



## Behind The Kitchen Doors: How NSHS Delivers Freshness And Flavor To Students

By: Kaitlin Ho

One thing I immediately noticed after moving from New York City is that North Shore High School has phenomenal school lunches. The freshly prepared food and locally sourced and sustainable ingredients were in stark contrast to the frozen pizza and sliders I was accustomed to within the New York City Public Schools. Recently in fact, Eric Goldstein, the disgraced former CEO of the New York City Department of Education's Office of School Support Services, was sentenced to six years in prison following his conviction for bribery. He prioritized personal profit over the well-being of the city's children, allowing them to consume tainted meals. His gross negligence endangered the health of students and teachers alike (Schnitzer). Amidst this controversy, I feel grateful for the quality of school lunch served at North Shore High School. To better understand how Mr. Alan Levin, Manager of North Shore's Food Service Program, and Ms. Basma Hanafy, the head cook at North Shore High School, manage to serve with such care and quality hundreds of meals daily, I sat down with them to discuss their approach.

**Q:** Can you describe a typical day in the school cafeteria from start to finish?

**Mr. Levin:**

I'm responsible for all five schools in the District, not just the high school. I hop around a lot from school to school, and I'm on the phone coordinating with them daily. My main focus though is on the high school. Basma (Ms. Hanafy) and I write the menu together. I handle the ordering of all the food items, including fresh produce. My job is to make sure everything runs smoothly, from coordinating deliveries to making sure food is prepared and served on time.

**Ms. Hanafy:**

We start early in the morning. At 6:30 a.m., we begin preparing for breakfast, like scrambled eggs, bacon, and sandwiches. There's a lot to do before students arrive for breakfast. My co-workers and I work together to get everything ready, and once breakfast is over, we move straight into preparing lunch. It's a very busy day, and everyone in the kitchen has a specific role to play.

**Q:** How long have you been working in the school cafeteria, and how did you get started?

**Mr. Levin:**

I've been in school food service for 20 years, but this is my third year at North Shore. I've worked in various districts in Westchester and northern New Jersey. I live here in town, and when the job opened up, I applied. I've always been passionate about bringing local produce into schools and supporting small businesses.

**Ms. Hanafy:**

I've been working here for five years and I have always loved cooking. Working here gives me the chance to share my passion for food with the students.

**Q:** How do you decide what meals to serve each day? Is there a process behind it?

**Mr. Levin:**

Basma and I work together on the menu. We bounce ideas off each other, and I do a lot of research on food trends in restaurants. She gets inspiration from Pinterest, and we combine our ideas and expertise to create school-friendly recipes. We also have to follow strict dietary guidelines, like calorie, sodium, and fat limits. All our dressings and marinades are made in-house, so we have control over the ingredients.

**Ms. Hanafy:**

Mr. Levin creates the menu, and then we review it together. I start preparing for meals a day or two before by putting in orders and prepping ingredients. Everything is made from scratch, and we always ensure everything is fresh and clean before serving it.

**Q:** How do you source your ingredients, and do you focus on sustainability?

**Mr. Levin:**

We try to be as sustainable as possible. A lot of our ingredients, like beef and chicken, come from New York State farms. Our apples are from Westchester and Dutchess County, and our lettuce is from Gotham Greens, which grows produce on rooftops in Queens and Brooklyn. We also use local proteins and produce as much as possible to reduce our carbon footprint and support local farms.

**Q:** What is the most rewarding part of working in the cafeteria?

**Mr. Levin:**

The most rewarding part is seeing the kids and staff enjoy the food. When students and teachers tell me they're posting their meals on Instagram, it makes me feel proud. It's satisfying to know

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North Shore High School's Outstanding Cafeteria Staff

## An Extremely Successful NS Spanish Exchange

By: Elsa Lanne

As the new school year began, a sense of community was immediately formed, as Spanish Exchange students made their way into the welcoming homes of a number of North Shore students. A carefully planned trip led to a successful and educationally rich Spanish exchange trip which introduced new friendships and cultural experiences.

Mr. Steven Burgos, a Spanish teacher at North Shore High School, worked with his colleague Ms. Madel Soriano, the World Language Department, and administration to make this trip possible. The plan had been underway since September of 2023, as Spanish teachers informed students of the exchange via surveys and Google forms. This allowed interest to be gauged, to see who was interested in travelling to Spain in February as well as host students in the Fall of 2024. Burgos explained, "Once we see how many students are interested, we then send out an application for students to complete; we also look into any behavioral problems that are a concern to us." A student is rarely denied an application though. The planning of this trip ultimately moved forward smoothly, allowing the process of matching students to begin.

North Shore High School previously had a 20-year-long exchange history with a school in Alicante, Spain. However, after the pandemic, communication faltered as teachers retired and nobody continued the legacy of the exchange. So, the World Language Department took matters into its own hands to find a new school to create an exchange with. Through Prométour, a company that connects different schools, the Department came across La Ginesta, a Spanish K-12 school in Castelldefels, which is about 20 minutes away from the heart of Barcelona. This year was the second exchange with this school, so Burgos and other teachers were familiar with planning this trip. As La Ginesta teachers and students underwent the same process of approval, it made it easier to begin communication between the students from each school.

Burgos not only had to communicate with the Spanish school, but also with the District's administration as "forms had to be filled out and approved as well as cost estimates being determined and presented to students." The approval ran smoothly and efficiently as the process had been completed many times in past years. Mr. Burgos explained though that "communication can occasionally be challenging as students sometimes don't check their email, or see informational posts on Google Classroom." This causes certain deadlines to not be met and complications to occur. This is why planning begins very early as it takes time for parents and students to hand in all requested materials, "but at the end of the day we make it happen and it's been very successful" said

Burgos.

Based on their submitted portfolios Burgos then worked with the other Spanish teachers and matched students together. This year was a success as "there were many positive matches that ended in friendships and both students having a good time." Camila D'Amato, a North Shore High School junior, participated in the exchange and had an amazing experience. After being matched in May of 2024, students were in contact through an app called WhatsApp. D'Amato said, "I loved forming a friendship with my exchange student. It was like meeting the Spanish version of me," which demonstrates the success the teachers had in matching different students. D'Amato explained that participating in the exchange helped her learn about Spanish culture and how day-to-day life is in Spain.

Most students who currently take Spanish have been learning the language since third grade, "North Shore students don't give themselves enough credit" said Burgos; their academic careers in a Spanish-learning classroom have been very successful. Plus, in Spain, English is taught as a second language, making the Spanish students' English skills very proficient. Burgos noticed that the Spanish students' level of experience made North Shore students hesitant and not confident in their language skills, even though he "had so many students that were at the level of Spanish where they could communicate proficiently". D'Amato added that "there were certain communication barriers at first, but we both understood each other and grew together by reminding each other of everyday words that either of us would forget how to say."

The Spanish Exchange students stayed in North Shore homes for 11 days, from September 5th to the 16th. This trip took place at the end of the Spanish students' summer break as their school year begins later in Spain. Before they came to stay in New York they spent a weekend in Boston. When the Spanish students stayed with North Shore families, the parents were responsible for the children they were housing. Families had to "provide for the child and make sure that they were comfortable and having a good time" Burgos explained, "and teachers only get involved if an issue is brought to our attention; for example, a kid might be homesick." Parents and students were also in contact through an app called GroupMe; it even allowed Burgos to stay in touch and spread information to parents. The Spanish students came to the North Shore students' classes for a day and spent the rest of the week traveling to New York City to visit attractions such as Times Square and the Statue of Liberty.

The trip will have a similar format when North Shore travels to Spain in February. They will spend one day with their host kids in their classes. Weekends will be spent with their host families; and, during the week they will sightsee in Barcelona.

