

THE GLASS CORRIDORS

Westhill's #1 news source

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The Doctor

1234 Road St
Real Doctor's Office
Syracuse, NY 13215
(315) 123-4567

Date: 5/1/15

Please Excuse: All seniors

From: Work School P.E.

DUE TO: Injury Illness

Other

Senioritis page 10

From Now to the last day of school

ALSO

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Thank You,
A Real Doctor

WHO'S RUNNING IN 2016?

BY MAE O'NEILL

By the time the 2016 presidential election rolls around, those now in their junior or senior year will be able to vote. The 2016 United States elections will be held on Tuesday, November 8, 2016, and some politicians have already announced their candidacy. Whether or not you already have a stance on some of the issues facing the country, or consider yourself a member of a political party, voting is an important right of passage. Although the campaigns have not yet gotten into full swing, knowing who is potentially running and their values will help us to cast our vote when the time comes. Whatever decision you make should be based more on than general or false information or party assumptions. Some of these people are currently only prospective candidates.

THE DEMOCRATS



Hillary Clinton: Former Secretary of State Hillary Rodham Clinton officially announced that she was running for president in 2016 on April 12, ending two years of speculation about whether or not she would run. This will be her second attempt to run for the presidency; she lost in the primaries to Obama in 2008. Clinton has built the largest campaign operation of any potential candidate so far. Clinton is a feminist and is against the government interfering with the reproductive rights of women and the availability of birth control. She supports the death penalty; she believes that the greenhouses gases being released into the atmosphere cause global warming and she supports energy conservation and same-sex marriage. She believes the solution to the illegal immigration problem is to make “a path to earned citizenship for those who

are here, working hard, paying taxes, respecting the law, and willing to meet a high bar for becoming a citizen.” In 2002, Clinton voted in favor of the McCain-Feingold Act, which imposed regulations on how much can be donated to political campaigns. Clinton believes that our health care system needs to be improved incrementally, instead of the wide-ranging plans that have been introduced in the past. She is the only Democrat to officially announce her campaign.



Others to watch:

Bernie Sanders: Sanders announced his run for the 2016 Democratic Party presidential nomination on April 30. He said he was motivated by “obscene levels” of income inequality, as well as what he sees as flaws in the campaign finance system, calling it a “real disgrace.” He is a self-described democratic socialist, meaning he advocates for a democratic political system along with a socialist economic system. (*)

Martin O’Malley: Martin O’Malley served as the 61st Governor of Maryland from 2007 to 2015. There has been speculation for years that he has had national political ambitions and has expressed an interest in a presidential run in 2016 on multiple occasions. He supports federal abortion funding, proportionality in marijuana arrests and he is for the Affordable Care Act. (?)

Jim Webb: In November, this former United States Senator became the first candidate in either party to announce a presidential exploratory committee. He has also served as the Secretary of the Navy, Assistant Secretary of Defense, a congressional staffer and a Marine Corps officer. (?)

Lincoln Chafee: Lincoln Chafee is an American politician who served as the 74th Governor of Rhode Island from January 2011 to January 2015. Prior to his election as governor, Chafee served in the United States Senate as a Republican from 1999 until 2007. That same year, he left the Republican Party and became an independent. He joined the Democratic Party in 2013. (?)

*= Declared

? = Potential Candidate

THE REPUBLICANS



Ted Cruz:

Ted Cruz initially announced in March that he was running and he is the first Republican



Marco Rubio: This Republican senator from Florida announced his candidacy for president on April 13. Rubio holds conservative views on fiscal issues (meaning that he wants to limit federal spending) and social issues (he is opposed to same-sex marriage and he is strongly against Roe v. Wade) and has been called the "crown prince" of the Tea Party movement. He does not think human activity causes climate change, and that policies addressing climate change would "destroy" the economy.

candidate to officially declare himself in the race for the presidency. Cruz is a Texas senator who is seen as a truth-telling hero to many conservatives and evangelical Americans. In his speech to announce his run, he called to repeal the Affordable Care Act, abolish the Internal Revenue Service and to "defend the sanctity of human life and uphold the sacrament of marriage." His party is worried that his values are too directed towards the ultra-conservative right-wingers, with no appeal to more moderate Republicans. His early entrance into the race was meant to build a coalition of Tea Party conservatives and evangelical Christians in order to differentiate himself from other Republican contenders.



Rand Paul:

Rand Paul currently serves in the United States Senate as member of the Republican Party. Paul, a supporter of the Tea Party movement, is a vocal critic of the Federal Reserve System (which is the American banking system). He also opposes NSA mass surveillance of Americans and describes himself as "100% pro-life", believing that person-hood begins at fertilization. On the issue of same-sex marriage, Paul says that it "offends myself and a lot of people" and that it is a "moral crisis." He officially announced his presidential candidacy on April 7, 2015, and he has already raised substantial funds for his campaign.

Others to watch:

- Carly Fiorina:** A former business executive of Hewlett-Packard, a multinational technology corporation. (*)
- Ben Carson:** American author and former neurosurgeon who was the first surgeon to successfully separate conjoined twins at the head. (*)
- Mike Huckabee:** Until January 3, 2015, Huckabee hosted the Fox News Channel talk show *Huckabee*, before ending the show in order to investigate the possibility of a 2016 presidential candidacy. (*)
- Jeb Bush:** In December of 2014, Jeb Bush announced that he was actively exploring a presidential run, although he has not yet announced an official campaign. He is the second son of former President George H. W. Bush and former First Lady Barbara Bush, and he served as the Governor of Florida from 1999 to 2007. (?)
- Scott Walker:** Walker is the governor of Wisconsin and is the first candidate to open a campaign office in Iowa. (?)
- Chris Christie:** Christie has been the governor of New Jersey since 2010. He was a potential candidate in the 2012 presidential election, although he did not run. Readers may know him from the Fort Lee lane closure scandal. (?)
- Rick Santorum:** Runner up to Mitt Romney in the 2012 Republican presidential primary, Santorum is set to run for president for a second time in the 2016 presidential election. (?)
- Bobby Jindal:** Current Governor of Louisiana who became the first Indian American governor in the U.S. in 2007. (?)

*= Declared

? = Potential Candidate

Who are your Elected Officials?

By Ciara Hoyne

Congressman: John Katko

Congressman John Katko was sworn into office as a member of the 114th U.S. Congress on January 6th, 2015. Katko will be in office for the next two years, serving as the representative for the 24th district of New York State. The 24th district includes parts of Oswego county and all of Cayuga, Wayne, and Onondaga counties. Prior to his inauguration, Katko was chosen to serve as the chairman of the Subcommittee on Transportation, which is under the House Committee on Homeland Security. Katko is also on the Main House Committee of Transportation and Infrastructure.

So what does this mean for people living in the 24th Congressional District? As a member of both committees, Katko will be working to ensure that not only transportation and security is safe across the U.S., but also here in Central New York. Katko's participation on both committees corresponds with many local areas, including the NY-Canada border, the 9 Mile Pt. Nuclear generating station, the R. E. Ginna Nuclear Power plant, the Hancock Field Air National Guard Base, the Port of Oswego, Hancock International Airport and possible reconstruction of I-81.



New York State Senators: Kirsten Gillibrand and Chuck Schumer

Our senators work to earn federal funding to work on projects in New York State. Senators are up for re-election every six years. Schumer is up for reelection in 2016 and Gillibrand is up for reelection in 2018. There is no limit to the number terms a senator can serve.

Onondaga County Executive: Joanie Mahoney

The County Executive is in charge of total operations for all departments under the county. Joanie Mahoney was elected in 2007 and was first woman elected as County Executive.



City of Syracuse Mayor: Stephanie Miner

The mayor is the official head of the city, overseeing the police, fire, education, housing and transportation departments. Mayor Miner also serves as the representative for Syracuse before the New York State legislature and is in charge of declaring local emergencies. Mayor Stephanie Miner is the first female mayor of Syracuse and was reelected to a second term in 2013. Due to a two-term limit, this will be Mayor Miner's last term in office.



Town of Geddes Supervisor: Manny Falcone

Town of Onondaga Supervisor: Thomas Andino

The duties of Town Supervisor consist of auditing accounts, preparing the budget, and working with the town board or council on financial decisions concerning public works, roads, etc. Town of Geddes Supervisor Manny Falcone is also an honorary member of the Solvay Fire Department, and President of the Onondaga County Volunteer Fireman's Association.



Photos Courtesy of Flickr and City of Syracuse Website

Changes in the Substitute Teacher System

By Maddy Smith

Recently a variety of interesting, eccentric and unfamiliar substitute teachers have passed through Westhill High School. This may be due to the recent change in how Westhill High School obtains substitute teachers. Every change takes getting used to and this system has problems which need to be worked through.

In a recent interview, Mr. Roscoe answered some questions about the new substitute teacher system. When asked who made the decision to switch to the new substitute teacher system and why, he said, "It was a district-wide decision," and the shift occurred "partly because it was a cost issue." With the old substitute teacher system, a secretary from each school was given a stipend in return for being responsible to find substitute teachers. "The need to call in for subs extends beyond the school day," according to Mr. Roscoe, which made the duties of the secretaries very difficult. The change also might have occurred because of the stress this duty placed on the secretaries.

