

# The Krob

Miller Place High School Newspaper



## Miller Place School District's New Addition to Bathrooms

*Onjali Gomez*



### WHAT IS A VAPE DETECTOR?

Miller Place has recently added Halo Sensors to two of the eight student bathrooms. Halo can detect 0.3 microns of vape smoke. These vape detectors detect the presence of vaping and other unwanted behaviors. The halo sensors are used for much more than catching students. They can detect tampering with the device and loud noises such as: yelling, fighting and gunshots. The most predominant reason for the installation of this device is simply to prevent the use of vapes in school. The E-cigarettes, unlike normal cigarettes, are composed of propylene glycol (PG) and/or vegetable glycerin (VG).

### HOW DO THE DETECTORS INFORM STAFF?

The Halo sensor is designed to send a silent alarm to our administrators (Tufaro and Slavin). According to principal Slavin, "We do not send the ping to teachers on duty. We do not want the teachers to be involved in the disciplinary process, as it can negatively affect the relationship between the staff and students." the HALO sensors benefit the school and health/safety of students. Principal Slavin added, across the county and beyond,... "we are struggling with an accepted norm of communities everywhere: how to stop students from vaping. This will give them an out. They don't want to be disciplined."

"Within seconds the HALO sensors inform the proper staff...the number of students caught is a hard number to say. If there are three students we will talk to all of them. That does not mean we will ever prove someone vaped in the bathroom." Longwood School District "piloted this for the school" and they gave good insight on how it is benefitting the students.

### THE MYTH

The cost of HALO detectors varies. This money taken from the school budget in order to install the detectors does not take funding away from our school proms or other events. The price of the detector alone is fairly low: approximately \$300. According to Principal Slavin, the part that is hard is putting a sticker price on it because the program has system installation as well as individual detector installation which vary.

### CAN I GET INTO TROUBLE ON ACCIDENT?

Vape detectors have a small chance of being set off from the steam of a shower, even though they are quite accurate, there are fine particles and fumes from cleaning products and aerosols that can mimic the chemical signature of vape and smoke. According to Tritonsensors.com, "body sprays, perfumes, and deodorants can set off the alarm if sprayed in the direct path of it."

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**Traveling to the other side of the country**

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**Mock Trial**

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Although these misdetections instances can happen, Principal Slavin states, “In the one bathroom there have been times we could prove and could not prove. They are tremendously accurate. We would not discipline a student if we did not find anything.”

### WHAT IS THE GOAL?

Taking into consideration that “The addition of more detectors is cheaper than the initial install. The goal is to expand and add the HALO detectors to more bathrooms,” according to Principal Slavin. He believes the expansion of these devices would benefit the safety and health of students. he expansion of these detectors can go as far as the locker rooms, almost definitely not the bathrooms. The expansion of these detectors can go as far as the locker rooms, almost definitely not the bathrooms.

### A POPULAR STUDENT’S PERSPECTIVE:

‘ I don’t want to go to the bathroom if other people are in there. It scares me that if I am in there with someone vaping that I would get in trouble for others actions.” Students need to feel that they are being heard. A simple conversation regarding your needs to a higher up district administrator will be heard. Slavin and I discussed the possibility that “if we add these detectors to more bathrooms do you think we can change another bathroom to the one in one out gender neutral policy to help students feel more comfortable?” Slavin was completely understanding and empathetic to the student perspective. In response he said “it will be difficult but not impossible.” Principal Slavin loves having conversations with students and hearing us out. If you want change in your school you have to be willing to fight for it and willing to speak up.



Ava Rado

## What Happened to The Chinese Balloons?



In the United States news, millions saw balloons being brought down to be evaluated by professionals to have a greater understanding of their purpose. A couple years back, Chinese officials and scientists were taking an avid interest in near space: a region known as a “no man land” where the air is too thin but gravity is too strong. Near Space can be used for a potential key operating area, where things such as balloons, airships, or anything else that is survivable within the region can be taken to gain information and have a significant purpose in defense for one’s country. Airborne or space dominance is becoming more of a common desire among prominent countries.

Specifically, “Wanting to strengthen the exploration and understanding of near space to gain strategic ways to dominate others is becoming one of the focuses of competition” states a Vice President of the Chinese Academy of Sciences. When the US had shot down the balloon, it set off diplomatic tension between the two countries.

However, these suspected Chinese balloons have also been spotted in Japan, Taiwan, India, Latin America over the past three years. Beijing claims that the balloons were only for the purpose of a meteorology mission, but a balloon like this is relatively unusually bigger than a normal weather balloon. The balloon that was shot off the coast of South Carolina, could have consisted of “multiple antennas to include an array likely capable of collecting and geolocating communications,” stated by the US Government.

Essentially, the People’s Republic of China balloon could have been used for surveillance purposes, intelligence about enemy movements, positions or activities. China does have the second largest fleet of satellites in the world, so wanting to advance their strategic surveillance is a possibility. Even though U.S. officials do not have too much knowledge on the China balloons, it is clear that the desire for space dominance is becoming more significant.





## In Memory of Leslie Jordan

Julianne Donohue



On October 24th, 2022, Emmy Award-winning actor, comedian, and musical artist Leslie Jordan passed away at age 67 in a car accident as a result of sudden cardiac dysfunction. Investigators believe Jordan's heart failure reportedly overcame him while he was driving to the filming set of "Call Me Kat." Jordan was beloved by his colleagues and fans, with "Call Me Kat" co-star Mayim Bialik writing on social media, "They broke the mold when they made Leslie Jordan. He was a dear mentor and a beloved friend. I will miss him so much — it's unimaginable that he's gone. Rest well, sweet buddy."

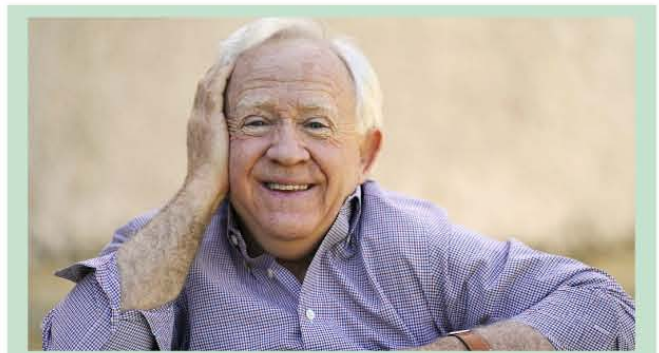
Leslie Jordan, famous for his charming southern accent and unique 4'11" frame, was born on April 29th, 1955 in Tennessee to parents Peggy Ann Jordan and Allen Bernard Jordan. Raised in a southern Baptist family, Leslie Jordan's conservative surroundings as a child made it difficult for him to feel unapologetic about being gay. According to the comedian himself his mother, Peggy Ann, could never truly understand his sexuality but was capable of being a loving and supportive parent anyway. As Jordan grew into his identity, at approximately age 11 or 12, he lost his father, an Air Force reserve officer, who passed away in a plane crash. Although Leslie Jordan's identity did not "align" with the religiously conservative views of people throughout his hometown, the actor and musician lived a spiritual life. In 2021, a mere year before his passing, Leslie Jordan released a gospel album that included collaboration with renowned country artists such as Dolly Parton and Brandi Carlisle: Jordan was also known for singing church hymns on his Instagram.

Leslie Jordan began his professional career in the late 1980s when he moved to Los Angeles, California. After working with acting coach Carolyne Barry, he landed several comedic TV commercials for food and beverage companies. His first television show was "The Fall Guy," in which he made a minor appearance. After this small break, Jordan gradually began to accumulate more opportunities and became well-known for his dry sense of humor and iconic presence.

