

How Science Research Helped Build **My World**

By: Sophia Marchioli

In September of 2021, on that first day of my "Intro to Science Research" class at 7:20 AM in Room H-5, there was no question that I felt uncomfortable. My legs stuck to the dewy plastic chairs and the hot September sun flooded through the windows as I attempted to grasp the abstract concepts that my teacher, Dr. Molly Mordechai, explained to my masked and socially-distanced class of three. Coming right off the heels of the COVID lockdown, this was my first class back in school, and my head was spinning. The class moved quickly, and my knowledge of the Scientific Method quickly grew. As someone who had always considered herself as "more of a humanities person" I was shocked to feel a sense of accomplishment and a thirst for more when that first year ended. Everything I had learned aligned with what I was doing in my other classes; learning to efficiently read a 15 page-long research paper helped me with my literary analysis in English, and understanding graphs and statistics helped me in math class; the most significant skill I learned that year though was communication.

That first year, when we began conducting our at home seed-germinations and digital literature reviews, Dr. Mordechai asked that we be consistent in our communication with her, constantly updating her on our progress. As a hesitant middle-schooler, communication was something I struggled with. However, by emphasizing the importance of efficiency and formality in communication in the field of science, Dr. Mordechai taught me to be confident in my ideas, not just in the classroom but in the real world as well. Additionally, this helped me take initiative in my research, a trait I would need for all that I would take on in the years that followed.

After a sophomore year filled with bacteria experiments, and months of research on creating genetically modified algae, we "Intermediate Science Research" students took on the endeavor of future. However, not only have I been moving onto the professional field. I instilled with the confidence to take on sent out roughly 100 formally composed emails to professors and associate researchers at local colleges, seeking a mentorship opportunity in Environmental Science. After sending 10 emails a week between January and March, I finally got a "Yes" from Dr. Muhammad Azhar Eshan, a climate scientist at Columbia University's International Research Institute. Dr. Mordechai was extremely helpful in I am today because of the experience I pushing all of us new mentees out of gained in this program.

our comfort zones and into the depths of literature on our research topics. My topic, how climate change affects the vital coffee industry in East Africa, as suggested by Dr. Eshan, might as well have been a foreign language to me, as I had zero experience in the field of Environmental Science. But, after getting my feet wet, I found that I was thoroughly interested in this topic; and so I quickly became passionate about producing an award-winning project. I chased after answers, learned the ropes of formal email writing and Python, a coding software, which I used to create heat maps from hundreds of unique data points. I was exposed to Climate Science, Anthropology, and Data Science all at the same time and was overwhelmed by the exploration of this uncharted territory. Yet, I gained a voracious appetite for research and continued to pursue a different research project the following summer.

This past summer, I pursued a mentorship with Dr. Jess Haines, a professor at the University of Guelph in Canada. There, she leads a mostly female lab which focuses on nutrition and family relations. In my precious time working with someone who quickly became my role model, I gained experience in networking, as I was able to attend weekly virtual lab meetings with the talented scientists who Dr. Haines recruited. It was empowering to see a diverse group of intelligent women working hard to succeed in their independent endeavors, but also dedicating themselves to supporting each other's research, and especially mine- as I was the newbie.

After learning the ins and outs of the research industry, I can confidently say that the Science Research program at North Shore High School has truly allowed me to explore all of my interests and all potential career paths that I may take in the new endeavors, but I have also become equipped with the necessary tools to do so. Under Dr. Mordechai's careful eye, never have I ever been underprepared for a new experience. She pushes her students to achieve their best, and prepares them for everything that may come their way, all within the confines of her closet-sized classroom that is tucked away in the Science wing. I can certainly say that I am the person

What Mock Trial Has Meant To Me

By: Mia Perciballi

As I approach graduation in the June, I have found myself reflecting on how I have spent my time at North Shore. One of the commitments I have made throughout my four years at North Shore High School that I am most proud of is to the Mock Trial Club.

The New York State Bar Association releases a fictional case to Mock Trial Clubs across Nassau County around November or December. After we receive the case, the teams work on building both a defense and a prosecution team. It is important that we look at the case from both perspectives in order to better prepare for the competition. February is when the preliminary round occurs. That is when all of the participating schools in Nassau County arrive at the Nassau County Courthouse to present their case against a team from another school. From that point forward, the winning teams advance in the tournament until there is one winner chosen during the final competition in April. It's like a March Madness bracket! Mock Trial is a club that takes up a lot of the time of those involved. Since the tournament can last for months, we spend many hours planning our cases and practicing together. In some schools, this club is even credited on the same level as a class during the school day.

North Shore High School's Mock Trial team is advised by Tara Fabilli, and from this point on.

we also have amazing advisors who work in government. Honorable Stacy Bennett, and lawyers Steve Maffei and Cindy Ayres have guided the team to success. After a devastating loss in the preliminary round last year, I am proud to say that we bounced back this year and advanced all the way to the Elite Eight. Although we lost in a trial against Jericho High School, the North Shore Mock Trial Team was in the top eight out of fifty schools in Nassau County this year. This is a huge accomplishment and I am immensely proud of us for making it so far, especially since the majority of the team is underclassmen who presented a mock trial case for their first time.

I have participated in Mock Trial since my sophomore year, when COVID forced the trial to be online. Since I have experienced both online and in-person trials, I can confidently say that this club is meant to be in-person. The experience of presenting as a lawyer in a real courtroom, to a real judge, for me, is something I am grateful to have experienced. Even though the long nights and large workload on top of that from my classes was often difficult to manage, when I reflect on my time in Mock Trial, I am grateful that I made the decision to join. I have been able to learn about civil and criminal law and courtroom procedures through first-hand experiences. In addition, I have been able to improve my public speaking skills, and connect with people I otherwise might not have known. I now hope to see the Mock Trial program at North Shore grow

Congratulations and Best of Luck To The Viking View's **Graduating Seniors:**

Sophia Marchioli

Mia Perciballi

and

Veronica Frank

Thank you for your dedication to making The Viking View the wonderful publication it has been for the past four year.

By: Shea McDonnell

Four years removed from the start of quarantine, my class will soon be graduating: we are the last of North Shore High School's classes that were directly affected by COVID-19. For us, COVID hit during one of the most transformative periods; soon to graduate from the 8th grade and propel into high school, we were suddenly forced inside for the unforeseeable future. Entering high school after nearly six months of on-and-off quarantine was awkward. So when we entered this new chapter of our lives masked up, it was a mix of "different" "fun" and "complicated", said seniors Connie Zhang, Nicole Miraglia, and Catherine Fradelos. My first experience with this, as it was for many, was a distanced, guided high school tour by the then-senior class, giving insight into the lonely halls of a school left vacant for the previous six months.

When revisiting hybrid learning, it still comes across as unorthodox, much as it did four vears ago. However, the differing models of hybrid learning are still in use across the globe: New York City has already proposed replacing snow days with mandatory online classes. Still, some salient issues can be picked out from these virtual learning methods. If anything, hybrid learning gave students too much free time and too little incentive to do anything with it. North Shore High School Writing Fellows Paul Pourakis and Sophie Brandimarte both shared this feeling, with Pourakis saying, "How little work I did with how much time I had, [hybrid learning] bred procrastination". Brandimarte added, "It was just weird, like, staving motivated because we were home half the time. So I didn't really do any work, like, that whole year". Rather than the structured schedule of a seven-hour school day, the same advanced work would be administered over a day or two, with many assignments being arbitrarily due at midnight. I speak for many when I say plenty of my work time would be done between the hours of 9 or 10pm to midnight, frantically meeting these late-night deadlines. If anything, hybrid learning necessitated completion rather than understanding or learning, and with the adoption of a "no harm" policy, procrastination became the norm.