The new system is through BOCES and is county-wide. According to Mrs. Weaver, teachers must go on the BOCES website and fill out a form electronically. Then the system becomes responsible for filling the position. The system goes through the specified list of approved substitutes and telephones each one with an automated message. If the substitute does not pick up the phone, instead of waiting for a call back like secretaries would do in the past, the system moves to the next person on the list and sends a message to him/her. "The goal of the system is to fill a position as quickly as possible," Mr. Roscoe commented, which sometimes means that teachers are unable to secure their desired sub. When asked on her opinion about the new system, Mrs. Markovitz commented, "I think it's terrible. They expect me to sit at home every night from six o'clock to ten P.M. waiting for them to call. I have a life." Although the new system has proven to be more convenient to the secretaries, it has become a burden for the substitute teachers.

There have been mixed responses to the new substitute teacher system. When asked what changes she had noticed since the implementation of the new sub system Mrs. Weaver replied, "It's definitely more of a challenge to get a substitute. And there's a lot of unfamiliar faces subbing." Mrs. Weaver also expressed that she does not always feel like she can depend on a substitute teacher to carry out her plans effectively when she is out "especially if they're not certified in that area."

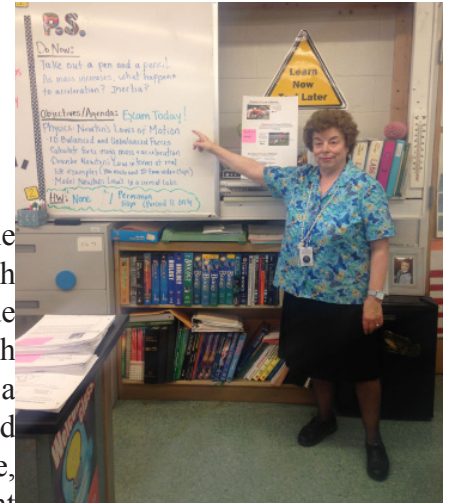
Junior Brittany Albert commented, "There have definitely been a lot of interesting subs this year," which may be due to teachers' inability to choose their substitutes.

Although teachers find the new system "cumbersome to use," Mr. Roscoe thinks "it's just growing pains." Teachers often want to identify a specific sub, and with the new system, it is not a guarantee to get the requested sub.

On days when not enough substitute teachers are available Mr. Roscoe says, "We [Mrs. Lachenauer and Mr. Roscoe] look at the subs that are there that day and look at planning periods and try to configure subs." On some occasions, Mr. Roscoe or Mrs. Lachenauer will fill in for a teacher, or teachers who have planning periods are willing to fill in for absent teachers. When absent teachers have study halls, study halls are sometimes combined.

Even though the new system has caused problems for both students and teachers, it is better for the school district to spend money on student programs rather than finding substitute teachers.

Long time substitute teacher, Mrs. Markovitz, instructing in Mrs. Weinstok's room.



Talk in the Halls

“What do you think of the new substitute teacher system this year?”

Clayton Markham



“I don’t really know enough about it. There’s definitely a lot of teachers that come here that aren’t trained.”

Courtney Thomas



“It’s terrible. I think that there are not a lot of subs to choose from, so on days when there’s a lot of faculty missing, there are not a lot of subs.”

Jack Dwyer



“It’s good, I guess. I don’t really know much about it.”

Rachel Zeppetello



“I think it was better before. I don’t think it’s efficient because sometimes subs don’t show up.”

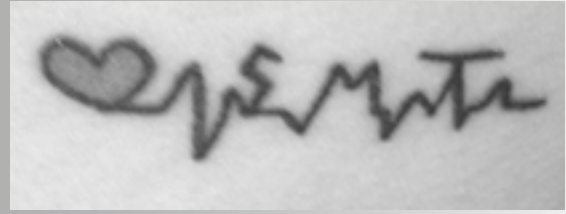
Think Before You Ink

By Mary Washburn

In today's world, people can walk down the street and easily see several people with a wide variety of ink on their bodies. These tattoos are on faces or covered by a shirt and pants depending on the situation. They are still unpopular in the working world, but are becoming more accepted. Does having a tattoo affect if a citizen can get a job? Or does it only make a difference depending on the job?

If you could see yourself in the military, then there may be a reason for hesitation. Depending on the branch, there cannot be any visible tattoos. That means nothing on the arms, legs, face, neck, or the back of the neck and very top of the back. People that decide to join the military try to get their tattoos removed, but it is painful, time consuming and expensive. Many ink colors, like black, are harder to get out of skin than other colors. Besides color, it also depends on a person's skin tone, so how well a tattoo is removed may differ from person to person. If you see the military in your future, think about where the tattoo is placed so it can be hidden, or do not get one until you are done with your service.

At Westhill there actually are several teachers that have tattoos, one of which is Ms. Donegan. She is well liked by many students and all of her students know that she has several tattoos because she has some on her arms. She has five tattoos that have a medieval theme. Some of her tattoos are dragons. When asked why she got a tattoo, she said that she has always loved art and she got them for herself, not for anyone else. For many others, this is not the case and some end up not wanting them and having them removed. CNN.com said twenty four-percent of eighteen to fifty year olds have tattoos and seventeen percent of them have considered having them removed. When asked about tattoo removal Ms. Donegan said, "If you ever have



(Top) Nina Onoff's tattoo of her sisters' initials on a life line



(Bottom) Nicole Awad's tattoo of her last name in Arabic

a tattoo removed, it is more expensive than the tattoo itself." It is also very painful and time consuming, depending on how big and the ink colors of the tattoo.

There is getting a tattoo, and there is a high school student getting a tattoo. In order to get a tattoo legally, most people know that you must be eighteen or get a parent to sign off for you. That doesn't always mean that it is a good idea just because you can. When questioned on this topic Mrs. Donegan said, "I think it's more of a cool factor. I don't think they are fully aware of what they want yet." She also offered the advice that if you think you want one get a henna tattoo first. She shared that she got all of her tattoos later in life and did not get hers when she was younger.

Finally, there are always a few things to remember when deciding to get a tattoo. Make sure that it is a parlor that is clean and actually does good art. If the place you go to doesn't do good art, it is going to be on you forever. If you like it, then you are able to enjoy something you like for the rest of your life. Additionally, think about where you want to get it. Will you want to cover them for events or will you be able to see them? In the end, tattoos like everything else, are nice for some people to have if it has been thought through, but can have consequences if they end up being an impulse decision.

Guys vs Girls

By Mary Washburn

This list does not mean that all girls and guys act this way, or that these actions bother everyone of the opposite sex. They are generalizations based on a small, informal survey of students.

Actions that Guys do that bother Girls

- 1) Criticize what girls wear
- 2) When they rate girls- Hot or Not
- 3) Hitting on girls that are a lot younger
- 4) Aggressive about their shoes
- 5) Fake fights in the halls and slam each other into lockers- Dunking in the halls
- 6) Say that they are not complicated even though they are
- 7) Try to get more than one girl at a time
- 8) Say they are better than girls at sports
- 9) Sandwich jokes
- 10) Don't like Feminists
- 11) Say everything is gay- "no homo"
- 12) Untrimmed/ Untamed facial hair



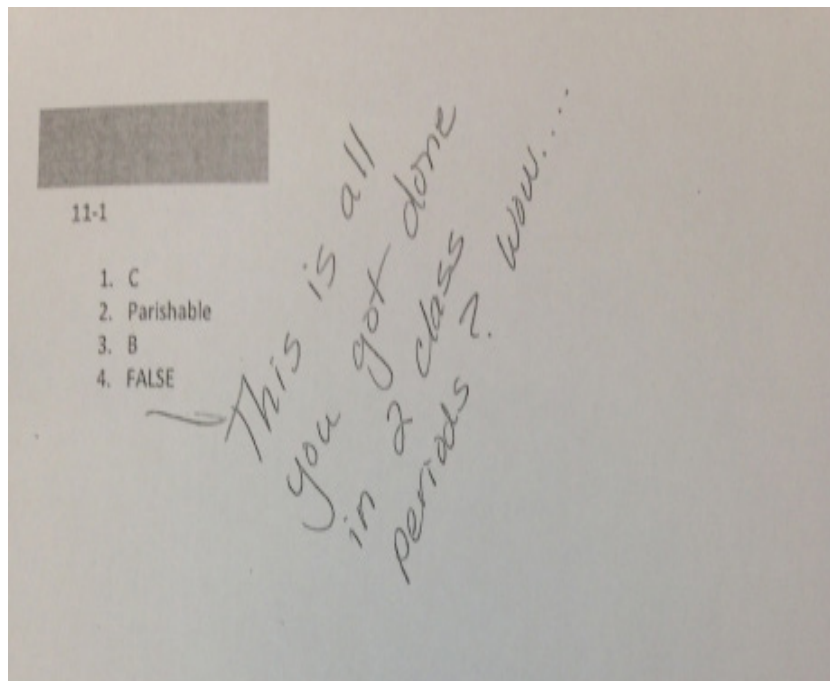
Actions that Girls do to bother Guys

- 1) Nice to a person's face, but rude behind his or her back
- 2) Overreact to little things
- 3) Wear too much make-up
- 4) Fish for compliments- "I look so bad."
- 5) Act stupid- "Wait, whaaaaaat. . ."
- 6) Dress provocatively
- 7) On the phone too much
- 8) Text too much and are clingy- constantly texting a guy over and over
- 9) When they get in a person's face about sexism/ feminism
- 10) Go to the bathroom together
- 11) Fake tans
- 12) They are hard to read

You Know You Are a Senior When...

By Nina Onoff

Photos by Alissa Peluso



Senior year is unlike any other year of high school. It brings a variety of new freedoms, responsibilities and attitudes. Every student is different, but a few feelings are felt across the board by most seniors. You know you're a senior when...

