and that the amount of work done by the officers could “exponentially increase” if members got more involved.

So she took action. Ahmed used her officer role to begin hosting “lieutenant workshops” to keep society members informed and involved. The workshops served many different purposes, from introductory sessions that educated members on how the society functions, to meetings

focused on individual events and fundraising methods. Regardless of individual purpose, each lieutenant workshop served the ultimate role of giving society members more ways to get involved.

“My whole thing is increasing member involvement. Because if we had those members do even just a little bit of what the officers do now, we could help so many more kids,” Ahmed said about the workshops

One particularly important workshop has been a sponsor-hunting workshop to teach members the best tactics to use to get companies on board as sponsors.

In these workshops, society members practiced talking to others about the Pre-Med Society’s cause, whether at the level of a

family friend or a professional business liaison.

“A lot of members end up asking their parents for donations, but we wanted them to reach out to the community,” Ahmed said. “I invited people to come sponsor hunting with me so they could experience in person what it was like to talk to adults that own companies and express our cause so that they would be interested in donating/sponsoring. Sponsor hunting is critical for our society so the fact that more members are involved improves our final events.”

This new form of involvement extended beyond just Ahmed. “A lot of freshmen (last year, who are sophomores now) were interested, and I took them along with

me. [Some of] those freshmen actually became officers this year and are now the ones taking other members with them.”

This year, as chair for both the society’s annual 5K for a Better Day and the annual fundraising gala, Ahmed has further developed her work of getting members more involved, and will continue to emphasize its importance next year.

“Although we have increased member involvement, I definitely want to continue to stress that,” Ahmed said.

“Lieutenant workshops and mentor relationships between officers and members results in the largest part of our society – the members – truly knowing what they are doing.”

Even though Pre-Med students are mere high schoolers, Ahmed is proof that students can truly drive positive change in the community. “Some people get thrown off by the fact that we’re high school students that run Pre-Med, and also have our own non-profit foundation for the cause, A Road for the Cure Foundation, but that’s part of the drive,” she said.

“We have been putting in effort to share our cause with the entire community. Spending hours working on the events and volunteering with the kids has changed my perspective. I hope to continue to be involved even after I graduate, helping future officers and attending events.”

Protesting? Check out admissions policies

In light of the recent wave of school walk-outs and activism, colleges have adjusted their admission policies accordingly so political beliefs will not factor into decisions.

Asa Zaretsky | Political Correspondent
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In the past couple of months students have been marching, walking out, and demanding

action from their legislators on stopping the epidemic of mass shootings in the country. Calls for gun reform and school safety have reverberated in every cor-

ner, but some schools aren’t so happy about this newfound energy. A Texas school district threatened mass suspensions if anyone walked out or even protested, and private, charter and religious schools across the board have set out heavy penalties for anything they deem out of step.

Some schools have merely threatened warnings, while others imply the harshest of punishments. Clearly some students have backed off any potential plans for activism in fear of school based punishment, especially in light of highly competitive college admissions.

However, no students should have to worry about that particular aspect. Almost 300 different colleges and universities, according to USA Today, have declared that any disciplinary action taken by schools against students related to political activism will not be a factor in college admissions.

This move has been celebrated by many student activists as a great move to encourage more action and stand up to schools who don’t believe any form of political expression should be tolerated. If colleges want to be seen as places that foster higher learning and maturation, they should promote political activism and not penalize students for expression their beliefs.

Although the numbers of these tolerant colleges grow, it’s important to look online at the college you applied to or are applying to and make sure that they’re taking a stand or already have these rules in place. If not, you should consider contacting the college or university through email or phone to ask why they aren’t and call for them to allow prospective students to express their political beliefs. It’s important that colleges embrace free speech and expression and what better way for them to do so than stop draconian school districts from punishing students from engaging in those rights.

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Features

A survivor's journey

Katherine Quesada | Editor-in-Chief
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Valentine's Day started out like any other day for sophomore Alexandra Geisser. She woke up, went to school and celebrated with friends between classes.

However, instead of feeling the love spread around Marjory Stoneman Douglas High School that Wednesday, she felt the terror of being a target. She heard the bangs of an AR-15 rifle on the floor below her in the 1200 building. She saw the tears running down her classmate's faces as they realized their possible fate. She texted her mother the words "I love you," for what she thought was the last time.

"In that classroom, anything was too loud. Most of us were silent, but anything, a vibration of a phone, someone sobbing under their breath was too loud," Geisser said.

Geisser was looking forward to the end of the school day, with just about 20 minutes left in her math class. "I was doodling after my quiz and all of a sudden there was a bang, bang, bang," Geisser

recalled. "Then sounded another bang, bang."

Students rushed to the back of the room immediately, seeking cover and protection behind the teacher's desk, from which they could not see anything.

"It wasn't a conscious thought. It was just an understanding and everyone shoved themselves behind the teacher's desk," Geisser said. Geisser and her classmates would hide for over an hour, until the SWAT team entered to escort them out the building.

Blindsided, shaking and terrified, the class was numb with fear. "I had this classmate who was borderline hysterical muttering, 'We're gonna die. We're gonna die. We're gonna die.' under her breath," Geisser said. "I was oddly calm. It was more like damage control. I kind of went numb through all of it. I had classmates who were freaking out. I focused more on how to fight back if he [the shooter] did come in."

Geisser heard six shots during her time in hiding, and credits the new protocol for locking doors on campus for her protection. After what seemed like an eternity of

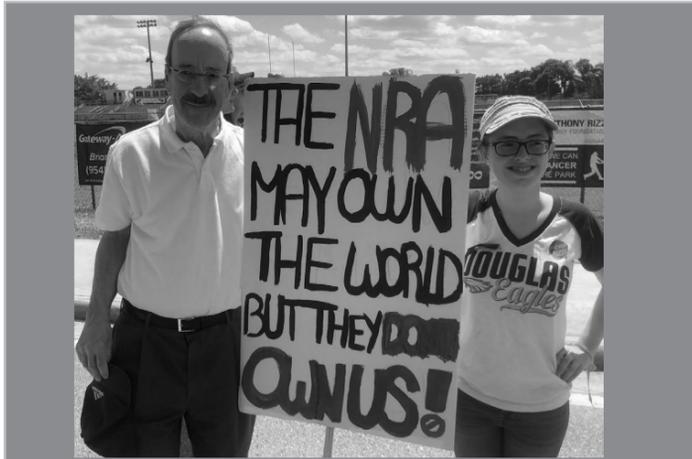
waiting, Geisser recalls the entrance of the SWAT team more terrifying than lying in wait.

"We all thought it was the shooter," Geisser said. Geisser was led out of the building and reunited with her parents later that day.

Moving forward from this event has been imperative for Geisser, and she is a huge advocate for the Never Again movement and a supporter of gun law

reform, believing it can hinder these tragedies. "When I think of the movement Never Again, there is obviously the fact of that I don't want anyone to ever have the thought 'I'm going to die.' I don't want anyone to go what I went through," Geisser said.

"The thought is always, this can't happen to me. But it did. These common sense regulations are going to limit access to guns and protect our students."



