



**Clear backpacks:** Administration is initiating new security changes, some that many students object to, such as clear backpacks. Our staff takes on the situation of clear backpacks. Check out Opinion for what we think. Go to B5

**Making masterpieces:** Since eighth grade, sophomore Sarah McDonald has continued to develop a passion for art. Go to Entertainment to read more. Go to D12

**Rumor has it:** With high school comes rumors. Turn to the one-pager to learn the truth about AHS rumors students and teachers have heard throughout the years. Go to A2

# Coming alive for Project Alive

## DAY BY DAY



**KEEPING THE SPIRIT ALIVE:** Mrs. Jennifer Estevez, her husband Mario and Sebastian attend the fundraiser, which was hosted by a Heritage parent at La Vie en Blanc, a home goods store in Ft. Lauderdale. A percentage of the sales went to Project Alive. (Photo/Project Alive)

## Almost exactly two years after Sebastian Estevez's diagnosis with Hunter's Syndrome, clubs around campus join forces to raise money with weeklong activities

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Since Sebastian Estevez's Hunter Syndrome diagnosis just over two years ago, the school community has worked with Project Alive to find a cure, with many of the efforts spearheaded by Heritage students.

Last year, Mrs. Jennifer Hanebury-Estevez, Sebastian's mother, introduced Project Alive week as a means to fundraise for Project Alive and keep up the awareness and enthusiasm for the cause.

This year, the new A Care for the Rare club, which works to collect donations that go toward finding a cure for a multitude of rare diseases, adopted Project Alive week. Mrs. Estevez, sponsor of A Care for the Rare, helped the members coordinate the fundraising-filled week.

Project Alive week, which lasted from Monday, April 30 to Friday, May 4, consisted of off-campus as well as on-campus fundraising activities. A Care for the Rare and National Junior Honor Society (NJHS) members launched their sale of school-approved Project Alive apparel on Monday, along with a joint bake sale. The merchandise available included gray Project Alive shirts (\$15), gray Project Alive

bracelets (\$2) and purple Project Alive lanyards (\$5). The sale continued throughout the week.

On Monday, the National Honor Society (NHS) also hosted a fundraiser at the Chipotle near school, where it raised more than \$500 to support the cause. They also gave a \$5,000 donation to Project Alive.

On Tuesday, NJHS added Fruit Roll-ups to the list of available items for sale. A Care for the Rare also organized a fundraiser at California Pizza Kitchen at Sawgrass Mills Mall.

Fundraising continued on Wednesday with a "pie your teacher" fundraiser. Students chose which teacher they wanted to feel the wrath of a pie, and the

top three teachers were pied in the quad Friday, May 11.

Mrs. Leya Joykutty, along with Dr. Mercedes Torres and Mrs. Shaneka Major, had the pleasure of being pied in the face for a good cause.

On Thursday night, A Care for the Rare hosted yet another off-campus fundraiser at Blaze Pizza in Davie.

To conclude Project Alive week, students were permitted to wear Project Alive shirts to show their support for helping Sebastian.

Overall, Project Alive week raised over \$800 worth of donations, excluding those from Blaze Pizza, Chipotle and California Pizza Kitchen. Project Alive is

already past their halfway mark in terms of funds needed to start the trials to find a cure. More than \$1.3 million is still needed, but with the continued support of Heritage students, parents and faculty, Mrs. Estevez has faith that the number will continue to decrease as it has over the past year.

"[A Care for the Rare] has really invigorated the [Project Alive] cause and reminded people that we're still working and we're still trying to save these kids," Mrs. Estevez said. "Having students still talking about it is a really big deal, and that's half the battle."

To help Project Alive, you can see Mrs. Estevez to buy apparel or donate to Care for the Rare at their next event.



**PIEFACE:** Mrs. Leya Joykutty was pied by one of the students who paid \$5. All proceeds were donated to Project Alive. (Photo/Anika Dham)

CONTENTS	
NEWS.....	A3
EDITORIAL & OPINIONS...	B4
FEATURES.....	C7
ENTERTAINMENT.....	D12
SPORTS.....	E14

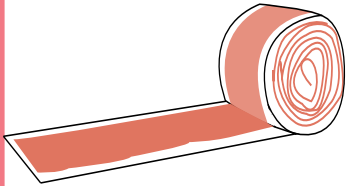
### MONDAY

Bake Sale & Project Alive apparel sale



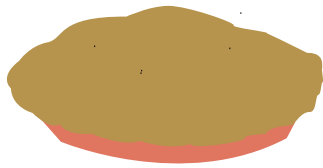
### TUESDAY

Fruit Roll-ups sale



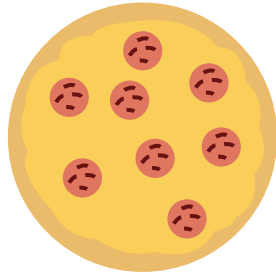
### WEDNESDAY

"Pie Your Teacher"



### THURSDAY

Blaze Pizza Fundraiser



### FRIDAY

Project Alive Shirt Day



(Graphics/Angela Lin)





# Heritage

Compiled by: Kristen Quesada and Maia  
Fernandez Baigun

SECRETS

## Rumors Declassified

**RUMOR:** Teachers required sign-out sheets to monitor bathroom use because of an incident in which students had defecated in the school bathroom and spread feces over the walls.

**TRUE:** The school utilized sign-out sheets until security cameras caught the culprits.

**RUMOR:** Mrs. Blum provided a free cruise to the teacher who could give out the most referrals.

**DEBUNKED:** A teacher jokingly said this when he gave a student a referral, but the student believed it and caused the rumor to spread.

**RUMOR:** The schedule will change next year so that class begins at 8:15 a.m.

**DEBUNKED:** That schedule is only for the Boca Delray campus and will not be changing for the Plantation campus in the foreseeable future.

**RUMOR:** A student decapitated a duck with a plastic knife.

**DEBUNKED:** Two years ago, a gardener accidentally cut off a duckling's head with a weedwacker. A student found the decapitated duckling, which he posted to his Snapchat.

**RUMOR:** Mrs. Marjorie Milam, an AP history teacher, was hit by a golf cart.

**DEBUNKED:** A teacher accidentally backed into Mrs. Milam while driving her car, knocking Mrs. Milam down and sending her to the hospital.

**RUMOR:** Dr. Douglas Laurie, vice-president of the school, was hit in the face by a cupcake while giving a tour during the senior cupcake fight.

**ALMOST TRUE:** A cupcake did land on Mr. Laurie as he was walking; however, the situation wasn't so dramatic. The cupcake hit his lower pant leg, and he was not giving a tour.

**RUMOR:** The Fine Arts building has a basement.

**ALMOST TRUE:** While it isn't quite a basement, the pit below the stage could be considered one. Also, a storage room is located behind the pit beneath the stage.

**RUMOR:** The school mascot was a bee.

**TRUE:** When Dr. Laurie founded the school in 1968, he wanted the mascot to be a bee for the black and gold. However, students got to vote for their mascot causing the switch to the Patriots.

**RUMOR:** Students can leave if their teacher is more than 15 minutes late to class.

**DEBUNKED:** That's only true in college. Students should notify a neighboring teacher who will notify the office.

**RUMOR:** Someone died during the construction of the Fine Arts building.

**TRUE:** Yes, a worker not wearing his safety harness fell to his death.

**RUMOR:** Ozzie Evans (name on the sign behind the 6000) is a fictional person.

**DEBUNKED:** Ozzie Evans was the head of the maintenance department for years before his death. His wife taught elementary class.





# NEWS

## Clubs send money to sailors

Kelly Taylor | News Editor  
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In support of United States sailors, clubs on campus raised money to purchase gift cards for sailors to use during their deployment on the USS Theodore Roosevelt.

Kindergarten teacher Mrs. Dolores Mayer took the collected gift cards to Coronado, Calif. May 7 to hand them out to the sailors upon the ship's return to land.

"It was an honor to welcome these sailors back to America and witness them reunite with their anxiously waiting families," said Mrs. Mayer, who personally delivered the gift cards.

Mrs. Mayer has a personal connection to the sailors aboard the Theodore Roosevelt as her nephew, search and rescue swimmer (SAR) Andrew Barroso, returned on the ship after a seven-month deployment in the Middle East. Prior to Barroso's recent deployment, he and his brother, Explosive Ordnance Disposal Specialist (EDO) Evan Barroso served



**SUPPORTING THE SAILORS:** Mrs. Mayer and her family welcome home Andrew Barroso and the other sailors of the USS Theodore Roosevelt. Mrs. Mayer distributed gift cards, paid for by student clubs, to the sailors. (Photo/submitted by Mrs. Dolores Mayer)

deployments in Africa and South America.

"It is truly a sacrifice the sailors make to be away from the families they love and the comforts of home. This was the

motivation behind the gift card collection: to show appreciation and support for all they do for our freedom," said Mrs. Mayer.

After sharing her family's experience with the club

presidents, they pooled money, and The Wounded Warrior Club had two bake sales for the cause.

## Heritage band keeps the pep, stops the marching

Yasmeen Altaji | Staff Writer  
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Heritage has scored a touch-down. Players are on their knees, crowds are on their feet and the Patriot Marching Band takes off into the renowned Patriot fight song.

The marching shows which ornament our football games have long been a staple of Heritage tradition, capturing the spirit of the games and attention of the audiences throughout the years. Now, the band department finalizes a shift from marching band to pep band, effectively eliminating the traditional marching routines from the band's showcases.

Ms. Kimberly Imerbsin, band director, cites a number of factors that prompted the change. Ms. Imerbsin has been involved with

the former marching band for over ten years, and "noticed an exponential increase in the number of students wanting to be at American Heritage, a significant rise in academic rigor, and a swell of internal and external stresses" faced by students.

Extracurriculars ranging from Ray Dass's Merit Scholarship prep program for sophomores and juniors to numerous sports have indeed become more abundant over the years and, as a result, band students found increasing difficulty balancing their musical passion with other courses or interests.

Junior Jorge Rivera has been a member of the marching band since his freshman year. He testifies to the academic overload, detailing that "the rigors of band have often fallen... in line with other major academic aspects of

band member's lives... [band] students would go to [PSAT] prep, and right afterwards come back to marching and drilling, and they'd be exhausted by the time they came home."

Rivera also recalls occasional discussions led by Ms. Imerbsin regarding students' takes on the rigor and routine associated with marching band. Ms. Imerbsin draws part of her inspiration for the adjustment from a supervising teacher she worked with as an intern.

"[My supervising teacher] always told me: 'If you have to make a tough choice, do what is best for the children.' Deciding to be a pep band over a marching band seemed to me to be an easy choice."

The band will no longer take part in the competitions they

previously did, a result of a fresh set of priorities established with the new format of the band. "Our sole purpose will be to support our school in whenever they may need us," Ms. Imerbsin said.

The band will focus on performing at all varsity football games in addition to being on the lookout for performance opportunities at pep rallies, send offs, TV spots, Open House, and any others which may present themselves.

While some of the very dedicated marching band members feel that the transition will lead to a drop in the program's prestige, Ms. Imerbsin and other students are confident that the change will grow on the band over time.

"The more opportunities I have to speak one to one with those students, they understand and accept my decision," Ms. Imerbsin said.

## Senior receives the first Ryan Broder Service Award

Angela Lin | Co-Editor-in-Chief  
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Every year, seniors file into the theater to receive awards. This year's senior award ceremony will include a new component to honor alumnus Ryan Broder's contribution to math competition and to award a student who has made similar contributions.

Broder took his own life last year in August, devastating many of the students and faculty of the Mu Alpha Theta team.

Known for his exceptional performance in Mu Alpha Theta, Broder attended every math competition and earned an award at every single one, an accomplishment no student has ever achieved.