- **You hear that one dreaded question at every family gathering:** "What are your plans for college?"
- **Procrastination becomes an art.** In the face of juggling college applications, school, sports, extracurriculars (you name it) one finds that sometimes that essay can (and will) wait until the night before.
- **You find new study skills in your arsenal.** By this time in your high school

career, you've probably figured out which study habits work best for you. Experience, combined with new courses and lessons, leave you studying better than ever and one more step closer to the college level.

- **You feel more independent.** The real world is knocking at the door, and sooner or later this year someone's gotta cut the cord. With this comes a variety of new freedoms to enjoy, in both school and social environments.
- **You relate to sloths more than you ever thought you would.** As the year goes on, seniors start to exist in a constant state of exhaustion. Most school days are spent running on fumes leftover from four hours of sleep and

that half a Poptart you ate on the way to homeroom.

- **Apathy becomes the norm.** As senioritis sets in, you may find yourself questioning the importance of issues that seemed ordinary just yesterday. (For example, I *could* finish my homework, but does it really *matter* either way?)

Senior year brings a lot of new responsibilities and attitudes, but it's important to remember that the year goes by much faster than you'd expect. Between college applications and the inevitable onset of senioritis, it's easy to feel a little overwhelmed. However, the year also brings an abundance of new opportunities and fun, so try your best to stay awake and keep your eyes open for the next interesting experience to come along!

The Inescapable Nature of Senioritis

By Alissa Peluso

Senioritis is a condition contracted by most twelfth grade students as a result of being over-worked their entire high school career, coupled with the stress inflicted upon them to choose which college to attend the following year.

According to the National Association for College Admission Counseling, symptoms of senioritis include: "laziness, an over-excessive wearing of track pants, old athletic shirts, sweatpants, athletic shorts, and sweatshirts. Also features a lack of studying, repeated absences, and a generally dismissive attitude." The NACAC goes further, claiming, "The only known cure is a phenomenon known as graduation."

To the objective, unbiased observer, twelfth grade students affected by senioritis appear to be privileged, listless and in need of a wake-up call. It is entirely possible that they are correct. Still, it would be a mistake to define senioritis simply as lethargy, for it is much more complex than that.

Senior year is the confusing period of time in which parents want to allow their children enough freedom to make their own decisions while maintaining their authority over them as a result of their unpreparedness for their chicks to leave the nest. This tug of war between unfettered liberty and overbearing parenting leaves the senior feeling confused and overwhelmed. Conse-

quently, for whatever the reason, the best response for most seniors is to simply stop doing all work entirely.

This conscious decision to ignore three hours worth of homework, combined with the ability to look into the eyes of your teacher empty-handed and without the least bit of remorse, is due to more than just lethargy.

The root of the issue stems from the summer between junior and senior year. The last day of junior year is enjoyable, surreal, and bittersweet all at the same time. For the last ten months, juniors accustomed themselves to the following routine:

1. Wake up at the crack of dawn
2. Aspire to render yourself semi-presentable
3. Prepare to have your brain flooded with a plethora of diverse, unrelated information for seven hours
4. Attempt to balance sports, extra curricular activities, a part-time job, and homework
5. Maintain a friendly persona when around friends and family
6. Sleep
7. Preserve any ounce of sanity you might have left

Once students recognize that they do not in fact have to spend all of their free

time working on school related activities, they must ask themselves: "What now?"

Students, whether you spend your time cliff jumping or reading, it is imperative that you find yourself and what you enjoy. Once you do so, you come to the (un) fortunate epiphany that a life spent focused solely on academic performance is a sad one.

Fast forward to September of your senior year, and yes, you're suffering from the ultimate summer hangover, but you're also trying to mix who you have become as a person in the real world with who you are as an academic.

Perhaps we can now redefine what it truly means to have senioritis. Senioritis: the disease acquired by those students with enough self-awareness to conclude that life does not revolve around high school social/academic performance.

Senior Moments:

"I just finished my precalc test. I didn't answer three out of ten questions."

"Are you going to go back and finish it?"

"No."

~Anonymous OCC Precalc Honors Student

"How many times a week do you go to government class?"

"Um, I show up a solid one day per week. It might be more, but you can count on me at least one day."

~Nicole Awad

"This fall I came in late 45 days in a row. The office called my house and asked why I had so many doctor's appointments."

~Meghan Burke

School Dress codes Discriminate Against Girls

School dress codes should address female and male students. Students should have the right to express themselves through their attire if it does not create a distraction. Some believe that the dress codes are slanted towards one gender. Females agree that they are being targeted. Skirt length, spaghetti straps, tank tops, and tight pants specifically target women. Many students prepare for annual announcements enforcing the dress code during the warm first months of school. These announcements are aimed towards girls. These rules go beyond short shorts, bare skin, and females silhouettes.

A year ago a survey was taken on gender bias in the dress code. Teachers answered the anonymous survey based on their opinion of the given statements. One of Westhill's former students, Ashley McGrath, felt that the dress code was worded in a way that targets girls. She also led a discussion in her class about the dress code language. In the discussion she displayed a slideshow on inappropriate school outfits to raise a discussion. Ashley and Mrs. Lachenauer created a dress code that does not target girls. This never got finished because Ashley graduated.

Mrs. Lachenauer explained that undergarments should not be visible. She made me aware that body size counts in the dress code. Clothing should be appropriate to specific body types. Mrs. Lachenauer has seen fewer boys than girls in the office for dress code violation. These boys are mainly called to the office for inappropriate sayings on t-shirts, sweatshirts and hats. She does not see boys for sagging pants as often as she used to.

Mrs. Lachenauer sees how the dress code can be perceived has biased against females. She believes there are gender specific lines, but there needs to be some standards. Complaints are received periodically depending on the season and day. Students are usually referred to Mrs. Sterling or pulled aside for a private conversation. She assures me that students are not bad for what they are wearing, it is just that it is not appropriate for school. If referred they can call home, wear gym clothes or use clothes provided by Mrs. Sterling. Westhill School's dress code bans bandannas and even coats! Coats are banned because students could be concealing items. They do not push this rule because of Syracuse's temperatures. Many schools do not allow backpacks! Our schools dress code is similar to other schools' dress codes.

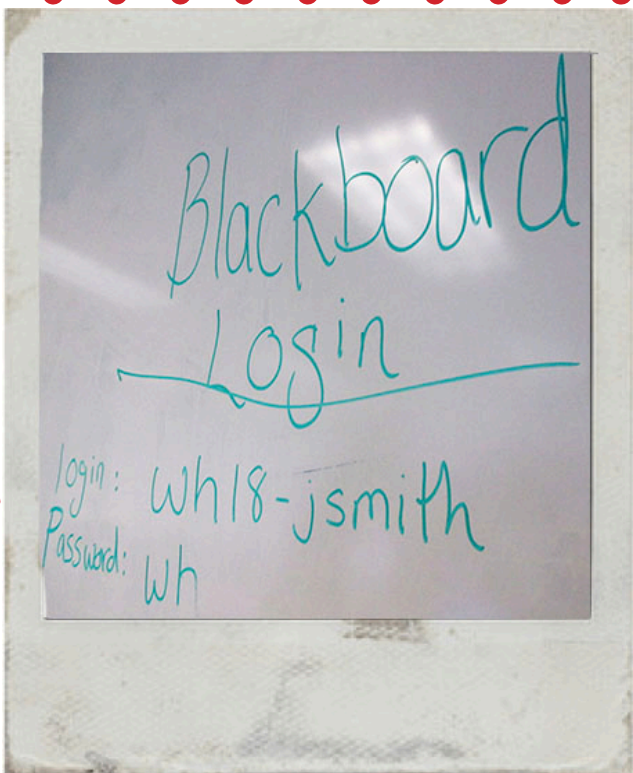
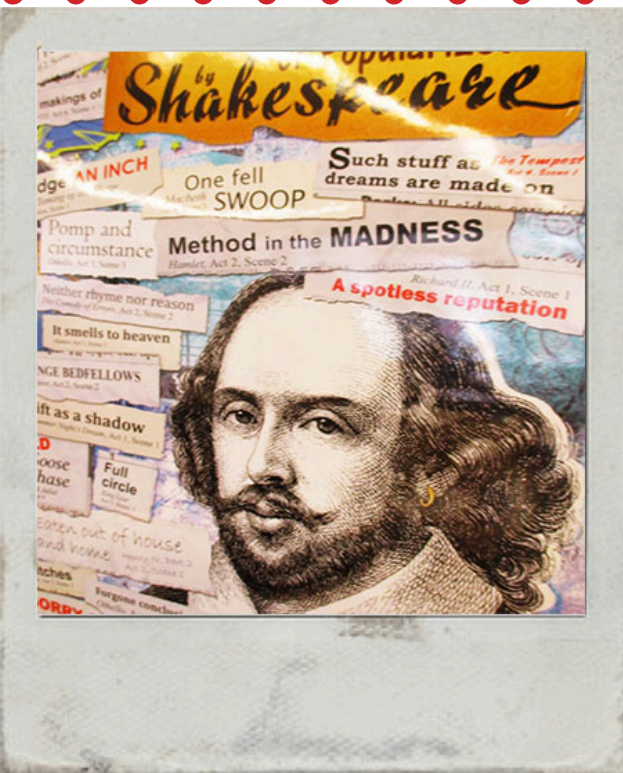
Westhill's students were interviewed on whether they thought the dress code was biased against one gender. Jordan Tucker said, "I don't think the dress code is fair. It is a discrimination against girls. I do not believe it is fair to be judged on your body type." They were also asked if they could change the dress code, what they would change. Jordan said, "I would not change anything specific. You should be able to wear shorts without being embarrassed or insecure." She also added, "We do not have much of an option when shopping at stores. It is different now. This is the future."

