

the GLOBE

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PHOTO COURTESY OF @PACE_MHS ON INSTAGRAM
A shot from the 2019 PACE Music Soundscape's show.

Discussion of PACE Music at Board Meeting Stirs Controversy

By SELA BREEN & SPENCER WOLFF

On December 1st, a Board of Education meeting was held to discuss budget cuts and how they will impact electives this year. For many, one of the most concerning programs on the chopping block is PACE music, and many PACE students, parents, and alumni attended the meeting to advocate on the program's behalf. The PACE elective, the Performing Arts Curricular Experience

elective, is one of the most beloved programs at Mamaroneck High School, so the outpouring of disappointment that emerged from the PACE community was not surprising.

PACE music is one of three artforms that students in PACE focus in. When PACE students become seniors, they can pick to pursue dance, music, or theater in a more focused way. Bill Derby is the PACE teacher who focuses on music and has worked full time at the high school for years, but

in the beginning of this school year, he was shifted to be a part-time employee at MHS, and a part-time music instructor at Central Elementary school. The PACE community was enraged by this as the music program was cut for PACE 1 and PACE 3. However, it was promised that these changes were temporary for the school year and had to do with COVID-19.

This shift in Derby's job was especially worrisome for many...

SEE "PACE" PAGE 2

Students Switch Modes of Learning as the Year Progresses

By CAITLYN CARPENTER

Earlier this year, back in September, the nation held its breath as schools began to open their doors for the first time since March. Months of weighing the risks and benefits of in-person education, debating over how to safely operate an effective classroom, and speculating about children wearing masks were all coming to an end. No one knew whether it was safe to resume

in-person learning, and many did not want to take the risks, even if it meant sacrificing the traditional learning environment. Here in Mamaroneck, the school district wanted to do its best to satisfy all levels of comfort and still provide quality education.

By mid-summer, the Mamaroneck Union Free School District (MUFSD) had settled on a plan to offer a choice between either a remote or an...

SEE "Over One Hundred" PAGE 9

Listen to the Best Holiday Songs of All Time this Season



PHOTO COURTESY OF @BLOSSOMANDBABE_NYC ON INSTAGRAM

By KIRA WALTER

Just beyond the window, the sky is white with empty winter wind. The trees sway steadily, sending intricate flakes of snow on their way, and a weary yellow sun emits pale light upon each frosted roof, the chimneys about them all fuming with smoke. Perhaps you're inside, beside an amber fire or oven when a familiar song elicits a smile from your heart. But which pleasant melody is it that brought you such a sense of holiday nostalgia? If you're a student at Mamaroneck, it may just be one of these.

10. Sleigh Ride, The Ronettes

Although a survey found that Mamaroneck students are most familiar with The Ronettes's rendition of this ultimate winter classic, Sleigh Ride has been performed by many renowned artists. The list includes Ella Fitzgerald, Amy Grant, Johnny Mathis, and Arthur Fielder. However, more recently, the melody was reinvented by beloved 90's girl group TLC. In all versions, listeners are led to envision a joyful sleigh ride surrounded in cheery scenery...

SEE "The Globe's" PAGE 13

Data Shows Racial Makeup of Remote Learning

By FATIMAH KHAN & CAITLYN CARPENTER

On November 2, the MUFSD Board of Education held a presentation to update parents, students, and community members on both the remote and hybrid learning models. Towards the end of the night's presentation, a shocking statistic was revealed: while 15 percent of all students in the district were remote, only 11 percent of the population of white students were remote, contrasting with the 23 percent of Hispanic students, 29 percent of Asian students, and 47 percent of Black students learning entirely remotely.

However, this trend is not

unique to Mamaroneck. The NYS Department of Health released a "COVID-19 Report Card" which includes data regarding hybrid and remote students from nearly every school in New York State. An analysis by The Education Trust of New York on this data found that "students from low-income backgrounds and students of color are much more likely than wealthier students and White students to be learning fully online." They express concern at these statistics as, "the disproportionate reliance on remote learning for students who were underserved even before the pandemic raises significant educational equity questions." In school districts across the state

(not including the New York City, Buffalo, Rochester, Syracuse and Yonkers' public schools), those with more low-income students and students of color are 1.6 to 2.1 times more likely to be learning remotely.

Now for the most important question, and one that many parents, students, and educators found themselves asking after the presentation on November 2nd: What does this mean?

Why are students of color more likely to choose remote learning?

MHS Principal Elizabeth Clain explains how, in her view...

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News

PACE Board Meeting Reveals Future Cuts

Previous PACE students speak out to protect PACE music for current and future students.

By SELA BREEN &
SPENCER WOLFF

“DISCUSSION”, FROM FRONT

...PACE students because, in 2017, budget cuts had been cited when the Board of Education tried to cut the PACE 4 music program. Great outrage from the community prevented these budget cuts, but many are still scarred from seeing a beloved part of the PACE program cut. So, when it was announced that parts of the PACE music program, or the entire program, may be cut, this PACE community outrage came back in full swing.

As PACE President, Arden McHugh ('20) was the first of several students and alumni to speak as part of the public forum part of the meeting. When asked how she felt about the budget cuts, she said she was “disheartened to hear about the cuts” and frustrated that they always seem to focus on PACE. She “feel[s] as though every student’s interest should be valued... [and] understand[s] that cuts are a part of running a school district,” but does not believe that the PACE cuts that may happen this year “aren’t really making sense given the information that the board has presented.”

Lisa Toudic ('20), when asked the same question, reflected on the importance of Derby to the PACE community. “Students will and always will benefit from seeing Derby,” Toudic says, “because of his energy and profound support.” She believes “reducing his involvement in PACE will lead



PHOTO COURTESY OF @PACE_MHS ON INSTAGRAM
A shot from last year’s Kinesthesia’s show, the annual PACE dance show.

to a loss in its overall curriculum and experience,” and that PACE’s well-rounded arts education will be diminished by the lack of curriculum in the music branch of the program.

However, while Toudic and McHugh both were disheartened about the possibility of future cuts, Eddie Kam ('20) argued that PACE cuts have already been made. He commented, “I think ‘will receive’ cuts implies that this is going to happen in the future when it, unfortunately, has already happened as Pace 1 and Pace 3 music were reduced this year”

MHS Principal Mrs. Clain disagrees with this, stating that “The 2020-2021 school year has posed more challenges, on more levels, than any other school year.

Not only did we have to rethink every structural component of the school day to ensure students’ health and safety, we also had a 20% reduction in state aid.” She says that, in these tumultuous times with these difficult conditions, the administration had to make tough choices to impact the smallest number of students at the high school.

Another point that was brought up in the meeting was that PACE was a prime candidate for cuts because of declining enrollment, but this was quickly debunked by both Toudic and Kam’s statements at the Board meeting. Normally, when entering high school, 8th graders are allowed to choose two of the electives they put down on their request form

if they talk to their guidance counselor but this year, students were not allowed to enroll in a second elective. Because students know that it is easy to get into the PACE program since there is not a maximum number of students, many put it down as their second choice. These students who wanted to add to PACE as a second elective were not allowed to, which decreased freshman enrollment in PACE.

Toudic and Kam were motivated to speak at the meeting because of this problem with enrollment. Kam wanted to speak to the administration’s point that lack of enrollment and lack of interest was why they were cutting the program, because he believes that this has been created by the

one elective policy. Toudic wanted to emphasize a personal experience, stating that she “felt as though [her] experience of taking two drastically different electives [PACE and OSR] needed to be heard and was a perfect example as to why the administration should keep the option of taking two electives alive for all Mamaroneck students.”

While the decision is ultimately up to the Board of Education, MHS Principal Mrs. Clain assures the MHS community that “moving forward, the high school and the district are committed to ensuring the vibrancy of the PACE program, which includes all three components of music, dance, and theater.” But, McHugh is still encouraging people to fight for the PACE Music program, despite reassurance from the administrators. She believes that the fight is not over and that people can still contribute. “I cannot emphasize enough that it’s super important for each student to be attending the board meeting zooms. We all must be aware of what the board is doing and we must speak out to protect the programs that make MHS unique,” Kam said when discussing the fight against these cuts. He and the members of the PACE community are ready to continue the fight in the coming months, abiding by Kam’s words that “if you’re passionate about something you believe in, then you cannot stop fighting for it.”

Joe Biden Wins the Presidential Election

After a historic election, former Vice President Joe Biden is set to take office come January of next year.

By ABBY TUCKER

Joe Biden has won the 2020 presidential election, winning 306 electoral votes to President Trump’s 232. Biden received over 51% of the popular vote and nearly 80 million votes, while Trump received 47% and around 74 million votes. Many Americans and MHS students alike anxiously awaited the election results, as the ballots took much longer to count because of the record number of mail-in and early ballots due to the pandemic. At MHS, the Advisory period during election week was even devoted to talking about students’ election anxiety. The election was finally called

on Saturday 11/7, several days after Election Day, and Biden was declared the winner. While a few certifications and court challenges from the Trump administration are still pending, as of now it appears unlikely that the election result will change. However, Trump has yet to concede the election to Biden and still is pursuing legal challenges.

This election was historic for many reasons. Kamala Harris is the first woman to be elected vice president of the United States, and her achievement inspires women of all political beliefs. Harris also will be the first Black and Asian vice president. Additionally, about 160 million people voted in the 2020 presidential

election, the highest number in American history. Voter turnout reached over 65%, the highest in more than a century. Both parties were able to energize their bases to go out and vote. Biden won more votes than any other win-

won. Biden is also the oldest person ever to win the presidency.

The congressional races are also still on many students’ minds, as the final composition of the Senate is still unknown. Currently, Republicans have 50 members

ary 5 that will determine which party has the majority. Georgia law states that if no candidate receives more than 50% of the vote (which happened this year), the two candidates who received the most votes will run again in special run-off elections. Republicans need to win just one of these races to secure their majority, while Democrats need to win both to make it 50-50. The Vice President acts as the tiebreaker in the Senate, so a 50-50 split would give Democrats the majority. In the House of Representatives, Democrats still maintain a narrow majority, though the Republicans gained 8 seats.

“Kamala Harris is the first woman to be elected vice president of the United States.”

ning presidential candidate has in American history, but Trump also received the most votes a losing presidential candidate has ever

and Democrats have 48, with the Democrats gaining one seat overall. However, two Georgia run-off races will happen on Janu-

District Unearths Racial Inequities in Remote Learning

A district report finds that students of color are disproportionately choosing the full-remote option.

By **FATIMAH KHAN & CAITLYN CARPENTER**

"DISTRICT", FROM FRONT

...the disparity in the racial makeup of remote students often stems from situations at home. According to Clain, students of color and students of disadvantaged socioeconomic backgrounds are more likely to live with elderly family members or have parents unable to transport their children to and from school on a fluctuating half-day schedule. The administration is aware of these situations and tries its best to provide the necessary support for every student, whether remote or in the building. Clain expresses how, "every family has a particular story," and that she "feel[s] very confident that, between [herself] and [her] team, any kid who is in a position that [they] are worried about is on [their] radar."

Doly Lugo, who teaches Spanish 2 Honors and 4 at MHS to freshman, juniors, and seniors, has seen this trend in her classes. She describes how, "about half of [her] Hispanic students are fully remote." Lugo then goes on to explain, "Many of them live with extended family and are worried about older relatives getting sick." However, despite the circumstances, Lugo "must say [her students] are all working well from home and completing their assignments on time."

Lugo and several other teachers find that the largest challenge with all remote students is establishing connections, as activities such as icebreakers and games aren't practical. Mary-Beth Jordan, who teaches English to

freshmen and sophomores, remarks, "What's lost in translation between the classroom and Zoom are things like trust, a sense of humor, and just the usual small talk about what's going on in student lives, the little ways we find to connect." With these little things also come bigger issues like a loss of understanding and the inability to catch up if a student falls behind. Robert Hohn, who teaches computer science and Algebra 2 Honors to freshmen and sophomores adds, "If a student doesn't actively seek me out for assistance, then my attention automatically shifts to someone who is letting me know they need help. So, if a

"We need to think about why this is happening nationwide and what can be done to level the playing field."