He not only competed in competitions, but he also taught Algebra 2 and American Math Competition to the Mu Alpha

Theta team and dedicated his time to teaching students before important tests such as the American National Math Exam.

Broder not only involved himself with the school's Mu Alpha Theta team, but he was also the local officer of the American Regions Math League and officer of the Mu Alpha Theta States.

"His investment, his time, his heart and his mind was in math competition," Mu Alpha Theta director Mr. Richard Rovere said.

To honor Broder's impact on the school, Rovere, the other Mu Alpha Theta coaches and administration decided to create the Ryan Broder Service Award to be presented to one senior annually.

Head of Guidance Ms. Kelly Bennett, High School Principal Mrs. Elise Blum, Mu Alpha Theta coaches Mr. Radleigh Santos and Mrs. Leigh Chin, Head

of the Parent Teacher Organization (PTO) Michelle Kuecks and Broder's mother decided who would receive the award.

Rovere compiled the seniors statistics, including the number of awards they had won and how many competitions they had attended. They also considered how involved the students were in math competition with criteria such as teaching students and officer positions.

This year's recipient is senior Cassandra Pena, who has been in Mu Alpha Theta for six years and currently serves as co-president. She is also the National Student Delegate Parliamentarian of Mu Alpha Theta.

Pena brought the team together and made them a family, according to Rovere, making her stand out. She took ownership of the poster and scrapbook, which they use to compete at the

state and national competitions. "Her impact was something intangible, something you can't put a metric to. The poster and scrapbook became something the students were involved with. I noticed that after this, [the team] was more of a family," Rovere said.

Relating to her love for math and the Mu Alpha Theta team, who have become her family, Pena said, "My favorite thing about MAO is, without question, the people I've met and connections I've made. I have friends all across the country because of the organization that I still keep in touch with. Even just within the school's chapter, so many of my best friends I originally met through MAO, and I'm eternally grateful for that."

The recipient of the award receives a glass plaque and a \$1,000 scholarship.

## News Brief

### World Food Festival

Spanish Honor Society hosted the annual World Food Festival after school May 3 to celebrate different cultures.

Students brought in an appetizer, entree or dessert from their culture to share at the festival. Tables were set up in the gym so students could sample the food from multiple countries all in one place.

### Senior Step up Day

The former juniors wore crowns for the fifth annual Senior Step Up Day May 21.

The slogan for the senior step up shirts is DREAM B19 and any junior who chose to purchase one wore it with their school shorts. Ice Cream and photo opportunities were available for the rising seniors to enjoy the day.

### Teacher Appreciation

National Junior Honor Society sold teacher grams with bags of candy for Teacher Appreciation Day. Students purchased grams to recognize their favorite teacher's hard work.

National Honor Society provided bagels and fruit platters to each teacher lounge to show their appreciation.

### Ice Pops

In honor of the approaching summer season, the Parent Teacher Organization gave out ice pops May 3 at junior and senior high lunch.

### International Science Fair

Juniors Amber Bhutta, Emily Pollack, Satya Alagarsamy, Ephraim Oyetunji and senior Lauren Waldman traveled to Pittsburgh, Sun. May 13-18, for the International Science Fair.

### Marine Biology Trip

The Marine Biology and Black, Gold and Green club went to Key West May 6 for a trip full of snorkeling and other nature activities.

The eight students attending the trip spent part of their day at John Pennekamp Park for a picnic.

The rest of the trip was spent snorkeling near a famous reef off Key West: the Florida Keys reef, the third largest in the world.



(Photo submitted by Mrs. Connie Versteeg)





# OPINION

## Specialize college advising

Yasmeen Altaji | Staff Writer  
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Junior year is arguably “the worst”— standardized testing picks up, GPAs fluctuate like Florida weather, and recommendation letter forms fly around us in whirlwinds. To add to the mix, one simple question unrelentingly taps at our brains and occasionally drives us quite mad: “What do I do when I ‘grow up’?”

Besides the rare athlete committed to an Ivy League school as a sophomore, or the robotics team member dead-set on an engineering degree at the University of Michigan, for example, most high schoolers spend astronomical amounts of time pondering what they need to do leading up to the college application process to secure a future supportive of both financial independence and personal enjoyment.

The aforementioned factor, alongside a plethora of others, legitimizes the reasoning behind a relatively new idea of introducing field-specialized college advisers to our guidance department.

The idea is indeed simple, but multifaceted in its benefits, nonetheless. At a school such as American Heritage, where academics branch off into fields ranging from broadcast journalism to jazz band to bio-

medical engineering, deciding what to do with your passion can become overwhelming.

In preparing to apply to colleges, students need not only understand exactly what they need in order to apply to their designated fields; they need to know what to do in order to master those concepts and meet those requirements as well. Depending on the field, these requirements can be as starkly different as night and day.

Junior Khameron Auerbach, a student pursuing a career in broadcast journalism, encounters the same difficulty and would value the opportunity to work with a counselor who specializes in communications, for instance.

“Having this sort of counselor system would definitely help me and others easily figure out what courses suit us, and help us connect on a better level with our counselors throughout the college application process,” Auerbach said.

Aspiring medical student, junior Mohamad Adada, recognizes the difference between academic knowledge and college application street-smarts.

“Taking Med Term is a whole different experience than talking one-on-one with a Pre-Med counselor...in Med Term, you’re

learning about medical information while with a counselor you’re learning about true medical experience and getting advice and counsel from a doctor or other professional,” Adada said.

I myself am a junior, classical singer and pianist. I plan on applying to conservatories and universities with strong music schools for a major in vocal performance and, potentially, a double in an academic subject such as political science or journalism.

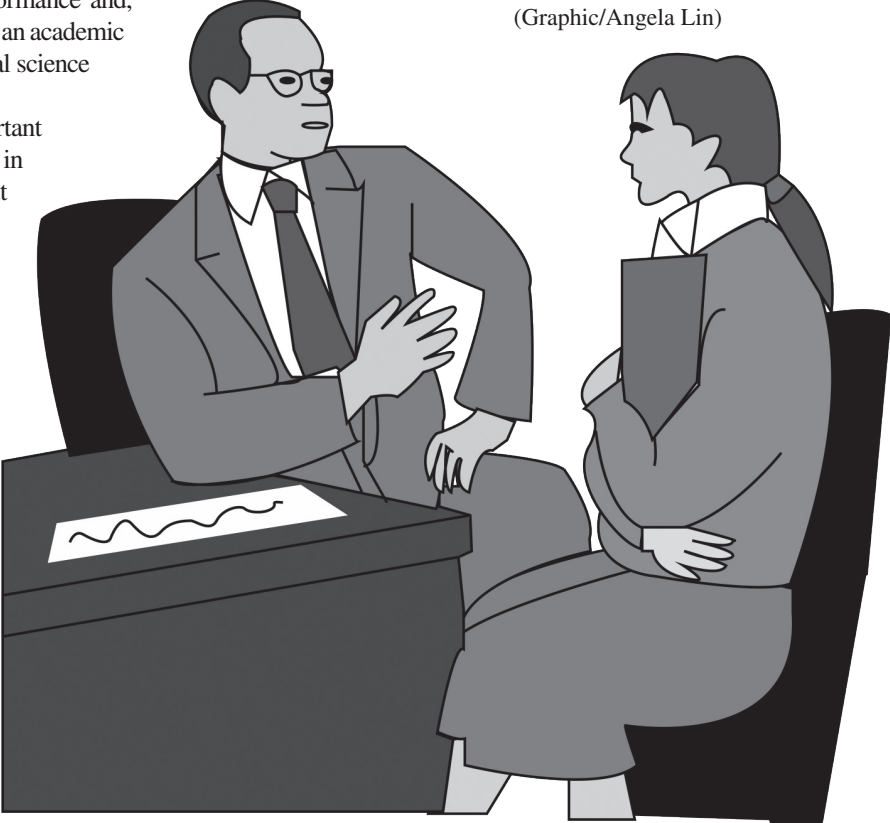
The most important aspect of applying in my case is figuring out which part of admissions “weighs” the most — my grades, my testing scores, or my auditions; I need to understand — and work with someone who thoroughly understands — the college application process as it pertains to a music student.

Guidance can be modified with few major changes — in addition to a general college adviser, like those

we have in the status quo, students could benefit from counselors in three areas of specialty: STEM (for students considering applying to engineering or medicine schools), arts (performance or visual) and communications (anywhere from English literature to marketing to broadcast journalism). Those who

enter their junior year undecided or change their minds about their potential majors can switch counselors, just as some students do currently. The modification is simple, but the effect could be monumental in helping us achieve what we need the most: a fulfilling college education that suits us best.

(Graphic/Angela Lin)



## Awards ceremony breeds competition

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Toward the end of every school year, teachers and administration hold an awards ceremony to honor those who excelled academically during the past year. Teachers select a few students from their classes who have displayed outstanding academic merit and reward them at the ceremony to recognize their achievements.

Generally, students who receive the most recognition throughout the year are in AP or honors classes. While students in college prep classes also receive awards, recipients of overall ones, such as the Patriot Award, tend to be in high-level classes.

Every teacher gives out awards, so theoretically there is equal representation for all levels of classes, but some stu-

dents’ achievements seem less significant compared to the three or four awards that other students in high level classes may earn in one night.

This contrasts how for senior awards teachers in each department are only allowed to select one senior.

Comparing makeup design to dance is like comparing apples to oranges, yet they are grouped in the “fine arts” category and hence only one can receive an award. Who is to say which students deserves the award most when the disciplines within each department can be so distinct?

For senior awards, perhaps increasing the number of awards each department can give or dividing the departments by discipline would ensure seniors have the chance to be proud to receive an award

in their niche that they have worked toward during their time in high school.

Students who have committed themselves to their passion, whatever that may be, should not have to compete with students in entirely different subject areas for one award.

The academic rigor of the curriculum for those in high-level classes has pushed many students to improve and work harder alongside their equally-academically-motivated peers.

Unfortunately, a side effect of such rigor is a hyper-competitive environment that can pit students against one another for the best grade in the class or the spot as most well-liked by teachers.

Most of the school year we tell ourselves grades are not a competition, until it comes to


that time when people check their mailboxes for invites to the award ceremony. For those who did not make the exclusive list, it somehow seems implied they are not quite good enough or they did not work hard enough to merit recognition.

Quite often, many of the same students receive awards in multiple classes. These students, of course, should be rewarded in some manner for working hard, but this distinguishes the “haves” and the “have-nots” at the end of the night in terms of who is holding paper certificates and how many.

The nature of the ceremony breeds competition and resentment among its invitees, and even more so among invitees and those who did not quite make the cut. It seems most fair that students receive recognition in all the categories in which they excel. If they work hard, they should be recognized.

Yet this fairness comes at the cost of a proliferating competitive environment.

It may seem difficult or even unfair to limit the number of awards per student to one or two, but to avoid overshadowing other students’ accomplishments and to give other students an opportunity for recognition, enacting an awards quota is the most viable method of doing so.



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# Opinion

## Exposing the clear backpack policy

### Editorial

The school has instituted new clear backpack policies that will go into effect next year. This is supposedly being done for student safety, but it is not worth the compromise of student privacy for no student actually feels safe because of a clear backpack.

Students seem to be losing more than they are gaining in terms of privacy and safety. With clear backpacks comes an all-out intrusion into each student's personal life.

Since students are limited to one small unclear bag, girls will have to choose between a pencil

pouch and taking a bag to conceal their feminine care products which will be exposed due to the transparent backpack.

On top of this, clear backpacks open another possibility of bullying for the private items students carry. For example, some students take items such as extra socks with them, and a student may make fun of them for carrying around odd items with them.

