

The Dance Studio: North Shore H.S.'s Newest Addition

By: Mae Curiale

The North Shore School District is constantly developing. In fact, since it is a multi-faceted hub for the arts, it recently undertook the process of constructing a dance studio at the High School. After years of dancing in various spaces and never having one that was specifically designated for them, North Shore's dancers finally have a home. Dalia Rodriguez, the Director of Fine and Performing Arts, had the vision for the dance studio as soon as she became director in 2015; it was the "first thing [she] advocated for." In her eyes, the purpose of the studio was "to reinforce students' understanding of space and expression, to continue to develop their artistry, and to have a community."

In 2019 when the dance program was first created, there were only 12 dancers involved. The pandemic happened soon after and there were various obstacles that needed to be overcome by the students. However, they were extremely resilient and danced on via Zoom classes, the hybrid learning model, and a 12-foot distance. Remarkably, despite such obstacles, the program has nearly doubled in size every year since. Now, as of the 2023-24 school year, there are about 60 students enrolled in the various courses that are offered. Since the department has rapidly grown, a new space was needed.

The first challenge was to find a space that, in the words of North Shore's Dance Educator, Simone Kuranishi, "was conducive to creating a dance studio." This meant that a classroom had to be completely remodeled. An art room was thus moved down the hall, freeing up the equivalent of two academic classrooms. So the studio is now located in what was formerly known as Art Room A. The changeover was obviously not perfect, as some teachers, including core academic teachers, had to be relocated. For the most part though, all ran smoothly.

First, there was a plan. Then, a team was needed to execute it. The process immediately came to life with the help of the Board of Education; Chris Zublionis, the Superintendent of North Shore Schools; Carol Ann Smyth, the Assistant Superintendent for Instruction; James Pappas, the Assistant Superintendent for Business; Dalia Rodriguez, the Director

of Fine and Performing Arts; Eric Contreras, the Principal of North Shore High School; Simone Kuranishi, the Dance Educator at both the High School and Middle School; Clerical Staff including Sharon Morello; Maintenance and Custodial Staff under the direction of John Hall; and the Arts Angels organization. This team placed value on the safety of the dance students, so the dancers needed an adequate amount of space and distance between one another. Rodriguez explained that the need for such a "highly specialized space" was "so the dancers do not injure themselves." Her vision for the creation of the dance studio was to "ensure that students who are interested in dancing as a form of expression had the appropriate space that was safe and allowed them to fully realize themselves and their potential as dancers."

Naturally, many other necessary additions could have been made to the school – so why is it that the dance program was created when it was? Firstly, the dancers' need for a home was more essential than the average person knows. According to Kuranishi, before the establishment of the studio, which has mirrors, ballet barres, and floors meant for dancing, the Middle School students were dancing on their cafeteria floor. This made for a less than ideal experience, especially when the dancers would perform steps that required them to sit or lay on the floor. Kuranishi explained that the uncushioned floors were also not designed to brace the potential fall of a dancer. The high school students were a bit better off though, as they held their classes in the Auxiliary Gym, but they were often relocated due to

things like the Picture Day setup. Additionally, during North Shore's Gymnastics' season, half the room is filled with mats, beams, and bars.

As a whole, North Shore's Dance program has grown immensely within a short amount of time. In the high school, a new course has been added each year in order to "offer a sequential curriculum for students and opportunities for them to continue to grow," Rodriguez shared. Now the program includes classes such as Conditioning for Dance, where students learn the basics and train to gain strength and flexibility, all the way to Advanced Dance, where the most experienced dancers are enrolled.

Additionally, Rodriguez explained that the more enrollment increased in the various classes, the more dancers auditioned for the school musicals, which opened up doors in regards to which shows the school could take on. As the musicals are selected by the directing team based on the talent and the students they have in the community, having more dancers meant a world of new possibilities. Moreover, while the crew is building the set and the props, the Auditorium is unavailable. Now, the new dance studio can provide the actors with a great place to rehearse.

The dance studio has also been a helpful resource for teachers in departments other than dance. At the beginning of the 2022-23 school year, while the Band and Orchestra rooms were still being constructed, the dance studio housed North Shore's Concert Chorale every day, so the Orchestra could use the finished choir room for the time being. Having the

extra rehearsal space has proven valuable to many of North Shore's ensembles.

After months of anticipation, the dance studio's ribbon cutting ceremony took place on October 5th. Lisa Cashman, a Board Trustee, expressed her personal appreciation for the dance program, particularly because students need physical movement in their time at school and having dance as an option "offers an avenue for kids who don't find that physical movement through sports and athletics." Another Trustee of North Shore's Board of Education, Maria Mosca, shared that she places a lot of value in students obtaining a "fully well-rounded education in all the arts," which has been furthered by the existence of the dance program; it has fostered creativity by giving students the opportunity to get involved in art forms other than visual art and music.

The dance program has grown bigger and more prestigious each year. At this point in the development of the dance program, students are eligible for the National Honors Society for Dance Arts and are given the opportunity to join the Select Ensemble. Even students from North Shore Middle School are able to get involved, thanks to the "Dance Explorations" course, which is designated for eighth grade students to get introduced to dance and prepare for higher level high school courses, as well as the various clubs offered, such as the "Popular Dance Club," in which middle school students get to learn popular dances from apps like TikTok. The Middle School's dance students also utilize the studio for their classes, as well as groups like Pulse, North Shore High School's Dance Team, for which the dance studio has been an upgrade in rehearsal space. There is also now an annual "Symposium" in which students in each of the offered dance classes perform pieces right on North Shore High School's stage that they have worked on throughout the course of the entire school year. This year's Symposium falls on April 3rd, 2024.

Clearly, plenty of milestones have been reached through the growth of the dance program. However, the creation of its studio is quite a grand one.



Photo Courtesy Of: Shelly Newman

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November 2023

A New Turf Field Brings With It New Potential

By: Lucia Cagno

The ability to play sports is vital for quite a number of people. They help individuals, fuel passions, form friendships, and build futures. At North Shore High School, this is no different. Consequently, this year when a new turf installation plan for the school's main field was announced, many questions arose about the impact on this year's outdoor Fall sports season. The High School's outdoor Fall sports season teams include cross country, football and soccer. Since installing turf is typically a lengthy process, a well-thought out plan was therefore more than needed.