- Dr. Storey Trush

student is always volunteering to answer questions and/or always asking for help, I will likely be spending more contact time with them—regardless of whether they're in-person or remote."

What are the long term impacts on the quality of education of remote students?

When asked whether she worries about the education of her remote students, Lugo replied, "Yes, I worry. In a language class, [remote learning] makes a significant difference. I hope

[remote students] feel comfortable enough to speak up if there are unforeseen circumstances that prevent them from doing their work, but I fear there are some issues that will not be known to me."

Dr. Storey Trush, a school psychologist at MHS, adds to Lugo's comments, saying, "Access and engagement are problems that are impacting students in schools everywhere. These issues include practical and financial constraints, such as technology and connectivity issues, as well as emotionally-based struggles, such as students not logging into their classes or participating in lessons and discussions."

These educational disparities may have unforeseen long-term impact on remote students, possibly putting them at a disadvantage later on. Trush connects the education consequences of remote learning with the demographic information revealed by the Board of Education stating how, "it may serve as another example of structural racism, in that it limits the pathways that certain groups have to access opportunities and upward mobility." She then goes on to urge, "As a district and community we need to think about why this is happening nationwide and what can be done to level the playing field." Trush stresses that, "it's never too late, and our attention to the matter puts us in the position to make meaningful changes."

What can be done to help?

Despite the circumstances, and the continuously "herculean" effort of teachers, according to Trush, teachers in the MHS

Disproportionality in Remote Learning by Race

	All	Remote	% Remote
District	5453	838	15%
White	3662	399	11%
Hispanic	1211	283	23%
Asian	188	55	29%
Black	135	63	47%
American Indian/Alaskan Native	7	1	14%
Multiracial	242	37	15%
Pacific Islander	8	0	0%

PHOTO COURTESY OF BOARD OF EDUCATION
Table presented at the November 1st Board of Education meeting.

community have been accommodating for all their fully-remote students, trying to create that connection they feel is lost across the screen. Jordan describes how she reached out to parents of her students by email at the start of the year. In doing so, she "was able to create one more channel by which to connect to students. That way, if [she] needed to reach out or get parental support, [she] had already introduced [herself]." Hohn is using similar methods and also encourages his students to give him feedback for how he could improve. He states how he "considers [himself] to be a pretty "open" person who's always looking to better himself," and is always "open to any suggestions that students might have!"

Trush herself also tries to make these changes in her work as a psychologist. She says how "when [she] meets with remote students, particularly students of color, [she] tries to create a safe space where they can process the multidetermined reasons for their decision to learn remotely." She

consistently "approaches this subject with a genuine sense of openness, empathy and curiosity".

Kelly Carrillo, also a school psychologist, has been "making sure that students have access to devices that work properly so that they can stay actively engaged." She adds, "It has also been important to understand some of the stresses a family may be experiencing that might be impacting the student." and that "Connecting the families with resources can be helpful."

The district will continue to monitor the situation with all remote students to make sure that all students are provided just opportunities for learning. Additionally, the district is working with an equity team and implementing an equity plan across all schools to address systemic inequalities in education. In the meantime, students can foster the spirit of community at MHS by reaching out to their peers and teachers to bridge the gap between remote and hybrid students.

New Restaurants Open During Pandemic

By **SPENCER WOLFF**

The restaurant industry has been one of the industries most impacted by the Covid-19 pandemic. Many restaurants have closed or partially closed their indoor seating spaces and have reverted to takeout and delivery, while some have been forced to close for good. The pandemic has made the restaurant business a very risky ballgame, but three restaurants in Larchmont-Mamaroneck have taken the risk and recently opened up.

The reason for each restaurant opening up in this town specifically is similar: they all love the community and they wanted to fill a void that was left behind. Lisa Chase, part-owner of The Grange (158 Larchmont

Avenue, Larchmont) stated their reason for opening as filling a void in Larchmont. "We are members of the community and we wanted a sandwich and salad

"We are members of the community and we wanted a sandwich and salad place that didn't exist."

- Lisa Chase

place that didn't exist." They also chose the location specifically because of its prime location within Larchmont. "We wanted to be on a corner, near a school (Chatsworth Avenue), as well near

other restaurants." The reasoning is similar for Bagels by Sofia (145 Chatsworth Avenue, Larchmont), as they describe. "We opened on October 24. We opened here because we love this community and we wanted to fill a necessity in Larchmont because there wasn't a bagel store here before."

The situation was paralleled for Christopher's by Chef Joe (2382 Boston Post Road, Larchmont), as Mentor, the manager of the restaurant, explains, "[they] opened a location here because we love this community and this location has been in the works for 40 years. There was a restaurant [in our location] called La Reserva and the previous owners left, and we decided to open here." The restaurant is one of many that Executive Chef Joe Giordano has cooked at, which also include

Trattoria in Pleasantville and Per Voi in Port Chester.

One of the main concerns during a global pandemic is keeping everyone safe and healthy when interacting with food and others. Each restaurant is taking different safety precautions to keep their customers safe. The Grange have focused on disinfecting the restaurant, as well as keeping the doors open for good air circulation. Because it is a new restaurant, they also installed a new air purification system. Christopher's has been working on building an outdoor style space that can be compatible with wintertime because as it gets colder, they know outdoor dining will be getting harder.

The most important thing that all the restaurants have appreciated during this time has

been the support and appreciation of the Larchmont-Mamaroneck community.

As Chase describes, "People were appreciative that we opened during a pandemic. When we opened, it felt that something was opening, rather than closing." A representative from Bagels by Sofia agreed with Chase's sentiment, saying how "people [have enjoyed] that we are open during the pandemic and that we have the courage to open during this time." Opening a restaurant is always a risky gamble, especially during a global pandemic where indoor seating is limited and close contact is curbed. However, these challenges have clearly not stopped these three establishments from opening and the community has been extremely supportive of their efforts.

The Holidays at MHS

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Op-Ed

Mamaroneck's New Chipotle Doesn't Meet Expectations

We've all been longing for a Chiptole, but the one we've finally gotten is quite the let-down.

By HENRY BOVA

In maybe the most important piece of news this calendar year, Chipotle finally moved to the Mamaroneck community, opening in September next to Duck Donuts and Speedway. For many like myself, this was a great reprieve in the hellscape that has been 2020. For too long, if anyone in Larchmont or Mamaroneck wanted Chipotle, they would have to get on the I-95 and take it all the way to Rye just for the fake-Mexican food everyone loves so dearly. Finally, there's now a Chipotle

“Chipotle may be one of the most widely enjoyed fast food chains among students, but the best part about the Chipotle experience was never the burritos or the tacos, it was the memories made along the way.”

just a short trip away from most people's doorsteps.

Unfortunately, reviews have



FATIMAH KHAN/THE GLOBE

The Chipotle along Mamaroneck Avenue.

not been positive. The few reviews up on Google complain of inadequately cooked meat and rude hospitality, and many students I've talked to have real problems with their portion sizes (I can attest to this one as well; the “serving” of guacamole in my burrito was absolutely paltry).

Still though, we can't really complain, right? There's finally a

Chipotle in Mamaroneck, and we don't have to drive for miles and miles like we used to.

Don't you kind of miss this? Going to Chipotle used to be an event. You'd pile into one car with your friends, blast music, and enjoy the good vibes along your 25-30 minute drive to Rye Ridge Shopping Center. As the famous prophet Mr. Duignan always said,

“The journey is the reward.”

Chipotle may be one of the most widely enjoyed fast food chains among students, but the best part about the Chipotle experience was never the burritos or tacos, it was the memories made along the way. The funny jokes cracked while waiting at the light off of I-287 W and the interesting conversations had along the way stuck with me

far longer than whatever I threw into my stomach once we got to Rye Ridge.

The convenience of a much closer Chipotle dilutes that experience entirely. The process has now been streamlined to driving for a maximum of ten minutes, picking up food with meager portions, then leaving. Where is the fun in that?

On top of the experience of going to Chipotle becoming duller, the food itself has also lost its luster as it's more readily available. For most people, those Chipotle trips to Rye Ridge were not happening often, and as a result, the food felt a little more like a treat. I know students who say now that they get Chipotle once a week, and that they've soured on it. A nice treat has just become the same fast food meal over and over again (and also a meal with worse portion sizes. Again, can't stress this enough).

For many, a Chipotle is a Chipotle, and a Chipotle closer to home is a nice addition to Mamaroneck. For me, this Chipotle is signaling the end of a small yet cherished experience you could share with friends. The journey is the reward, after all, and there isn't much that's rewarding about this new Chipotle.

We Must Unite the Youth Climate Movement

By NADIA SUBEN & CAITLYN CARPENTER

On September 20, 2019, hundreds of thousands of young people took to the streets to demand immediate action to address the climate crisis. On that day, there were a total of over 2,500 protests spanning 163 countries on all seven continents. It was the largest global climate strike in history—and it was led by a diverse group of youth. After it was over, people expected 2020 to be even bigger. Organizers planned to host large strikes for the 50th anniversary of Earth Day and push new climate solutions. It was going to be huge.

Of course, we all know what happened next. The world was put on pause and over one million people have now died from the novel coronavirus. Fighting COVID-19 became all anyone in a position of power could talk about, and the massive strikes from 2019 became a distant memory. However, even though we may have forgotten about it, the climate crisis didn't go away.

In fact, as with every year we continued on without action, it got

a lot worse. However, the virus that has taken our attention away from the climate crisis might just provide us with an opportunity to lessen its damage, but only if young people bring it back to the table.

We are both involved in youth-based environmental activism on supposedly opposite sides of the political spectrum. As such, we are often told that the policies pushed by the other side will have no impact on the crisis and, if anything, might even make things worse. We are taught to demonize our so-called “opponents” because the stakes are just too high to compromise. However, when we actually talk with one another about the issues, we have found extensive common ground.

All youth climate activists share a sense of urgency and determination to address this already-present crisis—it's part of the job. When we try to pretend anything to the contrary, progress stagnates (as it has for the past five decades).

This year in particular, we have been organizing around the core principle: build back better. We have the opportunity in 2021 to bring back the energy of unified

protests from 2019 and to demand that as we reopen the economy, we open the door to immediate climate solutions. But we will never get there if we continue to politicize climate action.

This task won't be easy, but it will be key to taking concrete steps towards fixing this crisis. Ultimately, our political polarization is the greatest roadblock to climate action we face. The inability to depoliticize real issues from politics is unsustainable. Clearly, we have reached a consensus on the idea that man-made climate change is real and poses a considerable threat to our lives. The politicization of this crisis has been the force that has impeded progress on this urgent issue, particularly in the notably unproductive recent years. Environmental issues are not red or blue, right or left - they concern each of us equally, and anxiety over these issues is shared across the political spectrum.

It is natural for us to have concern for the planet that we share; it is an attitude inherent to human existence, especially to young people. As a result, it is all the more important to shelter discourse on



FATIMAH KHAN/THE GLOBE

A young girl participates in the 2019 Youth Climate Strikes on her father's shoulders.

the climate crisis from being soiled with our political turmoil. This is not to say that we cannot disagree on the means by which we intend to achieve our eco-friendly future. But we simply cannot afford to allow political differences to entirely shut down conversations on an issue that needs so urgently to be addressed seriously.

It remains our responsibility, as young people, to lead the way in this fight. We have the power, just like we demonstrated in 2019,

to bring this issue to the forefront of America's attention. We have the power to strike up conversations on climate that engage all Americans. We have the power to reject a message of disunity on a matter upon which we know we all agree. We have the power to push through climate solutions from the bottom up that work for and empower individual communities in the fight against climate change.

We are capable of taking back our future and we will.

Nothing Will Replace the Overpass, but We Don't Have a Choice

By MOLLY O'CONNELL

As the new school year approached, Mamaroneck High School was faced with a transportation crisis: how would students move across the building without the use of the all-too-small overpass? During previous school years, students and staff have used the overpass to move between Post and Palmer. However, the number of people crossing the school causes a significant amount of crowding in the hallways. This year, crowding would not allow for social distancing if you were trying to move through the overpass. Luckily, the MHS administration was able to come up with a solution: different routes for students to use when moving between Post and Palmer.

