



**CATCHING UP WITH ROBERT** 

Want to hear how our small school students are making a big difference? See page 8.

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STUDENTS "MEET" THEIR FAVORITE CELEBRITIES

You'll never believe how many of our students joined their favorite celebrities on the red carpet! Flip to page 6 to check it out!
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#### SHELTER ISLAND SCHOOL



SNAPCHAT IS THE NEW TEXTING

Ever wonder how many hours a day students actually spend on Snapchat? Read all about the app that is taking over on page 7. PAGE 7

December 2017



NICO ALONG WITH HIS MOTHER AND GRANDMOTHER MEETING PRINCE CHARLES IN MALTA.

On one fine October day Prince Charles of Wales travelled to the Megalithic Ruins of Malta in order to thank the country of Malta for their contributions during World War II. On this same day, a mother and son from Shelter Island toured these same ruins with family.

It all began when Nico Seddio and his mother made a trip to Malta (a small island in the Mediterranean Sea off the coast of Sicily) to visit Nico's grandmother, who lives in Malta. During their trip, Nico, his mom, and his grandmother decided to visit the Megalithic Ruins of Malta. The trio started out visiting the Hypogeum of Hal-Saflieni, one of the world's oldest known structures. After visiting the Hypogeum, they continued on to the ruins. Nico explains that as they were nearing the ruins they saw a large group of about 25 men in suits. As they passed the group, Nico's grandmother said, "that's Prince Philip!" Upon first glance, Nico's grandmother thought she had spied Queen Elizabeth of England's husband, Prince Phillip. She was quickly corrected, however, by one of the security team members that the man walking towards them was in fact, Prince Charles, Queen Elizabeth's son and next in line to the British throne. The group of three continued to on their way, but moments later made an about-face, because, as Nico explains it, "my grandmother wanted to tell Prince Charles that he was conceived in her house." As crazy as this sounds, it is indeed true. Nico's grandmother's family actually owned Villa Guardamangia years ago, and after Queen Elizabeth and Prince Philip's wedding,

# ROYAL RUN-IN

they honeymooned here; the rest I'm sure you can figure out...

Despite protest from Nico's mother, Nico's grandmother went right up Prince Charles' "right hand man" (his secretary) and as Nico remembers it, "told him the story of how he [Prince Charles] was conceived there and that her crazy aunt now owns the house and it's dilapidated and her family is making some efforts to get the house restored." As the story was being told, Nico noted that the secretary seemed very "intrigued," so much so in fact that he said "the crown" might be interested in making efforts to restore the house. The next thing they knew, Prince Charles' secretary went over to Prince Charles and relayed Nico's grandmother's tale. According to Nico, Prince Charles then began "pointing his finger" at Nico's grandmother, who responded by pointing her finger back at him. Prince Charles approached the group and Nico's grandmother repeated the story about the house to him. As Prince Charles shook Nico's, his mother's, and his grandmother's hands, Prince Charles' secretary gave them his card telling them "he will keep in touch through email about the fate of the house." After such a meaningful encounter, Nico exclaimed ,"we were all standing there in shock."

Prince Charles' secretary was indeed truthful when

he told the Seddios he would keep in touch. The day after they met Prince Charles, Nico's mother received an email recounting the interaction from the day before. "It was the most serendipitous of encounters and HRH [His Royal Highness] was absolutely delighted to have met you, your wonderful mother and son," Prince Charles' secretary wrote. He continued, "the fate of the house is of great interest to him [Prince Charles], as it is to all of us, and the British High Commissioner has asked if he might be in touch with you to take the conversation forward." As of now there has yet to be new developments concerning the house, but Nico is hopeful they will soon come.

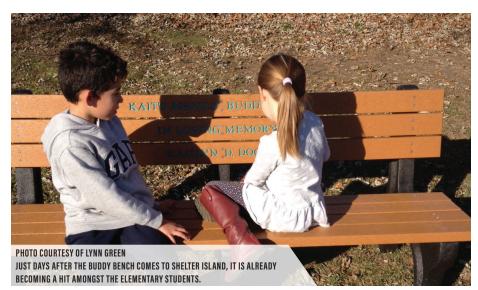
Looking back on the experience, Nico laughs, explaining, "the only person that could've gotten this to happen is my crazy old grandma." He continues, "It was funny how Prince Charles actually came over and we were able to have a conversation with him and joke around. He was surprisingly down to Earth." Obviously, experiences like these do not come around often and Nico and his family were incredibly lucky to have been in the right place at the right time. And, although Nico and Prince Charles did not get to spend much time together, Nico came away with the confident belief that he and the man most likely to be the next King of England "are basically like bros now."

#### KAIT'S ANGELS MAKE BUDDIES BY KATHARINE DOYLE

On November 17th, a non-profit organization called Kait's Angels came to Shelter Island to gift a "buddy bench" to our school. The buddy bench is an innovative way to combat bullying and promote kindness, compassion, and inclusion. It is a simple concept: the buddy bench is placed in full view of a school playground and students are told that if they are feeling lonely, left out, or are looking for a new friend, they should take a seat on the bench. When a child sits on the bench, it is then a signal to others that they would like to be included and kids should ask the child to join in on an activity. Kait's Angels is a non-profit foundation that has brought buddy benches to schools across Long Island and New England in honor of a very special young woman and the mission established by Kait's Angels in her memory.

Kait's Angels was started in honor of Kaitlin Doorhy from Mattituck, NY. Kait was a young woman in the prime of her life when as a junior on her Sacred Heart University campus, she was struck and killed by a car. Kait was a much beloved daughter, sister, and service-minded community member, and she believed, according to the organization's president William Araneo, "we were born with two hands... one was to help ourselves and one was to help others." In the wake of her loss, Kait's Angels foundation was established because "A life that touches others goes on forever," according to the foundation's website. Kait's Angels' simple mission is "the discovery and optimization of one's value. It is this simple influence that ultimately empowers people to reach their full potential and to set a positive example for others." Buddy benches on elementary school playgrounds are a simple way to help reach this mission. The foundation has also provided therapy dogs to local people and awarded scholarships in Kait's name.

Only weeks after the bench was delivered to Shelter Island School, it has already served its purpose. Classroom aide Mrs. Stelljes shares it has exceeded expectations and she has, "even seen it used after school." As a school, we are proud that Kait's Angels chose Shelter Island to donate a buddy bench to and we feel confident that it will bring our community even closer together.



Shelter Island U.F.S.D. P.O. Box 2015 Shelter Island, New York 11964 www.ShelterIsland.k12.ny.us BOXHOLDER

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#### **BE YOU, BE HAPPY BY LINDSEY GALLAGHER**

They stand in front of the mirror bemoaning everything they are not. Not smart enough. Not attractive enough. Not funny enough. Not athletic enough. Not popular enough. "Not enough" is all they hear as they remain forever jealous of those who are "enough"-those who have the smarts, the looks, the humor, the athleticism, the friends.

Today, there are too many of these people in the mirror. Today, we are a society constantly connected through platforms like Twitter, Snapchat, Instagram, and Facebook, where posts seem to dictate social norms, or what we have to do to fit in. On social media we learn to create better versions of ourselves so we can ensure that we "are enough" to others. Beyond social media too we gauge our achievements, our looks, our character on what other people say about us. For many people being "enough" means others tell you that you are enough. We are all guilty of letting others change us. But, this is a deeply flawed way of gauging how to live your life. In reality, if you live this way you will never be enough. You will keep looking for more gratification from others and when you don't receive it, you will feel you are missing pieces. And even if you do receive gratification, you will keep seeking more and more also finding that you are never satisfied with what you are, with who you are.

EDITORIAL

So then, how are you ever supposed to be enough? Well, really all you need to be enough is yourself. Before we find ourselves listening to what others say about us or doing what everyone else does, we have to take a step back and think about what we are doing. By relying on what others say we are letting others affect our self-esteem

and decide our happiness. The only way we can be happy is by letting ourselves be happy. Of course, others can influence happiness, our but we are the ones who make the final decision on what actually brings us joy.

What we all must do then is learn to live for ourselves; learn to live for doing things that please us. We will never live in a world where no judgement exists. People will always have something to say about you or what you do, but if you learn to ignore it and do what pleases you, what makes you smile, what makes you confident, it won't matter what other people think.

PHOTO COURTESY OF GOOGLE IMAGES

Have you always loved to read, but are afraid that people will call you a nerd? Well, if reading

makes you happy, do it. Love to play basketball, but are scared to play because you aren't the best at it? Just play, the people who may criticize you aren't exactly Michael Jordan, now are they? Is there that one person that you would love to be friends with, but to everyone else they are a loser so if you hung out with them you too

> would become a loser? Forget those people, be friends with people that make you smile. I can assure you that the times you spend smiling be much will more memorable than the times you spent being upset.

When you be yourself you will

find that you are happier. Without looking to others for gratification you can be happy by your own standards and no longer can what others tell you put you down. You will find that you start to do things for yourself, not for others. As you do things for yourself you will in ways feel more you than ever before. You will certainly feel more confident in your actions and with being confident in yourself comes greater happiness. You will have nothing to prove to others, and as you define yourself, others will take note. One of the most positive effects of being yourself is that you may inspire others to do so as well.

Now, as human beings I understand that we enjoy socialization. We love spending time with other people, laughing, talking, even the mere presence of others brings us joy. So it is understandable that we may have a difficult time when we are insulted by others or when we feel that what we enjoy doing isn't accepted. We all want people to like us. So, although it may be hard to start ignoring what other people are saying about you, you won't be alone. As you journey through life living with by own standards you will find others who live by their own standards as well. You will find people who also love to do what you are passionate about-you will find true friends, friends who will support you no matter what decision you make, friends who you can trust, friends who will love you for being you. When you open yourself up to a world where you have confidence and love for yourself, everything will change. Not only will you suddenly find a world with more positivity; you will feel free. Once you let go of social standards you will no longer have to worry about if what you're doing fits in. Living as yourself you may be happier than you ever have been and if there's anything in life worth living for, it is happiness.