Although Jordan's work has crossed the multiple mediums of television, film, music, and live theater, his arguably greatest work was done on "Will & Grace," a late 1990s to early 2000s sitcom, in which he played the recurring character Beverly Leslie, a comedic elitist, and won an Emmy for it the early 2000s.

Through all of his success, however, Jordan struggled with an alcohol addiction. When he passed at age 67, Jordan had been more than 2 decades sober and was adamant about raising awareness for substance abuse. Jordan also became involved in supporting the AIDS Project Los Angeles (APLA) and Project Angel Food.

Most recently, Jordan experienced a resurgence of fame on social media through which he posted a plethora of comedic videos during the COVID-19 pandemic lockdown in 2020 and garnered millions of followers. Jordan's light shined bright until the end when he received the GALECA: The Society of LGBTQ Entertainment Critics' Timeless Star award and published his memoir "How Y'all Doing?" both in 2021. The legend is survived by his younger sister.







# How much are you spending on groceries?

Faith Torres

Up 11.3% from the previous year, the inflation rate on standard groceries is through the roof. As of the new 2023 year and even a little before, the prices on food has increased at an obscene rate. The increase in prices has caused many Americans to condense their shopping lists. Although inflation is a current issue across all categories of consumerism, it's nothing new. Inflation has been increasing over the past decade, peaking during the COVID-19 pandemic.

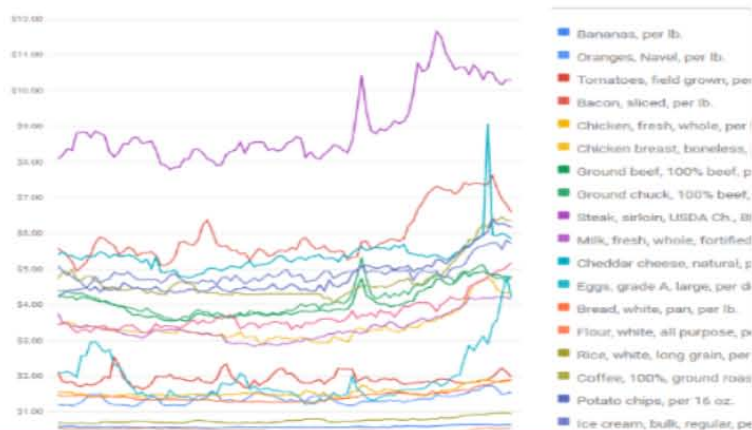
Mr. Parillo, an Economics teacher here at Miller Place High School, says that with retirement coming up, he and his wife have been combing through their grocery list with a fine comb, cutting costs where they can. An example he gives is with his coffee. He's gone from using his Keurig to a normal coffee pot with ground coffee, the cheaper alternative. Another strategy on grocery shopping for him has been to avoid purchasing unnecessary things like soft drinks and trying to purchase items on sale. From his own experience, Parillo observes that milk and eggs have changed the most in price lately and have become less attainable. He now purchases only a half a gallon of milk at the price of around \$5.50, originally \$3.70.

Additionally, Mrs. Sturtz, a Business teacher and mother of teenage twin daughters (with a son away at college), has also been changing up her grocery shopping as well. Like Mr. Parillo, Mrs. Sturtz has noted that milk and eggs have been one of her biggest expenses when it comes to the groceries. Sturtz says that she now plans meals depending on what's on sale and she has even broadened her horizons by learning new recipes that use less ingredients. To help cut back on expenses further, Sturtz even plans on reinvigorating her garden in hopes that she can curtail the produce expense. Like Parillo, again, Mrs. Sturtz has also eliminated unnecessary things like chips from her shopping list. She says that things like chips finish

quickly and are too expensive.

Although, for the most part, students may not be buying their own groceries it's important to understand what you can do to save money- to help your parents and your future selves.

Chart of inflation in grocery products from 2015-2022)







# “They’re Used To Being Cold”



Ava Rado

Angela Pollina, a former fiancée of Michael Valva, who was an ex- NYPD officer, has been convicted of murder for the death of their eight year old son, Thomas Valva, in Riverhead, NY. Thomas Valva had died due to hypothermia because he was forced to sleep in his garage that had extreme temperatures. Pollina and Valva were both arrested on January 24th, 2020 and charged with second-degree murder with four counts of endangering the welfare of a child. These charges sentence each to face 25 years to life in prison.

Thomas Valvas father, Michael was convicted with his son's death in the Center Moriches garage. However, the mother, Angela Pollina did not face any charges, but earlier this month marked the third day of Pollina's trial. Even though Pollina wasn't formally convicted of anything, jurors and citizens still argue whether or not she had part in her son's death. On Pollina's trial, teachers and the principal from East Moriches Elementary School testified. The principal, Edward Schneyer, took the stand first by saying how both boys were autistic and as the school year progressed, school officials began to worry due to noticeable weight loss, dirty clothes being worn everyday, change in behavior, tc... Schneyer had testified that there was a weight check commenced at school, and it was recorded that the boys had lost twenty lbs but after CPS was called they suddenly gained thirteen lbs back.

The Valva boys would come to school saying they were “starving”, but Pollina claimed to have put out food for the boys but they “weren’t hungry”. “The kids were responsible for feeding themselves.” Pollina stated. At one point, Valva and Pollina were offered parent training on how to deal with the boys’ autistic behaviors, but after one session they thought it was not needed anymore, despite the boys still coming to school in urine soaked clothes, continuous weight loss, along with cold, chapped hands, bruises and lacerations.

There was another witness during Valva's trial, a plumber that said he saw Pollina throw a child down the stairs and that there is evidence of texts reflecting Pollinas frustration of Thomas and his older brother. The prosecution proved beyond a reasonable doubt that Pollina knew the risks to Thomas and disregarded them. Defense attorney Matthew Tuohy claims, “Convicting Angela Pollina of Murder is not going to make this right. Angela Pollina did not murder this boy.” Thomas Valva had been hosed down with freezing temperatures by his father, then placed to sleep in a garage to sleep in with the outside weather being 19 degrees, and proven to have died by hypothermia by the medical examiner. In the end, after a two week trial and five hours of discussion, Angela Pollina was found guilty of second degree murder and four counts of child endangerment.





## STUDENTS OF THE MONTH

KROB

### Patrick Milord



Patrick has displayed passion, excellence, achievement, and growth as a business student. Through his quality of work, outstanding disposition, and interest in the material, he has contributed to the world of business within the school district and community. Patrick specifically displays his commitment, dedication, and passion in both the Virtual Enterprise and Accounting courses. Mr. Thomas Fank, Virtual Enterprise teacher, stated "Pat leads by example for his classmates each and every day in Virtual Enterprise. When students are lost and need assistance in particular assignments or competitions, Pat is always the first to ask them if they need help and offer solutions. Not only does Pat excel in the classroom, but he is also a person of high moral and academic integrity and serves as a role model. Ms. Catherine Sturtz, Accounting teacher stated, "in Accounting Patrick stands out among his peers in comprehending curriculum. He actively participates in class discussions and produces high quality work consistently. Patrick also works well with others in class, promoting small group discussions and providing assistance when needed."

"Quote"

-Me



### Nailah Rahman



Nailah Rahman was selected to be April's Unified Music Student of the Month. She is a sophomore in Jazz Band, as well as the leader of the bass section in the MPHS orchestra. Throughout her high school career, Nailah has played bass in the pit orchestra for the drama productions "The Wizard of Oz" and "Anastasia", joined the Metropolitan Youth Orchestra and the Sound Symphony Orchestra, and has lead the bass sections at both LISFA (Long Island String Festival Association) and SCMEA (Suffolk County Music Educators Association).