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November 2024

**Going Inside The Cafeteria**

*(Continued From Front Page)*  
that the meals we create are appreciated.  
**Q:** What challenges do you face in your role that students might not be aware of?

**Mr. Levin:**  
The biggest challenge is meeting all the dietary guidelines set by the federal government while still making the food taste good. We have to follow strict rules on portion sizes, calorie counts, sodium levels, and fat content. Balancing these regulations with making food that students will enjoy can be tricky.

**Ms. Hanafy:**  
For me, the challenge is making sure we always have enough food for everyone. I want every student to get the meal they’re looking forward to. It’s disappointing when a student wants something, but we run out before they can get it.

**Q:** How do you accommodate students with food allergies or dietary restrictions?

**Mr. Levin:**  
We have a list of students’ allergies, and it’s integrated into our POS (point of sale) system. When a student enters their name, any allergy they have will be flagged, and we make sure they don’t consume anything that could cause a reaction. We avoid peanuts altogether, but we accommodate other allergies like gluten and dairy as well.

**Q:** Do you receive feedback from students, and how does it influence future menus?

**Mr. Levin:**  
My staff gets feedback, especially Marcy, who talks with the kids a lot. I wouldn’t mind if students started emailing me comments.

**Q:** What are some of the most popular meals in the cafeteria?

**Mr. Levin:**  
The chicken and waffles are very popular. Our waffles are made with New York carrots, so they’re healthy, but taste like regular waffles. Other favorites include carne asada, fish and

chips, and of course, chicken bites and pretzel bites.

**Q:** What kind of teamwork is involved in running the cafeteria smoothly?

**Mr. Levin:**  
Teamwork is critical. Basma and I work closely together to make sure everything is organized.

**Ms. Hanafy:**  
Everyone in the kitchen has a specific role, and we all have to work together. Whether it’s handling the coffee, cutting the fruit, or managing the Deli, it’s important that we communicate and support each other. Teamwork makes everything run more efficiently.

**Q:** Are there any new initiatives or changes coming to the cafeteria in the future?

**Mr. Levin:**  
We’re always introducing new menu items like the Harvest Well event coming up, which will feature vegetables grown in New York State. We’re also planning to soon start offering a soup of the week.

As I wrapped up my interview with Mr. Levin and Ms. Hanafy, one thing became abundantly clear: North Shore High School’s cafeteria is much more than just a place to grab a meal. It’s a collaborative effort that is driven by passion, attention to detail, and a strong commitment to the students’ health and satisfaction. The true care for students and dedication of both Mr. Levin and Ms. Hanafy to sourcing local ingredients, creating innovative menus, and ensuring that every student has a nutritious and delicious meal is remarkable. In an era when many school lunch programs face criticism and budgetary constraints, it’s inspiring that the North Shore School District prioritizes making high-quality and sustainable food to enrich the students’ experience. It’s a reminder that even in the simplest of things—like lunch—there can be excellence.

**Rallying For The  
Presidency**

**By: Kalista Lin**

On September 18th, 2024, Former President Donald Trump held a campaign rally at Nassau Coliseum on Long Island and declared to his supporters: “we are going to win New York”. Despite New York’s history of having a Democratic sway, Trump revealed his determination to flip New York, a state in which President Joe Biden won by 23 points in 2020. In light of recent assassination attempts, security measures were notably stringent at the rally. There were visible sharpshooters, bomb-sniffing dogs, and helicopters overhead, as well as undercover agents in the crowd. Nassau County Executive Bruce Blakeman emphasized the high level of coordination among federal, state, and local law enforcement to ensure that the event remained “airtight”. Earlier reports of explosives at the site were very quickly debunked by authorities, though one person training a bomb-detection dog nearby was briefly detained for questioning.

During his 90-minute speech, Trump focused on his usual talking points, asserting that the state he was born in has decayed under the current leadership. He also vowed to reinstate the SALT, the state and local tax deduction, which his administration previously capped by arguing that it would save New Yorkers and residents of other high-cost states thousands of dollars. Trump additionally reiterated his anti-immigrant rhetoric, referencing recent crimes in New York City boroughs such as Queens and Brooklyn to substantiate what he described as the “vicious, violent criminals” entering the country, some with temporary legal status. Moreover, he condemned current immigration policies and pledged to deport illegal migrants, a stance that he has clearly and outspokenly maintained for years.

Overall, in the end, Trump’s visit did seem to bolster the Republican party support on Long Island as he did make huge headway in the polls this time around.

**Oh, The Possibilities**

**By: Jenna Sasso**

passions, discover their strengths and weaknesses, and foster self-awareness and personal reflection.” North Shore truly embraces this idea; so many students who attend this District gain confidence from their strong mentors, dedicated principal or inspiring choral director. Being able to find their niche at North Shore is quite possible, whether it’s on the stage, the field, the school newspaper or through community service.

However, the opportunities for personal growth in education vary widely. Depending on the state, school system, teacher, or even the student, the personal growth opportunities can differ. Some schools can’t create welcoming environments that promote personal growth. In “Schools Don’t Promote Personal Growth; They Distort It,” Amara Weiss states that “Creativity and individuality are stifled, hindering personal growth”. This occurs when schools don’t promote a culture that values diversity and creativity. In contrast, North Shore provides a great environment that accepts all students for who they are. Students can join numerous clubs; some popular ones are The Key

Club, The Human Rights Club, The Debate Club, The Fashion Club, or even The Animal Advocacy Club. Guarding students’ happiness, uniqueness and free will is crucial. This is why North Shore offers an amazing space for learning and developing beliefs. The article “Importance of a Wholesome Environment in a Child’s Education” expresses that “If students do not feel connected to other people or included in the overall atmosphere, it affects their well-being and education”. A liberated education is vital for students. Thankfully, at North Shore, students are included and acknowledged for all that they learn and do.

It’s critical to note that not all students get the opportunity to gain personal growth and creativity in education. Some people believe that school is only about educational growth. Therefore, many students don’t get to express their interest or join diverse clubs. That isn’t the case at North Shore. And, this will certainly pay off in the future for the students who benefit from that fact.



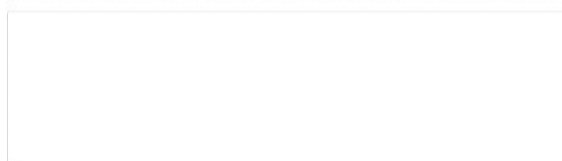
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**MAKING THE WORLD SAFER 1 VOLVO AT A TIME**





Classic Thoughts; Modern Words

By: Grace Capone

What would you consider a romance book? A book with some hugging and kissing, right? A book in which the main character falls in love with a charming, attractive, newcomer to her town? Yes, this sounds like a typical premise for a book of this genre...up until recently that is. As times change, the idea of what the components of a romance book have changed. The stories have become more ‘realistic’ and now show the rougher and messier side of love; and, as this has been happening, they have also become more controversial.

With #BookTok, a popular hashtag on Tik Tok for readers that has amassed more than 239 billion views, growing increasingly popular across social media, the younger generation is becoming more prone to delve into the world of reading. This may seem like a positive, but based upon some of the books that are increasing in popularity, it should be seen differently. The books that are being promoted to young readers nowadays, more often than not, contain heavy topics such as domestic violence, unstable relationships, and explicit plotlines. Supporters of books such as 2016’s *It Ends with Us* by Colleen Hoover and 2023’s *Fourth Wing* by Rebecca Yarros clearly want young readers to be exposed to these extremely intense relationships; however, they are being marketed as romance literature, though the ‘romance’ that is found within their pages is rather twisted. If a person were to compare Jane Austen’s 1813’s *Pride and Prejudice* to Colleen Hoover’s *It Ends with Us*, there is a clear difference between the way the relationships are displayed in each book.

