



# The Spectator

The Stuyvesant High School Newspaper

*"The Pulse  
of the  
Student  
Body"*

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## Rebuilding and Remembering Ground Zero

By ARIELLE GERBER

Just four blocks from Stuyvesant lays a reminder of a tragedy that shocked the nation and shook New York City to its core—the former site of the World Trade Center, Ground Zero. For years, the site, surrounded by a tall chain-link fence that doesn't quite conceal the tops of cranes and steel bars, has looked more like a barren pit than a construction site. But now, nine years after the terrorist attack that killed 2,600 people, the site is beginning to take shape.

For nearly a decade, it seemed to many as if the construction at ground zero would never be completed. Disagreements between Silverstein Properties, a real estate firm that bought the World Trade Center in July of 2001, and the Port Authority of New York and New Jersey, which took charge

of the actual construction, combined with budgeting difficulties and accounted for most of the delays in redeveloping the site. But after the Durst organization, a NYC-based real estate firm, invested \$100 million in the project and the Port Authority and Silverstein Properties reached agreements over the design, the project picked up momentum and noticeable progress started.

The agreed upon design includes five office buildings. One of them, One World Trade Center, will reach a height of 1,776 feet. There are also designs for two 176 by 176 foot pools to be placed where the twin towers once stood. If the plans are followed through, there will be waterfalls running over inscriptions of the victims' names inside the pool walls, an underground museum with remains from the twin towers, a facility to process remains of victims

and a PATH and subway train hub.

According to the Port Authority's Second Quarter Progress Report, 12 out of 17 of the goals set for the space have been achieved, and "most of [the unachieved] milestones relate to the re-sequencing of work and will not result in a delay to the project's critical path." This resequencing, the report said, allows for higher priority projects to be completed first, moving the reconstruction closer to its goal of completion by September 11, 2011, the ten year anniversary of the attacks. So far, all the concrete has been placed on the Memorial Plaza, and 40 stories of One World Trade Center are already erected.

Although nine years have passed since the tragedy of September 11, with the construction at ground zero on track, the rubble can finally be replaced with a proper memorial.

## Liz Claiborne Foundation Speaks About Abuse At Stuyvesant



Joann Lee / The Spectator

Dina Tush from the Liz Claiborne Foundation speaks to Barbara Garber's class about abusive relationships.

By GEORGIANA YANG  
and SOULIN HAQUE

The American School Coun-

selor Association (ASCA) chose Stuyvesant to be the first school in New York to kick off The Liz Claiborne Foundation's Love

"Our goal is to get as many schools as possible nationwide to teach the Love Is Not Abuse

continued on page 2



Stuyvesant's most contagious addiction?

Opinions

Article on page 7.

Caffeine Tripper

Article on page 11.

Arts & Entertainment

Sushi and Bubble Tea: Now Available Near You

Try some Tea and Tataki in Tribeca.

## Student Union Launches Innovative Agenda

By MAYA AVERBUCH  
with additional reporting by  
CHESTER DUBOV and NICOLE ZHAO

Every year, the Stuyvesant Student Union (SU) promises to begin its work of aiding and organizing students immediately. Although this year's SU was unable to convene as a group before the start of school, it has been proactive since classes began.

The primary obstacle to working over the summer was bureaucratic red tape. "SU members needed to be cleared by the administration and the first day that was an option was when we were already back in school," SU President Oren Bukspan said in an e-mail interview. "For this reason, the SU is now doing a little bit of the work that I wish could have been done before the year started." However, he stated that he and SU Vice President Doris Tang were able to make preliminary plans over the summer with the help of last year's SU directors.

Now its members are attempting to make up for lost time. The SU has instituted a series of reforms intended to increase communication with the student body, raise funds and improve the student government's efficiency. The highlights of their recent activities include holding the sweatshirt design competition, streamlining of the club/pub charter process and establishing the Student Involvement Department.

Budget issues often hinder the best of SU efforts, but the organization has confirmed a 50,000 dollar budget as a result of funds provided by last year's SU and the administration. They are planning to raise as much money, or more,



Tong Wan / The Spectator  
The SU, located on the second floor behind the senior bar.

this year.

Much of the budget will be used to fund clubs and publications, which are currently in the process of recruiting members. Close to 140 clubs submitted online and paper charters, which were shortened to hasten the process. In partnership with SPARK counselor Angel Colon, SU members will attempt to merge some of the clubs, especially community service, human rights and charity-oriented clubs, many of which have similar purposes.

"We're trying to do as much fundraising as possible," senior and Budget Director Elana Shapiro said.

However, the SU has opted to discontinue the sale of advantage cards, which provided student discounts to stores in TriBeCa in past years.

"Many food stores around Stuy already have student discounts

continued on page 3

## New Student Teachers Help Out In Classrooms

By EMMA LICHTENSTEIN  
and  
ISAREE THATCHAICHAWALIT

There are 13 new student teachers working this year at Stuyvesant High School: nine in the English department, two in the Mathematics department, one in the Social Studies department and one in the World Languages department. They come from Columbia University's Teacher's College, the City College Teacher Academy and the Teacher Education Program at New York University (NYU) Steinhardt.

The English department has a particularly high number of student teachers in order to ensure that the library's Writing Center is well-staffed, according to English teacher Katherine Fletcher, who oversees the English Department's student teachers as well as the Writing Center.

The department contacted several teacher training programs, who assigned some of their students to Stuyvesant. These include Teacher's College students Yury Getsof, Milosh Ma-

rinovich, Jay Sobel, Laura Stern and Zara Zuckerman, City College students Elena Elmoznino, Amy Feinstein and Inna Slutsky and NYU student Emily Bordeau. Marinovich, Slutsky and Zuckerman are all Stuyvesant alumni. College of Staten Island student Dana Haitkin will also be joining the student teacher contingent in October.

"[Assistant Principal English Eric] Grossman asked teachers in the department if they were interested in working with student teachers," Fletcher said. "We then tried to make compatible pairs."

All of the English student teachers except Zuckerman are phase one student teachers, which means they are here to observe the lessons taught by their cooperating teachers and learn how to structure and conduct lessons. Some help with planning classes or circulating when students do in-class group work.

"Gradually, as the cooperating teacher gains confidence in

continued on page 3

# News

## Liz Claiborne Foundation Speaks About Abuse At Stuyvesant

*continued from page 1*

curriculum, which is accessible free-of-charge on our Web site," Senior Account Executive of Global Issues at Ruder Finn Inc. Christina Occhipinti said in an e-mail interview. Ruder Finn Inc. is a public relations company hired by Liz Claiborne Inc.

The speakers who visited Stuyvesant include Former Westchester County District Attorney and Judge Jeanine Pirro,

**"There are 67 ways to abuse someone with your cellphone."**  
—Diane Beni,  
NCJW

who is partnering with Liz Claiborne Inc. for the campaign, Vice President of Corporation Communications at Liz Claiborne Inc. Jane Randel, ASCA representative Jill Cook, Diane Beni, Danielle DeZao and Dina Tush.

After careful discussion and planning, Liz Claiborne Inc., Ruder Finn Inc. and the ASCA decided to have the presentation in Garber's classroom because they preferred not to speak in front of a large crowd and chose her fourth period class due to time concerns.

"Stuyvesant was chosen as the school to launch the curriculum in New York, because the school is widely respected for their programs, curricula and student body," Occhipinti said. "It is a school we felt would be a good fit for the curriculum and, most importantly, [...] Stuyvesant was highly interested in teaching the curriculum to its students."

In attendance at the presentation were television networks FOX, ABC, NY1 and CBS, as well as Principal Stanley Teitel, Assistant Principal Health and Physical Education Larry Barth, SPARK coordinator Angel Colon, health teacher Lisa Weinwurm, Archie and Garber.

The media was brought in by Ruder Finn Inc. "The launch of the curriculum in New York is a major step in pushing the curriculum forward nationwide, and it is a story worthy of being talked about in the media," Occhipinti said.

Pirro introduced the presentation with how serious relationship abuse is. "We are here not to scare you, but to tell you that this is real and that it is pervasive. That anyone who bullies someone in a dating relationship is a wimp and anyone who hits someone is nothing more than a coward," Pirro said.

Beni, from the Linda & Rudy Slucker National Council of Jewish Women (NCJW) Center for

Women, explained the characteristics and stages of abuse. She also educated the students on how one may use technology to abuse someone else by controlling or tracking them through texts, social networks and calls. "There are 67 ways to abuse someone with your cellphone," Beni said in the presentation.

DeZao, a college student and founder of H<sup>3</sup>rt1: Heal a Heart, Remove the 1, an organization that promotes conversation about problematic relationships, described her own difficulty escaping from an abusive relationship.

"The novelty of another fresh start wore off, and dreamy fleeting happiness, moments where we were convinced we would stay together forever, were once again replaced with moments from a nightmare," DeZao said in her speech. "He said he just never wanted to see me get hurt."

Students had mixed feelings about the presentation. "It fascinated me since it wasn't exactly what I expected," junior Anthony Kirpitchenko said. "Although, [they] kind of ruined it for me by repeating the same things over and over again."

"[The presentation] was informative, although [it was] a little biased against guys," junior Thomas Durante said.

Junior Felicia Rutberg agreed. "[The issue of teenage dating and domestic violence] could also happen to guys, but [the presentation] talked more about girls," she said.

Following DeZao, Dina Tush continued the presentation by speaking on behalf of her daughter, Jessica-Ann Tush and ten other young women who were murdered by their boyfriends. Two years ago, Jessica-Ann Tush's boyfriend of eight months had abducted her and murdered her in a forest in New Jersey after they had broken up. Dina Tush did not know of her daughter's controlling relationship. Jessica-Ann Tush's friends and neighbors offered personal advice instead of notifying an authoritative figure, which Dina Tush feels they should have done.

Teachers and students who attended the presentation were most moved by Dina Tush's story.

"It was really sad because of girls, ages 15 to 20, with a prospective future, were murdered. [...] This could happen to anybody, rich or poor, beautiful or ugly," Rutberg said.

"When [Dina Tush] put up the pictures of ten or 11 women murdered by their boyfriends, [...] it kind of hit home," Barth said. "Especially since she lost her daughter and was able to speak about it. This was an amazing thing."

*If you or someone you know is in an abusive relationship, call the National Domestic Violence Hotline at 1-800-799-SAFE, or 1-800-787-3224 for the hearing impaired. You can also call the National Teen Dating Abuse Helpline at 1-866-331-9474, or 1-866-331-8453 for the hearing impaired.*

## Peglegs Sell Advantage Cards to Raise Funds

By KATIE LEMBRIKOVA

To offset the cost of sending the team to football camp for five days this past summer, the Stuyvesant varsity football team, the Peglegs, is selling advantage cards. This is the first year the team had the 15,000 dollars necessary to attend preseason training at Camp Scatico in upstate New York.

"The school, as well as the Public School Athletic League, does not support the football team financially," coach Mark Strasser said. "We, as a team, have to find ways to raise money."

The cards are being sold for 20 dollars a piece, and offer a variety of discounts at nearly 2,500 different businesses within 25 miles of Stuyvesant. The stores include Terry's, Baskin Robins, Subway and the Gap. Additionally, students will receive a 25 dollar coupon for Restaurants.com upon purchase. A Web site on the back of the card, www.xtramanfundraising.com, provides a list of available discounts from participating businesses.

Coach Strasser proposed using the cards as a fundraising opportunity. "I had experience using advantage cards when I was a football coach in Massachusetts," Strasser said. "This is an extremely popular fundraiser, and football teams all across the country do this to raise money."

The company that Coach Strasser ordered the cards from, Xtraman Fundraising, has a network of 300,000 discount-offering businesses that clients may draw upon. In addition, Coach Strasser personally spoke to TriBeCa businesses over the summer about offering discounts on the card.

In previous years, the team relied on funding from donations, the Parents' Association (PA) and players, each of whom



The football team is now selling advantage cards with discounts for about 2500 businesses in New York City.

were required to contribute 425 dollars at the start of every season. The money was used to pay for equipment, uniforms, awards and transportation to games.

Players have advertised the advantage cards primarily by word-of-mouth, but they have also hung up posters and distributed flyers. Anyone who is interested, including people outside of Stuyvesant, may purchase the cards. Coach Strasser mandated that each player sells five.

"We have to give him a hundred bucks no matter what at whatever deadline he sets up, so if we don't sell them, we're going to have to take it out of our own pockets," senior and Pegleg Mohit Kumar.

The team has not yet tallied up the total number of cards sold.

Some students are hesitant to buy them at the present cost. "The advantage cards are a bit pricey," senior Amanda Pagul said. "I'd have to see the full list of discounts and benefits before I could make up my mind on

whether to purchase it or not."

Senior and captain Ming Li pointed out that Student Union advantage cards "were 5 dollars and offer[ed] way less discounts to way less stores," he said.

"My mom works in the area and I think she could definitely benefit from something like this," Bard High School senior Marina Koroleva said.

This is the team's first year selling advantage cards, but according to Strasser, if its efforts are not well-received, the Peglegs will find other means of fundraising. They are convinced that attending camp has improved their performance significantly, and hope to return to the camp during future summers.

"It made us a better team by being able to bond before the season and get additional training," senior and Pegleg Vasili Tzalas said.