Nailah was overjoyed to receive an award from the district's music department. "The best part about playing with different groups is that I don't have the option to focus on one single thing. Having a variety of music to practice makes playing an instrument fun for me", says Nailah. She has been greatly inspired by her encouraging peers and music teachers, and hopes to continue to casually be involved with music in the future.

*"Do not take life too seriously. You will never get out of it alive."*

-Elbert Hubbard



# GETTING TO KNOW YOU

## All About FBLA



Angelo Ceccarini & Ava Rado

With the FBLA competitions slowly approaching, Newspaper club members Angelo Ceccarini and Ava Rado conducted an interview with FBLA President, Lindsey Galligan. This interview allowed us to gain more insight into what the club has to offer.

For a little introduction, President Lindsey Galligan states that FBLA is the high school division of Future Business Leader of America-Phi Beta Lambda, Inc. It is a club that helps high school students prepare for careers in business through academic competitions, leadership development, club fundraising, and higher educational programs. Galligan then goes on to state, "FBLA demonstrates leadership and willingness to contribute to meaningful school-community relations, and possess qualities for employment".

As the president, Lindsey Galligan conducts monthly meetings, coordinates chapter events, and manages fundraising profits and social media accounts, while working with the community. She has coordinated events such as the carnation gifting for Valentine's day, and a FBLA's Safe Halloween room.

As for the competitions themselves, Galligan talks about what the competitions have to offer. The competitions come in a variety of types, different sectors. Some require a presentation, while others are a written test. The competitions prepare students for future career paths and allow potential colleges to see your selected major.

Within Galligan's experience, she describes these competitions as a really fun way of helping colleges notice these students within the field of business. Galligan has won 5th place herself in New York State for Social Media Strategies in 2021, and is currently entered in the stock market game, currently standing at second place.

Anyone within the club is eligible to enter these competitions. The different fields within these competitions can further expose Miller Place students to networking opportunities, and help colleges see the potential of the students attending our school.

## Riptide and Orchestra, an Unlikely Duo

Faith Torres

On March 25th, members of the North Country Road Middle School and the Miller Place High School Orchestra's were given the opportunity to perform at Nassau Coliseum during a Riptide professional box lacrosse game. They performed a mash-up of "We Will Rock You", "Take on Me", and "Eye of the Tiger" that was composed by Mr. Matura who affectionately titled it "Mashup Thing."

Mr. Matura, orchestra director for grades 7th and 8th, was contacted by Riptide who was reaching out to local schools in search of performers. This event took months of planning and preparation by both Mr. Matura and Mrs. Desiderio, who teaches the high school and 6th grade orchestras. Not only did the full orchestra have to memorize the song, but they also rehearsed running out onto the field with their instruments (Basses were substituted with bucket drums for safety concerns.) The Miller Place Orchestra was given 90 seconds to perform-10 seconds to run back and forth, 70 seconds to play. Although it may not seem like much at first, this was a very important step in connecting music and sports.



*Mr. Matura with Riptide Mascot, Eddy*



*Mr. Matura conducting the orchestra*



# Mock Trial

Nailah Rahman



This year, the Miller Place High School Mock Trial Team had the opportunity to face off against East Islip, Comsewogue, West Babylon, and Deer Park during their February competition season. This year's lawyers consist of Evelyn Enriquez, Olivia Bloom, and Jacob Huwer, were present at all four competitions. This year's fictional case took place in a duplex that was in the process of being renovated by ACME Construction Company in the heart of the fictional town Depew, Nirvana.

While putting up new drywall in the home of Marley Miser (Richard Devito), construction worker and plaintiff Remington Stone, a cantankerous curmudgeon (Taylor McHugh) fell onto an open 220-volt line after the ladder he was using to put up new drywall slipped. The plaintiff argues that Mr. Miser had the obligation to ensure that Mr. Stone was provided with a safe-working environment and failed, due to the wet flooring, open electrical line, and an aluminum ladder lacking rubber footings in the room Stone was working in. Dakota Springs, Remington's guide parent (Mark Lindemann), attests to Remington's good character, and believes that Remington's work ethic should not be blamed for his injuries. Alexis Anderson, an industrial engineer (Nailah Rahman), states that no amount of proper positioning on Remington's account, could have prevented the slipping of the ladder due to the wet conditions of the floor and the lack of rubber footings on the ladder.

The defense argues that Remington, with his previous background in electrical wiring, should have been able to act accordingly around an open electrical line. Reese Withers, site supervisor (Nailah Rahman), believes that only the site supervisor has the legal obligation to ensure a safe working environment, therefore Marley Miser can't be blamed for Remington's injuries. Since ACME only has one site supervisor, the defense argues that Remington's injuries should be blamed on ACME, not

Miser. Skyler Harris (Sophia Necci), a tenured professor at the University of Nirvana's department of industrial arts, argues that after testing the wet floor, Remington's ladder couldn't have possibly slipped unless Remington had pitched incorrectly.

Mock trial is an involving club that requires members to be passionate and committed to learning about the law. Senior Evelyn Enriquez, who plans on pursuing a career in law, states that,... "there's a lot of work and dedication that goes into it." Enriquez and her fellow lawyers, Jacob Huwer, and Olivia Bloom, spent many hours at home and in school coming up lines of questioning for both the plaintiff and the defense. Despite the large responsibility, the lawyers and the witnesses of our mock trial team agree that preparing for the competitions was a rewarding experience.



Miller Place Mock Trial Club at competition  
(pictured above)





# New Year, Same Old Me

Bianca Zou

On the second Friday of January, National Quitter's Day or, "Ditch New Year's Resolutions Day" is celebrated by relaxing and releasing the guilt about breaking the goals people set for themselves less than two weeks ago. Thirteen days. What's the point? Setting up New Year's goals has been a routine since as far back as the 17th century and are talked about until the midnight of December 31st. But, after the holiday high, a hangover comes upon people and resolutions are broken just as easily as they were made.

According to the US News and World Report, 80% of New Year's resolutions fail by February and only 8% are kept throughout the rest of the year. A study done on New Year's Resolutions by Kaplan and Marlatt reported that 75% of general resolutions were being kept over the three month period. Although the results may not be accurate because participants were asked to report on their own progress. There's a possibility that people wanted to "look good" for the experimenters and lied. Resolutions also follow a steady decline past January 1st; in the Journal of Substance Abuse, Norcross and Vangarelli recorded that after a week, 77% of those contacted were successful at keeping their resolutions. Even if this is a positive number, after a month it dropped to 55%. The problem with keeping up the new goals are obvious and studies prove the disappointing numbers, revealing the truth about them.

As the article continues, it brings up a study by Hanks, Just, and Wansink which suggested that food patterns during the holidays influence the food purchase patterns after the new year. While healthy food purchases increased in January, non-healthy food purchases stayed at the same level as during the holidays. The less tangible the goal was, the less motivation there was. But, as the goal was seen as touchable at arms length, people had more motivation to keep it up.

One of the best ways to achieve that motivation are small steps. Take a look at this graph, for example: The gym memberships are seen to spike during the transition period between December to January. According to Kerry Chamberlin, a professor of psychology, while this information isn't surprising because of all the resolutions of trying to lose weight, the sudden drop in January is. It's clear that people use their resolution motivation to start as big as they can, rather than setting realistic goals. Chamberlain recommends skipping the gym membership until you have an idea of what you actually want to accomplish and how much work and time it will take to achieve it.

Buying the gym membership immediately will only annoy the regulars who go there because of the sudden mass of people within two weeks.