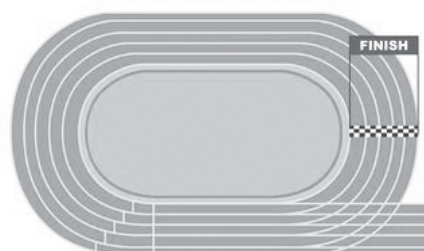
The previous turf field was put down 12 years ago, according to Dr. Kurrus, an assistant principal at North Shore High School. Typically, outdoor turf has a lifespan of around 8-10 years (FieldTurf), so installing a new field was not a quickly made decision. Having an older turf field however, makes it more prone to things like flooding (FieldTurf). Dr. Kurrus explained that the new turf field was planned to be installed later in the year in order to minimize the effect it would have on the sports seasons; after all, the winter sports teams typically practice indoors. North Shore's administration ultimately reached out to The LandTek Group, an athletic facility construction company in order to install a new turf field. Fortunately, The LandTek Group offered to install the new turf field in a shorter period of time of around two to three weeks during the earlier months of the Fall season, and so, this became the new plan.

Ultimately, turf fields offer a number of benefits. These types of fields are synthetic and able to withstand a huge amount of use before needing to be replaced or maintained (Connecticut State Department of Public Health). They are also more resistant to flooding and do not require mowing, which is easier to keep it up and running well. Although the installation process of a turf field can be more expensive than the installation process of a grass field, these costs typically even out as a result of the costly maintenance a grass field requires. Turf fields can be a great alternative to grass fields. However, recent studies show that turf fields may be contributing to various athletic injuries. Aaron Rogers, a quarterback on the New York Jets professional football team, recently suffered an Achilles tendon rupture while playing on a new turf field. This kind of injury is brutal, and can end careers. Much of the Jets' staff and team believe that the turf field was responsible for this injury, and that they "keep losing [their] best players to unnecessary injuries" (*New York Times*). A ten year study published in 2019 found that the rates of anterior cruciate ligament (ACL) and posterior cruciate ligament (PCL) related injuries, which are extremely damaging non-contact knee injuries, increased when both lower level and higher level

football players practiced on turf fields (National Center for Health Records). Mr. Bishop, North Shore's Varsity Men's Soccer Team's coach, believes that "turf inevitably can lead to injuries", but is often a better option when compared to a poorly-kept grass field. The list of pros and cons for a grass field v. turf field is a long one, and both kinds of fields offer a unique set of features for high school athletes.

Regardless, the turf field installation had potential to cause problems for some of the outdoor sports teams at North Shore. Isa Guerrero, a player on the North Shore Women's Varsity Soccer Team, described that finding new spaces to practice was "initially hard because all the outdoor sports teams had to share the grass space". However, the period of practicing without the turf was short lived due to the quick installation, and in about two weeks into the season, the team "was able to practice in a more game realistic setting". The Varsity Soccer Teams have games typically played on turf, so being able to practice on an improved turf will seemingly make the overall process beneficial. Sophia Marchioli, a runner on the Varsity Cross Country Team, explained a similar situation. The extraordinarily successful Cross Country Team at North Shore usually trains on grass during the Fall, as that is typically the environment of its races. However, the occasional speed training has taken place on the track, which was closed due to the turf installation for the first few weeks of the season. Marchioli explained that this was a small hiccup in their season, and that the new turf seems to only be helpful. Mr. Bishop explained that the turf installation had a moderate impact on the Men's Varsity Soccer Team, as they were a primary team using the turf field. He described that the team had to adjust when needing to relocate some of its home games due to a lack of space to play. Mr. Bishop however, agrees that the new turf field now feels softer and more cushioned, which is similar to what Guerrero described it as.

The installation of the new turf field at North Shore High School had the potential to stain the Fall sports season; however, now it seems as if it will only contribute to and continue to highlight the success of North Shore's teams.



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The Senior Struggle: Is College Really Worth It?

By: Veronica Frank

Many teenagers dream of attending a prestigious university or getting the “college experience” that is filled with parties, roommates, and dorms. What most prospective students don’t account for are the tremendous costs that accompany the exhilarating experiences at these institutions. While some in-state colleges can cost \$5,000 a year, other prestigious private institutions like Syracuse University, University of Chicago, and University of Southern California can cost up to \$85,000 per year. Although a majority of what makes a student attractive to a school are extracurricular activities, GPA, and test scores, what it sometimes comes down to between applicants is who can afford the tuition, and who can’t.

In the last 20 years, tuition and fees have more than doubled, reaching almost \$12,000 at four-year, in-state public colleges, on average, in the 2022-23 academic year (Dickler). On average in the United States, four-year private colleges cost \$39,400 annually, which accounts for student aid (College Board). With the addition of other expenses, such as room and board, the total cost can be more than \$70,000 a year for undergraduate students at private colleges or out-of-state students attending four-year public colleges. This increase in the cost of tuition and room and board has left a vast majority of parents and students, as many as 92% of students and 70% of parents, concerned that they won’t have sufficient funds to cover the cost (Scholarship Owl).

Even in combination with scholarships to help cover the cost of college tuition, many students and their families participate in student aid. In the United States alone there are 43.5 million borrowers of federal student loans. In fact, the average student debt balance is \$37,718, while the total average balance may be as high as \$45,000 for a four-year Bachelor’s degree (Education Data). Unfortunately, for students who want to receive a Master’s or Doctoral degree, this price on average is \$83,651 for a Masters degree, and up to \$186,000 for a Doctoral degree, although the median amount is \$120,000 (Education Data).