In an interview with Nina Livingston, the librarian at North Shore Middle School, she expressed her thoughts on the ever-changing romance in literature. From a librarian’s standpoint, she explained how she has no bias towards either classic or modern literature. Though she isn’t used to reading romance, as a young adult, she’d often read Chick lit, which is now known as New

Adult, but has expanded to genres like Psychological Thriller. When asked about classics like Jane Asusten’s *Pride and Prejudice*, she voiced that language plays a huge role in classic literature and how differing language can really hook the reader to the story. The untold parts of Classic literature will lead a reader on; “The language should have you flying through pages”. Modern literature is now very cut and dry, explaining most things to the reader. Mrs. Livingston opened up about how she was unable to finish Colleen Hoover’s *It Ends with Us* because of the language used, how straightforward it was, and how disconnected she felt from the characters. The language and “false advertising” were big problems for her and many other readers. *It Ends with Us* was promoted as a feel good romance, but it advertises a toxic relationship as healthy and admirable, which many readers criticized. The main characters of *It Ends with Us*, Lily Bloom and Ryle Kincaid, meet on a rooftop where Lily tried to calm her nerves after a funeral. We immediately see Ryle in a bad light, coming up the stairs of the rooftop only to kick a chair and scream at Lily. Many readers were perplexed by the decision to put the two main characters in such a violent situation, but then have them end up as a couple. This opening scene, along with the heavy topic and poor writing, turned new readers away from the book, along with the whole idea of modern literature; it led those people back to the classics.

Whether or not you are a fan of romance literature, anyone can observe the more recent changes in any form of romance. Movies, television shows, and even posts on social media show the differences between classic and modern romance; so the next time you watch your favorite Rom-Com, try and spot the classic themes that are being expressed in modern ways...and decide if you appreciate them or not.

Betrayal At The School District Next Door

By: Allie Friedman

Twenty two years ago, all trust in Nassau County’s schools, financially speaking, was nearly lost.

North Shore students all know Roslyn as the town next door. But do they know that a massive financial scandal took place within that school district?

In 2004, Dr. Frank Tassone, a former Roslyn superintendent, along with his assistant superintendent, Pamela Gluckin were caught embezzling 11.2 million dollars from the District’s finances and taxpayers. In addition, other higher-ups within the District had known about it.

When all was said and done, Frank Tassone had stolen 2.2 million dollars, which he used for his own personal gain. He had plastic surgery, bought a New York City apartment, flew first class to Las Vegas and other exotic places, bought new suits and ties, and even spent thirty thousand dollars on dry cleaning.

Ultimately, the scandal did not just change the way schools in Nassau County do things, but it changed how schools all over New York do things. In the Roslyn School District during the early 2000s, the auditor was the one who should have been checking on the money spent, but instead altered records to hide some money for Tassone. Now, at North Shore, according to Chris Zublionis, our Superintendent, “We have two sets of auditors; every school district does. An internal auditor and an external auditor”. Both of these auditors look at our books and expenses, as well as ask questions. In addition, all of the financial records are open for public viewing. The records are even gone over multiple times by multiple people, including an additional auditor who looks over each individual check, to ensure that embezzlement never occurs again in a school district.

Those who go into the field of education should want to see children succeed; money should not be a motivating factor. Tassone, Gluckin, and the others who stole were therefore a rarity that we must learn from.

Zublionis added, “We are here for kids, so I mean, it’s the most important thing to be honest, forthright and open because not only are we doing everything for the students, but we are an example to them and to the families.”

Tassone was ultimately sentenced in 2006 for embezzlement and got to four to twelve years in prison. He was released in 2010 for good behavior and paid back all the money that he had stolen. Gluckin was also arrested in 2006 and sentenced to three to nine years, but she was released in 2011. She also paid back her portion of the stolen money. Due to an oversight in the New York State pension law however, Tassone still receives a pension of about \$170,000 annually. Glucken passed away in 2017.

The Roslyn scandal just goes to show what lessons can be learned from wrongdoings such as this one. “It’s something for school administrators to remember, so that this type of mistake never happens again” concluded Zublionis.

The Monsters And Myths Of The Christmas Season

By: Mollie Regan

A giantess stalking, kidnapping, and cannibalizing children. Hideous goblins wreaking havoc on people’s homes. A scarecrow thirsting for human flesh. The last thing you would associate with these legends is a joyful holiday such as Christmas, and yet that is precisely why these fables became popularized. In modern America, we tell children that if they misbehave, they’ll get coal in their stockings. Centuries ago in Europe, children were told much more chilling tales as an incentive for good behavior.

Greek Legend: the Kallikantzaroi

The Kallikantzaroi are mischievous goblins who cause trouble from Christmas Day through January 6th. These beings are described as hideous demons- they are often depicted as having horns and goat’s legs, and are said to smell of death. The Kallikantzaroi live in the underworld, and feast upon rotting food and vermin. In order to ward off these creatures, people hang bundles of flax on their doors. The Kallikantzaroi, who are said to be quite unintelligent, then spend days attempting to count every strand of the flax. This distracts them to the point that they are unable to enter the home.

French Legend: Hans Trapp

Hans Trapp made a deal with the Devil in exchange for power. His story is said to be based on the true story of a soldier, who destroyed a town’s water supply after a conflict with the church. When word of this deal with Satan spread, Trapp was excommunicated from the church, and fled to the mountains of Germany. He grew an insatiable need for human flesh, and so he would dress as a scarecrow in order to hide in plain sight. He would then kidnap and kill passerbys that wandered too close. Legend says that Hans Trapp now wanders around on Christmas night, preying upon naughty children.

Icelandic Legend: Gryla and the Yule Lads

Gryla and the Yule Lads are quite possibly the most terrifying of all Christmas monsters. Gryla is a giantess that spends all of her waking hours listening to the whispers of children, discovering all of their secrets and determining if they are good or bad. When the Winter Solstice approaches, Gryla leaves her home in search of children to eat. She kidnaps and cooks as many children as she can fit into her sack, sustaining herself off of their flesh until it is time for her to hunt again. Gryla also has thirteen sons, infamously known as the Yule Lads. These Yule Lads are much less deadly than their mother, as they are more preoccupied with causing trouble than committing serious crimes. Their favorite activities include spying on people in their homes.

Christmas-related mythology from around the world clearly varies greatly. There are stories of kind men such as Saint Nicholas, mischievous goblins like the Kallikantzaroi, and horrific Gryla and her children. Most of these stories are no longer widely known, or told to children, probably for obvious reasons, but myth often stems from reality; and so, it leaves many to wonder: how much of these stories are true?

Safety First

By: Ella Cleary

When it comes to safety at school, the North Shore School District, without a doubt, does not have many issues. The District makes the safety of the students and staff its top priority. As they are required by the State, our school has eight fire drills and four lockdown drills each school year. In addition, the Middle School and High School have put in place some new procedures, which includes new technologies that protect us all from intruders.

Lockdown drills have recently become one of the main safety protocols for schools all across the State. In a threat where lockdown is required, someone may be scared, but after practicing familiar drills, they should know what to do and how to stay calm. According to Dr. Kurrus, one of North Shore High School’s Assistant Principals, the drills improve a student’s muscle memory. A big concern that comes along with lockdown drills though is their emotional or mental effects on students. According to Dr. Kurrus, “we try to ensure the mental welfare of students and staff by announcing them.” The announcement before the drill has grown to be very important because people want to know if they are in danger or not. Also, the school recently started notifying home with the approximate times that the drills will take place, which is following a

new State regulation.