In finding a single thing odd about hybrid learning, the wisecracking goalkeeper for North Shore's Varsity Soccer Team, Rico Malaco, put it best when he said, "Probably... the fact it was hybrid?". When questioned further on why that was, he retorted "um.. that, as a new student, I didn't see a whole half of my school". Malaco raised a good point: as students enter high school, how important is in-class time for learning? Aside from the extracurriculars and school events canceled, time in school was entirely cut in half. An essential part of learning is the teacher and, as Charlotte Marchioli added, "there's something personal about teaching". She continued, "my favorite teachers have the ability to read the room and interact with us personally, but with hybrid learning that just wasn't the case". While the purpose of hybrid learning in 2020 was, by no means, trying to facilitate procrastination, given the unique circumstances of 2020-2021, it helped maintain schooling. However, it created a disconnect between the students and the learning process. It created a literal distance from teachers, disincentivized learning, and incentivized a laborious workload. Looking back, our freshman year was an extension of middle school, or a warm-up for high school (sophomore year); even with all the awkward breakout rooms my class had to endure, we still made it to graduation. We still got a Sports Night, a Fashion Show, a Homecoming, and soon, we will have a prom. Freshman year is awkward anyway, COVID or otherwise, and hybrid learning proved that; however, it served as a formative experience for all of us.

May 2024

In the bustling corridors of North Shore High School, all the way down past the Main Office and neverending front entrance construction, miles beyond any academic civilization, there exists a vibrant world where creativity knows no bounds and expression reigns supreme-the North Shore Department of Performing Arts. As I reflect on my high school journey, I am struck by the profound impact that North Shore's Performing Arts Department has had on the shaping of not only my high school experience, but also the person I've become. Art, in my opinion, has unparalleled and innate an transformative quality. This may sound cliche or dramatic- I am a theater kid, mind you- but I've come to learn that personal expression through performing arts often leads people to find their missing parts. Through art, we find ourselves, no matter how lost

we have been. As President of North Shore's theater club, The North Shore Masquers, I have spent a great deal of time while in high school on stage, in long and tedious rehearsals for our shows and other events. In turn, I have gotten to know some of the most amazing and influential people I have met in my lifetime. Apart from bringing some amazing friends into my life, joining theater in my sophomore year of high school also led to me meeting Mr. Brateman. Mr. Brateman stepped into his position as North Shore's theater teacher and director in 2021, and has since led the North Shore Masquers to achieve new heights in their endeavors both on and off-stage. During his first three years at North Shore, Brateman has had an undeniable impact, not only through his work in directing the Viking Masquers' top-tier productions, but also in building a tight-knit community that works to create real and profound differences in the world around it. This past Spring, the North Shore Masquers put on a production of The Prom, a musical that follows the story of a teenage girl who wants to bring her girlfriend to prom in a conservative Indiana town. When the school's PTA cancels the prom to avoid allowing the girls to attend together, a group of Broadway stars steps in to help. The show received rave reviews, and, under the leadership of Mr. Brateman, the North Shore Masquers were able to raise over \$13,000 to benefit The Trevor Project, which is America's largest LGBTQ+ youth suicideprevention and crisis intervention organzation; the money was raised at the performances and through fundraisers over the months leading up to the show.

As Mr. Brateman's Senior Intern and Masquers President, I can wholeheartedly say that the success of the Masquers' endeavors this past Spring were a testament to the

Reflecting On the Impact Of North Shore's Performing Arts Departments

By: Charlotte Marchioli

unparalleled dedication he brings to rehearsals and classes daily. Throughout my time knowing him, Mr. Brateman has taught me invaluable lessons both pertaining to theater and the world at large. Mr. Brateman is an outstanding role model and mentor, and he has inspired me to pursue my passion for theater in college next year at the University of Southern California. It is out of the question that art holds extreme power on its own. But I truly believe that the people who performing artists meet in their path are truly the ones who change lives. And I'm not the only one. I asked some friends and fellow seniors to speak on their experiences with North Shore's Performing Arts Department and the teachers that have had a profound impact on their lives.

North Shore is home to three highly esteemed music ensembles; Choir, Band and Orchestra. North Shore's music ensembles have a notoriously exceptional reputation. Apart from being a breeding ground for incredible talent and artistry, the ensembles provide a sense of community and home for many students. At the furthest end of North Shore's Performing Arts hallway lies North Shore's Choir Director Mr. Catalano's office along with the Choir Room, where, if it is not filled with the sounds of singing, it is filled with a gaggle of students eating lunch and having a good laugh. According to Norah Davison, who is Mr. Catalano's Senior Intern as well as Choir President, "the community that comes along with being a part of Choir is incredibly rare to find." She adds that Mr. Catalano has been an incredible role model during her time in high school, claiming that his mentorship has taught her to be "a better musician and also a better person". Every year, North Shore's ensembles get the chance to participate in NYSSMA (New York State School Music Association), an event where high school ensembles from all over the state perform in front of professional judges and receive feedback and scoring. In Catalano's short time here at North Shore, he has led his ensembles to take home gold level awards at the esteemed competition every single year. Apart from building a reputation as an immensely knowledgeable and skilled leader and conductor, Catalano has brought a warmth to the department that is unmatched by any teacher I have met in my years attending North Shore. Good day or bad day, rain or shine, students can always count on Mr. Catalano for a smile.

Apart from the warm environment that North Shore's music departments provide, they also act as a breeding ground for aspiring musicians to do the challenging work that allows them to take their craft to new levels. It is undoubtedly because of this that an overwhelming number of the musicians from the graduating Class of 2024 will go on to study music in college, many of whom claimed to have been inspired by their teachers at North Shore. Sophia Brandimarte, a dedicated saxophone

player in North Shore's band and North Shore Band Director Mr. Bromsey's Senior Intern, says that she "wouldn't be the same person" without Band. She claims that Bromsey has inspired her "not only to be a mindful, enthusiastic and ambitious musician, but also a leader, listener and communicator". In the fall, Brandimarte will study jazz at NYU Steinhardt's acclaimed and highly selective music program.

Additionally, Noah Pinto, senior and esteemed member of North Shore's Orchestra ensemble says that Mr. Jason Domingo, Orchestra Director, has been one of the most influential people in his life. According to Pinto, "Mr. Domingo helped me find my love for music and was the main reason I decided to go to school and become a teacher like him."

Finally, under the direction of Mrs. Kuranishi, North Shore's Dance Department has grown in the past few years, gaining a brand new dance studio at the High School school and creating North Shore's annual Dance Symposium. Apart from choreographing, producing, directing and designing the annual Symposium, Ms. Kuranishi spends several months of the year choreographing both the Middle School and High School musical productions. During the daytime, Ms. Kuranishi runs dance elective classes of varying levels. Parker Trager, a senior and student of Ms. Kuranishi's Studio class, says Ms. Kuranishi's approach has fueled growth that not even he knew he was capable of achieving. "I always thought of dance as a very technical thing," says Trager, "I never thought it could be a source of personal development too. I am so grateful for all the things Mrs. K has taught me and will carry them with me for life".

