



¡VIVA ESPAÑA!

Flip to **PAGE 6** to hear all about our upperclassmen's fabulous trip to Spain!



KAL COMMITS TO IOWA

Turn to **PAGE 9** to hear all about Kal Lewis's commitment to the University of Iowa!



SMALL ISLAND SCIENTISTS MAKE A BIG PUBLICATION

Learn all about our research students' recent publication to the Protein Data Bank on **PAGE 11!**

THE INLET

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SHELTER ISLAND SCHOOL

October 2019

DR. BRIAN DOELGER

NEW PREFIX, SAME DOELGER

BY HENRY BINDER

For the select few in our school who were fortunate enough to have Dr. Doelger as either teacher or colleague when he was first in our district six years ago, the news that he would be returning to take the helm came as a welcome surprise. Mr. Doelger, as we then knew him, could be seen sporting a "Doelg" sweater vest, popping a quick pump of portable hand sanitizer, looking for his missing laser pointer, or setting up lunch dates with staff or students alike looking for company. Mr. Doelger left as the peoples' champion, set off to better his career, and has now triumphantly returned as our newest Superintendent and Principal. This time though, he's back with a new prefix, new marital status, no sweater vests (so far), and a new plan for our school.

After leaving Shelter Island School District, Dr. Doelger moved on to Medford Middle School where he earned the position of Assistant Principal. It was under the duties of Assistant Principal that he would be responsible for disciplinary action and scheduling for the Principal, and of course, helping to keep the nearly 800 enrolled students in line. Dr. Doelger spent the next two years as Assistant Principal, then one

additional year filling the position of Interim Principal, after Medford Middle School's Principal suffered a terrible car accident. After his third year at Medford Middle School, Dr. Doelger interviewed for the role of Principal at New Lane Elementary School in Coram, which has an enrollment of 1,000 kids. "There were ten sections per grade, fifty sections combined, and about one hundred teachers," Dr. Doelger explains. After his term ended at New Lane Elementary, he moved eastward to the district office at Riverhead High School. His tenure in Riverhead would be brief, as when there less than a year, "Ms. Kathy Lynch, S.I. Board of Education President, called to let me know that there was an opening for Superintendent and to see if I was interested in applying," he recalls. Dr. Doelger took advantage of this opportunity and traded in his blue and white for blue and gray.

After not seeing Shelter Island School for a span of six years, it felt a little bit strange to Dr. Doelger that he was returning to the same place he used to teach years ago. "It was a little weird because I used to come here as a teacher, but within a day or two, I felt back at home because I just love this place; I love the kids,



Photo by Henry Binder

and I love the community." He recalls that the school looked very similar, and the main differences that he noticed were the new faces of teachers and students. Over the past six years, a majority of Shelter Island teachers have retired, leaving Dr. Doelger with many new faculty. And, since he had been gone for years, there were many new students who had joined the district. Dr. Doelger decided to make his first order of business meeting with students to familiarize himself with the student body that makes up Shelter Island School. This year's senior class is the only class Dr. Doelger had actually taught in the classroom, making an interesting dynamic of almost entirely new faces in the halls of Shelter Island School. "It's great. It's a joy

to see the seniors in the halls, or in the classroom; it has been a pleasure," Dr. Doelger explains. "I am happy that I got here this year and not next year where I would not have any connection to the students I used to teach," he adds.

Dr. Doelger is fully aware of the change brought by the administrative turnover in the district. "I don't believe that it is necessarily the best thing to keep switching from idea to idea, and by the time you start a campaign, the kids don't even know what anything means." Previous superintendent Dr. Finn had begun what she coined the "Decency campaign,"

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VAPING DEATHS: DO TEENS CARE ENOUGH TO STOP VAPING?

BY ZEB MUNDY

It is no secret that vaping has become an epidemic amongst teenagers and young adults in the last few years. Many teens mistakenly believed that vaping was less harmful than cigarettes and getting a nicotine buzz through vapor, rather than through smoke, was the "healthier" choice. We now know this assumption could not have been further from the truth. Seemingly out of nowhere, 1,080 vaping-related lung injury cases have been reported to the Centers for Disease Control (as of press time). 18 people and counting have died due to vaping induced lung disease. The Mayo Clinic now speculates it may be toxic chemical fumes, not oils as previously thought, to blame for the vaping-related illnesses and deaths. In the wake of this news, New York State has taken emergency measures to outlaw flavored vape liquids, in attempts to curb usage. Further restrictions may be forthcoming. With all of this alarming news, we wondered, are the headlines making teens rethink their own vape use? We asked (under the assurance of anonymity) admitted high school vape users if they plan to curb their habit, or if the headlines have them

reconsidering their use in any way.

One secondary student had an abrupt realization, sharing, "So I'm sitting there 'ripping my stick' (vape) scrolling through Snap, and I see all these snaps about people dying due to vaping, and I knew right then that I needed to stop." Another student willing to share explained, "It's scary because so many people are doing it. I had quit before people started dying and I'm glad I did, being that all this is unfolding now." A skeptical vape user is not so sure (s)he would have kicked the habit had it not been for the headlines, saying, "People told me it was unhealthy and I just sort of brushed it off as nothing until I started seeing the news stories. They were a wake-up call." A final student willing to share said, "For me, I knew I needed to stop once kids started getting sick and having lungs collapse, so I just stopped."

It is unfortunate that it took such tragic headlines for teens to reevaluate their vape use, but thankfully everyone we spoke with has reconsidered their use and either quit or is in the process of doing so—perhaps a silver lining on a very dark cloud.



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CLIMATE PRESSURE IS ON

BY EMMA GALLAGHER

My summer was consumed by work, preparing for summer camp, a trip to Spain, volunteer work, preparing for my final year of high school, thinking about college, attempting to maintain a social life, the list goes on. In the brief moments of relief from my busy schedule, I found myself laughing at a broad range of internet memes, as most teenagers do. Towards the end of summer though, as the scent of September crept in, my social media feed was bombarded. Not by memes, however, but rather by a new hashtag and social media presence. Everywhere I looked, I saw things like, “the lungs of the world are on fire,” “#savetheamazon,” “smoke can be seen from space.” All kinds of people were arguing about what had started the fires and a whole plethora of other issues concerning the climate. I thought, the jungle is on fire? How? What could I do to help?

All of these posts made me wonder what was actually going on. The presumed cause of the fires in the Amazon is intentional fires set by farmers for agricultural purposes. Often, these controlled fires can get out of hand quickly. Many people single handedly blame Brazil’s president, Jair Bolsonaro. Could one individual do that much damage? Time.com says that for years, Brazil’s government has been lowering budgets for environmental conservation and protection of indigenous tribes. President Bolsonaro credited the excessive increase in fires to the *queimada* (intentional burning) season. People from all over the world chimed in, saying things like “how could Brazil let this happen?” Brazil relies heavily on agriculture. Therefore, the government, the farmers are probably doing what they are doing, whether that be decreased spending, deforestation, or any other number of possibilities, to benefit the economy and the majority of its population. By no means am I justifying anything Brazil has or has not done. I would just like to point out that, for the most part, every country does what it

believes will benefit its economy and its people.

NASA Earth observatory observed the Amazonian fire as record fire activity in late August. If you are wondering why I am writing on this subject in October, almost two months later, it is because there are still fires burning in the Amazon. Social media has moved on to



other trending causes, but it is still happening. Why is this so important? The Amazon rainforest is one of the most biodiverse habitats on the planet. It provides a home for millions of species and plays a substantial role in regulating CO2 and O2 levels. This issue also symbolizes a worldwide problem. The Amazon is not the only place with extreme fires. The United States has had devastating wildfires, as have many places around the globe. This is not to be misinterpreted as “all fires are bad.” In fact, natural fires are a necessary part of the survival and growth of many ecosystems. The problem is that many fires are inflicted unnaturally by humans at an extremely unregulated rate.

I am also writing on this topic because we are in the midst of an environmental crisis. It is no secret that the global climate is changing. What it means exactly is hard to know, but there are all kinds of predictions and opinions. The problems in the Amazon are just one piece of a very large

and extraordinarily complicated puzzle.

Deforestation, non-renewable energy, rising sea levels, plastic production, carbon emissions, pollution of land, water, and air, greenhouse gases, animal agriculture, and food and clothing waste are just some of the topics to discuss on environmental issues and sustainability.

The thing that makes the topic of climate so controversial is that every aspect of human activity plays a role in the outcome of how we plan to approach these issues. We must take into account the economics, politics, etc. that play a part in our world. If one country imposes laws, that could be a step in the right direction. However, climate is a global issue and there are around 200 countries in the world. Every country has the right to decide its own policies. It is almost impossible for all of our world’s countries to approach the dangers human impact on the natural environment in the same manner.

I would like to believe that every individual does what they think is right. In terms of the environment, that means many things. Some people use metal straws. Some people recycle. Some people clean up beaches. Some people invent machines that clean up oceans. Some people plant trees. Some people become vegan or vegetarian. Some people lead protests.

Though the Amazon has not been so present on our screens lately, climate enthusiasts are gaining momentum. On September 20th, 7.6 million people took to the streets to fight for action on climate change. Led by Greta Thunberg, a 16 year old Swedish activist, these millions marched in towns and cities across the globe. Greta is an example of a group so passionate they have refrained from going to school until the change they want to see happen, happens.

As with anything, if we want change, we need to show it. It is important to raise awareness on social media and elsewhere. Our lifestyle habits and demonstrated interest will drive what companies produce and how they produce it. What we fight for will pressure governments to take action. Another option for those looking to help is to make donations to organizations. Since August, many charities have stepped up and reached out. There are legitimate places to donate to that will help fight the destruction of land and of indigenous tribes. Before you donate, make sure you have done research on the most beneficial and credible charities. There are all kinds of charities focusing on different issues, so do some investigating and make your decision to donate accordingly.

I believe this is one of the most complex issues humankind has ever faced. We must unite, using science and action to make a difference, and it will not be easy, but as an intelligent species, it is certainly possible. There are millions of people working all over the globe, striving for change. Any effort that any individual makes has the potential to be beneficial, but the greatest changes will come as a result of pressure from entire societies. We still have a lot of research to do and action to take. Do not be discouraged by the awful stories that promote themselves in the news. Thrive off of the energy from those doing good, keep an open mind, and keep searching for ways to make a difference.

