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Have A Great Summer!



See you next year!

THE ★ HAWK EYE

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is an open forum, in practice and policy, for student expression and the discussion of issues of concern to its audience. We therefore welcomes *signed* letters to the editor and/or guest columns from students, faculty, support staff, administration and community residents.

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MEET AUDREY SHINE: CLASS OF 2019 VALEDICTORIAN

BY: ALYSSA IRYAMI
CO-ARTS & ENTERTAINMENT EDITOR

Meet Audrey Shine: President of Science Honor Society, MetMUNC's Editor-in-Chief, Varsity Tennis' Co-Captain, and the Class of 2019 Valedictorian. Audrey is motivated both in and out of the classroom, spending her free time volunteering at the Nassau Family Court; she even raised over 500 books for their children's center. She is driven by "the fact that [her] parents immigrated here for a better life and so [she could] have opportunities [she needs] to succeed." Audrey's success makes her parents' sacrifices worth it, and Audrey has been extremely successful. Audrey has been a dedicated member of our school's research program for the past four years. Last summer, she employed electrospinning, which is a fiber fabrication technique, to enhance the performance of a hydrogen fuel cell, ultimately making renewable energy sources more efficient and affordable. Audrey was awarded as a Siemens Semi-Finalist, the 2019 Long Island Innovator of the Year, a perfect score at SAAWA, presented at the World Congress on Climate Change in Rome, Italy, placed first at the international CleanTech Competition, 2nd Place in Chemistry at NYSSEF, 1st Place

in Chemistry at LISEF, and had the third best project in the world for chemical energy at the International Science and Engineering Fair. Her abstract was also published by the Materials Research Society and American Physical Society.

Beyond these outstanding accomplishments, Audrey is also an amazing pianist and is great at table tennis. She also describes herself as "an adrenaline junkie." Shine has been sky-diving, bungee jumping, trapezing, hang-gliding and more... she's certainly not afraid to take risks. On the other side of the spectrum... to relax, Audrey enjoys watching an episode (or several) of Friends or exploring New York City with her friends. While Audrey does have a love trying new and exciting foods, I would by no means describe her as a chef (trust me... I've seen her try).

To the underclassmen, Audrey has some advice: "Sometimes we are so caught up with checking the next item off our to-do lists that we forget to take a step back. It's important to cherish the experience as much as the destination... it's the little things that matter the most to you in the end."

From the Class of 2019, Congratulations Audrey! We are so excited to watch you succeed next year studying economics at Harvard. Best of luck for the next four years and beyond.



CREDIT: ISLAND PHOTOGRAPHY

MEET AVERY GIRSKY: CLASS OF 2019 SALUTATORIAN

BY: EMILY CHERTOFF
CO-EDITOR-IN-CHIEF

A committed and highly motivated student, Avery Girsky has been named the Class of 2019 Salutatorian. Throughout his time at POB, Avery has excelled in his academics as well as his extracurricular activities. Avery is not only described as a "math whiz" but a leader, friend, and role model.

Over his academic career, Avery developed a strong passion for his future major: mathematics. He is Vice President of the Mathletes Club where he attends competitions across Long Island that test critical thinking and mathematics skills. He recently completed the highest level math course at our school: multivariable calculus. He not only tutors students in and out of school, but he also helps his girlfriend who struggles in math (the one writing this article).

Avery has shown a continued passion for global politics through MetMUNC, where he holds the position of Chief Chair. Additionally, he served as the Vice President of Tutoring for the Science Honor Society and organized a bi-weekly event known as group tutoring. Through his extracurricular activities Avery realized that "by continuously joining clubs, rather than feel-

ing overwhelmed, [he] gained a sense of belonging and [he] encourages everyone to find an environment in which they feel comfortable."

In addition, Avery has become involved in a multitude of competitions regarding his novel research with the polymerization of amino acids. This research has given him the opportunity to be a semifinalist for Cleantech Competition and he was distinguished as a 3rd place in the Chemistry category at NYSSEF both with Zachary Ferretti. Avery was also awarded the distinction of being a National Merit Winner for scoring within the top 0.5% on the PSAT/NMSQT in New York State. Along with his extensive underclassmen awards throughout the years, Avery is a member of the National Honor Society and Spanish Honor Society.

Contrary to popular belief, Avery's daily activities are not all school related. Avery enjoys playing NBA 2K, watching dumb tweet (and flex tape) videos, as well as the latest superhero shows. Not to mention, he is a pretty funny guy (when he doesn't try too hard).

Avery's "words of wisdom" to underclassmen: "while many people think that studying for 6 hours straight is the key to performing

well, I believe I can be an example that students need to balance their social life, relaxation, and academics equally."

On behalf of the entire Class of 2019, congratulations Avery! We look forward to seeing you excel at University of Rochester next year. We are all so proud of your accomplishments and I know that you will succeed in whatever you do.



CREDIT: ISLAND PHOTOGRAPHY

FIVE STEPS TO NOT GAIN THE FRESHMAN 15

BY MIRANDA COHEN
MANAGING EDITOR

1) Stay active! - Freshmen, your first year of college will definitely feel overwhelming and super busy. But, it is still very important to remember to break a sweat. It is not only crucial for your physical health, but also your mental health. Many times moving away from home for the first time can cause a lot of anxiety and depression. Getting an endorphin rush a few times a week will help prevent this. A great way to accomplish this is to find a reliable workout buddy! This will keep you accountable when you say you are going to exercise on a particular day. Schedule workouts with your workout buddy as if it were an appointment. This way you will be more likely to actually follow through with making it to the gym. Some colleges even offer group fitness classes like spin, Zumba, weight training, Pilates, and yoga.

