

Cheering Their Hearts Out

By: Jessica Lillis

After starting off their season without a coach and no clear plan as to what was going to happen, the North Shore High School cheerleaders were able to maintain a positive mindset which allowed them to persevere and have a very successful season. Within a three week time period when they transitioned from their Fall to Winter season, the girls had three different coaches; this left them questioning their future as a team.

Fortunately, just in time to really buckle down for the Winter season, Coach Jenn Freeman was hired to be the head coach. And, nothing but positive things came from this. Coach Freeman participated in competitive cheer throughout her entire high school career, she was a two-year captain, and a Universal Cheer Association (UCA) All Star as well. She then started coaching cheer at a middle school in Maine, but has also been involved with the North Shore cheer program for the past five years as she was the Middle School coach before coming over to the High School. Coach Freeman was quite excited to receive the High School head coach position and is proud of the work the team has done so far. She explained that after

going through a period of the “what’s going to happen to our team?” mindset, the girls were able to succeed with “flying colors and were ready to go”.

In addition to the ambiguous start of the season, the team had to deal with several injuries, which made it hard for the team to progress in practice. Coach Freeman said, “We struggled with illness and injuries throughout the season. With such a small team where every person is structurally needed to compete and do our routine, we had a few difficult weeks where everything was constantly changing. But, the girls were extremely flexible and able to overcome everything and do an amazing job”. Emily White, a senior on the team added, “This season definitely hasn’t been easy. We started with a very small team, a new coach, and throughout the season there were many injuries. But the determination and dedication that all the girls had, got us to Nationals.”

As a team that was in the Section 8 Division, throughout the winter, it competed in several competitions across Nassau County. The squad then went on to the UCA regional competition which helped it earn a spot at Nationals. For the second

year in a row, the team was invited to compete in the UCA National High School Championships which was held at Walt Disney World in Florida from February 10th to 12th. Coach Freeman explained, “Bringing the best teams from across the country together, it is a great accomplishment for the girls.” Even through the stress of competing, she further emphasized the girls’ ability to “focus on why they were doing it and their love for cheer which enabled them to put out an amazing routine”. “They went on to Nationals and put out one of the best performances of their season!”. With all of the obstacles that were thrown at them this year, the determination of these athletes really enabled them to succeed. And after the team showed such strength and passion throughout the season, Coach Freeman can not now hide her excitement in regards to the future of the squad. “Every single one of them [the remaining cheerleaders for next year] is an amazing leader and I am really looking forward to what each of them does to help the program. I think they are going to bring North Shore Cheer to another level!”.

With solid leadership in place

and the hard work and dedication the girls showed this year, North Shore High School can anticipate cheering them on for years to come!

Congratulations to:
Emily White, Nicolette Fradelos, Deirdre O’Donoghue, Diane Roper, Filomena Barba, Giuliana Ferrari, Juliana Meli, Alexandra Silva, Giuliana Zaccagnino, Jade Feuerborn, and Rylan Kerker.

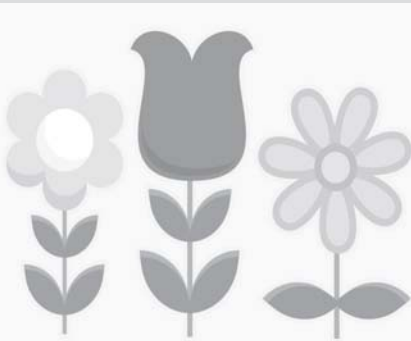
Spring Events:

Congratulations To All Of The Cast, Crew and Faculty/Staff Who Were Involved In The Superb Production Of North Shore High School’s Spring Musical Urinetown.

- 3rd Quarter Ends: April 5th
- Spring Break: April 6th-April 17th
- Senior Fashion Show: April 22nd
- AP/IB Exams: April 27th-May 26th
- Memorial Day: May 29th
- Moving Up Day: June 2nd
- Last Day Of Classes: June 9th
- Final Exams Begin: June 12th
- Last Day Of School: June 23rd



The North Shore High School Cheerleading Team: These Ladies Have Spirit. Oh, Yes They Do.



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New Mexico: Democrat Renaissance

By: Raymond Lin

Forget the name of the title of this article for a moment and ponder the question of what New Mexico’s electoral results were like. If you don’t know anything about New Mexico, that’s fine. But when given the information that it’s the sixth least densely populated state, eleventh least college educated, and almost completely surrounded by Republican states, would your answer change? Low density rural populations often mean conservative strongholds, so New Mexico should be Republican (*World Population Review*). Many Democrat policies around foreign affairs and social issues are popular among college educated people and less popular for those that did not go to college, so New Mexico should lean Republican (US Department of Agriculture). Given that nearly all of the states surrounding New Mexico are Republican controlled, New Mexico must also be Republican.

However, the above could not be further from the truth. Both houses of New Mexico’s state legislature are controlled by Democrats, by a majority far exceeding 50% of the seats (New Mexico Legislature). Additionally, its attorney general, governors, and secretary of state are also Democrats (NBC). Democrat electoral success is not limited to the state’s government; it extends to the federal government too. All three of its House of Representatives members are Democrats, and so are New Mexico’s two Senate members (United States Senate). When looking at presidential elections, Democrats have won by a comfortable margin with Biden winning by 11% (NBC). How have the Democrats achieved such stunning electoral victories in a seemingly unfavorable state?

There are two major factors that have enabled the Democrats to win: consistent voter outreach and a focus on the issues that actually impact constituents. Often, people feel detached from voting and politics in general. They see their singular vote as almost meaningless among a sea of

people, even when this is not true as small portions of voters often end up determining elections (*National Geographic*). New Mexico Democrats have combated this apathy by interacting and strengthening ties with voters. Representative Teresa Leger Fernandez of New Mexico’s third Congressional District, who handily beat her Republican opponent by just over 16%, attributes her victory to her communication and partnership with Hispanic workers that spread her name (Acevedo). She was able to show a genuine connection with her community and a capacity to understand what people wanted. This strategy of connecting with voters whenever possible is favored by New Mexico Senator Ben Ray Luján as well. Luján has said that “you need to go talk to folks” and “[show] up in places that Republicans usually don’t have to worry about showing up” (Caldwell). A direct, or at least meaningful, relationship with constituents means more voters that are actively engaging in the electoral system, a victory for all.

The second major component of Democratic victories is how the party has pragmatically approached policy. A significant portion of people hold issues like defunding the police or furthering the status of minorities to be of minor importance (Alberta). A lot of people, especially as you move away from urban areas, focus on what impacts them. New Mexico Democrats have dealt with this by focusing on common issues instead of less broad social issues. Although Senator Luján has unwavering support for abortion rights, he has focused on working with Republicans to pass bills on development for national labs, assistance to communities affected by wildfires, and tax credits to encourage combating climate change (Caldwell). Electoral success means compromising and resolving pertinent issues. Focusing on social issues is important, but they are electorally unpopular in many regions and would be unsuccessful if pursued. It would be

better to follow the strategy of the New Mexican Democrats by focusing on broader issues while putting a smaller, but still relevant, emphasis on more significant changes.

The success of these New Mexico politicians can be easily ignored given that things could change in the new election. However, there are important lessons to learn from New Mexico that can be utilized across the nation. New Mexico, a state that based upon many factors should be Republican controlled, is Democrat controlled because its politicians have connected with their constituents and pushed for changes that matter to their voters. In a time when idealized concepts of equality or opposing “woke” ideas run rampant in our politics, it is important to emphasize that politicians should be focusing on their constituents and the issues that impact voters. Several prominent Democrat policies are already viewed with disfavor by Hispanic voters, who are the fastest growing population of eligible voters (Natarajan and Im). This is apparent in recent polling as while the Democrats used to beat the Republicans by 40% when it came to Hispanic voter preference, they only recently beat them by 27% (Morin). Democrats are facing an increasing risk to a vital voting group, but New Mexico shows a way to maintain this important voter base. New Mexico is almost 50% Hispanic and manages to keep many of the votes by connecting with voters and focusing on problems that constituents care about (*World Population Review*).

The aforementioned are not the only factors that help New Mexico Democrats, but they are the most easily replicable for Democrats in other regions. If electoral strategies like the ones New Mexico Democrats follow become more popular, Democrats may be able to flip purple states blue and strengthen their position overall. This strategy is basic though and could be followed by Republicans as well. But even if its competitive edge is dulled by mass adoption, what emerges from the implementation of such ideas are politicians that are more beholden to their voters, a benefit for all.

Joe Biden: A Problematic Politician

By: Matt Malone

President Joe Biden recently passed his halfway point in office, and it is safe to say, things haven’t been great. Inflation has spiraled out of control and the US-Mexico border has completely opened up. As of March 2023, the President’s approval rating sits at about 42%, while over half the country (52%) disapproves of the job he has done in office thus far (reuters.com). Over the past few years, Joe Biden has certainly made himself known for his poor decision-making skills.

Some people Biden has decided to work with or appoint certainly have not helped his case. His vice president, Kamala Harris, has arguably been one of the worst vice presidents ever, so much so that members of her own political party are turning on her. An article published in *The New York Times* stated that, “Even some Democrats whom her own advisers referred reporters to for supportive quotes confided privately that they had lost hope in her.” Biden’s poor appointment decisions don’t end

March 2023

there though. In January of 2023, a Biden judicial nominee named Chamelle Bjelkengren made a fool of herself during a confirmation hearing. Senator John Kennedy (R-LA) asked Bjelkengren: “Tell me what Article V of the Constitution does.” Bjelkengren could not answer the question. Then Kennedy asked the same question about Article II, and Bjelkengren was still unable to give an answer. Despite this showing, President Biden is “‘proudly’ sticking by his judicial nominee” (Fox News). Senator Patty Murray (D-WA) even applauded Bjelkengren saying she is an “exceptional nominee.” Nevertheless, this appears to be another situation with the Democrats where diversity is valued over capability. The fact that Bjelkengren was nominated to be a District Court Judge, but cannot answer basic questions about the Constitution is concerning. Moreover, this continues to prove the point that Biden and other liberals will use figures like Harris and Bjelkengren, for political points. Why? Because, for the

moment, it works. However, if this ploy ever ceases to work, politics in the United States will dramatically change.

In addition to Biden’s bad appointments, possibly the worst border crisis in the history of the United States continues to damage the country. Illegal immigrants have poured in at an alarming rate. Since Biden has taken office, about 4.3 million illegals have crossed over the border (cbp.gov). In addition, a “study by the Federation for American Immigration Reform calculates that the illegal immigrants who have entered the US since January 2021 will add an extra \$20.4 billion burden a year, in addition to the \$140 billion exisiting illegal immigrants already cost” (foxnews.com). But, for a long time, Biden and other liberals were not always so supportive of illegal immigration. As former President Bill Clinton said in his 1995 State of the Union

speech, “All Americans...are rightly disturbed by the large numbers of illegal aliens entering our country. The jobs they hold might otherwise be held by citizens or legal immigrants. The public services they use impose burdens on our taxpayers” (c-span.org). Also, after the Fall of Saigon in 1975, then Senator Joe Biden of Delaware supported federal legislation to curb the arrival of the Vietnamese refugees. He even said “I do not believe the United States has an obligation, moral or otherwise, to evacuate foreign nationals...or 100,001, South Vietnamese” (yahoo.com). Later on in 2006, Biden, still as a senator, voted yes for the Secure Fence Act, a bill that would strengthen border security (cnn.com). Now jump to 2023, and Biden’s view on illegal immigration seems to have completely changed.

