



## LEAPES - The New Program

BY ISABELLA CHEN, ELIF KOCH,  
CHRISTINE SONG  
STAFF REPORTERS

A pilot program, called LEAPES, was recently initiated in the Plainview-Old Bethpage school district. LEAPES is a program that gives opportunities to select students, who desire to pursue a variety of Advanced Placement science courses during their high school career. The LEAPES course is a combination of Living Environment Honors and AP Environmental Science. The rigorous work in this class requires an inner maturity to handle a college course.

In order to be selected, students needed to be enrolled in both Earth Science and Algebra 1 in 8th grade. Test averages needed to be above 90% in both classes, and a grade average of “A” in 8th grade English was required. In addition to all this, students needed their teacher’s recommendation, and guidance counselor and parent approval. A total of thirty students were selected from Plainview-Old Bethpage Middle School and Howard B. Mattlin Middle School.

According to Mr. Colin Jones, one of two LEAPES teachers, the course was introduced to the district because of the initial need for an AP class to be available for freshmen, which can later allow them to take more Advanced Placement science classes throughout their high school career. Mr. Mark Filippi, who teaches alongside Mr. Jones, added that “A couple of other school districts have similar courses; it’s either Living Environment and AP Environmental Science taught concurrently, or Earth Science and AP Environmental Science taught concurrently.”

The expected workload on the students is much greater compared to their other classes. Mr. Jones believes that “every student is more than capable to succeed, but they just need to work harder than in the past.” The teachers encourage their students to divide their time to complete any of the projects and homeworks. Mr. Filippi suggests that students should “make sure they get into a good study routine at home.” He believes this will benefit them in the future by allowing them to “get into the habit of using that free time effectively while you’re studying, making sure you’re not wasting time.”

When questioned about his expectations of the students in LEAPES, Mr. Filippi responded, “My expectations are the same, as they are for the

kids taking AP Environmental Science. It’s a college level course, so yes, it’s rigorous. There’s a lot of work involved, but it’s a course that has a lot of real world implications, and I want my students to be able to relate to that material.”

Throughout the year, students will be preparing for both the Environmental Science AP Exam, as well as the Living Environment Regents Exam. Mr. Jones explained, “The curriculum was made with both tests in mind, there are strong overlaps which allow topics from both tests to be covered. Most of living environment is covered before May, but whatever is left will be taught after the AP exam.”

Mr. Filippi stated that the benefits of taking this course includes an “opportunity to get some college credits, [as] freshmen don’t normally have that opportunity to get college credit. It will also give you more opportunities to take more of these higher level science courses throughout your high school [career].” On the science track would be AP Chemistry, AP Physics 1, maybe even AP Physics C, and AP biology, whereas in the past students might not have been able to take all of those courses.

As authors of this article and students of LEAPES, we believe this course is a great way to develop a general idea of what AP classes will be like in future years. Although the workload is significantly greater than our other classes, it is not overwhelming. The numerous labs and experiments students perform make it a hands-on experience, which allows for a greater depth of understanding. The material covered in this class is applicable to our daily lives and it easily sparks the interest of students. Overall, this class is definitely one of our favorites, and we look forward to it every day.

BY FIONA WU  
STAFF REPORTER

## Pep Rally!

On Friday, October 25, Plainview-Old Bethpage JFK High School held its annual Pep Rally. The week leading up to pep rally is always known as Spirit Week, with different themes for each day of the week. Monday was America Day, Tuesday was Tourist Day, Wednesday was Wear Orange “Unity” Day, Thursday was Camo day, while Friday was POB Pride Day and pep rally. The first team to come out during the pep rally was the Varsity Kickline team who performed to the songs “Lemon”, “Sicko Mode”, and “Ping Pong”. Then came the Varsity Cheer team who performed to remixes of various songs such as “Slow Motion”. The other teams came out in the following order: Girls JV Soccer, Boys JV Soccer, Girls JV Volleyball, Boys JV Volleyball, Girls JV Tennis, JV Football, Girls Varsity Cross Country, Boys Varsity Cross Country, Girls Varsity Soccer, Boys Varsity Soccer, Girls Varsity Swim and Diving, Boys Varsity Badminton, Girls Varsity Volleyball, Boys Varsity Volleyball, Girls Varsity Tennis, and finally the Varsity Football



PHOTO CREDIT: MELISSA RAPPAPORT

team.

Most teams came running into the gym with a routine and these routines were as follows. Boys Varsity Cross Country ran out with one of their athletes in a dinosaur costume. For Girls Varsity Soccer, two girls staged a battle while wearing masks. Boys Varsity Soccer first came out with two guys fighting with lightsabers while people around them wore Star Wars character masks. Next, other boys on the team wore animal masks and danced to “What Does the Fox Say.” The Girls Varsity Swim and Diving Team came out wearing shark fins and mermaid tails with the word “Undeclared” drawn on their legs in honor of their undefeated season. The Boys Varsity Badminton team lifted up a teammate in a chair and Boys Varsity Volleyball all came out in onesies. Finally, the Varsity Football team came out and formed a team circle dancing to multiple songs, with everyone in the school dancing and cheering the team on.

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## WELCOME!

*The Hawk Eye is*

*always accepting new members and entries!*

*Please listen to the*

*announcements for the time and locations of our*

*monthly meetings!*

*Thank you for reading!*



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# Freshmen Guide to High School

BY AMANDA KANG  
STAFF REPORTER

Welcome to high school! I hope you all are having a wonderful school year so far. I know that it can be a bit overwhelming at first, but I hope that everyone has had a smooth transition from middle school and is enjoying their time here. For those of you who haven't completely adjusted yet, or if you just want to learn a few tips about high school, here are some things that I have learned along the way as a junior, which will hopefully help you in your journey through high school:

**1. Set goals for yourself:** Have something to look forward to and make whatever activity you're engaging in fun so that you are motivated to progress in both your academic and extracurricular activities. This can help to combat procrastination as having motivation can make work much more productive than pushing through with sheer willpower. For instance, at the beginning of my sophomore year, I joined Science Olympiads. My goal was to win a medal at the competition, which pushed me to work hard during the year. On top of my goal, I had a passion for science and a group of friends doing the club with me, which made the meetings all the more enjoyable and encouraged me toward attaining my goal.

