

the GLOBE

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CAITLYN CARPENTER/THE GLOBE

Students wait in Kemper Memorial Park for the fire trucks to come after a false fire alarm was set off by vaping.

School Board to Make Changes to Air Filtration Systems in All Schools

By CAITLYN CARPENTER

On Friday November 19, District Superintendent Dr. Robert Shaps announced that the Board of Education agreed to disable the current NeedlePoint Bipolar Ionization (NPBI) air filtration units across the school district. The systems were installed over the summer of 2020 as part of the district's reopening plan, but have since been the subject of concern for a small group of parents who claim they have the potential

to expose students to ozone.

When considering air filtration systems for fall of 2020 with the COVID-19 pandemic, the district initially moved from basic air filters to MERV 8 (Minimum Efficiency Reporting Value) air filters which attached to the districts HVAC (Heating, Ventilation, and Air Conditioning) systems. At the same time, the district consultant, Tim Wighard, Vice President of LAN associates, recommended that the Board of Education consider also installing

NPBI systems to better handle air filtration and mitigate the spread of COVID-19 within classrooms.

The district website also points out how the two systems work together, stating that the NPBI system's unique technology causes "small particles that would normally pass through a MERV-8 filter to cluster and form larger particles that now get captured by the MERV-8 filters."

The systems have been installed across the district...

SEE "PART" PAGE 3

LMC Media at Risk as Larchmont Departs Agreement

By MICHAELA LOUGHRAN

On November 4th, the Village of Larchmont Board of Trustees announced its intention to withdraw from the Cable TV (CATV) sharing agreement, a 38-year-old agreement between the Village of Larchmont, the Village of Mamaroneck, and the Town of Mamaroneck. The most important aspect of the agreement was its establishment of a Cable TV Board of Control (BOC), in which all three municipalities would be equally represented. The BOC was made responsible for the distribution of Franchise Fees (compensation given to local governments by cable companies)

and PEG Fees, which are used for capital purchases pertaining to public access channels. Throughout its nearly four-decade-long history, the BOC has used the majority of its Franchise Fees and some of its PEG Fees as well, to fund the local nonprofit LMC Media (formerly known as LMCTV). Much of the community, therefore, equated the announcement to the Village of Larchmont making a decision to defund LMC Media, a troubling notion for its many supporters. In the same notice that Larchmont made the announcement, they also included information about the nearly absolute dependence of LMC Media on BOC funding, citing that around 90% of LMC Media's annual operating

budget comes from these funds. This detail turned what the community might have perceived as a precarious position for LMC Media into a devastating fate.

LMC Media, founded only a year after the CATV Sharing Agreement, has won over the hearts of countless community residents in its decades on the air. It is known for its dedication to televising community functions, from local sports matches and ribbon cuttings to government meetings and special events. It also serves as a key resource for constituents seeking to stay informed on local politics. Due to the wide variety of events...

SEE "LARCHMONT" PAGE 3

What's Happening with the Increased Fire Alarms? A Q&A with Administration

By REBECCA HERZBERG

In the past two months, the beep of the fire alarm has become a familiar sound to Mamaroneck High School students and staff. While fire drills are a regular occurrence in schools, this year has undoubtedly been marked by a few additional alarms. The Globe staff spoke separately with Stephen Brugge (Mamaroneck UFSD- Director of Facilities), Assistant Principal Washington,

and Principal Clain to learn about what has been going on with this integral system. The following is a collected series of responses: **Why was the new fire alarm system installed?**

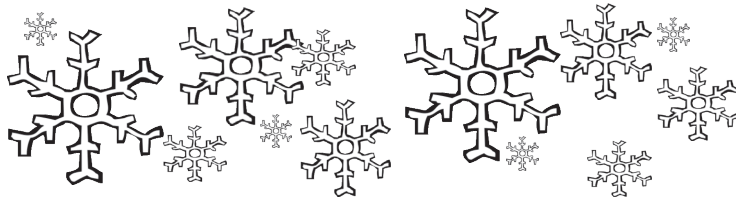
Brugge: "The old fire alarm system was installed in the 1990's and was due to be replaced [and] upgraded. [So, the] new fire alarm was installed June 2020 though October 2021. It was a large project that took [a long time] to complete."

SEE "THE FREQUENT" PAGE 2

GET IN THE HOLIDAY SPIRIT WITH THE DECEMBER EDITION OF MHS'S STUDENT MAGAZINE: *STRIPED*!



'Tis the season for all things holiday-related, and *Striped* has got you covered. From gift guides, to music, to zodiac hot chocolates, this issue is sure to get you in the spirit!



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News

Holiday Hold-Up: Supply Chain in Chaos

By KAYA ALPER-NOCERA

Ever since the COVID-19 pandemic started, everything has been harder to purchase. Whether it be the toilet paper fiasco around March of 2020 or the extreme increase in hand sanitizer prices, a variety of items have become rarer and more expensive. With the holiday season nearly upon us, most of us are buying gifts for the ones we love. However, this product shortage is still present. According to the World Economic Forum, companies are “still reeling from lockdowns and restrictions, as well as the loss of manpower due to illness or travel restrictions,” and, “many suppliers [have had] to restrict their production and [are] no longer able to meet their delivery obligations in full.”

In September, Scott Price, the president of the United Postal Service, was quoted saying, “Order your Christmas presents now because otherwise on Christmas day, there may just be a picture of something that’s not coming until February or March.” His warning advises that Americans should be



KIM WEI/THE GLOBE

CC: Gee Harold! Winter's coming soon and the supply chain only left me with 2 leg warmers.

out of stock, some things I ordered won't even be arriving until mid-January.” Michael agreed that his kids were bound to be disappointed, and that “[the shortage] is just another effect of the COVID pandemic.” Michael brought up the fact that these delays have been happening for a while, in line with what Anderson’s has been experiencing this year. When asked if Michael planned on shopping locally, he said “maybe for some things, yes. Most of what my kids want aren’t carried in stores around us. If they were, I would totally buy them locally.” Regardless, the shipping delays don’t look like they’re leaving anytime soon.

Everyone is suffering from COVID’s supply chain issues. The product shortages have affected families and local businesses alike. It’s an unfortunate reality that unless presents were ordered online in September, there is a slim chance that they’ll arrive by Christmas. According to Business Insider, many executives are “[un-]sure] of when the supply-chain crisis will end,” although most believe sometime into 2023. Combined with “suppliers’ inability to adjust to soaring demand, and government interventions,” it’s probable that there will be no changes until the end of 2022, according to the Massachusetts Institute of Technology. From these predictions, it looks like next year’s holiday presents might need to be ordered even earlier than this year. Hopefully, this isn’t the case and the 2022 holiday season can be less stressful.

online, more and more people are resorting to purchasing gifts locally and in-person, like at Larchmont’s Andersons bookstore.

Andersons, Larchmont’s oldest independent bookstore, has

used to delays in shipping and are very understanding,” said Jenny Siegel, the manager of Anderson’s. “This is [a] broad based problem and not just in retail.” When asked if it was harder to get gifts stocked, Siegel said, “Absolutely, this is something our suppliers were up-front about since the spring.” In fact, Siegel said, “Everything from getting paper shopping bags to being able to fill our shelves [has been a challenge].” She added, “Many items have been on [backorder] for months.” Due to this, customers have been “placing orders earlier,” and Andersons has, “been busier this year for Christmas,” compared

to other years. Online shopping has become a lot more popular, which would theoretically lead to a decline in local shopping. However, this doesn’t seem to be the case with Anderson’s. “I think folks have really been trying to shop local when they can,” said Siegel, also pointing out that there has been an increase in customer base compared to last year’s holiday shopping period.

The shipping delay has taken a particular toll on families, and not just local businesses. “I’ve started ordering my kids’ Christmas gifts this weekend,” said MHS parent Todd Michael in mid-November. “A lot of the things they want are

“Everything from getting paper shopping bags to being able to fill our shelves [has been a challenge].”
- Jenny Siegel

buying presents a lot earlier than the standard November-December periods. As a result of the many shortages when ordering

been supplying gifts to the community since 1946. This year, however, things are a little bit different. “I think customers have grown

The Frequent Fire Alarm Situation: A Q&A

Ever since the installation of a new fire alarm system at MHS, we have had many false fire alarms. What is going on?

By REBECCA HERZBERG

“WHAT’S”, FROM FRONT

How does the new alarm system compare to the old one?

Brugge: “The new system covers the building much better than the previous system, which is better and safer for all building occupants.”

Washington: “[It is also] much more sensitive.”

What has caused the unexpected, false fire alarms?

Brugge: “The fire alarm has been activated several times with what I suspect was from vaping in bathrooms.”

Washington: “Another [fire alarm] earlier in the school year was set off by [cooking in] Chef Luff’s culinary room. [An additional cause was] water vapor from a shower in the locker rooms.”

Claim: “None of us ever want the fire alarm to go off unexpectedly, but it’s a new system. In a perfect world we would have no kinks, but that’s not really reasonable in school the size we have. The calibrating of how sensitive these alarms are is something they’re working on.”

How can false alarms be mitigated?

Brugge: “School administration has been responsive and diligent in sending out the message to all students that smoking and vaping is illegal and not permitted on school property.”

Washington: “[Concerning the culinary related alarm,] we are looking into having a heat sensor rather than a vapor sensor [in Chef Luff’s room].”

How should students continue to respond to the fire alarms?

Claim: “When the alarm goes off, I don’t know why it’s gone off [immediately]. You need to assume every time that it goes off that it’s a fire.”

Washington: “Just follow the procedures, leave the building as soon as possible after the fire chief gives us the ok. It’s one of the procedures we need to follow in case a real emergency happens.

Although fire alarms can feel frustrating and disruptive, it’s essential that students continue to take each one seriously. The administration is working with the student body to decrease any false alarms—students must also do their part by following school guidelines and procedures. The *Globe* will continue to update with new available information.



CAITLYN CARPENTER/THE GLOBE

A firetruck is called to the Post building during a false alarm fire procedure.



CAITLYN CARPENTER/THE GLOBE

A fire alarm sits on the wall in a Palmer hallway.

Larchmont Exits Cable TV Sharing Agreement

As the main funder of LMC Media, what does this withdrawal mean for the larger Larchmont-Mamaroneck community?

By **MICHAELA LOUGHRAN**

“LMC”, FROM FRONT

...LMC Media reports on, Larchmont and Mamaroneck residents alike may often turn to its reporting to stay informed on community news. Thus, it was not uncommon for community members who heard about the November 4th announcement to see it as a shock, and some even saw it as an outrage. The Board, anticipating this sort of response, was quick to clarify in its notice that “The issues described here are with the operation of the BOC and the lack of clarity on the financial and legal relationship the BOC has with LMC Media, and not with LMC Media itself.” Throughout the notice, they emphasize the ambiguity in the BOC’s financial and legal relationship with LMC Media. They mention that the CATV agreement fails to include any regulations or standings regarding the disbursement of Franchise Fee and PEG Fee funds. While the Village of Larchmont claims that it has raised concerns about the BOC’s strained ability to disburse funds, this concern seems to have been escalated after Larchmont requested to disburse \$100,000 of its PEG fee funds in March 2021, and was never awarded the funds. Additionally, they say the agreement lacks any statement about the role of the BOC, outside of its relationship with cable companies. The implication

of this is that the funding that the BOC has provided to LMC Media over the years has been without a formal agreement, something the Village of Larchmont apparently views as problematic. Many constituents were not satisfied with this justification because it did not address their concerns about the nature of the withdrawal. A theme across constituents’ complaints was mentioning the unilateralism of the action Larchmont had taken. Many were concerned by the fact that the Village of Larchmont made its decision to withdraw at least partially because of a disagreement it had with its co-partners, the Village of Mamaroneck and Town of Mamaroneck, and then went against these co-partners in doing so. An additional pressing concern was the lack of public discussion preceding the announcement. Matt Sullivan, the executive director of LMC Media stated that, “The Village has noted a lack of transparency [in the CATV agreement] as being an issue, yet it’s own Board lacked any transparency regarding their decision to leave the BOC.” A number of Larchmont and Mamaroneck residents value staying informed about and involved in our local democracy, and being deprived of the opportunity to do so for an issue that many of them are passionate about was incredibly frustrating. These constituents did, however, get the chance to voice their thoughts at a Village of Larchmont Board Meeting held a little over a week after the announcement,

on Monday, November 15th. The meeting was packed with concerned Larchmont constituents who were either prepared to make use of the open-comment section themselves or simply wanted to be present to hear the remarks of the Board and their fellow constituents on the issue. Judy Silberstein, a long-time Larchmont resident and the former publisher of the Larchmont Gazette, a local publication that ran from 2002 to 2010, was one of several constituents who rose to do the former. During the speech she made, Silberstein deemed the Larchmont Board’s actions “shockingly uncharacteristic”, going on to say that the Board is “holding LMC hostage to the power struggle.” Silberstein’s bold statement was in reference, of course, to the friction between Larchmont and its co-partners over the funds Larchmont requested and never received, friction that the Mayor of Larchmont, Lorraine Walsh, admitted was one of the reasons they put out the withdrawal notice. Mayor Walsh went on to emphasize, though, that they didn’t only pull out of the agreement because of this disagreement. While addressing the board, Silberstein also brought up the worrying hypothetical that “if we blow it [...], Larchmont [may have] to reproduce LMC on its own.” Larchmont’s trustee on the BOC, Sarah Bauer, responded to this, assuring Silberstein and other concerned attendees of the meeting that “If we are no longer part of the board of control, we can

still make decisions to fund LMC during budget season.” However, this reassurance did not placate some of the fired up attendees like Miriam Curnin, an older resident of Larchmont who was around when Larchmont first joined the agreement. Curnin faced the board and expressed her beliefs of LMC Media’s essentiality to our community. She commented that it’s “serving a purpose that no other media does”, elaborating that while she thinks other forms of media can be isolating, LMC Media brings our community together. Then, directly in response to Bauer’s remark of reassurance, Curnin stated that she thought the issue was too urgent to be dependent on the annual budget meeting. Phil Oldham, president of the Larchmont Mamaroneck Lions Club, a local community service organization, clearly in agreement with Curnin on this, took to the front of the room not long after Curnin’s remarks to directly ask the board if it was their intention to continue supporting LMC in the same fashion as its co-members after the effective date of withdrawal in November 2022. An unsettling silence filled the room after Oldham posed this question. Mayor Walsh broke the silence by hesitantly announcing “I don’t think we’re in a position to make a claim like that.” Oldham, determined to elicit a more promising response, rephrased his question, this time asking if the Larchmont Board had any intention at all of gen-

erally supporting LMC partially or on its own in the future. Mayor Walsh endeavored to answer this question that has piqued the curiosity of not just Oldham but much of the community. She first reminded everyone that their funding of LMC will continue throughout the next year. She then went on to say that what happens beyond that will depend on “how our conversations with our partners work out and how conversations with the community in terms of their feelings about LMC, the importance of it to the community, how they would like to see the funds used.” While the Village of Larchmont Board was evidently not very forthcoming about their decision to withdraw from the agreement, they are open to listening to constituents’ views and speaking with them about funding of LMC Media in the future. Subsequently, to answer the question Oldham had posed once and for all, Walsh remarked, “It is our intention that we can continue to support LMC whether we are in the Board of Control or not.” Walsh’s remark is certainly not a promise, and she also does not provide a specific plan to achieve this promise. However, Larchmont and Mamaroneck residents should rest assured that the Village of Larchmont supports the work LMC is doing and is actively working to find other ways to fund it outside of the Board of Control in the eleven months before it formally withdraws in November of 2022.