In addition to losing any remaining privacy, students will be stripped away of their individuality. Students get to choose from the wide array of three colors for the trims of their backpacks. No longer

may students adorn their bags with pins or other decorations to express their unique style.

Instead, students have the privilege of choosing one miniature sticker to keep their backpack from being mistaken from someone else's since every bag will look identical.

If the new backpacks are supposed to prevent people from bringing weapons on campus, what will be done about the countless other concealed items in bags? Will students be required to carry clear binders, too, to prevent weapons from being hidden there? If clear backpacks are being forced on stu-

dents, won't normal lunchboxes defeat the purpose? A handgun can fit in this inconspicuous container, but what's next, lunchbox regulation?

Students already get away with missing IDs, belts, untucked shirts and rolled shorts. Administration tightens up for a short time, then slips back into the same rhythm for a while longer.

Who's to say this same pattern won't happen with the new backpacks? The task of checking over 2,000 students' bags thoroughly each day will quickly become overwhelming and lead to complacency.

School continues to develop a prison-like atmosphere instead of

feeling like a comfortable learning environment. Clear backpacks alone will not provide students with even the slightest sense of security yet takes even more rights from students. Unless these bags are made out of bulletproof material, they will be nothing more than a glorified Publix bag.

### Editorial description

Editorials are written on behalf of the staff's views on a particular issue. However, editorials do not necessarily reflect the opinions of the administration, faculty or student body.

## Second junior exemption found dead in ditch

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As most have already heard, juniors, who previously had two possible exemptions for their midterms and final exams, will only have one exemption next year. Administration grandfathered in two exemptions for juniors for the 2017-18 schoolyear instead of one because of the parking issues this past year.

The reason given for the removal is that allowing students only one exemption prepares students for college where finals are often the most important grade for the class. However, this is not a good enough reason to remove such a beneficial privilege of having two exemptions.

Between the increased number of AP classes, standardized tests

and college applications, junior year is by far the most stressful year most students experience.

First semester, juniors worry about standardized tests. They spend months studying for the PSAT, SAT and ACT. On top of that, a student with a full schedule would have to study for six midterms.

"Around the midterm part of the year, we're usually overwhelmed with a lot of the things going on. The way we can do well is if we have less things to do," said sophomore Amrita Bonthu. "If we have fewer midterms and finals, we'll be able to study for them and get better grades. Going to our breaks, we'll be happier instead of going in upset because we did badly since we didn't have enough time to study."

By the end of second semester, juniors have been studying for their AP exams for months and go into overdrive in preparation for those exams. Finals are an added stress at the end of the year directly after AP exams.

"Having two exemptions has made me a lot less stressed during midterms and finals week. I have more time to study for my AP exams," said junior Ayesha Bakshi.

If students have maintained A's in their classes for the semester, the grades show an understanding of the material, meaning they do not need an additional assessment.

"Junior year is already stressful enough, and it would be nice to know that the hard work of doing well in a class would pay off and allow us to not take the



(Graphic/Kristen Quesada)

final exam," said rising junior Flora Ranis.

Students should be rewarded for doing well in their classes

while under such pressure during the rest of the year, and exemptions are a motivating way to reward those students.

## Own up to your actions

Sammy Rosenthal | Staff Writer  
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Adulthood should not mark the beginning of taking responsibility for one's own actions. Instead, the habit of taking responsibility for one's actions should be reinforced in one's childhood.

Owning up to your mistakes should be mastered at a young age. Many people resort to playing the blame game; however, blaming others will only lead to greater consequences regarding your development as a person. By deflecting the blame, you prohibit yourself from maturing as a person and learning from your mistakes.

You have a test at the end of the week. You have three nights until the exam, giving you ample time to study and prepare for it. Instead of doing this, however, you continue to put off studying until the night before. Even then, you still only study for 20 minutes, assuming you will do well anyway.

You fail the test and are confronted by your parents. You can take two paths in this situation, one being that you complain about the unfairness and intense difficulty level of the exam or the second being that you explain how you procrastinated.

Choosing the first option may avoid punishment from your parents but will most likely result in the continuation of this habit in the future.

On the other hand, choosing the second option and owning up to your mistakes may result in consequences, but you will mature as an individual, learn to not make the same mistake again and develop your character as an honest, responsible person.

A multitude of benefits can arise from admitting your wrongdoings. Not only can you gain respect from your family and peers, but you can also emerge with a greater sense of self-respect from within.

Rightfully accepting the blame and acknowledging your mistakes will allow you to better yourself overall. However, if you deny the fact that you were wrong to begin with, you will feel no inclination to change your behavior.

Any decision you make in your life ultimately comes down to which path you decide to take. Therefore, all of the actions that result from these decisions are your responsibility.

When it all comes down to it, it takes no effort to deflect blame for your mistakes, but it takes courage to own up to them and make corrections.

## It's not me, it's my phone

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"Hold on! I want to take a picture of this for Snap!" This overused phrase stems from a modern-day problem: social media has become a widespread, detrimental addiction.

Social media penetrates daily lives in a range of apps, from Facebook and Pinterest, more popular with older, millennial users, to Snapchat and Instagram, adored by Gen Z-ers. The addiction plaguing today's population reaches those of all ages, but impacts us, leaving harmful consequences in its path.

Social media never fails to work its way into our schedules. In fact,

according to TFETimes.com, high-school aged users spend at least three hours a day on social media.

I know I'm a victim of the temptation social media possesses, often catching myself distracted by the purple, pink and orange icon on my phone when I should be studying for that major Biology test. Even as I wrote this article, I unintentionally picked up my phone to see what was new within the two seconds I put it down to write this sentence.

Social media provides distraction, and in turn, procrastination. Continually browsing social media can lead to daily procrastination habits, and an outlet people can turn to to avoid those daunting tasks and responsibilities.

Also from social media, especially messaging-heavy apps, comes Phantom Vibration Syndrome, the perception of a notification on a phone when in reality, there is not.

In a 2012 study conducted at Indiana and Purdue University, researchers found that nearly 90 percent of college

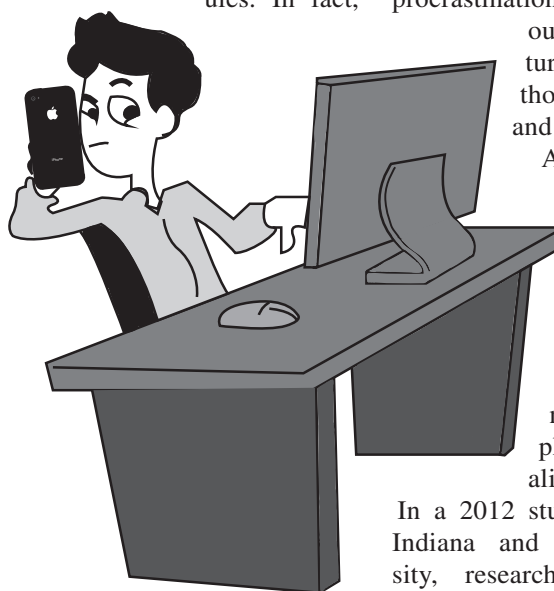
undergraduates claimed they deal with phantom vibrations.

As Dr. Larry Rosen, a research psychologist who studied how technology impacts the mind said, "We're seeing a lot of what looks like compulsive behavior, obsessive behavior. People who are constantly picking up their phones look like they have an obsession." He recommends backing away from phones for just 30 minutes to an hour every day to remind people that life doesn't happen inside a hand-held piece of technology.

Now that anything we want can be accessed in a matter of seconds (depending on who your internet provider is), people often use phones to avoid in-person interaction. Writing from personal experience, I have used my phone to make it seem like I have friends in awkward social situations (something I probably do at least once a day).

Social media allows for online interaction to substitute offline interaction, dampening much-needed social skills.

Like all bad habits, being glued to a phone and social media can be hard to break. Trying to break up with your phone will be like saying goodbye to a best friend, but in the long run you'll be thankful for the opened possibilities found by putting down the phone.



(Graphic/Kristen Quesada)





## Opinion

# Time to put your phone down

Sammy Rosenthal | Staff Writer  
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In today's day and age, with technology at everyone's fingertips, the majority of people take full advantage of the easy access to electronics, to say the least.

According to a TIME Mobility poll, 84 percent of those surveyed claimed they would not be able to last a day without their phones. This obsession with technology is evident in everyday life and can be specifically seen when people feel obligated to capture an event in full length. Imagine you are attending a concert.

Chances are, during the performance, many people will be recording with their phone, in hopes to relive it again later or post it on their social media for their friends.

Although people intend to capture this once in a lifetime opportunity, we must be able to put our phones down.

Trying to capture a performance on a screen causes the person to focus almost exclusively on finding the right angle as opposed to the concert itself.

By doing this they are not properly absorbing and experiencing the appearance of their favorite artist. These people will not be able to reminisce about the rush they felt during the concert, but rather watch a poor quality video that could easily be retrieved online afterwards.

Also, the seemingly harmless act of recording the concert not only prohibits the user's ability to enjoy the performance but distracts and impairs other people's view as well.

One who is reaching his or her arms into the air to find the perfect view for their Snapchat post, will get in the way of others trying to enjoy the experience. Therefore, when these individuals attempt to remember the concert they attended, their

memories will consist of maneuvering around the disrespectful person in front of them.

Constantly being on your phone during a concert can also be distracting to the artist as well. Singers such as Alicia Keys have spoken out on this topic, exclaiming how they believe the overuse of phones at concerts does not allow everyone to enjoy themselves. Instead they are focused on recording everything.

Viewing the concert, or any event for that matter, through the lens of your phone will prove to be successful in terms of ruining yours as well as others' experiences around you.

However, the many features technology can offer mask the consequences that may result. In the end, the best way to live in the moment is to experience the event through the lens of your eyes, not your phone.



(Graphic/Alyssa Herzbrun)

## Honoring the calculator

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Students at American Heritage only get 49 minutes to complete a math test because math class only lasts that long.

However, it usually takes much longer to complete a task without the aid of a calculator. What if you've studied for a test and you know how to solve a problem, but the calculator is not available to you? A calculator only gives an answer to the problem, it doesn't set up the problem for you.

Allowing honors students to use a calculator doesn't mean they don't need to prepare for the exam. It only means test questions can be answered in a more timely fashion. Honors students should be allowed to use a calculator during math because they still need to know the basis of a formula or the correct way to set up a problem.

Allowing honors students to use a calculator enables students

to focus on the more important part of the problem: solving it.

Students will be in a better frame of mind to solve a problem correctly if they don't stress about making a minor mistake that could easily be calculated on a calculator. Calculators are also a good way to make sure an answer is correct. If students could use a calculator to check work, there would be less mistakes made.

On sections of the SAT where a calculator can be used, the math is what we learn in our high school math classes. If math prepares us for the SAT and ACT which allows calculators on some of the tougher math sections, then why aren't honors students allowed to use them?

Calculators should be used so that students feel less rushed on a test.

## Contagious complaining

Kelly Taylor | News Editor  
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Remember that day when everything seemed to go wrong? After a late night of studying, the alarm went off too soon starting a whole new load of work with no end in sight.

The simple act of getting up in the morning can collect enough negativity to last through-

out the whole day. Can this approach on life actually make the day even worse than it started out?

Complaining serves as a constant reminder of discontent. An extra homework assignment may seem like the end of the world to a mind bent on complaining. Complainers begin to feel that their troubles outweigh everyone else's.

When one student complains about an assignment, another stu-

dent will begin to complain because they feel they have more on their plate than the former student, so they have more of a right to complain. The resulting chain of complaints shifts from grumbling about the assignment to whining about

each other. As all the little complaints add up, frustration builds up which is usually aimed at bystanders.

Waiting in the lunch line for what seems like an eternity only to find out they ran out of pizza easily drudges up complaints.

