

# POW WOW



BRENTWOOD HIGH SCHOOL BRENTWOOD NY 11717 NOVEMBER/DECEMBER 2010 VOLUME 42 ISSUE 2



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## Brentwood's Own Hero

*by Alexander Hayden*

It's not every day that you hear of a student at Brentwood High School that is willing to jump out of their own car after noticing a bad accident and then perform first aid on the victims. However, Kadijah Skylar did just that, and can very well be considered "a hero."

Her story is as follows: Kadijah left her house at 2:00 AM with her cousin Melissa who surprised her with a trip to the city for a night of fun out on the town. After a night of entertainment, they both headed back home, tired and ready to sleep when they got there. Of course, being that it is New York City, there was traffic on the way home. The Triborough Bridge and Tunnel were packed with cars, but for a while no one knew why. Kadijah, who admits that she is sarcastic, pretended that she was going to get out of the car and walk all the way home. She got out of the car in a joking manner, intending to return in a few minutes. However, when she did, she noticed that something was wrong.

Several cars ahead of her, there was a man screaming for help, saying that he had been in an accident and that his wife was pinned down inside the car. He was frantic, and Kadijah said that he probably came to her because she was in her AFJROTC uniform; he probably thought that she would know what she was doing. At first she was in a state of shock, but this was short-lived, to say the least. She ran back to her cousin's car and told her what happened. As she was taking off her Class A suit jacket, her cousin also got out of the car to help.

Together, they ran to the car up ahead. It

was flipped over, and the woman who was inside had her body slightly crushed under all of the weight. Not immediately knowing what to do, Kadijah and her cousin made a plan to work together to help the woman. While her cousin attempted to lift the car, Kadijah would cut the seat belt. The plan worked perfectly.



In a few minutes, the seatbelt was cut and the woman was pulled out of the car to safety. However, things were not at ease in Kadijah's mind. Even though the woman was safely out, there was still the possibility that the car would explode due to the gas that had spilled out during the accident. The three of them retreated to safety and waited for the ambulances to arrive.

Once the emergency responders arrived, along with the police, there was some confusion as to what had happened. Where were the people that were in the car? If they escaped, who had helped and where were they? These questions were answered when the woman who Kadijah had rescued got up and went to them. She told the emergency responders that after the accident, the girl over there had saved her life, pointing to Kadijah. The officers and responders were quite impressed, and after treating the woman for her injuries, came over to talk to Kadijah. One of them had a medal on his jacket that said "Medal of Honor." After talking to her for a few minutes, he took the medal off and gave it to her as a reward for what she had done. The medal was from the New York City Transit Authority and was given to a person who entered a dangerous situation and displayed uncommon valor. Without a doubt, Kadijah displayed these characteristics.

She returned home and, in school the next day, told everyone in a modest way about what she had done. There were no cameras or exaggerations on her part to make her story bigger than what it was. Kadijah Skylar displayed fortitude and courage in a situation where many of us would have frozen. She prides herself as a member of the AFJROTC at the High School, and is an excellent example of what we all should try to encompass as a citizen of this nation. Kadijah has brought pride to both our unit and our school and her actions make us proud to have her here. Thank you, Kadijah for making us proud.



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**POW WOW**  
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## Letter from the Editors

A men's a cappella music group known as the Straight No Chasers has sung popular holiday tunes for the past decade. One of their songs "The Christmas Can-Can" gives listeners the true feeling of the holiday season. As they say, "Christmas, Christmas time is here and Christmas songs you love to hear. Thoughts of joy and hope and cheer but mostly shopping, shopping, shopping!" Christmas and other holidays of the season are nearly here, with all of the joy and happiness that follows, it is no wonder everyone is in such a good mood. Smiles are all around, people are feeling good, and the trees are beginning to be put up. Not only that, but the night is illuminated by various colors of the bright, outdoor lights that adorn the sides of houses.

Students of Brentwood High School: now is the time to remember those who are less fortunate in this world. Not everyone can afford the \$120 Jordans or the expensive clothes from Armani Exchange. Think of all the other people who are living without warmth, and who are eating a holiday meal that many of us would turn our noses up at. This holiday season, give before you get. Donate to your local charity, spend time volunteering at the American Legion, or even go to a nursing home to spend time with the elderly. Not everyone's holiday is as joyous as yours. In any case, I hope everyone enjoys their holiday season and lives their life to the fullest. At your dinner table, give thanks and remember all those whose opportunities do not equal yours.



Happy Holidays to all! So you survived... You survived all those crammed tests, quizzes and group projects chiseled into the very last moments right before the winter break. Well done! Your weekends could have not been any more stressful, stretching your very last few dollars out into Christmas presents for your friends and family. Don't worry, you're definitely not the only one suffering the traumas of little old women pushing and shoving you just to snatch up that last Nerf Gun on the Toys R Us shelves. Life is rough, what can I really tell you? This may be just about one of the corniest and clichéd things you've heard year to year but it's really something that you should consider - appreciate your friends and family. Sure - your family might not be perfect, they might bicker all the time and yell at you for things you didn't even do but they are people after all. Look at it like this: Imagine you were a parent, busting your chops on overtime just to buy your children the perfect Christmas presents and you get all worked up to just see the genuine smiles on their faces. Then the happiness is cut short as they leave the house in the afternoon just to hang out with friends and ditch you to clean up the scraps of wrapping papers on the floor. Tell me now... How do you think that feels? My last piece of advice, don't procrastinate with your assignments. Don't ruin your short-lived vacation stressing out if you can cram in the homework you've received the last day before break. Just don't - it's really not worth it. Enough of my preaching, happy holidays to all and take care.

- Alexander Hayden H

- Vivian Vuong

## ATTENTION SENIORS, SOPHOMORES, AND JUNIORS:

Write about your friends! Show off your work to your parents! Make your English teachers love you! (Not necessarily a guarantee.) The Pow Wow is always looking for new, dedicated members! All are welcome to join and voice their ideas. We are looking for individuals interested in the layout process, poets, reporters, cartoonists, sports reporters, artists, photographers, and anyone else who wants to contribute school news! This paper is ours, let's keep it that way! Ask yourself - What are you going to do to make a difference this year?



