

Miller Place

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SCHOOL NEWS

SPIRIT WEEK HALLWAYS

Nailah Rahman

On the cold, rainy week of September 25th, many MPHS students grabbed a roll of tape, a paintbrush or a scissor and brought life to the hallways in support of spirit week! Since students only had 3 and a half afternoons to complete their hallways due to Yom Kippur, classmates worked vigorously to ensure that their hallways were completely covered in art that represented the Famous Freshmen, Stealthy Sophomores, Jacked Juniors and the Senior class of 2024.

The Fancy Freshmen, although a little overwhelmed by all the preparation, enjoyed their week of hallway decorating. The Freshmen's white and gold hallway included references to famous movies, characters, and lots of stars. Freshman President Van Johnson, elected just a few weeks before Spirit Week, greatly appreciated the help of his classmates, such as Jack Murphy, Abby Jacobsen, Oscar Romero, Noelle Nania, and Maddie McCarthy, who stayed after school for quite a few hours to help with decorating. President Johnson, as well as Vice President Michael Poerio, Secretary Cameron Meadows, and Treasurer James Grossi, were relieved that everything came together in the end, including selling cookies and nachos at the Homecoming Football game.

The Stealthy Sophomores were able to successfully decorate their hallway, while also juggling tennis and cheer practice, turning in assignments, and receiving negative feedback. The sophomores were at a disadvantage from the start,



as their assigned hallway was the longest of the 4, meaning it took longer to tape paper to the walls and fill space with designs and decorations. President Riley McCormick had to learn 2 cheer routines for Homecoming and Vice President Evie Weiner, Secretary Jordan Miletti, and Treasurer Bella Buonconsiglio had 3 tennis matches to attend during Spirit Week. Their success in decorating really attests to how dedicated these students are to showing school spirit. The cabinet greatly appreciated the help of their peers such as Kaitlyn Lopez, who filled in for the cabinet when they couldn't be there, and Amelia Avalos, highly praised for her detective painting. Their red hallway included multiple ninjas, caution tape, continuous footprints, and case files.

The Jacked Juniors decorated their hallway with various displays of athletic activities such as swimming, fencing, football, martial arts, cheer, tennis, and even jacked up paintings of Garfield, Spongebob, and Patrick. It took the Juniors little more than 1 afternoon to get all of their bright blue paper up, leaving them with plenty of time to paint

and hang streamers. The Junior student government cabinet, consisting of President Lucy Chang, Vice President Taylor McHugh, Secretary Nailah Rahman, and Treasurer Bianca Zou, agrees that they wouldn't have been able to fill the hallway if it weren't for the amount of students that helped out during the week. Secretary Rahman was able to convince Spanish IV teacher Mrs. Medina to award bonus points to Juniors who decorated the hallways. President Chang couldn't be happier with the final product, and is looking forward to getting even more creative for senior year.

The seniors decided to do a music-themed hallway. Lots of seniors chimed in with paintings of their favorite artists and albums, making for a very diverse hallway. Additionally, the Seniors were allowed to paint with every color in the rainbow, unlike the underclassman cabinets who were limited to red, white, blue, gold and silver. The entire student body enjoyed being able to recognize their favorite artists on the wall, such as Drake and Lana Del Rey, even making homages to their favorite musicals like Hamilton. Executive President Shane Lomascolo reported seeing a lot of creativity from decorators such as June Coletta, a Junior who has helped the seniors for the last 3 years, as well as Scott Newman, who showed his dedication in decorating before and after play rehearsals. Although staying after school until 8:00pm was rough, Lomascolo and Owen Neyland, senior legislative president, agreed that their last homecoming experience was one of their best and most memorable years of decorating.

At the end of the week, a panel of mystery judges evaluated Spirit Week Hallways and Homecoming floats based on neatness, creativity, and ability to follow directions in order to select a winning class. On the morning of Tuesday, October 10th, the winners were announced: Juniors in 1st place, Seniors in 2nd, Sophomores in 3rd, and Freshmen in 4th. Stay tuned as the underclassmen brainstorm ideas for the 2024 Spirit Week Hallways!



