By Lily Conroy

New Rochelle High School’s latest honor society has only been around since October, but they’re already making strides towards their ultimate mission of “doing Social Studies.” This fall, over thirty students became members of the newly founded Thomas Paine chapter of the National Social Studies Honor Society. During the application process, students were asked to discuss their extracurricular involvement and community service, as well as completing a short answer question about why social studies is important. According to faculty advisor Mr. Orlando, this was an attempt to find those students who would truly commit to the club. He hopes that in addition to working on existing chapter projects, new members will have visions themselves, and he and co-advisor Mr. Beck can help implement these.

Despite its recent founding, the idea of forming an honor society has been discussed in the Social Studies department for several years. When the new department chair, Mr. Barbosa, assumed his role, this seemed like the perfect opportunity to get started. For Mr. Orlando, a New Rochelle native himself, the project is a way to publicize the city’s history for the next generation and “celebrate the diversity of culture in New Rochelle,” as well as to teach some history in a schedule full of AP Psychology classes.

Though the chapter has only met a handful of times, its first projects are already underway. Observant students may have noticed that the college posters in the hallway leading to the library have been torn down and replaced with new displays. Honor society members have been working over the last several weeks to fill these boards with information about World War I veterans from New Rochelle. The club hopes that in addition to working on existing projects, new members will have visions themselves, and he and co-advisor Mr. Beck can help implement these.

Mayor Hosts Meeting at NRHS

By Gray Marlow

The mayor of New Rochelle, Noam Bramson, recently visited the Linda Kelly Theater to talk about the many new development projects going on around the downtown area. The night began with a 45-minute presentation by the mayor and was followed by another 45-minute session for audience members to ask questions.

The major focus of the event was the question of how this would affect the surrounding New Rochelle. With questions ranging from schooling for kids and the need for more affordable housing to how this would affect traffic, the night answered many of the looming worries on people’s minds.

The mayor worked to get to as many of these concerns as he could, suggesting that people reach out to him directly for more personal issues. He kept a face paced agenda and tried to explain everything as clearly as he could, starting with the eventual ends of this massive undertaking.

Mr. Bramson spoke of the New Rochelle he envisions in the future. One where the downtown is safe and clean for businesses to prosper and people enjoy being in. He understood the potential for infrastructure issues and overcrowded schools, but expressed that in the first steps of this downtown buildup was to ensure that these would not become immediate problems and instead could gradually be dealt with through only minor changes in roads and schooling.

Mr. Bramson furthered this idea by mentioning the upcoming transitioning of Main Street and Huguenot Street back into two way streets rather than their current one way.

There were many more questions for the mayor to get through, including ones about who would be doing the construction and how these new buildings would change taxes for the people already residing here. Here, Mr. Bramson held off on specifics and instead spoke in general, explaining the tax plan and addressing the question on unions by stating that they should speak to him directly for specifics.

Mr. Bramson worked to create an encouraging tone for what is to come for downtown New Rochelle. He boasted about the major improvements already done or reaching completion and brought up the new things that would be put into place to create a more prosperous and beautiful New Rochelle. The night ended on a positive note with people encouraging those concerned about the changes to give the mayor some time to bring his ideas to fruition for a better New Rochelle.
By Lily Spertus Newman

November 1st: In 1512, Michelangelo’s ceiling paintings (Sistine Chapel) in the Vatican are exhibited for the first time.

November 2nd: In 1824, the first ever popular presidential vote is recorded and aids in the election of President Andrew Jackson.

November 3rd: In 1493, Christopher Columbus comes about the island then known as “Dominica”.

November 4th: In 1843, the artificial leg is patented by Benjamin Franklin Palmer.

November 5th: In 1605, Guy Fawkes, a Catholic conspirator, fails in attempting to blow up the British parliament. He and several others faced execution, which is commemorated annually on this day in Britain.

November 6th: In 1917, the Bolshevik Revolution gains momentum after the Winter Palace (Petrograd, Russia) was attacked.

November 7th: In 1874, the first cartoon portraying the Republican Party with an elephant is released by Thomas Nast.

November 8th: In 1575, the Huguenots and the French Catholics sign a treaty amidst the Wars of Religion.

November 9th: In 1620, those journeying across the Atlantic on the Mayflower find hope after being at sea for over two months at the spotting of modern-day Cape Cod.

November 10th: In 1674, “New Netherlands” (Now New York) is formally handed to the English from the Dutch.

November 11th: In 1918, World War I is officially concluded by the armistice at 11am and is celebrated annually during Veteran’s day.

November 12th: In 1912, the body of British Explorer Robert Scott is found in Antarctica.

November 13th: In 1895, the first-ever shipment of Hawaiian Pineapple occurs.