DR. BRIAN DOELGER: NEW PREFIX, SAME DOELGER

CONTINUED FROM PAGE 1 • BY HENRY BINDER

for example, and Dr. Doelger says, “I haven’t quite decided on starting a new campaign, nor have I decided to do away with the [Decency] campaign. Things take time and consideration.” He suggests building onto what our school has begun may be more effective than restarting. One idea that he is considering introducing to our school is a constructive “student of the month project.” Dr. Doelger used this at his other schools where a “student of the month” is chosen not by who has the best grades, but rather based on a singular characteristic: honesty,

kindness, etc.

Dr. Doelger believes that by using his experience as administration and as a teacher, he will be more aware of the issues our school faces. One issue that puts stress on teachers, especially in our district is the course load for teachers. Having six class preps is the norm for many Shelter Island teachers, while in larger school districts, their number of different courses taught does not exceed three. Dr. Doelger faced the same problem as a teacher and is looking for solutions to problems that he knows are vital to

the performance of our school. The most pressing obstacle that Dr. Doelger is anticipating is finding the fine line between superintendent and principal. He elaborates, “I am the superintendent and principal, so there are large responsibilities associated with each job, and making sure I schedule my day out to devote the most efficient use of my time as both superintendent and principal. So, weighing out both positions is probably the largest challenge I have this year, but I am looking forward to it because being in

a district office, you lose a sense of being around the kids because you are in an office, so this is great how I get to be with the students.”

Dr. Doelger will certainly be occupied adjusting to his reintroduction of Shelter Island. He is very excited for the coming year, and cannot wait to see what all of the students can accomplish. We wish Dr. Doelger luck as he starts this new chapter, and cannot wait to see everything he will contribute!

We would love to hear from from you!
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HERD IMMUNITY

BY JONAS KINSEY

Vaccinations. Even just the mention of this word has become controversial as of late. It all started June 13th, 2019, when Governor Cuomo, via the New York State Department of Health, officially gave public schools the order that all enrolled students must be vaccinated for the 2019-20 school year. This law frustrated some parents and put the school in a difficult position, to say the least. The new law was enacted on the heels of recent measles outbreaks across the country and intends to address public health concerns.

According to Nurse Mary Kanarvogel, the school has always had strict medical regulations to ensure the safety

of its students. She reports, “The school has always had requirements for its students and they were given a list. Originally, you could refuse certain immunizations based on religious beliefs and/or a medical exemptions. However, in amending the law, the NYS Department of Health removed the religious exemption.” This meant that many students and parents faced an ultimatum: Get vaccinated or be refused the right to attend public school. This also meant that rare medical exemptions became the only way to outright avoid having to be vaccinated before attending public school.

A grace period was given in September and families

were informed that any unvaccinated children would have fourteen days to comply. After fourteen days, Dr. Doelger and Nurse Mary would be fined two thousand dollars per day, per student, if unvaccinated students came to school. “We were handcuffed by the law,” Nurse Mary explains, when talking about their limited options, “You can’t tell the police officer not to uphold the law.”

“Herd immunity,” is what Nurse Mary calls the new requirements. “You get these vaccinations not only to help yourself, but to help everyone around you, so no one can pick up a potentially harmful illness.” This then raises a fundamental question: if students are required

to get vaccinated to protect each other, what about the teachers and staff? Well, for them, there are no new requirements. “There are currently no vaccination requirements for faculty/staff and adults working in the building,” Nurse Mary admits. However, Nurse Mary made sure to point out that most, if not all, teachers have probably been vaccinated already, as college/university enrollment requires full vaccinations. So, despite the fact that the vaccination requirements do not cover everyone in the building, Nurse Mary is confident that this “herd immunity” will better protect us all.

MINDFUL MRS. LEEVER

BY MYLA DOUGHERTY

This year, Señorita Leever is taking her mindfulness practice to a new level by starting an after-school meditation program on Thursdays, open to faculty and students. The inspiration for the program came from a successful mindfulness segment led by Ms. Leever at the teacher’s first day back to school, where someone suggested that it should become a weekly meeting. “We’ve had small groups,” Ms. Leever said of the first two meetings, “the first time there were 3 faculty and 1 student, and the second time there were 2 faculty, but the experience was great!”

At a session, Ms. Leever said that attendants “chat a little bit, then can practice mindfulness for however long people want, say 5 to 10 minutes, then chat a little afterwards, and that’s it.” Mrs. Treharne attended the first meeting, and found it “very welcoming, peaceful, and relaxing.” She went on to explain, “It was during the first week of school and I hoped to have some quiet reflection during a bit of a stressful week. After the meeting, I definitely felt more centered, but I also realized I need more practice. It is difficult to not let your mind wander during quiet meditation...but I’m not

giving up!”

Señorita says that “the point [of meditating] is to practice paying attention in the present moment. In other words, ‘be here, now.’ The key thing is to pay attention without making a story of whatever it is we notice.” Practitioners agree that the best way to do this is to sit in a comfortable position, gently close your eyes, and pay attention to your breath. “There are variations of practice,” Ms. Leever explains, “some practice can literally just be sitting in silence, but there are other practice sessions where the time can be guided, where I could speak intermittently, and help guide people’s minds.”

Many people practice mindfulness for the benefits it’s reported to have. Ms. Leever says that “it helps a person know themselves better, especially their physical self. And with that type of knowledge, a person can learn to respond to things with more thought, rather than react to things automatically.” Scientific studies have also shown that mindfulness improves ability to focus in school, decreases stress, and increases an overall sense of well-being.



PHOTO BY LYNNE COLLIGAN
STUDENTS ARE “IN THE PRESENT” DURING A MINDFULNESS SESSION LED BY MS. LEEVER.

Contrary to what some people think, “the purpose [of meditation] is not to get calm or feel relaxed,” Ms. Leever says, “it’s often an effect, but it’s not the purpose. The purpose literally is to pay attention.” She also says that the way she studies mindfulness, it is not related to religion or special clothes, nor are postures important, the only important thing is to pay attention.

“I have no expectations,” said Ms. Leever of her hopes for the program, “but I would like to have my room filled every Thursday with students and adults who want to practice learning about themselves as human beings, and not as human doings.” Make some time to go see Mrs. Leever at the next Thursday meeting in her room at 2:30pm.

GETTING COLLEGE READY: MRS. TUTHILL’S TOP TEN

BY HENRY BINDER

Whether you have just begun your junior year, or are making way into your senior year, there is no doubt that you have felt the pressure of college looming. Starting off junior year, many students feel unsure how to prepare for the college application and admissions process. You may be stressing about how to begin, or when you need to begin, but fear not, Mrs. Tuthill is here.

JUNIOR TO-DO LIST

- Get a resume done: “A resume including all of your high school activities, and everything you have done in the community during high school” is essential, according to Mrs. Tuthill. By organizing all of your achievements into one online document, you can constantly update your resume, and have it accessible if needed.
- “Visit or shadow someone in a career you are interested in.” You can take advantage of our school’s Shadow Day if you haven’t already gotten the chance to follow a professional during their everyday jobs. This will give you knowledge of what the profession you are interested in actually does on a daily basis.
- “Learn about the education requirements or certification requirements for the career you are interested in.” Some career paths have prerequisites, be sure to research these.
- “Make sure you have signed up for at least one SAT/ACT if it is required for the colleges you will be applying to.” This one is VERY important. The scores you earn on either of these standardized tests are vital to your acceptance to most colleges and universities. Although some colleges are moving away from standardized testing, it is important to have a score you are comfortable with if any of your prospective colleges are not test-optional.
- “Visit colleges, trade schools, or talk to a military recruiter.” College campus visits are important...only through going to a college can you figure out if you feel like that campus is a good fit for you. Also, if you have ever considered a post-high school path that includes the trades or a branch of service, explore this early to decide if it is right for you.

Seniors find themselves in more of a time crunch when it comes to what needs to get done in the college process. Seniors must have a fully prepared resume by early fall, and if considering early action applications, November 1st is a firm due date:

TOP TIPS FOR SENIORS

- “Start narrowing down your list of colleges and trade schools you are interested in and make a list of application requirements.” Compare your notes from college tours and research and think about which colleges would be the best fit. Some colleges are not supported by CommonApp, so be aware of how you need to apply when the time comes.
- “Ask teachers for letters of recommendation.” Do this early. Ask two teachers for a letter of recommendation for your college applications. Choose teachers who you feel can best explain what type of person you are, and highlight your achievements. Be sure to attach a resume with each request form, give teachers plenty of time to complete your letters, and don’t forget a thank you note.
- “Write your Common App essay, this essay can possibly be used for scholarship applications in the future,” Mrs. Tuthill advises. Your college essay is a vital piece to your college application as a whole. Colleges will use your essay to gauge your writing skills and better understand who you are. And, bonus...as Mrs. Tuthill says, this essay can be submitted for a variety of scholarships, as well.
- “Meet with Mrs. Tuthill to discuss your post-secondary plan and discuss the college application process.” If you aren’t sure how to choose between college, trade school, or an alternate path, your best bet is to make an appointment with Mrs. Tuthill at the beginning of senior year.
- “Stay organized and make a timeline with all of your due dates, and a record of when you sent documents or test scores to each school.” By keeping all of your applications in order, you can save a lot of time and frustration, and remember when you have to do what.

WELCOME MRS. FARKAS

BY BRADLEY BATTEN



PHOTO BY BRADLEY BATTEN
MRS. FARKAS IS ALL SMILES BEFORE GREETING HER NEXT CLASS.

New to our music department is Mrs. Farkas, teaching both chorus and general music classes to grades K-12. Mrs. Farkas, a self-declared “diehard Mets fan and BIG Disney fan,” was born and raised in Hampton Bays, in fact, she is the 12th generation! After graduating from Hampton Bays High School, Mrs. Farkas attended Five Towns College, and then earned a

Master’s degree from Queens College.

Mrs. Farkas had a love for music early on; it was during elementary school that her band teacher saw something in Mrs. Farkas musically that no one else saw, this was the beginning of her love for music and when she decided she would pursue it. Mrs. Farkas began teaching at a private school in Speonk, near Westhampton, before coming to Shelter Island this fall. As for why she made the switch, Mrs. Farkas says, “I love that it [Shelter Island] is a family community and that is what drove me here.” Taking the ferry everyday can be an annoyance for some people, but Mrs. Farkas thinks that “it’s therapeutic, but short.”

In her free time, Mrs. Farkas enjoys spending time with her 3 month old infant and going on walks. She also enjoys playing tennis. Mrs. Farkas’s main goal for this year is to make “whatever school/program she is a part of to be as successful as possible.” Mrs. Farkas is ready to make some music, so if you want to jam, go visit her in the specials wing.