## A Few Towns Away... Brentwood Represents

by Samantha Garvey

On Saturday December 4<sup>th</sup>, 2010 Vivian Vuong and Samantha Garvey celebrated alongside the folks at Port Jefferson as the town was filled with spirit on Dicken's Day. The Children's Maritime Museum prepped for their reopening in a grand historic building; added to the festivities with games, warm cider, and a day filled with fun. Vivian Vuong and Samantha Garvey presented their 2010 Siemen's Semifinalist Research project to local community members, while showing children that SpongeBob can really be educational;



who says cartoons can't be anyway? This beautiful December day turned out to be a welcoming experience to our Brentwood students as well as a mission accomplished as they continued to spread the word about the importance of our environment, and as they raised awareness of important scientific work going on right here in our hometown.



## HOLIDAYS HEARD THROUGHOUT THE TOWN

by Samantha Garvey

Our music department avidly displayed the holiday spirit, filling everyone with cheer at multiple concerts this past month! On Friday, December 3rd, the BHS Wind Ensemble brought joy to Pronto's Toy Drive held at St. Anne's Church. Led by Ms. Helbock, they performed several holiday tunes as well as a few of their band pieces. At 7 p.m on Thursday, December 9th, the String Orchestra, Jazz Choir, Symphonic Band, Wind Ensemble, Concert Chorus, and the Hallelujah Chorus, along with the Symphonic Orchestra, let the halls ring with their commendable music that was laced with hard work and dedication. Keep a close look out for carolers when we get close to winter break!



## Senior Concert is a Blast!

by Yasmeen Mohammad

On December 5th, Brentwood High School played host to the community's annual "side by side" concert with the Island Symphony Orchestra. The concert began with the Island Symphony Orchestra performing three pieces. First on the program was the "Gypsy Baron Overture" by Johann Strauss Jr., followed by "the Radetzky March" by Johann Strauss Sr., and concluding with "Schubert Fantasy" (originally written for piano four hands, transcribed for orchestra). After the performance by the symphony, the Brentwood High School Orchestra took the stage. First, with a piece by the Concert Orchestra under the direction of Mr. Stephen Malilliu was *Signior Bruchino* by Elliot Del Borgo. Next, came the Select Orchestra conducted under Mrs. Kelly Hillard. The Select Ensemble performed two works from the arrangement of the piece *Pictures at an Exhibition* by

Modest Mussorgsky entitled "the Hut of Baba-Yaga" and "The Great Gate of Kiev". At the conclusion of the student performances, the Island Symphony re-took the stage alongside the Select Orchestra for the final piece. Before the performance began, two scholarships were awarded. Under the Beverly Sills Memorial Award, first place winner Daniel Itwaru and second place winner Yasmeen Mohammad were awarded a combined \$1,000 for excellence and dedication in music. After the awards were given out, the final piece of the day, *Signior Bruchino* by Rossini was performed with both orchestras under conductor Howard Cinnamon. This annual concert was meant to bring together two groups of performing musicians who share a love for music, which again, was a huge success. The 2010 show was spectacular, and the 2011 show is surely expected to be just as great.

## The Fighting Falcons Fly to Four Trophies

by Alexander Hayden

The date was November 20, 2010. The place was Uniondale High School. It was there that Brentwood's NY-773 Fighting Falcons Drill Team competed in their first drill competition of the year. Although it was a local competition, that did not take away from any of the feelings of fervor and competitiveness that the cadets held. They went in to each event with their guns blazing (figuratively speaking) and in the end they did what they have been doing for the past year: winning.

The Drill Team has been coached by instructor Master Sergeant Armando Perez, who is in his first year of holding this position. He has taken over the position held by the beloved TSgt. Burgess, who retired this past year. The Drill Team has always been a proud group of forty or so individuals, all of whom have a competitive drive. They have practiced long and hard after school for three days a week and now brought their honed skills to a higher level. The competition at Uniondale High School was their first test to measure how far they have come since the beginning of the year.

At 8 a.m., the Drill Team arrived in Uniondale and contemplated what was ahead for them. For the first-year members of the team, nervousness and anxiety began to sink in for some, as they had never participated in an event like this up until that point in their lives. On the other hand, the upperclassmen knew what was going on. To some of them, it was just another competition, but to all of them, it was another chance to demonstrate the skills that they had worked so hard to perfect over the past few months. For the seniors, especially, this was a proud moment. They were poised to continue their streak of earning trophies at each of the competitions that they attended, and this competition was, in fact, the beginning of the end for them. This would be the first of the last few competitions that they would compete in, and they intended to go out with a

bang. And they did just that.

The Fighting Falcons Drill Team, commanded by Cadet Second Lieutenant Jawad Ali, participated in a total of seven events, and proceeded to bring home trophies in three of them. The first trophy that they received was in the Unarmed Regulation event. With a squad of twelve cadets, captained by Cadet Second Lieutenant Martin Viera, regulatory facing and marching movement were performed. Grading was based upon how precise their movements were as a squad, and this team received second place. The second trophy came in the event of Armed Regulation. Similar to its Unarmed counterpart, the cadets in this squad were required to perform facing movements and marching routines, except this time with rifles in their hands. This team was captained by Cadet Second Lieutenant Ricardo Barba, and they too brought home second place. The last event that yielded a trophy for the Fighting Falcons was the Armed Knockout contest. In this event, cadets from every school stepped onto the floor and performed a series of called commands. These commands were mixed in with sometimes false commands, causing cadets to lose their bearing and execute an incorrect movement. In the end, Cadet Ricardo Duque won the trophy for the event, beating out all of the other competitors on the floor.

In addition to the three event trophies that were won, the Fighting Falcons Drill Team also received the Motivation Award for being the most spirited and competitive unit at the competition. This too resulted in a trophy, bringing them to a total of four trophies. Congratulations to the Fighting Falcons Drill Team on your first successful competition of the year! All of your hard work and dedication has brought pride to our program yet again. Can we hear an HOORAH?!



## AFJROTC AND THE AMERICAN LEGION HELP FEED THE NEEDY

by Alexander Hayden

When the holiday season rolls around every year, the cadets in AFJROTC make it their business to go out of their way and help those in the community. Every year there are two events that they participate in, each of them having a profound benefit on the community. The goal of each is to bring happiness and holiday spirit to those who might not be as fortunate as the rest of us.

