

Glass Corridors



Millenials: Are We Really That Bad? Pages 14-15



What's Inside



- *Hallway Etiquette*
- *When Teachers Went To High School*
- *The Truth About School Lunches*

Pages 8,9

Pages 12,13

Page 5

What's New?

By Nina Onoff



1 Update on Ebola
Although news of the Ebola outbreak has slowed in the media, health officials are still working hard to combat the disease. The latest Ebola patient in the U.S., Dr. Martin Salia, died on November 17 at Omaha’s bio-containment center. Since then, there have been no further reports of Ebola in the US, although health officials are wary to declare the U.S. outbreak over just yet. So far, officials have appointed 35 hospitals around the country to care for Ebola patients, including Bellevue Hospital Center in New York. The Obama Administration continues to push for government support of the disease’s treatment, requesting a 6.2 billion dollar emergency funding plan for Ebola. Obama hopes for Congress’ approval of the plan by December 11th, before government funding is depleted. Although no treatments have yet been approved by the FDA, researchers at NIH have completed an early-stage human trial for an Ebola vaccine. Clinical trials of another possible vaccine are being conducted at the Walter Reed Army Institute of Research. Early results are to be expected by the end of the year. Though the number of Ebola cases has dropped in the U.S., the disease still poses a very real threat to countries around the world. While some countries have shown declining rates of infection, health officials fear that there may still be flare-ups of the disease, especially in countries such as Sierra Leone, Guinea, and Liberia, where new cases continue to be reported. According to the Center for Disease Control, there have been a total of 7,989 deaths.

Photos Courtesy of Flickr

2 NASA’s Latest Project Begins Testing
NASA’s new project, a spacecraft called Orion, is scheduled to launch a test flight at 7:05 a.m. on December 4th. The spacecraft will not hold any human passengers during the test flight, although the craft has the capability to carry four people for up to 21 days, or six people during shorter missions. During the test flight, Orion will ascend 3,600 miles into the air to orbit Earth twice before landing in the Pacific Ocean four and a half hours later. While in orbit, the craft is expected to capture stunning photographs of Earth. The project offers an exciting new possibility for scientists; the ability to explore deep space. Orion is designed to travel beyond the moon and even as far as Mars. The first crew is not expected to be sent up on Orion until 2021, but the spacecraft will be far from empty during its test flight. Among the list of things that the spacecraft will carry are Cookie Monster’s cookie and Ernie’s rubber ducky from the hit show *Sesame Street*, a Tyrannosaurus Rex fossil from the Denver Science Museum, an Apollo 11 lunar space-suit, and a microchip containing the names of over a million people.

3 Internet Free Speech Rights Reach Supreme Court
On December 1st, the Supreme Court heard the appeal of Anthony Elonis, marking the first time they’ve examined the limits of Online speech. Elonis, a 31 year-old man from Pennsylvania, served a three year prison sentence after writing disturbing posts on Facebook, including graphic descriptions of violence against his ex-wife. Elonis, however, claims that the posts were a way of venting to cope with recent issues in his life, saying, “I never intended to threaten anyone. This is for me. This is therapeutic.” In the past, the Supreme Court has opted that only “true threats” give reason to criminalize speech. The case raises the issue of how far the limits of free speech actually extend. The Supreme Court’s decision has the power to potentially shape what people are allowed to say on the Internet, a territory that, for the most part, has remained unexplored until now. Elonis faces a four year prison sentence and the decision of his case is expected to be delivered around January or February of 2015.



4 Protests Erupt In Mexico
Mexico has been in a state of unrest following the disappearance of 43 college students on September 26th, who went missing after attending a protest in Iguala. According to witnesses, the students disappeared after a confrontation with local police, where the students were allegedly seen being put into cop cars. Burned human remains were discovered near the area where the students were last seen, and forensics tests are currently being conducted to determine if they belong to the missing students. The official explanation given for the students’ disappearance is that they were murdered by the Guerreros Unidos drug cartel, who then burned and disposed of their bodies. The families of the victims, however, have stated that they will not accept this explanation until forensics can prove that the remains are truly from the missing students. Since the incident, protesters have clashed with police, storming Mexico City’s National Palace and demanding more action from President Enrique Pena Nieto. Many believe that the local police and government had a hand in the murders, citing the Mexican police force’s history of working with gangs such as the Guerreros Unidos. Protesters carry banners rife with accusations against the government, with signs reading “the state did it” demanding the president resign and even burning effigies of Nieto in the streets. “The problem isn’t just the 43 students. It’s the thousands more that disappeared before them. We’ve ignored them for too long. We’re not going to be quiet any longer,” said a participant in one of the various marches being staged throughout the country.

Class Corridors Journalists:
Nicole Awad
Cody Badman
Meghan Burke
Maura Felter
Arlana Henneberry
Ciara Hoyne

Makayla Kanavy
Noelani McAfee
Mae O'Neill
Nina Onoff
Alissa Peluso

Daniel Phelan
Cristin Rathbun
Corey Smith
Madelyn Smith
Mary Washburn

Advisor:
Ms. Brown



Photo by Flickr

Is Sexual Assault the New Normal?

By Alissa Peluso

The mishandling of sexual assault cases on college campuses across the United States has become a chilling new normal. As a result, the Obama administration has begun investigations on 86 universities nationwide, all of which are accused of mishandling sexual abuse cases. If it is discovered that any of the universities under scrutiny are guilty of mishandling past and/or future sexual assault cases, all federal funding previously provided by the government will be immediately revoked.

One case that has been especially exploited by media outlets is that of a freshman woman, Jackie, who attended the University of Virginia. Seven men at the Phi Kappa Psi fraternity house allegedly raped her while two men watched without interference. Once the American public caught wind of Jackie’s traumatic story, a wave of outrage swept through the nation.

Although *Rolling Stone*

has retracted Sandra Rubin Erdely’s article discussing Jackie’s alleged rape, one fact remains the same; rape and sexual assault cases are becoming the norm for students on college campuses and this fact must be addressed.

An article published by CNN and written by former assistant dean of students, John Foubart, discusses his personal experiences regarding the University of Virginia and their lack of punishment for perpetrators of sexual assault. Foubart discusses one instance in particular, saying, “...I was once asked to meet with a student who had been found responsible for sexual assault. He was instructed to read a book about sexual assault and then discuss it with me.” Apparently, a book talk is a justifiable punishment for those students committing rape crimes on campus. In fact, since 1998, 183 students have been expelled from UVA for honor-code violations, while there has yet to be one student expelled for sexual assault.