Part of District Air Filtration System To Be Disabled

After a group of parents raised health concerns about Needle Point Bipolar Ionization technology, it is being disabled district-wide.

By **CAITLYN CARPENTER**

“NEEDLE”, FROM FRONT

...as one of many parts of an elaborate safety plan against COVID-19, since the reopening of schools in September 2020 and, in a district of about 5,400 students, teachers, and staff, only 137 have tested positive for the virus. In response to this, Dr. Shaps states how he and the rest of the administration “do believe that the transmission of COVID in schools is minimal.” He explained how, “over the last year and a half through... we have not found spread that resulted from in the schools, at best it’s been minimal. So we felt that given that, our schools are safe relative to the strategies that we put forward...and NPBI seemed to produce the results in our schools for a year and half.” However, in late summer 2021, as all schools were preparing to move back to full in-person learning, a small group of parents began to raise concerns about the NPBI filters. They first made their

case publicly at the September 14th Board of Education meeting, which took place the evening after the first day of school. Four parents of Mamaroneck students expressed their concerns to the board during the public comments section of the meeting, claiming that the board had been misled by Wighard to install systems that are not improving the health of students, but are in fact damaging it. John Peterson-Robles, the first speaker and a father of students at MAS, opened by stating that “this board is asking great questions but you are not being given the correct answers.” His wife, Daneille Peterson-Robles, also spoke and read to the board comments from three experts in toxins that warned the board against using NPBI systems. She also cited a recent study that found that the specific iWave systems that use the NPBI technology installed by MUFSD into classrooms not only have the potential to emit ozone, but are inefficient in preventing COVID-19, thus shifting the conversation from NPBI more generally to the specific NPBI technology, engineered

by Global Plasma Solutions (GPS), that are in Mamaroneck schools. The comments and studies referenced during this comment period were later posted on a website created by the group of parents to share their information with the general public. The website’s “Get Informed” section features seven articles written by user “mufsdad” consisting primarily of quotes from these letters and studies. The articles were updated daily during the period of September 27 to October 2nd, and while the first article received little to no views, the last article has now reached over 80 views. The parents recommended that the systems be replaced with High Efficiency Particulate Air (HEPA) filter systems and suggested at the meeting that they were trying to raise money for these systems to be put in place of the NPBI systems. Since then, the district has received an anonymous donation for HEPA air filters to be installed in all four elementary schools. On November 16, the Board released a study conducted by Quality Environmental Solutions

and Technologies on the level of ozone and formaldehyde found in all six schools. The study found that “ozone levels detected did not exceed the UL 867 standard of 0.05 PPM for low ozone producing devices or the OSHA pel of 0.1 PPM.” It then concluded that “based upon the data, the NPBI units are not contributing Ozone or Formaldehyde to the indoor environment. These results -- in addition to his conversations with staff members and other parents that reflected their support for the systems, and the widespread use of the NPBI systems in “most commercial buildings, thousands of types of indoor facilities [including] restaurants, hospitals, and so on” -- led Dr. Shaps to recommend that the NPBI systems stay in place despite the concerns presented by the small group of parents. In regard to his conversations with staff members and other parents about the systems, he commented how “the use of this technology is worldwide... there was a sense of ‘we’ve seemed to have a good course of protection in our schools for the last year and a half’.

Why would we change [anything] now?” However, in late November, out of an abundance of caution, the Board of Education ultimately voted to turn off the NBPI systems. The systems will be disabled by the end of December or the first week of January, at the latest. In the elementary schools, the donated HEPA filters will be installed by mid January if all goes well with their delivery and there are no shipment delays. At the Hommocks, around 90% of MERV-13 filters will continue to run in all indoor areas, and at the High School MERV-8 filters will continue to run. There are currently no plans to install HEPA filters in the classrooms at either the Hommocks or the High School while Dr. Shaps and the Board work towards a long-term air filtration strategy. Dr. Shaps assures the MUFSD community that he and the entire administration “continue to evaluate strategies...for the near-term and the long-term around air quality.” He “wants individuals coming into school to feel safe,” and will always work to ensure that.

Larchmont Farmers Market Moves Outside

The Down to Earth Larchmont Winter Farmers market moves to the Larchmont train station.

By JADE DECKER

The Winter Farmers Market, operated through the Down to Earth Market, has been a part of the Larchmont-Mamaroneck community for many years, celebrating business owners and inspiring them to spread the word about their beloved products.

However, as wintertime approaches, new rules have been set for the weekly market. Unlike other years, it has been decided by the Down to Earth Market and the Larchmont council that the market will be relocated from the building at Harbor Island Park used before COVID-19 to its usual outdoor location in Larchmont, on the parking lot by the Larchmont train station. Lorraine Walsh, Mayor of Larchmont Village, announced that this change was due to the inability to use the building typically used and that the market would have been obligated to stay outside either way due to COVID-19 regulations. Dacotah Rousseau, an



The Larchmont Farmers market in full swing in the parking lot next to the Larchmont train station.

Unlike previous years, the market will open later, starting at 9:00 AM instead of 8:30 AM. In

member of the Larchmont Board of Trustees, “The market will be open to the public from 9:00 AM to 1:00 PM from January through April 16, and 8:30 AM to 1:00 PM from April 23 through December 17.”

Other outdoor winter farmers’ markets have operated with success in Ossining and New York City for the past few years. Rousseau explained, “Being outdoors means that we have to be sensitive to the weather and we will cancel dates when the temperatures are dangerously low, there are very

high winds, or [there’s] heavy snow.” In fact, Down to Earth Market highly encourages keeping an eye on their website or joining the email list to keep up to date on weather updates. Although the occasional winter frost may cancel the market, it is expected that on most weekends, the public will come out to enjoy the “fresh air, sunshine and safe socializing.” Although no market-wide heating system will be incorporated, vendors will come equipped with warm clothing for market hours, as should all shoppers.

In addition to the gourmet foods and specialty baked goods that are already present in the market, it is expected that there will be an expansion to include some local craft makers during the month of December. Rousseau announced the presence of, “a candle maker, soap and personal care product makers, a jewelry maker, a greeting card maker, a local fiber and fiber crafts farm, and holiday decorations and décor gifts maker over

“In addition to the gourmet foods and specialty baked goods that are already present in the market, it is expected that there will be an expansion to include some local craft makers.”

**“The safety of our shoppers, staff, and vendors is a primary concern.”
- Dacotah Rousseau**

organizer of the Down to Earth Market also mentioned, “The safety of our shoppers, staff, and vendors is a primary concern.”

addition to this, the market will be closed for two weeks after 12/18 and will reopen in January. As mentioned by Justin Dastino, a

the next few weeks.”

All in all, the Down to Earth Market, though hit hard by the COVID-19 pandemic, has taken the initiative to reinvigorate the Larchmont Winter Farmers Market, as can be seen through the changed location and changed hours of the market. The market will be waiting at the Larchmont train station every Saturday morning, so head on down to discover the specialty goods that await!

Students Run the 55th Annual Turkey Trot with Community

The Larchmont-Mamaroneck community came together to run and raise money.

By SAM BERG

On November 21, the 55th annual Mamaroneck Turkey Trot, a series of races that help raise money for various local charities, took place at Harbor Island Park. Adults and children alike raced in either the 1K Gobbler Race or the 5K Turkey Trot. While new participants join every year, some, such as Noel Dinome, who has participated every year since 1997, and Christopher Leisner, who has participated for seven years, have participated for years in this community tradition.

Dinome expresses how the event is a “fun community thing to do,” while Terrence Moriarty (‘23), says it allows him to “get out there with the community.” Others use the Turkey Trot to stay fit. For instance, it gives Leisner motivation to run with competition, and allows him to see how he improved. “My preparation definitely paid off. I was glad to finish in under half an hour.” said Leisner.

Runners for the Turkey Trot collect monetary pledges to “spon-

sor” their running. All proceeds then go to the runner’s given charity. Many MHS students ran for the Students for Senegal Club.

**“It’s important to have events that aren’t tied directly to Mamaroneck High School so that we can expand our impact and reach people that we don’t usually come in contact with.”
- Elle Krywosa (‘22)**

With 100 members fundraising on Pledge It (a fundraising website), they managed to raise over

\$20,000, smashing their \$15,000 goal. This year’s success was a record for the club’s Turkey Trot fundraising, which Elle Krywosa (‘22), one of the club’s international presidents, attributes to the club’s flourishing membership.

In addition to the Pledge It page, Students for Senegal also sold merchandise at the event to raise additional funds. They used these funds to help maintain the Lambaye Learning Center, for which they held the grand opening in 2020, and purchase additional resources for the center (such as technology, books, art supplies, materials for sewing, medical supplies, etc.) When asked why she thinks the Turkey Trot is a great way to fundraise, Krywosa said “it’s important to have events that aren’t tied directly to MHS so that we can expand our impact and reach people that we don’t usually come in contact with.” Students for Senegal has fundraised through the Turkey Trot for four years now, and according to Krywosa, “it’s always a really fun time.”



A crowd gathers ready to race in the 2021 Turkey Trot.



Runners and supporters gather near the start of the Turkey Trot.

THE GLOBE

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OUR MISSION

The *Globe* strives to bring interesting and informative journalism to the Mamaroneck student body and community at large. We work to highlight the intricacies of our school and residential communities through meticulous reporting. The members of the *Globe* staff are a dedicated and passionate group of journalists who love to showcase their community in the form of writing, photography, and illustrations. We maintain a professional and supportive environment that allows our staff and writers with all levels of experience to learn and improve their work.

DISTRIBUTION PROCEDURE

The *Globe* publishes six issues per year and distributes about 750 printed copies to MHS students at zero cost. All articles can also be found at mhsglobe.com.

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The *Globe* accepts half-page and quarter-page advertisements from local businesses. Costs vary based on size of advertisement. Please contact us for more information.

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The *Globe* does not maintain an editorial board. Editorial discussions are held with the entire staff and the Editorial directors write based on the conversation with the whole staff.

Editorial

Should Advanced Classes be Weighted at MHS?

The system of weighting grades relies on giving greater value to Advanced Placement (AP) and honors courses in calculating students’ academic averages than “regular” classes. A 90 in an AP course, for instance, may be translated to a 95 because of how the class is more challenging. Under a weighted system, students who take more rigorous course loads will see higher averages than students who do not, simply by virtue of the increased difficulty of their classes. This policy of inflating the GPAs of AP and honors students for imposing greater challenges on themselves is not one that Mamaroneck High School (MHS) currently holds. Members of the *Globe’s* staff are torn on whether it should be.

Mamaroneck’s unweighted grading policy, many *Globe* staff members argue, may be detrimental to the mental health of AP and honors students. Because these students are often used to receiving high grades, sudden and significant drops in their averages upon starting more challenging courses can be shocking and major sources of stress. Students frequently sacrifice their emotional well-being for improved marks as a result. Seeing higher grades that more accurately reflect the increased rigor of AP and honors students’ workloads may discourage such sacrifices from being made.

Additionally, weighted-grade supporters view the policy as an effective means of making class-rank determinations fairer. With MHS’s present grading system, a graduating class’s valedictorian or salutatorian does not necessarily have had to have taken a rigorous course load, as long as he or she

maintained the highest average in the class. It is possible, then, that a student with a perfect average taking no AP or honors courses whatsoever could rank higher than a student taking several such courses with a high, though not perfect, average. For increased academic difficulty to be a potential barrier to making a high class rank is not fair to students who have chosen to pursue these more challenging courses. Taking such challenges upon oneself should be celebrated, and many *Globe* members assert that MHS’s current method of evaluating class rank has the potential to become a sort of punishment for students challenging themselves with AP or honors courses.

Not all members of the *Globe* staff agree that unweighted GPAs posed any issue in fairly determining class rank at MHS, however. Almost invariably, the valedictorian and salutatorian happen to be students taking highly rigorous courses. A situation wherein students taking exclusively “regular” classes rank at the top of MHS’s graduating class has yet to arise. And as students with the highest averages virtually always take an array of AP and honors courses, any possibility of such a situation transpiring is slim.