"Football is the most expensive sport in the city," Li said. "We represent Stuyvesant. When we do well, the school looks better."

## Fifth Floor Bulletin Board to be Reorganized

By DEVON VARRICHIONE

Stuyvesant's SPARK Program will be in charge officially of organizing the large bulletin board positioned between the school lunchroom's entrance and exit, beginning the week of Monday, October 4. SPARK Counselor Angel Colon has spearheaded this new initiative, which aims to transform the board into a community space, in order to clearly announce upcoming school events, as well as promote materials pertaining to many of SPARK's affiliate organizations, including the Black Student's League, ASPIRA and Build On.

Colon was motivated to initiate a reorganization of the board after seeing many of the space's previously displayed and largely outdated club and pub advertisements end up discarded on the ground.

"The board is a center of information at this school, and it's just cluttered," Colon said. "People will staple their information on top of other people's club information because there is a need for space, and papers will fall off and land on the floor. [Our efforts are] really just trying to make [the board's organization] systematic, where everybody can have access to posting up-to-date information."

According to SPARK office plans, the board will be split into three sections, with one section devoted to monthly news and another devoted to weekly news



The bulletin board outside of the cafeteria will soon be renovated by SPARK.

and upcoming events. Colon is contemplating dedicating the third section on a monthly basis to some aspect of Stuyvesant's diverse cultural makeup.

"The last I remember, there were fifty-nine cultures here at this school, with each culture having their own special characteristics," Colon said. "We want to really promote true diversity, and the middle section of the board can be a place where we educate people on other cultures, placing pictures and literature."

Despite Colon's organizational efforts, students will still be able to post their material on the board without needing to seek his approval first. "Anybody can add to the board if they want

to," Colon said. "[People] don't have to ask me to put something up."

Senior and President of Build On, Becky Chao, voiced her support for the board's reorganization. "It's definitely a good idea," she said. "A lot of people in this school don't even know how much Stuyvesant has to offer you, and tons of people hang out in the cafeteria. You can't miss the board [when] passing by."

Senior and President of the Black Student League, Randy Arthur, agreed.

"Now people, especially those in SPARK's clubs, can go to one place [the board] and find out what is upcoming," he said. "It's a great way to consolidate information."

## New Student Teachers Help Out In Classrooms



Ms. McRoy, a student teacher from Columbia University, sits in on an AP World class.

*continued from page 1*

the student teacher's knowledge and ability, he or she will cede over small responsibilities to them," Grossman said. "Eventually some of the student teachers may be allowed to teach a short mini-lesson, even a full day's lesson, or a brief unit, but that's by the end of the semester. The cooperating teachers are still very much responsible for what happens in the classroom every day."

On the other hand, Zuckerman, who is a phase two student teacher, teaches two sections of English teacher Annie Thoms's Freshman Composition class on her own, though she observes Thoms's Women's Voices and Writers Workshop classes.

"It's been great," Zuckerman said. "I wanted to come back to Stuy. I went to school here. I love the types of students and the teachers, and there are special challenges at Stuy. I feel lucky to be here."

All English Department student teachers are required to work for two to three periods in the Writing Center.

"That helps us—it helps the teachers, it helps the students and it helps the student teachers," Grossman said. "It's good for the student teachers because working with students one on one with their writing is an essential part of being an English teacher."

The presence of student teachers in the Mathematics department is the result of a collaboration between Stuyvesant and Columbia University's Teacher's College. Dr. Stuart Weinberg, currently a professor at Teacher's College, used to teach at Stuyvesant and now is in charge of placing student teachers in schools across the city. This semester he sent two student teachers, Amy Wang and Beth Lattin, to

work with Math teachers Dr. Paul Fitzgerald and Dr. Bernard Feigenbaum respectively.

"I feel extremely lucky, because the students here are so polite, self-motivated and smart, which is all a student teacher could ask for," Wang said. "It's the best school in New York City and a great place to learn how to teach math to high school students."

"She's very helpful," Dr.

**[Dr. Fitzgerald] is very supportive and makes sure that I feel comfortable teaching in the classroom."**  
—Amy Wang, Mathematics Department Student Teacher

Fitzgerald said. "She teaches some lessons, takes attendance, and checks the homework. We also exchange ideas. She'll tell me what could be improved and I give her some class management tips."

"[Dr. Fitzgerald] is very supportive and makes sure that I feel comfortable teaching in the classroom," Wang said. "Also, the students receive more attention

this way."

Junior William Knight IV is in a pre calculus (MM81) class taught by Feigenbaum with help from Lattin. "She's had a very positive impact on the class due to the hands-on tutoring she provides twice a week," he said. "She helps us with all the complicated algebra."

In the World Languages department, NYU student Megan Cohen works with French teacher Elsie Augustave. Cohen was placed in the school after NYU called Assistant Principal World Languages Arlene Ubieta requesting for a student to do an internship in the school's French program. Augustave accepted the intern into her classroom.

"I train her in preparing lessons and conducting the classroom, how to teach grammar and classroom management," Augustave said.

Cohen has had previous experience in the classroom, as she was a student teacher in France last year, so Augustave allows her to teach some lessons.

"She teaches a lesson, and I observe and give her comments," Augustave said. "She does what a teacher does, but with supervision."

Teacher's College student Katherine McRoy works with Assistant Principal Social Studies Jennifer Suri. Though McRoy is mainly observing this semester, she will be able to teach classes once or twice on a daily basis for one marking period next term.

"Teaching is always something I've wanted to do. I enjoy sitting in on the classes and seeing budding minds at work," McRoy said. "I'm able to sit in on not only Ms. Suri's classes, but many different teachers, and I'm able to see the different teaching styles out there."

According to senior Daniel Hayem, who is in one of the classes being observed by McRoy "Aside from being a spectator there, it [the presence of a student teacher] hasn't had a noticeable impact," he said. "She's clarified abstruse concepts at times, which made me understand things better."

"I mainly spend time talking to [McRoy] about how I do my lesson plans and I show her the materials that I'm using," Suri said. "It's nice to have another adult you can bounce ideas off of in the classroom."

"Stuyvesant is definitely a different school. There's a high standard here, which is admirable," McRoy said. "Students do their homework, they're ready with materials for class, and they're ready to analyze things. I love this environment because I'm here to help students think critically rather than just review material."

Fitzgerald said. "She teaches some lessons, takes attendance, and checks the homework. We also exchange ideas. She'll tell me what could be improved and I give her some class management tips."

"[Dr. Fitzgerald] is very supportive and makes sure that I feel comfortable teaching in the classroom," Wang said. "Also, the students receive more attention

participate in the workings of the SU.

"Last year, we had SU hours where there were constantly five members of the SU in the Student Union office on the second floor after school for an hour or two after school," senior and Student Leadership Team Representative Daniel Frankel said. "We advertised it and let people know that we were there, but nobody came."

He hopes that student response can be elicited through Students' Forum meetings, which were plagued by low attendance last year.

"The best way to reel students in is by advertising these conten-

## Chambers Street in Midst of Construction



Recent construction on Chambers Street had limited it to one lane of traffic.

**By BRIAN SOU and BRIAN KIM  
with additional reporting by  
EMMA LICHTENSTEIN and ISAREE THAT CHAICHAWALIT**

For the next three years, Chambers Street will be marked with excessive dust, debris, construction cones and noise as city officials continue their pursuit to reconstruct downtown Manhattan's infrastructure. The renovation, which was started in the first week of August, will include replacing a century-old water main, updating streetlights and sewers, paving new roads and sidewalks and planting trees. The project will take place between West Street and Broadway and cost the New York City Department of Design and Construction (DDC) 24.5 million dollars, according to the Lower Manhattan Construction Command Center Web site.

"Breaks happen and then we can make the repairs, but it's better to keep the infrastructure in good working condition than responding to emergencies because in emergencies we have to [immediately] shut down the water supply to an area," DDC spokesperson Craig Chin said. "With projects like this, we can [...] notify the community and the residents of when water shut-downs are going to take place."

The construction also includes some plans for street beautification and commercial and technological improvements. "All the steel on the curb will be replaced with granite. Con Ed[ison] will put in new pipes, and utility companies like Con Ed and Time Warner will install things like new telephone lines and cable TV," construction worker Rodney Hew said.

Business owners and employees in the area displayed mixed emotions over this momentous project.

Some felt the renovation had not had a significant impact. "It [has] only affected us a little bit," Kitchenette employee Gerardo Juarez said. "We have regular customers who know where we are."

Others say the project has dis-

suaded potential clientele from entering local stores and restaurants. "Sometimes we have a lot of noise and a little smell from construction. It's not good for the business. Customers see a lot of traffic around here and go somewhere else," Café Amore manager Vilma Flores said.

Health teacher Barbara Garber, who drives to school, confirmed that the renovation led to much congestion. "It has made the commute very complicated because traffic gets backed up because you are limited to where you can turn and how you can turn." She added that the sectioned-off areas of the street severely limited parking opportunities.

To tide store owners over during these difficult times, businesses with 50 or fewer employees that are located on streets disrupted by the construction will each be able to apply for a grant of up to 35,000 dollars from the Lower Manhattan Development Corporation's (LMDC) Small Firm Assistance Program, according to the LMDC Web site.

Students had varied opinions on the project.

"It hasn't really affected me all that much," junior Kevin Han said. "I'm glad they're finally doing something productive with our money."

"The city could be spending all that money on something more important, such as education. Stuy barely has enough money as is. Imagine, if we could get only a fraction of the cost, how much more we could accomplish," senior Helen Lin said. "Is it really necessary? If it ain't broke, don't fix it."

Chin, however, defended the project. "It's a minor inconvenience, but it's one of those things that you have to endure to get the benefit of new pipes and water," he said. "That pipe will be in place for another hundred years."

Construction workers reaffirmed that the renovation is for the benefit of the local community. "We're not here to destroy your neighborhood," Hew said. "In the end, we're here to give you a better one."

## Student Union Launches Innovative Agenda

*continued from page 1*

and we thought it would be generally wrong for us to make an advantage card and charge ten dollars for it and basically be ripping off the entire freshman class," senior and Special Events Director Omika Jikaria said in an e-mail interview.

To start off, the SU held a sweatshirt design contest in which over 20 students and teachers submitted their art, and 634 students voted for one of the top three designs chosen by SU members. The sweatshirts, which will be sold for roughly 20 dollars, will be available for pre-order at the Club/Pub Fair, to be held on Tuesday, October 12.

"Every year, we have crowds at the fair trying to get to the places they want to go, so this year we're going to streamline the process," senior and Club/Pub Director Faheem Zaman said. "We're going to assign each club a space in the lunchroom, where the Club/Pub Fair is held, according to a matrix we've made of the area."

Club/Pub handbooks will not be printed due to budgetary constraints, but the clubs' contact information will be made available to all students.

Not only will SU members be attempting to get people more involved in clubs, they will also be trying to get interested students to

participate in the workings of the SU.

"Last year, we had SU hours where there were constantly five members of the SU in the Student Union office on the second floor after school for an hour or two after school," senior and Student Leadership Team Representative Daniel Frankel said. "We advertised it and let people know that we were there, but nobody came."

He hopes that student response can be elicited through Students' Forum meetings, which were plagued by low attendance last year.

"The best way to reel students in is by advertising these conten-

tious issues, like SING!, that directly affect the students," Frankel said.

In addition to getting feedback from students, SU members plan to include them with the help of the recently established Student Involvement Department. According to Bukspan, the department was created to provide an opportunity to the over one hundred SU applicants who were not given appointed positions to participate in the student government.

"That will enable students who really want to be involved with the SU to get temporary positions so that they can have their feedback in the SU and they can get a taste of what it is like to be working for

the student body as a whole," Zaman said.

They are hoping these additional students will help them achieve what they are planning for the rest of the year. So far, the agenda includes a Halloween costume contest, revision of the SU's constitution and a charity gala, along with other plans.

"The student government is really the nerve center of everything that happens at Stuyvesant," Zaman said. "We want to make sure that everyone knows what's going on so they can give us feedback on how we've been doing and how we can improve."

# Features

## Harvey Blumm: Delivering the Goods

By MAX WYCISK

When Harvey Blumm was a student at the Bronx High School of Science, Stuyvesant was probably the last place he imagined he would work. Yet decades later, he is now a vital part of the school and the administration. But the journey from Bronx Science to Stuy, where he now serves as Parent Coordinator, was by no means a direct one.

**"I thought, if I can survive the Post Office, I have a pretty good chance to survive a big public high school."**  
— Harvey Blumm, Parent Coordinator

In fact, Blumm did a lot of exploring early on outside of school buildings. While a student at SUNY Binghamton, where he majored in history, he took several semesters off to "find out what I wanted to do," Blumm said. In college, he followed in the footsteps of his father, a postal worker, and became a mail carrier to earn mon-

ey in his time off from school.

Although Blumm hadn't planned to work for the postal service for long, he ended up staying for 30 years. But those three decades were productive: while working his route on the Upper West Side of Manhattan, he not only delivered mail to celebrities such as Robert DeNiro and James Taylor, but he also met his future wife, who would come down and talk with him as he sorted her mail. "I guess I can thank the Postal Service for that," Blumm said.