2) Eat breakfast! - Yes, I know you have all heard it, “Breakfast is the most important meal of the day,” but it really is true. It’s even in the name. It literally is the break of your fast after sleeping. A healthy breakfast kick starts your metabolism for the day. There are many health trends out there including “intermittent fasting” but for a college student, eating breakfast is the way to go. It will give you the energy you need to focus in class and help prevent binging on sugary greasy food later in the day.

3) Stock up on Healthy Snacks! - Of course it is very easy to just grab a bag of chips in the dining hall or a muffin from the coffee shop on campus, but keeping your own healthy options in your dorm room is a much better choice. It is very easy to take some things with you before you leave your room for class. If possible, get a mini fridge and microwave for your room as well. Some simple things to stock up on are low fat Greek yogurt, high fiber cereal, clean ingredient protein bars, individual packs of nuts, baby carrots, individual packs of hummus or guacamole, bell peppers, apples, berries, high fiber wraps, and cold cut turkey. Make it a fun activity to go on a supermarket run with your friends! You can take an Uber or shuttle to a nearby market and find some healthy products with your friends!

4) Seek Out the Healthy Options on Campus! - Although it is amazing to keep some healthy staples in your dorm room, it is also very important to

be mindful of expenses and going food shopping can be quite expensive. That being said, you are probably wondering how to eat healthy while still utilizing your college meal plan that you are paying for. When you think of dining hall food you probably don’t picture a balanced plate of nutritious foods, but I promise you that this can be accomplished! All dining halls have a salad bar filled with tons of fresh vegetables for you to pick from. A rule I like to follow is to make $\frac{3}{4}$ of my plate vegetables, so the salad bar is a great way to follow this rule of thumb. The dining hall also serves protein at every meal. Ask the people who work there what the protein is cooked in. Is it butter? Is it olive oil? Is it breaded and fried? The best option out of these three is cooked in minimal olive oil. Ask them which of the protein options is grilled or sautéed instead of fried or baked with breading.

Another amazing idea for lunch is to buy high fiber wraps or bread at the supermarket and then bring them with you to a sandwich shop on campus or the dining hall. Don’t be afraid to ask them to make you your sandwich on this bread instead of the bagel or roll that is on their menu. You’re probably thinking that this sounds a little weird but if you are committed, you will do anything you can to ensure that you don’t gain the dreaded “Freshman 15.” Also, the people who work in the dining hall and on campus are there to help you, it is their job and they will be happy to do it!

5) Stay Hydrated! - Drinking enough water is something that a lot of people struggle with. They don’t realize how important it really is! It is absolutely necessary for almost every function in the body. I recommend drinking at least 3 liters of water per day. Being dehydrated leads to headaches and fatigue. These are two things that college students definitely don’t have time to deal with. Many times, dehydration leads to reductions in memory and brain performance. In addition, if you are making sure you’re getting enough fiber each day (25g for females, 38g for males), the fiber cannot do its job without enough water. Water is vital to proper digestion. Not to mention that it regulates body temperature, boosts skin health, flushes body waste, boosts performance during exercise, and delivers oxygen throughout the body. Stay healthy POB College Freshman!



HOW TO EAT HEALTHY IN COLLEGE



PHOTO CREDIT: COLLEGELIFEMADEEASY.COM

CHANGES TO THE LGI

BY: MICHAEL KHALFIN
STAFF REPORTER

Since November, the school has been busy working on construction in the LGI. There are new and interesting improvements, and now the new LGI is finally on display to the general public — so if you haven't checked it out, you probably should. In order to understand the changes that took place in the school I sat down to talk to Mr. Murray one Wednesday morning.

The walls have been freshly painted and the stage is black instead of shiny wood like before. This is better for a theater-like environment. The old LGI had 3 separate areas divided by walls in the auditorium. However, as this was not particularly beneficial, now there is just one spacious room. Additionally, there are new chairs, with desks that fold in and out for eating and jotting down notes. This was previously a problem during parent meetings and during registration for AP exams, as well as lecture-type situations. There are some other color changes such as new blue curtains and blue seats. In addition, there is space behind and in between the seats for the handicapped.

As far as technology goes, the new LGI has far better lighting and dimmness won't be an issue. There are lights hanging from all over the ceiling now (glimpse the picture). Also the improved sound system includes sound stations that line the back of the LGI. During the next assembly, expect more impressive sound effects coming from this area. Assemblies and other school events such as concerts, meetings, instruction, award ceremonies, etc. were moved to Stratford Elemen-



PHOTO CREDIT: MICHAEL KHALFIN

tary School and Mattlin Middle School as well as other schools in the district during renovation for the majority of the year. According to Mr. Murray, it was difficult to coordinate, but everybody involved was very helpful in making the events happen nonetheless. Thankfully the haul is over now!

Andy Ward, head of buildings and grounds, oversaw the whole ordeal. The amazing final product is only possible thanks to the work of him and his team. There were heads in charge of all the different departments — sound, lighting, stage, etc. — and even though it seemed like forever the process was efficient, lasting 6 months or so. There was a lot of equipment going around!