BACK TO SCHOOL VIBES

Rachel Chen



First month of school, how's everyone feeling about that?

September is a time when people are stepping into a new life, moving up a grade, starting to work, or even starting a relationship. Here in Miller Place High School, students are starting to make the transition from summer mode to school mode. So, we decided to interview some students to get the inside peek on their opinions about starting a brand new year, be they a freshman, Sophomore, Junior, or most importantly, Seniors. Many weeks have passed since the first week and everybody has started to get into the swing of things, going back to clubs, lessons and participating in summer sports. How do they feel so far?

What's exciting to them about going back to school? Let's know about them closer with the interview and hear what they have to say.

According to a current Senior in the school, the Natural Helpers Club has been an important resource to her as she feels that sharing worries and aiding her fellow club members has been one of the best experiences she has ever had at school.

One of our Junior students said one of the most exciting parts of coming back to school is reuniting with friends and participating in electives. Another Junior student excitedly shares that in her opinion, the best thing about coming back to school is to finally have a lunch period this year! I believe that having a period to eat and relax is one of the most important periods for any student. I definitely would not be able to survive in school without a lunch period! Others have also stated that starting the school year means they can try new clubs and participate in activities that they didn't participate in last year. Finally, some students also shared that it's painful to get back into the swing of things and work hard every day to keep their grades up. School can be totally stressful, but I think if you listen to your teachers and do all of your work, everything will be just fine.

Thank you all for sharing your unique perspectives on my questions! I wish you all luck throughout the school year.

THE PANTHER TROUPE MAKES A GREAT COMEBACK!

Molly Caufield



This year, the Panther Troupe is back! “The Curious Savage”, had the show dates of November 3rd and 4th at 7pm, starred Mrs. Savage, an older woman who has many dreams. When her husband dies and leaves her 10 million dollars, she intends to donate it to other “dreamers”. However, her stepchildren perceive this as crazy and decide to interfere with her plans. The play follows her life and the people she encounters following her husband's death.

Up until last year, there was unfortunately only one drama production per season, but now we can happily announce that the Miller Place drama season currently lasts from fall to spring! The yearly fall play and spring musical create unique opportunities for students to either perform or monitor a set. The Panther Troupe moved very efficiently to put on the “Curious Savage” with only 7 weeks of rehearsal! That certainly did not stop them from putting on a greatly impressive performance. It is amazing to see how quickly the cast came together to learn 3 acts worth of lines in less than two months, how well the crew collaborated to make the scene changes swift and short, and the lights and sound for truly bringing the production to life!

Following such a successful 2022 play, “You Can’t Take It With You”, the Panther Troupe is incredibly excited to be back. Last year, they received four Teeny Award nominations for the fall play alone! We can anticipate many more great years for the Panther Troupe!

A special thank you to director and founder, Ms. Ely, and assistant director Mrs. Annicelli for bringing this awesome club and production back to Miller Place this year. And congratulations to the Panther Troupe seniors for a wonderful senior play: Molly Caufield, Kaylee Dias, Sarah DiPersio, Rachel Leonoff, Sophia Necci, Scott Newman, Aiden Pace, Emma Rosequist, Caroline Shannon, Lauren Soreil, Kylie Taylor, and Alex Trocchio.



STUDENT SPOTLIGHTS

Molly Caufield



LINDSEY GALLIGAN

Throughout high school, Lindsey has been an excellent example for business students and all students to follow. Students and teachers alike can account for her admirable and persistent dedication to her academics as well as activities. To fill up a free period in freshman year (not something many students would be looking to do!), Lindsey decided to enroll in Introduction to Business and Finance. She admits she wasn't too interested in it at first, but that quickly turned around. Lindsey tells the story as, "I didn't know how I felt about the class at first, but one day after school I walked into the wrong room, which happened to be the first FBLA meeting. From there I joined and went on to enroll in my first competition. I won, and eventually began to fall in love with business." In her 9th grade year, Lindsey ranked #5 in the state for her competition in Social Media Strategy. She has continued her Miller Place Business career by taking just about every single business course our school has to offer, on top of all her other advanced classes. She has been a consistent member of FBLA since first joining, and has entered her second year as President this fall. Now, she was proudly selected as the Virtual Enterprise Period 2 class CEO, and looks forward to a year of leading another group to competitions and success!