Nevertheless, glaring at the lunch lady will not make more pizza appear. Not only will the complaints ruin lunch time, but the negative energy radiates onto the lunch ladies.

A study conducted by Psychology Today concludes that emotions can transfer from person to person.

The study states that humans tend to instinctively mimic the behaviors of the people they spend most of their time with.

As such, the negative energy induced by complaining contaminates the environment and increases negative feelings in the people nearby.

Holding onto complaints will only result in destroying days. Just as contagious as the common cold, negativity spreads easily but lingers long after the first complaint.

Remember that bad day? What if the alarm went off just in time for you to see the sun rise?

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This publication informs students about events, influences readers through editorials and entertains through features and reviews, all achieved through responsible reporting.

Opinion articles reflect the views of the staff and do not necessarily reflect the opinions of the administration, faculty or student body. We strongly encourage letters to the editor from students, parents or faculty in response to these articles.

The Patriot Post is sold on a monthly basis for 25 cents. American Heritage consists of 1,950 students and 160 faculty members.

**Do you have a response to a column or article that was published in the paper?**

You can make your voice heard by submitting a "Letter to the editors." Physically hand the response in to room 9114 or email it to [patriotpost@ahschool.com](mailto:patriotpost@ahschool.com).

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## Features

# Everyone Has a Story: *Kayla Ruiz*



**OLD-FASHIONED VIBES:** This is Kayla Ruiz's winning photo of her sister, Alexa. (Photo/Kayla Ruiz)



(Photos submitted/Kayla Ruiz)

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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.*

Amid the frenzy of AP exam week and the last few days of school for seniors, we opted to take the digital route for an EHAS selection method. Inspired primarily from our love of photography (and Angela's above average photography skills), we created a Patriot Post-sponsored photography contest. Advertising it on the iPatriotPost instagram account (follow us at @ipatriotpost), we challenged students to submit their best photos to us either through direct message or email.

As usual, the response exceeded expectations; we received numerous entries of a wide variety of photos. After undergoing the painstaking process of combing through photos, we settled upon

the entry submitted by sophomore Kayla Ruiz.

Ruiz showcases her affection for her sister, freshman Alexa Ruiz, in her winning photo, which was taken at the Perez Art Museum Miami. Her sisterly love also extends to her older sister, Milan, who currently attends the University of Central Florida.

"[My sisters] are both amazing, gorgeous and good-hearted people that I trust the most because I know that they will always have my back through thick and thin," Ruiz said.

Born into her family of three siblings in 2002, Ruiz has lived in Florida her entire life and has attended American Heritage for 10 years. Beyond high school, she

aspires to attend the University of Miami to study both nursing and political science.

"I want to study nursing because I want to impact my community in the best way I can, and I believe that will be through saving and healing people. Also, I will have to deal with something different every day," Ruiz said. "I also picked political science because politics has always been something that I have been interested in people's political views are different."

In addition to nursing and political science, Ruiz also has an athletic interest, including being a lifeguard and playing lacrosse. She obtained her lifeguard certification after receiving

inspiration from her boyfriend's older sister who had received her certification previously.

"I thought to myself 'wow, that's something I need to be a part of,'" Ruiz said.

Ruiz has also played lacrosse for Heritage since sixth grade. Her love for lacrosse stems from her father who played the sport in both middle and high school.

"I owe it all to my dad. He's the reason I started playing and the reason I'm still playing," Ruiz said. To keep herself healthy for lacrosse, she works out four to five times a week. Fortunately, Ruiz still has time for photography, which is her favorite subject at school, as displayed by her winning photo.

# What to do if the power is out

*Whether it is a power outage because of some unfortunate event such as a hurricane, or if your Wi-Fi is down, it may be difficult to think of things to do. Here are some ways to defeat your boredom.*

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## Read a Book

Without any internet and the risk of draining your phone or iPad's battery, pick up a physical book. If it is nighttime, take out a candle or a flashlight to aid you in your reading.



(graphic/mycutegraphics.com)

Telling stories is a wonderful way to learn more about your family. Students and adults busy at school and work, respectively, can cause families to lack communication. Sit down and tell each other stories. You might find out something you have never known about one of your family members.

## Tell Stories



(graphic/clipartpanda.com)

## Go Outside



Often with the ability to access electronic devices, we neglect exercise or simply enjoying nature. Since the power is down, take a walk outside, ride a bicycle or just get some fresh air.

(graphic/mycutegraphics.com)

Games do not have to be confined to electronics. Take out your favorite board or card games from your childhood to play with your family. You can play games like Monopoly or Go Fish.

## Play Board Games



(graphic/mycutegraphics.com)





## Summer concerts making waves

*Enjoy numerous concerts in the area as the latest pop artists tour in South Florida.*

*Average prices are based on the availability and proximity of seats for one person.*

Dua Lipa  
Date: Tues. June 12  
Time: 8 p.m.  
Location: Bayfront Park, Miami  
Prices: \$20-47

Sam Smith  
Date: Sat. July 14  
Time: 8 p.m.  
Location: American Airlines Arena, Miami  
Prices: \$31-124

Britney Spears  
Date: Fri-Sun. July 27-29  
Time: 8 p.m.  
Location: Hard Rock Event Center, Hollywood  
Prices: \$105-330

Panic! at the Disco  
Date: Tues. July 31  
Time: 7 p.m.  
Location: BB&T Center, Sunrise  
Prices: \$26-122

## How to have a productive summer

**Young at Art Children's Museum**  
Young at Art Children's Museum offers high school students the opportunity to volunteer for service hours as a camp counselor or volunteering opportunities at the various exhibits of the museum. You earn a community service hour for every hour you serve a day. You can find YAA at 751 SW 121st Ave. in Davie.

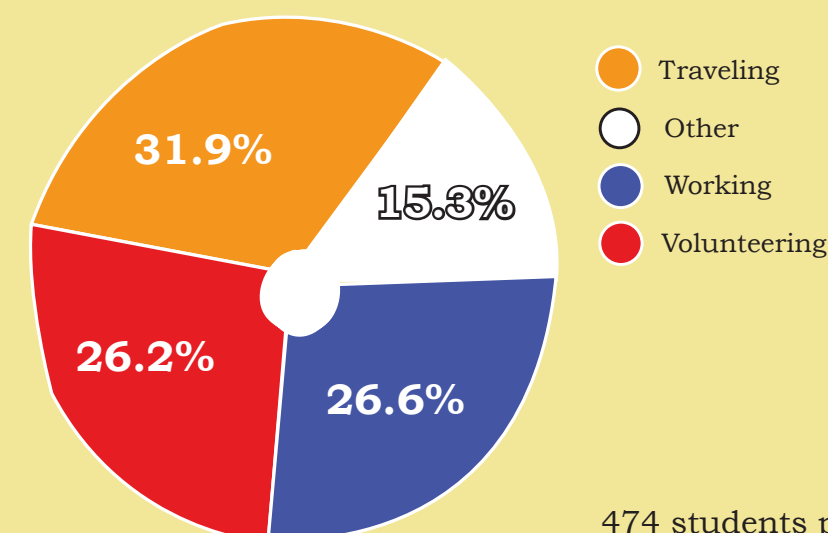
**Miami Dolphins Community Service Academy**  
At this camp, you can earn 40 community service hours in five days. The camp takes place over the summer, so check [miamidolphins.com](http://miamidolphins.com) to find out which time you can serve. Various outdoor volunteering and indoor volunteering opportunities are offered.

**Chipotle Mexican Grill**  
In order to work at Chipotle, you only have to be 16. Visit your local Chipotle to see if they are hiring.

**Panera Bread**  
You must be at least 16 to work at Panera Bread. Other positions have different age requirements. For example, you must be 18 to work as a cashier. Check your nearest Panera Bread to see if they are hiring.

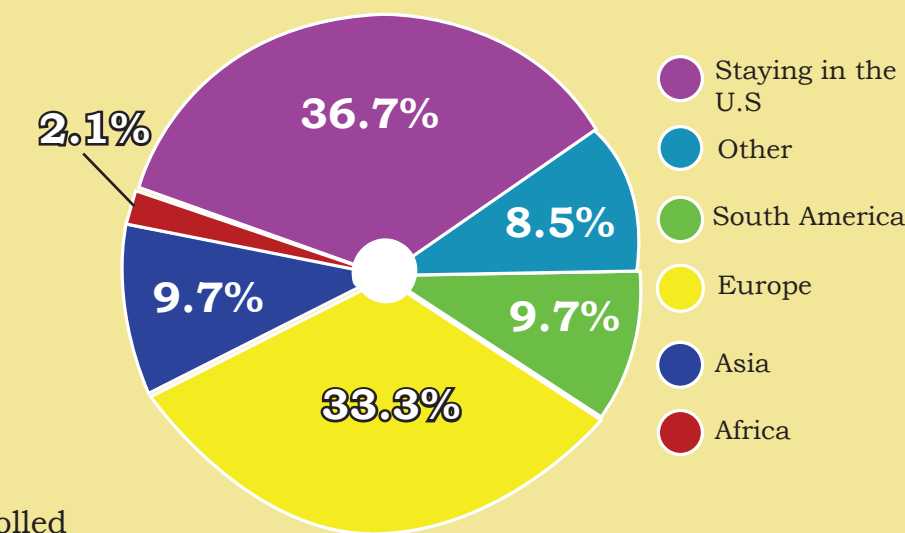
**Kentucky Fried Chicken**  
Kentucky Fried Chicken (KFC) has 16 as its age requirement, which is perhaps "finger-lickin' good" for high school students interested in getting a summer job. Ask your closest KFC to see what positions are available.

## How will students be productive this summer?



474 students polled

## Where will students vacation this summer?



# The NSLI-Y opportunity

This summer, two Heritage students will have the opportunity of a lifetime: to learn a new language in a different country. Juniors Sofia Godoy and Rayyan Merchant will take their education to new heights; Godoy will study Arabic in Morocco, and Merchant will study Persian in Tajikistan.

The National Security Language Initiative for Youth (NSLI-Y) emerged in 2006 to promote the learning of eight languages among young adults, including Arabic, Chinese, Hindi, Indonesian, Korean, Persian, Russian and Turkish. The U.S. Department of State and the American Councils for International Education award and

administer merit-based scholarships to high school students to partake in immersion programs in foreign countries where one of the eight languages is spoken.

Two summers ago, alumna Amanda Wasserman studied Arabic in Morocco through the program and later introduced Godoy to it. Due to Godoy's tight class schedule and heavy workload, she could not fit another language in during the school day, which is why this unique opportunity appealed to her, as she could spend her entire summer devoted to learning a new language.

Since Godoy was young, the mixed use of languages

in her household (Spanish and English) has fostered her interest in foreign language. When she entered high school, she had the opportunity to study French, which allowed her to realize her passion for linguistics and foreign cultures. Throughout her study of French, she has learned many words that have been adopted from Arabic.

"This is likely due to the cross-cultural exchange between France and the Maghreb region of North Africa. Thus, one of the primary reasons I have selected Arabic is to acquire a better grasp of the cultural and linguistic connection it has with French," Godoy said, "I find this link between the two languages and cultures one that is especially interesting in modern times, particularly considering the social tensions that have resulted from the growing Muslim minority in France."

Godoy hopes to gain a broader understanding and

appreciation of the relationship between the Arabic world and other cultures and languages. To her, this is key to improving not only Arab-French relations, but also Arab-American relations. The idea of traveling to another country excites Godoy, as it is something she has never done before.

"In my eyes, living in another country and understanding the culture will allow me to become a more culturally sensitive and culturally aware global citizen." She also takes note of the fact that the experience will allow her to better understand the way that other cultures perceive Western influence and pop culture, which makes the experience even more beneficial to her, as she hopes to pursue a career in international affairs and diplomacy.