Things Seniors Will And Won't Miss

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To Vape Or Not To Vape

By Cristin Rathbun



Whether some students or teachers like to admit it or not, the majority of Westhill has the audacity to admit that this school has a substantial e-cigarette problem. Most Westhill students can name at least a handful of people from each grade that smoke e-cigarettes on school property on a regular basis. Popular places to vape include the bathrooms (obviously), the parking lot, and the boys' locker room. It is so prevalent that teachers are even expected to "patrol" the bathrooms in search of perpetrators. You may have even seen teachers standing outside of the bathrooms and monitoring who goes in. This is why.

Most people believe the misconception that e-cigarettes are harmless--primarily because they are often advertised as the "risk-free" alternative to cigarette use. However, e-cigarettes can impose various negative effects on the human body. The presence of nicotine in e-cigarettes can cause addictive, disruptive behavior that can be nearly impossible to break. Ingestion of too much nicotine can be poisonous to the body. Additionally, although many people believe e-cigarettes do not negatively affect the lungs, e-cigarettes can cause lung inflammation and protein damage. The damage may not be as severe as the cigarette use, but it is still noticeable. The average athlete will

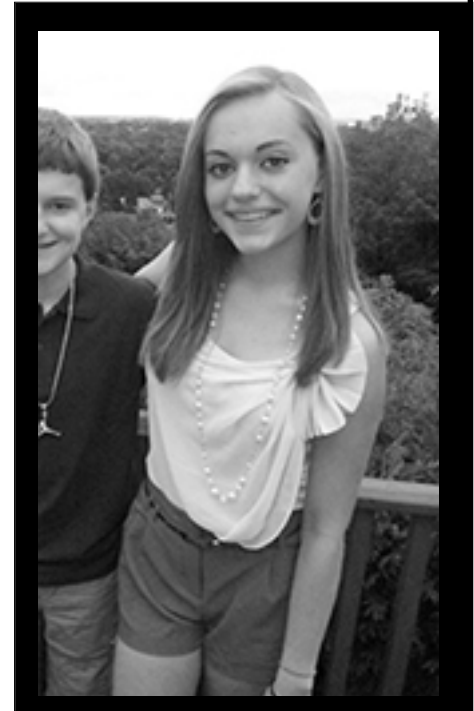


notice progressively more poor exercise performances. E-cigarettes can even cause a chronic cough.

If you do decide to follow the crowd and try vaping on school grounds, you should probably be sure that you are ready to accept the consequences if caught. According to the Student Handbook, a student caught smoking is automatically assigned two late detentions. If caught a second time, that student will be suspended from school for two days. If somehow the message has not kicked in already, the student will be suspended for three days accompanied by a "parent conference" if caught a third time. If caught a fourth time, the student will receive a five-day suspension and have to meet with the superintendent, Mr. Casey Barduhn, for a conference.

It may sound cliché, but if you have the urge to vape on school grounds, you should question whether or not the act is even worth it. Do you really want to spend your time in late detentions or facing a consequential suspension just to fill your lungs with vapor that could potentially harm your health? If yes, then by all means, vape. If no, just walk by your vaping classmates when walking through the bathrooms of this school. Your future self (and clean permanent record) will thank you for it.

Photos: france24.com, wikihow, Amazon,



Dress Code Violations

And How to Avoid Them

By Cristin Rathbun

In Syracuse, everyone is rejoicing due to the fact that the warm weather has finally blessed us with its presence yet again. At Westhill, that rejoicing is accompanied with a pang of fear for us ladies. Along with the warm weather comes different outfit choices--and we all know that the “fashionable” outfit choices are not ideal for the majority of Westhill faculty staff members. Fortunately, there is no reason to fear. There is always a way to incorporate your favorite “risque” article of clothing into your outfit while still avoiding the main office.

Spaghetti Straps:

While spaghetti straps may feel amazing while the sun is pouring through the windows and into the steamy, unairconditioned classrooms of Westhill, they are decidedly inappropriate in a school setting. Try pairing it with a light cardigan. Or if it is too hot for an extra layer, just skip the spaghetti strap entirely and consider a light t-shirt.

Shorts:

It is safe to say that “too short” shorts are probably the biggest threat to a Westhill girl’s dress code. Teachers say that a good rule is to stand tall and hold your arms straight down to your sides. The bottoms of your shorts should reach the very end of your fingertips. The reason this rule is so hard to follow is because popular stores amongst teenagers do not sell a lot of shorts that accommodate this rule. While these shorts may be cute, they are probably better to save for weekends. While shorts that are actually long enough are a rarity, they still exist--and are sold at popular stores. Try them on in the dressing room and ask yourself what your teachers would say.

Crop Tops:

Wearing a crop top in warm weather is a widespread fashion statement among the ladies this time of year. However, this trend is actually forbidden at school or during school activities. If you decide to showcase any sign of the midriff, you could possibly wind up in a meeting with Mrs. Laucheneur for violating the dress code. However, there are loopholes around this. For example, if you want to show off the new crop top you bought at the mall, pair it off with a cute pair of high-waisted jeans or shorts--the high waist will help hide any midriff skin that could get you in trouble.

Photos Courtesy of Kasey Sakran, Nicole Awad and Alissa Peluso

What Makes You Different From Your Parents?

By Nicole Awad



It's obvious that we Millennials differ in many ways from our parents. Much of what we do and how we act or think is completely different from the ways of mom and dad. It's no surprise, of course, that all generations differ from one another. For most of us older kids, our parents are members of the Boomer Generation (1946-1964) and for the younger ones, they are Generation X (1965-1979). Sometimes, we may find ourselves seeking advice from a parent, teacher or relative that may fall into one of these older generations. The advice offered may have confused or frustrated you because you know that times have changed and you do not have the same perspective as the advice giver. So, you are left with useless words of wisdom, inapplicable to your own life. You're left with an unanswered question you didn't even verbally ask, "Why am I so different from my parents' generation?"

*Alissa Peluso
and her father
disagree--about
almost everything!*

Demographics:

1 Well, there is definitely more than one answer to such a complex question. Millennials are considered optimistic, much more so than previous generations. In fact, 41% are satisfied with the way things are going in the country, compared to the 26% in Generation X. Moreover, young people are more tolerant and accepting of mixed races and groups than older generations (47% vs. 19%). In the Millennial generation, 61% are white, 19% Hispanic, 13% black, 4% Asian and 2% fall into the other category. On another note, Millennials express themselves in many ways, having been called the masters of self expression. Three-fourths have created a profile on a social media account. In a more rebellious light, 4 out of 10 have a tattoo, nearly 1 in 4 have a piercing in some place other than an earlobe. This piercing statistic is 6 times greater than older adults who have done this.

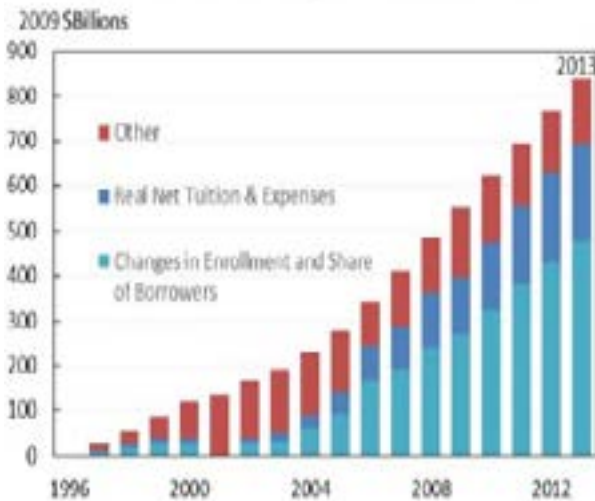
Photo by Nicole Awad

Economy:

2

Looking at changes in education, the facts have also changed. Millennials are on the course to become the most educated generation in American history. Having said this, the graduation rate for high schoolers is 72% nationwide, a record rate since two decades ago.

Figure 9: Sources of Change in Student Loan Debt



This trend is driven by the demands of a knowledge-based economy, leading 68% of those graduates to enroll in college. The recession has hurt all Americans, but has been particularly hard on the Millennial generation, according to the latest Pew Research Center survey. As jobs vanished and businesses closed, America's newest entrants into the labor force have often found themselves among the last hired and the first to lose their jobs. One Millennial trait to keep in mind here is that young people never think they have enough spending money. In a Pew Research Center survey conducted in 1997 during an economic boom, only three-in-ten adults ages 18 to 29 said they made enough to live their ideal life. In the arc of most people's lives, income and earning power tend to be relatively low in one's youth progressing to decent into middle age. This creates two different questions for Millennials when they follow a career path:

1) "Am I passionate about this?" or 2) "Will it pay well?" Fortunately for many Millennials, mom and dad help ease the sting of a skimpy paycheck or a financial setback. More than a third of all Millennials (36%) say they depend on financial support from their families, including 14% of all young adults who are working full time. In contrast, only 6% of Gen Xers under 40, a group with higher incomes and more job security, say they rely on financial help from loved ones.