Scott has been a great example of a student that allows himself to explore different subjects. Growing up, Scott had always been under the impression that he would pursue a career and education in Paleontology, but in 8th grade his interests changed to engineering. With this new interest, he joined the Robotics team a year early! However, when COVID struck, he was unable to follow his passion for robotics and engineering. Like many others, he used this new free time during quarantine for research. Through this, Scott was introduced to another side of STEM. By consistently keeping up to date with news and statistics, he found another new passion: a concern for the safety of our environment. He began to think, what would be better than to pursue a career to "make the world last longer". He realized his calling was actually towards environmental science and politics, and even said "[He] was disgusted with the fact that the climate could change faster than legal regulations." After this realization, Scott began to do what he could, taking part in beach clean-ups, and signing up for classes like AP Biology, Environmental Science, and Physics. He plans to continue this path in college at SUNY College of Environmental Science and Forestry (ESF) to major in Environmental Science and a minor in Environmental Policy. He looks forward to pursuing his passions, and to making an impact on our society and environment!



SCOTT NEWMAN



EMMA ROSEQUIST

For the past 6 years, Emma has shown unwavering commitment to the arts. She began by joining the Orchestra as a viola player back in 4th grade. Since then, she has maintained a top chair in her section, along with being invited to perform at SCMEA, LISFA, and MYO festivals. Eventually, she decided to explore the arts further, and join the drama club, where she has played numerous roles. Most recently, the lead in the fall play. With her commitment to our Orchestra, Vocal Jazz Ensemble, and two drama clubs, it is no surprise that she has gone on to obtain leadership positions in the arts. For her junior year, she was elected as a historian for the drama club. Quickly, she became a major part of the department. Emma has made countless designs for the drama club, and has been able to share more of her creativity. Last year, she was nominated for a Teeny Award in poster design, after creating a captivating and impressive poster for the production of "Anastasia". She will continue her graphic design career after graduation, as she plans to study it in college. Due to her dedication in her position last year, Emma was elected as President of the drama club for her senior year! She has already made a lasting impact on the club just a couple months into her Presidency. She has also received recognition by being invited to join the Tri-M Honor Society, and International Thespian Honor Society. We cannot wait to see where she takes the drama club this year!

COMMUNITY NEWS

MILLER PLACE STANDS WITH FARMINGDALE

On September 21, 2023, two beloved Farmingdale teachers tragically passed away in a bus crash while the Farmingdale marching band was heading to a camp in Pennsylvania. After this unthinkable event, Miller Place, other local schools, and loving people throughout Long Island are coming together to support the Farmingdale school district. As a community we are mourning these much loved educators, band director Gina Pellettiere aka Ms. P, and retired history teacher, Beatrice Ferrari. Through the American Music Abroad program, Miller Place students had developed a personal connection with a number of Farmingdale music students over the summer. To show their support, they encouraged their classmates to wear green on Tuesday, September 26th. In addition, the Pep Band also chose to wear green ribbons during the homecoming parade to show their support for the Farmingdale school district. Most every other school district has contributed to the support of Farmingdale by acknowledging this tragedy and sending love their way and to the families of the victims.

Here at Miller Place, we encourage everyone to share love and support towards Farmingdale as they go through this hard time. #DalerStrong



APPRECIATING MEDIA



One of the main reasons people love media so much is because it's open for interpretation. It can be a vessel for their forms of self-expression, a therapeutic solace that acts as a cure for the struggles of their life, or a light relaxation that brings joy. Although media is across all age groups, teenagers in particular seem to have the most prominence in the online world. Having a life online can help them overcome and cope with the ethereal and fleeting loneliness that comes with being a kid, the feeling of being stuck even though their life has barely begun.