CORRECTION • Last issue we published an article entitled "One hill of a sport" by Henry Binder-but that was a mistake! The article "One hill of a sport" was actually written by Emma Gallagher.

#### ON THE JOB TRAINING DURING JOB SHADOW DAY **BY NICHOLAS MAMISASHVILI**

On the first of November, the junior class had the opportunity to get a taste of a job they might want to do in the future. Students were able to go to a variety of different jobs, including positions at Eastern Long Island hospital and the Southold police station.

Mrs. Tuthill has organized job shadow day since she joined Shelter Island School. She thinks it is important because, "It is an opportunity for students to spend a day in a job setting to explore that career." This is very helpful to the students because they get to single out what they like to do and don't like to do. Mrs. Tuthill was happy to see that "everybody came back happy, it of the fishies, and the penguins." His fawas a very positive experience."

Junior Michael Payano went to Eastern Long Island Hospital to learn about com-

We would love to hear from from you! To contact **THE INLET** call 631-749-0302 x144

munication relations. Michael took a tour of the hospital and learned about writing reports for the hospital's communication relations department. He says that "he did enjoy it," but when asked if he wants to pursue this job later on he said, "Probably not, but it gives me good insight on what to expect in that career." Michael would recommend participating in Job Shadow Day "because students don't really know what their job is fully about unless they experience it." Junior David Neese went to the Long Island Aquarium, where he "learned a lot about coral, actually" and also "how the aquarium is run, and how to take care vorite part of this by far was "the penguins, they're really adorable."

Nick Young went to the Southold Police

Email letters to the editor to: devon.treharne@shelterisland.k12.nv.us **EDITOR:** Lindsey Gallagher FACULTY ADVISOR: Devon Treharne

Station where he was able to go for a ride along with an officer and use a radar gun. Nick really enjoyed "being in the police car, and going really fast." The experience was so positive that it made Nick "want to become an officer so bad."

Job Shadow day will continue for years to come if Mrs. Tuthill has her way; and with good reason--juniors were not only able to experience careers they are curious about, but in a few cases, have found a new path they will now pursue.



PHOTO PROVIDED BY MRS. MARTHA TUTHILL STUDENTS FROM MATTITUCK, SOUTHOLD, GREENPORT, AND SHELTER ISLAND'S OWN OWEN GIBBS, NICHOLE HAND, AND MICHAEL PAYANO POSE WITH CERTIFICATES OF COMPLETION AT THE END OF THEIR DAYS SHADOWING AT EASTERN LONG ISLAND HOSPITAL.

**STAFF:** Henry Binder, Katharine Doyle, Emma Gallagher, Darien Hunter, Justine Karen, Jonas Kinsey, Nicholas Mamisashvili, Lucas Quigley-Dunning, Jane Richards, Jennifer Cooke, Owen Gibbs, Madi Hallman, Taylor Tybaert & Nico Seddio

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#### HOW I GOT HERE: MRS. MEGHAN LANG

**BY OWEN GIBBS** 

Many of us know Mrs. Meghan Lang as guidance secretary extraordinaire and mother to the three Lang boys: Macklin, Henry, and Jack. But do you know how she landed on the rock? She isn't a harelegger, so read on to find out!

Mrs. Lang was born and raised in Rockaway Beach, Queens, with her sister and two brothers. Rockaway Beach is ironically often referred to as 'the Rock' -- a nickname Mrs. Lang's eventual Shelter Island home would share. Rockaway Beach was "one of the best places ever," she enthusiastically shared. "I lived in a three bedroom apartment across the street from the beach. I am who I am because of how and where I grew up, and I loved it. We had the beach, the boardwalk, and amusement park, all at our doorstep. Rockaway Playland was so much fun." Growing up close to the beach was something that shaped Mrs. Lang, so it would be no surprise when years later she would settle in another coastal community.

It was when she was in high school that Mrs. Lang came to Shelter Island for the first time. "We came all the way out here from Rockaway Beach, Queens to go to a retreat at St. Gabe's. I had never even heard of this place before," Mrs. Lang explained. And, apparently that first visit didn't leave too much of an impression, because 7 years later when she would visit Shelter Island once more, she didn't even remember she had been here before until some time later!

After graduating high school, Mrs. Lang, who admittedly "hated school," set off for Mt. St. Vincent College in Riverdale because her parents "made me go to college." It turned out to be a wonderful experience Mrs. Lang now calls "the best four years of my life" and she "wouldn't change it for the world." After graduation, Mrs. Lang (then Ms. Cummins) fell in love with a guy she would later marry-and integral to our story-a guy whose parents lived on Shelter Island. When Mr. Lang took Mrs. Lang to meet his parents on Shelter Island for the first time, she remembers, "I got on the ferry and I said to him, this place seems really familiar! Of course, later he laughed at me for not remembering this is where I had come all those years ago in high school." Her second impression of Shelter Island? "Shelter Island was so different and dark and quiet from where I grew up. Where were all the street lights? No airplanes flying over? Nope, never living here-way too quiet!" Mrs. Lang recalls thinking.

Mr. and Mrs. Lang married in 1994, when Mrs. Lang was 25. In the following 7 years, the Langs would move 6 times. They originally lived in Bayside, Queens and then decided to move back to Rockaway with Mrs. Lang's parents, as they needed to save money to purchase a future home of their own. That goal became reality when the couple bought a home in North Babylon and started their family. Macklin was born in 1996 in North Babylon. Before Henry arrived, in 1998, however, the Langs started marching east-to Center Moriches. Henry was born in Center Moriches and after another brief move to Mastic, with Mr. Lang now working in Southampton, the Langs wanted to move closer to his job. And what was closer to Southampton? The place she would "never move"-Shelter Island.

The Langs officially moved to Shelter Island on August 19, 2000 when Mrs. Lang was heavily pregnant--Jack was born on August 31st. Mrs. Lang shares, "My parents were so nervous about me living on an island. 'How are you going to get to the hospital in the middle of the night?!' they would ask me." But, move they did-right into Mrs. Lang's in-laws' home. "Three babies, five adults, and two dogs, no job for me, and I didn't know a soul!" Mrs. Lang, laughed. Quite the household. So, the Langs bought their own property (from Ms. Tybaert's aunt!) and soon they had their own home to move into. With three very little boys, Mrs. Lang became a stay at home mother for five years before eventually finding "the best job" here at Shelter Island School.

So what does Mrs. Lang think about her jour-

# **COLLEGE? NO THANKS!**



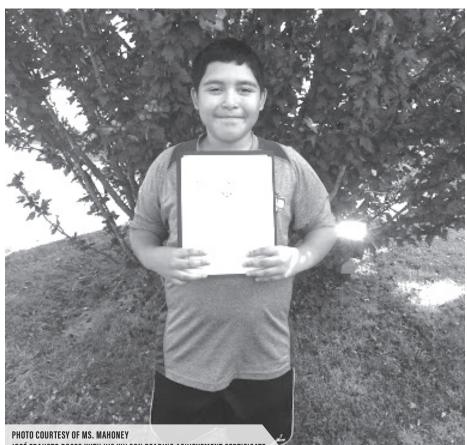
FIRST CHRISTMAS TOGETHER AS "MR. AND MRS." IN 1994.

ney and the life her family has built on the island now? "There are so many things to like about Shelter Island. Similar to where I grew up, there is a strong sense of community here, it is very comforting. Ironically, I think I like the quiet of the island in the winter months the best! Who would've thought ?" The island has also been a great place to raise her three sons. "My boys are all so different, there is not 'that one thing' that worked for all of them. And, here on Shelter Island, they have all had the opportunity to shine and it has given them a strong foundation to grow upon, and for that I am grateful." Would Mrs. Lang do it all over again? "Yes!" She enthusiastically replied. "It has been a great ride. I honestly wouldn't change a thing."

### MR. BOCCA WATCH OUT, NEW ENGLISH MASTER ON THE BLOCK BY NICO SEDDIO

José Frusto may be like many other sixth graders in that he enjoys school subjects like math, science, and technology, as well as playing games on his Xbox until his "mom makes him go outside." However, recently Jose achieved something that no other sixth grader has: the Wilson Reading Achievement. The Wilson Reading Achievement "is a structured literacy program" that "directly and systematically teaches the structure of the English language," according to the Wilson Reading System website. With this program, students learn skills such as reading, syllable sounding, and fluency over the course of twelve steps.

José started this program in 4th grade with Mrs. Janine Mahoney and after 2 years of hard work, including during the summer months, he has finally finished. José explained he was tasked with doing things such as word matching and sentence correcting. But, not every task was easy. José faced the most difficulty with long, unfamiliar words and tasks with multiple steps. However, José explained that most of the concepts were relatively easy to him because he had already learned them in class. José stated that he now applies what he has learned all the time. José's improvements have also been noticed by his teachers. Mrs. Mahoney exclaimed, "his reading level grew dramatically while he underwent the process!" José shares that his reading level did indeed go from a P to an R. Now that José is finally finished, he feels relieved, as he, "gets more time to himself" to do other things that he enjoys. What an outstanding achievement, way to go José!



JOSÉ FRAUSTO POSES WITH HIS WILSON READING ACHIEVEMENT CERTIFICATE.



The traditional college path is not for everyone. Some students from this year's senior class have chosen to pursue alternate paths

like technical schools or military service. For some students, the ways in which they learn and what interests them differ. Many have skill sets that make them successful outside of the classroom-whether it be in the shop or out in the field.

Senior Dan McCafferty would like to attend a technical school. He is currently interested in New England Tech and Penn Tech. In terms of a career, Dan is interested in automotive or marine tech. He shares, "I want to pursue this path because I have grown up around this skillset and feel it's fundamental to know." Dan continued, "working hands-on is more my style." After completing a tech program, Dan "would like to be self-employed." He realizes he would have to start off working for a shop, but would like to one day end up owning his own shop and automotive business. When asked if he felt any judgment from choosing this path Dan said "No, because the environment we live in has a lot of people who follow this path."