To combat the high costs of college and the anxiety student debt creates, most universities and colleges offer need-based aid through CSS and the FAFSA (Free Application for Federal Student Aid). The CSS profile is a non-federal aid program through the College Board, which annually gives upwards of \$10 billion to thousands of students nationwide. It is “free to students with family incomes up to \$100,000”, which significantly increases the number of students who can apply to schools at no cost. The FAFSA is a form completed by current and prospective college students that determines their eligibility for student financial aid. Both of these forms and programs are ways that the federal government and the College Board are working to combat the economic barriers universities have created with tuition prices.

Despite the aid given to students in need, a large population of middle-class families are still struggling to provide the funds to send their children to college without racking up a large sum of debt. For many families, even if their child is admitted to a prestigious school, merit scholarships and aid are not enough to cover the cost. Even so, knowing that they will go thousands of dollars in debt, many students take the economic leap of faith and invest in their higher education because they feel that the

cost will benefit them in the future. In one survey from 2010, “86 percent of college graduates say that college has been a good investment” (Tough). And in the fall of 2009, 70 percent of that year’s high school graduates went straight to college.

However, in 2020 the same survey from 2010 dropped, as “the percentage of young adults who said that a college degree is very important fell to 41 percent” (Tough). The dramatic decrease is linked to the exorbitant price of college, whereas in countries outside of the United States the opposite is true. In Canada and Japan, public-university tuition is about \$5,000 a year, while in Italy, Spain and Israel it is about \$2,000. Additionally, in France, Denmark and Germany, tuition is essentially free (Dong). A few decades ago, the United States had very similar levels of government funding for college education. So, what happened?

Economists have explained this phenomenon with the term “the college wage premium,” which is the gap that exists between the incomes of college graduates and high school graduates. In theory, the wage premium indicates that with a college education, a graduate should have a significantly higher income compared to someone who did not earn a college degree. However, what the wage premium did not account for is how much a graduate owes in relation to what they earn. This prompted researchers in St. Louis to introduce a new theory: the college wealth premium, which unlike the wage premium, accounted for one’s assets and debts (Tough). Surprisingly, when economists analyzed data through this new lens, the benefits of a wage earned after a college degree began to evaporate.

The researchers determined that for Caucasian college graduates born in and after the 1980s, there was only a 10% increase in wealth compared to high school graduates born in the same decade (Emmons/Kent). The data for Black and Hispanic individuals was extremely similar. Black college graduates born after 1980 experienced almost no wealth premium when compared to their less educated peers. With this startling data, millennials who earned college degrees have begun to question if their college debt was actually worth it.

With Generation-Z applying and attending college, the question becomes whether or not receiving a higher education is actually worth the financial risk? Although economist Douglas Webber, a professor at Temple University, explains that the wage premium for a student who attends college is still substantially higher than it is for a student who did not attend college, there is still a financial downside to attending college. For instance, with the increasing cost of housing and basic living, student debt can prevent purchasing other major investments such as a house or making retirement plans.

With their future ahead, high school seniors and graduates are left with a plethora of uncertainties. How do students know if their tens of thousands of dollars worth of debt will pay off in their future career? How do students know if more popular careers that don’t require a college degree such as an influencer or a professional gamer would generate more money? In a rapidly changing world though, education is still paramount; there is no answer to whether higher education is “worth it”, but rather if the cost is.

Ozempic: When Social Media Engenders Irresponsible Usage

By: Kaitlin Ho

As my diabetic grandmother watched television with me, the familiar jingle of “oh, oh, oh Ozempic” started to play. She immediately blurted out words of distress because she recently had to switch her diabetes medication from Ozempic to a different one due to a shortage that was caused by people using it for the wrong reason: weight loss.

The Food and Drug Administration (FDA) originally approved Ozempic for the treatment of diabetes; in 2021, it later approved Wegovy, a drug that has a higher dose than Ozempic of the active ingredient semaglutide, which is meant to treat obesity; soon after, Ozempic and Wegovy went viral on Tik Tok as influencers and celebrities praised these “wonder drugs” for their role in weight loss. Tech tycoon Elon Musk was one such person who got on this bandwagon. However, he was never obese; he just wanted to shed a few pounds. Thus began the start of a shortage of these two prescription medications.

More doctors are now prescribing Ozempic for the “off-label” use of vanity. In February 2023, Ozempic-filled prescriptions in the U.S. reached an all-time high with over 373,000—more than half were new and likely being used off-label as a result of the social media frenzy surrounding it. After a Texas-based doctor wrote 17,000 Ozempic prescriptions that were filled by two pharmacies in Canada and then mailed to American residents, Canadian Health Minister Jean-Yves Duclos said that the level of “abuse [of Ozempic prescriptions is] outrageous.” Health care professionals are clearly not prescribing Ozempic responsibly.

Also, while people may want to become thinner by using Ozempic, even if their weight is already in a healthy range or they are not diabetic, they could experience intense side effects. According to Dr. Janice Jin Hwang, who is Chief of the Endocrinology and Metabolism division at the University of North Carolina School of Medicine, Ozempic has not been systematically tested in people with lower body weights, but the GI side effects, kidney issues and gallstone issues could be worse in many of these individuals. In general, Ozempic users can experience nausea and slowed stomach emptying and gastric movement leading to severe constipation and cramps.

In fact, comedian Amy Schumer shared that she tried taking Ozempic for weight loss last year, but stopped after she developed serious side effects that left her feeling weak and fatigued. Schumer said “I was one of those people that felt so sick and couldn’t play with my son...I was so skinny, and he’s throwing a ball at me and [I couldn’t].” Additionally, British-American television personality Sharon Osbourne stopped Ozempic because she lost 42 pounds and didn’t intend to drop that much weight. Osbourne believes that one “can’t stay on it forever” and that “you’ve got to keep this stuff away from younger people because they will go berserk on it and it’s not right.”

Overall, as Zoe Witt, a spokesperson for Mutual Aid Diabetes, stated, “Social media is pushing [Ozempic usage because] there’s pressures on people to lose weight ... Ozempic was hard for diabetics to get even before this happened ... [there is] anxiety in the

[diabetic] community right now over the Ozempic shortage.” The bottom line is: if people are not diabetic, they should not take diabetes medication to lose weight. Not only is it hurting those who need the drug the most, like my diabetic grandmother, but it is also dangerous to those who are taking it for the wrong reasons.