Planning for emergencies is important, and North Shore High School is prepared when it comes to that. New renovations done on the school have given us better security and a better sense of safety. The most significant addition is referred to as the “Man-catcher.” This addition is at the front entrance and it does well in keeping anyone who is unknown out of the school. Once the school day starts, anyone, besides students or staff, who walks in is flagged by security. When they enter, they are immediately locked in between the first and second door. They then have to show their ID, which is scanned and used for a full background check. If there is nothing concerning, they are buzzed in and guided to where they have to go. If there is something questionable, they are not allowed to enter and sometimes they will even be held for further questioning. This process is very important considering that North Shore, along with many other local school districts, does not have armed guards. The man-catcher is “a step further to ensure the safety of all students and staff members here,” according to Dr. Kurrus. We shouldn’t have to question our safety when we are just trying to learn.



## The Power Of Young Voices: Engaging Kids In Elections

By: Chloe Corn

Are you interested in politics, but are unable to vote due to your age? Do you long to make your voice heard on the issues that matter to you? While the majority of students at North Shore High School were unable to cast a ballot in the 2024 presidential election, there were many ways to get involved and contribute to the conversation.

To start making an impact, it is vital for a teenager to understand the basics of the political process, including the roles and responsibilities of different officials and how they affect their community. Take time to learn about the presidential candidates by diving into their platforms and understanding their plans on topics like education, climate change, and other issues that are important to you. Read news outlets and resources that focus on these topics, and make sure they are as reliable as possible. Informing yourself empowers you to engage in political discourse with family, friends, and community members. Additionally, understanding the electoral process is beneficial to you as both a future voter and a current student as you are developing a stronger civic background.

Once you understand the electoral process and the candidates' platforms, you can explore various opportunities to have your voice heard. No matter what topics you are particularly passionate about, there are numerous ways to make a difference.

### Advocate for Issues You Care About:

While the most recent election has passed, a powerful way to get involved in future elections is to advocate for change. Start by educating yourself on the topics you care about and identifying specific policies you believe should be prioritized. Consider writing letters to local officials or community members that could influence a candidate's campaign. Use online platforms to promote change and rally support for specific candidates or policies. Inform your peers who might not be as familiar with the candidates, spread your message and inspire those around you to get involved.

### Participate Locally:

Engaging in local activities is another fantastic

way to contribute to upcoming elections. Consider joining or organizing school clubs that discuss relevant political issues and plan events that promote engagement. Organizing political debates among your peers can produce meaningful discussions about an election. Additionally, look for opportunities to volunteer with local organizations or campaigns that align with your interests. Being active in your community allows you to connect with like-minded peers and make a meaningful impact.

### Utilize Social Media for Advocacy:

Today, social media is a powerful tool for political engagement. Create posts or videos that highlight the issues you care about, share information about candidates, or encourage your peers to get involved. Platforms like Instagram and TikTok can help you reach a broader audience; also, participate in online discussions or even host livestreams to raise awareness about important topics.

In an interview conducted with North Shore High School senior Juliet Ryan-Baez, we discussed her involvement in politics. She explained how she "tries [her] best to stay informed on current political events, because [she] believes it is [her] responsibility to be an informed voter when the time comes." Ryan-Baez, who is 17 years old, has also been registered to vote for a year now as in New York State, a teenager can pre-register to vote at 16 years old. When asked if she believes there are sufficient opportunities for political involvement, Ryan-Baez replied: "There are plenty of ways to get involved, even if that just means making myself aware of the political climate through the news and research." Overall, this North Shore student believes youth engagement in politics is important and has found several ways to make this happen.

Ultimately, it is vital for youngsters to use their voice in elections even when they do not have the opportunity to vote until the age of 18. Use this time to prepare for your future as a voter and foster a deeper understanding of today's political climate.

## Famous Females: How Stardom Can Be Dangerous

By: Mae Curiale

In recent years, there has been a trend in the media of the mistreatment of female celebrities. Despite fame being sought after and desired by so many, the people in the spotlight sometimes feel isolated. They are constantly met by the public with an immense amount of scrutiny, as well as high expectations about how they should interact with eager fans. Sometimes the lines become blurred between what is appropriate and what is unacceptable behavior as fans, and the effects of fame can take a toll on the stars we adore.

Chappell Roan, a pop star who has recently gained a lot of acclaim, has experienced a great deal of discomfort surrounding her newfound fame and has been open about it online. She has been critical about the expectation held by some of her fans that celebrities should always agree to having their photo taken and being followed around, and she has expressed her increasing frustration, because along with the fame she so quickly acquired, she has been faced with danger. Roan said in a *Rolling Stone* interview in September that she has a stalker who has gone to her parents' house and her hotel room in New York. She now has to have security with her. Some fans also got hold of her flight information when Roan was flying to Seattle and found her in the airport, harassing her about her avoidance of signing autographs. Roan's father's phone number was also leaked online, and Roan was even kissed by a fan while she was out with her friends (Spanos). Despite the fact that many artists have faced similar challenges that accompany fame, Roan has not stayed silent about her fears and frustrations, calling out fans who have stepped out of line, making her one of the only stars that has spoken out against "the pressures and intrusions that wild success introduces. The idea that a fan might abandon a star is accepted; the notion that a star might reject a fan is still somewhat untested territory" (Caramanica).

The mistreatment of celebrities does not only come from fans, however. The media and paparazzi are the culprit for a lot of underlying issues that are present within celebrity culture. Paparazzi can be detrimental to the mental health

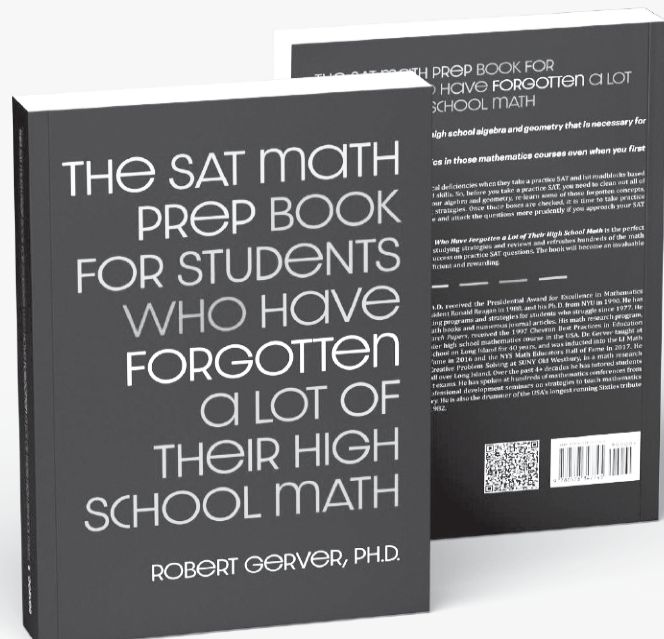
of celebrities, frequently intentionally publishing unflattering photos with twisted narratives to create a stir. In addition, the media often portrays some celebrities as innocent and good, while tearing down and shaming others. For example, Reese Witherspoon explains in an article that actresses like herself and Jennifer Garner are widely recognized as "good," while other stars like Britney Spears and Lindsay Lohan are not depicted in the same way (France). For example, the media viewed Witherspoon and Garner as innocent and wrote kindly about them; meanwhile, it ruthlessly criticized performances of Britney Spears' and came up with scathing headlines as she was clearly struggling mentally. There is no way for the celebrities to control how the media spins their story or depicts them. Some stars have been lucky; others have been treated horribly and humiliated publicly on a regular basis.

Additionally, paparazzi have also put many celebrities' lives at stake. Diana, the Princess of Wales' tragic and untimely death was a result of the paparazzi chasing her. Princess Diana died in 1997 in a car crash, while her driver was trying to evade paparazzi who were following her in cars and on motorcycles (*The New York Times*). Her death caused an uproar, not only because she was beloved, but because it put a light upon the danger created by paparazzi and how the media's coverage of celebrities can actually cost them their lives.

