Two All-American Spartans Take Over Texas

By Emily Steates

Every year, more than 90 All-American high school football players are selected based on their skill, integrity, loyalty, respect, and personal courage to participate in the U.S. Army All-American Bowl in San Antonio’s Alamodome to showcase their incredible talents.

Perhaps the most overlooked portion of the game is the spectacular halftime show, put on by equally as loyal, respectful, and courageous high school marching musicians and color guard members. One hundred twenty-five of the nation’s most talented high school marching band members are selected each year to perform at the halftime show based on their skill, leadership qualities, community service, and academic achievement. This performance is not only a chance to entertain at a halftime show, but also an opportunity to honor well-rounded high school students. Those who are selected to participate are also honored as All-American musicians.

This year, competition was tough; there were over 2,000 applicants fighting for 125 spots.

Amazingly, two of New Hartford’s marching band students, trumpeter Kristen Kasky and drummer London Rowland, were selected to participate in this year’s U.S. Army All-American Bowl halftime show.

“The level of musicianship is so high... its great opportunity for Kristen and London to be with so many students from the same music background,” Mr. Hollister, the director of New Hartford’s marching band, commented.

The two seniors sent in their audition videos last spring, but they were forced to wait until July to hear if they would be selected. In October, the announcement was made official when Kristen and London were honored in front of their friends, family, and representatives from the U.S. Army.

Mr. Hollister nominated Kristen and London because he believed that they would have the skill and dedication that it takes to become an All-American: “The deadline for the audition videos is at a really weird time. It’s right around the time of NYSSMA auditions, AP tests, and prom, so you really have to want to do it, you really have to be committed.”
To get selected, I had to send in a couple of videos. One was a video of me playing a piece they had sent while I was marching. Another video was a personal introduction saying what qualified me as an All-American and why I wanted to be one, and the third video was a view of the New Hartford Marching band performing,” Kasky commented.

After London and Kristen were selected, they worked tirelessly to perfect the songs that they would perform in front of thousands of live fans in San Antonio.

Mr. Hollister stated, “The songs are really difficult, that’s why [those selected] must have such a high caliber of musicianship.”

Once Kristen and London arrived in San Antonio, they only had five days to perfect the marching aspect of their performance with 123 other qualified band members. They had an opportunity to work with members of the United States Army field band to perfect the songs that they would perform at the end of that week. After a great amount of practice, the pace, playing style, and marching technique of over one hundred different students from different marching bands came together for one uniform performance.

“When you get the best of the best from around the country you can achieve some amazing things... it reinforces what’s possible when you get highly talented people all pushing in the same direction after the same goal, magical things can take place. This is about much more than marching band,” Dr. Nicholas Holland, the director of the U.S. Army All-American Marching Band commented in a youtube interview on the date of the band’s first rehearsal.

Kristen has been a key member of the Marching Spartans for six years. Kristen is a trumpet section leader, a member of New Hartford’s symphonic band, jazz band, winter drumline, and a member of the Hamilton College Brass Ensemble. Additionally, Kristen has participated in All-Country for three years, Area All-State for two years and the New York Conference All-State this past year.

The arduous 27 hour car ride to San Antonio was filled with nervous excitement for Kristen, but once she stepped onto the field her worries faded away. She explains, “I was really nervous when I was heading to Texas, but when I got there I felt very comfortable... when we were lined up getting ready to go out and perform at halftime I was more excited than nervous.”

Similarly, London asserts, “I can’t say that I was really nervous. I was pretty excited, actually.”

Senior London Rowland has been a monumental asset to the Marching Spartans. He has marched for the Spartans for six years and performed as New Hartford’s center snare and section leader his Junior and Senior year. Furthermore, London has participated in the Drum Corps’ International Open Class Drum Corps, 7th Regiment for the past four years. In 2011, London was named the winner of the Mapex Drums’ Drummer of Tomorrow competition. London also performed at this year’s Macy’s Thanksgiving Day Parade with the Great American Marching Band.

Being selected for the All-American Marching Band is a great honor. Kristen and London truly have the great characters, leadership qualities and skills that are required of these. London explains, “Members are eligible for only one year so I knew it was an experience that I didn’t want to miss.”

Mr. Hollister added, “I couldn’t be more proud of Kristen and London and all of their accomplishments.”

Don’t forget to check out the All-American Marching band’s performance on youtube!
#SILENTRIDE

New Texting While Driving Laws Target Teens

Madison O’Toole

With a new year comes a fresh start, new resolutions and new laws. Many different laws begin at the start of a new year. Students may want to make complying with the new driving laws one of their new year’s resolutions.

New York State now has higher standards for drivers under the age of 18 than adults who are arrested for distracted driving. Teens who are caught texting while driving could face license suspension and fines, according to Hands free info, on gov.com.

An one-on-one interview with Spartan Expressions, Senator Joe Griffo commented on the New Year with new set laws, but also his point of view of how out of control this texting while driving situation is becoming. One of the greatest challenges that we have today according to NY State Senator Joe Griffo is “the behavioral perspective of distracted driving.”

Senator Griffo says, “distracted driving is a lot of things, so how do you enforce it without taking everything away? Even though reading, eating to drinking can be distractions, the primary cause of injury and death is texting while driving. So now you have to look and say what are the do’s and don'ts of driving behind the wheel.”

Senator Griffo says, ”there is no text that is so important that it can't wait. Besides by not answering that text you might just save your own life or even someone else!”

There is also an app. now called “Drive Mode” that allows the driver to get in the car but as soon as they start driving the car automatically syncs your phone to the car, so that you can't send or receive a text and if you receive a text from your friend it will send the the following text: “sorry I am driving now and taking the pledge to not text and drive will get back to you later.”

Nicki Falvo, a New Hartford senior has been driving for 6 months, sees lots of drivers that are distracted on the road ranging from eating to cell phone usage. But she has taken a pledge but from a different approach. She turns her cell phone off and puts it in her console until she has reached her destination. This is very easy and it helps eliminate that temptation. It’s a big step in order to prevent an accident more drivers should follow.
Ms. Fox, a New Hartford math teacher who also teaches drivers education, had some advice to teens as they start driving. She advises students, “don’t fool around because it’s a serious thing.”

Ms. Fox said, “teens and adults need to realize a car is a great sense of freedom, but it can also be used as a weapon. I mean you are basically driving a 6,000 pound vehicle. With that comes responsibility. You are in control of the car and your actions decide an outcome of a situation.”

Many will agree that this is a serious issue and if everyone would take the pledge to stop texting while driving-- not just teens--the roads would be a lot safer because everyone would be more aware.

New Year means New laws in place as of 2015!

Young and in experienced drivers now face tougher punishments for texting or using a cell phone in New York. As of Nov. 1, 2014, drivers with a probationary license, Class DJ, Class MJ or a learner permit who violate electronic distracted driving laws face a mandatory 120-day license suspension. Second-time offenders (within six months of license restoration) will see a minimum one-year loss of driving privileges. The revised road laws, passed as part of the budget, also see increases in penalties for electronic distracted driving, from a minimum of $50 to $200 maximum (first offense). For a second offense (with a year and a half), the top fine is $250. Three-time offenders will top out at $450. Those increases, which apply to all drivers, also took effect Nov. 1, 2014.
Communications With Cuba

Zhane’ McKnight

With the new year rung in, it is time for new and old domestic and foreign policies to be established. And there’s a new game changer coming in to play.