Aside from the LGI, other renovation projects that are to be taking place over the summer, for next year include new doors and new windows. Recent occurrences throughout the country have reinforced the importance of security in our schools. The doors are to be connected to a central lockdown system through new wiring. They are to be opened using our day-to-day ID badges. The windows are not going to be bulletproof exactly but more break-resistant and carefully placed. Another major project that will take place is carpeting in the main office. This is a big deal because there is a lot of carpeting to remove and install.

Arts & Entertainment

SPRING NIGHT OF A CAPELLA

BY: ESHWIN VARGHESE
CO-EDITOR-IN-CHIEF

On May 17, 2019, the eight POBJFK A Capella groups showcased their talents in the annual Spring Night of A Capella. It was truly a night to remember and each year the show improves.

The first group to perform was the mixed group, consisting of both boys and girls, the Rolling Tones. They left the stage leaving everyone in awe with their cover of the standout song "Shallow", sung by Bradley Cooper and Lady Gaga from the widely popular movie, A Star is Born. Up next was the first female group established at POB: Noteworthy. They opened their set with a Kelly Clarkson song, "Love So Soft" which left the audience speechless.

The first male A Capella group established at POB, the B Sharps, performed next and most notable of the Sharps' performance was the lively atmosphere created during the first song of their extraordinary set, "Who Do You Love" originally by Marianas Trench. The most recently formed mixed A Capella group, Under A Rest, showed everyone what they were made of and performed a wonderful rendition of Michael Bublé's "Haven't Met You Yet."

Next, the second all-female group, Drastic Measures, had everyone hanging by the edge of their seats with their cover of the famous Katy Perry hit, "Rise." The second all-male group at POB, the Acafellas, made everyone in the auditorium go wild, creating so much excitement with their catchy rendition of "You Give Love a Bad Name," originally by Bon Jovi.

Next, the third all-female A Capella group, On A High Note, shone in their cover of Ariana Grande's "No Tears Left to Cry." Last but not least was the mixed group, Chock Full of Notes. They closed off the night with a cover of "The Greatest Showman" and incredibly exhibited their uniformity in this song. On behalf of the entire A Capella Club, it is highly recommended that you check out the POBJFK A Capella YouTube Channel, come to Spring Night of A Capella, and audition to be a member of this wonderful program!



PHOTO CREDIT: 123RF.COM

NEW YORK SPORTS WOES

BY JAKE FELDMAN
INCOMING CO-EDITOR-IN-CHIEF

Over the course of the past few months, New York has gone through great agonies in the world of sports. This started with the New York Giants' first round draft picks by choosing 21-year-old Duke quarterback Daniel Jones with the sixth overall pick. They passed on Josh Allen, one of the top edge rushers from Kentucky who was chosen with the seventh pick by the Jacksonville Jaguars. Daniel Jones was not touted early on in any mock draft, and the Giants probably could have still chosen him in the second or third round, after seeing how the draft transpired. Daniel Jones will either be a boom or bust but he won't probably start for a few years. The New York Jets, had a great draft while also adding Le'Veon Bell and a new head coach, Adam Gase, to the team. However, they decided to fire their General Manager, Mike Maccagnan, who was instrumental in moving them forward as a team in the right direction with these different moves. The future for the Jets is uncertain as they continue their search for a new GM and face increased tensions between Bell and Gase. The New York Islanders came off a 4-0 series win against

the tuff Pittsburgh Penguins. Unfortunately, they subsequently lost the next round 0-4 to the Carolina Hurricanes, which POBJFK students were quite hopeful they would win, this ended their run for the title. To top off all of the bad news facing New York sports fans is the news surrounding the New York Knicks' lottery pick. Over the past six months, Knicks fans have been chanting the slogan "Tank for Zion" throughout their terrible season, as they were hoping to get the number one pick to select college standout Zion Williamson. The Knicks ended the season with a record of 17-65, which was the worst record in the NBA. This gave the Knicks the highest odds in getting the number one draft pick. But with the new lottery methods, it gives the worst team a lower chance of getting the first pick compared to years past. The Knicks ended up falling to the third pick on the draft, which crushes Knick fans' hopes of getting Zion. New York Sports has had a terrible year, but hopefully the young potential talent on various New York Teams will bring for a better year ahead.

Opinion

AVENGERS: ENDGAME REVIEW

BY ATUL GERA
INCOMING LAYOUT EDITOR

"We're in the Endgame now." - Dr. Strange

After the shocking cliffhanger at the end of 'Infinity War', the question that ran through our head's was "what now?". Beloved heroes like King T'Challa and Peter Parker disintegrated out of existence before our very eyes while the remaining Avengers faced the reality of their failure. Thanos had won.

'Avengers: Endgame' perfectly wraps up 22 movies on a grand and unprecedented scale. For a movie that's three hours long, not once did I look at my watch. 'Endgame' is a more focused piece than 'Infinity War' by virtue of the smaller cast (thanks to Thanos.) It's a more patient, focused film, even as its plot draws in elements of a dozen other movies. The Russo brothers developed the characters much more profoundly than in 'Infinity War,' letting the pain and grief sink in as the audience witnessed the aftermath of the 'snap.'