The treatment of celebrities that has been normalized by both fans and the media is dangerous and unhealthy. Clear boundaries need to be set that take into consideration the fact that celebrities are human. Some stars are beginning to set those boundaries, but the public tends to label them as ungrateful and rude, which de-emphasizes their feelings of security. A great deal of change must be made in order to keep celebrities safely in the spotlight and to make certain fans recognize the negative impact of their behavior.

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Sea Cliff Eateries:  
They Bring The Yum

By: Lucia Cagno

As the Fall season is upon us, a stroll down Sea Cliff Avenue quickly reminds us that Sea Cliff is quite the hub for elegant restaurants, cozy coffee shops, and friendly snack venues.

One of the first restaurants to catch a person's eye is The Onion Tree. It has a warm and comforting atmosphere with its dim lights, dark wood trim, and beautiful outdoor seating area. The Onion Tree has been a Sea Cliff mainstay since March of 2020. It is owned and operated by Jay and Raquel Jadeja, a husband-and-wife duo (theoniontreeseacliff.com). The restaurant takes a modern approach to authentic Indian food and more. Jay, who is the executive chef, is especially renowned for his Pizza Napoletana, and he even won first place for his Margherita Pizza at the 2022 Pizza Pasta Northeast Expo in Atlantic City! (theoniontreeseacliff.com). The Onion Tree is open every day of the week except Monday, from 4:30-9pm. On Sunday, the restaurant is open from 11:30am-9pm, and is home to a diverse brunch menu. Every Tuesday there is also a taco night. Both catering and online-ordering are offered at The Onion Tree as well.

Additionally, the nearby Tavern 227 and Il Villaggio, both owned by Toni Zuccaro (liherald.com), are two other restaurants that are go-tos for the residents of Sea Cliff.

Opened in 2016, Tavern 227 is a "casual, Brooklyn-inspired" (tavern227.com) restaurant that serves Italian-American food. The staff appreciates the "relaxing ambiance" of the restaurant where its goal is to "welcome people of all ages, backgrounds, and places to have good food and conversation." Tavern 227's menu features a range of choices; my personal favorites are the spaghetti cacio e pepe and eggplant parmigiana. The restaurant is open during the week from 5pm-10pm, and until 11PM on Fridays and Saturdays. Typically, every Tuesday is "half-off pasta night".

To continue, Il Villaggio is a cozy pizzeria that is open Tuesday through Saturday. Its menu features everything from a classic brick oven margherita pizza, to a ravioli alla vodka pizza. Il Villaggio also has appetizers. This eatery originally occupied the space of Tavern 227 in addition to its current space. However, in 2016, Tavern 227 was created as a more formal restaurant and separated from Il Villaggio. Il Villaggio offers online-ordering for pickup or delivery!

Foster (fosterrestaurant.com), which is on nearby Roslyn Avenue, is an eclectic American-style restaurant owned and operated by the husband-wife duo, Tanya and Jason Potter. Jason, who studied at the French Culinary Institute in New York City, is the executive chef. Tanya, who studied at the Cornell Hotel School, is the general manager and "oversees all aspects of service in the dining room, Foster's bar and mixology program, and private events" (fosterrestuarant.com). The name 'Foster' comes from the restaurant's core idea of fostering a sense of community. The menu is unique, and ranges from a dry-aged burger, to miso glazed bone marrow. Foster is open from 5pm-11pm every day of the week except Wednesday, and there is a weekend brunch from 12-4pm.

With all of the delicious food available, a quick walk down Sea Cliff Avenue could and certainly should turn into a leisurely sit-down meal.

The Secret Billionaires

By: Raymond Lin

When one thinks about the richest people or companies, he often looks at company executives, Fortune 500 companies, oligarchs, and the like. However, many often overlook another major group: colleges. While that might be surprising considering college tuition increases every year, the top U.S. colleges are also some of the wealthiest organizations in America, with the cumulative value of colleges' investments reaching \$927 billion at the end of 2021. Much of this extravagant sum is comprised of a few top universities, such as Harvard's \$53 billion, Yale's \$42 billion, Stanford's \$37 billion, Princeton's \$37 billion, etc (NCES). But what exactly are these investments? How do colleges obtain and grow them, and what impact do they have on students?

The first thing to understand is that these investments vary greatly in nature, so they are given the umbrella term "endowment funds". These funds originate from alumni donations and often have stipulations regarding their usage, such as only being used for cancer research, scholarships, or athletics. To fulfill the varied purposes of these donations, thousands of individual funds are created. Columbia's \$13.6 billion endowment, for example, has 6,200 funds, two-thirds of which are subject to donor stipulations (Ely).

On the flip side, colleges do control how their money is invested, using mutual funds, private equity companies, and venture capital funds to invest in equities, bonds, and real estate, with some cash being kept on hand (Cabral). Through these investments, many colleges have grown their comparably small pool of donations into multi-billion dollar investments. For many schools, their funds have only grown extensively in the last decade, with the University of Pennsylvania's endowment fund more than tripling from around \$6 billion in 2014 to around \$20 billion today.

Endowment fund returns are mostly spent based on donor stipulations, but some spending is unrestricted. Generally though, spending falls into the categories of student financial aid, research funding, faculty endowments, public service projects, and athletics (CASE). In 2023, colleges spent \$28.4 billion from their endowments, 47.7% of which went to student financial aid, 17.5% was spent on research, 11.1% to endowed faculty, 7.4% to college operations, and 16.4% for other purposes (Nietzel). This vital spending could not occur without endowment funds for many colleges. For example, endowment fund returns

made up over 30% of Harvard's operating revenue in 2023 (Harvard). So while these funds may seem opaque, they play a critical role in funding many colleges' operations and enable students to attend college at a relatively affordable price.

However, there are some controversies surrounding endowment funds. With the advent of the Israel-Hamas war, some students have taken issue with the investments of their college's endowment funds, criticizing investments relating to Israel and seeing continued investment as a sign of support (Beaty). Some of these students advocate for their college to end its investments in such companies, a process that is known as divestment. But since many colleges do not directly manage their investments, mostly allowing investment managers to direct investing, the process may be difficult. For example, if a college wants to exit its position in a mutual fund that holds Israel affiliated stocks, it would be ending its investments in a variety of other companies, possibly to the endowment fund's financial detriment. Additionally, some investment managers may impose a fee for early withdrawal or even restrict withdrawal depending on the investment, making it even less attractive for a college to divest its investments.

Another major talking point regarding endowment funds is tuition costs. Every year, college tuition costs for many institutions climb despite their large endowment funds. However, it should be remembered that endowment funds already significantly lower tuition costs through financial aid. Additionally, endowment funds are used with longevity and safety in mind, so maintaining or lowering tuition costs, which would increase dependence on investment returns for revenue, is seen as institutionally risky (CASE).

A less often discussed issue is the wealth concentration among colleges. While the cumulative size of college endowment funds is impressive, almost 50% belongs to just the 20 largest endowments. 95% of colleges have less than \$1 billion in their endowment (Ely). Additionally, the median endowment is just \$209.1 million (Nietzel). As top colleges' endowment funds grow, so do their resources, suggesting that the disparity between colleges may widen in the coming years.

But while some of the aforementioned concerns may be valid, the value of endowment funds should not be forgotten or villainized given their role in sustaining school operations and improving student life.