Another student at the University of Virginia, Olivia Ortiz, filed a sexual assault complaint to the dean of students, Susan Art, in 2012. The dean responded by labeling her complaint as a ‘dispute between students’ and suggested that she seek informal mediation. This would involve the accuser and the accused meeting and attempting to discuss the incident calmly. Not only did Art go against the Office of Civil Rights for the U.S. Department of Education’s 2011 order to eliminate the mediation of rape cases on college campuses, but she also violated the Clery Act, which states that campuses must report all criminal activity.

Knowing that the University of Virginia has violated numerous laws almost invalidates the meaning of fraternity suspension. The issue of sexual assault on college campuses goes beyond that of frat boy party culture. Rape can occur anytime, anywhere, and if the dean of students is not willing to inflict real punishments among perpetrators, then sexual assault becomes a vicious cycle of committing the abhorrent crime and receiving punishment that is not bad enough for rapists to considering ending their behavior.

Did you know...

- Every 21 hours there is a rape on an American college campus.
- At least 80% of all sexual assaults are committed by an acquaintance of the victim.

The Truth About School Lunches

By Alissa Peluso

If you have recently fallen victim to paying \$2.45 for a meager, borderline inedible lunch, you will have been consuming a lunch at Westhill High School. While it can be ineffectively argued that the administration is serving the student body said food as some sort of torture method, there are new legal provisions responsible for the changes in school lunches.

The United States Department of Agriculture has begun a program titled Smart Snacks in School, which enforces the exclusive sale of foods meeting a specific nutritional standard. The program requires all schools that accept federal funding to sell foods that are rich in whole grains, and have either a fruit, vegetable, dairy product, or protein as the first ingredient. The new standards also require that snack items are less than 200 calories, and entrée items less than 350 calories. This explains why pizza served at school tends to taste like cardboard with a hint of cheese flavoring.

Due to the fact that Smart Snacks in School has prohibited the sale of foods high in calories and



fat, bake sales are no longer permitted during the school day. So what does that mean for Westhill? No more bake sales to raise funds for FBLA, and the ever-cherished crepe sale held by the French Club will now cease to exist. Luckily, the USDA understands that eliminating bake sales completely is not ideal; therefore they have allowed each state to grant up to thirty bake sales per year. Unfortunately for public schools in New York, the state has not allowed any of the allotted exemptions.

Although the USDA believes that it is taking a step towards combating obesity among children, are they really? When Tyler Scanlon was asked about his overall opinion of school lunches, he responded, “They’re terrible and over-priced.” Similarly, when I asked Greg Newton if he had noticed any significant changes in quantity or quality regarding school lunches over the past few years, he said, “Quality and quantity have gone down, yet you pay more for it.” These two testimonies are mere representations of views widely shared by the Westhill

High School student body.

So, while it may be easy to blame the Westhill administration for serving us healthy yet tasteless food, the real enemy is the United States Department of Agriculture and New York State.

One of Westhill High School's Prize - Winning Lunches:



Photos by Michael Johnson

Burger Pizza

Hallway Etiquette

The do's and don'ts of walking in the halls
By Ciara Hoyne

The real situation:

The bell sounds to signal the end of your first period class. It's Monday, so naturally you enter into the hall half-asleep walking solemnly to your next class. You cringe as you see a group of junior girls screaming and gathering in a group of 10, blocking the whole hallway. Once you squeeze past them, you dodge a yogurt thrown down the staircase, while walking extremely slowly behind a sophomore girl obviously distracted texting on her cellphone, and warn her just in time to watch out for the pole ahead of her. Agitated, you arrive on the third floor and are almost to your next class when a random freshman boy comes sprinting (yes, a full-on sprint) past you bumping into you with his massive backpack and trapper binder, nearly knocking you off your feet. He runs away without even a mere apology. Walking into the door of your next class you sigh and think to yourself, I just wish that people would have some manners!

The ideal situation:

The bell sounds to signal the end of first period. You enter the hallway to make the trek up to the third floor to your next class. People are talking and conversing at a reasonable volume, and there are no major groups clogging up the 1st floor hallway. You are able to get all the way up three flights of stairs without being slowed down by people texting or just walking extremely slowly for no reason. You are almost to your class when a freshman boy comes walking at a brisk pace, and lightly knocks you with his backpack. Before you can give him a dirty look, he turns around and sincerely apologizes, so naturally you tell him it's no big deal and continue on your way. Upon sitting down in your next class, you notice what a breeze it was walking in the hallways, appreciating everyone's appropriate manners and the lack of agitation stemming from the chaos of the hallways.

So how can Westhill go from the real situation to the ideal situation?

1 **Don't use your cell-phone while walking:** As good as people may think they are at multi-tasking, it often just results in them slowing down the person walking behind them, or endangering themselves from running into poles and other students, etc.



2 **Don't congregate in large groups:** It's a nuisance to others simply trying to get from point A to point B, and blocks the hallways. It's understandable that students want to talk to their friends between classes, but students should do so any other place besides the middle of the hall in everyone's way.



The classic Westhill hallway jam.

4 **Don't throw anything down the middle staircase (or any other staircase):** Although the number of applesauce and other food-related bombs have decreased in the past years, there is still the occasional student that thinks it would be a brilliant idea to recreate them. The truth is, it wasn't funny back then and it still isn't funny now. The student body would appreciate if they could get from class to class without worrying about soiling their clothes in the process.

3 **Be polite!:** The hallways can get pretty crowded in between periods, so it's understandable if the occasional accidental bump or shove occurs. Just make sure you apologize; a simple sorry here and there is all it takes to go from being rude to polite.

5 **Don't run to class:** Even if you're going to be late, running is never the solution. The reality is if a student is late by a couple seconds, the teachers most likely won't mind, and if they do it's not the end of the world; just make sure it doesn't happen again.

Photos courtesy of Flickr and Ciara Hoyne

“New” Teacher Spotlight
By Maddy Smith

This September, there was an addition to the Westhill High School staff, science teacher Ms. Weinsztok. She replaced Mrs. Johnson, who retired this past June. Ms. Weinsztok teaches living environment and physical science.



Ms. Weinsztok

Where did you go to high school and college?
“I went to South Jefferson for high school, Cortland for my undergraduate, and Oswego for my master’s.”

What jobs have you held previously?
“In high school I was a lifeguard at the YMCA and at local pools and taught swimming lessons all throughout high school. In college I was a waitress and I worked at a facility that worked with students with special needs. I taught down near New York City for a year and taught at Henninger for eight years.”

What courses have you taught previously?
“I taught Living Environment and SUPA Biology at Henninger.”

Photo by Maddy Smith

What courses do you teach?
“I teach Living Environment and Physical Science.”

Why did you want to work at Westhill?
“I live right up the road, and my kids will go to school here.”

So far, what do you like about Westhill?
“How nice the kids are.”

Do you feel welcomed at Westhill?
“Yes. The kids have been very warm and receptive. I love them.”