Now, these studies can go on about how setting specific and attainable goals will get you far, but New Year's resolutions are actually harder to quantify than other, regular goals. Here's what I mean: according to Dr. Shayna Sheinfeld, goals like forcing yourself to write more or getting back to a normal routine end up making us feel like we are not worthy of our goals because we don't accomplish them. This is another reason why New Year's resolutions are dropped so quickly. Since people don't even know where to begin, they become overwhelmed and feel that they're just not capable of achieving the goal they looked forward to, thus cocooning back into their old habits just as quickly as they had left them. Another fault in these goals is the sudden gratification people hope to achieve. According to Kaplan and Marlatt, psychologists at the University of Wisconsin, people say they want to "turn over a new leaf" at the most convenient time, rather than sticking to it. When New Year's rolls around, they begin flooding their phone with new goals instead of thinking about how much work they will actually have to put in. Rather than looking at the progress, they obsess over the results.

Joseph Luciani, author of "Why 80 Percent of New Year's Resolutions Fail," describes a way to combat this issue. He first begins by saying, "Unless you first change your mind, don't expect your goals to materialize." This is especially true when people are seen obsessing over the results. Before you go ahead and buy that gym membership, make sure you're in the right mindset and know you're the one that has to work for it. Luciani then says, "As complex and multifaceted as the answer to why they fail, one way or another it all boils down to self-discipline. Essentially, you build self-discipline by willfully enduring the transient discomfort of changing who and what you are." Most resolutions start without the knowledge of knowing how hard the goal will be to maintain and reach. People need to start realizing how dependent they have to be on their mind. It's all dependent on themselves, and the motivation won't come just because it's a new year. A good way to start, as Luciani puts it, is to, "...find simple challenges that you make happen. Better to do the best you can than to fall short and wind up jeopardizing your growing capacity for believing in yourself." By finding simple challenges in your day to day life, it will give you motivation to move forward to bigger goals.





of a jump from no change to a sudden start of a life goal on January 1st, there are small methodical steps leading up to the major achievement. He continues to say, "Don't allow yourself to procrastinate; make yourself finish your paperwork before turning on the TV." If you were to let these small thoughts enter your mind, it would allow you to begin a steady course of action instead of holding off on your journey for next year.

If you're having trouble increasing the time you spend on your goals, Morrison, Dinsmore, and Cazier, the authors of "Resolutions: Make Ones That Stick", makes it attainable to increase the time you spend on goals. The authors use a fictional character named Macy, who wants to walk her dog for longer and more frequently, saying that, "Macy realizes she is already walking her dog twice daily, so she writes down that she will walk her dog for 10 minutes twice a day. She commits to this three days a week for the first week. Each subsequent week, she will add one more day until she does it every day. Eventually, she will increase her time by five minutes each week until she works up to 30 minutes everyday." By doing this, Macy is able to stay on top of her goal while also being productive and avoiding burn out.

Start small with little goals before you jump to big ones, increase your time every day, get into the mindset of knowing you'll have to change, know how much work you have to put in before seeing the results you wanted to see, know that you'll get discouraged but don't allow yourself to give in to old habits, and finally, set SMART goals. SMART stands for Specific, Measurable, Attainable, Realistic, and Time-bound goals. They will allow you to stay on track of your goals while also seeing the progress. According to the Forbes Advisors, specific should, "...be clearly articulated so that you're clear with the objective. Define what will be accomplished and the actions to be taken to accomplish the goal." It's important to keep it narrow so you don't go off track and make you feel like you're not making any progress. Measurable, according to the Forbes Advisors, means you should, "...have a quantifiable objective so that you can track progress and define what data will be used to measure the goal." For example, Macy uses a measurable goal because she wants to walk her dog for 30 minutes per day. Achievable is, "...goals [that] need to be realistic in order to maintain the enthusiasm to try to achieve them.

Break goals down into smaller, bite-sized chunks." Before you buy that gym membership, make sure you will have the time and energy to be able to workout in the first place. Next, make sure your goal is realistic. Realistic goals, "...should be aligned with the mission of the company. Don't set goals just as an exercise for something to do." You may need to ask yourself questions such as, why do you want to achieve this goal and what is the main root of your motivation? You have to understand the reason before you start. Finally, time-bound, according to the University of California it, means to, "...ask specific questions about the goal deadline and what can be accomplished within that time period." Time-bound goals give you a sense of urgency to get started on your goals and give you a deadline in order to not procrastinate. For example, if you want to start writing more, say that you'll start in the first week of May and finish two short stories by July.

In addition to SMART goals, it's important to also consider SUCCESS goals. Since SMART goals are usually meant in the business setting, there's some things that need to be added to them in order to make them personal. According to Thomas Rutledge, contributor to The Healthy Journey, SMART goals actually originated as a way to start a more consistent formula for managers to communicate objectives. With SUCCESS goals, we can make a more secure way to achieve goals for individuals. Though SUCCESS stands for subjective, urgent, committed, concrete, evaluate, shared and support, the 3 S's are the most important. You need to make sure your goals reflect what you want, not what the other people want for you. Furthermore, if you share your goals you can get accountability for achieving them. And finally, gaining support from others will give you hope for progress. Evaluating is also a crucial point. You need to think to yourself how far you've come with attaining your goals and how much progress there is left to make.

With this new, structured plan, there's definitely a higher chance you'll actually achieve your New Year's Resolutions. By taking small steps, following the acronyms, and acknowledging what you have to do, you'll be able to accomplish more than you would've. With all the advice, there's definitely a higher chance you'll be successful in your tasks. Instead of celebrating Quitters Day by letting go of your fresh goals, start with something small or even begin a quick workout.



# Celebrating Amazing Women

Faith Torres

## Women of Art

Yayoi Kusama, “The Princess of Polka Dots”, is a Japanese-American contemporary artist. Kusama’s art varies in media, but she primarily does paintings, sculptures, performances and installations. Her art tells the story of a hallucination she had when she was a little girl; she was in a field of flowers that had started to talk to her. She says that the flowers had resembled dots that were endless - hence the excessive repetition of polka dots in her artwork. Despite her parents initially disapproving of her art, she prevailed and made a name for herself when she moved to New York in the late 1950’s. Kusama is best known for her “Infinity Mirrored Room”; a room that is mirrored on all sides, including the ceiling and floor, that is covered in small round lights that create a beautiful scene that depict a mini-galaxy.



## Women of Music

Phoebe Bridgers is an American singer and songwriter. Bridgers’ music falls under the genre of Indie-rock, her unique songs allowing her to stand out in the sea of talented musicians. She debuted in 2015 with her album, “Stranger in the Alps.” Bridgers, along with her solo career, is also a part of the supergroup Boygenius, an indie-rock band. Bridgers has been nominated for four Grammys in the past 3 years, and it’s only a matter of time before she gets to take one home. As of late February, Bridgers concluded her second solo concert tour, “Reunion”, in Tokyo, Japan with outstanding success. This spring, Bridgers (solo) is set to open seven shows in Taylor Swift’s “The Eras Tour.”



## Women of Entertainment

Stephanie Hsu is a Chinese-American rising actress and singer, best known for her role as Joy in Daniel Kwan’s “Everything Everywhere All at Once.” The role has won her “The Independent Spirit Award for Best Breakthrough Performance,” as well as “The Screen Actors Guild Award for Outstanding Performance by a Cast.” In addition to the awards, Hsu was nominated for her first Oscar and has captured the attention of the public as a rising star.