Since the Cuban Missile Crisis, Cuba and the United States have had icy relations, with the U.S. putting an embargo on Cuba that stopped all exports. Since then, no one heard a peep from Cuba other than to give food and medicine.

Until now.

Currently, President Obama is in the works of talking to Raul Castro about ending the nearly 55 year long embargo.

This is a huge deal for Cuba. Something that has been long-awaited for some people. A complete shift for life as they knew it.

Opening relations with Cuba can have a bunch of pros; opening up tourism for tourists and families to travel, better trade opportunities for the United States and Cuba, and so on.

“Cuba will benefit in tourism, and they can get cars not from the 1950’s,” Mr. Prokosch, a substitute teacher said jokingly.

But can this hurt the U.S. in the long run? For now it seems like it’s too early to tell.

“The question more is, what can come from it? For now it’s all up in the air, more like a wait and see type,” said Mr. Anderson, the AP U.S. History teacher.

There’s already been varying opinion on the issue. Some people think that Cubans may harbor resentment towards Americans for keeping them in the dark for so long. Others are thrilled at the prospect of seeing their families after so many years apart.

“The most people to be against the U.S. are the Cuban exiles. They will be very vocal about the situation,” said Mr. Prokosch.

Cuban exiles still have fear and hatred towards the Castro regime, now ruled by Fidel Castro’s younger brother Raul. Many people believe that by opening relations with Cuba, President Obama was pardoning their actions, and therefore the Castros will continue their Communist regime.

“Miami has a big Cuban population. Many are anti-Castro. They aren’t against them talking, but they’re against Castro,” Mr. Anderson said.

So did President Obama make the right decision?

“Yes. It was a long time coming,” Mr. Prokosch said firmly.

It seems like it. Just recently, 53 political prisoners were released from Cuba, as President Obama had promised (Source: reuters.com).

However, there is still a long road ahead, for both Americans and Cubans. Though the outcome is unknown yet, hopefully all sides can come out stronger and victorious.

“We aren’t allies, but one day, hopefully we can get to a sense of normalcy; the U.S. and Cuba made an agreement; that’s the impact,” Mr. Anderson said.
THE ENVIRONMENT

Wollege Wampuses Wo Wonger Wasting Water

Aidan Halpin

It’s a hard thing to avoid, bottled water. Wherever you are in the world it’s likely that there is bottled water there as well, however, some college campuses, and even towns, are trying to stop, or at least weaken the over consumption and overall mismanagement of bottled water.

The bottled water industry has been privatized thanks to a law passed in the 90s labeling water as not a right, but a consumer good. Since then, huge bottled water corporations have sprung into the world and have made bottled water an almost unavoidable part of our daily lives. While bottled water can be perfectly fine, especially for areas of the world where water is becoming increasingly more scarce and harder to come by, the practices used by big bottled water corporations is questionable at best.

Since the demand for bottled water has gone up, especially in places that don’t need it, the amount of oil and energy use to fill and manufacture said bottles has also significantly increased, about 17 million barrels of oil annually. Americans used around 50 million bottles of water last year, however, the recycle rate for those bottles was only about 23% leaving the other 38 billion bottles in landfills, or to be burned and sent into the air as harmful pollutants.

This behavior has naturally concerned many people around the country, especially those of tight knit communities and college campuses. Their solution to the problem is simple enough, a ban on bottled water throughout their campuses and towns. It turns out that by placing select water “fueling” stations throughout the college and supplying students with reusable water bottles, colleges can be both eco friendly and save quite a bit of money. And because bottled water is no more healthy than tap, there are no health or safety concerns to combat. Some 70 schools across North America have decided to follow suit and ban bottled water from their campuses in order to promote healthy water consumption.
**January Regents Information** The last day of the fall semester is Friday, January 23rd. The January exam schedule is in effect for January 26th-January 29th. Students are required to attend school for their exams only. Students should report at 7:50 AM for morning exams and 11:50 AM for afternoon exams unless otherwise noted. Regular classes will not be in session.

*Please note that second semester classes begin on Friday, January 30th. (Yes, this is a school day!)* During exam week, buses will run at regularly scheduled times for morning pick up and afternoon dismissal.

Transportation will not be provided at noon unless students sign up in advance in the main office to make arrangements. Sophomores and Juniors may park in the Senior Lot (NOT FACULTY LOT) only during exam days. Students may not park in the faculty lot since there will not be sufficient parking for elementary school staff. Food will not be served in the cafeteria during the examination period. Only those exams listed on the schedule will be administered during exam week. All other finals/midterms will be given in class.

There is the possibility that the Regents Exam schedule will be interrupted due to inclement weather. Road conditions and safety are always the priority and may require closing or delaying school. In such an event, please note the following:

- In the event of a one hour delay, morning exams will begin at 9:00 AM. Afternoon exams will begin at 12:30 PM.
- In the event of a two hour delay, exams will begin at 10:00 AM and 1:15 PM respectfully. No student will be admitted after these times.
- In the event school is closed, morning exams are cancelled. If road conditions improve and are deemed safe for travel, a decision may be made to conduct afternoon Regents exams. Students should call 624-1214, 624-1211 or 624-1200 between 11:00-11:30 AM to check on the status of the exam. In addition, a notice will be placed on the district website. Regents exams are offered only at specific times of the year. If an exam is locally cancelled, students must wait until June to take the next examination. The State Education Department will not issue a special examination date or award credit based on course credit as they have done in the past. In addition, New Hartford students may not take Regents exams at other schools that happen to remain open.

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**Examination Schedule: January 2015**

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<thead>
<tr>
<th>January 26th</th>
<th>January 27th</th>
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<th>January 29th</th>
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<tbody>
<tr>
<td>RE in Living Environment</td>
<td>RE in Global Studies &amp; Geography</td>
<td>RE in U.S. History &amp; Government</td>
<td>RE in Algebra 2/Trigonometry</td>
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<td>RE in Comprehensive English</td>
<td>RE in Integrated Algebra</td>
<td>RE in Geometry</td>
<td>RE in Algebra 1 (Common Core)</td>
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<td>LOTE Checkpoint B Examination in French</td>
<td>LOTE Checkpoint B Examination in Spanish</td>
<td>Midterm in AP Calculus AB</td>
<td>Midterm in AP US History</td>
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<td>RCT in Global Studies*</td>
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<td>RCT in Science*</td>
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<td>RCT in Mathematics*</td>
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*RCT in Global Studies*
Elephants
Elizabeth D. Lemire

In Africa, many elephants are poached, because of the ivory in their tusks. It was predicted that in 100 years they could possibly become extinct because of the poaching that goes on. However, there is still hope because of the hard work that conservationists do in order to get poaching laws past and to make sure that the elephants are as safe as possible in their natural habitats.