November 14th: In 1906, President Theodore Roosevelt visits Panama as the first president to make an inter-national trip while in office.

November 15th: In 1777, The Continental Congress accepts the Articles of Confederation.

November 16th: In 1871, New York State charters the National Rifle Association.

November 17th: In 1558, the death of Queen “Bloody” Mary prompts the ascent of her half-sister, Elizabeth I, to the throne.

November 18th: In 1928, “Steamboat Willie,” the first sound Mickey Mouse cartoon is released by Walt Disney.

November 19th: In 1805, Lewis & Clark reach the Pacific Ocean as the first European Americans to reach the far west.

November 20th: In 1789, The Bill of Rights is ratified for the first time by New Jersey.

November 21st: In 164 BCE, Judas Maccaebaeus re-dedicated the second temple after taking back Jerusalem. This is now celebrated in the Jewish holiday of Hanukkah.

November 22nd: In 1963, Lee Harvey Oswald assassinated President John F. Kennedy at a parade in Dallas Texas.

November 23rd: In 1889, the first jumbo is played in San Francisco, California.

November 24th: In 1969, Apollo 12 makes its return to planet Earth.

November 25th: In 1867, dynamite is patented by Alfred Nobel, a Swedish chemist.

November 26th: In 1789, the monumental first national American Thanksgiving took place.

November 27th: In 2013, the highest grossing film of all time, Frozen, was released by Disney.

November 28th: In 1979, Pope John Paul II makes his first trip to Turkey, just months before a Turkish man almost assassinated him.

November 29th: In 1877, Thomas Edison uses his new hand-cranked phonograph in a demonstration.


Editorial: Why Mental Health is so Important

By Nicole Weiss

Mental health has long been downplayed in society and regarded as unimportant. It has—n’t been until recently that the true extent and impact of mental health disorders have been thor-oughly explored and recognised, despite being relatively common. In fact, according to NAMI, or the National Alliance on Mental Illness, about 18.5% of American adults have dealt with a mental disorder in his or her lifetime. Furthermore, in today’s youth aged 13 to 18, that statistic is raised to 21.4%. This implies that just about one in five every people living in the United States will suffer from a mental health disorder in his or her lifetime.

And while mental health is final-ly being taken seriously and its commonality is finally under-stood, it is still resulting in terri-ble consequences for far too many people - with the largest amount of victims lying within the youth.

Another staggering statis-tic provided by NAMI is that 75% of mental health disorders will develop by the time a person has reached age twenty-four. Approx-imately 37% of those people, aged fourteen or older, will drop out of school - the largest rate of any disability group - and the average amount of time between the development of symp-toms and the seeking of profes-sional help is eight to ten years. But don’t let that last number fool you; more than half of all those who suffer, even if they are properly diagnosed, will not seek professional help at all. Further, suicide is the third most common cause of death in Americans aged ten to twenty-four, and approxi-mately 90% of them are affected by a mental illness. Data shows that these illnesses are only growing more common.

So, with all of this new information coming into light, it is no wonder that the negative trend in the youth’s mental health is raising some eyebrows. But while many are concerned with where this data will lead, others are concerned with the exact opposite - where this data began. Obviously, mental health issues have existed since the beginning of mankind and have increased and decreased in commonality since then. But in terms of recent history, there has been an alarming spike within just the past few years. It was declared by the CDC, or the Center for Disease Control and Prevention, that in 2015, suicide rates for girls reached a 40-year high. Furthermore, TIME Magazine published a study in 2016 that found that the amount of teenagers who had experienced a major depressive episode within a year prior jumped from 8.7% in 2005 to 11.5% in 2014 - a 37% increase. So what truly is the cause of these alarming numbers?

The simple answer is that there are too many to name and too many variations per person to accurately tell. Regardless, poor mental health throughout youth is generally thought to be traced back to at least a few known causes, such as gun violence, the relative importance of social me-dia to many if not most people, and common issues often spoken about in the news, like sexual harassment or political strife. All of these factors come together and prove that today’s youth is growing up in a world that no prior generation has experienced before. There is so much going on, and so many ways to absorb it all, that all of these factors can quite simply be attributed to the development of youth and, consequently, their mental health. While mental health seems to currently be on a decline, the recognition of the issue is the first major step towards solving it. Hope for all those who suffer, or will suffer, is not empty.

The National Suicide Prevention Lifeline number is 1-800-273-8255
What’s Happening in the College & Career Center?

By: Jasmine Jimenez

“Do I really need to go to college? Where do I even begin? This is so stressful!” If the college application process has you asking yourself these questions, the College and Career Center, located next to the computer lab in the library, is available to take some weight off your shoulders. The high school’s college and career coordinator, Mrs. Herzog, sets up visits from colleges and advises students on the college process.