One of the most popular forms of media, music, makes people more human, and allows them to be introspective and vulnerable. It brings about all different types of peculiar feelings. It is a psychedelic

voyage that has no end. It is so bizarre yet so beautiful. It can be enjoyed by anyone, anywhere, at any time. Along with music there are also movies. Some of the most celebrated pieces of music are Abbey Road by The Beatles, The Dark Side of The Moon by Pink Floyd, Is This It? by The Strokes, and A Love Supreme by John Coltrane. Though all of these albums sound different, and all are different genres, they can be appreciated and loved by the same person. All of these albums are incredibly cohesive and popular.

Movies are just as beautiful as music. They can encapsulate any emotion ever, they go over topics that people are afraid to talk about, and they are controversial, but at the same time, they can be very

informative. Some of the most influential pieces of media are also the most controversial. Films like Citizen Kane, A Clockwork Orange, 2001: A Space Odyssey, and The Good, The Bad, and The Ugly are all some of the most acclaimed and influential movies. They were also incredibly controversial at the time of release, and as a result of being artistic and technical masterpieces, they're all incredibly enjoyable. These movies paved the way for amazing science-fiction, drama, and western movies. Other media outlets like literature and television shows are also diverse in their catalog. And, of course popularity doesn't make a movie or album objectively better, but, these movies and albums, being as popular as they are, speak volumes of influence and appreciation.

THIS MONTH IN HISTORY – NOVEMBER



Armistice of 1918:

-Germany and the Allied powers sign the armistice of November 11th, 1918, which was a main step to ending World War I

Context:

1. Serbian nationalist assassinated Archduke Francis Ferdinand (heir to Austrian-Hungary empire in Sarajevo, Benesia).
 2. Austria-Hungary declares war on Serbia
- Russia declares war on Austria-Hungary
Germany declares war on Russia
England and France declare war on Germany

Beginning in 1914, WW1 was a gruesome battle between Allied powers (France, Britain, Russia, Serbia, United States, Japan, Italy) and central Powers (Germany, Austria-Hungary, Ottoman Empire)

3. Between 1914–1918, many independent nations/ countries got involved such as Japan, China, Italy, Romania and the U.S.

The United States gets involved in 1917 because of the Zimmerman Telegram and the sinking of the RMS Lusitania

1. In October 1918, peace was declared between the Ottoman empire and the Allies, ending war in the Middle East.
 2. A few days after, the Austro-Hungarian Empire would sign an armistice with Italy
 3. In the west, Germany's collapse led to signing an armistice with the Allies. Appeasement included full demilitarization, release of all Allied POW / interned citizens, and the removal of German occupation from France, Belgium, and Alsace-Lorraine. Germany was given 72 hours to accept these terms.
- An estimated 16.5–20.5 million were killed (9.7 military personnel and 10 million civilians) and 20–22 million were wounded over the course of the war.

On November 11, 1918, at 5AM, armistice was agreed upon

"Hostilities will be stopped on the entire front beginning at 11 o'clock, November 11, (french hour). The allied troops will not go beyond the line reached at that hour on that date until further orders."--Marshal Foch (sent to allied commanders)

1. War on the western front comes to an end.

Appeasement causes tension leading up to WWII...

ENTERTAINMENT



THE POWER OF POETRY

Noelle Nania

Dover Beach - Matthew Arnold

The sea is calm tonight.
The tide is full, the moon lies fair
Upon the straits; on the French coast, the light
Gleams and is gone; the cliffs of England stand,
Glimmering and vast, out in the tranquil bay.
Come to the window, sweet is the night-air!
Only, from the long line of spray
Where the sea meets the moon-blanch'd land,

Listen! you hear the grating roar
Of pebbles which the waves draw back, and fling,
At their return, up the high strand,
Begin, and cease, and then again begin,
With tremulous cadence slow, and bring
The eternal note of sadness in.