As the graduating performing arts students reflect on their journey at North Shore High School, they are overwhelmed with gratitude towards their dedicated teachers. The guidance and inspiration provided by these mentors have profoundly shaped their artistic skills and personal growth. As they prepare to embark on new adventures, they bring with them cherished memories and invaluable lessons that stand as a testament to the lasting impact of their teachers' dedication and support.

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Neglect Of Ukraine

By: Raymond Lin

When looking at the pervasive issues of our time, one can find an emphasis on the Gaza-Israel War, generative AI like ChatGPT, inflation, the 2024 election, immigration, and an assortment of other important problems. As a result of this proliferation of events though, attention has been shifted away from certain issues as our limited time and attention wanes. One such important issue that has suffered from this has been the Russian invasion of Ukraine, an illegal act as defined by international law (Mulligan). Arguably the most flagrant and shocking conflict in Europe of the last few decades, it has since seemingly receded in the minds of many Americans (Google Trends). This has largely occurred due to the aforementioned emergence of other prominent issues, but the length of the war and the current status on the frontlines have reinforced this loss in attention. In addition to causing a decrease in public interest, these reasons have also led to the U.S. government's recent lack of assistance to Ukraine's struggle against an illegal Russian invasion.

While some issues, such as ChatGPT have merely drawn attention away from Ukraine, issues like immigration have directly affected the U.S. government's ability to help Ukraine. Speaker of the House Mike Johnson has demanded that concessions be made to secure the U.S.-Mexico border and target the migrant crisis before aid for Ukraine is approved (Haberkorn, et al). This decision to stall Ukrainian aid so the House Republicans can try extracting border concessions has left Ukraine with no military aid for the last few months, with \$60 billion worth of crucial military aid to Ukraine remaining stuck in the U.S.

Another current issue that is inhibiting aid to Ukraine has been the Gaza-Israel War. Military aid has been flowing to Israel following Hamas' attack on Israel on October 7th, 2023, taking political capital as well as crucial artillery and air defense systems away from Ukraine's grasp (Talmazan and Mayer).

As new issues distract government attention and military equipment, discontent has festered with Ukraine's lack of progress. With two years of fighting and over \$111 billion of U.S. aid being given to Ukraine, fatigue with supporting Ukraine has set in (Barnes, et al). This general fatigue has been exacerbated by the disappointment associated with Ukraine's much anticipated 2023 counteroffensive. After a harrowing defense where staunch Ukrainian resistance prevented an expected Russian victory and a successful counterattack that reclaimed large amounts of territory, expectations were high for Ukraine's 2023 offensive actions, especially when considering the vaunted Western trained Ukrainian brigades and expensive Western tanks that Ukraine had at its disposal (Barnes, et al). However, despite high expectations, Ukraine has made little progress as it captured minute amounts of territory and suffered losses of men, tanks, and artillery shells. The failure, a combination of heavily fortified Russian trenches, Ukrainian forces lacking manpower and arms, and a poor strategy across the frontline, has worsened the aid fatigue that comes from a years-long war and over 111 billion dollars given in aid (McClure and Zafra).

However, Ukraine's importance has not been diminished. While the attention of the government and public may have shifted elsewhere, Ukraine remains as important as ever to support. It is still facing a devastating illegal invasion by Russia, a country hostile to the U.S., democracy, and the rule of law; this invasion continues to threaten the lives of the Ukrainian people and their nation. According to the Ukrainian government, more than 125,000 Russian war crimes have occurred and an estimated 20,000 Ukrainian children have been deported to Russia to likely never see their families again. Furthermore, those who live away from the frontline still face the threat of missile strikes and the destruction of important infrastructure like the energy network (Wesslau).

In addition to the continued importance of supporting Ukraine from a humanitarian standpoint, there has been recent military-related impetus to support Ukraine. In February, Russian forces, after months of offensive operations by Russia, took the strategically valuable city of Avdiivka. In the battle for the city, Russian forces outnumbered Ukraine 7 to 1 and Russia constantly bombarded the area, and Ukraine had little recourse thanks to a lack of anti-aircraft defenses

(O'Grady, et al). Amid this, Ukrainian soldiers have lacked artillery shells, which are crucial to taking and defending land along its massive frontline. Russia outnumbers Ukraine in the supply of these crucial arms as it fires several times more shells than Ukraine does. This lack of artillery shells has been long standing and unmet as the U.S. has stalled on aid and the EU has only provided half of the 1.1 million shells it promised Ukraine (Melkozerova and Hartog). Ukraine fights on in its hour of need, lacking the resources it needs to succeed. Meanwhile, the U.S. stands idly by as it prioritizes other issues and intently stalls Ukrainian aid.

Although interest in Ukraine has waned, and largely for genuine reasons, that does not make supporting Ukraine any less important. It still faces a struggle for survival, and the U.S. should be doing more to support the fledgling democracy in ending the conflict favorably. The best way to do this is to continue sending military aid to Ukraine, so it can continue its struggle to survive and reclaim its territory. While this is mainly the work of politicians and ordinary U.S. citizens have little influence over it, the people's ability to vote can help aid the Ukrainian struggle. With the 2024 election coming up, it is vital to identify what policies one believes are vital, such as whether or not to support Ukraine, and vote for the party that supports such policies.

Fighting for Inclusion: Legal Battle Unfolds Against Transgender Sports Ban in Nassau

In a recent legal maneuver, the New York Civil Liberties Union (NYCLU), whose mission is to protect and preserve First Amendment rights, has initiated legal action against Nassau County for its controversial policy issued on February 22nd of this year. This executive order targets transgender girls and women, barring their participation in sports alongside their cisgender counterparts, based solely on their transgender status. Specifically, it prohibits transgender girls and women from engaging in girls' and women's sports within countyoperated facilities, which has sparked significant controversy. NYCLU contends that this directive violates New York's Human Rights Law and Civil Rights Law, both of which prohibits discrimination based on gender identity following the passage of New York's Gender Expression Non-Discrimination Act (GENDA).

Gabriella Larios, a staff attorney at NYCLU, expressed firm opposition to Nassau County's stance, stating, "Trans people who play sports need support and affirmation, not to be a political target. Nassau County's cynical attempt to shut them out of public spaces is a blatant violation of our state's civil and human rights laws. It also speaks to growing,