All students, especially juniors and seniors, are encouraged to attend college visits. However if for any reason you couldn’t attend, here are the schools that have visited in November so far:

**St. Joseph’s College**

St. Joseph’s College is a liberal arts school whose location in Brooklyn allows for a good experience of New York City. If you’re looking for a close-knit school, their student to faculty ratio is only 13:1. They also offer an exciting program called The First Year Experience (FYE) which helps students transition from high school to college life.

**Iona College**

It’s almost guaranteed that every student at NRHS knows about this school. Iona is a private, four-year Catholic college. If you’re considering becoming a doctor, physician’s assistant or other health professional, Iona offers specific academic and early assurance programs that can guarantee acceptance into medical school, without having to take the MCATs! The college is divided into two main academic units: a school of arts and science and a business school. The School of Business was recently opened, and was sponsored by an alum!

**SUNY Oneonta**

SUNY Oneonta is a mid-size, public college with a focus on the liberal arts and sciences. As a member of the State University of New York, their small classes, and opportunities for undergraduate research are as attractive as their cost. Oneonta is one of the top-ranking schools in the SUNY system.

**Utica College**

Utica College is a private university and is well known for its health science education. It is one of the leading colleges in both occupational therapy and physical therapy. One of its strongest social science programs is in child life psychology. If you’re interested in nursing Utica has accelerated nursing programs. If not, they have 16 of the top 22 most desired majors!

**Art Center College of Design**

Art Center College of Design is a non-profit, private college. For all those interested in attending an art school, they offer a number of undergraduate programs in art and design fields guaranteeing you’ll find something. Art Center is one of the few schools to offer a degree in Interaction Design. World Report and U.S. News rank Art Center's Art, Industrial Design and Media Design Practices programs among the top 20 graduate schools in the U.S. Its film programs even resulted in the college’s addition to The Hollywood Reporter's list of the Top 25 Global Film Schools.

A Collection of Haiku Poems

By: Barbara Zavala

Welcome to the end!
You must apply for more school!
The end has no end!

I’m not stressed at all
I’m actually doing just fine
Said no one ever

Complaining is fun!
My problems are better than Yours. Listen to me.

Ignore all of my RESPONSIBILITIES! I Don’t like them at all.

Life hack: recycle
College propaganda by Wiping away tears. :

Week before Nov. 1:
“It’s the final countdown” *Off
Key kazoo* MUCH STRESS!

Jokes to tell yourself:
I am fully prepared! The Deadlines aren’t THAT bad!!

Comparing myself To my peers devalues the Friendships that I love.

But to be fair, we Did have three years to prepare. Just bite the bullet.
By Lily Conroy

When New Rochelle High School students arrived on campus for orientation this September, it was to attempts by administration to create a new culture at the school. Over the summer, interim principal Mr. Starvaggi designed a new lateness policy and freshmen orientation procedure intended to “reset” the school atmosphere, stating that there previously existed “a perception of [the administration] not having control” that he wished to change. Under the new lateness policy, developed through solutions meetings with staff last spring and over the summer, students are given four minutes between bells and then a three-minute grace period to get to class, and then must go to a ‘late room,’ where their parents are called and they are expected to work on homework.

Initial reactions to these policies were mixed. Since their implementation, as well as their experiences have been able to develop informed opinions based on their own experiences with the policies. In October, the Huguenot Herald staff designed two surveys to collect student reactions to these policies and their experiences with them in practice. One was sent to returning students to allow them to compare last year’s policies with this year’s, and another was sent to freshmen and included questions about new disciplinary protocol and programs. Here, we’ve organized some of the responses to the survey questions in an effort to understand the extent that these policies have had on the student body.

Initial Reactions

When the new lateness policies were announced at returning students’ orientation assemblies, the crowd reactions revealed the controversy that the policies would create. When asked to discuss their initial reaction to the rules, 79.1% of returning seniors described their initial views as ‘very negative’ or ‘mostly negative,’ while only 11.3% held ‘very positive’ or ‘mostly positive’ views. Some students expressed concerns that the new lateness policy would force students to attend a period of coursework as a penalty for arriving only a few minutes late, while others worried that these policies would prevent them from visiting lockers or speaking to teachers after class. One senior responsible worried about the effect that this new policy would have on the school’s environment for new students, writing, “Surely the incoming ninth graders had already been on edge after their high school was in the news various times, now they were pressured to remember the layout of a giant building and miss classes during the first week.” Other students expressed some initial confusion about the policy, with one student stating that they’d believed that the three minute grace period after the bell would replace the four minutes between the bells and reporting that this had contributed to their initial concern.