HEAR MY ROAR: Marjory Stoneman Douglas survivor Alexandra Geisser protests with New York's District 16 Representative Eliot Engel at the March for Our Lives campaign. (Photo/submitted by Alexandra Geisser)

AP-plying his knowledge

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For many students, getting a four or five on an AP exam is sufficient, but for junior Saaketh Vedantam that was not enough. Vedantam received a perfect score on the AP Calculus AB exam and is 1 out of 6 students in the nation to have done so, joining senior Max Ranis, who received the honor two years prior.

For Vedantam, math isn't just a school subject, but an integral part of his life. In elementary school, Vedantam dropped the Spelling Bee because of math.

"I find math more interesting than other subjects because it requires a certain ingenuity to come up with solutions to problems. There's no need to memorize lots of information, and no matter how many problems I've solved, there's always a new one to do," Vedantam said.

His talent in math allowed him to take AP Calculus AB as a sophomore. Preparing for the AP Calculus AB exam wasn't different from preparing for other exams. Vedantam did have an advantage from math competition. Vedantam competed in Calculus

in Mu Alpha Theta, familiarizing him with the multiple choice problems on the AP exam.

"We see so many different types of questions in competitions that I'm never surprised at the concepts on the AP Calc exam. I also try to get a perfect score during competitions," he said.

He also credits his teacher, Mrs. Paloma Murray, for telling him everything he needed to remember to get full credit on the FRQs.

Unlike most students who received a perfect score, who are usually told in October, Vedan-

tam was notified four months later. Dismayed, Vedantam forgot about the exam until he received the letter around mid-February.

"I was pretty confused because I had already resigned myself to the fact that I didn't get it. The letter arrived in mid-February so I was pleasantly surprised. When I looked at the letter, it had the date Dec. 20 on it, so it was probably just lost in the mail for two months."

Vedantam hopes to pursue math in college along with another STEM field such as computer science.

From living history to teaching it

Yasmeen Altaji | Staff Writer
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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.

Without a doubt, one faculty member comes to mind when Heritage students hear anything along the lines of "Disney," "Dr. Seuss" and most recently "U.S. History teacher." After six years of subbing on campus and recently becoming a full-time history teacher, Mr. Paul Shaffer has become an admired figure.

The current College Prep and Honors U.S. History teacher was born in Akron, Ohio, where he attended Coventry High School from 1961 to 1965. He participated in the band as a percussionist



SUBSTITUTE GOALS: Mr. Paul Shaffer often substitutes in history classes, telling students stories about his time involved in the Vietnam War during the 1960s. (Photo/Yasmeen Altaji)

and even had a band of his own. "[Our band] did a lot of opening acts for big-name rock and roll bands [such as] The Doors, Black Sabbath and Blue Cheer."

His aspirations were nothing out of the ordinary for a high schooler; he dreamed of going

into radio broadcast. "I like music... I love talking to people," Shaffer said. "It was a natural field for me to go into."

His ideas were quickly altered when in 1966, he received the news that he was close to next on the draft list for the Vietnam

War. Instead of being drafted into any division, however, Shaffer was proactive, enlisting and becoming part of the Army Security Agency. Shaffer served until 1970. In 1971, he returned to his hometown and joined the police force.

Mr. Shaffer currently teaches Honors and College Prep American History. I asked Mr. Shaffer what he believes students think of him, at which point he turned to a student, seated in the classroom and completing an assignment, and frankly asked him the same thing. The student responded, "Well... you know everything."

From his sensational teaching (and substituting) style to his impassioned history lectures, Mr. Shaffer exudes a persona that captivates the attention and earns the respect of his students.



The Q Concept

BY KATHERINE QUESADA
A final goodbye

As I write my final column for the "Patriot Post," I would like to reflect on the process of writing and end this series the same way I started it: a story about history. My first column about Native American historical sites a few miles from campus introduced you to the history of our surrounding land. Now, for my last story, I would like to tell you the history of something dear to my heart: "The Patriot Post."

"The Patriot Post" was born October 1997 and made its debut to the student body as a 13 page 8x11 stapled and hole punched packet. The headlining story: "HOMECOMING WEEK: Holidays at Heritage." "The Patriot Post," in fact, could have been named "Eye of the Pride," "The Black and Gold Gazette," or "The Heritage Herald." But, coming down to a student body vote, "The Patriot Post" won by seven votes.

Back then, the black and white paper consisted of four staffers and has greatly changed over 21 years. Come the second issue, November/December 1997, the Post took the form of a small booklet. Fast forward to June 2000, the Post took a more newspaper approach to printing and published a four-page newspaper; the headliner, a story of \$450 parking fee at St. Thomas High School.

About a decade later, the paper began to resemble more of what you see today, with color and more photographs. With 13 staffers, the 2011 "Patriot Post" staff produced a 12-page paper with a similar style to today's paper. Currently, the Patriot Post is produced by 18 staffers and prints 20 pages of articles.

No matter how many changes, one person stayed constant throughout the story: our beloved advisor Ms. Diana Adams. She has provided endless guidance to the editors and staff and has dedicated numerous hours of her time to the success of this newspaper. Whether she is needed to stay a few hours after school or even come to supervise on weekends and holidays, Ms. Adams is one of the most dependable and influential women I have met here.

Not only has Ms. Adams supported the staff and me throughout my time with the "Patriot Post," she has also been an amazing advisor, personally and a great example of leadership, one I strive to follow in each role I undertake. My journey to college and exploration into journalism will not be the same without Ms. Adams, but the lessons she has taught me will stay with me forever.

As I say goodbye to the "Patriot Post" and room 9114, it is bittersweet, as this room and these people have been my home away from home. As for the future of the "Patriot Post," stay tuned, for the new Editors-in-Chief have quite the revamp planned.



ENTERTAINMENT

Spotlight: Kaitlyn Dawson

The Fine Arts program is one of the strongest at Heritage, filled with talented students.

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Painting faces is like second nature to senior Kaitlyn Dawson. She has loved stage makeup since she was 7 years old, and even before that, she and her brothers served as models for their mother, stage makeup teacher Mrs. Ellen Dawson.

“One summer, I wanted her [Mrs. Dawson] to teach us how to paint, and so she gave us mini classes on



it,” Dawson said. “Because of my mom, I have always been exposed to the face and body painting industry. It’s always been a part of my life.”

Dawson takes her mom’s stage makeup classes at school and has worked on the Makeup Crew – as well as Deck Crew, Costume Crew and Sound Crew – on a number of high school productions throughout her time at Heritage. Her favorite types of designs to paint include clowns and Cirque de Soleil pieces, but she



especially loves a Cirque Clown she painted in her sophomore year, a Sugar Skull she completed this year and the “Red and Gold Creature” she created at a convention.

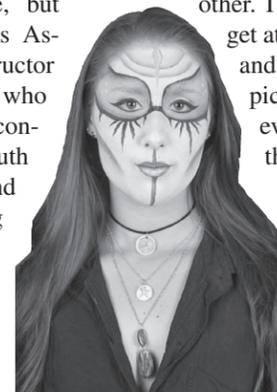
“They are colorful, and the way that the designs flow on the face are very pleasing to the eye. It helps fuel my imagination and creativity,” Dawson said.

While Dawson does not plan to pursue stage makeup as a career, it doesn’t make her any less



dedicated to her art. She’s competed twice at the Face and Body Art International Convention, the biggest Face and Body Art convention in the country, and won second place awards for her designs both times.