## Women of Business

Indra Nooyi is an Indian-American business executive. Nooyi was the CEO and chairman of the soft-drink manufacturing company, PepsiCo, for 12 years; Nooyi was key in the company’s restructuring and diversification. Thanks to Nooyi’s great leadership, PepsiCo’s revenue increased from \$35 billion in 2006 to \$63.5 billion in 2007- nearly doubling. When Nooyi came to the United States, despite already having a masters degree in business, she pursued higher education and enrolled into Yale School of Management where she received an additional masters degree in public and private management. Nooyi has been consistently featured on the “Worlds 100 Most Powerful Women” list, her highest ranking being #3 in 2008 and 2009.





## Women of Literature

Alice Walker is an African-American writer, her most notable work being her novel "The Color Purple." Walker's writings are centered around the treatment of the African-American culture. Her first novel was "The Third Life of Grange Copeland", a narrative that follows three generations of an African-American family. In addition to novels, Walker has published several books of poetry; her poems follow the same theme of civil rights. In 1892, when Walker published "The Color Purple", she was awarded the Pulitzer Prize for Literature in History- becoming the first African-American woman to win the category. "The Color Purple" was later adapted into a film and even a musical. Although some schools have banned the book, "The Color Purple" is still often reviewed in classrooms to help students understand the African-American experience.



## Women of Science

In 1992, Mae C. Jemison became the first African-American woman to ever go to space. Jemison was inspired to make history after Sally Ride became the first woman to go to space. Jemison became the first African-American woman to join NASA's space-training program in 1987 at the age of 31. Beyond being an astronaut, Jemison is also very well educated. She has a doctorate degree in medicine, which she got from attending Cornell as well as bachelors degrees in both chemistry and African-American studies. Before Jemison became an astronaut, she was working in the Peace Corps as a medical officer. During Jemison's time in the Peace Corps she both taught and did medical research in foreign countries.



## Women of Leadership

Radhika Jones is both the first woman and person of color to become editor-in-chief of the pop-culture magazine,



Vanity Fair. Before working with Vanity Fair, Jones has worked with various other publishers. In 2008, she worked in Moscow for the the Moscow Times (English), but before that she had even worked for The Paris Review. In 2016, she had started working for The New York Times as editorial director for the books department. Soon after, in 2017, she announced her position at Vanity Fair.

## Women of Nature

Sylvia Earle is an American marine biologist, oceanographer and explorer. She was the first ever female chief scientist of the U.S National Oceanic and Atmospheric Administration. Additionally, she was named by the Times Magazine as the first hero of the planet in 1998, around the time she started her new career as an National Geographic explorer. In 2021, she had a peak in publicity after she was featured in "Seaspiracy", a Netflix original documentary that exposes the impact that fishing has on the oceans of the world. Earle has been passionate about protecting the planet since she was young, influenced by her parents' love for nature. Although centered around her love for the ocean, Earle also has a vast education history, both as a teacher and a student. She's taught and learned at prestigious universities like Harvard and the University of California, Berkeley.



## Women of Sports

Jackie Joyner-Kersey is a retired track and field athlete as well as an olympic gold medalist, three times. Joyner-Kersey has even once been voted as "the greatest female athlete of all-time" by Sports Illustrated for Women Magazine. Joyner-Kersey is also one of the board of directors for USA Track & Field (U.S.A.T.F). One of the few things that makes Joyner-Kersey stand out from the other runners is that she has severe asthma. In March of 2023, Joyner-Kersey was officially inducted into the International Sports Hall of Fame.







# CENTER STAGE

## Miller Place Variety Show



Nailah Rahman

The Miller Place High School's Annual Variety Shows took place on Wednesday, March 22nd, and Thursday, March 23rd at 7:00pm. Prior to the shows, performers spent Monday and Tuesday evenings at rehearsals. This year, the show featured 20 acts, including bands, vocalists, and a yo-yo routine. The variety show, directed by Eileen Duffy, served as a fundraiser for the senior class. In order to support their favorite seniors, the junior, sophomore, and freshmen student government cabinet members assisted with setting up the stage and moving the spotlights. Mrs. Desiderio, the solo violinist of the last act and her team of helpers were responsible for the stage lighting and sound. After the last act performed, spectators had the opportunity to vote for their favorite acts. While votes were being tallied, tense chatter could be heard from the audience, accompanied by the munching of popcorn and candy sold by the sophomore class and Friends of the Arts. Once the votes were counted, Duffy announced the names of this year's winners (below).



Colleen Murphy &  
Hannah Egenburger  
"Apple Pie"



The Milk Men  
(Bernard Creedon, Phoenix Guasto,  
John Leen, Liam Martin,  
Lucas McGuire)  
"Just the Two of Us"



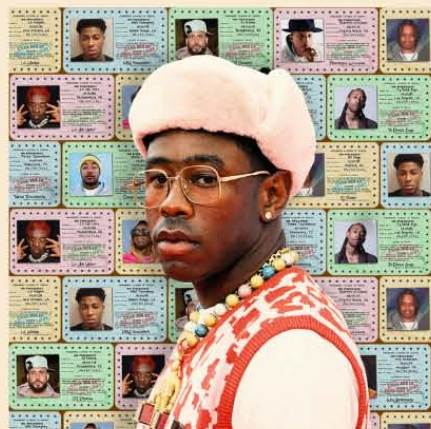
Drew Buscemi and Ben Elgut  
Yo-Yo Master and "Beyond the sea"

# The Estate Sale



Patrick Milord

Following the releases of his past two album masterpieces, "Flower Boy" and "IGOR", in 2021 Tyler the Creator released his sixth studio album, "Call Me If You Get Lost" (CMIYGL). Though a less conceptual and structured album than his previous two, the album is composed of songs about his life after the release of "IGOR" in 2019. The title of the album invites listeners to get lost in what they enjoy, and to share their love with others, which he does through freely boasting about his success, something he has avoided since his early albums. Even though the album is filled with his accomplishments, CMIYGL still has that air of heartbreak that penetrates all his albums, encapsulated in his eight minute, climactic song "WILSHIRE", about another unsuccessful love triangle of his. But now, two years later, Tyler releases a deluxe edition of CMIYGL titled, "The Estate Sale". The album's eight new tracks share a similar theme as the originals, but come with an elevated quality and a uniquely "Tyler the Creator" sound that works to perfectly end an era; the songs "DOGTTOOTH" and "WHARF TALK" being personal favorites of mine. As it debuts at #3 on the Billboard 200 chart, "The Estate Sale" promises a good listen and an enjoyable time to anyone who decides to tune in.







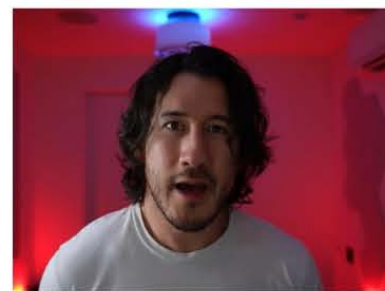
# Markiplier 2022 Rewrap: Wins Gamer of the Year, etc...

*Faith Torres*

This past year, Mark Fischbach, more commonly known by his Youtube handle 'Markiplier', celebrated an exciting year filled with achievements in both the film and entertainment industry as well as the 10th Anniversary of his Youtube channel. Markiplier sits on Youtube's top charts with 34.4 million subscribers and 19.5 billion views on his channel, an impressive amount for a gamer.

Markiplier started YouTube in April of 2012 when he was just 22 years old. When Mark started Youtube he was also studying to become a Biomedical Engineer at the University of Cincinnati. He eventually dropped out in his second-to-last semester to pursue his online career. The first series featured on Mark's channel was a playthrough of the video game 'Amnesia', a survival horror game. Markiplier's video content varies in genre; he often uploads gaming content but sometimes you'll see a comedy skit or challenge on his channel. Mark's peak in popularity on Youtube started around 2014 when he had started playing an indie horror game called 'Five Nights at Freddy's' (FNAF). One of Mark's many nicknames is 'The King of Five Nights at Freddy's', despite not being the first to play the game. When the most recent FNAF game, 'Security Breach', was released many fans stayed dedicated to the Youtuber by claiming that they wouldn't watch anyone else play the game until he uploaded his play-through of it. Horror games soon became one of Mark's specialties and make up the majority of his gaming content. His popularity has stayed steady since his peak, and unlike some other Youtubers, he was able to avoid creeping into irrelevancy.