A Single Trip  
Equals A Forever Memory

(Continued From The Front Page)

This trip not only brought Spanish and American students together, but it also allowed for new friendships to be formed. Burgos said, "I have heard so many positive comments as students who did not even host have stated they want to visit their new Spanish friends in the future". And so, on the final day, when goodbyes

were shared, Burgos explained "it was very emotional; those eleven days go by so quickly and participants know that February will be the next time they will see each other." The students also know that they had an experience that will benefit them for the rest of their lives.



Photo courtesy of Mr. Contreras and N.S.H.S.'s website.

The Digital SAT:  
Better Than The Original?

By: Kate Spieler

An alarming 25 to 40% of students feel intense anxiety when taking tests. (*College of Western Idaho Newsletter*) The majority of this anxiety is caused by the test students feel is one of the most important in their life: the SAT. As of March 2024, the SAT has been completely remodeled and digitized. (*Crimson Education*) One of the main reasons why the test switched to the digital version was in hopes of making it more accessible to students, given the constant use of technology in our everyday lives. (*The 19th Newsletter*). This leaves students, parents, teachers and many others with a scary question: What is the future of test taking?

When the paper version of the SAT was given, students were granted three hours to complete the entire exam. The test was divided as follows: \*65 minutes dedicated to the reading section which included five passages along with 52 questions

\*35 minutes for the written language section which included four passages with 44 questions  
\*80 minutes total for the two math sections.

However, the digital test is significantly shorter:  
\* The time allotted for the digital test is two hours and fourteen minutes.

\* 64 minutes are dedicated to a combined reading and writing language section with 54 multiple choice questions that have one passage per question.

\*70 minutes is given for the one math section which includes 44 questions in total (Ricky).

Furthermore, another interesting change in the digital test is the organization of the exam; it now has adaptive modules. The grade the student scores on the first half of the test, or the first module, automatically determines whether or not the student will move onto the "harder" or "easier" second module. In other words, the test adjusts its difficulty to how the student is doing.

Whether or not the new digitalization is better or worse for students is a hard thing to determine, as different students work better in different environments. According to Liz Kolb, a professor of teacher education at the University of Michigan, "Students who read online tend to comprehend less than those who read via paper", and "students tend to perform worse when testing online compared with those who test on paper". Moreover, a study conducted by AIR researchers was summarized by Grace Tatter, who is a part of the Harvard Graduate School of Education: "The students who took the test online performed as if they'd had five fewer months of academic preparation in math and 11 fewer months of preparation in English than their peers who took the test on paper." The good thing about the digital version is that it allows students to annotate throughout all of the sections of the test. In addition, several colleges are continuing with the recent test optional application policies, while others are back to requiring SAT or ACT scores on an application. (BeMo Academic Consulting)

No matter what type of test taker a student is, teenagers all over the nation and the world are left with no other choice but to adapt to the digital format of the SAT. Moreover, there must be further research done to determine the ways in which this is a positive or negative experience for students so they can be given the opportunity to do their best work possible.



# How Can NFL Teams Thrive Despite Having Injured Top Players?

By: Tyler Harding

In the NFL, serious injuries happen concerningly often, and they are sometimes so serious that they are season-ending, or career-ending. For instance, on January 2, 2023, Damar Hamlin, who plays for the Buffalo Bills, fell on the field during an AFC Championship game as he went into cardiac arrest. Fortunately, he survived, but he was not allowed to touch the professional field during the 2023 season. That day the Bills lost a great player; and so, when top players get hurt, it can seem like a team's season is over, but some of them have shown that they can still thrive, even when their best players are not playing. Here are some ways NFL teams can prevail without their star players:

## 1. Next Man Up!

One of the most well-known phrases in the NFL and football, in general, is "next man up." This means that when a star player gets injured, another player has to step in and do the job. For instance, when the San Francisco 49ers lost their starting running back (RB), Christian McCaffrey, many thought they would struggle. But, backup RB, Jordan Mason, stepped up and helped the team stay competitive. In his first game, he rushed for 100 yards and scored a touchdown; in his third game, he rushed for 123 yards and scored his team a touchdown against some of the best defenses in the league. "Jordan Mason is one of the best stories in the NFL. The 49ers barely used him during the previous two seasons even though he averaged more than five yards per carry. Now he's their starting running back because Christian McCaffrey is injured" (Cohn). He showed that by thinking about injury possibilities in advance, teams can go from 'bust to boom'.

## 2. Get Creative with Game Plans

When top players are out, coaches need to be creative. What they have been practicing over and over with their top player might be different than the backup, so they can change their game plan to fit the strengths of the backup player. For example, the Los Angeles Rams lost their two top wide receivers, Cooper Kupp and Puka Nakua, early in the NFL season. A wide receiver has a higher risk of injury than some other positions because he is constantly handling the ball and has many different players on opposing teams trying to tackle him, resulting in an injury. The Rams needed to adapt by using their speedy running backs, such as Kyren Williams, in unique ways, "Playing without their best two receivers, the Los Angeles Rams made four trips to the red zone... Williams had another solid performance Sunday [September 29th], finishing with 94 yards on 19 carries" (Cohen).

## 3. Build a Deep Roster

A team with a strong roster is key to handling injuries. The Philadelphia Eagles, for example, are a great example of building depth in their roster. When their top receiver, AJ Brown, went down early in the season, DeVonta Smith, the Eagles' wide receiver, two stepped up and made big catches. "The cool thing about the Eagles is that at least 25 other NFL teams would be absolutely devastated if their wide receiver 1 was out. That's not the case for this team because DeVonta Smith has, can, and will slot into the WR1 spot with stupefying ease" (Beckman).

## 4. Leadership Counts

Having good leadership when injuries happen is pertinent. Players feel disappointed and sometimes hopeless if their top player gets hurt, but the leaders always "hype them up" and motivate them. Yes, having skilled backup players plays a big role; however, it's also quite mental. Being confident and having people to motivate and give pep talks is crucial. An example of this is the Pittsburgh Steelers. When star linebacker TJ Watt was injured in early January of 2024, other teammates on the defense stood up as leaders to keep the team focused and strong.

## 5. Focus on Health and Recovery

Finally, teams that take care of their players and focus on injury prevention can avoid losing even more of them. The Kansas City Chiefs are known to prioritize their players' health with advanced training techniques and recovery plans. A Kansas City reporter from Chiefs.com stated that, "'We worry about players first and winning second,' Burkholder said, stressing the importance of cooperation among everyone involved on game day. 'We want to make sure we're all on the same page for the safety of the player. I want to win, but we have to take care of each other'" (McMullen). Nowadays, people are becoming more focused on the game and winning, and less focused on the health of the players. So the Chiefs are working on bringing back the topic of safety for players in the NFL.

While losing top players can be tough for any NFL team, there are many ways to succeed. By building depth, focusing on special teams, maintaining balanced coaching and leadership, and prioritizing the health of their players, teams can prevail through hardships and times when things do not go as planned. This ability to thrive during times of trouble shows the talent and strength within the league, and emphasizes the idea that every player has a vital role when it comes to winning.

# Acceptable Automobiles

By: Wyatt Snyder

find a vehicle that is suitable for their new driver.

For most parents, safety is the number one priority for their new driver; this is rightfully so, as motor vehicle crashes are the leading cause of death for U.S. teens (CDC), with an average of ten people killed or seen in hospitals due to car crashes caused by teen drivers (NY Dept. Of Health). To put the dangers of teen driving into perspective, we must look at the local statistics; 30 North Shore High School teen licensed drivers were interviewed and six of them have already gotten into a car accident while behind the wheel. In order to help prevent this number from rising, parents can establish safety measures in a number of ways; one such way is by using mobile phone monitoring apps such as Life 360 which can alert parents of

As the leaves fall, and the weather becomes a bit colder, the Senior Parking Lot at North Shore High School is being infiltrated. More and more Juniors are receiving their own drivers' licenses in the mail, and, as a result, they are using their big yellow bumper stickers that read: "Please Be Patient, Student Driver" to park in our lot. For some students, a driver's license only means driving mom's car to occasionally run errands, but for more than half of the licensed North Shore High School students, it means having their very own personal vehicle. From beat-up 20-year-old Honda Civics to shiny new sports cars, the North Shore senior parking lot is home to a diverse group of first cars. Such a wide variety of first-car options can be overwhelming for parents who are looking to

# An Unforgettable Rookie Season

By: Abby Reisberg

As the WNBA season ended with a spectacular game five overtime finals win for the New York Liberty, it is time to reflect on what has been a historic season for the league, and specifically Caitlin Clark, whose rookie season will be remembered by millions.

