



## The Effects of Technology at an Early Age

By Isabella Chen, Elif Koch, Christine Song  
Staff Reporters

Technology has improved by leaps and bounds since the first stone tools and will continue to do so. It has grown from simple, primitive tools to small, handheld devices that have revolutionized communication and completely changed our lives. Although many of these technological advancements have made life easier, safer and more entertaining, scientists are beginning to see the effects of early exposure to virtual technology.

According to National Public Radio, about 42% of young children age (8 and under) in late 2017 had their own tablet device. Compared to earlier years, this is a drastic increase in regards to device ownership as a juvenile (about 4% of young children in 2013). In recent years, the average daily usage of handheld devices has also gone up from 15 minutes a day in 2013 to 48 minutes in 2017. In a poll conducted with a sample of 30 POBJFK freshmen, the daily screen time averaged at three hours and 48 minutes, with responses ranging from one to nine hours. Twenty-three out of the 30 who participated in the survey had received their personal phones at age 10 or 11. Additionally, 53% of the students had their first device before third grade, the most popular being iPads, iPods, DSs and Wiis.

In JAMA Pediatrics, a peer-reviewed medical journal, researchers report that increased screen time in children can lead to poor development and progress in communication skills, problem-solving abilities and social interactions. Our brains are constantly developing, especially during earlier ages. This helps us make new connections and learn from our experiences and environment, but too much screen time acts as an obstacle in these developmental stages of our brain.

The overuse of electronics causes many negative side effects even for kids, physical and psychological. According to the American Optometric Association, prolonged use of electronic devices can cause ear damage and digital eye strain. Constantly looking at your device for hours on end could cause discomfort and blurred vision. Overuse of electronics can also

result in headaches, muscle pain, back pain, etc. Because overuse of electronics leads to a lack of physical activities or exercise, it can cause obesity and affect physical development.

One of the largest psychological effects include disturbances in your sleep schedule. The last thing many people do before they go to bed is check their phones. In our poll, we found that 24 of the 30 students interviewed check their phones right before they go to bed. In addition, 15 of the 30 students said that they look at their phones first thing in the morning. This can affect your sleep schedule because of the blue light coming from your phone screen. Blue light can lead to digital eye strain and retina damage. It causes your brain to believe it is daytime, making it more difficult to fall asleep.

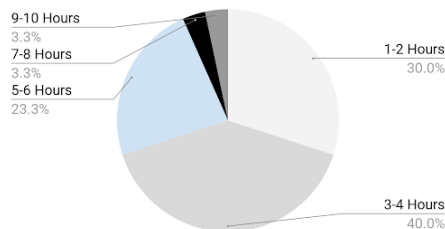
Technology can not only affect the body but the mind as well. Anxiety, depression, irritability and low self-confidence have all been discovered to manifest in teens who spend their hours on social media. Because of the constant online emphasis on beauty, people lose

confidence in themselves and their lives begin to revolve around the perception of their physical traits. Studies have shown that those who spend a large amount of time on social media have increased risks of eating disorders and body dysmorphism. Constant online messaging also leaves social dissatisfaction for many, since it reduces the emotions associated with physical interaction in the real world. This unhappiness causes a sense of isolation, which can lead to clinical depression.

Humans are inherently social creatures that thrive on interactions with others, and the prevention of real-world communication can adversely affect mental health.

So, what do you think? Will cutting down your screen time be your next new year resolution?

Daily Screen Time



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## Iran vs America: Is War in the Cards?

By Jesse Ray Sheps  
Staff Reporter

Students returned from winter break to a school filled with talk about the real possibility of a full scale and violent war breaking out between the United States and Iran. Some students are worried that a larger regional conflict could even lead to World War III and the use of nuclear weapons. Some of our seniors, close to the age of 18, were even nervous about their prospects of being drafted by our armed forces if the conflict widened.

The more immediate flare-up of hostilities between the United States and Iran were caused by a New Year's Eve attack on the U.S. Embassy in Baghdad by Iranian backed militias. There was evidence that Iranian General Qaiem Soleimani, the country's leading military advisor, was behind the attacks. In response, the United States used a drone attack to kill Soleimani. The United States blamed Soleimani for 603 U.S. service members killed in Iraq, as well as thousands of others in the region.

Ultimately, Iran responded with an attack on U.S. military bases in Iraq, but fortunately, no Americans were injured in the strike. As everyone waited for his response, President Trump backed away from all-out conflict with Iran, declining to escalate the growing confrontation between the two nations that appeared to be very close to coming to a full boil.

Reactions of students and faculty in our school were mixed. While



Source:newsmax.com

some acknowledged Iran's general bad intent, others questioned whether President Trump had pushed too far, bringing us to the brink of a war that is not in America's interest.

Ninth-grader Madeline Hecht questioned Trump's support for the drone attack on General Soleimani. Madeline thought the strike "was not the right decision because there could have been some greater communication between the United States and Iran." Mr. DeMartinis, who was concerned about the ethics of taking the life of Soleimani, stated that, "I hope that those who made the decision did so with the knowledge that there was a direct threat to American lives[... ]but there is no way of knowing and that's what makes this such a tough question."