Current Experiences

Though initial reactions to the new policies were overwhelmingly negative, most students have found the new lateness policy to have been ‘very’ or ‘mostly positive,’ and even one student who does not support the policy conceded that “there have been less interruptions in class and I have been able to focus more since the halls have emptied and therefore gotten quieter.” However, just over 50% of returning students still report having ‘mostly’ or ‘very negative’ experiences with the policy, expressing a variety of concerns.

Some students have reported receiving confusing instructions from staff when in the hallways during free periods or after excused late arrivals (such as after a doctor’s appointment). Additionally, some confusion has manifested over teachers’ power to give out late passes when students need to speak with them after class, with one tenth grade student writing, “I failed a test because I couldn’t stay after class to finish it. I’m not able to stay after class to ask questions and I feel like I’m [failing] behind.” Several students stated that they were unable to find times to visit their lockers in between periods or during free time, with one student reporting that they had stopped using their locker due to the time crunch.

Novice students have also reported mixed experiences with the lateness policy. Several approved of the policy in concept, but stated that its enforcement began too early in the school year. According to one student, “Once they announced what the lateness policy was going to be enforced, I was a little panicky because at the time I still didn’t know how to get to my classes by heart. I pretty much had to wing it and hope that I wouldn’t get penalized.”

Also implemented this year was a new freshman orientation day, on which ninth-graders attended a barbecue at which they played games out on the soccer field, then met their ‘teams’ of teachers. Many ninth-grade respondents appreciated the increased welcoming procedures and felt more relaxed at the end of the day. However, several believed that it would have been helpful to visit their classrooms on the first day to learn their locations, as has occurred in past years. Mr. Starvaggi supports this year’s freshman orientation procedure, stating that it “gave the freshmen a positive sense” of the school and gave the staff an opportunity to celebrate the beginning of the year, but also that he’d like to increase the role of Ignite mentors in this day in the future to further ease the new students’ transition.

School Environment:

Mr. Starvaggi states that one of his main reasons for instituting the new lateness policy at the beginning of the year was that “people were feeling that the building was not safe.” In addition to creating a new disciplinary protocol, the policy was intended to help reshape the nature of the school, and the school’s environment for new students was given the opportunity to provide any other commentary related to this year’s school policy changes that had not yet been addressed. Responses ranged from questions about former principal Mr. Richardson to concerns over the lateness policies. While there have been fewer distractions in the hallways, but reported that they often struggle to find a quiet place to study or relax during free periods due to overcrowding in the library and the cafeteria.

Other Feedback:

At the end of their survey, returning students were given the opportunity to provide any other commentary related to this year’s school policy changes that had not yet been addressed. Responses ranged from questions about former principal Mr. Richardson to concerns over the lateness policies. While there have been fewer distractions in the hallways, but reported that they often struggle to find a quiet place to study or relax during free periods due to overcrowding in the library and the cafeteria.

As the year progresses and students continue adapting to new policies, their reactions may change. In addition to this, the administration seems open to working with students. Mr. Starvaggi has recently established a student advisory committee to the principal, which will meet to share student feedback on policies and make suggestions for the future. He believes that as they have attempted to cope with increased acclimation to new methods, while still attempting to find a balance between the new policies, and caution students to remember that when assessing changes, they “can’t look at just one item, they have to look at the larger purpose.”
Editorial: How can Celebrities Affect Voting

By Maura Kelly-Yuoh

It has been a trend that the midterm elections attract fewer voters than the presidential elections. About 60% of the U.S. eligible population voted during the presidential election years, while about 40% of the U.S. eligible population voted during the midterm elections. This still occurs, despite the midterms consisting of elections for all 435 seats of the House of Representatives, about one third of the U.S. senators, thirty-six state governors, three U.S. territory governors, and many city mayors.

The 2018 Midterms have been gaining speed as the results of the elections will surely have lasting effects on both Democrat and Republican parties throughout Trump’s presidency. This has resulted in a staggering amount of celebrities and other various influential figures pushing their fans and the American people to register to vote and go to a polling place on Election Day.

Many celebrities in the past two months have urged their fans to vote and to register to vote via social media. This is likely an attempt to increase the amount of people who show up on Election Day, as eligible younger age groups may not realize the importance of midterms or the significance of their vote. These young voters are being targeted in particular, one of the reasons being that during the 2016 Presidential Elections, 46.1% of U.S. people aged 18-26 voted, while 70.9% of American people aged 65 and older voted. Moreover, the younger voters may be more inclined to vote if the significance of the midterms is shown or explained to them. When celebrities post pictures on Instagram or post a tweet on Twitter showing that they voted or registered to vote, it may urge or remind their fans to do the same.