Political Views:

3

With the upcoming election, political statistics are also important to keep in mind. Did you know that in the 2008 presidential election, Millennials supported Barack Obama over John McCain by a lopsided margin of 66% to 32% while voters ages 30 and older were dividing their votes almost evenly (Obama 50%; McCain 48%)? This was the largest difference between younger and older voters recorded in four decades of modern exit polling. In another study conducted by the Pew Research Center, it was gathered that 53%

of Millennials believe that the government should solve more of the nation's problems as opposed to leaving the issues to individuals and businesses to take care of. This percentage, being a staggering 10% higher than the Boomer Generation (ages 46-64), believe that the government should be less involved. The younger generation is also more likely to identify themselves as liberals. In a recent survey conducted by Reason-Rupe, 53% of Millennials say they would support a candidate who described him or herself as socially liberal and economically conservative, 16% were unsure, and 31% would oppose such a candidate.

All of this confirmation regarding the shift of generations can be confusing, funny, scary, or all of the above. It is important to recognize and understand that through the years, we change all the time. Despite our negative reputation, Millennials are headed in a good direction with more educated and diverse minds. Even though we mostly don't stick to the traditions practiced by our families or society in the past, we are one generation. All of the differences that exist between us are products of evolution and are how we continue to thrive and survive.

FEMINISM THE "F WORD"

BY MAURA FELTER

What is Feminism?

Feminism

noun | fem-i-nizm | \ˈfe-me-,ni-zəm\

- : the belief that men and women should have equal rights and opportunities
- : organized activity in support of women's rights and interests



Feminism has been the driving force behind several western societal changes such as a woman's right to...

- vote
- hold public office
- work
- fair and equal wages
- own property
- education
- enter contracts
- equal rights in marriage



Though in the past feminism mainly focused on women's rights. Feminism today, in addition, argues for "men's liberation" and the equality of all genders.

"FEMINAZIS" (not feminists)

"Radical feminists whose only objective is to see that there are as many abortions as possible."

-Rush Limbaugh

on famous feminists: Gloria Steinem, Susan Sarandon, Christine Ladd, and Carolyn Marchant

TODAY'S FEMINISTS

- work on the division of domestic labor and closing the wage gap among workers
- fighting the media's stereotypes and gender 'norms'
- advocate body autonomy for all people
- fight the 'glass ceiling'- women's inability to advance to corporate positions in the workplace
- fight social inequality including the discrimination of sexualities, genders, races, etc...
- combat violence against women (and men) as women account for 90% of all domestic violence they are the priority
- fight rape culture and the appropriation of sexist behavior

- A term used to describe extreme/militant feminists popularized by political icon, Rush Limbaugh, in the early 1990s.
 - Nowadays the term is used to describe almost all feminists.
 - As a result feminists are now stereotyped as angry, man-hating lesbians.
 - Feminism is still regarded as something to not be proud of despite the support several popular celebrities today, including Beyonce and Emma Watson.
- Today some women feel as if they don't identify with feminism because they have earned their rights. They seem to have forgotten that the only reason they have those rights is because of feminism, and not everyone in the world has the luxury of those rights.**

photos: (from right to left) Emma Watson, Clark Burman, Dennis Reynolds, Elizabeth Daily Stanton

300 EXONERATIONS AND COUNTING

300 EXONERATED BY DNA IN THE U.S.

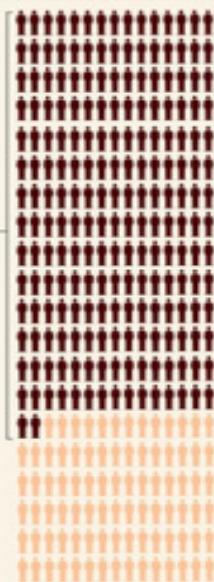
4,013
YEARS IN PRISON

An average of 13.6 years per exoneratee

63% BLACK
29% WHITE
7% HISPANIC
1% ASIAN
over **70%** are people of color

33 were juveniles when arrested
28 pled guilty to crimes they didn't commit
18 were on death row

8,000+ PRISONERS write to the Innocence Project and others each year asking for help with their case.



OBSTACLES TO DNA EXONERATION



REAL PERPETRATORS

The REAL PERPETRATOR was identified in **49%** of exoneration cases

AT LEAST **130 VIOLENT CRIMES** COULD HAVE BEEN PREVENTED IF THE TRUE PERPETRATOR WAS INITIALLY APPREHENDED INSTEAD OF AN INNOCENT PERSON.

LIFE AFTER...

34% of those exonerated have not been compensated

COMPENSATION TAKES AN AVERAGE OF **3 YEARS** AND RANGES FROM **\$11,200 to \$12.25 MILLION**

INNOCENCE PROJECT Cardozo School of Law, Yeshiva University
www.innocenceproject.org

¹ Gardner and Anderson, *Criminal Evidence: Principles and Cases*, Seventh Edition (2010), 271
² Innocence Project tally of cases closed between 2000 and 2010.
³ Brandon Garrett, *Convicting the Innocent: Where Criminal Prosecutions Go Wrong* (2011), 227
⁴ Innocence Project study of cases closed between 2006 and 2010.

The Innocence Project By Makayla Kanavy

Barry C. Schneck and Peter J. Neufled founded the Innocence Project in 1992. The Innocence Project is a non-profit legal clinic that works with the School of Law at Yeshiva University. They work to exonerate people who have been wrongfully convicted of crimes. They have done this through mostly DNA testing and exposing the ways the cases were wrongfully handled. As of today, they have exonerated 325 people; 20 of those 325 were on Death Row when they were released.

It is very interesting reading the statistics about the people who have been freed because of the Innocence Project and the Innocent Network organizations. Around 70 percent of the people freed using DNA have been people of color. The great thing about DNA testing is that about 50 percent the time when the test the DNA to prove their innocence, they actually find the person who perpetrated the crime. The average sentence served by the people exonerated is 13.6 years. Those exonerated had their cases won in 38 states and Washington, D.C. The most amount of people exonerated in a year was 25 people in 2002.

The Innocence Project has received a lot of media attention due to a podcast called *Serial*. *Serial* is a 12-episode podcast that investigates a Baltimore murder that happened in 1999. Hae Min Lee, a high school senior, disappeared and six weeks later her ex-boyfriend Adnan Syed was arrested. He doesn't remember all the details of what he did on the day of her disappearance, which puts a lot of suspicion on him. He was convicted and is currently in prison for the murder, however there is little evidence supporting his conviction. The only evidence they have is a witness, Jay, but his credibility is questioned in one of the episodes. He also is saying that his lawyer, Christina Gutierrez, did not do everything she could to help him, including not interviewing a girl who said she could give Adnan an alibi because she had a conversation with him. Adnan is 15 years into his life sentence and Sarah Koenig the creator/host of *Serial* tried to put the piece together to try and figure if Adnan in fact did kill Hae. The Innocence Project is currently working on Adnan's case and right now. Syed filed his application to appeal the post-conviction denial he received from the City Circuit Court.

Restoring Your Faith in Humanity

Tales of Human Kindness

By Nina Onoff

Some days, it feels like there's nothing good happening in the world. The news channels are flooded with fresh tragedies and conflicts, spinning tale after tale of one act of cruelty after the other. It's enough to make anybody feel disheartened. However, while it's wise to stay up to date with the workings of the world, it's important to not let the negativity overshadow the good lurking just below the surface. Good things are happening all over the world, and the depths of human compassion may just surprise you.



8,400 Pizza Slices Given to Philadelphia's Homeless

Mason Wartman has come up with an ingenious way to help feed the local homeless population through his business. At Rosa's Fresh Pizza, customers pay just \$1 for a slice of pizza. In addition to this great deal, customers have the option to use another dollar to put a slice on hold for a homeless person. They can also add a kind message on a sticky note to add to the restaurant's wall for those in need. Homeless people are then able to enter the shop and receive a free slice of pizza with the simple question "Can I get one off the wall?" The number of prepaid slices are growing rapidly with numbers exceeding 500 slices, and Wartman is working hard to keep up with the flow of kindness from local customers. Wartman was recently featured on the Ellen Show, where he received a check for \$10,000 to be put into his business.

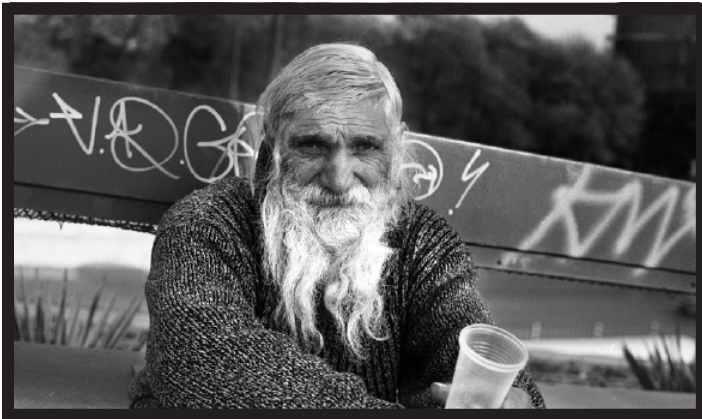
Centenarian Knits Sweaters for Penguins in Need

Australia's oldest citizen has come to the aid of hundreds of penguins living off the coast of Australia and New Zealand that have been affected by last year's oil spill. Phillip Island issued a call for knitters to donate some of their time to make sweaters for penguins in need, and Alfred 'Alfie' Date was just the man to help. Alfie, who was 108 years old at the time, was known in the community as an avid knitter, and fellow citizens soon asked him to put his skills to good use. There's no denying that the sweaters look adorable, but the function of the sweaters are what make the project truly worthwhile. According to Phillip Island's Penguin Foundation, "a patch of oil the size of a thumb nail can kill a little penguin. Oiled penguins often die from exposure and starvation. Oil separates and mats feathers, allowing water to get in which makes a penguin very cold, heavy and less able to successfully hunt for food." At Phillip Island's Wildlife Clinic, penguins are dressed in knitted sweaters to keep them from ingesting toxic oil residue before employees can thoroughly clean them. Since the incident, the Penguin Foundation has been flooded with donations from knitters like Alfie who are eager to help.