As for whether weighting students’ grades could be beneficial for students’ mental health, opponents to this policy see grade drops resulting from the novel difficulty of AP and honors classes as an integral part of the high school experience. Challenging as it may be to receive grades lower than one would like, these staff members pointed out that AP courses are intended to be of similar difficulty to college ones. Grades are not

skewed in college simply because college is a greater academic challenge than high school, and thus if APs are truly to help prepare MHS students for higher education, unweighted grading is a necessity.

Despite this disagreement, proponents and opponents of weighting grades agree that adopting a weighted policy could result in a rise in pressure among MHS students to take advanced courses, as the system would result in lower averages for students in all “regular” classes than for those taking honors and AP classes. Still, the *Globe* staff remains split on whether this pressure could actually help MHS students. Some believe that excessive pressure to take honors and AP courses will result in students taking classes they take no interest in and are ill-prepared for, both of which would diminish quality of student life at MHS. Conversely, a number of those in favor of grade weighting view saddling oneself with large academic challenges as a good way to prepare for college. The pressure to take AP classes that would come with a weighted system could ultimately produce a student body better equipped to confront the academic challenges that their post-high school education will surely provide.

Making the change to a weighted grading system at MHS could radically alter students’ academic lives. The debate as to if this alteration would be a beneficial one rages among MHS’s student body. It is apparent that there are many students on each side of this conversation - and their voices should not be left out of whether the Mamaroneck administration chooses to keep its current grading policy or amend it.

Can MHS Students Reform a Toxic College Application Culture?

Every year at Mamaroneck High School, seniors are tasked with the arduous college admissions process. They have to visit colleges, contact counselors, write essays, fill out paperwork, and schedule college interviews, to name a few tasks. It is stressful for all, but our school environment is even more competitive than most high schools, worsening the college process for seniors.

Our community is affluent, with Westchester County being one of the wealthiest counties in the country, and our town being in the top ten for highest median household incomes. Because of the community’s affluence, students generally have affluent backgrounds and families, so they are expected to take advantage of it and get into a good college. These expectations come from how many people, including parents of students, in our community feel it is necessary to take advantage of the greater opportunities that come with affluence. Because of the higher expectations, the competition in our school to get into college is higher than most schools. So in addition to the stress seniors face from the large quantity of work, they also face more expectations than most students in the nation, leaving them worse off.

These aforementioned opportunities students are expected to take advantage of

come in the form of many school activities, including clubs, sports, and other things. A common belief is that more activities means more to show to a college and therefore a higher chance of acceptance. Because of the expectations and the aforementioned belief, students get pressured into doing more school activities. From the very beginning of high school, students end up doing certain activities because they are told it “looks good for college” and not because they want to do them. So students give themselves more stress and work by doing school activities, all because of competition and college. And instead of being perceived as something to enjoy, the activities get a more negative view because they are one more thing associated with the college admissions process.

Social media platforms also exacerbate the school’s competitive atmosphere because they serve as an outlet for students to inform others of their success or failure regarding the college admissions process. When a student uses these platforms to show their success with the process, the many other students who see it often feel unhappy and feel more pressure to get into a good college, increasing the competition and stress. Although the *Globe* believes this issue is not something that can be easily fixed, it

is necessary to point out that social media compounds the problem of people doing activities they don’t like because it serves as another source of stress.

The *Globe* staff believes that the large amount of work associated with college applications is inevitable, but also believes that the stress and competition can be reduced if students focus more on doing school activities for their own enjoyment rather than just for college. Some would argue that this will hurt their chances of getting into college. Actually, doing activities one likes will help college prospects, because when a college asks a student about why they did an activity, they can honestly say it was for their enjoyment, and since colleges also ask students their interests, these activities will supplement what the student claims they are interested in.

The stress felt by seniors regarding college admissions comes from our school’s high level of competition. The competition traces back to the affluence of the community, and this, along with social media, is inevitable. Yet, the *Globe* staff also believes that students can make the process less stressful if they focus more on doing extracurricular activities that they enjoy rather than doing things that may be good for college.

Thoughts on any article in this issue? Send a Letter to the Editor to the *Globe*!

Email a letter no more than 700 words to mamaroneckglobe@gmail.com stating your thoughts or opinions on any recent *Globe* article or topic covered by a *Globe* article.
Your letter could be published in the the *Globe’s* next issue!

Op-Ed

MHS Should Bring An End to Routine Assigned Seating

While assigned seating is warranted in certain circumstances, high schoolers should be entrusted with greater independence.

By THOMAS GELLES

It is the beginning of September, and a new school year beckons. You arrive in class, excited to see your friends and sit next to them. But suddenly, everyone is seated according to the teacher's seating chart. Maybe the seating chart follows an alphabetical scheme; maybe it was constructed based on the movement of the stars in the sixteenth century. But whatever the rationale for the chart's organization, its consequences are obvious. You will not be doing classroom group work with your friends. Perhaps in the context of an especially anxiety-producing class, you will not have the easy reassurance of a nearby friend's glance. Your life has just become that much more unsettled.

With COVID-19 numbers rising, now is not the time to forgo assigned seating. Darren Bosch, an MHS English teacher explains, "Over the last year, this has been required so that COVID contact tracing can be done. When a student or teacher tests positive, we need to know who was sitting next to that student and for how long."

Of course, assigned seating occasionally occurred before COVID-19 appeared, and some of it will have to continue after the pandemic ends. For example, some students may need to sit closer to the front of the room so they can adequately see the board or hear the teacher. Mr. Bosch adds,



FATIMAH KHAN/THE GLOBE

The dreaded seating chart that dictates students assigned seat placements.

"Teachers are also often required to seat students in specific locations as specified on the students' learning plans." Assigned seating that occurs for such reasons is done on an individual basis in response to a particular student's needs.

In a pre- and post-COVID world, assigned seating makes more sense in elementary and middle school. Younger children are less likely to be able to follow directions and pay attention if given the choice to sit next to their friends. They can be easily distracted, and placing their friends

within arm's reach may be more of a temptation than they can resist. But routine assigned seating in high school? It is almost insulting to feel that we might be preemptively regarded by some teachers as problems that have to be solved.

Of course, not all MHS students resent assigned seating. Some even like it. Rohan Gupta ('23) appreciates that assigned seating can thwart students who might otherwise disrupt the class by talking with their friends. He also notes that "assigned seating allows you to meet and interact with more people

from different backgrounds." A final point he makes is that with assigned seating, "students without friends don't feel left out." Gupta is thus asserting that assigned seating can create an atmosphere of openness and inclusiveness. These are valid merits of assigned seating, but perhaps there are other ways for teachers to bring about those results. For example, maybe some, but not all, group projects could be assigned to sets of students that are selected by the teacher. But mandating assigned seats for each class day seems like an excessive

measure to encourage friendliness.

Rowel Jimenez ('23) sees the value of a hybrid approach. He says it could be useful to "have teachers pick people and see how ... [the] dynamics go [between group members]. If they wind up working well together, then they will pair themselves with each other when given the option next time." Jimenez himself does not mind being assigned into particular groups, "because I like talking to new people when given an introduction."

I agree that under certain circumstances, assigned seating is warranted. But even so, one solution for that difficulty could be for teachers to assign, say, alphabetical seating for the first couple of weeks of the year, and then revert to a policy of allowing students to choose their seats. In the long run, it is simply more respectful of students for teachers to allow them to sit where they like, and work with whomever they like. Then, if a particular student abuses that privilege, that student's right to sit where they prefer could be revoked for the rest of the marking period.

We all have a tendency to live up to, or live down to, expectations. In the future, maybe if teachers do not start out non-COVID-defined school years with routine assigned seating, then students will be more likely to show themselves deserving of greater independence throughout the year. For both students and teachers, this would be an outcome to celebrate.

MHS Needs to Reform the Lunch Schedule

A passing period should be added to the end of lunch in order to reduce students' stress.

By NATALIE LORD

When considering returning to in-person school this year, there was one topic on everyone's mind: what would students do for lunch? In previous years at Mamaroneck High School, most students chose to eat indoors during lunch, easily finding spots to eat in the hallways or stairways in the building. Some students chose to leave and eat outdoors, but during colder months, eating indoors was the first choice for most students.

However, during the COVID-19 pandemic since it wasn't safe for students to sit in the hallways or cafeteria, MHS encouraged students to leave the building and find outdoors or off-campus options for lunch. This COVID-friendly solution seemed to be a beneficial way for students to stay safe during lunch, and open-campus privileges are appealing to students as well.

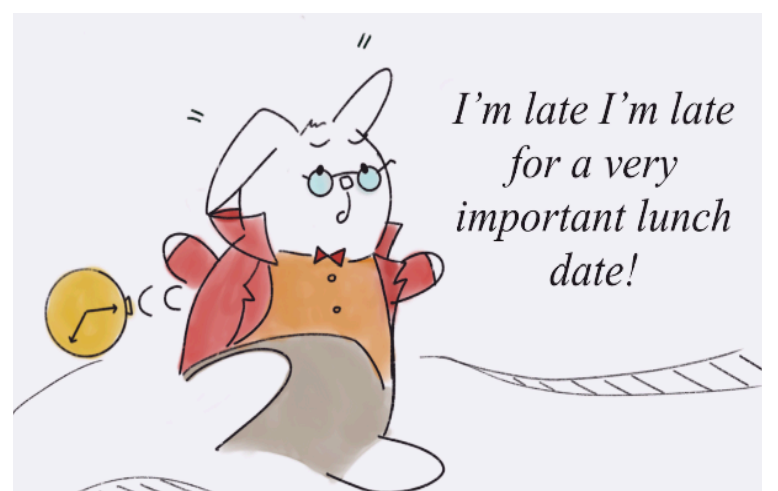
Nonetheless, as fun as eating outside or in a restaurant may

be, it also poses a problem, since students need to be back in the building and in their next class by the time lunch ends. Students now have to start returning to the building well before the lunch period is over, which takes even more time away from the already limited 46-minute period. "It usually takes me at least ten minutes to get from where I am eating to my next class after lunch," says Ella Bolger ('25). She notes that after spending time finding a place to eat, there ends up being "really only 25 minutes of lunch." Making just a small change to the lunch schedule would be very helpful for students who have to sacrifice a significant amount of their lunch period just to travel between classes and their lunch location.

The lunch period is a very important time for most students because it means a break from schoolwork and a chance to de-stress mid-day. When students don't have enough time to decom-

press, it can take a toll on their ability to learn productively for the rest of the day. This mid-day break is an important part of the school day for most students, and reducing the amount of time available for it can have a negative effect. "The time we have for lunch is only enough time to eat, but it doesn't take into account the time it takes to get to lunch. That doesn't leave me with a good amount of time to eat and have somewhat of a break from school," says Samantha Siegel ('24). Having to worry about being on time for their next class and needing to constantly calculate how much time they have left of lunch is not much of a de-stressor for teenagers who value this break from school.

Furthermore, with the number of students who now use outdoor or off-campus eating options, it takes a lot more time than in previous years to find a less crowded, open seating area for students and their friends to sit down and enjoy



KIM WEI/THE GLOBE

Many MHS students feel rushed by the lack of a passing period after lunch.

their lunch period. For Samantha Vetere ('23), it takes "lots of time" to find a spot outdoors to eat. "I definitely had more time my freshman year to eat. Being able to eat in the hallways was much more convenient and practical at all times throughout the year."

Since eating in the hallways is no longer a safe and reasonable option, Mamaroneck High School

should make a small change to the lunch schedule and include the same passing period as there is between other classes, before and after lunch. This would greatly help to accommodate the students who now have to spend almost half of their lunch period just traveling to and from their selected lunch spot and would go a long way to alleviate some of students' everyday stress.

Features

The Annual Starbucks Holiday Drink Review Returns

The Globe staff review five holiday-themed drinks from Starbucks...find out which one came out on top.

By **HANNAH MEHLER & FLORENCE HAINES**

The spooky festivities associated with Halloween are enjoyed by many, but with the beautiful change of weather followed by the arrival of Thanksgiving, much of our gratitude at this time of year is for the arrival of Starbucks’ holiday beverages. Whether you enjoy coffee or not, we highly suggest that you visit Starbucks and grab one of these limited edition drinks before they’re gone!

We selected five Starbucks’ holiday drinks and after careful consideration, ranked them on a scale of 1, being the absolute worst, to 10, meaning practically perfection, and these decisions were made based on both flavor and presentation. The contestants included the Chestnut Praline Latte, Toasted White Chocolate Mocha, Iced Sugar Cookie Almond Milk Latte, Peppermint Mocha and Caramel Brûlée Latte.

Last (and certainly least) is the **Toasted White Chocolate Mocha**, which received a 3/10.

There isn’t a single hint of mocha within this drink, as the name misleadingly promises, and the “white chocolate” flavor that one would look forward to in this drink is non-existent. Instead there is an artificial sweetness that almost tastes like a marshmallow frappuccino—in the worst way possible. The whipped cream on top only adds to the unnatural sweetness, as there is no apparent difference between the cream and the actual drink’s flavoring. If you despise the taste of coffee, but want to pretend that it’s something you enjoy, then this might be for you, but otherwise you should stay as far away from it as possible.

Although the **Sugar Cookie Latte** has been a big hit this holiday season, this drink didn’t live up to our excitement and received a below average 4/10 rating. It was overbearingly sweet and lacked the balance provided by espresso. While we could see the vision that inspired this drink, the execution was less than impressive. The flavor was incredibly artificial and overwhelming. Although the sugar

cookie flavor was spot on and reminded us of the iconic Pillsbury Sugar Cookie, this drink was unbearably sweet. Similar to the Toasted White Chocolate Mocha, if you aren’t a fan of coffee, yet would still like to join in on the holiday festivities, this drink is for you.