The first of the two events that the AFJROTC cadets took part in was a canned food drive. Although it may seem standard and very typical to do something such as this, one cannot underestimate the effects that it will have. During the holiday season of both Thanksgiving and Christmas, there are those in the community who cannot afford to eat as well as the rest of the community. Donating canned foods helps them get through the holidays a little bit easier, especially with the knowledge that they won't go completely hungry. In this drive, cadets selflessly gave to help others. When all was said and done, they had collected over 300 cans and other nonperishable goods. This was then taken to the local American Legion, where it would be handed to members of the community.

Following the successful canned food drive was the day that cadets visited the American Legion's annual Feed the Needy banquet. Here, the homeless, the less fortunate, and veterans who have a holiday season less joyous than the rest of us came to enjoy a nice home cooked meal. For many there, there is no family dinner that they can return home to. Here, however, they not only received a full meal consisting of baked ziti and a Thanksgiving-

style entrée, but the presence of friends with whom they could converse. You did not have to look hard to see a cadet sitting at a table having a conversation with the people about topics such as football, prior military service, and just general chit-chat.

On top of the hot food and warm conversations, there were three special presentations that provided entertainment to the people there. First up was the karaoke, in which all 20 cadets gathered together to sing Christmas carols. "Jingle Bells" was a smash hit, while "Rudolph the Red Nosed Reindeer" and "Feliz Navidad" resulted in a room full of laughter. Next was the favorite game of just about every AFJROTC cadet: drill knockout. There were two rounds that were held, and each was very competitive. It got so competitive that even one of the former-service members jumped in and competed against the cadets. Finally came a performance by cadets Suzmath Francisque and Jamie Rosado, who completed an unarmed trick routine. Not only was this performance improvised on the spot, but it was executed with a good deal of precision.

To wrap things up, Santa Claus made a surprise appearance, giving gift bags to many of the people there. Smiles were seen across the room, as everyone had enjoyed the opportunity to be with good company. For the

AFJROTC cadets, it was another successful and bountiful holiday season, where they once again demonstrated their willingness to go above and beyond what was required of them.



## AFJROTC Color Guard Performs at Madison Square Garden

by Alexander Hayden

On Sunday November 14th, the Color Guard from Brentwood High School's AFJROTC program received a special honor. It was on this day that they were selected to perform their routine in front of the crowd at Madison Square Garden before the New York Rangers game began.

The Color Guard for this event was performed by a select few members of the Drill Team. Carrying rifles were Tracie Alvarenga and Suzmath Francisque, and holding the flags were Samantha Seda and Freddy Varela. These cadets executed the posting of the colors perfectly before an arena packed with fans, which is more easily said than done. They walked out onto the red carpet in perfect formation and after they were finished posting the colors, the national anthems of the United States and Canada were sung. After that had finished, the Color Guard finished their

routine and returned to a separate room where they were congratulated on their excellent performance by Master Sergeant Perez, who had accompanied them there.

However, this momentous occasion was not easily forgotten by any of the cadets that were there. As Samantha Seda stated, "It was such an outstanding experience, and it is moments like these that we never forget." Not only will they remember the formal ceremony portion of the event, but also what came after. The cadets were on the ice with professional hockey players, and later were given "VIP treatment." For the remainder of the game, the cadets were given access to a press box/ preferred seating. Here there were large amounts of food, drinks, and other items that were given to people who usually pay for this experience, except they got it for free. After a day of excitement in the city, it was time to go home, but none of these cadets will ever forget the experience that they had to represent the program and the school at such a terrific venue.



# DRAMA'S "DAY OF DEATH"

On Friday, December 3rd, the Brentwood High School Drama club presented their rendition of Stephen King's, "Sorry Right Number" and "Nothing in the Dark" from the Twilight Zone. This creative show was one of the most entertaining presentations of the year. Each week I went behind the scenes and asked the actors and crew what they thought of the show. The two main roles, Andrews Rodriguez, who plays Bill Weiner, and Silvia Ayala, who plays Katy Weiner, were very passionate about acting and it was very fun speaking with them.

## Andrews Rodriguez

Bill Weiner

**Why do you love to act?** --I guess I can fool around a lot and when I was younger I would role-play, pick up a stick and play with my brother.

**What are some ways that you practiced or readied yourself for the stage?** --So that I could remember my lines, I repeated them a lot and so that I could remember my cues, I recorded everyone else's lines on my cell phone. My character is a very laid-back person just like me; it's not so hard to prepare for his role.

**Describe your character with three words.**

**In what ways would you say you are like your character?** I would have to say that my character is laid-back, odd, and caring. I don't know, things don't really faze me much. Plus, I do some weird stuff but then again everyone is strange in their own little ways and I'm gonna describe how I'm caring, that's just weird.

**Have you ever read the works of Stephen King? Are you a fan of the Twilight Zone?**

I actually read this play in the 8th grade and I saw that movie "It" by him and he ends up to be a freakin' bug--one of the worst movies I've ever seen, but I don't really like scary movies to tell you the truth.

**Where do you see yourself in ten years? Do you see yourself pursuing an acting career, what is your dream career?** --It would be fun to be an actor but it's not one of my dreams, I would much rather be behind the camera as a director. Or even a professional tennis player!

**Anything else to say?** --Nah, I just wanna go home



## Silvia Ayala

Katy Weiner

**Why do you love to act?** --I don't know it's nice to be someone else. I just like to do it! It's nice to express different emotions and stuff.

**What are some ways that you practiced or readied yourself for the stage?** --I most definitely watch the movies that are based on the books not to copy the actors but to get an idea. I also read the script over and over again until it's all I think about. I don't imagine people in their underwear or anything, I just get out there.

**Describe your character with three words. In what ways would you say you are like your character?**

--I would describe my character as serious, understanding, and loving. Hmm...how am I like Katy, that's a hard one. I'm not really like Katy except for the serious part, I'm really straight to business but I'm not as emotional as she is. And I'm pretty sure that in real life, I would have kept my cool in the

situations depicted by the character.