Merchant found out about the program from the "Patriot Post." At the end of freshman year, he saw an article that chronicled students from Heritage

who had been accepted to NSLI-Y and the languages they planned on studying. This piqued his interest in exchange programs.

"I chose to study Persian because I'm really interested in international relations, and Persian is a very important language because of Iranian-U.S. relations today. Also, going to Tajikistan is a once-in-a lifetime opportunity that I'd probably never get again, so I decided to take a chance and apply for that program," Merchant said.

The places he will see excite him most due to the cultural monuments and natural beauty that unique to the area.

"I think it'll help me understand how different everyday life is in other cultures due to different beliefs, history and influences compared to what we have in America," he said.

Compiled by Sloane Kapit, Yasmeen Altaji, Carrie Kuecks, Alyssa Herzbrun and Kelly Taylor





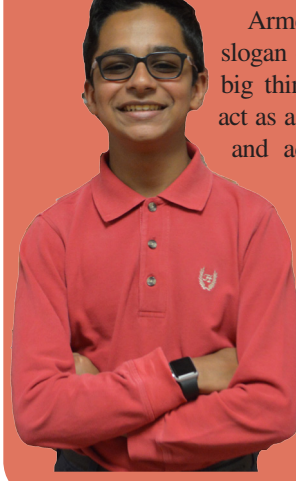
## FEATURES

# Meet the class presidents

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### Sophomore Class President Zaneer Mitha

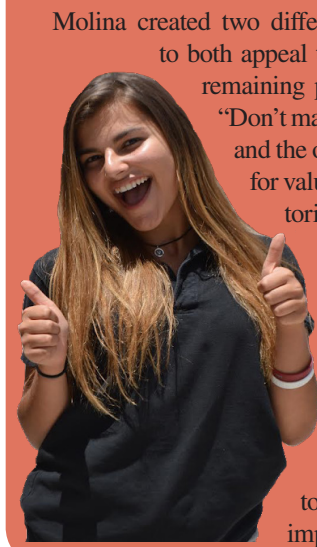
Freshman Zaneer Mitha decided to run for president because he felt his widespread involvement in school clubs would allow him to effectively represent his classmates' opinions. "I noticed that there were many opinions in my class that were not being properly expressed," Mitha said. "I wanted to change that."



Armed with his campaign slogan of "Small people can do big things," Mitha promised to act as a liaison between students and administration if elected. "My slogan embodies my wacky personality, but it also mainly expresses that size, or any physical quality for that matter, should not stop [people] from accomplishing their goals," Mitha said.

### Junior Class President Victoria Molina

Sophomore Victoria Molina ran for president to act as a voice for her peers. "During my past years at Heritage, I've connected with many students and heard a variety of ideas on how to improve our school," Molina said. "I believe it's time to put these ideas to action."



Molina created two different campaign flyers in order to both appeal to the student body while also remaining professional, with one reading "Don't make it tricky, just vote for Vicky" and the other reading "If you're looking for value, vision and a voice, vote Victoria Molina for class president." When her presidency begins next year, Molina's ideas include increasing the number of student socials at places such as Chipotle or Sawgrass Lanes, placing suggestion boxes in English classrooms for students to voice their opinions and implementing class field trips.

### Senior Class President Ephraim Oyetunji

Junior Ephraim Oyetunji decided to run for class president after growing tired with his lack of power to fix the issues he saw within the school and heard his classmates complain frequently about.

"I wanted to make a concrete difference in my final year of high school and make it the best it can be because there is no second chance to have an amazing senior year," Oyetunji said.

For his campaign, Oyetunji opted to orient his posters and flyers around Marvel's new "Black Panther" movie, providing him with a theme which he felt set him apart from other candidates and facilitated his victory. For his upcoming presidency, Oyetunji hopes to promote unity among the senior class, improve school lunch options, "put more pep in pep rallies" and share the views of his class-



(Photos/Joanne Haner)

# Moore than meets the eye

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Dean Chad Moore and Mrs. Stephani Moore's impact at school can be seen in many places, and especially on the sports fields. On the softball field, Mrs. Moore coaches girls' softball. Adjacent to that field, Dean Moore coaches boys' lacrosse. An integral part of their lives, their love for their respective games began not far from when they were our age.

Dean Moore grew up in Glenwood, Md. and went to Glenelg High School, a rural area. "There were horse farms in front of my house, cornfields behind them and farms all around," Dean Moore said.

In high school, Dean Moore's friend group consisted of teens living on farms. Many of them were involved in 4-H, an agricultural organization.

While Dean Moore had a solid group of friends, his academics were less than stellar. "I wasn't the best student. I was more concerned

with sports," he said. "Lacrosse has been part of my life since third grade. I was a college coach, and besides my family, it is my passion."

The other half of the Moores' story began in Pittsburgh, Pa.. Mrs. Moore went to North Hills High School and was a softball-pitching phenom, starting the game off for her high school team.

A highlight of Mrs. Moore's high school experience involved the sport she adored.

"Where I'm from, people make a big deal about softball. One year, my school made it to the state championship. With such a big stage, and living in an area where softball was a huge deal, going to states was definitely a time I'll never forget," Mrs. Moore said. "While we didn't win, the experience was an opportunity of a lifetime."

Because of sports, Dean and Mrs. Moore received college scholarships. Dean Moore attended Limestone College, a Division II school, and played with

the lacrosse team. The team played well, ranking third overall and earning the championship title in the time Dean Moore played.

After graduating, they individually got hired to coach the lacrosse and softball teams at Washington Jefferson College in Pennsylvania. It was through coaching they met. While dating between coaches was not strictly prohibited, it was not encouraged, so the Moores went through great lengths to get together.

"Whenever we would go out with friends, we would bring our assistant coaches, and when we ran into each other, we would act all surprised when in reality we planned to see each other," Dean Moore said. "As for date dates, we would drive over a half hour out of town to avoid running into someone we knew."

Whether on the lacrosse or softball field, Dean and Mrs. Moore's impact on campus reflects their sport-filled upbringing.



**STRIKE THREE, YOU'RE OUT:** Mrs. Moore started her high school team's inning off at the pitching diamond. Here she pitches for her school team against Seneca Valley. (Photo submitted by Stephani Moore)

# Reflecting (Baq) on her Heritage years

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Every year, administration faces the decision of choosing the "reflection speaker" for graduation, someone who will give a speech in addition to the Valedictorian and Salutatorian.

"At graduation, the Valedictorian and Salutatorian are meant to be more inspirational speakers. They look at where the students are and where they might be going in the future. Their speeches are for everyone, including students, parents and faculty. They are picked because of their academic performance, but the reflection speaker can be anyone. The speaker is really talking only to the students

about their shared experiences. There are often inside jokes only students will get. In the past, there have been many jokes about Ed-puzzles and ducks," said high school principal Mrs. Elise Blum.

Ms. Adrienne Shienvold sends an email to the entire senior class inviting them to apply. Any student can send her a speech by the given deadline, and those students then have the opportunity to read his or her speech to the committee.

The committee, comprised of Mrs. Blum, Mrs. Shienvold, Mr. Dean Nolle, Ms. Lana Buchalter and Mrs. Melissa Becerra, then chooses the speech they feel can speak to the entire class and truly reflects that student's experience at Heritage.

This year, the committee chose Fiona Baquerizo, an accomplished student, recipient of the Patriot Award in both freshman and junior years, a talented actress with many Thespians and Cappies accolades and a genuine friend to those around her.

Baquerizo has attended American Heritage since Pre-K 4, this year marking her 14th year in attendance.

"I love still seeing my elementary school teachers, knowing so many people since we were toddlers and having a family on campus. I know that if I ever need anything, from a shoulder to cry on to a best friend, teachers, peers and administration will be there for me," Baquerizo said, who refers to

the school as her "home." Before auditioning, Baquerizo did not talk to her friends very much about reflection speaking because she was so nervous about getting the spot.

"I feel so humbled that I get to be part of this AHS tradition. Truly, though, it is bigger than me. I am humbled to represent my whole class. I really want to do them justice!" she said.

In the fall, Baquerizo will attend the University of Southern California (USC) School of Dramatic Arts. However, she plans on double majoring in theater and global studies, so she will take some classes in Dornsife Letters, Arts and Sciences.

Before applying to USC, she researched its theater

department and learned that it offered unique programs with a global perspective. Upon flying to Los Angeles for her interview, she fell in love with the school.

Baquerizo did not want to give too much away about her speech, but she did say, "No great journey, especially high school, is complete without ups and downs, but there is something special that has gotten us through it."

"[The reflection speech] has to be specific about Heritage, not [just] a speech that could be read at any graduation. But, it should also be something that will be meaningful to all students, not just the speaker's friend group. We felt Fiona's speech accomplished both," Mrs. Blum said.





## FEATURES

# Unique colleges to consider

*If you are someone who craves adventure and dislikes the ordinary, consider the following colleges for a completely unique approach to a college experience:*

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## 1. Minerva University

At Minerva, every semester the students study abroad in a different country. Students spend their first full year in San Francisco and subsequent years in up to six other cities: Seoul, Hyderabad, Berlin, Buenos Aires, London and Taipei.

## 2. Naropa University

Located in Boulder, Colorado, Naropa University offers degree programs in the arts, education, environmental studies, peace studies, psychology and religious studies. Naropa is “Buddhist-inspired and nonsectarian [and] is rooted in contemplative education, a teaching approach that integrates Eastern wisdom studies and the arts with traditional Western scholarship,” according to its website.

## 3. NYU Gallatin School

New York University (NYU) is already a unique approach to the college experience since there is not a true campus (its buildings are located throughout the city that offer classes). However, attending NYU’s Gallatin School of Individualized Study, you can create a completely non-traditional college experience for yourself because you can individualize your major. NYU’s website states that “With the support and guidance of faculty advisers, students design unique courses of study, exploring multiple disciplines or various perspectives on specific areas of study not available in traditional departments.”

## 3. Deep Springs College

Deep Springs combines education with manual labor on an isolated cattle ranch in Deep Springs Valley in California. There are no majors or concentrations, and students are encouraged to explore a variety of topics in the humanities, social sciences and natural sciences. Students are expected to participate in labor for at least 20 hours each week. Labor includes farm and ranch work but also other daily tasks such as cooking, cleaning and maintaining facilities and vehicles. This college is certainly not for everyone, but if you are interested in farming and receiving a liberal arts education, this could be for you.

# Carrie Tries: Paddleboarding for summer

*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.*

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For the final edition of Carrie Tries of the 2017-2018 school year, I decided to try a fun summer activity that I had never (successfully) attempted before: paddleboarding. If balance is not your forte, this will be a challenge but it is a healthy and fun exercise if you make the most out of it.

I started off by swimming out past the wave break in order to find a calm spot to get up on the board. For beginners, standing upright can be challenging, so kneeling on the board is recommended. After just a few minutes of getting the feel for paddling and balance, I felt comfortable and stood upright. Paddling forward was not too difficult and required much less effort than anticipated. Steering slightly away from the shore proved to be the biggest challenge, as the strong current carried me inward. I traveled south along the beach near Commercial Boulevard at Lauderdale-by-the-Sea. Visibility was good, and so it was easy to spot schools of fish and a random sea turtle swimming by. I fell once, after turning too sharply. It actually felt refreshing to fall into the ocean and cool off. Paddleboarding was a great workout, especially

for the upper body, arms and core. It was peaceful, as well. Overall, the learning process was almost instantaneous, the challenge lies in stamina for me. In my opinion, it was a perfect blend of physical exercise, adventure and relaxation.

One tip would be that first timers may find starting out easier on a lake or lagoon as opposed to the ocean where the wind presents a challenge, especially when attempting to balance steady on the board.