Twenty-seven years of marriage followed, and so did three children, all of whom ended up attending Stuyvesant. "I was a very active [Parent Teacher Association] dad," Blumm said. "So much so, in fact, that the principal knew me and knew that I cared about Stuyvesant."

This relationship with the administration and passion for the school proved crucial when the Parent Coordinator position opened up in 2003. "I put in for it, and here I am," Blumm said.

During his seven years in the position, Blumm has learned that his job is "to keep parents involved and informed in their children's education," he said. He describes his approach as "Retail/Wholesale" in that he must contend with the individual needs of parents while keeping the 3,000 families of Stuyvesant students informed.

On the retail end, much of Blumm's day is spent addressing parents' specific problems. "I love helping individual parents with individual questions and concerns," Blumm said. However, one of the biggest challenges of his job, he says, is "dealing with such a large stu-



Harvey Blumm is the parent coordinator.

Rosa Huang / The Spectator

dent body."

The wholesale aspect of Blumm's approach is therefore essential and centers on the weekly newsletter that he sends out to parents every Friday. "In the newsletter, I try to include student opportunities, like jobs, internships and awards," Blumm said. Blumm also works closely with the Parents Association and uses their meetings as another way to spread information to parents.

Being a Parent Coordinator "is all about communication," Blumm said. And Blumm feels his time in the postal service has

proved to be invaluable because it gave him ample opportunity to practice his communication skills. "Being a letter carrier was a good job for me," he said. "I got to meet people and interact with them every day."

Blumm feels his experience as a mail worker also gave him the confidence to branch out into an entirely new field once he left the Postal Service. "I thought, if I can survive the Post Office, I have a pretty good chance to survive a big public high school," Blumm said.

Neck deep in Stuyvesant ever since his first child walked

through its doors, Blumm says he still enjoys the school as much as he ever has. "At Stuy, you have 3,000 plus very smart, nice, enthusiastic, idealistic and really interested kids."

His passion is clear for all to see as he constantly moves about the school, answering questions here, solving problems there. "The joke used to be that I have to wear my running shoes to work," Blumm said. "It's great, though, because I don't have to join a health club—I get all the exercise I need climbing the stairs every day."

***Like to write? Draw? Take photos?  
Design? Program? Attend shows or games?  
Investigate? Report?***

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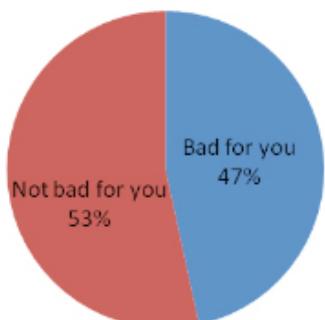
# Features

## Addicted: The Caffeine Compulsions of Stuyvesant Students

By MAX WYCISK

Life as a student at Stuyvesant can be hard, and sometimes it takes a little extra boost to get through the last few hours of an all-nighter or to drag yourself out of bed at five in the morning. Many Stuyvesant students find this boost in the form of caffeine, America's most popular drug. Here are the results of a survey by The Spectator about student caffeine consumption:

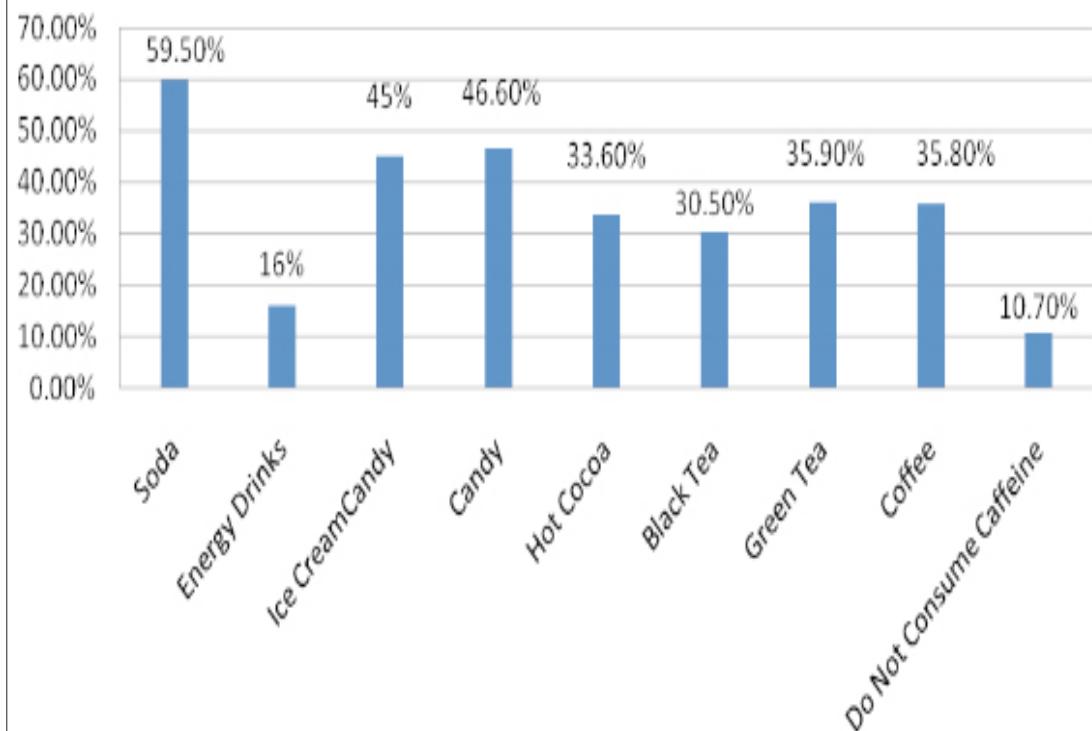
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### Do you consume caffeine through any of these sources?



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# Editorials

## STAFF EDITORIAL

### Slander and Libel: Stuyvesant in the Media

Arson. Poisoning. Terrorism. Orgies. Any reader of the New York tabloids would know that this is what happens in the course of a normal day at Stuyvesant High School. It becomes immediately clear when one sets foot in the hallways of our school that we are a sick institution, filled with degenerates and perverts, whose transgressions must be reported on, in order to keep the public informed. This is the cold, hard truth.

Or that's what the New York Post would say.

Over the past several years there have been a number of articles in the New York tabloid media aiming to cast Stuyvesant in a negative light, and tarnish our reputation. Recent examples include the New York Post article "Ex-Stuy Teacher Slapped with 84-count Indictment in Weapons Case," which reported on the arrest of a former Stuyvesant High School music teacher, and sought to link him prominently to our school even though he spent only a limited time here several years ago. Last year saw the New York Post's piece, "Tap That' Class at Stuy HS," which portrayed the long-standing Stuyvesant tradition of Senior Crush Lists as a forum for sexual promiscuity along the lines of the now-defunct Craigslist Erotic section. Going further back, to 2006, New York Magazine published the piece "The Cuddle Puddle of Stuyvesant High School," which also purported to expose the freewheeling sexual promiscuity of Stuyvesant students. Articles have also been published reporting on last year's spate of arson, and the 2008 junior varsity football team poisoning incident.

As journalists, we understand the importance of informing the public about anything that is newsworthy. But by and large, these articles are riddled with enough factual inaccuracies to discredit them under any standard of fair or responsible journalism. For example, The New York Post's op-ed by Andrea Peyser entitled "A New 'Twist' on Sex Education" - the most egregious of the slew of crush list related articles - claimed that Stuyvesant holds an annual "Tap Day," in which seniors are encouraged "to announce to peers, and the world on the Web, which students they'd like to 'tap.' Translation from teenspeak: Kids they'd like to have sex with." This is clearly libelous and false. Crush lists are, and always have been, the senior class's way of innocently unburdening themselves of four years worth of high school crushes. It is an annual bonding event for a graduating class. If several seniors decided to use sexually provocative language in their lists, it does not reflect on the nature of the event, and certainly not on the culture of the student body as a whole.

Because these articles seem to put all their efforts into insulting the school and "exposing" the fictional skeletons in our closet, they bring up the question: Why? What could the tabloids possibly accomplish by attacking a prominent public high school? It is clear from pieces like "A New Twist on Sex Education" that the editorial board of the New York Post relishes slanderous accusations of sex scandals in schools. And Stuyvesant is not the only victim of purposefully offensive headlines, written only to attract attention: a recent New York Post

article concerning Melissa Petro, an elementary school teacher who was found to have blogged about her past as a stripper and sex worker, was entitled "SEXXX ED." Placed on the front page, and giving no other information than what could be inferred from the title, it is obvious that the New York Post was simply looking to grab eyes. As the old adage goes, "Sexxx sells."

And yet, one must also consider the motives of those who own and support these publications, particularly the New York Post, because their political alignments play a large part in the articles they choose to print. Owned by conservative media mogul Rupert Murdoch's News Corporation, the New York Post has consistently supported the establishment of charter schools, a cause which has been championed by the political right for years. In the interest of furthering the movement, the New York Post has published an array of articles that highlight the need for more and better funded charter schools (e.g., October 3rd's "Charter Challenge"). However, this is only one avenue The Post is pursuing on their quest to disrupt the education system. The Post seems to have made it its duty to attack one of the few institutions that proves the public school system can be successful: Stuyvesant.

However, Stuyvesant's name is not only invoked in scandalous articles to attract readers or to pursue a legislative agenda, but also to spark interest by assaulting the public image Stuyvesant has attained over the years. Stuyvesant is seen by the public as an "elite" institution, a word that has been used in almost every article about the school in the past year. While we know that, in reality, Stuyvesant is not quite the pristine, mythological place imagined by those who invest heavily in what papers such as the New York Post have to say about it, many others do not see this truth. Tabloids aim to capitalize on this mythology of Stuyvesant, painting a picture of an "elite" institution falling from grace, and triggering a general sense of schadenfreude, or happiness in the misfortune of others, among those who read their stories. While this is understandable given human nature, the idea that publications such as the New York Post, which supposedly exist for informing the public of actual facts, would prey on this in order to sell more papers is deplorable. Since there is actual misconduct in the public education system, it seems even more baffling that news publications don't simply carry out their purpose, and inform their readers of these issues.

Despite the fact that these articles are clearly libelous, lack credibility, and may seek to promote certain legislative agendas, their negative effects are still felt by the school and its administration. While reporting for the 2006 New York Magazine article, "The Cuddle Puddle of Stuyvesant High School," which is more misleading than derogatory, reporter Alex Morris accompanied the group of Stuyvesant students over the course of several school days, posing as a student in order to gain entrance to the building. This incident played a large part in the administration's decision to implement scanners at the bridge entrance in order to

keep track of students as they enter and exit the school—a clear infringement on student rights. The idea of a reporter being able to walk freely into the building not only posed an issue of safety for the administration, but also a risk to the school's reputation.

Equally disturbing are the effects of the articles on the crush list ritual. The articles deplored a nonexistent tradition of holding an annual "Tap Day" have put a great amount of pressure on the school administration. So much so that crush lists are now in danger of being permanently banned. If integral parts of student culture such as this become jeopardized by misleading tabloid screeds, what other traditions could be next?

The sense of constant scrutiny stemming from these articles has an immeasurable impact on the culture of Stuyvesant. The frequency of articles taking swipes at Stuyvesant's reputation gives both the administration and students the impression that we are being watched, hawk-like, by the press for any missteps or incidents that can be construed into scandals. Any decision the administration makes regarding student rights, facilities, or even curricula can potentially land the school on the front page of the Post or New York Magazine. It causes the administration to become more concerned with keeping the Stuyvesant name out of the papers than with providing the best educational experience possible to the student body. Even an event as seemingly innocuous as the school's recent classification as a Title I institution has drawn criticism from the tabloid media. An article written by the New York Post about the school's Title I status suggested that Stuyvesant had somehow "diverted funds from heavily poor and low-achieving schools."

Ultimately, there may be nothing we as a school can do to change the way papers such as the New York Post report the news. We can, however, change how we react to the negative press we receive. We have already been doing something right, in that the administration refuses to comment on any article that purports to expose a school "scandal" such as crush lists. To comment, even in defense, would give a slight veneer of credibility to the slander seeking to tarnish and discredit our school's reputation. However, merely refusing to comment does not go far enough. We must be confident in our position as the most elite public high school in New York City, and completely ignore any libelous press attacking the school or any of its traditions. In the face of articles such as "Tap That' Class at Stuy HS," the unmatched caliber of our alumni and intellectual prowess of our students speak for themselves as to the nature of the school. Ultimately, insidious as it may be, negative media attention is nothing more than a distraction from what should be, ideally, the goal of the school: to provide the best possible educational experience for the students. This means living up to our own high standards in our academics, and standing up for our long held traditions, without any regard for what the tabloids may print.

## The Spectator

The Stuyvesant High School Newspaper

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Student  
Body"

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## FOR THE RECORD

• In "Stuyvesant E-mail System Temporarily Disabled," Paula Tsvayg is a senior, not a junior.

# Opinions

## Caffeine Tripper



Christina Bogdan / The Spectator

By LEOPOLD SPOHNGELLERT

Addiction is a force that can take over people's lives and destroy them. And in the heat of adolescence, under the stress of a top New York City high school, it takes only a short time to push some people toward full dependence on substances. It requires strength for people to realize that they can get by, and even thrive, by letting go of the addiction that controls their life. I know that for a fact—I experienced both addiction and recovery during my first year at Stuyvesant. Hello, my name is Leopold, and I am a recovering coffee addict. This is my story.