In third place fell the **Caramel Brûlée Latte**. While definitely sweet, the espresso was more noticeable and allowed for sufficient balance throughout the drink. For those who are a fan of the year-round Caramel Macchiato, this latte had perfect caramel tones, with an extra layer of depth provided by the bitter brûlée. Although this drink was good, it did not stand out as a holiday drink and was not particularly memorable. Therefore, this drink received a third place ranking and scored a 6/10.

Next is the **Chestnut Praline Latte**. Although the brown sugar crystals sprinkled atop the whipped cream weren’t the most visually appealing, the drink’s rich, sophisticated taste completely made up for that. The drink promises a nutty flavor and perfectly

delivers, while the whipped cream on top compliments the savory drink. However, as much as the drink wowed us, is it truly festive? The drink doesn’t have much of a holiday-theme, and although it’s delicious, it feels as if it could be served anytime of year. The overall flavoring is amazing, and for that reason this drink received an 8/10.

The **Peppermint Mocha** left us pleasantly surprised. Skeptical of the coffee-peppermint combination, this drink greatly surpassed our expectations. The refreshing cool taste of mint cut the sweet flavor profile of the mocha. The bitter undertone of espresso was the perfect touch to make this a balanced drink. This drink was rich, yet still balanced and perfect for the holiday season with just enough festive flavor. Although this drink was certainly delicious, the slight lack of coffee flavor allowed for false advertisement, and prevented it from receiving a perfect score. The Peppermint Mocha is packed with flavors of nostalgia, earning it a 9/10 and first place ranking.

If you’re ever in need of

some holiday cheer, these drinks, along with other limited-edition holiday treats are available at Starbucks through mid-January and will definitely brighten up your day!



A Crossword of Festivities: Can You Guess Them All?

Show off your holiday knowledge with this traditional MHS holiday crossword puzzle!

By **TAYLOR FERRARONE**

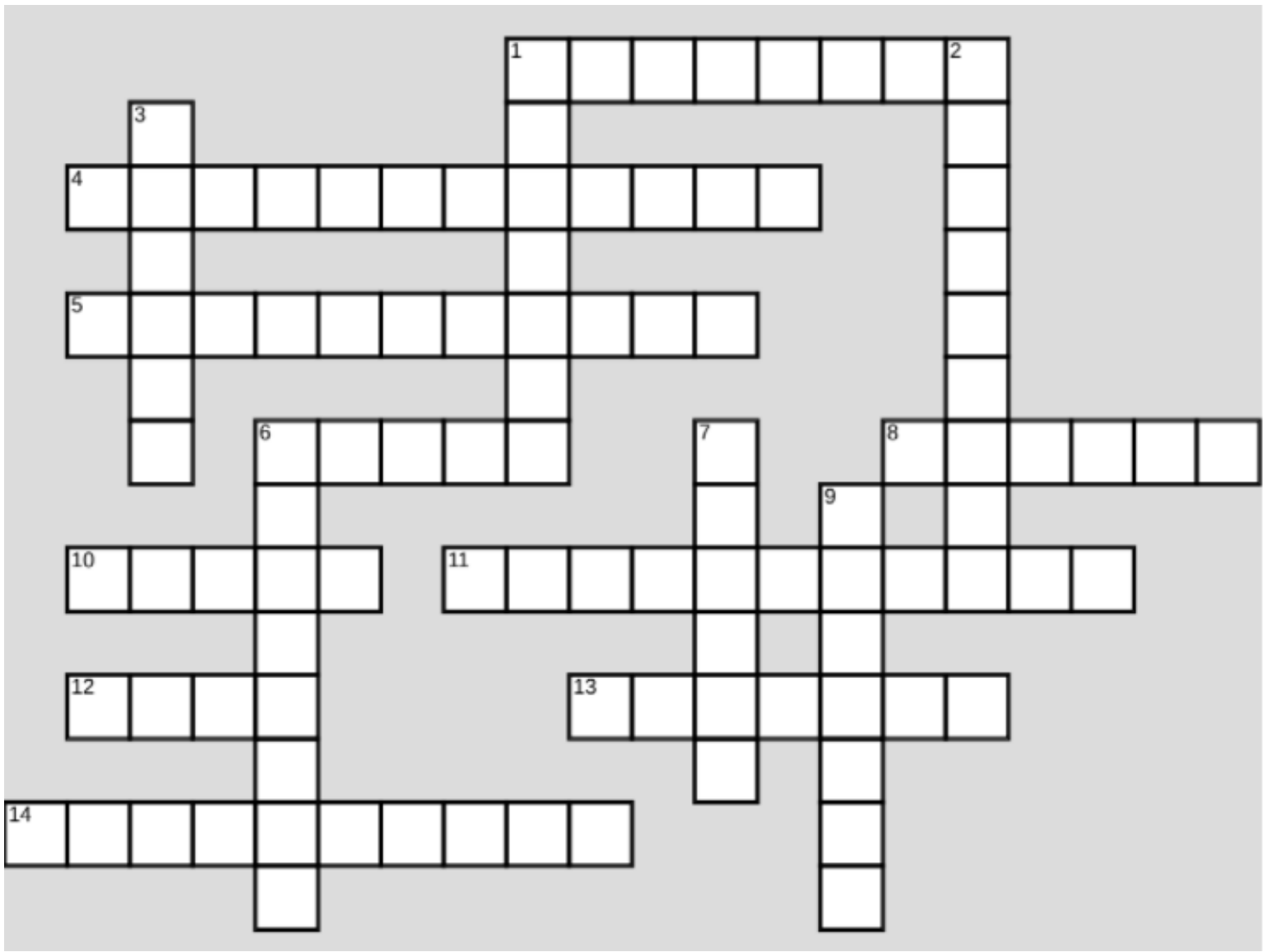
Kick off the holiday break with the holiday-themed crossword puzzle! Prove that you are the holiday expert in your house by guessing them all.

ACROSS

- 1. They might show up to put on a show
- 4. A student council special!
- 5. A school event that ties the grades together
- 6. Deck these with 10A
- 8. See 9D
- 10. Festive foliage
- 11. Out with the old, in with the new!
- 12. This fun activity may occur at Fint Park or Bonnie Briar
- 13. Best found in pairs
- 14. A sugar-filled MHS tradition

DOWN

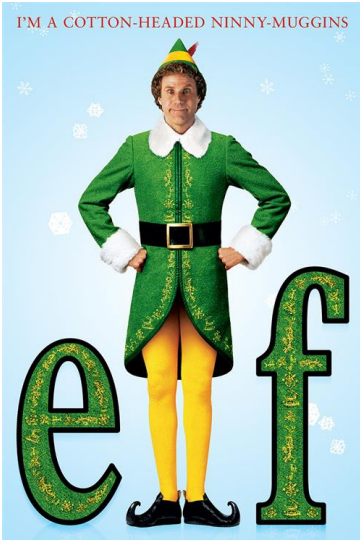
- 1. Gingerbread, snickerdoodle, chocolate chip...
- 2. Each one is unique
- 3. A Hallmark Channel special
- 6. “Happy _____”
- 7. Think back to 14A and 1D for these sweet _____
- 9. Share the holidays with _____ and _____



Must-Watch Movies for the Holiday Break

‘Tis the season for cozying up with the holiday classics! Check out these holiday movies for entertainment over the next few weeks.

By THOMAS PALMER



Standard Holiday Movies

How the Grinch Stole Christmas (2000)

That Grinch surely is one grouchy guy! Most of us are familiar with the story of the Grinch. On top of snowy Mount Crumpit, all he thinks about is a plot to ruin Christmas for the Whos, the warm-hearted residents of Whoville. In this adaptation, not only will people enjoy a live-action version of the events, but they’ll also get to appreciate the holiday spirit of Whoville, and learn a deeper understanding of the Grinch.

Elf (2003)

Buddy the elf is different from any other one of Santa’s helpers. He knows that as well, since he can’t shake the feeling that he stands out. In hopes of finding his biological father, Buddy travels to New York City. While watching the hilarious moments on screen, notice the themes of love and family as Buddy forges a relationship with his father.

Home Alone (1990)

When Kevin McCallister, a rambunctious and inventive eight year old, is mistakenly abandoned by his extended family, it is his time for him to have the time of his life. This joy is challenged as he now has to defend his home from two burglars looking to raid his house. The story teaches us about an important holiday lesson: the importance of family.

Underrated Films

Klaus (2019)

Recommended by Bennett Weinberg

Where is Santa Claus from? This movie provides a theory. Jesper, the worst student at the postman training academy, is forced to go to a distant and gloomy island and deliver thousands of letters to make up for his bad grades. He meets a toy-maker on that island named Klaus whom Jesper convinces to help him deliver toys to the children.

Scrooged (1988)

Recommended by Finnegan Atkins

Based on the Charles Dickens story, Scrooged is a modern retelling of the story. Frank Cross is a successful TV executive, but his greed and bad temper drives away the affection of his love, Claire. After firing one of his staff members, he is visited by a series of Christmas ghosts. The ghosts will give him a chance to reflect on and change his past, and think towards the future about what Christmas is all about.

The Family Man (2000)

Recommended by Gabriel Nourdelain

Jack Campbell, a rich wall street executive, lives a Playboy lifestyle of New York luxury. This changes when he passes out from a gunfight, and wakes up in his past life with his college sweetheart, Kate. Now, Jack gets a chance to either live his life with the woman that he loves, or return to his privileged life.

Top 3 Holiday Movies

3. *Love Actually (2003)*

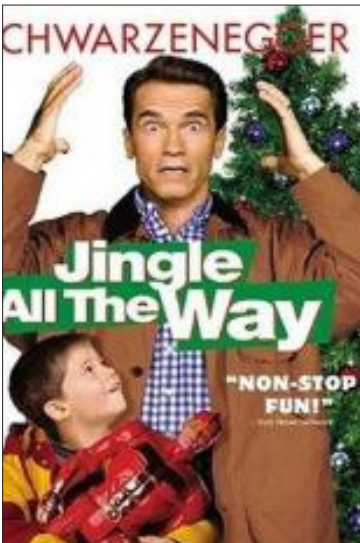
While watching the movie, we are astounded by its realism. There is a variety in the conveyance of love that makes us understand romance during the holiday seasons. In this rom-com about eight couples, people will see the stories of love between a prime minister and a young staffer, a married man who is tempted by his attractive secretary, and six other stories about love.

2. *The Nightmare Before Christmas (1993)*

Yes, it is a Christmas movie! Jack Skellington is the mayor of Halloween town, but is bored by the celebration of the same holiday every year. While exploring, he finds Christmas town. Jack is unaware of the traditions of Christmas after experimentation, so he decides to make Halloween town run Christmas this year. Little does he know that well-crafted plans can go awry.

1. *Jingle All the Way (1996)*

Howard Langston is a hard-working father and husband, but he can’t find time to be with his family. To make it up to his son, Jamie, Howard promises to get him the most popular toy of the season, Turbo-Man. He doesn’t have a lot of time: it’s Christmas Eve, and the toy is practically sold out. Worst yet, he has to compete with a mailman who must do a similar task. Will he get the toy in time? Watch to find out!



All of photos of movie covers are courtesy of Commonsensemedia.com



Local Seasonal Muffins Make the Holiday Season

Out of five locally-baked holiday muffins, which did the Globe staff find most scrumptious?

By SALLY ANDERSON

Now that the autumn leaves have fallen and students are beginning to long for the holiday break, who could resist a warm, cozy muffin that tastes like the spice of fall and the sweetness of the holidays mixed into one? In order to find the most delicious muffin of the season, Sally Anderson (‘25) and other anonymous MHS freshmen, as well as one junior, taste-tested various seasonal muffins from local bakeries and cafés.

Gluten Free Muffins:

Bradley’s Desserts and Catering, Larchmont, Gluten-Free Pumpkin, \$3.95:

Bradley’s muffins were gluten-free, with a decorative sunflower seed topping. The sunflower seeds added a nice and crunchy taste to these delicious pumpkin-flavored muffins. However, they were also small and dry, with a coarse texture (probably because they lacked gluten). Bradley’s muffins provide a welcome allergy-sensitive alternative to anybody who is gluten-free and

is craving a pumpkin baked good.

Boiano Bakery, Mamaroneck, Gluten-Sensitive Pumpkin Walnut, \$3.75:

These pumpkin walnut muffins were delicious, with a very rich and strong nut flavor. The texture of these muffins was nice and moist, with tasty nuts incorporated into the batter. As an extra plus, these muffins were gluten-free, providing delectable muffins for anybody with gluten intolerance. However, they were very nutty, so somebody who has a walnut allergy or dislikes walnuts would not like the taste of these muffins.

Local Muffins with Gluten:

Sunshine Coffee Roasters, Larchmont, Cinnamon Swirl, \$3.75:

This Cinnamon swirl muffin, nicknamed “the big one” by one taste-tester, is very large with the perfect winter dash of cinnamon. Tasting very similar to a Danish pastry, the sweet frosting on this muffin is the best part. However, despite the tastiness of this muffin, the body of the muffin could have been richer and was slightly too dry.

Chain Business Muffins:

Starbucks, Pumpkin Cream Cheese, \$3.25:

The Starbucks muffin was unique because it included cream cheese, unlike the other muffins. The cream cheese contrasted well with the rich pumpkin spice flavor. This muffin was very moist with a very enjoyable, noticeable pumpkin taste.