According to Renee Lewis from Aljazeera America, “poaching has killed 7 percent of the continent’s elephant population annually from 2010-2013, but their birth rate is just 5 percent...” This asserts the fact that poachers are yearly killing more elephants than the elephants that are being born.

But even these facts don’t seem to slow down poachers because “Rapidly growing ivory markets in Asia are driving much of the demand, with one kilogram of ivory now worth thousands of dollars.”

Driven by money and greed, these people kill innocent elephants, casting away their bodies as though they are nothing, after stripping it only of its trunks and pride.

Elephant are one of the only known animals to perform a sort of death ritual. Studies have shown that they show a keen interest towards the bones of the dead elephant, than the rest of its body. Even an elephant that is not related to their herd will be respected by the other elephants.

According to National Geographic, the elephants are often seen walking around the bones of the dead elephant while remaining very quiet. Other studies have shown that “sometimes elephants that are completely unrelated to the deceased still visit their graves.”

On 10 October 2003, a researcher watched as a female elephant named Eleanor collapsed. An elephant named Grace, a member of a different social group, galloped towards Eleanor and tried to heave Eleanor back to her feet with her massive tusks, but Eleanor’s back legs were too weak. The rest of the herd had moved on, but Grace remained with Eleanor at least another hour, until the sun disappeared below the horizon and night fell over Kenya. Eleanor died the following morning at 11am.

There are other stories about how poachers will kill an elephant carry them to their village, and then discard their unwanted body parts outside of their villages. The amazing thing is the elephants that later come upon the body will perform a ritual in which they bury the body with sticks and mud, and remain with it until morning, while remaining completely quiet, only leaving if younger ones need food or water, but they always come back.

I find it astounding that people would even want to kill off these beautiful majestic animals, who represent wisdom and strength. I don’t even think that my opinion of elephants being poached is even a biased one (despite the fact that they are my favorite animal) because everybody that I talked to agreed with my assessment that poaching elephants for Ivory and then discarding their bodies is immoral and should not be allowed. I think that if the elephants were being killed because their meat and resources could be used for a human’s survival would be okay, it is that fact that they (the elephants) are only being stripped of their ivory most of the time that bothers me.
Reaching for Yesterday
Why Today’s Youth are More Nostalgic than Ever
by Cassidy Ruhmel

In a world that sucks the marrow from our bones and snuffs the light from our eyes, it is easy to understand why today’s youth are reaching for the past. I have noticed a steadily climbing interest in old films, vinyl records, and vintage clothing. People tend to reach for the past when the present fails to deliver. Delivering what, people don’t know. But its the feeling of that slow, languid dance to days when people seemed to dream as much and love as much and live as much as is conceivable that root people to nostalgia.

The crackle and pop from a well-worn Frank Sinatra record or the warmth of a trembling melody courtesy of the Mamas and the Papas can make anyone’s hips begin to sway. Sooner or later the humming begins, followed by the occasional twirl. Then frankly, you’re an incurable case of the romantic sort.

In reference to one of her favorite films, Gone With the Wind, NH senior Brynn Stopczynski says “It’s a classic. It’s like a part of history. I love it. I just like that he [Rhett Butler] tries to change her [Scarlett O’Hara], but in the end, you can’t change people.”

Not only do old films and old means of music pervade the lives of many modern teenagers, but the styles of the Nifty Fifties and even the flower-powered sixties have begun to infiltrate many an adolescent wardrobe. Outfits reminiscent of past icons from Marilyn Monroe to Michelle Phillips have captivated today’s youth. The well-tailored and figure flattering clothing of the 1950’s and early 1960’s have garnered attention for its refinement and comfortability. The flowy, chiffon infused look of the late 1960’s has garnered attention of its own for its ethereal mysticism.

“I think that clothing was made better back in the day, so vintage clothing is very flattering on all body types if you find the right style and size. I’d rather wear clothes from a vintage store than some of the trashier styles that are in stores now. Not to mention that the fabric would probably fall apart in two seconds,” exclaimed McMichael.

The surge of interest in the past has taken ahold of today’s youth merely because the present cannot spark comparable interest. The romanticism and elegance of the past draws people in when society begins to forget where its priorities should lie. People should want to enrich their lives with culture and art, not to mention studies. It should not be the chore that it seems to today’s youth, but that is what it has become. The high expectations and careless pressure that is imposed on today’s youth is the cause for such detachment with the present. One can only hope that someday, the here and now might hold someone’s interest and instead of longing for yesterday, they might long for tomorrow.
Are We Alone?
By Emily Steates

The night sky is a most dark and mysterious place, making the little light shed as beautiful as glittering white lace. The great gas-filled stars flicker like firecrackers, drifting above the green and blue sphere we call home.

Gooey, gucky, purple skinned, four-eyed beasts swim in the sparkling seas to obtain food for their feast. What is on the menu of the slimy species tonight? A square-shaped creature with tiny pores, illuminating a bright white light.

Sometimes it’s satisfying to think this way, that we’re not as abandoned as some astronomers say. Maybe creatures on the other side of the universe have found the key to eternal happiness, buried miles deep into the ground.

Or maybe our optimistic minds are wrong, what if the foreign creatures are too barbaric, or too strong? What if they destroy everything of our planet’s, then fly away like the sneakiest of all bandits?

It is possible that we are completely lonely, that out of every spec in the universe our planet is the only. Maybe we are the sole survivors of the big bang, we are the only ones that ever ran, swam or sang.

We need to learn the truth, our knowledge is very vital, how can we write our story, when we aren’t even sure of the title? There are so many depths of the universe we have yet to explore, if this question is answered it will lead to a hundred-thousand more.

What if we are the true monsters of the night, Igniting wars and violence for our own selfish plight? How could we coexist with another interstellar being if humans can’t even unite? Do you see what I’m seeing?

Sure its fascinating to look up at the stars, beyond Saturn and beyond Pluto and beyond Mars but our primary focus should be here Until we mend every broken promise, until we eliminate fear.

We have to come together as a human race before we begin to think about aliens taking our place. Let’s fight fire with peace, let’s bring our hate to a cease.

We’re walking in the wrong direction, how can we halt oppression? Let’s pray for those in Ferguson and those in New York allow talk of unity to uncork.

Thousands are spreading an epidemic of hate there is no reason to wait. Teach tolerance and acceptance from a young age, we only have one shot, one performance, one stage.

We haven’t come too far to turn around if you listen close, you can hear the sound Of unity and joy, it’s within our grasp we just need to begin our task!

We’re not alone, we’re not abandoned With the entire human race we can make companions. Our generation can change everything in a small time, the future is yours, the future is ours, the future is mine.
QUESTION OF THE WEEK

WHAT’S NEXT?

Although many seniors are still waiting to hear back from colleges, some lucky students already have a concrete plan for the 2015 school year. Where will your classmates be a year from now?