By: Kalista Lin

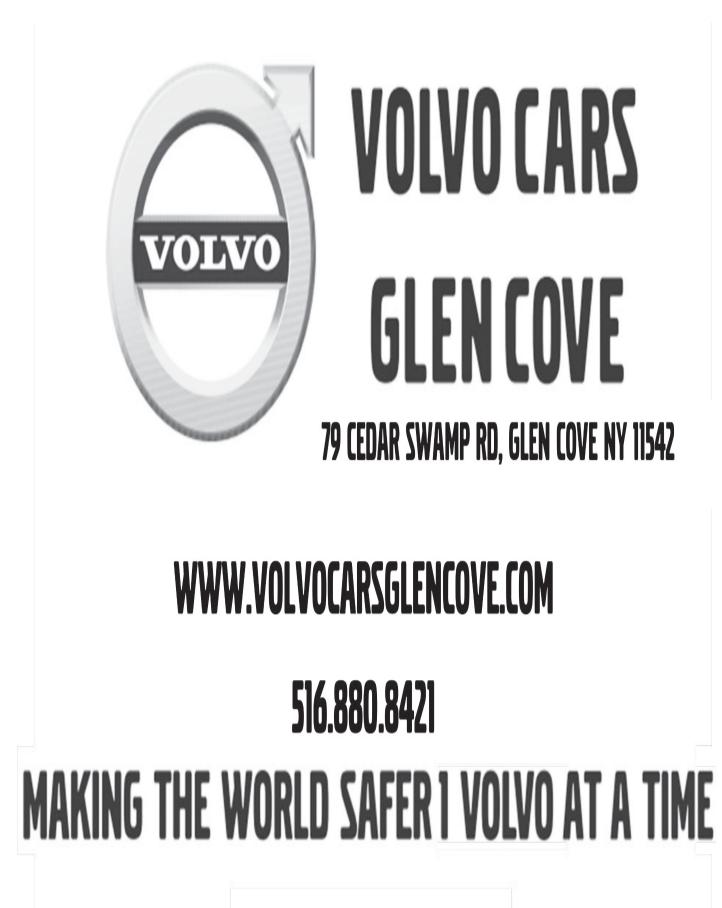
nationwide attacks against LGBTQ+ rights, and we won't stand for this hatred here in New York." This expansive mandate affects over 100 venues, encompassing various sporting arenas such as fields, football, baseball fields, soccer fields, basketball courts, tennis courts, indoor and outdoor swimming pools, and ice rinks. The mandate pertains to recreational and competitive sports across all age groups, skill levels, and abilities. Implementation of this directive warrants intrusive inquiries into the gender identities of both cisgender and transgender individuals, intruding upon their privacy and autonomy while potentially exposing individuals as transgender.

The Long Island Roller Rebels, a recreational women's flat track roller derby league based in Nassau County, is the plaintiff in the lawsuit filed recently, suing Nassau County Executive Bruce Blakeman and Nassau. Under the executive order, the league—which embraces transgender women—is prohibited from utilizing Nassau County's facilities. Curly Fry, a member of the Roller Rebels, condemned the policy, stating that "This cruel policy sends the dangerous message that trans people don't belong in Nassau County. As a league committed to building community and providing a safe space for everybody, we reject this policy, which bars us from public-run venues where we would otherwise play and practice just because we believe in inclusion and stand against transphobia. We hope the court sees this policy for what it is—transphobic and unjust—and makes sure Nassau County is a safe space for trans, nonbinary, and gender-expansive people."

In addition to infringing upon New York State's Human Rights and Civil Rights Law, the policy defies guidance from the New York State Division of Human Rights, affirming that public facilities cannot deny transgender individuals access to programs and activities consistent with their gender identity. It also disregards guidance from the New York State Education Department (NYSED) which asserts that students must be permitted to participate in physical education and athletic endeavors in alignment with their gender identity. The legal action taken by NYCLU against Nassau County's discriminatory policy on transgender participation in sports reflects a pivotal stand for civil and human rights, emphasizing the intersection of legal principles and social justice concerns and underscoring the importance of upholding inclusivity and equality within public spaces.

Ultimately, on May 10th, 2024, the Nassau County Supreme Court struck down Blakeman's executive order on this matter.

Congratulations to Kaitlin Ho who recently attended the **International Science and Engineering Fair (ISEF)**, which is the most prestigious pre-college science research competition; she won 3rd place internationally in her category of **Animal Sciences. Her** research found that longterm cocoa supplementation rescued the Alzheimer's disease model of fruit flies. This is an amazing accomplishment. **Go Vikings Go!**



Single-Use Plastic: What You Are Consuming

By: Joanna Kenney

The damaging effects on the environment that single-use plastics can cause are irrefutable. Single-use plastics take up to hundreds of years to decompose, ending up in landfills, and littering the streets, and oceans. Plastics are also responsible for 15% of the Earth's methane emissions. This information is easily accessible, yet 60 million plastic water bottles are still used daily. Alarming research quantifies that the effects of single-use plastic extend far past the garbage that litters our streets and possibly gets into our foods. So what are we really consuming? And is convenience worth possible health risks?

As single-use plastic breaks down, particles that are 5mm or less are formed; these particles are known as microplastics. They are no larger than a sesame seed; however, they are not meant for consumption. In National Geographic Laura Parker wrote that "Microplastics have moved into virtually every crevice on Earth." She continues to say that microplastics break down even further into nanoplastics that are smaller than 1 micrometer and are not visible to the human eve. In *Everyday* Health Daun Ruff explains that nanoplastics are small enough to "pass through the protective tissues of the intestines and lungs directly enter the and bloodstream...including the heart and brain." These are not places you want potentially harmful plastics to be in your body, yet Parker goes on to cite a recent study by Dick Vethaak, professor emeritus of Ecotoxicology at the Vrije Universiteit Amsterdam. Vethaak's frightening results of nanoplastics is that they are "in the blood of 17 of 22 healthy blood donors"; this indicates the likelihood that we all have nanoplastics circulating in our bloodstreams.

NIH Research Matters has expressed the idea that a possible reason for the nanoplastics reaching the human bloodstream is that "on average, a liter of bottled water include[s] about 240,000 tiny pieces of plastic". This presents another issue with single-use plastic products: their effect on one's health.

Parker states that the results of whether or not the plastic in the bloodstream is harmful are still inconclusive, but that "scientists aren't entirely fumbling around in the dark." There's extensive research on toxins found in plastics. One study discovered "901 chemicals that are not approved for use in food packaging in some jurisdictions" including arsenic. Some toxins are even linked to diseases such as lung disease, Chronic Obstructive Pulmonary disease, and asthma. Although there needs to be further studies conducted to assess the true dangers of these plastics, Vethaak warns that "we should be concerned" and that "Plastics should not be in your blood."

By using plastic alternatives, such as certain, metal, glass, or paper packaging for food, you can avoid the possible threats from nanoplastics altogether. These alternatives are healthy and ecological. Don't wait for the science of these frightening plastics to catch up. Reduce the use of foods with plastic packaging and plastic water bottles now.

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North Shore's Key Club Brings Home The Gold

North Shore High School's Key Club returned from the 76th Leadership Conference in Albany with news to share...... its members brought home the gold for their community service accomplishments during the 2023-2024 service year; North Shore's Key Club earned all first-place trophies for its community service events. In addition, it was recognized as a Distinguished Diamond level Key Club in New York State; only six clubs in the state received this



Announcement and Photo Contributed By Julia Salat

Since the Spring of 2022, over 175,000 migrants from the Dominican Republic, China, Mexico, Jamaica, India, and other countries in South America have flooded New York City (NYC) seeking asylum. While Chicago and Denver are also experiencing a similar situation, the situation in New York is even more dire as over 600 migrants were recently arriving in the City per day (Capariello; Garcia). Many migrants came to New York on buses that were provided by Southern governors, most notably Greg Abbott of Texas, believing NYC to be the "ideal destination for these migrants, who can receive the abundance of city services and housing that Mayor Eric Adams has boasted about within the sanctuary city [,hoping Adams] follows through on his promise of welcoming all migrants with open arms so that our overrun and overwhelmed border towns can find relief" (Svitek): others have come on their own to connect with family and find work (Davies). Unfortunately, New York City, which is obligated by law to provide shelter to anyone in need because of a lawsuit brought by the founders of the Coalition for the Homeless in 1979, has seen its homeless shelter population reach unprecedented levels—with the influx of migrants only exacerbating the crisis (Coalition for the Homeless; Meko). Even Mayor Eric Adams has stated "this issue will destroy New York City" (Davies). As NYC struggles to handle this influx of migrants, concerns over the public's safety have come up.