This past year, she did not compete, but instead served as Assistant Instructor to her mom, who headed up the convention’s youth program, and taught young kids stage makeup techniques alongside



her. Above all else, Dawson attests to her hobby’s therapeutic effects on her life: “It helps me let go and just go into my own little world where it’s just me and my brush,” she said. “The feeling that comes after I have successfully completed a design is unlike any other. I almost always get attached to them and take a million pictures before I eventually wash them off.”

(Photos submitted by Kaitlyn Dawson)

Obscura: A Day in New York and Async

Kenzo Kimura | Staff Writer
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While spring break this year has proven to be chilly for many up north, Japanese artist Ryuichi Sakamoto has used his 2017 album Async to warm up the stage and become the “easy-listening” trend of today. Although mostly well-known for his instrumental music, Sakamoto is also a composer, singer, record producer, writer, dancer, actor and activist based in New York City and Tokyo.

Sakamoto, an international icon recognized for his art since the 1970s, reconstructs his gloomy narrative of early postwar Japan and nihilistic humanity in

the early 21st century; he does this through a new series of “synth pop” – a subgenre of new wave music that first became prominent in the late 1970s and features the synthesizer as the dominant musical instrument – and refined drama in his new genres of Bossa Nova, Opera and a futuristic take on world music.

This Obscura edition, two reviews on two “obscurely” different Sakamoto albums are discussed: A day in New York and Async.

A Day in New York

Released in mid 2003, A Day in New York received less publicity due to Sakamoto’s projects on his favorite genre of world

music back at the time. Jaques Morelenbaum, the other prominent collaborator on this album, a world renowned Brazilian cellist teamed up with Sakamoto as early as 1996 to begin structuring an album, celebrating bossa nova pioneer Antonio Carlos Jobim.

The music itself, combines uptone instrumental beats with a melancholic yet smooth voice for bossa nova. Sakamoto and his collaborators’ love for this genre shows in every piano note and transition to a new song; starting with “Desafinado” and ending with “Fotografia,” Paula Morelenbaum, Jacques’ wife, sings throughout the entire album.

With vocals as soft as hers, there is no doubt that Sakamoto would decide to use such loud yet calm instrumentals, balancing out the tranquility with overlapping dramatic effect.

Overall this album could be given a 10/10, however, the reason it won’t is because of the single voice throughout the album. It’s understandable that Sakamoto and Morelenbaum created this album for the purpose of honoring Antonio Carlos Jobim; however, I don’t see any diverse aspect of it.

Although every piece contains transition, the album in itself feels like a repetition of the same song. Through the interpretation of someone else, that aspect might be viewed in a positive light. Personally, I think bossa nova should have more diverse pitches, rhythms and vocals – there’s much more to the genre than these eleven similar songs. Sakamoto’s album is far from perfect, however, if he attempted spreading a certain theme of melancholy and “jazz nightclub style” in Jobim’s music, he achieved it: 7/10.

Async

Midway through 2017, Pitchfork stated that Async would be described by music connoisseurs as “a difficult album to understand.” I don’t believe that’s true. Soon after recovering from throat



ASYNC REVEAL: Ryuichi Sakamoto’s recent 2017 album “async remodels,” is a revised version of his previous 2017 album “async.” Shortly after recovering from cancer just last year, Sakamoto strives to change his music style for the future of synth pop. (Photo/FACT Magazine)

cancer in early 2017, Sakamoto produced his first solo album since 2009 that generally follows an unorthodox path in his style; there is neither accompaniment in jazz acoustics nor piano. It’s an art piece of synth pop and world.

While listening to the album for the first time, it confused me. The music didn’t sound right; it felt as if I was listening to an indie movie with no dialogue. That’s when the listener’s perspective comes into play – the confusion yet appreciation for this art gives the expression Sakamoto wants to leave on his fans.

Given that he produced this after his battle with cancer, few may interpret this album to be an expression of his pain and as confusion during his treatment.

In one of the songs, “full-moon,” you have multiple voices in French, German, Russian, Mandarin and probably many more all whispering into your ear, while a soft piano plays in the background. It’s difficult to understand, yet sometimes you occasionally hear the word “cancer” slowly slip out of the speaker’s mouth.

This album, although confusing at first, is not difficult to understand. There is an emotional aspect to this piece which ties together with Sakamoto’s form of recovery and reconnaissance back onto the music stage.

The electric beats, the synthesizers accompanied with the piano and triangle, all come together to paint a piece of art; not something physical to see or touch, but one that makes you feel as if you’re in various settings.

Although easy to understand where the theme of confusion and setting variety in his album derives from, every song is too inexplicably “weird” to describe not only the emotion you hear, but the emotion you feel.

Async feels too ethereal to the human ear and Pitchfork writers believe the same when explaining his more uplifting songs like garden or stakra. As a fan of synth pop and his artistic approach toward world music, Async receives a 10/10 on my scale.

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Entertainment

Coming of Age on Stage: Junior High actors explore maturation in play, "13"

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Full of teenage drama, "13" explores the rocky road from childhood to adulthood that starts in the hallways of junior high. Capturing the stereotypical teenage exploration, the junior high students put on a passionate performance, full of laughs and fun.

Broadway's first and only all teenage cast and band, "13" has launched multiple child actors into the spotlight including Nickelodeon star and pop artist Ariana Grande. Following a 12-year-old Jewish boy, Evan Goldman, played by eighth grader Dylan Tuccitto, struggling to make his Bar Mitzvah the best night of his life. Unfortunately, Evan's dreams are dashed when his parents get divorced, he moves to a small town in Indiana and must jump through hoops to make the "cool kids" come to his party.

Meant to symbolize his transition to manhood, Evan draws sympathy from all audiences as they recall their awkward pre-teenage years and the school drama stirred up over who's dating who and who's the biggest geek.

From the start of the show, Tuccitto sang with a high vocal energy filled with passion and conviction. With prominent vocal control and active facial expressions, Tuccitto demanded attention. His song, "Becoming a Man," instilled high expectations for the vocals throughout the rest of the show which he matched with every number.

Maintaining the vocal expectation, seventh grader Jessi Kaplan, playing the role of the nerdy girl, Patrice, blew the audience away with her belty solo "The Lamest Place in the World." The two vocalists channeled their technique and resounding sound into their duet "Tell Her."

Portraying the challenges being confined to a wheelchair in junior high, Max Kaplan, playing the role of Archie, brought justice to his character's disability, particularly in his walk with crutches. His steps even stayed in rhythm with the musical numbers.

As a whole, the cast established a comedic, entertaining tone as they showcased the struggles of being a teen.



A MOVIE WITHIN A PLAY. The cast of "13" the musical poses during a scene in a movie theater. (Photo/Mr. Ryan Bible)



SMILING THROUGH SONG: Eighth grader Dylan Tuccitto flashes a smile in the opening number of the production "13." (Photo/Mr. Ryan Bible)



The Shuffle

BY AMBER BHUTTA
Debunking the Hijab

Living in arguably one of the most politically conscious decades in world history, politics and all of its ugly truths often find their way into previously unconventional venues ranging from sports to celebrities. In the face of this increasing political consciousness, some contesting voices have emerged from the clamor and posited that political rhetoric shouldn't stray from the mouths of wily politicians. However, in today's socially conscious and politically active age, politics has a rightful place in numerous unorthodox arenas.