**2. One bad grade isn't everything:** I know it may seem like one grade can make or break you, but instead of getting upset, use this as motivation to study harder and more efficiently for the next assessment. Discuss with your teachers at remedial, talk to upperclassmen, or even look up YouTube videos for different studying techniques.

**3. Take some time to decompress:** If you're feeling stressed from schoolwork, put your pencil down and step away from the desk. Listen to some music, practice breathing exercises, or even chew some gum to destress. Studying can be extremely taxing on the mind and body, so relaxing is both neurologically beneficial and productive. (Here's a study tip that might be helpful to some of you: use the Pomodoro technique. With this method, you set timers for working and taking breaks in order to focus, refresh your mind, and work more efficiently).

**4. Freshman Friday does not exist in this school:** Enough said.

**5. Get involved in activities that you enjoy:** High school is a time to try new things and discover new things about yourself. Indulge in the activities that you enjoy doing and if you're not having fun, try something else. There are so many classes, clubs, and sports offered at this school which are open to you. Take this opportunity to make use of your new freedom in high school to make some new friends and gain some new experiences.

I hope my advice was helpful; I wish you all the best of luck and a successful school year!

## College News Literacy

BY BRIANNA ROGERS  
STAFF REPORTER

This year College News Literacy has been added to the student electives list. It is a fun and interactive class where students learn the difference between real news and fake news, as well as how to correctly source an article. While this may sound boring, the class is actually quite interesting and makes you hesitate after reading a crazy story that is "completely true". College News Literacy is a college level course that was designed through Stony Brook University. If you choose, you can apply through Stony Brook and actually get three credits towards college. In addition, you are given a Stony Brook student ID and access to the Stony Brook Library.

It doesn't matter if you're "only a freshman" or "not thinking about college yet"—this class is open to all grades, and while gaining those college credits may affect upperclassman sooner, it's still always nice to know that you have those credits for the future.

The class is taught by Ms. Muller, a wonderful teacher who spent this previous summer taking College News Literacy herself through Stony Brook University. While there, she gained so much knowledge that she can now share with her students. She said, "I now think twice after I read an article."

So far, the class has discussed V.I.A. (verification, information, accountability) and learned that in order for an article to be real journalism it must be verified with a source, meaning that the author should be a real name and not a username (i.e. @JohnDough is a good username, if an article is written by @writergurl300, it's probably not a real person and the information can't be trusted). Along with being verified, an article must also be informative. The article should tell the reader exactly where the information came from and how it was obtained. Finally, the article must be accountable; the author should take responsibility for their work and acknowledge any mistakes. In addition to V.I.A., the class talks about information neighborhoods like Journalism, Propaganda, and Entertainment. We learn that there is always a purpose to an article and most articles are not 100% reliable. Each day there is a new conversation taking place that everyone gets involved in. The class uses relevant stories that are being written just

hours before class each day. Sometimes we get off-topic and talk about something happening in real time that has us worked up, but Ms. Muller helps us by changing her lesson plan and guiding us in evaluating the article and finding the truth.

Not only is College News Literacy enjoyable to be a part of, but it can be applied to everyday life. Whether you realize it or not, you read every day, and so College News Literacy helps you pick out what to believe and what can be thrown out. Furthermore, College News Literacy will help you on every written task you will be given because it helps you find the raw information needed to create an honest piece of writing.



SOURCE: BRIANNA ROGERS

# An Interview with Bryan Hoch

BY SETH SCHLANK  
STAFF REPORTER

The Major League Baseball (MLB) season is a long, treacherous journey. The preparation starts long before the season begins, for most teams that don't make the postseason, it starts right after the regular season. In stark contrast to the lengthy workout routine many players perform, most MLB.com beat writers begin their preparation with research and thought about rosters, player history, and opposing teams they will be facing in the upcoming season. Each MLB team has a beat writer, who is assigned to report on the team wherever they may go, whether it be to Boston, Toronto, London, or even to Iowa, where the Yankees will face the White Sox this upcoming season.

Bryan Hoch has covered New York baseball for the past two decades, working the New York Yankees' Clubhouse as an MLB.com beat reporter since 2007. Bryan is the author of *The Baby Bombers: The Inside Story of the Next Yankees Dynasty*, which was published in 2018 (revised for paperback 2019), and a co-author of *Mission 27: A New Boss, A New Ballpark and One Last Ring for the Yankees' Core Four*, to be published in 2019. Regularly seen on MLB Network and heard on many radio stations throughout the United States, Hoch's work has also been featured in Yankees Magazine, New York Mets Inside Pitch, and on FOXSports.com. Raised in Sloatsburg, N.Y., Hoch began his journalism career during his freshman year at Suffern High School, launching a popular "Mets Online" website that would eventually open doors to big league press boxes. Since joining the Yankees' beat, he counts witnessing the closing of old Yankee Stadium, the World Series celebration of 2009 and the final days of the "Core Four" among his most memorable experiences on the job. Hoch is a two-time New York City Marathon finisher (2010, 2011) who still fondly recalls getting a Fantasy Camp hit off a Jeff Nelson slider. He loves *Back to the Future*, vintage Topps cards, Ron Burgundy quotes, and compelling games. I got a chance to correspond with him and ask a few questions.

Q: What is life like as a beat writer?

A: It's a fun and challenging career, and this is my dream job. Generally speaking, my job is to cover everything that happens with the Yankees, which includes the games on the field, the players in the clubhouse, events that take place at Yankee Stadium and the business that takes place in the executive offices. Including Spring Training and the postseason, I cover approximately 140 to 150 games each year, which means I'm on planes and in hotels a lot. While watching the games is a huge (and fun!) part of the job, writing and reporting are the real keys. The aspect that I enjoy is developing relationships with the people connected to the Yankees and having the opportunity to tell their stories.

Q: What is your favorite story you have ever written?