What the future holds for our country and whether war is really the next step remains in the minds of POBJFK students. However, it is worth mentioning that tensions between the U.S. and Iran are nothing new and have existed since the 1979 Iranian revolution and the taking of American hostages by the Iranian Ayatollah. Fortunately, this history has never resulted in a full-scale war. For now, the conflict has appeared to have calmed.

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## WELCOME!

The Hawk Eye is always accepting new members and entries! Please listen to the announcements for the time and location of our four monthly meetings! Thank you for reading!

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# Why Try on Section Five?

BY: AMANDA KANG  
Staff Reporter

If you're a student planning on taking the SAT, chances are you've heard of the new 5th section that the College Board recently added to the exam. This is an additional set of multiple-choice questions administered to students for 20 minutes after taking the four major sections of the exam. The subject matter of this section will vary for students within a given testing center and may be based on reading, writing, and math. The purpose of these questions is to gauge whether or not the College Board should use them on future exams.

Many students are aware that the College Board is now administering experimental questions to test takers and are under the impression that the fifth section will not count towards their composite SAT score. Thus, students may neglect to put a fair amount of effort into answering these questions, perhaps even leaving them blank. However, this may not be the best test-taking strategy. In the 2019-20 Educator Guide for the SAT and SAT Subject Tests, the College Board states that "These questions may appear in any of the test sections and [...] these questions will not be included in computing students' scores." To clarify, it is possible for the questions in section five to count towards a student's score, while experimental questions scattered throughout one major section of the exam and will not count. Therefore, although it is unlikely that the College Board would swap out reading and writing questions due to the differences in the time given for these sections, this statement allows them to do so if they choose.

Even if all of the questions in section five happen to be experimental, there are a few other reasons for putting an honest

effort into answering these questions. The first being that the experimental questions are used to flag cheaters. The College Board often recycles past exams and is aware that students may memorize answers for future test-taking. Thus, they compare the scores that students receive on the major sections of the exam with experimental questions and if there is a great disparity between the scores, the College Board has reason to flag a cheater.

Furthermore, trying your best in section five gives the College Board accurate data regarding the difficulty of these questions. If students randomly select answers and get them wrong, the College Board will perceive these questions to be harder than they truly are. This, in turn, could ultimately inflate the SAT scores of future test takers by allowing them to receive a much easier exam than is administered today.

Lastly, the majority of students who take the SAT have spent countless hours preparing, so why not just end the exam on a high note?



Source: <https://www.collegeboard.org/>

# Trump Talks: Follow Up

By: Joshua Feller  
Staff Reporter

On October 31, the House of Representatives pushed forward the formal inquiry rules for the Impeachment of President Trump. In a multi-month debate on the issue of whether or not President Trump had a quid pro quo with Ukraine, 231 Democrats voted in favor of establishing the rules of procedure with two voting against, those being Collin Peterson of Minnesota and Jefferson Van Drew of New Jersey. The rules of impeachment set how the evidence would be forwarded to the House Judiciary Committee under chairman Jerry Nadler, a Democrat from NY and how the Judiciary Committee and Intelligence Committee, led by Adam Schiff, a Democrat from California would hold hearings. The Republicans who already blasted the Democrats for making this a partisan issue, raged against the rules citing that both Schiff and Nadler would be able to ignore Republican subpoenas. Republican Doug Collins of Georgia and Republican Tom Cole of Oklahoma, the top Republican on the Judiciary and Rules Committee, respectively criticized the process as it is a closed Democrat discussion. What followed was a series of public and closed hearings starting in the House Intelligence Committee and then being passed off to the Judiciary Committee. The House Intelligence Committee draft a report of its findings and present it to the House Judiciary Committee, who are tasked with deliberating the case and drafting articles of impeachment, if necessary. The Judiciary Committee approved the articles on the topics of obstruction of Congress and abuse of power. The House voted 230-197 to charge Trump with abuse of power and 229-198 to charge him with obstruction of Congress. The votes were largely split along party lines: once again two Democrats voted against both articles, Representative Collin Peterson of Minnesota and Jeff Van Drew of New Jersey. A third, Republican Jared Golden of Maine, voted for one impeachment article. Democratic Representative Tulsi Gabbard of Hawaii, who is running for the Democratic presidential nomination, voted present for both articles. Present is

another word for abstaining without being removed from the total votes. Despite both articles being passed Nancy Pelosi decided to hold the articles rather than sending them to the Senate to try and secure more witnesses, some of which were White House officials who were subpoenaed, but did not appear after being told not to by the president. The Democrats are now between a rock and a hard place as they wasted their chance by not fighting in the courts for their subpoenas and tRepublicans will almost certainly acquit him of all charges as soon as the articles get to the senate.



Source: CNN

# What is the All-County Music Festival

BY: Ellisa Lee  
Staff Reporter

The All-County Music Festival is an opportunity for musically talented students to be rewarded for their individual instrumental or vocal accomplishments and successes. According to the Nassau Music Educators Association, “All County provides students with the opportunity to play with some of the finest musicians at their age level in Nassau County.”