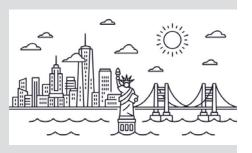
In Februrary 2024, NYC Police Commissioner Edward Caban stated, "in recent months, a wave of migrant crime has washed over our city, but by no means do the individuals committing these crimes represent the vast number of people coming to New York to build a better life" (NYC.Gov). These crimes include alleged physical and sexual assault as well as theft. In fact, on February 5th, 2024, a woman was violently knocked to the ground and dragged by a migrant who was riding a stolen moped; he wanted to steal her phone. The New York City Police Department said this incident was part of a migrant criminal enterprise that uses stolen mopeds to steal phones, and then hacks those phones to steal money and make illegal transactions (CNN). According to Joseph Kenny, Chief of Detective of the NYPD, since January 1st, 2024, the increasing number of migrant arrests has also been involved in the increasing number of "open patterns [of] mopeds and phone snatches compared to one this time last year: that's 147 cases and that equals 147 victims" (CNN). Also, unfortunately in September 2023, a 34-year-old migrant man molested a 7-year-old girl at knifepoint at a Queens hotel housing asylum-seekers (Marino et al.). Additionally, in February more than seven people were arrested for attacking two New York City Police Department officers outside of a migrant shelter (Ebrahimji). These are only a few of the innumerable crimes in NYC that have been committed within a short period of time. Additionally, a majority of NYC 's public is concerned because Mayor Eric Adams instituted new legislation in March, requiring single adult migrants to reapply for shelter every 30 days, leading to thousands of migrants being out on the streets (Meko). Not only does this exacerbate the homeless situation, but it also raises concern about public safety as potential criminals are free to roam the city (Meko).

The Migrant Crisis In NYC And Public Safety

By: Kaitlin Ho

All of the recent crimes that have occurred begs the question of how the migrants are vetted. Customs and Border Protection (CBP) officers at U.S. Ports of Entry conduct inspections daily to determine the admissibility of individuals into the United States; their duties include verifying identities, preventing the entry of ineligible individuals such as criminals or terrorists, and examining documents under the guidelines of the Immigration and Nationality Act (U.S. Customs and Border Protection). However, these checks can have limitations, as illustrated by incidents in 2022 involving former Afghan military officials who almost entered the U.S. illegally and were not initially identified through these standard checks (Erickson). This highlights concerns about the effectiveness of the vetting process, suggesting that a more rigorous approach, including face-toface interviews, might be necessary in order to ensure the public's safety. Additionally, under America's President Joe Biden, more than 1.7 million undocumented migrants have evaded Border Patrol-unscreened (House Budget Committee). Overall, these incidents have only heightened concern about potential security risks, along with the transparency of information regarding illegal immigration and its implications for the U.S.

With an ever increasing number of migrants adding to the already 175,000 in the City, public safety is of the utmost concern. Currently, Mayor Adams supports the policy that if an asylum-seeker has been charged with a crime, but not convicted, New York's sanctuary city status prevents them from working with ICE agents. He believes: "If you commit a felony, a violent act, we should be able to turn you over to ICE and have you deported" (Alfonseca). However, it's also important to keep in mind NYC Mayor Eric Adams' words that "the overwhelming number of immigrants, migrants, asylum-seekers, they want to be here and do what's right. Those violent ones, we need to immediately have them removed from our city" (Ebrahimji).



6 FEATURES

Fast Fashion: Falling Behind Sustainability Trends

By: Elsa Lanne

Although 2024 is only halfway over, the latest fashion trends for this year have already emerged. Trends from the past have again been brought to light with the revival of styles such as cropped tees and low-rise jeans. Social media platforms such as TikTok and Instagram, determine the popularity of trends as influencers expose users to new aesthetics, clothing, brand deals and ads on them. The frequently changing modern styles fuel clothing companies' designs and production. Large brands such as Zara and Shein use fast fashion to mass-produce new styles, which has led to the rising problem of global warming as the unsustainability of these products hurts the environment. This has caused a recent increase in awareness surrounding the fashion industry's carbon footprint; therefore, many brands are now producing sustainable clothing and reducing the fashion industry's negative effects on the planet.

As new styles emerge, social media is the driving force for spreading the latest fashion trends. The creation of these platforms has allowed "designers to showcase their work to a global audience and has made it easier for consumers to discover and purchase new styles" (Cooper). Techniques brands use to spread their influence are "try-on hauls" shown through influencers on these apps. A "try-on haul" is when companies partner with individuals who have a large following and send them products to review. Demetra Dias, an influencer on TikTok with two million followers, frequently posts short videos of herself wearing outfits by brands such as White Fox and Edikted. Her outfits currently consist of trendy low-rise jeans and tank tops with bows. As these popular ideas transition into new styles, it causes the "lifespan of trends [to] shorten...but also [increase] production and waste, as people are over-consuming clothes" (Cooper).

Shein is an example of a brand that has ignored the environment all while experiencing a "60% sales growth" as it "grew in popularity during the pandemic due to the meagre prices of clothing" (Cooper). Present-day society "consumes around 80 billion new pieces of clothing every year" (Maiti) with the industry being "responsible for 10 percent of carbon emissions" (Kelleher). "Microplastics-tiny pieces of nonbiodegradable plastic" that are derived from fossil fuels, can end up in the ocean "from the laundering of synthetic textiles like polyester" polluting many ecosystems (Maiti). The often "poor-quality items, encourage consumers to discard an item of clothing" leading to products ending up in "clothing graveyards" which are landfills located all around the world (Kelleher).

More brands are now attempting to transition into a more eco-friendly way of producing products by finding sustainably sourced materials and cutting down their inventories. "Shoppers are reducing their consumption of fast fashion...by buying from secondhand sellers like ThredUp Inc. and Poshmark "(Maiti) and allowing for the reuse of clothes, keeping these products from going to large landfills. Even as trends progress, they will always be influenced by past ideas. However, vintage shopping and thrifting can be excellent ways to find clothes that fit present-day styles while also helping the planet. The evolving fashion industry has a bright future as there is more support for sustainable brands that will try to prevent climate change.

Getting To Know You: Roving Reporters Hit The Hallways Of N.S.H.S.

By: Ava Connelly and Lucas Schimsky

There are so many different I could get anywhere right away. Brock DerGarabedian 9- Strength so I could move things easily.

> Tess Pinto 9- Mind reading because I want to see other people's perspectives. Kai Oakley 9- I would choose teleportation so that I could travel and see relatives that live far away whenever I want to.

> Serafina DiMisa 9- Teleportation because I feel like it would be cool. Reni Gonzalez 10- Invisibility so I could

> spy on people. Ryan Lau 11- Invisibility so I could rob

> a bank and become rich. Kevin Hua 9 - I would like to control atoms. The reason is so I could basically reconstruct anything and control

everything in the world. Q: If you could go to lunch with anyone, either dead or alive, who

would it be and why?