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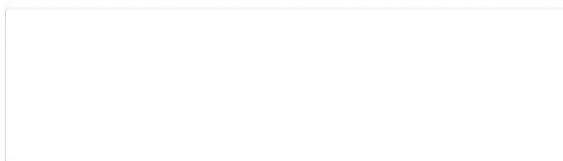
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Are Most Politicians Too Old?

By: Séamus Hughes

Government has long been the territory of elders. The word senator, in fact, comes from the Latin word senex, meaning old man. Despite this precedent, pushback against the old members of government seems to have grown, and one heavily contested issue is the idea of age limits for politicians. Almost three out of four Americans support implementing age limits for elected officials, and 72% think President Joe Biden is not physically healthy enough to serve as president (Salvanto, Backus, and De Pinto). While politicians may be older than ever, limiting their age is not the solution.

The push for age limits is understandable, because the government really is full of elderly people. Senator Dianne Feinstein recently died at age 90 (Bouie) and, up until her death, was having issues performing tasks as simple as casting a vote (Kim). Senator Mitch McConnell, 81, has recently had several incidents involving him freezing for periods of time, an issue which some have associated with his age (Kim). Joe Biden is currently 80 and plans to serve until he is 86, while Former President Donald Trump is 77 (Ryan and Ross). The median senator is about 64 years old (Metzger and Griffiths). Baby boomers control a disproportionately high percentage of seats in Congress (Metzger and Griffiths) and these positions of power are usually given to those with seniority (Metzger and Griffiths). All of these instances contribute to the perception of the government of a gerontocracy, but this is an issue that cannot just be solved with a simple rule.

Age limits have several major issues that should immediately exclude them from the list of potential solutions to this

problem. One concern with age limits is actually picking the age. There is no one age when people decline. For example, Democratic Representative Ritchie Torres said that his colleague, 84 year old Nancy Pelosi, is one of the “sharpest people [he’s] ever met in [his] life”, and Republican Sen. Richard Shelby said he has “known some people sharp in their mid-90s”. Some individuals might be unfit to serve before 60 while others might be capable for decades. Whatever number is picked would be completely arbitrary and would bar capable people from holding positions while not completely rooting out everyone with age-associated health issues. Mental competency tests have been suggested as an alternative, but the problem is that these tests simply don’t exist yet, leaving this proposal hopeless for now. Overall, age limits would be impossible to implement and would be guaranteed to have a negative impact.

If we do not implement age limits, then how can this problem be fixed? The answer is simple: voting. If people do not want someone to take office because they are too old, they should vote for another candidate. Age limits “violate the basic democratic principle that voters should be allowed to choose their representatives” (Bouie). One might argue that in the case of the presidential election, a voter has no choice but to vote for one of two older candidates. This, however, would not be solved by imposing an age limit and is simply indicative of a much larger issue: the current American two-party system. If we truly want to fix the gerontocracy, the solution clearly lies in voting. But if voting fails, then American democracy as a whole needs to be questioned.

Head Cook, Basma Hanafy (BH)
A: I learned to cook Italian food from my husband and mother-in-law.
Food Service Worker, Kristine Bordonaro (KB)
A: My three children.
Deli Worker, Maria Cook (MC)
Q: What is your favorite thing to cook and why?
A: I can’t pinpoint one thing that I love to cook because I love so many different dishes, but if I had to pick one, it would be Carne Asada and my kids’ favorite tacos.
BH
A: I like to make salmon with a honey mustard glaze on the BBQ at home. It is my family’s favorite dinner.
KB
A: At home I like to make stuffed mushrooms, baked mashed potatoes with roast beef, and chicken franchise...
MC
Q: What hobbies do you enjoy besides spending time in the kitchen?
A: I love traveling with my family and visiting different places. I also love shopping and spending quality time with my children and family.
BH
A: I like to go camping, kayaking, and dancing. I also tried ziplining for the first time this summer.
KB
A: I love cycling and walking near the water.
MC
Q: Do you have a special connection to cooking?
A: My connection to food goes way back to

The Importance Of ASML

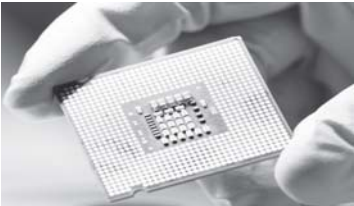
By: Raymond Lin

Semiconductors, which are things like memory chips and computer CPUs, are necessary. They are integral to all kinds of technology such as cars, medical equipment, phones, TVs, cameras, computers, the internet, etc (Hitachi). Without these technologies, entire portions of our lives and the economy would be eviscerated. However, not only are they critical to the economy and our day-to-day lives, but they are also vital to national security. Semiconductors are present in armored vehicles, drones, radios, missiles, aircraft, and a whole assortment of other crucial military equipment (Gilchrist). Due to its civilian and military importance, the U.S. has invested tens of billions of dollars into boosting its semiconductor production capabilities (The White House). China has met this action with its own attempts to raise massive sums of money to invest in semiconductor production (Zhu, et al). As this arms race of semiconductor production continues, one company’s importance has been seemingly magnified: Advanced Semiconductor Materials Lithography, which is often abbreviated as ASML.

ASML, which is Europe’s largest tech company with a market cap of around \$230 billion and net sales of \$21 billion, is the world’s only producer of extreme ultraviolet, abbreviated EUV, lithography machines (ASML). These EUV machines project light to create patterns during the production of semiconductors. These patterns produce layers that will, at the end of

the production process, contain billions of tiny transitions that are necessary for the semiconductor to function. This means that these EUV machines create the structure needed for semiconductors to work.

With the growth of consumer technology and AI, along with military usage in drones and other hardware, these EUV systems will prove vital to many consumers, companies, and governments across the globe. However, it seems as if China will have limited or zero access to these important machines since the Dutch government has imposed licensing restrictions on ASML’s machines (Freifeld). This means the Dutch government will restrict, or even completely block, the export of these machines to China, hampering China’s efforts to advance its semiconductor business and forcing it to remain reliant on Taiwan. However, while this scenario may be ideal for U.S. foreign policy, China will not simply accept the Dutch government’s obvious affront. It will try to get around these licensing restrictions, whether it be through innovation and investment or more illicit means such as circumventing sanctions (He). What will this mean for the future of semiconductors and the products that need them? Only time will tell.