You may be wondering, what qualifications must one have in order to qualify for this festival? A student must have a high NYSSMA (New York State School Music Association) score so that their music teacher can recommend the student’s name for consideration. All nominations are reviewed by a committee for final acceptance dependent on the student’s NYSSMA score, teacher recommendation, instrument balance, and the repertoire of the ensemble. This tedious journey of handpicking the most qualified students highlights the level of skill each individual possesses.

All County is composed of five divisions, with each division consisting of different grade levels from fifth to twelfth grade. Division one is split into two different groups: West and East. Division two consists of only grade six students. Division three consists of grade levels 7-8th. Division four consists of grade levels nine to ten, and division five consists of grade levels 11-12. The conductor and the musicians both put a lot of dedication and hard work into the three short days of practice before the official concert in order to truly highlight the talent these students have to offer.

To all those accepted into the All-County Music Festival of 2020, congratulations!

## ORCHESTRA

Lauren Eterno  
Ethan Hsu  
William Jeon  
Chris Kim  
Ryan Kim  
Justin Kim  
Ziho Kim  
Brian Lee  
Ellisa Lee  
Yeonwoo Lee  
Aaron Leong  
Laura Newman  
Constantine Vontas  
Kimon Vontas  
Hephzibah Yoo

## BAND

Hanna Back  
Elijah Blum  
Brian Burke  
Aiden Cho  
Kevin Einsberg  
Seokhyun Lim  
Jaehyeon Song  
Greene Xue  
Harold Watkin-Fox

## CHOIR

Ava Amore  
Logan Bashkin  
Selin Baytan  
Emily Becker  
Danielle Brenner  
Ojas Chaudhary  
Skylar Cowen  
Pritika Das  
Jenna Fabiano  
Sarah Fitzgerald  
Noah Fleischman  
Michael Flood  
Barbara Gang  
Kimberly Gang  
Jacob Hammerman  
Ryan Harris  
Evan Hoffman  
Harley Stein  
Seeya Khatter  
Joesephine Kim  
Kayla Kirchenburg  
Jessica Knaster  
Emily Knoswr  
Caroline Kronone  
Alexis Lazo

## CHOIR

Jonathan Leest  
Daniella Limmer  
Kyle Meyers  
Alexa Mogul  
Brooke Murphy  
Sofia Nargentino  
Harin Oh  
Nicklaus Olivia  
Luke Olsen  
Ben Pasternack  
Sivian Plotkin  
Alyssa Reifer  
Antonia Perfetto-  
Roldan  
Jasbina Sabharwal  
Shoshana Shapiro Sky-  
ler Smith  
Emma Sprung  
Skylar Stern  
Joana Thomson  
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# High School Internships – Partnering with Local Business

BY: Alison Chertoff  
Secretary

High School is a time when many students begin to think about college and possible career choices. At age 16 it is often difficult to know what areas of interest you want to pursue. High school internships can provide some insight into possible fields of interest. Luckily, this is something offered by JFK. JFK recently partnered with the Plainview Chamber of Commerce for this purpose. Many local businesses are eager to offer internships to JFK students. It’s a great opportunity to get involved in the community, learn life skills and enhance your resume.

I had the opportunity of interviewing Mr. Lieberman who, along with Mrs. Farrell, run the internship program at JFK. There is a wide variety of internships available through the Chamber of Commerce. Some of the locals participating include, Law Office of Elan Wurtzel, Coliseum Kitchen and Ned Marzigliano’s State Farm Insurance. Areas of interest include accounting, marketing, finance and sales. The internships are all local to help get our community involved in benefitting the students and teaching them new skills. The internship application process is very simple. All you need to do is speak with Mr. Lieberman in the business department to find an internship that best suits your interests. A guidance counselor can also help with this process. Once an internship is found, the office may interview you to make sure that you are a good fit for the position. According to Mr. Lieberman, internships give students something to speak about during college interviews

and include in college essays. When applying for college, it is important that students have something that sets them apart from the other applicants. The competition to gain entrance into the college of your choice is often a challenge. The experience of an internship can prove very valuable. The skills learned at an internship will not only help you in your future but will help you during the application process. Going on an interview, writing a resume and working in a business setting all enhance a candidate’s portfolio.

During our interview, I asked Mr. Lieberman about the difference between community service hours and an internship. He explained that, “An internship is about learning business skills for the future. Community service is about volunteering and giving back to the community where needed.” Students can even be eligible for college credit based on hours worked at these internships. To earn a half credit, 54 hours of work are required. For a full credit, 108 hours are needed. At this time, the majority of internships are unpaid.

This new program should prove very rewarding for students as they look to build their resume and acquire experience outside the classroom. I am looking forward to taking advantage of these opportunities in the fall.

# Review of The Rise of Skywalker

By Jesse ray Sheps  
Staff reporter

After years of anticipation, the Star Wars sequel trilogy concluded with the controversial, yet vibrant, *The Rise of Skywalker*. The film marked the greatly anticipated return to the saga of director J.J. Abrams after director Rian Johnson's successful, yet highly criticized *The Last Jedi*. Although many of us waited several long years for this moment, we should take a moment to appreciate that Star Wars fandom parents, first introduced to the Skywalker saga in the 1970s, waited over four decades for the conclusion to finally arrive.