Sophocles long ago
Heard it on the Aegean, and it brought
Into his mind the turbid ebb and flow
Of human misery; we
Find also in the sound a thought,
Hearing it by this distant northern sea.

The Sea of Faith
Was once, too, at the full, and round earth's shore
Lay like the folds of a bright girdle furled.
But now I only hear
Its melancholy, long, withdrawing roar,
Retreating, to the breath
Of the night-wind, down the vast edges drear
And naked shingles of the world.

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Ah, love, let us be true
To one another! for the world, which seems
To lie before us like a land of dreams,
So various, so beautiful, so new,
Hath really neither joy, nor love, nor light,
Nor certitude, nor peace, nor help for pain;
And we are here as on a darkling plain
Swept with confused alarms of struggle and flight,
Where ignorant armies clash by night.

“Matthew Arnold published the poem “Dover Beach” in 1867. When reading this poem for the first, maybe even fifth time, it’s confusing and hard to break down. There is a deep meaning behind each printed word. It is written from the point of view of the untold realities of many. He wrote this poem in a way that has to be read, taken apart, and digested all at once. The speaker of this poem is having an internal battle. He has lost all hope in anything and everything. He’s having difficulty dealing with his overwhelming sadness and feels he has to overcome his difficulties alone. “

ORCHESTRA



Nathaniel Neri

Ever wonder where the harmony you hear when listening to an orchestra originated from? Think of the term orchestra and what you associate it with. Does Mozart come to mind? Wooden instruments? If you think about these, you have a general idea of what an orchestra is. But it can be broken down into more specific details.

What is an orchestra?

The word orchestra is derived from the Greek word *orkhestra*, which translates to "a space where a chorus of dancers performs", and that comes from *orkheisthai*, meaning "to dance". The true definition of orchestra is a large group of musicians performing in an instrumental ensemble, commonly known for playing classical music. These musicians can play a variety of instruments, separated into four main sections. Bowed instruments are the stereotypical orchestral voices, consisting of the viola, violin, cello, and the double bass. Wind instruments can be narrowed down into two categories: woodwinds and brass instruments. Woodwinds are the flutes and reed instruments. Despite the name, they can be made out of other materials, like how the saxophone is commonly made from brass. Brass instruments are the second category of wind instruments. These are the classic, glossy yellow instruments you see played, like the trumpet, trombone, or baritone. Alongside the different instruments, there are also many different types of ensembles. The full orchestra includes all instruments. The chamber orchestra is a smaller version of the orchestra. A pit orchestra performs for a play or an opera. String orchestra has all of the string instruments. A concert band has all brass, wind, and percussion instruments.

Timeline :

The history of orchestra, just like any history, can be broken down into timelines. The first instrument, a flute made of mammoth bones, is thought to date back 30,000 to 37,000 years old. That is during the

middle paleolithic era, so it is safe to say people have been creating instruments for a while. This is the beginning of music as we know it today.

The Renaissance Music Period :

During the musical renaissance period (from the 14th century to the 16th century), people would come together to perform in a group called a consort. Many different instruments were played and vocalizing notes was a big part of performing.

The Baroque Period :

Spanning from the 16th and first half of the 17th century, the Baroque Period is where we start to see an advancement in orchestra. People started to focus more on the details of the music, layering different instruments, creating higher and lower sounds, and increasing the size of an orchestra to create a more diverse melody. A large number of popular composers are from this time period including Bach, Handel, Vivaldi, and many more. This is also when the most popular instrument around the world, the Piano, was invented.

Classical Period :

1760 to 1830 was the Classical period of music. The Piano is gaining popularity, and numerous famous composers are creating music such as Mozart, Beethoven, Haydn, and many, many more. This is also the period where most of today's commonly performed orchestra music is composed.