99 Year-Old Bulgarian Man Hailed as a Saint

On the streets of Bulgaria, an elderly, bearded man dressed in sandals and homemade clothes can be seen standing faithfully in his regular spot, offering a smile and a kind word to passerby. The man, who goes by the name Dobry Dobrev, has been called a “saint” and a “divine stranger” for his acts of kindness in the community. Dobrev spends his days begging for money in the streets, but he doesn’t keep any of it for himself- everything he earns goes to local churches and orphanages. Living off a monthly pension of only 80 euros (about \$100), he has made countless donations to these institutions, helping them pay for repairs and monthly bills. He has even been known to take part in the repair and construction of these local churches and orphanages. Although little is known about his personal life or what prompted him to perform such selfless acts of kindness, he is widely known throughout the community as kind and humble.



Bartender by Day, Spider-Man by Night

An anonymous 20 year-old man from Birmingham, England has been wandering the streets on a mission to feed the homeless. Known as the “Birmingham Spider-Man,” the man uses his costume to help draw attention to his acts and encourage others to do the same. In a statement to the Huffington Post, the costume-clad hero stated, “Before when I was handing out food, no one would take a second look. But when they see Spider-Man handing out the food, they come over and ask what I’m doing and are really interested.” The man begins his routine at about 9 P.M., stopping to buy sandwiches with his own money. He stops to change into his “uniform” before walking the streets, distributing food to those in need. He believes that such kindness is essential to the human experience, saying, “I’ve learned that everyone is the same, we’re all part of the human experience and I believe that we need to look at everyone as humans and help each other the same as we would a close friend.”

The Last Man From Fukushima

Following the 2011 earthquake that resulted in the meltdown of Japan’s nuclear reactors in Fukushima, the surrounding town has been largely abandoned due to dangerously high levels of radiation. The only inhabitants that remain are the pets and livestock left behind from the city’s evacuation, and one man who was unable to turn his back on creatures in need. Shortly after the evacuation, Naoto Matsumura, a 55 year-old rice farmer, had returned to his home to check on his family’s dogs despite orders from local officials. While there, he discovered animals all over the city in various states of illness- cattle that were on the verge of collapse, dogs still tied up and starving at their posts, and more. Matsumura was so touched by their suffering that he decided to stay behind to care for the animals left behind. Now, he cares for the many animals in the area, including dogs, cats, ducks, pigs, cows, and ostriches. With the help of donations, Matsumura provides the animals with food, water, and affection. After four years of regular exposure to 17 times the normal levels of radiation, as well as consumption of produce contaminated by radiation, Matsumura was found to have more radiation in his body than anyone else in Japan. Doctors estimate, however, that he will not experience any health effects from the radiation for another 30-40 years. Despite this, Matsumura remains devoted to his new animal companions, saying “Animals have comforted me and allowed for my survival.” The animals of Fukushima have gained a new hope for survival, all thanks to the man who stayed behind.



All photos courtesy of Flickr

History? Here?

By Arlana Henneberry

Everyone knows about Washington DC, the go-to spot for American history. The nation's capital is filled with monuments to the presidents, museums filled with rocket ships and memorials dedicated to the men and women who died fighting for our freedom. But there are a lot of other sites to see and things to learn besides traveling the 373 miles to the nation's capital.



The sites in **SENECA FALLS, NY** tell the story of the first Women's Rights Convention on July 19-20, 1848. It is a story of struggle for civil rights, human rights and equality. At this National Historical Park, you can visit the Wesleyan Chapel, imagine being a participant at the convention, or you can take a tour of Elizabeth Cady Stanton's home where she raised seven children and did extensive work to create a reform movement. There is no fee and tours are offered throughout the year.

Why is history important?

"To understand the culture of the world. To understand how we act as a country, how we think as a country and how others think as a country." -Allie Stack



The **ERIE CANAL** was proposed in 1808 and completed in 1825, the canal links the water of Lake Erie in the west to the Hudson River in the east. This canal was built to open the country west of the Appalachian Mountains to offer settlers a cheap and safe way to carry goods to a market. Visitors can walk the Erie Canal or canoe in the water. The museum, located on Erie Blvd., is open Monday through Saturday between 10 A.M. to 5 P.M. and on Sunday 10 A.M. to 3 P.M..

Why should people visit historical sites in New York?

"Because Downtown Syracuse has a lot of historical buildings that people don't know about."

-Meaghan Burrows



The **FREETHOUGHT TRAIL** is a collection of locations in West-Central New York that are important to the history of free thought. West-Central New York State played a special role in America's history of radical reform. The trail can be navigated in four ways: by cause, by name, by location, and by type of site. Historical people you can learn about on this trail include Matilda Joslyn Gage, Susan B. Anthony, Mark Twain and Elizabeth Cady Stanton.

Pictures from Flickr

Too Much **Tech**

Technology. It has fascinated generations. On April 1, 1976, Steve Jobs, Steve Wozniak and Ronald Wayne developed the personal computer, sold it and started Apple, Inc. The products formed a brand name from Mac computers, iPod media player, iPhones, iPad tablet and the Apple Watch. These creations have put a strain on age groups by focusing more on technology than social interactions.

Studies show that teens that use more technology such as video games or the Internet miss more school and tend to have more stomachaches, sleeping problems, anxiety and depression. Teenagers are more likely to have their eyes glued to the screen than enjoying the world around them. Even adults are seen with their tablets filled with apps. Generations are missing the social connection between family and peers. Instead of getting out of the car at a friend's house, teenagers are texting 'here'.

When dining out with friends, what can you do about it? It's called the Phone Stack game. After everyone orders, they place their phone in the center of the

table and face down. Even as the phones buzz and ring throughout the meal, no one is allowed to grab his or her device. If someone is unable to resist and picks up a phone, he/she is responsible for picking up the check.

With the latest model of the iPhone 6 Plus, the opportunities are endless with technology.



Picture of Anna Frost, Kelly Carter and Francesca Miesner

New applications have been developed to check your bank account from your mobile devices. Instead of driving to the bank, people who have accounts in banks such as Bank of America, Chase, Wells Fargo and M&T can access

account information, deposit checks and make transfers between accounts. By downloading Capital One Mobile or Discover Mobile, users can scan their phone as a substitution for their credit cards.

Is this type of banking safe? Experts say mobile banking isn't as risky as banking from a PC. Still there are risks. They risk compromising their personal information and hard-earned savings to scammers. Logging onto public Wi-Fi like at a coffee shop or a hotel is a risk because the network is vulnerable to anyone monitoring the hot spot. Criminals often create look-alike fake apps to trick users. But the biggest way people fall victim when mobile banking is when their phone is lost or stolen.

So is technology finally taking over? Teenagers are more glued to technology than families. But on the other hand, technology is a gateway to a new world filled with information, amazing information.

Tips on How to Stop Technology from Taking Over!

Simply turn off your phone or other technology devices.

Create projects for yourself.

Limit your social media use.

Choose an outdoor activity.

Set aside reading time.

NCAA Basketball News By Daniel Phelan

Currently, there are 351 teams in 32 different conferences playing basketball in the NCAA. Over the years, there has been an enormous amount of drama, scandal and controversy that has occurred among these teams. The 2014-2015 season has been no different. This year, NCAA basketball has had its fair share of drama. With all of this controversy, there were a few topics that have stood out and have gained the most media attention overall. Three topics that have caught a great deal of attention this year include the penalties that the Syracuse basketball program is facing, Indiana and the signing of the Religious Freedom Act, and the debate on whether NCAA basketball players should be paid or not.

One especially local controversy that made national news is the penalties that the Syracuse University basketball program faced this year. In simple terms, over the course of the past 10 years, Syracuse University failed to monitor its athletic programs and this led to the occurrence of multiple violations. It was actually Syracuse University who discovered and self-reported several violations to the NCAA. These violations included academic misconduct, illegal extra benefits for players, failure to follow drug-testing rules, wrongful academic assistance to keep players eligible and illegal services to players from the staff. The penalties that were imposed by the NCAA on Syracuse University included the suspension of Jim Boeheim for nine ACC games next season, getting rid of 108 of Jim Boeheim's wins, getting rid of 12 athletic scholarships over four years, a fine of \$500 for every game played by ineligible students and the mens' basketball and football programs will be on probation until March 5th, 2020. The severity of the punishment that Syracuse has had to face as a result of their actions should send a clear message to every other NCAA basketball program that cheaters never win.