One key difference between the two directors' visionary approaches to the storyline was the circumstances surrounding the source of young Jedi Rey's powerful control of the Force. *The Last Jedi* pushed aside the issue of Rey's parents, asserting that her power came from within her and not from any biological lineage. *The Rise of Skywalker* retracted many of these revelations and, in turn, presented a major plot twist: that Rey is, in fact, the granddaughter of the powerful evil Supreme Leader Palpatine. Perhaps Mr. Abrams intentionally tweaked the arc of the storyline to make a more satisfying conclusion for die-hard fans who have become increasingly vocal about the mishandling of this iconic franchise. Whatever the motivation, this important change allowed the nine-movie storyline to come together in a more cohesive and satisfying finale.

The final entry to the Star Wars story was a much more enjoyable ride than the last. Emperor Palpatine's return provided a full-circle connection to the original saga, as well as great internal conflict for Rey, the last of the Jedis, to finally overcome. As in any Star Wars film, there were tremendous effects and edge-of-your-seat excitement. However, at the end of the day, the movie was good—but not great. At times, the movie felt highly repetitive of every other movie in the franchise with no major plot advancement. Nearly 40 years after the original trilogy, we



Source: © Disney

are still seeing the old rust bucket that is the Millennium Falcon flying around saving the Resistance, with Chewbacca navigating the ship along with R2D2 by his side. This movie was very nostalgic and no one can argue you don't leave the theatre feeling great having seen the old gang, including Luke, Leia, and Han Solo. Despite all of this, I couldn't help feeling that some new territory could have been explored to advance the storyline without sacrificing what we all loved about Star Wars.

When students from POBJFK were asked if the movie was too recycled, the two students interviewed had very different answers. Ninth grader Jordan Goldklang felt, "The storyline was very repetitive at times but it is about the satisfaction of the viewers and seeing the Star Wars story we all love." Jordan also thought the movie was a good wrap-up to the saga because, "It finished the storyline with seeing the main characters come back after they defeated the Empire. I do believe that the scene where Kylo Ren revived Rey was a bit idiotic as using the force in the past was never used to revive someone." Conversely, 9th grader Tyler Malat felt differently as he opined the movie was, "Not repetitive because this movie was different from the others and it had many different characters and storylines." He felt the movie was a good wrap-up to the franchise, "Because it ended the Skywalker story well and left some questions to be answered for future movies."

In the end, the movie is a must-see for everyone at our school who loves the Star Wars franchise. *The Rise of Skywalker* was great for simple nostalgia purposes and a strong conclusion to the Skywalker franchise, but probably likely less satisfying as a standalone film for the Star Wars novice. My only hope for you is that if you do go see the film with your father, who waited forty years for this ending, that he will not be wearing his old dorky C3PO T-shirt as mine did. May the Force Be with You!

## Harvey Weinstein's Reaches \$25 million dollar Settlement with His Accusers

By Madeline Hecht  
Staff Reporter

Harvey Weinstein has settled his civil case with dozens of his accusers. In the settlement, Weinstein does not have to admit to any wrongdoing committed whatsoever, nor does he have to pay the total 47 million dollar settlement. The 25 million dollars will be split among the 30 or more sexual harassment accusers alleging charges from sexual harassment to sexual assault. A large portion of the money will be paid by the insurance companies representing Weinstein's company.

Around 12 million dollars from the settlement will be put towards Harvey Weinstein's legal fees, as well as to his brother Bob Weinstein and their company's board. The judge presiding over Weinstein's case, Judge James Burke, raised Harvey Weinstein's bail reportedly \$2 million. Weinstein is currently out on bail, after paying the \$2 million.

Harvey Weinstein's criminal trial will begin this month starting on Monday, January 6. Do you think it was fair that the insurance companies are planning on paying Harvey Weinstein's debt to his victims? Do you think he should be held personally responsible? These, among other issues are still being debated along

with whether the settlement amount was fair and just to his accusers for all of the trauma they have endured in their lives.



Source: Scott Heins/Getty

# Girls Varsity Swimming and Diving: Undefeated Conference Champions

By Lauren Park  
managing editor

This past November, the POBJFK Girls Varsity Swimming and Diving team achieved an undefeated season as conference champions. To attain this title, the team competed against districts including Hewlett, Wantagh and East Meadow in eight meets spanning the course of two months. The occasion was especially significant because it marked the ten-year anniversary of POB's last conference championship in 2009, under Coach Jeryl Israel. For new and returning members of the team, the 65-36 win against Sewanhaka at the final meet was an exciting and memorable moment celebrated by jumping into the pool. Yeonwoo Lee, a freshman on the team, commented that, "This past swim season really opened me up to new people in other grades[...] I think we have one of the best sports team bonds." Senior Emily Soffer stated that, "It felt like a huge accomplishment after four years of hard work." The team of 22 girls was coached by former POBJFK swimmers Leah Naftol and Justin Siragusa, who instructed the swimming and diving teams respectively.