**Have you ever read the works of Stephen King? Are you a fan of the Twilight Zone?**

--I haven't read the books, the only thing I read was the play. Um...I've never watched the Twilight Zone so I wouldn't know if I am a fan but our play was pretty amazing.

**Where do you see yourself in ten years? Do you see yourself pursuing an acting career, what is your dream career?** --I think I would be either a famous journalist or a widely known designer. Not a fashion designer, a graphic designer and make cool magazine layouts and posters or even websites.

**Do you have anything else to say?** --I think the play wouldn't be as good without all of us. Every single one of us brings something to this play to make it as great as it is. The Drama Club's presentation was extremely enjoyable and I am looking forward to the presentation next year.

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## A LOOK INTO THE CLASSROOMS OF BRENTWOOD HIGH SCHOOL

by Vivian Vuong

Besides the melting pot of diverse cultures, diverse fashion is a common integration at Brentwood High. From simple to bold, from western influences to urban trends, the teachers here paint different fashion styles- meeting each other in one central, common place.



### Ms. Shervington (Guidance Counselor - Ross)

Q: Were you typically the type to dress up in high school? Describe your past style.

A: In high school, I wore basic colors that were easy to mix and match, not because I did not have a fashion sense but because I came from a single parent household with six kids. My mother shopped for practical clothing that was made to last. Needless to say, I was not a trendsetter. My main focus was on attaining the knowledge I needed. It feels great to be able to express my individuality via a mix of bright colors, varied fabrics and cuts that fit my nearly six foot frame.

Q: Did you go shopping Black Friday? If so, did you buy anything?

A: I try to avoid shopping for clothing on Black Friday because of the frenzied pace that seems to permeate the ambience of every mall and store in town. Besides, I am too big to grab a garment off the rack! I need time to shop!

Q: Where do you get most of your clothes from?

A: I have a fashion secret...I have been fitted for catalogue shopping and now buy clothes on a regular basis from a magazine. The prices are lower than many chain stores and once you identify a manufacturer that makes a cut that truly fits your frame, you can shop 'til you drop any time of the day!

### Ms. Bellino

#### (AP Language and Composition- Ross)

Q: Were you typically the type to dress up in high school? Describe your past style.

A: As a teenager I was influenced by music and musicians rather than fashion icons. After I saw the Clash in concert, I dyed my hair purple and wore black leather. After a Prince concert, I wore ruffled skirts and satin jackets- very baroque. I started wearing cropped leggings and fingerless gloves after Madonna.

Q: Did you go shopping Black Friday? If so, did you buy anything?

A: It's been years since I shopped on a Black Friday. However, I found great deals at Verabradley.com, and purchased gifts for my sister and mother there.

Q: Where do you get most of your clothes from?

A: I shop the internet for clothes. Honestly, I hate shopping, especially for clothing.



### Ms. Opisso (English- Ross)

Q: Were you typically the type to dress up in high school? Describe your past style.

A: In high school, I experimented a lot with different styles. Some days (or really most days), I sported a tom-boy style. Unfortunately in the 90's, girls wore a lot of boyish clothing- big sweaters, baggy jeans and khakis, so I can't say my past high school style was too fashionable. I love how female fashion has evolved; a girl today has so many options and can really express themselves with fashion.

Q: Did you go shopping Black Friday? If so, did you buy anything?

A: Yes- for the first time in my life! I actually went to Kohl's with my husband to buy our dogs a bed. I know, pretty boring, huh? I knew exactly what I wanted and it took me about 15 minutes.

Q: Where do you get most of your clothes from?

A: I will shop pretty much anywhere but I have the best luck at the Tanger Outlets like JCrew, Banana Republic and Ann Taylor Loft. I'm also a big fan of Forever 21, H&M, Gap and Marshall's and TJ Maxx.

### Mr. Shine (Psychology-AP US History- Sonderling)

Q: Were you typically the type to dress up in high school? Describe your past style.

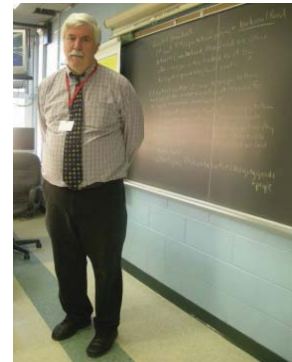
A: Well I went to a catholic school so I was required to wear a tie and uniform. But it came in handy in college when I had to go to a formal event, where most of my friends didn't know how to tie a tie.

Q: Did you go shopping Black Friday? If so, did you buy anything?

A: Yes, a video. That was it. My wife does most of the Christmas shopping actually.

Q: Where do you get most of your clothes from?

A: I guess Kohl's, because it's pretty close to my house. Usually my wife tends to shop for my clothes.



### Mr. Smith (Wood Shop Teacher- DiPietro)

Q: Were you typically the type to dress up in high school? Describe your past style.

A: In high school, I worked at The Gap in the Bay Shore Mall. I mainly wore clothes from the Gap, Abercrombie and Fitch and American Eagle.

Q: Did you go shopping Black Friday? If so, did you buy anything?

A: Just some tools from Lowes.

Q: Where do you get most of your clothes from?

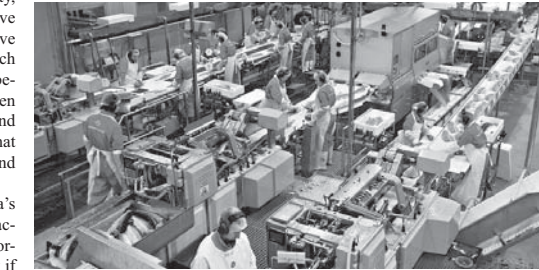
A: I still shop in those stores and mainly like to wear button downs such as plaid and stripes with either jeans or khakis. At school I can get away without wearing a tie because I teach in the wood shop.

# CAUTION: FOOD CRISIS

by Alexander Hayden & Jordan Lurie

Food. The one item that all human beings need, but the one that can sometimes be a big problem. No, this article is not about obesity, but rather the alarming number of recalls that have been issued by the government. Overall, there have been more than 25 recalls since mid-October, which is startling. America's food industry has slowly become more and more contaminated, and this is seen through the numerous actions taken by the Food and Drug Administration. The FDA is the agency that regulates the products that consumers can buy, and has become more and more active in recent times.