What do you do in your free time?
“I play with my boys. My husband and I go to a lot of music concerts.”

Why did you decide to become a science teacher?
“I always knew I liked working with kids because of my experiences in high school and I’ve always liked science.”

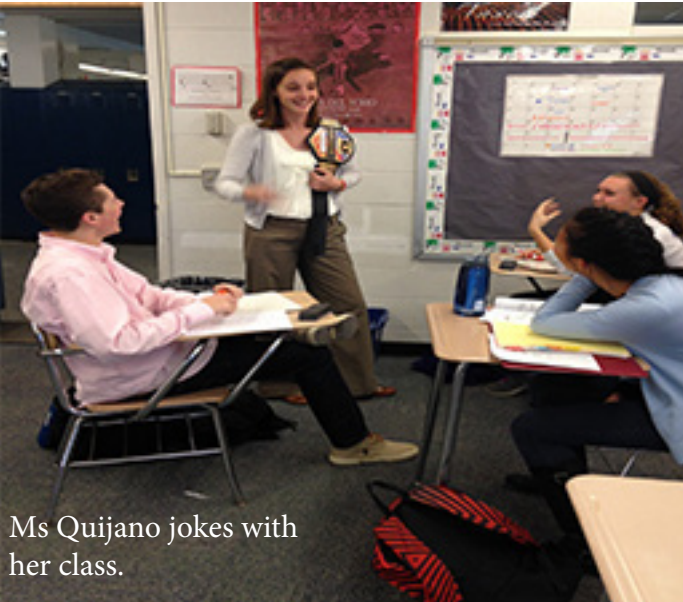
How are Henninger and Westhill similar?
“I still am working with a nice group of kids and I’m still teaching science.”

How are Henninger and Westhill different?
“Much, much smaller here [Westhill]. Class sizes are smaller. Hallways are quieter. There are far less distractions in the classroom.”

What do you like about being a teacher?
“I like that I can get the kids excited about learning science. And I like that I can show kids how science applies to their lives.”

Dedicated Newbies
By Maddy Smith

Over 50% of teachers leave their profession within the first five years of working. The GC interviewed two teachers newer to the profession of teaching, Ms. Forman and Ms. Quijano, and got their opinions on their profession.

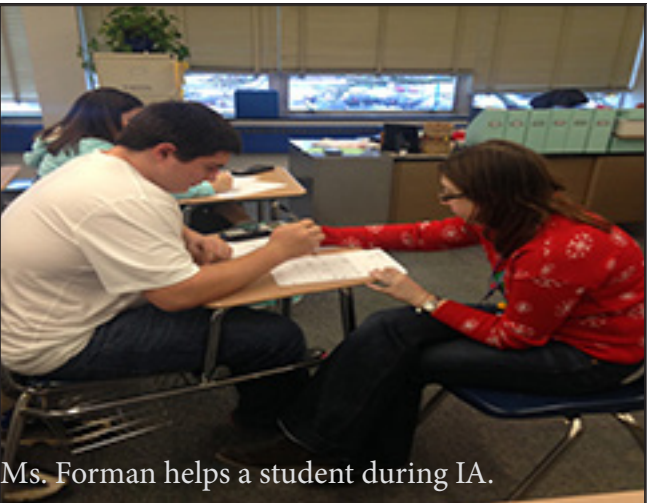


Ms Quijano jokes with her class.

Ms. Quijano is a Spanish teacher in her fifth year of teaching, and her second at Westhill. Ms. Quijano has previously taught at Henninger High School, Corcoran High School, and Jamesville-Dewitt High School. Ms. Quijano is a graduate of Westhill and of Binghamton University. Ms. Quijano says that she has always wanted to do something in public service and she held degrees in Spanish and art, so that is why she became a teacher. Her favorite things about teaching include daily interactions with young people and seeing what she can get out of her students. She also likes speaking Spanish and being around Spanish culture. She dislikes the political interference in teaching because it “comes across as incompetent and uninformed.” Ms. Quijano states that she likes Westhill because of the environment of the school, and she finds the students to be very hardworking, willing to try new things and take risks. She also has an emotional attachment to Westhill because that is where she attended school. She dislikes nothing about Westhill. Her funniest moment at Westhill is the doctor appointment skits in Spanish 4 this year. Ms. Quijano responded that her goals for the next twenty years include World Domination, a practical playoff system for NCAA basketball and commercial-free radio. When asked if she had ever thought of giving up teaching, Ms. Quijano stared at me and said, “And join the circus?”

Photos by Maddy Smith

This is Ms. Forman’s seventh year teaching and third year teaching at Westhill. Previously she had been an academic interventions teacher, as well as teaching seventh and eighth grade math, trigonometry and pre-calculus. She currently teaches geometry, algebra and fundamentals of algebra labs. Ms. Forman has wanted to be a teacher since a young age, due to her mother being a teacher, and also her enjoyment of tutoring her friends for the Trigonometry Regents. Ms. Forman’s favorite parts about being a teacher are that she gets to work with math every day (no one is paying her to say this!), and watching kids grow up and mature and see what they do with their lives. Although she says teaching is very rewarding, she does not like “the extra crud. The APPR stuff.” Ms. Forman states that “Probably the awkwardest/funniest/weirdest moment [at Westhill] was being asked to dump water on Mr. Barduhn.” Ms. Forman’s reason for enjoying working at Westhill is that “I love the people I work with. I have a fabulous department and I love all the people in the building. It’s a wonderful community feeling you don’t find in a lot of other places.” Ms. Forman states the only thing she does not like about working at Westhill is the lack of air-conditioning. Ms. Forman has never thought of giving up teaching.



Ms. Forman helps a student during IA.

When Teachers Went To High School....

By Arlana Henneberry

Can you imagine going to school without an iPhone in your hand? Or not having information at your fingertips and you have to go through a book? Yuck! With each generation, school life changes, with new material to learn, different ways of learning, and different challenges. Here at Westhill, teachers and staff went to high school during different periods of time.

Mrs. Ferguson



What year did you graduate?

“Early 70s.”

What school did you attend?

“West Genny.”

Did you every get a detention? If so, what for?

“Nope. Never.”

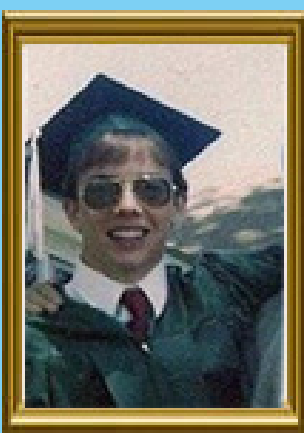
What sport was big when you went to school?

“Football and lacrosse. In my junior year we won for football, lacrosse and basket-ball.”

Why did you become a teacher?

“I loved earth science and in school I had a horrible earth science teacher and I thought I could do better.”