Photo credits: POBJFK Yearbook Club

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## MLB Offseason Moves

By Michael De Angelis  
managing Editor

Major League Baseball is getting ready for the start of spring training in just a few short months. There will be some fresh faces meeting new teams. Free agent, relief pitcher Dellin Betances, from the New York Yankees, signed a one-year contract with the New York Mets worth 10.5 million dollars with a player option for 2021. This signing may have been influenced by the Mets' new manager, Carlos Beltran. Another recent trade agreement involved right outfielder, Kole Calhoun, from the struggling Angels to the mediocre 85 and 77 Arizona Diamondbacks. This free agent signed a two-year contract worth 16 million dollars with a player

option for 2022 worth nine million dollars. Another notable MLB transaction included left handed pitcher, Dallas Keuchel, from his brief stint on the Atlanta Braves to the Chicago White Sox. His recent free agent status afforded him the privilege to sign a three-year contract with a player option for 2023. This part of the White Sox rebuilding process guarantees Keuchel 55.5 million dollars.

Seventy-five Degrees Fahrenheit By Jason Schnabel and Sophia Schnabel



# A Restaurant Review: Dirtyburger

By Michael Khalfin  
Treasurer and Advertisement Representative

“Eating dirty” is an experience that will take your taste buds to heaven. It refers to the perfect combination of Dirty Dust and a caramelizing agent, like oil or honey. Most importantly, it’s the factor that keeps customers coming back to Dirtyburger again and again.

Since they opened up in 2013, Dirtyburger has risen to Plainview prominence. This is no wonder when they have menu offerings from Dirty Oscars (Dirtyburgers with roasted hot and pepper slaw, crispy fried onion, and honey goat cheese) to Dirty Macs (made with mac & cheese and American cheese on a pretzel bun). Of course, they also have the option to build your own burger, and other items such as salads, bowls, sandwiches, and shakes.

The Giant Bavarian Pretzel is a particularly interesting starter, heralding from Germany. When my friends came over from Germany, they wanted to try German food in America — they were excited to poke fun at it. However, they were pleasantly surprised by how good it was. They said that the Dirty cheese made a great addition!

Chef Ian Russo is the mastermind behind the restaurant. After working as a chef in top-of-the-line kitchens like La Reserve, Lespinasse, and Roy’s and Bouley, he came to fame by cooking at the restaurant IAN in Manhattan. This was where he invented his signature dish, the Dirty Drunken Rib-Eye. He was honored with New York Magazine’s “Best Steak in the City” Award for this dish. One day a customer asked if the Dirty Sauce could be used on a burger, and that’s when the idea was born.

Upon walking into the restaurant, people are greeted by a welcoming atmosphere. There’s New York City-esque street art lining the walls. There’s a bar directly at the front, and tables to the side. If staying at home is your cup of tea, Dirtyburger offers

UberEats and DoorDash ordering services.

You don’t want to pass on Dirtyburger. Come try a burger during the week, or on a busy Sunday night. You will be in awe of how good it is.



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# A December Celebration

By Brianna Rogers  
Staff Reporter

Not only is Christmas in December, but so are Hanukkah and Kwanzaa. In a school so diverse in culture, not many people know the beginnings of each holiday.

In Rome, where winters were not as harsh as those in northern Italy, Saturnia, the holiday to honor the god of agriculture, Saturn, was celebrated. During this time food and drink were surplus, and normal Roman social order was turned upside down. For an entire month, slaves would be the masters and were in command of the city. Businesses and schools were also closed down so everybody could enjoy the fun.

During the early years of Christianity, Easter was the religion’s foremost holiday. The birth of Jesus Christ was not celebrated until the fourth century when church officials decided otherwise. The problem with this was that the birth of Jesus Christ was not mentioned in the Bible, although evidence suggested it may be some time in the spring. In an effort to adopt the traditions of the Saturnia festival, Pope Julius I chose December 25, as the day to celebrate Jesus Christ’s birthday.

Around 200 B.C. Judea was ruled by the Syrian king Antiochus, who said that Jews should give up worshipping Yahweh and worship the Greek gods instead. The Jews were angered by this and refused to abandon Yahweh. Instead, they decided to do something about it. Judah Maccabee, a man from Judea, got a group of people together to fight back. Soon more people joined in and eventually, they had an army. For three years the Jews battled the Syrians for control of Judea and won. They cleaned the Temple of Jerusalem, removed all Greek symbols, and restored the Jewish symbols. On the 25th day of the month of Kislev the job was finished. To help celebrate, Judah and his followers lit an oil lamp. The supply of oil was very low, but this lamp stayed lit for eight days. To honor this extraordinary event, Jewish people everywhere celebrate the Eight

Days of Hanukkah and call it the “Festival of Lights.” They light a special eight-candle device called a menorah.

Kwanzaa is a weeklong holiday to honor African heritage in African American culture, lasting from December 26 to January 1. It started in response to the Watts Riot in Los Angeles in 1965. Dr. Maulana Karenga, professor and chairman of Africana Studies at California State University, created Kwanzaa in 1966 as a way to bring African Americans together as a community. Compared to other holidays in the United States, Kwanzaa is relatively new. Dr. Karenga researched other African harvest celebrations such as Ashanti and Zulu to create the foundations of Kwanzaa. The word Kwanzaa comes from the Swahili phrase matunda ya kwanza which means first fruits or harvest. Kwanzaa celebrations often contain poetry readings, singing, dancing, African drumming, storytelling, and feasting.



