



Breaking ground

Construction to begin this summer

by Julia Losner
Staff Writer

Work will begin this summer after the district's \$49.9 million bond proposal passed last month.

The money received will fund numerous renovation projects throughout Calhoun and the rest of the schools in the district. The projects at Calhoun include the installation of a synthetic turf field, an upgrade to the heating and air conditioning systems, the renovation of restroom facilities, and an improved security system.

One of the first updates to take place will be to the school's security system. To ensure a safer Calhoun, the cameras around the building's exterior will be updated. There will also be new technologies such as swipe cards for teachers to use on certain doors and buzzer systems in the front and rear of the building.

"The times call for an upgrade in safety and security," said Principal David Seinfeld. "The state, for obvious reasons, is prioritizing on their list safety construction request, primarily because of what's happening in schools, Newtown being the first name that jumps into our heads."

Many of the renovations will be installed during the upcoming summer before the 2014-2015 school year. These renovations are non-mechanical, meaning that no plumbing or electrical work will be involved.

The installation of a synthetic turf athletic field is one of the renovations that is bringing plenty of excitement. Not only will it be an

improvement for the sports seasons, but it will be easier to maintain than a regular grass field. This will save the district a lot of money in the future, as it doesn't need to be watered or cut, making it a win-win for both students and administration.

Other projects that will begin this summer include roofing, ceilings, exterior ADA work (Americans with Disabilities Act), parking lots, gym floors, and masonry.

Another exciting new change to the school is the complete re-vamping of all bathroom facilities. Every aspect of the 56-year-old bathrooms will be modernized and redesigned, with replacements including tiles, fixtures, and plumbing. This project will most likely start during the next school year, and will continue through the summer of 2015.

Students, teachers, and administrators alike will be happy to

know that plans are being made for the installation of an improved heating and air conditioning system, which will be installed in all classrooms. This will allow more efficient and effective means to provide the school with heat in the winter and cool air in the fall and spring months. These changes will begin in 2015.

Freshman Rebecca Unz was happy to learn about the renovation
(see GROUND on page 3)

Leading the way



(photo courtesy of Brian Joyce)

Mr. Joyce and his Leadership class visited Winthrop-University Hospital and donated over 500 toys to kids in the Children's Pediatric Wing after the holidays.

Chess team goes undefeated

page 3



Jesse Ruben



Best band you never heard of

page 7

Boys' basketball makes playoffs

page 16



Follow the Leader

by Dana Reilly
Managing Editor

The Leadership class has gone above and beyond this year. As per usual, the class has organized a fundraiser and achieved some pretty great things.

Taught by Mr. Brian Joyce, the class is designed to act on their own and really step up to the plate, teaching the kids the importance of fundraising and of course, leadership.

The first task the class had to complete was fundraising for the school's annual Challenge Day. Mr. Joyce gives the class free reign on all fundraising projects. He does this so the kids can run the class and learn the rights and wrongs in leadership and fundraising.

In terms of their first efforts trying to come up with the project idea, senior Michael Tommer, a student in the class, said, "It was a pretty big failure."

However, it taught them to take the next task much more seriously.

After that comes the next fundraising project. Compared to this one, Challenge Day's fundraising is like a warm up. This is what makes or breaks the experience of the students in the half-year long class.

When Mr. Joyce introduces this project to the class, he gives them complete control. The students have to report back to make sure everything is appropriate and well-thought out, but overall, everything lays in the classes hands.

This year the class decided to collect toys for sick children and then deliver them in person to Winthrop-University Hospital.

Senior Jen Chen, said, "It's a cause everyone cares for. It was an

easy decision for us."

After the class decided where they would help out, they had to go to Ms. Nicole Hollings, assistant principal, for approval. It was at that point that the class was informed of a toy drive that Senator Charles Fuschillo was currently running.

"Ms. Hollings was telling us that the toy drive was pretty unsuccessful so far. They needed more advertising so we decided to team up with them," Tommer said.

A classmate, junior Dominique Noto, added, "It really all fell into place. It was great."

The collected toys were donated to the Children's Pediatric Wing at Winthrop.

After receiving approval, the class had to decide how their fundraiser would be successful.

"It all came down to us. We wanted to do well for the kids and the senator, we didn't want it to be another bust," said Tommer.

John Grenham, a senior, was instrumental in the advertisement for the project. He is talented in making videos and using special effects and the class utilized that.

"We made presentations to Social Studies classes for a full week," said Tommer. Fortunately, many teachers even offered extra credit to those students who brought in toys.

In the end, over 500 toys were collected, making the endeavor a complete success. The class did not stop there, however. They also delivered the toys to the hospital and had a photo-op with Senator Fuschillo commending their great actions.

The class took a vote and elected its most active members to visit the hospital. There, the students



(photos courtesy of Brian Joyce)

Senior Marilyn O'Connor helps a child with arts and crafts.

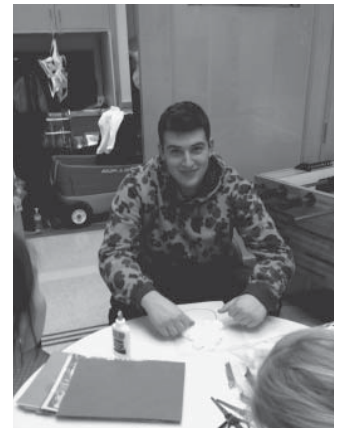
had the opportunity to meet with many of the children in the hospital and make some arts and crafts with the kids.

"They went over Christmas break; it was amazing," Mr. Joyce said.

"It was nice to see the kids so happy," said senior Melissa Schneider.

The hospital was where Tommer had his best experience of the whole project.

"Seeing the kids choose from the mountain of toys was just...it was amazing. It's like we helped them forget they were at the hospital," he said.



Senior Sam Schuster



The Leadership class collected and donated over 500 toys during the holidays.



Students helped children at the Winthrop Children's Pediatric Wing.

All the right moves

by Jeremy Frank
Staff Writer

There's a new, unbeatable team at Calhoun: the chess team.

The chess team is a competitive group of players that compete in multiple matches with other schools. The team is ranked in order and plays the same ranked player from each school on their schedule, either at home or away.

The team this year was made up of Simon Popkin. Philip Popkin, Josh Aberman, Dylan Jainchill, Justin Drexler, Joe Begkanskas, and Mark Rayev. The team's adviser is English teacher Mrs. Dawn Boland.

Going undefeated all season, the group saw that streak come to an end in the playoffs. Calhoun hosted both the semi-finals and

the finals against Friends Academy, Chaminade, and Great Neck North. Chaminade won the tournament, and Calhoun took fourth place overall.

Throughout the school year, the chess team would constantly practice, and plan strategies on Mondays in the back of the library.

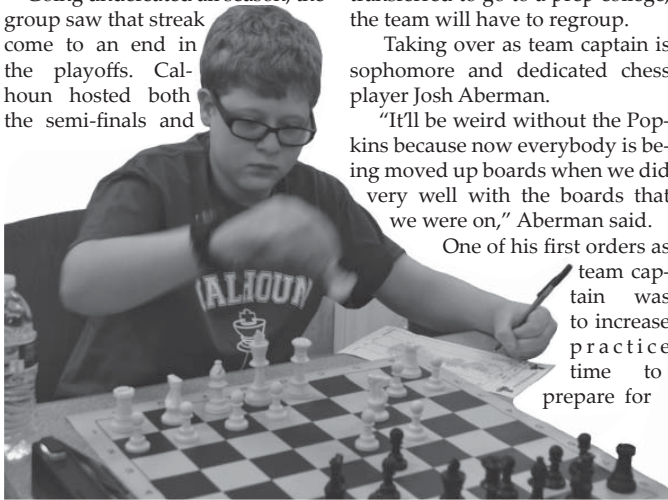
The founders of the team and former captains were the twin brothers Simon and Philip Popkin. The Popkin twins themselves are both nationally ranked chess players. They are both ranked in the top 100 of their age group and were the best players on the team, playing the No. 1 and No. 2 board in each match. Now that they have transferred to go to a prep college, the team will have to regroup.

Taking over as team captain is sophomore and dedicated chess player Josh Aberman.

"It'll be weird without the Popkins because now everybody is being moved up boards when we did very well with the boards that we were on," Aberman said.