The following issues have plagued America's food industries: undeclared presence of peanuts, bacteria, and superbugs. Peanuts, although an important source of protein for humans, are also deadly if consumed by the wrong person. Those who are allergic to peanuts are on a constant lookout for anything that might make them go into anaphylactic shock, a condition that causes their windpipe to close, making it difficult to breathe.



In recent news, the Nestlé® company, known by everyone for their Crunch® bars, has had to recall numerous bags of RAISINETTS® due to the fact that there may be some undeclared peanut products in the bag.

The second problem faced by consumers is the fact that there may be certain bacteria in the products that they buy. This is seen in certain seafood and produce products. As far as seafood is concerned, consumers

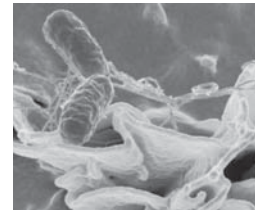
should look for symptoms of general weakness, dizziness, double-vision, and constipation. If any of these symptoms should arise, consumers are encouraged to see a doctor. In some cases, these symptoms may be representative of Clostridium botulinum, a bacterium that, if consumed and not addressed, could cause death. Another strain of bacteria that is more well known to consumers, but no less dangerous, is Salmonella. Persons infected with Salmonella may experience a variety of symptoms and illnesses. Healthy persons infected with Salmonella often experience fever, diarrhea (which may be bloody), nausea, vomiting and abdominal pain. In rare circumstances, infection with Salmonella can result in more severe illnesses and potentially can be fatal if untreated. Recently, Salmonella

has been found in several products, and has forced companies to recall their products. Examples of this include the cantaloupes of Del Monte Company and imported jalapeno peppers and tomatoes. As a result of Salmonella, more than 1,200 people have gotten sick and two have died.

Another problem in the food industry that is becoming more and more present is superbugs. This is a subject that should make your skin crawl. Superbugs are an advanced form of the bacteria that are in our foods, and are forms of the bacteria that have become immune to normal antibiotics. Examples of this that are well-known are E. Coli and Salmonella. For both of these bacteria, there are mutated strains that introduce themselves and cannot be eliminated

through existing means. To solve this problem, scientists are implementing heavier doses of prescribed antibiotics. However, the number of superbugs that have been discovered is increasing at a significant rate.

Before readers begin to worry about everything that they eat, it is important to understand several things. First of all, the odds of a food product being recalled are very slim. Most of the time, the food companies do everything in their power to ensure that the food will get to consumers without any issues. Only a fraction of the time does a mishap occur, causing an area-wide recall. Secondly, the packaging and distributing plants are under strict regulations from the FDA, which helps keep sanitary measures established. Only when a careless mistake happens or a scientific anomaly occurs do consumers hear of bacteria or superbugs causing a recall. Lastly, the isolation factor does play a large role in the tracking and recalling of products. Corporations will use specific methods to track their food products so that in the event that there is a necessity for a recall, the company will know where to look, instead of having their products scattered to any random part of the country. However, it is always good to keep oneself updated on this information, so that you know how to deal with a certain situation should it arise.



Informations for this article gathered from the following sources: [foodsafetyissues.com](http://foodsafetyissues.com), [Cspi.org](http://Cspi.org), [FDA.Gov](http://FDA.Gov), [FoodPoisonJournal.com](http://FoodPoisonJournal.com), [Laboratoryequipment.com](http://Laboratoryequipment.com), [Naturalproductsinsider.com](http://Naturalproductsinsider.com)

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# HOLIDAY RECIPES

by Leigh-Ann Ramsey and Samantha Garvey

## HANUKKAH

### Duff Goldman's Slightly Adapted Mamo's Potato Pancakes (Latkes)

- 5 large or 6 small firm Yukon gold potatoes (about 2 1/4 pounds)
- 1 large onion, halved
- 1 large egg
- 2 tablespoons all purpose flour or matzo meal
- Kosher salt and freshly ground pepper
- Vegetable or canola oil, for frying
- Applesauce or other toppings, for serving

#### Directions

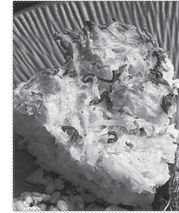
Peel potatoes, immediately immersing them in very cold water as you finish each one. Remove the potatoes from the water. Grate the potatoes and onion with a food processor fitted with the grating blade. Don't press too hard on the potatoes going in- just enough to get them through. Transfer the potatoes and onion to a fine-mesh strainer; squeeze out all the water into a bowl. Let the potato starch settle, then pour out as much water as possible, leaving the starch on the bowl. Add the potato-onion mixture to the bowl and mix in the egg, flour, 1 teaspoon salt, and pepper to taste. Heat a well-seasoned cast-iron skillet with a thin layer of vegetable oil over medium heat. Scoop large spoonfuls of the potato mixture into the pan and flatten them out (thin pancakes yield crispy ones). Fry until golden on the bottom, then gently flip and fry the other side, 3-4 minutes per side. Drain.

### Cheesy Potato Kugel

- 3 pounds peeled and shredded potatoes
- 4 eggs
- salt and pepper to taste
- 5 tablespoons olive oil
- 1 onion, chopped
- 2 1/2 cups Cheddar cheese, shredded

#### Directions

Preheat oven to 350° F (175° C). Grease a 9 x 5-inch loaf pan. Place potatoes in a colander and squeeze out moisture. In a large bowl combine eggs, salt, pepper, oil, and onion. Place potatoes and cheese in the bowl and mix well. Pour mixture into the prepared loaf pan. Bake at 350° F (175° C) for 1 hour. Raise heat to 450° F (230° C) and bake for 5 to 10 minutes until browned, serve hot.