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Thrifting: A Game Changer In Sustainability Efforts

By: Kalista Lin

In recent years, the trend of thrifting has gained tremendous popularity, not only as a budget-friendly option for shopping, but also as a means of reducing carbon footprints and having a positive impact on the environment. The practice of buying second-hand items has been around for decades, but with the growing awareness of environmental issues, it has become a crucial aspect of sustainability efforts. There are many benefits of thrifting and it is making a significant contribution to environmental conservation.

One of the most significant environmental benefits of thrifting is the reduction of waste. The average person generates over four pounds of waste each day, and a significant portion of this waste is from clothing and household items that are no longer needed or wanted. Thrifting provides an excellent solution to this problem, as it allows these items to be reused, rather than discarded and sent to landfills. In doing so, it minimizes the consumption of excess resources for new products, thus reducing the amount of waste generated. This is particularly significant in light of the fast fashion industry, which is one of the largest

contributors to waste and environmental degradation. By choosing to purchase second-hand items, we are keeping them out of landfills and reducing the strain on our planet's resources.

Another key benefit of thrifting is the conservation of natural resources. The production of new clothing and other goods requires vast amounts of resources, including water, energy, and raw materials. By purchasing second-hand items, we lower the demand for these resources, thus conserving them for future generations. This has a significant impact on the environment, as it helps to lessen the strain on the planet's resources, which are becoming increasingly scarce. Moreover, the use of energy and water during the production process releases significant amounts of greenhouse gases into the atmosphere, further exacerbating the impact of climate change. Through buying second-hand items, we are reducing our carbon footprint and doing our part to conserve the planet's resources.

The production of new clothing and other goods releases significant amounts of greenhouse gases into the atmosphere, contributing to the effects of

climate change. Thrifting helps to mitigate this impact, as it minimizes the demand for new products, thus reducing the amount of emissions released into the atmosphere. Using second-hand items reduces our carbon footprint and makes a positive contribution to the environment.

Thrifting has emerged as a crucial player in the fight against environmental degradation. By reducing waste, conserving resources, reducing emissions, and supporting local communities, thrifting is having a significant impact on the planet, and it is an approach that we should all consider as a means of reducing our carbon footprint and doing our part to protect the environment. Moreover, by supporting local thrift stores, we are also reducing the transportation emissions associated with the production and delivery of new goods. This further contributes to the reduction of greenhouse gas emissions and helps to combat the effects of climate change. The trend of thrifting is more than just a fad; it is a game changer in sustainability efforts, as well as an opportunity to know we are doing something great for planet Earth and all those who inhabit it.

Privacy In The Digital Era

By: Séamus Hughes

For many internet users, watching a fifteen second ad before a video has become so commonplace that it is often disregarded, or simply seen as an annoyance. However, this normalized behavior hides a much more insidious problem: the loss of privacy, which has been reluctantly accepted as a necessary evil. Despite the 79% of Americans that say they are "very" or "somewhat" concerned about how their personal data is being used by companies (Pew Research Center), only around 40% of American internet users reported using an ad blocker (*Insider Intelligence*). Given the continued growth of the online advertising industry, it's time people take action in regards to how companies use private data (Froehlich).

Advertisements are not new. As early as the 17th century there were ads in London newspapers. As radios and televisions were introduced, ads came along with them. Yet these ads did not have the same control over people as they do today. These antiquated forms of advertising had no ability to target ads the way we see in the modern day. Advertising used to be as simple as a picture and words in the newspaper, but online ads are infinitely more complex. Now, advertisers can pick and choose what groups see their ad. Why market cat food to dog owners? At first glance this may seem like a positive development for the consumer, as he is no longer pestered about products that are not relevant to him. However, beneath these ad companies lies a far more nefarious scheme than newspaper advertisers could ever have dreamed of.

At the heart of most of the tech giants is data collection. Alphabet Inc./Google and Meta are some of the biggest players in this game. These companies have access to everything you do. Platforms owned by Google and Meta are among the top ones used in the world. Facebook, YouTube, WhatsApp, and Instagram, the most elite social networks in the world, are all owned by these corporations

(Statista). Google's influence extends even further. At North Shore High School, all of the devices are managed by Google. If you use Google search, like almost 80% of people do worldwide, then not only can Google see every curiosity you have, but it can control the result. These companies know everything about everyone. By looking at every little thing you do, they can create a profile on you and compare you to similar people. The scary part however, is when they use these profiles.

Google makes 80% of its money through advertising (Graham and Elias). All of the free services it operates, such as Google Search, just act as a front for data collection to create profiles on its users. Next, it spits this data right back at you any time it serves you an ad. It gives you ads everywhere. Top search results are often ads and YouTube videos are cluttered with ads; and through Google AdSense, money is made through websites it would otherwise be unaffiliated with. Go on a Meta platform such as Instagram or Facebook and you won't have to wait long before you see an ad. All of these ads are shown to you because of who Meta, Google, or some other company thinks you are. And unfortunately, these data-driven ads work well. In fact, a staggering "91% of consumers are more encouraged to purchase when a brand personalizes its communication with them" (Froehlich). These creepily specific and annoyingly persistent ads are horrible, but things are only getting worse. Despite the pervasive nature of personalized ads, their unwelcome presence has made many individuals turn to alternative solutions, such as

ad blockers, to avoid the relentless intrusion of targeted advertising.

Are ad blockers the light at the end of the tunnel? For some, yes, but last year Google made things much worse. Manifest V3 is an update to the way extensions for popular browsers like Chrome work. It includes several breaking changes, such as the removal of the Web Request API feature, which just so happens to be an integral part of ad blockers, and Google just so happens to be a big proponent of Manifest V3 (Faife). While there is no way to know if Google is pushing these changes specifically to stop ad blockers, it would certainly be in its favor to root out the dissenters and maximize its profits.

The future of the internet may seem bleak, but there is hope. People are awakening to the issue of digital privacy and forcing their governments to take action. In the European Union, the General Data Protection Regulation or GDPR helps to protect people's digital rights. Just over a month ago, Meta was fined 414 million USD under the GDPR for illegal ad practices, and it is being forced to restructure its ad system. Here in the United States, the California Consumer Privacy Act helps to protect consumers in California. At the beginning of this year, the Virginia Consumer Data Protection Act also went into effect, fulfilling a similar purpose. Later this year the Colorado Privacy Act is planned to go into effect. The time has come for us to reconsider how the internet functions. While ads may have once helped people find a product they wanted, we now live in an age where we can find whatever we need at the push of a button. Whether we move on to donations or paid plans to fund the web, we desperately need to move on from websites that are infected with banner ads and pop-up videos, and create a future where the internet is actually nice to use.

Biden Misses The Mark

(Continued From Page 2)

Also, *The Wall Street Journal* reported in January 2023 that there are 11 million undocumented immigrants in the United States. Why is this important? Because historically, illegal immigrants have tremendously favored the Democratic Party. In fact, in a 2012 study by Pew Research, it was stated that 4% of Latinos, who are likely unauthorized immigrants, identify as Republicans and 31% identify as Democrats. Clearly, finding a way to allow illegal immigrants to vote can negatively affect the Republican Party and its causes.

Finally, President Biden has poorly handled the economy throughout his presidency. During his time in office, inflation has been at a forty year high, and the national debt rose to 31 trillion dollars (politico.com). In relation to this, the President created an energy crisis. Since taking office, Biden has made efforts to limit American energy production. Interestingly enough, his attempts have resulted in terrible effects on the economy as, "The cost of heating oil is up by two-thirds, and electricity is up by more than 20 cents on the dollar" (Fox News). It doesn't stop there though. Heritage Foundation researchers believe that, "Over the next 18 years, Biden's energy policies will result in \$7.7 trillion in lost GDP and 1.2 million fewer jobs." The hypocrisy behind the left's whole climate agenda is that countries greatly benefit through the use of fossil fuels. Moreover, big climate activists like Biden's Climate Envoy, John Kerry, and Biden himself are notorious for using private jets, the most carbon-intensive mode of transportation. These gas-guzzling flying machines emit "10 times more carbon than commercial planes and 50 times more carbon than trains" (Fox News). In an article from July 2022, it states that John Kerry's family jet emitted about 325 metric tons of carbon since Biden took over the presidency (Fox News). Joe Biden and other big, liberal elites want American citizens to make sacrifices for the environment, and yet they continue their polluting ways. Daniel Turner, who is the Executive Director of Power the Future, a group that wants to "enrich the national conversation on energy" says, "They want to use the power of government to deny the rest of us the ability to use those fossil fuels that they take for granted" (powerthefuture.com).

Given that 70% of Americans believe the country is headed in the wrong direction (NBC), it is safe to say that Joe Biden's presidency is one to forget. His poor policies and agenda have damaged the lives of millions of US citizens, making him one of the worst presidents of the 21st century.



Answer With Skepticism

By: Georgia Stefas

Do you receive tons of spam phone calls and text messages that are attempting to scam you? If so, I bet you know how irritating they can be. In addition to the annoyance that these spam messages cause, they have also resulted in many Americans losing money (CBNC). In 2022 alone, nearly 70 million Americans lost money due to phone scams (CNBC). These scammers walked off with about 40 billion dollars in total from fraudulent phone calls and text messages alone (CNBC).

Phone Scamming is a serious felony. It is illegal and those who partake in such an activity may face charges that result in jail time. Depending upon one's criminal history and the amount of money obtained illegally, a sentence can be up to 20 years, and in certain cases, even longer (Helfend).

There are many different types of phone scams. Usually, the goal of a scam is to take the victim's money. The main ways the caller/texter succeeds in doing this is by getting an amount directly from the victim or by gaining access to one's personal information and using it to commit identity theft, which is another serious crime (Herbert). In some cases, the scammer acts innocently by deceiving his victim, and in others cases, he will threaten the victim.

Fortunately, there are efficient ways to stop these calls from escalating. One way is by simply hanging up when you realize something sounds off. Another way to stop these calls is by going online, searching for expert reviews on the organization, and considering blocking the number if they

seem unreliable. Additionally, people should be conscious of their Caller ID. Many people do not realize that scammers can make any Caller ID name show up when they call: some have even used government agencies as their ID. So, it is important to remain skeptical, even if the Caller ID seems reliable (Herbert).

Once money is given to a scammer, it can often be difficult or even impossible to get back. The quicker one tries to get his money back, the more likely he is to have it returned. If one paid through a debit or credit card, he should contact his bank immediately and explain the situation; at that point, the transaction may be able to be terminated. Similarly, if one used a gift card, money transfer app, or cash reload card, he should contact the company right away and it may be able to refund the person for the scam. The most important thing is to act quickly when a scam has taken place (Herbert).

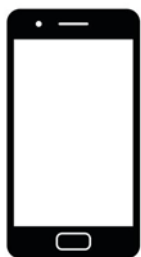
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The End Of A Pandemic?

By: Veronica Frank

Since March of 2020, the COVID-19 pandemic has kept the the United States in a national Public Health Emergency. These past three years have been filled with death, schools that are falling behind, and months of social isolation. However, this period of wearing masks and five day quarantines seems to be coming to a close as the Biden Administration announced that on May 11th, 2023, the National Public Health Emergency for COVID-19 will officially be over in the United States (Luhby). This move by the Biden Administration has both real world consequences and a symbolic meaning, as it signifies a real movement towards being "back to normal". As we approach the end of the COVID-19 era, what will change? And will there be consequences?