One of his first orders as

team captain was to increase practice time to prepare for



(photos by Katie Hecker)

The chess team went undefeated in the regular season.

next season. The team recently held tryouts to fill the empty spots on the roster and see if any other students would be interested in playing chess. The Popkins are

very confident in Josh's leadership and chess playing saying "Josh is extremely dedicated to the team; he is a strong player in his own right."

Breaking ground

(continued from page 1)

tions to the heating system.

"I'm really happy that they're fixing the heat. The last time it was broken down in the music rooms, it was so cold that none of us could even go in there and practice. That was really disappointing because it's one of my favorite classes of the day."

The science labs are definitely on the list to receive makeovers. The modernization of the labs is intended to be started during the summer of 2015. This is exciting, with Mr. Seinfeld adding, "I think the science labs are going to be a great addition."

However, these additions are not meant to undermine the teachers who make do with what the school has had for all these years. "I have confidence in my science teachers. They're teaching good lessons," Mr. Seinfeld said.

Rochelle Battersby, the science

chairperson, commented, "What we're going to do is look at how the room is used, and we'll help to design a room that's perfect for that science."

Since some of the labs have recently been redone, the lab renovation will not be as extensive.

These renovations reach beyond the regular classrooms. Both the Calhoun Café and the Resource Room will also receive renovations. Both rooms are old shop rooms and are in great need of renovation. Dating back many years, classes like auto repair and carpentry were held in many of the B-wing rooms.

The Resource Room will be reconstructed to meet fire safety guidelines. The district will also add technologies such as SMART Boards to improve the learning experience.

The Calhoun Café will be upgraded with an improved kitchen

and renovated flooring.

The improvements extend beyond the interior. Worn-out curbs will be revived, and holes and cracks in sidewalks will be repaired, allowing everyone to walk around the campus' exterior with safety and ease.

The hope is that the renovations will take place swiftly. Most of the renovations will take place over the next two years, and all of them will be completed over the next four years.

By the time students in this year's freshman class graduate Calhoun, numerous changes will have been made to the school.

The goal of these renovations is to provide a better environment for faculty and students.

"Teaching and learning is what we do, but it's nice to be in a place where you're treated well," said Mr. Seinfeld. "When you're treated well, you're more likely to be suc-

cessful."

While many are concerned that the new systems will be costly, there is no need to worry.

"When you add in the efficiency factor, I don't think that the difference [in electrical costs] will be very significant," Mr. Seinfeld said.

There is a possibility that a gas line will be brought to the building, which may allow the school to choose whether to use gas or oil, depending on which is the least expensive.

Teachers are hoping that these renovations will positively affect them and their classrooms. English teacher Tanya Cestaro hopes that the classrooms will not be ignored.

"I'd really love to see renovations done in classrooms, such as ceilings being fixed, white boards being put in that actually erase, and bulletin boards. Just regular upkeep," she said.

Capuzzo named best in the state

by Dana Reilly
Managing Editor

Senior Kayla Capuzzo was recently awarded the 2013-14 Gatorade New York Girls' Soccer Player of the Year.

Each year, Gatorade recognizes only one player in each of the 50 states for the sport.

Capuzzo, who will be playing Division I soccer at Northeastern University next year, sat down with Hoofbeats for an interview.

Hoofbeats: What does it mean to earn the Gatorade New York State Soccer Player of the Year award?

Capuzzo: It means everything to me. It's an honor to be selected as the best player in New York.

Hoofbeats: When did you start playing soccer?

Capuzzo: I started playing soccer when I was 4 years old. I started on an East Meadow team and was on a U10 travel team at the age of 8.

Hoofbeats: Was there a moment that made you realize you wanted to play this sport for a long time?

Capuzzo: I loved it from the beginning, and it became a part of my life. My older brother used to play, and I wanted to take after him. I grew up with a ball by my side all the time.

Hoofbeats: What do you see for the future?

Capuzzo: I hope to be successful and make an impact on any team



(photo by Rebecca Spina)

Kayla Capuzzo won the honorable Gatorade New York State Soccer Player of the Year award.

that I play on. I also hope to be called back to play with the national team in the future.

Hoofbeats: Do you consider yourself a role model for girls who play soccer in Calhoun?

Capuzzo: I don't like to call myself a role model, but I hope that others look at my accomplishments and see that hard work and dedication pays off in the end.

Hoofbeats: What are your thoughts on leaving Calhoun?

Capuzzo: It's a bittersweet feeling.

I'm looking forward to the new challenges of being a Division I college athlete, but also I'm going to miss walking through the halls of Calhoun with so many amazing people surrounding me.

Hoofbeats: What will you be majoring in?

Capuzzo: General studies the first year, and, hopefully, physical therapy after that.

Hoofbeats: What does it mean to you to have all this success?

Capuzzo: I feel grateful for all the

opportunities I've had, and fortunate for all the recognition I've received.

Hoofbeats: Who helped you come all this way?

Capuzzo: I have a great support system. If it wasn't for the people supporting me and pushing me to my limits, I wouldn't be as successful as I am today. The people supporting me give me confidence in myself, telling me that anything I set my mind to is possible. I'm lucky and thankful to have so many amazing people helping me and pushing me to be the best athlete and person that I could be.

Hoofbeats: What do you credit for your success?

Capuzzo: A lot of time, hard work, dedication, and sacrifice from myself and my parents. If it wasn't for them I wouldn't have achieved the success that I have. I'm glad I had coaches who had the vision and drive to see my potential and create the player I am today. Also, having an older brother challenged me in many ways, making everything we did a competition. My commitment to soccer had me miss many school events, birthday parties, and family outings, but in the end it all paid off.

Hoofbeats: What is your greatest achievement?

Capuzzo: I am on the roster for the upcoming U.S. soccer under-18 Women's National Team and Tens Nation Tournament in La Manga, Spain. Only 18 girls were selected from the US to compete in this tournament.



(photo by Rebecca Spina)

Capuzzo will be playing soccer next year at Northeastern University after finishing her Calhoun career.

Broadway goes to the kids

by Julia Losner
Staff Writer

All theatre lovers should be overjoyed, as February 24 through March 2 is New York City's annual Kids' Night on Broadway.



During this time, anyone from ages 6 to 18 can see select Broadway shows for free, provided that they go with a fully-paid adult, or, if two students want to go together, they both can see a Broadway show for half price.

Among over the 15 participating shows are *Wicked*, Rogers and Hammerstein's *Cinderella*, *The Lion King*, *Mama Mia!*, *Once*, *The Phantom of the Opera* and *Rock of Ages*.

Since 1996, the Broadway League has put together this program with the goal of exposing the younger population to the magic of theatre. It seems to be working, as the event is largely attended each year, with thousands of tickets sold.

The Broadway League is an organization that works to support the theatres of Broadway. Founded in 1930, it supports its members by putting together a variety of programs with the goal of inspiring people about Broadway.

To make the occasion all the more special, other organizations partner with the Broadway League to provide additional entertainment for young and old alike.

For example, Madame Tussauds is offering a special deal during Kids' Night on Broadway: similar to the rules of buying tickets to a Broadway show during this time, children can gain entrance to the museum for free with the purchase of an adult ticket by presenting their Broadway show ticket at the time of purchase. However, this offer is only valid with children aged 4 to 12.

For those who want to meet

their favorite Broadway star, they may have an opportunity. Broadway performers will be at Schmackary's, a store that specializes in selling cookies, to greet patrons. The store is offering a special promotion during the days of Kids' Night: with the purchase of one cookie, people can get an additional pre-chosen cookie, "The Official Cookie of Kids' Night," for free, and portion of the proceeds will go to a charity of a participating shows' choice. *The New York Times* is also providing free Kids' Night on Broadway activity books for all patrons who visit.

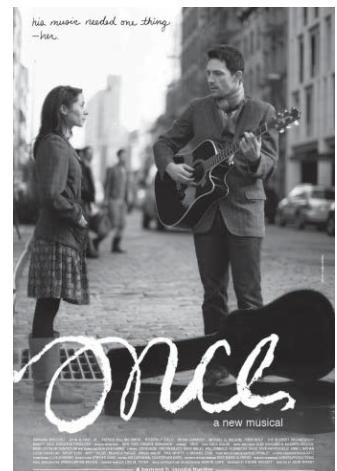
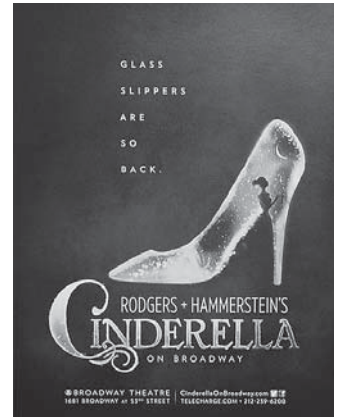
During Kids' Night on Broadway, cast, crew, and creative staff from selective Broadway shows will participate in an online "Kids' Night on Broadway Google+ Hangout Series," where people can learn about the inner workings of a Broadway show. All that's necessary is a Google+ account.