GETTING LITERATE WITH MRS. MANAREL

BY BEN WAIFE



PHOTO BY BEN WAIFE

When elementary literacy teacher Ms. Nardi left our district at the end of the school year last year, it left some students in tears. Now, however, students are all smiles once again under the instruction of our new literacy teacher, Mrs. Maggie Manarel. Although she may be new to Shelter Island, she has lived in many other places on Long Island. Mrs. Manarel says, “Growing up, I moved around a lot. I was born in Amityville and lived there for a few years.” She then moved to Coram and Longwood, before graduating from Sayville High School. Post high school, Mrs. Manarel attended St. Joseph’s college and LIU. “So, I was all over Long Island living wise,” she said. Mrs. Manarel now lives in Riverhead with her husband of two years. Shelter Island was one place on the island Mrs. Manarel had never been before taking on her current literacy teaching position.

Mrs. Manarel first started teaching at Riverhead Charter School as a first grade teacher, and then moved on to teach reading at Eastport South Manor Elementary School. Her

first time making the trip to Shelter Island was on the day of her interview. When asked about the experience of the commute, Mrs. Manarel said, “It was a little nerve wracking. [The day of my interview] I got here so early because I wasn’t sure how long the ferry was going to take. I didn’t know how long the waiting on the line was going to take. I got here so early.”

Starting up in September, Mrs. Manarel had to make adjustments. She was used to working in an elementary setting where she did not have to arrive to school until about 9am. She explained, “Now I have to be here by like seven thirty, so that was a huge adjustment.” Another change this year for her is that she is also teaching math and special education. This is a new role for her and even though there will be challenges, she is determined to be successful. “I feel like I’m juggling a lot of different roles and I want to do a good job,” she shared. Mrs. Manarel has primarily taught in younger grades and she shares, “at those ages, you’re really teaching them how to start reading and what to do when they open a book. I enjoy getting to see that experience for a little kid.”

Mrs. Manarel has already noticed some special things about Shelter Island. She says, “Everybody knows everyone. Where I live a lot of people know everyone, and know who you may be talking about, but here, you’re working with their family members and that’s very different. I’m not used to working with people’s cousins, aunts, uncles, husbands, and children. So it is very different already, I can tell.” She also has noted the close bonds that can be forged in small schools like ours, saying, “Here, you guys get a really good education and your teachers really get to know you. So, I like that.” Mrs. Manarel is looking forward to her first year here. “It’s fun working with kids. You keep us on our toes, keep us young,” she shared with a smile. Be sure to give Mrs. Manarel a warm welcome.

A NEW ERA (AND NEW GENERATION) FOR THE ART DEPARTMENT

BY JONAS KINSEY

Last year saw the retirement of long time, beloved district art teacher Mrs. Stephanie Sareyani. Her retirement was a tough one for many to bear, as Mrs. Sareyani was a long time Shelter Island teacher, much beloved for her creativity, bonds with students, and overall positivity. When it came to replacing Mrs. Sareyani, the district did not have to look too far...her own daughter, Mrs. Catherine Brigham now has the job and is inspiring creativity in the same room in which her mom spent so many years.

Mrs. Brigham, the 3rd Brigham now in the building--she is sister in law to both Mr. Walter Brigham and Mrs. Rachel Brigham, comes to the district with a variety of work experience.

She was an Art Teacher in Orient at Oysterponds Elementary School. So, ironically, her classes are actually larger now that she’s on Shelter Island, a change which she accepts with open arms. Mrs. Brigham also more recently worked as Lead Onboarding Specialist at a software company called MINDBODY. What she appreciates about her job here on Shelter Island is that she is able to combine her knowledge from both her past work experiences. “Now, students and teachers are exposed to a lot more technology, through their phones and iPads, so, as a result, kids are exposed to a lot more types of art and artists in general.”

Mrs. Brigham knows that she has big shoes to fill this year. She feels like whenever she looks around her room, “I see little bits of my mom all around.” She plans to work exceptionally hard this year “to make a name for myself in the school.” However, with her mother’s legacy



PHOTO BY JONAS KINSEY

hanging overhead, she does admit that she is nervous about how the year may play out. “It’s exciting, but it’s also a little bit nerve wracking. Everyone liked how my mom did things, and I do them a little differently.” However, students in her classes are quick to point out how she is already doing a great job. “With Mrs. Brigham, Art class definitely feels more organized,” sophomore Grace Olinkiewicz shared.

Mrs. Catherine Brigham’s main goal is to give every single student in the school an opportunity to make art if they want to. “Even if someone can’t fit art in their schedule, come on down anyway! You can always make art down here,” she says with a smile. Mrs. Brigham wants student art to be shown to the community on the island as a whole, and has many shows lined up already for it. If you’re in the mood to get creative, go see Mrs. Brigham!

IN WITH THE NEW: MS. DANIELLE SPEARS

BY EMMA GALLAGHER

It has been several weeks since the 2019-2020 school year began, and chances are that by now you have noticed several new faces walking our halls. One of these bright new faces is Ms. Danielle Spears, who was hired to fill the vital position of school psychologist. Last year, Dr. Dibble retired after eighteen years at Shelter Island School and we were sad to see him go, but are now excited to welcome Ms. Spears.

After growing up in Mt. Sinai, Ms. Spears attended the University of New Haven to earn an undergraduate degree in psychology with a concentration in clinical psychology. She went on to graduate from Adelphi University where she earned a Master’s in school psychology. This is her first full-time position, but she completed two internships at districts during graduate school. She still lives in Mt. Sinai and commutes an hour to the ferry everyday, but she says she “likes the ride because it is a nice drive and is relaxing.” Ms. Spears’s first time on Shelter Island was for her initial job interview.

Ms. Spears is very glad to have had a wonderful start to her school year, as “everyone has been super welcoming and accepting.” She also added that it has been fun to see people’s reactions when they see “how different” she is from Dr. Dibble. Ms. Spears graduated in a class of 190, and at the time she thought that was “the smallest you could get.” After doing her research about Shelter Island, she realized this was far from true, as her graduating class comes close to the enrollment of our entire school. She thinks this aspect of Shelter Island is very unique because it allows “everyone to be connected.” She noted that “a lot of schools say they want to feel like a family, but when you have 5,000 people in a building, the chances of that happening are slim to none.” When speaking of our school, she noted “But you can absolutely accomplish that here.”



MISS SPEARS SMILES HAPPILY AT HER NEW DESK
PHOTO BY EMMA GALLAGHER

In her free time, Ms. Spears enjoys “making plans with friends, going out to dinner, catching up on shows during the weekend, and reading books.” She mentioned she is “pretty laid back,” and if she can do these things she is “pretty content.” Her favorite place to be is “anywhere on the beach,” because she “really enjoys the warm weather and how relaxing it is.” An interesting fact about Ms. Spears is that she started playing softball when she was nine and then did that competitively, traveling around the country for it. In her softball experience, she learned that she does “everything righty, but can only bat lefty.”

Ms. Spears wants to thank everyone for the “kind and welcoming” environment they have made for her here on Shelter Island. She also “really looks forward to meeting and continuing to build relationships with everyone.” If you have not met her yet, make an effort to go say hi or give her a smile in the hall, because she is excited and eager to interact with our students and teachers. Welcome, Ms. Spears!

NEWLY WED & NEWLY HIRED

BY JANE RICHARDS

There are two new teachers in the building: Ms. Claire Read, teaching fourth grade, and Mr. Christopher Geehreng, the district's new permanent substitute teacher. New jobs are not their only commonality, however, these two were married September 28th! In school, Ms. Read will continue to use her maiden name--familiar to Shelter Islanders, as Ms. Read grew up here and her father is S.I. Police Chief Read. Ms. Read went to school in the same hallways she is now walking as a faculty member. For Mr. Geehreng, Shelter Island is a new home, and he is loving it already. The couple loves coming to sports games together and are looking forward to building their careers, their lives, and their futures right here in the Shelter Island School and surrounding community.

As a former S.I. Indian, Ms. Read was a student-athlete active in a variety of sports and activities. Volleyball was where Ms. Read really excelled and is what she enjoyed most about high school athletics. After graduation, Ms. Read attended James Madison University where she earned both her undergraduate and graduate degrees. Ms. Read comes to Shelter Island School with four years teaching experience, having started her career teaching first grade at an elementary school in Williamsburg, Virginia, then teaching third grade in Rockville, Maryland. Ms. Read truly enjoys teaching elementary school because she finds students at that level are inspired to learn. She loves the nurturing side of teaching the best, such as, "how to be a good person, to be happy, and to enjoy yourself and your friends out in the world." Ms. Read wants to encourage children to be "life-long learners," which is a great inspiration for her in the teaching profession.

Ms. Read decided to come back to Shelter Island after learning of the job opening because in her words, "I wanted to give back to the community I grew up in. I really have a special place in my heart for Shelter Island and I really just wanted to go back and make sure other kids got to have the same experience I did!" A lot has changed since Ms. Read last walked these halls as a student. She says, "They have done a lot of upgrades. The whole lobby, when you walk in, it has all the history but then it also has new stuff, it feels very welcoming." As for getting to know her new colleagues and students, Ms. Read says there are, "Some old faces, some new, there are some old teachers that I had, and a lot of new ones as well. I see all the kids that I used to babysit, they are now becoming adults, so it's just different. Everyone's growing up, which is pretty cool."

Ms. Read's new husband, Mr. Geehreng, did not grow up on Shelter Island, but he is already feeling

proud to be a part of the Shelter Island community and excited to be working at the school and getting to know his new colleagues. Mr. Geehreng attended high school in Western Maryland and then went to college at Frostburg State University, which is near Western Maryland and West Virginia. Following graduation, Mr. Geehreng sought his Master's degree at Queens College, he then taught fifth grade in Maryland before moving to Shelter Island to start anew with Ms. Read.

So, how did Ms. Read and Mr. Geehreng even meet to begin their journey which landed them back here on "the rock"? Well, that's a little bit complicated... the abridged version is that the two met through his parents. The details are this: One night the then Ms. Read was at the restaurant SALT, on Shelter Island, for her birthday. While socializing with her best friend Gina, a man she didn't know approached and asked if she would mind moving out of the way so that he could take a picture of his wife, who was standing behind Ms. Read. She moved over and then started joking around with the gentleman and they started talking. She told him that she was a teacher, and he shared that his wife also worked in a school. Then his wife added, "oh you should meet my son, he is also a teacher!" She even then opened Facebook to show Ms. Read a picture of her son. Who were these strangers? They were Mr. Geehreng's parents...the couple who would one day become her in-laws. Three days later, after having exchanged information, Mr. Geehreng's mom apparently did not think things were progressing quite quickly enough, so in a group text to both Ms. Read and Mr. Geehreng, she wrote, "now you guys have each other's number, do something about it." Mr. Geehreng says now, that was, "So embarrassing." He jokes that before they went on their first date in Greenport (Mr. Geehreng's parents now live in Southold), he thought something might be wrong with Ms. Read, because who would actually go out with him after his mom texted on his behalf? At this, the now Ms. Read laughed and added, "we meet through his parents...it was an arranged marriage."