If you are interested in trying stand-up paddleboarding, there are many local surf shops that rent boards and paddles. For more information regarding stand-up paddle boarding rentals, contact Paddleboards Florida at [www.paddleboardfl.com](http://www.paddleboardfl.com). Pricing starts at \$20 per hour, \$40 for two hours, and \$60 for the entire day and reservations are recommended due to limited availability.

Brief instruction is provided within the fee charged. Another option for those seeking full instruction and a tour guide is offered at Sunrise Paddleboards, 2520 N. Federal Highway, Fort Lauderdale. An Island Eco Tour on the Middle River through a protective mangrove area accessible only to paddle boards and kayaks. This guided tour lasts two hours and

offers customized navigation to off-the-beaten-path lagoons on the waterway to view manatees and other marine wildlife.

Free professional photos are taken courtesy of the tour guide and provided to the guests at the end of the tour. The price is \$99

per person, but call ahead for half-price deals. Contact Sunrise Paddleboards at [sunrisepaddleboards.com](http://sunrisepaddleboards.com).



**CARRIE TRIES PADDLEBOARDING:** Features Editor Carrie Kuecks attempts paddleboarding for the first time in Lauderdale by the Sea, Florida. (Photo/Lucy Robinson)

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Entertainment  
Brief

Meek Mill is released

Rapper and ex-convict Meek Mill was released from prison April 30 giving him the opportunity to perform at tours outside of Philadelphia. Given this recent bail, Meek Mill will now be given a chance to showcase his new music in public through out-of-state tours.

Kanye West’s tweets

Kanye West? Whack. The 40-year-old rapper disclosed through Twitter the week of April 22 that he fully supports President Donald J. Trump, tweeting that he “loves” the head of office, leaving fans confused and his Twitter account with 9 million lost followers. Kanye West’s most recent tweet regarding his approval of President Trump has created controversy in social media outlets. Other tweets by the rapper created debate around the artist’s credibility and political affiliation.

Bill Cosby is convicted

According to Vox, comedian Bill Cosby was “convicted on three counts of aggravated indecent assault on the week of April 22 following allegations that he had drugged and sexually assaulted Andrea Constand, a former employee of Temple University, in 2004.”

Throughout the trial, five other women shared their stories of experiences with Cosby, - a small portion of the roughly 60 women who have accused Cosby of drugging and assaulting them over the course of his five-decade career. Cosby may face up to 30 years in prison.

The verdict gave attention to #MeToo, an anti-sexual assault movement which calls attention on high-profile men abusing their power. This movement became the culmination of debate around consent and sexual assault centered on Cosby and the allegations women had toward the comedian.

This is America

American rapper Donald Glover aka “Childish Gambino,” releases his new single “This is America,” May 5, 2018. His new release consists of scenes symbolizing the essence of being black in America; two of them being portrayals of murder and massacre of black people with no remorse at all. The video continues showing scenes of violence in the background, all while Glover dances in the center; listeners believe the video stems from the belief that powerful black artists such as Glover use music as a way of coping with violence in minority communities. Although receiving much support from American social media users, few users made memes out of the song; creating even more controversy.

ENTERTAINMENT  
Obscura: Wake up Mr. West

Kenzo Kimura | Staff Writer  
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Out of all the rappers recently convicted of crimes and released from prison, the most problematic rapper has never even been behind bars: Kanye West. While receiving major backlash (as well as publicity) after his most recent controversial tweets regarding his approval of President Donald Trump’s political agenda, Mr. West has published two peculiar songs, “Lift Yourself” and “Ye. vs the People.”

Although fans expected quality singles, West released an obscure, chopped-up soul instrumental piece, which brought back fond memories of the Kanye classics: “Otis” and “Gold Digger.” Kanye’s last verse in “Lift Yourself,” is unintelligible and impossible to comprehend.

Here’s his verse:  
Poopy-di scoop  
Scoop-diddy-whoop  
Whoop-di-scoop-di-poop  
Poop-di-scoopy

Scoopy-whoop  
Whoopity-scoop, whoop-poop  
Poop-diddy, whoop-scoop  
Poop, poop  
Scoop-diddy-whoop  
Whoop-diddy-scoop  
Whoop-diddy-scoop, poop

Fortunately, Kanye released the far superior “Ye. vs the People,” featuring T.I., which sees the two rappers having a back-and-forth in regards to Kanye’s recent online “publicity stunts” on Twitter, focusing on his love for President Donald Trump.

One line from “Ye. vs the People” states, “I know Obama was Heaven-sent / But ever since Trump won, it proved that I could be President.”

New Musical Express writes on April 30 that: “West announces this line by means of an introduction, referring to his apparent desire to emulate the former Apprentice mogul by running for the White House in 2024.” This leaves fans shocked and musical reviewers confused. The build-up of Kanye’s albums continuously

become a glorious occasion after every release – who could forget the seemingly never-ending release for ‘The Life of Pablo’?

The arrival of these two new songs has at least shown us that the rapper creatively reacts against the discourse that’s surrounding the Kanye West of 2018, and, while it’s likely that neither

track will end up on his new album “Love Yourself” (releasing on June 1), they’ve certainly done the job when it comes to creating controversy. Let’s just hope that a song like “Lift Yourself” with lyrics like, “poopidy-scoop” was solely for publicity and not for a continuous trend.



WAKE UP MR. WEST: With the release of “Lift Yourself” and “Ye. vs the People,” Kanye West creates a divisive social barrier between West and his fans. However, with the announcement of a new album, “Love Yourself,” with the release date of June 1, fans have their mind on that over his peculiar early releases. (Photo/HipHopDX)

Spotlight: Sarah McDonald

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When sophomore Sarah McDonald began painting in eighth grade, she never imagined painting in front of a live-audience to auction her work for charity only two years later. However, her persistence and determina-

tion in painting since the beginning have paved the way for her success as an artist. Initially, an acrylic painting assignment in McDonald’s art class inspired her to pursue art. Once she completed the work, she said she realized, “Wow, I did that.”

McDonald considers painting a means to express herself; her

work comes out differently according to her mood and feelings that particular day. “If I was angry, the painting would be more rough and textured, and if I was happy and satisfied with how life is, the painting would be more smooth and life like,” she said.

As for her biggest inspiration, she credits her art teacher Ms. Susan Convery. “She made me the artist I am today. Without her I would not know what I know and have the skill and ability that I possess,” McDonald said.

When she has time, she paints outside of school. However, creating a composition is not as easy as one would think. She believes one must plan to paint a picture in advance; one must take multiple steps before anything even touches the canvas.

“It’s very hard fitting in school, everything else I do and the paintings for school to do anything else at home,” she said. McDonald partakes in various

extracurriculars; currently, she holds the position as co-vice president of National Art Honor Society (NAHS). With NAHS, she works with the K-9 organization and other similar groups to raise money and bring art into the community.

McDonald has sold a few pieces of her artwork. At the auction that NAHS and the Pre-Law Society to benefit the K-9 Organization, she sold one of her paintings for \$200. She also painted live at the event and sold that painting for \$350. She sold a print of the same painting for \$200. All of the money went to the dogs benefited by the organization.

“My painting experience for the auction was amazing. I was so freaked out at first having people watch me paint, but in the end, when people were bidding on [the painting] it literally blew my mind and jump started me as an artist,” McDonald said.



PAINTING PRO: Sarah McDonald paints for the K9 organization (Photo/ American Heritage Center for the Arts)

Book Review: ‘Confessions of a Murder Suspect’

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Danger, deception and death; these three D’s combined sound like the basis of any stereotypical mystery novel. However, New York Times bestselling author James Patterson and co-author Maxine Paetro manage to incorporate these elements and more to intricately weave a tale of the four Angel siblings charged with murder of the their fabulously wealthy and brilliant parents in the novel ‘Confessions of a Murder Suspect’. Told in the point of view of the only female, Tandoori ‘Tandy’ Angel, Patterson leads readers on a New York journey

of murders, mysteries and manipulation. The first novel in the four-book Confessions series begins with the murder of Malcolm and Maud Angel, where, in Tandy’s point of view, only three things are certain: the last person to see the couple alive was Tandy; Tandy and her three brothers are the main and only suspects; Tandy cannot trust anyone, not even herself.

As the plot develops, and more and more family secrets unveil themselves from the depths of Malcolm and Maud’s intensely demanding version of parenting, a key part of the mystery, the question turns from “Who killed Malcolm and Maud

Angel?” to “What did Malcolm and Maud Angel do to their children, and what are said children capable of?”

The format of the writing of this story takes a unique perspective: after every few short chapters, Patterson and Paetro write a “Confessions” chapter. In these often brief sections, Tandy takes a moment to stop narrating the plot and give insight on either past experiences or personal thought. These strategically placed sections not only allow readers to receive a better understanding of the narrator and who she is, but also a chance to digest what has occurred in the previous chapters. Overall, Patterson and

Paetro manage to capture a mystery novel in its entirety, with a murder, potentially innocent suspects, a blatant red herring and a satisfying ending.

Although there were chapters that had me wondering when the seemingly never-ending description of how red the roses were and how blue the sky was was going to be over, the plot fascinated me enough to purchase the next three books in the series and finish them all (in the same night).

Although James Patterson has released many books, it is evident that he does not confuse quantity with quality, as demonstrated with this series co-written by Maxine Paetro.





## Entertainment

# It's time to exterminate the Star Wars movie franchise

Joanne Haner | Online Editor-in-Chief  
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When an audience loves a film, why not continue the story to please them?

It's a logical thought process, but at the same time continuing the story can destroy the image of a movie with the potential to be a classic.

The problem with sequels or movie series is simply that the new experience from the initial movie has to be matched, if not surpassed, by the following.

Expectations from the first movie carry over to a different film under the same name.

Often times, the first film in a series gains such a strong following that a fan's love for the franchise blinds them from possible flaws in the subsequent

movies. Star Wars is one of the best examples of this situation.

The original film, "A New Hope," gained praise from critics across the country upon its release 40 years ago.

The media and audience members alike found the following two films, "The Empire Strikes Back" and "Return of the Jedi," also to their liking. It is safe to say that the films of the "original trilogy," as they have become known, are iconic.

However, the "prequel trilogies," released in the late 1990s and early 2000s, were much less well-received. Critics used adjectives like "juvenile" and "overdressed" to describe the films. Nonetheless, the films made more than \$1 billion from the box office and the fandom remained as prominent as ever.

Ten years later, filmmakers revived the franchise once more with a Star Wars: The Force Awakens.

The film, part of a new era of the franchise, grossed more than \$2 billion dollars after hitting theaters in 2015.

This set of films, unlike those of the past, went out of order. "Rogue One," which followed "The Force Awakens," actually takes place just before "A New Hope."

The problem with this film, although well made, was that no audience had a longing for it.

The Star Wars following had no burning questions about the crew from the 1977 film.

Yes, it was an interesting story portrayed by a talented cast, but the audience had more questions from the end of "The Force Awakens." Placing a film between the two

was simply an effective means of creating suspense.

The latest film, "The Last Jedi," answered many of the questions viewers were left with after "The Force Awakens."

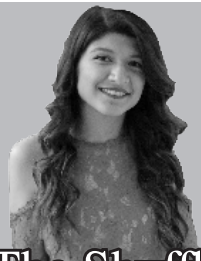
However, the "hype," if you will, of the films has seemed faded since there is practically a new addition to the franchise every year.

Disney plans to release "Solo," the next film of the series, before the end of the year.

While Han Solo is an icon, the franchise is seemingly running out of ideas, as this is the second story they have decided to pick apart.

The Star Wars following is one of the largest out there, and fans want to stay loyal and love each film.

However, nothing can compare to the original trilogy.