A: It's difficult to pick just one, so I'll give you a few. I enjoy the stories that take me out of the day-to-day grind and go a little deeper behind the scenes. In Derek Jeter's final season, when everyone thought we'd learned everything there was to learn about him, I did a feature about his daily Starbucks trip (venti red eye, black) which summed him up as a creature of habit. I even went to his favorite Starbucks in Tampa and talked to the baristas there. I remember doing another story about player nutrition and talking to a lot of future Hall of Famers about how they fuel their performance. This past season, I did an oral history

of David Cone's perfect game that was enjoyable to work on. Maybe my favorite, though, was talking to the dads on the Yankees circa 2016 for a Father's Day story. I was about to become a father and my angle was to ask each of them, guys like Joe Girardi, Mark Teixeira, and Alex Rodriguez, for their best piece of advice. We have that printed out and put aside for my daughter to read someday.

Q: What was your life like before the Yankees?

A: I came on the Yankees' beat in 2007. I grew up in Rockland County, N.Y. loving baseball and knew I wanted to do something in the game, and I always enjoyed writing. At age 14, I started what you would today call a blog about my favorite team at the time, the Mets. This is in the dial-up days of the Internet, so my website ("Mets Online") predated Mets.com and became very popular. This led to a number of opportunities, including interning with the Mets during the 2000 season (including the World Series) and having the chance to cover games as a member of the working media. During college, I freelanced for a number of outlets, including FOX Sports and Mets Inside Pitch, the team's official newspaper. I also worked for Mets.com, and when the Yankees' beat opened after the '06 season, I was hired to become the beat reporter.

Q: What is being a MLB writer like on a daily basis?

A: The first thing I do every day is to read my competition to see if they have anything that we don't. Hopefully not! I generally try to get to the Stadium 30 to 45 minutes ahead of the clubhouse access time, which is 3:20 p.m. for a home game. When I arrive, I'll have a few ideas in my notebook of things I want to ask about, work ahead on or follow up on. Preparation is a huge part of the job, as is forward-thinking. We have access to Aaron Boone twice a day, before the game and after, at which time we can try to get updates on whatever is happening with the team. I watch batting practice on the field, then go upstairs to write my notebook - generally 600 to 900 words. During the game, I am working on my running (no quotes) game story, as well as any necessary sidebars that get pushed out immediately (an injury, a record being broken, etc.). After the game, we go downstairs to interview Boone and the players, and I have 90 minutes to transcribe that and re-write my story into a final edition. Then you go home and do it all over again!

Q: Who is your favorite player to talk to?

A: I get asked this a lot. As reporters, we don't root for the teams that we cover, but I root for good stories. Part of that includes players who make our jobs enjoyable. Over the years, I've loved getting to know so many terrific players on a first-name basis - Monument Park names like Jeter, Mariano Rivera, and Andy Pettitte come to mind. I also loved having Johnny Damon and Nick Swisher in the Yankees' clubhouse. On the current roster, it's a good group. Brett Gardner, Aaron Judge, and CC Sabathia have all been terrific Yankees and great to deal with.

Although this season wasn't the result Yankee fans wanted, keep an eye out for Mr. Hoch's articles throughout the offseason detailing the Yankees' money-making moves.





# School ID

BY TARUNIKA SASIKUMAR  
STAFF REPORTER

This past spring, the Plainview-Old Bethpage Board of Education endorsed a new policy which obligates all students at the high school to wear personalized ID badges at all times during the school day. No matter what your opinion is on them, you still have to wear them as their purpose is to ensure safety and security on campus. According to school administrators in Massapequa, (they follow a similar ID policy) “Wearing your ID allows staff to be able to identify who you are.” This would make it easier for them to catch any trespassers, as unauthorized people would lack this feature. In addition, this school year, the IDs have been upgraded, as students can now pay for food in the cafeteria using their badges. Unlike last year, this year J.F.K. has implemented new rules and stresses the importance of wearing your IDs even more. For example, if a student allows another student to use their ID badge, both students can receive disciplinary actions. Also, if you are discovered in the hallway without a badge multiple times you are highly prone to earning detention. On the bright side, you shouldn’t worry if you misplace your ID. If you did, seek a faculty member in



SOURCE: TARUNIKA SASIKUMAR

the main office, and they will provide you a new one for free. If you lose it more than once, there is then a five dollar fee to replace it.

Even after the benefits of IDs have been informed to the students, a majority are still opposed to wearing their badges. For instance, some believe that their IDs ruin their outfits, and that the color of the lanyard never fits what they are wearing. Other students say that wearing their IDs around their neck makes them uncomfortable. According to a survey created by the author, Tarunika Sasikumar, that 142 POBJFK students filled out, 49.3% of them complained that wearing their IDs makes them itch or gives them rashes. Moreover a whopping 81.7% said that wearing their ID cards didn’t really make them feel safer at all. Furthermore 53.5% of students said they think there isn’t really a point to ID badges. To change these students’ perspectives, many kids are proposing the solution that their IDs can take on more purposes such as, using the cards to scan into bathrooms, check out books in the library, and as in the cafeteria, pay using IDs in the school store. Nevertheless ID badges, at least in the near future, aren’t going to go away. Therefore, kids should try to get used to them and view them as a part of their everyday life.

## AP Capstone

BY MICHAEL KHAFLIN  
TREASURER & ADVERTISEMENT REPRESENTATIVE

In the 2018/2019 school year there were 52 students enrolled in the AP Capstone program, and by the following year the number doubled. But for most students, two questions still remain: What is AP Capstone? And how is it helpful to students across the board?

Our school’s enthusiasm for the AP Capstone program is a great indicator of how up-to-date we are. We have had the program for five out of the total eight years offered by the College Board. Students in the 10th grade can take AP Seminar as their English course. Students can then follow up by taking AP Capstone Research, junior or senior year, in order to earn an AP Capstone Certificate. Additionally, if students receive a score of 3 or higher on 4 AP exams in conjunction with AP Seminar and AP Capstone Research they are eligible to receive the AP Capstone Diploma. You have to take skills-based (Capstone) and subject-based (Biology, US History, etc.) AP classes to earn the Capstone diploma. This diploma indicates that a student has completed a certain set of requirements in high school to earn an advanced diploma.