Many celebrities, due to their diverse fan bases, tend to not reveal which party they support, but still show their support of voting and voter registration. These celebrities include actors, singers, and former presidential candidates. Their social media of choice to connect and reach out to the younger voters is Instagram (a photo-sharing app), and/or Twitter (a social-networking app). In 2017, it was found that 71% of 18 to 24 year olds in the U.S. use Instagram, while 45% use Twitter. This makes those platforms perfect outlets for celebrities.

Taylor Swift, a singer-songwriter with 112 million followers on Instagram, has recently been an avid supporter of young voters. This past month, she has been liking and reposting pictures of fans who voted or who registered to vote, often shown with the “I voted” sticker. Jimmy Kimmel is a comedian and late-night talk show host with 1.9 million followers on Instagram. He has consistently shared pictures on his Instagram throughout the week leading up to November 6th, all of which urge his followers to vote. Moreover, Ryan Reynolds, an actor with 12.1 million followers of Twitter, has posted many tweets in support of voting in the month before Election Day. Rihanna, a singer, actress, and businesswoman with the fourth most followers on Twitter at 88.8 million, has posted voter statistics and reminders to people of individual states to register to vote throughout the past few weeks.

Though it may not be correlated with the recent upsurge of celebrity support, on September 25, 2018, National Voter Registration Day, more than 800,000 registered to vote in preparation of the midterms, which broke the previous record of 771,321 in 2016. Specifically, early voting is offered in some states, in which people can vote at designated early polling places or can submit an absentee ballot. According to The Hill, it was found that when compared to early voting in 2014, there has been an increase of 217% in Arizona, 131% in Florida, 415% in Georgia, 128% in Mississippi, 364% in Nevada, 767% in Tennessee, and 448% in Texas, resulting in a total of 36 million Americans voting early in 2018. This is even an increase from the 2016 presidential elections, where 27.2 million people voted early.

Not only are celebrities in support of voting, but according to Circle, around 12.5 million registered youth, ages 18-29, did not vote in the 2014 midterms. Around 35% of them reported that one of the reasons that they did not vote was due to a lack of transportation. As a result, popular ridesharing services such as Uber and Lyft are offering free or discounted rides to bring voters to a polling place to vote on November 6th. Even small businesses throughout America are showing their support of voting by offering discounts or free goods to customers who show their “I voted” sticker on Election Day. Though people may claim that they do not care about celebrities, one cannot deny the effect that they can have on the actions of American people.

A Comic by Jasmine Oliveros
By Gianna Cocovinis

One of my favorite movies of all time is “The Breakfast Club” - hands down. It’s not only a classic, but it also speaks to teenagers everywhere by talking about important topics that are still prevalent in the world today. Beyond that, it’s something that teenagers can relate to no matter the era. One of Us is Lying by Karen M. McManus is a book that combines the nature of “The Breakfast Club” with a murder mystery thriller.

Perhaps the best description of the book that got me hooked enough to read it was that five students walk into detention at Bayview High School, and only four walk out alive. The four go by Bronwyn, the brain, who is Yale-bound and never breaks a rule; Addy, the beauty, a picture-perfect homecoming princess; Nate, the criminal, who is already on probation for dealing; and Cooper, the athlete, known as the all-star baseball pitcher. The student who was killed goes by Simon, an outcast at school who keeps himself relevant by running a gossip app about the drama of the school. It happens that Simon was about to release a post that would have hurt the reputations of all the other students in detention with him, putting them at the top of the suspect list. With the stakes high during the investigation, the four teens have to prove their innocence to a town of people who don’t know whether to believe them or not. On top of that, they must work hard to maintain the normal lifestyle they had long been living before their buried secrets and lies threatened to spiral out of their control.

Most stories are either plot driven or character driven, and it’s hard to find one that has a balance of both. One of Us is Lying manages to grasp the reader’s attention with complex characters and still provide a plot that demands serious attention to detail. If I had to pick, I’d say the characters are what solidified this book as a top ten on my list. There were multiple layers to each character, and all of them had elaborate backstories that gave them substance and made you want to root for them to the very end. In terms of the plot, I was left guessing up to the very end only to find an unpredictable twist - in a book that had so many through-out the story to begin with. The author was able to start with a dramatic change of what is expected from a regular young adult novel, and from there I had high expectations for what was to come. It’s safe to say I was not disappointed in the least.

Even before the first page turn, I felt as if the author did a perfect job of putting the reader into the story itself. The setting was something I got immediately, a perfect view of Bayview and the places she was describing. Much of this had to do with the writing style. The town might be similar to many other suburban areas, but Karen M. McManus was able to bring a fog of mystery over it during the time of the investigation. In a book like this, a specific type of writing style must be adopted: you can’t give too much away, otherwise it will be made too easy or too difficult for the reader to piece everything together. McManus seamlessly accomplishes this daunting task, giving the reader a full experience of the story but holding back enough to make the twists that much more surprising.