Dunkin’, Pumpkin, \$2.59:

This year, although it was a tough decision, the most delicious seasonal muffin locally was the Dunkin’ pumpkin muffin! This “satisfyingly delicious” muffin, the “size of a softball”, is an easy fix for someone craving flavor. In addition to the pumpkin taste of the body of the muffin, the frosting was also pumpkin-flavored! One MHS freshman noted that the Dunkin’ muffin was “sweet and fluffy but lacking in depth of flavor,” while another freshman commented that “the pumpkin flavor is drowned out by the overall sweetness of the muffin”. Overall, this muffin was very nice, light, and fluffy, although depending on the



PHOTO COURTESY OF SALLY ANDERSON (‘25)
The collection of muffins reviewed looking absolutely delicious as ever.

diner it could be slightly too sweet. Overall commentary:

Between the two gluten-free muffins, Boiano’s wins with a moister and richer flavor than Bradley’s pumpkin muffins. The Sunshine Coffee Roasters’ muffin was different from the rest because it contained cinnamon and was neither a gluten-free muffin nor a muffin sold by a chain business. Therefore, this terrific cinnamon swirl muffin was considered less festive than the others because although it contained cinnamon, a

common holiday spice, it was not pumpkin flavored like the others. However, anybody who prefers cinnamon to pumpkin flavoring would favor these muffins. Out of the two chain business muffins, Starbucks’ Pumpkin Cream Cheese muffin was phenomenal, but the Dunkin’ muffin was larger with a more fluffy texture.

All of these muffin sellers are local in Mamaroneck or Larchmont, so go ahead and try these tasty treats out, or search for a muffin that tops these this holiday season!

Spotlight

MHS's Coordinator of Student Activities

Carol Scheffler is always behind the scenes, making events run smoothly at MHS.

By KATE BOSWELL

Seated in her office, looking through the windows into the crowded overpass, Carol Scheffler works tirelessly to ensure that the students at Mamaroneck High School have lots of amazing events to look forward to. In her position as the Coordinator of Student Activities, she oversees all of the extracurricular events and most special events (excluding sports) at MHS. Scheffler teaches leadership skills to students by giving as many students as possible the opportunity to be involved in student government or on the Social Events Committee. She created the Social Events Committee as an alternative opportunity to be on Student Council. The Social Events Committee focuses solely on events and activities, whereas the Student Council works on a broader scale with fundraising, and larger events like Prom. The two will work together sometimes with certain events. When she started her job, Scheffler was only responsible for throwing four events a year; through her devotion and hard work, Scheffler and the students now have an event almost every two weeks. Scheffler did not always work



PHOTO COURTESY OF CAROL SCHEFFLER
Carol Scheffler works with two students. Left to right: Teddy Auker (23), Andrew Glinski (23), Carol Scheffler

in schools, she originally started out in television, appearing as a host and guest on different shows (notably on NBC's Today Show) and she is an author of multiple craft books as well. However, she gave up all that glamour for what she considers to be, "the best job in the world." Scheffler wants to deliver for the students, so despite the fact that she does not work full time, she knows that if she is not present at MHS, events like Battle of the Classes or fun

holiday activities wouldn't happen. Without these events, she believes students would struggle. Scheffler is aware that high school can be a challenging four years and she is aware of the enormous pressures that students face both in and out of school. Scheffler looks at her job as a way "to bring joy and fun to students' experiences here." She stresses the fact that if high school was all work, it would be awful, explaining how important relaxing, making friends, and

creating memories is for students. Scheffler reminisces that, "I don't remember much about my academic experience in high school but I remember all the fun things."

This year is a big year for Scheffler and the students she works with; after having to "reinvent fun" last year, social events were largely able to return to their pre-pandemic glory. Her favorite event that was not possible during the 2020-2021 school year is the Club Fair, an event where

all of the club presidents set up tables for students to view all of the clubs and join the ones they are interested in. Scheffler loves the Club Fair because "it's a total celebration of the students of the school and the breaths of their interest and leadership." Scheffler admitted that the Club Fair is an "event where I cry a little" because of how much she loves seeing the students' success. The sight of the track packed with students, who are eagerly waiting to sign up for new clubs is something that makes Scheffler grateful for her job.

Scheffler is not only grateful for getting to work with students, but explained that it is her favorite part of her job. "The students are extraordinary and they always impress me. I laugh most of my days just chatting with kids." The affection is mutual, and the general consensus from Student Council is that they love working with Scheffler and that none of the special events at MHS would be possible without her dedication. Magda Martinez, Junior Class President, explained that "Carol is truly the glue that brings everything together. Her presence makes student committees so much more fun and she is able to spark school spirit in anyone."

How Defeat Led To Triumph For Boys Soccer

The Varsity Boys Soccer Team saw major victories this year, how did they do it?

By JONAH BARON

If you were to ask any student at Mamaroneck High School which school they would consider their biggest rival, it would be Scarsdale. With the league title on the line, both teams played their hearts out. The game did not go as planned for the Tigers, who lost 2-1 in heartbreaking fashion. This game would spark a run that would lead to history. "That was the basis that helped us get our playoff run off the ground," said Phil Koustaftis ('22). "Losing the league to them gave us a drive and really motivated us the entire playoffs," said Milton Mancias-Magana ('22).

The Tigers ended up as the 5th seed in the Section 1 Class AA Playoffs and the seeding was not in their favor. The first test was against Suffern in the Round of 16 in which two goals by Taiga Shitara ('22) and Alix Masse ('22) by the 9th minute helped the Tigers easily cruise to victory 7-0.

After beating the 12th seed Suffern, the battle was all uphill. The path to win became very difficult with the next game

against number 4 seed Carmel. Led by Koustaftis' two goal game, the Tigers prevailed 3-0.

The semi finals were set to be their hardest game yet and it came against the number one seed the John Jay East Fishkill Patriots who came into the game with just one loss. Both teams fought extremely hard as throughout the game Tigers goalkeeper Vincent Repoulis ('22) made timely save after timely save. He would end up finishing the game with an incredible 14 saves. But with 5 minutes to go, John Jay finally scored the goal that broke the tie. John Jay thought they had done the job, but the Tigers refused to go down that easy. With 26 seconds left in the game, Stephen Moore ('22) scored the game tying goal with a header off a free kick by Wilman Miranda ('22). The game would eventually go to overtime. During overtime, Manny Vidal ('24) was taken down inside the box which led to a penalty kick. Alejandro Londono ('22) took the penalty kick and delivered, sending the Tigers to the Section 1 championship.

Who would Mamaroneck end up facing in that championship

game? It was the same team that won the league title- the Scarsdale Raiders. "When we found out we were playing Scarsdale I felt it helped us lock in," said Koustaftis on the preparation before the game. "We tried to build up our own fuel before the Section Final

**"Losing the league to them gave us a drive and really motivated us the entire playoffs."
- Milton Mancias-Magana ('22)**

against them. We were not going to lose that final," said Londono. Fans from both teams made the trip to create a fantastic environment for the game. Everyone knew that this was going to be a hard fought game. After one half of play, the game was still deadlocked. With 18 minutes left in the second half, Masse scored the go ahead goal off a corner kick to put Ma-

maroneck up 1-0. The lead would hold as Mamaroneck clinched back to back Section 1 titles. "It was the best feeling. Bringing the first Section title to the program, and beating our biggest rivals at the same time," said Londono after defeating Scarsdale in the Section Finals.

"Beating our arch-rivals to do that was incredible," said Masse who scored the game winning goal for Mamaroneck.

"We'll always be remembered to them (Scarsdale) as the team who beat them in the finals," said Milton Mancias-Magana.

Mamaroneck would then move on to the State and Regional tournament where they would first play Warwick. Milton Mancias-Magana would score eight minutes into the game and that would pave the way for Mamaroneck. They would end up cruising by Warwick 3-0 with Mancias-Magana tacking on another goal and with Vidal scoring the third.

The Regional finals were up next against the Section 4 winners Corning Painted-Post. A regional win would lead Mamaroneck to its first ever state final four run. After a tight first half, neither team was yet

to score but with 22 minutes left in the game, Mancias-Magana scored his first of two goals. Koustaftis would tack on a goal three minutes later with Mancias Magana scoring his second goal two minutes after that. Miranda would put the game away as his goal with five minutes to go sealed the 4-0 victory and a regional championship. This run by the Tigers was the farthest they have ever gone in history. It would sadly end after losing to Hilton 3-2 in overtime in the Final 4 after a controversial goal in which the ball was on its way out of the field but had suddenly held up at the line. A Hilton ball boy threw a new ball at Tigers Defenseman Justin Gjnjaj. He caught the ball as the original ball went out of bounds, but it was ruled a free kick for Hilton rather than a throw-in for Mamaroneck. Hilton would score off the set piece. A missed call by the referees that was costly.

"This team was so special for so many reasons. All of us got along great, we would spend a lot of time together outside of school, and it truly felt like a family," said Masse. It was an amazing run that inspired many along the way.

Jingle Links Line the Overpass Once Again This Year

The annual Student-Council-led fundraiser helps to bring the student body to work for good in a friendly competition.



REBECCA HERZBERG/THE GLOBE
Jingle Links line the overpass, a colorful display of MHS' holiday spirit.

By ELLA SHAPIRO

The holiday season is always a great time to show your school spirit with a purpose by helping those in need. Jingle Links has always been a crucial part of the holiday spirit at MHS. Jingle Links is a competitive fundraising event between the grades, where the Student Council sells customizable paper links to raise money for charity. Every link sells for one dollar, and the grade that makes the longest chain wins.

Each class has its own respective color. This year, Freshmen are white, Sophomores are blue, Juniors are green, and Seniors are red. Once sales start, the race for the longest chain begins. The links are displayed where people can track the progress of their grade, which makes the competitive spirit even more present throughout the school. The common belief among students and faculty is that Jingle Links is a “great way to make fundraising competitive and meaningful at the same time,” says Student Council member Luca Giobbio. In past years, even faculty members and parents of students have gotten involved.

For many families in our community, the holidays are stressful due to financial insecurity, and this has been exacerbated by the pandemic and recent flooding from

Hurricane Ida. Every dollar raised by Jingle Links goes to local families who “need a little help making the holidays happen,” says Carol Scheffler, Coordinator of Student Affairs. Due to COVID-19, last year’s needs were overwhelming, which means raising as much money as possible was incredibly impactful. Scheffler says we “blew the roof off all of our previous fundraising goals last year.” In the 2020-2021 school year, MHS raised \$2,100 for local families in need just through Jingle Links.

The MHS community did a

so compelling about this fundraising event. Along with putting a smile on children’s faces, taking the stress of the holidays away from the parents is just as important.

Last year, the money raised through Jingle Links was given directly to the district social workers who then coordinated gifts and clothing for local families. This year, gift cards may be purchased for the social workers to distribute among the community members in need. Student Council tries to fill whatever the most urgent needs are when it comes

“Jingle Links is a competitive fundraising event between the grades, where the Student Council sells customizable paper links to raise money for charity.”



FATIMAH KHAN/THE GLOBE

fabulous job of rallying together to support our community through a tough year. Scheffler hopes that this past year was not a “unicorn experience” in the sheer amount of money raised for these families, and the Student Council has a goal of raising just as much, if not more, this year. “Bringing pure happiness to kids who might not be expecting gifts for the holidays” is something Giobbio finds

to the distribution of the money.

To purchase a link, find any of your Student Council member, and they will gladly sell you as many as you want. When you purchase your link, you can add a customized message to the paper before it is added to your grade’s chain. Jingle Links bring a competitive edge to a great cause and help to support community members during the holiday season.

New English Electives Off to a Successful First Semester

The two new English electives, offered to juniors and seniors at MHS, are approaching the end of their first semester.

By ANATOLI VELIKOV

As the nation becomes more culturally, ethnically, and racially diverse, lessons in diversity and justice continue to spread into schools and classrooms. With this, two new electives have emerged in Mamaroneck High School’s English department: Voices of the World and Social Justice. Each seeks to foster understanding and encourage personal growth in students.

Voices of the World, co-taught by Aaron Shansky and Christina Barquin, dives deep into culture, its meaning, and its influence on one’s views. The course has started off by reflecting upon one’s personal heritage and history. Then, through literature, music, traditions, art, and film, more cultures will be explored, expanding students’ perspectives.

Students are able to immerse themselves in various cultural stories through independent reading, literature circles, and class-wide texts. All of which culminates in what Barquin refers to as “the wealth of choice this course offers.” The class also promotes the exploration of the impact numerous cultures have had in shaping one’s community, along with the entirety

of Westchester County. Through this, students cultivate personal stories that reflect cultural dynamics throughout the nation.

The Voices of the World course enables students to learn about various cultures including: where people come from, what their traditions are, and what struggles some may face as a community. As Jordan Davis (‘23) describes, the class forces one to criticize assumptions about their daily life and practices, promoting meaningful personal growth. She says, “I am learning about so many different people and cultures and learning to deal with my own predispositions as I try to learn from the perspectives of others.” For her, the class offers a safe space for students to learn in a way that she says is seldom offered in the school.