Elijah Topliff is also thinking about also attending a technical school. He has been interested in Alfred and Penn Tech. Like Dan, Elijah would like to go into an automotive program. Elijah shares that this is driven by his love of cars. "I've always loved cars and how they work," he said. Aside from being a technician, Elijah is interested in the automotive design process and engineering. He is considering going to school for engineering. Elijah also does not feel judgement for his choices from others, as he said, "I do what I want."

Lucio Martinez is the only senior current-

ly planning to pursue a career in the military. Lucio has his sights set on joining the army. Lucio would like to serve his six year commitment, while simultaneously getting a degree in psychology. Lucio hopes to get the opportunity to be in a unit in which he can work with soldiers suffering from things such as PTSD. Lucio choose to take the military route because he would, "Like to give back and help people suffering from these mental disorders." After his time in the military is over, Lucio would like to finish his Ph.D. in psychology and start his own practice. Lucio explains that he has faced judgment from his worried parents who have told Lucio, "you're going to be the first dummy put out on the front line." Lucio is not letting this affect his decision and he does not plan on changing his plans anytime soon.

Senior Alex Molina is pursuing a similar path to Elijah and Dan. Alex is also interested in a technical school--Alfred Community College, where he would like to study mechanics. Alex has "always had an interest in cars and trucks" and he feels that this is the right path for him because hands-on learning is more his style. Alex says, "I hope to work in a shop after my time at Alfred and eventually own my own." Similarly to Lucio, Alex has faced some judgement from his parents, but not enough to sway his decision.

Not everyone is college bound. There are many other valuable post-graduate paths students can take to find success. We at The Inlet wish Dan, Elijah, Lucio, and Alex the best of luck with their plans after high school.



#### FROM STUDENT TO TEACHER, THE STORY OF **MRS. RANDO**

**BY JONAS KINSEY** 



Mrs. Lindsay Rando is a Shelter Island Indian through and through. Mrs. Rando graduated from Shelter Island School in 2005 and is now employed by the district as a teacher's aide. As a high school student, Mrs. Rando (then known simply as Lindsay Springer) enjoyed two things in particular: hanging out with her boyfriend Anthony and Social Studies. Just like her loyalty to the island community, Mrs. Rando never abandoned either of her high school favorites--she married one and went on to study the other in college. Mrs. Rando attended L.I.U. C.W. Post after graduating high school, from which she graduated with a degree in Social Studies Education.

Mrs. Rando originally worked here at school as an aide a few years ago, but then took a leave to say home after having her children. Mrs. Rando has a young family of spirited boys: A.J. who is 4, Vincent who is 2 and Sebastian who is 1. She looks forward to "watching them grow up in the same school that I did, as well as my parents." As aforementioned, Mrs. Rando's husband (now an S.I. police officer) also graduated from Shelter Island. Mrs. and Mr. Rando began dating in tenth grade and according to Mrs. Rando, "I don't think anyone was surprised, because we always just seemed to fit together." It was natural for the couple then to build their family back in their home town.

Now that Mrs. Rando is back in the school she attended she is getting to see the other side of the educational process she experienced as a student. There are some challenges. Mrs. Rando says, "Any teacher that I had then I find myself still calling by their last name, like Mrs. Treharne or Mr. Brigham." When in school here, Mrs. Rando loved P.E., Social Studies, and ELA--luckily, some of her favorite former teachers are now her colleagues, including Mr. Brace, Mrs. Treharne, and Coach Becker. Mrs. Rando admits that sometimes the situation is "strange because I still view them as my teachers." That being said, she enjoys being back in the school that helped raise her.

It's not all work and no play for Mrs. Rando. During her off-time, she enjoys going to the beach, walking around the park with her three kids, and teaching them important life skills, such as cooking and baking. Mrs. Rando is also an avid weightlifter and loves reading new books. If you haven't already, make sure to welcome Mrs. Rando back to Shelter Island School.

#### A FEW MOMENTS WITH MR. IDO OGUNDIPE **BY DARIEN B. HUNTER**

A desire to work connects Mr. Ogundipe to our small school. He is our new school business administrator, or SBA, for short, With years of business expertise and a patient, formal demeanor, Mr.Ogundipe wears his experience openly. Studying at Ondo State Polytechnic in Owo, Nigeria, he achieved his Higher National Diploma before coming to the states from Nigeria in 2001 to earn his Master's in Accounting at the University of Long Island.

Mr. Ogundipe's entry into the U.S. was rough, to say the least. He arrived at 6am on September 11, 2001 after a long plane ride from Nigeria. Mr Ogundipe's wife, who had arrived in the states some time earlier, met him at JFK to welcome him to the states. By the time the Ogundipe's arrived home, the traumatic events of 9/11 were already fully under way. This was not the hopeful new start Mr. Ogundipe had anticipated on his first day in the U.S. Still, a determination to work and study, fueled Mr. Ogundipe's American dream and supported him through the fear and uncertainty of post 9/11 as he pushed onward to support his family.

Mr. Ogundipe's first job in the states was not

the best fit for him. Despite having training as an accountant, he worked as a security guard, but Mr.Ogundipe knew he could do more. After one year of exhausting security work, he tried his hand at finance again, and became a school business administrator for Uniondale Public Schools, while supplementing his family's income by working independently as a tax preparer and accountant in the community, before transitioning into his job here at Shelter Island this past summer. This experience, and exposure to auditors, has left Mr. Ogundipe ever-capable of managing the school's financial resources

Business aside, Mr. Ogundipe is a fun, friendly man full of varied talents and interests. He is bilingual, speaking both English and Yoruba fluently. He has three children and occasionally returns to Nigeria. He appreciates the nature of the island, commenting that is has "plenty of natural beauty and interesting sights." We welcome Mr. Ogundipe to the Shelter Island School community.



#### WELCOME (BACK) YUNIOR AND ASHLEY **BY JANE RICHARDS**



SIBLINGS ASHLEY AND JUNIOR STRIKE A POSE FOR MS. MAYO IN BETWEEN CLASSES

Ashley and Yunior Pantel have returned to Shelter Island School and we are happy to have them back. Ashley is 16 years old and in the 10th grade, Yunior is 14 and in 9th grade this year. Ashley and Yunior were born in Stony Brook, New York, but their parents are from Guatemala. The two lived on Shelter Island during their childhoods and moved away to Guatemala with their parents when Yunior was in 2nd grade and Ashley in 4th. After spending seven years in Guatemala, they have returned to the island once again.

Ashley says her favorite part of living in Guatemala was going out with her friends and Yunior says his favorite part was visiting the tourist attractions. In Guatemala, Ashley and Yunior had cows, horses, rabbits, parrots, a chihuahua, but don't have any pets here. Though Ashley "misses her friends," moving back to Shelter Island has brought some great new opportunities to she and her brother. Ashley likes the schooling here better, she says, "You are much more prepared in school here. The teacher's help you a

lot more. You don't have the same opportunities there." Ashley's favorite things to do her on the island are "study, listen to music, find new places, and go on field trips with the school." Her favorite class is Marine Biology because "it is very interesting," she especially liked learning about oceanography. Ashley is playing basketball this winter and according to her brother, Yunior, "Ashley is very quiet and shy, but she is a really good person. She will always help you in bad times."

Though Yunior misses "the freedom he had in Guatemala" and the soccer he "used to play all the time," he does like the beach and has a couple of favorite schools subjects. Earth Science is a favorite of Yunior's because "Mrs. Mahoney is a good teacher" and Social Studies keeps Yunior entertained because "Mr. Miedema is really funny." Yunior wishes he had the opportunity to play soccer for our school, but may try baseball in the spring instead. Ashley says about her brother, "he likes to be friends with everyone." Welcome (back) Ashley and Yunior!

PROFILES

#### **SCIENTIFIC SCHWAB**

**BY TAYLOR TYBAERT** 

Meet Shelter Island's newest teacher, Mr. Erik Schwab. Mr. Schwab is currently in Shelter Island School as a leave replacement for Mrs. Sharon Gibbs, who teaches middle school sciences, along with her well-known Earth Science class. Originally from East Islip, Mr. Schwab now drives from Montauk to his job here at Shelter Island. Mr. Schwab has been teaching for seven years, consistently in the secondary school setting, all over the East End of Long Island. However, this is his first experience as a leave replacement, a difference he notes isn't that drastic, other than knowing it is temporary. When asked what he thinks of this school, Mr. Schwab first remarked on our small size, sharing, "it's very different than all the districts I've ever been in, in the sense that it's very small, but there are positives that come with that. Having a classroom of five kids is pretty awesome."

Along with teaching, Mr. Schwab enjoys photography and surfing, both of which he relates closely to his interest in Earth Science, one of his passions. About his affection for Earth Science, Mr. Schwab explains, "it comes with things like weather and space, and putting all those things together, which ends up here in the classroom." Mr. Schwab would love to see an Ecology Club added to the school, as he has noticed that despite the "environmentally touchy island" we live on, there is not adequate recycling done at our school.

To conclude, Mr. Schwab says he wants students to know that: "He's just a normal guy from Montauk."



MR. SCHWAB TAKES A MOMENT FOR A PHOTO IN BETWEEN CLASSES.

#### **BOB DESTEFANO: COACH, MENTOR, FRIEND** By KATHARINE DOYLE



MR. BOB DESTEFANO IN HIS TRADEMARK GARDINER'S BAY SWEATSHIRT, ALONG WITH HIS BELOVED DOG "BAILEY."

Bob DeStefano is an islander nearly everyone knows. He is the former golf professional at Gardiners Bay Country Club, coach of the Shelter Island varsity golf team, a writer for the Shelter Island Reporter, and a mentor to many.

Mr. DeStefano grew up in Long Branch, New Jersey and as a teenager he worked for a golf course. In his spare time he began to practice hitting a ball at a target, a single target he would hit at over and over again, and he got good at it. So began Mr. DeStefano's golf career. Mr. DeStefano credits his enjoyment of the game to the reason why he has stuck with it his entire life. "My life is golf," Mr. DeStefano says.