*****SPOILERS*****
The Russo Brothers did the impossible with their massive blockbuster, meeting every expectation that fans had, and providing countless plot twists. One of which involved the God of Mischief himself, Loki. The Russo Brothers have confirmed a new timeline: "Loki, when he teleports away with the Time Stone, would create his own timeline. It gets very complicated, but it would be impossible for [Cap] to rectify the timeline unless he found Loki. The minute that Loki does something as dramatic as take the Space Stone, he cre-

ates a branched reality," said Joe Russo. The theories and possibilities that can be created with a new timeline allow the MCU to perhaps conceive alternate endings to some of the movies following the first Avengers film in 2012.

*****END OF SPOILERS*****

The battle scenes were nothing short of legendary with Captain America, Iron Man, and Thor leading the entire MCU cast against Thanos. The action sequences relied on teamwork between the main cast and was surely more intense as Thanos himself stood in the front-line. To be honest, I shed a tear towards the final battle. Although the movie isn't action heavy throughout, I was never bored during the slower paced moments.

'Endgame' rightfully smashed box office records reaching the \$1 billion mark in only five days. It was surely a 1 in a 14,000,605 type of movie that gave a respectful send-off of some of our favorite superheroes. 'Endgame' raised the bar for not only upcoming MCU films but also for all of Hollywood. The only concern I have is whether the bar is now too high for Marvel fans to be satisfied with the further additions to the MCU. Regardless, I would give 'Endgame' 3000 stars.



PHOTO CREDIT: OCSALEDGER.COM

FUELING THE TREND AT VITALITY BOWLS

BY ALISON CHERTOFF
INCOMING SECRETARY

The acai craze has reached Plainview. Vitality Bowls recently opened in the Fairway shopping center. Although, acai has been big in California for at least a decade, it's just now becoming more popular on Long Island because of its health benefits. Acai is a reddish purple fruit that comes from an acai palm tree in Central and South America. Some studies show that acai has more antioxidants than other berries.

I had the opportunity to meet with Jillian Scuderi, one of the owners of Vitality Bowls. She owns this location with her parents. This is a franchise and it's the only location in Nassau County. She is hoping that if this location is successful they will be able to open others in the area. Although Scuderi grew up in Farmingdale, she chose Plainview because of the great sense of community. Vitality Bowls is one of the few places that serves easily accessible healthy eating options that have no sugar or artificial sweeteners added. She takes pride that all items on their menu are made fresh to order. The menu offers everything from soups, salads, smoothies and paninis. The most popular item by far is the Vitality Bowl. The bowls are made by blending frozen acai berries, strawberries, bananas and flaxseed along with a choice of toppings. Calories are listed for each of the items. The name Vitality Bowls was chosen because the menu includes all things a person would need to feel rejuvenated. Within the past two



months the restaurant has become very busy as it is filled with young kids and adults alike. There are mixed ages but average customers are in their mid-twenties. They are always looking for additional employees and they hire students that are in high school. They also invite students with disabilities to help them out, as well as teach them the importance of responsibilities and life skills. Scuderi and her co owners agree that their superfoods come with amazing health benefits

that set them apart from their competition. Also, all their food is made fresh to order and bases to their signature acai bowls are interchangeable. They also take allergies very seriously. They will adjust any order to accommodate the customer and take extra precautions in preparing it. A great way to earn discounts is by downloading the Vitality Bowls app. On the app there is a loyalty program which gives one credit point towards every dollar you spend and once you spend \$100 you receive a \$10 coupon. Coupons are also available through

the app itself and additionally are distributed in the mail. Vitality Bowls encourages customers that they should "eat good to feel good" says owner Jillian Scuderi. This is a great motto for Plainview residents and a welcome addition to the community. Everyone should stop in to Vitality Bowls. It will change your eating habits and help you to feel better and to be an all-around healthier person.

STUDENT GOV. ELECTION RESULTS

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PRESIDENTIAL RACE 2020

BY: BENJAMIN POLLARD

NEWS EDITOR

Since there are currently 23 Democrats and 2 Republicans running for President in 2020. Since there are too many to cover here, we will just be focusing on the top 5 Democrats currently polling 5% or higher in polls such as the Monmouth and Quinnipiac Poll along with the 2 Republicans running for President. While the candidates are ordered based on the strength of their current polling, we are not looking to rank the candidates as it is really too early to make such predictions. We will be giving each candidate a short biography and an assessment of their possible strengths and weaknesses as they continue the race for the White House.

Democrats:

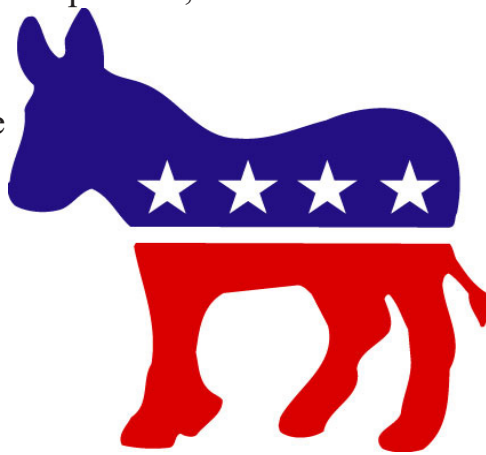
-Joe Biden

Bio: “Middle-Class Joe” as he calls himself was the 47th Vice President during the Obama administration. Prior to the Vice Presidency, Biden was a Senator from Delaware for 36 years, although you would not be faulted for thinking that he was the senator from Pennsylvania because he has stayed very much connected to the state of his birth. Despite the race comparatively late he has firmly taken the top spot in the polls, leading his opponents by a good 20 points in most polls, making him the candidate to beat.