By Emily Steates

Julia D’Ambrosio, Fordham University
Zach Kesterson, Duke University
Emily Acquaviva, Stony Brook University
Dominick Paciello, Siena College
Mackenzie Holbert, Herkimer College
Abby Luvera, Alfred State University
Arianna Wiater, SUNY Brockport
THANK YOU!

• Thank you to the fall semester journalism class and their thorough, interesting reporting and creative design of the first six issues of Spartan Expressions.

• Look for six more issues presented by students in the spring journalism class at the end of February.

• Remember, any student may contribute articles, creative writing, photography or artwork to Spartan Expressions. Please email submissions to Mrs. Clive @ jclive@nhart.org.

STAFF PAGE

Job Title                      Staff Member
Environment Column            Aidan Halpin
Question of the Week           Emily Steates
Opinion Column                Megan Howard
Sportlight                    Madison O'Toole
Comets Hockey                 Jack Williams
Senior Profiles               Lauren Vedete
Book/Movie Reviews            Duffy Lemire
Music Column                  Morgan Bennett
Girl Talk                     Carley Bartolotti
Life Advice                   Teala Canales
Creative Writing              Mallory Max
                               Zhane McKnight
                               Cassidy Ruhmel

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Articles and creative writing for consideration of publication must meet the following guidelines:

CONTENT:
• No slanderous or libelous material will be tolerated.
• All reference to sex will be vague, scientific and will not use slang or be otherwise offensive.
• There will be no excess of violence or morbidity.
• No promotion of the use of drugs, alcohol, or recreational sex.
• No interference with the educational process.
• Content shall be factual and unbiased and shall not be derogatory toward any person or group.

SUBMISSION:
• All articles and creative writing must be typed and edited.
• Please email submissions to jclive@nhart.org at least a week before publication.
• See Mrs. Clive in Room 251 if you have questions or need assistance.
SPORTS

Track Attack:
New Hartford Indoor Track

Lauren Vedete

Cold. Wind. Rain. Snow. That doesn’t stop the New Hartford Indoor track team from practicing outside. Each year a group of student-athletes come together during the winter season to run, jump, and throw.

Many students participate in outdoor track, but indoor track is starting to become just as popular. Students who love outdoor track often decide they want to try indoor.

Senior Legine Bailey stated, “this is my second year throwing on the indoor track team and the only reason I joined was because I loved outdoor so much. My only regret is not starting sooner.”

Whether people join the team because they love to run, or to stay in shape, indoor track is becoming more popular each year.

Shae Siniscarco, a sophomore commented, “I joined indoor track because I wanted to keep running, so it could help me with soccer, and also a lot of people told me indoor track was fun.”

This year is Shae’s first year on the indoor track team. She runs the 55 meter dash and the 200 meter dash.

“My favorite race is the 55 meter dash because I like to be able to sprint out of the starting blocks,” Shae explained.

Brianna Wilbur, another first year track athlete joined the team to try something new. She runs in the 200 meter dash and the 4x400 meter relay.

Brianna professed, “My favorite race is the 200 meter dash because it goes by quick and it is a perfect distance to give everything you’ve got.”

Both Brianna and Shae have enjoyed track so much, they are planning on doing outdoor track this spring.

“Indoor track has been really fun so I want to try outdoor to see how I like it and to help me stay in shape,” Brianna exclaimed.

The indoor track team just recently had their league championship meet. The girls side won the meet, beating their biggest competitor, RFA by fourteen points.

Tess Stopczynski, a junior on the team exclaimed, “I was ecstatic when we won! I felt so proud of our team and I was so happy that all of our hard work had paid off.”

The boys’ indoor track team earned second place to RFA, coming up just two points short. Despite this second place finish, the boys all ran their hearts out and gave RFA a run for their money.

Senior Brady Collea commented, “I feel like it’s easy to point fingers because of how close the margin was, but I think our performance was about as good as it could be with the people we had that day. Some things just didn’t fall our way.”
The coaches couldn’t be more proud of the team’s accomplishment. They knew it was going to be a tough meet for everyone but they couldn’t be more pleased with the outcome.

Head coach Mr. Anderson professed, “I am immensely proud by everyone’s performance on both the boys’ and girls’ side.”

With just one more meet of the regular season left, the team is content with how their season is going so far.

“This season is great. Track is honestly the best part of my day. Whether it is going to practice or going to a meet, I’m always excited to be with the team,” Bailey explained.

Most people agree that the people on the team is what makes the season so enjoyable.

“Honestly, my favorite part about indoor track is just being with everyone. I have made so many friends and become closer with people I didn’t know as well before,” Collea explained.

It’s no secret that track meets last several hours. These long meets allow the athletes to spend time with each other and make memories.

“My favorite part of track is becoming closer with the ‘track fam’ and spending hours at the meets,” Wilbur stated.

Shae Siniscarco adds, “my favorite part about track is running in the track meets and being able to hangout with my friends.”

After the regular season ends, athletes that have made certain times for their events are able to move on and participate in the sectional and state qualifier meets. The Sectional Qualifier meet is on February fourth. As of right now there are 24 athletes moving on to sectionals. The State Qualifier meet is on February 25th and as of right now there are seven athletes going to state qualifiers. In order to make States, the athlete must win at the state qualifier or meet a certain requirement depending on the event.

“I think we are going to do very well at sectionals and state qualifier! I bet by the end of the regular season even more people will qualify for sectionals and state qualifier,” Bailey concludes.
Mr. Anderson makes an impact on student athletes!

Madison O’Toole

New Hartford High school has a variety of student athletes. One of the many teachers in New Hartford High school that works with and inspires these athletes is Mr. Anderson. He is not only a teacher, but he is the New Hartford indoor head coach and has been for the past 5 years.

Mr. Anderson said he never saw himself as one to run, much less coach track. The only reason he ever started to coach was because he fell into it because they needed a coach at the last second. Once the first season of coaching track ended, Mr. Anderson realized he wanted to continue to coach—not because he had to, but because he felt he had become a part of a family. It was not just a team to him; it was the people who were on the team.

He is proud of the kids that he has coached and the achievements they have all made. Altogether it feels rewarding. And as a coach he could not ask for more!

Anderson also says, “At the risk of sounding cheesy it is one of the greatest experiences of my career” to see an athlete meet his or her goal.

Some of the athletes on the New Hartford track team wanted to express how they feel about Mr. Anderson after all that he has done for them.

Nicki Falvo says, “he is one of the best coaches; he is very caring and always finds the time to help everyone.”

Legine Bailey says, “he is an amazing coach. He helps you reach your full potential!”

Juliet Hull says, “Mr. Anderson has a beautiful soul and has a very kind heart.”

Theresa Rabbia says, “he makes you want to join; it’s a great sport and he makes it fun.”

Grace Hogan says, “I love him so much. He is very caring and is always there to help you.”

Tess Stopczynski says, “he is a great coach.”

Many of the athletes on the team say he takes the time to help athletes succeed and reach their highest potential. They also point out that he is someone they can trust.

Elizabeth Lemire says that “Mr. Anderson is really nice, and understands conflicts outside of school.” She feels good knowing that he is someone you can go to for help or advice.