The Oscars

As with many award shows before, the tendency toward liberalism that governs Hollywood saw numerous celebrities arriving to the highly publicized Oscars bearing TimesUp pins and much discourse about racial diversity, or the lack thereof, in the nominations. In response, the argument that the Oscars should stick to movies arose. The issue stems from the fact that the Oscars provides a televised platform upon which award winners and presenters alike have the opportunity to advocate for the types of changes they wish to see.

Marjory Stoneman Douglas and gun control

In the wake of the massacre at Marjory Stoneman Douglas High School, many people from across the political spectrum, especially those opposing tighter gun control, proclaimed that the time after the shooting was one for mourning, not for politics or supposedly pushing an agenda. Fox News' Tomi Lahren vocalized such thoughts as she tweeted "Can the Left let the families grieve for even 24 hours before they push their anti-gun and anti-gunowner agenda? My goodness. This isn't about a gun, it's about another lunatic."

However, while many may consider gun control an inherently political issue, short of ignoring the tragedy entirely, gun control stands as the only mechanism for fulfilling the #NeverAgain hashtag. However undesirable it may appear, politics has a necessary role in gun control.

Sports

When NFL player Colin Kaepernick refused to place his hand over his heart and instead knelt during the national anthem during a game, he cemented himself as a symbol of the police brutality ravaging the country that disproportionately targeted African Americans. As previously seen, many controversies arose as many people across the country, especially right-wingers, claimed that politics had no place in sports. However, in the context that African Americans comprise 70 percent of NFL players, a football game with hundreds of thousands of viewers appears as the prime venue for expressing discontent with the state of race relations.

Ugly shoes take flight

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First impressions based on physical appearance are inevitable. Whether it be your facial features, your clothing, or your shoes, people are always observing each other. One interesting observation sneaker-heads have realized is that while they see dozens and maybe even hundreds of feet a day, it's become more common to see big, bulky shoes, adorned with ugly designs and laces from brands such as FILA, Nike and Adidas.

Unfortunately for us, the year isn't 1990. No, your dad isn't the one wearing these horrendous shoes; it's your classmates, people you see on the street every day, and maybe even your favorite artists. This relatively new fad calls itself "ugly-shoe culture," a sense of fashion reminiscing the characteristics of sushi - boujee, expensive and not suitable to everyone's taste.

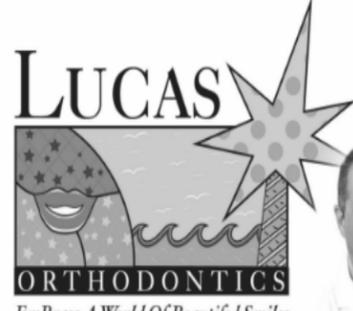
So, why have so many people acquired a taste for relatively "ugly" yet expensive shoes? A prime example originates from the ugly, yet durable, water resistant crocs. Lyndon Hanson, one of the three creators of the crocs shoe interviewed

with "Vogue" in Nov. 2017 and said, "Those were ugly. Crocs are simply unappealing to Americans including myself."

To have the odd shaped substitute for sandals be on the runway of Balenciaga and Christopher Kane (as well as have a market price of more than \$1 billion) is incredible not only to the world's eye, but to even Crocs itself.

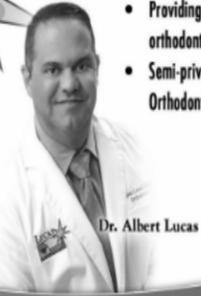
Carolyn Mair, PhD and professor of Psychology explains in Vogue that "Psychologists have established that we don't pay attention to what's 'normal,' usual or familiar because it presents no danger." When we see something we consider "abstract" or even "weird," our attention focuses on the abstract. "So, in addition to the comfort and utilitarian value of these shoes, perhaps it is the desire for attention that motivates wearers," said Mair. In the fashion world, designers call that peacocking.

As society progresses, so do fashion tastes. Although many may see certain footwear as unappealing or even "whack," there are many who approve and consider it stylish. The pink Balenciaga croc proves to construct the modern message of "beauty really is in the eye of the beholder."



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Entertainment

Enjoy a night “On the Town”

Kelly Taylor | News Editor
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Historical and hysterical, the spring musical “On the Town” brought busy New York City in a different age to the stage.

Set in 1944, the musical follows three sailors, Gabey, Chip and Ozzie, and their 24 hour experience in New York City. Putting a comedic spin on the sailors of World War II, these men rush to find dates for their limited time on land and end up causing commotions all over the city.

The production integrates dance into the historical plot and catchy songs.

The fusion of vocal and physical energy across the bright scenery brought the show to life and radiated enthusiasm from the vast range of actors and dancers.

Gabey, Chip and Ozzie, played by senior Brandon Dawson, junior Wesley Mahon and junior Frederick Bredemeyer, respectively, established a strong comedic relationship between their characters.

Two of their dates, Claire and Hildy, played by sophomore Alexa Lopez and senior Hannah Ellowitz, added a comedic



ON THE TOWN: Senior Brandon Dawson, junior Frederick Bredemeyer and junior Wesley Mahon star in On the Town as Gaby, Ozzie and Chip. (photo/Mr.Ryan Bible)

juxtaposition as their characters contrasted in everything from vocal style to physical presence. The character differentiation, portrayed flawlessly by Lopez and Ellowitz, brings to light the pro-

gression of women’s behavior in society as both Claire and Hildy challenge gender stereotypes to different degrees.

The third date, Ivy, played by junior Daniela Hilel took the

dancing in the show to a professional level showcasing her mastery of complex styles and hitting every mark with precision.

Junior Nathan Mahon, as Claire’s fiance Pitkin, stood out in the

supporting cast with his lovable character and his hysterical songs earning applause even in serious moments. Among the rest of the cast, strong ensemble dynamics kept the show in motion during solos and even throughout scene changes.

The costumes and wigs pulled the show together, complete with bell bottoms and overly styled hair. The interactive set kept the element of surprise alive in the theater with the use of a life size dinosaur skeleton that collapses on the stage.

“On the Town” provided plenty of laughs and a blast from the past all in one. The original definition of hip-hop, which skews the mentality of hood politics.

Regardless of their lack of attempts for integrating any sort of message, some of these artists have catchy beats and pop-culture appeal.

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Book Review: “This is Where it Ends”

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Point-of-view (POV) can make or break a book. If a whiny narrator leads the story, readers will be turned off. If the narrator has no personality, readers will question why they are even reading the book. In Dutch author Marieke Nijkamp’s young adult (YA) novel, *This is Where it Ends*, four different characters give their perspectives of an active school shooting.

The four narrators all have a connection to the shooter: the ex-girlfriend, the sister, the sister’s girlfriend and the sister’s girlfriend’s twin brother. As the harrowing 54 minutes unfold, and the shooter’s deadly calculated revenge ruins the lives of the student body one shot at a time, each of the narrators must face their inner demons to help save as many students as possible.