His path as a golf instructor actually began in the Coast Guard in 1957-59; Mr. DeStefano won a

golf tournament and his superior officer decided to make Mr. DeStefano his golf instructor. The problem he faced was that he didn't know how to teach. The night before a lesson, Mr. DeStefano would read a book on the rules of golf and recite back what he had read the night before during his lesson with his superior.

After his time in the Coast Guard, Mr. DeStefano worked at Southampton Golf Club from 1960-1961 before being offered the position of golf professional at Gardiner's Bay, which brought him to Shelter Island. As a pro, Mr. DeStefano and his late wife, Anne, started the Junior Golf program, an activity for young kids on the island to go to the club and learn how to play the game he so loves. For over fifty years Mr. DeStefano has worked with island kids with the single goal of getting them interested in playing. Mr. DeStefano did not worry about crafting champions, it was the love of the game he sought to impart. "My goal was always to just have people play golf," Mr. DeStefano says, "my goal was never to make the pros." Both Mrs. and Mr. DeStefano considered the children they taught extended family.

Mr. DeStefano's teaching strategies have greatly changed since his time reciting information memorized from a book to his superior officer. He is of the philosophy that as long as a golfer knows the basics of the game, then all they have to focus on is the target. Everyone Mr. DeStefano has taught has heard some assortment of the phrase "Hit my hand." The intent of this advice is to get a golf student to focus only on the target, not on every little body movement and mechanical detail. Junior Nico Seddio appreciates this approach, explaining, "Bob has a unique way of teaching golf itself--it isn't 'do this, do that,' he says 'move your club and hit the ball into the hole,' and somehow it works." This dovetails with Mr. DeStefano's firm belief that golf is a "mental game." This is a refrain any former golf student of Mr. DeStefano's knows well. Sadly, Mr. DeStefano lost his beloved wife Anne this past August. He continued on as Shelter Island School golf coach this fall, however, continuing to shape and mentor young people, just as he and Anne began doing so many years ago. Shelter Island senior golf team member Bianca Evangelista shares, "Bob stands out as a coach and a mentor, not only because of his skills, but because of the way he takes the time to remember specifics about his students and give them feedback." Teammate junior Owen Gibbs appreciates Bob's "love for the sport and love of helping kids improve upon their skills." Golf team sophomore Lucas Quigley-Dunning adds, "I love how Bob has extensive knowledge of the game of golf and he is always willing to go the extra mile to help us out. Bob always makes the season fun and keeps us laughing." "Bob is more of your buddy than a coach," Nico Seddio succinctly shares.

When he is not on the golf course, Mr. DeStefano enjoys watching school basketball games or any other activities involving Shelter Island youth. Mr. DeStefano participates in trivia along Long Island, but his favorite activity would be writing. Mr. DeStefano shared, had he not been a golf pro, he would have pursued writing as a career. Now, he does both—Mr. DeStefano has a column that appears every week in the Shelter Island Reporter. The column is something he considers a "win, win, win" because it makes whomever he writes about happy, which makes him happy, and the general audience happy.

Despite his successful career, what Mr. DeStefano considers his greatest achievement, his proudest achievement, is his success "as a father and as a family man." When he turned thirty and became a father, Mr. DeStefano's life changed—life went from just he and Anne and golf, to being about his children; his family. Family, to Mr. DeStefano, is irreplaceable. If handed a million dollars, according to Mr. DeStefano, " I wouldn't know what to do with it. I'm perfectly happy."



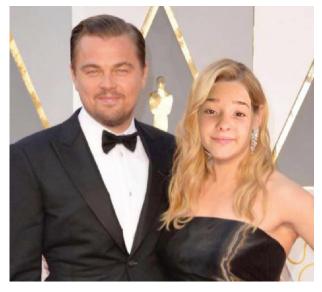


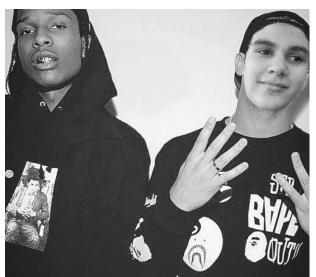
This issue's Inlet spotlight shines on some JV and varsity basketball players who took the time to mentor some younger ballers. Shelter Island Varsity basketball players junior Nick Young and sophomore Keith Taplin, and JV player freshman Matthew Strauss all showed up at Junior High boys basketball practice recently to work with the team. The JV and Varsity boys helped out the younger players with proper shooting technique. Love the teamwork, guys!

#### **DECEMBER 2017**









STUDENTS "MEET" THEIR FAVORITE CELEBRITIES

BY NICK MAMISASHVILI

Recently, some Shelter Island School high schoolers had some close encounters with their favorite celebrities. I was lucky enough to be close by to capture their dreams on film.



## ACCOMPLISHMENTS CORNER BY LUCAS QUIGLEY-DUNNING

What do sophomore Kal Lewis, senior Lindsey Gallagher, and junior Owen Gibbs have in common? They are doing big things! Kal and Lindsey have accomplished great things on the running course, while Owen has been taking it to the stage.

Kal Lewis, only a sophomore, made some impressive headlines when this past month when he won the Class D championship race for the entire state. This win was huge for Kal and for our school. Kal was thrilled with his victory, but seemed to foreshadow it in the week prior to the race when he shared "I think I can win states because I came in fourth last year, and one of the people who beat me was a senior then, and now he's graduated. I also believe I've improved a lot more from last year, so I believe

I can beat the other two seniors who are ahead of me." Beat them, Kal did. Kal followed up the Class D championship race with a race called "Foot Locker," which was a regional race, pitting him against both public and private school runners in a variety of divisions. Kal finished the Foot Locker in 57th place. Just short of the top ten he needed to go on to Nationals. Kal is only a sophomore and doubtless has quite the running career ahead of him. For now though, the experience has been "humbling and fun" and Kal thinks it's "cool that I'm getting all of this attention." Congrats Kal, you earned it.

Lindsey Gallagher is another runner tearing it up all over Long Island. Not only is Lindsey the number one runner for the Shelter Island Indians girls team, but this year at the state meet, she placed 17th, earning "All-State distinction" awarded to those who place in the top twenty. With this honor, Lindsey was selected to participate in the Federation Championships meet which includes runners from all across the state. Lindsey explained that earning her way into participating in the Federation Championships was no accident: "I've had this goal in mind for a long time. I kind of expected it, but it also came as a surprise. It was exciting to achieve this because I looked forward to it for so long." Nice work, Lindsey!

While Kal and Lindsey have been on the run, junior Owen Gibbs has been singing his own tune. Owen has been in Chorus as long as he can remember and Music teacher Ms. Jessica Bosak says, "Owen has always been the best male singer in the room." He is now being recognized for his special voice. Last year, Owen earned a perfect score at NYSSMA, which resulted in his being invited to an All-State choral event upstate this month. Owen traveled to Rochester for the All-State concert to perform with the top 50 chorus participants from New York state—wow! Ms. Bosak adds, "Owen deserves all of the awards that he is getting." Well done, Owen! We will see you in the spring musical!

These three used their talents to achieve their goals, and that is something that deserves recognition. What great work from three of Shelter Island's finest.





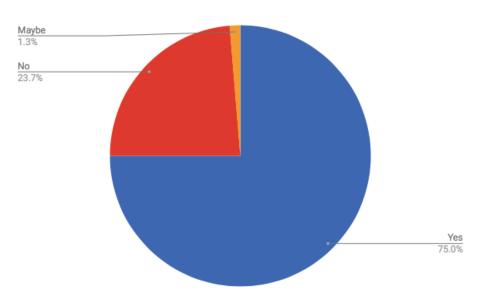
PHOTO PROVIDED BY OWEN GIBBS Junior owen gibbs all dressed up for his nyssma all-state Performance.

# INTERSCHOOL SPORTS: A THING OF THE PAST...OR THE FUTURE?

BY EMMA GALLAGHER –

If you take a look in our school's Athletic Hall of Fame, you may notice that several of the championship sports teams include members from other schools. For many years, Shelter Island students had the option of participating on sports teams with students from other schools. Although the option no longer exists at Shelter Island, it is no surprise that a small school like ours is once again considering interschool sports teams. With so few students, coaches often find it challenging to fill sports teams rosters, and are forced to respect where interests lie. With interschool sports, perhaps options such as football, field hockey, spring track, or soccer would be more viable. There are of course many arguments in support of the idea, but these arguments are met with complications as well. Although school administration and state laws are what will ultimately decide the matter, we resolved to go straight to the influencing party: the students. Why fight for the option if there is no student interest? Why deny the option if so many There has already been much talk and research on the topic by administration, parents, and students, but by going directly to the students, we got clear answers. After taking a poll of the high school, here's what we found. Out of a survey of 76 students in grades 9 through 12, 75% or 57 students said that if interschool sports were offered, they would participate. Only one student said they were unsure of if they would participate, and the remainder of the students, 18 or 24%, said that they would not participate. What was interesting was that many of the students who said they personally would not participate did acknowledge the benefits of the option to the school as a whole.

One of the most popular reasons students gave in support of interschool sports was that they present opportunities for them to meet new people. Meeting new people and expanding horizons helps to improve both citizenship and sportsmanship, both of which are principals of the Shelter Island School athletic programs. Another argument made was that if we did offer the option, students would be able to participate in sports that we do not currently offer, popular ones listed were soccer, football, and spring track. One student even requested fencing. With the larger pool of athletes interschool sports offers, perhaps teams could offer both junior varsity and varsity levels, catering to the skill level of a wider variety of



students. A more competitive group would allow for teams to advance possibly even further than they have in the past. Building these skills in high school may eventually help students to achieve scholarships where they can improve in college, and maybe even pursue professional sports. The prospect of new opportunities that come with the prospect of interschool sports makes it seem as though working out complications will be worthwhile. So, will interschool sports teams become an asset of the future, or will they remain a thing of the past?