### Gingerbread Cookies

- 6 cups all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon ground ginger
- 1 teaspoon ground nutmeg
- 1 teaspoon ground cloves
- 1 egg
- 1 teaspoon ground cinnamon
- 1 cup shortening, melted and cooled
- 1 cup molasses
- 1 cup packed brown sugar
- 1/2 cup water
- 1 teaspoon vanilla extract

#### Directions

Sift together the flour, baking powder, ginger, nutmeg, cloves, and cinnamon; set aside. In a medium bowl, mix together the shortening, molasses, brown sugar, water, egg, and vanilla until smooth. Gradually stir in the dry ingredients, until they are completely absorbed. Divide dough into 3 pieces, pat down to 1 1/2 inch thickness, wrap in plastic wrap, and refrigerate for at least 3 hours. Preheat oven to 350° F (175° C). On a lightly floured surface, roll the dough out to 1/4 inch thickness. Cut into desired shapes with cookie cutters. Place cookies 1 inch apart onto an ungreased cookie sheet. Bake for 10 to 12 minutes in the preheated oven. When the cookies are done, they will look dry, but still be soft to the touch. Remove from the baking sheet to cool on wire racks. When cool, the cookies can be frosted with the icing of your choice.



## KWANZAA

### Collard Greens

#### Ingredients

- 2 bunches collard or kale greens, about 2 pounds
- 3 tablespoons olive oil
- 4 garlic cloves, whole
- 2 quarts chicken broth
- 1 tablespoon vinegar
- Kosher salt and freshly ground black pepper

#### Directions

To prepare the greens: cut away the tough stalks and stems from the collards and discard any leaves that are bruised or yellow. Fill the sink with water and salt, the salt helps to remove any impurities. Wash the collards thoroughly to remove the grit, 2 or 3 times, until the water runs clear. Dry thoroughly. Stack up several leaves and roll up lengthwise in a bundle, cut them into 1-inch ribbons. Repeat until all the leaves are shredded. Heat a large deep skillet over medium flame and coat with the oil. Add the garlic and saute for 2 minutes to soften. Add the greens and toss well with the oil and garlic. Pour in the chicken broth and cook for 45 minutes to 1 hour until the greens are wilted and tender; take care not to overcook. Season with salt and pepper and serve.

### Sweet Potato Pie

#### Ingredients

- 1 (1 pound) sweet potato
- 1/2 cup butter, softened
- 1 cup white sugar
- 1/2 cup milk
- 2 eggs
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 1 (9 inch) unbaked pie crust

#### Directions

Boil sweet potato whole in skin for 40 to 50 minutes, or until done. Run cold water over the sweet potato, and remove the skin. Break apart sweet potato in a bowl. Add butter, and mix well with mixer. Stir in sugar, milk, eggs, nutmeg, cinnamon and vanilla. Beat on medium speed until mixture is smooth. Pour filling into an unbaked pie crust. Bake at 350° F (175° C) for 55 to 60 minutes, or until knife inserted in center comes out clean. Pie will puff up like a souffle, and then will sink down as it cools.



## CHRISTMAS

### Eggnog

- 6 eggs
- 1 (14 ounce) can sweetened condensed milk
- 1 teaspoon vanilla extract
- 1 quart milk
- 1/3 pint heavy whipping cream
- 1 pinch ground nutmeg
- 1 pinch salt

#### Instructions:

Beat eggs; mix in condensed milk, vanilla, quart of milk and salt. Beat the whipping cream until soft peaks form. Fold in to egg and milk mixture and sprinkle with nutmeg. Serve chilled.

# STUDENT VOICES

## -A PAGE OF EXPRESSION-

### EVERYONE IS FAKE!! Can't Trust Anybody

by Jean Dorilus

Who is your real friend in this world? There are more than ten different kinds of friends. Everyone has many different kinds of friends or many they consider to be friends. But the question is: how you define the word "friend"? How do you know if your friend is actually real? What is it about your friend that you like or what do they like about you?

A true friend is someone who stands up for you, ready to take a bullet for you. Someone who loves you with all his or her heart.

A love friend is the person who will always be there for you. No matter what you do, yes, they are always with you.

A best friend is someone to whom you tell everything. Hopefully that person tells you everything too. Best friends are always talking; they know everything about each other. Your best friend should be someone you grew up with. A person who has pride, honest and respect.

A needed friend is for when you are having a bad day, when things are hard for you, when you need to borrow something from someone--that person is a needed friend. The number one person whose name came to you in your head when you're in need is a needed friend.

"Just a friend" is someone you barely know. Like some students in school, they might be "just a friend". Even a teacher who seems very nice and always ready to answer any questions is just a friend. It is one who you are sharing a small period of time.

But everybody looks out for themselves. Everyone is taking advantage of someone. No one really care about you. You might be a person who has money and suddenly you will have money friends. The more money you have, the more friends you have. You know people say "what goes up must come down". Watch when you come down, when all your money is gone--your friends will disappear.

Still, there are good people. You might find someone standing next to you in a bad time. You don't see it always but it's not impossible. Look back to see when you stood on your two feet, when you had no car and no job. How many friends did you have? Who used to call you every day? We are living in a world where so many people don't care about one each other. We are killing each other, stealing from each other and fighting one another. Even here in Brentwood High School we can see examples of these things. Students are stealing iPods, sidekicks, and money from people who they call friends. How could you steal from your own friend? It just makes no sense, never steal from your friend. Actually, you shouldn't steal at all. Stealing is not proper behavior and it's against the law.

Let me tell you a story: There was a boy who grew up in the same house with his cousin. One day the boy's uncle had money in a safe in his room. While the uncle was absent, the cousin went into the room take the money. When the uncle came back and saw that the money was missing, he had only one person in mind--his nephew. He never thought that his own son could steal his money. Therefore, he kicks the boy out of his house. This poor boy knew he did not take the money and he also knew that the money was stolen by the uncle's son. But he kept his mouth close. He was protecting his cousin but he was the one who paid the consequences. In life you need to protect your friends, be there for them when they need you.

Never forget that family comes first. Your parents, your siblings are the ones who will never leave you no matter what. A true friend is someone after all the troubles will still be by your side.

Your friend should be your responsibility, your task, your duty-- that's who your friend should be.

You see, I'm always there for my friends. When they are crying about the pain that they feeling, I cry with them and give them advice. I love my friends, they good people, and we are proud of each other. We help one another; we solve each other problems as much as we can. My friends are my life and when I fall down they push me back up. If you don't have a good friend who you are really close to, look for one. And if you do have one, be there when he or she needs you. You are of value, your presence is important to your friends.