Students have a few options for routes between the buildings. When moving between Post to Palmer, students have to exit the doors by Starbucks and walk across the track to Palmer's main entrance. In order to get from the Science Wing to Palmer, they have to exit by the AP office, and enter by the Nurse's office. To go from Palmer to Post, they can just use the overpass. Students seem to be responding well to these new routes, however, different factors are going to start to become a problem as weather becomes more extreme.

Although we have not had a ton of consistently cold weather

yet, as winter kicks in, weather will become much more of an issue. And, as weather becomes more of an issue, students will not want to walk outside and, if accommodations are not made, it is likely that students will begin to use the overpass no matter where they are going. Without accommodations, to the weather the safety precautions put in place by the school with these new routes will be thrown out the window.

Sophomores, Juniors, and Seniors already have at least one normal year of high school under their belt, so their normal is different from that of the Freshmen, because older students have been able to simply use the overpass to move between each building in previous years. Because of this, 10th, 11th, and 12th graders might be more inconvenienced, but it is all that the Freshmen know.

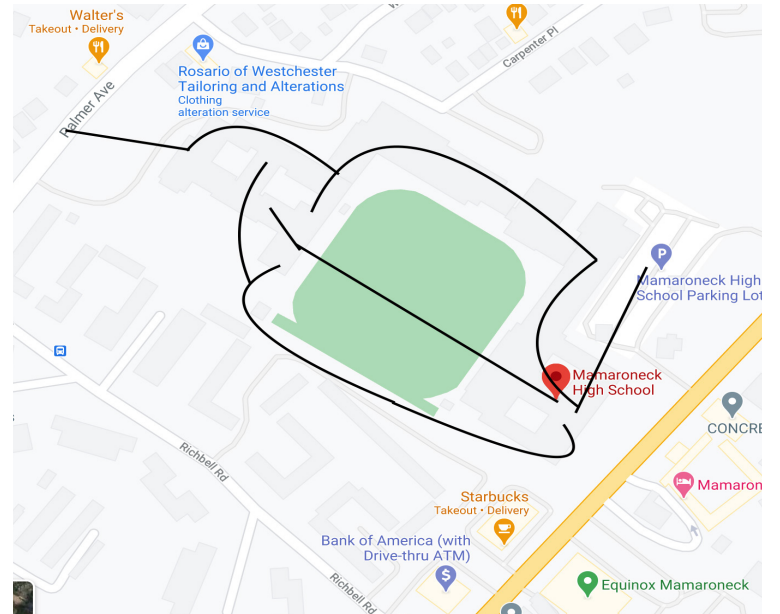
"I think that the school should try and find a solution where students do not have to go outside as much. Being able to use the overpass would be so much nicer."

- Annie O'Connell ('22)

As a junior, all but one of Annie O'Connell's ('22) classes are in Post, but, nevertheless, she still does not like the system that the school has going. "I hate having to go outside, but other than that everything is fine," she says. "I think that the school should try and find

a solution where students do not have to go outside as much. Being able to use the overpass would be so much nicer," she continues. When asked about having a schedule similar to Hommocks where each grade has its own schedule that they follow, O'Connell believed the solution was unrealistic. "That would be too complicated," she says, "because some classes have kids from a few different grades, but it is a good idea [since] that would allow us to use the Overpass and still social distance."

Sylvie Runte ('24) has more positive feedback regarding the new traffic patterns. "Personally I don't think the routes are that bad," Runte said, "However, some students don't even follow these routes, they just use the overpass for everything," Runte continues, "I think they'll [the administration] need to modify the system for



FATIMAH KHAN/THE GLOBE
Map of Mamaroneck High School with several routes drawn.

go outside." Runte agrees with O'Connell that a schedule similar to Hommocks would be, "too complicated because classes are already shortened, and there are more people."

Clearly, the system in place is somewhat flawed. The weather is getting colder, and students do not want to stuff giant jackets in their backpacks for the five minutes they are going to be outside during their school day. And the school won't be able to just shorten periods every time it is too cold or it is raining, since periods are already shortened to just 40 minutes and should not be getting even shorter every time the weather blocks the use of the outdoor routes.

Freshmen, like Runte, seem to have no issue with the routes. But, then you have juniors, like O'Connell, who hate having to go outside, even if it is just once a day. Students who have been here longer are annoyed with these routes, and that speaks volumes considering that they have already had normal years at MHS, showing that there is room for improvement. Hopefully the school is able to find a solution to these problems, because the system in place is flawed, and, soon, it is going to become more and more apparent. For now, students are just going to have to bundle up and deal with facing the weather between classes.

We Must Stop Overlooking Thanksgiving

By NADIA SUBEN

It is impossible to prepare oneself for the inevitable festive whiplash that one experiences on November 1st of every year. Overnight, pumpkins are traded for evergreens, skeletons for nutcrackers. Mariah Carey's vocal rejection of traditional Christmas gifts in favor of romance begins to rise on the charts. Nearly two months still remain until Christmas, yet stores begin to dedicate entire aisles to Santa hats and sleigh bells.

The holiday season is unfailingly cheerful. But it doesn't start until after Thanksgiving.

It's understandable why some decide that the ramp up to Christmas begins immediately following Halloween. Thanksgiving's marketing certainly leaves something to be desired. There are no Thanksgiving songs, and Thanksgiving-themed decorations can be off-putting, considering that most focus on the fowl we delight in consuming on the holiday.

Perhaps the biggest reason Thanksgiving is sometimes



FATIMAH KHAN/THE GLOBE

overlooked in favor of the late-December holidays, however, is because of the very time it takes place. The end of November sits on the crux between fall and winter. The weather can be crisp and autumnal, or cold and wintry. Dead leaves line the ground, leaving trees mostly bare, yet the few leaves that cling onto the tree branches spur some hope that autumn hasn't entirely departed yet. The ambiguity of this time

of year alone is enough to make Thanksgiving a less memorable holiday than, say, Christmas.

But Thanksgiving serves as an excellent buffer between the spookiness of October and the jolliness of December. More importantly, Thanksgiving is an undeniably meritorious holiday undeserving of the neglectful treatment it is sometimes wont to receive in favor of Christmas.

"...The holiday season starts

after Thanksgiving," declares Petra Smith ('23). "I suppose that Thanksgiving is a kind of bridge between Halloween and Christmas, but I don't really think of it that way. For me it is its own separate and real holiday...[so] it does annoy me...when I see Christmas decorations in November."

The tendency to try to rush through the month of November to get to the holiday season, while understandable, is regrettable.

"Stores stocking and promoting holiday goods... reminds you of the future holidays rather than the one that you are actually closing in on," continues Smith. "When it comes to Thanksgiving and Christmas, they're two major holidays but Thanksgiving in a lot of ways falls under the shadow of the anticipation of Christmas [because of] the promotion of Christmas in stores early and still in the Thanksgiving season."

Expressing gratitude for even the simplest of life's gifts is a practice we should never overlook. Particularly in a year that has been full of so many unique challenges, there is an added importance to taking a weekend to step back, consider, and acknowledge the things that we have to be thankful for.

Besides that, it is only through proper appreciation for Thanksgiving that we can resist the annual forced hastening of the coming of the holiday season. This is a responsibility that cannot be taken lightly. Because let's face it - there's only so much tolerance a person can have for "All I Want for Christmas is You."

Features

Review of Starbucks Holiday Drinks: Great or Gross?

By **TISTA GOSWAMI**

As soon as the clock strikes midnight on November 1st, the transition from spooky Halloween to the wintery holidays is almost instantaneous. Simultaneously, Starbucks releases their holiday menu, consisting of various festive drinks. What better than a hot cup of holiday goodness to brighten up an otherwise cold winter day?

With Starbucks right next door to MHS, many students run in and out throughout the day, drinks in hand. To assess which drink on the holiday menu is the best and how the others compare, Tista Goswami ('22) set out to taste test the holiday drinks at Starbucks.

Five drinks were selected: Peppermint Mocha, Toasted White Chocolate Mocha, Caramel Brulee Latte, Chestnut Praline Latte, and the Eggnog Latte. Each drink was rated on a scale of 1-10 which was based on flavor, taste, and presentation. A score of 1 was the lowest score and a score of 10 was the highest.

The lowest scoring drink was the Eggnog Latte. Advertised with a “dusting of ground nutmeg,” the latte lacked the flavor and



FATIMAH KHAN/THE GLOBE

A warm mug on a cold winter's day.

spice that one would anticipate upon drinking the latte. Not only did the drink lack flavor, but it tasted bitter and slightly sour, which was unexpected. Thus, the Eggnog Latte scored 1/10.

In fourth place falls the Chestnut Praline Latte. Given its name, the drink had a strong chestnut flavoring. For someone

who is not used to nutty coffee, the flavors were a bit overwhelming. However, the spiced praline crumbs as a topping were a nice touch to the drink's exterior. This earned the Chestnut Praline Latte a 4/10.

Following in third place is the Caramel Brulee Latte. This latte had a unique caramel flavoring

rather than more common flavors such as chocolate or vanilla, for instance. While the caramel flavors were quite subtle, the drink's overall sweetness was a bit overbearing. But the drink did get points for the delicious crème brûlée bits sprinkled over the top. The Caramel Brulee Latte scored 6/10.

In second place was the

Toasted White Chocolate Mocha. This drink had just the right amount of sweetness and the white chocolate and espresso were perfectly balanced. The whipped cream coupled with the red sprinkles were very cute and matched the promotional photos. However, the sprinkles were the only difference between this drink and the White Chocolate Mocha, which is available all year long. This earned the drink an 8/10.

The last drink, the Peppermint Mocha, is the ideal addition to your winter routine. The iconic Peppermint flavor was strong, reminiscent of York Peppermint Patties or Peppermint Bark. The espresso flavoring was weakened, but in a way that complimented the peppermint's naturally strong flavor. The fresh minty flavor mixed with the smooth flavor of chocolate flawlessly. The Peppermint Mocha is the holiday season packed into one drink, which earned it a perfect score and the number one spot.

These drinks, among other holiday-related foods, will be available at Starbucks until early January 2021. Go get your festive drink today!

Review of Local Holiday Cookies: Festive or Flop?

MHS Student reviews holiday cookies made from local bakeries to see which ones really shine this season.

By **ELISE CARPENTER**

As the weather withers outside this December, there's nothing like a freshly baked holiday cookie to keep MHS students cozy. Elise Carpenter ('24) and Nora Afzali ('24) set out to find and rank the best holiday cookies in town.

6. Boleria Brazilian Bakery, Seasonal Sugar Cookies

The lowest ranking cookies we sampled were the seasonal sugar cookie from Boleria Brazilian Bakery on Mamaroneck Avenue. The cookies were soft in texture and had a perfect crumble, but their flavor was much too sweet and much too strong. There was too much icing for the cookie itself; the moderately bitter aftertaste of the frosting seemed to amplify this. We gave these cookies a 6/10.

5. Bradley's Desserts & Catering, Seasonal Sugar Cookies

Coming in fifth place are the seasonal sugar cookies from Bradley's Desserts and Catering on Chatsworth Avenue in Larchmont. The cookies had a pleasant

mildly sweet flavor, but a coarse texture. Although the sprinkles were somewhat festive, the cookies lacked much holiday spirit decoration-wise. These cookies earned an overall 6.5/10.

4. Roaster Cafe, Gingersnap Cookies

Ranked fourth place on the holiday cookie lineup were the gingersnap cookies from Roaster Cafe on Mamaroneck Ave. With an exquisite blend of sweet and spice, these cookies were simply delicious. However, they contained very little ginger and were not recognizable as gingersnaps. The cookies therefore did not produce a strong enough holiday impression for them to blow us away. This led us to score them 7.5/10.

3. DeCicco & Sons, Seasonal Sugar Cookies

Pulling in in third place are the seasonal sugar cookies from the bakery at DeCicco & Sons in Larchmont. These cookies ranked highest on the basis of texture, with a flawlessly light and fluffy crumble. The cookies also had the perfect amount of frosting, which was artistically applied to make for a beautiful appearance. The

only imperfection the sugar cookies had was the flavor. Although decent, the taste of these cookies was too bland to meet the high standards the other components of the cookies set. We gave these cookies an 8/10.