# SNAPCHAT IS THE NEW TEXTING BY HENRY BINDER



Teenagers are a distinct group of people. We develop our own slang, explore the latest trends, and have a different approach to life. For many of us, social media is an essential part of our approach to life. In recent years one social media platform has grown exponentially with the help of teenage users. Founded in 2011, Snapchat conveniently connects users through an alternative form of communication called "snaps." What's so special about Snapchat? As opposed to traditional texting, Snapchat's unique interface allows users to message friends primarily with pictures and videos. Text can be added to images, but pictures and videos are what really make a "snap."

According to Snapchat, every day approximately 160 million users open up the Snapchat app; globally Snapchat users send an estimated 760 million Snapchats per day. That averages out to be about 5 Snaps sent per Snapchat user, per day. In addition, Snapchat statisticians report that the average Snapchat user spends 25 minutes per day on the app. These statistics may sound astonishing in and of themselves--are people really spending that long on a single social media app? (Especially alarming perhaps, because common sense would dictate that if one is an avid Snapchat user, they probably also have Instagram, perhaps Twitter, and Facebook! How much time is that taking up in a person's day!?) In light of these statistics, we wondered, does the student body here at Shelter Island spend that 25 minutes a day? Do students send 5 snaps or more? How much is Snapchat factoring into high school students' lives?

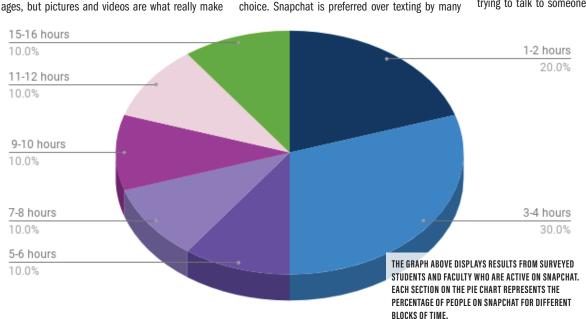
Snapchat has become so popular amongst Shelter Islander students, that many use the app as their primary way of communicating with others. The first thing a majority of students do as they wake up every morning is Snapchat their friends. If they have a question about something, want to hang out, or most recently, want to gift money, Snapchat is their go-to choice. Snapchat is preferred over texting by many high school students. Senior Madi Hallman explains, "Texting is sort of formal now. Snapchat is more casual. It is easier, faster, and better for sending communications to groups of people." Junior Taylor Tybaert agreed, adding, "Snapchat is also great for communicating internationally--there are no extra fees. And, it is so much more casual to ask for someone's Snapchat than it is to ask for their phone number. I have more contacts on my Snapchat than I have on my phone." Nico Seddio further explained, "All you do is put your phone up to someone else's Snapchat code to get their contact and it happens right away. I wear a tee shirt with my Snapchat code on it to parties so the ladies can scan it." Taylor summed it up by saying, "Texting is the new email. Snapchat is what texting used to be." This really might be a generational thing, however, as for many adults, like Special Education teacher Mrs. Sears, Snapchat is not the new texting. "I think I'm so used to texting, I use it more often, and there are so many people in my age group who don't use Snapchat, so I have to text them, or I wouldn't be able to keep in touch with them," she explains. Sophomore Daniel Martin feels differently. Martin sees Snapchat as much more than simply communication. He says, "Snapchat is better than texting because it can really capture what's around me. If I need to describe something, or if I'm trying to talk to someone and need to get my mes-

sage across, my facial expression lets them better understand what I'm saying." In this way, interestingly, Snapchat is almost like a shortcut for texting, which was a short cut for actual conversations in the first place.

Junior Nico Seddio, admits that his Snapchat use affects his personal life and health. Recently, Nico decided to delete Snapchat for two days to see what he could do with his spare time. Nico said during this period he was a more "peaceful and calm" version of himself. Snapchat proved its power though, when Nico rejoined to make sure he "wasn't missing anything." Nico plans to expand his Snapchat hiatus on weekdays in the future. He will use the app on the weekends to stay in the loop and for communicating with his friends, but not using it on weeknights will allow him "to feel better while being more attentive in school."

Snapchat, like a lot of technology is an app that can become addictive. On the app, Snapchat assigns each user a "Snapchat score," which is the total number of sent and received snapchats since the user created their account. One's Snapchat score depends on how long one's account has been active and how active of a user one is. Sophomore Daniel Martin is one hardcore Snapchat fan. Although Daniel's most recent account has been active for less than a year, he already has nearly 100,000 points. Of course, getting this many points takes time, so Daniel's usage reveals he spends on average 9.5 hours per week on Snapchat. To demonstrate how active you must be to reach 100,000 Snapchat points in such a minimal timeframe, consider senior Lindsey Gallagher. Lindsey, who has been a Snapchat user for longer than she can remember (she estimates about 4 years), has only 65,000 points. Although 65,000 points may still seem like a lot to some, over the course of 4 years, this is really about 16,000 points per year. With this score, Lindsey falls in the more popular 1-2 hours per week spent on Snapchat. Regardless of "Snap scores," it seems that Shelter Island Snapchat users are just as as guilty as the other 160 million daily users who overuse Snapchat. According to Snapchat, the average Snapchat user globally spends around 3-4 hours per week on the app. Of those whom we spoke to from SIHS, 50% were on Snapchat 5-16 hours per week, which far exceeds the global average. (See graphic for more breakdown of SIHS Snapchat usage.)

It seems Snapchat is revolutionizing communication for teenagers and young adults, but is the revolution causing a generation of tech addicts? That's a question worth pondering.



#### **CATCHING UP WITH ROBERT BY EMMA GALLAGHER**

Last issue, you many have read about the Shelter Island Youth Group's Mission Trip over the summer. On this trip, we worked with a local Long Island organization called Rebuilding Together. Robert Harper, the representative from Rebuilding Together, quickly became a great friend of the youth group. By the end of our trip, all of us were hard set on working with Robert again and we begged our leaders for another service project.

Much to our relief, Youth Group leaders Kate Davidson and Bryan Knipfing were able to coordinate another community service project with Robert. On November 5th, a group of eleven, including new youth group members Bella Springer, Lily Page, Riley Renault, Dayla Reyes, Valeria Reyes, Isabella Fonseca, and Olivia Overstreet, along with mission trip returnees Francesca Frasco, Lindsey Gallagher, Abby Kotula, and myself, set out for another service project. This time we worked at a house in Mattituck clearing out a man's front yard that had become extremely overgrown with weeds and brush. Although we were unable to meet him, we were still determined to put our best work forward. When we first arrived at the work site, we could barely even tell that there was a house hidden underneath all of the brush. Aware of the large task at hand, and wanting to waste no time, we got right to work right after we arrived: cutting down trees, pulling weeds, chopping down rose bushes, and raking leaves. The work was labor intensive, but with a crew of fifteen we had the job done in no time. Even the newbies, who may never have done work like this before, jumped right into the work with en-

**BOX SWEET BOX** 

thusiasm, impressing Robert again and again. Olivia said that she thought Robert "was a very nice guy" and was amazed by the amount of work the group got done "in such a short time." By the time we left, the house that was hidden behind the brush was fully visible and the property actually looked inviting.

Throughout the day, many citizens stopped to thank us for our efforts, and one even dropped off some water bottles and pretzels for us. It was once again clear that our work was greatly appreciated by many. At some point during the day, there was a light rain, but it certainly did not stop us from working. We did take a short break to enjoy some Goldberg's bagels, but otherwise, there was nonstop laughter and hard work the whole time. Valeria said she would love to do it again, and I know that many of us feel the same way. Francesca said that our work was "just as fun as it was on the mission trip," adding that Robert and Catherine's [Robert's wife] spirits were "high and uplifting." Abby said, "we've all missed Robert so much." She continued, "we had a great time working and sawing trees with him once again!" Robert, now nearly a celebrity amongst the youth group shares that the day was "rewarding" and he looks forward to future projects with the youth group. All in all, this day of work was a wonderful reminder of how satisfying it can be to help others, and like Robert we are all excited for future service projects!









CARDBOARD CAMPOUT PARTICIPANTS HUDDLE BY THE FIRE AND CUDDLE UP IN THEIR BOXES FOR THE NIGHT.

While you were snuggled up in your warm bed at home on Monday, November 6th, a group of service-minded students braved the frigid night on the front lawn of the school in sleeping bags and cardboard boxes. For many years now the National Honors Society (NHS)

has hosted the 'Cardboard Campout" to raise awareness about homelessness and the working poor and fundraise for Habitat for Humanity--a foundation that builds houses for lower income individuals and families. Shelter Island's own NHS goes to various places on Long Island multiple

times a year to assist in Habitat for Humanity builds. This year the Cardboard Campout was open to all students grades 9-12 to participate in (after they had solicited a minimum of \$100 in donations to Habitat for Humanity). For NHS members, it was a mandatory service activity. Sophomore Isabelle Topliff camped out and shares, "it was really good to be able to make a difference with just \$100. It wasn't a punishment, you got to hang with people you don't usually hang with, which is always nice." In total, 20 students camped out, so over \$2,000 was raised to help support Habitat's mission.

Students understand that despite the fact that this year was cold, the Shelter Island Cardboard Campout is not a typical "homeless person's" experience. Students came prepared with multiple layers and were provided a box--something many homeless people might not even have. Senior Luke Gilpin, a second year Cardboard Camper says of his experience, "It was definitely cold. I bought a bunch of blankets and coats, but it didn't really work." Sophomore Emma Gallagher agreed, having brought, "gloves, boots, 50 million sweatshirts, lots of pants, 2 sleeping bags, a blanket, and an Eskimo hat." Beyond layers to keep campers warm, another luxury enjoyed by campers were snacks and popcorn

over a barrel fire.

As the night wore on, campers entertained themselves with rounds of "Manhunt," dancing to throwback songs, and a spooky walk around the school. As the sun rose, campers were awakened by one of Mrs. Mahoney's "good morning songs," only to find that Steve Cummings and Mr. Bocca ended up sleeping on the lobby benches overnight.