To better understand the AP Seminar class I sat down with Mrs. Sheikh to discuss the class contents further. Mrs. Sheikh has a chemistry background along with a science research background. She and Mr. Yagaloff, who is the Chairperson of the English Department, co-teach AP Seminar. This setup is particularly advantageous since there is so much material to get through. A co-teaching model in POB is used to bring additional expertise and background to the course and to help lower the student/teacher ratio so students can get more attention and assistance with their work.

Two thirds of the required College Board assignments are massive research projects, one being the Individual Research Report (IRR) and Team Multimedia Presentation (TMP), and the other being the Individual Written Argument (IWA) and Individual Multimedia Presentation and Defense (IMP). Together, these assignments make up 55% of the total AP score. The last 45% is the End-of-Course Exam, a 2 hour assessment made up of two parts. Students have to (1) analyze arguments for evidence and (2) build their own arguments using at least two of the four provided sources. AP Seminar material is taught by using two themes, which vary from year to year — this year’s themes are power and self identity — and by employing political, economic, cultural/social, ethical, philosophical, and environmental lenses.

If all of this information is way over your head, perhaps this is a good thing. My mother is an endocrinologist with her own practice in Syosset. She graduated from Hunter College and NYIT College of Osteopathic Medicine in 2001. However, the transition from high school to college was not easy. “We did not have a variety of AP courses, and

the high school courses were always too easy. For example, our school did not offer calculus until 12th grade and when I finished math in 10th grade, I was limited to taking math history class,” she said. AP Seminar and Research, amongst other AP courses, teach vital skills that students need in college. They also make the shift from the quantity of work at the high school to the extraordinary volume of work in college easier to handle.

AP Capstone is a comprehensive program that does an incredible job preparing students for college. According to Mrs. Sheikh, “The [AP Seminar and Research] Certificate from the College Board shows that you can conduct evidence-based research, analysis, write on a college level, synthesize information, collaborate and effectively present. Skills that are necessary for life.” Perhaps if you are currently a freshman you will consider taking this class as your English course for the 2020/2021 school year. However, AP Capstone does not need to be taken at the expense of English 10H. You can take AP Capstone as an elective, and you can be entering tenth, eleventh, or twelfth grade.

In AP Capstone Research students are given a lot of freedom and flexibility to pursue one research based investigation the whole year. There is no End-of-Course Exam for AP Capstone Research. Your grade is based on an Academic Paper and an Oral Presentation/Defense of your research in mid-April.

AP Capstone stands out because it teaches students to create change in a country where civic illiteracy has not yet been eradicated and is still an issue. AP Capstone helps teach students to take a stand for what they believe in, for our country, and for society as a whole.

# Trump Talks

BY JOSHUA FELLER

STAFF REPORTER

On September 24th 2019, Nancy Pelosi, Speaker of the House of Representatives, announced that the House would launch a formal impeachment inquiry into President Trump. This was launched on the grounds of President Trump breaking his presidential oath by "seeking to enlist a foreign power to tarnish a rival for his own political gain" according to the New York Times. This action stemmed from an unidentified whistleblower (one who discloses illegal information about a person or organization) who claimed that Trump and his lawyer, Rudy Giuliani, pressured the Ukrainian Government to investigate Burisma, of which, Joe Biden's son Hunter sits on the executive board, according to Vox News. Trump alleged that Mr. Biden used his political influence to have an investigator who was looking into Burisma's possible corruption, fired. It was also confirmed that Trump ordered \$400 million dollars in military aid, previously approved by Congress to help fight Eastern Russian backed separatists, to be halted according to the Military Times, due to Ukraine's corruption problems within their military ranks. Of the 235 House Representative Democrats, only seven have not publicly supported the Democratic parties push for impeachment, which until now has remained divided on how to handle the issue with the president. On the other side of the aisle, Republicans have been quick to criticize the Democrats for rushing to judgment on the issue without the proper facts, siding with President Trump, a Republican. No Republican senator or representative has publicly supported the impeachment process, but few,

including Representative Mark Amodei of Nevada, have been indecisive on the issue and are waiting for all the information to be delivered.

Republicans have been pushing for a formal vote in the House in order to force Pelosi's hand earlier with less evidence than may be available. Former Massachusetts Governor and Republican presidential candidate Bill Weld slammed President Donald Trump's contacts with the government of Ukraine in a television interview on Monday morning, calling Trump's actions "treason," according to USA Today. The public views of impeachment have begun to move towards a more favorable approach with polls representing about 49% support for the inquiry, according to the New York Times. Now the question is when the Democrats, who control a majority in the House, will move to start the formal process. Even if the vote passes the House, it would then lead to a case in the Senate in which a two-thirds majority would be needed to vote for the President's removal from office, which is unlikely in the republican held Senate as no major Republican senators have spoken up for impeachment against Trump. In a poll of random students at POBJFKHS 77% of those asked believed that Trump would not be removed from office if impeachment passed, 8% are unsure and 15% believe that he will. The question now remains how President Trump will respond and whether this will hurt his chances in the 2020 election.

## What is Climate Change, and How Can You Help Prevent It?

BY ELLISA LEE

STAFF REPORTER

Recently, scientists have observed that the causes for the current global warming trend in the 20th century are due to the "human expansion of the 'greenhouse effect.'" According to NASA, the greenhouse effect is "the way in which heat is trapped close to the surface of the Earth by 'greenhouse gases.'" Some of these 'greenhouse gases' are carbon dioxide, methane, water vapor, and nitrous oxide. The effects of global warming have been visibly noticeable, and have impacted the ecosystems and habitats of numerous animals. For example, glaciers are melting at a fast rate, trees have been flowering sooner, and plant and animal ranges have shifted. There are numerous actions one can take in order to help stop global warming. Here are a list of some suggestions to the right:

- Change to energy-efficient light bulbs
- Plant a tree
- Use less hot water
- Drive less
- Recycle more
- Turn off electric devices
- Avoid products with a lot of packaging



SOURCE: WASTE360.COM

## Mental Health Days: Are They Beneficial?

BY ALLISON CHERTOFF

SECRETARY

How often have we said, "I'm so stressed"? High school students especially are feeling a great deal of pressure and anxiety due to academics and dealing with social situations. According to a study from the Journal of American Medicine, emergency room visits for youths with suicidal ideation doubled nationwide from 2007 to 2015. The mental health of students is a serious issue. In order to improve the well being of students, a new bill proposed by Senator Bill Hoylman of Manhattan will allow a student an excused absence from school for mental health reasons.