2. Panaderia y Cafe La Chapincita, Cookies with Cherry Jam

In second place come the cookies with cherry jam from Panaderia y Cafe La Chapincita on Mamaroneck Avenue. These delectable cookies ranked highest overall on flavor. There was an impeccable undertone of sweetness to the pastry, and a wonderful small portion of cherry jam on top—just enough to compliment the rest of the cookie and not overwhelm it. The cookies were also the largest and least expensive, coming to only a dollar per fist-sized cookie. Despite all of these flawless factors, however, the cookies were not decorated festively enough to pull a perfect score. Due to this, we scored the cookies at 9/10.

1. Boiano Bakery, Mascarpone Cookies

The best holiday cookies in



PHOTO COURTESY OF ELISE CARPENTER

Cookies picture left to right: Cookie with Cherry Jam, Gingersnaps, and Mascarpone Cookie

town this season are the mascarpone cookies from Boiano Bakery, an Italian family-style bakery on Mamaroneck Ave. This verdict came with little surprise to us, as Boiano Bakery was unobjectively the most impressive sweet shop we visited. The display cases of Boiano's are crowded with baked goods of all shapes and sizes, making it difficult to choose which holiday cookie to sample. After much debate we decided to sample the mascarpone cookies, and we were not let down. These cookies have a fluffy

pastry, stuffed with mascarpone filling and topped with a candy cherry and piped-on leaves. Not to mention, a pinch of mini chocolate chips are blended into the cream of the picture-perfect goods. These cookies unanimously earned a perfect 10/10.

These delicious holiday cookies are all local to Mamaroneck and Larchmont. Be sure to check out these delicious treats this holiday season!

How to Make the Most Out of a Stay-Cation



FATIMAH KHAN/THE GLOBE

By PAISLEY FLAMENBAUM

The holiday season is going to look very different for everybody this year. Hugging missed family will turn into chaotic zoom meetings, exchanging gifts will turn into Amazon packages at your doorstep, and that trip to the Bahamas will turn into... home. Now I know we all love filling this space in the school year with those memorable and festive activities far away, but there are other ways to enjoy this long gap.

In-State Road Trip

Even driving a couple of hours outside of your town can completely alter the scenery, and make you feel like you are far from home. Sing along to your favorite songs, pack loads of snacks, bond with family or friends, and make it cozy with some pillows and blankets. Sometimes an aimless drive can be amusing, yet a night at a nearby hotel is always an alternative if it's done safely. Order in some room service, splurge on some luxuries, and have some socially-distanced fun.

Rearrange the House

Staying inside your home environment for a while can be pretty draining. Constantly

enclosed within the same walls, knowing every inch in and out. For me, I can walk around my house, eyes closed, turning the familiar turns, avoiding the familiar corners. That's why it is good to switch things up, even just your bedroom. Move some furniture around, see how you can open up space, add some colorful wall art, turn a carpet, remove that carpet, anything to switch up what you are constantly surrounded by, and feed your eyes something unique to look at.

Utilize What you Have

Those board games from elementary school didn't go anywhere. An intense game of Candyland or Monopoly could endure for hours at a time. Find a group to play with, and relive the nostalgia. Or, go back to the basics with some crafting, maybe finishing a project that has been eyeing you in the closet from a while ago. A simple pen, paint, or marker and printer-paper doodle can be very stress-relieving. Throw some ingredients together to make anything from a simple tray of cookies to a complex recipe that pushes you to try something new. Who knew the options were through the roof when you're under your roof?

Movie Marathons

We all cherish those days where our pajamas and the television stay on twenty-four-seven. Holidays are the ideal time to check-off our mental on-deck movie list, and also happens to be the time where a lot of new movies come out as well. Maybe choose to finish a specific series, that way there is no room to dwell on those nail-biting cliff-hangers.

Make A Spa Night

Just in your kitchen alone, there are ingredients to make a facial mask. Think about the classic avocado, yogurt, and soothing honey mask. Or, alternatively, find some cooling cucumbers from the fridge to compress your eyes. In the bathroom, you can run the bathtub a couple of inches, to make a foot bath like when getting a professional pedicure. Fill it with some tall bubbles, add a fresh layer of nail polish, and the list goes on.

With all these options, staying at home shouldn't seem so bad. Maybe even exciting! Oh, you're looking forward to it? Besides all those delicious holiday foods, that traditional vacation isn't the only option on the table.



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Solve the MHS Holiday Crossword Puzzle

As you relax this holiday break, enjoy our MHS-themed holiday crossword. Can you solve them all?

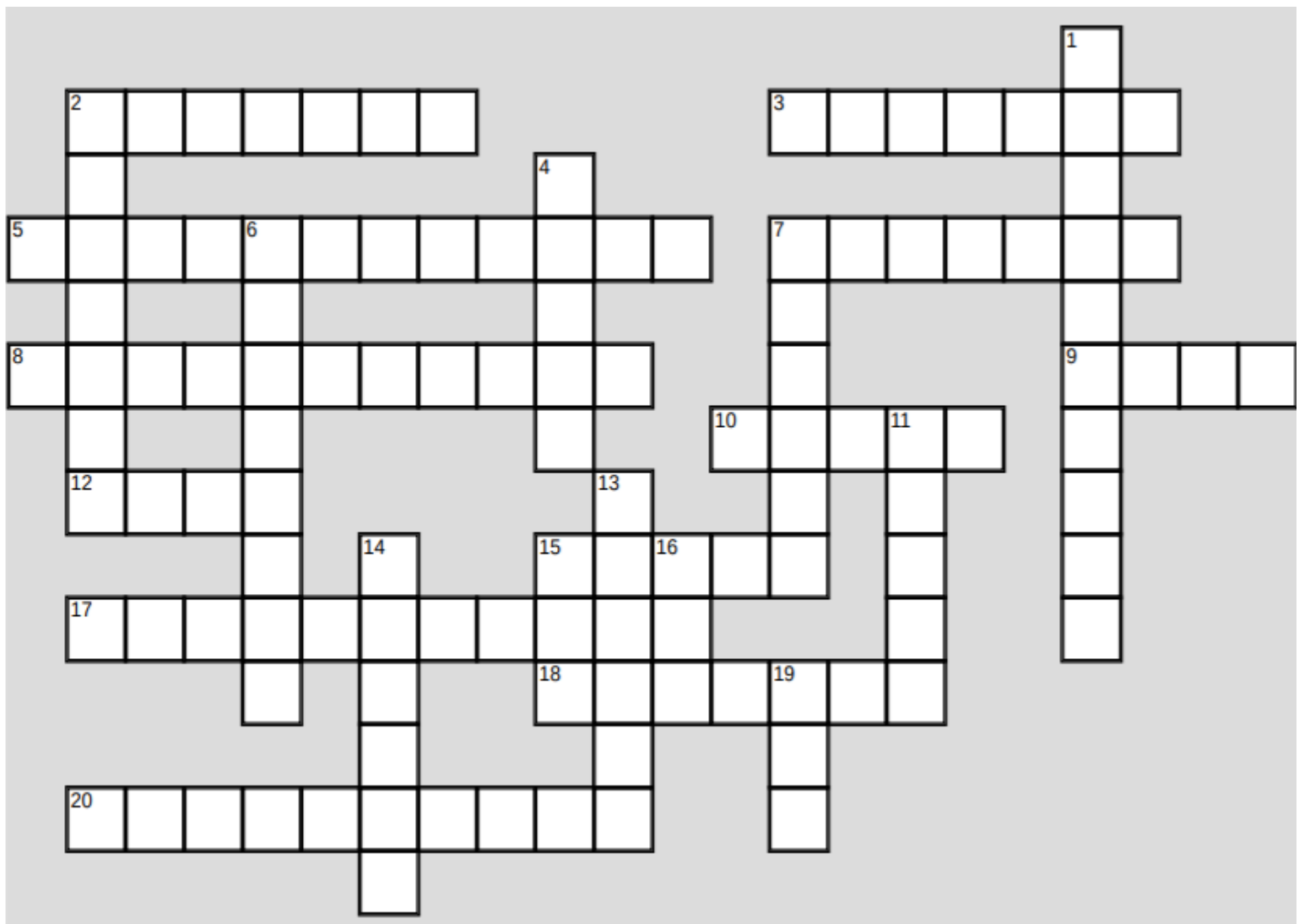
By TAYLOR FERRARONE

ACROSS

- 1D and 8A are parts of MHS holiday _____
- Makes use of coal and carrot
- Something to warm you up
- Share the holidays with _____ and 7D
- MHS holiday tradition of creating paper chains
- You might give one, you might get one
- The festival of _____
- Vehicle on snow
- Holiday foliage
- This day of celebration might mean more this year
- Less fun when you lose one
- It's fun to catch them in the air

DOWN

- A sweet MHS tradition
- Sugar decorates them
- Potato pancake
- "Home for the _____"
- See 7A
- Deck these with 15A
- The only marathon we'll be running
- Holiday songs
- It might be fleece lined
- "____ it go"
- Might be on your shelf



Over One Hundred Students Switch Mode of Learning

By CAITLYN CARPENTER

"STUDENTS", FROM FRONT

...in-person hybrid option to families. As of early August, 33.6 percent of respondents to a district-wide survey indicated they would choose fully remote learning. A month later, however, only half of those who suggested they would choose remote made a formal commitment to it, including 16 percent of MHS students.

Now, four months into this experiment, students and their families have gotten a much better sense of what learning is like in the new model, and some are changing their original decision. At the end of the first marking period, students were given the option to switch their mode of learning, and about 110 MHS students took that offer.

Jake Blechman ('22) originally chose to learn remotely because "it seemed like a safer option and we all assumed that [the school] would be closing pretty quickly." He also, as the inflated numbers from the district's August survey suggested, "was expecting a lot more people to do it." At the beginning of the school year, hybrid students were only in-person a third of class time anyway, so to him, it didn't seem like it was worth the risk for what appeared to be so little change. However, he quickly realized that there were large issues with fully-remote learning.

According to Blechman, "the key point to realize is the lack of that few minutes before and after class with your teacher — asking

questions, or just having a conversation." He explains how he has "always liked building friendships with [his] teachers, and logging into a zoom call muted made that very hard." This lack of connections also snowballs into a larger issue when combined with the near-constant distraction of being at home. As Blechman explains, "the issue is that [the distraction is] all the time," and "you can't clarify stuff when you come in the next day." In addition to all of this, Blechman describes a near "constant state of work" with "literally no breaks," making his online learning experience incredibly draining and simply just not worth it for him.

Blechman was one of 35

"The key point to realize is the lack of that few minutes before and after class with your teacher — asking questions, or just having a conversation."

- Jack Blechman ('22)

fully-remote MHS students to switch to the hybrid model at the end of the first marking period. After seeing the extensive safety measures taken by the school when he came into school for the first time to take the PSAT, coupled with the problems he was

experiencing with the full-remote model, he decided it was time for a change. In discussing this, Blechman remarked that "at the point that [he] made this decision, COVID cases were not doubling every day." However, he also emphasized that "it's clear that nobody has gotten COVID because of being in the school." A point which has been confirmed by the school's administration.

On the other hand, Melanie Lopez-Ramirez ('24), a hybrid student who recently switched to fully-remote, saw the rising cases differently. In her view, the overall rising numbers, both in-school and in Westchester County at large, were an indication that in-person learning was simply not safe. She stated that she "didn't want to take the risk of getting sick or having to quarantine [herself]." At the time, many of her classmates had been put in quarantine due to three positive freshmen cases during the first marking period.

Lopez-Ramirez chose the hybrid model in September as she anticipated some of the issues that Blechman described with the fully-remote model, and wanted the benefits that come from a traditional classroom setting. She particularly points to the issue that Blechman described relating to student-teacher communication during a lesson. She explains how "in school, to ask a question all you have to do is raise your hand," but when you are remote students must use other features such as the chat. While this may seem intuitive, Lopez-Ramirez comments how "there isn't much of a



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chance that your teachers will stop the lesson to look at the Zoom," meaning it is easier for remote students to get lost. Additionally, seeing as she is a freshman at MHS, Lopez-Ramirez "wanted to get a feel of what the High School would be like." Unfortunately, with all the changes made to keep students safe, she didn't really get the full experience.