Campers made it through the cold night, but their hearts were warmed with the knowledge that their community service was all for a good cause. As Luke Gilpin said, "[during the Cardboard Campout] you get an experience of what it's like being the individual that needs help. You know it's going to a good cause and you understand some of the pain they're going through. You really get something out of it." Students who have not yet experienced the Cardboard Campout should consider participating: bonding with friends, while helping others? A perfect combo.



#### THE SENIOR DIVISION MEDAL AND BEST-OF-FAIR WINNERS

# SHELTER ISLAND **SCIENCE FAIR**

Congratulations to the medalists and blue ribbon winners of the junior and senior divisions of the 53rd annual Shelter Island Science Fair! A special congratulations to the best-of-fair winners Ben Waife and Katie Doyle from the junior and senior divisions, respectively! Best of luck to those moving onto Science Congress!



#### A VISIT TO THE THEATRE BY DARIEN HUNTER

Thanks to Bay Street Theatre and the S.I. Education foundation, the junior and senior classes were able to return to see another fall drama on stage in Sag Harbor this year. The production put on this time was Death of a Salesman, a play by Arthur Miller which is a Pulitzer Prize winner and renowned as Miller's masterpiece. The dramatic, character driven play covers themes of mental illness, the American dream, as well as the push and pull of family ties and personal success. Mrs. Treharne was pleased to see that this year's Bay Street Theater offering was Death of a Salesman, because, in her own words, "it is by the same author as The Crucible which is part of our high school curriculum, so it is always nice to experience an additional work by the same author. It is also an iconic American literary and theatrical experience."

The plot of Death of a Salesman focuses on a father named Willie Loman and his two

#### THE MAGIC OF DISNEY BY EMMA GALLAGHER

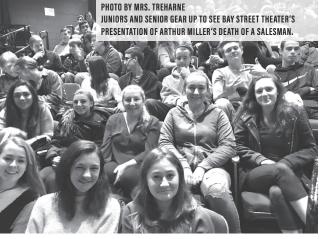
sons, Biff and Happy. Willie yearns for true, meaningful personal and financial success for he and his sons. He dreams of making it into the upper class. This, however, is a grand illusion as he is terribly inept at his job, due in part to his increasing age and decreasing mental health. When Willie starts imagining events of the past as real, and talking to his dead brother Ben, his wife Linda becomes increasingly worried, and pressures her sons into staying in the city to both support them and attempt to "become something." Despite Mrs. Loman's best intentions, both Happy and Biff have reasons for being unable to properly interact with their father, and only serve to worsen his already declining condition. Needless to say, the play does not have a happy ending.

Death of a Salesman is set primarily in Loman household, with some other minor locations as well. So, it was interesting to see

that the Bay Street Theatre chose to only recreate the Loman house in their set, and then opted to overlay imagery and rearrange single rooms to convey the feeling of multiple different locations. Because of this artistic choice, the set felt lively and real, somehow managing to convey the inner struggle of Willie's mind as he

fought to distinguish reality from illusion.

The reception to Death of a Salesman was highly positive, the theatre was alive with applause after the performance, and many people formed connections to the characters as they were played. Junior Devon Bolton said,



"Death of a Salesman was a very thought provoking play." Senior Francesca Frasco added, "I thought it was another great play, they always do a great job." Overall, the experience of Death of a Salesman was one that resonated with students and satisfied teachers.

With the tests, grades, extracurriculars, and all of the other obstacles that come with being a student, life can often seem unimaginably stressful and demanding. While many students may dread much of what school brings, there is one thing that students certainly look forward to: the much anticipated eighth grade Disney Trip.

Many know that the now retired Mrs. Gibbs led the Disney Trip for the many years preceding her retirement. However, two years ago when Mrs. Gibbs retired someone was needed to fill her shoes. That someone would be Mrs. Gulluscio who bravely stepped into the position, after a year of training with Mrs. Gibbs. Mrs. Gulluscio explained that she "took for granted what Mrs. Gibbs used to go through" and that she "can't believe the amount of preparation and work that actually goes into this trip." Challenges aside, she looks forward to making this trip a successful one.

Of course, Mrs. Gulluscio will not be alone on the trip as experienced chaperones Mr. Bocca, Mr. Becker, and Mrs. Brewer will accompany her. Mrs. Gulluscio said she knew she could count on these three, and that's why she chose them for the job. On top of the four school chaperones, five additional parents will embark on the trip with the seventeen eighth graders.

The eighth graders and company will be departing on December 4th for their five day excursion. Mrs. Gulluscio explained that the kids voted to go to all four major Disney parks, rather than go to Seaworld or Discovery Cove. The trip will be scheduled down to the minute, but with only five days to cover so much of the park, that comes as no surprise. The trip is sure to be nonstop fun, and will certainly not lack in the learning department. One major educational activity will be the several hour long Physics seminar in the Magic Kingdom. The seminar goes through the properties of motion, inclines, and rates of acceleration, all of which will be modeled with marbles and demonstrated in real life on several roller coasters. The group will also attend a session at the Hall of Presidents, where they hope to come away with enough knowledge to rival Mr. Miedema. In Epcot, they will take a journey through time that will discuss the evolution of our Earth and species. They will also take a boat ride that will give students an overview on the process of hydroponics—a process that is sure to become a vital technology of the future. In the Rainforest Cafe, the group will be able to enjoy dinner while observing the technology of animatronics.

Some unique things that this class will get to experience are new rides offered at the Disney parks. One such ride is the one based on the movie "Avatar." In Epcot, the group will have a private buffet and dessert bar where they will be able to watch the illumination fireworks show. It is also in Epcot where they will be exposed to the cultures of various countries from around the world. Of course, they will also be fortunate to ride well known attractions like "Mt. Everest", "The Tower of Terror", "Splash Mountain", and many more.

No Disney Trip is ever the same as the last, and this one is sure to be no exception. Eighth-grader Emma Martinez said, "I've heard from many of the classes above that it's so much fun, so I'm excited to experience it for myself!" She went on to say that she believes "a couple days alone with my class will bring us closer and we'll have fun doing it." Her classmate, Lily Page, agreed, saying that she is most excited to spend time with her good friends for a whole week. Mrs. Gulluscio explained that one of the things she looks forward to most is "seeing the kids expressions walking down Main Street in the Magic Kingdom when it starts to snow at night." She says that she described the experience to the kids, but "they really can't understand it until they're there and see the snow falling in such a magical place." If you were to ask any student that has already been on the trip, it is likely that they will describe it as unforgettable experience. As Shelter Island

students, we are exceptionally lucky to have the opportunity to go on a trip like this one, and should certainly not take it for granted. With that said, may the current eighth grade embrace this trip and have a wonderful time!



#### MST TUTORING TO THE RESCUE by owen gibbs

The MST is creating a new program! Coming soon to the MST wing is peer tutoring! Upperclassmen volunteers with a strong subject area knowledge in the math and sciences will be making themselves available to offer tutoring support services to their peers in grades 6-9. Math teacher Mr. Brigham will be one of the teachers helping to train MST tutor candidates so they will be ready to appropriately help their peers in need of extra help. Mr. Brigham says, "I think students will gain skills necessary for success in school [through the MST tutoring program]."

So far, seniors Luke Gilpin, Joshua Green, Jack Lang, Sarah Lewis, Lindsey Gallagher, and Francesca Frasco and juniors Nichole Hand, Owen Gibbs, along with sophomores Emma Gallagher, and Abby Kotula will be training to offer tutoring services. Nichole Hand is especially excited about the opportunity to tutor because she plans to become a math teacher, so in her words, "I think this will improve my ability in helping and teaching kids." Lindsey Gallagher looks forward to the program's start because "It's rewarding to me to help someone and you see how what you're doing is making lives better." Mr. Brigham hopes the program will become long-term and he plans to "take what we learn this year and change it so it works better and better." If you are interested in receiving MST peer tutoring assistance, see Mr. Brigham for times and dates of the impending program.

#### HALLMARK WITH HALLMAN

The holidays are all about the hot cocoa, holiday music, and Hallmark Christmas movies. If you aren't watching the Hallmark channel during the holiday season, you don't know what you're missing. In these made for television movies, there's always a complication that is quickly and miraculously resolved with some intensely festive solution. Below check out just a few of the top Hallmark Christmas movies NOT to miss this holiday season!

#### **1."MARRY ME AT CHRISTMAS"**

Starring Rachel Skarsten and Trevor Donovan

#### HOW TO HYGGE: A PROPER GUIDE **BY JUSTINE KAREN**

Hygge. A Danish verb that is about to change your life. Pronounced "Hoo-gah," this word, for which there is no English equivalent, roughly translates to "the act of coziness." In essence, hygge is that feeling you get when tucked comfortably beneath layers of fluffy blankets: bliss in its laziest form. Of course hygge can be achieved by something as simple as mindfully lighting your favorite candles at dusk, or by hosting a simple dinner of comfort food to your friends, but the hygge which requires us to completely relax--with minimal movement--that's our favorite type. Needless to say, we all need a little more hygge in our lives, nevertheless hygge can be a difficult thing to achieve. Not to worry, the staff at The Inlet has got your back. We've compiled a suggested hygge schedule that you are free to follow as closely as you'd like. To begin, get comfy on your couch or in your bed with a couple blankets, and then cycle through a series of activities that require little to no movement.

#### 1) CONSUME SOME MEDIA:

Television's old reliables such as "The Office," "Friends," "30 Rock," and "Parks and Recreation" on Netflix, I recommend off-the-air favorites for hygge-day watching over new TV for two reasons: 1. You can binge without having to wait a week between episodes. 2. The comfort and nostalgia you get from of hygge.

Early 2000s throwback movies are always a solid choice. Blades of Glory (2007) for instance is perfect snow-themed comedy, it's nostalgia-inducing, hilarious, and cozy. For the unfortunate readers unfamiliar with this cinematic masterpiece, the star-studded cast boasts a (relatively) young Will Ferrell opposite the ever-charming Jon Heder (The title character in Napoleon Dynamite). The pair pose as rivals-turned-begrudging-partner figure skaters. It's ridiculous, and as a disclaimer for some raunchy material, I suggest this be a 16 and over hygge viewing. It's hard not to laugh at Will Ferrell bringing "the bad boy of figure skating" to the big screen. In short, this movie has aged like a fine cheese: there's a funky smell, but it's supposed to be there.