Even though coaching takes a lot of time and energy, Mr. Anderson says, “I love the team and it feels much like my family.” He goes on to say “I don’t regret my decision to coach it is one of my greatest experiences in my career.”

Mr. Anderson wears a fez that a student gave him!
Longing for Luge:
Blake Hagberg’s Olympic Dream

Lauren Vedete

In 2009, at the age of eleven, Blake Hagberg was brought to a luge slider search in Utica. Little did he know that day in 2009 would change his life forever.

“The slider search is basically a recruitment program that travels around the United States, looking for the next face of the sport.” Blake Hagberg commented.

Recently, Erin Hamlin, a Remsen resident has become an Olympic luge Champion. She earned a bronze medal and became the first U.S. athlete to medal in singles luge.

Erin Hamlin explained, “The luge was something different to try when I was younger. It’s unique, and provided a very fun challenge! It’s a huge rush but requires a great deal of finesse and focus as well.”

Erin Hamlin went to the Olympics for the singles luge, Blake Hagberg is hoping to make the Olympics in doubles luge.

“I mainly compete in doubles, that is what I am shooting for the Olympics in. I slide singles but not competitively because I excel in doubles due to my height and size,” Hagberg described.

With hard work and dedication to the sport Hagberg has an opportunity to make the 2018 or 2022 Olympics. He is currently ranked fourth in the country for doubles luge and fourth in the world for the youth doubles division.

“I am dedicated solely to this sport so I know I can achieve anything I set my mind to,” Hagberg professed.

Erin Hamlin agrees with Hagberg in that dedication is the key to success. Hagberg and Hamlin sometimes train together. Training with other people can help you push yourself even further.

“We worked out together once and both worked with the SPI fitness guy. It is always great to have somebody to train with, and and the fact that we are in the same sport, working for the same things is even better. I was in his position once so it’s good for him to have that as motivation, and training with the younger generations keeps me on my toes,” Hamlin explained.

One aspect which makes luge even harder is that each track is different. The athlete needs to learn how to adapt to each individual track. They are all different but each is about one mile in length dropping about 300 feet throughout the entire course.

Hagberg stated, “My personal record is different for each track. I just recently joined what we call the 44 club by getting a 44.791 from juniors start in Lake Placid.”

There are not many tracks nearby, the closest track is located in Lake Placid, NY.

“I train in Lake Placid, NY and Park City, Utah throughout most of the winter. This year I’m spending a total of five weeks in Utah and about 8 weeks in Lake Placid. I also spend my summers up there for about four weeks,” Hagberg explained.
The training schedule is very intense. Hagberg has to be housed at the training site and spend many hours a day working on improving his times.

“My schedule in a single day consists of almost no free time. We spend anywhere from two to four hours at the track a day depending on if we slide once or twice that day. One sliding session consists of only about three to five 45 second runs down the track. We spend the rest of our day at the Olympic training center where we are housed,” Hagberg commented.

The Olympic training center is a really neat place where top notch athletes go to train for their sport.

“Attached to this facility there is a cafeteria, three bay gym, weight room, lounges, and a sports medical center to treat injuries. We use the gym for team activities or games, the weight room is for lifting and breakfast, lunch, and dinner, are in the cafeteria which serves a buffet most of the day. We also practice our starts in a separate facility to improve form and speed,” Hagberg described.

As for competitions, Blake competes in about three to four big competitions a year with a few small ones mixed in as well.

“I have competitions in Utah and Lake Placid. I’m looking to compete in Germany and other parts of Europe next year,” Hagberg described.

Out of all the time, money, and hard work Blake has put into the Luge he still does it for the love of the sport.

“I enjoy this sport because of the adrenaline rush for the short duration and the sensation of being one of the best in the country. Not many people can say that. I also enjoy the friends that I’ve made along the way and the fun times we have together living in a dorm-like housing,” Hagberg exclaimed.

Erin Hamlin has been a huge inspiration for Blake and she is someone he aspires to be like.

“In order for Blake to make it to the Olympics he needs to be dedicated. He needs to put everything into accomplishing what others or even he may think he can’t. Then put more in. It’s tough and not always enjoyable, but the moments that are far outweigh the miserable ones. Always stick to what you believe in and what you know and tell yourself that someone you have to race against is probably training harder,” Hamlin suggests.

“Erin Hamlin has helped train me and inspired me to continue pushing with this sport and to never give up. She was there when I first started in 2009 and we are close friends now. We also train together in Utica at SPI fitness where we are personally trained,” Hagberg stated.

With hard work and dedication Blake Hagberg hopes to achieve his goal of reaching the Olympics.

“I’m hoping one day soon I can be in the position she [Erin Hamlin] is, competing around the world,” Hagberg exclaimed.

Blake Hagberg and Erin Hamlin celebrating Hamlin’s bronze medal!

Photo Courtesy of Blake Hagberg
New Hartford’s Hockey Team Can Smell Victory

by Mallory Max

A puck, stick, skates, shin pads, shoulder pads, gloves, helmet, elbow pads, socks, shorts, and neck guard is not the only thing the mother of a teenage hockey player smells when their child comes racing through the door after practice. They also smell the success of the New Hartford Hockey team of their 2014-2015 season this year.

With a record of 9-1-2, this year’s team has have a considerable chance at going for the state title that the New Hartford Spartans obtained in previous years. On Wednesday, the January 14th, the boys went against Skaneateles. They went into sudden death and came out with a win with the score of 3-2.

Alec Bard, a junior, states that his as well as his teammates goals are, “to win states obviously.”

In order to redeem the state title, the boys need to work hard, practice harder, and have good team chemistry.

Alec Bard plays defense and also talks about how the sport of hockey is his favorite sport, and why, simply because he loves it. Although Bard is a man of few words when talking, one can sense his passion for the sport as well as determination. When elaborating on about hockey, he explains more of why he loves the sport. He states that he had started playing the sport extremely young, and when he asked what his favorite sport was, he had always said hockey. Now that he is growing up and his senior year is just around the corner, he realizes just how much he actually loves and appreciates the sport.

Along with Bard, many of the other hockey players can say the same.

Junior Peter Rayhill, who also plays hockey alongside Bard and plays the center position, humorously states that he plays the sport because, “I love it and Alec Bard plays it.” Rahill states that he has been playing for as long as he can remember (age 4). He is the team’s leading scorer with 8 goals, but most recently got hurt in one of the teams last games against Auburn. Still having an undetermined injury, Rayhill is crutching along in support of his team. Auburn was the first out of eleven games to break the undefeated strict of the New Hartford Spartans.

In regards to the infamous “hockey” smell, both Bard and Rayhill say that they have gotten used to the eye watering smell that consumes the arena. Rayhill more importantly states that he, “lives for it” because it is more than just a smell, and rather a showcase for how hard they work. With that being said many of the mothers of these teenagers still haven’t gotten used to it after all of these years.