When making the switch to full remote, Lopez-Ramirez was told by her guidance counselor that she "might not be able to go back to the hybrid model later in the year" after switching. She claims she was a bit hesitant about this, but that "after seeing how bad the virus [had gotten]" she "decided that it [was] best to stay home...until things recovered a bit." Blechman did not receive this notice from the district upon switching, and is under the impression he can move back to full remote should he change his mind.

According to MHS Principal Elizabeth Clain, switching modes of learning "is just a matter of numbers." She explains how the school wouldn't be able to handle all remote kids becoming hybrid or vice-versa because they'd have to rework class sizes, classrooms, and schedules to accommodate the 50 percent model. So in telling students they may not be able to switch back, the administration is "just making sure that people understand that switching from remote to hybrid is not a 100 percent guarantee."

As the year progresses, students will continue to adapt to their selected mode of learning, and many are sure to change their minds. In the meantime, the administration will continue to do its best to support both in-person and remote-students academically and ensure that students are kept safe, no matter how the situation shifts.

MHS Celebrates the Holidays in a New Format

By SARAH COLBERT

In a year when nothing has gone as planned and we've learned to expect the unexpected, it should come as no surprise that holiday celebrations are a challenge. As important as wearing masks and social-distancing is for our physical health, maintaining some semblance of our holiday tradition and finding ways to promote celebration and joy is important for our emotional health. The Student Council and Ms. Scheffler agree and have been working hard to ensure we had some sense of joy from MHS during this hard time.

Student Council held lots of different events and, whether you're hybrid or fully-remote, you were definitely able to feel the holiday cheer. They held an ugly sweater day and took pictures throughout the day and made a really big display of them, including virtual students. Some of these students also took advantage of a Zoom feature where you can change your background; student



FATIMAH KHAN/THE GLOBE

council is encouraging students to change it to something holiday-esque to create the wonderful seasonal spirit. Also new for this year was a gingerbread making contest outside at lunch. Each grade had one builder and one coach, and the whole event was filmed for students to watch on Instagram.

Of course, even though a lot of things changed, there were still many of the classic holiday events.

For instance, there was Jingle Links, holiday music playing, and name-that-tune as always. There was also discussion about the potential for the fun tradition of candy-grams again this year.

In the event that we had switched to a fully virtual option, although different, there still would have been an effort to spread holiday cheer throughout our school. Carol Scheffler

outlined the contingency plans if we were to be fully remote. Earlier this December, she commented, "We won't be able to decorate the halls obviously, but we could hold a gingerbread making contest virtually I believe, we can do ugly sweaters and virtual backgrounds, and we can do our virtual game night, and we can't do candy grams. We'll have to get a little creative, pivot to come up with

some new things." In any case, we can be confident that she and the Student Council would have definitely lifted our spirits around the holidays even if our school was forced to close due to COVID again.

Also extremely important this year was the increased needs amongst many in our community. As Scheffler explained, "This year the needs are so great amidst families who are just suffering more than they ever had to in the past, so our goal is really just to raise as much money as possible and send them, as many families as possible, gift cards, we'll pick up a bunch of local ones, Stop & Shop, CVS, Kohls, and there are different organizations that are distributing those to local families. So we really hope everyone will be generous with jingle links and get into that competitive spirit." So remember, participating in jingle links is both fun and supporting a good cause!

Regardless of what format, the school successfully ensured we had a jolly holiday season even in these crazy, unprecedented times.

Spotlight

The Grange Opens Despite Shutdown Difficulties

By KATE BOSWELL

The town of Mamaroneck has taken great strides in producing a safe and welcoming environment for its community during these difficult times. One of the most challenging aspects was finding a way for restaurants to safely open back up. The Grange, a small cafe, has not only opened up and spurred a lot of positive feedback in our community, but has managed to do it in a way that follows the safety precautions of the pandemic.

As defined in the "About Us" section of their website, "grange" is defined as a gathering place that is centered around food. Although the pandemic has put their hub for group gathering on hold, the restaurant bounced back immediately and found a safe way for people to enjoy their space. Owners Lisa Chase, Lisa Moskow, and Lisa Samson worked incredibly hard to ensure The Grange would open safely and welcome all people who were in need of something great to eat. They are currently "al fresco," but welcome people to sit outside or take their food to go.

The idea for The Grange first came when a sandwich shop in Larchmont closed down a few years ago. Upon hearing of the closure, Lisa Chase reached out to her friend Lisa Moskow and told her to open up a new sandwich shop that would provide quick service and good food. Moskow agreed, but wanted to work as a team to create a place for people to enjoy. So, in October of 2018, the long road to success began. Although their original space fell



The Grange restaurant from the exterior.

FATIMAH KHAN/THE GLOBE

through, they found their current space and began working with Lisa Samson to design and create the restaurant. All three women had a connection to the food industry, and felt inspired to open a space for people to share. The women allied and became the three Lisas, creating the team we now know today.

Once the owners were able to get past some initial structural and gas issues, they were ready to and excited to open. However, the pandemic hit in full force, forcing them to delay the opening. Chase explained how they all took a step back to breathe and to decide whether to call it quits or work to find a way to open safely with time. The women were inexperienced restaurant owners and were distraught over whether or not they could still go through with their plans. Chase explained how they felt as though they had

come too far to quit, and did not want to give up after all of their hard work. The three of them had fought through so many obstacles; from losing their first space to struggling with parts of the renovation, they were determined that the pandemic would not end their journey. Chase explained how the opening of a new restaurant shone a light through the community, because with so many "for sale" or "closing" signs, people were optimistic about a new space. Chase shared that she recently read a statistic showing that close to 80 percent of locally-owned restaurants could close because of the pandemic.

The three women worked incredibly hard in order to create a safe environment for people to enjoy. Larchmont Mayor Lorraine Walsh helped them to find outdoor seating and was incredibly supportive. They knew the winter

was coming soon, and wanted to open while people would still be willing to sit outside. On September 15, The Grange opened and the community was incredibly excited.

Having finally opened to the public, the owners' new task was continuing to maintain a safe environment and limit exposure to people. They have plenty of sanitizer and masks available for the public and have disinfectant services come in frequently to clean everything. The restaurant also has an air filtration system to help keep the space clean. As for the turning weather, they've purchased heaters and are working to create an online ordering system to increase more take-out opportunities. The average time for someone to order and pick up their sandwich is between five and seven minutes to limit exposure while lingering during this time.

While they did not have publicists, word spread quickly about the wonderful new space and people were eager to support it. All three owners had been very involved in the community, each living here close to twenty years, so their friends all aided with the opening. Just recently, the restaurant has joined social media, posting photos of the food and space. Overall, the publicity has been very natural and not forced. Chase joked that people love to hear stories and support "The Three Lisas".

A restaurant offering quick, Manhattan inspired foods like sandwiches, breakfasts, and drinks was a huge hit. The food is sophisticated, globally influenced, delicious and nothing like the Village has seen before. Members of the community are constantly raving about the food, complementing the cooking and congratulating the owners of their success. Chase shared that members of the fire department claim that "The Cubanish" is the best sandwich they've ever had! Lisa Chase shared that they are incredibly thankful for the support the community has shown and for people understanding how difficult opening has been. One of her most memorable moments has been "sharing bubble tea with everyone... kids are loving it" and she says it has been one of their largest sales! Chase claimed that "It's like a party in your mouth! It is delicious, fun, and different!" The road to opening had been full of many bumps, but Lisa Chase, Lisa Moskow, and Lisa Samson have shown how dedicated and positive they are to keep the restaurant open and safe.

Students for Senegal Persists Through the Pandemic

By HANNAH ROGOFF

Students for Senegal, known for its various fundraising efforts throughout the community to raise money to build and furnish a learning center in the Village of Lambaye, Senegal, is one of the most popular clubs at the high school. But, the coronavirus has presented the club with many challenges as they are unable to hold their typical fundraising events. Although this year is like nothing anyone has ever experienced, the presidents of the club have been determined to still find a way to raise money and keep members active to support the families in Lambaye.

Alex Boswell ('21), one of the four presidents of the club for the 2020-21 school year, explains how it has been challenging to keep the club active, "A big part of Students for Senegal is bringing people together. With the coronavirus, this has been difficult. Virtual meetings, while effective, just aren't the same as in-person. Recruitment has also been difficult, especially with underclassmen. With no club fair, getting new members has been a struggle for us." Keeping members involved is most definitely difficult during these times as well, but Boswell explains how utilizing social media has been the most effective way to keep people involved.

"We are constantly updating

members via Facebook, google classroom, groupme and Instagram," he says. "The past few weeks we have been preparing for our Strides for Senegal event so members have been focused on fundraising. Members are also

active by helping the Lambaye community, plus it's COVID safe."

Just like most activities in these unprecedented times, things have clearly looked very different for the club, but the presidents are dedicated to continuing to con-

nect the local community with the Senegalese community and raise money to collect supplies to help fund and run the Lambaye Learning Center. For example, the club always begins with a Turkey Trot, but because of COVID, this event was cancelled. To take its place, the club organized their own COVID Safe Strides for Senegal race which took place on November 22. This event was extremely successful, and ended up raising \$14,000.

Overall, Students for Senegal has proved that they will not let anything ruin their goals- including a global pandemic! As Boswell stated, "Of course it will be more difficult than previous years due to COVID but we don't want to let that slow us down...we started the year off great with the Strides for Senegal event and we are hoping to continue on this path for the rest of the year."

"A big part of Students for Senegal is bringing people together. With the coronavirus, this has been difficult." - Alex Boswell ('21)

getting involved via the Lambaye Innovation Challenge. The Challenge, new this year, lets kids from MHS work with students in Senegal on STEM based projects. It's a great way for students to stay

connected the local community with the Senegalese community and raise money to collect supplies to help fund and run the Lambaye Learning Center. For example, the club always begins with a Turkey Trot,

Mother-Daughter Mask Operation Helps Community

Roseanne and Alyssa Amolis teamed up to provide masks to a community, and money for those in need.

By **GRIFFIN MCINTYRE**

During these past few months, the Mamaroneck and Larchmont community has had to come together more than ever in an attempt to combat the devastating effects of the pandemic on our town. Mother and daughter duo, Roseanne and Alyssa Amolis, both Larchmont residents, have taken this to the next level. They have started a local Non-Profit Organization known as Masks for Money where they sew masks, sell them, and give the proceeds to the Community Resource Center (www.crcny.org). They hire women from nearby who have lost their jobs due to COVID as seamstresses.

When asked how the organization began, Alyssa described that she had been sent home from college a few months ago and had nothing to do with herself. She wanted structure to her day, and to find something she could focus and spend time on. She began to discuss with her mom some ideas and naturally, COVID came up. While brainstorming on that topic, they thought about how dire the need for masks was at the moment. After careful discussion, they landed upon the

idea of sewing masks themselves, selling them, then donating the movement toward the Community Resource Center's Emergency Assistance Fund. Neither of them knew how to sew, which led to the idea that they could hire local women who are out of jobs due to the pandemic and have them sew the masks for a profit. They immediately gave their idea to the Community Resource Center, who loved it right away, and offered to fund it and pay the seamstress for their work. Just like that, Masks for Money was a-go!

huge majority of them, and fast! Residents of the town loved the idea because you never can have enough masks, and purchasing from them gave money toward a great cause.

When asked what they have personally gotten out of this experience, Alyssa said that at first, she thought of this as just something that would help her get a job and keep her busy while at home. But after working with this organization for a little while and meeting some of the seamstresses, she began to realize that what she was

“After working with this organization for a little while and meeting some of the seamstresses, she began to realize that... she was helping so many people.”

Roseanne and Alyssa began to spread the word, and the business took off! Many local unemployed women reached out to them after hearing about this great opportunity to make money while helping others in need. They had the seamstresses make as many masks as they could, and because of the widespread need for masks, they ended up selling a

doing was actually very important and that she was helping so many people. Masks for Money has raised over \$3000 for the local Community Resource Center, and still has nearly 500 masks left that are available to buy. Roseanne and Alyssa's dedication and noble efforts have inspired many and provided relief to those in need.