Organizing a Christmas wedding is a true treat for

bridal boutique owner Madeline Krug. She loves the

challenge of finding the perfect dress for the bride

and orchestrating an exquisite event. What Made-

line didn't expect was to be swept off her feet by the

bride's gorgeous brother, movie star Johnny Blake.

Jonny came to the quirky town of Fool's Gold to sup-

port his sister-not to fall in love. Yet, Madeline is the

most extraordinary woman he's ever met. Planning

the perfect wedding leads to candlelit dinners and

strolls through snow-covered streets. Madeline finds

the real Johnny even more captivating than her ce-

lebrity crush. Will the action star be brave enough to

take on the role of a lifetime? (A Christmas wedding,

a surprisingly down to earth movie star falling for the

girl next door? Yes, please!)

If you're not buying my emphasis on nostalgia, then perhaps you would prefer renting one of the movies set for release in December 2017. There's a new Star Wars scheduled to be released. Star Wars: The Last Jedi. Or, maybe a movie in which Hugh Jackman, Zac Efron, and Zendaya all star as circus performers is more your speed, if so The Greatest Show Man could easily fit into your hygge-day itinerary.

#### 2) DEVOUR A GREAT BOOK:

Books. Personally, I'm a big fan of books, but find them to be one of the most difficult things to recommend. Everyone has their own tastes and interests, their own reasons for becoming utterly enthralled by a book, or deem it unreadable. So, I am going to do Firstly, for the fans of crime thrillers, James Patterson's The People vs. Alex Cross, (which, disclaimer, I have not read) tops the New York Times fiction best seller list. Everything scary makes that hygge feeling all the more comforting, so go for it with a crime thriller.

The Girls by Emma Cline is another thrilling piece of fiction, depicting a cult in California loosely based Charles Manson and young female followers. This work has beauty, power, and some twisted psyches.

Her Flowers, a collection from Rupi Kaur, the popular author behind poetry anthology Milk and Honey.

Those in the mood for horror/sci-fi should check out Sleeping Beauties, a collaboration between Stephen King and his son Owen, that imagines a world in which all women have fallen into a coma-like state. Which hopefully, you may too be feeling, while hyge-

book on this list; a classic first published in 1945. It is a story revolving around an eccentric upper-class British family. It's very funny and thoroughly captivating.

ries by humorist David Sedaris. The Santaland Diaries are a series of true essays written about Sedaris' time as a helper elf to a mall Santa. Extremely funny and dry, Sedaris won't fail to put a smile on your face. (\*Disclaimer: mature subject matter here--re-

3. "12 GIFTS OF CHRISTMAS"

Starring Katrina Law, Aaron O'Connell, and Donna Mills.

When Anna, an unemployed painter, is unable to make ends meet, she is hired to become a personal Christmas shopper for Marc, an uptight corporate executor. As they work together, Marc learns that Christmas giving has less to do with the amount of money spent and more to do with the importance of the gift, while Anna discovers she might find success as an artist in a way she never expected. (Forget the gift of giving, any man in a suit and tie makes a Christmas movie worth watching! Am I right, or am I right ladies?)

are great to binge in the cold months. All available watching your best-loved shows is perfect for a day

my best to provide suggestions to meet every genre.

A good hygge formula.

Fans of poetry should grab a copy of The Sun and

ing so hard.

The Pursuit of Love by Nancy Mitford is the oldest

Finally, I am going to suggest The Santaland Dia-

serve for older readers.)

#### **3) DON'T FORGET THE OPTIONAL ADD-ONS**

Hot drinks. Hot cocoa is an obvious choice--preferably garnished with whipped cream and/or marshmallows. Hot tea, chai, or coffee are all great options too. Beware the caffeine though, as you wouldn't want to interrupt your hygge-induced nap.

A hot water bottle, electric blanket, or heating pad. The goal of this is to be as cozy as humanly possible, and on a cold day go ahead and bump up your coziness a couple of notches.

Snacks. I am all about the snacks, hygge or not. But this is a time to indulge, there is no dieting allowed in the world of hygge. You are smothered in blankets with no trip to the beach in sight, so live a little. Chocolate is always a winner, cookies, or even a little ice cream to prevent overheating. If it's comfort food, invite it to your hygge party.

A lockbox for your cell phone. In case you haven't noticed, there is NO multitasking in the world of hygge. Social media is decidedly un-hygge, as is posting and/or texting while trying to go deep into your new read or film.

So, break out your sweats, and your slippers -constricting clothing is very un-hygge- and settle in to enjoy the best thing to come out of Denmark since their invention of insulin!

#### **STRANGE HOLIDAY TRADITIONS BY JUSTINE KAREN**

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The holidays are all about family, and let's face it, everyone's family is weird. Which makes the holiday season a great time for oddities. Nevertheless, no family expresses their peculiarity in the same way. The staff at The Inlet was curious what some of the annual traditions our very own weirdos here on Shelter Island have. As per usual, we were not disappointed.

#### NO CHEER THIS YEAR **BY TAYLOR TYBAERT**

In previous years, the sport of cheerleading has been a large part of the lives of many high school girls. This year, however, the team has completely disintegrated, save for Isabella Sherman. The team, in the past, has revved up sports teams and improved the spirit of both players and audiences in preparation for games. But now, as the team has dissolved, games may not feel the same anymore.

#### "My family eats birthday cake on Thanksgiving because it also happens to be my Uncle's birthdav." Happy Xmas

-Taylor Tybaert 🤿 "My whole family goes shooting at the pit on

Christmas." -Peder Larsen

"My family hosts a Yankee swap every Christmas, and Mrs. Binder makes us a tray of crème brûlée french toast." -Emma Gallagher

When Mr. Gulluscio was asked about

his take on the situation, he had a lot to say:

"Some kids don't want to participate in any-

thing. Some kids are choosing to, just, do other

things. There's more kids playing basketball, there's more kids running winter track. It's just

an interest in other things. Do I think it'll cycle

back around someday? Yes. And when the time

comes we'll address it, but, these things hap-

"My Dad and I go hunting every Christmas" -Nick Young

"Our grandma gives us her junk mail, pens, key-chains, fake iewelry, and the same bracelet every year. Plus, everything smells like mothballs. We also have to stay at her house and sing Christmas carols." -Abby Kotula and Jane Richards

"Our dogs have Christmas stockings." -Jane Richards

"My family buys a cake replica of a ham every year for Thanksgiving." -Katie Doyle

"We play a Quigley's vs Krauss's Thanksgiving football game."

-Lucas Ouiglev-Dunning

-Darien Hunter

"We don't open our Christmas gifts until lunch."



pen. Participation rates are down a little bit, but these things cycle around. Once upon a time we had tennis--same thing. The interest just went away. So when there's only a couple kids interested, it's hard to run a program like that." As for if there's a planned effort to revive cheerleading, Mr. Gulluscio says, "I think it'll happen naturally. I think it may even happen in a differ-

ent form. You know, maybe it's the format. These

are things that we look at once something like this happens. We'll take time to look at it and maybe it's the format that's the issue. Maybe if it was more of a club-orientated format, it would attract more kids to it. Maybe it needs to be presented in a different way, like a spirit club or something like that."

So unfortunately, the basketball team will have to pull through without a cheer this year.

#### HAPPY HOLIDAYS

2. "THE CHRISTMAS CURE"

Starring Brooke Nevin, Steve Byers, and Patrick Duffy

Christmas after many years to find that her father

has decided to retire. After spending an emotional

Christmas with her family, and reuniting with her high

school sweetheart, she must decide if she will stay

in her hometown and take over her father's practice

or return to her building career and Christmas pro-

motion as a Nurse. (Returning home to find out your

high school sweetheart is fixing up your family's busi-

ness building...steammyyy!)

An emergency room doctor returns home for



#### BOUNCING INTO BASKETBALL **SEASON** by Henry Binder

As days become shorter, and the air cooler, it becomes the time for basketball season. For hours after school, teams devote themselves to hustling down the court to create the best basketball player of themselves. Basketball at Shelter Island is like no other sport and the chants, the cheers, the hype all work together to make the sport so exciting.

The varsity boys basketball program once a thriving team, is now in a rebuilding state. With only three seniors on varsity, the team faces troubles with height and size differences when playing other teams. Players have to adapt to these differences by playing better defense and team based strategy. This eleven-man roster, which is mainly underclassmen will have to learn to play and grow as a team in the future. "Our team is a lot better than last year, when we played Hampton Bays we got blown out by thirty points. This year we started off with a 12-0 lead in the game and we had them down to single digits the entire time. Even though we ended up losing, obviously the team as a whole performed much better " said sophomore Daniel Martin. In just one year of hard work and devotion on the court, it is evident that the future for the boys team is quite bright.

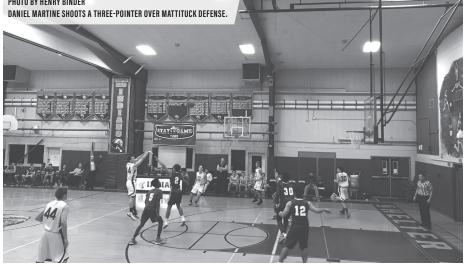
Whether it be against the county champs, or the school rival, varsity basketball always finds a strategy to play a well orchestrated game. So far players have shown major improvement from past years. Players this year are scoring many more points on average, as rather than throwing up

PHOTO BY HENRY BINDER

shots, the team collectively runs plays to the point where they appear effortless. Although this momentum may appear various times in a game, they face problems carrying this force throughout the whole game. Senior Captain Luke Gilpin comments, "Any improvement is good. Raising our ball IQ, better passing, boxing out, and transition defense will be beneficial." By reforming these key aspects, performance on the court will be much more fluent later on during the season.