North Shore High School’s Cafeteria: The Heart Of The School

By: Sophia Marchioli

North Shore High School’s cafeteria is beloved by students and teachers alike. It acts as a space for gathering and replenishing the student body. The school’s population enjoys the wide variety of cuisine provided by the cafeteria staff, thus unifying the school by tapping into different cultural flavor profiles. In order to find out more about what makes this essential space tick, I interviewed some members of the cafeteria staff. They expressed that they feel joy from the bonds that are formed from the daily interactions that they have with students and teachers. Food Service Worker, Kristine Bordonaro, explained that it is the ability to get to know students as they “grow up from their freshman year to senior year” that she admires most about her job. Head Cook, Basma Hanafy, and Deli Worker, Maria Cook, added that making students smile with their creations is another bonus of the job. However, these rushed exchanges on the lunch line often are not enough to truly get to know the cafeteria workers. Learn more below about some of the staff’s connection to their job!

Q: What made you love cooking?
A: I grew up in a household where cooking was the staple of the family. My mom would let me help her cook when I was young and my passion for food grew stronger as I got older. I love being able to create different dishes and using all sorts of spices to make it my own. I grew up in an Egyptian and Italian household and that in itself made me want to grow and learn about food from all over the world.

when I was a child. Helping my mother cook brought the family together. Cooking is my passion, and it defines who I am. “Real cooking is more about following your heart than following the recipes”.

BH
A: I enjoy it. My kids say I put lots of love into everything I do. Enjoying people’s presence and seeing kids enjoy my food [connects me to cooking].
MC

In addition to a discussion with some of the cafeteria staff, I also interviewed School Lunch Manager, Alan Levin, to get the inside scoop on new menu items and cafeteria events.

Q: What changes have been made to the typical calendar menu that gets sent out every month?
A: Since I started in May of 2021, we have focused on using local, fresh produce and adding new menu options. We have also gone back to scratch cooking, making things in house. We have held many events in the cafeteria as well, including the Stromboli Cook-Off, Chili Cook-Off, Holiday Cookie Bake-Off, and Local Fresh Fish Taco Event.
Q: What new lunches have been added to this year’s menu?
A: Last year we introduced new menu items such as carne asada, ramen noodle bowls, homemade hummus platters, chicken shawarma, and chili bread bowls. We are

looking to add more menu entrees each month. This month we are featuring a vegetarian Mexican lasagna and a bulgur wheat con pollo. We have also added more vegetable options.

Q: Who develops the school menu and any new lunch recipes? What does this process entail?
A: Creating a school menu is a collaborative process. I work closely with the staff to brainstorm ideas and test out recipes. Then I need to closely examine the nutritional information of each recipe to make sure it follows the National School Lunch Guidelines. I use a computer software program to ensure we are meeting those guidelines. Also, our stromboli was inspired by Mr. Knight’s winning entree in our first cook-off.

Q: Are there any “fan favorite” lunches?
A: The ramen noodle bowl is always a big hit. Our new deli bar that has a panini press is also a favorite lunch. In addition, we make sure to keep serving the classics; flame grilled burgers, chicken bites and pizza are always popular.

Efforts to get creative with the High School’s lunch menu and unique events expose students to new cuisines, while simultaneously fueling their bodies for the school day. Finally, welcoming smiles from the cafeteria staff foster a warm environment where students can unwind. By bringing the students delicious food and conversation that they can all enjoy, the Cafeteria has truly become the heart of the school.

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The WGA/SAG-AFTRA Strike: What You Need To Know

By: Sophie Brandimarte

How come the new season of your favorite TV series never premiered? Are you wondering why the release of the new *Avengers* installment you were excited for was pushed back a year? For most of us, the past few months have been a period of somewhat bearable abnormality. You have had to rewatch a show you've already seen, or you noticed there's not much playing in the movie theater; no big deal. For workers in the entertainment industry, and especially members of the WGA (Writers Guild of America) and SAG-AFTRA (Screen Actors Guild and American Federation of Television and Radio Artists), it has been an unprecedented summer of difficulty, however.

On May 7th, 2023, film and television writers put down their pens and took to the picket lines. The sentiment for a strike had been brewing since February as tensions rose between the big-name producers of the industry and the guild. The strike came at a time of fundamental change for entertainment. With the steady rise of streaming services such as Netflix, Apple TV+, Peacock, and Max, production companies now have a new means for rolling in the checks. So how is it that revenue for these massive production companies is at an all-time high, and yet writers' pay is on the decline? According to the WGA report released on March 14th, 2023, "screen pay has declined 14% in the last five years." There is money in the industry, yet that's not the problem. The problem is where the money is being placed. Budgets for series and film have skyrocketed, while the median wage for writers has dwindled. Writers are being placed in "mini rooms", where fewer writers are staffed to work on larger projects, in a shorter amount of time. But this just scratches the surface. The major complaints from the guild focus on residual checks and generative artificial intelligence. Residuals are the payments writers and actors get in relation to how much their show or movie is broadcasted, whether that be on cable networks or streaming services. Especially in the age of streaming, writers and actors alike are reliant on residuals as a form of steady, passive income. Recently, these residual checks have been coming in at concerningly low numbers, or not coming in at all. Amid the strike, actress Kimiko Glenn of Netflix's hit series *Orange Is the New Black* took to social media to share the shocking numbers on her foreign residuals check for the show. For each episode she appeared in, Glenn made around two or three cents, for a total of twenty-seven dollars and thirty cents for the whole run. Glenn expressed her shock; "It's just so sad!", reflecting the attitude of many other actors and writers. As far as artificial intelligence goes, many production companies are defending the dock on writers' pay to generative AI's ability to write scripts using the existing work of human writers as a base. When this was revealed amidst negotiations, union members turned the claim into a rallying cry, with remarks such as "Human writers only!" plastered on picket signs. These complaints were put into a document of demands to be sent to the AMPTP (The Alliance of Motion Picture and Television Producers) and were approved by a whopping 98.4% of WGA members on March 7th. After months of discussions between the two unions, no agreement could be reached. WGA members were ordered to stop working and

the entertainment industry practically shut down.