Source: webstockreview.net

# MetMUNC XLVIII

BY ESHWIN VARGHESE  
News Editor

MetMUNC is our school's Model United Nations (MUN) Club where students are able to debate international issues with students from across Long Island and throughout the tri-state area. Students have the opportunity to attend conferences held at different schools, including the Model UN conference at POBJFK, referred to as MetMUNC. The Metropolitan Model United Nations Conference (MetMUNC) is Long Island's oldest and largest conference, and this year we had an incredible number of students participate: over 350 students from across New York!

As the Club's Chief of Staff, I was personally a part of the organization of the conference, along with the large and very dedicated staff. Working diligently since the summer, we were successful in organizing the formation of 14 committees and the necessary materials for the students. Past graduates of MetMUNC even attended the conference and acted as alumni chairs of committees.

Model United Nations has taught me and countless generations of young adults the power of being able to evaluate different

perspectives and beliefs and the ability to view situations from viewpoints other than your own. Surely, we can all benefit from

this skill, especially in times when it may be difficult to sympathize with beliefs that challenge our own.

Seeing young students embrace Model United Nations priorities and overcome challenges they may have had with public speaking is a triumph to see. For months before the conference, Delegate Trainers and Chief Chairs diligently worked with students to help develop their debate skills.

Mr. DeMartinis, our club advisor, worked extremely hard in helping organize our annual conference, while laying down a foundation for a new path we hope to follow. He reveals what many students know to be true of the club, that it fosters friendships and valuable life skills and provides students with a community of close-knit and compassionate students.

Model UN is a wonderful opportunity for students to share their opinions, and learn not only about international issues, but ways in which to improve public speaking. If you would like to join, it's

never too late! Come to Room 193 to learn about Model UN!



Source: Anna Vig

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## Orchestra and Band Concert

BY FIONA WU AND TARUNIKA SASIKUMAR  
Staff Reporters

The POBJFK Orchestra's winter concert was held on Wednesday, December 11. The first group to perform was the chamber group. A chamber group is a small group of instruments that play a song led

by the conductor. To be involved with chamber, you must audition for a spot. The POBJFKHS chamber group is a condensed version of the full orchestra. The breathtaking piece they played was *Serenade For Strings*, by Josef Suk. Immediately after the completion of the piece, the rest of the string orchestra joined them on stage. They first played *Psalm and Fugue Op. 40*, composed by Alan Hovhannes. Following this, they played *Allegro*, composed by Johann Christian Bach. The string portion of the concert ended with *Rey's Theme* by John Williams in honor of the recently released *Star Wars* film.



Source: POB Media

He used the baton for the remainder of the concert. After a successful string orchestra program, the symphonic band came out to join the orchestra. The three pieces they played were *Overture to Nabucco* by

Giuseppe Verdi, *Jupiter-The Bringer of Jollity*, composed by Gustav Holst, and concluding with the heart-warming tradition of *Sleigh Ride*. Mr. Glenn Rubin, the former orchestra teacher of the school, joined them on stage and played alongside them for this piece.

Unlike the orchestra, the band doesn't hold an early winter concert. Instead, earlier in the fall, they performed at the Newsday Music Festival. But be prepared! On February 12 at 7:30 pm, the first winter concert for the band is being held in the POBJFK LGI!

Before concluding the string orchestra portion fully, the Presidents of the Orchestra, Kreeana Totala and Emily Zhang, gave Mr. Bartley an engraved baton with the words, "Welcome to the family."

## Senior Citizen Tea

By Jessica Levy  
Staff Reporter

On December 12, 2019, POBJFKHS held its annual Senior Citizen Tea. This event, organized by the Community Service Club, is a chance for senior citizens to come together and enjoy the holidays. While enjoying each other's company, the attendees were able to purchase raffle tickets and enter for cool prizes such as gift certificates. For entertainment, students interacted with seniors through conversation and serving at this special event. There was a large selection of desserts plus tea and coffee for all those attending to enjoy.

Many a-cappella groups from POBJFKHS performed at this event. There was a wide variety of Christmas carols and holiday songs including "Frosty the Snowman" and "All I Want for Christmas is You." The students of the Community Service Club did a fantastic job organizing and serving at the event. It was a wonderful display of community service that allowed everyone to participate in the holiday season and spirit.



# What It Takes to Get Into the Ivy League: And How She Did It

By Emily Zhang  
Editor-in-chief

Chances are if you have ever watched a movie or a show about a quintessential, hard-working student, their dream is to attend the Ivy League. Take Rory Gilmore, for example, from the WB/CW television show *Gilmore Girls*; her life revolves around her studies, she's the valedictorian of her class, and she is ultimately accepted into Harvard, Yale, and Princeton University. Or, Sam Montgomery, from Warner Brother's *A Cinderella Story*, who was also accepted to Princeton University. Every student dreams of getting accepted into their dream college, and if they work hard enough, they might be able to do it. But let's face the facts; the college admissions season is brutal. Now, more than ever, the rate of selectiveness and competition is at an all-time high. You can have a nearly perfect SAT score, be heavily involved in many clubs and have outstanding letters of recommendation, but for some schools, it's still not enough. Especially for Ivy League Schools. They want to see something special in an applicant that sets them apart from the rest. Easier said than done, right? However, it is not impossible; our own school has proven that. I had the pleasure of speaking with Kristen Dong, who has been admitted to Cornell University, class of 2024, on how she did it.