Mr. Root



What year did you graduate? “1984.”

What school did you attend? “Bishop Ludden.”

Did you have a teacher that you looked up to in high school? “I had a few teachers I respected. Sister William Ann got me through math.”

Did you enjoy school? “I liked school but of course not every day.”

What time did you wake up to get ready for school?

“Seven-thirty to catch the 8 o’clock. We were very lucky because school didn’t start until 9.”

Mr. Griffio



What year did you graduate?

“1975.”

What school did you attend?

“Westhill High School.”

Did you ever cheat on a test?

“Never.”

Did your class participate in a senior prank?

If yes, can you describe it for me?

“No, our class never did that kind of stuff. We had a little more respect for our school.”

Mrs. Galey



What year did you graduate? “In the 80s.”

What school did you attend? “Notre Dame High School.”

Did you plan to be a teacher or did you have another job in mind? “I wanted to do something with math. After going through college, I decided to be a teacher.”

What was your favorite lunch? “I didn’t have one. I don’t even think I bought a lunch.”

What grade was your favorite? And why?

“Senior year. Great teachers, but I was involved in lots of activities, yearbook editor, three sports and still balance all of that with good grades and valedictorian.”

Mrs. Lachenauer



What year did you graduate?

“1994.”

What school did you attend?

“I went to two high schools; Moanalua for my freshman and sophomore year and Watertown High School for my junior and senior year.”

What did you do over the summer during your time in high school?

“The move between 10th and 11th grade. We drove cross country that summer and it was really cool to see the different places.”

Was there a rule enforced more when you were in high school than that is now? “In Watertown you had to stay in the cafeteria and you couldn’t leave the building to enjoy the warm weather. My senior class tried to push for more senior privileges.”

Do you think classes are harder now or in the past? “The hardest class was math because I didn’t have enough patience for it.”

The Millennials... Are We Really THAT Bad?

By Nicole Awad

The daily routine of a standard teenage millennial is quite simple. We awake to an alarm playing our favorite hip-hop/pop song, drag ourselves out of bed and wash up. Next, we make our way down to the kitchen to retrieve a nice cup of freshly brewed mocha- something from our \$200 espresso machine, or hop in the car we call our own (but is really our parents’) and head to Dunkin Donuts before school. We do all of these things without hesitation because it’s our lifestyle. Have you ever wondered how our parents or members of generation X survived without all of these commodities? “It was a different time...”, they say. Time, along with circumstances has definitely changed. It’s quite possible that Generation X didn’t rush for fancy coffee in the morning simply because they didn’t need it. The nation’s education system has advanced dramatically, calling for a more difficult curriculum for students to follow. More difficulty leads to more work, more work of course calls for multiple caffeine fixes. So, the workload has shifted as the 21st century blossomed, but this is most certainly not the only aspect that has been altered to fit into the present. We’ve made crucial technological advances, which will likely lead to increased development of more products like our fancy coffee machines. Adapting to this new normal creates a whole generation that contains much different views than that of Generation X, the generation born between 1960 up to the early 1980s. It has been thought that we, Generation Y (Millennials), those born between 1982 and 2003, are arrogant, self-centered and have short attention spans. Those older and more experienced than Millennials worry we are not prepared to handle the future. Of course, it’s easy to see where this idea comes from. The shift in music, for example, presents a much different industry than that of forty years ago. But, does a change from The Jackson 5 snapping soulfully on stage to Miley Cyrus twerking and doing illicit drugs really determine how Millennials will turn out? Digging just a little bit deeper, you will find the most common stereotypes of the Millennial Generation and the truth behind them.

#1 Millennials Lack Social Skills

Due to the increased use of texting and social media, it is believed that the lack of face to face communication hinders our ability to be social. The reality: Millennials are some of the most social of any generation. The key for critics is to realize and accept is that people communicate differently now than they did years ago.

#2 Millennials Are Lazy

It is generally thought that due to lack of physical labor required to accomplish tasks, technology has made for a lazy and remiss society. However, in using new advances in technology to complete work, one is actually being more productive. Technology has allowed this generation to multitask and find shortcuts in achieving tasks. Texting, instant messaging, social networking, and Web surfing have all made Millennials more competent, efficient, and productive (if not sometimes overwhelmed). Likewise, according to a study conducted at Elon University, constant multitasking and zealous decision-making capabilities will generally produce positive outcomes for young adults in the future.

#3 Millennials Have a Poor Work Ethic

One of the key beliefs discovered at an early age for millennials is the idea that there is more to life than work. A millenial sees work as a means to enjoy life, so the line between work and life is seamless to them. As they combine, the Millennial’s two priorities, work actually becomes more passionate and continuous. In living this way, there is no difficulty in balancing work and life because it all becomes one. This creates the ethic of

#4 Millennials Are Not Committed to Work

As previously mentioned, the shift of educational standards has impacted the millennials immensely. This is a group of people who believe that work should have meaning. More than ever, these workers are looking for greater fulfillment and are willing to work hard at jobs that provide it. They are ambitious and self-confident in seeking new challenges.

TAKE THIS QUIZ: How Millennial Are You?

Q. *You have waited in line for cupcakes.*

Yes No

Q. *You have phantom phone syndrome.*

Yes No

Q. *You know what phantom phone syndrome is.*

Yes No

Q. *You have instagramed your text messages.*

Yes No

Q. *You have used Wikipedia as a primary source.*

Yes No

Q. *You could recite the Fresh Prince of Bel-Air theme song right now..*

Yes No

Q. *You don’t know what it is exactly that the Kardashians do, but you want to be them.*

Yes No

Q. *You use the word ‘boo’ as a term of endearment.*

Yes No

Q. *You know how to use just about every piece of technology for recreation.*

Yes No

Q. *You wanted to attend Hogwarts instead of Cherry Road.*

Yes No



HOW TO CALCULATE YOUR SCORE

Count up your yes and no answers. If you have recieved:

0 to 5 answered yes - Lame millenial--sure you aren’t a Boomer?

6-8 yes- Chill millenial. You sort of get it.

9-10- Def millenial-ready for infinity and beyond!!

Cooking for *Millenials*

By Nina Onoff

Are you tired of making elaborate meals, of painstakingly measuring out ingredients, the endless stretches spent waiting by the oven? For those who crave a tasty snack, but dread the actual cooking process, you may find the solution in an unlikely place- your microwave. The emergence of mug recipes, tasty single-serving snacks that can be made in the microwave, has made cooking easier than ever. Tired students rejoice- below are just some of the many recipes available, so you can expend as little energy as possible for every meal!