Throughout the pandemic, millions of Americans have had access to free Covid tests, treatments and vaccines, but with the end of the public health emergency, that will all change as one will have start paying out of pocket if he wishes to receive a test or vaccine. Although, the coronavirus is no longer upending everyday life to the extent that it once did, there is still an average of more than 500 people in the United States that are dying from Covid-19 each day (LaFraniere). Despite this, the Biden Administration went through on the "Pandemic Is Over Act". Here is what the Act focuses on:

Overall, the biggest change the Act will have on the United States is the elimination of having families protected by Medicaid, a service that provides health coverage to millions of Americans, including eligible low-income adults, children, pregnant women, elderly adults and people with disabilities, as they were during the pandemic. The Kaiser Family Foundation estimates that anywhere from 5-14 million people could lose Medicaid coverage. However, Covid vaccines and boosters will continue to be covered for people with private insurance when given by in-network providers because of various federal laws including the Affordable Care Act and the Inflation Reduction Act set in 2020. But, uninsured people will no longer be able to access free vaccines through state Medicaid programs. Pfizer and Moderna have already announced that the commercial prices of their Covid-19 vaccine will likely be between \$82 and \$130 per dose, which

is about three to four times what the federal government has paid. (Luhby).

COVID-19 tests are going to be treated similarly as insurers may continue to cover Covid tests, but only if they are distributed by a narrower pool of in-network providers. However, those with private insurance could face charges for lab tests, even if they are ordered by a provider. Medicare beneficiaries will also have to start paying for a portion of any tests. They will face out-of-pocket costs for at home testing and all treatment. In addition, privately insured Americans will continue to receive coverage for Covid treatments, while those with Medicare Part D will be covered for anti-viral treatment until the federal supply is gone. The federal supply stopped being manufactured in the Spring of 2022 and what is left is rapidly on the decline. On a positive note however, Telehealth that was provided by Medicaid is still going to be provided after the Public Health Emergency has ended and into 2024.

Sadly, according to the Department of Health and Human Services, a total of roughly fifteen million people could be dropped from Medicaid when the continuous enrollment requirement ends. Many of those who are disenrolled from Medicaid, however, could qualify for other coverage. The Biden Administration has been working to boost the monthly benefits of food stamps so that each family gets a supplement of at least \$95 a month.

Overall, it seems that the "Pandemic Is Over Act" resembles the end of an era for the United States. For the past three years, our government has been working to help those who lost their jobs and loved ones during the pandemic. Now, as we try to come back to normal, the cushion that had been given to many Americans is being removed. Although, Biden is trying to move slowly with enforcing the Act, there will still be consequences. Will the removal of Medicaid benefits cause further poverty or will it benefit our country in the long-run? Either way, the Biden Administration is ready to take the masks off.

A New Year For Brazil

By: Giuliano Wang

On January 8th, 2023, the Brazilian Congress was stormed by supporters of the defeated former president, Jair Bolsonaro; this was a result of the election of rival candidate Luiz Inácio Lula da Silva on October 31st, 2022. The violence was based upon the false claims of a rigged election that have spread all across Brazil, thanks in no small part to the ex-President, Jair Bolsonaro. In a startling parallel to the attempted insurrection that occurred two years ago on January 6th at the United States' Capitol, the attempted coup in Brazil comes after years of Bolsonaro stoking fears of a rigged election and repeatedly refusing to accept an outcome that was not his own victory; in September of 2021 he was even quoted as saying to a crowd of his supporters: "For all of us, we have three alternatives especially for me, arrest, death or victory! Tell those bastards I will never be arrested!" (Nicas).

On December 30th, 2022, Jair Bolsonaro fled to the United States, allegedly to receive treatment for stomach pain that is related to a stab wound he

received in 2018; speculation has circulated however, that he is in fact in the United States to shield himself from the legal ramifications of the storming of the Brazilian Congress (Olson). Bolsonaro even refused to participate on January 1st, 2023 in the ceremonial transfer of power that is traditionally held upon the election of a new president in Brazil (Savarese). Also, despite conceding the powers of the president, he has still not formally acknowledged that he lost the election, stating that he would only "comply with the Constitution" (Vigna). The political instability, as well as the increasing violent behavior of the far right, is especially dangerous in Brazil as from 1964 to 1985 the country was ruled by a far right military dictatorship; and Bolsonaro, a former captain in the post dictatorship military, has expressed some fondness for the regime, as he reinstated celebrations of the 1964 coup that led to the regime's founding ("Brazil: Bolsonaro Celebrates Brutal Dictatorship") and even praised a noted and infamous torturer that served the regime as "a national hero who prevented Brazil falling into what

the left wants today," (Reuters Staff)

Bolsonaro's claims of a rigged election are nothing new. In fact, claims of voter tampering date back to before he was elected, as in 2015, while he was still in the Brazilian House of Representatives, he stated of the voting system: "Just as I have no way of proving that there was fraud, nobody on the other side can prove that there wasn't fraud" (Nicas). He even spread false claims of a possible plot to subvert his 2018 election, stating in August of 2021, "The deal with these hackers would be to divert 12 million votes from candidate Jair Bolsonaro. To disappear with 12 million votes. I repeat, I don't have proof and I don't know if it's true. But that's the story we're investigating" (Nicas). More recently in September of 2022 he stated that, "If I have less than 60 percent of the votes, something abnormal happened in the election agency" (Nicas).

Bolsonaro's presidency has also been fraught with controversy. For instance, once he was elected in 2018, regulations on deforestation were repealed and the deforestation of the Amazon skyrocketed. Along with loosening restrictions on gun ownership laws that

subsequently led to more gun related deaths (NPR), he is perhaps most infamous for his mismanagement of the coronavirus. In 2020, he directly promoted a drug that he claimed cured COVID-19; Bolsonaro not only ignored recommendations by the World Health Organization to contain the virus, but he also actively stopped the Brazilian Congress from attempting to implement them (Philips). All of this netted him accusations by a Brazilian congressional panel and the federal police of committing "crimes against humanity" and abetting mass genocide (Nicas).

In spite of all of the controversy that Bolsonaro has helped fuel, Lula da Silva took office on January 1st and the transition of power was a smooth one. In his inauguration speech, Lula da Silva promised to be a uniting force for Brazil. With Brazil being divided along political lines, da Silva took the time to emphasize the amount of trust the people should place in the power of the vote. "Despite everything, the decision in the ballots prevails, thanks to an electoral system internationally recognized for its efficacy" (John).

Remembering Pope Benedict XVI

By: Sarah Barnett

The death of Pope Benedict XVI has been a heartbreaking event for many people around the world. He was known as a religious symbol, but with over 260 popes coming and going over the years, he often got lost in the crowd. Pope Benedict XVI however, is actually one of the most interesting popes in our time, if not the most interesting.

Born as Joseph Alois Ratzinger on April 16th, 1927 in the German town of Marktl, Bavaria, Ratzinger was only six years old when the Nazis rose to power. His family, especially his father, however, hated the Nazis (Frassetto) Unfortunately though, at fourteen years old, he was automatically enrolled into the Hitler Youth as it was required of all Aryan fourteen year old boys in Germany. Despite being forced to be a part of the Hitler Youth, he used any excuse he could to not attend meetings; in fact, with the help of one of his teachers, he got away with it. In addition, as a child, Ratzinger was described as a boy who didn't like sports; he was sensitive and gentle. In fact, he preferred to be alone with a book. (Lander and Bernstein). As he grew older, he became interested in theology, studied it, and became ordained as a priest in 1951. Ultimately, he completed his doctorate in Theology in 1953; and in 1957, he started to teach Theology at multiple universities.

Decades later, at the age of 78, Ratzinger was selected to become the pope, but in actuality he considered turning down the offer as he didn't want to hold that position. However, he stated that he "couldn't say no" and that his election felt to him "like a guillotine" (WYM). His reasoning for not wanting to accept the role was his desire to continue his career as a theologian and his feeling that he didn't fit the role as pope. After all, being the pope requires travel, constant public appearances, and an enormous amount of pressure to please the people. Being someone who enjoyed analyzing, debating, and questioning the things around him he stated that he wasn't sure he had the ability "to be simple with the simple people" (Wooden). He would even have gone back to Germany to continue his study in theology if he could have. Thus, after eight years as the pope, Ratzinger became the first in his role to resign since Pope Gregory XII in 1415. In reference to his resignation, he stated that, "my hour had passed, and I had given all I could"; he added that he doesn't regret resigning, but feels guilty in his resignation and in the fact that he had let people down and hurt friends in the process (Wooden).

Though he only served as the pope for eight years, Ratzinger was able to accomplish many things and was one of the more unique popes due to his distinctive way of teaching and actions he took to help the people. One of his most remarkable qualities was that he was the first pope to ever meet with victims of clerical sexual abuse; he felt very strongly about the topic and was determined to expose the abusers and work at solving the problem of sexual assault in the churches (Wooden). In his sermons, he was known for teaching love instead of fear; he felt as though Christianity should not be a religion of rules, but instead a religion of acceptance and forgiveness.

One of Ratzinger's most endearing qualities however, is his love of

cats. Even though no pets are allowed at the Vatican, he has a cat named Chico who lives at his home in Tübingen, Germany. Chico is a black-and-white domestic shorthair and according to housekeeper Agnes Heindl, there is also a multi-colored tabby cat that hangs around the residence as well (Dolak). Another example of his love of cats would involve him being seen after celebrating mass at a small church. Ratzinger went to visit the church cemetery, which was full of cats. According to eyewitness Knight Ridder, all of the cats "ran up to him. They knew him and loved him" (Dolak). On top of cats, Ratzinger is just generally known to love all animals; in regards to his childhood home, he stated that he "experienced the beauty of creation" and that he would often hike the mountains around his home and play with the animals his neighbors had. He stated that he "even herded cows" which "brought [him] closer to nature, and it was important for [him] to have had this first experience with God's creatures and to bond with animals" (Dolak). Another interesting fact about Ratzinger was that he actually held a helicopter pilot's license, but never got a driver's license. He enjoyed flying the papal helicopter, but was unable to drive a car. (Dolak). He also adored music and he was able to play the piano; he was known to play Mozart on the piano before he went to bed (Lander and Bernstein).

From his active rebellion against Nazis to his beautiful teachings and love of cats, Pope Benedict XVI will go down in history as one of the most special popes we have ever had the honor to see in action and learn about.

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An Alarming Arming

By: Vincent Giugliano and Ava Connelly

On January 6th, 2021, students at Richneck Elementary School in Virginia, strolled into their classrooms and were excited for the day ahead of them. Unfortunately, an unnamed six year old quickly took the joy out of their daily school experience and in fact traumatized them for life when he pulled out a 9mm handgun and shot his teacher in the stomach as she was teaching a lesson to the class (Lavoie & Finley).