There also some other benefits to participating in Kids' Night on Broadway. For example, at various participating restaurants, entrées are free for those who hold a children's ticket for a Broadway show as long as the adult with them pays for a full-price entrée.

There are over 25 restaurants participating, with many food choices, including Asian fusion establishments, like Nanking, Italian restaurants, such as Casa Nonna, Virgil's Real BBQ, which serves barbecue products, and Café Un Deux Trois, which prepares French cuisine.

In addition, for those who will

be driving to the city, the Broadway League has a special deal with Icon Parking Systems that allows anyone who will be seeing a show on Kids' Night to park at any Icon Parking Garage for a low rate ranging between \$10 and \$15.



Sitting on Pins & Needles



(photo courtesy of Noah Turner)

Calhoun's OnTour Company's recent rendition of *Pins & Needles* was a hit and showcased its many talented actors, like Melissa Bianchi, Elizabeth Earle, Daniel Maldonado, Brenda Alderete, and Will Rosenblum.



The best in reggae music*

by Michael Trageser
Staff Writer

Ever since Bob Marley and the Wailers released their album *Catch a Fire* in 1973, reggae has been one of the world's most popular genres, recognized for its emphasis on offbeat rhythms played by the keyboards and guitars, prominent walking bass lines, and lyrics dealing with social injustice. However, Marley's status as a global icon has overshadowed some of reggae's best artists.

5. Aswad

Formed in 1975 in London by descendants of immigrants from the Caribbean, Aswad made their music unique by adding elements of R&B and soul to the signature sounds of reggae.

Part of the booming British reggae scene, the group released several singles and albums until they achieved success in 1988 with a cover of Tina Turner's "Don't Turn Around," which hit the #1 spot in the UK. Aswad is still on the road and recording to this day, with only drummer and vocalist Angus "Drummie Seb" Gaye remaining from the original lineup.

Key album: *Aswad*

4. Lee "Scratch" Perry

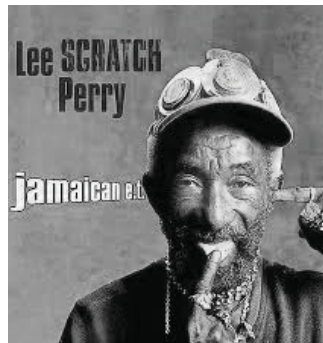
While Perry is more known for being a record producer than an artist, his role in innovating reggae is just as important as any musician. Using innovative studio



Aswad's album cover *Not Satisfied*.

techniques and production values, Perry was behind the controls for several hits by Junior Marvin, The Heptones, and Bob Marley and the Wailers.

Perry pioneered the dub genre, where effects and remixes are used to create new versions of preexisting songs, as well as sampling, which would become commonplace in hip-hop. At age 77, he shows no signs of slowing down and is due to release an album recorded with Daniel Boyle in April



Lee "Scratch" Perry's album *Jamaican E.T.* under the title *Back Under the Controls*.

Key album: *Jamaican E.T.*

3. Bunny Wailer

One of the only two surviving original members of the Wailers, Neville O'Riley Livingston befriended Bob Marley at a young age and rode the initial wave of the group's success from their first hit in 1964's "Simmer Down" until the band made it internationally with 1973's "Catch a Fire" album.

However, Wailer left the band during the tour in support of the album because of a reluctance to leave Jamaica. After his departure, Wailer embarked on a solo career that focused on roots reggae with spiritu-



Wailer's album *Rootsman Skanking*.

ally and politically-focused lyrics. To this day, Wailer is seen as an important figure in reggae history and one of its standard-bearers as he continues to spread his own and Marley's message.

Key album: *Blackheart Man*

2. Jimmy Cliff

It was the combination of the Wailer's *Catch a Fire* album and the release of the film *The Harder They Come* that bought reggae to a higher profile. Part of it was Jimmy



Jimmy Cliff's album *Higher & Higher*.

Cliff's performance in the main role of Ivanhoe Martin, a country boy who attempts to make as a singer but turns to a life of crime to seek revenge on those who ripped him off.

Another key ingredient to the film's success was its soundtrack, which contained several reggae hits, including the powerful title track. Before *The Harder They Come*, Cliff had been a success in Jamaica and England with singles such as

"Wild World" but the film popularized his music throughout the world. In his fifth decade of performing, Cliff remains active and won the 2013 Best Reggae Album Grammy for his album *Rebirth*.

Key album:

*besides

Bob Marley

Higher & Higher

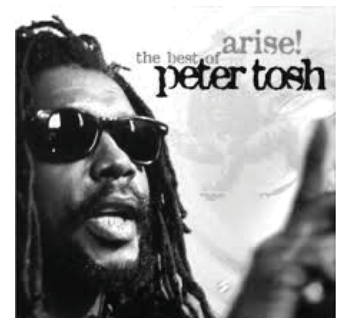
1. Peter Tosh

If there was one artist who could take Bob Marley's throne as reggae king, it would be Peter Tosh. From 1962 through 1973, Tosh was a backing vocalist and guitarist for the Wailers along with Marley and Bunny Wailer.

While Marley was the group's leader, Tosh wrote several songs for the group such as "400 Years" and the classic "Get Up, Stand Up," but left the group following the recording of the album *Burnin'* due to unfair treatment from Island Records president Chris Blackwell, who had refused to put out a solo album from Tosh and gave the group little support or money. Tosh went solo, but despite being on the Rolling Stones' record label, he was unable to have mainstream success due to his militant views on certain subjects.

After a self-imposed exile from music, Tosh was reviving his career, having won a Grammy for his album *No Nuclear War* in 1987 when he died that same year. Today, he is finally getting the recognition he truly deserves, thanks in part to 2012's *Marley* documentary, which shed light on Tosh's contributions to the Wailers.

Key album: *No Nuclear War*



Peter Tosh's greatest hits album *Arise*.

THE BEST BAND YOU NEVER HEARD OF

by Rebecca Spina
Editor-in-Chief



(photos by Rebecca Spina)

It seems these days that every guy on stage with a guitar and a microphone blends in with the next. Despite the fact that Jesse Ruben does have a guitar and a microphone on stage with him, he somehow beats the odds.

"It might be that my songs are sadder," Ruben laughed. "But I think, I'm getting away from writing boy-loves-girl songs and trying to focus on other topics."

One of the major factors that transforms an average Joe with a guitar into an *above-average* Joe with a guitar is the kind of show he puts on. Sure, all of these acts may sound the same on an iPod to an uneducated listener, but put someone like Jesse Ruben on stage, and he's more than just a good looking guy and sad songs. A typical Jesse Ruben set has some fast songs, some slow songs, and all of the feelings – overall, it's a pretty personal night.

"Some people might cry. That's cool too," Ruben said.

But just because he writes sad songs doesn't mean tears aren't flowing from laughter.

In between the somber moments, there's plenty to make the audience smile. Fans can always count on Ruben interrupting himself to make sure he gets the right day of the week or demanding more cheers for how many times he's read the *Harry Potter* series when "I Should Get Out More" rolls around, a playful song written about how he spent his free time at Berklee College.

One time when Ruben played a show at Revolution, in Amityville, he saw a couple sitting in the back of the venue. He was segueing into his love song "Bleecker and 6th" and told the couple he could play it at their wedding, that it could be their song. When he finished, he started hashing out potential wedding plans – "Find me after the

A typical Jesse Ruben set has some fast songs, some slow songs, and all of the feelings.

show, we'll talk prices," he said – and the woman cut him off and said, "We're brother and sister."

"I love interacting with an audience. It's the best way to see if the songs have an impact on people. When you play them live, you can tell right away," he said.

While growing up in Upper Dublin, a suburb right outside of Philadelphia, the singer-songwriter was surrounded by music.

"I started taking piano lessons when I was in first grade, but got sick of it when I was in high school," Ruben said, "My dad is a guitar player, so it was always around, and I was 16 when I started taking lessons."