Strengths: Wealth of experience to draw on, and point to, as proof that he has what it takes to do the job.

Name recognition: deep-rooted connections to the Democratic establishment meaning he will not have difficulty receiving top donors and endorsements.

Weaknesses: Wealth of experience that has and will continue to be criticized. Seen as an establishment Democrat and centrist in a party that might be looking to rebrand and have a changing of the guard.



Weaknesses: Policy proposals appeal to the detail oriented news media and the political scientists as well as top political operatives; however, very rarely is a candidate able to win based on policies alone and oftentimes policy inundation can alienate “the average voter.” In addition, Warren is seen as too left by some as well as suffering from the somewhat misogynistic although existent criticism that she is “unlikable,” a brand that was also given to Hillary Clinton.

-Bernie Sanders

Bio: Bernie Sanders, the Senator from Vermont, made his name in national presidential politics when he ran an unlikely campaign for the Democratic nomination for presidency in 2016. Originally seen as nothing more than a thorn in Hillary’s side, he proved to be a formidable foe gaining an extremely loyal following and lots of name recognition in the process. As one of two independents in the Senate, Bernie is an outsider in the Democratic party who is most comfortable talking about wealth inequality and domestic issues.

Strengths: He has shaped the Democratic party in the past few years as ideas that were once unimaginable are now mainstream and popular such as Medicare for All. He leads the pack when it comes to progressive issues such as increasing the tax on the uber-wealthy; however, he is facing some competition on that front by Elizabeth Warren.

Weaknesses: Bernie’s Achilles Heel is that despite trying to broaden the range of topics this time around, he remains a fairly one note candidate. He is only comfortable when talking about wealth-inequality or the “millionaires and billionaires” but struggles in virtually all other areas of policy conversation. His far-left brand and unapologetic lone-wolf attitude has and will continue to cost him the support of the old-guard and the more traditional Democratic voter.

politics in the early 2000’s when she became one of the most forceful academic voices in favor of stricter banking regulations following the 2007-2008 financial crisis. She worked to form the Consumer Financial Protection Bureau following the crisis and has been involved in politics ever since. Before her stand against big banks she was a law professor who specialized in bankruptcy law, and her professorial side has shone through in every aspect of her campaign for the Presidency. Her constant churning out of policy proposals has made her the clear “ideas candidate.” Many political scientists and media professionals attribute her recent rise in the polls to her popular progressive agenda and the sheer amount of proposals that she has produced in the last few months. If there is nothing else that Elizabeth Warren wants you to take away from her campaign it is that “she’s got a plan” for everything.

Strengths: Warren’s wealth of experience when it comes to facing big corporations makes her particularly appealing to the young, new, Socialist wing of the Democratic party, even though she insists she is a proud capitalist. She has proved herself to be one the smartest candidates and by far the most knowledgeable about policy which has allowed her to differentiate herself from her opponents.

-Kamala Harris

Bio: Kamala Harris, the true breakout star of the Kavanaugh hearings and the televised hearings of the Senate’s Judiciary Committee, has seen her poll numbers and media coverage settle into the single digits following her announcement and the entrance of Bernie Sanders and Joe Biden into the race. The Senator from California is a self-described “progressive prosecutor” which harkens back to her time as Attorney General of California which has garnered both praise and criticism. Her LIFT Act is one of the handful of policy ideas that Harris hopes will cement her as the candidate fighting for working-class families, but she struggles in capturing the media’s attention unless she is grilling a Trump nominee or cabinet member.

Strengths: She truly shines whenever she taps into her prosecutorial side. Seriously, watch her questioning of Attorney General William Barr, she does not pull any punches. She does not have nearly as many detractors as Sanders, Warren, and Biden, which is always a positive and leaves more room to grow than her more prominent opponents.

Weaknesses: Her days as a prosecutor have come under scrutiny as some have argued that she supported strict and unfair sentencing as a District Attorney and Attorney General. She has been struggling to stand out in a large field of candidates.

-Elizabeth Warren

Bio: The United States Senator from Massachusetts entered

PRESIDENTIAL RACE 2020 (CONT'D)

-Pete Buttigieg (Mayor Pete)

Bio: Pete Buttigieg, the wunderkind South Bend Mayor, has gone from just another name among a sea of names to a major contender in just the past few months. The Rhodes Scholar and veteran of the war in Afghanistan rose to the top tier of candidates from obscurity after his first CNN Town Hall where he impressed many with his intelligence, eloquence and story. If he were elected President he would be the first mayor directly elected to the presidency, the first millennial president (as well as the youngest President in history), and also the first openly gay president. Running on a campaign of generational change and fresh ideas, his campaign is the one to watch, and many are starting to pay attention.

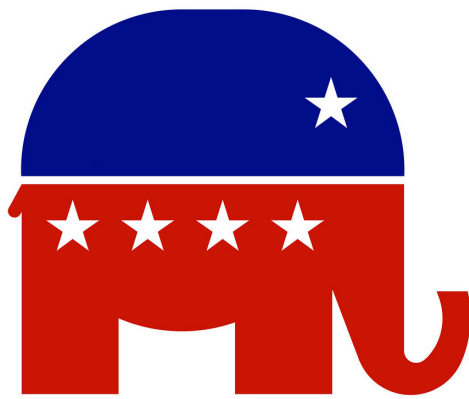
Strengths: Mayor Pete as many call him has shown himself to be extremely likable and folksy as well as calm and level headed. He has done exceptionally well in town halls, interviews, and speeches in front of crowds and there is every indication that he will be a real standout in debates. He is a media darling, a wax poetic about his ability to speak seven languages one moment and then rave about his autobiography the next. His military experience as well his Midwest roots (an area Democrats desperately want to win over) make him an appealing candidate.