As the events of that particular day unfolded, more came to light in regards to the six-year-old shooter. *USA Today's* Ben Finley and Denise Lavoie reported that this was not the first concerning and heinous act that this young male student carried out. Prior to this shooting, he was said to have "Constantly cursed at teachers" or "Chased students and tried to whip them with his belt"; he even "Once choked another teacher until she couldn't breathe". In the shooting that occurred on January 6th, however, the police chief, Steve Drew, stated that there had been an altercation between the student and his teacher, Twenty-five year old, Ms. Zwerner, prior to the shooting and that altercation, could have been the student's motivation to commit this act of violence. He previously had an altercation with her where he "Slammed" Zwerner's cell phone and broke it". "The next day he pulled out a 9mm handgun and shot her".

The fact that the child shooter may have had either a mental or emotional disability makes it even more upsetting that a gun was within reach of such a child(ABC News). The teachers and administrators at Richneck allegedly knew the danger that this child posed and several hours prior to the shooting multiple, some of them even warned the administration of the imminent danger. Ms. Zwerner's lawyer stated that administrators were informed that the boy had made several threats to other students throughout the day and still no action was taken. The inability of the administrators to take action could have potentially cost the life of a teacher and did ultimately scar many kids for life. All of this information raises the question of why a six-year-old child was within reach of a handgun, and could this whole incident have been avoided if armed security had been posted at this school. The school has since re-opened since the incident, but according to the Richneck Elementary school's website, the school found it necessary to implement a licensed therapist to support children and their parents who are now scarred by the traumatic events.

The fear of similar situations occurring in more schools has led several districts to implement more security measures. Even on Long Island, the South Huntington School District recently had its school board unanimously voted to have armed security patrol the outside of several schools within the district. "During the meeting, the Board President said he believed 70 percent of parents were in agreement with armed guards"(ABC 7). The district wants both children and parents to feel comfortable and safe as all schools, at this point in time, are at some sort of risk when it comes to any potential violent or aggressive acts happening. The Smithtown School District even followed suit in February 2023 and now has armed guards patrolling each of the school's within its district. Superintendent Mark Secaur said the security is there to "strengthen our ability to respond during a crisis, as well as to deter those who may seek to do harm"(nbcnewyork.com). And with an increasing number of school threats and violent acts occurring, very soon more districts will probably be increasing their security measures as well.

Intense Changes Are Upon Us

By: Mia Perciballi

The extremely low temperatures that hit New York on February 2nd and 3rd of 2023 came as a shock to all those who live in the area. Even with this drastic change from a mild winter to an arctic one, New Yorkers are glad that it only lasted for two days. Unlike this instance, California was subjected to unprecedented weather conditions that spanned for a period much longer than two days. From late-December to mid-January, Californians dealt with intense storms that led to flooding and landslides.

It is important to note that California is entering its fourth year of an ongoing drought. This has intensified the wildfires in a state that is already prone to that type of extreme weather. Wildfires in California are lasting longer and causing more destruction nowadays. These fires leave wooded areas clear of vegetation which helps anchor soil and therefore makes them more susceptible to landslides. Chris Field, the director of Stanford University's Woods Institute for the Environment, says that "In general, there's a strong relationship between areas that are burned in wildfires and debris flow in the year following when there's heavy rain". This is exactly what made the recent storms in California so destructive—wildfires were the root of the issue.

The National Weather Service referred to the conditions in California as a "relentless parade of atmospheric rivers" which brought heavy rain, intense flooding, and mudslides to the area. These storms, which occurred one after another, brought down trees, damaged homes, and left thousands of people without power. Officials had to issue evacuation orders to high-risk areas.

The destruction that was done as a result of this severe weather in California was monumental. Communities are now struggling to repair the damage. The Ventura County Sheriff's Office reported, "Towering piles of rock and mud reach over 40 feet tall in some locations, blocking access to roadways and leaving residents isolated to the canyon". Ongoing storms made for unsafe conditions, slowing the cleanup effort. "Public Works estimates it may take up to three weeks to clear a single-lane access road into the community and up to six months to complete required repairs". Thankfully, Californians were finally able to get a break from the continuous storms. However, they will be dealing with the repercussions of the damage left behind for months to come.

The December-January storms in California were devastating. Atmospheric storms, intensified by the aftermath of the wildfires that preceded them, devastated the western coast of the United States. The process of repair will certainly be a long and intense one.



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The Ho Truth

China's Rapidly Declining And Aging Population Affects Everyone's Way Of Life

By: Kaitlin Ho

What does China's rapidly declining and aging population have to do with us here in the U.S.? Well, many of our consumer and commercial goods, medical supplies and vital raw materials that are supplied by China will be impacted because of China's rapidly declining and aging population. In an interconnected global economy, as John Donne, the English poet said, "No man is an island entire of itself"; no one is self-sufficient, and no country stands alone. As China experiences a rapid decline in its population and thus, relinquishes its title as the most populous country in the world, the many uncertainties and negative impacts of this seismic shift will be felt not just within China, but also around the world.

Why is this happening? China has the second largest economy in the world and is instrumental in driving global growth; its exponentially shrinking and rapidly aging population poses problems for the rest of the world. The United Nations estimates that if China's birth rate remains at its super-low level with no intervention, by the end of this century, China will lose 700 million people; that's nearly half of its current population (Dettmers). This is alarming because China currently makes up 28.4% of the global manufacturing output, adding a total value of nearly \$4 trillion to the world economy, which is 11.8% more than the 16.6% of global manufacturing and output of \$1.8 trillion the U.S. makes up. The majority of consumer and commercial goods like electronics, textiles, and garments are made in China (*World Population Review*). China also has a substantial impact on the supply of many vital drugs; the world experienced supply shortages of aspirin and ibuprofen during the Covid-19 pandemic because two-thirds of all aspirin and ibuprofen are produced in China (Harris; Lazarus). The decreasing workforce that creates all of these vital medications, electronics, and clothing in China, directly correlates to the decline in such output, which directly impacts the rest of the world.

The answer to the decline in China's workforce can directly be attributed to the country's one-child policy, which was a nationwide program implemented in China from 1980 to 2016; it limited most Chinese families to only having one child (Pletcher). For 36 years, China enforced its one child policy via a variety of draconian means, including forced contraceptives, forced sterilizations and forced abortions in order to reduce the growth rate of China's already massive population. This one-child policy also led to sex-selecting abortions and infanticide of newborn girls because of the

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traditional preference for boys and the need to carry on the family's surname and lineage (Mullen). Even after the reversal of this policy in early 2016, there was no sustained increase in birth rates (Pletcher). This is problematic as since 2014, the country's working population has already declined by 11 million people. Its current working-age population is projected to start declining by 60% in the 2030s from around 980 million workers in 2021 to 378 million workers by the end of the century (ANI). Now, China is faced with a demographic crisis and wants women to have more than one baby; as an incentive, Chinese officials are giving tax and housing credits, educational benefits and even cash to push females to have more children (Stevenson). In hindsight, the one-child policy implemented at the time by the Chinese government to slow down population growth actually created more lingering problems than originally intended, including a shrinking workforce, which directly contributes to a decline in output and exporting, and a dwindling economy.

What's even more concerning is that China's birth rate (1.16 children per woman) is lower than the number of births needed to keep population levels stable, which is 2.1 children per woman (Fischler). This means there will be less of the newer generation to replenish the declining workforce; fewer babies equal fewer workers. China is also rapidly aging with the number of Chinese citizens 65 years and older growing by nearly 100 million people from 2000 to 2021 (Fischler). Ultimately, important exports come from China and with the workforce in China decreasing, the global economic consequences also increase; the world will not get the products it needs, and inflation will continue to skyrocket (Dettmers).

In general, China's declining population serves as an omen to the U.S. and the rest of the world. The current U.S. birth rate is 1.6 children per woman, and it is even lower in most European countries as well as Japan (1.3), China (1.2), and South Korea (0.8). Almost every country in the world will fall below this break-even point soon, leading to an overall decrease in the global workforce. In fact, the world is already experiencing a great labor shortage in industries such as airlines, day cares, and military service (Dettmers). This decrease in labor means less global production and therefore less economic growth as well as less money being spent on these industries. The less support and fewer sales these industries garner, the lower the profits (Dettmers) become. With a diminishing workforce, there is ultimately less growth and prosperity for everyone. Unfortunately for China, the problem exists on a far more dramatic scale. Unless each affected nation intervenes and manages to mitigate its own situation, the declining world population will only accelerate to ultimately wreak havoc on and cause irreparable damage to the global economy.

ChatGPT: New Technology and Academics

By: Kaitlin Ho

In an age where technology is becoming increasingly advanced, not even writing and human thought remain untouched. OpenAI's ChatGPT, Google's Bard and Microsoft's Sydney are all products of machine learning; these algorithms search for patterns in huge amounts of data and become increasingly proficient at generating statistically probable outputs. In this case, these outputs are human-like language and thought (Chomsky). If anyone needs an apology letter to his soon-to-be divorced partner, an email to his boss asking for a raise, or a love poem to his crush—ChatGPT has got him covered. But, as great as this may seem, it actually poses new ethical concerns and ramifications for academics, creativity, original thinking, and plagiarism.

When asked what ChatGPT is, Chat GPT responded.

"I am ChatGPT, a large language model trained by OpenAI, based on the GPT-3.5 architecture. I was created by OpenAI, an artificial intelligence research organization founded in 2015 by a group of tech luminaries including Elon Musk, Sam Altman, Greg Brockman, Ilya Sutskever, John Schulman, and Wojciech Zaremba.

My purpose is to generate natural language responses to various prompts or questions posed by users. I was trained on a vast corpus of text data from the internet using deep learning techniques, which allows me to generate responses that are contextually relevant, grammatically correct, and semantically meaningful.

I can be used for a wide range of applications, including chatbots, virtual assistants, language translation, text summarization, and more. My creators at OpenAI envisioned me as a powerful tool for advancing the field of artificial intelligence and unlocking new possibilities for human-machine interaction."

While ChatGPT does have potential benefits, one drawback has teachers all over the nation scrambling: cheating. ChatGPT-involved cheating is already regularly occurring. In California, a student used ChatGPT to cheat on an essay in an AI ethics class. Santa Clara University professor Brian was able to detect the essay as AI generated because the essay "wasn't exactly on topic and, also, it had a very kind of, honestly, a robotic feel to it in some ways" (Germain). It has also occurred in a Florida gifted students program. Fortunately, in both of these cases, the cheating was easy to detect because ChatGPT still writes like a robot; teachers were able to detect the essays that looked different than their student's previously written assignments (Germain). Furman University Assistant Philosophy Professor Darren Hick was also able to detect AI usage as "It's a clean style. But it's recognizable. I would say it writes like a very smart 12th-grader." However, even though Hick has a background in the ethics of copyright law, he said proving that the paper was written by ChatGPT was nearly impossible and he had to have the student admit to cheating. (Mitchell)

So, what are the current methods teachers are using to detect AI usage besides finding a "student's voice?" Open AI, the makers of ChatGPT, has been trying to provide

ways to make cheating more difficult, but it has yet to produce effective solutions. Hoping to combat cheating, Open AI came out with a text classifier in late January. However, instead of mitigating teachers' fears, the new detection tool has not been effective; OpenAI's text classifier only identifies AI-written text accurately a quarter of the time and gives a false positive for nearly 1 in 10 submissions. This is similar to how ChatGPT does not allow copying and pasting of the AI generated text, but it can be easily bypassed through text recognition software. Even the app GPT Zero created by a Princeton college student works slightly better (Miolene). The app GPT Zero, created by Computer Science student Edward Tian, uses statistical characteristics to determine whether a text was written by a human or an AI (Ghani). In fact, Professor Hick used GPT Zero and "came across what turned out to be written by ChatGPT, an essay in my [his] upper-level philosophy class" (KTLA). Santa Clara University Professor Brian Green, who had an instance of a student cheating, is no longer going to require essays as a final project for Ethics in Artificial Intelligence, replacing them with oral presentations given in person. Impromptu oral exams are also being used at Furman University in hopes of catching suspected students off-guard (Mitchell). Closer to home, when asked how North Shore High School plans to combat ChatGPT, English teacher Robert LaBlanc stated, "Yeah, we're [the English Department] planning to have a lot more of the writing done in class. I can tell when a piece is written by ChatGPT. All the samples [of ChatGPT] I have seen so far are written perfectly, almost too perfect. They are missing that human voice". The question is though: will ChatGPT eventually become advanced to the point where it is undetectable?