After going back home to Virginia, the two continued to date and eventually got engaged and when Ms. Read got the job here on Shelter Island, they made the move together. Mr. Geehreng is currently the district's permanent sub, which means he fills in wherever he is needed. Outside of school, Mr. Geehreng loves to play soccer, to ski, to watch movies, and to cook for he and Ms. Read. So far, he is very happy in his new island home. He says, "The sense of community is very different, in a small-town kind of way." He mentions that, "where I grew up, in Maryland, it is a huge county and you kind of lost



PHOTO PROVIDED BY MS. CLAIRE READ
THE COUPLE, LOOKING STUNNING ON THEIR WEDDING DAY, SEPT. 28TH.

that sense of small-town pride. You often felt like you were a small fish in a really big ocean, whereas on Shelter Island you get the chance to experience more things and work with more people." It is a bonus too that now he is closer to his parents in Southold. Mr. Geehreng appreciates that the people of Shelter Island, "want to know your genuine interests and are there to help you out a lot."

The two teachers' wedding took place on September 28th and when interviewed they were most excited about the live band called "Mean Machine" that Mr. Geehreng had heard once on Fire Island. Mr. Geehreng also reported eagerly anticipating the arrival of friends the two have not seen seen in some time.

Though they never anticipated being colleagues, both Ms. Read and Mr. Geehreng are happy to find themselves in school together. Whether it's sharing a fridge in Ms. Read's room or grabbing the occasional lunch together, Ms. Read says, "It's really nice. We see each other, but are not together all the time." The best part about their life-work connection? "We get to look out for each other," Mr. Geehreng says. The moral of this story? Sometimes a chance encounter and a pushy mom are the perfect combination. Welcome the new couple when you see them, we sure are fortunate they have joined the Shelter Island School family.

MR. MCELROY: TEACHER, FIREFIGHTER, FARMER

BY MYLA DOUGHERTY

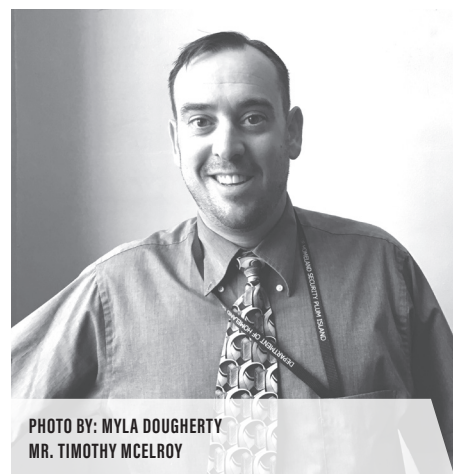


PHOTO BY: MYLA DOUGHERTY
MR. TIMOTHY MCELROY

Mr. Timothy McElroy is one of the many new faces in our building this school year. He is a Special Education Teaching Assistant, and assists ENL (English as a New Language) students for a period of Global Studies. Mr. McElroy grew up in New Hyde Park in Nassau County, and recently moved to a family farm in Mattituck with his wife and two daughters. He attended Iona College, where he got a degree in Broadcasting Journalism and interned at ABC Sports. In the past, Mr. McElroy taught at the Riverhead School District, where he was a teaching assistant and did leave replacements for two years. For the past four years,

he taught at Mattituck as a first grade inclusion special education teacher. When asked how he likes teaching at Shelter Island, Mr. McElroy said, "It's awesome, I'm super happy. Everyone is extremely nice, friendly, outgoing, it's just a nice, small, knit community type of school,"

In his free time, Mr. McElroy likes to fish and play on their farm with his daughters, three year-old Nola and six year-old Morgan. He is also a volunteer firefighter in East Marion. Mr. McElroy and his wife have been married for twelve years, and she is an occupational therapist at Southampton Elementary School. Their family

likes to "go on family trips, like upstate skiing, or fishing on [their] family boat, and just hanging out together and having a good time." For the school year, Mr. McElroy hopes to "get to know as many kids as possible, since it's a really small school" and "try to get to know the staff, procedures, and the policies of the school and just try to kind of fit in." He wants us to know that he "really likes to help people, [as] being a volunteer firefighter, it's just in [his] nature to help people out." If you see Mr. McElroy in the halls, say hello!

¡VIVA ESPAÑA!

BY ABBY KOTULA



PHOTO COURTESY OF MS. MAYO
THE 16 JUNIOR AND SENIOR TRAVELERS POSE IN FRONT OF THE MONUMENT TO THE CONSTITUTION OF 1812, A SIGHT-SEEING DESTINATION IN OLD CÀDIZ OF GREAT HISTORICAL SIGNIFICANCE.



Last July, our lovely Ms. Leever, Ms. Mayo, and Ms. Nardi brought 16 students to Spain. Since Spain is such a culturally rich country with so much history, it was a challenge to fit everything in to the 10 day itinerary. Yet, in that time, students managed to immerse themselves in the culture and travel to 3 different locations outside of their “hometown” of Cádiz.

Attending the Centro MundoLengua school from 10am to 1pm Monday through Friday sounded like it might take too much time from students’ days, but it turned out to only add to the experience of the trip.

Students learned so much more of the Spanish language and culture both in and out of the classroom. “The school taught the language so well, it really cemented the concepts we’ve been learning at home,” junior Nick Mamisashvili proudly admitted.

Activities outside of school in Cádiz included, walking to town squares to interact with friendly locals, exploring local markets, taking part in a Flamenco dance class, and even watching a real Flamenco dancer perform live in Old Cádiz. Emma Gallagher recalled, “Flamenco dancing was very cool because it is not like many other dances; it’s authentic. I am no dancer, but I still had a blast attempting to learn the routine.” Another wonderful memory made in Cádiz was making Paella in Old Cádiz on the last night. “The dish was so delicious and made with such fresh ingredients; I enjoyed the night so much because we made it as a group and that’s something I’ve never done before,” Emma added. Perhaps nothing beat the beautiful waters of the Playa de la Victoria: a white-sand beach at which students even had the pleasure to surf. Cádiz was not where the adventures ended, however.

Trips to Old Cádiz were a highlight for junior Jalil Carter. He said, “Old Cádiz! It had shopping and different types of items you don’t see everyday.” Students also biked to thousand-year-old ruins in Old Cádiz.



PHOTO COURTESY OF MS. NARDI
MS. MAYO POSES WITH A FEW STUDENTS ON THE BREATHTAKING BOARDWALK BIKE TRIP IN OLD CÀDIZ, WITH THE ATLANTIC TO THE RIGHT.

The trip’s itinerary also included a day trip to Seville to admire the Giralda (a stunning cathedral with a breathtaking view), the Plaza de España (one of the most elegant places ever built), and other beautiful palaces rich in Spanish history.

Gibraltar, a small city at the tip of Spain that is actually British territory, was next up. “Riding up the side of the rock [at Gibraltar] made me feel like I could see the whole world,” exclaimed Henry Binder. Standing on top of the Rock of Gibraltar, the mountain ranges of Africa are clearly visible, and was one of the most beautiful views of the trip, according to all who went. Ms. Mayo attended the 2017 Spain trip and was astonished at how close Africa is to Spain. “It’s such a short distance, it’s right there! So, why not just go?” That is what Ms. Mayo thought back

then. And, this year, it happened; students traveled to Tangier, Morocco. Jane Richards confessed, “I didn’t expect Morocco to be as big as it was, and I loved getting to see the beautiful coast.” Students walked through the bustling Moroccan markets, learned about native spices, and rode camels on a cliff overlooking the Atlantic. Brandon Velasquez, especially blown away, admitted “I was fascinated to see the shift in culture from Spain to Morocco and experience different customs from both places.”

The Spain trip was an unforgettable experience for all who went. It truly was a once-in-a-lifetime experience. Students are so thankful to the chaperones and the Shelter Island Educational Foundation for making it possible for them to experience the trip of a lifetime.

CLASS OF 2021 INVADES THE CAPITAL

BY BRADLEY BATTEN AND ZEB MUNDY

The junior class recently took a class trip to our nation’s capital with chaperones from the Social Studies Department Mr. Miedema, Mr. Brennan, and Ms. Corbett. The trip kicked off on October 2nd and juniors returned home on Saturday, October 6th. This year, juniors had the opportunity to fly to Washington, D.C., saving a lot of hours spent on the bus, which meant more time to explore.

The first evening in D.C., juniors walked the mall and saw the monuments at night. According to junior Matthew Strauss, “they were particularly beautiful at night, the lighting gave them a very special quality.” Seeing the Lincoln Memorial was a special treat, as American History classes spent

a great deal of time analyzing Lincoln’s achievements during his presidency.

The next morning, students visited the Capitol Building. While in the Capitol Building, they viewed the Senate and the Rotunda. In the Rotunda, on display was incredible artwork depicting the birth of our nation. En route from the Capitol Building to the African American History Museum, students ran right into a protest at the National Mall at which semi-trucks had parked en masse. After inquiring what was going on, students learned that long haul truckers were protesting to have more control over their long haul hours. One trucker even let junior Jalil Carter climb up in his rig and honk his airhorn. The African

American History Museum was up next and was a very moving experience for all. A variety of exhibits shed light on many historical events left out of school history books. The night ended with dinner at a Georgian restaurant, which was a unique experience. “Our own Nicholas Mamisashvili is Georgian, so seeing him converse with wait staff and share his culture was a lot of fun,” according to Mr.

Miedema.

Arlington National Cemetery was on the agenda for day three. Walking through the cemetery was somber and impressive many shared. At the Tomb of the Unknown Soldier four juniors: Matthew Strauss, Lydia Shepherd, Emma Teodoru, and Tyler Gulluscio, laid a wreath (generously donated by the Ladies Auxiliary) at the tomb. About the experience, Emma said, “it was an honor to be a part of, it was a once in a lifetime opportunity.” Arlington was a highlight for Mr. Brennan as well, who shares, “it is one of my favorite moments because it’s always nice seeing all of our students respectfully taking in the grounds.” To end the day, students went to George Washington University where they were able to meet up with alumni Luke Glipin for a campus tour. Seeing an urban campus was new to many juniors, so it was an added experience.

