



Previews!



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Dune Review:

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Courtesy of Sasha Klepner

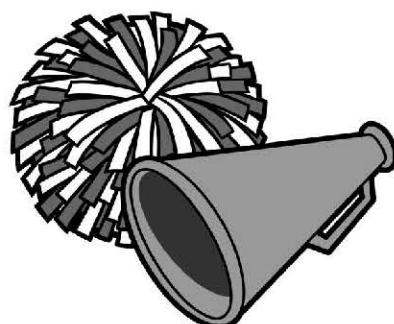
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Courtesy of EMHS Athletics Twitter

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The Killing Cost of College

Ama Nkrumah, Contributor

When was the last time the sheer cost of your dream college crossed your mind? Whether your parents plan to pay your tuition, perhaps you hope for a scholarship, or realize the cost is solely on you, the price tag of your dream college is a huge factor in your decision.

Of course if the cost of the application, tuition, room, and board is completely out of your price range, you will spend an endless amount of time looking for similar colleges with the same major, environment, size, and location just to get a price that is right for you.

“Since in-state dorming is cheaper here, I will probably look at more colleges in New York rather than out-of-state,” stated junior Abhi Madan. “My first choice initially was to go to a college in California, but since it is much more expensive, my decisions changed.”

According to the 2021 Citizens’ fourth annual Student Lending Survey, about 69% of high school students and 70% of college students stated that the cost of college had an impact on their plans after high school and their upcoming fall enrollment.

“(The cost) played a role because I have two other siblings; my older sister already went through college and is still paying back some of her loans and my parents want to be conscious about money because they have to pay for my brother in a few years. I had to focus on the colleges that gave me more scholarship money,” stated senior Paige Gerwitz.

“My first choice initially was to go to a college in California, but since it is much more expensive, my decisions changed.”
-Junior Abhi Madan

College was never this expensive, though. In fact, the College Board estimates that the average cost at public institutions during the 1998- 1999 school year, including dorm, board, and tuition, was \$12,000. This has more than doubled in the 2020-2021 school year to \$25,000. For private universities, the cost is even *higher*, with the average cost of tuition being \$43,775 for the 2020-2021 school year.

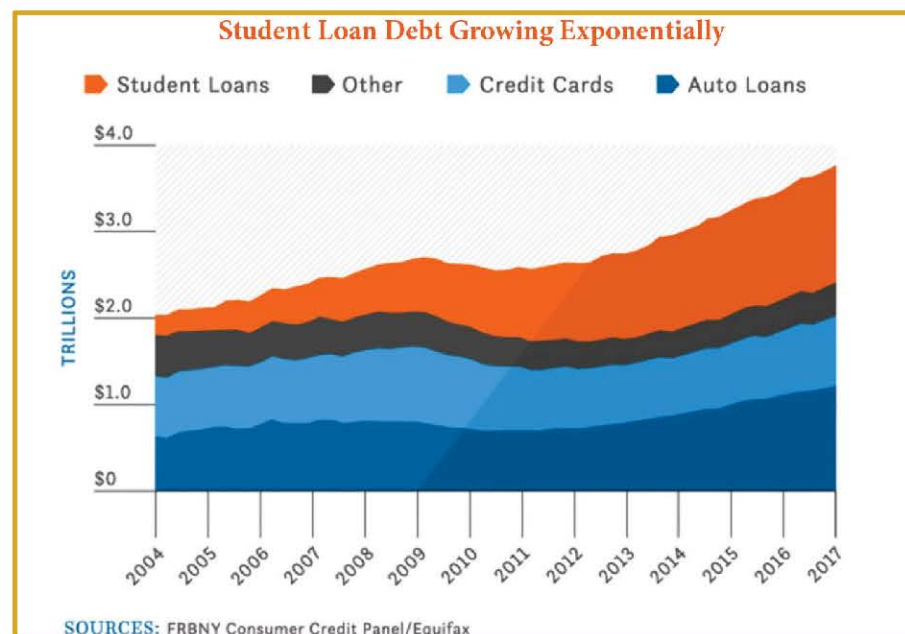
Senior Samantha Goldstein exclaimed, “My top two colleges were over \$80,000/year each! Thank goodness I received a ton of financial aid in order to attend my top choice, University of Miami.”

To add fuel to the fire, the Millennial and Generation Z wages do not help.

Millennials earn 20% less than Baby Boomers when they were the same age, and median earnings for 18 to 34-year-olds are lower than they were in the 1980s, noted a 2017 report from Young Invincibles. These earnings impact the ability of the person to repay those massive student loans. Millennials pay about one-third of student loan debt and Generation Z, over 7%.

tuition waivers and, once a financial package has been offered, students can call the college and negotiate.

Mrs. Heather VonOhlen, East Meadow High School staff member, explained, “My older daughter goes to a SUNY school and the SUNY’s are a great value. The cost of going there is a lot less than a private school

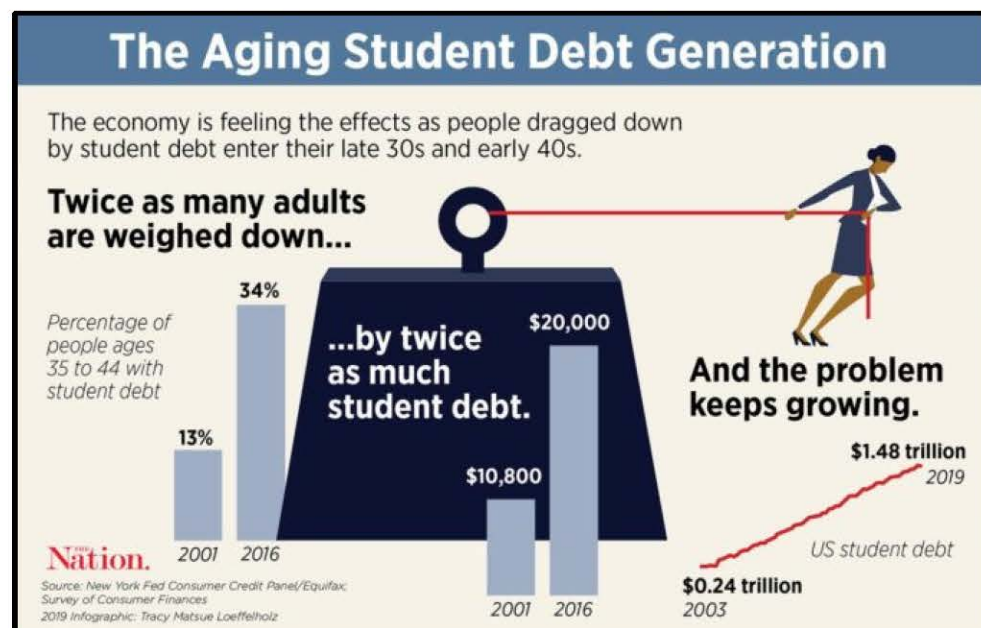


Courtesy of NYSUT.org

That number is steadily growing as the younger portion of the generation grows older and goes to college. Student debt has tripled in the past 15 years. As of

“-about 69% of high school students and 70% of college students stated that the cost of college had an impact on their plans after high school and their upcoming fall enrollment.”

She is in the major she wants and we are able to pay for it with the FAFSA loans. My other daughter goes to the University of Delaware and luckily she got a scholarship to cover some of the costs, so that’s why we are able to afford her going there. But, we saved a lot over the years and we are trying to get through the next four years without any debt.” Another staff member at EMHS, Mrs. Maura Noonan also declared, “My daughter got a Merit Scholarship, but college is still expensive. And I have twins, so it is more money.”



Courtesy of The Nation

December 2021, the student debt crisis reached over \$1.8 trillion dollars.

“I’m planning on going to grad school, so that’s why I want to choose to save as much money as I can now,” expressed senior Shivani Shah.

There are ways to help offset some of the costs. Students can ask college reps for

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Mahira Ahmed, Features Editor

Everyday on Long Island, over 182,000 people go to sleep hungry. A home to many who have plenty, this number can be shocking. Ironically, according to “Hunger on Long Island,” the region has over 9,000 supermarkets and farms. Sadly, with all of this food available, the combined waste is over 27,000,000 pounds of food every night.

When the consumer walks into a grocery store, the mind arguably wanders to what one *needs*, but not what happens to the products left on the shelves. Unpurchased food, close to expiration, is disposed to rot in landfills. Fast food restaurants and coffee houses, such as Dunkin Donuts, have a similar situation, in which their policy is to throw away unused donuts every day, complying with safety and health regulations. However, donuts contribute to the single biggest occupant in American landfills today according to the Environmental Protection Agency. Why is this so important? Well, when I see perfectly good apples or a wrapped cereal bar sitting pitifully next to a deconstructed pizza in the trash in the East Meadow High School cafeteria, I can’t help but feel bad. It is not any student’s personal fault, I’ve done this mindlessly myself. If I don’t want something, I throw it away.”

Dana Gunders, a senior scientist in the Natural Resources Defense Council, tells *Vox* in a video titled, “Food Waste is the World’s Dumbest Problem,” that waste in

Food Waste:

We Don’t Realize What We Have

society comes down to choice. For many, desiring the option to eat something at any time, whether or not they actually eat it, is part of life.