Influenced by Paul Simon, Jackson Browne, and Ben Folds, Ruben's inspiration for songs could come from anywhere.

"Walking down a street, driving a car, sitting in a restaurant, I just make sure I listen as much as possible," he said.

It's been over a year since his

release, *Thoughts I've Never Had Before, Pt. 2* (an EP he sold telling everyone to enjoy six of the saddest songs he's written), but since then a lot has happened.

He's taken to the road on numerous tours alongside the likes of Caitlin Crosby, Brendan James, Bushwalla, Chris Ayer, and even Rick Springfield.

However, an opportunity much cooler than any tour arose in 2013. An elementary school in Comox Valley, Canada, used his song "We Can" as an anthem for an initiative to inspire the students.

"The teachers asked if I wanted to visit so I did. It became this really beautiful thing and an experience I never could have imagined. It completely surpassed all expectations," he said, "Since then, it has started to develop into a program and curriculum that any school can use. I would love for it to be nationwide. I think it's important that kids grow up believing in themselves."

While he was in Canada, Ruben played four schools packed to maximum capacity with elementary school students, and on his final day, played for 600 people, his largest headlining show to date.

"I had no idea when I wrote that song in my apartment in New York that a small town 4,000 miles away would rally behind it to make a change. You never know when or how songs will impact people."

Not all of his time was spent so wonderfully. For a larger half of last year, Ruben was sick; it wasn't until September that he was diagnosed with Lyme Disease.

"It's been difficult because a lot of the time my brain feels cloudy, so sometimes I have trouble concentrating. My amount of writing has certainly gone down," Ruben said, "It's hard to focus."

Since returning home from his September tour, he's decided to take a hiatus from music, but that doesn't mean nothing is happening on his end.

"I already have most of the songs for the new album. The focus will be how people deal with important events in their lives. I want it to sound fairly stripped down too – just the songs the way they are," he said, "Once I get the Lyme disease thing handled, I'll start planning that stuff."

Like anyone else, it's taken a toll on more than just his music. Ruben is very much involved in the Christopher and Dana Reeve Foundation, the largest non-profit organization focused on spinal cord injury and paralysis, and has represented them three times in the New York City Marathon. Because of his illness though, he wasn't able to run this past year.

"It was very difficult not to run, but it was also an amazing experience being on the sidelines and cheering everyone on," he said.

Regardless of how long fans have to wait for a new release, one thing's for sure is that every song will be laced with Ruben's charm, honesty, and integrity. He'll drop a line like, "We're all the same, we're just love and blood and bones," and you'll be hooked.

jesseruben



WHAT'S FOR DINNER?

by Brittney Lief
Contributing Writer

20 years of the Food Network

Food. Eating food. Cooking food. Watching food? Thanks to the Food Network, watching food has become a cultural phenomenon for the past 20 years.

The Food Network is, as their promos say, "the network that changed the way that we watch TV." In its 20 years of existence, the Food Network has evolved into a shining empire that has dominated not only what we watch on TV, but what we eat, as well.

Since its humble beginnings in 1993, the Food Network is something we all know and talk about. From the *Food Network Magazine* and Food Network cookbook line to the kitchen appliances, video game series, and offshoot network, The Cooking Channel, the Food Network and its stars are everywhere you look.

In 1993, the Food Network launched as an informational cooking and nutrition channel called Television Food Network. Reese Schonfeld, a founder of CNN, first developed the network. The main target for the channel was home makers and the lack of excitement on the network reflected it.

This though, was all until Chef Emeril Lagasse joined the Food Network in 1994. Lagasse and his vibrant personality brought viewers to the network to watch him and his colleagues on air.

Before the viewers knew it, "Bam!" they fell in love with the stars of the channel and, most importantly, the Food Network channel itself. The original stars of the Food Network Mario Batali, Sarah Malton, Bobby Flay, and Tyler

Florence, all helped to make what the network is today. Not to mention they all have special places in Food network lover's hearts.

In a recent Food Network special, Bob Tuschman a Food Network executive said, "These stars led the way to what the network is today."

In 2004, thanks to Brooke Bailey Johnson, the Food Network was able to take its first leap toward to major success in the entertainment world. Johnson's first order of business was breaking up the network into two parts to modernize the network, daytime and primetime.

In the morning and afternoon, cooking shows would take place, while at night, more entertainment, action-packed shows would air. At first, many people at Food Network were hesitant, but once ratings boomed, they knew for sure it was a major success.

In "Food Network's 20th Birthday Special" Bob Tuchman said, "Brooke really brought the network into the 21st century."

Going into the mid-2000s, the Food Network now had more of a diverse audience. This helped to jump the network forward into the cultural success it has today. Men, in particular, started to watch the Food Network. Seeing strong men cooking on screen helped to generate more men in the kitchen.

Robert Irvine, a formal British Navy Seal, helped to push this movement with his shows, "Dinner: Impossible" and "Worst Cooks in America." With a "manly man" like him on screen men



(with permission from The Food Network)

Viewers love watching Guy Fieri take them on a ride to "Diners, Drive-Ins, and Dives."

felt less embarrassed to watch the Food network.

The Food Network has also become a family affair. It is great for kids. You are guaranteed food will be appropriate for kids, and they are learning about different cultures through food.

With the help of the Food Network, now a days foodies can come in smaller form. With its primetime shows, people of all ages love to watch the suspenseful competition shows. From the original competition show of the Food Network, "Iron Chef America," the network has evolved with time to the show, "Chopped." "Chopped" has truly become a cultural sensation.

Family and friends all come together to watch, and talk about the last episode of "Chopped." Something about four chefs having to make a three course meal with a basket of mystery ingredients makes Americans go wild.

But without the stars of the Food Network, it would be nothing. Over the years, people have taken comfort in watching their favorite

chefs cook, eat, travel, and share stories with food.

Whether it be watching Ina Garten prepare a Friday night dinner party meal at 4 p.m., or have Guy Fieri take you to "flavor town" with a "killer dish" on "Diners, Drive-ins, and Dives" at 9 p.m., you are sure to feel safe. The stars of the Food Network are why people watch, and are the soul of the network.

They help to bring not only joy through TV, but a sense of comfort that food provides for people in each episode of their show. They are the true celebrities in the pop culture world for Food Network foodies.

The Food Network is by far one of the great successes of the 21st century. It has helped spark a cultural movement of cooking. The fire has been ignited for people to go into the kitchen, and cook.

People now have a better understanding of food, influencing them to live healthier lifestyles. This, and much more, is all thanks to the Food Network.



(with permission from The Food Network)

Robert Levine is one of many popular stars of the Food Network.

Popular new year fashion trends

by Erin Metzger
Contributing Writer

Seasons change, but people don't: they always want to look good. As the new year kicks off, so do new makeup and hair trends.

Ombre hair

Many girls have been dying their hair as dark colors fading into a light blonde or vice versa. Ombre gives a new, fresh color and looks good on almost anyone. Some people try to imitate this look with different colors like blonde to pink or brown to blue, but the classic ombre is brown to blonde. People who enjoy bold looks and a unique approach should definitely try.

Red lipstick

For that new lip look, everyone has been resorting to one of the boldest colors: red. Red looks good with a variety of colors and a lot of skin tones. Whether you are going to a party or just hanging out, this look could be good for almost any occasion. If you have a light skin tone, this lipstick will make you pop, but if you have a darker skin tone it will still make you look amazing. This look goes best with black clothing because it gives your look a subtle "wow" factor. Whenever you feel like be-



(photo courtesy of Isabella Feldman)

Red lipstick paired with dark colors gives your style a bold, refreshing look.

ing daring, this lipstick is the color to choose.

Black nails with one gold

2013 was the year people became bored with average nail art. Stylists and nail salons everywhere started to paint every finger the same color except for the ring finger. This look could be used for almost any color, but many took a liking to all black with a gold, sparkly ring finger. This is a darker look, but the gold gives it a special

touch. It can also match almost any colored clothing because black matches almost anything.

Sock bun

The sock bun was the style of the year in 2013. In order to accomplish this, you need to cut up a sock and roll it into your hair for a circular bun on the top of your head. Although it is very stylish, it isn't for everyone out there because it depends on the length of your hair. It's an easier style,

though, because you only need a sock, and it's not that hard to wrap around your hair. You could wear this look anywhere; it can be made to look more elegant and worn to a fancy party or worn to a more casual event.