It was freshman year and the going was tough. I was thrown into the most intense academic experience of my life. The stronger of my peers braved the heavy workload, new social situation, lack of sleep and several other obstacles, but I decided I needed an easy escape from my heavy procrastination problem and lack of sufficient sleep. Just like a baseball player who needs a little more power in his swing, I needed a little more drive in my ability to do work.

So, I started using a performance-enhancing drug. However, what started out as casual use became utter dependence. I fell into coffee abuse, and I fell hard—a sad and classic case of addiction.

Addiction is a problem that is inherited from generation to generation, and both of my parents are typical New York drones whose only fuel is a cup of coffee in the morning. Unfortunately, my parents were not about to protect me from their mistakes. When my mother began to see my head flat on the breakfast table in sleep-deprived agony, she hovered towards me, mug in hand, smiling as if everything would be all right if I just gave in. At first, I refused and tried to resist, but maternal pressure is overpowering. Soon, I was drinking a small mug in the morning, and the downward spiral began.

The only way I could handle everything was with the help of coffee. That small mug became a huge trough by midterms. At first, the coffee gave me a boost for the day. But the more I drank it, the more I needed it. I woke up a zombie, unable to fully open my eyelids until I had caffeine pumping through my veins. Instead of laughing at the New Yorkers passing me by with their coffees in hand, my heart began to race at the sight of them. I envied anybody consuming coffee. I constantly craved the taste. I needed it. I had become just like my parents: completely and utterly dependent.

Unlike my parents, I was never meant to integrate coffee into my life in a beneficial way. No amount of the stuff was enough.

By late afternoon, I was already tired and my ability to do homework suffered because of this. Coffee didn't help me to avoid my problems; it was a problem. It was at this point that I admitted to myself that the costs outweighed the benefits. I had to quit.

Yet, right when I knew the situation had gone too far, finals came knocking at my door, and finals week became the peak of my coffee consumption. Intense late-night studying allowed addiction to take over. I couldn't break the habit while I was still in Stuyvesant.

I had to get away from an environment that fostered my addiction. Only under the stress-free atmosphere of summer did I feel ready to quit. But even without the stress of school, it wasn't easy. I went through cold, hard withdrawal for almost a month. While I'd love to claim I did it by sheer willpower, I didn't. The absence of coffee at the three-week baseball program I attended forced me to quit. Upon returning from camp, I continued my quest for a coffee-free existence. By August, I had gotten over the hump. I woke up feeling energetic and happy, as opposed to depressed and completely drained. I was sober and proud.

I know I'm not the only one who has fallen victim to coffee addiction at Stuyvesant. Many students are caffeine-dependent. This choice seems to ease the quest of reaching the seemingly unreachable goals we set for ourselves. But a piece of advice to students who are currently struggling: don't take the route of caffeine dependence. Learn from my mistakes. So far, I've had the strength to say "no." But I can't say that I will avoid a relapse. I still crave my caffeinated companion. It calls to me as a sweet escape from a tired existence. Time will tell if I can stand the lack of sleep enough to stay away from my favorite, heated drink. But perhaps we could all just learn how to stop procrastinating. Then again, that's an addiction I don't think any of us could ever break.

## The Kids are Alright



Rosa Huang / The Spectator

By JEREMY KAPLITT

The last few years have been tumultuous for the American education system. A Newsweek article that ranked us only the 11th best country in the world—in part due to the shockingly low ranking of 26th in education—set off a furor about what we can do as a nation to survive intense global competition. Recently, President Obama placed the Race to the Top initiative high on the agenda, aiming to make the U.S. a leader in college graduation rates. This new attention is due to increasing education-related competition with other major countries across the world.

Ranked first in education, Finland centers its school years on standardized testing. Canada, tied for second with South Korea, offers tests of student achievement, provincial exams, SAT-like aptitude tests, psycho-educational tests, IQ tests and subject tests (comparable to SAT II). Singapore, Japan and the UK, all ranked above the United States, mandate difficult standardized tests from early childhood through college. In order for the U.S. to compete with these nations, Obama pushed for No Child Left Behind (NCLB) reform.

Instead of penalizing students and forcing them to study and work harder to graduate,

the new NCLB legislation would place responsibility on entire schools, enlarging the scale of educational reform. In order to catch up to the nations leading in education, this effort needs to be made. However, due to the lack of testing in the education system in previous decades, a sudden increase in standardized testing can backfire. But it is worth it to take this chance if, as a country, we want to lead in education reform.

In a school where over 99% of students graduate to four-year colleges, we are in little danger of Stuyvesant shutting down due to a failing record. Teachers here are for the most part effective and successful, and

**Singapore, Japan and the UK, all ranked above the United States, mandate difficult standardized tests from early childhood through college.**

academic complaints to Principal Teitel are minimal. But due to teacher evaluations and more stringent policies regarding the progress of the student body, we will be more heavily tested. We need to focus on the bigger picture—a country driven by research, innovation, and entrepreneurship. And while rankings may not be everything, they are enough to show that we need serious reform. Standardized testing or not, we can't let our education fail.

## A Sugar by Any Other Name



Dennis Rim / The Spectator

By JILL CHOW

"We now offer zero trans fat and corn sugar in our cereal! No more high fructose sugars for a healthier you!" every Cheerios box proudly proclaims to the public. Yeah, right. In an effort to win over our now health-conscious society, many food companies are renaming the ingredients in their products. Whether it's changing the name of an ingredient or using variations, the story is the same: the companies are trying to fool us with their sly nomenclature.

Corn syrup, for example, is now corn sugar to create the il-

lusion that it's different from the obesity-causing high fructose syrup. But they are actually the same—the term syrup was changed due to the criticism it received from health advocates. Yet both contain the same number of calories. The sugar, just like the syrup, is heavily processed, and enzymes are used to turn it into glucose and fructose. In the end, you will still be consuming these enzymes. They are all made with similar chemical structures and are just as unhealthy if you consume too much.

Other ingredients, such as oils, are being used to misguide the unwary consumer. Many read a label, see "Soybean Oil," and immediately think of soybean—the ultimate health ingredient. However, soybean oil is not as beneficial as it seems. Soybean oil contains a high amount of omega-6. The Center for Science in Public Interest (CFSPI) discovered that this oil doubles the production of breast and prostate cancer cells, creating a major health risk for our junk food-loving society. Instead, at Stuyvesant, we find corn oil in the bags of Baked Lays chips sold in vending machines. Yet corn oil, according to the CFSPI, also contains omega-6 fat, potentially leading to the same

health risks mentioned above. It's important not to be misled by these false health claims. Much is at stake, so we must

**Studies by Blisstree Incorporated have shown that a Slim Fast bar has the same amount of calories as a Kit Kat Bar.**

pay attention to labels and food names.

Unfortunately, even the health section of the grocery includes misleading products. Take granola bars for instance: everyone who wishes for a healthy snack in a granola bar is in for a rude awakening. Granola is packed with fat. If it claims to

be low fat, the taste is replaced with sugar. While energy bars may be filled with protein, they are packed with calories. In fact, studies by CFSPI have shown that a Slim Fast bar has the same amount of calories as a Kit Kat Bar.

Even schools are being fooled by the sneaky food producers. Consider the BOT Vitamin Water sold in Stuyvesant vending machines, which boasts its use of "all-natural vitamins, electrolytes and antioxidants as well as pure cane sugar." But pure cane sugar, despite the alluring name, is a sugar like any other. Since high fructose sugar is now the taboo ingredient, food manufacturers are attempting to find alternatives to sweeten the product. BOT chose pure cane sugar. But according to the Blisstree Association, cane sugar is the same as corn syrup. It contains similar amounts of calories, and your body reacts to it the same way it reacts to fructose sugar.

To add insult to injury, the BOT water also trumpets the addition of electrolytes, enzymes that facilitate cell communication. While electrolytes are used up and need to be replaced, an excessive intake of them can cause imbalance and possibly dehydration, since electrolytes are sodium, says the Medicin-

eCabinet Corporation. For the unwary consumers, too many electrolytes could be damaging to their health.

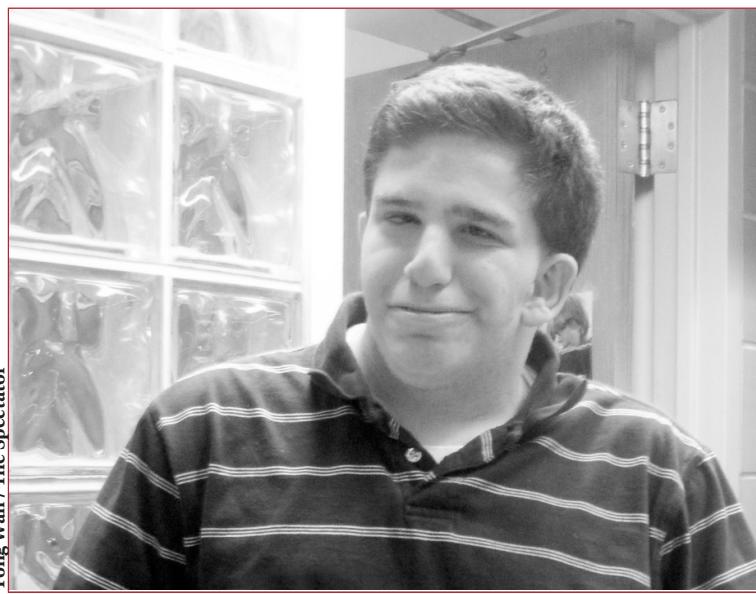
Many of us probably think that we're healthy. However, all this intake of fatty foods and sugars taxes our health. According to research done by the science journal Sleep, many teens who do not get an average of six hours of sleep a day tend to consume more fats and sugars, leading to obesity—and it's a well-known fact that many Stuyvesant students don't get their needed hours of sleep. The journal goes on to discuss the health risks of poor eating habits: heart disease, one of the leading killers in the United States, is most prominent. Although administrators have come to accept this trickery, we must not allow our health to deteriorate under neglect.

When it comes to picking foods based on their ingredients, I, for one, will be more cautious. It would be fruitless to sue companies for being misleading. In their defense, this name change is merely part of their advertising rights. So we must take action ourselves by carefully reading labels and researching the real ingredients. This is not just a battle against unhealthy food—it's a battle for our lives.

# Opinions

## A Melting Pot, Not a Mosaic

Tong Wan / The Spectator



By DANIEL SOLOMON

"This cover is a mosaic," my social studies teacher said, as she held up a copy of "The Americans," our history textbook, which reflected the different faces of our country. Where she envisioned a set of different colored pieces of tile put together to form an image, I saw something greater than the sum of its parts, where lines blurred to resemble more of an Impressionist painting than a mosaic. While she focused on what distinguished us from each other, I was more concerned with what united us.

The divide that this mosaic spoke to—one that is more obvious as the years wear on—is the conflict between American exceptionalism and revisionist

history, between multiculturalism and the concept of a singular national identity. Beyond a culture war, it has broad implications for our country and Western civilization. One side views itself as revealing long-overlooked facts that the United States would like to forget. It seeks to deconstruct America's story and its ideals and drive it off its natural course. The multiculturalists and revisionists assert that our nation is not a special place with a unique spot in history, but a normal, often dysfunctional country tainted by racism. They claim America is a society that does not have most of its roots in Europe and the Western world. Rather, they incorrectly state that it is derived from all places.

The other camp, filled with

patriots and eminent scholars, defends our nation's values, acknowledges its importance to humanity and takes a hard but respectful look at our past. These people recognize that though we have dealt with bigotry before, it is a sin that we have purged from our collective soul and risen above to become a great country. These stalwarts of the American orthodoxy celebrate the major contributions that minority ethnic groups have made to the United States—from bagels to jazz to acupuncture—but don't hide from the fact that our cultural patrimony comes largely from the West.