Overall, I extremely enjoyed One of Us is Lying. It’s not often I meet characters who are so well thought out and layered enough to make me think about them a few weeks after reading about them. The book covers pressing topics of today while making plenty of references to the original “Breakfast Club” that had me laughing along and cherishing this book for being written. I rate it a 4.5 out of 5 stars, and highly recommend to those who love a good old-fashioned high school contemporary with interesting twists.

I Got a Taste of the Hudson Valley at Restaurant Week

By Sarah Levine

My favorite season is easily autumn. I don’t just enjoy it for the smell of cinnamon, or the holiday spirit, or the vibrant leaves that decorate the ground—though all are still pretty solid reasons to adore this time of year. But it’s also when the Hudson Valley region holds its annual Restaurant Week.

For at least the past twelve years, hundreds of restaurants across several regions, including Westchester County and New York City, have used Restaurant Week to garner publicity towards their businesses and chefs. During this week, participating restaurants create three-course prix-fixe menus for special mealtimes, so a dinner that might ordinarily run a customer down $90 gets reduced to a significantly more “wallet-friendly” price of $32.95. Don’t want to spend the money? Don’t see a dish that piques your interest or suits your dietary needs? You’re in luck: the specialized menu isn’t limiting at any of these restaurants. You’re guaranteed something for your palate, I highly recommend giving it a try.

I sat down in a Fig & Olive, one of the first Saturday of Restaurant Week. The restaurant was abuzz with chattering customers and busy wait staff—something both the business owner and the customer want to see on these sorts of occasions. Even more pleasing, though also a little flattering, was that the quality of the food is the most apparent. It’s as if the operators at Fig & Olive differ quite drastically from the menus of other restaurants. I previewed online, many of which offered pasta bolognese or nearly-identical endive salads with balsamic dressing. While my mouth waters at the thought of any food, Fig & Olive’s appetizer of mushroom croquette was more intriguing to me than a plate of meatballs from another venue. The sophistication of the menu at Fig & Olive undoubtedly reflects the restaurant’s modern-chic atmosphere and overall elegance.

While I’m an adventurous eater, I ordered the Organic Lemon Chicken as my main course. Here’s what I love most about Restaurant Week: even a chicken is not just a chicken. On the menu, the dish is described as follows: “Organic Lemon Chicken: L’Orange Spice Rub, Purple Potato Purée, Grilled Citrus, Braised Cabbage & Raisin Sault.” That all sounds pretty fancy to me, so I’ll cut to the chase: I essentially ate citrus chicken with purple mashed potatoes and snazzy coleslaw. In the spirit of purple pride, the purple potato purée was my favorite part of the plate, which, of course, was left clean by the time dessert was around. Then, I ordered the pot de crème, or chocolate mousse cake. This dessert was so exquisite that even I’d go so far as to say it’s deserving of its extravagant title. Another great thing about Restaurant Week is its diversity. I was surprised by the overwhelming amount of Hudson Valley businesses participating in the event and am eager to visit another by the end of this week, proving the effectiveness of the promotion. Trying new food at a variety of places isn’t just fun, but it’s a liberty as well. Restaurant Week is a great way for curious eaters to taste out-of-the-ordinary dishes for a reduced price, albeit still expensive.

If your mouth is watering but you missed it, Restaurant Week doesn’t just last for one week, but two, and a second one is always held in the spring. I know my table’s booked!
A Reflection on the Pittsburgh Tragedy

By Daviel Schulman

On the morning of Saturday, October 27th, Jews all over the world attended regular Shabbat services. But something devastating occurred in Pittsburgh’s Tree of Life synagogue: an anti-Semitic shooter killed eleven congregants and injured several more. Innocent people were victimized in a place that should be safe and welcoming. They were targeted for their religious beliefs and killed while praying.

In the week after the shooting, the slogan #ShowUpForShabbat was created to encourage people to attend services. Synagogues far and near had special services for peace to commemorate the lives that were lost. My family and I attended services at our own synagogue, The Pelham Jewish Center. People of all faiths were encouraged to come, and some did. More than ever, I felt a warmth when I walked into the building. The singing sounded more passionate and powerful, as we all had a shared reason to pray. It is said that the Jewish community always comes through in times of hardship, and that was obvious on November 3rd. It was wonderful to see people of every generation: babies, children, teenagers, college students, young adults, adults, and senior citizens. Even though Pittsburgh is almost 400 miles away, we felt a strong connection with their community and continue to support them.