Smokey eyes

The smokey eye is a common style used by make-up artists everywhere. This style takes metallic colors like black, white, and gray and blends them together to make a cute shade on your eyelids. People of all ages like this style because almost everyone looks good in black. If you're going out for the night, then try the smokey eye because it looks more mysterious and sophisticated. The smokey eye is a great, fresh look that will make you pop.

Colored mascara

This makeup not only makes your eyelashes look longer, but it also turns them into a different color entirely. The trick is to pair your eye color with the right tube of mascara. Depending on your eye color, you just might look weird and too bright. However, try to use purples in the evening and grays during the day and be careful to never wear a mascara that is the same color as your eyes.

Stealing the heart of readers

by Brianna Paoli
Culture Editor

The first page of *The Book Thief* demands its audience's attention, opening with vague details and an abrupt reminder that death is inevitable. This should be enough to make readers close the book, but it only makes people read on, albeit with caution and curiosity.

Markus Zusak's *The Book Thief* follows 10-year-old Liesel Meminger in 1939 Nazi Germany. After the death of her younger brother, Liesel is sent to live in a foster home with Hans and Rosa Hubermann in Molching, where Liesel's life is changed forever.

Surrounded by tragedy, poverty, and gloom, Liesel finds life and hope in one thing: words. Each night, with the help of Hans, Liesel trades nightmares for words, learning how to read by painting letters on her basement walls. Liesel also becomes friends with Rudy, a neighborhood boy who accompanies her in stealing books from the mayor's wife.

Readers are not allowed to for-

get that suffering and misery are the backdrop to Liesel's story, but the small heroine brings a palpable sense of hope and courage that touches everyone around her.

The most interesting and unsettling thing about *The Book Thief* is its narrator. It's difficult to understand at first, but eventually we learn that the story is being narrated by Death. Death is constant in its refusal to beat around the bush, often spoiling the ending and reminding us just how prevailing its presence was in Nazi Germany. Death is a good balance of dark humor and poetic commentary, making the book as tragically beautiful as it is profoundly important.

The book can be slow-going at times and some may find the spoilers within the novel annoying at times. It should be said that *The Book Thief* is sometimes considered a book meant for adults rather than teens because of its difficult subject matter and powerful story, but the author never underestimates his audience. Zusak wants readers to feel overwhelmed and distressed. The readers are treated as mature

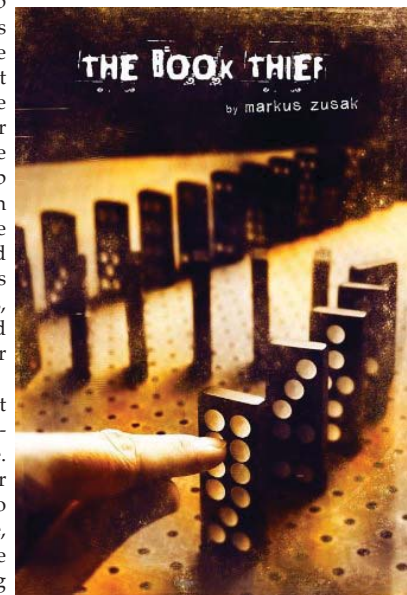
thinkers who don't need a sugar-coated story.

Zusak occasionally throws in beams of humor and sentimentality that make us forget the setting of the book. The friendship between Liesel and Rudy is sweet and comical. They use terms of endearment that translate to German curse words and tease each other constantly. But perhaps the most touching relationship in the book is that between Liesel and Hans, who share a bond that is moving and comforting. Liesel deserves hope and she finds it in Hans, who gives her the power and ability to use words to her advantage.

This haunting and potent novel is sure to remain wide-read for generations to come. It explores both sides of war and gives us a heroine who is relatable and believable, but also unearthly because she clings to an unflinching hope in a chaotic and confusing world filled with bomb

raids and concentration camps.

Liesel even has an influence on Death, who admits at the end of the novel, "I am haunted by humans."



(photo courtesy of upload.wikimedia.org)

The Book Thief is hauntingly beautiful.

Just keep swimming

As the underclassmen will soon learn, the only thing more stressful than actually applying to college is waiting for the results.

Seniors walk through the halls with the same kind of frantic look on their faces and a tighter grip on their phones than usual. They constantly check their e-mail and every time a ringtone goes off, their hearts drop. When the fateful e-mail eventually arrives, people are left with only a few options: 1) freak out because they just got in, 2) cry a river and drown the whole world because they didn't, or 3) accept the fate and move on.

If you got in to your top choice school, congratulations; hope life works out for you, but this isn't about you right now. This is about people who have not been as lucky and have to live through being deferred, wait-listed, and the worst of all, rejected.

The word "rejected" is just a nasty word. It's impossible to ever have a positive connotation and only brings sour memories to mind.

However, the word doesn't mean all hope is lost. So what if you're not good enough for your Columbia right now? Life goes on. Go to your safety school for a semester or two and try again. One of the few beauties of the application process – actually maybe the *only* beauty of the application process – is that there is always a "do over" factor. It's not exactly the most immediate thing, but you can always reapply. Maybe as a high school senior your transcript just wasn't good enough for your Columbia, but as a college freshman, you're exactly what the school's looking for.

Don't let bitterness or embarrassment soil the time spent at your

safety though. Make the best of it academically and personally because otherwise, it will have been a complete waste. Participate in class, join a club or two, and make some friends so your time on campus isn't filled with longing stares into the distance dreaming of a better college.

If we're going to be frank here, rejection sucks. It's insulting and causes some serious self-doubt that can take a lot to get over. But everyone goes through it time and time again, *c'est la vie*.

Right now we're dealing with being rejected from colleges that don't even truly know all of the layers of who we are. One day we'll get turned down by someone at a bar and another day we won't get that well-paying job. Rejection is inevitable just like life and death.

In a twisted way, rejection is good for us. It keeps us from get-

ting too cocky and big headed and oddly keeps us grounded. We just have to learn to cope with it.

The biggest challenge the rejection presents is staying optimistic. The worst thing you could do after being rejected is to lose sight of your goal and let other things get in the way. You have to remain determined and make sure it's worth it. Don't let the self-doubt get to you. Just because one school, person, company, whatever doesn't like you or doesn't think you're good enough to meet their probably insanely high standards doesn't mean every school, person, company will think that too. Everyone has a place.

Everything happens for a reason. For all you know, getting deferred, wait-listed, or rejected by your Columbia will spark an epiphany or you'll find a completely other school that fits you far better than your Columbia.

Is image everything?

by David Braunstein
Staff Writer

We've always been told not to judge a book by its cover. If you were to heed to this advice, how would you go about choosing a book in the library? Would you go through every book and read a few chapters? Would you search through every review on the Internet before making your decision?

The truth is the first factor that catches your eye is the cover. The same goes for musicians. When you look up an artist, the first thing you see is their picture. Based on this picture, some people will choose to listen to their music, some will not. Being a successful artist cannot be solely based on talent alone; image is an important factor as well.

There are a plethora of great artists out in the world. How can they distinguish themselves from the others and gain popularity? One way is through image; it can set apart one artist from the other. Lady Gaga gained fame from a combination of her catchy music and her wacky outfits. As the media wrote more and more about her odd clothing, more and more people heard about her. If it weren't for these stories, people might not have taken the time to listen to Lady Gaga's music. She took advantage of her image and made it unique.

As the word implies, an artist can create visual art and audible

art. How would people react if the New York Philharmonic played in t-shirts and jeans? Of course, their music would be astounding, but their image would not match. Music isn't just a recording, it's an experience. Part of seeing the Philharmonic is experiencing the ornate professionalism expected from them. We expect famous pop artists to have certain images—ones that are different from the norm, just as their music is. And in some cases, different from the norm may be weird or eccentric. It is essential that an artist's image match up with his or her music style.

Image also reflects something an artist stands for. Although Miley Cyrus's "antics" have been ridiculed for being too lewd, she is adequately expressing her opinion on authority. For years, she was forced to adopt this "good girl" persona for the Disney Channel. When she was freed from this restrictive shell, she could do what she wants. She is sending a message that her image should not be restricted by making it as shocking and obscene as possible. Besides lyrics in their music, image can depict what an artist stands for, an important part of being a worldwide celebrity.

Although talent is what makes people like an artist, image is what reels them in. Even if it your main act is musical, the goal of an artist is to stimulate the senses, and that includes the image we all see first.