While alarm bells did ring during the initial release of ChatGPT in late 2022, and it seems as though mechanical minds have surpassed artistic creativity, there still are ways to detect AI usage in writing. In regards to North Shore, Eric Contreras, North Shore High School's principal, believes that, "For a long time, humans have been responding to new technology... I remember when the calculator first came out; they [administrators] did not allow us to use it on our tests. However, we gradually started to use them [calculators] as they were more efficient. I think there are benefits and drawbacks to new technology like ChatGPT and it really depends on how we [humans] use it. Ultimately, if a student commits any form of plagiarism or cheating, they are losing valuable learning opportunities." According to Contreras, as of March 16, 2023, there have not been any reported instances of AI-involved cheating at North Shore High School. But, as technology advances and intellectual insight, literary creativity and every other distinctively human quality seem to be threatened, it is important to reflect on whether or not society wants to be consuming AI or human-created art forms.

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CONFECTIONS & COFFEE

NORTH SHORE



MS / HS
STUDENTS

SCHOOLS DAYS

20%

OFF

- COFFEE
- HOT CHOCOLATE
- COLD BREW
- ICED TEA
- GELATO
- ICE CREAM

The Sea Cliff Arts Council: The Latest Place To Experience Music

By: Mae Curiale

Music has always been a defining feature of Sea Cliff. This haven for all kinds of artists has inspired others, just as much as it has benefitted from the inspiration of its residents. Lately, many unique musical traditions have developed in Sea Cliff; there are “Sunset Serenades in the parks during the summer, “Second Sundays” and their live music on the second Sunday of each month and the fabulous Friday night “Music on the Beach.”

Not only is there music, but there are also artist exhibitions, poetry performances, book signings, sculpture workshops, meditation circles, and since 1999, there has been the Sea Cliff Arts Council to help promote and organize it all.

The mission statement of the Council is: “blending art, culture and community to discover, inspire and create together” (seacliffartscouncil.org). From its brand new location on Roslyn Avenue in Sea Cliff, that’s exactly what is happening. Since the move in September 2022, the Council has hosted many events. The current chairperson of the Arts Council is local business owner and artist Kathleen DiResta. She said, “The Council was started by then-mayor Claudia Moyne to create opportunities for local artists to share their work.” DiResta recounted some of the most recent events that have been hosted by the Sea Cliff Arts Council (SCAC), including a few open mics run by some of North Shore High School’s own students for young musicians. The Council organizes many ways for people to get involved in music and art in the community.

The Council’s board members include local residents Mark Sobel, Heidi Hunt, Noelle Faillo Evans and obviously Kathleen DiResta, all of whom have excellent relationships with musicians and artists. In fact, local musician Frank Ferrara described how he runs jazz workshops and has done various performances, “under the auspices of the Sea Cliff Arts Council.” When describing one of the workshops he leads, Ferrara offered, “The jazz workshop is more than just about the music, which is wonderful; it’s also about community-people meeting each other.” Ferrara embodies the Sea Cliff spirit of community and collaboration. “We were thinking of having people come in and view the workshop- just come in, sit down and watch the workshop. It’s a way for more people to participate in the arts in different ways, whether as consumers or as themselves.” As Ferrara explained, anyone can get involved in the arts in Sea Cliff through the concerts, exhibits, and events of the SCAC. Additionally, according to DiResta, the SCAC also hosts “music lessons, art classes, wellness classes” and other opportunities for the residents of Sea Cliff and the surrounding areas so that they may experience art locally.

The Sea Cliff Arts Council is now doing more for the community than it ever has. Its members are looking forward to sharing with and appreciating artists, not just from Sea Cliff, but from all around the North Shore area. Ms. DiResta shared, “it’s been beyond amazing.”

For a full listing of upcoming events and opportunities, visit the website: seacliffartscouncil.org.

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Sea Cliff And Its Charming Business District

By: Elsa Lanne

It’s a still, summer day in Sea Cliff and you are walking down the Village’s main road that is home to its lively businesses. These places are more than a welcome addition to the breathtaking view that can be found just up the road in Hippie Park or the gorgeous Victorian homes that make you gasp as you see one after the other. So many families and couples love to dine in cozy well-lit indoor and outdoor spaces as platters of amazing food get handed to them. Simply put, all along Sea Cliff Avenue, people come to enjoy everything it has to offer whether it involves eating, shopping or simply strolling around. So what are some of the places in Sea Cliff that you should be checking out as soon as possible?

1. Sea Cliff Shave Ice- This small business was an exciting addition to Sea Cliff in the Spring of 2021. The menu consists of different flavors of shaved ice, which is a sweet treat that originated in Hawaii. This type of ice is fluffy and soft when compared to regular ices like those served at a Ralph’s. The natural and creative flavor combinations are beyond imaginable. They include watermelon, pina colada, amaretto, pomegranate, and more. In addition, your ices can be topped off with delicious treats like shredded coconut, an edible flower or even mochi. This makes it the perfect place to go with friends on a hot summer’s day. The business is also very eco-friendly as it uses sustainable materials in its products and not a single piece of plastic. Even the cups are bio-degradable. On top of this, the business contributes to great causes such as the Glen Cove Animal Shelter, Cove Rescue.

2. Moonshot Emporium- This store is known for its large collection of vintage records and clothing. It offers classics such as the Beatles to present day pop albums by

Taylor Swift. There are also funky pins and pieces of vintage garb. This makes it a perfect place to explore and interact with the owners or customers who also appreciate the music and clothing of the past. And, if you are looking to sell your record collection, this business is where to go. The store also always has impressive window displays that catch your attention as you pass by. Since Sea Cliff is known for its artsy vibe, this business is a perfect fit.

3. Hummingbird- This is a female-owned small business that was founded by Suzette LaValle, a stylist, buyer and collaborator for fashion magazines. The boutique sells chic trendy clothing and accessories for women. And, the cozy aesthetic of the store and fabulous window displays invites every woman to enter who walks by. The products sold in the store make the perfect gifts for friends or family. Here, there is something for every woman.

4. Still Partners- is one of the most popular restaurants in Sea Cliff that frequently offers entertainment. The restaurant/bar offers classic American cuisine such as burgers, salads, sides and much more. The business is a great spot to socialize and have a fabulous time. Local bands can also be spotted performing here. This makes it the perfect place to go for live music, food and overall good vibes.

5. Sea Cliff Bistro- The Bistro is one of the only places to get lunch or coffee in Sea Cliff. The cozy space has plenty of seating and so many beverage choices on its menu ranging from hot coffee to iced tea. The Bistro also offers a variety of breakfast and lunch options, such as muffins and sandwiches. Locals to Sea Cliff thoroughly enjoy the time that they spend in this pleasant bistro. The friendliness of the people there truly make

this business the heart of Sea Cliff.

6. Frost Ceramics and Mercantile- This is a business that was founded by Chris Frost, a local pottery maker, who opened this place in order to spread his love for art and ceramics. Having this spot right in the Village is an amazing opportunity for people who are trying to find new ways to be creative. It is a great place to look around and support a local artist. The store not only sells beautiful handcrafted pottery pieces, but it also offers many classes for people who want to try new things. This business adds so much to Sea Cliff.

7. K. DiResta Collective- is “A boutique/studio that highlights local artists and artisans” says the owner Kathleen DiResta. The business sells beautiful handcrafted jewelry, as well as showcases other artists in the community. The business provides so much to Sea Cliff, DiResta explains. “People love coming and finding unique things; they love connecting with friends they run into.” On top of the fine craftsmanship sold at the store, it is also a community hub; it’s a place for people to enjoy looking around and socialize with others. The bright colors both inside and outside of the store create an uplifting atmosphere that seems to make the community brighter.

These are only a few examples of the small businesses that are located in Sea Cliff. They will have an everlasting effect on the community and people should be encouraged more to shop locally to support the passionate people who created these wonderful places. The businesses are the essence of the Village and are the key to lifting up Sea Cliff’s community.

A Royal Fallout

By: Ava Gibstein and Gianna Stella

America. The land of the free” (BBC). Moving to America symbolized the shift towards acceptance and equality that they have been searching for. America is seen as a place that is full of opportunities.

On the other hand, the docuseries received lots of backlash concerning Meghan Markle’s insulting behavior toward Queen Elizabeth II. In the article “It’s OK to Admit That Harry and Meghan Are Annoying”, people labeled her as “nasty” and “despicable” in regards to when she “Re-enacts her first meeting with Queen Elizabeth II, where she didn’t understand that she was supposed to bow, or even how to bow once she grasped its necessity” (Staples). Many thought this re-enactment showed her lack of respect toward the queen. People on social media even claimed the docuseries is “one-sided,” since the it only expressed Harry and Meghan Markle’s opinions (*Express*). This not only makes it harder for people to put a label on Harry and Meghan, but it makes it more challenging for people to fully understand both sides of the story regarding how they feel in comparison to

the royals.

As you can see, this docuseries has received both positive and negative responses/feedback that are swaying people both on and off-team Harry and Meghan. It is hard to get a full understanding of the conflict within the royal family though due to not being told both sides of the story.

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Kyprian’s Recipe Corner

By: Kyprian Kallaur

I love food and I love working with my teachers at North Shore High School. So, I decided that it would be interesting to learn more about my teachers’ lives and their favorite family recipes. Please enjoy the recipes and the stories behind them!

First, I interviewed Mrs. Alana Cavallini. She is a speech pathologist and has worked at North Shore Middle and High School for eight years.

KK: What is your favorite family recipe?

AC: My favorite family recipe is Easter Meat Pies. Every year leading up to Easter, my family gets together and we prepare and make these meat pies. We eat them on the holiday and share them with family and friends.

KK: Why is this your favorite recipe?

AC: Because everyone can participate in the cooking process of the recipe. My niece and nephew, parents, and now my husband and son are all involved!

KK: What is your favorite memory of this food?

AC: As a child, my mom used to let me do the basket weave with her on the top of the pie and it looks really beautiful. I have memories of being with my mom when I was little, and I thought it was really cool.

KK: Thank you for sharing the recipe with me! Is there anything else you would like to share about it?

AC: The recipe is written in my grandmother’s handwriting, and it makes LOTS of meat pies. If you want a small amount for your family, you should quarter the recipe.

Nobile Family Easter Meat Pies

(Ingredients in Photo)

Notes:

*When getting the meat and cheese from the deli, ask them to cut everything a little less than half an inch thick.