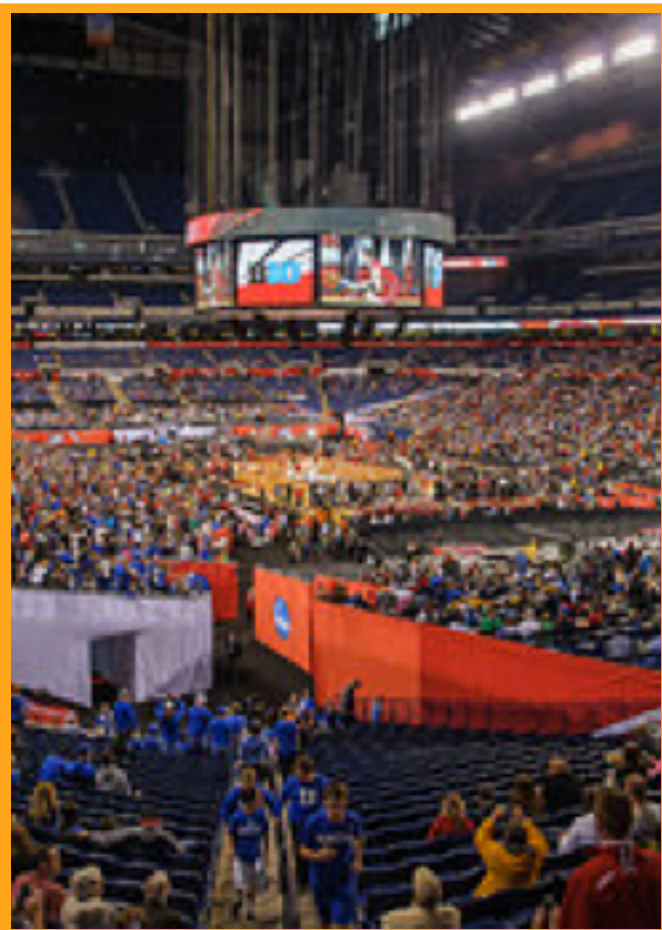


Mary Kline Classic Basketball Tournament at the Syracuse Carrier Dome

Photo Courtesy of Flickr

Although this next topic has been a source of debate for many years, it still continues to make headlines one way or another today. This topic is whether NCAA basketball players should be paid or not. The NCAA reportedly made over \$1 billion in advertisement revenue during this year's March Madness Tournament. It is not unusual for a NCAA basketball coach to be paid millions of dollars, meanwhile the players receive no money at all. This topic was brought up again in March when President Barack Obama voiced his opinion on paying college players. The President stated that student athletes should not be paid because it could quickly become a "slippery slope," but he did say that players who are injured should be provided with full medical coverage from the college and that colleges should guarantee any scholarship offered to a player no matter what happens.

Another bit of NCAA controversy that has actually occurred rather recently dealt with Indiana and the Signing of the Religious Freedom Act, which allows business owners to use their religious beliefs to deny service to customers. The law basically gives business owners the ability to legally discriminate against the LGBT (lesbian, gay, bisexual, and trans-gender) community. As a result of the NCAA Final Four being held in Indiana, the NCAA office was concerned that the LGBT community would feel uncomfortable in attending the Final Four and any other events that were sponsored by the NCAA. The NCAA office wasn't the only one concerned about the new law. Soon after the Religious Freedom Act was signed, many people took to Twitter and Facebook to voice their outrage towards Indiana and the new law. There was a campaign launched on Twitter called "#BoycottIndiana." Many people joined the campaign, including top business leaders from the technology district in San Francisco and Seattle who declared that they would stop all publicity-funded travel to Indiana. The law will go into effect in July. In the meantime, Indiana legislative leaders are working to clarify that the law does not discriminate against gays and lesbians. It is now up to the NCAA office to decide how they will continue NCAA-sponsored events in Indiana.



2015 Final Four Practice

Photo Courtesy of Flickr

NCAA Basketball Trivia

- This year, there were 11.57 million NCAA March Madness Tournament brackets filled out on ESPN.com.
- The odds of filling out a perfect NCAA March Madness Tournament bracket are 1 in 9,223,372,036,854,775,808. No one has ever filled out a perfect NCAA March Madness Bracket.
- The first NCAA basketball tournament was held in 1939 and only included 8 teams.
- The most national championships in NCAA basketball won by any coach is John Wooden, who has won 10.
- The highest paid NCAA basketball coach is Mike Krzyzewski, who has an annual salary of \$9,682,032.
- The most free throws shot in a game is 105 with Morehead State against Iowa.
- The most points ever scored by a single team belongs to Loyola Marymount, who scored 149 points against Michigan in 1990.
- The record for the most points scored in a NCAA tournament game belongs to Austin Carr, who scored 61 points against Notre Dame in 1970.
- In 2012, Jack Taylor broke the record for most points scored in a NCAA basketball game when he scored 138 points. He made 27 of the 71 3-pointers that he attempted during the game.
- In 1967, it was made illegal to dunk in an NCAA basketball game, but it was made legal again in 1976.

Addicting Apps

By Cody Badman

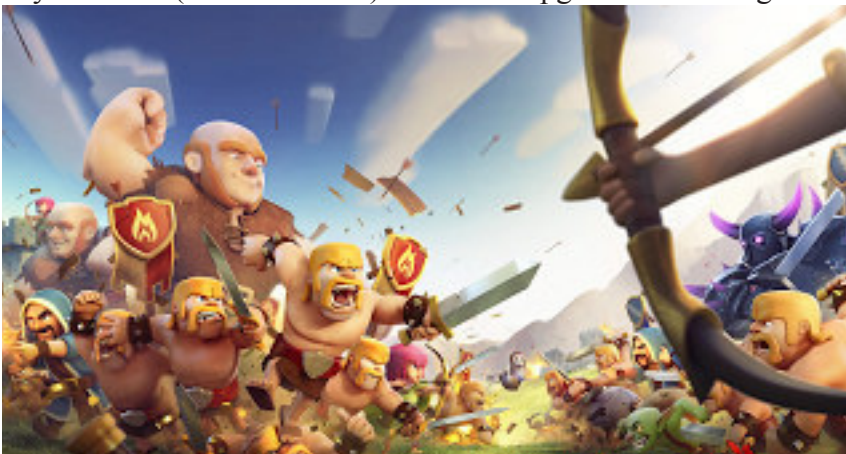
People can have addictions to practically anything. An addiction is something that constantly interferes with daily life actions. Under this definition, millions upon millions of people are addicted to the following apps.



Clash of Clans

Clash of Clans is a free-to-play strategy game on the app store that has been out for over two years. The game involves the upgrading and use of various warriors who, by the looks of them, came from 15th century Europe. For example, the game allows the player to attack other players with the help of wizards, giants, dragons and even witches, just to name a few. Through attacking other players, resources and trophies can be gained, aiding in the upgrading process. In addition to upgrading troops, every part of the player's village can be upgraded, from the walls that surround the village to the town hall that serves as the village's main building. Players can form groups of villages, called clans (hence the name) with other players and combat other clans in order to earn additional resources and upgrade their clan level.

The addictiveness of Clash of Clans is plain to see. Supercell, (the company that made Clash of Clans) makes over one million dollars per day from the millions upon millions of people who play the app every day. This money is made from in-app purchases that the game offers, which clearly are very tempting. The most often purchases are of gems, which serve to speed up upgrades or buy additional builders (which serve as a village's means of upgrading. For example, a village with two builders can only upgrade two objects at a time, whereas a village with three builders can upgrade three objects at a time, making them quite desirable.) Starting at \$4.99, the player can buy 500 gems, skyrocketing all the way up to 14,000 gems for a staggering \$99.99. Although these prices may seem astronomical, the reality is that players find them extremely appealing, just so that they can buy a builder (or two or three) in order to upgrade their villages faster.



Candy Crush Soda Saga

Candy Crush Saga is a free-to-play "Bejeweled-like" game on the app store. Coming from the same developer of Candy Crush Saga, Candy Crush Soda Saga is arguably the better of the two. Much like Clash of Clans, Candy Crush Saga has been out on the app store for a couple of years. The game involves the switching of "candy" pieces in order to remove them from the board, or form super candies. The game contains several hundred levels, where the goal may be to free gummy bears, clear frosting, or just get as many points as possible before time runs out, among others.

Clearly, Candy Crush Soda Saga is a highly addictive app, as seen from the millions of dollars the app has made. Mrs. Donegan was asked a variety of questions regarding this app. When asked, "Do you play a Candy Crush game?" she replied, "Obsessively." Also, when asked if she thought that she was addicted to the game, she decisively replied "yes." However, when questioned whether or not she has spent money on the app, she responded, "I don't think it's been very much, no more than five dollars." In-app purchases is where the majority of the money the app makes comes from.

Photos Courtesy of Flickr

Theme Parks

By Cody Badman

Cheapest

Darien Lake

Darien Lake is the closest theme park amongst this group of theme parks. Despite being local, this theme park contains some serious thrills. (Some being Mind Eraser, Boomerang, and Ride of Steel.) According to Westhill student Michael Olesh, “The Ride of Steel is exhilarating.” Water rides include: Brain Drain, Grizzly Run, Shipwreck Falls and Thunder Rapids. The season tickets for this theme park are only \$64.99. This is a considerable amount less than the other parks listed.



Best Rollercoasters

CedarPoint

Cedar Point, otherwise known as “The Roller Coaster Capital of the World” is a highly rated theme park in Sandusky, Ohio. The park has over ten intense roller coasters, including: Maverick, Mean Streak, Millennium Force and Top Thrill Dragster. Top Thrill Dragster is one of the fastest roller coasters in the world, topping out at a maximum speed of 120mph. Millennium Force is also a fast roller coaster, clocking in at a top speed of 93mph. Season tickets start at six monthly payments of \$20.50. This is the perfect park for thrill seekers.