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Smells like teen spirit

by Becca Schneider
Contributing Writer

Ask any 17-year-old teenager what they want to do on their 18th birthday and you'll get answers like buy a lotto ticket, go skydiving, get a piercing or perhaps even buy something from an infomercial that you'll use once and then never look at again.

The first thing I wanted to do was head on down to the tattoo parlor. It was recently my 18th birthday, and I took it upon myself to take full advantage of my entrance into adulthood.

Without sparing a single day I woke up bright and early on the morning of my birthday, rounded up my three dearest supporters, drove down to the tattoo shop, and just like that the deed was done.

Now, let me add that this was not an impulsive decision. As much as I love tattoos - and I really love tattoos - I will never hesitate to preach this one piece of advice: think about your tattoo before getting it. I'm all for living on the edge and rebelling against your parents and all that teen angst stuff, but I thought about this tattoo for two years. You don't have to take as

long as I did but please, I beg everyone, just give it some thought (unless you're like 97, because let's face it, the only option you have there is to make impulsive decisions).

I can promise you're not going to be "freakin' obsessed" with the infinity sign with an anchor in it on your wrist or the Katy Perry lyrics written along your ribcage in 15 years.

I'm sure that when the word "tattoo" comes up, the first image that comes to mind is a big, hulking, bald man with a gigantic dragon running down his arm that moves whenever he flexes his biceps.

Or maybe you see a pale, heavy metal fan covered head to toe in body art

and piercings. So, how is it that I, a scrawny, little girl, endured getting a tattoo?

The fear and nerves before were 10 times worse than actually getting the tattoo. Maybe I'm just saying that because mine is small and literally took five minutes to complete.

When I say that the nerves are bad, I mean that they're the kind of bad where you say you're not nervous and genuinely think you aren't, but then you get vertigo when your mom drives 30 miles an hour. They're the kind of bad that you have to constantly keep asking where the bathroom is (whilst in the car) because you're

"definitely going to vomit." I don't know, maybe that's just me.

Once I got into the parlor I had to sign a couple things, and after that it was straight to the torture chair - just kidding, it was really just an average chair. I met my artist for the first time ever and within minutes the vibrating tattoo needle was in my wrist.

It felt as if a cat was continuously scratching me but besides that, it's really not bad.

I got the tattoo on my wrist and it is decently small, so I can definitely understand why a different area for a prolonged amount of time would hurt.

And, although the concept of a tattoo artist is intimidating, they're actually very friendly and tolerant of your needs in regards to pain. If you need a break or start crying, s, they'll stop for you. So no matter what your personal issues may be, you're in the clear.

Getting my tattoo was one of the most rewarding experiences I have ever had. After having such an amazing experience I already can't wait to get my next one. I'm thinking I'm going to go for a sleeve, now that I have mastered the art of tattoos and everything.



Though not this writer's ink, tattoos can be beautiful and rewarding experience.

(photo by Rebecca Spina)

Nobody's going to save you

by Mary Mazzie
Staff Writer

Is it just me or is our generation getting more and more pitiful?

Google search "depressing blog" and over 11 million results will pop up in less than a second, nearly all Tumblr blogs, the second most popular url starting with "F-yeah." Apparently it's trendy to be depressed these days.

Why is this an issue, you ask? Acting depressed takes away from the severity of real depression, making people who actually live with it and other mental illnesses seem like the boy who cried wolf.

Social media sites are teeming with sad Bon Iver lyrics as if the words of whiny indie lyricists are prophetic, to be remembered and infinitely quoted.

This kind of attitude gives people the idea that depression and other mental afflictions are to be considered elegant and charming, as if someone will spot you sitting on the floor in Barnes & Noble reading Nabokov, overcome with the urge to seduce you with that one verse from that one song by The Smiths we all know thanks to

(500) *Days of Summer*.

Nevertheless, I'm sick of this feeble, "damaged" youth; teenagers everywhere have taken to wallowing in a dismal state and declaring things "tragically beautiful." Acting jaded and cynical all the time not only dampens everyone else's mood, it gives others the idea that depression is appealing and romantic because it provides the opportunity for someone to save you - as if basing your happiness on the existence of a significant other isn't already an unhealthy attitude. Don't quote me on this but the shriveled black heart of the problem seems to lie in the movement that John Green has pioneered with his acclaimed YA novels.

Think about it: everyone loves John Green - his books, his YouTube channel, his brother, the whole nine yards. If I'm not mistaken, his books are guilty of repeating plots and also reusing the same tired trope - nerdy white boy hopelessly in love with the also white ethereal manic pixie dream girl. The generic plot summaries found on the jackets of his books alone makes me want to gag. This

overrated hack is making bank off of the second hand suffering of teens everywhere because suddenly the word of a 21st century J.D. Salinger wannabe is now law.

I hate to be the bearer of bad news, but nobody thinks your synthetic self-pity or depression is sophisticated. Nobody is going to kiss you and tell you you're beautiful because of your flaws, not in spite of them while you listen to vinyl records in a blanket fort. Nobody is going to think you're deep or wise beyond your years for reading classic literature that thousands of other people have read and probably at an age even younger than yours. Stop romanticizing psychological disorders and pretending your life is a Sofia Coppola movie. Not every day is going to end in a sepia-toned Polaroid shot while Joy Division plays in the background. The loathsome attitude lying deep in your blog posts is not worldly or intellectual.

Now let's be real for a moment and cut the fake Tumblr nonsense.

Depression is far from romantic or deep or abstract; it doesn't make your thoughts or writing profound. Depression is humiliating.

It rots you from the mind outward as your thoughts become bleak, your writing becomes even worse, and you yourself become nothing more than a fleshy mass of water and organs. Depression is debilitating. You can't find the strength to do homework, put away your laundry that's been sitting on the floor for the past three days, or get out of bed. You can't even find the motivation to do things you like - read, watch a movie, talk to your friends. Just the thought of standing up, showering, getting dressed, and stepping outside for as little as an hour is too much to bear because you're always exhausted.

David Levithan said it best, "Beautiful sadness is a myth; sadness turns our features to clay, not porcelain."

If you feel that you need someone to rescue you, seek a professional. Real depression is nothing to be ashamed of. Do not let the bloggers who act like they're in a summer blockbuster take away from what you are feeling. Be your own hero by taking control of your mental health and get the help you need.

Pt./Counterpoint:

Should you stand for the pledge?

Stand up, but only for
the right to sit



Stand by your country,
stand for the pledge

by David Braunstein
Staff Writer

Every day students get on the microphone to read off the morning announcements. Normally, there's too much talking to hear the announcements, except for the pledge, when most people are silent and standing.

From my transition as an elementary school student to a high school student, I've noticed that fewer people stand for the pledge each day, including myself. As we get older, we are able to realize what this pledge means and choose to stand or sit.

There are a plethora of reasons why I choose not to stand during the pledge. The first is that pledging in unison and venerating an inanimate object is an act of cult-like conformity that goes against my values and even America's own values.

Our nation was built on Renaissance principles such as individualism and humanism. We are seen as the "land of opportunity" where people can come, work hard, and better themselves. The Declaration of Independence states that we each have unalienable rights, including "life, liberty, and the pursuit of happiness."

If individualism is stressed so much in American culture, why do we participate in a mass recitation of devotion to a national symbol each day? It's absurd.

The fact that the pledge is made in schools each day is a bit unsettling, as well. Every kindergarten has memorized the pledge and recites it each day. They know the words, but do they know what it means? Do they know the definition of "indivisible" or "republic"?

Through the pledge, children, whose minds are at their most impressionable state, are being brainwashed with this national propaganda. They do not have the mental capacity to realize what they are doing. Because they have grown up doing this, the words and daily recitation will be the unquestioned norm.

There are also specific lines in the pledge that people may not agree with, the most notable being the "under God" line.

There are many people who do not believe in the Christian God alluded to in the pledge - athe-

ists, Hindus, Buddhists, Muslims, and Jews for example. Yet they are made to pledge to the Christian God each day. Not only is it wrong to make people say something they don't believe, it's insulting.

By having the Christian God officially associated with the United States, it implies that those of other faiths or with a lack of faith are somehow lesser. If the United States government aligns with Christians, are they insinuating that Christians are better people? Specifying that a group of people is better than another is disgusting, almost remnant of Nazi Germany.