Conclusion :

This timeline is a general overview of the history, and there is a lot more information that can be learned and explained. Orchestras thrive throughout the world, speaking a universal language, continuing to impact listeners for many years to come.



ELEMENTAL MOVIE REVIEW

Josie Attisano

From a disappointing start at the box office to becoming Pixar's most successful original film in years, Elemental's story is a rollercoaster ride. Many factors led to its initial failure in the box office, most importantly, the pandemic, the timing of the release, and very poor marketing.

First and foremost, the pandemic played a major role. People were understandably hesitant to venture out to crowded movie theaters, still nervous of catching Covid-19. On top of that, streaming services were gaining popularity at the time, so unfortunately for Elemental, many skipped out on the movie altogether. Timing also played a part in its struggle. Elemental was released alongside highly anticipated movies like Across the Spider Verse, Indiana Jones, Transformers, and the Flash. These franchises have massive pre-established fan bases, so it's no wonder they stole the spotlight. In addition, many families overlooked this movie because of Pixar's reputation over the last few films that did not perform well.

Despite the 100 million dollar marketing budget-yes you heard that right- the marketing for this film was absolutely atrocious and did not display the brilliance of the writing and story and the immense beauty of the graphics in the slightest. I genuinely have never seen a more beautiful 3D animated movie until watching this film. But anyway- bad marketing. It seems like nobody even saw commercials for Elemental, there were barely any playing on TV or other services. Also, for some reason, Pixar decided to pour their marketing budget into establishing a very insignificant side character named 'Clod' as someone to cheer about, creating videos that appeared to be from the audience's perspective in the movie theater with



hundreds of people rejoicing over Clod's greatness.

But here's the silver lining: there weren't many options for children's movies at the time, so parents flocked to see Elemental after they had already watched the other films, giving them a chance to enjoy a masterpiece of a family film.

I completely recommend giving this film a watch, as despite the circumstances, it is an incredible movie that touches on topics of immigration and family. This movie is extremely funny, entertaining, and immerses the viewer in the fun and beautiful world of the characters.

TOP 10'S

Top 10 2000's Movies to Watch and Why

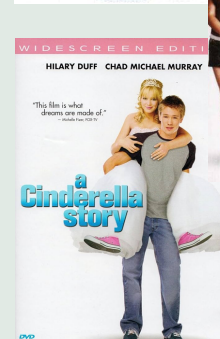


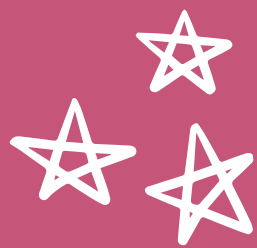
Hazel Myers, Aubrey Earle, and Gianna Ingerito

1. **She's The Man**- A fun watch about a girl who pretends to be her brother for soccer.
2. **The Devil Wears Prada**- A girl who gets a job as an assistant for a famous magazine editor.
3. **Princess Diaries**- An unpopular girl finds out she's a princess and changes her lifestyle.
4. **How to Lose a Guy in 10 Days**- Two people who both unknowingly dated each other for their job.
5. **Wild Child**- A spoiled rich girl gets sent to a strict boarding school in England.
6. **John Tucker Must Die**- Four girls plan to get revenge on the school player.
7. **White Chicks**- A funny must watch about two FBI agents who go on a mission.
8. **21 Jump Street**- Two former enemies become partners in crime and go undercover.
9. **A Cinderella Story**- A story about a girl who does all the work for her stepmother.
10. **The Hangover**- A group of guys in Vegas lose their friend and venture out to find him.