Breakfast

Blueberry Muffin with Streusel Topping

Ingredients:
Muffin:
¼ cup flour
2 tbsp sugar
1/8 tsp baking powder
1/16 tsp baking soda
3 tbsp milk
1 tbsp vegetable oil
Blueberries
Streusel Topping:
1 tbsp cold butter, chopped into tiny pieces
1 ½ tbsp flour
2 ½ tbsp. brown sugar
1/8 tsp cinnamon

-Mix all muffin ingredients except blueberries into a microwave safe mug and whisk them together.
-Add blueberries.
-In a small bowl, mix streusel ingredients until butter pieces are completely coated in flour, brown sugar, and cinnamon.
-Sprinkle streusel on top of muffin batter.
-Microwave for about one minute or until the mixture is cooked all the way through.
-Let cool before eating.

Lunch

Chicken and Rice

Ingredients:
2 tbsp water
1 tsp dried minced onion
1/4 tsp sodium-free chicken bouillon powder
1/4 cup frozen peas
¼ cup chunk chicken breast, drained
¾ cup Ready to Serve Fully Cooked Brown Rice (3/4 cup)
Cheese of your choice

-Combine water, onion, and bouillon powder in a large microwave-safe mug and stir.
-Add peas, chicken, rice, and cheese, stir to mix.
-Cover and microwave on high for 2 minutes.

Coffee Cup Chilaquiles

Ingredients:
1 egg
1 tbsp milk
Salt to taste
Ground black pepper
1 tbsp sharp cheddar cheese
5-7 tortilla chips, divided
1 tbsp salsa
Sour cream
Queso fresco
Chopped green onion

-Beat egg and milk with a fork in a coffee cup, adding salt and pepper to taste. Add cheddar; stir to coat.
-Break 3 or 4 tortilla chips into small pieces to fit in the cup; stir into the mixture.
-Add salsa.
-Microwave for about 1 minute, 10 seconds or until fully cooked.
-Garnish with remaining tortilla chips, sour cream, queso fresco and green onion.

Coffee Cake

Ingredients:
1 ½ tbsp sugar
2 ½ tbsp flour
Pinch of salt
1/4 tsp baking powder
1 tbsp vegetable oil or plain non-fat Greek yogurt
1 tbsp milk or almond milk
Splash of vanilla
1 tbsp brown sugar
1/4 tsp cinnamon

-Stir sugar, flour, salt, and baking powder in a small bowl.
-Add oil (or yogurt), milk, and vanilla until thoroughly combined.
-Coat the inside of a mug with cooking spray and pour in the mixture.
-Sprinkle brown sugar and cinnamon on top.
-Microwave for 45 seconds, adding 15 second increments until fully cooked.

Dinner

Mac and Cheese

Ingredients:
1 cup water
½ cup elbow macaroni
½ cup cheeses of choice

-Put macaroni in a mug and add water. (You may want to add more or less water depending on mug size, but there should be more than enough to completely cover noodles).
-Microwave on high for 8 minutes pausing at the 5 and 2 minute mark to stir and add more water if necessary.
-Cook until al dente.
-Add cheese to pasta, mixing with the small amount of water remaining.

Pizza

Ingredients:
4 tbsp all purpose flour
1/8 tsp baking powder
1/16 tsp baking soda
1/8 tsp salt
1/4 tsp Italian seasoning
3 tbsp milk
1 tbsp vegetable oil
1-2 tbsp shredded mozzarella cheese
Mini pepperoni

Deep Dish Cookie

Ingredients:
1 tbsp butter, melted
3 tbsp all purpose flour
1 tbsp white granulated sugar
1 tbsp light brown sugar
1 tbsp whisked egg
1/4 tsp vanilla
2 tbsp semisweet chocolate chips
-In a small bowl, mix all ingredients except chocolate chips until smooth batter forms.
-Scrape batter out with a spatula, into a 4 oz ramekin or microwave safe mug, pressing and spreading it evenly across the bottom.
-Add in chocolate chips and press into dough.
-Microwave for 50 seconds, adding 10 second increments until fully cooked through-out.
-Garnish with ice cream and enjoy!



-Mix flour, baking powder, baking soda, salt, seasoning, milk and oil with a small whisk.
*(This can be made in a microwave safe mug or a 6oz ramekin. If using ramekin, make sure to stir slowly, letting flour incorporate a little at a time.)
-Mix until batter is smooth.
-Add in 1 tbsp of shredded cheese and pepperoni and mix into batter.
-Sprinkle 1 tbsp of cheese evenly across surface of batter.
-Add the remaining pepperoni on top.
-Cook for approximately 1 minute in microwave.
-Serve with a side of marinara sauce.

Dessert

Mug Brownie

Ingredients:
1/4 cup flour
1/4 cup sugar
2 Tbsp cocoa
Pinch of salt
Tiny pinch of cinnamon
1/4 cup water
2 Tbsp canola/vegetable oil
1 to 2 drops vanilla extract

-Place flour, sugar, cocoa, salt, and cinnamon in a microwave safe ceramic mug.
-Stir with a fork or spoon to mix well and break up any clumps.
-Place flour, sugar, cocoa, salt, and cinnamon in a microwave safe ceramic mug.
-Stir with a fork or spoon to mix well and break up any clumps.
-Place in microwave and heat on high until the mixture is cooked through, about a 1 minute and 40 seconds for a 1000 watt microwave. (You may have to experiment and adjust the time).



All photos courtesy of Pinterest and Flickr.

Extreme Sports

By Mary Washburn



For the Rich and Not for You (Space Program)

Virgin Galactic has created a space program for civilians. This presents an opportunity for people to experience space and zero gravity. Passengers will be able to leave their seat once they are up in space and view the Earth like professional astronauts. Before the launch, passengers must go through three days of preparation along with medical reviews and bonding with their flight crew. This is a short amount of time considering how long the real astronauts have to train. The cost for one individual is \$250,000 dollars, which is the main reason that few people are able to go to space. As of the 31 of October of last year, Virgin Galactic received more than \$89 million deposits in sales, from the 700 people who have decided to participate. My guess is no one at Westhill will be participating in this activity.



Cheap Prices (Cliff Jumping)

Most teen-age kids are looking for a rush in one way or another. The only thing stopping most teens, though, is the fact that most of them are broke. This makes it difficult to try to find a maximum rush for a minimal amount of money. Cliff Jumping is one free way for anyone to get a rush. There are people that are willing to jump from 80 feet while doing a back flip. There are others who will not jump from any more than 20 feet and make themselves perfectly straight so they feel almost nothing when they hit the water. Either way, it is a free and most of the time safe way to get whatever level rush a person seeks. Check thirstforadrenaline.com and find (at your own risk) many different locations across the country.