Weaknesses: Buttigieg has resonated with Americans from many different backgrounds; however, he has had trouble gaining the support of members of the Black community which has only been further complicated by a situation involving him firing South Bend's first African-American police chief his first year in office. In addition, as a mayor of a small city (South Bend does not even rank in the top 100 most populous cities in America) some question whether he has the experience necessary to become President. While he points out that in comparison to Donald Trump he has much more experience in politics, when he is up against veteran politicians like Joe Biden and Bernie Sanders, the Trump line might fall flat.

Republicans:

-Donald Trump

Bio: Have you heard of this man? Well if you have not, then you must be living under a rock because he is the incumbent President of the United States. Trump was born and raised in the New York City borough of Queens and received an economics degree from the Wharton School. He took charge of his family's real estate business in 1971, renamed it The Trump Organization, and expanded it from Queens and Brooklyn into Manhattan. Commentators described his political positions as populist, protectionist, and nationalist. He was elected president in a surprise victory over Democratic nominee Hillary Clinton, although he lost the popular vote. During his presidency, Trump ordered a travel ban on citizens from several Muslim-majority countries, citing security concerns. He enacted a tax cut package for individuals and businesses, which also rescinded the individual health insurance mandate and allowed oil drilling in the Arctic Refuge. He appointed Neil Gorsuch and Brett Kavanaugh to the Supreme Court. In foreign policy, Trump pursued his America First agenda, withdrawing the U.S. from the Trans-Pacific Partnership trade negotiations, the Paris Agreement on climate change, and the Iran nuclear deal. He recognized Jerusalem



as the capital of Israel; imposed import tariffs on various goods, triggering a trade war with China; and started negotiations with North Korea seeking denuclearization.

Strengths: The New York real estate mogul / reality television star has had a tumultuous first term but his hold over the Republican Party should not be understated. While his approval ratings among the general population are currently at 41%, according to Gallup, his approval among Republicans is at 90% making the chance of him not becoming the Republican nominee for President slim to none. Trump's biggest strengths are his strong support in the Republican Party, his hyper loyal base, and the state of the economy which by all metrics is doing well. It is important to note that no President in recent memory has lost a second term with an economy as strong as it is now.

Weaknesses: Trump's Biggest weakness is himself. While the economy would spell good news for any president seeking re-election, Trump seems incapable of staying on message long enough to remind voters of the fact that we are currently seeing economic growth in America. While the Mueller investigation has concluded, there are still multiple investigations that will continue, most notably in the Southern District of New York. With the Democratic controlled House aggressively looking into possible financial wrongdoings, he faces yet another front on which he will have to defend come election time. The multitude of controversies, international relation blunders, investigations, and general instability in the West Wing makes him extremely vulnerable going into the election.

-Bill Weld

Bio: William Floyd Weld is an American attorney, businessman, and Republican politician who served as the 68th Governor of Massachusetts from 1991 to 1997. Weld began his career as legal counsel to the United States House Committee on the Judiciary before becoming the United States Attorney for the District of Massachusetts and, later, the United States Assistant Attorney General for the Criminal Division. In 2016, he left the Republican Party to become the Libertarian Party running mate of former Governor of New Mexico, Gary Johnson. After returning to the Republican Party, Weld announced on April 15, 2019 that he would challenge President Donald Trump in the 2020 Republican primaries.

Strengths: Trump has made some very powerful enemies in the Republican Party over the past few years and while Weld is running with the purpose of forcing Trump to debate and answer questions, it is highly probable that he will get the support of the Never Trump Republicans, of which there are a few.

Weaknesses: Weld is going up against a politician who for the most part has the entire Republican Party in the palm of his hand.

Along with his lack of name recognition, Donald Trump's loyal following in the party all but ensures he will be the nominee.

SENIOR SENDOFF

BY: MICHAEL DE ANGELIS
INCOMING MANAGING EDITOR

...And they're off!

Ahhh...the checklist is complete...

SAT's, ACT's, college fairs, college visits, college applications, college supplementals, college essays, interviews, finals, AP exams, financial aid forms, FAFSA forms, scholarship essays, acceptance letters and emails. Colleges decisions are finally made and its time for the seniors to celebrate their hard work and successes. Now it's time to enjoy their accomplishments.

The celebratory events will include the Sign and Dine Day, when seniors sign each other's yearbooks, as well as some teachers and administrators, including Mr. Murray. The students will be served food, snacks, and cake courtesy of the PTA. The following week, some seniors will be participating in the Senior Walk, where they take a field trip back to their elementary school to walk their halls one last time, but now in their graduation caps and gowns! These seniors will be cheered on by their former teachers and younger students.