*For the dough, use a basic pizza dough from a restaurant or store. One pizza dough will make the top and bottom of one meat pie.

Directions:

- 1. Cut meats and cheeses into small cubes.
- 2. Add to a large container/bowl to mix.
- 3. Add eggs and mix well.
- 4. Roll out some dough and lay it across the pie dish.
- 5. Fill the pie dish with a generous amount

of the meat and cheese mixture so that it is level.

6. Roll out another piece of dough and cut it into strips to make a basket weave on top of the pie.

7. Use a fork to press down the edges of the dough, so they stick together.

8. Trim the dough to make neat, round edges.

9. Paint the pie with egg whites to make a shiny finish.

10. Pre-heat the oven to 425 degrees and bake the pie until the crust is golden brown and you can see the cheese inside bubbling.

Next, I interviewed Mr. Eric Contreras, North Shore High School’s principal. He shared that he also loves food like I do. While it was difficult to choose just one recipe, he settled on his grandmother’s chicken soup as his all-time favorite. Although he did not have an exact recipe, the story behind it was wonderful to hear.

KK: What is your favorite family recipe?

EC: I have family recipes I enjoy a lot. I like to eat - I like food! But I would say that I enjoy my grandmother’s soups. The one I like the most is her chicken soup, which she would make for me as a child.

KK: Why is this your favorite?

EC: I enjoy it on cold days or when I am sick. It has many different vegetables, like carrots and parsnips, and I like it with rice. It cooks for a long time in a giant pot. The chicken broth permeates the entire soup. When it’s really hot, it’s delicious. She would get it [the chicken] from an actual butcher, so the flavor was very intense and fresh. It warms me up on a cold day.

KK: What is your favorite memory of this food?

EC: My favorite memory is going with my grandmother to shop for the ingredients when I was a little boy. I especially enjoyed going to the butcher to get the poultry. I liked going to the market to buy the carrots and all of the other ingredients. I loved shopping with her.

KK: Where did your grandmother live?

EC: My grandmother lived with us in Queens. It was very nice having her in the same house growing up.

I like to learn about my teachers’ lives outside of school, and food is certainly a universal language!

The Art Of Navigating New York City As A Teen

By: Sophia Marchioli

As we approach our teenage years, the idea of going to New York City for the day with a group of friends starts to become more appealing... but there is always the issue of technicalities. As a group of kids under the age of 18, how can we efficiently navigate the streets of Manhattan, and more importantly, safely? Well, first, confidence is key. Even if you are not confident in where you are going, you must display confidence. If you look vulnerable or uncertain, you automatically increase your chances of becoming a target of criminals (WebMD). Second, you must remember that you are never alone.

There is an abundance of free apps that you can download on your phone to act as your personal liason. First, you have the essentials: MTA TrainTime, which will get you from your local train station to Manhattan, and NYC Subway MTA Map, which will help you navigate the many confusing subway lines. If you enter your local train station into the search bar on the MTA TrainTime app, a myriad of train times will appear, as well as which stations you may need to stop at to reach your final destination. Before this year, a Long Island resident could only take the Long Island Railroad (LIRR) to Penn Station. However, as of January 25, 2023, things have gotten slightly more complicated, with the additional option of taking the train to Grand Central Station. You might ask, but which one should I take? This depends on what area you plan to venture into in Manhattan. Penn Station is located eight blocks downtown and five blocks West of Grand Central Station. So, if you plan to go to Bryant Park, Times Square, Central Park, or anyplace above 38th Street and east of 5th Avenue, it may be easier to take the train all the way to Grand Central Station. Therefore, if you plan to go anywhere below this line, it would be easiest to get off at Penn Station. However, if you prefer to get off at Penn Station and do have to go somewhere further uptown, you can always take one of the subways up, depending on your destination.

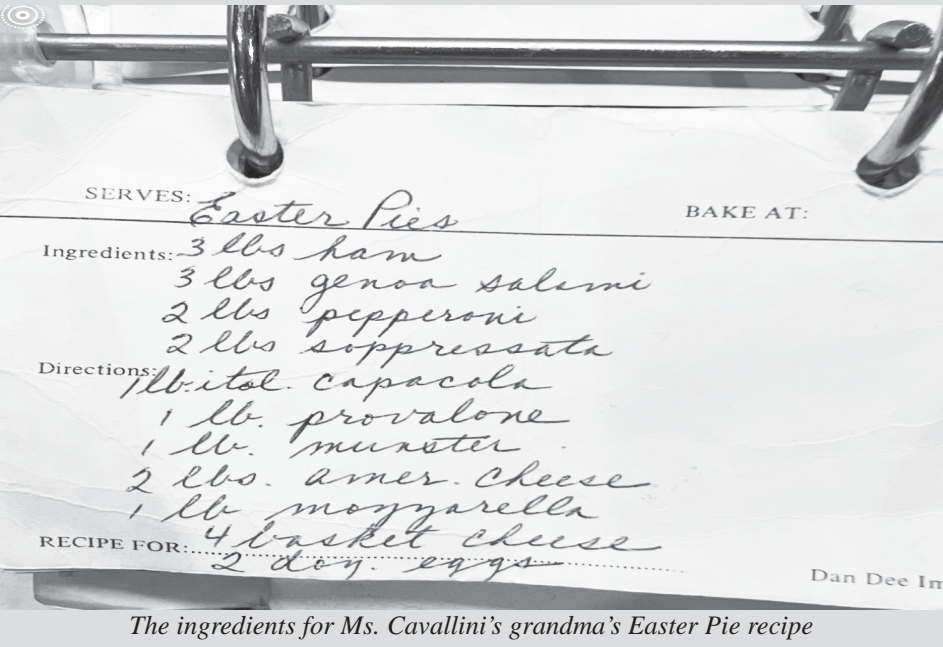
As for the subway system, which may seem daunting for some, it can become easy to navigate with the help of the NYC Subway MTA Map app. For a teenager, who most likely will not be going into Manhattan on a regular basis, it is okay to not have the subway system memorized. But a basic understanding of how it works is necessary. There are a series of lines which are accessible from Penn Station and some that are accessible from Grand Central Station. Each subway line is associated with a color, which is helpful to remember when looking at a map, or when locating the entrance for your subway in a station. From Penn Station, you can take the A, C, E blue line, or the 1, 2, 3 red line which are available within the station, or walk one block east to 6th Avenue and enter the Herald Square subway station and take the N, Q, R yellow line or the D, F orange line. To most efficiently utilize the subway system, you can refer to another useful app for help. Citymapper is free in the App Store and allows you to input your destination and current location, receiving an output of which subway line you should take (if any), in which direction you should take that line, and how many blocks and in which direction you should walk from the station to your destination. Once the app notifies you of the station, line, and direction of the subway that you should take, you must proceed with caution when entering the subway station. You should have your method of payment out and ready to use at the turnstile when entering the station to prevent yourself from looking vulnerable to possible threats around you. As for payment, you can purchase a MetroCard or simply use Apple Pay

by tapping your phone on the reader. Most subway rides cost \$2.75 (MTA). After you make it through the turnstile, there will be a series of staircases and signs with line numbers and letters on them in colorful circles. The app should be referred to one more time to make sure the platform of the right line (look for the right color and letter) is entered, in the right direction. When on the platform, it is important to remain far away from the edge of the platform, which is marked in yellow (ABC 7). Additionally, you should always remain alert and hold on to your belongings.

In the case that you hopped on the wrong train, you should not panic! Once again, never look vulnerable; keep cool! Just take a deep breath and open the NYC Subway MTA Map app and listen to the announcements on the train for which station you are currently at. If you simply took the right subway line, but hopped on the train going in the wrong direction, just exit the train when you reach the next stop and walk to the central hallway in the station. Locate your subway line going in the correct direction and enter that platform. If you got on the wrong line, you can refer to your MTA Subway Map app and look for the next stop on the line you’re on that has a subway with the line that you should be on. Or you can always hop off at the next stop and use Citymapper to navigate your way to your destination on foot.

Citymapper could be very useful when navigating the city on foot. The app will tell you the fastest route to take. However, if your GPS is causing problems due to weak Wifi or other technical reasons, it is useful to know how the streets are laid out in Manhattan. Street numbers increase from 1st Street to 220th Street when moving uptown. However, this is only true above Houston Street. Below this line, and in the West Village, many of the streets moving across town (laid out horizontally on the island) have names and are not labelled numerically. Streets laid out vertically on the island, or moving uptown and downtown, start at 1st Avenue on the eastern-most edge of the island, and increase to 11th Avenue on the western-most edge of the island. However, around Central Park, some streets do not follow this pattern. For instance, in the Central Park East area, the streets jump from 3rd Avenue to Lexington Avenue, Park Avenue, Madison Avenue and then 5th Avenue. The streets in the Central Park West area also change from numbers to names. For instance, below Central Park South, 8th Avenue remains 8th Avenue, but above that line, 8th Avenue turns into Central Park West.

Navigating the city is complicated for anyone! But, for teenagers, who may be even more vulnerable to threats, it can get even more complicated. Whenever you get confused or lost, refer to one of the apps. Most likely, these apps will help get you out of a rut. Additionally, it is important to remember to follow your gut when it comes to possible threats. Do not hesitate to call 911 when you are in trouble. Have confidence in your actions, and you will automatically have increased success when navigating Manhattan.



The ingredients for Ms. Cavallini’s grandma’s Easter Pie recipe

TicketMaster Or TicketDisaster?

By: Lucia Cagno

As the nation begins to heal from the Covid-19 pandemic, we have begun to see some social trends emerging. One of these trends has to do with music. Online music revenue has developed drastically from 2019, and it seems to only be trending upward. By 2020, online music revenue increased by 70% year-over-year (*World Economic Forum*). Another notable trend is the shift in live music attendance statistics. During the height of the pandemic, attendance rates clearly dropped, as concerts and festivals were completely shut down. Today, live music attendance is rising (*Statistica*), and many people are making up for the experiences they lost out on having during the pandemic. Music has always seemed to be a way to bring people together, and after such trying times, we now get to witness how the music industry will emerge from the pandemic.

One artist who, for years, has been extremely influential is Taylor Swift (*Spotlight*). After releasing not one, but two albums during the pandemic, Swift has stayed relevant, despite the issues that the pandemic caused. *Midnights*, Swift's most recent album, was widely publicized through the use of social media, which helped to connect people throughout the pandemic. With social media being one of today's most utilized sources of communication, this publicization method proved to be effective. For instance, Swift posted routine "Meet Me at Midnight" videos on Instagram and TikTok which revealed a track name or a teaser about the album and reached tens of millions of views across platforms; this demonstrated how much an online presence can impact a musical artist. With the huge amount of excitement spurred by Swift's announcement on November 1st, 2022 regarding her upcoming tour, it was not surprising that the media became fanatical. The question of "How can I get tickets?" quickly emerged. Swift's official website soon revealed the answer: Ticketmaster.

Ticketmaster was founded in 1976 (ticketmaster.com), and it is one of the most widely-known ticket distribution companies. It utilizes an online website, thus, creating an easy way to buy tickets for a sporting event, concert, or other type of performance. However, Ticketmaster has recently received some criticism for its monopolistic practices. In many cases, Ticketmaster is the only company involved in the venue, production, and ticket distribution, allowing it to have absolute control over the entire event (*The New York Times*).