With the stakes high, and their competition only getting harder, the Spartans need to go through nine more games until their season is technically over. Along with those nine games, the boys have to go against rivals Whitesboro and Clinton. Due to the success of the team chemistry as well as team bonding, the guys seem confident with what they have to face next, but with Rayhill out, the obstacle now becomes, scoring. With that to conquer along with beating their rivals once more, the boys still have high hopes for the Hockey team. They are expecting good things for the future, one includes reclaiming the state trophy.

In simple terms, hockey consists of six players per side on the ice at any time, one of them being the goaltender. The objective of the game is to score goals by shooting a hard rubber puck into the opponent's goal net, which is placed at the opposite end of the rink. The players control the puck using a long stick that is commonly curved at the end.
Comets Corner - Stars Flock to Utica

Jack Williams

101 days ago, the AHL announced that its premier event, the AHL All Star Classic, will be coming to Utica, NY, and 101 days later, the event is finally starting to take shape.

On January 6th, 2015, the American Hockey League announced the 46 players who would be making the trip to Utica, NY for the AHL All Star Skills Competition and the AHL All Star Game. The Eastern Conference and Western Conference teams each have 23 players, 12 forwards, 8 defensemen, and 3 goaltenders, and every team in the AHL is represented in the 46 player make-up of the rosters.

Three Utica Comets players received invites to the AHL All Star Classic, the first being Cal O'Reilly. O'Reilly, who will be making his 3rd appearance in the AHL All Star Classic, with is other 2 appearances in , is 2nd in the AHL in assists with 26, trailing only Manchester Monarchs forward Brian O'Neill, who leads the league with 33. The 2nd Comets player making an appearance in the All Star Game is defenseman Bobby Sanguinetti. Sanguinetti, also playing in his 3rd All Star Classic, has 8 goals and 9 assists for a total of 17 points, and has a plus/minus rating of +14, which is the highest of any defenseman in the All Star Classic. Both O'Reilly and Sanguinetti played in the 2009 and 2010 AHL All Star Classic events taking place in Worcester and Portland, but this will be the first time they've played together on the same team.

The 3rd and final Comet that cracked the Western Conference roster is Comets goaltender Jacob Markstrom. Markstrom, making his first career AHL All Star Classic appearance, is one of the top goalies in the entire AHL. He comes in with a 1.84 GAA, good for 3rd in the league, a .937 save percentage, the best in the AHL, and an 11-2-1 record, also best in the AHL. Markstrom, who came to the Canucks organization in a trade with Florida last February is excited to play in front of the hometown fans “I am happy to represent the Comets in the all-star game, especially when the game is here at The AUD...It will be extra special in front of our home fans.” said Markstrom.

The event, taking place on January 26th and 27th from the Aud, will reach over 100 million homes over many different networks, including Time Warner Cable Sports, which is where the game will be accessible for people in Central New York.

This historic event for the City of Utica was already spectacular, but the addition of the 3 Comets All Star really makes this a hometown affair.
FEATURE

They’re All Together Ooky, the Addams Family

Jack Williams

Twice a year, New Hartford Masque puts on musicals that dazzle the students, faculty, and citizens of New Hartford alike, and this year is no exception. After putting on shows such as *Once Upon a Mattress*, *Anything Goes*, and *Aladdin Jr*, New Hartford Masque will be performing *The Addams Family* this upcoming Spring.

The show, which will be playing at the James A. Meyer Performing Arts Center, or JAMPAC for short, will be shown 4 times, once a day on March 19th-22nd. The show revolves around, as most musicals do, love, as Wednesday Addams, played by junior Abby Griffin, falls madly in love with Lucas Beineke, a “normal” boy played by junior Alex Catera. Wednesday confides a secret with her father Gomez Addams, played by senior Andrew Sandock, that needs to be withheld from his wife Morticia, played by senior Cara Szeles. When the entire Addams and Beineke families meet for the first time in what was supposed to be a “normal” dinner, calamity ensues, Pugsley Addams, played by 8th grader Sam Ward, accidentally gives a potion to Alice Beineke, played by Eliza Giacobbe, that he stole from Grandma Addams, played by Jessica Rust, which makes Alice reveal that she is not happy in her marriage with her husband Mal, played by Oscar Klempay. When the secret comes out that Wednesday and Lucas want to get married, Mal tries to get the Beineke family to leave, but Uncle Fester, played by Jared Welch, and the Addams Family ancestors, create a storm that keeps both families in the house for the night. To see what events transpire, you’ll have to go see the show this upcoming March.

The cast of *The Addams Family* is very excited for this show, one cast member, Aidan Halpin, is very optimistic that this show is going to be a success.

“Everyone that’s involved, leads and the ensemble, seem to be thoroughly engaged at this point, and it’ll be a fun show”. When asked how does this relate to other shows, Halpin said “*Legally Blonde* and *Anything Goes* was fun, *Legally Blonde* especially because it was relatable, and that’s what *The Addams Family* is, a fun, relatable show that people will like if they come in with an open mind”.

*The Addams Family* hits the stage in two short months from now, and this show is slated to be one of the best ones yet.
What To Make Of Winter

Morgan Bennett

As central New York descends into the ides of winter, many New Hartford citizens are fed up with the frigid temperatures. Between the bad driving conditions, the shoveling and plowing, and the length of our cold winter, it is understandable to be agitated with the weather.

It is true that many people, especially the elderly, tolerate, and even sometimes enjoy winter up until January second. But after the warm and fuzzy holiday feeling wears off, the snow becomes a nuisance instead of a decoration.

Many New Yorkers like the idea of migration, where the coldest months in New York are spent elsewhere. Many retired people pack their golf clubs and migrate to a warmer state down south like Florida or the Carolinas. The “winter birds” generally return once the snow has disappeared and the temperatures begin to climb well above freezing.

Teala Caneles, a sophomore at New Hartford High School, is among those who would rather not suffer the harsh New York winter. “I hate winter. I don’t like the cold,” Canales expresses, “I’d rather be hot than cold so this weather is horrible for me. I don’t like snow. Its nice for a while but I don’t like continuously living in it. If I had the choice, I would live on a warm beach somewhere. Winter is not my cup of tea.”

Those that remain during the winter months have to deal with the snow and ice, whether they like it or not.

“I like sitting inside where it’s warm and looking at the snow. I don’t mind winter, I just don’t like being in the cold and the snow.”

But, among a majority of winter-haters, there are those hardy few who enjoy the extensive winter months, and make the most of the snow.

Seth Garrett, a sophomore at New Hartford High School, is one of the few that like the wintertime. “I like winter because I’m used to the cold weather.” Garrett explains, “I like to ski, and my birthday is in the winter. However, I don’t like the wind, ice and slush.”

Ellie Morehouse, also a sophomore, is among the snow-lovers. “I love winter. I ski on the Mohawk Valley Ski Team, so I spend a lot of my time in the winter skiing.” Morehouse professes, “I like skiing because I get to ski with my friends. Skiing just makes me happy.”

Ultimately, all New Yorkers have to cope with the winter somehow. Whether that is by fleeing until it is over, tolerating it, or completely enjoying it, we all have our own way of coping with the snow.