The mental health of a student is just as important as their physical well being. They must get the right treatment. The mental health day should be used for meeting with a therapist or figuring out a long term plan to deal with the issue. Just as any absence, a follow-up note should inform the school of the situation. The hope of passing this bill is to show students that it is okay to talk about stress and anxiety.

There is a concern that mental health days will not be taken seriously and can be abused. It would not be acceptable to call in a mental health day because you stayed up late or didn't study for a test. Taking off from school is not a solution. It can lead to more anxiety to make up

missed school work. Oregon's mental health day law allows students five mental health days every three months. This could total fifteen days of missed school. This may seem excessive and the school should look into why the student is missing so many days.

The answer to addressing the mental health issues in students is not by proposing a bill with an approved title allowing an absence. More importantly, we need to find out why students are experiencing such high levels of stress. The school must be made aware of a student's mental health issues. A possible solution could be a day in school where teachers and counselors focus on mental health and discuss concerns with individual students. Working together to understand where the stress is coming from can drive changes to lessen the stress. Taking the day off may just be a way to avoid dealing with a serious situation. We can all agree that taking a day off from school will not solve your problems, but communicating your concerns with school counselors can lead to positive results. More attention should be placed on the treatment of mental health issues rather than approving a law that does not get to the root of the problem.



# Social Media Use in Our School

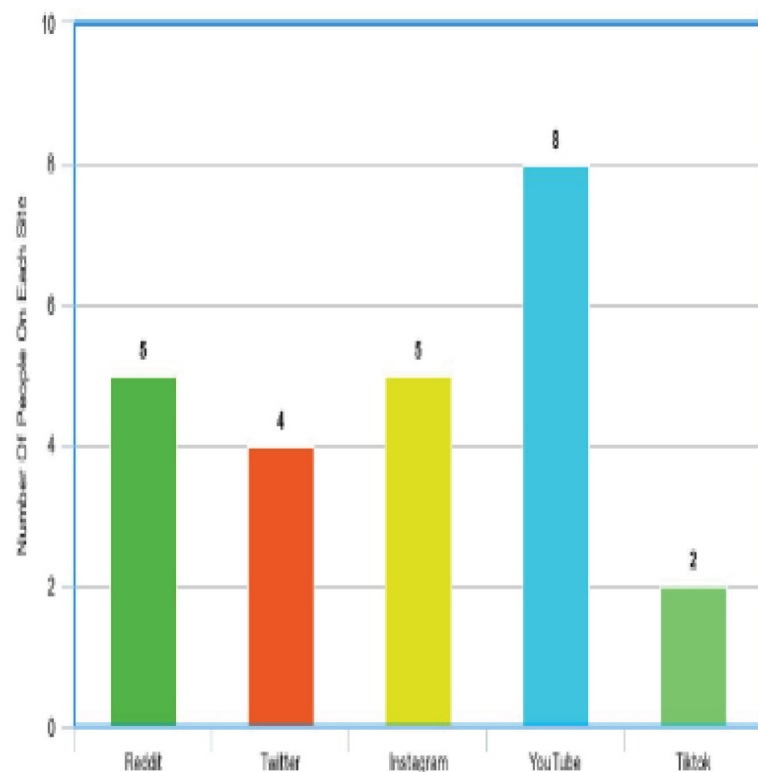
BY SOPHIA SCHNABEL  
STAFF REPORTER

Social media use is becoming more and more common in our daily lives, whether it be for personal use, educational use, or for starting a business. According to OurWorldInData.org, It is estimated that of the 7.7 billion people in the world, 3.5 billion are on social media. According to these statistics, at least one in three people have at least one social media account. I wanted to put these statistics to the test, so I took to running around like a headless chicken during my free period to answer this question: How common is social media use in our school?

During my free period, I approached eight people asking that out of YouTube, Reddit, Twitter, TikTok, and Instagram, which ones they had. This was to see what particular platform was most popular among students in our school. Then, I asked them to estimate how many hours they spent on all of them combined each day. This was to see how often they used these platforms, and how much of their time it took up. I included myself in this data as well.

As for the first question, the results were as followed: YouTube had the most users, eight to be exact. Reddit and Instagram then tied at five. Twitter followed them with four, and TikTok only had two. Sorry, TikTok. In case you were wondering, there was one person who didn't have any of these platforms, not even YouTube. For the other question, most people either said one, two, or four, hour(s). There was one person who said a half hour, though. The results to the first question are represented to the side in a bar graph.

As you can see from the chart, Youtube, Reddit, and Instagram are the most popular platforms among students in our school. The average amount of hours people are on these platforms each day suggests that we rely heavily on these sites for entertainment. This isn't necessarily a bad thing, however. Many other forms of entertainment have been replaced. For example, instead of going home to watch television, one would go home and find a video to watch on YouTube. While social media isn't always necessary in our daily lives, life without it wouldn't be much different. Instead of creating photo albums of their families, many people just take pictures of their loved ones and post it to Instagram, and instead of taking classes to learn skills, people look up YouTube tutorials. Social Media is replacing activities such as these.



## Homecoming

BY ATUL GERA LAYOUT EDITOR  
ESHWIN VARGHESE NEWS EDITOR

On Saturday, October 26, the POB Hawks Varsity Football Team versed Port Washington. Prior to kickoff, representatives from the entire POB district lined up at the Plainview Pool to begin the annual parade. The High School Band, cheerleaders, student government, homecoming court, DECA, and others took part in the parade that stretched down Washington Avenue, around Mattlin Middle School, and up to the football field where the Varsity teams were warming up before their big game.