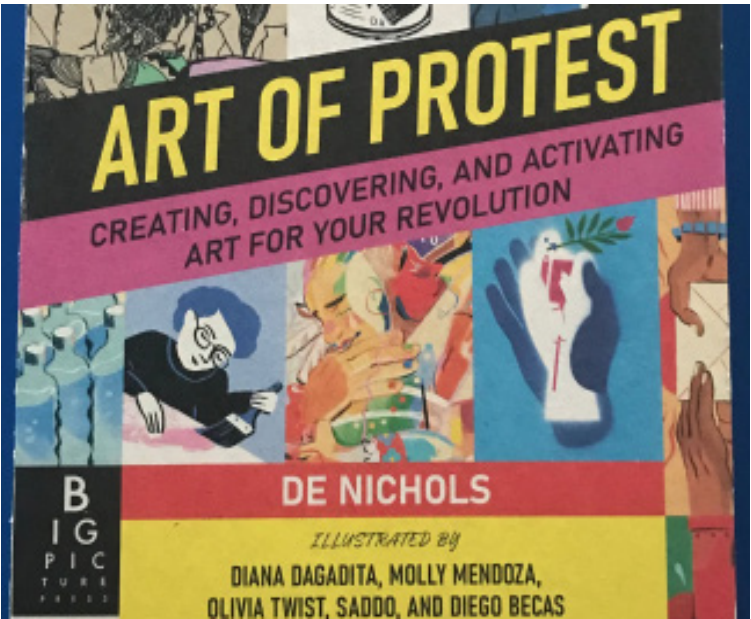
Examining the progress of the class, Shansky imparts that “Students have found sharing, reflecting on, and analyzing culture meaningful, whether it is thinking about our own cultural identity or examining it in fiction.” In the class, rich discussions have been fueled by students’ appreciation for the freedom of choice and enjoyment in what they read. Davis communicates that she is “more enthusiastic

to read” than she ever has been in an English class, and finds herself choosing to read books introduced to her in class in her spare time. Shansky also conveys that he immensely enjoys teaching the class.

The other elective new to Mamaroneck High School is the Social Justice elective: Stories of Power, Oppression, Justice, and Pride. The elective, taught by Sarah Silverman, is centered around exploring social justice movements and identity. This is done not just through the lens of struggle endured, but through discussing how people take pride in who they are, especially in a society where they are not always respected.

The class was born out of conversations with students who were frustrated that they didn’t have a consistent space to talk about social justice. Students wanted to talk about these subjects due to a desire to care for and uplift others. A motivation towards helping others while being seen also furthers an effort to become more knowledgeable people.

In response to general critiques around the nation of such curricula that articulate them as political indoctrination, Silverman expresses that’s not how the



FATIMAH KHAN/THE GLOBE

A poster featuring one of the books discussed in Stories of Power, Oppression, Justice, and Pride.

class is taught. “This is taught in a compassionate way in which we meet people where they’re at... it’s taught with a lot of choice. So everyone gets overviews of things and also gets to talk about what they’re passionate about.”

When asked how the class is going, Silverman asserts that “It’s going well and students seem interested and engaged in the topics, and appreciate the opportunity to talk about

these kinds of issues in school.”

As the school year progresses, students find themselves in enriching discussions, advanced by the new English electives at Mamaroneck High School. Those in these classes become more knowledgeable individuals, cultivating an understanding of the world and the people around them. They find great value in the new curriculums and look forward to the rest of the year.

Arts & Leisure

How Music Intertwines with Holiday Traditions

MHS students share their favorite holiday classics and the cheerful memories they associate with them.

By JULIET ZUCKER

With the holidays just around the corner, or for those who have already celebrated them, music is a big part of the season for all. While a favorite like Mariah Carey’s “All I Want For Christmas Is You” is played year after year, the tune might not be meaningful for everyone. For example, a song like “I Have a Little Dreidel” by Samuel S. Grossman is really only well known for those who celebrate Hunnukah, and even so, some might not even know it. This season, students share exactly what holiday music means to them beyond the nationwide sensations.

The holiday season is beloved by all, but none more than by Elle Krywosa (‘22). For Krywosa, holiday music is about “a feeling of togetherness and warmth that you don’t get any other time of year.” Her holiday playlist mostly consists of “everything Burl Ives,” a name mainly associated with the Christmas season and most notably known for voicing Sam the Snowman in the 1964 special “Rudolph the Red-Nosed Rein-

deer.” His music reminds Krywosa of her “childhood Christmases” and “being with family.” She believes holiday music is so popular because it’s a way to “get people excited” for the season.

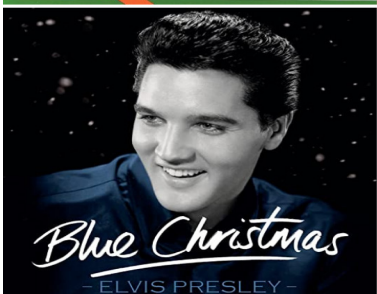
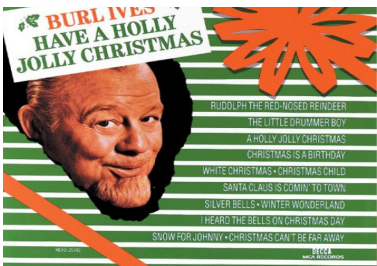
Not everyone actively listens to music, but some tunes in particular are associated with movies or personal connections. Alexa Donovan’s (‘22) favorite holiday song is “Carol of the Bells” because “it is always played during gatherings on

scribed what holiday music means to her, stating “it’s ‘happy winter’ - the time before the snow becomes dirty and before the cold becomes miserable.” As someone who celebrates Hanukkah and Christmas, she finds it “disappointing” that there isn’t as much popular Hanukkah music, meaning she has to “deliberately search to listen to it.” Christmas music, however, she can associate with “holiday cheer, happiness, and family time.”

“It’s ‘happy winter’ — the time before the snow becomes dirty and before the cold becomes miserable.”
- Alexa Donovan (‘22)

my dad’s sides.” Her family would watch *Home Alone* every year, and the choir in the movie sings that song. During the family meal, it would be played over the MTV music channel, making it a “really nostalgic” memory associated with the hit. Donovan eloquently de-

Associating holiday music with family is a common thread, as Ava Samson (‘22) feels the same way. The seasonal music reminds her of “decorating [the] house for Christmas and Hanukkah.” As Samson also celebrates both holidays, she has noticed that it



A collection of holiday classics meant to make the season brighter.

has “opened [her] up to a lot” of different styles of music. Some of her favorites include “Blue Christmas” by Elvis Presley and the famous “Winter Wonderland” by Michael Bublé. Samson notes that the “instrumentals in the music are very magical,” highlighting that the “chimes and choral singing are just beautiful.” Holiday music is something she looks forward to, as she adds that “the excitement from it never really gets old.”

Whether one celebrates Hanukkah, Christmas, both, or neither, holiday music seems universally loved and listened to by all. When associated with a specific memory or feeling, particular tunes hold more meaning than just listening to them on a loop. This season, holiday music will symbolize traditions and the making of new ones for those interested in joining in on the festivities.

Underground Vinyl Larchmont: What You Need to Know

A new record shop has been opened in Larchmont, offering a diverse assortment of vinyl to residents of all ages.

By GRIFFIN MCINTYRE

As vintage trends continue to grow in popularity with today’s youth, vinyl has quickly risen from its ashes in the 1980s and has established itself as one of the most popular forms of music today. Vinyl offers music-heads a more authentic way of enjoying music by providing listeners with a physical copy of an album containing one or two discs that can be played on a turntable. Along with being fun to keep and collect, the sound quality of vinyl is truly unmatched.

Fortunately for local community members, a new vinyl shop by the name “Underground Vinyl” has recently opened right in Larchmont. The store offers selections from big names in the music industry now to classic rock artists from decades ago that parents will know and love. The idea of listening to music on records may seem foreign to many teenagers, even though vinyl has become increasingly popular through the years. It can be difficult to get exposed to the world of vinyl when there are so many alternative streaming options, such as Apple Music and Spotify. Although these services



PHOTO COURTESY OF UNDERGROUND VINYL
An inside view of “Underground Vinyl” featuring their diverse collection of records.

are much more practical, listening to music on vinyl prompts you to sit and listen to an entire album at a time, as it can often be a hassle to skip through to the song you would like to hear. The experience of listening to an album all the way through helps to provoke a more thoughtful and genuine reaction to the music being heard. “Underground Vinyl” is hoping to introduce new listeners to the extraordinary world of vinyl, as well as provide a place for

longtime vinyl listeners not only to add to their collection, but also to interact with others who share the same passion as they do for music. Patty Weston, one of the founding members of the shop, responds to the question of why it is important to have a vinyl shop within our community: “Vinyl is a superior way to listen to music and is making a comeback, and the store is a great place for people who appreciate music to gather.” When students were asked to

share their thoughts on the idea of having a record shop in our town, the feedback was overall positive. When asked if she had any interest in visiting “Underground Vinyl,” Victoria Marquardt (‘23) stated she has “visited Underground Vinyl one time,” and “plan[s] to return often.” She has been collecting vinyl records for over a year now. “To have a vinyl store in our community is truly something special,” Marquardt notes. It has been made clear already that having access to

a vinyl store locally is a significant addition to our town that will allow many people to indulge in their passion. While many people already know and enjoy using vinyl, there is a large majority that has not yet been exposed. Marion Karp (‘23), stated in response to being asked about “Underground Vinyl,” “I have very little experience using vinyl, but I would definitely be open to trying it out and seeing if it sparks my interest.” As of now, there is an extremely limited number of vinyl stores in Westchester. In response to asking why that is, Weston states, “Like so much of retail, it is a difficult business to profit in. For us, it is a passion project, and we have decided to donate profits to charity.” The owners of “Underground Vinyl” are incredibly dedicated and, even futher, have made the extremely noble decision to send 100% of their profits to Americares, a charity that improves health for people affected by poverty or disaster. If you are looking to explore a newfound passion for vinyl, or are continuing to pursue an existing one, you have now been granted an authentic and charitable place to do so!

Edward Tulane’s Journey is Complete and It Was Magical

The fall PACE play, “The Miraculous Journey of Edward Tulane”, brings a crowd-pleasing performance back to MHS.



PHOTO COURTESY OF @PACE_MHS ON INSTAGRAM
PACE students from left to right: Lucas Burt (‘24), Xander Burt (‘22), Daisy Burkin (‘22)



PHOTO COURTESY OF @PACE_MHS ON INSTAGRAM
PACE students from left to right: Hannah Sodickson (‘22), Maia Seigerman (‘22)

By CHLOE GLAZER

The recent fall PACE play, “The Miraculous Journey of Edward Tulane,” follows the story of a toy rabbit who becomes a more loving and selfless rabbit after his journey through multiple owners. Adapted by Dwayne Hartford, the play is performed by two casts with 36 total members and was performed from the 17th to the 20th of November. Despite being adapted from a children’s book, Mr. Moore explains that it has very adult themes, such as relationships and self-growth. The cast held auditions the first week of school, instead of the end of the previous year as usual. The production was moved back a few weeks, but rehearsals started the second week of school. After the casting was decided, members of the play were called in to run specific scenes. Once closer to the date of the play, they were split into two different casts, who performed on separate nights, and ran through the whole production at rehearsals. Despite being mostly ensemble-based, the lead role of “Edward” was played by Xander Burt and Hannah Sodickson, while the role of “Traveller” was played by Wilson Moroz and Layla Hoffmann. Mr. Moore, who has been

teaching the PACE program at Mamaroneck High School for 11 years, directed the play. The fall play was one of many productions in the school year, including Soundscapes, which revolves around music and is student-directed. Due to COVID-19, masks were worn throughout the production, which Gabrielle Taylor (‘24), who played Lucy and Marlene, thought restricted the acting, as “facial expressions are harder

ber 10 and were at rehearsals for around three hours. Tech crew controlled sound and lighting, while the backstage crew controlled the curtains and moved set pieces onto the stage, as well as making sure the props were in place. Tessa Feinbloom (‘25), who was part of the backstage crew, thought rehearsals were interesting, since “It’s cool to be backstage and see all the inner workings of the props and sets that go on dur-

“It’s cool to be backstage and see all the inner workings of the props and sets that go on during the play.”
- Tessa Feinbloom (‘25)

to see through masks.” Although the production got moved back a few weeks due to the late auditions, Hannah Sodickson appreciated the extra time, since it gave the cast and crew extra time to prepare for the production. One of the options in PACE is to join the crew, although it is available to students not in the PACE program as well. Stage crew, which consists of backstage and tech, started rehearsals on Novem-

ing the play.” Sodickson thought similarly, saying how it was interesting to see the director’s perspective on how to perform the lines, as well as becoming close to the rest of the cast. Mr. Moore also thought the play was impressive because of how it handled very adult themes. Even with their different roles in the production, Feinbloom, Sodickson, and Taylor all had fantastic experiences as members of the cast and crew.

The Gossip on Gossip Girl: Students’ Take on the Reboot

The beloved six-season show is back for a reboot, but emotions among fans are mixed. What do MHS students think?

By ELLIE GUERREIRO

The teens of the Upper East Side are back, along with their drama, laughs, cries, and ploys. But is this really the comeback “Gossip Girl” fans have waited for? The CW’s beloved teen drama television series “Gossip Girl,” which aired from 2007 to 2012, has been relaunched by HBO’s popular streaming service, HBO Max. Set in Manhattan’s Upper East Side, the show follows the lives of privileged upper-class teens navigating their way through adolescence. “Glamorous, betrayal, scandalous,” says “Gossip Girl” lover Penelope Markopolous (‘24) when asked for three words on how to describe the idolized show. Markopolous explains that the show’s ambiance is what she believes made it so successful, especially amongst teens. “The lives the characters lived were very glamorous, and I think in a sense that made teens sort of aspire to be like that, considering that many teens typically value clothes, fashion, glamour and relationships, and the OG embodied that and more.” She is not wrong. The directors of the original show made it so that

viewers didn’t just fall in love with characters, but the clothes they wore, the places they went to, and the overall lifestyles they lived. However, Markopoulos complains that she still hasn’t been able to watch the reboot considering that it is only available to those who have HBO Max. “At first, I

“The lives the characters lived were very glamorous, and I think...that made teens...aspire to be like that.”
- Penelope Markopolous (‘24)

was excited to watch the reboot and was curious on how the directors would add their own twist on things, but then I found out it was only on HBO Max, and that was annoying.” Markopoulos is just one of many “Gossip Girl” fans who were left in the dark when the reboot came out because they didn’t have this streaming service.