On the trip’s final day, some of the class’s cross country runners decided to train in a very special way--with a run around the monuments at the National Mall. For Jalil Carter, the run was “really great because it isn’t every day that

you are able to run around the monuments. It was special.” For the remainder of the day, students headed to the American History Museum where they were challenged by chaperones to find a social, political and economic change to our nation in each century the nation has existed. When that was done, all headed back to the hotel to make their way to the airport. In summary, Mr. Brennan remarks, “I hope that our students gained an appreciation for our nation’s capital, as well as a first hand experience with different historical artifacts and points of interest.” This trip was made possible with the support of the Board of Education and Superintendent Doelger, to whom the junior class is very appreciative.



PHOTO BY MR. MIEDEMA
JUNIORS GATHER AT THE MEMORIAL AMPHITHEATER AT THE TOMB OF THE UNKNOWN SOLDIER.



PHOTO COURTESY OF MRS. CORBETT
SHELTER ISLAND JUNIORS HANG OUT AT THE COLISEUM NEAR THE TOMB OF THE UNKNOWN SOLDIER.

GOOD TIMES AND GOOD HEARTS: ANOTHER SUCCESSFUL MISSION TRIP

BY EMMA GALLAGHER

On July 25th, a group of ten Shelter Island students, Willie Gallant from Connecticut, and group leaders Kate Davidson and Bryan Knipfing met at the Southold Presbyterian Church Manse (where they would be staying for the weekend), to kick off their annual Mission Trip. The Shelter Island students, many of which are members of the Shelter Island All-Faith Youth Group, included seniors Abby Kotula, Henry Binder, and Emma Gallagher, sophomores Bella Springer, Michael Hand, Pacey Cronin, Riley Renault, and Emmett Cummings, and freshmen Elijah Davidson and Bazzey Quigley-Dunning. On the Mission Trip, Michael said he was most excited “to be able to hang out with everyone again.”

Every year, students from the Youth Group go on a Mission Trip to do good in the community. The group’s first project was working for CAST. CAST (Community Action Southold Town) is a local organization that takes on community service projects in Southold Town. Their vision is “to build a thriving community where every member is free from worry about basic necessities and is able to build a better future for themselves and their families” (<https://castsoutholdtown.org>). The group’s first project with CAST was at Common Ground Garden on the North Fork. They spent several hours weeding to make the

garden more accessible and functional. It was a very hot day, but there were few complaints and the whole group had lots of fun completing the work. After working in the garden, the group was brought over to CAST’s main building. They were divided into several groups to help tackle different projects. Some of the tasks involved assembling collection boxes for back to school supplies for families in need, taking inventory on backpack supplies, disassembling cardboard boxes, and organizing the main donation room. When asked to reflect on this experience Henry said, “It was very rewarding to see the impact we had on a local aid facility and how the time we spent made a difference in very local communities.” They spent a large portion of the afternoon working in the building and all of the tasks were completed successfully. Later on, the group gathered for dinner and then went out to the Mattituck movie theater. A majority of the group saw Spiderman: Far From Home while the rest watched Toy Story 4. Afterward, they had a treat at Starbucks and then returned home to get a good night’s rest for the next day’s work.

On Saturday morning, Mission Trip members woke up ready to work. They met with Robert and Catherine Harper, volunteers for Rebuilding Together. (For the past several years, the Youth Group has done lots



THE HELPFUL STUDENTS POSE IN FRONT OF COMMON GROUND ON THE NORTH FORK ON JULY 25TH. PHOTO BY BRYAN KNIPFING

of work with Rebuilding Together on Mission Trips and throughout the year). The thirteen hardworking individuals went to work cleaning out a barn and cleaning up the yard of a homeowner in need. In the time they were there, they made the house “more beautiful and functional,” as Mr. Knipfing put it. There were many memories made here, including Abby’s favorite part of the trip, “finding a pet garden snail while we were gardening.” Bella Springer added that it was “completely heart-warming” to see “the look on the homeowner’s face when we were done.” When they were finished, they made a brief stop at the house and were off to their next project. The group helped one of Mr. Knipfing’s neighbors move a large pile of boxes from his basement because he is moving soon and could not complete the task alone.



THE GROUP TAKES A QUICK PHOTO BREAK AND IS ALL SMILES AFTER SEEING THEIR WORK PAY OFF. PHOTO BY CATHERINE HARPER

As a reward, the grateful neighbor offered to let the students swim in his pool and supplied a warm pizza dinner. Finally, it was off to Greenport to enjoy some ice cream and free time, with one last stop at the Knipfing’s house to have a campfire and s’ mores.

On Sunday, the service-minded individuals cleaned up the church manse, packed up their luggage, and headed home. It was a short, but successful weekend. Henry’s favorite part of the trip was “seeing the difference our group could make after a solid afternoon of work.” Willie had a very similar answer, saying the most memorable moment was, “seeing the impact we leave on the lives of the people we work with.” Kudos to everyone who made this trip happen and great job to all of the students who volunteered!

COLLEGE TOURING TWO WAYS: PRIVATE VS. PUBLIC

BY ABBY KOTULA

In early September, the junior and senior classes were invited on a college trip upstate. There, upperclassmen were able to tour two colleges, both within a few miles of each other, but which garnered significantly different student reactions.

SUNY New Paltz is a New York public institution of about 6,700 undergraduates set on 257 acres. New Paltz has been quite popular with recent S.I. School graduates, with as many as half a dozen alumni on campus in recent years. Since New Paltz was unable to offer an official tour, students were lucky enough to be greeted by 3 Shelter Island alumni: Nichole Hand, Michael Payano, and Tristan Wisseman. These 3 helpful undergrads gave brief tours around the small(ish) campus. It seems New Paltz is not for everyone, however. Senior Amelia Clark described the campus as “not very attractive,” which was a deterrent for her, personally. Junior Brandon Velasquez added, “I wasn’t impressed. I can definitely see some people liking it, but it’s just not a school for me.” Junior Grace Olinkiewicz saw New Paltz differently and felt very comfortable on campus, saying, “everyone at New Paltz was very friendly. As we passed by people, they all said hello and smiled. That was a nice feeling.” Since New Paltz is a SUNY school, in-state tuition is about \$7,754 as

of 2016-17. This price is amazing compared to the surrounding private and more expensive universities. For some, there is a “SUNY” name stigma--meaning that there is a presumption that a state university could be subpar in comparison to a more “elite” private college. Yet, New Paltz has one of the best graduation and retention rates of the SUNY system at 73.9% and 86%, respectively. And, with almost 200 majors to choose from, SUNY New Paltz is a school not to overlook.

Marist College was the next destination on the college tour trip. Marist is a small private college with about 5,700 undergraduates and a campus of 440 acres. At double the acreage and with fewer students, the campus had a more wide open feel. Senior Lyng Coyne commented, “It was interesting to see the different vibes of a public and private school. I definitely like Marist more, I may even apply there!” Marist College is more expensive because it is a private institution, coming in at about \$35,000 a year. However, since the school is private, there are more opportunities to receive scholarships and grants based on merit, athletics, and more. With an acceptance rate of 41%, Marist and New Paltz are comparable--New Paltz’s acceptance rate averages 41%-43%. The main difference noted by students

during the tour was the campus itself. Junior Zeb Mundy explained, “Marist seemed like a very, very well put-together school, and it’s somewhere I’d love to attend in 2 years.” Senior Lucas Quigley-Dunning agreed, stating, “there was so much space on the campus for activities I could see myself participating in. They also have many majors and internship programs that I really like.” Marist offers 90+ majors, coming in at about half of New Paltz’s offerings. The

college’s graduation and retention rates are 78% and 89% (one of the best in the country) respectively.

It was very helpful to visit and tour two colleges so close to one another geographically in order to be able to more clearly compare a private and public college. Both New Paltz and Marist have attractive things to offer perspective students, and who knows, perhaps some Indians are about to land on their campuses.



PHOTO BY HENRY BINDER
THE SENIOR AND JUNIOR CLASSES ENJOY A COLLEGE TOUR AT SUNY NEW PALTZ, LED BY ALUMNI NICHOLE HAND.

SI’S BOYS TAKE ON BOOT CAMP

BY ABBY KOTULA

This June, two of our seniors left the island for five days and headed up to SUNY Morrisville for Boys State. Dan Martin and Lucas Quigley-Dunning were selected to attend Boys State, a summer leadership and citizenship program, sponsored by the American Legion. The two were not sure what to expect of the program but were honored to be nominated and game to give it a try. Lucas says, “if you’re considering going into a branch of the military, Boys State is something I recommend doing. They really made it as much like boot camp as possible, just for high school students.”

To get a better idea of what the guys went through, Lucas helped describe his typical day: “wake up at

5:30am, run a couple of miles, do push ups and sit ups, eat breakfast, march for miles and miles, scream some chants, take some classes, eat lunch, enjoy free time, eat dinner, and finally have a pow wow session with group.” Both boys agreed the most difficult part about the week was the physical toll it took on them.

Lucas and Dan did not see too much of each other at Boys State, as they were put into two different sections of the camp. This led to them making some new friendships throughout the week, which was a benefit to being split up. Lucas said the best part of the week was “being able to hang out with my bunkmates and have a good time.” The week

certainly was not all fun hangouts, however. Dan explained his outlook on the program this way: “it takes a bunch of out-of-control teens and gives them the discipline they need.” One aspect of that discipline is how physically demanding it is. Another is being forced to make and remake your bed with military precision because if boys failed to do this, their bunks were “flipped,” according to Lucas. Dan walked out grateful his bunk was never flipped by the Marines, while Lucas was not so lucky, he was flipped 12 times. 12 flips in 5 days may sound horrible, but the highlight of Lucas’s week was “seeing my bunkmate’s face when his bed was flipped for the first time. Priceless.” On the contrary, Dan’s highlight

was being part of the team that flipped the bunks.

After having attended, Lucas can confidently say, “I have no desire to join the military, so I really did not enjoy the experience as much as I thought I would. From day one, I knew it wasn’t for me.” Lucas continued, “it was still a valuable experience and I am glad I can reflect on the good parts and the more painful parts.” As for Daniel, he has some advice for future Boys State nominees, “Learn how to make a bed properly in advance and take it seriously. It’s the real deal.”

ON THE RUN AGAIN

BY JALILL CARTER



PHOTO BY CHRISTINE GALLAGHER
AFTER A RECENT VICTORY AGAINST SOUTHDOLD, THE BOYS AND GIRLS TEAMS SMILED FOR A PICTURE AT THEIR LAST HOME MEET OF THE SEASON.