At halftime the crowd saw remarkable performances by the POB cheerleaders, the kickline team, as well as the marching band. All of their hard work and dedication paid off as the groups radiated their skill, talent, and POB pride on the field. This year, the marching band played "Chained to the Rhythm" by Katy Perry, "The Greatest" by Sia, and "Can't Hold Us" by Macklemore and Ryan Lewis. Coming out of the 57th Annual Newsday Marching Band Festival, the band continued to play their best at Homecoming. "We've been putting in a lot of hours in and out of school over the past few weeks, and I think all of that hard work was present in our performance. It's definitely part of the reason we sounded so good," said Jordan Yagaloff, a sophomore in the band who plays percussion.

Additionally, every year each grade at the high school

designs a homecoming board that they carry in the parade. This year, the theme was video games. The Seniors chose Super Mario, the Juniors took Pacman, the Sophomores did Sonic, and the Freshmen chose FIFA. On Friday, October 25, the boards



PHOTO CREDIT: REBECCA GRAUBART

were displayed in the school lobby for faculty to vote for their favorite. At halftime, the winners were announced as follows: Seniors were in first, Juniors in second, Sophomores in third, and Freshmen in fourth.

Unfortunately, the Hawks lost to Port Washington 35-13, however, they played their hearts out, trying to bring a win for POB. Nonetheless, the Varsity Football team gave the POB community

a great game to watch. Despite the loss, the team continued on with their season. At the Coaches vs. Cancer Game on November 2, the Hawks defeated Syosset High School by a score of 28-14, qualifying the team for the playoffs in their conference.

Overall, Homecoming was once again a huge community success. Various clubs managed booths right next to the bleachers this year which kept the crowd closer to the game. Hundreds turned up to watch the Hawks take on Port Washington and to have fun with their friends and family. We can only hope for an even greater turnout for next year's homecoming!



# JOKER: A Must See!

## A review and discussion

BY JESSE RAY SHEPS  
STAFF REPORTER

Todd Phillips' *Joker* came out on October 4th and, amidst the Oscar buzz, was prone to unforeseen controversy. The movie reanimated previous notions of the Joker character, providing deep insight into the character's past, while also sparking an age-old debate about violence in the media. Warning Spoilers ahead...

*Joker* was vastly different from other superhero movies.

Instead of focusing on formulaic fight scenes between supernatural characters, the film served as a deep character study about an intriguing non super-powered person who develops into the Joker providing the audience with mountains of information about the upbringing, family, and personal life of a character we thought we once knew everything about. Since *Joker* has varying mental illnesses, you can tell throughout the film that many things you are seeing are not true or at least altered to the Joker's twisted viewpoint and persona. *Joker* is an unreliable narrator and this allows audiences to interpret the movie in their own way, leaving the audience with much to discuss after leaving the theatre.

The movie *Joker* is about Arthur Fleck, a man with the Pseudobulbar affect, which in other words means he can not control his extreme laughter; therefore, leaving him to have outbursts at the most inappropriate times. This causes many to find Arthur odd which builds his internal resentment. Arthur is determined to become a comedian although his own mother thinks he is not funny. Arthur has a part-time job as a clown and after he was beaten up by thugs in the street, his friend gives him a gun for protection. As Arthur heads home on the subway, he is attacked by three wealthy men working at Wayne Industries. Arthur retaliates. The murderer (Arthur) whose identity is not known through most of the movie is ironically called "a clown" by Thomas Wayne. (Thomas Wayne is Bruce Wayne's father and a candidate for Mayor). Protests grow in the streets as some citizens of Gotham warily viewed these murders as good due to the increasing in separation between the

wealthy and poor. The clown protestors stormed Gotham City and became bigger and bigger. After a clip of Arthur's horrendous comedy act goes viral, he is invited on Murray Franklin's (played brilliantly by Robert De Niro) TV show. Arthur, demanding to be called "Joker" eventually kills Murray during this performance, revealing he is in fact the murderer behind the subway killings, becoming the figurehead behind the protest.

The controversy behind this movie stems from Arthur being portrayed as a victim and how he rebels to stick up for people like himself. Could people idolize him and, like the end of the movie, use violence to give a message? With the recent shootings occurring, is now a good time to have a movie that portrays violence as a way to get a message across? Students were interviewed on their opinion of this. According to 9th grader Josh Leffel, "It was just a movie and there shouldn't have been any concerns that it was too violent."

Ninth grader Jordan Goldklang agrees with this. He said, "I believe that the *Joker* film does not influence violence because it is just a film. It was meant to entertain, not cause violence."

The *Joker* movie was brilliant and Joaquin Phoenix was outstanding and a sure Oscar favorite for Best Actor. The film stood out from other superhero movies since it was a serious drama and not an action packed one. Jordan Goldklang said he liked *Joker* better than other superhero movies because, "It had more of a storyline. You also learn more about the characters story and why they have become who they are." Looking past all the controversy this movie raised, the *Joker* was simply an incredible film filled with great acting and a great story.



SOURCE: NME.COM

## Knicks' Offseason

BY MICHAEL DEANGELIS  
MANAGING EDITOR

Throughout the last few years, the New York Knicks have struggled to win. During the 2019 offseason, the Knicks were looking to upgrade their roster and add a franchise player. They were the favorites to sign Kyrie Irving and Kevin Durant, but that did not turn out as planned when both signed with the Brooklyn Nets. Although the Knicks were not able to sign the superstars as they intended, they were still able to pick up a few solid players like Julius Randle, Marcus Morris, Bobby Portis and more. Due to the Knicks being 17-65, which was the worst record in the 2018-2019 season, they had the highest probability to obtain the first pick in the draft. They were looking to draft a franchise player and saw potential in Zion Williamson, who was projected to be drafted by the first pick. But the Knicks plan backfired when they were given the third pick in the draft. They decided to draft R.J Barret out of Duke University with great potential. Although this wasn't the offseason the Knicks had in mind, they were still able to add players that will help their team have success in the near future.



SOURCE: ESPN



# Amber Guyger's Journey to Trial

BY MADELINE HECHT  
STAFF REPORTER

Amber Guyger, 31, is a white, former Dallas police officer who is currently serving a 10-year sentence for shooting a black civilian named Botham Jean, 26, an accountant at Price Waterhouse Coopers. The shooting occurred on September 6th, 2018, at Guyger and Jean's apartment building, the South Side Flats in Dallas. Guyger, who had been working a forty hour shift with no sleep, parked on the wrong apartment floor. She had mistaken Jean's apartment for her own, and upon walking inside, fatally shot Jean, who was eating ice cream on his couch. Guyger then called 911. First responders quickly arrived at the scene and tried to resuscitate Jean, but he was ultimately pronounced dead at a nearby hospital.