When deciding which book to review, I was apprehensive about choosing this one. Would the plot be the simple hero versus villain, when in reality it’s not? Would the horror of a school shooting be sensationalized? Thankfully, the answer to both questions is no; it would not.

The basis of the majority of YA novels, protagonist versus antagonist was only a minor part of the story. While the

characters whose POVs dictate the novel worked to save as many people as possible, they were written to seem like the hero. Their actions were appreciated, but the sister still faced judgment that shadowed over any gratitude for her efforts in distracting the shooter.

The sister’s internal conflict took precedence in the majority of her POV sections. She not only felt she had the burden of distracting him while her classmates snuck out at the same time trying not to let the grief of truly losing her brother overcome her.

“*This is Where it Ends*” was intriguing from start to finish. The book had a diverse array of characters, from an Afghani to a homosexual Hispanic. Suffering felt by the characters was realistic, making readers feel as if they were trapped in the auditorium along with them.

Reading this book gave me a better perspective on the recent events in Parkland, and while the story was 100 percent fiction, the emotions displayed by the characters were real.

Overall, this book deserves the highest marks possible for delicately dealing with a sensitive problem while keeping the plot emotional and intriguing, keeping readers engaged with what becomes of the characters.

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SPORTS

Patriots lacrosse chase dream

Alex Becker | Sports Editor
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For as long as they can remember, the Patriots lacrosse team has always been second place in the district behind archrival St. Thomas Raiders. The Raiders, who are currently reigning back-to-back state champions, ended the past two seasons for the Patriots in the district championship. Having lost the last eight games by a combined 101 goals to St. Thomas, the Patriot lacrosse team walked onto the turf this season on a mission. Even before the season started in mid-February, head coach Chad Moore was looking toward the district tournament. "We have to beat St. Thomas in the district final to go to the state tournament. That's our goal," said Moore before the season.

The journey began late February with the Patriots starting out 3-0. The streak didn't last long as none other than the Raiders defeated the Patriots 14-7 in regular season play. The Patriots then lost their next game to American Heritage- Delray, before going on a 14 game win streak to end the regular season. Among the 14 victories were notable wins over Christopher Columbus High School (12-2) in which the Patriots won 17-17 faceoffs, Piper High School (17-0), and Flanagan High School (20-0).

After finishing 16-5 last season, the Patriots' continued success stemmed from both leadership and training. A team with five captains, the Patriots brought in

football strength and conditioning coach Mike Smith. "[The team improved] due to a major commitment to offseason lacrosse and our strength and conditioning coach Mike Smith. He is the best by far," Moore said. Aside from practice and discipline, the team is young and talented, winning 85 percent of all face-offs, scoring 257 goals, while only surrendering 150 during the regular season.

The Patriots strong regular season performance landed them in the district semifinal against University School on April 16. The Patriots dominated the Sharks 11-4 behind a hat trick from freshman Ethan Heim, two goals and two assists from both seniors Dante Cloutier and Zack Bitar, and two goals each from senior Ryan Marek and sophomore Ryan Robins. The win over U. School landed the Patriots in the district final against St. Thomas, knocking on the door of their goal. Things did not go as planned for the Patriots, falling to the Raiders 14-6.

Although the team didn't finish the season how it had hoped, the future is bright. "It was a tough loss for all of us. We are closing the gap with St. Thomas and this is the best we have played against them. The future is bright for us, we started seven out of ten players in 10th, 9th, or 7th grade while St. Thomas started eight upperclassmen. With the work ethic and commitment we have, we know our time is coming soon," Moore said.



MAKING A LONG JOURNEY: American Heritage freshman forward Daniel Haimes wins a face off against senior midfielder James McDowell from Woodlands High School in Texas. Haimes is one of the top ranked face-off players in the United States in the 2021 class. (Courtesy/American Heritage lacrosse team)

Raigyne Louis: 'Thank God' for basketball

Alex Becker | Sports Editor
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It's a miracle Raigyne Louis can even walk, let alone play in the WNBA. After injuries, prayer, and lots of hard work the former Lady Patriot basketball star finally finds her name on a professional roster.

Drafted 25th overall by the Las Vegas Aces in the 2018 WNBA Draft on April 13, Louis (formerly Moncrief while in high school) played four years of varsity basketball at Heritage from 2009-2013, scoring more than 1,500 career points and earning an offer from coach Nikki Fargas at Louisiana State University. Captain of the team her sophomore, junior and senior year, Louis played under both coach Linda Sibio and Natasha Kossenko, but says playing at Heritage gave her more of an academic edge, rather than competitive one. "Heritage played a big part in getting me where I am now academically. Heritage with the engineering track really helped me with time management in college, to get work done and also have time to play in college," Louis said.

However, it was travel basketball where Louis really polished her skills. Recruited to play on the Miami Suns travel team in sixth grade, Louis says it was playing travel that got her college offers. "Coach K and Coach Sibio really helped prepare me for college ball, but the Miami

Suns gave me great experience and great exposure, that allowed me to get offers from outside the state. Playing around the country, in front of college coaches allowed me to get offers from out of state and ultimately got me an offer to LSU," she said.

In her time in Baton Rouge, Louis transitioned from a great player to an extraordinary player, making the All-SEC team and passing the 1,500 point mark once again. "When colleges started contacting me and showing interest in me in high school, I knew I was good enough to play in college, but I never thought I would play in the WNBA. It was never a lifelong dream, but when I realized I was good enough, it became my dream to play in the WNBA," Louis said.

Scoring 677 total points through her first two seasons, Louis was making a name for herself as a Tiger. But at the beginning of her junior year, tragedy struck. "A few games in my junior year I had a microfracture in my knee and they had to drill 40 holes in my bone just to get the blood circulating. Then they thought I would need an-

other surgery because my knee wouldn't be strong enough and I wouldn't be able to play basketball anymore," Louis said.

"The moment Ray was told she wouldn't be able to play ball again was a sad moment for us all. From when I can remember the basketball court has always been Ray's playground, the place where she was happiest and

just absolutely amazing," said sister Krystal.

A very religious person, Louis turned to God in her time of need, only for her prayers to be answered. "She worked hard at getting back, she took care of herself, and my parents did all they could to nurse her back to health. In no time Ray was back in a place where she could play ball again, all we could say was thank God," Krystal said.

The next season Louis went out on tear, scoring more than 500 points and winning the SEC Defensive Player of the Year award, yet only managed a three-point percentage of 16.7 percent. "Everyday you want to get better. They haven't been guarding me at the three-point line because I haven't been shooting it, so I decided to add that to my game my senior year," Louis said.

The fix to her problem turned out to be one who Louis thought

game in the first place. "Actually, my dad came down to LSU at one point last year and we just started shooting in the gym. He was always my biggest supporter and my trainer. I never had a trainer, but no one knew my game better than my dad. He got my confidence up to start shooting it in the games and it worked out." Worked out is an understatement, as Louis' three-point percentage doubled her senior season, rounding out her talent and pushing her up draft boards.

When the draft came around, Louis and her family didn't know if she would get an opportunity. "I was home with my husband and my best friend, and we were just watching the draft, hoping for my name to be called. When it came it took me as shock, I was baffled a little bit and couldn't believe my name was on the screen," she said.