Effects were felt almost immediately. Long-running sketch comedy show, *Saturday Night Live* had to cut its season short when the strike went into effect. The show, which typically airs once a week during its season, had to cancel on hosts and musical guests and instead replace the upcoming episodes with reruns. Also shut down were late night talk shows such as *The Late Show with Stephen Colbert*, *Jimmy Kimmel Live*, *The Tonight Show Starring Jimmy Fallon*, *Late Night with Seth Myers*, *The Daily Show*, and *Last Week Tonight with John Oliver*, among others. The 2023 Tony Awards went on unscripted, which was an unprecedented endeavor. However, studio audience shows were not the only ones going dark. With empty writers rooms across the country, new seasons of popular shows such as *Abbott Elementary*, *Severance*, *The White Lotus*, and *Yellowjackets* were severely delayed. Similarly, pre-production on big-budget franchise favorites like *Fantastic Four*, *Dune 2*, *Mission: Impossible - Dead Reckoning Part 2*, and *Avatar* were stopped. Aside from a few independent studios, like A24 who complied with the guild's demands, most of Hollywood was shut down. This left tens of thousands of people unemployed, and it wasn't just union members. The complete shut-down of the industry meant everyone was affected; directors, cinematographers, production assistants, gaffers, grips, editors, all the people it takes to create a movie or TV show, were put out of work.

Everything was heightened by the announcement of the SAG-AFTRA strike on July 13th, followed by a very passionate speech by President Fran Drescher. Aside from her fiery words regarding the AMPTP, Drescher explained, "it came with great sadness that we came to this crossroads, but we had no choice," highlighting the toll the strike would take on the industry. In the following months, with actors out of the picture too, seemingly all production came to a halt. The actors were striking for many of the same reasons as the WGA: residuals, generative artificial intelligence, and general low median pay. Thus, the two unions banded together, and could be seen picketing on the streets of Los Angeles and New York.

So where does the strike stand now? At 12:01 a.m. on Thursday, November 9th, the SAG-AFTRA strike officially ended, making the 118-day work stoppage the longest in the union's history. After long deliberations over the weekend with the AMPTP, SAG-AFTRA's negotiating committee unanimously voted to approve the final agreement. The deal is a major victory for the actors, who succeeded in obtaining a historic 7% pay increase for most minimums, protections against artificial intelligence, and a streaming participation bonus. Committee member Kevin E. West says the final deal is "not perfect", but is still an "extraordinary" achievement. With studios itching to make up for lost time, actors are set to return filming as soon as possible.

Did You Leave A 'Blank Space' On Your Calendar?

By: Abby Reisberg

If you know anything about the pop world, you know who the powerhouse Taylor Swift is. Since early 2023, Swift has been on her Era's Tour which showcases all 10 of her albums. This particular tour has been her most successful yet: Swift's popularity as a performer is astounding, as *Business Insider* reports that "Regular tickets for the U.S. leg of Swift's tour were priced between \$49 and \$449," whereas "The average price of a resale ticket for the Era's Tour was \$3,801." In addition, this past May, Taylor Swift broke the attendance record at MetLife Stadium; according to ET Canada; "An incredible total of 217,625 fans attended the concerts over three nights, with 72,802 there on Sunday."

For now, Taylor Swift is done with her United States' leg of the tour, but she will return in late 2024. However, the singer did not want to leave her fans in North America hanging while she was touring on other continents; so, Swift announced that starting on October 13th, 2023, *The Era's Tour* movie would be in theaters. Some may think this movie is like any other documentary; however, this film is a direct recording of the actual Era's Tour concert, minus all background noise. The best part about all of this is that you can have a front row seat at the concert for a fraction of the price. A ticket to this film, at \$19.89, is much more affordable. True "Swifties" will recognize the significance of this price, as it represents one of her albums, *1989*, and is convenient for *1989 Taylor's Version*, a re-recorded album from Swift's past. Ultimately, ABC News shared that "In less than 24 hours after the concert film was announced on August 31st, it shattered AMC's U.S. record for the highest ticket sales revenue during a

single day in the business's 103-year history."

Some of North Shore High School's "Swifties" shared their thoughts and expectations before seeing the concert film. Freshman Sofia Conway said, "I think it is a really amazing idea that Taylor Swift decided to turn her tour into a movie that people can view if they couldn't go to the concert. I believe that it's a very smart marketing tool of getting people to acknowledge her tour so that more people may buy tickets for the international tour dates." During the U.S.A. portion of the tour, so many people wanted tickets that the web page of the ticketing service crashed. Freshman Emma Sussman added: "As someone who has tried to get tickets multiple times, it is truly disappointing when you go through the whole process to try to get tickets or even just a presale code and it's almost impossible...Getting tickets to go see the movie is a sort of relief because of how hard it was to try to get tickets to see her in person."

Since the release of the movie, there have been very positive results throughout theaters, with friendship bracelets being traded, unique outfits and costumes being worn that correspond with a certain album or era of Swift's such as *Fearless* or *Reputation*. Unlike regular movies in theaters where there must be complete silence, AMC shares that "We encourage dancing and singing throughout this concert film event, but please do not dance on our seats or block other guests from viewing." Overall, this is a great experience for those who enjoy Swift's music. The real question is though, have you gone to see the movie yet?

Navigating The Storm of Climate Change And Recent Flash Flood Devastation On Long Island

By: Kalista Lin

This past summer, Long Island has witnessed dramatic shifts in climate patterns, with soaring temperatures regularly reaching the 80s and plummeting to extreme lows in the 60s (Climate and Average Weather Year Round in Long Island, 2023). These wild fluctuations in weather are emblematic of the rapid and concerning changes brought about by climate change on Long Island. Once characterized by its relatively stable climate, Long Island now grapples with the unpredictability of these weather extremes, underscoring the urgent need for collective action to address the escalating crisis. These sudden changes in weather and climate also include the recent floodings in New York with radars estimating as much as 8-12 inches of rainfall during the last week of September this year.