Reni Gonzalez 10 - The Dolan twins because I miss them and they're engaged now.

Serefina Dimisa 9 - I would go to with Taylor Swift because I love her.

Kai Oakley 9 - Elon Musk so I can ask him for a million dollars.

Nathan Cordero 9- I would have lunch with my late grandpa because I didn't have the chance to really say goodbye to him.

Luke Launer 9 - I would go with Aaron Judge because he's the GOAT.

Kevin Hua 9- I would like to go to lunch with my grandpa because I didn't really get to know him and only saw him like five times.

Garret Gates 12 - Bryce Harper because he is cool.

Avery Fitzpatrick 11 - Zac Bryan because I like his music.

Sofia Dellaratta 11- Ryan Reynolds because he is funny.

Ryan Lau 11- Martin Lurther King Jr. because he was an inspirational person.

Q: If you could live anywhere in the

Some Goings On Around New York City

By: Sophie Brandimarte

show opened on April 20th at the Shubert Theatre. Art:

Käthe Kollwitz exhibition

At the MOMA through July 20th is a collection of approximately 120 drawings, paintings, and sculptures by the post-WWII era German artist Käthe Kollwitz. Her works focus on the themes of motherhood, grief, and resistance.

Wanda Gág exhibition

On display at the Whitney Museum of American Art until December is a collection of works by American artist and children's book illustrator Wanda Gág. A fixture of New York City's modernist scene from around 1917 up until her death in 1946, Gág's works illustrate "a place where landscapes move rhythmically and inanimate objects hum with life".

The Harlem Renaissance and Transatlantic Modernism

This exhibition "explores the comprehensive and far-reaching ways in which Black artists portrayed everyday modern life" (The Met) during the Harlem Renaissance, a period of flourishing African American art, music, and

world, where would you live?

Gio Anselmo 11- Africa because there are lots of cool animals there.

Kai Oakley 9- Maybe an island somewhere like Hawaii because I love the beach.

Taylor Klein 12- Italy because the food is good and the country is pretty.

Tess Pinto 9- California because the houses are gorgeous and there is great weather there for golfing.

Luke Launer 9- Utah because it snows a lot and the mountains are cool.

Brock DerGarabedian 9- Hawaii. I love the volcanoes and the rain there.

Anneliese Brococolo 11- Hawaii so I can own an acai bowl shop.

Serafina DiMisa 9- Italy because it's beautiful.

Jack Penny 9- The Bahamas because it is nice and warm.

Avery FitzPatrick 10- Bora Bora because it's pretty.

Jack Damphouse 11- Italy because there are some great views.

Kate Salerno 12- The Bahamas because of the beautiful weather.

Garret Gates 12-Australia because it has some great fishing.

Clearly, there is so much to know about the students who walk the hallways of North Shore High School on a daily basis and this is only a snapshot of that. So next year keep an eye out for your Roving Reporters.



Inspired by The New Yorker magazine, the following is a listing of some current cultural events in New York City that pertain to the arts. As North Shore students we are privileged to live in such close proximity to one the greatest meccas of art and music in the United States. We should take advantage of that and try to experience as much art as we can. Theater:

personalities to be found at North

Shore High School; and so, we wanted

to ask a few questions to get to know

Q: If you had to have a superpower,

what would it be and why?

Donato Saraguro 11 - Freeze time so I

Liam Conlon 11 - It would be to freeze

Garret Gates 12- Teleportation because

Vaslis Triantafyllou 12- It would be to

fly so I could get anywhere I wanted

Chris Anzalone 12- Super speed

Justin Rosen 12- Teleportation to go

Giovanni Anselmo 11- I would fly so I

Meredith Papiro 12- Turn invisible

because if I was in a situation I didn't

Luke Potapov 12- Teleportation so I

could travel anywhere I want super

Sofia DellaRatta 11- Fly because it's

fun! And I could go anywhere I wanted.

Jack Damphouse 11- Super speed so I

Kate Salerno 12- I want to teleport

because it saves time when traveling.

Taylor Klein 12- Super speed because

Avery Fitzpatrick 11- Be able to fly

because I could get places much faster.

Vincenzo DiGiuseppe 9- Flying so I

could go anywhere without having a

Jack Penny 9- Freeze time so I could

Brady Ayres 9- Super speed, so I could

Luke Launer 9- If I had to have a

superpower it would be to teleport, so

want to be in, I would disappear.

it makes going anywhere really easy.

could think about the future.

time so I could do my work.

because I could run on water.

anywhere in the world.

could get places.

could travel a lot.

I'm always late.

do whatever I want.

go places faster.

problem.

to.

fast.

some of them better:

An Enemy of the People

Jeremey Strong (Succession) and Micheal Imperioli (The White Lotus) star in this acclaimed revival of Henrik Ibsen's1882 drama about a small-town doctor attempting to warn a hesitant community of a potential deathly health crisis. The limited engagement is now playing at the Circle in the Square Theatre and is set to close on June 16th.

Hell's Kitchen

This is a jukebox musical from the Grammy Awardwinning musical artist, Alicia Keys, featuring new arrangements of her beloved songs with a script by Kristoffer Diaz that is loosely based on Keys' life growing up in Hell's Kitchen, New York. The

literature in New York City during the 1920's. It is on display at the Metropolitan Museum of Art through July 28th. Dance:

Illinoise

After a massively successful run at the Park Avenue Armory, Illinoise begins a 16-week limited engagement at Broadway's St. James Theatre on April 24th. The dance musical is based off of singer-songwriter Sufjan Stevens' praised fifth studio album of the same name Music:

Antony and Cleopatra

American composer John Adams' most recent opera is a rendition of Shakespeare's iconic play, Antony and Cleopatra. The new production stars Julia Bullock and Gerald Finley as Cleopatra and Antony, respectively, and runs through June 7th.

With endless opportunities to immerse yourself in today's changing culture, there's no better time to do it than this Spring, when New York is at its pinnacle of beauty. So hop on the Long Island Railroad and get to it!

A Prom For Everyone: North Shore High School's Production Of *The Prom*

By: Mae Curiale

This past March, North Shore High School's Theater Department put on a production of The Prom, a contemporary Broadway show that has an inspiring overall theme about acceptance, courage, and "building a prom for everyone." The show is centered around an LGBTQ+ girl, Emma, who wants to take her girlfriend to prom and is met with outrage from her small town's community. A group of struggling Broadway actors are soon enough on a quest to prove themselves to the public as selfless, and step in. In the words of Theatrical Rights Worldwide, "...Broadway's brassiest join forces with a courageous girl and the town's citizens and the result is love that brings them all together."

Aaron Brateman, the Theater teacher and Director at North Shore High School, explained that the shows North Shore High School puts on are chosen through a process. Many factors are involved, but most importantly, is the thinking in regards to the group of actors and crew members that the Department has each year. Brateman, as well as some of the other adults who are involved with the show, including Band Director Brandon Bromsey, Choir Director David Catalano, and Dance Teacher Simone Kuranishi, are all part of the decision, and each year they try to find a show that fits with the cast they anticipate. They need to have an appropriate number of roles for the size of the cast and to ensure that those roles will be feasible for the students. Brateman emphasized that another key element of the process is thinking about how "that work connects to the world around us"; in other words, what story they want to tell for "our world and our community."