The organization World Wildlife Fund states that wasted food includes the energy and water food needs to grow, harvest, transport, and package. Wasted food produces methane, a greenhouse gas stronger than carbon dioxide.

The Organization also stated that methane and other gasses produced from lost or wasted food generate the equivalent of 32.6 million cars’ worth of greenhouse gas emissions. These contributions dramatically increase the event of climate change. The amount of waste is furthering climate change, and if

East Meadow keeps up the act to contribute to the 27,000,000 pounds of food everyday students can say goodbye to happy snow days!

What can East Meadow do? Students and faculty must take a mental note of what a person can eat. If we know we are not going to eat an item, simply don’t take it. At least, give it to someone you know *will eat it*.

Instead of banana peels and apple cores rotting and emitting foul smells in trash cans, why not set up bins of compost to be used for the school gardens? Bins can be placed next to the trash cans in the cafeteria, and at the end of each day kids from the Horticulture Club can pick up the compost and place it in the courtyard.

East Meadow can actively educate

children about reducing food waste. Elementary schools should start to teach healthy ways to eat, by creating a simple version of the consequences of methane gas produced by food waste, teaching children how to read expiration dates, and teaching them how to understand how much a child should eat. These lessons should be implemented actively in everyday life, from school cafeterias of McVey and Barnum Woods and so forth. Therefore, up and coming students will be knowledgeable about food waste prior to

REDUCING FOOD WASTE
WHAT SCHOOLS CAN DO TODAY

USDA's Economic Research Service estimates
31% of the overall food supply at the retail and consumer level went uneaten in the U.S. in 2019.

Scheduling recess before lunch can reduce plate waste by **AS MUCH AS 30%**.

Extending lunch periods from **20 TO 30** minutes reduced plate waste by nearly one-third.

SMARTER LUNCHROOM STRATEGIES, such as how foods are named and where they are placed in the cafeteria, can facilitate healthy choices and increase fruit and vegetable consumption by **UP TO 70%**.

SCHOOLS ACROSS THE COUNTRY ARE STEPPING UP TO THE CHALLENGE WITH INNOVATIVE NEW STRATEGIES, SUCH AS:

- Allowing students to keep a lunch or breakfast food item for consumption later in the school day
- Using techniques listed on the **Smarter Lunchrooms Self-Assessment Score Card** to help reduce food waste
- Setting up a table for kids to place items they are not going to consume (packaged or pre-positioned items)
- Letting kids sell items
- Composting food waste for school gardens
- Collaborating with local farmers on composting or food-scap projects
- Collecting excess subsistence food after mealtimes to donate to charitable organizations
- Sign up for the **U.S. Food Waste Challenge** to share your story on how you are reducing, recovering, or recycling food waste



entering high school.

Additionally, the high school can team with local nonprofit organizations that can pick up unused food from the cafeteria and distribute it to areas that are also in need. East Meadow High School can donate to local food banks, soup kitchens, and pantries. We can utilize organizations like Key Club to administer these transactions, as those clubs heavily promote the idea of giving back to the community. local food banks, soup kitchens, and pantries. We can utilize organizations like Key Club to administer these transactions, as those clubs heavily promote the idea of giving back to the community. Food waste is everywhere.

Let’s face it, it’s not our fault, and we all don’t want to waste food. Food waste is everywhere. Let’s face it, it’s not our fault, and we all don’t want to waste food. However, Long Islanders should not need to go home starving everyday. We can actively make a change by being aware of what we eat and how much we take. You got this East Meadow!

If East Meadow keeps up the act to contribute to the 27,000,000 pounds of food everyday, students can say goodbye to happy snow days!

K-DRAMAS AND K-POP:

Why do People Love Them?

Waleejah Ibrar, Contributor

Many people have become obsessed with many crazes in 2021, *Squid Game* is a prime example. The question remains: what is so great about K-Dramas that people become addicted to them?

First up: K-Dramas. The great thing about K-Dramas is that they present different genres of horror, thrillers, and comedy. The titles of K-Dramas, however, can be misleading. For example, *Happiness* isn’t actually about happiness, and *Sweet Home* isn’t sweet.

They are also addictive and amazing, and can have very unique storylines. K-Dramas, like *Vincenzo*, are well-balanced with storytelling mediums of comedy and thriller. K-Dramas typically center around 16 episodes, making them not too long or too short, and they have a clear

ending. K-Dramas dubbed in other languages, such as English and Hindi, allowing access all over the globe.

When a K-Drama is filmed, extensive attention is paid to plot, editing, and lighting, allowing viewers to experience a well developed story.

K-Dramas cover all genres including medical dramas, law and crime shows, and Western shows, such as “True Detective,” display new characters with a new storyline each season. Every genre is presented in different ways and the characters are all career driven, making them unique.

Next up: K-Pop. We’ve all heard plenty of songs, such as “Dynamite” by Bangtan Sonyeondan, also known as BTS, and “Money” by Lisa on TikTok, in stores, radios, and many other places. While they are overplayed, many

people are obsessed with K-Pop.

K-Pop songs have catchy background music which can equate to good music. The members dance, perform, sing, rap, and are overall very talented. As hard as the choreography might be, K-Pop idols somehow end up doing it (and end up being in sync).

Outfits for idols are usually well coordinated and pretty. The majority of the K-Pop groups have funny and interesting members, making them fun to watch. They share nearly everything about their life and work, essentially living with cameras 24/7. There are different types of content with K-Pop groups, such as behind the scenes videos, funny moments, V Live, TV shows, game shows, etc. Some idols are not Korean, broadening the field for diversity. For instance, Jake from ENHYPEN is Australian and Lisa from

Photo courtesy of thecut.com



Blackpink is from Thailand. K-Pop is always adding new music and new groups.

Through these venues, Korean entertainment has become a medium that all can enjoy.



Photo courtesy of imdb.com

Continuation of Page One

Some argue that this crisis cannot be an all bad case for young adults, and that there must be reasons for this. Some say it has to do with inflation, more resources in college, and the overall increase in student enrollment, but all of these are not exactly the case. The cost of college rises past the rate of inflation, and resources and student admission have little to do with the overall cost.

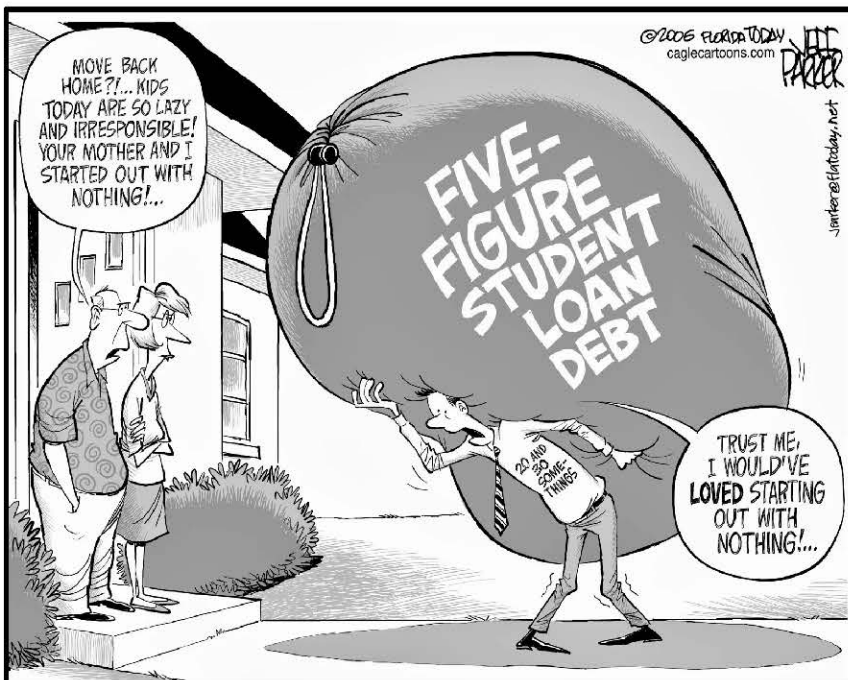
"Student debt also has tripled in the past 15 years. As of December 2021, the student debt crisis reached over \$1.8 trillion dollars."

The real culprit is the fact that colleges and universities, even if they are not-for-profit, still have to make a profit. James Dunn, Associate Dean at Regent's American College London from 1992 to 1995, stated,

"To maximize profit, colleges increase the asking price for tuition way beyond reason. That way the formula works best for them—they maximize the amount of money they get from the government. When the smoke clears, very few students pay the full tuition, and the college ends up with a lot more money. Everyone (mostly) wins, except the taxpayers."

So, as the problem is in the hands of the institution making a profit, it seems there are no solutions or actions to lower the cost of college. This is not the case. Future and current students can acknowledge the fact that there is a problem instead of conforming to the issue. This mindset will lead to more awareness and desire for action. Second and most importantly, students need to take action to abolish the formula for government subsidies for tuition. "Students should be given a fixed sum instead of a percentage to help with tuition," said Dunn.

The cost of college is a tremendous problem affecting the lives of students and graduates. It is a feat not for the faint of heart.