## The Shuffle BY AMBER BHUTTA Mr. Stark, I Don't Feel So Good

"Mr. Stark, I don't feel so good."  
(DISCLAIMER: If you haven't watched the movie and didn't realize from the beginning, there are numerous spoilers ahead so proceed-or don't-with caution.)

The immortalized final words of Tom Holland's enthusiastically endearing Spider-Man in the Marvel's "Avengers: Infinity War" movie prompted collective shock throughout movie theaters internationally, buried themselves in the hearts of countless moviegoers from casual fans to dedicated followers and, naturally, inspired the creation of a whole new type of meme.

However, while the onslaught of humorous interpretations of arguably the most heart-wrenching scene of the entire movie have left some fans reeling with laughter and others with tears, "Infinity War" has far greater implications than its contribution to millennial meme culture.

To anchor the movie to reality amid oversized, purple mass murderers from outer space and talking raccoons, Marvel incorporated a very real and looming issue: overpopulation and what constitutes ethical means to tackle the issue. Confronting the idea head on, Marvel left fans with a literal cliffhanger (sorry, Gamora. Too soon?), as the movie ended with Thanos ominously snapping his infinity-gauntlet-covered fingers and eradicating half of the population of the universe.

Read: Everyone literally disintegrated. Poor Peter Parker became one of the unfortunate casualties in the arms of his beloved mentor, "Mr. Stark."

Of course, it didn't take long after the movie's initial release for fan theories to spread. Some argued that the Time Stone has the capacity to reincarnate our beloved Avengers as Thanos used it to resurrect Vision with ease.

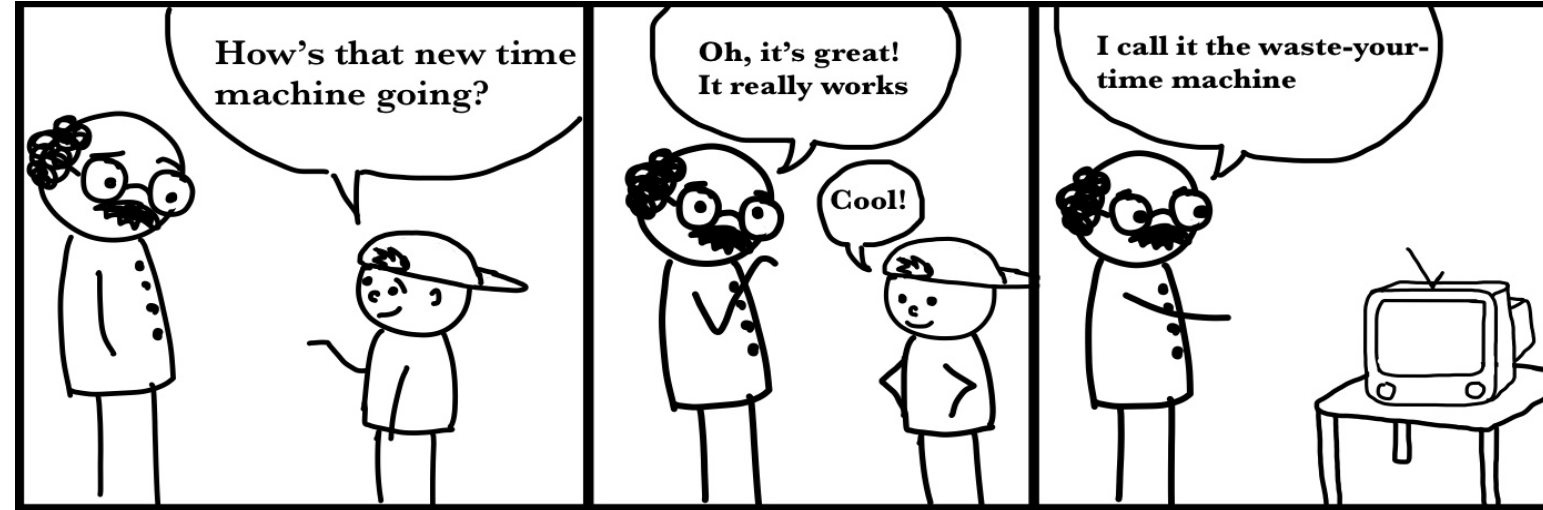
Others posit that the souls of the newly deceased heroes remain intact in the Soul Stone, awaiting rescue in the next movie. A third, more pragmatic group (myself included) anxiously clings to the fact that Marvel has a new Spider-Man movie hitting theaters later this year, so there is no possible way that Peter Parker is actually dead (I'm not in the denial, you are).

Whatever the truth may be, Marvel plans to remain tight-lipped until May 3, 2019, the release date for the untitled Avengers 4.

So sit back, cry a little, browse through the wide variety of "Mr. Stark" memes and prepare yourself for another long year's wait.

## School survival guide: socially awkward situations The comic corner, by Maia Fernandez-Baigun

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## Fornite: the temporary videogame of today

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With more than 3.4 million players as of February, Fortnite, created by Epic, has been sweeping the nation. Since its Battle Royale release date in September 2017, Fortnite has become one of the most popular multiplayer shooting video games worldwide.

The cartoon-themed 100 player contest has overtaken other popular shooting games

such as PlayerUnknown's Battlegrounds, also known as PUBG, in the midst of its fourth season.

With expert gamers such as Ninja streaming their gameplay and celebrities such as Drake participating in the action, Fortnite has surpassed all competition to this day, attracting gamers of all ages.

The excitement surrounding Fortnite was not created overnight or even over a month.

Fortnite's true console release date July 25, 2017 featured a

gaming mode in which players fought off attacking zombies to survive.

This was not enough enticement to draw in players addicted to the realistic combat mode that its rival PUBG had to offer.

It was not until Epic launched its free Battle Royale mode for console in September of last year and received a positive response.

Fast forward to almost a year later and Fortnite is still going strong. It has expanded to mobile

platforms, allowing players who do not own an Xbox to enjoy the game as well and squad up with others.

Players have the option of purchasing the Battle Pass, for \$10, which constantly adds new skins and weekly objectives to keep gamers interested week in and week out.

Those who do not invest in the Battle Pass may not be able to receive the same bonuses as those who do purchase it, but players are still able to have an even playing ground when the game commences.

Despite all of the hype, games such as Fortnite have a tendency to die down after the initial craze.

The best example would be the summer of 2016 when Pokémon Go took over the world; however, it didn't take long until the number of users began to significantly decrease.

It has yet to be seen if Fortnite will follow this path, but with its easy accessibility, free online gameplay and variety of weapons and skins, the battle bus only seems to be making more stops, picking up new gamers along the way.

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## SPORTS

# Patriots prepare for the MLB Draft

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While baseball team players Cory Acton and Triston Casas are both currently committed to the University of Florida and University of Miami, respectively, they may have a chance to advance to an even higher level in baseball: the major leagues.

Acton has played 24 games in the 2017-18 varsity baseball season this year. Defensively, he serves the team well as a strong third baseman.

He has a batting average of .455 and an on-base percentage of .547, compounded with a total of 35 hits, 35 runs-batted in (RBI) and 33 runs.

"I've been playing baseball since I was born. It's always been a passion of mine, and getting the chance to play and possibly going onto the next level is incredibly surreal," Acton said. "The thing I love most about this game is the excitement of the time. There's no time limit, quarters or shot clocks. It's all seven innings no matter what."

From a young age, his father has inspired him not only to play the game, but also to pursue his dreams and work for them. He attributes part of his success to both his father and his coaches.

"Coming to Heritage has been an incredible experience. It has given me every opportunity to compete at the highest level and to really showcase my talent. It has opened up doors

to possibilities you couldn't get anywhere else," Acton said, reflecting on his move to Heritage his junior year.

"I realized I had the potential to play professionally this year. The amount of meetings I have had is overwhelming, to say the least, but it has been an incredible experience, not only for me but also for my family. The most exciting thing about the possibility of being drafted is having the ability to work for a living, doing something I love. That is everybody's dream," Acton said.

In the 24 games this season, Casas has proved himself on both first and third base. He currently sports a .393 batting average and an on base percentage of .581. He has a total of 24 hits, 29 RBI and 26 runs this season.

Casas fell in love with the game of baseball at a young age and motivated himself to work hard and improve his skills.

"I love that the game of baseball doesn't care where you came from, how big you are, how much money your family has or what country you're from. It treats everybody the same," he said.

At just 18 years old, Casas already has multiple baseball achievements under his belt. He played in the Under Armour All-American baseball game in both 2016 and 2017. He played for Team USA in the 15U Baseball World Cup in 2015 and the 18U team in 2016.

He played again for the 18U team in 2017 in Thunder Bay, Canada, leading the team in

average RBIs and hits, eventually propelling Team USA to the championship and gaining the Most Valuable Player title for himself in the process.

"It felt good, but at the time I didn't realize I was leading the team in so many statistics. I was just trying to go out there and accomplish the goal which was to win the tournament, and I just kind of let the statistics handle themselves."

Casas will play again for the 18U team this fall.

Casas realized that he might have the opportunity to play baseball professionally in eighth grade when he committed to the University of Miami. He described the experience as a turning point

which boosted his confidence, let him know that his abilities could take him to the next level and ultimately allowed his career to catapult.

Although Casas may not get the chance to have a typical college experience, his sights remain set on baseball.

"I didn't set out to be the best scientist in the world, the best husband or even an architect. I set out to be the best baseball player to ever live, and if I have to miss out on a college education or a college experience, then so be it," he said.

As for his experience at Heritage, he said, "Coming to the school definitely improved me as a player. I feel like I have made

tremendous strides, as the coaching staff is top-notch and the facilities are beautiful. It is a great atmosphere for a player like me to grow."

Specifically, Casas has improved his speed due to running on the track every day during practice in the fall.

"What excites me the most about the possibility of being drafted is the idea of getting to fulfill a lifelong dream that I've had to become a major league player. To finally get the chance to have that opportunity this June is something that is pretty exciting and I'm looking forward to it," Casas said.



**GOING PRO:** Senior third baseman Triston Casas says he may opt to bypass college for a chance to play in the MLB. Many mock drafts believe Casas will be drafted in the first round of the MLB Draft on June. (Photo/Maria Lorenzino)

## Girls tennis brings home state title

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Amid impending exams and the school year wrapping up, the girls' varsity tennis team brought home a state title at the state tournament.

The team played five singles and two doubles matches from May 2-4 and won the majority of the matches, allowing it to advance to the quarterfinals.

The girls then won 4-0 in quarterfinals against Bishop Verot and 5-1 against Robinson in semifinals.

Finally, they qualified for the final round and won 4-2 against Monteverde, earning the team a state title.

Team captain, doubles player and senior Anya Gunewardena takes pride not only in the team's victory, but also in how it earned that victory.

"Anyone can hit a ball in the court, but it's your attitude that defines you, whether you hit it with intent that really matters," she said. As a senior heading to Johns Hopkins University in the fall to continue playing tennis for the women's tennis team, Gunewardena considers the team's victory "bittersweet."

"It's a surreal ending to senior year, and I am incredibly sad to be

leaving the girls," Gunewardena said. "But at the same time, I am only more excited for their futures and careers in tennis."

A team with five seniors, the Lady Patriots will have a lot of work to do to be back in this position next season. The team will rely on juniors Emily Chebanu, Kennedy Carter, Natalia Rossi

and Natalie Scott to lead the team next season.

Next season is only a short eight months away. Coach Tobias Croke and the Lady Patriots will be working all summer, but for now, it is time to celebrate.



**QUEENS OF THE COURT:** After failing to pass regionals the past five seasons, the Lady Patriots win a long awaited state championship. (Photo submitted by Anya Gunewardena)

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## Sports

# Heritage soars at State Track



### From the Bench BY ALEX BECKER Faking it

As my Spanish teacher tells me every day, I cannot speak Spanish. From the accent marks to the funny looking “n,” Spanish makes no sense to me.