I'm proud to state that I belong to the latter group. I fervently believe in American exceptionalism; that the people of this nation, and the institutions of democracy and capitalism that they have faithfully upheld, have spawned the freest society to ever exist on Earth. Conversely, I utterly reject multiculturalism and its cousin and enabler, revisionist history. It seeks to rend the fabric of our society by placing Americans into specific ethnic categories and is blind to the truth that the United States is an indivisible whole. It wholly discourages the assimilation of immigrants, prevents them from being stirred into the national melting pot, and in the end, ghettoizes them. Not only is this detrimental to new citizens, but it threatens our coun-

try's status as a nation-state. A nation-state is a state that governs a people who share a common culture, a nation. By attempting to undermine the United States as a country with one, self-same society,

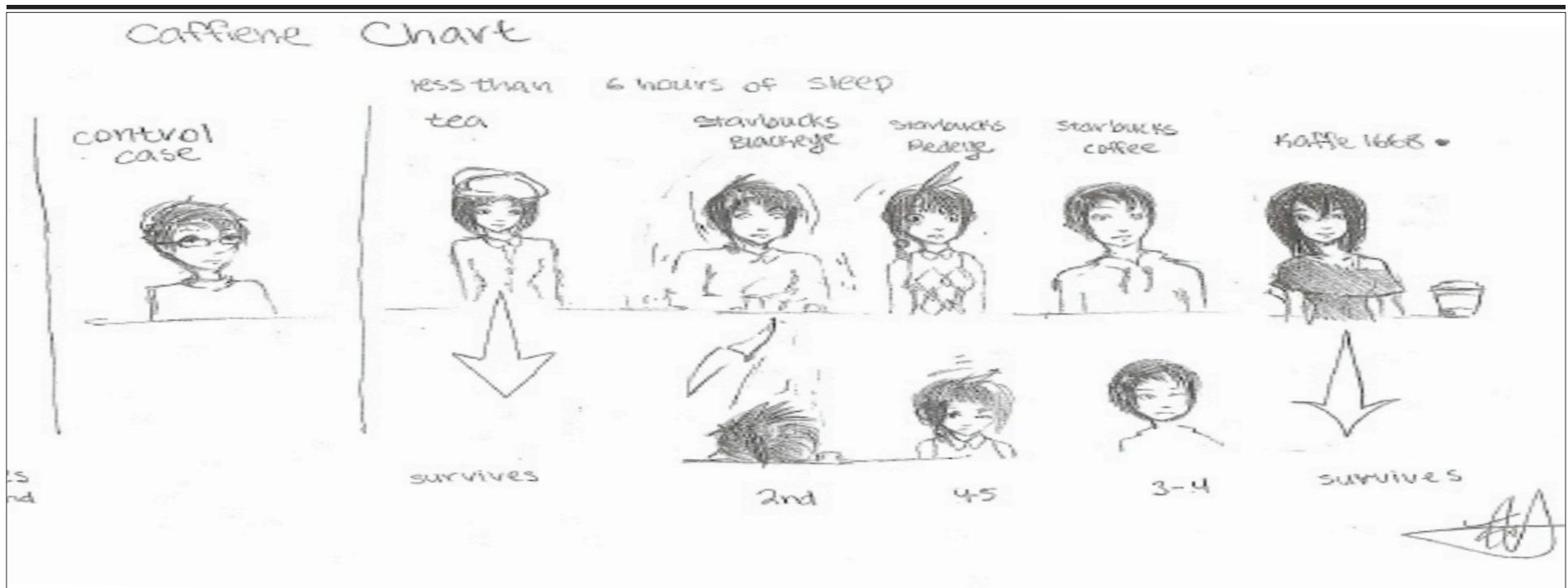
the United Nations." Furthermore, Huntington predicts that a multicultural America would mean "effectively the end of Western civilization" and all of its hallmarks: liberty, the free-enterprise system and self-reliance.

This is a dangerous and sad prospect, one we should work to avoid at all costs. As a nation of immigrants and a school of the recently arrived, we must recognize the accomplishments and cultural importance of minorities, but we must also respect the intrinsic value of our national ideals and the American Creed that they form. Whatever our ethnic background, this is what unites us; it is our cultural common-ground.

Our ancestors, grandparents, and for many Stuyvesant students, parents, came here for a better life. They benefited greatly from what this country had to offer them and made it possible for us to walk the halls of the city's most prestigious high school. They believed in hard work, used their skills to gain opportunity and made their voices heard in the democratic process. They didn't care that American culture came from the West, and whether they were white or not, they embraced it and made it their own. And as they did, so must we. We have to resist people who have an urge to divide us, who want to put us into little ethnic compartments. We are better than that, and so is America.

**While she  
focused on what  
distinguished us  
from each other,  
I was more  
concerned with  
what united us.**

## Cartoons



# Arts and Entertainment

## The (Web)TV Guide

**By ALICE ANICHKIN,  
DAVID KURKOVSKIY,  
and SAM FURNIVAL**

With the recent influx of popular and entertaining web shows it's no wonder why people are trading in their remote controls for computer mice. Video sharing sites such as Hulu and YouTube have spawned a new age in entertainment. Now, users and major entertainment companies have the ability to create and publish their own shows on the web. With the unrestricted viewing hours and pervasiveness of the internet, these new web shows are marketed to a broader array of audiences than traditional television could ever hope to achieve. Here are some of The Spectator's picks for best web series:

### *Web Therapy*

Starring Lisa Kudrow as Fiona Wallice, "Web Therapy" is a comedic depiction of an otherwise strict profession. It demonstrates the effect the web has on society, through the subject matter of the series as well as the manner in which it is presented. In the show, Wallice is an unqualified therapist, who makes a living off of unusually short sessions of psychoanalysis through meetings via webcam. She refuses to follow the commonplace fifty-minute hour used in conventional therapy, and instead believes that therapeutic sessions should be administered in three minutes. Her blunt and selfish personality, along with the absurd situations

presented by each character, fill the series with unconstrained entertainment. "Web Therapy" casts many capable guest stars, filling the show with alluring personalities to keep each installment interesting. The characters carry the plot forward, yet do not fall victim to being overly serious. They maintain light-hearted and humorous dialogue, quintessential to the genre of dramedy, especially given the shortness of the episodes. Beginning in 2008 and ending its third season in the summer of 2010, the show is released in increments of five to fifteen minutes. Due to the wide range of success it has experienced, "Web Therapy" is scheduled to make its television debut in 2011 on Showtime.

<http://www.hulu.com/web-therapy>

### *Jake and Amir*

"Jake and Amir," a popular College Humor web series, has been airing since 2007. The pair, consisting of Jake Hurwitz, a 'cool' writer from College Humor, and Amir Blumenfeld, a clingy employee, post videos of their most notable daily interactions. The earlier episodes show what seems to be a friendship forming between Jake and Amir. Yet, soon enough, Amir's rash and zany attitude and overboard behavior begin to make Jake reach his boiling point. Amir often stalks Jake at home, on the street and at the office, where they sit across from each other. He makes logs of the outfits Jake wears and

keeps a daily record of everything Jake says hidden in a Thai food menu. Amir often follows Jake on vacation, whether it is in Miami or Nantucket, and often goes to great lengths to see Jake. As retaliation, Jake often pranks the overly naive Amir. Through their many interactions, the audience can feel and become a part of the love/hate/annoy/prank relationship shared between the two. Although the show often contains unrealistic plots, each episode reflects Jake and Amir's uncanny ability to take an everyday occurrence and spin it into something entertaining.

<http://www.collegehumor.com/jakeandamir>

### *Auto-Tune the News*

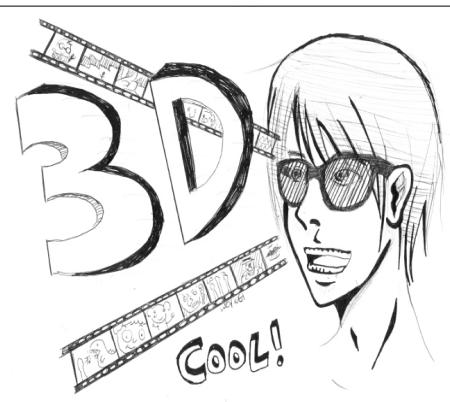
Is it possible to stay well-informed in today's fast-paced world? Not if you're being lulled to sleep by the voice of your evening news anchor. Fortunately nuclear family and comedy troupe The Gregory Brothers have capitalized on the melodious delivery of Katie Kouric, Keith Olbermann, and newsmakers like Barack Obama in order to create a series of viral videos entitled "Auto-Tune the News." This mash-up of T-Pain and Walter Cronkite—Cronik

Pain?—uses the eponymous software to craft original compositions out of compilations of the week's news. The group recently struck internet gold with their rap remix of a Huntsville, Alabama news report about an attempted home invasion and rape. The resulting phenomenon, the "Bed Intruder Song," has been the top selling song on iTunes for weeks. John Stewart watch out, the comedy group is scheduled to air a pilot of their web show on Comedy Central sometime in 2011.

<http://www.autotunethenews.com/>

### OPINIONS IN A&E

## A 3D Hole in your Wallet



**By ANASTASSIA BOUGAKOVA**

You're sitting in a darkened movie theater with a carton of popcorn in your lap and plastic glasses over your eyes. Suddenly, a foot flies out in front of you and kicks you in the face. You'd think you would complain or maybe ask for a refund on your ticket. But you paid an extra \$2.45 for that kick and you are going to take it and like it. Though 3D movies used to be rare, such films have become the norm, as it seems to be getting harder to find a film in 2D.

3D pictures were first popularized in the early 1950s with movies like "House of Wax" and "Bwana Devil." Now, such pictures are back with a vengeance, replete with higher-quality effects and blue people. "Avatar" topped the charts as the highest grossing film in history, inspiring other movies to try and follow in its footsteps. The question is, do we really need long-loved classics like "Shrek" to be turned into 3D adventures, drawing in children with sparkly graphics instead of the loveable characters and interesting plots? Do we really need a Justin Bieber film in 3D? Actually, the question should really be whether we need a Justin Bieber film at all, but I won't get into that.

A 3D movie can be a fantastic experience when the plot and setting of the motion picture somehow benefit from a three-dimensional spin. But documentaries and dance flicks like "Step Up 3D" have no business tacking on some special effects for the purpose of burning a bigger hole in viewers' pockets. It costs about two to three dollars more to see a 3D movie than it does to see

an already overpriced 2D counterpart. In an economy that's teetering on the edge, why should we be encouraged to pay more for something as simple as entertainment?

3D was presented to us as a novelty in "Avatar," but our initial fascination has worn off due to the overuse and misuse of this technological phenomenon. It has even led people to complain about this trend, beyond the usual grumbles against prices. Cases of headaches and prolonged disorientation after donning a pair of 3D glasses have also been reported. Doctors have confirmed that 3D viewing can cause eye strain, blurred vision and even nausea. We are not only paying extra for objects to float right in front of us, but also for the discomforts and maladies that come with them.

After learning about all the drawbacks of seeing a 3D movie, it's hard to understand why someone would actually want to see one. I suppose it is our desire to completely immerse ourselves in anything we see. It's not enough to simply observe an adventure—we must be part of it. However, we forget that there is a way to do that without a giant, curved-in screen and plastic glasses. If a film is a masterpiece on a flat screen, it won't be any better in 3D. If using 3D technology is what it takes to bring a film to a high level, then the film was never a good motion picture in the first place.

It's alright to see the occasional 3D masterpiece, but what happens when every movie turns into a 3D train wreck? Will we have romantic comedies with 3D roses? Will we go as far as to watch these 3D disasters in the comfort of our living rooms? The disconcerting answer is probably "yes." Companies are already pitching ideas for television designs that will replicate the 3D experience without the necessity of special glasses. Toshiba is well into developing such a television, and rumors of it being released in 2011 are circling around the tech community.

We are becoming so engrossed in a fantastical 3D world that we are forgetting to live in the real one. Regular television sets and movie theater screens serve as a barrier between the reality and the make-believe world of films. Are we really ready to cross that line?

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# Arts and Entertainment

## Study Snacks: the Healthy Alternatives



By CHRISTINE LEE  
and XINNI LIU

It's only September, and while the workload hasn't piled up yet, you know that sooner or later a big test or project will force you to stay up all night. So, picture this: you're cramming all your notes into your head the night before a huge exam. It's 2 A.M. and time to regret procrastinating, when all of a sudden, your stomach growls. A small allowance may force you to invest in snacks that are cheap and tasty, and though a bag of chips or leftover pizza may taste good, neither will provide you with the

energy to stay up late and study. Take a look down at the list of scrumptious, but healthy, snacks that will benefit you as you get ready for an all-nighter.

### Almonds

These babies are packed with Vitamin E (a natural antioxidant, which prevents some diseases), dietary fiber, minerals and monosaturated fat (which helps lower cholesterol). Eating them raw may not taste so great, so try to find them pre-roasted. Another great alternative is to honey-roast them (like peanuts). To do so, add a mixture of honey, wa-

ter and oil into a saucepan over medium heat. Then, pour in the almonds, stir until all the liquid is absorbed and let the mix cool. If cooking seems too tedious or time consuming, try a supermarket alternative; Emerald's Cocoa Roast Almonds is equally tasty with a slightly sweet kick.

### Yogurt

The world is currently crazed for this rad dairy product, which also happens to be very beneficial to the body. The live bacteria in yogurt help indigestion and also protect your body against other harmful bacteria. Yogurt contains

a lot of potassium, which helps with bodily growth, and calcium, which helps to maintain strong bones. It also has a high amount of vitamin-B, which helps your body to convert other nutrients into energy.

### Popchips

While most potato chips are bad for you, Popchips seem to be the rare exception. The reason they're healthier than other brands is that they are literally "popped" through heat and pressure. No oil, no baking. Compared to "regular" potato chips like Lays or Kettle Chips, Popchips have half the amount of fat. Popchips currently come in seven different flavors: original, barbecue, sour cream & onion, cheddar, sea salt & vinegar, salt & pepper and parmesan garlic. Many supermarkets stock up on this brand, so watch out for it next time!

### Fruits

Berries and grapes are just two out of the countless numbers of delicious fruits. Because they are finger foods, it's comfortable to eat them while studying. Grapes are loaded with serotonin, which calms the nerves, making it much easier to focus. Berries come in various forms, and each type of berry has unique healthy characteristics. Strawberries are high in vitamin C, which helps the immune system to function. Blueberries are a source of fiber and antioxidants. Regular intake

of blueberries is said to improve short-term memory, which always helps when studying for a test. Fruit juices, however, are not as healthy, as they contain corn syrup and additional sugar.