Courtesy of archinect.com

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Chart courtesy of <https://writingcenter.prompt.com/>

The Consequences of the Lack of Standardized Testing

Alexis Goldberg, Contributor

Due to the Covid-19 pandemic, administering state tests, New York State Regents Exams, and finals came to a halt. Though many students are content with the absence of tests, the effects of the lack of testing will come back to eventually haunt students.

Standardized tests play a major role in ensuring students have the necessary test taking skills for college, LSATs, GREs, etc. These formative years of learning how to take tests are crucial in preparing for future exams.

In the past, many formal in-person exams were given throughout the school year, including midterms and finals. Not only were these tests indicators of students' knowledge, but the tests allowed students to master test-taking strategies.

Virtual at-home tests with resources at one's fingertips is a very different experience

from taking formal, in person exams. Test taking strategies are thrown out the window.

How will students' grades be affected once testing is back to normal? If colleges continue to be test optional, will SAT scores even matter? Will testing just be eliminated altogether?

Even though most of these questions can not be answered any time soon, it is important for students, teachers, and administration to work towards keeping students' standardized testing skills up to normal standards.

What can educators do to prevent this downward spiral? One method is to take practice tests. Teachers and schools can assign past exams for students to fill out at home or in class as though it is a regular exam. If schools allowed access to old tests, then responsible students would practice in a timed environment and become familiar with the questions.

Giving students the right resources to succeed will ensure that students know the material and can learn the proper techniques to finish the test in an efficient manner. These skills will transfer to the real graded tests such as Regents exams along with SATs. It is necessary to emphasize the importance of standardized tests.

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Maya Angelou: The First Black Woman on the United States Quarter

Mahira Ahmed, *Features Editor*

In 2022, Maya Angelou became the first Black woman displayed on the United States quarter. This is the first quarter of the American Woman's Quarter Program.

Beginning in 2022, and continuing through 2025, the United States Mint will issue up to five new designs each year of the U.S. quarter. This plan is a mission to celebrate the accomplishments of significant women in America. Other quarters that will be issued in celebration of women's achievements include Dr. Sally Ride, Wilma Mankiller, Nina Otero-Warren, and Anna May-Wong.

"To me, the message of Maya Angelou on the quarter is so meaningful. This is showing people that the accomplishments of women of color shouldn't be ignored," expressed freshman Maritsa Paul. "Maya Angelou has overcome so much throughout her life. Being represented on the quarter is a huge thing and being on it can tell others that we as African American women can do great things too."

"The message of Maya Angelou on the quarter is so meaningful. This is showing people that the accomplishments of women of color shouldn't be ignored,"

Mrs. Judith Trocchio, an AP seminar teacher and freshman social studies teacher, commented, "Maya Angelou was an inspiration. Her early years were filled with the horrors of racism and abuse, yet she was able to turn that pain into a way to help others as a civil rights activist and mentor to many."

Maya Angelou was an American poet, performer, memoirist, and civil rights activist. She published critically acclaimed works of literature such as *On The Pulse of Morning*, read at the first inauguration of President Bill Clinton on January 20, 1993. As an African-American woman growing up in the southern United States during times of struggle, she suffered from harassment and abuse.

"She has been through so much in her lifetime and is such a great role model for everyone," said freshman Anaya Hall. "Especially black women, because we don't get much representation or people to look up to."



Photo courtesy of The Times

"Maya Angelou was an inspiration. Her early years were filled with the horrors of racism and abuse, yet she was able to turn that pain into a way to help others as a civil rights activist and mentor to many."

Each quarter is designed and sculpted by Laura Gardin Fraser, one of the most prolific female sculptors of the early 20th century. According to the United States Mint, the "heads of the coin" is a portrait of George Washington, originally composed and sculpted by Fraser to mark George Washington's 200th birthday.

The "tails" depicts Maya Angelou with her arms uplifted. Behind her are a bird in flight and a rising sun, images inspired by her poetry and symbolic of the way she lived. According to Artnet, the image is a reference to her memoir, *I Know Why the Caged Bird Sings*, in 1969.

"To be honest, I did not know who Maya Angelou was," remarked sophomore Madison Lehmann. "Through the coin news I'm glad to finally know who she truly is."



Photos courtesy of Gianna Devita



**EMHS
takes on
"The Big Apple"**

Gianna Devita, *Editorials Editor*

One of the most beloved electives in East Meadow High School is *New York, New York*. Best known for the multiple field trips taken throughout the semester, *New York, New York* also offers an exciting educational experience of the history of our very own home state of New York.

This school year, social studies teacher Mrs. Christina Luciano-Gobbo took over teaching the course. She describes her experience so far, "In addition to having a diverse group of kids, my favorite part of teaching this class is learning about my home state."

The course is filled with an abundance of information about New York. The main units include immigration to New York through Ellis Island, the Statue of Liberty, Five Points, the Empire State Building, the Mafia, Central Park Five, and any current events that take place during the semester.

There are also plenty of projects that reflect the curriculum throughout the semester. As this class is an elective, students have the opportunity to decide how they approach these projects and students have the opportunity to decide how they approach these projects and choose which topics they are interested in researching. East Meadow High

"Other than having a diverse group of kids, my favorite part of teaching this class is learning about my home state."



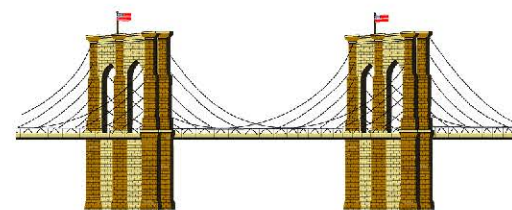
School junior, Angela Bracco shared, "I loved the districts of New York project! I thought it was really interesting to see how one city could encompass many different cultures."

"It was really interesting to see how one city could encompass many different cultures."

Along with learning about the greatest city in the world, there are many hands-on experiences, including several field trips. However, due to the Covid-19 pandemic, *New York, New York* classes were not able to travel into the city for a year and a half. Starting this school year, Mrs. Luciano has successfully taken her classes on all three trips safely!

The first field trip took place on October 19, 2021 to Central Park. It was a day filled with a lot of nature and famous sites for students to take in. Students viewed different kinds of wildlife at Turtle Pond, observed the beautiful architecture of Belvedere Castle, and snapped some photos at the iconic Literary Walk and Bethesda Fountain.

East Meadow High School junior, John Viscomi exclaimed, "The Central Park trip was my favorite, I liked exploring nature and the rocks with my friends and also eating good food."



Students explored the Brooklyn Bridge on November 15, 2021. It was a trip with iconic views of some of the most iconic buildings in New York City. In the twenty five minutes that it took to walk across the bridge, students viewed the Statue of Liberty and The Empire State Building. Once across the bridge, students explored Brooklyn and surveyed the Brooklyn Bridge from different angles.

The final trip of the semester was a tour of Lower Manhattan on December 3, 2021. Despite the frigid temperatures, the day was filled with plenty of things to see. Students stopped at the 9/11 Reflecting Pools, walked through Battery Park, ogled the Oculus, passed by St. Patrick's Cathedral and Federal Hall while exploring the Broadfield Mall.

New York, New York is an amazing elective where students can meet a lot of new people and are presented with many opportunities to explore the greatest city in the world. Mrs. Luciano-Gobbo optimistically says, "The field trips renewed my appreciation for NYC!"

Every Ending has a New Beginning

Humza Malik, Sports Editor

Since 1995 students have received fruit punch and knuckle sandwiches in room H4 by the distinguished Mr. Thomas Trocchio. For 27 years, Trocchio, a ninth grade global history teacher, added delight, joy, and humor to his classes. Sadly, after a long and extraordinary teaching career, Trocchio departed East Meadow High School and moved across the street to the nearby Nassau County Correctional Center to help inmates achieve a high school diploma.

As an expert connoisseur of history, specifically the history surrounding Antebellum America and the U.S Civil War, Trocchio began his career in EMHS teaching ninth grade global history. He would however go on to decorate his room with American civil war memorabilia, including one of his most prized possessions, an Abraham Lincoln bobblehead.

Trocchio expressed to the *Jet Gazette* that his favorite part of teaching is “the



relationships I've had with students over the years.” Many former students relayed the immense impact that Trocchio has had on them, one such student who wished to remain anonymous stated “He made the class very fun and interesting, he also inspired me to continue my journey in world history.”

Trocchio's colleagues in the history department will also certainly miss him. Mrs. Kara Zahradnik exclaimed, “He is

a good friend and colleague and has a good sense of humor.” One of Trocchio's former students, tenth grader Mahira Ahmed, stated, “Perhaps the most important part of Trocchio's teaching career was when he met his future wife and fellow teacher, Mrs. Judith Trocchio.”

Students may be surprised to know that even though Trocchio is extremely talented at teaching, he did not always wish to be a teacher. Instead Trocchio wished to be a police officer. Fortunately for the students of EMHS Trocchio failed



Photos courtesy of Mrs. J. Trocchio

the physical exam due to him being colorblind, a little known fact about one of the best bald history teachers in the history of EMHS.

Overall students and staff will certainly miss this beloved teacher and friend who has certainly had a tremendous impact on those who have been fortunate enough to have known him. Luckily for students and staff, Trocchio can be found in his old room of H4 every Thursday after-school getting ready to hand out fruit punch and knuckle sandwiches at night school.