In December 2022, the annual Youtube Streamy Awards were announced. The Streamys are an award event presented by Dick Clark Productions and Tubefilter to recognize the achievements and hard work that goes into online videos. The first Streamy awards took place in March of 2009 and have been celebrated every year since, even through the pandemic. The categories for the awards vary; there are the overall awards like; "Creator of the Year" and subject awards like "Beauty" and "Comedy." Markiplier won the award for "Gamer of the Year," a category he's been nominated for four times in previous years. The other nominees for this award were other popular Youtube gamers such as: Aphmau, Dream, LazarBeam and Tommyinit.



The major difference between Markiplier and the other nominated gamers is that he's considered a veteran in the Youtube community. Although Markiplier is one of the most popular gamers in the Youtube community, the "Gamer" category is usually dominated by teens and young adults so it came as a surprise to most that he was even nominated for the award. Additionally, Mark's series "In Space with Markiplier" got him nominated in two other award categories, "Show of the Year" and the "Scripted Series." Mark prevailed once again and won the "Scripted Series" category, a category that he had previously won back in 2020 with his interactive series "A Heist with Markiplier." Mark expressed that his film works are "passion projects" and are fun to make..

Beyond just the Streamys, Mark's two-part Youtube original, "In Space with Markiplier" was also nominated for an Emmy award. The Children and Family Emmy awards, bestowed by the National Academy of Television Arts and Sciences (NATAS), are presented to recognize the excellence of family-friendly programming. Mark's series was nominated for "Outstanding Interactive Media", his series being the only one out of the nominations to be platformed on Youtube. Mark claims that although he appreciates the fan support he didn't enjoy himself at the awards event. He said that paparazzi were "actively" avoiding him. He went on to explain that despite the popularity Youtubers have in the media they aren't exactly traditional celebrities.

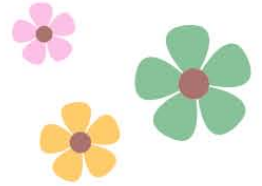
Although 2022 may have been filled with awarding events for Mark, it also marked the 10th year Anniversary of his Youtube channel. Like most youtubers, Mark released an ambitious new video "In Space with Markiplier" in celebration on his anniversary date and continued a month later with a live stream celebration containing behind the scene information. As he was nearing the end of the stream he said, "I've been doing that (Youtube) for 10 years, and now more than ever, I want to make even more stuff than before"; he says that he gets satisfaction from all the videos he does. With this, fans can rest assured that even after a decade-long run, Markiplier isn't going anywhere anytime soon



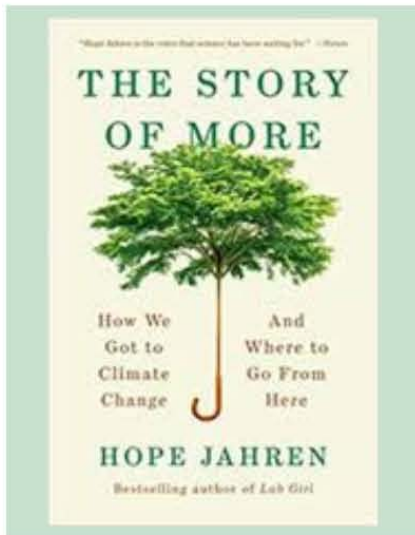


## Lynch's Corner

### Book Review



Mrs. Kate Lynch



### About the Author

American geochemist and geobiologist at the University of Oslo in Norway, known for her work using stable isotope analysis to analyze fossil forests dating to the Eocene.

## "The Story of More"

*How We Got to Climate Change and Where to Go From Here*  
By Hope Jahren

I picked up this book to read because I had previously read Hope Jahren's memoir, *Lab Girl* and I liked her story and her writing style, not particularly because I wanted to read about climate change. Oh boy, am I so freaking glad that I did pick this book up because what a fantastic book! The first thing that you notice about this book is that the author doesn't try to scare you into believing in climate change. What she does is deliver interesting information about the way that humans currently live and how we are impacted by many different moving parts which she finds a way to connect to climate change. The chapters are short and move along at a pace that allows you to be intrigued, to think and to learn.

For example, she talks about how meat production requires one-third of the world's edible grain supply and how much energy is required to grow the grain and then just have it used as feed for the meat-producing animals. The raising of these animals contributes to increased global emissions of methane (approximately 37 %). She suggests that if everyone in the OECD (Organization for Economic Cooperation and Development—which includes the following members: North America, United Kingdom, Europe, Israel, Australia, New Zealand and Japan), went meatless one day a week, there would be an extra 120 million tons of grain to share with the 8 hundred million people who are starving on the planet. Jahren says "Starvation is caused by our failure to share what we produce, not by the earth's ability to provide" (46).

I found each chapter to be compelling and easy to understand the connection the author was making. The examples she gives are thought provoking. If you are looking for an easy to understand explanation of how different aspects of the human condition contribute to climate change, I encourage you to pick up this book and read a chapter or two. You won't be disappointed and will want to read more!







# Helping Men Help Themselves

Nirali Patel

Ever seen men cry? Most people would say no. Several things influence the probability that someone will cry. For instance, studies on gender differences in crying have been conducted worldwide for decades, and they all came to the same conclusion: Women cry more than males. It's generally astonishing how well men can keep their emotions disguised and buried.

However, if you really think about it, most men are constantly told to "be a man" and get tough. These kinds of sayings are frequently used while boys are growing up. Eventually boys tend to learn from their parents and other kids that showing vulnerability or caring is unacceptable. Since men worry about losing their masculinity if they acknowledge having depression, anxiety, or any other mental health problem and seek treatment, they commonly suffer in silence even during their most difficult times. By the time they are adults, they have learned to suppress their feelings so much that they are simply unable to recognize them or express them verbally, including crying or even sad facial expressions.

Another good transition challenge that guys frequently experience from a young age is the expectation that they will favor specific toys or colors and engage in specific hobbies. As a result, boys who show different preferences or try to engage in activities considered feminine may be gently discouraged, redirected, or in rare instances, made fun of. This conduct may be related to homophobia, transphobia, or worries that a kid won't "become a man." In addition, male-raising families frequently have unrealistic expectations of them, usually burdening males with expectations, leading them to believe that they must always uphold the family's standards, "be a strong man," and fulfill all obligations. Due to these society's pressures, men frequently consider their options carefully before deciding whether to seek treatment. It is time for our society to abandon antiquated norms and acknowledge that males may need emotional support just like women. In addition, it is time to inform men about the frequency of mental health conditions in males, such as depression, and to alter how therapy is explained so that men find it more appealing.

Men have typically been classified into three main roles across human history: hunters, warriors, and providers for their families, tribes, and communities. Men's roles in these systems were not typically discussed or studied from a psychoanalytic standpoint. According to several studies, the common portrayal of males as "protectors" in literature, film, television, and other media has influenced men's development of negative ideas and mental health problems. Many social standards and cultural expectations have changed throughout the past years due to how many people now view these concepts as harmful. It may be beneficial for certain men to get a deeper understanding of the toxic masculine stereotypes that are detrimental to their mental health. Men who attempt to speak up about a mental health condition or seek help may find it more difficult to get care due to the existing societal notion of masculinity.