One line that receives less attention but is still controversial is the "liberty and justice for all" line. From just a small amount of historical knowledge, one can tell that this line is questionable. Of course, all white, Protestant, heterosexual men have received ample liberty and justice. But is it truly "for all"?

History has shown that this isn't the case. For decades African Americans have been discriminated against and received less protection from the government than whites.

Before 1943, the Chinese were barred from immigrating to the United States. During World War II, Japanese Americans were forced to move away from their homes and relocate to internment camps. Women, who make up half of the population of the United States, have been oppressed for most of the country's history.

Even today, Gays and lesbians don't receive the same rights as heterosexuals, being barred from marriage in many states. If you believe in equal rights for everyone, don't stand up for this hypocritical pledge.

Not only do I not stand because I don't agree with the pledge, I don't stand because I want to use my most important right: freedom of speech.

For those who want to sit for the pledge but aren't sure if it's allowed, I'll say it here - you are not legally obliged to stand for the pledge. You won't get in any trouble if you don't want to stand.

With you may be standing for the pledge, I will remain seated and keep doing the most American thing there is - exercising your first amendment right.

by Katie Hecker
Photo Editor

For many years we have been told to stand for the pledge to honor our country. As the years go on, more and more students have begun to remain seated. People argue that it is their right to sit and not stand for their country's pledge.

It almost seems ironic to me when there are people overseas fighting for our rights, but people will not take the time to stand for less than a minute to honor them. Some people say that standing up for the National Anthem at sporting events is a good way to support our troops. But let's be honest, how many of us go to sporting events often? Not many. So just leaving the pledge to people with season tickets for the Yankees is not enough.

Don't get me wrong; it does mean a lot that almost a whole stadium stands up for our country and our troops, but they deserve so much more than that. They deserve to be recognized and kept in our thoughts every day. They have done - and still do - so much for us, keeping this country safe and protecting our rights.

Some might also say that they do not want to pledge to an inanimate object, but the flag is more than just cloth hanging on a pole in all of our classrooms. Our flag is symbolic for freedom, liberty, and America. The people that created the flag did not just pick it out of a catalog. Throughout the years the

flag has changed with our country into what we have today. The flag should mean something to all of us. The people that only see that flag as just a flag might not remember the history of the flag that we learned so many years ago.

Many of the lines of the pledge do make people mad. I am not saying that they should not, but we must remember its age. The original pledge was written by Francis Bellamy in 1892. The pledge has been changed twice over the years to add "under God," and "of the United States of America." The Francis Bellamy version originally had "with liberty and justice for all."

Now times have changed, but the image of America still stands. We still believe that our country was originally created to stand for hope and freedom, and it's not just us. People out in other parts of the world believe in that too.

Just because we go through hard times does not mean that our country has stopped working toward what our forefathers set out to accomplish.

Just because the clouds hide the sun or the moon comes out, does that mean that you stop believing in sun? No, of course not. You know it is there because you saw it once before and you know you will see it again. We want freedom for other people and we will fight for justice for all.

Our country deserves to be honored, and we as citizens should give up that one minute to think of our country and the people that are fighting for all of our rights.

"Some might also say that they do not want to pledge to an inanimate object, but the flag is more than just cloth hanging on a pole."



Students choose whether or not it is worth standing for the pledge.

(photo by Katie Hecker)

Ups and downs of 'Houn

by Dana Reilly
Managing Editor

As students we are told that we should always trust and rely on our teachers and aids who work where we learn. For many kids in this building, there has never been an issue. However for another group of students, trust is constantly being juggled. This group is the kids who rely on the elevator.

I had knee surgery for the second time in 2013. This was an extremely hard time for me. Getting through the pain was difficult so all I wanted was an easy way to get around school.

This is where the elevator comes in. As a student with a temporary disability, I was told that I could rely on the elevator to make sure I had no issue getting to and from class every day for the duration of my injury. For me, this was one of the worst experiences I have ever had in Calhoun.

The main problem I ran into was that often, the elevator would not even come for me and my book carrier. This is absolutely despicable. On at least three occasions I had to climb up and down various sets of stair cases because the elevator I was told to rely on never came.

The second problem with the elevator not making its obligatory runs is that I wound up being extremely late to class. Not only was I affected, but so was my book carrier. The first 15 minutes of class are important and to miss it because I had to cautiously walk down flights of stairs on a wounded knee is disgraceful.

Another issue is overcrowding. If you do not actually need to take the elevator, you should not be allowed to use it. Let alone the fact that the elevator can stop working, there is no room for kids who are truly injured. One disabled child plus their book carrier takes up a

lot of room. There should be no reason to see fully abled students on the elevator when kids who need it most need the space. Often I have had to squeeze into a tiny corner to fit.

I've had to sacrifice my spot on the elevator so that the operator could bring the perfectly able students to their floor. Only then would there be enough room for me and my book carrier to fit so we could get to class. My book carrier and I would be late. Again.

Also, standing around like this takes a toll on the body. My crutches are to help get my walking back up to par and keep me from putting too much pressure on my knee, so all that waiting or standing around was not a good thing.

I also found trouble in getting around for after-school activities since the elevator does not run regularly after school. Because I am not trusted with a key to operate the elevator myself, I would often

not be able to go to after-school activities, such as vital extra help sessions, because it was a struggle to get downstairs. Only if a teacher called the main office for me would someone (maybe) be available to come and retrieve me from what has become the hellish third and second floor for a student on crutches.

Look into fixing the atrocity that is the elevator operating system, Calhoun. As a student, I want to be able to feel safe at school and know that I will have the utmost care when I am truly in need of it.

To submit a letter to the editor, e-mail the staff at hoofbeatseditor@yahoo.com

The final countdown

by Jenna Rudolfsky
News Editor

There is no task that is as terrifying as picking your senior year schedule. This is it: your last chance. There are so many options. I always thought I wanted the free-

dom to pick which classes I sit in every day, but Uncle Sam, please take it back.

Between AP Government, AP Macroeconomics, AP AB Calc, AP BC Calc, Calc Honors, AP Spanish, AP Bio, AP Physics, Senior Experience, and a thousand other choices,

there is no room to breathe. The walls of the guidance office are closing in on me. Which courses are the right ones to take? Which ones are the hardest? Which ones will have the easiest AP test? There are so many questions, and every single person has a different answer.

The daunting task all starts when other teachers come in and talk to you about their class. Whether it's an AP or an elective, they usually are convincing. On the English elective day, I have a decided schedule. On the Social Studies elective day, my schedule usually changes. Then I get to hear about Senior Experience, and my schedule changes again. There are so many classes I want to take, but only nine periods in one day.

So how are we supposed to choose? We should use this task as an opportunity. With the ability to get college credit and cheap prices should always be taken advantage of. Some classes offer credit that doesn't even require an AP.

There are many experiences we can choose to have during our senior year with many science options and the choice of Senior Experience, we can truly take advantage. We should be taking classes that interest us.

When we start looking at universities, loading up on hard classes can seem tempting. The need to

impress usually takes over when picking a senior schedule. The truth is that there is no logical reason to take a class you don't like. Often you don't get good grades in a subject you're not interested, so it's beneficial to only take classes you are excited for.

Why take AP English if you hate literature? The smarter option would be to take Senior Experience, so you can get the opportunity to have an internship.

When picking our senior schedule, we should be the determining factor. We are the ones who have to sit in the classes we take. If you like science, double up. Drop a class that you don't want to take.

I know that I want my senior schedule to be perfect. It should be filled with vigorous classes that I love, but when I really think about it, there's only one class that I'm actually thrilled for next year. The others just seem necessary. They're there to appease colleges and make me look well-rounded. It's kind of sad; I'll be just another senior roaming the halls like a zombie.

Senior year is supposed to be our best year yet, but only if we're not chained to our desks.

To achieve excitement and avoid senioritis, we have to listen to our brains and then we can have an awesome year. If not, we'll be swamped with work that we don't care about.

Winter wonderland



(photo by Rachel Letner)

Snow on the trees of Merrick was nothing new this year, as snow days seemed to be the norm.

Taking it to the mats

by Joe Grossane
Contributing Writer

The tradition of success continues for the Calhoun wrestling team. The grapplers had another good season this year.

In a sport that focuses on both team and individual achievement, Calhoun has seen success in matches and tournaments.

Senior Dylan Goldstein said, "It was a pretty good season. We had a slow start due to injuries, but overall we are playing well."