The Shelter Island cross country team is having a phenomenal start of the season to the 2019 season. Runners began regular practices on August 27th, after a summer of training with coaches and some Shelter Island alumni runners. The team worked hard to get ready for the season, with a total of 11 races. The girls team this year consists of 8 runners,

with team captain Emma Gallagher the only senior on the team. Co-captain Ariana Carter, Daria Kolmogorova, and Olivia Overstreet are sophomores on the team, Madison Springer is the lone freshman, and eighth graders Sophie Clark and Kaitlyn Gulluscio, and 7th grader Jennifer Fabian round out the girls team. Girls are anticipated to be very competitive this

season. The boys team has a total of 14 runners this year, making the team work extra hard if anyone wants to be top-seven. This year's upperclassmen are: team captain and senior Kal Lewis, along with seniors Jonas Kinsey and Alberto Morales, co-captain and junior Tyler Gulluscio, fellow juniors Brandon Velasquez, Nicholas Mamisashvili, Jalill Carter, Jason Green, Daniel Schulthies, Domingo Gil, and Theo Olinkiewicz. Sophomores include Michael Hand and Pacey Cronin and 7th grader Jaxson Rylott is the only middle school runner.

S.I. cross country came into the season with high hopes and a mix of veteran and rookie talent. Veteran Jonas Kinsey shares, "I've been on this team since seventh grade, and my season is coming to an end now, so I hope to finish out strong." Junior Brandon Velasquez is new to the sport and before his first races simply "hopes to have a focused state of mind." Now that the season is underway, despite both teams having winning records, captain Kal Lewis is

not entirely satisfied. He explains, "This year we are struggling more than other seasons because people are not putting in the same time and effort [in training] as in previous seasons and it is showing." His hopes for the remainder of the season are that "we win our last dual meet and perform well in states and place higher than we did last year."

The cross country team has made great progress this season so far, with both the boys and girls teams records standing at 3-1 at press time. In his first season on the team, Brandon Velasquez has learned that "running will keep you in shape physically and mentally, preparing you for challenges along the way." Despite the challenges, coaches and runners both hope to end the season on a high note. Coach Gallagher says he tells his runners two key things each season: "don't underestimate your opponent, but more importantly, don't underestimate yourself."

IT'S TEE TIME!

BY BRADLEY BATTEN

When Shelter Island golf legend Bob DeStefano became head golf pro at Gardiner's Bay, he was just 22 years old, making him the youngest head pro in the nation. DeStefano stayed at Gardiner's Bay for 50 years, spanning an impressive career. Yet, post retirement, he did not leave his love of the game on the course. DeStefano has continued to give golf lessons and coach our very own Shelter Island Indian's golf team. Coach DeStefano is now entering his 8th coaching season (and 6 decades after he first began teaching the sport). The Indians hoped to make it a season to remember.

This season, the Indians' golf team may have been inexperienced overall, but that did not stop the team from locking in two wins. The victory against Hampton Bays at Gardiner's Bay on September 17th was especially thrilling and according to junior golfer Matthew Strauss, "Coach Bob was beyond excited when we won."

The team's "senior man," as assistant coach Father Peter DeSanctis (who regularly helps out with the team) refers to him, is Lucas Quigley-Dunning. Quigley-Dunning is the team's most dependable on the team, shooting an average of 37 per match (in a 9 hole round). The team's "second man," senior Henry Binder, reflected on his season so far, saying "I have played an average season this year as compared to my previous seasons. It has been rewarding to see the new players join the team and I have been making an effort to mentor them the way I was mentored by others when I first joined."

Rookie golfer Matthew Strauss joined the team this year "because I wanted to change it up from cross country and I wanted to learn to play golf." So far, Strauss is enjoying golf and finds that he is "best at mid fairway play with my 7 iron."

The team closed the season with "senior



PHOTO BY LAUREN GURNEY
THE 2019-2020 VARSITY GOLF TEAM WITH THEIR COACHES BEFORE A GOLF MATCH.

man" Lucas Quigley Dunning qualifying for the county's tournament, which was a boon for the whole team. The team hopes Coach Bob will be back for another season next year and

until then, "we can always meet him at Crystal Gardens on the weekend for our favorite Chinese buffet," Henry Binder said.

"PLAY WELL, HAVE FUN, AND WORK HARD"

BY JANE RICHARDS

The Shelter Island Volleyball varsity and junior varsity teams are taking the league by surprise this year! Often seen as the underdogs, Shelter Island Lady Indians have made a comeback and are ready to fight this year on the volleyball court. In the past three seasons, the varsity volleyball team has struggled to take home wins, racking up only 6 wins in 3 years. This year, however, the tide is turning and the team now has 5 wins and is looking to become Class D Champions after facing off with Ross a second time on October 22nd. If varsity takes Ross down a second time on 10/22, a playoffs spot is guaranteed and the team may just have a chance to rebuild Shelter Island's winning volleyball legacy.

Currently, the team is 5-4 with three games to go. So, what changed? Varsity coach Cindy Belt believes that what makes this team different from past years is, "This year's team has a real passion to get better, people are taking the time to look up stuff online and say 'How can I hit the ball better? How can I set the ball better?' This is the most passionate group of players we've had in a really long time." She also says that because some of the girls on the team play club volleyball, that brings an extra edge onto the court. "When people see them diving all over the

place, they are like 'maybe I can do that, too.' The passion and that focus on getting better every day is there." The other reason this team is so different from the past years is that 8 of the 11 girls on the team are seniors. This means that they have played a lot of Shelter Island volleyball and most of them have played all four years of high school. When asked about this year's seniors, Coach Belt said, "their ability to work hard and push through when things get tough is incredible." She adds, "I think Shelter Island volleyball has a really good reputation and strong history. We haven't had all that many wins in the last three years, so for them coming in, their ability to stay enthusiastic and proud and willing to work hard every day...I'm going to miss that."

Even with more success this season, the team is not going to get complacent. There are still tough teams to beat in the league and plenty of room for improvement. Coach Belt explains, "We are great at hustling and defense and our serving is great. Our offense needs to be more consistent, that means harder swings, we are mixing it up a lot more, we have some faster sets that we are running. So, we are great defensively this season, so the offense is really where we

need to focus." Although SI has beat many of the teams in the league, there are still some tough teams that they have yet to beat. Mattituck were the league champs last year and so far they are undefeated this year. Pierson is also very strong with solid outsides and a big middle, as well as a reliable setter. Those two teams appear to be the top of the league this season. Coach Belt and the team do have goals this year and so far are on track to achieve them. "We are in the hunt for playoffs, we really want to be class D champions. I think with this team, we have a very real shot at it." Coach Belt shares. The varsity team has solid goals and a real passion for the game, so far this year has been very different from past years and we look forward to seeing how the rest of their season plays out.

The JV team has hit the ground running. After a very good season last year, they are playing even better this year and have 7 wins and 2 losses so far. Coach Mayo says the team's goals are, "for everybody to improve in their positions and for everybody to learn the rotation, and to see everybody get their serves over during a game." With these goals in mind, the JV team works tirelessly every practice to improve. Going into the season, the toughest teams to beat

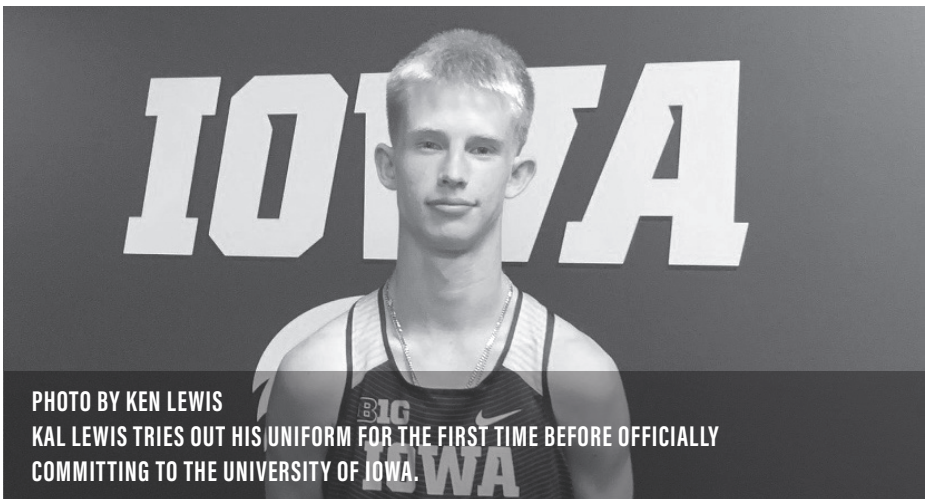
were going to be: Mattituck, Port Jefferson, and Pierson. The team has beat all three of them, showing that there is a promising future for SI volleyball. Coach Mayo adds, "Pierson is always fun to play in a competitive way because our girls get along really well together and we are so close geographically." There are 15 girls on the JV team this year, so they are working on getting everybody playing time and specializing positions. Coach Mayo says, "we are working on getting everybody to know the rotations and the positions, just in case somebody has to fill in somewhere they are not used to." This year, there are more ninth-graders on the team than in past years, so there has been a whole new group learning to play at this level. Coach Mayo concludes, "Every year my teams are receptive to what I'm teaching them and it is really fun. It feels like a big family, no matter who is on the team."

So far, girls' volleyball on both the V and JV levels are bringing the competition. These teams have a bright future ahead and their team mantra of "Play well, have fun, and work hard!" seems to be just what they are doing, and...it's working.