Ms. Melissa Woisin, Business Department

Briana Rahaman, Contributor

Jet Gazette: Was the business department your first choice? What made you choose business? If it wasn't your first choice, which department was?

Woisin: I had a strong love of business starting in high school when I took my first business class in 10th grade. Ever since that time I loved the real-life applications I learned in that class and my teacher's energy and love of business was contagious. I wanted to be a corporate lawyer in high school, not a teacher, but whatever career I chose I knew it would involve business because I feel business is so broad and can be applied to every situation and affects all parts of a person's life.

Jet Gazette: Have you enjoyed your time teaching at East Meadow High School? How long have you been teaching here?

Woisin: I love teaching at East Meadow and have loved it from the time I got here 25 years ago. This was my first teaching job and I honestly intend to never leave. The people here are the best, the students are energized and friendly. I wake up each day grateful for having a job I love and going to a place with people I love.

Jet Gazette: Which grade is your favorite to teach? If you only teach one or don't have a favorite, which lesson/project would it be?

Woisin: I love all the grades and have over my career here, taught them all, including freshmen. I must admit that I have a soft spot for my juniors and seniors. I enjoy teaching those grades since they are on the verge of so many exciting life choices and I get to share in the experience of them. The energy I get from the students and how they are handling the life transitions and stress in those grades motivates me to challenge myself and be a better teacher.



Meet Mrs. Sara Iadevaia, World Language Teacher

Ama Nkrumah, Contributor

Jet Gazette: What inspired you to go into education?

Iadevaia: “The top two things that inspired me are I love kids and as a former student of the district, I had phenomenal teachers that inspired me, and I wanted to pay it forward (hopefully I am).”

Jet Gazette: Why is teaching Italian important to you?

Iadevaia: “I grew up in a time when speaking another language was not always so accepted. Being of Italian origin and loving my culture I wanted to change that stigma and help to make people more culturally aware. Being multicultural is a beautiful thing!”

Jet Gazette: Would you ever change your profession to do something else?

Iadevaia: “While teaching nowadays can sometimes be a stressful profession, my answer is, no. I am right where I am meant to be!”

Jet Gazette: What encourages you to teach every day?

Iadevaia: “The fact that every day I get to interact with some of the things I value most, my students, and my culture.”

Jet Gazette: What is your teaching philosophy?

Iadevaia: “I don't know that it is a philosophy, but I do believe that, while it is important to do well academically, what is most important is to always give your all to the task at hand and be kind.”

Dr. Evan Skolnik

Ben Pulice, Contributor

Jet Gazette: What do you teach/ do?

Skolnik: I am not a teacher per say, I am the school psychologist for 8th and 9th grade.

Jet Gazette: How long have you been doing your job for?

Skolnik: I have been working for (East Meadow) four years.

Jet Gazette: What do you do in your job?

Skolnik: I work with students and children with challenges in school.

Jet Gazette: Children with mental challenges in school?

Skolnik: Children with mental, emotional, and behavioral challenges, including children with medical conditions.

Jet Gazette: Do you deal with kids with depression?

Skolnik: All the time, including kids with anxiety and emotional issues, but a major part of my job boils down to special education, normally determining student's needs, and what types of classes are good for those students. I do a lot of assessment of students, like testing.

Jet Gazette: Moving away from the job part, what is your favorite book genre?

Skolnik: Philosophy and fantasy.

Jet Gazette: What type of philosophy or philosophical thinking do you like?

Skolnik: The study of more eastern, Hindu and Buddhist style of philosophical thinking like mindfulness.

Jet Gazette: What are your hobbies and favorite music?

Skolnik: I like indie rock and experimental rock, and I enjoy watching *Star Wars* movies and spending time with my family.

Shadow and Bone: Stealing the Spotlight

Maggie Li, News Editor

No mourners—

Based on Leigh Bardugo's debut novel of the same title, Netflix mini-series *Shadow and Bone* swiftly took the world by storm following its release on April 23, 2021. Fans have been eagerly awaiting its arrival since Netflix announced the show in 2019. It currently ranks among Netflix's Top Ten shows and movies list.

Set in Bardugo's intricate Grishaverse, the show is a conjunction of two intersecting storylines: a saint brought to light and a heist for her capture. The actors, with the exception of Ben Barnes, are predominantly new faces, and the plot is packed into eight action-loaded episodes in which half-Shu cartographer Alina Starkov (Jessie Mei Li) discovers an unprecedented power that can reunite her divided country and dismantle the expanse of darkness that plagues them all.

When adapting a book series for the screens, it is inevitable that there be differences between the two mediums. But in the case of *Shadow and Bone*, it is widely agreed upon that they do not hinder the experience and that some points have even been improved upon. The most obvious is the incorporation of the Crows, criminals from the sequel duology, into the main plotline, a decision that was instrumental in the show's success.

Kit Young's flamboyant and gunslinging Jesper Fahey lends to some of the most hilarious scenes, and the faith of Amita Suman's Inej is both heart-warming and admirable. Kaz Brekker is brought to life by Freddy Carter whose portrayal of the character is sensational, albeit a bit watered-down, at no fault to him. The show also emphasizes racism against Alina's part-Shu heritage as the chip on her shoulder rather than the far less tenable reasons of the books, allowing the development of Jessie Mei Li's Alina to shine through.

The cinematography of the series is spectacular as well. From the corresponding opening sequences of each episode to the perfect soundtrack, this show hit every mark. The sets are accurate and the costumes, especially the keftas, are stunning.

Likewise, the experimental shifting of settings, and even time through nearly imperceptible flashbacks, is very well done, creating smooth segues between subplots. The character entrances are also unforgettably unique and consistent with their personalities. All in all, *Shadow and Bone* is a work of art.

Although the show is admittedly a cinematic masterpiece, certain aspects of its production have been scrutinized such as the lack of plus-sized representation in heartrender Nina Zenik and the criticisms against the use of brownface for Suman's stunt double. Of course, much of the



Photo courtesy of imdb.com

speculation about Nina's character has ceased in the wake of Danielle Galligan's phenomenal performance, but while the stunt-double situation has been acknowledged by Bardugo herself, as well as several cast members and showrunners, it does make the show's touted diverse cast seem performative. Nevertheless, the unparalleled casting remains the shining star, and one can only imagine how momentous the diverse representation is to each community.

Ending with a (literal) bang, the first episode was enough to exceed every expectation, and to be honest ... the show just might be better than the books. It is both palatable to new fans and engaging to loyal readers thanks to the tasteful amendments that went into it, and fans are optimistic about the officially renewed second season, hopefully with a few tweaks. You will not regret joining the stream of incoming Grishaverse enthusiasts, so before you finally watch *Shadow and Bone*, or rewatch it for the hundredth time — — *No funerals.*

Boba Fett and Friends

Humza Malik, Editor of Sports

Star Wars: The Book of Boba Fett is a new live-action series that continues the story of everyone's favorite simple man making his way through the galaxy like his father before him. The first clone of Jango Fett and the greatest bounty hunter in Star Wars galactic history: Boba Fett. This overdue series, exclusively streaming on Disney+, finally aired on December 29, 2021.

Star Wars alum, director Dave Filoni, tackled this latest story. The skillful Temuera Morrison returns as the infamous Boba Fett, alongside the talented Ming-Na Wen, also returning in the role of master assassin Fennec Shand, the right hand of Boba Fett.

This long awaited series explores the journey of Boba Fett and his rise as a crime lord after his supposed death in *Star Wars: Return of the Jedi* and his reappearance in *Star Wars: The Mandalorian* season two.

It's All Fun and Games Until Someone Loses an Eye (or a life...)

Leya Skaria, Contributor

Squid Game swept the charts as one of the most popular Netflix series of 2021. The Korean drama takes place in contemporary South Korea and follows the unfortunate predicament of Seong Gi-hun, a divorced, broke gambler. As Gi-hun struggles to make ends meet, he encounters a strange individual who claims that if Gi-hun wins a game of Ddakji (a game where the player tries to flip their opponent's folded paper tile with their own) against him, he could win a cash prize, but until he wins, the salesmen will slap him for every loss.

After a painful amount of time, Gi-hun finally claims victory. Along with the cash, he receives an odd card with shapes and a few numbers on it. Bewildered and in a daze, Gi-hun takes the card and begins his horrific adventure.

Gi-hun joins 456 other individuals who are living in abject poverty and are tantalized at the prospect of playing what seems to be childhood games for an outrageous cash prize. This choice not only proves to be deadly during the notorious "Red Light, Green Light" opening game, but demonstrates how individuals' morals are prepared to go to



Photo courtesy of aboutnetflix.com

any length to obtain money.

Social class, capitalism, and economy are themes immersed within the plot. While despise and disgust are found within the audience, emotional heartstrings are tugged as well.

This series opens up a new genre of film for the American audience. Viewers will enjoy many different cultures, languages, and races in comparison to their typical media consumption hours. As the director of Emmy winning movie "Parasite", Bong Joon-Ho, commented, "Once you overcome the one-inch-tall barrier of subtitles, you will be introduced to so many more amazing films." No matter what language is used, this show pulled viewers into its dystopian world and made the audience fall in love with the pastel color palette and juvenile sets and traumatized characters. *Squid Game* is one of the most unique, engaging shows to date. Rated for mature audiences.