Q: What do you think was the hardest part of the application?

A: The hardest part of the application was the personal statement essay because I felt like I had to pick a specific aspect of myself and give a brief, yet a complete glimpse of that aspect in just 650 words.

Q: How long did it take you to complete your application?

A: Everything except for my application took less than one day. My essays, including my personal statement and supplemental

essays, went through countless revisions to the point where I had five different essays at one point. By the time I had some essays I was happy with, I think that about three weeks had gone by.

Q: Why do you think you were accepted?

A: I think that I was accepted because of not just one specific thing but various things that overall matched with Cornell. I think it is important to obtain good grades and test scores while also engaging in some extracurriculars related to your interests, but I think it ultimately comes down to how much of a fit you are with a particular school.

Q: What was your reaction?

A: I was very surprised! I'm also really relieved I don't have to apply to other schools in the Regular Decision cycle.

Q: What did you pick as your major?

A: I am planning on pursuing a pre-med track as a chemistry major, but this may change.

Q: Do you have any advice for underclassmen thinking about college?

A: Enjoy your high school years while you can, because they really do fly by so quickly. Don't stress about college too early; it's okay to think about it, but don't let it stress you out or get in the way of you pursuing things you enjoy doing, whether that be a particular sport, club, or even hanging out with friends, because your high school years will only come once!  
Congratulations again, Kristen!

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## Lockers: Are High School Students Overlooking Them?

By Jake Feldman  
Editor-in-chief

Every year, the number of kids who use their lockers continues to dwindle. Year after year, when the 8th graders visit the high school for their tour, the students see the hallways flooded with POBJFK students wearing their backpacks dangling on their shoulders and back. This gives the incoming freshmen the impression that few students use their lockers, leading the majority of freshman to never investigate where their locker's location is or think to utilize it. In a survey conducted with a sample size of 72 POBJFK students, when asked, "Do you use your locker?" approximately 11% of students responded, "Yes they do use their locker." However, of that 11% populace who responded yes, much of the use is attributed to jacket storage. The striking truth is that the vast majority of POBJFK students do not use their lockers to store books nor supplies, but instead resort to carrying their books jammed into backpacks. Most of the students questioned commented in unison the chief reasons

for using lockers was attributed to the three minute passing time, as it's infeasible to transfer materials while making it to class on time, and the inconvenience of traveling to their lockers.

Though there are obstacles to using a locker, the positive effects are tremendous. For example, people that do not use their lockers are placing an exorbitant amount of undue weight onto their backs. This may lead to physical ailments, distorting the natural curves in the middle and lower backs, causing muscle strain and irritation to the spine joints and the rib cage. This strain may also lead to rounding of the shoulders, causing a student to lean forward, reducing balance and making it easier to fall. This exemplifies the negative impacts that heavy backpacks create, which could be avoided by using a locker. Students can allocate time in the morning or during breaks when they have classes nearby to use their locker.

## Midterm Week Tips!

By Maria Nicolaou  
Staff Reporter

The third week of January, otherwise known as midterm week, can be stressful for a number of reasons. The main reason being there are exams all week long and it's also one of the last weeks of the quarter. Still, the main focus is on the exams. To make your life easier in preparing for and surviving Midterm week, here are some tips.

1. Stay calm! Freaking out over these exams isn't going to help you when you're taking it. So take a deep breath, relax, and have faith in yourself.