### Popcorn

Popcorn is actually a healthy whole grain. It is packed with fiber, which gives you the feeling of being full, and it steadies blood sugar level. It does matter which type of popcorn you are eating, though. Preferably, it should have little oil, butter and salt. Kettle corn is also a sweet and tasty alternative to popcorn, though it's not as nutritious as plain popcorn is. However, some brands contain less sugar and fat than others do, so indulge in these instead of brownies or cookies.

### Dry Cereal and Granola

Though cereal is a healthy option, overall, you shouldn't munch on Cocoa Puffs or Captain Crunch. Instead, go for whole grain cereals, such as Cheerios (Honey Nut if you persist on having a sweet tooth). Whole grains boost blood flow to the brain and improve memory. They also calm the nervous system, eliminate cravings, promote energy and endurance and help maintain long term memory and the ability to think clearly. So, next time at the supermarket, add Kashi, Go Raw, Bear Naked, Nature's Path, Fiber One and other cereal/granola brands to your cart.

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**Although music innovators Michael Jackson, Les Paul and Nujabes have left this earth, their influence certainly has not.**

The late Michael Jackson (August 29, 1958 - June 25, 2009) was a musician for his entire life, starting out as the lead singer of the Jackson 5 at the age of five. After recording many No. 1 singles, such as "I Want You Back," "ABC," "The Love You Save" and "I'll Be There," he went on to make his solo debut in 1979 and released the album "Off the Wall," and later, the world's largest selling album of all time, "Thriller." Jackson transformed the music industry by promoting his songs with highly anticipated music videos, such as "Thriller" and "Billie Jean," each full of Jackson's signature dance moves. Continued imitations of "The King of Pop" demonstrate his position as a standard for talent. "I definitely think Michael Jackson has an

## Immortal Melody

By SHAH ALAM

Surely, the dead never truly leave this world, especially when they leave behind a plethora of songs and albums holding the tunes they dedicated their whole lives to creating. Although music innovators Michael Jackson, Les Paul and Nujabes have left this earth, their influence certainly has not.

impact on culture," junior and self proclaimed number one fan Angela George said. "Music is a huge part of our culture, and it's an undeniable fact that Michael Jackson influenced so many of today's greatest artists."

Multitalented Lester William Polsfuss, or Les Paul (June 9, 1915 - August 12, 2009) contributed to the art in nearly every way possible. He was a guitarist for both jazz and country bands, a songwriter, producer and an inventor. Paul started his music career at the age of 17 after dropping out of high school to join a radio band. After a brief radio tour, he settled down in Queens, NY to begin work on his very own acoustic-electric guitar, nearly dying of electrocution in the process. He dubbed his new solid-body electric guitar "The Log." It would later become the Paul "Sunburst" guitar, the most sought-after guitar in the world. Even after a near fatal car crash, which shattered his right arm, Paul's dedication to music persevered—he had the arm permanently placed at a 90 degree angle to facilitate his guitar playing.

Music producer Seba Jun, or Nujabes (February 7, 1974 - February 26, 2010) is considered by some to be a hip-hop music visionary. He had a unique ability to blend Jazz samples into his tunes, a talent he used in his collaboration with MINMI, a Japanese singer-songwriter. He collaborated with several underground artists, such as Shing02, Uyama Hiroto, Substantial and Funky DL. However, his talent is most evident in his contributions to the music and soundtrack of "Samurai Champloo," a critically acclaimed anime. He used his uncanny talent for mixing beats as a means to reach out to his audience on a spiritual level.

The significance of these deceased artists is clear—their contributions to popular music range from seminal dance moves to iconic guitar innovations. While they may not be with us in body, their music comes to life every time we press "Play."

## Arts and Entertainment

### Sushi and Bubble Tea: Now Available Near You

By JAMES KOGAN

New York City is known for its cultural diversity, and the stomachs of Stuyvesant students are not ones to discriminate. Right in the heart of lush Tribeca, we have good old burger trucks like Frites 'N' Meats, Chinese buffets like New China Red Gourmet, little pie companies like the Little Pie Company and undeniably savory halal carts—luckily, all in our vicinity. However, new Japanese contenders have recently been emerging in the scene—first, Takahachi Bakery, with its delightful twists on traditional pastries, and now, a full time sushi restaurant, JR Sushi2. This new restaurant even serves bubble tea, which is always a plus!

Located right off the corner of Chambers Street and West Broadway, next to Jamba Juice, JR Sushi2 is nothing too peculiar or gimmicky. Recently opened, this quaint Manhattan sushi nook features the standards. There are appetizers ranging from Shumai (\$4.00), which are shrimp and vegetable dumplings, to Tataki (\$6.95), a dish containing seared raw fish, hot grated radish and a citrusy soy sauce called Ponzu. One can buy a regular house salad, which costs \$2.95, or opt for a Seaweed or Crabmeat Salad (\$4.95).

There is an A La Carte section for sushi and sashimi, with a variety of fish like tuna, fluke and mackerel, costing from \$1.75 to \$2.00. The menu contains the quintessential rolls

and hand rolls. An Eel Avocado roll (\$3.95) has its proper place, as well as other standards like Spicy Tuna (\$3.95) and California Roll (\$3.50). However, the lack of tempura rolls—which are rolls containing fillings fried in a light airy batter—in the regular menu is disappointing.

**"It's a typically priced sushi joint, but I'm upset that it doesn't have lunch specials"**  
—Joanna Gustek, senior

Another disappointment is the lack of student-friendly bargains. "It's a typically priced sushi joint, but I'm upset that it doesn't have lunch specials," senior Joanna Gustek said. However, for those with a little more change than usual in their pockets, JR Sushi2 offers creations like Itali Roll (\$8.95), with fried eel, crab, avocado and caviar topped with a spicy sauce. Those looking to get a tempura fix can find it in more

expensive specials like the Angel Roll (\$10.95), which contains shrimp tempura topped with eel and avocado, or the New York Dream Roll (\$6.95), which has shrimp tempura, avocado and cucumber topped with caviar.

For the Stuyvesant students who try to keep lunches cheap and affordable, this may not be the perfect outing. However, the restaurant has one trick up its sleeve, and that secret weapon is Bubble Tea. For those who are not familiarized with it, bubble tea is a sweetly flavored tea-based beverage containing tiny tapioca balls called "boba," and it has taken Chinatowns all over the country by storm. JR Sushi2 serves countless varieties of bubble tea, and their reviews are not at all shabby. "The bubble tea is actually pretty good," junior Sami Sakizlioglu said. "The prices are acceptable and it rivals more established bubble tea joints like Quickly's."

Bubble with boba/mini boba tea (\$2.95) includes the regular milk tea flavor as well as fruity flavors such as taro, red bean, almond, mango, green tea and Thai iced tea. There are similar flavors for Green Tea Iced Tea (\$2.95) with rainbow boba, as well as Creamy Milkshakes with rainbow jelly (\$3.50), Yogurt Drinks with pop boba (\$3.25) and Yogurt Slush with pop boba (\$3.50). And for those who want a quick caffeine fix, the restaurant serves coffee and coffee cappuccino slushes, as well as Coffee Latte and Coffee Mocha, all for \$3.25.



JR SUSHI<sup>2</sup>, West Broadway between Warren St and Chambers St.

Heidi Tan / The Spectator

With a convenient location, this restaurant is a win for Stuyvesant students who have long awaited the arrival of good sushi and bubble tea in the neighborhood. A charming walk-in eatery with a comfortable ambience, JR Sushi2 is the perfect place for Stuyvesant's bubble tea and sushi lovers.

## Humor

### Library Book Checked Out

By SAM FURNIVAL  
and CHESTER DUBOV

In an innovative new use of the sixth floor Dr. Robert Ira Lewy Multimedia Center—archaically referred to by some as the “library”—sophomore Joshua Rhee removed a book from the musky stacks of shelves and brought it home in a process administrators deemed “checking out.”

**“It was weird asking them for anything other than to print my [plagiarized] Spanish homework.”**  
—Joshua Rhee, sophomore

According to a (factually accurate) analysis by The Spectator of budgets from 2006 through 2011 obtained from the Department of Education, Stuyvesant reports spending \$20,000 per year on “Library Books.”

Security cameras confirm that the book, a translation of Homer’s epic poem The Odyssey required for Rhee’s Classical Literature course (E3CL), was removed at approximately 10:19 a.m. on Tuesday, October 4.

“I only did it because I left my copy at home, and we need to have it in class. I swear,” Rhee said. “Trust me, I would only do this [type of thing] as a desperate last resort.”

According to Rhee, the act of removing the book was “scarring.”

“I was immediately engulfed in a cloud of dust when I pried it off the shelf,” Rhee said. “But that was nothing compared to the scorn I got from my friends at the [sophomore] bar when they heard I was reading [books].”

Rhee was about to exit the library with his book, when the alarm went off and he was forced to open his bag for the librarian on duty.

“At first, I thought the alarm was just fizzing like it always does,” Rhee said. “But then I realized I actually had to go to the desk next to the printer. It was weird asking them for anything other than to print my [plagiarized] Spanish homework.”

Student library monitors were initially unsure how to handle Rhee’s request to bring the book with him to his upcoming class. “I wasn’t sure what he was asking, but one of the librarians remembered how we helped a kid with this last year,” monitor Lois Huang said. “Whatever happened to that copy of Fire: A User’s Guide?”

Students who witnessed the checkout responded to the process with surprise. “I guess there’s more to the library than loitering,” said junior Erick Wong hardly looking up from his Ninentendo DS videogame device. “When I’m waiting for a computer, I’m generally just loud and eating.”

“Reading is such a solitary activity,” said reprehensible freshman Paul Ma. “I’m happy more people don’t do it, or I would never have met my friends while hanging out in the library.”

Librarians were pleased with the removal of the book. “We’re supposed to be a multimedia center, but with all the computers broken our only medium of expression was desktop graffiti,” said a librarian who wished to remain anonymous. “At this rate, one of the kids listening to their iPods could pick up a magazine to hide it behind!”

### Freshmen Over-Adjusting to High School

By CHARLIE GINGOLD

Since arriving at Stuyvesant High School from the Mark Twain Intermediate School for the Gifted and Talented, freshman Michael Sheridan has made every effort to make his transition to high school as “smooth as a sine curve.”

**“Running up the escalators is a real time-saver. Sometimes I’m just too good at being punctual.”**  
—Michael Sheridan, freshman

Sheridan has most recently been seen walking into your seventh period class, awkwardly standing in the front of the room for five seconds, then quickly running out while mumbling something about the day’s bell schedule.

“Running up the escalators is a real time-saver. Sometimes I’m just too good at being punctual,” he said. This also explains Sheridan’s tendency to return from lunch exactly at the time the lady tells him to.

“I run to McDonald’s so I can be first in line to order. Then I run back and eat by the doors of the school,” Sheridan said. “I’m not risking getting my lunch voided.”

In addition, as soon as he received his official student planner at Camp Stuy, Sheridan memorized every skill for success and set his goals in the grade logs. He tries to use the vocabulary word of the week as often as possible, and does the activity in the “character corner” every Monday, so he has the rest of the week to reflect on it. One of Sheridan’s classmates, Clair Linn said, “I understand that [Sheridan] is working on his courage this month, but I don’t think that calling out in global class to tell the teacher that she is too ‘loquacious’ is a good idea.”

Though a little confused during the first week of school, Sheridan has gotten the hang of things and is now on time to homeroom everyday. “I have the worst Big Sibs ever,” he said. “They hardly ever show up. But it’s okay because my homeroom teacher always gives us a ten-minute BC Calculus lesson, except for every other Tuesday when we get to just talk to each other.”