Rabbi Salzberg told us the story of the synagogue’s former rabbi, Alvin Berkini, who still attended services weekly after he retired. He enjoyed sitting in the back of the sanctuary with his friends. But on Saturday, October 27th he decided to stay home with his wife who happened to be sick. Now, every one of Rabbi Berkini’s friends is dead. If it hadn’t been for his wife, he would be too. When Rabbi Berkini returns to synagogue, he might have to sit alone. This specific story resonated with me as I know it did with others.

There were new intentions behind the prayers we recite. We always say The Prayer for the Safety of the American Military Forces. That day, Rabbi Salzberg encouraged us to think of the first responders who sacrificed their lives for the Jews in Pittsburgh while saying the prayer. Normally, only people who are mourning the loss of family members recite the Mourners’ Kaddish. But since we are all mourning the deaths of the Pittsburgh victims, we all said the prayer. It felt as though we were in the same family as the victims: the Jewish family. I was honored to have led that day’s Torah Service, which precedes the reading of the Torah. Our rabbi explained that the portion included the death of the Matriarch Sarah. Interestingly, the portion is called שׁוּשֲּׁנָא (The Life of Sarah). That portion emphasizes Sarah’s strong character and the life she led which outweigh the sadness of her death. This idea can be applied to the way we view the Pittsburgh tragedy. Although we grieve the victims’ deaths, it is important to celebrate their lives as well.

During the week after the tragedy, my mind slightly drifted away from the incident. Maybe this is because I was too busy and worried about other things or because I just couldn’t process it. Attending Shabbat services on November 3rd reminded me of how special the sense of community is at a time such as this. I know I am not alone when I say that tears were in my eyes throughout the whole service. At times they were tears of sadness, but at other times they were tears of joy and comfort. There was something empowering about that service. As a community we proved that we were not afraid to “show up for Shabbat” and that we are resilient.

All About Science Research

By Maura Kelly-Yuoh

The Science Research Program is a class at New Rochelle High School that students can take for all four years of their high school career. They first have the opportunity to join as Pre-Science Research students when they are freshmen, where students learn the skills they will use to succeed in science research. Students then apply to join the Science Research Program at the start of tenth grade. Once a part of this class, the students learn throughout their sophomore year, the basics of science research: finding and understanding complex journal articles, presenting scientific presentations, designing posters for their science fair competitions, writing research papers, and securing a mentor internship at a research lab for the summer following sophomore year. The students are allowed to thoroughly pursue and research any science topic of their interest. Mr. Wuebber, who took over running this program 3 years ago, constantly evolves the program to new and exciting heights.

The class is taught during the last period of the school day, and the classes all contain combinations of freshmen, sophomores, juniors, and seniors, all at different skill levels and allowing for a constant collaboration throughout the grades to occur every day. “One of the greatest strengths of our program is for the students to learn from each other,” Wuebber said. “The sophomores are new to the program, but they have the benefit of the help of the juniors and seniors, who can rely on their experience to provide the support that the sophomores need. It’s truly a community of learning.”

This year, the Science Research class is breaking records, as they have 7 seniors who have been in the class since their freshman year, the biggest senior group in program history. In the past few years, this group of 7 seniors has competed at various science fair competitions with their posters and research papers. This includes their participation in the Westlake Science Fair when they were sophomores - where, later this year, they will send over 20 current sophomore students, making New Rochelle High School one of the biggest groups to participate in the fair. The competition is an amazing opportunity for first year research students to present their vast knowledge of their particular topic as well as their proposal for an original research project.

Their seniors have also competed at the Regeneron Westchester Science & Engineering Fair (WESEF) when they were juniors, and will again later this year in March. They submitted their research papers and presented their individual posters based on lab work and research done the previous summer, either under a mentor or by creating and administering a survey. Moreover, they plan to submit their research papers, present their posters and give oral presentations at the Junior Science and Humanities Symposium (JSHS). Successful seniors at JSHS then have the opportunity to present their posters or give their speaker presentations at SUNY Albany for the Upstate New York Junior Science and Humanities Symposium, for which they have qualified for the past two years.

Although the current senior class has reached outstanding heights, the current junior class has their sights on even loftier goals, based on the success of their previous summer lab work. This includes applying to the GENIUS Olympiad competition, where the current junior class will be entering their research paper and poster. If accepted, they will be traveling to SUNY Oswego to present their work for a week next June. Moreover, the juniors and seniors will also be applying to the Acorda Scientific Excellence Award, which picks winners from Westchester, Putnam and Fairfield on a rolling basis. They have to submit their summer work as well as their lab results and if picked as a winner, s/he will be interviewed on their work for the radio program “The Acorda Scientific Excellence Award”.