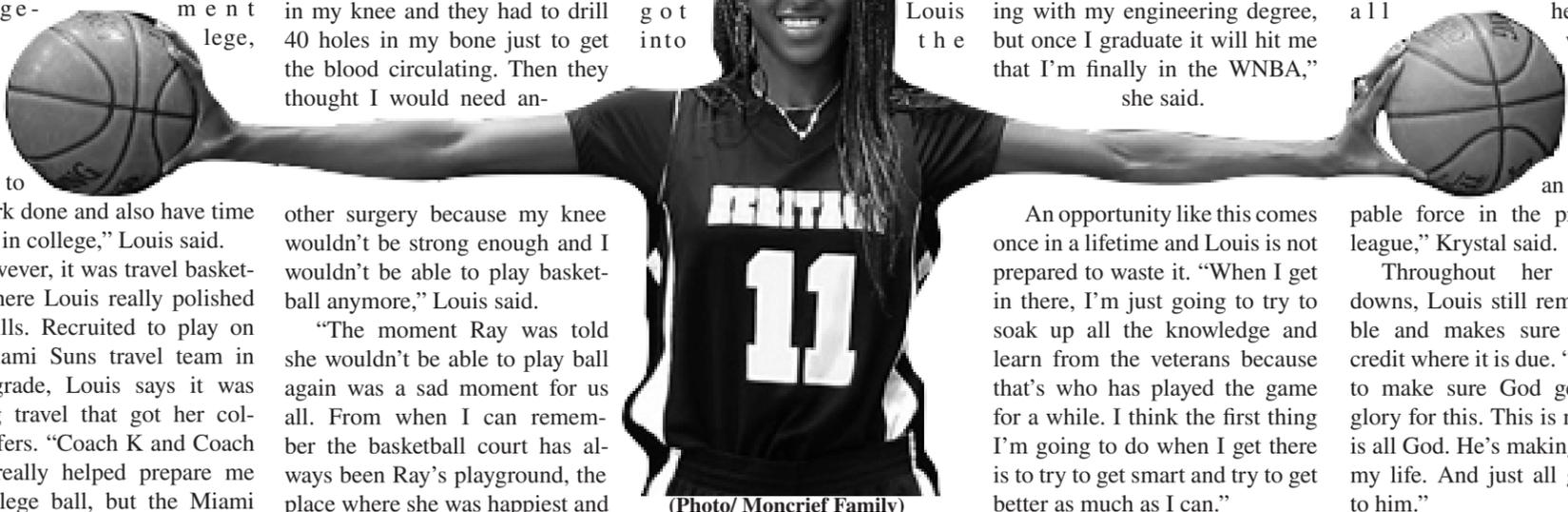
While training camp starts in a mere two months, Louis is still focused on her studies. "My main focus right now is graduating with my engineering degree, but once I graduate it will hit me that I'm finally in the WNBA," she said.

An opportunity like this comes once in a lifetime and Louis is not prepared to waste it. "When I get in there, I'm just going to try to soak up all the knowledge and learn from the veterans because that's who has played the game for a while. I think the first thing I'm going to do when I get there is to try to get smart and try to get better as much as I can."

The transition from college to the pros is difficult for everybody, but Louis has the skill to get off to a smooth start. "I think I will be fine in the transition from Division I basketball to the WNBA from a skill standpoint, but it's the experience that I'm missing. It's going to be harder to raise my basketball IQ, but that just comes from experience and playing with veterans. I think my defense is going to help a lot. Offense is inconsistent, you don't know if you're going to have a good shooting night or bad shooting night, but your defense is based off of effort, which is straight consistency," she said.

Through all of her struggles and perseverance, Louis has been able to stay positive and now finds herself on the brink of stardom. "What makes Ray so special is her work ethic. I know she will work extra hard to compete with these big time players. Ray's never been one to cower away from competition and she's not going to start now. With all her hard work and dedication Ray will once again be an unstoppable force in the professional league," Krystal said.

Throughout her ups and downs, Louis still remains humble and makes sure she gives credit where it is due. "I just want to make sure God gets all the glory for this. This is not me this is all God. He's making moves in my life. And just all glory goes to him."



(Photo/ Moncrief Family)



Sports

On par for success


From the Bench
 BY ALEX BECKER
Money talks

The FBI has added one more job to its list this March in addition to babysitting Trump and his Russian friends. Now, the nationwide intelligence agency will also monitor the NCAA. It's a good thing the government has its priorities straight.

The NCAA has strict regulations against paying student athletes, regulations which more than 20 schools across the country have broken on several occasions. FBI allegations surfaced late February surrounding players possibly taking money from basketball programs to play at their respective schools. Big name players and schools, such as Michigan State star Miles Bridges, breakout NBA rookie Dennis Smith Jr. and last season's No. 1 overall pick Markelle Fultz, sit atop the list. Speculated to be dealing out more than \$100,000 per prospect, Arizona head coach Sean Miller has been named a primary person of interest.

The underlying cause for the scandal is the NBA's one-year requirement of "higher level basketball." In 2005, former commissioner David Stern implemented a rule of eligibility stating that prospects must play either one year of college hoops or professionally overseas before entering the draft, in order to ensure players could perform against higher competition before they are evaluated for valuable draft picks. Before the rule change, the only requirement to enter the draft was being 18 or over, allowing players such as LeBron James and Kobe Bryant to join the league straight out of high school. If Stern had never implemented the policy, this NCAA debacle wouldn't have started.

According to the National College Players Association, eighty six percent of Division I college athletes come from poverty. Thus, prospects' main goal is making money. Because these players are going "one-and-done" straight to the draft, they become very open to bribery. But even some high schoolers who don't come from poverty are still going to take an extra \$100,000; partly because anything is better than nothing, but mostly because when a high school athlete hears \$100,000 they immediately think lambo. And you're not going to not get a lamborghini.

If the NBA throws out the one-year requirement, players would no longer seek money from colleges. Instead, some high schoolers could go straight to the draft and make more money faster. Yes, this is risky for the player and the team drafting, but that's what the draft is about. Just get the FBI college hoops, they need to spend more time supervising Trump and Putin's games of hide-and-seek.

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Golf may seem like just another sport to many people, but to sophomore Jude Kim, golf is his life.

Since he was seven and his parents sent him to golf classes, he has loved this sport dearly. Just like many students put a lot of their effort into their grades, Kim does this both with his schoolwork and golf.

"Depending on homework, I usually play up to seven days a week now for around 2-3 hours on weekdays and 6-7 hours on weekends," said Jude Kim.

He has participated in many competitions including the Tour Championship in 2016 and 2017, the Boy's Amateur championship and Match Play in 2016 and 2017 and in the Doral Publix 2015, 2016 and 2017 tournaments.

Outside the course, Kim's biggest inspiration in the sport is Arnold Palmer. "He can really show everyone how to act and play respectfully on and off the course," Kim said. He



TEE TO THE TOP: Sophomore Jude Kim remains focused on his swing as he practices on the course. He strives to spend at least eight hours every week practicing on the course to improve his skills. (Photo/submitted by Jude Kim)

also encourages new students to try out golf, and even though it may look boring. "In the heat of the moment it's really exhilarating," he explained.