The next morning, Guyger was not identified as a suspect, but instead as a Dallas Police Officer. In the following days, Guyger was publicly identified as a suspect and arrested. Until September 24th, 2018, Guyger was put on administrative leave. The same day she was arrested, Guyger was also officially fired from the Dallas Police Force. The D.A. looked for any video footage from the night of the shooting, going as far as contacting Ring, a camera-operated doorbell company, and asking them to provide any footage between the hours of 8 a.m.-12 a.m. from the townhomes in the South Side Flats. On October 26th, 2018, it was announced that Botham Jean's family filed a federal lawsuit against Guyger as well as the city of Dallas. According to WFAA, a source affiliated with ABC, the lawsuit accused Guyger of the "wrongful death of Botham Jean," and that police chief Renee Hall "failed to implement and enforce such policies[...]that respected Jean's constitutional rights."

By November 26th, 2018, the Dallas Grand Jury convened to hear the evidence gathered against Guyger. The Dallas Grand Jurors were tasked with the decision on whether or not Guyger should be cleared or go to trial for manslaughter or murder. Several days after the jury convened, Guyger was indicted on a murder charge. She then turned herself in and posted her bond immediately. On March 18th, 2019, when Guyger appeared for the second time in court, the judge of the trial, Tammy Kemp, announced Guyger's trial date as August 12th, 2019. Guyger's attorneys filed a change of venue motion which asked the case to be moved out of Dallas County. They claimed that an article a day had been posted for ten months and that "the case has been infamous and not merely notorious." On September 6th, 2019, Jury selection began. Guyger's trial was moved to September 23rd, 2019. A week later, the jury was chosen, twelve people had been selected with 4 alternates. Judge Kemp denied the change of venue motion from Guyger's defense attorneys.

On September 23rd, 2019, Guyger's trial began and opened with opening statements from both sides. Three people took the stand, Alyssa Findley, Jean's sister, Sgt. Robert Watson who was Guyger's former supervisor, and officer Martin Rivera, Guyger's former partner with whom Guyger was having an affair. Prosecutors argued that Guyger missed too many signals that she was on the wrong floor, was too focused and too distracted after she shot Jean, and was more focused on herself than what was happening. Furthermore, prosecutors showed texts that Guyger sent to Rivera before first responders got to the scene; the texts she sent said she needed help. Following the first day of the trial, Guyger's 911 phone call was played and neighbors of Jean testified. With the jury not present at that time, Prosecutor Jason Hermus alleged Guyger received special treatment during the investigation of the shooting. Based on the dashcam video footage, and other evidence presented by Hermus, Judge Kemp determined Jason Hermus' line of questioning was irrelevant to this murder case. On the third day of the trial, different theories were presented from both the Prosecution and Guyger's defense attorneys on how Guyger could have shot Jean since she was only five foot three, and Jean was

six foot one. A medical examiner testified that the bullet went into his chest, traveled downward, and stopped in a muscle close to his spine. Prosecutors said that Jean was sitting on the couch when he was shot, while Guyger's defense attorneys argued that Jean was lunging toward her when he was shot and had possibly crouched down a few seconds before, which led to the downward angle of the bullet. With no jurors present in the courtroom, David Armstrong took the stand and said "Guyger didn't commit a crime when she shot Jean and reasonably believed Jean was a threat at the time." On September 27th, 2019, Guyger took the stand, and recalled the night of the shooting, she recounted that when she walked into Jean's apartment Guyger saw a figure, believing the figure was an intruder. Guyger told the figure to put up their hands and then the figure started walking toward her saying "hey, hey, hey." Prosecutors interrogated Guyger, asking why she didn't give proper CPR or use the first aid kit she had inside the backpack she was wearing. Right before the jury would come together to decide Guyger's ultimate charges, Judge Kemp reminded the jury of Senate Bill 378, which states that whenever someone is in their home, car, or business they can use deadly force to protect themselves from intruders. The jury convicted Guyger of murder and she was sentenced to 10 years in prison.