Moderate Prices (White Water Rafting)

White water rafting is available right up in the Adirondacks for adventures with family or friends. It is said that if you are looking for a more extreme ride, go in April because all the snow is melting, so the rivers are higher and flowing faster, and it's more intense. The price for a family or a group to go is about \$110-\$140 dollars. For a little bit of a calmer ride, it is suggested to go in the summer. It gets calmer as the year goes on. When you are able to make the trip and the more intense ride you and your friends would like, helps you determine to go.



For the Rich and Not for You (Climbing Mount Everest)

If you were ever thinking about climbing Mount Everest, you will most likely have to wait until you're making millions. If you were not aware, it's \$8,000 to be trained and \$10,000 to buy the gear needed to successfully climb the highest peak in the world. The climb itself is anywhere from \$35,000-\$100,000 depending on who your guide is or if you choose to have one and if you want to use oxygen tanks. The \$35,000 is basically taking this endeavor into your own hands. This does not include your plane ticket of \$1,500-\$3,500 dollars depending on what class you fly. Extra expenses are most likely \$2,000-\$4,000 dollars for international phone calls and tipping your guide if you choose to have one. The whole trip could cost is between \$56,500 and \$125,500.



Cheap Prices (Parkour)

Since saving money is the name of the game, another way to get your heart racing is to start doing Parkour. This is a good way, for free, to get fit. You must be willing to sustain injuries along the way, but that comes with any sport. There are some that are able to do what most only see in movies, like jump from building to building. For the less extreme, there is always the option to jump over walls or flip off trees. This is mostly taught through trial and error. It is for fitness and fun with friends.



Moderate Prices (Bungee Jumping)

For the average person, this is a pricey for those who don't have a lot of money. The range of prices is around \$100 for one jump and it is around \$50-\$70 for every additional jump you take. There is also the option (if you are nervous) to tandem jump, which is closer to \$200. There are also different types of jumps depending on how daring you're feeling on that particular day. There is the Superman Front dive, which has a full body harness, and you would just dive forward face first. There is always the classic ankle dive where you would be just strapped in by your ankles and dive forward, also face first. You can jump backwards vertically so your feet go first or you could go feet first and face forward. Most professional companies are far away, but there is one in Wakefield, Quebec. This may seem like a long way, but you could make a whole trip out of it. There is also the ejection seat at the NYS that is the reverse of a bungee jump.



All photos by flickr

Signed Athletes

By Cristin Rathbun

For those students lucky enough to be blessed with both incredible athletic ability and unbreakable determination, the possibility of being “signed” by a college due to success in a sport is high. Signing a national letter of intent with a college is what officially commits an athlete to a specific college or university. The athlete is committed for at least one year with financial aid granted by the school. This year at Westhill, various students have already committed to a college. Among the individuals already committed to D1 schools are Jordan Roland (George Washington University- basketball), Andrew French (LeMoyne- lacrosse), Sam Walsh (LeMoyne- baseball), Dana Radin (Pace University- lacrosse), Tatiana Monds (Richmond University- lacrosse), and Richie Easterly (Loyola University- lacrosse).

What aspects of the team attracted you to this school?

Jordan: “They have a winning program that made the NCAA tournament last year and are capable of making it while I’m there.”

Andrew: “This team is very successful, has won many national titles, has great coaches and has a great atmosphere.”

Sam: “The players on my team and the coach. The baseball field is nice.”

Dana: “A new program and an experienced coach.”

Tatiana: “The team is like a family no matter if you are a senior or a freshman. They all hang out. I was also attracted to the fact that they are all funny!”

Richie: “They are very successful and won the national championship in 2012. I also have a very good connection with the coaches.”

Were there any other schools you seriously considered?

Jordan: “Bucknell, Siena, Boston U, and LaFayette.”

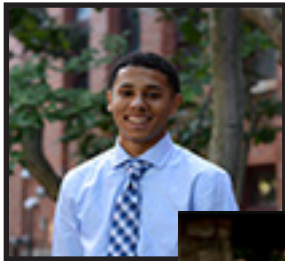
Andrew: “St. Lawrence and Hamilton.”

Sam: “Ithaca College.”

Dana: “Ithaca, Allegheny, and St. John Fisher.”

Tatiana: “I was interested in a few D1 and some D2 schools for both soccer and lacrosse.”

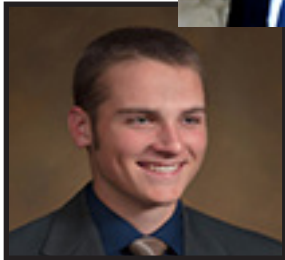
Richie: “UALbany, Fairfield, Colgate, Harvard, and Princeton.”



Jordan



Andrew



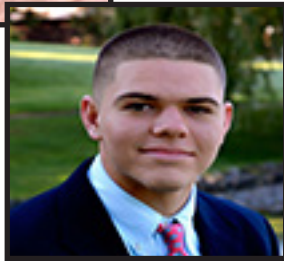
Sam



Dana



Tatiana



Richie

Photos Courtesy of Westhill High School Yearbook

After college, do you see yourself continuing to play this sport?

Jordan: “I’d like to try. There are a lot of leagues in Europe that people I know have played in.”

Andrew: “No.”

Sam: “Yes, I hope to be able to play professional baseball one day.”

Dana: No comment.

Tatiana: “As of right now, I will say that I would like to.”

Richie: “I will continue to play the sport over the summer in friendly leagues and tournaments.”

Do you have a major in mind?

Jordan: “No.”

Andrew: “Still deciding.”

Sam: “Accounting.”

Dana: “Business and marketing.”

Tatiana: “Communications.”

Richie: “Financing.”

What do you look forward to most in the school of your choice besides the athletics?

Jordan: “Living in D.C. and the girls.”

Andrew: “Meeting new people, being on my own and having fun.”

Sam: “Meeting new people.”

Dana: “Location, size, and a well-known business program.”

Tatiana: “Receiving a higher education.”

Richie: “Living in Baltimore and being away from home.”

WARRIOR

By Cristin Rathbun



MAX ELLEMAN



KATHERINE DOHERTY

“Baseball.”	What is the sport of your choice?	“Soccer.”
“Messing around with my boy Tim Mascari.”	What is your best memory involving this sport?	“Singing ‘Rather Be’ on the bus rides.”
“All of the practices!”	What is the biggest struggle of being a high school athlete?	“Finding time for homework.”
“I usually just chill, dude.”	Do you have any pre-game rituals?	“I always use my lucky hair tie for games.”
“That sitting on the bench is worth it because I can just watch and not participate.”	What is the most important lesson this sport has taught you?	“Never give up.”
“It makes me look somewhat athletic.”	What is the most rewarding part about playing this sport?	“My dad is a football coach so he is very proud of me.”