His advice for beginners is not only to always keep on

trying but to stay patient during matches. "Nothing in any sport comes easily, and this can lead one to falter and lose passion for the sport, but you must always fight through this," Kim said.

Although the season is on a short break, Kim is still practicing and waiting for his next big tournament, the Trump National Doral tournament in May 2018.

Softball team sticks together

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For girls softball this year, the team faced more than tremendous losses on the field; it dealt with the loss of their senior stars.

Junior Jordyn Griffith explains how this year was a huge adjustment for the team. "We lost over 10 seniors who happened to be our biggest power hitters," Griffith said. "The season is about growth and we have been improving tremendously, the goal in the end is to bring home a state championship."

Not only were crucial senior stars lost this year, but so were players injured for the season. Junior Julia Grobman, the team pitcher, suffered a knee injury last year at a Princeton summer softball camp. "Whenever someone is injured on a team it does throw off the dynamics," Grobman said, "But this team is resilient and each person has been working



SOFTBALL SISTERS: The softball team transitions next season with new underclassmen players as well as a new spirit. (Photo/submitted by Jordyn Griffith)

hard to make us the best we can be. I've never been prouder to be apart of such a talented group."

Due to the significant losses this last season, this transition

affected the performance of the players. Last year many talented players graduated, but it allowed the younger players to grow and take command.

Although individual team members are crucial, it's teamwork that helps the formula toward a better season.

This year, the team has gained plenty of underclassmen, so as long as the older girls show them the ropes, the team can continue improving for the 2018-19 season.

"If I could describe our team performance at this moment it would be resilient," Grobman said. "Many challenges have gotten in our way this season, but we have always taken command and fought back. I can say that every person on this team is passionate about every single game we play, and that grit will lead us to states."

The Lady Patriots finished the regular season with a record of 14-8, facing Archbishop McCarthy in the district game on Wednesday, April 25th.

KENMEN





Sports

Patriots turn pro

In 2013, the Patriot football team won its first state championship under Coach Rumph. Five years later, two standout players are preparing to hear their names called in the 2018 NFL Draft.



STAR SPRINTER: Former Heritage running back Sony Michel sprints by three defenders for one of his 81 career rushing touchdowns. He led the Patriots to their first state title in 2013 after totalling 7,633 all purpose yards in his high school career. (Photo/Steve Gorten)

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With every new NFL season comes a talented draft class of rookies preparing to challenge the veterans. Among the upcoming 2018 NFL draft are two Heritage alumni, Sony Michel and Tarvarus McFadden, who are ranked near the top of their running back and cornerback positions respectively.

In this year's NFL Scouting Combine, a week-long test in which projected draftees are challenged in front of staff from NFL teams, Michel and McFadden attempted to increase their draft stock to ensure a higher selection. A projected late first-round pick by walterfootball.com, Michel participated in three drills at the combine: the 40-yard dash, the 20-yard shuffle and the bench press.

Although Michel completed the 40-yard dash with a mediocre time of 4.54 compared to some of the other top running back prospects, he was able to bench a strong 22 reps as well as run a

4.21 in the 20-yard shuttle, catching the attention of NFL teams. However, Michel did not compete in the vertical jump, the broad jump or the three cone drill.

As his combine appearance came to a close, scouts analyzed Michel's performance, identifying his strengths and weaknesses.

Michel proved to be a flashy running back, showing off his split-second decision making skills when looking for the best path to charge through.

His quick bursts of speed allow him to break past the secondary and keep his balance after breaking potential tacklers; however, scouts also acknowledged his ability to have patience when waiting for blockers to pave a path for him.

Despite his successes, scouts marked Michel as a top-tier catching back. Scouts also noted that Michel's agility could improve to allow him to evade defenders more smoothly.

As for his NFL future, scouts project him to develop nicely into a solid starter in years to come. In Michel's eyes, his future NFL

team will be receiving a knowledgeable back ready to make the big plays when it counts the most.

"They'll be getting a great player. An explosive player that makes plays," Michel said during an interview at the combine. "Somebody that enjoys doing it." On the other side of the football, McFadden, a top 15 cornerback, is projected by walterfootball.com to be selected anywhere from the second round to the fourth round.

McFadden participated in the 40-yard dash, broad jump and the vertical jump. His time of 4.67 was not low enough to rank him in the top 15 among his fellow cornerback prospects, and his performance in broad jump did not earn him a top spot either.

On the flip side, McFadden managed to jump the fourth highest, reaching a height of 38.5 inches.

In review of his performance, scouts identified many positives regarding McFadden's overall game. Among these included the advantages of his tall frame and great wingspan. He is not afraid to become physical with the re-

ceiver at the point of release, constantly and legally shoving as the wideout attempts to run his route.

McFadden was able to show off his ability to stay with the receiver while always keeping an eye on the quarterback to be aware of when the ball is thrown his way.

His impressive physicality enabled him to give the receiver a run for his money on jump balls, leaving his feet at optimal times to come up with the interception or swat.

On the other hand, McFadden has shown his weaknesses when it comes to effectively bringing down the ball carrier. He has also had his share of being beat for the long ball and committing a pass interference penalty as he attempts to catch up to the receiver.

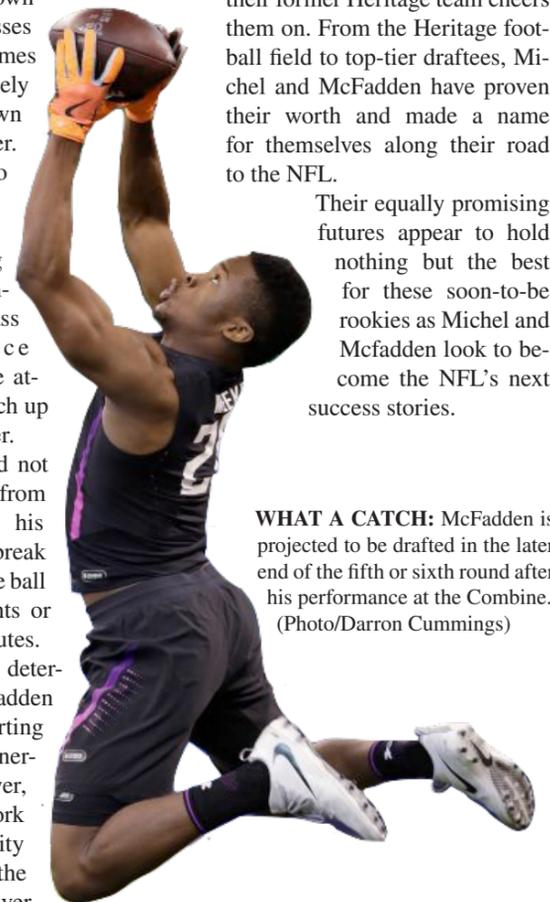
Scouts did not shy away from pointing out his inability to break quickly on the ball on short slants or comeback routes.

Scouts determined McFadden to be a starting level cornerback; however, he must work on his ability to stay with the wide receiver

on deep routes. McFadden made sure to make it clear that it truly doesn't matter the round he is drafted in as long as draft night ends with him signed to a team. "At the end of the day, everybody wants to go [in the] first round," McFadden said during his Combine interview. "It's just a blessing to even be right here with all these great talents and just going into the league, period."