On Friday of September 29th, 2023, the tri-state area experienced a catastrophic flash flood event, resulting in widespread devastation and disruptions to essential services. Long Island bore the brunt of this natural disaster, prompting Governor Kathy Hochul to declare a state of emergency for the region, as well as for New York City and portions of the Hudson Valley. The calamity was unleashed following a coastal flood watch issued by the National Weather Service for Long Island, which remained in effect throughout the night.

Jeremy Walsh, a spokesperson for PSEG Long Island, the electrical company, shared encouraging information regarding the electrical infrastructure. He stated that the flooding did not inflict major damage on the electric grid. Scattered power outages occurred, which were primarily due to heavy rain and gusty winds impacting trees and tree limbs, rather than from flood-related issues. Walsh highlighted PSEG Long Island's ongoing efforts to enhance the resilience of the electrical grid, including taking measures such as elevating equipment at select substations (high-

voltage electric system facilities) to guard against flooding. These initiatives have proven effective in reducing the impact of severe weather events, and the company remains committed to further strengthening the infrastructure in anticipation of future flooding and wind conditions.

As climate change continues to escalate, individuals can play a pivotal role in mitigating its impacts through small, yet meaningful, actions. Simple steps like reducing energy consumption by using energy-efficient appliances and carpooling, embracing renewable energy sources, and reducing, reusing, and recycling can collectively contribute to reducing greenhouse gas emissions. Planting trees, supporting local, sustainable agriculture, and advocating for eco-friendly policies are additional ways that individuals can join the fight against climate change. These efforts, when combined with broader systemic changes, can help slow down the worsening climate crisis on Long Island and beyond, thus safeguarding the region's environment and communities for the future.

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The Interact Club: What Do We Do?

By: Mia Perciballi

North Shore High School prides itself on having a large selection of clubs available to its student body. Extracurricular activities range from Mock Trial, to Mathletes, to Baking Club, to Ski Club. Also offered at the school are community-service-driven organizations. One such group is North Shore's Interact Club.

Interact Club consists of a small group of students that is devoted to the betterment of the North Shore community and beyond. This organization is advised by Community Service Coordinator Mrs. Christine Halloran; she is currently looking for more students to join and help grow the program!

What do the students do at Interact Club? Well, every Thursday after school on the Deli side of the Cafeteria, members gather to talk about the goals for the club, projects students want to initiate, and how to put their words into action. Interact Club is student-driven; thus, everyone's voice

is heard at meetings and anyone is able to start a project as long as they are committed to their idea. Club members have organized many activities in the past such as the Thanksgiving food drive at Holiday Farms in Glen Head. This event helped many families have a great Thanksgiving. Also, Interact Club has organized the Adopt-A-Family program, raised money for the Syria-Turkey Earthquake victims, organized St. Patrick's Day crafts for elementary school students, and given hand-made Valentine's Day cards to Sunrise Senior Living in Glen Cove. Clearly, this club is all about carrying out good acts.

Throughout the school year, new members are welcome. So, stop by the Deli side of the Cafeteria on Thursday and help the local and global communities thrive!



November 2023

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From Big Win To Big Scandal

By: Elsa Lanne

On August 20th, 2023, Spain’s National Women’s Soccer Team beat England’s Women’s National Soccer Team in the final round of the FIFA’S Women’s World Cup. However, the glory was short-lived, as an unconsented kiss on the lips fueled a grueling scandal between the players on Spain’s team and Spain’s soccer federation. This particular event brought light to the ongoing sexism that the Spanish women’s team has been facing for the past 45 years.

This past summer, the 2023 Women’s World Cup Tournament took place in Australia and New Zealand, marking the first Women’s World Cup to be co-hosted by two countries. 32 countries’ teams qualified (Skysports) and at the beginning of the competition, there were eight groups that were lettered A-H. Four teams were in each group and they all consecutively played one another. The top two teams in a group were then up matched against other teams to play in the round of 16. Then, the winning teams advanced to the quarter-finals, and if they won, on to the semi-finals they went. Finally, the winning two teams would meet in the final.

Spain was a part of group C and earned second out of the four teams, as it won two out of the three games it played. It came as a shock to most people though when Spain lost early on to Japan with a score of 4-0. But, the loss was a minor setback, as Spain advanced to the round of 16 to then beat Switzerland 5-1. This win brought Spain to the quarter-finals where it beat the Netherlands; the country’s team then met Sweden in the semi-finals which led to its face-off with the English in the final (Skysports.com). The final match was close, but the result was 1-0 Spain, thanks to Olga Carmona who shot a goal into the bottom right corner of the net.

Just after the game ended, things took a turn for the worse. During the winning celebration, Luis Rubiales, the president of the RFEF (Royal Spanish Football Federation), “forcibly kissed the star player, Jenni Hermoso, on live television” (Chaundler). This led to an uproar, as the player later made it clear that the act was not consensual. The Federation’s first response to this was, “ saying in a strongly worded statement: ‘We have to state that Ms Jennifer Hermoso lies in every statement she makes against the President’”(Ibaceta). This message was quickly taken down. Plus, other women who hold jobs in the Federation reported verbal abuse and prominent sexism that ranged from being told to leave their hotel doors open, or “needing a good man”(Chaundler). Ultimately, many resignations and refusals to be part of the team and Federation were submitted.

In addition, the players who went through the process of winning the World Cup have frequently tried to bring attention to the controlling and abusive nature of their coach, Jorge Vilda. He was appointed as Senior Head Coach in 2018. Since then, he has not only managed the team, but also every little detail of the each of the player’s lives. In previous years, players have tried to make changes: “After Spain crashed out in the Euro 2022 quarter-final against the eventual champions, England, 15 players stepped away from the National Team in

November 2023

September “until changes were made”(Ibaceta). These players protested against playing under Vilda and demanded his termination while the Federation villainized them and backed Vilda. As a result, these players were kicked off of the team by Mr. Rubalies and then immediately replaced to form the team that went on to win the World Cup. This is an extreme example of the sexism that the women on the team faced.