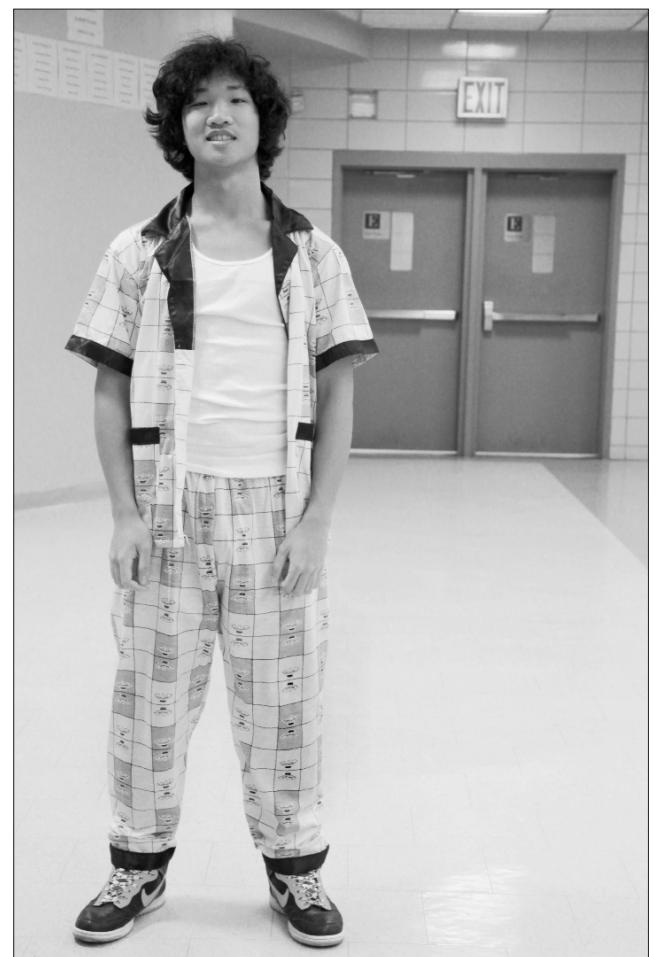
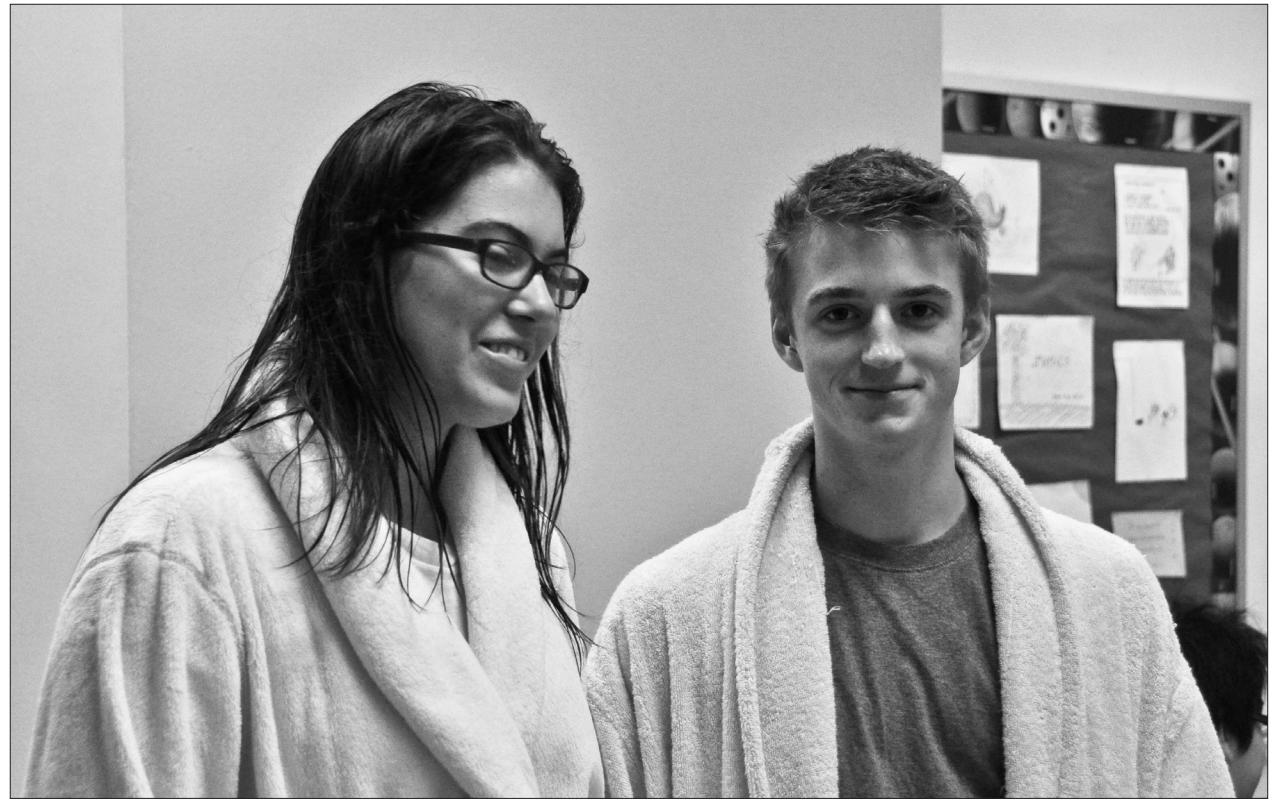
Time management is necessary to cope with the heavy workload of high school. Sheridan insisted on attending the freshman workshop on time management four times. “Now I can get all my work done in a timely manner, and even get ahead on future work. I just filled out my senior quote form today!” he said.

Sheridan also takes full advantage of his “convenient” tenth floor locker, using it between every class. “It’s just so much easier to roll my backpack through the halls with only one notebook in it. It’s physics,” he said.

Sheridan credits his Big Sib Harris Dupre for his good study habits. “You wouldn’t believe what this little [Sib] will fall for,” Dupre said.

Sheridan is the model Stuyvesant student. If we had more kids like him, I would be able to speak in my normal tone of voice,” said Principal Stanley Teitel in what appeared to be a falsetto.

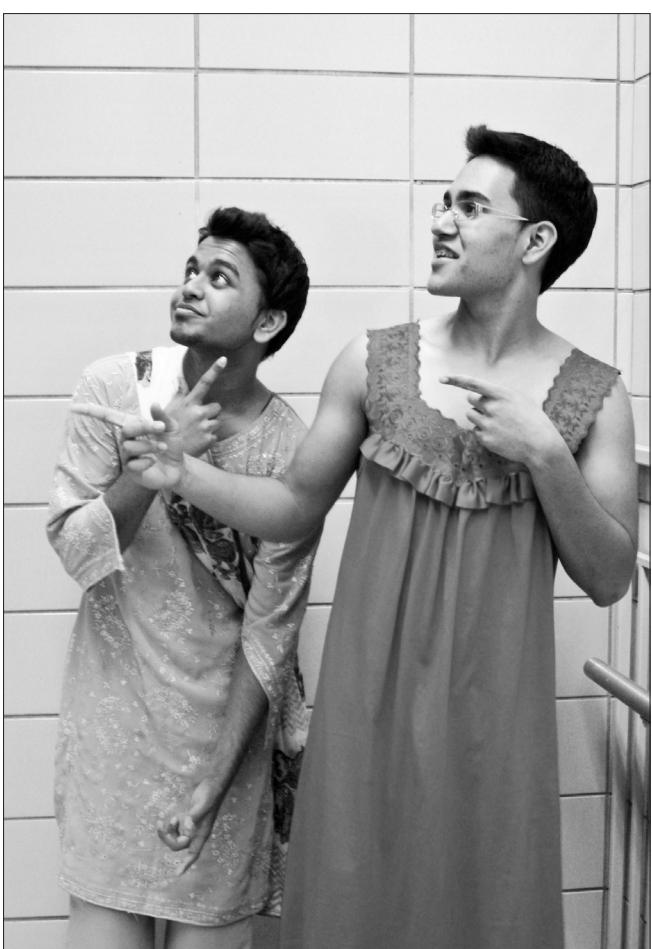
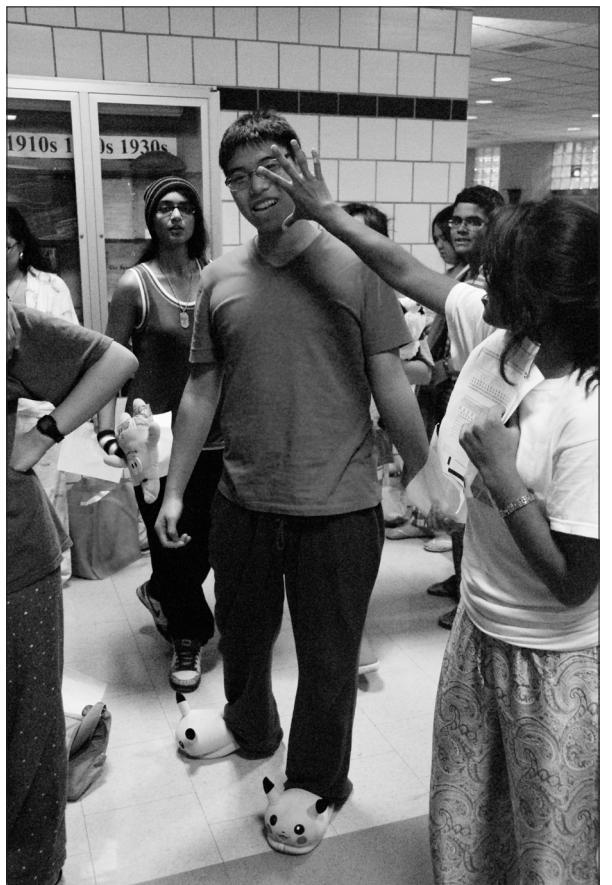
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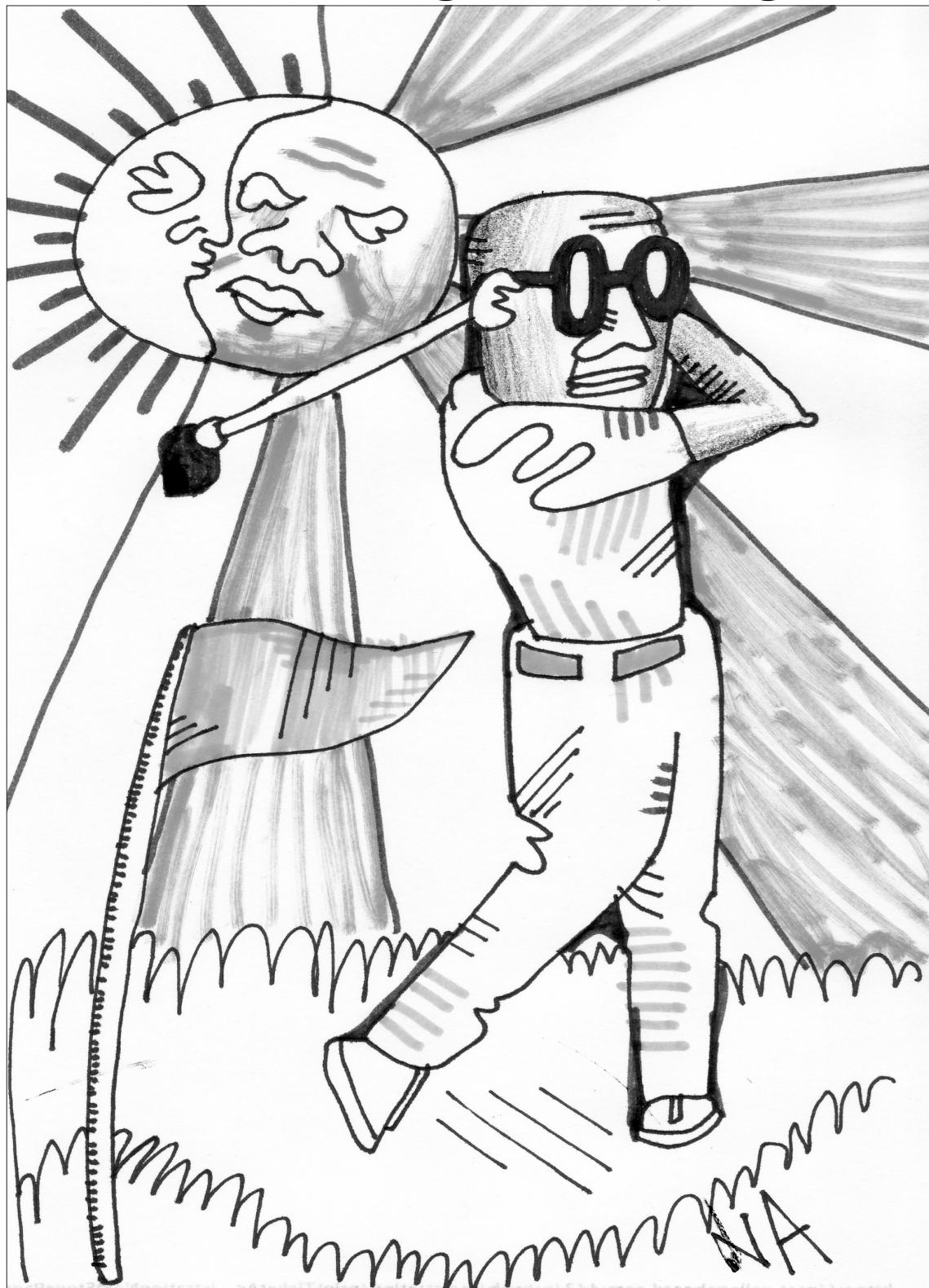
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# Sports

## Girls' Golf

### Birdies Set Sights to Fly High



By NICK HEIM

The Birdies is not your average high school team. Established in the 2008-2009 season, Stuyvesant's girls' varsity golf team is the newest Public School Athletic League (PSAL) sport in the school, and with only six players, none of whom are seniors, it is also the smallest. However, that's not why the team is so noteworthy. Rather, in only their third season, the Birdies are already prepared to compete for a city championship.

The team has only gotten better since their start in 2008, in which they finished the season with a 6-2 record. Last year, the Birdies tied for first in the division with Bronx Science High School with a 7-1 record. After making the playoffs and reaching the second round both seasons, Coach and English teacher Emilio Nieves thinks the team is ready to move forward. "We aren't predicting anything, but we are definitely ready, on paper and based on experience and skill, to have a very successful season," he said.