REMEMBER TO ALWAYS BE GOOD TO OTHERS. BE A GOOD FRIEND!



by Jaclyn Smith

## STAY IN SCHOOL

by Jean Dorilus

School is a place for everyone who has a dream. It is for anyone who wants to be someone in future. School is like your personal lottery ticket; you need it because it's important. A couple of students and I were having a discussion about why we should go to school. Jackstone commented, "I go to school because my parents are too busy at work and I have no other place to stay, so I come to school". Jonathan said, "I don't care about school--my parents got money so school is not important for me". Eddie also said, "I go to school because I'm doing my parents a favor." Snoodie included, "I go to school to learn things that I do not know and will need in the future because I have a dream". Snoodie is right. Many students go to school and they don't even know the reason why. They think it's an obligation for all teenagers, not something valuable for their lives in future. This is the reason why you should come to school; school is magical. You want to make a lot of money, live in a big fancy house, and drive a bugatti? If you want to be a millionaire then come to school. Stay in school so you can prepare your future, learn how to make money and follow your dream. Dr. King had a dream, and you? What is your dream today?

BE SUCCESSFUL!

Some students, like Jackstone, Jonathan and Eddie, come to school for no reason. They have no goal; they just want to be cool. Being cool is not taking you anywhere. You have to know that success comes from opportunity. The road to success might contain a bunch of rocks, so you better hope that you are wearing your sandals. Today, what you need is not to be cool but to be successful. Students can not be a drug user--stop smoking, drinking and stealing--that's not cool. If you wear your pants below your waist, walk in the hallway all day, and cut your class to go to McDonalds and you think your cool, listen to this! You are wrong. Today you might think you're cool and all that but think about tomorrow. When you see your friends, you know, those who were not cool, the one you used to bully. When you see them driving Spikes, Lamborghinis, and you're still driving a 1990 Volvo, that is when your eyes will open. Again, when you see those people living in a 10 million dollar house and you are still living with your grandmother in an apartment, you will understand. That is where being cool will take you, believe it or not. Unless you have a plan.

Take this advice: stay in school and be successful, even if it is not always easy. You have to know that no matter how hard you try, do not just say good-bye. No matter how far you get, you haven't finished yet. If you know the right thing to do, then do it now. Do not wait for tomorrow. There might not be a tomorrow. Do not let people tell you what to do--when you get in trouble, you will be solo. There is nothing wrong with being successful. If you want to be important, then feel proud. If you do not want to be weird then do not be afraid. Who you hang with is who you are. Do the right thing, don't be a fool, stay in school, be successful.

GO TO SCHOOL, BE SUCCESSFUL!



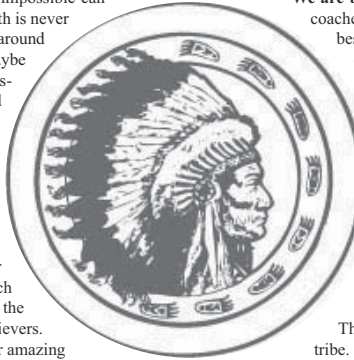
# STUDENT VOICES

## -A PAGE OF EXPRESSION-

### BRENTWOOD INDIANS: PRIDE

What does it mean to have faith? Is it believing that the impossible can be overcome? Or is it knowing that the impossible can happen? Faith is never giving up through thick and thin, always knowing you and others around you can do it. It is the idea of "yes we can and will" rather than "maybe we can." And that is what our team, no in fact our entire school lacks--faith. We lack the faith in our teams to go far, the strength to stand up against others and fight back, the courage of doing something incredible. We need faith.

Brentwood may not seem like a place where much can happen, but knowing it or not, Brentwood is the sight of some amazing things. We have been looked at as one of the more successful schools in all of Long Island for many reasons. Whether it is our dominant Green Machine Marching Band, which seems to be unstoppable on the field and in competitions, to our Varsity Soccer Team which is loaded with strong, agile players, who for one stretch in time were undefeated for well over five years. And look back to the other aspects that has made Brentwood great--our academic achievers. The alumni who have gone on to become successful in life. Or, our amazing teachers who spread the important messages to students, such as "work hard and life shall bring good fortunes" and "don't give up."



**We are the Brentwood Indians.** We are a tribe of students, teachers, coaches and parents who should strive to be nothing short of the best. The meaning of a tribe is a family and set of families who cannot survive without teamwork, determination, and most importantly, faith. I have faith and so should every other person in Brentwood. It shouldn't die once football season, or Green Machine competitions are over. It should continue 24/7, three hundred and sixty-five days a year (or 366 in leap years). Bottom line: we are a family--we are a tribe.

"Brentwood Pride" is not just a quote that is said, it is not a motto to give to others and then never apply it yourself. "Brentwood Pride" is meant to be said to inspire the thought "I live in Brentwood and I am proud of it." Not because you have to, but because you want to. We are the talented; we are the skilled; and we are the future. The future begins when we come together as one family, one tribe.

I live in Brentwood and I am proud of it. Are you?

### Can I ask you something, my Dear Reader?

Can I ask you something, my Dear Reader?  
Have you ever thought about the ending of time, the world itself coming to a screeching halt?  
Well, I can truthfully say, I have.  
Walking around this very earth, you must have wondered when the end would come about.

Have you ever sat beside a window, peered out into the night and felt your heart cry out to the sky?  
Have you ever thought of the fallen, realizing that they've all passed by?  
Our life here is something people as we are hold too dear,  
Think onto another life where nothing will cease to exist.

Close your eyes and feel the new fallen rain on your back,  
Don't you wish to be there, my Dear Reader?  
Don't you want to get up and leave, get up and go there?  
Well, I can truthfully say, I do.

A place where there are no shortcomings.  
Somewhere no one will have to forcefully leave.  
No illness, no sadness, no resentments or disease.  
My Dear Reader, I'm going, won't you come with me?

No path to destruction will take the good hearts,  
Loneliness will no longer consume the pure,  
Never regretting their past mistakes,  
I'm going Dear Reader, I'll bring you along.