The seniors will be formally celebrating their senior prom on the evening of June 20, at Floral Terrace. Finally, the seniors will be attending their commencement ceremony on June 23, at the Tilles Center at Long Island University Post. Their summer will be filled with fun and anticipation. Growth and ma-

turity is just around the corner. Whether dorming or commuting, their experiences will be fruitful, exciting and rewarding. Their future will be filled with challenges. Although college will seem different in so many ways, graduates will embrace their new challenges, well knowing that this is their road to success. Parents will miss their children (maybe - just kidding), and graduates will enjoy their independence. This maturity will experience growing pains, but the results are well worth it.



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WHERE DO WE GO FROM HERE? CLASS OF 2019

Adelphi University

Lauren Cardilicchia
Allison Cassano
Priya Saini

Arcadia University

Patrick Ensmenger

Bentley University

Aasim Dharsi
Rahi Shah

Berklee College of Music

Matthew Orgel

Boston University

Dennis Wang

Brown University

Benjamin Pollard

Clemson University

Alexis Wojcik

Colorado School of Mines

Ethan Bloom
Amanda Rogers

Concordia College

Emily Yagudaev

Cornell University

Alana Becker
Jiali Chen
Jessica Goldstein
Mitchell Indek
Andrew Solnik

The Culinary Institute of America

Matthew Einsohn

CUNY Baruch College

Jullian Avgi
Jenna Chow
Daniel Jun
John Kim

CUNY John Jay

Ryan Kim

CUNY Macaulay Honors

Justin Iloulian

CUNY Queens College

Allison Levin
Amy Stern
Robert Tyler Tierno

Drexel University

Brian Glogower
Hemani Kapoor

Elon University

Carli Shapiro

Emerson College

Julia Sprung

Fairfield University

Christina De Angelis

Five Towns College

John Lombardo

Florida Atlantic University

Jake Storch
Joseph Pizzuto

George Washington University

Zachary Kunz
Jordan Rosner
Eric Yang

Georgia Institute of Technology

Gabrielle Calderon

Hamilton College

Andrea Hayman
Joshua Martin

Harvard University

Audrey Shine

High Point University

Sarah Clancy
Elana Kaminsky

Hofstra University

Markos Dimitriadis
Derek Futterman
Anna John
Joshua Kaplan
Erin Kim
Max Oppenheim
Ivleen Singh

Indiana University

Bryan Balog
Emily Bardavid
Ethan Berlent
Jason Birns
Justin Briganti
Alexa Pullman
Amanda Solarsh
Hannah Traub
Jacob Weber

Iona College

Christopher Leone

Ithaca College

Hallie Kessler
Antonia Nargentino

Jacksonville University

Danielle Pollard

Johnson & Wales University

Spencer Kolodny

Kansas State University

Eric Glassman

Kent School-Prep. School

Tyler Galletti

Lehigh University

Ashley Steiner

LIU Brooklyn

Elisa Hafling

LIU Post

Ashley Calley
Olivia Greiss
Kaitlyn Guthertz
Alyssa Lawson
Eric Lubrano

Lynn University

Angelina Divirgilio

Maryland Institute College of Art

Jackson Popiel

Marist College

Sinead Heaney

Mass. College of Art & Design

Sarah Kim

Miami Univ. Oxford

Jordana Luther

Michigan State Univ.

Michael Biscardi

Millersville Univ. of Pa.

Samantha Fried

Molloy College

Hajrah Beig
Anastasia Grossfeld
Aya Karimealaoui

Mount Saint Mary College

Michelle Licata

Nassau Community College

Gerard Coggins
Jordynn Cutchall
Connor Francis
Kaela Friedl
Joshua Gorman

Damien Hogan

Ariana Juliani
Sahar Karimzada

Daniel Lonc

Antonio Merseburg
Alexander Pergola
Jason Pisarz
Matthew Pisarz
Julianna Redler
Cassandra Santiago
Jared Schmidlapp
Kalee Tolentino
Qianyi Wang

N.Y. Institute of Technology

Ryan Burgos
Simone Mauro

NYIT-NYCOM 7 Yr BS/DO Program

Sameer Kazi
Christine Lee

New York University

Stanley Kim
Aashka Sanghvi
Christian Sarkis
Ashley Zhang
Jack You

Northeastern Univ.

Emily Chen
Jason Leon
Stefan Philip

The Ohio State University

Reed Altschul
Max Berkowitz
Sydney Edelstein
Gillian Friedman
Jacob Goldman
Dani Pullman
Daniel Tinter
Ryan Vulcano
Danielle Weiner

Olin College

Samantha Coleman

Parsons School of Design-The New School

Robert Ferretti
Megan Ha

Pennsylvania State University

Logan Bourandas
Ryan Hollander
Victoria Medina
Dylan Rainer
Allie Sack
Juliana Stanziani

Pratt Institute

Leah Ruthen

Quinnipiac University

Cristina Fiordimondo
Kyle Urban

Rensselaer Polytechnic Institute

Victoria Campitiello
Peter Crawbuck
Shawn George
Sean Liner

Ringling College of Art & Design

Christine Chai

Rochester Institute of Technology

Benjamin Hyman
Corin Lund
Sarah Morgenthal
Brian Zhu

WHERE DO WE GO FROM HERE? CLASS OF 2019

Rutgers Univ.-Camden
Liangyu Wang

Rutgers Univ.-New Brunswick
Adam Tropper
Sufun Zheng Wu

Sacred Heart University
Faith Fiore
Nicholas Galasso

Salisbury University
Benjamin Sussman

Savannah College of Art & Design
Ariel Shaul
Savannah Tedesco
Isabel Wallach

School of the Art Institute of Chicago
William Grieshaber

School of Visual Arts
Alexander Oh

Seton Hall Univ.-BS/MD Program
Ali Akram

Stevens Institute of Technology
Eshan Tivakaran

St. John's University
Brendan Volkommer

SUNY Albany
David Fuggini
Justin Kim
Nicholas Noren
Ian Sabin
Nicholas Sallie
Gil Salwen