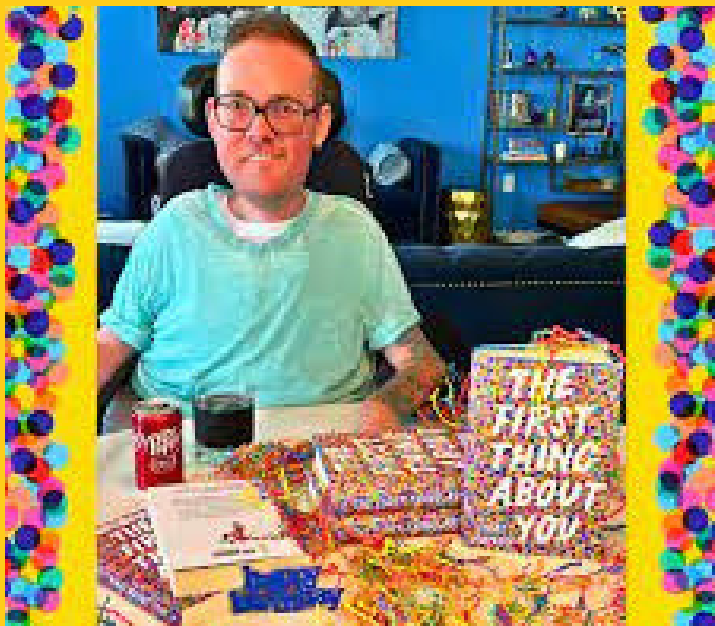
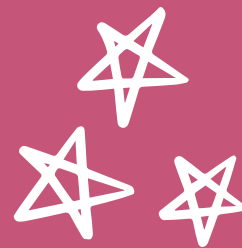
2010's





LYNCH'S CORNER

BOOK REVIEW



Book Review of *The First Thing About You*, by Chaz Hayden

“What’s your favorite color?” This is the question that Harris asks every new person that he meets. He believes it is a great icebreaker and that it can tell a lot about a person. This comes in extremely handy when Harris moves from California to New Jersey and has to start at a new school. The other piece of information that you need to know about Harris is that he suffers from a birth defect and is confined to a wheelchair.

When Harris starts his new school, he makes friends with Zander (favorite color = yellow) and is attracted to Nory, who will not tell Harris her favorite color although he is sure he can guess it since they seem so compatible. Miranda, a twenty something year old, becomes Harris’ new nurse to accompany him to school and her favorite color is red. This makes her a bit dangerous and Harris is not sure he likes who he becomes when he is around her.

Harris tries to live the typical teenage experience despite his disability, and things don’t always go as planned. Harris has a wonderful voice in the novel and all the characters are well developed and make you want to care about what happens to them.

This novel is a humorous look at how a disabled teen views life and the challenges they must face. It is authentic because the author also suffers from the same disease as Harris. If you are a fan of John Green books, this may be one that you want to pick up!



SCHOOL SPORTS



GIRL'S VOLLEYBALL

Owen Neyland

In the world of high school Varsity Volleyball, the combination of skill, leadership, and inspiration finds itself strongly within three of Miller Place's own Varsity Volleyball athletes—Tess Connolly, Sabrina Provenzano, and Payton Horan. Each of these athletes bring their own story to the team, helping do their part along with many other outstanding players on the team.

Known for her contagious positivity and leadership, senior Tess Connolly is not just a player but a mentor for the varsity volleyball team. In our interview together, Connolly's forward-looking attitude shines as she shares her optimism for the team's future, especially for the underclassmen, who she believes hold tremendous potential. "Their positive energy will do amazing things for years to come," she affirms, demonstrating her belief in the team's growing spirit.

Her recognition of the underclassmen's passion for the sport of volleyball is resolute. "They all love the sport so much," Connolly acknowledges, emphasizing the influence of their shared commitment, irrespective of their grade levels. Her humility and anticipation for the incoming players' success stands as endorsement of her sportsmanship and the team's future culture of camaraderie.

As the team's determined libero/defensive specialist, Sabrina Provenzano epitomizes the core values of unity and adaptability within the Varsity girls' volleyball team. Her perspective on the sport mirrors the significance of said unity, stressing, "Volleyball cannot succeed without teamwork." Her resilience is evident in her ability to adapt, having faced many setbacks and learning the importance of versatility. Provenzano, with unwavering dedication to the game beyond high school, aspires to play at the collegiate level.