PHOTO COURTESY OF @MASKFORMONEY ON INSTAGRAM



PHOTO COURTESY OF @MASKFORMONEY INSTAGRAM
Alyssa and Roseanne Amolis sell masks in Larchmont.

Cheating Persists in a Virtual Classroom Setting

By **SELA BREEN**

As Mamaroneck High School has shifted to a hybrid learning model, administering exams has become a much more difficult task for teachers. With many students at home, the concern of cheating has become much more prevalent, and has led teachers to have to explore other, more unconventional testing methods.

In the beginning of the year, many teachers were testing in similar ways to years past, but the school administration realized how easily students were connecting with one another and using the internet to corroborate answers. Because of this, MHS Principal Elizabeth Clain and the administrative team gave teachers directions to try to provide more secure tests with a new testing policy encouraging as few multiple choice tests given at home as possible.

Since this shift in testing guidelines, Clain has noticed how teachers have been trying to “be more deliberate about trying to provide assessments in school as much as possible.” She described how the administration has tried

to “encourage teachers to make assessments that are as authentic and as ‘cheat-proof’ as possible,” and, “look to higher level questioning that cannot be as easily regurgitated, or snapped and texted to people.”

Although all teachers are trying to adapt to this new form of hybrid and remote testing in many ways, different teachers from different subjects have been

“Having the information in front of you is only part of the answer.”
- Joe Liberti

exploring various new strategies to prevent cheating.

Joe Liberti, the twelfth grade AP Government teacher, has had to face the challenge of accommodating new testing policies while packing in an entire AP curriculum. One strategy he used in the beginning of the year was giving tests at night and at home to all students, regardless of if they were hybrid or remote. Liberti

made all of these tests open notes, but described them as containing “transfer of knowledge” and “application of knowledge” questions so that “having the information in front of you is only part of the answer.” He explains how questions like this where students need to apply knowledge this way is actually “higher-order thinking” and is perfect for tests like these, where it makes it harder to cheat because simply Googling will not provide the answer.

For her Chinese 5 tests, Maya Kennedy (21) explained how her teacher, Liu Laoshi, has adapted to needing to give tests to students at home and in the classroom at the same time differently than other teachers of hers. Liu Laoshi is having students at home print out their tests and face their laptop camera towards their desk so she can watch her students hands. This way, she can prevent cheating by ensuring that students are not using Google Translate or looking at notes.

Heather Thibodaux is having her Precalculus Honors students sign a statement before they take their online tests stating that they will not talk with other students, use the internet, or look at notes.



FATIMAH KHAN/THE GLOBE

“This way,” Thibodaux says, “I think there is no question on what they [students] were supposed to do, it makes it as clear as possible.” This is similar to an honor code, which has been proven to be 10 percent effective in reducing cheating by sharing answers in a study done by Donald McCabe from Rutgers Business School and Linda Treviño from the Smeal College of Business at Penn State.

Clain and the rest of the

administrative team have expressed great appreciation for the clear attempt to make tests more secure in this new world of online school. She acknowledges that “Every institution that is involved in the assessing of students is facing this right now,” and she knows that we will need to continue to monitor the situation and make changes in real time to be as responsive as we can to this moment in history.

Arts & Leisure

Must-Watch Movies for the Holiday Break

By ELLIE GUERREIRO

Movies are one of the most essential parts of the holidays. The thing that's just so great about them is the variety: some can make you cry, others can make you laugh, but the best ones make you smile. The following list of suggestions are a variety of movies that are all uniquely different, but all embody that giddy holiday spirit that we all seek to acquire when pressing play.

Home Alone (1990)

KEVIN! When rambunctious eight-year-old Kevin McCallister is mistakenly left at home by his family during Christmas time, it seems as though his dreams have come true: he is finally home alone. After being left to his own devices Kevin decides to take advantage of his newfound freedom and have fun as any kid would. Although Kevin encounters two burglars up to no good, the movie quickly descends into a showdown of the ages.

Elf (2003)

Buddy, a human raised elf in the North Pole, travels to New York City in hopes of finding his biological father, Walter Hobbs, who is desperately in need of some Christmas cheer. Once Buddy finds Walter, the movie transcends into a series of chaotic, hysterical, and heartwarming events that all build on to the relationship that Buddy wishes he always had with his father. If



FATIMAH KHAN/THE GLOBE

you're seeking to watch a movie to set the mood for the season, this is the one.

Merry Christmas, Drake & Josh (2008)

Based on the popular Nickelodeon show Drake and Josh, this Christmas spinoff is a Gen-Z classic. When Drake and Josh's parents leave to go on a tropical Christmas vacation, the brothers and their younger sister Megan are left alone during the holidays. But after meeting foster kid Mary Alice, Drake makes an unbreakable promise to give her the best Christmas ever. Seeing that her foster mom is sick and that her foster dad is preoccupied with work, he knows that he must fulfill this promise. The only question

is, how?

Love Actually (2003)

Love Actually follows the tales of eight different couples whose love stories are all inter-related in some sort of way. Love is conveyed in numerous forms in this film, with each couple's story pertaining to a different kind of love depending on their situation. But what makes this movie different from your generic rom-com is the factor of realism that is expressed throughout the film. The variety of situations that this movie displays helps it emulate this core idea of what love in the real-world actually looks like. If you're looking to watch a quality holiday rom-com, this movie is perfect.

A Christmas Story (1983)

Nine-year-old Ralphie Parker only wants one thing for Christmas: a Red Ryder Carbine Action 200-Shot Range Model air rifle. Despite constant warnings from his parents that "he'll shoot his eye out," he's never wanted anything more in his life. The film is told through a series of anecdotes that are distributed throughout the main story, which is narrated by an older Ralphie, recollecting memories of a Christmas back when he was nine years old. A Christmas Story has all the components that make up a perfect holiday movie: it is heartwarming, hilarious, and just genuinely timeless. It is an absolute must-watch if you want to set the mood for the season.

National Lampoon's Family Christmas Vacation (1989)

Clark Griswold has high hopes that this year he and his family will experience a Christmas like no other. But those hopes are soon no more when Clark finds out that both his parents and his in-laws will be spending Christmas with him and his family. Even though Clark is faced with challenges, such as finding a Christmas Tree, dealing with relatives, and putting up house lights, he is still set on giving his family "the hap-hap-happiest Christmas" and making this holiday a one to remember. This timeless Christmas Classic is a must-watch if you're looking for a laugh during the holidays.

Miracle on 34th Street (1947)

When Kris Kringle is persuaded to work as a Macy's Santa, he becomes a hit among the customers, spreading his positivity and kindness all around. But issues begin to surface when Kringle insinuates that he is the real Santa Claus, landing him in court, where he could potentially be put in a mental institution. This movie will leave you wondering if Kringle truly was the real Santa or if he was actually crazy. It encompasses all of the aspects of what a Christmas movie should have, making this film one of the best Christmas movies of all time.

Aang's Return: Avatar Comes Back Strong

By JONAH BREEN

Over the past few months, bingeing TV shows has become a common pastime as people are not able to go to restaurants, hang out with friends, or do activities in ways they otherwise might. One of the most popular shows to binge over the summer and into this school year has been Nickelodeon's Avatar: The Last Airbender. This recent star began airing in 2005 and finished in 2008, with its pilot episode, titled The Boy In The Iceberg, introducing fans to a magical world where talented 'benders' could manipulate the four elements- water, fire, earth, and air.

The show takes place during the "Hundred Year War", with the Fire Nation, one of the main elemental kingdoms, declaring war on the rest of the world in an attempt to take it over. The only thing in their way is the Avatar, a being capable of wielding all four elements, and able to be reincarnated into a new body after dying.

The first episode also in-

troduced fan-favorite characters, such as the sibling duo Katara and Sokka. Both from the Southern Water Tribe, Katara is the last waterbender from her nation, and Sokka is a self-proclaimed warrior as well as the show's comic relief. Additionally, the episode introduces the titular Avatar, Aang, a twelve-year-old boy and the world's last airbender.

The show is a fairly lighthearted adventure series, with the main characters hopping around the world to interesting places to try to find teachers so that Aang can master all the elements while butting heads with the show's many antagonists: Fire Prince Zuko, ruthless Admiral Zhao, the cunning Princess Azula, and the mysterious Fire Lord Ozai.

The show has an episodic nature, tending to stick to single plots that get resolved by the end of each episode, but manages to balance that with feeding into the main narrative. Many iconic episodes, such as season two's Tales of Ba Sing Se and season three's The Beach, aren't actually neces-

sary to understand the main plot, but are some of the most iconic episodes in the show.

So why is this show, a show that aired ten years ago on a children's TV network, so popular right now? Well, besides the fact that there is an increase in TV watching due to the pandemic, Avatar was added back to Netflix at just the right time, on May 15th, 2020, right when the realization the pandemic filled summer was likely going to be very long and very boring had sunk in. Additionally, the lighthearted and comedic tone was just what people stuck in their houses all day need, providing escapism for those worried about what was to come.

The show is fun for all ages, despite airing on a network primarily for kids, so there wasn't a particular demographic to rely on. Nolan Keating ('24) watched it when he was younger, and again over quarantine. He commented how, "When I watched [Avatar] for the first time I was little-- I liked it and I thought it was funny." However, more recently,

"When I rewatched it in 2020, I discovered how much deeper the show truly is."

Avatar has several compelling themes throughout the many episodes that make it appealing for an older audience. Quinn Cox ('24) agrees that it can appeal to older audiences as well, stating that "as the show develops, it's story gets quite rich and ends up leaning to a more adult audience." One of these more adult themes that Avatar tackles is overcoming trauma. Every character goes through rough times. Aang is dealing with the mass genocide of his people. Zuko is dealing with being exiled from his home, and coming to grips with how terrible and abusive his family is. Uncle Iroh is dealing with the grief of losing his son in battle.

Additionally, the story teaches about war, with a famous plot point in the second season being about propaganda and a country lying to its people about the war's existence. The chilling episodes towards the end of season two follow the characters trying to

convince the Earth King that his advisors are lying to him and his people, and that the war is still going on. Vulture's article "Why Avatar: the Last Airbender will always feel relevant," explains how the shows teaches that "the cost of endless war and ruthless expansion... are children like Zuko: unloved by demanding fathers, forever seeking acceptance."

Lastly, Avatar has a lot of rewatch value. The animators clearly put a lot of effort into small details and setting up twists, plus, as Cox notes, there is a "balance between fun and serious, and a good amount of action" that makes it super fun to rewatch.

In conclusion, Avatar: The Last Airbender is so popular due to a combination of excellent release timing, great writing and themes, excellent rewatchability, and a perfect tone for those stuck in their homes for long periods of time during this seemingly never-ending pandemic.

The Globe's Top 10 Holiday Songs of All Time

By KIRA WALTER

"LISTEN", FROM FRONT

...the perfect practice to top an already perfect season. The song seems to remind us of just how wonderful the end of the year is, for its unusual traditions and memorable adventures always seem to bring us closer together.

9. Have Yourself A Merry Little Christmas, by Judy Garland

Far different from its successor, this classic melody is not one of appreciation for present circumstances but hope for a better future. Sung first by Judy Garland in the musical romance *Meet Me In St. Louis*, it has captivated the masses for several decades. The spellbinding yet melancholy tune is accompanied by lyrics in which we come to understand that during Christmas, we ought to forget about the many anxieties that plague us currently. The festive winter holidays we treasure so much are, in themselves, holidays from our own burdens. They are a time to refocus on why we strive through difficulties, a time to truly enjoy what matters most.

8. Santa Tell Me, by Ariana Grande

Another popular favorite amongst the Mamaroneck student body was this 2013 holiday hit by the iconic Ariana Grande. At only twenty years old, her catchy number reached impressive rankings around the world, resonating strongly with young American fans who perhaps could relate to the truth in its lyrics. To a remarkable holiday melody, Grande asks the fabled Santa Claus not to give her love if it will only disappear

within the following year. Although the Holidays are a time to reestablish old customs, they also present a plethora of new opportunities. For many, it is not a time of tradition or religious piety but a time in which to pursue romantic interests.