The students in all grades involved in the Science Research program put in a tremendous amount of effort for the class, the work of which spans the summers in between sophomore and junior year, as well as junior year and senior year, and every student accomplishes amazing things. The program will only grow in size and success as the years go on as more students realize and want to take part in groundbreaking scientific research. The application for the program opens in January.
Courtland. The team's transition into a new season was marked by ups and downs, but overall they had great season with many memorable moments. They finished their regular season as the fifth seed in Class AA (the most competitive of them), entering the playoffs as one of the favorites to win the regional championship. In their first playoff game against number twelve seed Rampao, a tightly contested game ended with New Rochelle coming out on top in a double overtime game. The team’s second playoff game went just as well, defeating number four seed North Rockland in penalty kicks. In the Class AA semifinals, the team went face-to-face with number one seed Ossining. In a very tough game, New Rochelle faced their ending with a two to zero defeat.

Boys Soccer has taken over as one of the most popular sports in the school. The number of players who have tried out for the team has grown so much throughout the years, that it made it possible for three teams to be formed (one varsity and two JVs). When the varsity team plays, both home and away, it attracts a lot of fans, including myself. Throughout the year, the team, unlike many of the past New Rochelle squads, was somewhat inconsistent in its lineup, as the starting eleven was frequently changing. That at times worked in favor of the team, as the management could have a good idea about how each one the players performed. Even with the tough exit at the semifinals, the season end result was mostly positive and everybody did a great job. We look forward to another great soccer season next year!

Photos provided by Connor Burke, Aaron Blake and Jake Sadow

Boys Varsity Soccer Season Reflection

By Alex Streinger

New Rochelle High School’s boys soccer team has proven itself to be one of the best in the state in previous years. In 2016, the team won the state championship with a three to zero victory over Arlington. This year, the team had a lot of ups and downs, but overall they had great season with many memorable moments. They finished their regular season as the fifth seed in Class AA (the most competitive of them), entering the playoffs as one of the favorites to win the regional championship. In their first playoff game against number twelve seed Rampao, a tightly contested game ended with New Rochelle coming out on top in a double overtime game. The team’s second playoff game went just as well, defeating number four seed North Rockland in penalty kicks. In the Class AA semifinals, the team went face-to-face with number one seed Ossining. In a very tough game, New Rochelle faced their ending with a two to zero defeat.

Boys Soccer has taken over as one of the most popular sports in the school. The number of players who have tried out for the team has grown so much throughout the years, that it made it possible for three teams to be formed (one varsity and two JVs). When the varsity team plays, both home and away, it attracts a lot of fans, including myself. Throughout the year, the team, unlike many of the past New Rochelle squads, was somewhat inconsistent in its lineup, as the starting eleven was frequently changing. That at times worked in favor of the team, as the management could have a good idea about how each one the players performed. Even with the tough exit at the semifinals, the season end result was mostly positive and everybody did a great job. We look forward to another great soccer season next year!

Photos provided by Connor Burke, Aaron Blake and Jake Sadow

TheatreWorks Prepares for Production of The Crucible

By Susanna Procario-Foley

This Fall, New Rochelle High School’s young actors and actresses will be putting on a production of The Crucible. The play will take place on the evenings of November 15th, 16th, and 17th at 7:30 in the Linda Kelly Theater.

Arthur Miller penned The Crucible in 1952, but it takes place in Puritan New England during the Salem Witch Trials.

The play opens in Reverend Parris’s house to the sight of his unconscious daughter, Betty. Soon, the whole town gathers to witness Betty’s strange behavior, and the townsfolk spread rumors of witchcraft. Tituba, Parris’s servant, confesses to trying to communicate with the devil and conjuring up spirits in the woods with a few young girls, including Abigail Williams and Betty.

The plot becomes more complex as the audience learns that John Proctor, devoted husband of Elizabeth Proctor, had an affair with Abigail.

As judges are brought in and witch trials get underway, more and more of the town’s female youth seem to be affected by witchcraft and claim to have been forced to sign the devil’s “black book.” After Elizabeth is accused of witchcraft, John Proctor faces a difficult decision.

Miller wrote this during the Red Scare of the 1950s in the midst of the McCarthy Hearings, so it has a politically-charged undertone.

At NRHS, The Crucible is typically read during junior year, and it becomes an instant favorite for many students. The school community is excited to witness TheatreWorks’ adaptation of this famous play.

Senior Isabella Vianna, who plays the role of Elizabeth Proctor, shares her view on the progress of the production as they embark on their last week of rehearsals: “I think the play has been shaping up really well! Everyone in the cast has been working really hard and I’m so grateful to work with such dedicated actors.” She continues by expressing how this production has presented challenges that differ from previous plays she has been in “since this show has a lot of nuance in its writing and character.” She concludes by saying, “Since this is my last fall play, I hope I can rise to the challenge.” Several other members of the cast share a similar view.

With the amount of hard work and time put into this production, it is bound to be a wonderful performance.

Photos provided by Jamie Cantone