Source: CNN.com

# Fall Word Search



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

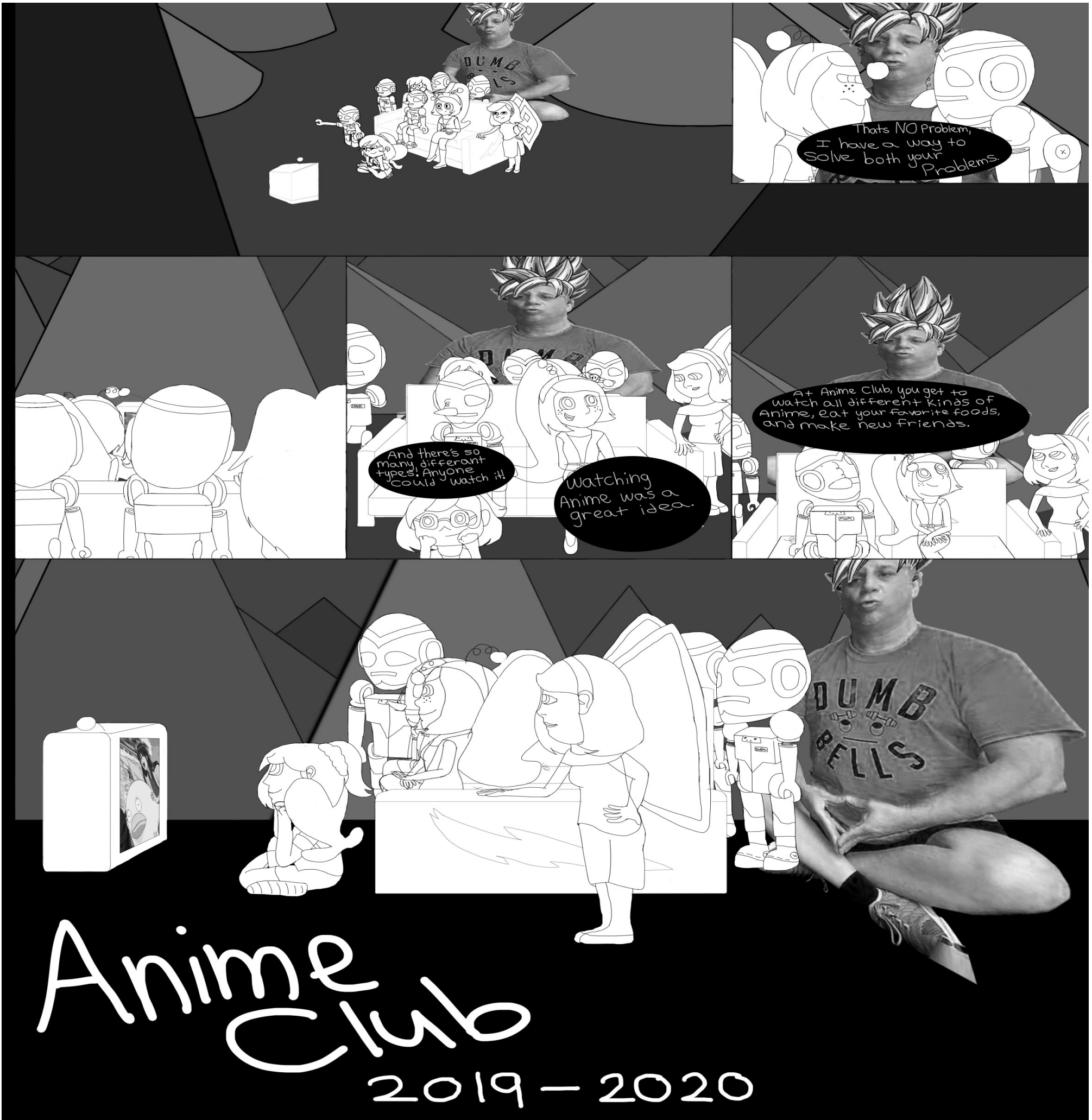
November  
Haystack  
Squirrel  
September  
Pears  
Squash

Pumpkin  
Acorn  
Corn  
Pinecone  
Autumn  
Raincoat

Halloween  
Leaves  
Yellow  
Orange  
Change  
Apple

Thanksgiving  
October  
Season  
Festival  
Migration  
Chestnuts





Source: Brooke Murphy



# Newsday Performance

JAKE FELDMAN  
EDITOR-IN-CHIEF

It was a brisk night, and the wind was howling; the marching band experienced the strongest gusts of wind of the entire season. The POBJFK band attended the Newsday Marching Band Festival held on October 17th, at Mitchell Field at Hofstra University. The band was dressed in their sharp marching band uniforms, featuring the new additions of regal hats and plumes raised high on top of their heads. The band practiced for several weeks and for hours at a time on the football field just for this night, rehearsing their configurations

and movements while playing their instruments. Despite enduring the strong winds and cold temperatures, there was nothing standing in the way from the band performing fabulously! The marching band played four songs under the direction of the esteemed Mr. Brian Carter, Mrs. Karen Bernstein, Mr. Glenn Chiarello, Ms. Jessica Winter, and Ms. Katie Merle, songs included “Chained to the Rhythm”, “Wild Card”, “The Greatest”, and “Can’t Hold Us”. Below is an interview conducted with our principal, Mr. Murray, who showed his support by braving the cold in order to watch the band perform:



Source: Daniel Goodrich

configuration on the football field.

Q: Do you think that Mr. Carter has handled the marching band well for the past three years?

Mr. Murray: Absolutely! I knew he was the person the band needed from the moment I interviewed him.

Q: What was the highlight of your Newsday experience?

Mr. Murray: Definitely when the entire Drumline got together in the center of the football field.

Q: Do you have any suggestions on improvements to the performances?

Mr. Murray: Maybe the performance can get the audience more involved.

Q: Do you have a favorite instrument?

Mr. Murray: Probably the piano and guitar. I also used to play the drums in high school.

Q: How long have you been attending Newsday?

Mr. Murray: I have been attending Newsday for 17 years, since I began my job as Principal.

Q: Have you noticed any changes over the years in performances?

Mr. Murray: The band’s performance has become even more impressive. I was very impressed by this year’s complex band

Mr. Murray recapped the night’s festivities well. This was the largest POBJFK band in our school’s history, comprised of 143 members, who represented the community proudly! If you somehow missed out on the Marching Band’s Newsday performance, you can check it out on Youtube and view the entire show.

## PSAT and National Merit Semifinalists

BY EMILY ZHANG  
EDITOR-IN-CHIEF

The National Merit Scholarship Program, administered by the National Merit Scholarship Corporation, is an academic scholarship competition for recognition and scholarships from universities. To enter the program, a student must take the Preliminary SAT/ National Merit Scholarship Qualifying Test (PSAT/NMSQT). In the 2020 National Merit Program, 1.5 million students entered. In order to be at least a Commended Student in the competition, a student must have a high Selection Index score, and place among the top 50,000 students. This year, roughly 34,000 students were Commended, showing exceptional academic promise. Only the 16,000 highest-scoring students qualify as National Merit Semifinalists, and will continue in the competition for Merit Scholarships awards. Greg Kies is one of five National Merit Semifinalists from POBJFK. When asked about his reaction to receiving this title, he commented, “I was humbled and pleasantly surprised. I am beyond thankful for all the support I have received from my family, teachers, and friends.” Congrats to all Commended Students and Semi Finalists!

Commended Students: Sieran Benson, Robert Casal, Stephen Cobisiero, Atul Gera, Evan Hitsky, Breanna Huang-Ouyang, Krish Israni, Salil Kamath, Caleb Kim, Jaime Levy, Emily Liu, Lauren Park, Jeremy Portnoy, Emma Ratas, Evan Shapiro, Allison Taub, Kreena Totala, Dhiya Vaddigiri, and Emily Zhang

National Merit Semifinalists: Kristen Dong, Greg Kies, Ziho Kim, Elizabeth Korn, and Cameron Robinson



Source: POBJFK Twitter