It’s a no-brainer that the setting, fashion, and characters all make “Gossip Girl” the iconic show known today. While the reboot attempts to take some inspiration from these components of the OG, it has its vibe to it. “Gossip Girl” fan Josie Zevin (‘24) comments, “A lot of people were looking forward to a similar idea as the OG and were surprised when it was more ‘new money’ and influencer-y, which I personally didn’t like.” There’s no denying that social media and this idea of ‘new money’ played a much more significant role in the reboot compared to the original, showing a societal shift in both technology and values from the late 2000’s to today. However, at what point do all these differences make the show not a reboot, but a whole new show in itself? Nevertheless, Zevin remarks, “Even though the reboot wasn’t really my thing, I think it did some cool things in terms of connecting to real life, like making the characters’ Instagrams.” No doubt, even if the reboot wasn’t what viewers were expecting, it had some cool aspects to it. But whether or not these aspects covered the places viewers felt the show was lacking



PHOTO COURTESY OF @GOSSIPGIRL ON INSTAGRAM
Main characters from the reboot pose in their fashionable outfits on outdoor steps.

is questionable. Numerous viewers have complained about the show’s lack of realistic plot twists, unappealing acting, and the fact that the show revealed the identity of “Gossip Girl” right off the bat. Zevin explains that one of the best parts of the original was the fact that the identity of “Gossip Girl” was kept a secret, along with all the scandals and drama, and it seemed like the reboot missed the mark on all those compelling parts. The reboot had good inten-

tions and the right idea of putting a more modernized twist on an iconic show that is loved by many, but it seems as though the execution simply wasn’t there. From the absence of an intriguing plot to the lack of charm and depth from the characters, the reboot is just missing the mark. However, hope is never lost, especially when it comes to “Gossip Girl”, leaving high hopes for the second season. Nonetheless, in the words of the iconic Kristen Belle, XOXO, “Gossip Girl.”

Health & Wellness

As the Days Get Shorter, Seasonal Depression Worsens

Oftentimes, students find themselves experiencing more sadness in the winter: Here are some ways to combat it.

By OLIVIA DALY

“The sun has been setting at 4:00 p.m. every day and I hate it,” laments Sofia Bruno (‘22). The end of daylight savings time can be the beginning of a dark period in more ways than one. When daylight savings ends, it may have a negative effect on mood that adversely affects those living in the Northern Hemisphere. Seasonal depression is not an uncommon phrase to hear thrown around in the winter, but it is a very real issue. Seasonal affective disorder is a clinical disorder-- not a made-up affliction.

According to Psychology Today, seasonal affective disorder is a seasonally occurring major depressive disorder. This means that those experiencing seasonal depression may exhibit many of the same symptoms as depression, such as loss of interest in regular activities, anxiety, difficulty concentrating, and withdrawal from social interaction. The difference, however, is that the symptoms of seasonal affective disorder typically only show up during the fall and winter, and clear up in the summer and spring.

Why does this happen? There are multiple contributing factors. The first is a shift in circadian rhythms: one’s “internal clock.”



CARTOON COURTESY OF @NEWYORKERCARTOONS
For some, fall’s cheery colors give way to winter’s bleakness.

The change in daylight and hour gained due to daylight savings throws off the body’s 24-hour cycle. “When there is a shift in the season and our access to daylight, our bodies struggle to adjust to the new light and time frame,” explains Cleveland Clinic psychologist Susan Albers. The challenge of adjusting can be attributed to melatonin and serotonin, hormones associated with sleep

patterns and mood. According to New York City-based neuropsychologist Sanam Hafeez, “Lack of sunlight suppresses the production of two important hormones, serotonin and sleep-inducing melatonin, both of which play an important role in mood balance. [...] A person’s level of serotonin and melatonin decreases when there is less sunlight, which may lead to symptoms of depression.”

Although the end of daylight savings only causes a one hour time difference, its effects on important hormones can negatively affect both mood and mental health.

Luckily, there are steps one can take to try to avoid seasonal depression. Establishing a routine is a great way to stay consistent despite the changing daylight hours. Cleveland Clinic recommends working out, eating healthy, and seeing

friends. These small but important tasks all fit comfortably into a routine and help to combat seasonal depression. In addition to a routine, it’s important to spend time outside every day and take advantage of what little daylight there is. When there’s not enough light outside, one can turn to methods such as light therapy inside their own home. As reported by Cleveland Clinic, phototherapy (light therapy) is the use of a special lamp up to “20 times brighter than regular indoor light,” each morning. Results appear quickly, often taking only three days to decrease seasonal affective disorder’s effects.

If seasonal affective disorder goes untreated, symptoms can worsen. According to Mayo Clinic, seasonal affective disorder can spiral into substance abuse, social withdrawal, suicidal thoughts and behaviors, anxiety, or eating disorders. If one is struggling with seasonal affective disorder, it should not be taken lightly; take action by seeking help.

Seasonal depression is difficult to overcome but, fortunately, it is treatable. With the help of preventative measures, even those suffering can eventually enjoy the winter months.

Don’t Let Holiday Assignments Creep Up On You

Relax and recharge this break, but plan out how you’ll complete your assignments too!

By SEBASTIAN GOLD

For hard-working and busy Mamaroneck High School students, the holiday break is a much-needed period of relaxation and fun. Endless homework and studying is supposed to come to a 10 day hiatus. However, this is not always the case. The normal stressors in everyday life can’t just be put on hold; there is always something that needs to be done over break. But how does one enjoy holiday break while still being productive?

By the time December 23 rolls around, everyone seems to have checked out from their regular lives. But after the New Year’s celebrations have died down, a harsh reality greets every procrastinator: life is beginning again. Of course, the easy solution would be to simply make sure everything gets done in time. But this is easier said than done. As a result, many people come back from holiday break feeling anxious and stressed, instead of rejuvenated and ready-to-go.

In an article for Psychology Today titled “How to Best Use

Winter Break,” therapist Rob Danzman emphasizes the importance of making a plan and structuring your days. For high school students, this is key for getting assignments completed. If one has scheduled exactly when they are going to study 20 SAT words, they are more likely to do it than if they were to just vaguely say “I’ll do it later.” This year, schools reopen relatively early on January 3rd, so it is more

“Many people come back from holiday break feeling anxious and stressed, instead of rejuvenated and ready-to-go.”

important than ever to not let assignments drag on over many days.

For advice directly related to Mamaroneck High School, the *Globe* consulted English teacher Linda Sherwood, who has experi-

ence in giving multi-week assignments. Ms. Sherwood is a strong proponent of getting as much prep work done as soon as possible, even if it is at the very beginning of the break. As she puts it, “you have to do the scaffolding.” A large part of feeling confident about your work is knowing that it’s off to a strong start, so following Ms. Sherwood’s advice can save you stress later on. For example, if the assignment is an essay, have an outline ready along with an introduction paragraph before break begins, or right at the start. This method places students who would prefer to put off work until the end of break in a good place come January.

As dreaded as it is, the majority of students have a long list of tasks they need to accomplish before they return to school. Following Dr. Danzman’s advice on making a plan is essential to completing all of one’s tasks.

However, when it comes to planning a schedule out, confusion can arise. A study from the American Psychological Association titled “Multitasking: Switch-



ing costs” shows that attempting to complete multiple tasks at once makes you less productive, not more. The study explains the negatives involved with constantly switching between tasks, including how it can slow down your overall work rate. So, when creating a work plan for holiday break, space time out for assignments so that too much is not being attempted at once. To be most effi-

cient, focus on one thing at a time.

Enjoy the holiday break. Make the most of it: spend time with friends and family, eat great food, and appreciate being out of the classroom. Being happy over the holidays is incredibly important. But if essential tasks are put off until the end of break, all that happiness will quickly wane. So make a plan, space out assignments, and get essential tasks done first.

The Highs and Lows of Varsity Sports

How do MHS Varsity Sports affect the mental well-being of students?

By KIRA WALTER

Transitioning into the Winter Sports Season at Mamaroneck, the school has seen some of the greatest Tiger victories in a long time. Girls’ Field Hockey, Boys’ Soccer, Cross Country, and Girl’s Volleyball made it very far into the Post-Season. With spectators allowed back on the bleachers, the student body was again able to follow their success.

Nonetheless, while watching teams compete is a pleasure, life on the field, court, or track is often very complicated. According to psychologist and teen specialist Marshall Mintz, “The professional consensus is that the incidence of anxiety and depression among scholastic athletes has increased over the past 10 to 15 years.” Serious varsity competition can take a huge toll on the average high schoolers’ mental health.

This issue is often most apparent in the constant pressure that competitors place on their own shoulders. In a recent poll, 52 out of 86 Mamaroneck competitors agreed with Mintz’s statement. With college around the corner, many students feel they must succeed to appeal to their colleges of choice. Already, many tigers have been accepted to universities for sports including a few juniors.

Furthermore, the performance of fellow teammates forces certain team members to either keep up with the level of the team or to carry more of the victory. The football team had a particu-

larly rewarding season this year and when asked how he dealt with pressure, quarterback Jason Cox (‘23) responded, “With the team being successful this year, the pressure to do well was definitely higher than usual. As a team, we knew we had something to prove and we used pressure as motivation.” Cox’s answer conveys how some players performed better under

typically creates tension between both the players and the coach, because no matter what the situation, someone will be unhappy with the decision.” Coming into tryouts, there is always a range in talent among those trying out, and players are thus frequently pitted against each other, often forming rivalries instead of friendships. Still, most often, athletes on

“73 out of 97 MHS athletes stated that scholastic athletics have added ‘extra toxicity’ to their lives in the past.”

pressure. Nonetheless, stress created during this time can have lasting effects on one’s mental wellbeing.

Another debilitating aspect of varsity sports is a toxic team environment. The competitive nature teammates are exposed to can often create unhealthy tension and promote bullying. According to a survey taken during the fall season, 73 out of 97 MHS athletes stated that scholastic athletics have added “extra toxicity” to their lives in the past.

Meanwhile, an anonymous athlete offered an explanation of why these kinds of environments develop: “Oftentimes, varsity teams have numerous players per position, making it so students not only compete against other teams, but also their own teammates in order to get playing time. This

the same team form strong bonds, helping to keep each other both physically and mentally strong during the season. Out of 113 students who responded to an online questionnaire, 99 agreed that “varsity sports unite us more as a school” while the other 14 stated they “divide us more through competition.”

As long-standing members on one of Mamaroneck’s very tightly knit teams, Cameron Lee (‘22) and Jason Markopolous (‘22) happily summarized the supportive character of the cross country track team. “We’ve got a great group of kids. We’re all super close,” they said.

Varsity athletics can also promote better mental health as many students use practices as a way to destress. In fact, 75 out of 97 Mamaroneck students agreed that joining sports teams can serve as



PHOTO COURTESY OF @MURDAFUT ON INSTAGRAM
The boys Varsity soccer team experienced a mental “high” at sectional championships this year.

an outlet to release stress. Spending time with friends and play-

**“The social aspect of the team is also a huge support in relieving academic stress.”
- Grace Holzman Hansen (‘22)**

ing games remind students that they have time to themselves before beginning homework.

On the bowling team, this idea especially holds true. “Bowling is a place to concentrate on something that I love doing instead of wondering what assignments I have to

complete next. The social aspect of the team is also a huge support in relieving academic stress,” Grace Holtzman Hansen (‘22) explained. When they are kept lighthearted, sports can be a great way to break up the day and stay in good shape.

At the high school today, there are so many different sports teams to join. For some, the world of varsity athletics is a chance to prove themselves and rise above the competition. For others, it is a place to form strong bonds and keep active. While it is important to take team commitments seriously, students must prioritize their mental health. Varsity programs can be a gateway to college and serve as outstanding extracurricular activities. However, first and foremost, they are made for students to have fun and just enjoy the game.

The Impact of Gift Giving on Mental Health

This holiday season, the traditional practice of gift giving may have more of an impact on our wellbeing than we imagined.

By KATIE LOGA

The tradition of gift giving has been around for centuries and has become virtually synonymous with Christmas, Hanukkah, and other beloved wintertime holidays. The exchange of presents signifies a time of gathering with loved ones, and although gifts come in all shapes and sizes, the joyful feeling that they ignite is universal.

While many tend to associate the holidays with joy and positivity, the festivities that take place in the winter season can actually evoke a deterioration of mental health. Juliet Kaplan (‘22), the President of the Mental Health Awareness Club at MHS, shares that while there are many causes for a decline in mental health around the holidays, some specific reasons can be “family problems, [...] being left out, [...] having a lot of work that teachers give you.” With the holidays having the potential to lead to poor mental health, it is important to have ways to combat, or at least cope with, these sources of mental health deterioration.

In the spirit of effectively managing poor mental health around the holidays, do not underestimate the power of a good old fashioned gift swap. Maya Duthie (‘23) enjoys getting into the holiday spirit through getting gifts for friends and family. She says that when she gets a gift for someone, “I really dig into what they personally like and their interests, and I just want to make sure they really enjoy the present.” While gift exchanges are a common way to celebrate the holidays, participating in fun trade-offs are sure to be successful in improving one’s mental health.

As both giving and receiving presents lead to joy, the question of which is better for one’s overall mental health arises. Duthie answers that “giving gifts gives me more of a sensation of happiness,” because she loves “just seeing [people] smile.” Duthie isn’t alone in preferring to give gifts than receive them. According to South University, gifting usually leaves people feeling more content than getting presents. Upon performing a completely selfless act

of kindness, one’s psychological health has been shown to improve. To add on, a National Institute of Health study states that while giving presents and getting them stimulates parts of the brain associated with reward, gift giving alone activates a part of the brain that causes people to like and appreciate each other more. This form of generosity can therefore strengthen social relationships, which are a key part of mental health.