Photos courtesy of Cristin Rathbun

TV Shows You Should Be Watching

By Makayla Kanavy

HORROR

American Horror Story

When is it on? Wednesday nights at 10 p.m.
What Channel? FX
Is it on Netflix? Yes, Seasons 1-3
Summary: Each season is a miniseries so you can miss a season and then watch the next season with no confusion. Each season has a horror-esque theme. So far they have done Murder House, Asylum, Coven, and the current season is Freakshow.

DRAMA

The Following

When is it on? Returns in 2015
What Channel? FOX
Is it on Netflix? Yes, Seasons 1 and 2
Summary: This series follows an ex-FBI agent (Kevin Bacon) as he tries to re-catch a serial killer and his cult.

The Walking Dead

When is it on? Sunday nights at 9 p.m.
What Channel? AMC
Is it on Netflix? Yes, Seasons 1-4
Summary: This show follows a group of survivors trying to live in the aftermath of a zombie apocalypse. The show is based off of comic books of the same name.

The Blacklist

When is it on? Monday nights at 10 p.m. (starts back up Jan. 13th)
What Channel? NBC
Is it on Netflix? Yes, Season 1
Summary: A former government agent who became a high profile criminal that avoided being caught by the FBI turns himself in and volunteers to help catch criminals who have been up to this point impossible to catch.

Scandal

When is it on? Thursday nights at 9 p.m.
What Channel? ABC
Is it on Netflix? Yes, Seasons 1-3
Summary: This show focuses on a former White House communications director who opened up her own crisis management firm. It deals with the cases she and her team receive from the firm and it also focuses on the White House staff.

COMEDY

Bob’s Burgers

When is it on? Sunday nights at 8:30 p.m. starts back up Jan. 5th
What Channel? FOX
Is it on Netflix? Yes, Seasons 1-3
Summary: An animated sitcom that follows the Belchers family and the hamburger restaurant they own.

New Girl

When is it on? Tuesday nights 9 p.m.
What Channel? FOX
Is it on Netflix? Yes, Seasons 1-3
Summary: The series follows Jess the main character after she moves into an apartment with three guys: Nick, Schmidt, and Winston.

The Mindy Project

When is it on? Tuesday nights at 9:30 p.m.
What Channel? FOX
Is it on Netflix? No
Summary: The show follows Mindy Lahiri as she works in a small medical practice with her quirky and funny co-workers.

TV Streaming Devices

By Makayla Kanavy

Many people have opted to “cut the cord,” deciding they didn’t want to keep paying for cable. A lot of people have started purchasing TV steaming devices in order to watch TV instead. Either the device comes with apps for certain TV stations or you have to buy them yourself, which is fine because they are usually free. Some of the above-mentioned TV streaming devices are Amazon Fire TV, Apple TV, Google Chromecast and the Roku 3. Most of the devices are around the same price, so the only differentiation is primarily content.

Apple TV was really popular when it first came out because there weren’t a lot of other options besides Roku. However, Apple TV hasn’t updated since its release in 2012, allowing for other TV streaming devices to rise in the rankings. If you are an Apple user and prefer using Apple products, get Apple TV. Its price is about 100 dollars.

Amazon Fire TV is the only streaming device that offers Amazon, so if you like using Amazon Prime or just prefer Amazon products, choose this. Amazon Fire is just as expensive as the other options and is slowly rising in popularity because of its new stick option, which is similar to Chromecast.

Google has recently come out with their own streaming device called the Google Chromecast. This device is the cheapest in the market. It’s only 35 dollars. You can control Chromecast on your TV through apps on your mobile devices or computer, which is very convenient.

Roku still remains the most popular TV streaming device and it should be with the amount of channels/content it has available. The Roku 3 is 100 dollars, which is a very good price for what you are getting.

When it comes to all these products, the main factor becomes what the consumers want out of their products. There is a TV streaming device out there for everyone, however some devices rank highly above others. The Roku 3 is still the most popular and the best option for people looking for a solid TV streaming device.

OLDIES BUT GOODIES

By Mae O’Neill

Lately, Hollywood has become an assembly line, cranking out stereotypical romantic comedies, action films and remakes. Of course there are still great movies being made, but our generation has hardly been exposed to the classic American films that came out of Hollywood’s Golden Age. Thankfully, the Library of Congress has a solution. The National Film Registry is a list compiled by the United States National Film Preservation Board, who select films that are considered to be “culturally, historically, or aesthetically significant” for preservation each year. As of 2013, there are 625 films preserved at the Registry, including newsreels, silent films, music videos, short films, documentaries and independent films. In order to be eligible for preservation, it must be at least ten years old; so most films on the list are movies students would not familiar with. So, for the sake of exposing the student body to great movies, here’s a recommendation list of films from the Registry made before 1990.

Film Noir: Laura (1944)

Laura, starring Gene Tierney and Dana Andrews, tells the story of an NYPD detective Mark McPherson (Andrews) who is investigating the murder of beautiful and highly successful advertising executive Laura Hunt (Tierney). She was killed with a shotgun blast just before the start of the film. McPherson questions the primary suspects, including rich and charismatic newspaper columnist Waldo Lydecker who helped advance Laura’s career, Laura’s playboy fiancé Shelby Carpenter, and her socialite aunt who had been giving Carpenter money. As McPherson digs further into the case, he starts to become obsessed with her, with Lydecker accusing him of falling in love with a dead woman.

Other Film Noir Recommendations: The Maltese Falcon, Notorious and Double Indemnity.



Romance: The African Queen (1951)

Starring Humphrey Bogart and Katherine Hepburn, this film takes place in 1914 at the start of WWI. When Reverend Samuel Sayer and his sister Rose (Hepburn), British Methodist missionaries, become hostile foreigners in Eastern Africa, German soldiers burn down their mission and Samuel is beaten and dies. Rose buries him and finds that her only available transport is the dilapidated river steamboat ‘African Queen’, owned by grumpy captain Charlie Allnut (Bogart). Although Rose is confident that they can escape, Charlie is reluctant to go on with the plan as they must navigate through dangerous waters and several German forts. The pair must work together to turn ‘African Queen’ into a torpedo boat in order to get past the Germans-the perfect setting to fall in love.

Other Romance Recommendations: Casablanca, A Star Is Born and Annie Hall.



Comedy: Tootsie (1982)

Tootsie tells the story of Michael Dorsey (Dustin Hoffman), who is a talented but perfectionist actor living in New York. Having a reputation as being difficult to work with, his agent George (Sydney Pollack) insists that no one will hire him. In his desperation, he dresses up as a woman and auditions for a role on a soap opera, under the name “Dorothy Michaels.” He gets the part of Emily Kimberly, who is written as just another swooning female character, but Michael plays the character as a feisty, feminist administrator and the character quickly becomes a television sensation. Michael soon begins to struggle with his secret, especially when he starts to have feelings for his costar, Julie (Jessica Lange), who is in an abusive relationship with the show’s director.