7. Let It Snow by Dean Martin

One of my personal favorites, *Let It Snow* simply encourages all to embrace wintry weather. While some find blizzards to be rather unbearable and hate the touch of snow to drying skin, the variety in Earth's climate is part of its extensive beauty. In this day and age, as temperature increases threaten to destroy some of the planet's most precious ecosystems, this song is ever the more relevant. The cold should be embraced as a blessing, not a curse. In spreading the value of brumal air and rigid ice, we may just be able to preserve the world we value so much.

6. It's The Most Wonderful Time Of The Year by Andy Williams

Perhaps the greatest lyrical example of holiday repetition is this popular tune sung by American artist Andy Williams. Throughout the lyrics, he enlightens listeners with a thorough list of customs that recur every winter. Storytelling, caroling, and hosting are amongst some of the common aspects of this catalog. However, as is the case with many holiday ditties, the most significant practice fulfilled during this time is that of individuals coming together in unison. We may have gifts under trees and folklore to tell but deep down we all know, the holidays would be nothing without friends and loved ones to share it with.

5. White Christmas, by Bing Crosby

Slow yet striking, soothing and packed with nostalgia, this wintertime classic has been an instant favorite for many since its release all the way back in 1942. While it still rings true today, Bing Crosby's marvelous piece was once the anthem of a nation at battle. As Americans fought overseas during the second World War, all longed for the enduring "white Christmas," a holiday in which the snow might not be stained with blood nor ravaged by the boots of combat but left alone in a kind of wintry peace. Now, although most dangers don't threaten the town of Mamaroneck, civilians lose their lives to one another in lands far away. We can only hope that "white Christmas" might bless all those who practice the holiday and that tranquility may be preserved during this time of gathering and cheer.

4. Jingle Bell Rock, by Bobby Helms

Number four on our list is a harmonious rock song, one with a steady beat and a positive tune as well. The song was performed by Nashville country singer Bobby Helms, who after releasing his song in 1970 saw it swiftly win over crowds, later catapulting him into fame. In crafting such a perfect holiday ditty, Helms elicited some of rock's softer intonations and characteristics, giving rise to an irresistible piece of art that makes a show at almost every holiday party today. Silly and illogical at times, the melody never fails to stimulate wintry cheer. It is a classic and shall surely continue to entertain the masses for years and years to come.



Album covers of some of the most popular holiday songs of all time.

3. Feliz Navidad, by José Feliciano

Also produced in the year 1970 is this nostalgic Christmas song so many of us may have sung once as children. Composed and performed by Puerto Rican Musician Jose Feliciano, it combines both Spanish and English lyrics into a charming and unforgettable melody. Feliciano wishes us all a "Merry Christmas from the bottom of his heart" and the lyrics aren't hard to carry on. As the holidays are a time to be generous, we can first carry out this generosity by hoping the times are merry for others besides ourselves.

2. Last Christmas, by Wham!

Who can forget this 1986 classic featuring George Michael and Andrew Ridgeley as they express their Christmas woes. Though the tune is cheery, listeners can't argue against the indisputable notion that catchy lyrics happen to be quite vengeful. It appears that the subject of the song has had his or her heart broken by

another and he or she won't fail to make love count in the current year. At MHS, this melody has special value as it is traditionally sung each time the cast of PACE Soundscapes exits the dance room after one of four performances. A captivating pop song with a rather dark message, *Last Christmas* is a continual favorite year after year.

1. All I Want For Christmas Is You, by Mariah Carey

Awarded first place on our holiday list, Mariah Carey's Christmas masterpiece most certainly deserves it. From the tender lyrics to the range of the music, it's no wonder that *All I Want For Christmas* is the most played holiday song of all time. It's hard to cross paths with anyone who has heard the song and hasn't fallen instantly in love with it. It can entertain fans of any genre and any variety of people no matter who they are or where they come from. No Christmas or Holiday celebration is quite complete without it and like the traditions we pass during this time, the tune will never die.

OCRA Students Hold Backyard Movie Nights to Support Local Businesses as Customers Fade

By MICHAELA LOUGHRAN

The Original Civic Research & Action program, or as it's better known, "OCRA", has been at MHS for three years now with the mission to give students the opportunity to take initiative within their community and find possible solutions for the problems they see in Larchmont and Mamaroneck. Students in the program spend their freshman and sophomore years working to identify important issues that affect the community, and by the time they are juniors and seniors, they are working to find a way to resolve or at least improve them. Marianna Day, Zack Schwab, Riley Moore, Nicky McDonald, and Ella Garrett, a group of seniors in

the OCRA program, have created a project that is one of many innovative initiatives coming e from the program. This particular proj-

Even before the pandemic hit, "the business district [had] many storefront vacancies and foot traffic [was lower]."
- Marianna Day ('21)

ect tackles an issue that's very relevant in our community, especially during the pandemic: the lack of support for local businesses.

Every weekend, the five

students plan to bring a portable screen and projector to the home of a Larchmont family that's signed up for Backyard Movie Night, as the initiative is called, and, in return, the family orders from a local Larchmont restaurant and donates to a small business fund created by the local non-profit, One Larchmont. After being introduced to the idea by their teacher, Mr. Liberti, this past summer, the group began putting the idea into action in September, and were able to launch it at the beginning of October. Backyard Movie Night has been booked every weekend since then, and the plan is to keep the project going until the town loses interest.

Contrary to what one might expect, given how especially necessary the project is in the

pandemic, Day says that the group had already decided that they wanted to address the lack of support for local businesses during their freshman year after a community concerns survey they conducted yielded a frequent complaint that "the business district [had] many storefront vacancies and foot traffic [was] lower." Instead of being the cause of Larchmont's struggling business community, COVID-19 rather made their struggle even worse, leading many businesses to temporarily close or even shut down, as was the case for Larchmont Avenue's beloved Auray Gourmet. Day agrees, saying that the coronavirus "made what we are doing with the downtown area so much more important because the decline in businesses [due to COVID] has

[been] tougher on local eateries and businesses especially."

According to Day, the overall goal of the initiative is to "[support] One Larchmont and their mission to help out the businesses struggling during this time, as well as do our own part by encouraging people to order from a local restaurant in hopes [of keeping] these businesses afloat." She says, what they're doing "may not seem like a big deal but if we continue this and every weekend [find] a different family, then bring the issue to many residents' attention and then they will in turn, hopefully, [continue to] order locally on their own." It may seem like a small initiative, but it could ultimately be what saves the extremely vulnerable Larchmont business district.

Health & Wellness

Students Struggle with Motivation as the Year Progresses

Many students are finding it hard to focus continue to stay motivated with the chaos of the year.

By **OLIVIA DALY**

School without the added concern of a global pandemic is hard enough. Now, COVID-19 is causing additional stress, anxiety, and depression in students' lives, resulting in decreased work ethic and lower grades. "I want to do well in school," comments Madison Dircks ('22), "but I don't have the energy to do my best on everything." The change in Mamaroneck High School's daily schedule may be contributing in part to this.

This year, students attend all eight of their classes each day for forty minutes per class. In previous years, the schedule was varied, but students typically attended six classes a day for fifty-two minutes each. Many students report that the additional classes per day have led to increased workload and decreased learning time. Instead of spending time focusing on one subject, students have to divide their attention. At a time where students and teachers alike are trying to adapt to challenges caused by the pandemic, extra obstacles such as a schedule change are not helping.

On top of the draining schedule change, with all the

activities students are missing out on this year, it can seem like there's nothing to look forward to, leading to decreased motivation. In Dr. Todd Braver's book, *Motivation and Cognitive Control*, he writes that motivation affects the way one learns, processes, and understands new information. Feeling unmotivated to study

and focus in class can hurt one's grades and comprehension of the subject. Without motivation, doing well in school can become a challenge.

So how does one regain their motivation? Psychologist Daniel Goleman says "doing what's meaningful — acting on what really matters to a person — is the

antidote to burnout." Taking time every day to do something one is passionate about can help to reinvigorate and remotivate oneself. The New York Times recommends dividing goals into smaller goals, so that they aren't too big or small to get bored of and abandon. This can be applied to the way students study and do their school work.

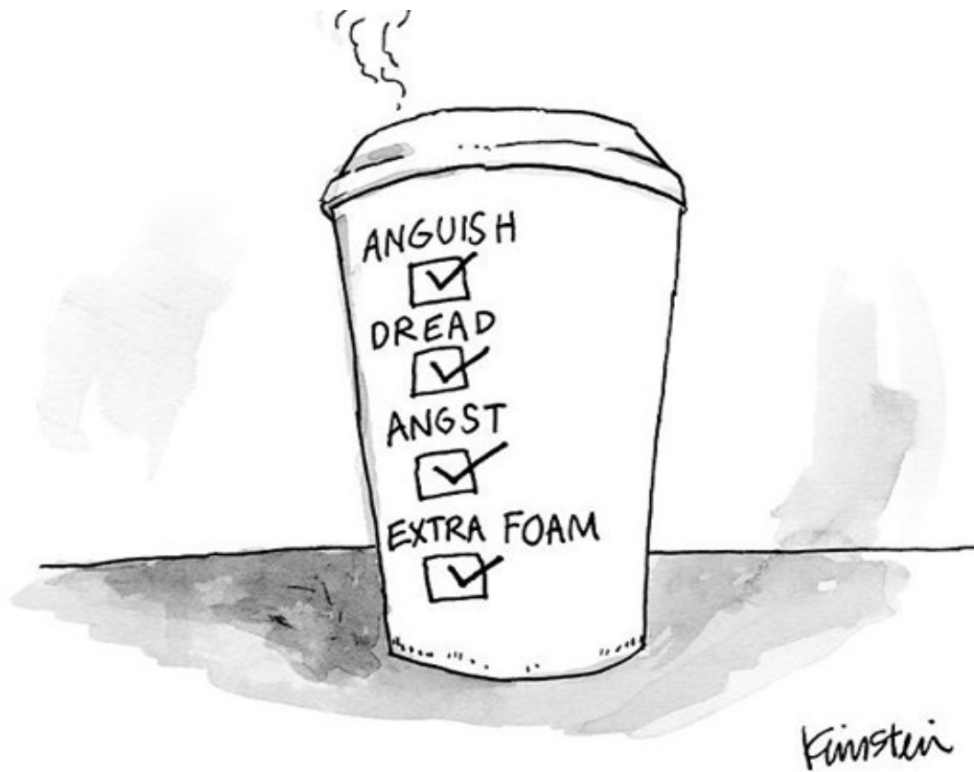
Dividing up one's assignments into manageable tasks and taking breaks in between to reward oneself could be key to getting through one's work without feeling overwhelmed. This strategy could help get one's motivation back, effectively manage time, and help avoid procrastination.

While low grades and decreased work ethic may have harmed students' first quarter grades, it's not too late to turn

"Doing what's meaningful — acting on what really matters to a person — is the antidote to burnout."

- Psychologist Daniel Goleman

them around. Students need to set aside time to study and do homework without distractions. Keeping up motivation for the rest of the year may prove difficult, but it is a necessary step if one wants to succeed in school, especially with this year's additional classes.



CARTOON COURTESY OF @NEWYORKERCARTOONS

How to Rest and Recharge this Holiday Break

How students can recollect themselves after the chaos of this school year.

By **REBECCA HERZBERG**

The 2020-2021 school year has proved itself to be like none other. Now that the holiday season is upon us and the winter break is quickly approaching, it is important to consider how you can utilize the break to the fullest extent. A week and a half is a long time and provides the perfect opportunity to reset and recharge. While it is undoubtedly important to focus on classes and work, taking time for yourself is critical.

Carving out specific blocks of time in which you can relax will ultimately help you be more successful. Psychology Today Magazine explains that taking time for yourself allows your brain to "reboot, improves concentration, increases productivity... and helps you problem-solve more effectively." Although it may seem that working tirelessly through your pile of to-do's this

break is the most effective use of your time, taking a moment to step back and relax can be much more worthwhile.