On the other hand, the girls basketball team has had to make major moves in terms of starting players and their approach to winning. After losing four of last years core players, creating shots and offensive/defensive strategy will be everything but easy. With losing these players, over the course of the season, playing smart and as a team is what will carry this team. Senior Bianca Evangelista adds, "Our team is much more promising [than last year]. Some of our goals this year are to win the majority of our games. and to also improvement in our playmaking and scoring." With her strong suit being generally in defense and post-scoring. Evangelista hopes to incorporate these skills with her team's performance throughout the year. By playing aggressive basketball, the team looks to perform both individually and collectively to leave a positive impression on the league.

Even as both teams are not in a championship position, this season presents itself as a chance for players to learn from their mistakes, improve, and become better as people. During a game you might see a friend or family member on the court battling it out against another team. When you watch them give it their all, take a moment to realize the devotion these players exhibit to play their hardest for



#### **BACK TO TRACK BY LINDSEY GALLAGHER**

Following just one rest day after returning home from the state championships, Shelter Island runners were back at it again. For the second year now, along with offering well-known winter sports like basketball, the school is offering winter track. And after a successful inaugural season, runners are ready for a season of fun and fast times.

This year's squad is led by seasoned coaches Bryan Gallagher and Toby Green. Representing the girls this year are Emma Gallagher, Francesca Frasco, Lauren Gurney, Lindsey Gallagher, and Issie Sherman. Although only five, every one of these girls are experienced cross country runners who are aware of how demanding the sport is. On the boys side, athletes include Ionas Kinsey, Brandon Payano, Michael Payano, Daniel Schultheis, Kal Lewis, Joshua Green, Jason Green, Tyler Gulluscio, Pacey Cronin, and Junior Gil, Jack Lang, and Berto Morales. The boys have a solid group of athletes and are likely to challenge some school records this season.

As Coach Gallagher puts it, winter track is simply a "continuation of the work and camaraderie that was built during the cross country season." For many athletes, winter track serves as a bridge between the cross country and spring track seasons. Many athletes focus more on their spring track seasons, as outdoor times are typically faster, so winter track is simply used as a means of staying in shape. However, since Shelter Island does not have a varsity spring track program, winter track is one of the only opportunities the island athletes have to get some races in on a real track. Although many of our athletes prefer cross country for the team camaraderie and the distance of the races, there are certain parts of winter track that many athletes on the team are looking forward to. Freshman

Tyler Gulluscio is looking forward to "more competitive races." While Francesca Frasco is hoping to "try new things like field events or maybe even a new distance." Unlike cross country, in track, athletes have the choice to compete in a variety of different distances. So for those who prefer sprinting, there are distances like the 300m, and for those who excel in endurance based races, there is the 3000m/3200m. And if an athlete doesn't know what distances they like, they have the entire season to experiment with new distances/events. Due to the differences in the distances of the races, the type of training athletes will do will likely be different from the longer endurance training of cross country as well. After a cross country season where athletes may have felt a lot of pressure to perform, winter track offers a less stressful season. In order for a track team to be successful, athletes must score in nearly all the events, requiring teams with many more athletes than Shelter Island's. So, while the team may not be winning titles, individuals can still compete for their own titles. This allows a more relaxed season, as every athlete can go at their own pace by setting personal goals.

The winter track meets will all be held at the the track facilities at the Suffolk Community College Campus in Brentwood, with the exception of some invitationals. At these meets athletes will be put in "heats" where they compete against others who have the same ability level as them. The first few meets of the season will be more relaxed and will simply provide athletes the chance to acclimate to the new racing environment. As the season progresses, the meets will become increasingly more important. The season, similarly to cross country, will finish with a state qualifying meet, and for those who qualify, a

#### **TRAVEL TEAMS: THE** SACRIFICES AND THE REWARDS **BY JANE RICHARDS**

The decision to play on a travel sports team is a huge commitment for high school students-especially when living on Shelter Island. Travel teams take up a huge amount of time in a student's schedule. With multiple practices and games per week, often way up the island, hours and hours can be spent in the car alone. Travel teams mean sacrificing other school activities and/or sports, time with on-island friends, time for homework and studying, and significant gas money for the parents getting athletes back and forth. So, is the sacrifice worth it? And, how many Shelter Island School kids actually make the commitment and play for travel teams?

This year, there are three people total playing on travel teams. Sophomore Lyng Coyne and myself (Jane Gallagher) are playing "club volleyball," as the travel team is referred to, with the Long Island Blaze. For Lyng, this is a first year club play experience. I am returning to play a second year for the 16 and under team. Sophomore Lauren Gurney is playing club softball for the Long Island Express Fastpitch 16/18 years and under team.

For Lauren, there was no rest for the weary. "Our fall ball practice season basically started right after tryouts in the summer. We also practice throughout the winter, but we take a break for the school ball season. Our first tournament was in the beginning of the September. Then, we play all throughout the summer." Lauren's practices start sometime from 6:30 to 7:30pm on weeknights and at 10:00am on weekends: the practices are located anywhere from Riverhead to Commack. Lauren initially found out about the club team through Mr. Todd Gulluscio, Shelter Island School's Athletic Director. She was interested right away because, "Shelter Island isn't giving me the level of competition I want and I want to play in college, so playing travel ball is a good way to get known." Lauren dedicates a ton of time to her team and explains "during tournament seasons [fall and summer] we have practices usually once a week in Riverhead, but we have tournaments every weekend that take up both Saturday and Sunday, practically the whole day. The tournaments are usually someplace on Long Island, maybe upstate, or in Connecticut. In the winter, we have practices twice a week and since it's cold we have to use indoor facilities which end up being close to an hour and half away." In addition, Lauren's team participates in the USSSA Eastern National Championship, which is the "big tournament" for the club team. This tournament takes place in Maryland and is five days long. Lauren thinks the

sacrifice to play for the Long Island Express is worth it though, as she knows her skills are improving, she is being challenged and "the girls on the team are very nice and my coach is very supportive."

Lyng and I tried out for the Long Island Blaze volleyball team in October and our season started in late November. I originally found out about the LI Blaze travel team through S.I. volleyball coach Cindy Belt. She encouraged me to try out last year because she new it would improve my skills. I knew I wanted to play again this year, and I am so happy Lyng has joined the team as well. Lyng has joined the team because she saw an opportunity: senior setter Sarah Lewis is graduating this year and Lyng, also a setter, wants to be sure to be ready to fill Sarah's shoes on the court. LI Blaze currently practices Monday and Tuesday nights in Center Moriches and on Wednesdays in Hampton Bays. Tournaments begin this month and will take place all over New England. The late nights and constant traveling put quite a stress on us as student-athletes. About this, Lyng says, "time management is the most difficult thing to balance." A personal challenge I face is balancing travel volleyball with the school basketball season. Unwilling to sacrifice basketball, I have to leave school basketball practices early a couple of times a week in order to go directly to LI Blaze practices up island. I also will be missing the first three basketball games of the season due to practices for my travel team. Lyng, who played basketball in the past, is foregoing it this year to be sure she has enough time for academics and studying. Finding a balance is very difficult when you play on a travel team.

One major pro of all of the time we put into our travel teams is the social bonds we create. During my first year, I was very quiet and shy--many of the players already knew each other and I wasn't sure how I would fit in, but, the girls were so nice and welcoming and I have made so many friends and forged so many bonds on my team. It is good that these teams allow us to make our social networks larger than our small island. Our season will end in May with the GEVA Regional Championship--the LI Blaze will attend again this year as returning champions.

The very best part about travel teams is something all three of us agree on--student athletes make the commitment because as Lauren says, "they really want to exceed." Lauren has seen her pitching get much better, I am learning from girls who are mostly one or two years older than I am and benefitting from all of their experience, and Lyng, has seen an "improvement in my skills and setting." Yes, the travel is hard, yes, some of our friends don't get it, yes, we are exhausted and our parents are travel weary, but as Lauren so perfectly puts it, "in the end, it is all worth it because I am doing what I love."



ATHLETES EMMA AND LINDSEY GALLAGHER RECEIVE SOME ADVICE FROM COACH GALLAGHER AFTER THEIR RACES.

state meet.

The girls had their first race of the season on December 3rd. At this meet sisters Emma and Lindsey Gallagher competed in the 600m where they placed 5th and 3rd in their heats, respectively. While only two of the five athletes were able to compete, it was a great season opener and the girls are excited to improve in future races.

Coach Green and Coach Gallagher have high hopes for the season. Coach Gallagher voices both of their hopes when he explains this season's goals: "explore some of the events they [the athletes] haven't participated in yet and have fun." This season marks the second year of winter track, so this year will be a little different from last. "We had to learn a lot as coaches last year [with it] being our first season. Now we have a better feel for how the meets are run and which events we can focus on as a small school," Coach Gallagher explained. Freshman Ty-

ler Gulluscio shares that he hopes to "place well in the freshman 600m and get a mile PR (personal record)" this season. Senior Francesca Frasco hopes to be injury-free this season and go sub 6 minutes in the 1500m. Although she did face a small setback with a sprained ankle, which prevented her from participating in the girls first race, she is sure to be back up to speed in no time. She notes, "I'm excited to try new things and go all out for my senior year of indoor track." Being a passionate runner, Francesca loves every opportunity she can get to run, but Francesca explains "the thing that I love most about winter track is that it's just extra training. I picture the year in a way that every season that isn't cross country season is just another opportunity to train for cross country." Sounds like this year's track team is full of ambitious and excited athletes! We wish them the best of luck this season!

# WHAT'S ON YOUR WINTER 2K17/18 BUCKET LIST?" BY JUSTINE KAREN



WALTER RICHARDS: "TO GET MY TRUCK RUNNING REALLY WELL."



DAN MARTIN: "You know that I am going to FINESSE THAT BASKETBALL."



MR. BUNCE: "TO GO SKIING ON MOUNT KILLINGTON."



NICO SEDDIO: "TO BUILD A SNOWMAN."



"TO DO REALLY WELL ON MY MIDTERMS."



AMELIA CLARK: "TO DOMINATE THE WORLD."



FRANCESCA FRASCO: "TO BREAK 6 IN THE 1500 IN WINTER TRACK."