Best Variety of Rides

Universal Studios

Universal Studios Orlando is an immensely popular theme park that attracts worldwide visitors every year. The theme park is split into two separate parks that visitors have the option to go between (given that they have the correct tickets to do so.) These two parks are Universal’s Islands of Adventure and Universal Studios. Universal’s Islands of Adventure contains more thrill rides including The Incredible Hulk Coaster, Doctor Doom’s Fearfall, and Dragon Challenge just to name a few. Universal Studios is more of a show-geared park, however it also has some thrill rides as well. Some of these shows include: Terminator 2 3-D, Shrek 4-D, and Despicable Me Minion Mayhem. Season tickets start at \$214.99 plus tax.



Most Family Friendly

Disney World

Perhaps the most well-known park in the world, Disney World famously portrays world renowned movies and characters into four different “parks within the park.” These four parks are Epcot, Disney’s Hollywood Studios, Disney’s Animal Kingdom and Magic Kingdom. Each of these parks contains both rides and shows related to Disney movies. The most notable of these rides are Soarin’ (in Epcot) The Twilight Zone Tower of Terror (in Disney’s Hollywood Studios) The Kilimanjaro Safari (in Disney’s Animal Kingdom) and Space Mountain (in Magic Kingdom.) Season tickets start at \$654.00

Photos Courtesy of Flickr



Keeping It Local *By Ciara Hoyne*

When it comes to eating out, chain restaurants are often among people's top choices. However, what many people don't know is that by opting to support local restaurants, they will not only benefit the local economy, but also enjoy delicious and unique dishes for everyone's tastes.

Breakfast: Instead of IHOP try:

Funk n Waffles -This unique joint is serving up waffles with a twist. Customers can enjoy dishes that range from sweet options like traditional "Star Child" buttermilk waffles with strawberries and whipped cream, to "James Brownie", a brownie waffle with two scoops of ice cream whipped cream and chocolate sauce. Or for a savory option, customers can try "Chicken and Waffles"-buttermilk waffles with fried chicken, the "Jive Turkey"-stuffing waffles with smoked turkey, mashed potatoes, cranberry sauce and gravy, or the Elvis-inspired "All Shook Up"-a bacon stuffed waffle with bananas, honey and peanut butter. Buy tickets in advance and you could "Get Down and Eat Up" and enjoy a delicious plate of waffles and listen to live music. The university location, at 727 S Crouse Ave #8, is open Sunday-Monday 9A.M.-4P.M., Tuesdays 9A.M.-9P.M., Wednesdays 9A.M.-12A.M., and Thursday-Saturday 9A.M.-9P.M. The Downtown location at 313 S Clinton Street is open Sunday -Thursday 9A.M.-12A.M. and Friday-Saturday 9A.M.-2:30 A.M..

Modern Malt- This new "Gastro-Diner" just opened Wednesday February 4th, and is serving up traditional diner fare with a twist. Their unique menu features dishes that range from non-traditional breakfast foods like Strawberry Cheesecake stuffed French toast, the "Barney Rubble"-Fruity Pebble Encrusted French toast, and Red Velvet Waffles to classic smoothies, shakes, sandwiches, burgers and more. Modern Malt is located at 325 S Clinton Street and is open Monday-Wednesday 7A.M.-10P.M., Thursday-Saturday 7A.M.-4A.M., and Saturday 9A.M.-6P.M..



Mexican: Instead of Moe’s or Chipotle try:

Alto Cinco- In the mood for Mexican food? Skip the burrito at Moe’s or Chipotle, and opt for a variety of fresh and tasty dishes at Alto Cinco. Customers can choose from classic Mexican staples like chicken enchiladas, soft tacos with shrimp, fish, chicken, or beans, or a variety of hearty burritos. Aside from classic dishes, they also offer entrees like Mexican Pizzas (jack cheese, scallions, jalapeños, peppers, cilantro pesto, salsa and fresh herbs), tostadas (crispy corn tortillas with cheese, beans, rice, salsa, sour cream, and your choice of meat), Paella (a traditionally served in Spain, a seafood dish with clams, mussels, calamari, shrimp, in a hearty broth served over rice) and the fried catfish plate. Their original location is 526 West cott St. and is open for breakfast-lunch and dinner Monday-Saturday 8A.M. to 2A.M., and Sundays 10A.M.-2A.M.. In addition their sister location, Otro Cinco, serves up a similar menu and is located at 206 South Warren St. open Monday-Friday 11A.M.-9:30P.M., and Saturday-Sunday 5P.M.-9:30P.M..

“Skip the burrito at Moe’s or Chipotle, and opt for a variety of fresh and tasty dishes at Alto Cinco.”



Healthy Options: Instead of Panera try:

LOFO- Help support business in downtown Syracuse, eat healthy, and enjoy a satisfying meal, all at LOFO (which stands for “love food”) located at 214 Walton St. Their menu offers a variety of tasty smoothies and juices using all fresh, healthy ingredients like The Honey Bear-with almond milk, homemade peanut-butter, banana, local honey, and cinnamon, or the green juice- with kale, cucumber, celery, broccoli, apple, ginger and lemon. In addition, LOFO offers lunch and dinner options that range from sandwiches, to soups salads and more. If you are feeling adventurous, try the cauliflower “Chicken Wings,” this healthy take on the classic snack food consists of fresh cauliflower dipped in signature spicy wing sauce and baked until crispy. LOFO is open Monday-Friday 8A.M.-7:30P.M., Saturdays 9A.M.-3P.M. and Sundays 10A.M.-3P.M..

Strong Hearts Café- Serving up healthy and 100% vegan food, Strong Hearts Café is a great option for a casual lunch or dinner with friends. The menu features breakfast foods served all day like pancakes, waffles and the popular tofu scramble. Aside from breakfast, Strong Hearts also offers salads, soups, and sandwiches, all of which are free of animal products and completely vegan. Not in the mood for a meal? Strong Hearts offers a number of baked goods made fresh daily, or one of their famous milkshakes, offered in a variety of flavors and named after inspiring people. Some of the most popular shakes include the chocolate flavored “Nelson Mandela”, the peanut butter-oreo “Robert Clemente”, and the peach Cobbler “Rosa Parks.” Strong Hearts is open Monday-Sunday 8:00A.M. to 12:00P.M., and located at 719 East Genesee Street.



Summer Blockbusters

By Makayla Kanavy

May 1st *Avengers: Age of Ultron*

The whole cast of *Avengers* comes back for a second time for the sequel to the first movie. Tony Stark played by Robert Downey Jr., tries to start up a peace-keeping program that has been fading out. However, this don't go as planned and the Avengers must stop Ultron before his villainous plan goes into action.

May 15th *Pitch Perfect 2*

Everyone from the first film, plus some newcomers, come back for the sequel to *Pitch Perfect*. In the sequel, The Barden Bellas enter an international acapella competition that no American team has ever won before.

June 5th *SPY*

Melissa McCarthy plays the main character in this comedy about a CIA agent who volunteers to go into the field for the first time undercover in order to stop a dangerous arms dealer who is trying to cause a global disaster.

June 5th *Insidious: Chapter 3*

The third installment of the *Insidious* series is a prequel to the other two films and does not have the Lambert family in it. Instead, it focuses on a new family that is experiencing paranormal activity because their daughter had been targeted by an evil spirit. While the Lambert family isn't in the movie, Elise and her team are back to help this family.

June 12th *Jurassic World*

This film takes place 22 years after *Jurassic Park*, Isla Nublar, now has a dinosaur-themed park called *Jurassic World*. Ten years after the park's opening the park starts losing business and tries to come up with a way to reel customers back in. They decide to create a new part to the park, however this plan goes horribly wrong.

June 17th *Trainwreck*

A comedy starring comedian Amy Schumer, this is about a successful woman who grew up thinking monogamy was not possible. But when she meets a great guy through work, she has to face that it might be possible for her to be in a long-term relationship. This film also features like Bill Hader, Nikki Glaser, and Brie Larson.

July 24th *Paper Towns*

Based on the novel of the same name by John Green, this movie is about five high school students who go on a road trip to find the main character's neighbor who disappears after he and she prank everyone who has done her wrong.

August 7th *Fantastic Four*

This reboot of the *Fantastic Four* is the next big Marvel movie release after the *Avengers: Age of Ultron* comes out. This movie based off of the comics is about four scientists who when a teleportation experiment goes wrong gain superpowers.



Erin Davis

**Senior
Spotlight**

By Makayla Kanavy



Tyler Scanlon

Q. What are your future plans?

Erin: I will be attending Cazenovia College for fashion merchandising. In the future I will be in New York working for a fashion magazine.

Tyler: To graduate from Westhill in a few years, then live off a steady diet of government cheese.

Q. If you had to eat one food for the rest of your life what would it be?

Erin: Pancakes.

Tyler: Pretty much anything that's not a vegetable. Vegetables suck.

Q: Favorite TV show?

Erin: *Friends*.

Tyler: *The Cosby Show* or *That 70s Show*

Q. Most embarrassing moment?

Erin: Dropping my coffee in the middle staircase in the beginning of the year while I was asking a teacher to write me my letter of recommendation.

Tyler: A mishap in David Petrocci's pool in front of his mom.

Q. Favorite ice cream flavor?

Erin: Mint Chocolate Chip

Tyler: I'm allergic.

Q. If you could have any superpower what would it be?

Erin: Mind Reading.

Tyler: Invisibility. People do weird stuff when they think no one is watching.

Q. If you could travel anywhere in the world where would you go?

Erin: I would go to Ireland.

Tyler: Amsterdam.