There are a variety of ways in which you might try to slow down and relax this break. Starting small can help ease you into a state of calm. Healthline recommends a few simple modes of relaxation such as slowing down your breathing, releasing physical tension, writing down your thoughts, acknowledging what you are grateful

The break not only supplies you with a chance to focus on yourself but also to spend quality time with your family. Although you have likely spent much more time in the house with them this year than ever before, it may not be easy to find time in which you can all come together and enjoy one another's company. The Highland Springs Clinic, a mental health clinic located in Gilbert, Arizona, says that "interacting with a close social network—espe-

"Interacting with a close social network...significantly reduces the occurrence of depression, anxiety and other mental illnesses."

- Highlands Spring Clinic

for, and spending time in nature. These are all small, easy strategies that can have a positive impact and help you feel stronger.

cially face-to-face communication, as opposed to digital—significantly reduces the occurrence of depression, anxiety, and other



FATIMAH KHAN/THE GLOBE

mental illness." You and your family might take a walk together into town, throw a football together in the backyard, watch a movie with popcorn, or roast marshmallows over a fire pit. In a time where in-person interaction is becoming increasingly difficult, family members can be looked to for

non-virtual connection and fun.

However, you may choose to spend this winter break, try to remember that it is okay to take time for yourself and spend time relaxing. We hope this winter break allows you to relax, reset, and recharge!

How Students Can Eat Healthy During the Holidays

There are many options for a balanced diet, even during the holiday season.



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PHOTO COURTESY OF @HEALTHY.FAMILY.PROJECT ON INSTAGRAM

By **KATIE LOGA**

When the holidays roll around, it's easy to let the candy canes and gingerbread men get the best of us. While it's fine to indulge in a sweet and festive treat every now and again, it's even more important to be cognizant of what you are putting into your body, and to consider trying out some healthier alternatives. So before you try to get into the holiday spirit through food, be sure to keep a few things in mind.

For starters, food labels are there for a reason: to help you be more aware of what you're choosing to consume. By taking a glance at the food label on a box of candy canes, you might notice that the main ingredient is sugar. Certain candy canes, such as ones made by Sprangler that are seven and a half inches tall, contain a grand total of twenty-two grams of sugar per every candy cane. That's only two grams of sugar away from the amount recommended for women to have each day, and fourteen grams away from the amount recommended for men to have each day. Frequently eating sugary treats like candy canes can lead to one consuming a much greater amount of sugar than the recommended amount which could potentially lead to some serious health problems such as obesity and heart disease in the long run.

The next time you think about grabbing a candy cane, perhaps take a step back and instead try a mix of strawberries and bananas so that you're still consuming something red and white to get that sense of holiday cheer!

Cookies of many different types have always been extremely popular around the holidays as it certainly is hard to resist the temptation of a sugar cookie or the gingerbread man. Cookies, like everything, are good in moderation; according to Healthline, consuming cookies in moderation will

“For starters, food labels are there for a reason: to help you be more aware of what you're choosing to consume.”

not lead to as much weight gain or nutritional deficiency as consuming them without care would. University of Michigan Medicine also reports that when you consume cookies, you are consuming tons of empty calories that come from foods with little to no nutritional value but lots of solid fats and added sugars. As much as you

may want to take advantage of all of the holiday-themed cookies you can enjoy this December, maybe take a different route and decide to try out some yogurt with granola. This delicious option will satisfy your sweet tooth without all of the added sugars and extra calories.

Still not completely sure what healthy alternatives there are to eat over the holidays? While strawberries, bananas, and yogurt with granola are a great start, it's not realistic or healthy to have your diet consist of only those food options. Therefore, some suggest to look into trying the Mediterranean Diet. Even though this diet doesn't exactly scream the holidays like candy canes and cookies do, it's still a much healthier alternative and will leave you feeling less full of regret when the holiday season comes to a close. The Mediterranean Diet consists of beans, nuts, fruits, vegetables, seafood (such as salmon), and much more. The options of the Mediterranean Diet seem endless. Plus, if you put in a little extra work in preparing a meal inspired by the Mediterranean Diet, you could definitely find a way to make it match the holidays, and whether it be through eating white cashews, green broccoli, or red strawberries, there's always a way to make food feel festive!

Student Athletes Face Mental Health Challenges

How 2020 has changed the game for the wellbeing of many student athletes.

By **SAM ROSUCK**

As Covid-19 cases continue to rise in America, it is still uncertain whether or not the winter season will occur for some high school sports. However, having these sports seasons may help some athletes to better their mental health during these unprecedented times. Covid-19 is something that has caused stress for everyone everywhere, and especially teenagers. By having a season, or at least team practices, this can help student athletes improve their mental health as the stresses of the pandemic and school continue to weigh on them.

While it is obviously a safety concern, there are many positives to having different sports this year. According to the National Council of Youth Sports, “physical activity releases naturally uplifting endorphins, reduces the stress hormone cortisol, and stimulates norepinephrine, which improves mood.” Additionally, without the physical activity most athletes get from practice or games, a large

part of teens' lives will be lacking, which could possibly hurt their daily mood. The National Council of Youth Sports also states that team sports can create “a sense of community” and gives the ability to “foster authentic relationships and socialization.” This is a feeling that people our age should have and is extremely necessary.

Libby Stafford ('23), a

“When you join a team, you get a group of people that you can tell anything to and will support you through your highs and lows.”

-Katie Loga ('23)

member of the MHS JV tennis team, said that, “being a part of a team is really fun,” along with the fact that “they are always there if you need it.” In just a few short months, Stafford was able

to create a strong bond with her teammates that she can keep with her for a long time. Along with this, Katie Loga ('23), a member of the Girls' Varsity Soccer team had a similar opinion saying that “when you join a team, you get a group of people that you can tell anything to and will support you through your highs and lows.”

Not only does playing a team sport give athletes a strong bond with their teammates, but it also puts players in a position to improve their mental health greatly. After asking Loga whether or not she thought her mental health had increased during the fall season, she said, “I definitely think sports have had a positive impact on my mental health... they give me an opportunity to escape from any stressors I may be dealing with.”

However, undoubtedly safety is the most important aspect in this situation. It is of utmost importance that our community stays safe during these times and limits the spread of COVID-19 as much as possible. Even if sports may have some benefits to some students at the high school, they



PHOTO COURTESY OF LOHUD

Despite the mental health struggles of COVID, Matty Doherty ('23) succeed this Cross Country season.

should not be happening if they pose a threat to the school or our surrounding community. Although most athletes will want their season, it is important to recognize the dangers sports may have on the people and that they should only occur if it is said that they are safe.

All in all, if upcoming sports

seasons are fortunate enough to occur, there will definitely be benefits when it comes to the players and their mental health. We can only hope that these seasons do occur so that athletes at MHS get to experience fun and have their mental health boosted by the great environment of a team sport.

Sports

Boys Soccer Team Wins Southern Westchester Championship

By MARK YUKELIS

Coming into the 2020-2021 season, there were a lot of questions on the table for the boys varsity soccer team. Who would they play? How would they be able to play with masks? What would they do if somebody on the team had to quarantine? Still, there was one thing that wasn't up for debate: this team was set on redemption.

Last season, the boys came into the section championship with a 17-2 record, but ended up losing to Ossining in heartbreaking fashion. This year, the boys kept that game in their minds and worked hard to achieve redemption. As senior striker Marko Kecman ('21) told the *Globe*, "We worked hard together. We had to have a few guys quarantine throughout the season, but we powered through and made the most of every day we got to train."

Coming into the championship game, the team held a record of 13-0-1. Their opponent was White Plains, who delt the team the only draw they had this season. In the words of captain James Jogis ('21), "We were extremely motivated. Our goal was to win the cham-



PHOTO COURTESY OF LOHUD.COM

The Mamaroneck boys varsity soccer team raises the championship plaque as a unit after beating White Plains.

pionship, do what we couldn't the year before, and get revenge."

After going down 1-0 in the championship game, it real took leadership to spark a comeback. As Jogis puts it, "In the back line

I had to direct my fullbacks and work well with my other center backs to make sure people were in the right places. I made an effort to lead the younger guys as well. But even down 1-0 early on, I had full

confidence in this team to bring it back."

In the end, with the leadership of captains James Jogis and JM Decaux ('21), as well a hat-trick from Kecman, the Tigers de-

feated White Plains 4-1 and were crowned Southern Westchester Large School Champions. This is the first meaningful championship the Mamaroneck boys soccer team has won in over 20 years. Kecman told the *Globe* that "It felt amazing to win the championship. We got the chance to make the finals like we did last year, but redeemed ourselves this year. We brought the championship home and it feels great." When asked about his outstanding personal performance, Kecman responded, "Scoring a hat-trick was insane. Doing that in the last game of your high school career feels great. My teammates set me up really well and I was able to finish."

Overall, this season was one to remember for the boys. To sum the season up, Jogis told the *Globe*, "It was difficult to adjust to playing with masks at the beginning of the season, but we got used to it pretty soon. Even though it wasn't a true section one championship, it still holds as much meaning as it would given the adversity this team has faced."

2020-2021 Winter Sports Update

By MICHAELA LOUGHRAN AND TAYLOR FERRARONE

With a good 30% of MHS students that are student athletes, sports are an essential part of the MHS extracurricular scene. This winter, though, these students face the worry of whether or not their season will even happen due to the ever-present threat of COVID-19. Most MHS fall sport seasons—with the exception of football, cheerleading, girls' swimming, and volleyball—were able to take place with COVID safety precautions in place; athletes wore masks on the field and distanced whenever possible. But now, with New York COVID cases on the rise, administrators are faced with the question: is it possible for winter sports to happen safely or even at all, especially given that many of these sports take place indoors?

Well, the Section One Executive Committee of the New York State Public High School Athletic Association (NYSPHSAA), which oversees sports in Westchester County among others, has given us an answer to that question: not yet.

On November 17th, the committee announced that all New York high risk high school sports (at MHS, these are basketball, cheerleading, ice hockey, and wrestling) will now be starting on January 4th of 2021. Then, three days later, they moved the start of low risk winter sports (bowling, fencing, gymnastics, skiing, boys swimming, and indoor track and field) to the same date. Winter sports will be starting on the latest date in MHS history.

Todd Santabarbara, the director of the committee, says that the decision they've made "affords school districts additional time to effectively transition and plan for the start of a winter season in a safe and responsible manner," and while many MHS student athletes and coaches might agree with this statement, they are disappointed to hear about the delay. Cathleen Ferguson, the MHS Swim and Dive coach, has already dealt with several months of COVID delays. Over the summer, she watched as the state debated the safety of the fall swim and dive season, which was eventually postponed to March. Now, days away from their

November start date, Ferguson once again has to break the bad news to her team. "It was a disappointment for the setback of the date, but totally understandable with the COVID numbers' current rise in neighboring towns." She's remaining positive, as she noted how several of her swimmers have already reached out to ask what supplemental exercise they should be doing to prepare for the season. "I think if the boys come ready on January 4th we will be able to see some personal best times," Ferguson added. Hopefully January will come through for Ferguson and her teams, but she says in the end, "it is what it is...safety first always."

The MHS Cheerleading team has a unique perspective due to their multiple seasons; they already faced the cancellation of their fall season, and now have to compensate for the setbacks derived from a further delayed winter season. Varsity Cheer Captain Sarah Jonas ('21) said that she and her co-captain Michaela Williams ('21) "had prepared many ideas and routines for football and basketball games, events like pep rally, and so much



PHOTO COURTESY OF ANDREW ROSENFELD ('21)

Andrew Rosenfeld ('21) graples with his opponent in a 2019 competition.

more," and that it is very much "upsetting to see that our hard work in preparation for these events will not be used for now, and maybe not even this year." Regarding the spectacular stunts that the cheer team is known for, Jonas commented "If the winter season does eventually happen, despite delay, we will have to start from square one in many cases, especially stunting. In a normal, pre-COVID world, our cheer teams, especially varsity, would be ready

to learn more complicated stunting sequences during our winter season. But because we have lost fall, and now are experiencing a delay for winter, we are really set back in the stunting department."

There is no doubt that this delay will have its drawbacks for all of the MHS sports teams affected by it, but hopefully, it will function to create a safe sporting environment for all winter athletes by the time they are allowed to get back together.