Clark brought her versatile talent to Indianapolis after being selected as the number one draft pick to the Indiana Fever; this happened only one week after her collegiate basketball career at the University of Iowa ended in a loss to the University of South Carolina during the NCAA Championship.

This past season, fans from all over the country came to see Clark play and some may refer to this as "The Caitlin Clark Effect." According to the Indiana Fever, they "lead the league in attendance for both home and away games, with more than 186,000 fans attending a Fever home game (ESPN). Compared to the 2023 season, the attendance has gone up by over 265% with multiple sold-out games throughout the season in the 18,000-seat Gainbridge Fieldhouse. These numbers have gone up significantly only since Caitlin Clark made her WNBA debut. In addition, the team's June 23rd game in Chicago set the record for the most viewed WNBA game in 23 years, averaging 2.3 million viewers and peaking at 3.3 million viewers (Indiana Fever). In this game, two of the most well-known rookies, Angel Reese and of course Caitlin Clark, were playing against each other and fans consider them each other's biggest rivals mostly based on their history in collegiate basketball. The excitement generated from this game was what generally drew this many viewers in.

One key component to Clark's effortless playing style is her incredible ability to assist, or pass, the basketball to her teammates. During the season, she averaged 8.4 assists per game, not to mention the fact that she set the WNBA record for most assists recorded in a single season (322), passing Alyssa Thomas of the Connecticut Sun (316). Assists are not the only thing Caitlin Clark is great at; her shooting range and scoring are just remarkable. This

season, she recorded 19.2 points per game (ESPN) with a career-high 35 points in the Fever's final regular season game, totaling 761 points. Clark then went on to secure the WNBA rookie single season scoring record, following in the footsteps of her NCAA career, where she holds the All-Time College Basketball scoring record. While on the court, Clark thrives behind the three-point line, setting the WNBA rookie record for three-pointers. What is even more impressive is her average shot from the three-point line, which is 28.09 feet away. This is further away than multiple NBA stars can make such as Trae Young, Steph Curry, and Damian Lillard, who are all less than 28 feet away, while having their three-point line a couple of feet further than the WNBA standard three-point line. Seeing how Caitlin Clark is such a well-rounded player, she was named a WNBA All-Star and has also recorded two triple-doubles (double-digits in points, rebounds, assists or a different state line) one of them being when she had 19 points, 13 assists, and 12 rebounds on July 6th. At this particular game, the Fever defeated the New York Liberty. No rookie has ever recorded a triple-double, let alone two.

The Fever ended their season 20-20, and with the help of Clark, the team made its first playoff run since 2016, sadly getting eliminated by the Connecticut Sun in the first round. Even though the Fever's season ended in defeat, it was awesome to see how the team evolved into something truly special; and, for the world to witness Caitlin Clark's development this season, was something even better. She ended off strong with well-deserved Rookie of the Year honors. Now we can only wait until next season to see what Caitlin Clark does next.



dangerously high speeds or even abrupt stops (crashes). This safety measure is common among North Shore students; 15 of the interviewees are being monitored by either this app or others like it.

Although driver safety apps may give some parents peace of mind, they are not going to physically help the speed of a vehicle. In that case, the root of the teen speeding problem in America is fast cars. Great; so is the answer to solving teen motor vehicle accidents to not get your teen a fast car? It's not that simple. What defines a "fast car"? Horsepower usually plays the biggest role in determining a car's acceleration and top speed. The average horsepower of North Shore student vehicles is 268, with some outliers around 600hp. With that idea in mind, we can calculate a horsepower range appropriate for new drivers. Although the

power-to-weight ratio of a car helps determine its speed, most first cars are sedans or SUV's with a weight range of 3,000 to 4,000 pounds. In regards to some of the outliers in the North Shore parking lot, 500-600 hp cars are inappropriate for a first-time driver, as almost all new drivers are not skilled enough to handle such rapid acceleration and power, or to be trusted with the capability of reaching speeds up to 180 miles per hour. Also, too little power can cause issues, as a decent acceleration is necessary in a lot of driving situations. Therefore, a first car's power sweet spot is around 135 to 200hp. Some affordable examples of good cars within this power threshold include Honda Civics, Toyota Corolla, Honda Accord, and the Subaru Impreza. So, get shopping and know you are being safe in the process.



## Islanders’ Key To Success: Off-Season Edition

By: Brock DerGarabedian

On July 1st, which is also known around the National Hockey League (NHL) as Free Agency Day, the New York Islanders signed Anthony Ducliar to a four year contract. Knowing how private Lou Lamoriello, the General Manager of the Islanders is, the financial terms for the 28 year old were not released the day of the signing; however, it was later learned that the signing did come out to 3.5 million dollars annually for Duclair. Moments after the signing took place, Ducliar said, “I’m looking forward to it very much.” He added that “Ever since I’ve been in the league, you can tell just playing against these guys they’re very tight off the ice. I know there’s a bunch of guys in that locker room that have been there for a long time, and you have the core players in there. It’s a very family-like style, which I absolutely love. . . . So I’m definitely gonna fit in really nicely with that”(nhl.com).

Duclair already also has a great relationship with the Islanders’ new head coach Patrick Roy as he played juniors for Roy in Montreal, Quebec while on the Remparts. The club wanted the soon-to-be 29 year old speedster to reunite with his old coach. In regards to his boss behind the bench, the young forward stated in his first interview since joining the team, “Pat was a big reason for me coming to the Island. He gave me a call this morning and told me that he wanted me. When your coach calls you and tells you he wants you on your team, it’s hard to say no, especially when it’s Pat. It’s someone that I have a tremendous amount of respect for. I know him very well, and his family very well. I played for him. I know what to expect. So, I think it was a great fit in that perspective”(nhl.com).

The newest Islander is coming off of a split season of teams; at the beginning of the 2023-2024 season, he played for the San Jose Sharks and scored 27 points, as he had 16 goals and 11 assists in 56 games. On March 7th of 2024, Duclair and a 2025 seventh round pick in the draft were traded from the Sharks to the Tampa Bay Lightning in exchange for Jack Thompson and a 2024 third round pick in the draft. Duclair, the new face of the Lightning, scored 15 points, thanks to eight goals and seven assists in 17

games. Yes, Duclair has been traded multiple times throughout his career, but signing this four year deal with New York can only be a positive as the Islanders were looking for a top player to work alongside their star, Mathew Barzal.

During the off-season, the Islanders also added Maxim Tsyplov, a 6’3 power forward, to their roster. The club signed the 26 year old on a one year 950,000 AAV (Average Annual Value) deal as a free agent. Tsyplov is an undrafted forward from the Kontinental Hockey League (KHL), which is the top league in Russia; he was wanted by a dozen NHL teams, but clearly Long Island won that race. He is coming off of a season from the Spartak Moskva, where he put up 47 points thanks to 31 goals and 16 assists in 65 games played. The KHL is just as impressive talent-wise as the NHL so 47 points left quite the impression by the young forward. With the Islanders’ veteran forward, Cal Clutterbuck, semi-retiring from the club as an unrestricted free agent, the Isles really needed Tsyplov, who plays the same position on the team as Clutterbuck.