For this show in particular, the process was slightly abnormal, as the District and administrators were unsure that the production would be well-received by the community. Brateman expressed that "everything had to get signed off by administration, and they were totally supportive" of the show; their only concern was "how people outside of school might respond to the piece." There was even a chance of there being complications during the rehearsal process; so, in order to ensure that the students were aware of all of the possible outcomes, North Shore's administration asked Brateman to facilitate a vote among the student body "so that anyone who might be unhappy that we were producing this show would be facing the fact that this work was endorsed by students, and it was something students were invested in." The vote had an overwhelming number of positive responses; thus, the show was endorsed by the involved students.

After student approval was acquired, rehearsals were quickly on their way! Although every North Shore High School musical is filled with many components, this show was by far the greatest in terms of scale. Brateman noted that it was the largest in almost every area imaginable, having over 100 students involved between cast and crew. It was also North Shore's "largest set-build to date," and it needed the "most coordination between Cast, Crew, and Pit"; it also sold the most tickets in Brateman's time as director. Not only were the physical elements a big undertaking, but the subject matter and content were also great in terms of their meaning. Brateman shared that this show has "the biggest heart" and is a very significant story to tell in the world that we live in. He also explained that "the show takes place in a lot of locations, some of which we revisit, but some we don't,"

so the process of designing the set took a lot of perseverance and innovation. The sheer number of locations was not the only problem, because the Theater Department did not have "a Broadway budget or Broadway mechanisms to bring in a whole new set; so, every single thing on the set was doubled, if not tripled," meaning that one "flat," or set, would have another location as the back, and would sometimes even be reused for a third scene later in the show as another place. Brateman and Art Teacher and Set and Props Designer Margaret DeLima were luckily able to find inspiration in the challenge, commenting on how sometimes what could be viewed as limitations could actually spark creativity. Additionally, there were over 1,000 individual costume pieces that were used in the show, not including the student-provided costumes that were used for the scenes set in a high school. Many of the cast members played multiple characters throughout the show, and the leading roles required many costumes as well; therefore, there were costume racks lining the hallways. Self-provided costumes helped to alleviate what would have been a way over budget for a high school production; it was already higher than previous shows at North Shore. Overall, with the complicated sets, high number of costumes, and the largest cast to date, this show was a huge undertaking.

With so much work and effort put into the production of The Prom, everyone involved wanted it to go well. Although there were initial concerns that the rehearsal process might be rocky due to public opinions, no issues came up; the rehearsal and performance processes ran smoothly. Although Brateman himself had a positive outlook on the entire production and never expected any problems to surface, he commented that "it says a lot that nothing ever came up." Plus, after all of their hard work and dedication, and their bravery for putting on a show that is so vulnerable, the students involved in the show received an overwhelming amount of support and love from the community. In Brateman's words, "I think the community responded very positively, with a huge embrace to the subject matter and to the show itself, which was really demonstrated by how much money we raised for The Trevor Project." The Trevor Project is the largest suicide prevention organization for LGBTQ+ youth in the world. After the three performances of The Prom, some cast members of the show came out from backstage to collect donations from the audience. In just two days, the North Shore High School Theater Department raised over \$13,000 for The Trevor Project.

The ability of the cast and crew members of The Prom to donate such a large sum of money to The Trevor Project and to share the story of the show with such a supportive audience was meaningful and perfectly aligned with the values encouraged throughout the show. One of the lines of the closing song is: "build a prom for everyone; show them all it can be done." This was a feat accomplished by the North Shore High School Masquers this past March. They were able to create a "prom" onstage that everyone in the community was invited to. Brateman expressed his admiration for younger generations, like the students involved with the show, for being "fearlessly themselves." Despite finding that journey scary sometimes, "it is a walk they continue to walk."

Diving Into Some Of The Delightful Culinary Offerings Of Glen Cove

By: Benjamin Cooperman and Wyatt Snyder

Food is the universal language of all, whether it's Peruvian Chinese food or a KFC Taco Bell collab, there is no greater unifier than food. And...when done properly, and eaten with those you care about, no other action can compare. The melting pot of cultures that is New York has given birth to a plethora of delicious food options; however, the only problem faced is deciding on where to eat. Glen Cove eateries are a wonderful place to start.

Il Portillo:

72 School Street Glen Cove

"Now what the hell do you know about El Salvadorian food?", we were asked by our server, as he watched us consume enough food for six people. "Absolutely nothing" we responded in unison. He laughed while he stood next to a massive vat of cabbage that was pickling beside us. In this small deli/bodega, we felt like we were home. Therefore, four tamales, two pupusas, a platter of fried halibut, and \$16 later, we could happily admit that there was no meal we would have rather had than the one we ate in Il Portillo's that day. Located in downtown Glen Cove near the AMC theater and Staples, this storefront is no bigger than probably seven feet wide; yet, it makes up for its size in the authentic food it serves. Our visit to Il Portillo resulted in not only a great meal, but also a unique experience that can only be found in hidden corners if one takes the time to look for them.

Quisqueya Grocery:

19 Bridge Street Glen Cove

There are not many feelings akin to the one of entering a Dominican hot table. The ability to fully customize a bowl of food, from the starch to the protein is a responsibility forced upon you when entering Quisqueya Grocery. After piling your styrofoam plate with all of the pulled meats and steamed Yucca you can stomach, you may then embark on the experience of eating surely one of the best meals of your life. There is something special about a good plate of rice and beans. A common complaint in our community is about the lack of accessibility to chain restaurants such as Chipotle; however, a five-minute drive into the heart of Glen Cove will offer you the same, if not a better plate of rice and beans. **A. Razzano:**

286 Glen Street Glen Cove

What has now been replaced by processed deli meats and frozen pre-made goods, Rozzano's remains one of the only true Italian pork stores left in the area and much of the state. A fossil from a lost age, as it was founded in 1965 and run by a slew of predominantly elderly Italian gentlemen who fostered their sacred family recipes, Rozzano's offers you the full experience. Greeted upon arrival by hanging smoked meats and 20pound blocks of cheese, as well as what one can only guess are vats of cured peppers or eyeballs sitting in oil, one must decide whether to fall in love with the smells of the space or to run from them. We were happy with the lack of chicken parm and Americanized Italian-American cooking that we found. Though both Swiss cheese and Boar's Head ham can be found on Rozzano's menu, it is comforting to know that there are some things that are still holy, and untouched with the passage of time.

Since food is such an important part of our lives, we pride ourselves on finding some of the best places around to eat. And for us, it seems as if Glen Cove is becoming one of the greatest areas where one can find authentic and reputable eateries. More and more restaurants are opening there these days and we can't wait to continue eating our way around this Long Island city.



8 FEATURES/SPORTS

The New Go-To Spot In Glen Head: Honey's Bistro By: Lucia Cagno

On January 4th, 2024, Honey's Bistro officially opened for business. Replacing Flourish Bakeshop, the bistro offers a wide variety of food from coffee and teas to desserts and savory lunches. With a gorgeous interior and a lively vibe, Honey's Bistro might just become your next go-to eatery.