KAL COMMITS TO IOWA

BY HENRY BINDER

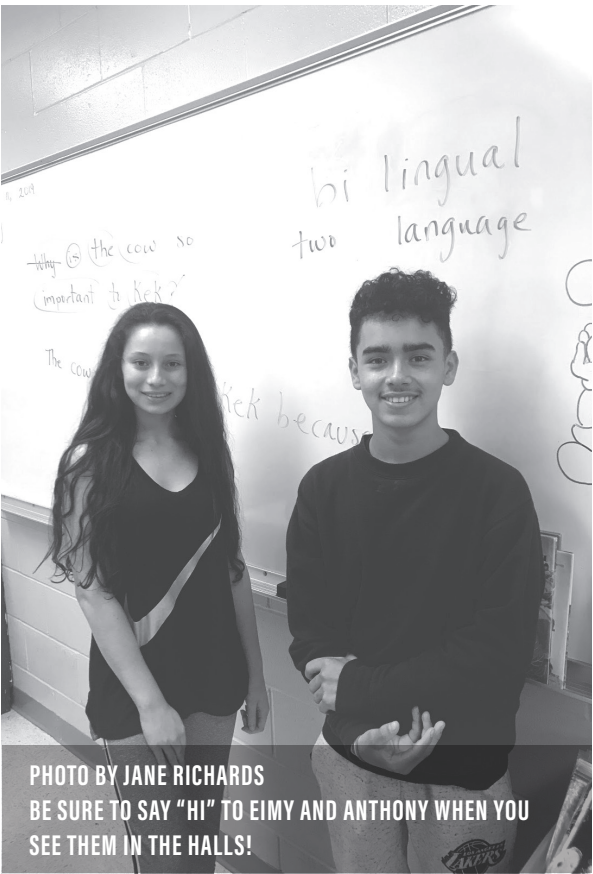
Kal Lewis, a three-time Class D Cross Country state champion, has officially committed to the University of Iowa. After years of running accomplishments, and achieving a state championship three-peat, the University of Iowa has welcomed Lewis into its roster of Hawks. With interest coming from other Division I running programs such as Clemson University and the University of Alabama, Kal took the time to consider his best fit. After touring the University of Iowa most recently, he acknowledged that after visiting, “I felt like this was the place for me, and I was ready to commit.” The main reason he ultimately chose Iowa was that “the coaching staff really wanted me on the team, and the campus is very connected to the city.” When stepping on the campus for the first time, Kal explains there was “a completely different feeling” than when he had visited similar universities. We wish Kal an excellent finish to his running career as an Indian, and we hope he will continue his running legacy throughout college! Go Hawks!



SCHOOL NEWS

NEW ADDITIONS

BY JANE RICHARDS



Eimy Donaire is a new student in the ninth grade at the Shelter Island School. She is from Honduras and she is sixteen years old. She says living on Shelter Island is very different from where she used to live because she used to live in a rural place that was not near the water. She liked where she lived in Honduras “because of the food, my family, and my friends.” So far, Eimy’s favorite part of living here on Shelter Island is “the school.” Eimy’s favorite classes are Spanish with Señorita Leever and English with Mr. Bocca. These are her favorites, shes says, because “I understand them and I like

the stories that we read.” Eimy says she does not like to play sports, but she does like to listen to music and that is her favorite thing to do in her free time. Anthony Huertas is another new high schooler we welcome to Shelter Island School. Anthony actually enrolled last spring. He is sixteen years old and is currently in tenth grade. Anthony is from Guatemala and he says what he misses most about Guatemala is his four-year-old niece. Anthony’s favorite part of his home country was “the soccer fields.” He adds that his favorite place on Shelter Island is Fiske Field, because he can play soccer there. Unsurprisingly, soccer is his favorite sport, but Anthony adds, “I might play baseball on the school team.”

His favorite class is math, because Anthony finds it easiest to understand. When asked what was different about Shelter Island as compared to where he used to live, Anthony explained, “a lot of things...like there are fewer people on Shelter Island and the streets are different too, there are fewer houses here.” Anthony also enjoys listening to music in his free time and drawing. We welcome Eimy and Anthony to our school community.

RETURN FROM SLOVAKIA

BY MYLA DOUGHERTY

Last year, long-time student of Shelter Island School, Emma Martinez Madišová, moved to Slovakia with her mother and brother, leaving her father on Shelter Island to run the family-owned business, Stars Cafe. After her year abroad, Emma and her family have moved back to Shelter Island, and Emma has lots of stories to tell about her experience there. Emma’s family on her mother’s side is from Slovakia, and some of her family still lives there. Emma moved because she “wanted to see the difference between the education styles”, as well as be close to her family. When I asked Emma how life was different in Slovakia, she explained, “It was so different, because it was an actual city, and not an island. The transportation was all trains and buses, it was a different environment entirely.” Emma liked “the sense of independence that [she] had there.” Using public transportation and not having to rely on her mom for rides made Emma feel empowered. Emma said, “it kind of felt like college,” especially because she had a newfound freedom and was responsible for grocery shopping and managing her time responsibly. Emma also reports that she “improved [her] social skills and competed in a lot of singing competitions” while abroad. School in Slovakia was also very different from school in America. Every day students would study different subjects, learning different subjects each day of the week. In Emma’s school there was no assigned lunch time, and after classes you could stay at school, go home, or to a restaurant for lunch. Emma said that adjusting to life in Slovakia was not that difficult for her. She said: “I was adjusted to life in Slovakia by October, but I’m having a lot



more trouble adjusting back here. I think moving to Slovakia went a lot more smoothly.” While in Slovakia, Emma also got the chance to visit The Czech Republic, Sweden, Scotland, and Poland. While in Slovakia, Emma missed her dad, who stayed on Shelter Island to run Stars Cafe. If she had to choose between living in America or Slovakia, Emma would pick Slovakia, because she has “always felt loved and safe in Slovakia,” and she “got to go to singing competitions and see [her] cousins grow up.” She says that she misses everything about Slovakia, especially her friends, and is trying to find time in February to go back and visit.

WATCH YOUR SHELTER ISLAND INDIANS FROM YOUR COUCH

BY JONAS KINSEY

Have you ever missed a Shelter Island sporting event and regretted it? When you miss that winning shot or the tough loss and the whole island is talking about it, you really feel like you missed out. Well, Indians fans, no need to worry anymore, because Shelter Island School has recently added new cameras to the school gymnasium to ensure everyone can be a basketball and/or volleyball superfan! The idea for these cameras was first conceived of by our school’s athletic director, Mr. Todd Gulluscio. “I’ve been looking at it (a camera installation) for eight years,” he shares, “but the price has changed and become better over time.” The cameras will allow viewers, with a paid subscription to nhfs.network.com, to watch

a live feed via the cameras, so all games can make it right into Indians fans’ living rooms. The subscription costs \$69.99 for the year, or \$9.99 monthly. The fee goes primarily to nhfs.com, while S.I. School will see a small portion of it, which goes to the athletic fund. Whether you’re a coach, wanting to review game strategy, a parent working late, or a family member who

lives across the country, the addition of the gym cameras are about to make watching games much more accessible. Mr. Gulluscio admits, “It’s one of the things I’m most excited about for this year,” with that in mind, get a subscription, your bowl of popcorn, and cheer on our teams from wherever you are!

SMALL ISLAND SCIENTISTS MAKE A BIG PUBLICATION

BY DARIA KOLMOGOROVA



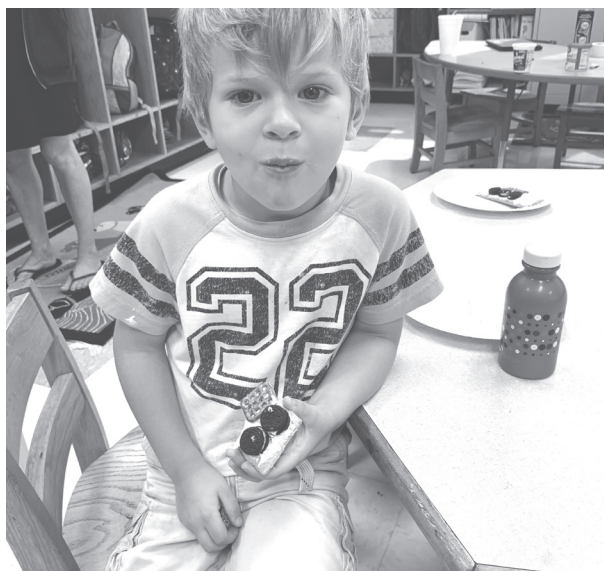
Shelter Island Research class students made a big publication this month in a Protein Data Bank. It took over four years to get to this point, which makes the news even sweeter. Seniors Emma Gallagher, Lauren Gurney, and the class of 2018's Francesca Frasco worked on growing protein crystals called MTHFR or Methylenetetrahydrofolate reductase. This protein had no known structure, only assumed structures, which gave the students a chance for true scientific discovery. Francesca Frasco began the MTHFR research four years ago. Little did Francesca now that it would continue years after she graduated. Emma Gallagher and Lauren Gurney both joined the project in their sophomore year and despite many struggles and dead ends, the three did not stop their work. After working with Brookhaven National Lab and scientists across the country, the three did

complete their protein structure research on MTHFR and now have published their findings in a Protein Data Bank. Though Francesca is not majoring in science at college, she says, "It [the accomplishment] is still a huge part of my life and I will forever be proud of it." Emma has taken away more than just a professional publication. She says she now knows, "what real science is like, that it is not easy at all and that nothing is black and white. Knowledge is not memorizing definitions or simply good grades." Lauren also takes great pride in having completed something challenging, saying, "some of the work we are doing is doctoral-level work." These three scientists persevered through failure and frustration to see their names in print and make their mark in the scientific research community. Congratulations, ladies.

NEW SCHOOL SURPRISES

BY DARIA KOLMOGOROVA

During the first week of school, we asked some of the Pre-K kids in Mrs. Green's class what surprised them about being in school and if anything, in particular, was "weird," or different than they anticipated. As expected, some littles had clear opinions to share, while others had some interesting, though off-topic, bits to report. Here's what they said:



BEAU JAMES:

"Criss Cross applesauce. Weird."



ANTHONY REITER:

"The treasure box and the presents in it."



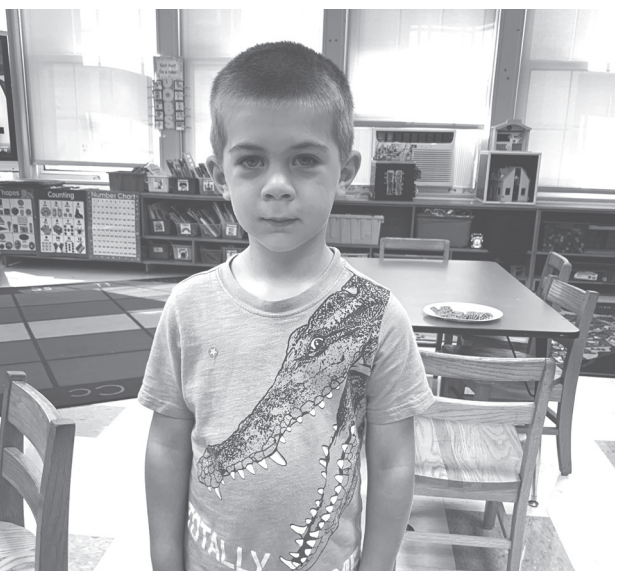
COLBY KEHL:

"There's a bee in here somewhere."