A third player the Islanders recently signed is Mike Rielly; they gave him a one year contract for 1.25 million dollars. Rielly is a Defenseman who played for the team last year and had an outstanding 2023-24 season setting career-high numbers in goals (6), and points (24). The 31 year old, one hundred percent deserves the contract from the club.

With the 2024-2025 season already started, the Islanders are coming off of a studied off-season; fans should expect a totally new and improved set of guys this season.

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## Looking For Number 28

By: Luke Launer

In their 122 seasons, the New York Yankees have made the playoffs 59 times. They have also won the World Series 27 times; and this year, they looked for number 28, but met their match in the Los Angeles Dodgers.

To ensure that they got to the World Series during the 2024 season though, in January of 2023, the Yankees signed World Series-winning Padres outfielder Juan Soto. The Yanks gave up four right-handed pitchers and catcher Kyle Higashioka to get 25-year-old Soto, as well as outfielder Trent Grisham. As a result, the start of the 2024 season felt quite different for the fans. The Yankees got off to a great start and were an excellent team going into the All-Star break; in particular, Juan Soto and Aaron Judge were both playing to the best of their ability. That eventually became a major problem though. Soto and Judge were carrying the team and the rest of the players seemed asleep. Therefore, halfway through the season, Brian Cashman, the Yankees’ General Manager, knew he had to make another blockbuster deal.

As the trade deadline, which was July 30th, rapidly approached, the Yanks needed to

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make a move; the team was slowly falling apart. The Yankee pitchers’ struggles and players’ injuries were the final straw for Cashman. New York fans grew anxious and angry though because they thought the Yankees were leaving the trade deadline empty-handed. Three days before the deadline, however, the Yankees finally made a move. They traded three of their prospects for Miami Marlins outfielder Jazz Chisholm Jr. who ended up ‘bringing the hype’ to the Bronx because of his winning attitude. So then, as the season went on, the Yankees continued to beat some of the best teams in their fight for first place, and, the entire team was in on it.

Now that the season is over, the big question is whether or not Juan Soto will wear the blue and white pinstripes next season. In May of 2024, Soto stated in an interview, “We’re not closing any doors. If we’re discussing deals, I’m open to talking to everybody”(CBS Sports). This attitude might change however, since the Yankees’ lost the recent World Series.

Fans will now have to wait and see who else might be looking for a change in the 2025 season...or not be given a choice.

## Katie Ledecky And Her Evergrowing Legacy

By: Ava Varasano

Since the 2024 Paris Olympics, Katie Ledecky’s reputation as a stellar swimmer has grown. Ledecky has outstanding swimming abilities and record-breaking skills. While competitive swimming is challenging, she makes it look like ‘a piece of cake’, often leaving her competition ‘in the dust’. With her fourteen Olympic medals- the most of any female American Olympian in history- Ledecky is breaking records and exceeding everyone’s expectations.

While Ledecky has competed in four Olympic games thus far, the most recent, in 2024, has been where she has earned a great deal of praise. Her famous lapping in the 1,500-meter freestyle race left everyone in awe. She beat the second-place swimmer by over ten seconds, which is extremely impressive in a swimming race. Ledecky finished 1,500 meters, which is nearly a mile, in under sixteen minutes. She also broke Olympic records with her times in this event and beat the previous Olympic record by 5.33 seconds.

In addition, at the 2024 Paris Olympics last summer, Ledecky created a new record for the most decorated female American Olympian in any sport, with fourteen Olympic medals. She holds one bronze, four silver, and an incredible nine gold medals. Her nine Olympic gold medals tie her for the most among female Olympians worldwide. Last summer, she won one bronze, one silver, and gold medals in both the 800 and 1,500 freestyle events.

Ledecky, who was born in Maryland and began to swim at the age of six, began her Olympic journey at the 2012 London Games when she was just fifteen years old. She was the youngest swimmer on the United States’ team that year and won her first and only race at that Olympics- the 800 freestyle race. At the Rio Games in 2016, Ledecky was incredibly successful in all of her races, winning one silver and four gold medals, which legitimized her spot as the best female Olympic freestyler. The 1,500 freestyle race debuted at the 2021 Tokyo Olympics, where Ledecky won first place in the 1,500 freestyle and continued to do so. In the 800 freestyle race, she became the first female swimmer to win first place in the same event at four consecutive Olympics. Ledecky has already made history at the Olympics, and it is predicted she will only become more decorated with medals as her career continues.

Now 27, Katie Ledecky hopes to inspire young swimmers just like how she was inspired by some of her very own swimming idols, such as Michael Phelps, who became her teammate when she competed in her first Olympics. Throughout Ledecky’s career, she has been compared to many incredible swimmers, but in an interview with *The New York Times*, Ledecky said, “I try not to think about history very much... I know those names. They’re swimmers that I looked up to when I first started swimming. So it’s an honor to be named among them”.

Ledecky, who is now a role model for young swimmers, recently published her memoir *Just Add Water*, which follows her journey to become one of the greatest athletes in Olympic history. She isn’t just setting new records and expectations for swimmers in the pool; she is also showing the world how to stay humble and true to oneself throughout well-earned success.

## Ronaldo Hits Legendary Milestone

By: Brian Kraupner

Breaking yet another record, professional soccer player Cristiano Ronaldo has again engraved his name into history. Christiano Ronaldo is a Portuguese professional footballer who plays as a forward for the Saudi Pro League club Al Nassr and Portugal’s National Team. Ronaldo is famous for the many records he holds like most goals in the European Championship Finals, the first player to score 800 career goals, most Champions League wins, and many more. Ronaldo scored his 900th goal on Thursday, September 5th, 2024 against Croatia which ended in Portugal’s 2-1 Nations League win. “It means a lot,” Ronaldo said. “It was a milestone I wanted to reach for a long time. I knew I would reach this number, because as I continue to play, it would happen naturally.” (ESPN). Ronaldo has reflected on the significance of this achievement, knowing all of the relentless work and dedication that was put in.

Although Ronaldo hit 900 career goals, other footballers are trailing close to 900 career goals, however. Ronaldo’s closest competitor, Lionel Messi, who plays for the Major League Soccer club Inter Miami and Argentina’s National Team, is only 58 goals away. Also, Brazilian legend Edson Arantes do Nascimento, who is also known as “Pele”, was not too far off with 765 career goals in 1977. Despite nearing 40 years old, Cristiano Ronaldo shows no signs of slowing down. And so, it doesn’t just stop at 900 career goals. In an interview, Ronaldo stated, “If I don’t have any injuries, this, for me, is the most important [thing]; I want that. For me, the best mark that I can have in football is to reach, first, 900 goals. After, my challenge is to be at 1,000 goals” (ESPN). This confidence, paired with his non-stop work ethic, will help him reach heights that seemed impossible since records like 900 career goals once seemed unachievable.

In the podcast “I Still Love Man United”, Ronaldo made an appearance with Rio Ferdinand, a former Old Trafford teammate. During the podcast, Ronaldo said “I give everything, to 40, 41, it doesn’t matter. I give my body for 25 years of football and I cannot give more because age doesn’t allow us to go further. This is why I extend and take care of myself and keep working. Because I know for two or three years more I can still produce something good” (*Daily Mirror*). Ronaldo’s focus on staying fit is evident in his daily workouts and healthy habits. He follows a strict nutrition and exercise program, alternating between heavy cardio and weight training activities. Cristiano Ronaldo’s remarkable journey to 900 career goals is not just a reflection of his talent, but also clearly a statement that with discipline and hard work, one can achieve greatness.

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