Now only if this place were true,  
Only if this was really alive.  
Yet, we are stuck here in this world living our lives.  
But, look onto that world and wish to be there one day.

A glimpse of peace and tranquility,  
A hope of no more fear,  
Until the world ends we will only be near,  
Near to it but never there...

-Amanda Butera



## Tonight

**Tonight,  
Let's let go of all we are,  
All our titles that confined us here and far.  
Let us be free and step away from all,  
Run, swing and go as our hearts call.**

**Can't we be the best of friends?  
Known born enemies unite until the end?  
I wish these names didn't mean a thing,  
Well, they don't, not when you're here and with love you  
bring.**

**Tonight we will set our spirits free,  
You and I will be one for all eternity.  
Have you analyzed all that we've fought for?  
Over labels and titles, names, but nothing more.**

**Can't you see you and I are all the same?  
If you don't trust me on this it will never change.**

**Tonight let down your  
guard, tell me all you  
feel,  
With you and me  
together this alliance  
will be sealed.**

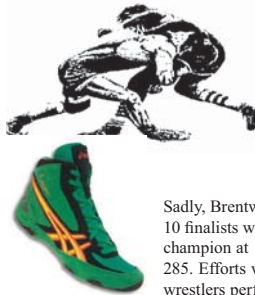
-Amanda Butera

# SPORTS



## WRESTLING

by Kevin Amaya



“Band of Brothers” is Brentwood Wrestling’s new motto this year and for good reason. The team shows an exemplified level of teamwork and leadership and isn’t even a team based sport! The saying was derived in honor of their remembrance to the “Father of Brentwood Wrestling,” Joe “The Gov” Campo, and two former amazing wrestlers Starlin Jimenez and Martin Irizarry. Team captains include Alex Gomez, David Chaverra, and Humberto Garcia who all enthusiastically embrace the Band of Brothers motto. On December 11th, Brentwood sent their number one and two wrestlers per weight class to the Sayville High School Gray Fitzgerald tournament. Brentwood sent in 30 wrestlers aspiring to take home the gold. When team captain Alex Gomez was asked about what his motivation for this tournament was he said, “I hope Brentwood can take home the gold for wrestling Coach KC Beach who recently suffered the loss of his wife’s godson, Devin Robles.”

Sadly, Brentwood didn’t win the team title but they were almost there, and contributions came from all over with 16 total place finishers. Brentwood also had 10 finalists who included Danny Murray champion at 96 pounds, Erick Orellana at 112, Alex Gomez champion and Humberto Garcia at 130, David Chaverra champion at 135, Alexis Blanco champion at 140, Julien Joseph at 145, Jared Hudson champion at 189, Stevenson Jean Gilles at 215, and Dimas Berrios at 285. Efforts were contributed by all members of the Band of Brothers who felt satisfied with their performance. Coach Beach was content with the way his wrestlers performed both on the Varsity and JV level. The JV wrestlers took home 20 gold medals with a dominating show Friday, December 9th. Come out and support them at matches throughout the season.

## FENCING

by Vivian Vuong



Coach Gebhardt and Varsity Girl Fencers

The fencing industry is an up-beat world. Most sports require one or two coaches just to keep track of each athlete’s progress. But what happens when you have three totally different sectors to coach, three entirely different ways of fencing for a spread of fifty some-odd athletes? You need a Coach Corona, a Coach Finfrock, a Coach Gebhardt and fencing alumnis along the way like Lucas Sanchez and Sean McGeveran. When being asked

said by Corona and “...a lot of promising potential”, stated by Finfrock. Neither Coach Gebhardt nor Finfrock coach any other sports, but Coach Corona, being a father, has additionally coached his son’s lacrosse travel team, little league baseball, football and softball teams. It seems to be that all three of these coaches acquired a large impact from their high school fencing coaches; Coach Robert Nelson (Centerreach), Coach Mary and Joe Amodemo and Coach Gerome Cordero (Newfield).



Coach Corona and Varsity Boy Fencers

about their feelings about the upcoming season, there was a response of “Optimistic”

## BOYS BASKETBALL - INTERVIEW WITH COACH JIMENEZ

by Merissa Bhimsingh

### 1. How do you think tryouts went?

Tryouts is never an easy experience. There are a lot of boys who would love to be a part of the basketball program and we had to make some very difficult decisions. We do, however, have a limited roster and can only keep 15 players on the varsity team. I give a great deal of credit to those kids who competed in an effort to make this year’s team.

### 2. What is your schedule like?

We open up with a very competitive schedule taking on Copiague in our home opener on Saturday, December 11th at 4pm. We hope to have the Sonderling gym packed to kick off the season. The games after that are December 18th at Chaminate at 2pm, December 21st at home vs. Sachem East at 6pm, and December 28th and 30th at Walt Whitman for their holiday tournament.

### 3. Are you excited about this upcoming season?

We are very excited about the season this year. We have a fair share of new faces on this year’s team and we are working every day to improve on an individual basis and collectively. New players and a new season will challenge the boys to compete for playing time on a daily basis. The decision to keep a player means that we are confident in their ability but it also means that we are just as confident in the next guy. It is important to stay self-motivated and walk away from each practice knowing that you improved that day.

### 4. How are you planning on getting the team ready for games?

Making sure that we are fundamentally sound, prepared for each opponent and situation, and develop the proper team attitude are the primary ingredients to creating an opportunity for success.

### 5. How would you encourage boys to join basketball?

Our varsity is mostly made up of players who played in our feeder system during their middle school years and beyond. The basketball program has a middle school tournament and the coaching staff communicates to make sure we are familiar with the up and coming players at all levels. Nevertheless, it is important to keep your mind and eyes open to new talent that may have been overlooked in the past.



## BOYS SWIMMING

by Julio E. Villarman

This is the second strong year of the swim team. The pool was just opened behind the Ross gym and it was added as a mandatory activity for gym class. The swim team began last year when the pool was opened and inspired a hard working swim team that was developed last year and has come to practice and improve. The swimming coach is Coach Fick; he is a teacher at the Freshman Center and it is an honor to be taught and coached by him. Swimming is a challenging and rewarding sport. It is an aerobic exercise that forces you to work out every muscle in the body. Surely the swim team will have a fun and successful season!!!