The team started off 6-2 because of the setbacks with injuries. The team then finished the year strong by beating Valley Stream Central and advancing into the Duel Meet Playoffs that were held at MacArthur High School.

Goldstein, who won 1 tournament this year, is in the 132 lb. weight class, and finished the season with an outstanding record of 22-11.

Junior Anthony Fitzsimmons, whose best achievement this year was finishing 2nd in a tournament, is in the 170 lb. weight class. He finished the season with a 19-4 record.

Anthony Fitzsimmons will be competing at the County level alongside seniors Dylan Goldstein and Willy Jutt, as well as juniors Patrick Horn, Matt Krause, Thomas Fitzsimmons, Isaiah Arroyo and Freshmen Alex Cruz. The County level tournament will be held at Hofstra.

The road to counties was very difficult. It's a daily grind, a mindset, for the boys that lasts long after the matches are over.

"You have to follow a very strict diet and training program. It basically takes over your whole life," Fitzsimmons said.



(photo by Katie Hecker)

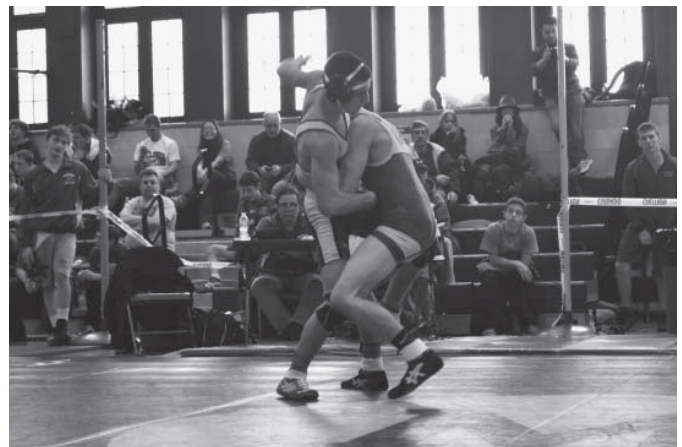
Junior Phil Popkin made it to the second day of Spring Gardener at Mepham High School.

Six out of the 7 days of the week, the entire wrestling team has a very intense workout planned.

The wrestling team focuses mainly on conditioning exercises and technique drills. They start off their practice with a 15 minute jog around the room and then they stretch.

After they stretch, they have 20 minutes of intense technique drills, followed by a 6 minute drill match. Next comes conditioning with the team. They run sprints, do push-ups, bear crawls, army crawls, sit ups and jump rope.

All of these drills help the Calhoun wrestlers maintain the school's well-known tradition of success.



(photo by Katie Hecker)

Senior Dylan Goldstein made it to the second day of wrestling in Sprig Gardener.



(photo by Katie Hecker)

Simon Popkin started Sprig Gardener with a win, advancing to the next round.



(photo by Katie Hecker)

Phil Popkin finished the first day of Sprig Gardener with a win against East Meadow.

Lady Colts hope to rebound

by Rebecca Spina
Editor-in-Chief

The Lady Colts fell short of the playoffs, finishing with a 3-7 conference record.

The last game of the season did end on a good note, as the girls defeated Great Neck South by a score of 46-38.

Two Lady Colts led the team with 12 points each: Nora Charidah and Kim Pike. Charidah also dished out 8 assists in the road victory. Pike pulled down 4 rebounds. Junior Lauren Trimarco added four points, and juniors Megan Callahan and Alison McCutchan scored 3 points each.

The team found leading scorers from many different players as the season wore on. In a 45-36 loss to Elmont, Jackie Ras led the way with 14 points. Callahan scored 9 points, and senior Jessica Benitez scored 6 of her own.

Senior Caitlin O'Hara scored 27 points against Long Beach in another loss. Also scoring in the road loss were Charidah with 12, Ras with 5, Benitez with 4, Julia Neugebauer with 4, Callahan with 3, and McCutchan with 2.

In terms of the standings, the girls finished in fifth place in Conference AA-III. Their overall record, including non-league games,



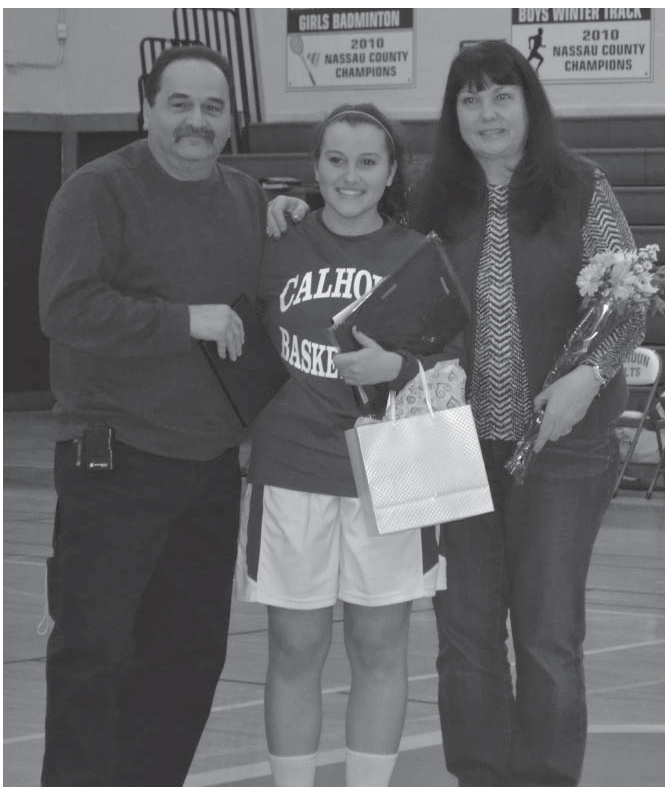
(photo by Katie Hecker)

Senior Caitlin O'Hara at the senior game. was 4-12.

Conference opponents the team will face this year included Mephram, Long Beach, Herricks, Great Neck South, and Elmont.

Head Coach Dave Radtke had a roster with hard-working players who supported each other throughout the season.

Earlier in the season, O'Hara said, "We are more than a team. We are a family. No matter what we go through on or off the court, we have each other's backs."



(photo by Katie Hecker)

Lauren Savarese, here with her parents, was honored along with all the seniors.



(photos by Katie Hecker)

Senior Nora Charidah, on the court and with her parents, often led the team in scoring.

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Colts make playoffs

Final win earns spot in postseason

(photos by Landon Cooper)

The Colts, led by Coach Kreutzberger, made the playoffs with their win against Herricks. Downey (bottom left) had 9 points in the win.

by Jenna Rudolfsky
News Editor

The Colts finished the regular season in dramatic fashion, as their convincing 83-48 win over Herricks earned them a spot in the playoffs.

Kyle McGinley led the way with 30 points and Eric Ohlendorf scored 12. The Colts will now play No. 5 seed Valley Stream Central in the first round.

The boys finished the season in fourth place with a 11-8 overall record in Conference AA-III.

The season got off to a quick start with a huge non-league win over Hicksville, with the final score of 76-49. The top scorers were McGinley with 24 points and Brian Downey with 17 points.

After a loss against Chaminade, the team continued to dominate, beating Oyster Bay, 53-43, and crushing Me-

pham, 57-36.

Beginning in January, the boys suffered through a four game losing streak to teams including Long Beach, Elmont, Great Neck South, and Herricks.

Coach Jay Kreutzberger said, "Elmont is always the tough team to beat. We lost a tough game to them."

The boys played well with the final score being 65-62, after Elmont had overcome a three-point deficit. Eric Ohlendorf helped the Colts by putting up 15 points while McGinley led again with 23 points.

After suffering another close loss to Herricks, 55-53, the Colts pushed forward to beat Long Beach, 61-46, and Mepham, 48-38. Coach Kreutzberger said he hoped that energy would continue in the final games of the season.

The team has been aided by seniors Brian

Downey and Kyle McGinley, McGinley dominated this season and was an integral part of the final win of the season. Downey added 9 points against Herricks.

"We're still in a place where we can control our own destiny" said Coach Kreutzberger before the end of the regular season. "It's going to take a couple more wins, but I think we can finish in the top four

teams."

Other players scoring in the playoff play-in game included Chris Melito, Steve Timberman, Nick Skarren, Colin Bayer, Ryan Cangemi, Jensen Rosemond, Nick Fronte, and James Camille.

The game was truly a team effort and showed that the Colts could play their best when the game mattered the most.



Coach Kreutzberger meets with his players during a time-out.