Moreover, men want bonding and connection from their friends and family members but may be concerned about coming out as weak and unmanly, according to the study "Death Rather Than Disclosure: Struggling to be a Real Man." Men are frequently more likely to act aggressively, become angry, or engage in other risky behaviors as a way to externalize mental illness or emotional suffering. Since they think their difficulties are unusual, many men choose not to admit them or ask for assistance. According to research, 50% of Americans will encounter a mental health condition at some point in their lives, and men are much more likely than women to struggle with impulse control issues and conditions associated with substance use.

Male drug dependence is also another important aspect of mental wellness. Men are much more likely than women to abuse alcohol, binge drink, and die from an opioids overdose. Men experience substance dependence at roughly twice the frequency of women starting at age 18. Male marijuana addicts are more likely than female addicts to engage in antisocial conduct and are also more likely to have another substance use disorder.





Men may also seek therapy for substance abuse more frequently through the criminal justice system than through a mental health professional. So, what leads to male substance abuse and addiction? Aging, educational attainment, and employment situation are only a few of the variables that are thought to be involved. One typical factor in male substance addiction is depression, which, unlike intense sadness or guilt, can also appear as rage, exhaustion, or sleep issues. Yet they are still less likely than women to visit a psychologist or other mental health professional.

More than 14% of American males suffer some sort of mental health difficulty, and more than 3% of men encounter major mental health challenges, according to studies. Males' mental health issues are increasingly being addressed in conjunction with concerns about male suicide and suicide prevention for men. Seven out of ten suicides in 2016 were committed by white men.

According to data, middle-aged men have the highest suicide risk. Middle-aged men are also more likely to commit suicide when they are unemployed, in unhappy relationships, socially isolated, have lost a loved one, or are going through other life crises. The risk is increased because this community is known for being reluctant to ask for assistance. The majority of middle-aged men's issues also arise during fatherhood, which is one of the issues that tends to cause worry, anxiety, and a whole number of other problems with men's mental health. As society clearly puts it, males typically carry the family in all financial situations, which usually causes difficulties to worsen as there are more people for them to provide for. Food, medical bills, and other charges that must be covered for a newborn together with the rest of the family are some financial needs that must be satisfied. Some fathers may experience restless nights as a result of this responsibility and the stress of being able to meet everyone's needs, which may aggravate mental health problems. Fathers are significant figures in their children's lives, after all. Thus, according to research, spending more time with the father lowers the likelihood that a youngster may become addicted to drugs or alcohol. Numerous studies demonstrate that fathers, like mothers, can have a significant impact on a child's development.

White men in the United States commit suicide at the most significant rate, followed by Native American men. In the UK, there is an increased worry over male suicide, particularly among men under the age of 45. Most males experience trauma, regardless of their nationality or cultural background. According to Mental Health America, the top five mental health conditions affecting men in the United States are: Depression: Each year, more than 6 million men experience depression, although it frequently remains misdiagnosed. More than 3 million males suffer from a phobia or a panic disorder. Over 1 million males experience bipolar disorder, which commonly appears between the ages of 16 and 25. 90 percent of those diagnosed with schizophrenia by the age of 30 are men. Eating disorders: About 10% of males who have anorexia or bulimia are thought to have an eating disorder.

Start understanding more about your or your loved one's addiction and mental health difficulties if you're concerned that they may be battling with any of these disorders or if you believe that you need help. Join peer support groups or family support organizations like families recovery, or a group for people dealing with addiction and mental health difficulties. Help is regularly available.







# "A Good Girl's Guide to Murder," A Must Read

Faith Torres

"A Good Girl's Guide to Murder" is a mystery novel that follows a highschool girl, Pippa Fitz-Amobi, on her investigation of a murder that happened 5 years ago. Pippa "Pip"- decided to investigate the murder of Andrea (Andie) Belle and prove that Salil (Sal) Singh, Andie's boyfriend and believed murderer, is innocent. During her investigation of the former students, she uncovers many unpleasant secrets that surround the case. Someone finds out about Pip's investigation and tries to put a stop to it, sending her threatening messages. Throughout the novel, Pip is assisted by Ravi Singh, Sal Singh's younger brother, who also believes in Sal's innocence.

Even as someone who isn't even much of a fan of the mystery genre (let alone murder mysteries), I couldn't help but be drawn in. One of the major things that separates this story from the classic murder mystery, for me, is that the investigator isn't some battered old detective or a vengeful family member of the victim- it's a teenage girl who is doing her senior thesis on a murder that's been haunting her town for the past five years. Being an investigator isn't exactly relatable for most teenagers, but Pip manages to be relatable for some; she's a senior who's struggling to find her purpose and doesn't even know where to start with her college essay. Although it may not have much to do with the mystery itself, Pip's character gives the story a lighter tone than if it had been written from the perspective of someone older.

Although Pip's character drew me into the novel, what kept me reading was the actual mystery- what really happened to Andie Bell? Not to brag, but I typically have a sharp sense when it comes to these "whodunnit" scenarios, but even I would have never guessed the truth of this case. Yet looking back now, it all makes sense. Usually with these types of stories the real killer is either extremely obvious or completely unexpected; writers usually aim for the latter but don't always execute it the best. Sometimes what happens is that the author is so focused on trying to conceal the truth that they forget

that it still needs to make sense in the end, matching up with the evidence that has been given already. Personally, I think Holly Jackson (the author of "A Good Girl's Guide to Murder") did a great job of writing a proper mystery.

Another thing that's a selling point for me is the slight romance between Pip and Ravi. I'd hate to sound like the typical teenage girl but I can't help but admit that romance automatically makes a book more interesting to me. The best part about the romance in this book, specifically, is that it remains as a sub-plot and doesn't take away from the real story- the mystery. It doesn't feel forced either, which isn't exactly easy to accomplish in a murder-mystery novel.

As a writer myself, there were many things I enjoyed about the writing style. One of the first selling points to me was that it was written in third person. Another thing I liked was that the characters' names were easy to remember. It may seem like a silly thing to appreciate about a book, but it made reading much more enjoyable. Most readers like to be immersed into the world their book takes place in. When you can't recall names, it makes it harder to feel like you're a part of the story. When you're reading a murder-mystery you want to be able to keep track of all the characters, in case one of them is your murderer- no one wants to have to make their own murder board for a book. One of my favorite names is, unsurprisingly, Pippa. There's just something about a detective with a cute, fun-to-say name that makes me crack a smile.

As far as the reading level of the book, it lies right between an easy-read and college level reading. So even if you're not a seasoned reader, you shouldn't have a difficult time getting through the book, and for those who are, it will still leave you satisfied. The formatting also makes it fun and exciting to read. The chapters have three distinct roles. The first is simply telling you what's currently happening, the normal format for a book; the second is transcripts of interviews conducted



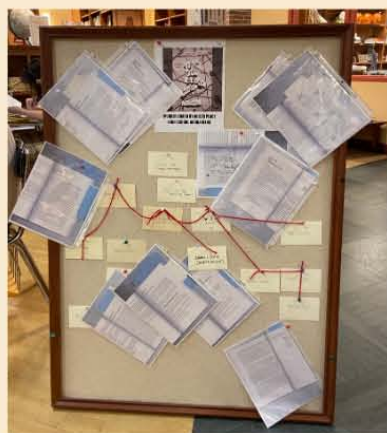


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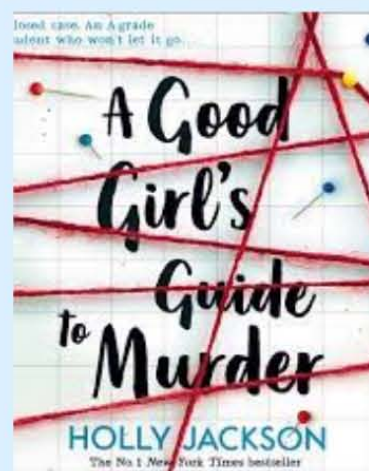
by Pip. The last is Pip's log entries for her project, usually done in a different font. Another nice thing about the formatting is that it has images every now and then. For example, if Pip had received one of those threatening notes, there was an inserted image of it, helping readers better visualize it. It almost makes you feel like you're an investigator too.