Spain’s players seemed to have no voice, but after many years of speaking out, the unexpected kiss led to changes. Vilda has now been sacked by the Federation. Montse Tomé, who was an assistant coach under Vilda, has been called up and crowned Head Coach of the women’s team. She is the first woman to ever hold this position. Mr. Rubiales’s consequences came next. “The Federation has called on Mr. Rubiales to resign...Players have said they will not take the field for the National Team unless changes are made on a managerial level. And FIFA, soccer’s governing body, has suspended Mr. Rubiales for 90 days”(Chaundler).

Even with the drastic changes that were made as a result of the non-consensual kiss, players are still fighting for better working conditions. Higher wages and new facilities are among their concerns. For now, there are still disagreements. Unfortunately, the joy that these female players should feel after achieving that big win, was ruined by a fight that, right now, seems almost impossible to win.

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A King Of Titles

By: Brian Kraupner

Novak Djokovic, who is a phenomenal athlete and record holder for Grand Slams, just won his 24th Grand Slam at this year’s 2023 U.S. Open in New York City. Not only is this an astonishing point in Djokovic’s tennis career, but this is not all he’s got. In an interview that was conducted before his match against Daniil Medvedev at the U.S.Open, Djokovic said, “Physically I have been as fit or as prepared, as strong as — I don’t want to say ‘as ever,’ but — I mean, as good as I have been in years and years.” (NBC Sports). Even at the age of 36, his age is not stopping him from continuing his tennis career.

Born in Belgrade, Serbia in 1987, Djokovic picked up tennis at the young age of four. He grew up with his mother and father who motivated him and played an important role in his success with tennis. Djokovic has even talked about how his father went to loan sharks in Serbia in order to fund the start of his tennis career. He quickly made his way to junior ranks, which is the point in his career where he really took off. Djokovic also has two younger siblings, Marko and Djordje, who played tennis professionally, but not at the same competitive level as their brother. Although Djokovic’s family deserves some credit for his success, so does his wife, Jelena, who he married in 2014 and has known since high school. She motivates and pushes him to become better.

Not only does Djokovic stand out when compared to other players because of what he’s accomplished, but also because of his age. The average retirement age for a professional tennis player is around 27 years old (My Tennis HQ). Djokovic is still playing professionally at the age of 36. Many other players who are close in age to Djokovic can’t stay healthy and play at the competitive level like Djokovic can. For example, Rafa Nadal is an exceptional tennis player like Djokovic. Nadal is 36 years old and has been struggling to heal from an ongoing hip injury. Unlike Djokovic, Nadal was unable to compete in this year’s U.S .Open. This truly shows how impressive it is for Djokovic to continue to be dominant and healthy in the world of men’s tennis. Additionally, Djokovic has not let his age slow him down from competing against younger players, like 27 year old Daniil Medvedev, who Djokovic beat in the recent U.S. Open to win the Grand Slam Title. In fact, at the Australian Open this year, Djokovic said, “I don’t have any physical issues that worry me. So that’s most important for me” (Ozmo). Djokovic also joked at the Australian Open by saying “35 is the new 25” (Ozmo). He is breaking age bias in the tennis community and he doesnt let the risk of getting injured or competing against younger, more fit players stop him.

Clearly, Novak Djokovic will not stop playing anytime soon and is hungry for another Grand Slam title. Let’s see what this upcoming new year in tennis brings.

The Win Streak Continues

By: Joanna Kenney and Hannah Sadowski

On September 11th, 2023, the North Shore Women’s Cross Country team achieved a new milestone: 200 consecutive wins. The team has not lost a league meet competition since October 15, 2007, a victory that is making history, as the team now holds the longest winning streak in all of Long Island Women’s Cross Country. This streak has lasted through generations of talented runners, with one thing remaining consistent: their hard work and dedication to the team. Head coach Neal Levy says that there is “A [collective] sense of accomplishment” among the team. However, “[The team is] not focused on winning, but trying to get each student-athlete to reach their potential...Winning is the byproduct of kids’ high-level training.”

In a Cross Country meet, teams go up against 3-4 other teams in a competition. This is unique in comparison to other sports. Therefore, if a team beats all of its opponents, it counts as three full wins. This makes the recent record-breaking streak even more impressive since this unique scoring method creates a greater likelihood of loss. As for the specifics of scoring, a team has five scorers, and whatever number place those runners earn is then added up to determine the team’s total number of points. Whichever team has the least points, wins. Therefore, if a runner earns second place, two points are added to the team’s total score, while if another achieves 28th place, 28 points are added. In general, a cross-country course is 5 kilometers (about 3.1 miles) and it is over a particularly strenuous terrain with uneven ground, rocks, roots, mud, and inclines. The races also take place no matter what the weather is! These factors all contribute to the physical and mental challenges of the sport.

Senior Sophia Marchioli has been a part of North Shore’s Varsity team for four years. When asked about the team’s recent accomplishments she replied, “It is an honor to be a part of a team with such a great legacy.” She then explained that, “Running is definitely a mental sport, and struggle comes with it. But being a part of such a supportive team helps. Everyone supports each other making it all worth it.” Marchioli continued by quoting Coach Levy: “‘Every day is a training day,’ and by working hard together, we are able to succeed and be our best.” She credits the team’s success to the “family-like environment” it fosters. This helps highlight the idea that within the Cross Country team, reward comes from the sense of community among its members, rather than from winning a title.

The efforts of the North Shore Women’s Cross-Country Team are shown through its outstanding results, and the program is not finished yet! “ We have hopes to go on and win County Championships this year, as well as compete at the State competition this November” Levy declares. Only time will tell what comes next for the team. Until then, according to Marchioli, one thing remains the same: “We will continue to work together and put our best foot forward; not every day will be our best day, but as long as we give it our all, our efforts will be recognized!”