Picture courtesy of DisneyPlus.com

Fett struggles to find a new place for himself under the familiar twin suns of Tatooine in two different timelines that at first seem to have a detached and separate storylines; it is only at the series finale when the stories abruptly come full circle.

While Fett's rise through the criminal underworld of *Star Wars* would at first seem quite interesting, the series implements it in poor manner and the viewer will surely be disappointed. Instead of a ruthless godfather type crime lord, Fett decides to be more like Vin Diesel's character from the *Fast and Furious* movie series who cares much more about family and respect rather than any material gains that a crime lord would seemingly value. However the series's most significant undoing is the

inclusion of familiar characters, whose small impact in the series greatly overshadows the role of other new characters, including Fett himself. The appearance of these characters will leave viewers stunned and ecstatic, this however takes away from much needed plot development for the journey of Fett. This causes a distraction from the actual plot and main characters of the show.

While this is an essential watch for the most devoted *Star Wars* fans who have been desperate for new live-action *Star Wars* content, more casual fans of the franchise may wish to avoid this series as they may be bored of the lackluster plot and might not understand the significance of the appearance of certain beloved *Star Wars* characters.

Bojack Horseman Review

Leya Skaria, Contributor

The adult animated Netflix show, *Bojack Horseman*, chronicles the life of a bitter horse named Bojack Horseman. The premise is that Horseman was a well-known actor who was most famous for starring with his on-screen daughter, Sarah Lynn, in the '90s sitcom, *Horsin' Around*. Flash forward to the present where Horseman is planning his celebrity return. The show throws the audience into a world where people and animals cohabit as equals over the course of six seasons.

Although this may sound bizarre and juvenile, the writers do a fantastic job of making it feel natural while also creating an impactful storyline about a fictitious society. The characters are well-balanced, and the observer is unlikely to notice any oddities while watching. Many significant issues are also addressed throughout the series

including addiction, mental illness, intergenerational trauma, and sexuality.

As seen from the array of themes, this show hides its melancholic concepts with its silly animation and peculiar characters. The series does an astounding job with dealing and portraying these ideas and forces the viewer to relate to them. Chaotic and self-aware, the first 25 minutes show on a silver platter how *Bojack Horseman* is truly a sour and narcissistic man-horse who deals with anxiety, addiction, and obsession. The idea of Horseman being an undesirable presence is shown throughout the film in many ways. This includes from he treats his feline girlfriend, Princess Carolyn, with utter disrespect, to his constant insults towards his canine TV rival, Mr. PeanutButter.

As mentioned, he treats the main cast horribly and the ramifications of his actions are later revealed in the show. It truly showcases the consequences of one's actions. Rating 15+

The Fountains of Silence: The Book That Devastated Me

Mahira Ahmed, Features Editor

Secrets. This is the main motif of the historical fiction work, *The Fountains of Silence*, by Ruta Sepetys, and oh boy does it deliver. This is a love letter to the heart of Madrid, Spain in a time of suffering under a Spanish dictatorship.

In 1957, Spain's dictator, Francisco Franco, held a firm grip on the common people. The reader sees through the eyes of Ana, a strong-minded and bright girl, of her suffering along with her family.

Ana hopes to bring her family out of poverty by working at the Hotel Castellana Hilton. Her parents died resisting Franco's regime, and now she has to repay the debt. Ana meets Daniel, an aspiring, filthy rich photojournalist who wants to learn about the people of Spain and their lives at the hotel. Daniel is a descendant of American power in the Spanish world. Although Daniel has a heart of gold, it's easy to contrast the world he lives in to that of Ana's. Their relationship is one of the sweetest (and complex) literary connections to date. Their meeting spirals a rollercoaster of events, as well as my emotions.

Daniel's Texan father and Spanish mother ensure he is influenced by both worlds. As Daniel evolves, he learns about the social unrest in Spain and begins to keep secrets about his and Ana's families. His mother makes sure he is tied to his Spanish blood by strictly speaking

Spanish inside the house and eating Spanish food, but outside his house is what I would say "All American or nothing". The dynamic between the United States and Spain is fascinating. The United States symbolizes the American dream where people are allowed to do whatever they want and partake in fashion and opportunities that Ana could only dream of. Despite her conservative Spanish culture, I love how Ana is rebellious because she challenges the ideas already placed within society.

One moment of this is when Ana expresses to her sister how women in America can travel and purchase items freely without a man's company. Her tired sister dismisses her, saying it is something that Spanish women cannot achieve and is only available in an American fantasy because of their situation in Spain. This raw moment is only the tip of the iceberg. There is so much commentary and history poured into this book and it's all crazy because it *could* have happened in real life.

The book was so hard to put down, but I also wanted to run from it because I was so scared to see what would happen. It is by no means a horror, but the prospect of characters I care about getting hurt? *That* is an emotional rollercoaster.

If family secrets, heartbreaking romance, Robert Capa, ice in beverages, empty funeral caskets, mysterious orphanages, bullfights, chaperoned dances, shocking ending, and a scary dictator seem interesting to you, give this a go!

Mass Effect Legendary Edition: A One of a Kind Experience

Humza Malik, Sports Editor

Mass Effect™ Legendary Edition, the remake of the mass effect video game sci-fi trilogy made by BioWare, was released on May 14, 2021 for PC, Xbox One and PlayStation 4. The game is also compatible with the latest generation of consoles.

Mass Effect™ is a sci-fi video game trilogy with three separate video games and 40 single player downloadable content (DLC). The series was extremely popular for its fantastic story, great characters, and choices a gamer can make that impact the world around them. Now players can re-experience or experience for the first time the amazing world of *Mass Effect* in much better graphics and frames per second (fps).

Mass Effect™ LE will not include the Pinnacle Station DLC for *Mass Effect™ One* as apparently the original source code for the DLC has been lost and Bioware believes the DLC is not worth recreating from scratch.

As far as improvements go, *Mass Effect™ LE* has obviously received the most improvement. The gameplay is more

enjoyable due to stunning visuals and the combat is more realistic. One of the best improvements for *Mass Effect™* is the Mako, a tank; BioWare has made the tank more stable and boosted its speed, making it much easier to use the Mako. However, while the game has been greatly improved, *Mass Effect™* still feels old and sluggish in some areas.

Mass Effect™ Two and *Three* look even better than *Mass Effect™ One*. Many of the places and the characters are now much more detailed, making them look very vibrant and they almost seem real. However, for all three games, some characters seem to have emotionless eyes which looks very disturbing. This is slightly offensive considering the steep price tag of \$59.99.

Overall, whether you are experiencing the world of *Mass Effect™* for the first time or if you've played the original games and have engaged in the *LE*, you will have a great time exploring the vast open world, meeting many beloved characters, and saving the galaxy from extinction in 60 FPS! One final note, *Mass Effect™ LE* is rated 17+ mature for violence and some sexual content.

Dune: An Overhyped Piece of Doom

Minal Tahir, Contributor

Dune is a sci-fi adventure film directed by four-time recipient of the Canadian Screen Award for Best Direction, Denis Villeneuve. It is based on the 1965 novel with the same name by Frank Herbert. The plot follows Paul Atrides, a gifted nobleman journeying on a quest to a mysterious land. Paul is a perfect character for storytelling, especially a story like *Dune* with all its layers and details. As Paul learns about and explores this unknown land, so does the audience.

It is an attention-catching movie that *seems* to scream, "Look at me, I have something to say!" However, viewers have to pay astute attention to the plot; ultimately, the "grand message" becomes microscopic.

The film constantly builds to a climax, but never delivers. The plot is like a balloon full of tension that never quite pops.

The cast did a phenomenal job, bringing the characters to life and portraying them in a believable and enjoyable manner. However, the sheer multitude of characters makes it hard to follow multiple storylines. A favorite element portrayed throughout the film were the fast-paced and intense scenes and might be the only things that made *Dune* worth



Photo courtesy of IMDb.com

watching.

Right from the start, viewers see Paul engage in a unique fighting scene with his weapons master. There are many action packed scenes that captivate the audience. In certain scenes, the director also uses angles that magnify the intensity and large scale of the images.

Of course, viewers cannot ignore the blatant political message in the movie. It was one of the more interesting underlying ideas in the plot. The idea of war over freedom and oppression were portrayed by power hungry people who go to any lengths to gain wealth and power. Ideas of climate change and the sustainability of the planet were depicted as well. *Dune's* connection to real life struggles and issues with the fantasy nature of the film is extremely enjoyable.

As expected from a film with a whopping budget of \$165 million, *Dune* has some eye-catching and entertaining elements, and it seems as though in order to fully absorb the story, *Dune* might require more than one viewing. That being said, I can't say I would sit through 2 hours and 35 minutes of that film ever again. Perhaps the sequel coming to theaters in 2023 will be more to my taste.



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A Place that Smiles

Cinderella: Quotes from the Actors

Mahira Ahmed, *Features Editor*



Senior, Stephanie Giles (Cinderella)

What made you want to audition for your role?