“I like winter because I’m used to the cold weather.”
--- Seth Garrett
The Interview: Consciously Controversial
Aidan Halpin

It would seem that Seth Rogen and his old writing partner, Evan Goldberg, along with their long-time friend and often co-lead to Rogen, James Franco, have rather successfully made one of the most controversial films to (never) hit theaters.

Placing a strong emphasis on “successfully” as the movie earned more than 31 million dollars and broke several records despite the fact that it debuted online rather than in theaters. The movie itself, in the opinions of numerous online critics—and a less credible source, my cousin Thomas Hartman, who watched the film on opening day through the stream on youtube—wasn’t even that great.

So why do people feel they still need to watch it? “Well how often are movies banned” stated Hartman, “It seemed like a once in a lifetime opportunity, plus if you watch it on Youtube like I did, you can watch it for only five dollars and anyone can watch it along with you without having to pay any extra.” A pretty rousing offer if I do say so myself.

People certainly seem to gravitate to things that they are told are off limits. Just look at “The Catcher in the Rhye”, after the book was banned the desire to read it was exponentially greater. Even today people want to read the novel for the same reason, despite the book being taken off the “Banned Books List” some thirty years even though it will inevitably disappoint the reader when they find out the tolerance of any sort vulgarity was significantly lower in the 1960s than it is today. Yet the point still remains, since the Fall of Man with Adam and Even to the early 21 first century, people will always want what they don’t have which raises the eyebrows of some who suspect that perhaps SONY only prevented the movie from showing in order to increase their Christmas season blockbuster’s popularity.

But what about this film made it so controversial? It really has more to do with the preview than anything else. The film is based around mocking the multigenerational dictatorship of North Korea, who have proven they don’t have a great sense of humor towards themselves and to those questioning their methods. To add insult to injury the two main characters, Rogen and Franco, are bestowed with the task of destroying said dictatorship through assassination. All of this is shown in the preview; however, while this is a brief plot point it’s not truly the focal point of the movie. The film, at least to me, is centered more around Rogen and Franco’s cooky friendship than taking down the North Korean government. That being said the mere idea of assassinating Kim Jun-Un will catch the attention of North Korea and they won’t have quite the same opinion as I.

The movie’s release was initially pushed back twice before it finally streamed online on the 25th of December, the push backs largely due to threats from the North Korean Government and even some pressure from our own. However the straw that really broke the camel’s back in the situation was the hacking of SONY networks and the disabling of PSN, playstation’s equivalent to XBOX Live, which was confirmed to be driven by North Korean hackers. This would be the boiling point for SONY and the precise moment when they decided to take the film from the silver screen and bring it to the interwebs.

Despite initial backlash; SONY has made a huge profit of their controversial film The Interview, even though it premiered online rather than in theaters. This may open more doors to other films and proposes the question of whether or not we will be seeing more controversy in films and or more online premieres in the future.

“Yeah, It’s Pretty Funny”
– Cousin Thomas
BOOK NOOK

The Giver
Sidebar: Serial Update
Elizabeth D. Lemire

Dear Readers,

This the last article in the school’s newspaper (this year) that I will be writing. The last book that I am recommending is also a movie called The Giver.

This book takes place in the future, focusing around the idea that humans need to be controlled through strict rules that would allow them to remain peaceful. Depending on your age you get a different accomplishment or gift to work on or achieve upon until the next year (ie: only at age nine could you learn how to ride a bicycle).

The story follows a young eleven year old boy named Jonas, who begins to question the peculiar way of the society in which he has grown up in.

The story starts off as Jonas is turning twelve (therefore earning him the ability to sign up to be assigned a job). However, Jonas is not just some regular twelve year old getting a job, he is given the most important job of all, the gift of the Giver.

I would recommend this book for anyone twelve and up, but if you are younger and love to read a good challenging book, by all means, go ahead!

This book was also made into a movie, also called The Giver. Although I have yet to see the movie, I have watched the trailer and it looks really good. Although one could argue that a trailer could make a movie look really good, but then it could be a horrible movie.

Although like most movies, it looks like it strays a little from the book, it still looks like it was put together well. I would also recommend watching the movie after reading the book. The Giver; starring Meryl Streep, Jeff Bridges, Brenton Thwaites, and even Taylor Swift.

Serial Update!
Elizabeth D. Lemire

For those of you that divulged in the mysteries that followed the case of Adnan Syed in his murder trial, and were disappointed at the ending of the last podcast, here I will provide you with some answers.

Do you remember Jay, the supposed best friend of Adnan, the one that testified against him in trail? Well if you do, then maybe you also remember thinking that he was a sort of shady character in the story of the murder?

Well a few weeks ago, Jay stepped up and agreed to an interview by an online newspaper called the Intersept. Here he talks about why he lied, and why he seemed unreliable on the stand.

It’s an interesting read, and it might, like every episode of Serial, change your mind about the case. Enjoy!
Movie Review- Back To The Future Trilogy

Morgan Bennett

For my final movie critique of the year, I will be assessing a personal favorite. The trilogy that kindled my love of all things sci-fi. The classic, comical, and brilliant Back To The Future trilogy.

The back to the future trilogy is a sci-fi/comedy trilogy from 1985 starring Michael J. Fox. This is a must-see for all sci-fi nerds. This was one of the first movies to pioneer into the time-traveling world.

In Back to the Future Part I, Marty McFly, a teenager living in 1985, is sent back in time to 1955 his friend Dr. Emmett Brown's DeLorean time machine. Once there he meets his parents as teenagers and has to find the “Doc” of 1955 to help him get “back to the future”. While in in 1955, Marty accidentally becomes his mother's love interest and has to arrange for his mother to fall in love with his father, or else he will never exist. Eventually Marty does goes “back to the future” and is reunited with his girlfriend Jennifer.

But as the movie is ending, Doc arrives in a flying DeLorean and says he needs Jennifer and Marty to come with him to the future to save their future kids.

In Back to The Future Part II, Marty and Jennifer travel to the future (2015) with future Doc (who hypnotizes Jennifer upon arrival so she doesn’t learn too much about the future). Marty poses as his son and declines an offer to participate in a robbery coordinated by Griff (the grandson of the former bane of Marty’s father’s existence Biff). Once that is done, Marty buys a sports almanac from the 1950’s to what is present day, 2015. As Doc warns Marty of the dangers of misusing time travel, Biff (now an old man) overhears them and takes the almanac and the DeLorean while Doc and Marty are helping Jennifer who has fainted after seeing her future self. Biff goes back to 1955 to give his teenage self the almanac and returns to 2015 without Doc or Marty finding out. They then return to an altered 1885 where Biff is wealthy and Marty’s father is dead. Marty and Doc have to figure out how (and when) to take the almanac from Biff so the future remains intact. Once they figure out that 2015 old-man-Biff gave the book to himself in 1955, Doc and Marty go back and take it from him.