Languages are taught at an early age and are easiest for people who have been around them for awhile. For example, growing up a Jewish-American in Weston, my depth of knowledge includes the English language, the bad Yiddish words and the important Spanish words, such as tequenos, empanadas and pan de queso (but I know I pronounce them wrong when the cashier looks at me funny, making it uncomfortable for both of us).

Although not considered a language by any means, I also know sports and how to talk about them. Many of my peers, however, do not.

It has recently been brought to my attention that not everyone around me or everyone reading these columns (six total people) understand what I’m talking about when I say things like “RBI” or “field goal percentage,” so this column is here to help you navigate through sports conversations in which you have no idea what’s going on.

First thing you need to know: every sports discussion consists of overweight, unathletic fans complaining about a how bad or good a team or player is. So, to fit in, just pick a side. It doesn’t have to be right, just relevant.

If you are in a group, just agree with the majority and say as little as possible, chiming in with the occasional “yeah!” and “no way!” Odds are, someone is way too passionate and will do most of the work for you until everyone gets hungry and starts stuffing their faces with pigs-in-a-blanket (I love sports).

If you somehow find yourself in an argument with one other person, just agree with them. They will never see it coming.

Usually people take the other side just so they have something to talk about, even if they know they’re wrong. Agreeing with a sports fan is like when I order salad, no one sees it coming.

Power move: lying. If you are lost in the conversation, subtly nodding along, and think the person notices you don’t know what’s going on, lie. Make something up.

Whether it’s a stat, rule or even a fake game, lying could help you switch the topic of conversation to something that you, and only you know about. This could make you seem like the most knowledgeable person on the planet. However, you may get caught. In which case, run like hell.

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The varsity track and field team competed in the FHSAA state finals held at the University of North Florida in Jacksonville on May 4 and 5.

After a challenging two full days of events, the girls team placed an impressive second place overall.

The boys also were victorious and placed first in the 4x100 meter dash and the 4x100 meter relay. Several individual event results showed that Heritage runners were powerful and performed well at the state final competition.

Two seniors stood out: Anthony Schwartz and Asia McMillon. Schwartz showed his speed and ran with a time of 10.07 in the 100 meters.

In addition, he finished the 200 meters in 20.41, placing first in the event and breaking state records. For McMillon, her best event was the 100 meter hurdles with her time being



**HERITAGE SOARS AT STATES:** Senior Anthony Schwartz crosses the finish line in the 100 meters. (Photo/Cedric Gillette)

14.32, placing first place in the preliminaries and third in the finals.

Freshman Sherri-Ann Norton also led the Patriots to victory in the 100 meters with a time of 11.97. In the 200 meters, the girls placed second,

third and fourth place as well. The 400 meters proved to be a great event for the girls, with Danielle Bess and Kenya Thompson placing second and third.

Finally, the girls varsity relay team of Myrka Cadet,

Sherri-Ann Norton, Kori Collins and Morgan Rhett had the fastest time in the 4x100 relay race, placing first.

The boys varsity team showed impressive results at state as well. The team of Patrick Surtain, Ja’Den McBurrows, Tyson Campbell and Anthony Schwartz also set a state record in the 4x100 meter relay.

In the 4x400 meter relay, the team of Monte Parker, Ja’Den McBurrows, Isaiah Petit-Jeune and Damian Sutton placed fourth. Senior Lester Dyllon came in third place in the long jump event and then went on to place second in the triple jump.

Overall, these athletes outperformed some of the fastest and strongest competitors across the state. All team members worked hard to advance to the state final and produced impressive results amongst the top athletes in the entire state.

## Eduardo Massud: extreme wakeboarder

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While many Floridians find themselves on the beach during the weekend, junior Eduardo Massud spends his weekends at a lake.

Massud fell in love with wakeboarding, a water sport which involves riding a board over the surface of a body of water and ramps while being pulled by a speed boat, in December 2016 after his brother joined the wakeboarding club at the University of South Florida.

“I really enjoyed wakeboarding when I first did it because it felt like surfing, which I used to do in Brazil, but it was still very challenging and new to me,” Massud said.

Massud now travels to Deerfield Beach every weekend to wakeboard on a lake at Ski Rixen USA.

While some people wakeboard at the beach, Massud prefers the lake, considering

it a better location to hone his skill. “The lake makes it easier to hit the ramps and rails since the water is not as choppy. I go every weekend, normally on Sundays, but often on Saturdays, too,” Massud said.

Though he learned many of the basics from his brother, Massud has had to teach himself new tricks while also turning toward friends for help.

“My brother was the one who taught me to wakeboard. He’s taught me a few tricks, but since he’s in college he doesn’t always ride with me. I introduced three other friends to the sport, and we have a really good time together each weekend. We’ve become friends with some guys who ride every day, so whenever I want to learn a new trick I ask them for help,” Massud said.

Massud has made tremendous strides in only a year and half, mastering two advanced tricks.



**RIDING THE WAVES:** Eduardo Massud practices fine-tuning his wakeboarding skills. He has not yet participated in competitions, but expects to do so soon. (Photo submitted by Eduardo Massud)

“The two coolest tricks I can land from the ramps are Tantrums and 360’s. Tantrums are backflips, so I have to pop off the ramp and throw my head back to get the spin going, which can be scary when you are going at 20 mph. 360’s also involve spinning, but instead of spinning vertically you spin horizontally, so

you are never upside down,” he said. “The trick I want to learn the most is called “S Bend,” which is pretty much a 360 combined to a backflip.”

Massud has a passion for wakeboarding, a passion that takes up most of his weekend and summer. Nevertheless, Massud wants to take his skill to the next level. “I haven’t yet competed, but I plan on doing so in the future. I want to take wakeboarding to a next level and participate in competitions, but it will always be a hobby of mine, a sport I do to have fun and to socialize with new people,” Massud said.

Massud not only loves the sport itself, but also the people and how the waves make him feel.

“I love being around people who motivate each other, and are always helping each other get better. The best feeling is when I land a new trick, or when a friend lands a trick that I helped him or her with. When I’m on my board all the stress goes away, and I can just have a good time,” he said.



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Compiled by: Kristen Quesada, Alyssa Herzbrun,  
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## Shoe trends

Recent shoe trends range from simple new additions to complete redesigns to bringing back the classics.

### Sneakers!

In terms of sneakers, trends have split up into two major properties: silhouette and color. The roots of what shoes fall into the “stylish” category come from minimalist sneakers like Stan Smith adidas or bulky FILAs.

Vintage Sneakers

Nike Cortez shoes

Old Skool Vans

Two extremes of color variety

Regarding color, the “most fashionable” kicks tend to be incredibly vibrant with odd color combinations, or one solid color, most popularly, black, white or various shades of brown. Gladiator sandals

Gladiator sandals are great for making a little more statement out of your average fashionable beach shoe.

### Ankle straps and block heels

Ankle straps and block heels both provide a great means of support when walking in taller shoes but also add an extra flare to an otherwise basic shoe.

### Oxfords

Women’s oxfords, which mimic a men’s dress shoe, provide a refreshing and classy look that shows you’re up with the latest daring styles.

### Espadrilles

Espadrilles, trademarked by their plaited fiber soles, have grown to be perfect for daytime events that call for more than your average sandal.

### Loafers

Name brands such as Gucci and Versace have brought back the ever-classic loafers with a stronger force than ever. Considered to be mainly for men, loafers have also gained popularity lately among both sexes.

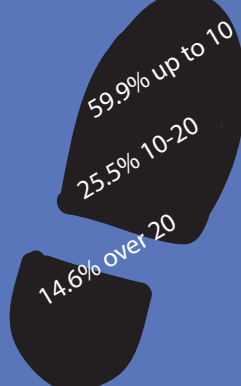
### Platform soles

Popular among various types of shoes, whether they be casual or dressy, are platform soles. Platform sneakers, sandals and even boots and heels have made a comeback from the 1970s.

## Favorite shoe brand



## How many pairs do you own?



## What’s the most you will spend on shoes?



Taken from a poll of 468 students

## Sneakerheads

Ariann Barker

“The only constant thing about my physicality, other than my height, is my shoe size. Instead of buying clothes, since I’m an ever-evolving person, I just buy shoes because I can wear them whenever I want, and they are adapted to my body forever,” said junior Ariann Barker. She boasts an impressive 85 pairs of shoes in her largely Vans-filled closet. Since Vans is Barker’s favorite brand, she has around 39 pairs of them.

Barker has been seen in class anticipating shoe drops with the web pages open. “I’m really invested in limited edition pairs of sneakers, especially by artists I know and love,” she said. “Shoes drop at a certain time, and it typically cuts into my schoolwork. But, at the same time, I’m going to graduate in a year, and shoes are going to be there forever, so I might as well just buy shoes.”

William Arcila

Sophomore William Arcila started collecting shoes in the fifth grade and has built his collection to consist of 27 pairs at the moment. “I like collecting shoes because there is such a variety of them out there, and they all look so nice to me — from basketball shoes to designer shoes,” Arcila said.

He sometimes waits hours for online shoe drops. “I always tell people about my love for shoes whenever they comment on how I wear a different pair every day,” he said. “In addition to this, people also see that I have several conversations about shoes, which is probably why I’m the first person people think of when they think of shoe lovers.”

Alycia Cypress

With shelves full of almost 200 pairs of shoes, sophomore Alycia Cypress keeps her shoe collection diverse with Nike, Jordans, Foamposites and Lebrons, among other brands. “I love collecting shoes because it’s such a unique and fun form of expressing yourself with the many different styles, textures and colors. If you have the right shoes, they can pull an entire outfit together,” Cypress said.

She collects shoes with her father and has done so since she was little, totaling more than 500 pairs between them. “It’s a great way to connect with him because whenever there’s a new shoe drop, we’re always ready to buy them just so we can match,” Cypress said. “My parents would always buy me the coolest pairs of shoes when I was younger, and it stuck with me through middle and high school.”

Cypress’ family has connections to shoe sellers, so she’s sometimes able to purchase certain pairs before anyone else. “If we aren’t able to get the shoes before, we’ll stay up all night until they drop with two computers open just in case one of them doesn’t load fast enough,” Cypress said.

“I’ve always worn rare or cool basketball shoes to school, and it’s not every day that you meet a girl who’s as interested in shoes as I am,” Cypress said.

## Shoe science

The first shoe was not well designed. In fact, the original shoe, created approximately 40,000 years ago, as estimated by scientists, was solely used as basic protection from the ground. Hunters and gatherers lived during this time, ultimately meaning survival and protection was their top priority, not the color scheme of their shoe.

Today, the unique style of a shoe has become a major factor when deciding whether to purchase a specific shoe. Different shoes are created for every type of event in every color imaginable, whether for athletics or everyday life. With the wide variety of shoes available, people tend to buy footwear based on appearance. However, the healthiest shoe for your particular foot should determine whether you purchase a certain shoe or not.

The difference among shoes is not solely its color, but also the science behind its creation. Each design of a shoe is specific to the complex structure of feet which are put under an immense amount of pressure as they constantly hold our weight up. As a result, approximately 75 percent of Americans experience foot pain at least once. Those with foot problems should invest in shoes designed to alleviate their particular problems. The arch of every person’s foot differs. Peoples’ feet can have either a low arch, medium arch, or high arch. Some shoes are designed to support and provide comfort for the potential foot pain that comes with being flat footed or having an extremely defined arch. People buying shoes should base their decision on the right design for their feet as opposed to its unique color it may have to offer. It is important people purchase the appropriate shoe for their specific needs in order to maintain the overall health of their feet.



[Graphics/Alyssa Herzbrun]