So, what exactly happened with the Taylor Swift Eras tour? Ticketmaster had decided to offer an initial presale of tickets to fans who had gone through the process of becoming a 'verified fan.' Once you were verified through a relatively quick sign-up process, Ticketmaster then followed up by providing a presale code via a lottery system. This was an attempt to reduce bots or resellers from buying tickets (*Time*). Those who did not receive a presale code were then placed on a waiting list. However, problems quickly arose, as Ticketmaster had overestimated the volume of requests for tickets. When the enormous number of 'verified fans' who had been sent the presale code logged on to Ticketmaster, web chaos ensued. The verified fans were ultimately

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disconnected from the Ticketmaster servers throughout the log-in process, waiting process, and checkout of the online purchase. Though Ticketmaster later stated that only "15% of interactions across the site experienced issues" (ticketmaster.com), this seems to be a significant underestimate, as much of the media reported on the frustrations of a vast number of verified fans.

Ticketmaster then intended to offer additional tickets through a sponsored sale, via the Capital One credit card, and a general sale. However, this turned out worse than the presale; due to technical issues, these offerings had to be canceled before they even took place (*Rolling Stone*). If a person wanted to buy a ticket, the only remaining option was through a third-party vendor, such as StubHub, and those tickets were listed at a much higher price. This was also criticized by the media and, disappointed fans demanded an answer, as they were promised a fair chance at tickets. Ticketmaster later released a statement, apologizing for the disruptions and explaining that the company had not expected such a high-demand for tickets.

But, the question is: who else could have provided these tickets? Ticketmaster was the only distributor Swift could turn to, and even the artist recognized that this situation was out of her control, stating that it was "...excruciating for [her] to just watch mistakes happen with no recourse" (Instagram). The Ticketmaster monopoly has since caused a lot of conversation amongst the public, the media, and even the U.S. Congress (*New York Times*). Now, music fans will get to see how Ticketmaster handles the future of the once again growing concert industry.

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Birdman: Dark And Audacious

By: Rockwell White

"The anxious battle for sanity" (Antonio Sanchez) is the main score, and a fitting title for 2014's *Birdman* directed by Alejandro González Iñárritu. *Birdman* is a perplexing film and it leaves the audience wondering: "Was that terrible? Or amazing?". The film's main actor, Michael Keaton, delivers a fantastic performance as Riggan Thompson, a washed-up Hollywood star who is trying to break through in the theater scene by adapting the short story "What We Talk About When We Talk About Love" by Raymond Carver, in hopes of regaining his past glory days. During an interview with *Variety*, Keaton expressed his love for the film: "I'm watching this movie and I'm thinking, God, I love this movie. And then I realized: Wait a minute, I'm in this movie!" In addition to the film's serious tone, and relevance to acting and society today, simply put, the plot draws the audience in.

Throughout the production the audience follows Thompson as he claws his way back into the film scene via the theater, attempting to bring glory to his name once again; decades after his momentous success with the Birdman trilogy, (the Birdman trilogy is a series of fictional superhero movies exclusive to the film which made Riggan Thompson uber famous), he's constantly suffering from schizophrenic episodes in which the fictional character Birdman follows him, nudges him to act irrationally and reach stardom.

Casting a new part for the play, Thompson's assistant, Brandon (Zack Galifianakis), comes across an extremely successful and talented, but overconfident and cocky actor named Mike Shiner (Edward Norton). Best known for the films *Fight Club* and *Primal Fear*, Edward Norton displays pure charisma on set, making the audience laugh or wince with embarrassment as a result of his over-the-top

actions. In an interview with NPR, Norton spoke on his experience making the film. "I think it was one of the most creatively satisfying experiences I've had — and I think it's an incredibly audacious and very rare movie." Both Keaton and Norton clearly had nothing but love for the film and enjoyed making it, cementing both its quality and enjoyability. On a different note, both shared nominations at the Academy Awards in 2015- Keaton for Best Actor and Norton for Best Supporting Actor; *Birdman* did also end up winning the Best Picture category.

When viewing *Birdman*, the audience should notice a constant drum line written and performed by drummer and composer Antonio Sanchez; the score does wonders in the film; coupled with stellar camera work, the film's pacing seems to increase making the tone more stressful for the characters and the audience. *Birdman* appears to be shot in one take; this has to be one of the most jaw-dropping techniques in cinema; In an interview with *The Los Angeles Times*, Iñárritu said: "since the first moment I conceived what the story was going to be about, I knew it was the way I wanted to do it; there was no other way" (Olson). *Birdman* is a character piece; the audience lives through Riggan Thompson and since the film appears to be shot in one take, it relays this idea and enhances the filmmaking tenfold.

One of the must-see films of the 21st century has to be *Birdman* and, in my opinion, everyone should see it as soon as possible; the acting is stellar, the score fits perfectly, and the cinematography is an achievement. This film is truly an "Anxious Battle for Sanity"

Barbara Walters: A Female Trailblazer Who Had An Everlasting Impact On Journalism

By: Liliana Stella

Today, more than ever, media consumes our everyday lives and is an integral aspect of society. Barbara Walters played a significant role in how we receive our news and, thanks to her extremely successful career, she has inspired women all across the nation. Unfortunately, Barbara Walters died on December 30th, 2022 at the age of 93 on (CNN). However, she left behind an extraordinary legacy.

Walters' career can be respected by all; however, for women, she paved the way for them in the field of journalism. Now, in 2023, we have the pleasure of watching so many more women broadcast the news and host their own talk shows. Women did not always have a seat in front of the broadcast news camera.

The first woman in *Today* show history to hold the role of a co-host was also recognized for her extremely rare role in evening television (*New York Times*). Within the industry, Walters broke barriers for women; in fact, "Walters made headlines in 1976 as the first female network news anchor, with an unprecedented \$1 million salary that drew gasps" (*politico.com*).

However, Walters' most recent notable project, *The View*, brings together not only the significance of society's most pressing topics, but it is hosted by an all-female panel. In 1997 she co-created this show which forever altered daytime television, as women of various races and backgrounds sit at the table to share their

perspectives. The creation of the show is not solely important because of its cultural significance in American society, but also because Walters started the show when she was 68 years old (CNN). Joy Behar, a co-host of the hit program, explained in a tribute to the creator of the show, "very few people started a new career at that age." and "She had no mentors or role models because she was the original role model for everyone else. We have to give the woman a lot of credit" (CNN). Whoopi Goldberg, another co-host of *The View*, also commented, "[She is] The reason why we're all sitting here[;] if not for her, I don't know where most of us would be" (CNN).

Walters not only broke barriers for in the world of journalism, but later in her career she used that success to help put more women in the media spotlight. Her impact will forever be etched into the fabric of American journalism.

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NFL? More Like NFeLony!

By: Benjamin Cooperman and Wyatt Snyder

Some celebrities are no strangers to controversy, or more specifically, acts of bad behavior. This is particularly true in the professional athlete community as countless pro athletes have been accused of something or caught in the act of doing something illegal. This can be attributed to the alienated state most celebrities live in, as they are often completely detached from the rest of society. More specifically, for the majority of professional athletes, the violent acts some of them participate in can be attributed to the constant state of aggression they are in and the high level of competition that their sports require.

In a recent case of celebrity aggression, Cincinnati Bengals' running back, Joe Mixon's, arrest warrant was issued after a video surfaced of him allegedly pointing a gun at a woman in downtown Cincinnati. Accounts of the crime include a quote from the victim stating that Mixon reportedly said, "I should shoot you, the police can't get me." Mixon himself has a history of violence as in 2014 he was also seen assaulting a woman in the face which required her to be hospitalized. To that charge, he pleaded guilty and was suspended throughout his entire freshman year. Concerns for his mental health later led him to slide out of the first-round draft and eventually be picked up as the 48th pick by the Bengals.

In addition, Baltimore Ravens' star running back, Ray Rice, was a fan favorite who also succumbed to spousal abuse. Circa 2014, Ray Rice was seen on an elevator security cam assaulting his then fiancé. This news was heartbreaking for many football fans as Ray Rice was an up-and-coming star. After a serious investigation, the NFL came to the poor decision that his punishment would only be a two-game suspension.

These "slap-on-the-wrist" punishments simply aren't severe enough to instill the proper message into players. However, these types of allegations are not rare in the NFL. In fact, almost 12 percent of NFL players have been linked to spousal abuse; additionally, NFL players between the ages of 25 and 29 are 55% more likely to assault their significant other than

other males (Ullman). This level of aggression and violence seems to have a direct correlation to contact sports, as proven by a survey of 252 nationally-reported criminal cases in one year involving athletes. It found that about fourteen percent (or forty-nine) of the athletes involved were professional football players. This was compared to about seven percent (twenty-five) of professional baseball players and about six percent (twenty-one) of professional basketball and hockey players. Clearly, there is a significant gap between athletes in non-contact and contact sports, especially football whose percentage is more than double sports like baseball.

The most commonly accepted theory explaining the negative type of behavior discussed above is that the desensitized nature many football players have to exhibit on the field is carried over to their everyday life. One can even make the connection between the constant physical contact that football players experience and the elevated levels of aggression they exhibit. Numerous studies have also been done that depict the link between CTE (Chronic Traumatic Encephalopathy) and aggression. CTE, which is caused by frequent trauma to the head, is common amongst football players and is often stated as one of the main factors in their heightened aggressive behavior. MAYO.org, a respected clinic that pushes the boundaries of the neurological sciences, states that heightened levels of aggression is one of the most prominent side effects linked to CTE. Players like Antonio Brown, who are known for their outlandish and wild behavior off the field, very often have a history of this disorder, or at least have, at some point, taken serious hits to their heads. It's sad seeing respected players become images of abuse and outlandish behavior.

A number of players that used to be role models for the younger generations, now only seem to exhibit violent or controversial behavior. Though these players are abusers, and their actions are unforgivable, looking past this fact and understanding the strain that their occupation puts on them helps give some insight into one of the possible reasons why they are in fact so prone to violence.

The Holiday We All Need

By: Fergus O'Neill

For many Americans, Super Bowl Sunday is a big day to sit back, eat, relax, enjoy friends or family, and watch the "BIG" game! Many people spend weeks getting ready to host at their homes – by even purchasing big screen TV's the day before the event. Thousands of dollars are spent on having catered food such as chicken wings, pizza, mozzarella sticks, pigs in a blanket, and nachos! This has become a time honored tradition for many people as seen by the fact that Super Bowl LVII, which was held on Sunday, February 12, 2023, where the Kansas City Chiefs were victorious against the Philadelphia Eagles, was viewed by 113 million people, according to statista.com.

Every Monday after Super Bowl Sunday, according to a survey conducted by Workforce Institute at Kronos, about 17.5 million Americans call out sick from work. This is due to the Super Bowl parties and the game running very late into the evening, especially on the East Coast! This year's game took place in Arizona and kickoff was at 6:30pm, Eastern time and the game ended at approximately 10:14pm. This means that many people did not get home from celebrations or go

to bed until very late – who would want to wake up for work after a night of overindulging?! The economy loses about \$400 billion dollars because of this. And so, many people feel that the Monday after the Super Bowl should just become a holiday since so many people don't go to work. Other people feel that the Super Bowl should just be moved to Saturday because the majority of people who watch it would not have to work on Sunday. I wanted to find out what my peers and teachers think about this issue and so I surveyed a total of 78 students and staff members. Here are the results:

* 80% feel that "Super Bowl Monday" should be a federal holiday.