All is well when Doc drops Marty in 1985. Until… 2015 Doc is hovering away when the DeLorean is hit with lightning and disappears. At that moment, Marty gets a 70 year old letter from 2015 Doc who was stranded in 1885. Marty now needs 1985 Doc’s help to save 2015 Doc.

In Back To The Future Part III, Marty travels back to the 1800’s and finds 2015 Doc (who is now 1885 Doc) and together they try to get the DeLorean running again, as it was damaged upon arriving in 1885. Doc ends up falling in love with a school teacher named Clara from 1885 after saving her from falling to her death in a gorge, inadvertently changing history. After many shenanigans in 1885, Marty gets back to 1985. The DeLorean lands on train tracks and Marty barely escapes before the time machine is demolished by an oncoming freight train. Marty once again reunites with Jennifer, and together they go to look at the wreckage. Then, 1885 Doc and Clara (now his wife) and their two children arrive in a time traveling train. Doc explains that the future isn’t written and is up to you. Then Doc and his family fly away to times unknown.

Whew. Confusing, right? It makes way more sense (and is way funnier) when you watch it.

Marc Gabriel, a fellow sophomore and sci-fi lover expresses his love for the trilogy. Gabriel explains, “Of course, I like the characters, Dr. Emmet especially. He amuses me. I like the continuous comic relief in the first movie especially. For example, the scene where Marty’s mother almost makes out with him is hilarious. I guess I like how unique, and quirky the trilogy is. It’s fantastic. And, obviously the DeLorean is my dream vehicle. My best and longest lasting memory of Michael J. Fox by far.”

What I find especially comical is that what was considered the future in 1985 was 2015, and now we are essentially living in Marty’s future. (Sadly though, we don’t have hoverboards.)

I remember the first time I watched these wonderful movies, my cousins and I were having a movie marathon and none of us could agree on what to watch. Suddenly, my dad appeared in the family room with these three movies in hand. He recommended we watch them and when we all made the not-another-lame-80s-movie face at him, he just grinned and said, “Trust me, you’ll like these movies.”

Overall a great series! The time traveling and humor kept this movie fast-paced and upbeat. And Michael J. Fox’ performance made the character Marty McFly really come to life. These movies will forever hold a DeLorean-shaped spot in my heart.
Word To The Wise

Mallory Max

Smile - the simplest way to have a good day.

With the new year, new things come. New choices, new ideas, new goals, and new everything. So what’s so good about being new and “improved.” Society today, has taught us to be something we aren’t whether it be skinny, prettier, healthier, but when is society going to say, don’t change? Obviously people have 101 things they want to change or manipulate about themselves, but why not change that mindset this year.

Instead of trying to make a major change, why not just change one simple thing: smile more. Smile more about who you are instead of what you’re not.

“Babies smile an average of 200 times a day. The average woman smiles 62 times a day and the average man only 8,” according to “What’s In a Smile?” by Jonathan B Levine. But why is it that those number are so surprising? Well simply because babies don’t have careers, money, or have other babies to worry about, but even more simply because adults concentrate on more bad than good.

Smiling can actually relieve stress. Although stress can be an internal feeling, it shows up most in the face. Many people can sense stress by the frown or the bags under ones eyes, but if you smile.. then suddenly you don’t seem as overwhelmed and you also have a better view on the so call problem as well as you are more ready to take action and approach it than you previously were. In an article about a study, “Simply Smiling Can Actually Reduce Stress” by Joseph Stromberg, participants were instructed on how to perform a bizarre task: holding chopsticks in their mouths in particular ways that provoked various facial expressions. They were divided into three groups, one was taught how to form a neutral expression, another learned how to form a normal smile, and the last was instructed to form a genuine smile, which involves the use of eye muscles, along with those around the mouth.

Additionally, only half of the participants actually heard the world “smile” during the learning phase; the others were simply taught how to hold the chopsticks in a way that produced smiles, without the expression being identified. The students then were put in “multi-tasking situations” that were intentionally designed to be stressful. During and after each of these tasks, the participants’ heart rates were continuously monitored, and at regular intervals, they were asked to report their levels of stress. As a whole, the smilers had lower heart rates while recovering from the stressful tasks than those who had assumed neutral expressions, and those with genuine smiles had lower heart rates. Since heart rate is an indicator of the body’s stress response, it seems as though the act of smiling actually reduced the participants’ overall stress level. This study flips the traditional understanding of emotion and appearance, feeling good could sometimes be a consequence of smiling.

Of course smiling does not treat everything and makes problems disappear, stay away from colds, or even relieve all stress, but it sure is one way to increase your chances. Quit frowning, and start smiling!

Reasons to smile:

- Smiling helps you stay positive.
- Smiling instantly changes your mood.
- Smiling is said to be contagious.
- Smiling boosts your immune system.
The One
Zhane’ McKnight

I can't be that girl
The one who goes to the Hamptons every weekend
The one who wears the expensive dresses
With the flawless makeup
I can't be that blue blood
That sylph
That princess

I can't be that girl
The one who goes to galas every night
The one who sips champagne
And eats caviar
The one who’s at the top
The top one percent

I can't be that girl
The one who lives a world away
At her fancy prep school
The one who’s bound for Harvard
The one who has to take over her father’s company

I will never again be that girl
The one who bowed down to conformity
The one who didn’t stand up for what she wanted
The one who had to hide her true self

I say goodbye to that girl
That blue blood
That sylph
That princess
And I say hello to the new girl who’s here to stay

I can be that girl
The one who climbs mountains
And rides bikes
The one who’s not afraid to get her hands dirty
Since it gives her great pleasure
Knowing she’s actually doing something

I can be that girl
The one who’s studying engineering at NYU
Instead of law at Harvard
The one who will never again aim
To seek out the approval of her parents

I can be that girl
The one who married the carpenter
And not the famous surgeon
The one who moved to the Adirondacks
And not Park Avenue
CREATIVE WRITING

When the Word Turns White
When the world turns white
Winter is in sight
Some kids take out their sleds
While others snuggle in their nice warm beds
Some kids skate on lakes
While others like to eat snowflakes

The Rustling of the Grass
The rustling of the grass
Winter is finally in the past
Birds are tweeting
Wind is whistling
The sky is clear
Children are playing with the deer
People start to plant their gardens
before the ground starts to harden

When the Sun is Bright
When the sun is bright
Summer is in sight
Days spent at the beach in the sand
happily eating with ice cream in hand
Hot days and cool nights,
people stay outside until the bugs start to bite
the smell of a bonfire lingers
as all the guests eat fish fingers

Leaves Changing Colors
Leaves changing colors
One by one the leaves drop
There’s no way to make them stop
They’re covering all the flowers
The air is crisp, clean and cool
and once again, the children are back in school

Lauren Vedete
Volere

by Cassidy Ruhme

I cannot wait any longer
for lives unlived

and my veins are getting
weaker
and my blood is getting thicker

if I clasp my shaking palms
to the heavens above

I can almost hear the whispers
of
love and life

and life

slipping through the pages
of novels

and the glimmer
on the screen

but today,
I am tired
and my feet are clean

-CBR

photos courtesy of flickr.com