Matt Suckle and Patrick O'Halloran, who are best friends, are the coowners of the bistro. They both have tremendous experience in the restaurant field, as Suckle is the former owner of New York Chicken and Rice in Glen Cove, and O'Halloran is the co-owner of a restaurant in New Hyde Park, called Park Place (newsday.com). Their goal when it came to Honey's Bistro was to "open a space that was reflective of who [they] are, and what is special to [them]". The space is very much full of personality, and the name Honey's Bistro is derived from Matt's family dog!

Throughout the day, Honey's Bistro is filled with natural light, which complementd the colorful, modern interior. The bistro has a number of tables and booths, providing seating for groups of all sizes. The front of the bistro is the home of different machines which make drinks such as coffee or tea, while the kitchen is in the back. The staff that works there seems to be extremely friendly, and helps to make your meal even more enjoyable.

The menu of the bistro features soups, fresh salads, rice bowls, chicken fingers, grilled cheese and sandwiches, in addition to "fun, nostalgic baked goods" (*Interview*), that are baked in-house daily. Many items have a fun name to go along with them, like a salad called "Benny Meets Hana" (honeys-bistro.com). Honey's Bistro also has an extensive drink menu, including coffee, teas, and refreshers. The meals range from around \$6 to \$15, and the drinks and desserts are typically under \$6, depending on one's preferences.

The bistro is usually open from 8AM to 6:30PM Monday through Friday, and from 8AM to 2PM on Sunday for brunch. It is located near the Glen Head train tracks, and is within walking distance from North Shore Hig School.

Honey's Bistro also recently obtained a liquor license, and now serves cocktails from 8PM to 12AM on weekends. The cocktail bar is called "Hush Puppy's", and serves organic wine along with other alcoholic drinks (newsday.com). The bistro's website reveals that both takeout or delivery is currently available for all meals, and catering also will soon be an option for customers.

Honey's Bistro is designed to be a place that "checks off all the boxes for a neighborhood" (*Interview*), and it is certainly worth checking out.



Photo courtesy of a Google review May 2024

The Legendary Impact Of Basketball Star Caitlin Clark

By: Abby Reisberg

22-year-old Caitlin Clark was a senior point guard on the Women's Basketball Team at the University of Iowa. She had the final game of her collegiate basketball career on April 7th, 2024, playing undefeated South Carolina in the NCAA National Championship; Clark is arguably one of the greatest college basketball players to ever live, regardless of gender. She has a once in a lifetime amount of talent that has completely changed the game of women's basketball.

Clark is six feet tall and is known for her incredible ability to sink 3-point shots and easily get around defenders. NBA player Luca Doncic of the Dallas Mavericks said "She's like Steph Curry" because Steph Curry leads the NBA in three-point shots made.

Going into the 2023–24 college basketball season, Clark's senior season had high expectations, and she had a lot to prove. She had already won plenty of awards, including Player of the Year in the Big Ten Conference multiple times, AP (All Player) 1st Team All American, Nancy Lieberman Point Guard of the Year, and Naismith Women's College Player of the Year. Her list of accolades is a huge accomplishment for Clark's career. She even had an incredible run in the 2023 March Madness tournament with the help of her teammates. The NCAA March Madness is a single-elimination tournament played each spring by women's and men's college basketball teams across the Division I level of the National Collegiate Athletic Association; it determines the nation-wide champions. Even though Iowa lost to LSU, 102-85, in the 2023 finals, Clark had 30 points and eight assists during that game. After this championship loss, Clark broke down in tears and said "I want my legacy to be the impact that I can have on young kids and the people in the state of Iowa. I hope I brought them a lot of joy this season." Clark still had one season left and so there was time for a comeback.

During the 2024 season, Clark came back stronger, not only breaking the Division 1 NCAA all-time points-scored record for women, but also for men. On February 15th, 2024, in a regular season match-up against Michigan, Clark broke Kelsey Plum's record of 3,527 career points in just 139 games played; Plum currently plays for the Las Vegas Aces and played for Washington State. According to Sports Illustrated, "She needed just eight points entering Thursday night and wasted no time doing it, scoring all of Iowa's first eight points and eclipsing the record with a three from the logo." Around two weeks later, Clark decided to make some more history in a 96-83 win against Ohio State, breaking former LSU basketball player Pete Maravich's record of 3,667 career points. This record has been standing for 54 years, as Maravich only played 83 games in his three-season career at LSU. Clark continued to be consistent, averaging 31.6 points, 7.4 rebounds, and 8.9 assists per game.

Prior to this game, during the Elite Eight, in Albany, Iowa, took on LSU once again and defeated them, 94-87, all while having 12.3 million viewers on ESPN. Iowa against LSU had more viewers than the 2023 World Series and the 2023 NBA Finals. While Caitlin Clark and the whole Iowa Women's Basketball Team may not have gotten the championship ring against South Carolina, they showcased to the 18.7 million people watching the game the importance of women's basketball and the true impact Catlin Clark had on college basketball courts.

Clark's basketball career is far from over as she decided to enter the WNBA's Draft as a projected first pick to the Indiana Fever. Only eight days after the NCAA National Championship, on April 15th, the WNBA Draft took place at the Brooklyn Academy of Music. As expected, Clark was drafted first overall. Yes, fans are sad to see her leave Iowa and not take her fifth year of eligibility, but there is so much more excitement now to see how she will make her mark in Indiana this summer.

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The 2026 FIFA World Cup Strikes America

By: Brian Kraupner

The 2026 FIFA World Cup is the most exciting, thrilling, and without a doubt, most popular sporting event coming to the United States. In the Summer of 2026, 104 soccer matches between 48 different teams will take place; these teams will do battle to try to win the iconic World Cup trophy. This major sporting event will take place not only in the United States, but also in Canada and Mexico. The latter is responsible for the inauguration and is hosting 13 of the 104 games. Canada is responsible for hosting 13 of the 104 games and the United States is responsible for hosting 78 matches as, well as the final game. The matches in Mexico will take place in Guadalajara, Mexico City, and Monterrey. In Canada, the matches will be in Toronto and Vancouver. In the United States, the matches will be in Atlanta, Boston, Dallas, Houston, Kansas City, Los Angeles, Miami, New Jersey, Philadelphia, San Francisco Bay Area and Seattle. The World Cup will take place for 40 days, which would make it the longest World Cup ever; the last World Cup only took place for 28 davs in Oatar.

It's amazing how many people help to make the FIFA World Cup the grand event that it is. Honestly, there is just so much excitiement over the fact that it's coming to New Jersey. Soccer fans in New York could not be happier. Metlife Stadium will host eight matches and the World Cup Final . Metlife Stadium is only a 40-minute train ride from New York City. Local bars and restaurants will also be packed as fans flock to them to watch world-class athletes like Lionel Messi, Neymar da Silva Santos Júnior, and Kylian Mbappe make soccer history in the United States. Viewers will cheer for their favorite teams and players as they also enjoy the games from their homes at watch parties. Hotels will even be jampacked with fans traveling from all over the world to watch the matches. "It's a historic day for U.S. Soccer and the entire American soccer community, from every corner of our grassroots all the way to the pros and our National Teams," said U.S. Soccer President Cindy Parlow Cone.

Overall, the World Cup helps to create unity between people as they come together to enjoy the sport of soccer. It will provide thrilling matches, anticipation, unforgettable moments, and, a lively atmosphere. Thus, the 2026 FIFA World Cup will be a spectacular sporting event like no other!

Congratulations To The Class of 2024