2. Look over old tests/quizzes and study from them.

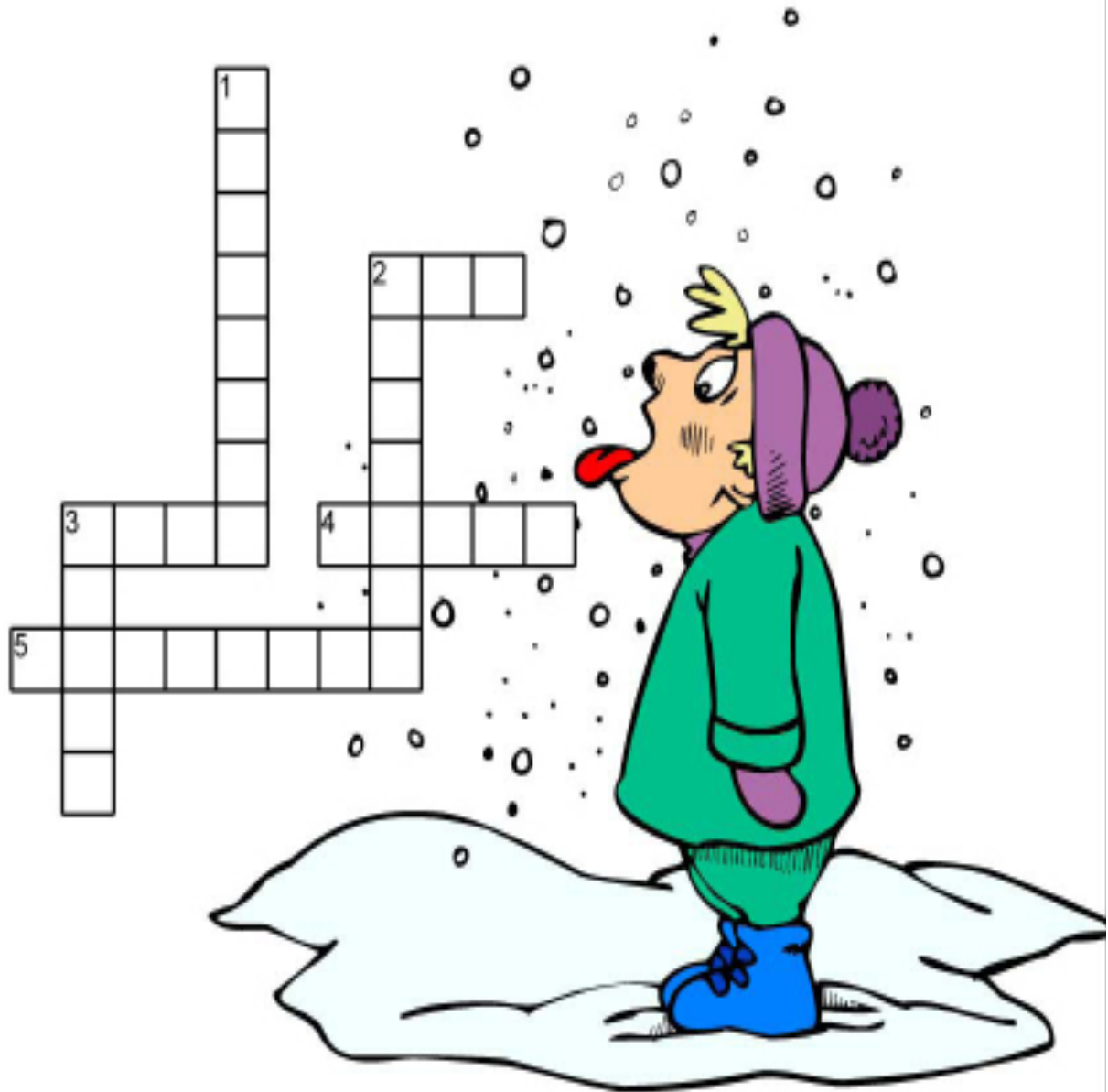
3. When studying, take breaks depending on long you studied. For example, if you studied for an hour, take a 15-minute break.

4. Try and get a good night's sleep before testing.

5. And finally, talk to upperclassmen who have taken the class already about what to expect and how to best prepare!

Good luck to everyone taking regents and midterm exams!

# Winter weather!



## Across

2. \_\_\_ is very slippery and dangerous when on the sidewalk or street.
3. This fluffy white stuff falls from the sky.
4. This unpleasant stuff is a cross between snow and rain.
5. Wear these on your ears to keep them warm.

## Down

1. This big vehicle clears the snow from the streets.
2. These long stems of ice can form on the edges of a roof.
3. Wrap this around your neck to feel cozy when it's cold outside.





# WINTER WORD SEARCH

## FIND THE WORDS!



A Y G X D V Q O S O O L H R R S C A R F  
 Q L J A N U A R Y X J O Y R M R T G D T  
 X D X J Q X G M S S N O W F L A K E U Q  
 E I W T G Q I N B T G J C Y C G T T I M  
 G N I D D E L S I T O R L H Y K A W S W  
 V F E B R U A R Y I Z O F R E E Z I N G  
 N P A Q Q H S T L P K I H L U D Q Z C H  
 T C J K S K N Y V T A S H O V E L T V E  
 J L S K G D O J P Q A N R F D G O A Q N  
 D M N B D M W V R X A O R W R Y T Y F W  
 J C O L D S M U N P Y W C E Q O Z C V M  
 W G W O E R A B V S M B X M B B S Q W A  
 B I A G V L N M S E W A K F F M O T F A  
 I M N D V U C V T M A L G L O V E S W I  
 E I G T C V P Q J S I L X B M B G C Y B  
 U G E N E N S F K U I S H L G V P P E X  
 I O L B B R U C U G R R T N W L Z T O D  
 K Q N C V P E I U N C O H G X F D A U I  
 M Q K T Y I W O K U U N Z C S V V H Q Z  
 A F R H X X X J A U R K W F Q L P S V C

BOOTS  
 COLD  
 FREEZING  
 HAT  
 SCARF  
 SLIDDING  
 SNOWFLAKE

CHRISTMAS  
 DECEMBER  
 FROST  
 ICE  
 SHOVEL  
 SNOWANGEL  
 SNOWMAN

COAT  
 FEBRUARY  
 GLOVES  
 JANUARY  
 SKIING  
 SNOWBALLS  
 WINTER

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