"A Good Girl's Guide to Murder" is only the first book of a three-part series. If you're like me and feel empty after finishing a book, this is good news- at least till you finish book three. I'm currently reading the second book, so I can't say much about their quality in comparison to the first, but from what I've read so far (as well with the accounts of some that have finished the series), the sequels are quite good, although, we all know that the first one is always the best.

I heavily recommend this book, I literally finished it in only half a day- (that's how you know it's a good book). If you're worried about the length of the book, I assure you that it isn't too long. For reference, it's around the same word count as "To Kill a Mockingbird." Reading can be fun- with the right book- so give it a shot.



Re-creation of the Murder Board from AGGTM made by the Bookeneers (Book Club)



## Author: *Holly Jackson*



Holly started writing stories at a young age, completing her first (poor) attempt at a novel when she was fifteen. She graduated from the University of Nottingham, where she studied literary linguistics and creative writing, with a master's degree in English. She enjoys playing video games and watching true-crime documentaries so she can pretend to be a detective. She lives in London. A Good Girl's Guide to Murder is her debut novel.

source: [penguinrandomhouse.com](https://penguinrandomhouse.com)





## Traveling to The Other Side of The Country

Owen Neyland

I had traveled to the other side of the country, California, blessed with the opportunity for a once in a lifetime experience to meet some well known athletes and see some of the behind the scenes aspects of sports. I arrived at the Oakland A's Rickey Henderson Field. This stadium was not only impressive but we were there to see my cousin, Logan O'Hoppe, #14 for the Los Angeles Angels make his official debut as the starting catcher. He will now hold the record as the youngest catcher to debut for the Angels on opening day. Suddenly, I was brought onto the baseball diamond, completely in shock. I was standing close to the Angels players as they were practicing their swings and all sorts of media people were taking pictures. Then Phil Nivin, Manager of the L.A. Angels would introduce himself to me. After exchanging pleasantries, Mike Trout, Angels center fielder and a ten-time MLB All-Star, three-time American League Most Valuable Player, and a nine-time winner of the Silver Slugger Award turned around to say hi. Both were complete gentlemen, I felt like I was dreaming, having actual conversations with world class MLB athletes. Furthermore, Mike Trout even offered to sign a baseball and we took a commemorative selfie. While in California we took the opportunity to visit The Golden State Warriors basketball facility which was recently moved in 2019 to a new arena called Chase Center, moving out of their previous arena, Oracle Center.

They would transition from Oakland into San Francisco, creating an extravagantly spotless and beautiful new venue for many fans of the franchise to gather and watch their favorite players compete. During my tour which included a press pass I interacted with Stephen Curry and various other members who make up what is known as The Golden State Warriors NBA basketball team. In addition, getting to meet various sports staff members ranging from: security guards, cameramen, announcers, media people, and producers who control the angles of the games you see on television, all members easily leave an impressionable mark on you. They displayed bright smiles all around, and everyone established a unity, one that you could consider close to that of a family.

The unbelievable feeling I got as a sports fan walking around these facilities and meeting everyone from staff members to the star athletes who battle competitively on the field and hardwood was beyond incredible. It is like stepping back in history when you visit the Museum of Natural History or having an up close and personal visit to the NASA Space Center in Houston, TX. It is near impossible not to become enamored with the bright lights, all the little ins and outs of the star arena, the pleasantries exchanged amongst all the people, and learning of the dedication that the employees have to provide for the safety of the players and the viewership of the audience. Everyone's role is important and Steph Curry reminds us in one of his famous quotes, "Be the best version of yourself in anything you do. You don't have to live anybody else's story."



Owen taking a selfie with Mike Trout



Owen posing with Stephen Curry





## Spring Poem Contest



The KROB newspaper staff decided to host a poetry contest for this issue. The only criteria for the contest was that the poem must contain the word **spring** and be submitted by the deadline. We received many amazing literacy works from the students of Miller Place High School. Below we would like to recognize the top two winners.



### Spring Oak

By Thomas Como

Here I lay, under a tree,  
In a field of bare.  
My mind among the short blades,  
Wandering.  
And I, laying still, pondering.

Here my helm of Iron lay, under a tree,  
In a field of bare.  
Bruised by the dirt,  
Dented by the now unknown,  
Yet it stands firm, like a monolith  
Amidst the erosion of War.

Here my long blade stands,  
Under a tree, among a field of bare.  
Its nose, driven into the ground.  
Engulfed in crimson.

Here scarlet lay,  
Under a tree, a field of bare.  
Glistening in the fragmented light,  
Oozing from the cavity.  
That is my soul.  
My vision, blurry.

And here I lay,  
In a field of bare, yet bright.  
I feel the air, thinner yet thick.  
I feel its warm embrace,  
Ever so closer;  
Spring is coming.

Soon I'll be over Jordan.  
Where Spring eternal, and days long.  
But, like a puppet without its strings,  
Here I lay under an Oak Tree,  
In a field of bare,  
As I stare into the Cypress Wood.



### A Spring Epistolary

By Lilah Lindemann

I am trying to be delicate. Forgive me.  
I shall talk of the weather. The warmth  
Of Spring is beginning to seep into the sky.  
I walked home last afternoon and saw  
My path strewn with soft, pink petals.  
And in the morning I woke to petrichor  
Seeping into my nostrils, and birdsong.  
Dust after rain, and rain mingling with dust.  
It's not hard to feel the schism here. Just  
After the storm, I peeked out the window.  
Earthworms were drowning on the pavement,  
Twitching, like small intestines in puddles of rain.  
A robin's feast.

Forgive me. I am trying to be delicate.  
It's Spring, a time of rebirth. Rabbits hop  
Through the emerald fields, amongst crocuses  
And daffodils display the golden sun.  
Baby birds break through speckled shells  
And receive wriggling worms now still.  
Some trees did not make it through the winter  
And some hardy, tall oaks outlasted the cold  
Only to be struck by lightening in the April rain.  
They lie rotted and bare, snapped like twigs.  
There is only so long a letter may tarry.  
I must speak plain: Mother died on April 28th.  
It was a beautiful day.

I am trying not to be indelicate. Forgive me  
For what I am about to do. This note  
Has been crumpled and crossed and undone  
Too many times for the living, so I will send it  
To you. Here is where I place dried petals and  
Robin song and the promise of Spring.  
Send news of mother, if she is with you now.  
Did her soul escape from the worm-ridden soil?  
Which of our flowers did she feature more  
Prominently in the kitchen-table vase?  
I am out of paper, so I must bid you farewell.  
Actually, you needn't respond to this letter—  
I shall see you again so soon.

Your loving sister,  
Martha



# ABOUT THE KROB



## What is our goal?

Our goal is to shed light on exciting news. Here at the KROB we encourage each other to become better researchers, writers and reporters. We write with hopes that you, a reader, can learn something new whether it be about your local community or something world-wide.

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Scan to read the last issue!



## Want to be apart of the KROB?

The KROB is our high school's virtual newspaper. New members welcomed, and can join at any time. You just need to have a willingness to be part of something and reach out to Mrs. Sturtz or any current KROB staff member.