Other Comedy Recommendations: Young Frankenstein, Some Like It Hot and Who’s Afraid of Virginia Woolf?



Sci-fi/Fantasy: Forbidden Planet (1956)

Not only is Forbidden Planet the first movie in which humans travel in a starship of their own creation, it is the first science fiction movie set in another world in interstellar space. The movie takes place in the 23rd century, when the starship C-57D travels to the distant planet Altair IV to discover what happened to an expedition that went to the planet twenty years earlier. After entering into the planet’s orbit, a scientist from the earlier expedition, Dr. Edward Morbius, sends a transmission to the ship warning them to stay away. The ship’s captain, Commander John Adams, ignores the warning and lands the ship. Once landing on the planet, the crew, along with Dr. Morbius and his daughter, learn about the ancient alien race that used to inhabit the planet and confront an invisible enemy that threatens to destroy the mission.

Other Sci-fi/Fantasy Recommendations: Close Encounters of the Third Kind, Alien, and 2001: A Space Odyssey.



Horror/Suspense: Psycho (1960)

Directed by Alfred Hitchcock, “The Master of Suspense” comes this film starring Anthony Perkins and Vera Miles. When secretary Marion Crane (Miles) ends up at a secluded motel while on the run after stealing money from her employer, she encounters the owner Norman Bates (Perkins). Although he seems odd, Marion returns to her room and is then murdered in the shower by Norman’s mother, who Norman had told Marion was mentally ill. After noticing her disappearance, Marion’s lover Sam and her sister Lila decide to investigate it themselves. As the journey leads them to Norman’s motel, the pair uncover the sinister history surrounding the Bates family and what really happened to Marion.

Other Horror/Suspense Recommendations: Frankenstein, Dracula and Night of the Living Dead.

Drama: Lawrence of Arabia (1962)

This film starring Peter O’Toole is based on the life of British army officer T.S Lawrence. The movie focuses on his experiences in the Arabian Peninsula during World War I, particularly his attacks on Aqaba and Damascus and his involvement in the Arab National Council. Lawrence must come to terms with the violence of war and also with his divided allegiance between the British army and his newfound friendships with tribes in the Arabian Desert. We follow Lawrence as he investigates the Arab revolt against the Ottoman Empire and while he organizes guerrilla forces throughout the desert. Lawrence then leads his army in order to help the British General overthrow the power of the Turks in the Middle East.

Other Drama Recommendations:

Vertigo, All About Eve and The Sting.



All photos courtesy of Flickr.

Upcoming Movie Sequels

By Corey Smith

The year 2014 was one for the books in the eyes of entertainment. This year was filled with new shows, new celebrities, new gossip, and new movies. As the year 2015 arrives new movies are something to look forward to. Some of these new movies can have many moviegoers excited, as they are sequels to original motion pictures. The movies will be released in the year 2015, so movie-lovers have to wait until they can see them in theaters.



Photo credit to Flickr

Avengers: Age of Ultron

One of the movies coming out is the action packed thriller *Avengers: Age of Ultron*. This movie will be released in May 2015, but has already been nominated for the Golden Trailer. This goes to the movie with the best motion and title graphics for the announcement reveal trailer. This movie is about a peacekeeping program that was started by Tony Stark (Robert Downey Jr.) that doesn't go exactly as planned for the Avengers.

The Avengers are put to their biggest test as the deplorable Ultron comes to Earth. It is now up to the Avengers to try to stop Ultron from completeing his awful plans. Eventually alliances become uneasy, but the unexpected action makes for a global adventure. You can be sure to expect all those that

were in the previous movie: Black Widow (Scarlett Johansson), Captain America (Chris Evans), Thor (Chris Hemsworth) his brother Loki (Tom Hiddleton), the big and destructive Hulk (Mark Ruffalo) and the very accurate and precise Hawkeye (Jeremy Renner). This movie ntroduces James Spader to the Marvel world, who will be playing the voice of Ultron. If you watched the movie *Lincoln*, he played W.N. Bilbo in the 2012 movie, and also he also plays Robert California in the hit TV show *The Office*.

Ted 2

On June 26th, 2015, make sure you grab your Thunder Buddy because your favorite teddy bear is back. *Ted 2* is coming to theaters in a few months so be prepared for nearly falling out of your seats. Mark Wahlberg is back again as John Bennett with his very own Thunder Buddy, Ted (voiced by Seth McFarlane). This motion picture looks to be just as great, if not better than the first. *Ted 2* will also be featuring many other celebrities like Morgan Freeman, Dennis Haysbert, and Liam Neeson.



Photo credit to Flickr

Pitch Perfect 2

Rumors have spread about a sequel to the hit movie *Pitch Perfect*. Now it is safe to say that *Pitch Perfect 2* is coming out in 2015. This movie is set to come out on May 15th, 2015. This movie focuses on the senior year of Beca (Anna Kendrick) and Fat Amy (Rebel Wilson) and the Barden Bellas. The Bellas enter into a competition that goes worldwide. That seems okay and fun for them, but there becomes pressure that forces them to work even harder than what they already do. No American team has ever won this competition. Now it is up to Beca, Fat Amy, and the rest of the Barden Bellas to bring the gold home to the USA. Returning to the movie is Jesse (Skylar Astin), Chloe (Brittany Snow), and Aubrey (Anna Camp).

These movies may be exciting thrillers to see, but don't forget to go see all other sequels coming out in 2015 like *Batman V Superman: Dawn of Justice*, *Insidious: Chapter 3*, *Mission Impossible V*, and *Finding Dory*. Even though 2014 is ending with a great year of movies, 2015 looks to be even better with the new movie releases coming out soon.

Spring Musical!

OHMIGOD OHMIGOD YOU GUYS! Guess what's coming to Westhill? The spring musical this year will be *Legally Blonde*. This novel was created by Amanda Brown, and was later transformed into a movie and a musical. The musical will be performed on February 27th, 28th, and March 1st. The director is Lzay Whalen. She also directed and choreographed last years musical *Thoroughly Modern Millie*. Gina Fortunato is the music director for this year's production. Gina graduated from Westhill in the year 2009. Jodi Bova-Mele will be the musical choreographer. Show times point to Friday at 7:00, Saturday at 2:00 and 7:00, and Sunday at 2:00. Presale tickets will be \$8 and \$10 at the door. Auditions were December 1st and callbacks were on December 9th. Natalie Jones will play Elle Woods trying to win back her love, Warner, played by Brad Canavan. She meets Emmett Forest, played by Ethan March, who is a smart and sensitive law student at Harvard Law. Many students auditioned for the musical; all the sheets that were for time slots were filled and there were still several more people that wanted to audition for the show. The spring musical is one of the biggest events here at Westhill. They are always filled with excitement, entertainment and so much more.