Not only has the team played and won their first two matches easily, shutting out both John F. Kennedy and East Harlem Pride 5-0, but the Birdies' preseason match yielded especially good results. Stuyvesant won a "trumatch" on Staten Island, beating Tottenville, the 2008-2009 champions, and McKee Staten Island Tech, past years' number one seed in the playoffs. It was a

significant victory for the team. "If they didn't have confidence before the season began, they definitely do after going to Staten Island," said Nieves.

**"We all get along great, and spending time with each other on the golf course is probably what we love the most."**  
—Melissa Watt, junior

The team has been working hard, with practices throughout the summer at courses and driving ranges across the city. "I can see many differences between the previous years' teams, and this year's team," said third year junior captain Sarah Soo Hoo. "All of us are more dedicated and serious about golf."

From a quick glance at their roster, it would appear that the Birdies are inexperienced, with-

out a single senior on the team. However, looks can be deceiving. Every single player was on the team last year and three of the juniors—Melissa Watt, Soo Hoo and Jessica Plotnikov—have all been on the varsity team since they were freshman. "Experience is definitely the key to reaching our potential," said Nieves.

Lack of support on the team is an equally nonexistent issue. "We help each other out," said second year player, and the only sophomore on the team, Rosen Jeong. "If we are playing and see one of our team members doing something wrong, we will help them in correcting it."

Third year player Watt echoed the same sentiment. "Even if we are playing badly, we always tend to lift each others' spirits," she said.

Unity is essential to the team. "We are generally very close," said Jeong. "Like our own little family."

The Birdies has high hopes for the season. "This year, we're expecting a lot of ourselves. We have all improved, and we would love to win the championship," said Watt. "The goal is definitely within reach."

Even though the stakes are high and the team has their sights set on a PSAL championship, they continue to make having fun on the golf course a priority. "We all get along great," Watt said. "Spending time with each other on the golf course is probably what we love the most."

## Boys' Fencing

### Untouchables Look to Win Fourth Straight Championship

continued from page 16

maining in school past 6:00 p.m. "We now practice Monday to Friday until 6:00 p.m. In previous years, we've held practice until 6:30, or even 7:00, especially during the playoffs," Winston said.

Due to this time constraint, the team will be unable to return to Stuyvesant to put its equipment back after away matches. The school will be fined if this rule is broken.

"Each fencer will have to bring something home in order to overcome this. It's annoying, but we'll manage," Mendelsohn said.

The loss of Armstrong and Blitzer is another challenge the team has had to overcome, but Winston believes that the Untouchables will still be very com-

petitive. "Yes, we lost key players, but it's all relative to other teams. We lost people, but a lot of other teams did too," he said.

Tapai, Mendelsohn and Winston all mentioned freshmen Josef Omar and Philip Shin (foiliests) as new players who they expect to make an impact. Shin and Omar are two newcomers who have prior fencing experience, but Winston said, "[Nevertheless], we accept about 5 fencers every year without experience, which is approximately 20 percent of the team."

The Untouchables still have big goals for the season. "We're hoping to win our fourth consecutive City Championship," Mendelsohn said. "We'd also like for all of the seniors to have perfect records. There are no individual goals, though. We win and lose as a team."

## If You Are What You Eat

continued from page 16

League's "General Nutrition Guidelines for the Professional Athlete," as a professional athlete "you'll maximize your energy levels by eating a well-balanced diet. It is important to get in the habit of eating every 3 hours to maintain a high level of energy, improve recovery, and maximize performance goals."

This is not to say every athlete needs to be as strict as Indianapolis Colts defensive end Dwight Freeney is. According to a Sports Illustrated article on the Pro-Bowl pass rusher, his unorthodox diet from hell "makes supermodels look indulgent." Freeney keeps a binder in his kitchen that details what he can and cannot eat: pork instead of chicken, tomatoes rather than lettuce, red grapes over white ones, Fuji apples instead of Granny Smiths.

Still, though many professional athletes are considered role models, their diets are far from exemplary. Take the wide receiver for the Cincinnati Bengals, Chad Ochocinco, for example. The star player has publicly professed his love for McDonald's. Despite describing himself as having "what some would call the worst diet in the world," Ochocinco sees little reason to change his ways. "Eat what you want to eat, and work out the way you're supposed to, and it's not going to bother you," he said on HBO's Hard Knocks.

Similarly, NBA Finals Champion, and Los Angeles forward, Lamar Odom has an obsession with candy. He even goes as far as to attribute his in-game success to his addiction to sweets. "The games I played well were the games where I ate candy for breakfast," he said after last season's NBA Western Conference Finals.

Instead, many athletes, both amateur and professional, find their own balance of what works out best for them. Senior and co-captain of the boys' cross country team, Andy Chen, has created his own regimen. "The night before a race, I eat a lot of [carbohydrates] and some protein," he said. "Then the morning of [the race], I eat more carbohydrates and a banana."

Then about 30 minutes before the race I have an energy bar."

It is this kind of attention to diet that allows Chen to be fully energized at his meets and succeed at the level that he does. He has become integral to the track team.

Senior Audrey Fleischner, a member of the girls' basketball and softball team, also keeps an eye on her pre-game meals. "I bring bananas to every game and sometimes share them with teammates. They just keep your energy high," she said. "If you start cramping or getting a headache, a banana will help with that."

However, many Stuyvesant athletes stated that they do not watch what they eat on game days. "I have to eat a bowl of Rice Krispies every morning before I play, and usually I have to eat chicken McNuggets half an hour before my games," quipped senior and co-captain of the boys' soccer team, Arik Raviv. Raviv added that he has no consistent pre-game meal.

**"The night before a race I eat a lot of carbs and some protein."**

—Andy Chen, senior

While an athlete may choose to follow the Freeney diet, the Ochocinco diet or any diet in between, staying healthy and fit is a personal choice. Eating well can only enhance a player's abilities and increase his energy levels, yet cannot replace hard work, dedication and practice. Though Odom and Ochocinco indulge in unbalanced and unhealthy diets, they remain top players in their respective sports because of their dedication.

# THE SPECTATOR SPORTS

## Boys' Fencing

### Untouchables Look to Win Fourth Straight Championship



The fencing team practices in the third floor gym.

By OLIVIA CHU

The Stuyvesant boys' varsity fencing team, the Untouchables, is fresh off a 10-2 regular season record and a third-straight City Championship. Yet, despite these recent successes, the team is currently in the process of rebuilding, since it has lost senior captains Ian Armstrong ('10) and Max Blitzer ('10). The new season, however, has brought more than just roster changes. It has brought new rules, updated regulations and one key subtraction

from Stuy's division.

Last season's only losses were to long-time divisional rival Hunter College High School. At the conclusion of last season, however, the Public Schools Athletic League (PSAL) opted to move Hunter out of the division and into Division III Bronx/Manhattan.

"We have a weaker division now. There are no incredible rivalries anymore," coach and Digital Photography teacher Joel Winston said of the move. "I think it will be an interesting

year, because we will have to wait until the playoffs to get major competition."

The consequence of this change is that the Untouchables, for the most part, will not be truly challenged throughout the regular season. "It's good in a way, since we will be under less stress and will finish with a better record," senior and co-captain Andrei Tapai said. "On the other hand, we won't be as ready for the playoffs."

With a considerably easier schedule, the Untouchables will be able to focus on another major change in PSAL fencing. There are three types of weapons used in fencing: épée, foil and sabre. The league has added épée to the repertoire, which previously included only foil. The addition of épée pushed Winston to divide the team into two groups: one épée and one foil.

"This does complicate things for us a bit," senior and co-captain Daniel Mendelsohn said.

Another hindrance for the Untouchables is the Department of Education's new regulation, which forbids anyone from

*continued on page 15*

## If You Are What You Eat



By JORDAN FRANK

Hall of Fame third baseman and former New York Yankee Wade Boggs was one of the best hitters of all-time. He is known for his ability to draw walks and get clutch hits like no other. Still, despite his accomplishments as a player, he was best recognized for his affinity for chicken. He insisted upon eating a whole bird before every game. To put that in perspective, Boggs played

2,478 games in his 18-year career. When you include minor league games and preseason games, he likely consumed over 3,000 chickens in his career.

Though Boggs' pre-game menu may sound strange, the effect an athlete's diet can have on his performance, whether it is physical or psychological, cannot be overlooked. According to the National Basketball

*continued on page 15*

## Decision 2010



By CHARLIE GINGOLD

For the past three years, I have dedicated all three seasons of school sports to the Stuyvesant baseball team—which I love. I have put in a lot of hard work into having the chance to play competitive baseball. Last year, in my first season on the varsity team, I barely played and I do not see why this year will be any different. I have struggled with the decision of whether it is worth giving up my entire senior year just to cheer on my best friends, while still putting in hard work at practice.

Although baseball is a spring sport, the team recently held their tryouts for this year's roster. The team is set five months before the season officially starts.

At the first couple of tryouts, it was hard not to think about my depressing situation on the team. Last year I did not get a single at-bat in a league game. I recorded a whopping one inning played in the field. However, even more impressive were my two runs scored as a pinch runner. This year, all the infield positions are filled by established starters, except for first base, a position that I do not physically fit in.

So how can I contribute to the team? Does the team need me? Do I need the team? These are the questions that keep me

up at night.

There are two clear options here. Either I quit the baseball team or stay on and ride the bench to the playoffs again. This is not a new predicament for Hitmen in the beginning of their senior year. In the past, many players have decided to leave the team for their senior season, with countless others making the decision to stay on the team.

I am sure this is also the case for every other varsity team at Stuyvesant. With college applications and SATs overwhelming me, on top of my already heavy course load, I do not know if I will be able to survive at least three days of practice every week until late May, while still trying to enjoy my senior year.

I do not blame anyone but myself for my lack of playing time. It is just the reality that I must face for not being as good at baseball as my teammates. My teammates have worked very hard and earned their starting positions and significant playing roles. At this point, I would have to devote even more time in my already packed schedule to significantly improve my baseball skills.

I must decide if I want to remain complacent with my very limited playing time, or pursue other extracurricular activities that I may enjoy more than baseball. I have already received mixed advice on what to do, but I am still conflicted. After I hit well in practice, I feel great and could never picture myself leaving. But when I strike out in a game, I question my place on the team and feel as if it may not be for me this year.

It is disheartening because I consider myself to be one of the most positive members. I love baseball, but at the same time I am miserable. My passion has become my problem and there seems to be no easy solution.

## Girls' Swimming

### "Happy Penguins" Off to a Good Start



The girl's swim team practices in the pool every day.

By MAHTAB ALAM

In all sports, consistency is one of the most difficult goals to achieve. Winning game after game for extended periods of time is not an easy feat. The Penguins, Stuyvesant's girls' swimming team, however, is certainly a model of consistency.

Going into this season, the Penguins have amassed a regular season record of 25-1 over the last four seasons. Furthermore, they've made it to the PSAL City Championships every year for the last three years, and they won the last two.

The girls credit Kristin Sabala—who is now going into her third year as the Penguins' head coach—as the main impetus behind their success. "Our coach has been drilling us day after day, night after night," senior and co-captain Ashley Qian said.

A coach alone, however, does not lead to the kind of results the Penguins have had. "We have a lot of really good swimmers, we have a lot of dedication, we practice five days a week, we work really hard together and we're

really motivated to win," senior Vicki Chen said.

As successful as they've been, the Penguins remember to err on the side of caution. They know that none of their victories will simply be handed to them. "There's always doubt," Qian said. "It's better to be a little bit doubtful and not slack off than totally slack off and lose."

Balancing hard work and fun is a top priority for the Penguins. Though they practice and drill every afternoon, they try to keep a jovial environment. "When it's time to work hard, they [the team] definitely work hard, but if it's something a little more fun that we're working on, like starts or turns, they definitely can be loud and laughing with each other," Sabala said. They feel that they are a very close-knit group, in part because of the many team-bonding events they participate in, which include sleepovers, luncheons and alumni visits.

The Penguins are not the same team they were last year. This, however, is not enough to shake their confidence. Though seven seniors graduated, the cur-

rent members of the team still feel that there is enough depth on the team to go far in the playoffs. "Even though we lost a lot of seniors, the rest of our team is still really strong," senior and co-captain Francine Foo said.

Furthermore, this year, the Penguins do not have any star swimmers. Instead, they have a core group of girls with similar talents, making for, arguably, an even stronger team. "I think it's different than last year," Sabala said. "Last year there were a few more girls that stood out. But this year, I think it's more they're all not at the same level, but they push each other each day."

On Thursday, September 30, the Penguins opened the season against Bronx High School of Science. "Bronx Science is always exciting, and it's our first meet this year," Sabala said. The Penguins continued their dominance against their Bronx rivals, defeating the Wolverines 57-37. Qian placed first in the 200 yard individual medley by a comfortable margin of 10 seconds, and senior Lauren Ng placed first in the 50 yard freestyle event.

Being a part of the Penguins has been a rewarding experience for many of the girls. For the seniors, it is certainly a bittersweet season. "I feel like the team has been a really big part of my life at Stuyvesant, because within our season we spend so much time together, and some of the people on the team have really become my closest friends in school," Chen said.

The camaraderie on the girls' swimming team is unlike that of many of Stuyvesant's other athletic teams. This may be one of the keys to the team's prolonged success. "It's just a whole bunch of, literally, happy Penguins," Qian said.