SUNY Binghamton
James Bak
Tyler Behar
Emily Chertoff
Tiffany Chuang
Miranda Cohen
Thomas Costa
Kristine D'Onofrio
Daniel Dossie
Hope Feinberg
Brianna Fell
Kristin Ferretti
Eden Greenberg
Rebecca-Rose Greenberg
Sydney Hakimi
Jacob Hurtes
Brett Kerley
Andrew Kim
Jacqueline Kitzes
Zachary Lichtenstein
Michael Reynolds
Jack Rothman
Katie Rubin
Zackary Schear
Jake Solomon
Sari Zimmerman

SUNY Buffalo, University at
Tyron Aristotle
Sari Arrow
Stephen Brogna

Keerthika Divvela
Brittany Fenton
Omayd Ghafoorzada
Jared Gorfinkel
Luke Kim
Shanah Lee
Lauren Lennett
Tyler Luciano
Raquel Seid
Moca Tanaka

SUNY Cobleskill
Stephanie Bournias

SUNY Cortland
Samantha Battista
Logan Kerley
Kayla King
Julia Martins
Sydney Schreier
Joseph Sica
Hannah Smith
Alexis Vitti

SUNY Farmingdale
Eric Ben-Hamo
Michael Bergold
Nabil Chowdhury
Matthew Coleman
Andre Gomes
Jonathan Kandel
Dylan LaBarbera
Vince Reyes
Shawn Ronen

SUNY FIT
Morgan Hlaing

SUNY Fredonia
Arin Klein

SUNY Geneseo
Lynzie McGeary
Samantha Oliva
William Price

SUNY Maritime
Anthony Guiffre-Oliva

SUNY New Paltz
Helena Danziger
Bailey Espanet
Maya Federmann
Michelle Handschu

SUNY Old Westbury
Frank Arnold
Paris Caraballo
Pedro Fuentes
Hannah Randell

SUNY Oneonta
Samara Axelrod
Scott Barsky
Lauren Carola
Danielle D'Elia
Shawn Eisenberg
Ashley Elbogen
Dylan Gold
Griffin Hoffman
Cooper Levine
Salvatore Seidita
Brett Senzer
James Sicignano
Tyler Wasserman

SUNY Oswego
Cameron Augi
Kuvar Bhatnagar
Alaina Herman
Zachary Hilbert

SUNY Plattsburgh
Jamie Ryan

SUNY Stony Brook
Jared Bergenstock
Julia Brandenstein
Hillal Faizy
Jason Y. Lee
Om Sajnani
Christopher Shin
Alvin Song
Glenn Song
Meryam Syed
Jeffrey Tsang

SUNY-Suffolk C.C.
Andrew Kearney

Swarthmore College
Princeton Huang

Syracuse University
Melena Aldoriso
Alec Pankin
Madison Sim
Ashley Strauss

Towson University
Emily Kubrick
Sarah Kurtzman
Rachel Spiegler

Tufts University
Zachary Ferretti
Amanda Ganz

Tulane University
Julianna Fryman
Alyssa Iryami
Camryn Vader

University of Alabama-Tuscaloosa
Madison Feldman
Ava Trovato

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Tyler Goldstein

Univ. of California-Los Angeles
Suanna Cheng

University of Central Florida
Taylor Barton

Univ. of Colorado-Boulder
Zoelle Korogodsky
Tyler Milner

Univ. of Connecticut
Mandira Gowda

Univ. of Connecticut BS/MD Program
Ross Bernstein

University of Delaware
Madison Barber
Vincenzo Ianni
Adam Tabak
Douglas Vaca
Jacob Zweback

University of Florida
Noah Hersch
Michael Muhlbach

Taylor Sheps
Aidan Shwom
Rachael Vulcano

University of Maryland
Lindsay Cardello
Isabelle Raskin

UMass-Amherst
Alexa Apisson
Jacob Cohen
Lindsay Jacobson
Joanne Song
Alana Zeilander

UMass. -Lowell
Jaclyn Leest

University of Miami
Tyler Burd
Jenna Robinson
Elliott Wirshba

University of Michigan
Saurav Bhasin
Lindsay Brenner
Adam Dinhofer
Benjamin Dinhofer
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Brooke Reamer
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Sydney Schmidt
Yehudis Shapiro

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Colby Kusnitz

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Eunice Yim

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Jordan Diamond

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Alyssa Dady
Matthew Espinosa

West Virginia-Wesleyan College
Michael Rothstein

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Harrison Kyriacou
Jonathan Lopez

Employment
Joseph Gigante
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Alina Lopez
Ronak Parekh
Thomas Randell
Timothy Rea

Gap Year
Spencer Boris

Marines
Kyle Lang
Jason Lee

Vocational Program
Ho Sun Choi

Undecided
Henry Granados
Dylan Harris
Wenjing Huang
Ryan Raskin
Marlyn Rivera
Michael Synnott