Though gift giving has been proven to have positive health effects, Kaplan explains that sometimes it can be part of the problem. She noted that some of the causes of mental health deterioration around the holidays stem from “the stress around buying gifts.” While the typical classification of a gift may be a material item, a gift does not have to be purchased in a store, and is often more meaningful when it isn’t. Duthie shares that her favorite gift she’s ever given someone is not one that she bought, but instead a blanket that she made for a friend. Duthie thought that present had a “deeper



meaning,” and her friend really appreciated the personal touch she added. It’s important to recognize that a quality gift doesn’t have to come with an expensive price tag. In fact, the best gifts might not come with any price tag at all.

For those who have last minute presents to buy or make,

keep in mind that gift giving does not have to be an added stressor. Whether one’s gifts are store bought or homemade, focusing on the recipients and their appreciation of the thought and time put into their present may provide a welcome boost to one’s mental health during the holidays.

Sports

Varsity Field Hockey Rises to the Top This Season

Mamaroneck played an impressive consistent game that led them to the State Semifinals.

By CIARA DOOGUE

In the 2020 season, the Tigers fell short of winning a section title. Mamaroneck lost 3-1 to the Pelham Pelicans in the section championship. Although last year the girls walked off the field in tears, they came back this year ready for redemption.

Being on Mamaroneck’s Varsity Field Hockey team is not like being on any regular team. The season is a huge commitment that every player has to make. Before each game, there are team dinners or breakfasts. The girls spend hours together, forming bonds that become unbreakable. After speaking with a few of the players, it became clear that these relationships were a huge factor in their success. The team was “the closest team I’ve ever been a part of,” Jane McNally (‘22) says. Every player had trust in each other on and off the field. “No one played for themselves, we only played for each other,” McNally said. Every game, the team fought like it could be their last, and that motivation is brought them to success.

Alongside the great success of the Tigers this season, many of the girls on the team received awards. All Section awards went to Hannah Rogoff (‘22), Ava Gristina (‘22), McNally, and Lily Margoshes (‘23). McNally was also named to the NY



PHOTO COURTESY OF @MURDAFLOCK ON INSTAGRAM
The Varsity Field Hockey team smiles with their Section 1 Championship plaque.

State All- Tournament Team. All States include Rogoff, Gristina and McNally. These awards were well deserved and fought for all season.

This year, the Tigers finished the season with a record of 17-3-1. Mamaroneck worked hard this season to make it to the section finals. Chasing after what they had lost last season, Mamaroneck had a convincing 2-0 win over Scarsdale to gain the section title this year. Mamaroneck dominated possession in the first half but struggled to get that last touch to put the ball in the cage. While the offense was hustling, the defense was hold-

ing up strong on the other end of the field. Coming into the second half, Mamaroneck had even more excitement and motivation than in the first. Natalie Mahland (‘22) and Hannah Rogoff (‘22) both scored in the second half, leading the Tigers to their victory.

The Tigers’ outstanding win over Scarsdale brought them to the Regional Championship the next weekend. The team was ecstatic, coming into the Kingston game with confidence. Kingston has been known to be an aggressive team, which Mamaroneck had mentally prepared for. In the first

five minutes of the game, Catherine D’Arcy (‘25) scored, setting the tone for the rest of the game and keeping Kingston on their toes. The Tigers were able to successfully double team dangerous players on Kingston, making their defense very successful. They were able to prevent any penalties by playing smart defense, making chances for Kingston to score even lower. Deservedly, Mamaroneck came out of the game with a 3-0 victory, making them regional champions. The Tigers fought hard and won.

Their victory over Kingston brought them to their last goal: the

State Semifinals. Mamaroneck was set to play Shenendehowa. This was not any normal game for either team. Both were offensively and defensively strong, making this a very competitive game. Shenendehowa scored in the first couple of minutes of the first quarter. Mamaroneck was being “out-hustled” and was “frazzled,” McNally says, but soon after the first quarter, the game was delayed due to a tornado warning. This changed the whole dynamic of the game. The teams did not get back on the field until hours later. However, the second the girls stepped back on the field the “energy level had raised significantly” and Mamaroneck was “back in it,” McNally describes. Mamaroneck came back out, and played one of their strongest games, but was unable to capitalize on corners and finish on goal. Unfortunately, after a very good fight, the Tigers fell short to Shenendehowa 1-0.

This loss certainly did not define Mamaroneck’s season. The Tigers put on an outstanding show. There was not a single game where any player took time out on the field for granted, and the team played every game under the mindset that it could be their last. This commitment and dedication is one of the key aspects to Mamaroneck Field Hockey’s great success. This team showed everyone what this program is all about, and they are ready to do it all over again next year.

Varsity Volleyball Jumps to Sectional Finals

Mamaroneck has another successful run in the 2021 volleyball season, reaching the Sectional Final.

By JANE MCNALLY

Just a few years ago, the Mamaroneck volleyball team lurked in the shadows cast by other Mamaroneck sports teams. They were a team that was building, strengthening so they too could have their time to shine.

Now, after two straight winning seasons, and back-to-back Sectional Final appearances, the Tigers have launched themselves to the top among premier Section 1 volleyball programs.

After a strong regular season that included wins against North Rockland and rival Scarsdale, as well as two dominant playoff sweeps over Mahopac and Arlington, the Tigers fell to North Rockland in a five set battle. Despite the end coming much sooner than anyone wanted, there is much to be celebrated. Another successful season only continues to strengthen Mamaroneck volleyball, a team led by just two

seniors this year: Kaitlyn Welsh (‘22) and Catherine Gelber (‘22).

After losing nine seniors to graduation in 2021, Gelber understood she and Welsh would have to make the “big adjustment [to filling] a huge hole in leadership.” However, the two worked together and recognized how they could “be the leaders [their] team needed to be successful.”

A young, feisty team, the Tigers entered every game with an edge. “Each game we had the urge to play together and beat [our] opponents,” Welsh explained. The Tigers were well aware that they had something to prove— to prove people wrong. After graduating nine seniors, including multiple starters, Mamaroneck was a “rebuilding team” in the eyes of many. But the young team was determined to never slow down, and never bow down to their opponents.

Despite the success, it took some early adjustments to get back on top. “In the beginning of our season, we had some ups

and downs. Our team wasn’t fully connecting on the court,” Welsh admitted. However, the strong 3-1 regular season win over North Rockland on October 13th propelled the Tigers. After that game, according to Welsh, the team “had an insane amount of growth” and “built itself to the top again.”

Ask any Mamaroneck senior athlete what their favorite on-the-field or on-the-court memory is, and they will likely respond with beating Scarsdale. Due to the fact that Mamaroneck volleyball was unranked, still lacking the attention they rightfully deserved, and that the Raiders were ranked in the top-10 in Section 1 (according to Lohud.com), “beating Scarsdale in their gym” was a moment that stuck out to Welsh, who noted that the Tigers were eager and “wanted to win so much more.”

After a dominant postseason run to the Sectional Final, the Tigers met North Rockland again at Hendrick Hudson High School on November 5th. “The champion-

ship was an extremely emotional game,” Gelber recalled. Before the game, the lone seniors took a second to reflect on their impressive run. “Kaitlyn and I took a second to say “Hey, we got here together and no matter what, I’m so happy I did it with you.” The game, a back-and-forth battle that eventually resulted in a come-from-behind win by North Rockland, was an emotional rollercoaster. Mamaroneck won the first set, 25-20, and proceeded to go up two sets to one. North Rockland had a response, however, roaring back to push the game to five sets and, ultimately, taking the last set by a score of 25-19. Some Tigers players had big performances: Liv Conte (‘24) finished the game with nine kills and 20 digs, while Welsh had eight kills and 22 digs, and Gelber had an all-star performance with 31 assists, five kills, two aces and 15 digs. Gelber noted the “high level of competition, feeling nervous, scared, sad, and absolutely glorious that [they] had made it [that]

far. It was a surreal moment.”

Often it is not the points on the scoreboard or the individual talent of the players that breeds success – rather it is that bond that you form with your teammates. The closeness of Mamaroneck volleyball and the relationships off the court were the most vital part of their success. “We were able to rely on each other on the court which made playing together so much easier,” Gelber spoke of her team. Without a close team, the Tigers would have never gotten as far as they did, as they relied on that trust in each other on and off the court. Those relationships will last forever for seniors Welsh and Gelber, and will leave a great mark on the program.

But of course, they’ll never forget the wins. “Early in the season, we said we wanted to win and nothing else and we made that message clear,” Gelber noted with determination.

And that’s exactly what the team did this 2021 season.

Varsity Wrestling Begins a Bright New Season

The MHS Varisty Wrestling team kicks off the 2021-2022 season on the right foot.



PHOTO COURTESY OF LOHUD
Two student wrestlers face off on the MHS turf during the MHS match against New Rochelle.



PHOTO COURTESY OF LOHUD
On a dark March evening, a student wrestling match between New Rochelle and Mamaroneck is about to begin.

By **MADDIE ROBINSON & EMILY BENNITT**

Following last year’s limited season, Mamaroneck High School’s wrestling team has hit the mats with renewed enthusiasm this winter. During the 2020-2021 season, COVID-19 restrictions were put in place in order to keep the athletes healthy. For example, throughout the entire season, masks were required. One of the most difficult restrictions was a no contact rule. This left the team doing only cardiovascular and technique-based workouts, no actual wrestling. It was not until the end of the season that minimal contact was allowed. This consisted of wrestlers participating in short wrestling matches against one another. Fortunately, the team was lucky enough to compete in one match last year, against New Rochelle High School. This unique match took place on March 11, 2021, on the MHS turf. A large mat was placed outside for the team to wrestle on. Eric Nesser (‘22) says, “It was a very cool experience to wrestle outside since that was the first time for almost all of us.” In fact, this was the first outside wrestling match in Westchester high

school history. The team was able to make the most of the 2020-2021 season, and are now eagerly beginning a more interactive season. Wrestling is back to normal this year, despite the fact that masks are still required. Matches are taking place regularly again, as well as most tournaments. The schools that Mamaroneck has been

that the school usually hosts. While the team is not happy about this, they are grateful for the matches they are having. In addition, the post season is set to take place. Coach Scott Gilberti believes that the team has the potential to do well in the sectional tournament. “We have a chance to go far into the sectional

**“It was a very cool experience to wrestle outside since that was the first time for almost all of us.”
- Eric Nesser (‘22)**

scheduled to face this year are Rye, North Rockland, Suffern, New Rochelle, Mount Vernon, Scarsdale, and Edgemont. The first match took place on Saturday, December 4th, at Rye High School. The first match that Mamaroneck is hosting is on Tuesday, January 4th. This year Mamaroneck will not be hosting the Tiger Tournament, due to fears of COVID-19 spreading. This is a tournament

tournament and look forward to wrestling in Albany,” he explained. Captains are yet to be chosen, but hopefully will be in two to three weeks. The team will look to the captains to ensure a strong and connected team. Follow along with the MHS wrestling team on instagram, @mhsvarsitysports, and on the “MAXPREPS” website to see how they do in this year’s season, and make sure to cheer them on!

Winter Sports Return With Fans in the Stands

After a year of no fans, winter sport athletes are excited to start the new season with cheers in the background.

By **SAM ROSUCK**

Last year, rather than their usual start in mid-November, all winter sports seasons were postponed until February due to COVID-19. This delay not only shortened the season to a few weeks, but it also left the players with no fans allowed in the stands, something Mamaroneck’s winter sports

players and fans alike. Juliette Ammon (‘22), who has been on the Varsity Girls’ Basketball Team since her junior year, said that she is “happy to have fans [this year] because the cheering brings a better attitude to the game.” Along with Ammon, Coach Chiapparelli of the hockey team says the “boys will love having fan support”. Last season, players were left with no other support system than those

the games by yelling or coaching from the stands. These types of situations can be difficult for many players, which they will have to adjust to after last season, especially if they found comfort in having nobody watching them. Despite this, having fans can also provide a good outlet for supporters and the student body as well. Chiapparelli explained that “the fans will love the opportunity to support the team and it gives our student body and fun avenue on a Friday night”, which is extremely true, and one way this change has affected supporters along with players. Ammon took this into account when asked about the change of having fans in the stands, conceding that “I know a lot of people get stressed with fans in the stands because of parents who put a lot of pressure on their kids or getting playing time in front of certain people.” However, she still believes that “overall it is a good experience to have more people in the bleachers.” It is true that those factors cause issues for many athletes, but it is possible that the energy and positivity of the fans may override some of the stress that players get on the court.



PHOTO COURTESY OF LOHUD
The Varsity Ice Hockey team plays with a crowd through the glass.

**“I am happy to have fans [this year] because the cheering brings a better attitude to the game.”
- Juliette Ammon (‘22)**

teams had never experienced before. Now, with many people vaccinated, fans of the winter sports teams will be able to attend all games and show their support. There is no question that having fans or no fans are completely different experiences, both with negatives and positives, but it is clear that having fans is a much more uplifting experience for the

on the bench, making it harder to bring the energy to the game. As Ammon explained, with the fans, teams are now able to play in a more energetic atmosphere, which brings their games back to life. On the other hand, there are many players who often get nervous playing in front of a large group of people or have parents who may cause stress during

The winter sports teams are getting in gear to play a full length season and are now ready to have people watching their games again. As Chiapparelli said “great for the (hockey) team to know they are scheduled to play a full season”, along with the rest of the winter sports. It is, of course, a completely different environment with and without fans, but many places and teams are excited

to have fans in order to keep the game positive and lively. As Ammon said, “It will bring more of an uplifting vibe to the game because people will feel more encouraged.” Fans have the potential to drastically change how winter sports teams will perform this season in comparison to last season. The winter sports teams are very excited about this upcoming season and are determined to succeed.