* 15% feel that the Super Bowl should be moved to Saturday.

* 5% feel that nothing should be changed.

No matter what happens with the Super Bowl though, in many households, it will always be a fun tradition.

Dangerous Games

By: Brian Kraupner

The stadium roars as the ball is run into the end zone. Cameras flash as the scoreboard changes. Clearly, the world of professional sports has created a huge fan base and thus, a huge industry. Although professional sports benefit the economy, there are in fact consequences when it comes to playing in the leagues that make up this field. Even though professional athletes are in the spotlight while also earning a salary that is high enough to support themselves and their families for the rest of their lives, contact sports can lead to injuries, which ultimately have long-term consequences.

On January 2nd, 2023, Damar Hamlin, a safety in the National Football League (NFL) on the Buffalo Bills collapsed during the first quarter. Hamlin tackled a Bengals' receiver whose shoulder then collided with Hamlin's chest; this resulted in Hamlin going into cardiac arrest as he tried to stand up. He was then rushed to the University of Cincinnati Medical Center and found to have had no medical history that would make him more vulnerable to going into cardiac arrest. Although Hamlin has since recovered, this isn't the first life-threatening injury to occur in contact sports.

Chris Pronger, a defenseman in the Nation Hockey League (NHL) for the St. Louis Blues, collapsed in 1998 after taking a slapshot to the heart during a playoff game against the Detroit Red Wings. Pronger suffered from commotio cordis which occurs from a sudden object hitting the chest. Chris Pronger, just like Damar Hamlin, did not suffer from any past medical issues.

Another sports-related injury that has long-lasting effects is a

concussion, which is traumatic for the brain. Sustaining multiple concussions over time can result in cognitive and neurological problems. For example, in soccer, players often use their head throughout the game to strike the ball. In a study done by University of Stirling scientists in 2016, the brain was tested before and after a session of soccer. On average, players headed the balls 20 times. The scientists conducted a memory test before and after the game. The memory test found that memory test performance reduced between 41% and 67% afterwards. Although the symptoms seemed to resolve 24 hours after the game, sustaining more serious or multiple head injuries can cause long-term effects. Kelsi Schiltz, a physical therapy doctor at the University of Utah specializing in neurological conditions, said "trauma to the left side of your brain can cause problems with logic, speech difficulties, trouble understanding others or talking, versus the right side injury, which can cause problems processing visual information, neglect or apraxia- the ability to perform regular or familiar tasks." In 2022 the NFL recorded, in the pre-season and regular season, a total of 213 players who dealt with concussions. Although many other injuries occur like torn ligaments, shoulder, quad and hamstring pulls and shoulder dislocations, trauma to the head will have many more long-term effects.

Yes, professional sports have created a huge money-making industry, but do the consequences of potentially suffering serious injuries outweigh the fame and money that can be earned by those who play these games?

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***Matt Nochowitz, for bowling a perfect game while he was a member of the Varsity Boys' Bowling Team this past season.**

***The Girls' Winter Track and Field Team for being Conference Champions and runner-up at the County Championship**

The Rich Get Richer

By: Michael Ye

In a sport like baseball where a salary cap does not exist, spending money has been, and will always be, the most effective way to construct a roster. Such a privilege however, is only limited to a certain number of teams that are able to generate enough revenue. Playing in the popular New York market, the Mets are definitely one of those clubs. This off-season, the team spent over \$500 million, with a lot of it being used to reform its pitching staff into one of the strongest and deepest groups in the League. The starting rotation now has three new faces and is clearly the strongest aspect of the team. So what exactly has happened over the past few months and how does the team look heading into the 2023 season?

With so many new acquisitions being brought in, this seems to have overshadowed the fact that the Mets ended up losing Jacob deGrom, arguably their best starting pitcher in the franchise's history. As he failed to throw more than 100 innings last season for the third consecutive year, his recent injury history likely scared the team away from giving him a long-term contract extension. Despite spending more time on the injured list, deGrom still managed to perform at an elite level when healthy. The Texas Rangers realized this and were comfortable giving him a five-year \$185 million contract, one that takes him until he's 40 years old. While this may seem like a massive loss for the Mets, the team could not have gotten a better replacement for deGrom. Shortly after his departure, the Mets were able to sign reigning AL Cy Young Winner Justin Verlander to a two-year \$86.7 million contract. Verlander is coming off of a season in which he led the league in ERA (1.75), WHIP (0.829), and ERA+ (220) at 39 years old. As a veteran pitcher with proven success, he is exactly what the Mets needed at the top of the rotation.

Apart from losing their ace, this off-season also saw the Mets lose both of their third and fourth starters of last season in Chris Bassitt and Taijuan Walker to free agency. With two holes in the middle of the rotation, the team was once again able to fill them by bringing in Jose Quintana and Japanese superstar Kodai Senga. How Senga will transition to facing MLB competition is still a mystery, but his unique

fastball and forkball combination is something all fans should look forward to watching. Quintana on the other hand, seems to be going through a career resurgence after having four consecutive mediocre seasons of an ERA above four before last year. Nobody expects him to replicate his solid 2.93 ERA and 137 ERA+ from last year, as he is now 34 years old and bound for regression. The Mets however, brought in a veteran like him for the purpose of being a back of the rotation starter that can eat up innings and provide balance to such a right-handed heavy pitching staff.

After superstar shortstop Carlos Correa's 13 year \$350 million mega deal with the San Francisco Giants was unable to be finalized due to health concerns, the Mets ended up stealing him away for less money with a 12 year \$315 million contract to play third base and form potentially the best infield in baseball. For a moment, the Mets were on the top of the baseball world and declared the clear-cut winners of free agency. It seemed like Mets' fans were being given an early Christmas gift; alas, this deal was never finalized because of the same issues both teams had with Correa's physical. In the end, he would officially stay with the Minnesota Twins on a much cheaper six-year \$200 million contract. Adding an impact bat like Correa's would have addressed the Mets' biggest need heading into this off-season. Their lineup was the team's biggest weakness last season because of how inconsistent it was. Without Correa, it still remains an issue that has yet to be addressed heading into the 2023 campaign.

While this off-season could have been better for the Mets, General Manager Billy Eppler still deserves a lot of credit for the job he has done considering the circumstances. A couple of months ago, the outlook of the team was murky as so many key players were set to become free agents. The ones that ended up leaving the team were replaced, setting up the Mets to once again be a contender for the 2023 season.

Let These Players In

By: Alonzo Giancarlo Marte

Since the 1870's, Major League Baseball has existed. From that point on, there have been great players in the League. For those players, one of the greatest accomplishments that they could possibly achieve, besides winning a World Series, is being inducted into the Baseball Hall of Fame in Cooperstown, New York. Legends such as Hank Aaron, Babe Ruth, Willie Mays, Rickey Henderson, Lou Gehrig, Ernie Banks, Tom Seaver, Ty Cobb, Cy Young, and Nolan Ryan have already been acknowledged by the Hall of Fame's Baseball Writers' Association of America committee, but there are some players, such as Barry Bonds, Roger Clemens, Mark McGwire, Sammy Sosa, and Pete Rose who are not in the Hall of Fame and yet deserve to be. However, as the years have passed, they have been overlooked.

One particular player who should be in the Baseball Hall of Fame, but is not is Pete Rose. He is actually banned from the Hall of Fame because as a manager of the Cincinnati Reds, he bet on games his team played in from the years 1984-1986. According to *Baseball Reference*, before his time managing the Cincinnati Reds, Pete Rose was a World Series Champion, a World Series Most Valuable Player (MVP), a regular season MVP, a 3 time batting title champ for having the highest batting average in the years 1968, 1969, and 1973; plus, he had his number retired with three teams he played for: the Cincinnati Reds, the Philadelphia Phillies, and the Montreal Expos. Also, on September 11th, 1985, Rose broke the all-time hit record for most hits in a career. He still holds this title. Clearly, Pete Rose was a great baseball player as he was a hitting machine; he should not be punished as a player for mistakes he made as a manager. Pete Rose deserves a spot in the Baseball Hall of Fame.

Now, the reason why most of the players that were previously mentioned as non-Hall of Famers were denied is because of the "Steroid Era" which was when so many of the absolute greats of that time took steroids in order to improve their performance. The people who decide who should be voted and inducted into the Baseball Hall of Fame believe these players cheated by using steroids. According to *Bleacher Report*, sports analysts have argued that the

Steroid Era saved the game of baseball. The Steroid Era was between 1985-2004 and some of the players who were a part of it were Barry Bonds, Mark McGwire, Sammy Sosa, and Roger Clemens; and, they were all amazing baseball players. According to *Bleacher Report*, Bonds, despite "putting up the numbers to be considered the best player in baseball history, [has] his past controversy [keeping] him out of the Baseball Hall of Fame." He holds multiple home run records such as the most home runs in a season at 73 in 2001. As of 2007, Bonds also holds the record for most home runs of all time at 762. He is a seven time MVP, eight time Gold Glove winner (Best Fielder), twelve time Silver Slugger winner, two time batting champ, fourteen time all star, and Home Run Derby champion. Also, in 2004 Bonds reached base more times than he had at-bats. That's 129 hits in 373 at-bats with 232 walks, getting hit by a pitch nine times and reaching base on an error six times for 376 times on base. This is why Barry Bonds should be in the Hall of Fame despite the fact that he used steroids.

Another player, Mark McGwire, who played for the Athletics (1986-1997) and Cardinals (1997-2001), originally held the record for most runs in a season at 70 in 1998. In that same year, Sammy Sosa played for the Chicago Cubs, Texas Rangers, Chicago White Sox, and Baltimore Orioles. Sammy Sosa hit 66 home runs, which was the record until Mark McGwire broke it later that year. To tell you that Barry Bonds, Mark McGwire, and Sammy Sosa hold six out of the 10 spots for top ten most home runs in a season is crazy. According to *Baseball Reference*, the top ten single season home run records are: "1. Barry Bonds (36) 73, 2. Mark McGwire (34) 70, 3. Sammy Sosa (29) 66, 4. Mark McGwire (35) 65, 5. Sammy Sosa (32) 64, 6. Sammy Sosa (30) 63, 7. Aaron Judge (30) 62, 8. Roger Maris (26) 61, 9. Babe Ruth (32) 60, 10. Babe Ruth (26) 59." And interestingly enough, according to the Baseball Writers' Association of America, there is no specific criteria to be in the Hall of Fame. However, it's clear that these players have a lot of athletic ability in the sport of baseball that make them worthy of receiving that honor.

Finally, Roger Clemens, who played for the New York Yankees, Boston Red Sox, Houston Astros and Toronto Blue Jays, but was a part of the Steroid Era, deserves to be in the Baseball Hall of Fame. Yes, he took steroids, but he has the most Cy Young Awards; this accolade is given to the best pitcher in the Major League Baseball League and he has earned it seven times. He also dominated when it came to having a low ERA (Earned Run Average). He led the League in this seven times. In addition, Clemens has one MVP award and he is a two time Triple Crown winner, as he leads the League in wins, strikeouts, and earned run average all in the same season.

Clearly, Pete Rose, Barry Bonds, Mark McGwire, Sammy Sosa, and Roger Clemens are some of the best to play the game of baseball. And, they should not be penalized for making the game of baseball one that is exciting to watch.

Happy Spring!

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