Notably, her acknowledgement of teammate Tess Connolly's positive impact calls attention to the mutual respect and support that exists within the team, inspiring

an environment of encouragement and teamwork.

Transitioning from a lengthy gymnastics career to Volleyball, Payton Horan illustrates the tenacity and determination that is crucial for athletic success within the game. Inspired by her mother's volleyball legacy, Horan's rise on the volleyball court is a motivating demonstration of dedication and hard work. Her milestone achievements, specifically reaching and surpassing 100 kills in a season, echo her perseverance and the results of rigorous practice that has been put in.

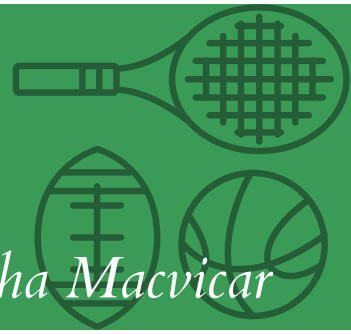
Horan's cherished memories and accomplishments, "The 'I have made it' feeling with playing volleyball for our school," and being an all-classification player and earning recognition in a tournament this year, stand as achievements in her volleyball career. Her journey, with teammates like Tess Connolly and Sabrina Provenzano along with various other individuals like Olivia Honkonen, a captain for the team, Ella Smith, Madison Hall, Jamie Robles and Mia Riley, spotlights the team's collective effort and the strength deriving from their unity.

As these three special individuals and athletes—Tess Connolly, Sabrina Provenzano, and Payton Horan—are to leave their places on the Miller Place High School's Varsity Volleyball team, they are prepared to take their place throughout the rest of the world, leading their own paths for a brighter and more successful future.



HIGH SCHOOL SPORTS AND MENTAL HEALTH

Samantha Macvicar



As a student-athlete, I always try to prioritize being a student first. But why do so many teens feel overwhelmed when it comes to high school sports? The pressure of being a student athlete can eventually become overwhelming, and it gets difficult to speak about it with others.

Studies from the from the National Institute of Health have shown that 40% of student athletes have anxiety. Anxiety can cause athletes' performances to suffer on court or on the field. If stress levels exceed a certain range, performance during a game or match will be impacted. Just the thought of potential injuries alone can also create fear for student athletes. The psychological response to an injury has been proven to trigger serious mental health issues including depression and disordered eating. When athletes sustain an injury, they may be subjected to negative emotions such as sadness, denial, anger and frustration. If they do not find healthy ways to cope with these emotions, they will become more severe over time.

According to the National Institute of Health, about 3.8 million concussions occur each year due to sports related injuries. 300,000 of these injuries occur from football. Recovering from a concussion or injury usually causes the student athlete to feel like they are underperforming. "It's not uncommon for injuries to fuel feelings of isolation, frustration, anxiety and even depression," says Dan Pillow, a clinical sports psychologist with Henry Ford Health. "Missing out on competition can affect your emotional well-being, social well-being, and your self-concept or identity."

Nearly 500,000 student athletes want to be a part of the NCAA divisions. It is not uncommon for many to experience sleep deprivation, with many having 3 hour practices 6 days a week and overtime practicing, proven by the fact that 40% of student athletes are victims of sleep deprivation. Not only does sleep deprivation affect athletic performance, but it can also affect academic performance, the immune system, and can cause negative thoughts to become more pronounced. To be a part of the NCAA division 1, you need a 2.3 GPA minimum GPA of 2.3. Furthermore, 70% of student athletes do not graduate due to academic probation. Academic probation is a warning that you have fallen into academic difficulty and that you need to improve your grades in order to reach "good Standing" status to avoid risk of disqualification from your sport.

Being a student athlete is both an honor and a privilege. "Student" always comes before "athlete", so be sure to work just as hard in the classroom as you would on the field. Get your name out there, and always keep an open mind to any opportunities available, even if they aren't your first choice.