SG: "I have been cast as a lot of villains in the past, and I love being a villain and being evil. I played Iago in Aladdin, and I have been Montresor in a Taste of Amontillado. For Cinderella, I wanted to branch out and I wanted to see if I could play something outside my typecast and I have been really enjoying it!"

How long have you been in school theater?

SG: "I have done every production in sixth grade, and this is my eighth in high school which means in eleven overall."

How do you prepare for the play?

SG: "I work really well with a script, scripts are what I feel most comfortable with. When I have words to say and directions to follow, I find it easy to bring out a character. Ella is a character on paper, but I feel like when you actually act as her it gets easier as you go along."

Why do you think musicals are an important art form?

SG: "People can say unimportant, but they really are, just because people sing and dance in them does not mean they do not convey important messages."

What is the message of Cinderella?

SG: "If you are kind and willing to be generous to people, even if others treat you poorly, you will find happiness. It's a lot better for everyone to just be good."



Sophomore, Lucy Wiececk (Madame)

How do you feel about the role you play?

LW: "Madame is so much different than I am. She is dramatic and very cruel, and emotionally abusive, which is something I have never really experienced. The thing about Madame is .. she is quiet about how mean she is, she is very explosive. She loves her

daughters, but loses them to her advantage. She even throws out her daughter Gabrielle once she disobeys her, so she does have a slight temper. Mostly she is cold and calculating."

How did you decide to interpret Madame?

LW: "I tried to go more of the route, when playing her character that she is redeemable, that sort of element of humanity, I tried to explore Madame's frustration with her past relationships, with how she was a normal person until her first husband died and then her world was shattered."

LW: "I found it hard to believe that Madame was very mean for the sake of being mean. I found that Madame was not really mean for the sake of being mean, I thought there needs to be a reason why."



Sophomore, Sasha Klepner
(background dancer)

What role did you audition for and why?

SK: "I auditioned for Gabrielle, and at the callbacks I read for both Gabrielle and Charlotte. I auditioned for them mainly because they were in my vocal range, I wanted to challenge myself."

Why should people continue to support musical theater?

SK: "Supporting musical theater means you're supporting someone's dream. It really does mean the world to us when you take time out of your day to come see a show, buy a ticket, or even just ask us questions about our current show. Support is what keeps us going when we're losing our minds during rehearsal week."

What is the message of Cinderella in your opinion?

SK: "I think the message of Cinderella, and don't mind me being cliché as hell, is to strive for the impossible because you never know what you're capable of achieving. Topher realizes he is deserving of love and is capable of being a fair ruler, Jean-michel earns a government position and gets rights for the poor, and Gabrielle escapes her toxic and abusive household. Each character finds potential within themselves and it's a lesson that the audience could definitely take away after seeing the show."

However, my personal favorite lesson is to wear a watch. Cinderella's always leaving that darn ball late."



Sophomore, Samantha Muggeo
(background dancer)

What role did you audition for and why?

SM: I auditioned for Gabrielle because I didn't want a major role, but I also didn't want to be in a mean one, either. I think I limited myself due to my own insecurities. Now, though? I'd probably go for Marie.

Why should people continue to support musical theater?

SM: Supporting musical theater is important because it allows people to express themselves in creative ways, as well as helps them find a loving and accepting community. It also just makes great performances that bring joy to many!! Honestly theater feels like another home to me. I've always felt like I belong there.

What is the message of Cinderella in your opinion?

SM: I think the message of Cinderella lies in the basic foundation set up in all retelling of the ancient tale of never giving up hope, but this revitalized edition of Roger's and Hammerstein's version also takes on the theme of doing things that seem "impossible" because good things come when you put your mind to something and are willing to succeed, if that's what you need.



Junior, Josh Wurzel (Sebastian)

What role did you audition for and why?

JW: "Originally I didn't audition for any role in particular, there is a form you are supposed to fill out for auditions, whether you want a lead role or supporting role, but when I did it I just circled that I was okay with any role because I just wanted to be a part of the show, have fun and see everyone."

How did it feel when you got a role you did not expect?

JW: "Originally when I got the call-back it was a little nerve wracking and you know I needed to do good, but all the scenes you do are with everyone else in the show, so when I did it for the first time it was actually fun. Auditioning made me nervous but doing it with everyone made the experience better. Also Ms. Schick is an amazing director so it made everything less scary."

The Cast:



Photos courtesy of Sasha Klepner



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Offseason Madness

Spencer Leventhal, *Editor in Chief*

Typically the offseason for the National Football League is simply a time where fans are awaiting the arrival of the next season. There are usually some new signings and trades that slightly change the makeup of several teams around the league. However, this off-season has been more



action packed and thrilling than ever before. Players have come out of retirement, multiple franchises have traded, and arguably, the best wide receiver in the league signed to a new team.

This dramatic series of offseason news and events began with the quarterback known as "The Greatest of All Time" retiring. Tom Brady announced his retirement via Twitter on February 1, 2022. This shocking news took over the NFL and even overshadowed the Super Bowl featuring the Cincinnati Bengals and the Los Angeles Rams.

Brady Tweeted, "I have loved my NFL career, and now it is time to focus my time and energy on other things that require my

attention." It appeared that Brady's 22 year long historical career had finally come to an end. At the time of his retirement, Brady held all of the major records and accolades attributed to quarterbacks. As the NFL and its fans began to accept Brady's retirement, another big development occurred in the

story. Only 40 days after his retirement Tweet, Brady once again took to Twitter. In his Tweet on March 23, 2022 he stated, "These past two months I've realized my place is still on the field and not in the stands. That time will come. But it's not now. I love my teammates, and I love my supportive family. They make it all possible. I'm coming back for my 23rd season in Tampa. Unfinished business."

Brady is in fact returning next season to resume his historic career along with his domination of the league. Players around the league supported Brady in his decision to return. Baltimore Ravens star Defensive End, Calais Campbell Tweeted, "Tom Brady!! I knew he wasn't ready to shut it

down! The game is in a better place when Tom Brady is on the field.

This was only the beginning of the exciting 2022 NFL off season. Seven quarterbacks changed teams during the last few months. Star quarterback of the Seattle Seahawks was traded to the Denver Broncos. Deshaun Watson, who has not played football

in over a year because of multiple sexual assault allegations, was traded to the Cleveland Browns. Carson Wentz, who struggled last year as a part of the Indianapolis Colts, was traded to the Washington Commanders. Veteran quarterback of the Atlanta Falcons was traded to the Indianapolis Colts. The Falcons then signed Marcus Mariota. The Pittsburgh Steelers signed Mitchell Trubisky. Lastly, the New York Giants signed Tyrod Taylor.

All of these quarterback signings will create a very exciting 2022-2023 NFL season. Quarterbacks have the ability to lead their team to greatness or cause



failure. It will be interesting to see on which side these seven quarterbacks will fall.

Quarterbacks were not the only players that were subject to offseason signings. Star wide receiver of the Green Bay Packers, Devante Adams, was signed by the



Photos courtesy of nfl.com

Las Vegas Raiders. This will leave Green Bay Packer quarterback, Aaron Rodgers, without his star player and target. As well, Tyreek Hill who is known for his deadly speed as a wide receiver was traded. Hill was the best wide



receiver on the Kansas City Chiefs, but was traded to the Miami Dolphins. This is great news for Dolphin fans and for their young quarterback Tua Tagovailoa.

The offseason is not nearly over, yet there have already been so many influential signings. Fans will want to watch the beginning of the 2022-2023 very closely to see what kind of impact that these signings will have on their respective teams.

Ready, Aim, Fire!

Shahaan Mirza, *Contributor*

Jakub Brachowski, *Contributer*

Did you know that the East Meadow High School athletic department used to have a rifle team as a winter sport? Between the 1970s and 1980s, the EMHS coed rifle team was considered the best on Long Island, including possessing the best equipment.

Looking into the NYSPHSAA (New York State Public High School Athletic Association) Rifle Guide and Regulations, competitive shooting is important because it develops the ability to control certain muscle groups, develop teamwork, and,

"Finally, one last reason shooting is important. It is FUN!!"

The rifle team was first created during the summer of 1970 and eventually removed in 1994. Remarkably, it was undefeated for a consecutive 21 years! The Rifle Range was located in the EMHS basement.

According to the East Meadow School District Sports Director, Kevin Regan, the sport was removed due to the surprisingly high amount of lead in the air. Nassau County Police believed that the amount of lead was highly dangerous so the range remained unused, the sport also had the least activity out of all of them.

Surprisingly, there was not a single

injury during the 30 year span of the sport. Practice was held every day with .22 caliber rifles as equipment. Students were not allowed to bring in their own rifles. Students wore special bulletproof jackets during matches.

Former 1991 rifle team captain, Neil Eisenberg told the *Jet Gazette* that matches consisted of individual shooting corals with 10 targets, the size of a half dollar. It was a timed event.

The school even named an award after Coach Joe Cullum. It was presented to the winner of an Individual Air Rifle Championship Match. Coach Cullum went on to become the secretary for the Rifle League after his time at East

Meadow. This is not the only award that has been named in honor of an East Meadow coach. The Charlie Tack Team Sportsmanship Award has been named after a coach who worked at EMHS during the years of 1976-1980 and represents the best coach of a rifle team.