As draft day approaches, Heritage alumni Michel and McFadden prepare for their most anticipated career day yet while their former Heritage team cheers them on. From the Heritage football field to top-tier draftees, Michel and McFadden have proven their worth and made a name for themselves along their road to the NFL.

Their equally promising futures appear to hold nothing but the best for these soon-to-be rookies as Michel and McFadden look to become the NFL's next success stories.



WHAT A CATCH: McFadden is projected to be drafted in the later end of the fifth or sixth round after his performance at the Combine. (Photo/Darron Cummings)

Keeping track of our team players

Alyssa Herzbrun | One-Pager Editor
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The history of track began in Greece around 776 BC with a 600-foot long race. People only competed in this race for the first Olympic games because it was the only event offered. In 1928, women's track and field became part of the Olympics.

Track is a very popular sport at American Heritage. One track star is Isabel De Allende Silva, a sophomore and new student at Heritage this year. Prior to joining the Heritage team, she ran for the Westminster Academy track team for four years. Silva developed a love of running at a very young age.

Running has always been an important part of her life. Silva practices for several hours each week during the track season. She runs in the afternoons and

on weekends just to maintain her stamina and strength, but her track event is running hurdles. Runners must leap over a series of barriers known as hurdles, set at precisely measured heights and distances. Accidentally knocking over a hurdle is allowed. However, intentionally knocking over, running around or running under a hurdle will cause disqualification from a race. Isabella won first place for hurdling in an event in Miami-Dade County.

She has advice for future hurdlers. "Joining the team may prove challenging at first. Your body will need time to adjust to all of the strenuous exercise required. Over time, it gets easier," she said. Silva encourages anyone interested in track to give it a try and "just keep going!"

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STUDENT RECIPES

Senior Katherine Quesada's
Slow Cooker Salsa Chicken

Ingredients:

2 lbs. of chicken breast
1 jar of salsa
½ taco seasoning packet

Instructions

Place the chicken, salsa, and taco seasoning into a slow cooker.
Cook on low for 4-6 hours.
Enjoy in a taco or burrito bowl.

(photo/dinnerthendessert.com)

Sophomore Erin Bryan's
Apple Crisp

Ingredients:

1/2 cup (one stick) butter, softened
3/4 cup light brown sugar
1/2 cup granulated sugar
1/2 cup all-purpose flour
1 teaspoon cinnamon
5 cups of Granny Smith apples, peeled and sliced
Vanilla ice cream or whipped cream

Instructions:

Preheat oven to 375°F.
Blend all ingredients except the apples and ice cream using a pastry blender to make crumbs.
Grease a medium casserole dish and fill with apples.
Sprinkle crumbs evenly over the apples.
Bake 45-60 minutes until top is browned and juices are bubbling on the side.
Remove from oven to wire rack to cool until just warm.
Serve over vanilla ice cream or topped with whipped cream.
Serves 6 (or one if you're feeling brave)
Sliced unpeeled peaches can be substituted for apples.

(photo/tastesfromscratch.com)

LEARN TO COOK

Learning how to cook is an important skill, particularly for seniors who are graduating soon and may need to cook in college. It can be difficult to learn to cook simply by reading a few articles online or watching YouTube videos. (Many videos and articles often create the illusion that a specific meal is significantly easier to make than reality.) Here are some places where you can receive personal instruction on how to become your own personal chef in no time:

Chef Alice Cooking School

Chef Alice offers cooking classes for \$55 per class, specifically for teens ages 13-17. Classes hold a maximum of eight children to ensure personal attention and assistance for amateur chefs. Registering in advance at chefalicecooking.com to guarantee a spot in a desired class is recommended, as classes can fill up quickly. Chef Alice Cooking School is located at 565 Oaks Lane in Pompano Beach.

Publix Aprons Cooking School

The go-to grocery store for many Floridians, Publix, offers cooking classes on how to create different dishes and desserts. Publix Aprons Cooking School classes start at around \$30 per session. These classes are open for all ages and experience levels. Check at your nearest Publix, or go to Publix.com and enter your location to find what classes are offered closest to you.

CHEF WARHAFT

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At a young age, sophomore Jonah Warhaft developed a passion for cooking. Although Warhaft began cooking because he loved the idea of creating food and trying out different recipes, his love for cooking has evolved into something more. "[Cooking] gives me a chance to relax and clear my mind while doing something productive and fun. It's an outlet of expression, and getting to eat delicious food is always a plus," Warhaft said.

Warhaft typically cooks both days on the weekend. On Sunday, he prepares his lunches and dinners for the week so he can have nutritious meals when he is on a

time crunch.

Upon entering the kitchen, Warhaft immediately goes for the paprika, a flavor prevalent in many of his dishes. Warhaft crafts his own version of the classic spaghetti and meatballs dish, using turkey meatballs and spaghetti squash. He always puts love into this delicious sweet and spicy recipe, which he labels his signature dish.

While Warhaft's parents primarily cook for the rest of his family, he has the opportunity to show off his skills at family events. When he has friends over, he cooks for them as well. Warhaft's love of cooking continues to contribute to his creativity and health.



PIECE OF THE MIDDLE EAST: Kale, cucumber, grilled chicken, feta cheese, and walnut salad made by sophomore Jonah Warhaft. (Photo submitted/Jonah Warhaft)

FLAVOR ME THIS

SWEET
44.6%

SAVORY 20.5%

SALTY 16.5%

SOUR 12.9%

OTHER 3.6%

HERITAGE
HOMESTYLE
COOKING

249 students were asked their favorite flavors and the results were compiled here.

GOOD EATS

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If you are interested in trying a new restaurant nearby but don't know where to go, sophomores Julieta Peiretti, Adelina Marinello and Michael Guarasci have you covered. You can count on them to keep you well-informed on the best food in town because they love to post pictures of food on their foodie Instagram account [food.eatzzzz](https://www.instagram.com/food.eatzzzz).

Peiretti describes discovering new foods and unique flavors as an adventure, and she loves posting new pictures of food on her account. The account, which now has 59 followers, started up only five months ago. "Originally, the account was created as a joke, but we developed it into something much bigger than we intended for it to be," Julieta said. She and her friends love looking for places where they can eat their favorite foods, which includes acai bowls, anything Italian and ice cream.

The [food.eatzzzz](https://www.instagram.com/food.eatzzzz) foodies have been developing food since childhood. Their favorite childhood cuisine consisted of TV-like dinners from Kid Cuisine™, and their tastes have become more refined over the years. Rather than eating boxed meals, they now prefer exploring cuisines from around the world. They hope to eventually travel the world, eating their way through countries such as Italy, France and Spain.

In order to delve deeper into the world of foodies, the foodies were asked to comment on some serious questions in order to better understand their deepest, darkest foodie desires. How would you finish this sentence? Cloudy with a chance of "milkshakes." You're about to be stranded on an island and you can only take five foods from your well-stocked kitchen. Which five foods would they be? "We would bring pasta, acai bowls, Cinnamon Toast Crunch, shrimp and fruit with us." Where do you hope to be as a foodie 10 years from now? "We hope that in 10 years our food account is followed by our king, Gordon Ramsay."

Check out the foodies' Instagram page weekly if you are looking for new and exciting foods to try nearby.



(Photo/good.eatzzzz)