MAXWELL MONTALVO:

"The only thing I like about school is playing. There is nothing weird at school. The only thing I don't like about school is the fire drill. I like the fire drill if it's a real fire and a fireman comes to rescue me."



VINCENT RANDO:

"I don't like the gym because it's hot. I'm gonna see the gym teacher at the aquarium."

GREG SULAHIAN'S BACK AT IT!

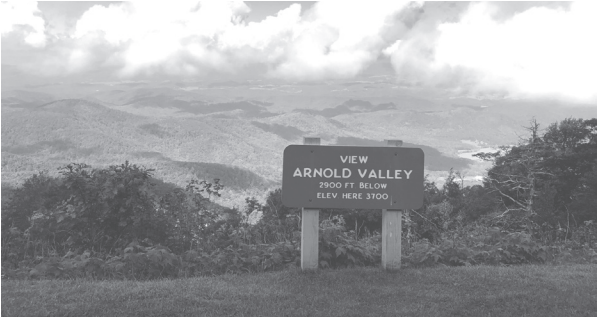
BY HENRY BINDER

After an eventful trip out west on his brand-new Harley Davidson motorcycle last year, Greg Sulahian is back at it again! This year, instead of going westward, Greg took on the Blue Ridge Parkway and the Smoky Mountains. Starting in Baldwin, Long Island, Greg and his buddies rode their motorcycles 520 miles

to Waynesboro, Virginia, via the Skyline Drive. From there, they rode 330 miles through Mount Jefferson and Arnold Valley, ending the day in Wilkesboro, North Carolina. The next day Greg finished the Blue Ridge Parkway, riding 240 miles into Cherokee. Greg continued this route through the Smoky Mountain National Park until

reaching Manchester, Kentucky, 230 miles later. The next day, he rode 273 miles to Ashland, and the day after, another 400 miles to Martinsville, Virginia. From Martinsville, Greg decided he wanted to lounge by the water and rode his Harley to Virginia Beach, 300 miles further. From Virginia Beach, Greg rode 300 miles to

Brookside Delaware. Next, Greg went another 220 miles in the Allegheny Mountains, stopping in Williamsport. Greg then made his way back to Baldwin, concluding another successful trip of over 3,000 miles. Greg loves life on the open road...we can't wait to see where his Harley takes him next year!



GREG POSES FOR A QUICK SELFIE ON THE CHESAPEAKE BAY BRIDGE TUNNEL.

START WITH HELLO

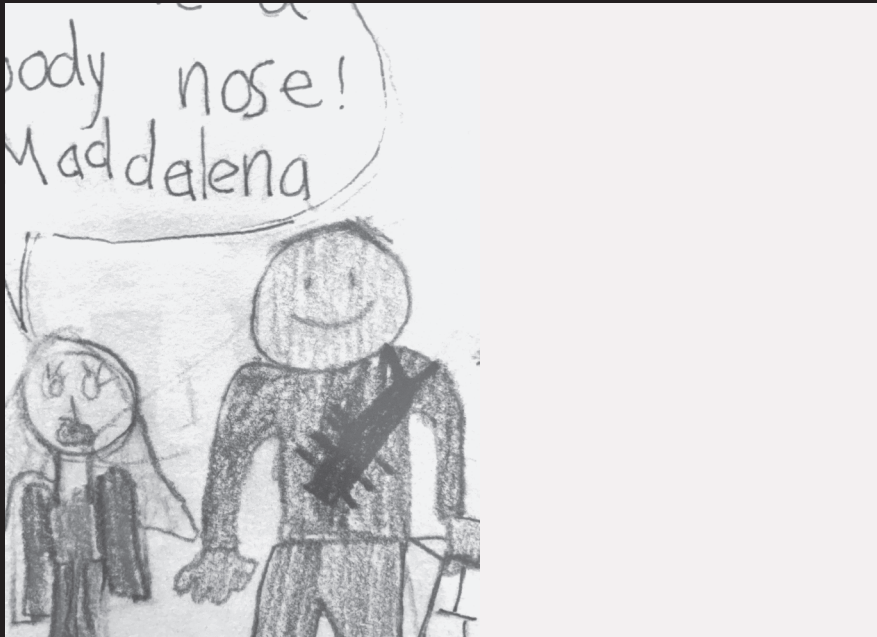
BY DEVON TREHARNE



Photo by Mrs. Treharne
The “Shelter Island Beatles,” aka Mr. Becker, Mr. Brace, Mr. Conrardy, and Mr. Theinert, closed out “Start with Hello” week with a special rendition of the Beatles “Hello, Goodbye.” “Start with Hello” is part of the Sandy Hook Promise initiative to promote connectedness and inclusion and to identify and help students showing signs of social isolation.

WHAT IS THAT?

BY DARIA KOLMOGOROVA



“What is that?” is back! If you’ve seen this picture somewhere, make sure to tell Mrs. Treharne or one of the Journalism staff to see if you’re the lucky winner!

SHELTER ISLAND SCHOOL BABY BOOM

BY JALILL CARTER

Shelter Island School faculty/staff is experiencing a baby boom! With multiple new additions coming soon (some may have even arrived by press time!), we caught up with some of the expecting moms and dads to get some information on their impending arrivals. Physics/Chemistry teacher Mrs. Russo is pregnant with a baby boy due October 4th. His name is a surprise, so we will have to be patient to find that out. Mrs. Russo is very excited to meet her new little boy, but knows it might be

difficult since “it is our first baby.” She thinks, “There will be a lot of trial and error, and mistakes along the way.” Elementary teacher Mrs. Knipfing and ENL teacher Mr. Knipfing are expecting a baby boy, coming around November 30th. According to Mr. Knipfing, his two-year-old son William doesn’t quite fully understand that he’s having a brother. Mr. Knipfing doesn’t really know what to expect when raising two children, but says he and his wife are “excited and ready for all the

fun that the second child is going to bring.” Chorus/music teacher Mrs. Farkus recently had a baby boy named Ray Barry Farkus. He is 6 months old, and her firstborn child. Mrs. Farkus thinks the most challenging obstacle when raising a child is dealing with “the way children grow up using electronic devices at a very young age.” She states she and her husband are going to be “old school” when raising little Ray. Math teacher Mr. Theinert is expecting a new member of his family, too. Baby boy Theinert will

debut on or around January 20th. The Theinerts are still bouncing around baby names, but think they will decide soon. Their daughter Acadia, not yet two, is really excited. Mr. Theinert says that currently, Acadia is calling “everything baby.” As for preparing, to add another child to their family, Mr. Theinert seems unfazed. He reports, “I honestly feel like the second baby might be easier because we know what we are getting into.”

BACK TO SCHOOL BBQ



PHOTO BY JALILL CARTER
ALL SMILES AT THE BACK TO SCHOOL BBQ



PHOTO BY JALILL CARTER
MR. CONRADY SHOWS HIS SCHOOL SPIRIT WHILE GETTING PIED IN THE FACE.

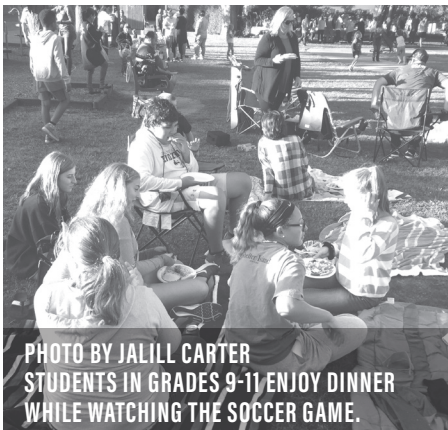


PHOTO BY JALILL CARTER
STUDENTS IN GRADES 9-11 ENJOY DINNER WHILE WATCHING THE SOCCER GAME.



PHOTO BY JALILL CARTER
IT'S NOT REALLY FUN UNTIL THE PARACHUTE COMES OUT!

Around The Halls

By Ben Waife

OCTOBER 2019

For our first issue of the year, we decided to keep a fall theme going and ask students, faculty, and staff:
What is your favorite Halloween costume that you have ever worn?



ARIANA CARTER (GRADE 10): When I was a Power Ranger. I was the pink one and Jahlil was the blue one. I love the Power Rangers.

OLIVIA OVERSTREET (GRADE 10): One year I was a ninja. It was my favorite because people didn't know who I was. It was really funny.



BEAU JAMES (GRADE 5): A dragon. because it had scary teeth. It was red.



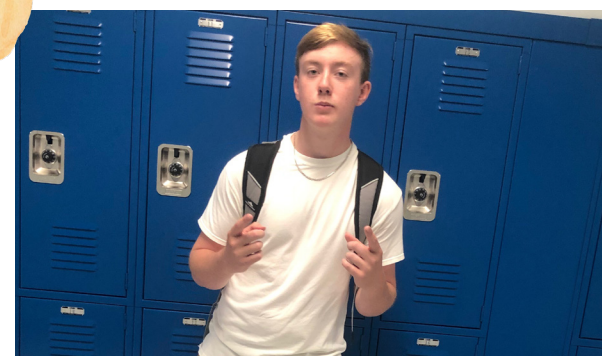
HENRY LOWELL LIZENCKIE (GRADE 9): Robin. It was my favorite because Robin is my favorite DC character and I love the DC comics.



JACKSON SURERUS (GRADE 1): My favorite costume was a Swat 'thingamajig' because it came with a ton of cool accessories.



JEREMY SABETEL (GRADE 9): Last year I dressed up as the drift skin from Fortnite. It was my favorite because my sister helped me make the mask. It was completely homemade.



KEITH TAPLIN (GRADE 12): Definitely when I wore a Swat team costume, I had a gas mask, running around with weapons and stuff. It was mad fire.



LUCAS PAYNESTEINMULLER (GRADE 3): I was a killer clown. I was 6 when I wore it. It was my favorite because it was scary and Halloween should be scary.



MRS. GULLUSCIO: My favorite Halloween was when Mr. Gulluscio, Tyler, Mr. and Mrs. Springer, Bella and myself all dressed up together. We dressed up as the Flintstones and the Rubbles.



MRS. SEARS: My favorite Halloween costume was when I was the orange M&M, because who doesn't love orange M&Ms?!



NOLAN SANWALD (GRADE 1): I was a zombie. I love zombies and I was pretending to kill other zombies.



NURSE MARY KANARVOGEL: Every year I have to show the teachers the proper way to clean up blood and take gloves on and off, in case of an emergency. To make it less boring, one year I decided to dress up as a condom. Everyone really got a kick out of that one.



WILSON LONES (GRADE 5): Probably my black panther one from last year because I saw the movie a couple of weeks before I had ordered the costume. It has some cool claws on it.