Neil's sister, Lauren Eisenberg, also competed on the rifle team from 1990 to 1994. Neil joined because of his experience with Boy Scouts and his love of the sport. The fourteen students learned to respect the guns while training in the basement. Neil said that, "It was a great opportunity to learn how to further enhance their skills, while learning about gun safety."

Amanda Morris: Striking Up Success!

Mahira Ahmed, Features Editor

Meet Amanda Morris, All County East Meadow High School veteran bowler. Morris only arrived at the high school this year as a freshman, but has been on the bowling team for three years, starting from seventh grade.

Morris is rising in the ranks of the bowling world of East Meadow. She first joined the Woodland bowling team, and when in eighth grade before the Covid-19 pandemic, she made Singles All County Bowling in 2021. However, it did come with its own surface pressure.

Morris explained that, "I was the only girl on the team that made it, and the only bowler from EMHS to make it, so I was really representing East Meadow."

Despite the pressure, Morris took courage and made her community proud. Her favorite memories include, "They are with me through everything, and we have become a happy family if you would. I love the the support we give to each other



is phenomenal," she exclaimed! Morris also expressed how "We can't forget about our coach that makes it all happen. Coach (Vincent) Mascia makes sure that we have rides, gives us great pep talks, and makes sure we have fun, no matter how we are bowling."

The EMHS Girls' Bowling team had ten wins and two losses, along with winning the conference championship during the winter season of 2021-22. One part of the success is the leadership of the team, and Morris plays a big part. Morris explained,

"I would say I take some leadership of the team, more for the 'deep breaths' and encouraging words. Before our matches we take three deep breaths to calm our nerves down. I've been assigned that role to lead the breathing. I tell the team little encouraging words, like a pep talk but with more 'you get this' than 'you need this.'"

She also expressed, "When the games are close, I have been asked to tell my team if they need to improve their game or the pace they are going for is okay. I try to help the girls if they are struggling with a certain

shot, but we all collectively help each other! I think each team member has a leadership role on the team."

The experience was riveting, and with one success came another. She qualified for the Junior Gold Championships tournament in Indianapolis, improve the physical and mental part of bowling," Morris concluded. "People as she dubbed it "the Super Bowl of bowling" over summer 2021, and has taken these experiences to make her stronger. "If I wasn't in the other leagues I was in last year, I probably wouldn't have made it to Counties. It's the practice and the dedication that got me there."

She won the Nassau All County Girls Bowling individual championship in February 2022. She will enter the 2022 Junior Gold Championship in Grand Rapids, Michigan this summer.

"I have only improved greatly since the season ended last year, but I am also improving as last year went on. Learning better was to don't realize that bowling is such a mental game too, getting in your own head is so easy to do, getting out of it, not so much. I've kept a "steady head" and continued to improve."

Photo courtesy of Amanda Morris

EMHS Cheerleaders Leap to the Top

Alexis Goldberg, Contributor

Brianna Vallone, Contributor

On February 6, 2022, the East Meadow Varsity Cheerleading team hosted their annual cheer competition at Clarke High School to a packed house. Nearly 20 teams showcased their routines. East Meadow's Varsity Cheer team took second place in their division, with MacArthur High School placing first.

With much help from both the junior varsity and varsity athletes, as well as their parents, a lot of money was raised to help the varsity team pay for their trip to nationals. There was a lottery board raffle, a 50/50 raffle, as well as a variety of snacks which were sold, and t-shirts were also available for purchase. This is very important because cheerleading is

expensive and time consuming. Even on off seasons, cheerleaders are expected to spend money on camps, training, and gyms.

The ten seniors on East Meadow's varsity cheerleading team each chose a staff member that they felt had the biggest impact on them during their high school career. These staff members were called up during the awards ceremony and honored by the athletes who invited them. Senior

cheerleaders Emily Cackett, Gina Giambald, Katie Levin, Samantha Lin, Sofia Molina, Brooke O'Leary, Claire Owens, Jessie Pekor, Grace Pohalski, and Alexis Solis each spoke appreciatively for the individual teachers.

The East Meadow varsity squad made history that day scoring a 91.3, the highest score that an East Meadow cheerleading team has ever received! Coaches Stephanie Callan



Photo courtesy of @EMHSAthletics

and Carly Salzman were extremely proud of their team and they said that they had never felt more confident heading into the National Championship in Florida.

At nationals, the cheerleaders finished third out of 18 teams in prelims, advancing to the semifinals, where they placed 16th in the nation in the Medium Varsity Division

II.

Nothing beats the joy and accomplishment of doing and succeeding at the sport that they love! The girls have had an absolutely wonderful season with two first place finishes and four second place finishes. No one flies higher than a Jet!



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Girls

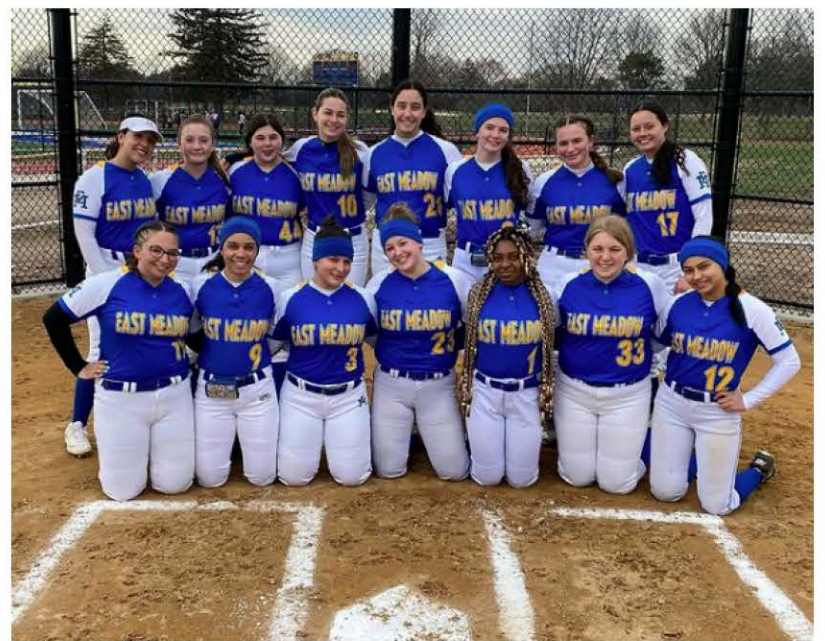
Badminton

- 4-26 @ 4:30 p.m.
- 4-28 @ 5:00 p.m.
- 5-02 @ 5:00 p.m.
- 5-10 @ 4:30 p.m.



Girls Softball

- 4-13 @ 5:00 p.m.
- 4-21 @ 10:00 a.m.
- 4-23 @ 12: 30 p.m.
- 4-25 @ 5:00 p.m.
- 4-27 @ 4:45 p.m.
- 5-07 @ 10: 00 a.m.
- 5-14 @ 10:00 a.m.




Baseball

- 4-18 @ 4:45 p.m.
- 4-21 @ 4:45 p.m.
- 4-28 @ 4:30 p.m.
- 5-03 @ 4:30 p.m.
- 5-09 @ 4:45 p.m.
- 5-12 @ 4:45 p.m.

Boys

Lacrosse

- 4-14 @ 5:00 p.m.
- 4-27 @ 4:45 p.m.
- 5-06 @ 5:00 p.m.
- 5-09 @ 4:45 p.m.
- 5-11 @ 4:45 p.m.
- 5-17 @ 4:45 p.m.

Boys Tennis

- 4-13 @ 5:00 p.m.
- 4-27 @ 5: 00 p.m.
- 4-29 @ 5: 00 p.m.
- 5-02 @ 5: 00 p.m.
- 5-10 @ 5:00 p.m.



Girls Lacrosse

- 5-02 @ 5:00 p.m.
- 5-06 @ 4:45 p.m.




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Alley- Oop

Minal Tahir, Contributor

East Meadow High School's girls' junior varsity basketball team consists of eleven outstanding players who were on fire throughout the winter season. This ambitious team improved each day and always tackled challenges.

Coach Rachel Barry exclaimed, "The Girls' JV basketball team is having a great year! Plainview JFK is our biggest challenge. We lost to them early in the season. Our goal is to have a winning record and refuse to let a team beat us twice."

That goal became a reality when the team defeated Plainview JFK with a score of 54-40 on the night of January 21. They truly refused to allow a team to defeat them twice, and have continued to defeat the majority of their opponents making them only stronger!

Junior Krystal Quizhpe and sophomores Myrdiva Jean-Pierre, Gianna Petrizzo, Dynasty Ramos, and Keziah Philip are the team's leaders as they play significant roles on the team. According to Barry, they all have an outstanding defense and are important players.

Barry concluded that, "The team has taken down most of their opponents, but they continue to get better every day."

Villafuerte-Castro: A One in a Generation Athlete

Ama Nkrumah, Contributor

Superstar senior athlete Leslie Villafuerte Castro has been a driving force on the East

Meadow Cross Country and Track's legacy for half a decade. She rose to the ranks and became the first female East Meadow cross-country champion at the mere age of sixteen. She is also the first female, from East Meadow, to qualify in the New York State Federation Championship in 20 years.

This year, she is on her last run as part of the team, as she graduates from East Meadow High School this year with her fellow Class of 2022.

Castro's amazing journey started while she was a student at Woodland Middle School at the age of only thirteen. At this time she was promoted to the high school team to run cross country and track at the higher level. This in itself was a great accomplishment by Castro.

"Joining the team as an 8th grader was scary at first. My first time meeting the team was at a meet at ocean breeze. I ended up talking to almost everyone by the time we got home. The team was so welcoming and made it really fun. I was one spot away from being all-county as an 8th grader. My 8th-grade year is probably my favorite year for winter/spring track by far, and I am very grateful to have had the opportunity to be able to do something not many people

get the chance to do," she stated.

Castro is not the only superstar with such an infamous name in East Meadow athletics. She hails from a family of runners, with her brother, Bryan, being a champion on the Boys Cross Country and Track teams from 2016 to 2019, qualifying for and winning the Conference Championship and All-County Championships. Castro's brother was her inspiration to embark on her running journey.

"My brother, Bryan, was the one who introduced me to track. He spent a year trying to convince me to quit soccer. He helped me earn a spot on the varsity track team as an 8th grader. The thought of being the county champ and following in his footsteps made the moment even better. Being the first brother-sister duo to be county champ is something I will never forget," lamented Castro.

Some of Castro's impressive times landed her not only on the top list of New York State Runner but also top 25 in the United States for her indoor and outdoor track events (1500m and 3000m), for her cross country events (4000m 4500m 5000m), and even steeplechase. These achievements across so many events emphasize the sheer dominance that Castro displays as a runner.

Castro is an loved member on her team, not only because she is a spectacular runner, but she is also a spectacular friend



Photo Courtesy of @EMXCTF

who cares for everyone.

One of Castro's teammates, sophomore Emily DeRosa, stated that, "Castro is very open to advice and is all around a great teammate; she always does what is best for the team. If you have a question for her about track she's always there to answer."

Another teammate, junior Dakota Eira, stated that "Castro is an amazing teammate because she is always helping us be the best we can possibly be. She is reliable, passionate, and a great friend."

It is one in a generation to see such a superstar as Leslie Villafuerte-Castro. And she still has one season left in East Meadow to amaze and astound.

Castro's track coach Michael Ringhauser stated that, "There is always the potential for athletes to achieve greatness, as Castro has certainly shown. We have some very hard working underclassmen in our program and hopefully, they take inspiration from the effort, optimism, and mindset Castro has established in becoming a champion."

Freshman Feature: Melanie Bogen

Brianna Rahaman, Contributor

The *Jet Gazette* interviewed freshman Melanie Bogen, a competitor on the winter track team to find out her first impressions of being on a high school team.

Jet Gazette: Since this is your first time doing winter track, how have you been enjoying it so far and do you like your team and coach?

Melanie Bogen: "We're only a couple weeks in so far, and I really enjoy it. Everyone is so supportive on the team, and I am so glad these are the girls that I get to run with everyday! Our track coach, Coach Ringhauser, is an excellent coach. He knows exactly how to get us into running shape and have a tolerable experience."

Jet Gazette: Are there any specific guidelines you have to follow because of Covid such as having to keep your mask on during practice, keeping distance from your teammates, etc.?

Melanie Bogen: "As for guidelines for practice, we do not need to wear masks or need to keep any distance from each other since our practice is outside. But, when we do our stretches inside the gym we have to keep a little distance and wear our masks." (**Mask rules have relaxed since this interview took place.)

Jet Gazette: Do you feel protected and

safe when competing against other schools / going to other schools and are there any guidelines you have to follow for competitions?

Melanie Bogen: "(In the beginning of the season) during our indoor meets we must wear a mask when we run, however, we can't get disqualified if our mask 'accidentally' falls off while we're running. But when we're sitting on the bleachers we MUST wear our masks or we'll get in trouble by security. On the ride to the meet and back we also have to wear our masks. As for spectators, no family or additional people are allowed to come with us. We are allowed to share tools and equipment, and we have to bring our own water bottle unless you're willing to pay for one. So as for feeling safe and protected from Covid, I'm in between on how I feel."

Jet Gazette: Do you enjoy going to practice everyday and do you feel safe and protected while practicing?

Melanie Bogen: "I truly do enjoy going to practice. It's something I get to look forward to everyday when I have a long day in school. I have never been much into running, but the team and my coaches have made my experience pleasurable. I feel very safe and protected while practicing, and there was never a time and place where I worried about my safety."

Hurdles of the Track

Deneelynn Paul, Contributor

Track and field is a fantastic sport that offers great benefits to a high school athlete. Running in general is one of the most effective ways to stay in shape and train for all sports. Track teaches students the proper running techniques, whether it be sprinting or the variety of different distances in different events.

The track team races in three sprint distances (100m, 200m, 400m), a mid-distance (800m) and long distances (1500m, 1600m, 3200m and 5000m). For hurdles, there are typically two distances: 100m and 400m.



Photo Courtesy of @EMXCTF



The relay consists of a team of four, where every runner is equally important. The two most popular relay events are 4x100m and 4x400m.



Photo Courtesy of @EMXCTF

Field events offer "jumping" categories, including the long jump which involves attempting to jump as far as possible from a particular point, the triple jump, also known as "hop, skip, and jump," the high jump in which the athlete attempts to jump over a horizontal bar without moving it, and the pole vault which requires using a pole to jump over a bar. Throwing options include javelin, discus, shot put, and hammer throw.

Winter Sports Recap

Humza Malik, *Sports Editor*

Girls' Basketball Team

The East Meadow Girls' Varsity Basketball team walked away as champions of the 2021 Wildcat Invitational at Wheatley High School. Senior guard Lindsay Solenski was named MVP of the tournament, and Charlotte Viola was named to the all-tournament team. The season ended with a 10-5 overall record, with a seven-three conference record. Solenski averaged 18 points a game, and clinched a playoff berth for the eighth straight season. The final game was against Valley Stream Central, and honored the three senior student-athletes: Solenski, Paige Gerwitz, and CeCe Santana. Their first playoff game took place on Friday, February 18, against the Syosset High School team. The team fought hard, but ultimately, the game got away from them with a score of 76-30 with Solenski scoring 18 points for the Jets, and winning an All County post-season award. Positive contributions from sophomore sensations Charlotte Viola who won an All-Conference post-season award, and Brooke Vislocky who also won an All-Conference post-season award. Juniors Isabella Pota, and Kaitlyn Podmore have also done an outstanding job at both ends of the floor with Gerwitz earning a Senior Scholar Athlete award.



EMHS JV Girls Basketball

Photo Courtesy of @EMJETSATHLETICS

Boys' Winter Track and Field Team

The Boys' Indoor Track and Field Team won their ninth consecutive Conference Championship this season. They won with 120 points, topping second place Baldwin who ended with only 93 points. Individual Conference Champions included Sameer Grewal (600), Aaron Schlectman (pole vault), and the 4x800 of Leo Masaoka-Guevara, Samir Khan, Nick Chimienti, and Sameer Grewal. Other All-Conference athletes were Kyle Li (55 hurdles), Leo Masaoka-Guevara (1000), Jason Matthias (high jump), Jahmire Da Cruz (long jump and triple jump), Kyle Nacionales (shot put), and Adam Akselrod (shot put and weight throw).

Girls' Bowling Team

The Girls Bowling team were Conference Champions this season and

finished in third place in the Nassau County Tournament with Amanda Morris winning the Nassau County individual championship with an average of 205. The team was led by two time All County bowler Morris. Morris is a freshman and averaged 197 this season. Other main contributors on the team were Francesca Fevola, Jen Lunarola, Alexandra Occhioto, Adriana Barbieri, and Katelyn Haubrick.

Girls' Winter Track and Field Team

In February 2022, the Girls' Track and Field Team won their first indoor Conference Championship since the 2015 season. Leslie Villafuerte-Castro led the way, winning three individual events (1000, 1500, 3000). The other individual conference champions included Mariah Perkins (high jump), Stephanie Pincus (shot put), Jessica Park (weight throw), and Janina Cichocki (pole vault). Our other



Boys Winter Track

Photo Courtesy of @EMXCTF

All-Conference athletes were Becca Silverman (3000), Mariah Perkins (long jump), Jada Reid (triple jump), Stephanie Pincus (weight throw), and Samantha Schlectman (pole vault).

At the County Championship Meet, the teams combined to have 11 athletes earn



Girls Winter Track

Photo Courtesy of @EMXCTF

All-County honors. They were Janina Cichocki (pole vault), Dakota Eira (4x800), Gabby Escobar (weight throw), Sameer Grewal (600), Anaya Hall (4x800), Jason Matthias (high jump), Jessica Park (weight throw), Mariah Perkins (high jump), Kaitlyn Podmore (4x800), Samantha Schlectman (pole vault), and Leslie Villafuerte-Castro (3000, 4x800).

They hope to continue their winning ways as they transition into the outdoor track and field season. Last year the girls' team went undefeated winning the Conference and Division Championships.



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