

# The Round Table



shsroundtable.com

Stamford High School

Fall Print Edition 2013

## Remembering Kyle Cruz: A Beloved Athlete and Friend

By Lindsay Swatland, Co-Editor In Chief

Kyle Cruz, a 17-year-old Stamford High and Westhill High School student athlete involved in football, track and baseball, and born on December 28, 1995 in New York, NY, passed away on October 30, 2013.

Cruz, one of three siblings including his younger half brother Sabatino and younger half sister Amber, was a kid with a lot of heart to give, and he looked to spread a positive attitude to others. As his friend Richard Salinas expressed, "He was overall a good person who put others first, and when he saw someone looking down he wanted to cheer them up."

Salinas grew to be a close friend of Cruz during their freshman year, and whether in class or playing football, they spent a great deal of time together throughout high school.

Justin Nizolek, senior and close friend of Cruz, said, "Whether we were lifting weights at LA Fitness, on the baseball diamond, or working a shift together at Nonna's Pizza, Kyle was always cracking jokes with a huge smile." By exuding such a kind and passionate vibe, Cruz never failed to brighten the mood and spread a positive attitude to not only his co-workers and customers at work, but also around his peers and acquaintances everyday. Nizolek became close friends with Cruz through freshman year baseball, but knew his biggest goals were really in football. Nizolek said, "I'll always remember Kyle constantly talking about his football stats but better yet, talking about improving then."

As a dedicated student athlete, Cruz always sought to improve his skills on the football field, and did whatever he could in hopes of achieving his dream of being recruited by college to play. And it wasn't just at practice and in games that Cruz wanted to prove himself as a team player. Going to the gym regularly to weight lift and attending football combines to enhance his game-play were a couple of the other ways Cruz worked to build strength, speed, and agility as he developed a true love for the game. According to his profile on recruiting website *berecruited.com*, Cruz was honored with multiple awards throughout his 2011 and 2012 high school career, including the NUC Westchester New York Combine King



and Fastest Man Sophomore, along with the NUC So. Jersey Top Performer.

As mentioned in his profile, Cruz was a kid who worked as hard on the field as he did in school on his studies, trying to be the best role model and positive example for his younger siblings that he could be. Giving back to the community also became a large part of who Cruz was. He participated in fundraising for various charities and served

at the food bank with his church's youth group, as well as doing what he could as a volunteer and member of the local community. "Kyle was determined to accomplish and achieve whatever he set his mind to, and had energy like no other," said senior Austin Senerchia, who was also a cousin of Cruz. Senerchia remembers Cruz as a happy kid, known for his flashy smile.

Sadly, Kyle will never know how much his

family and friends truly cared and supported him. This is evidenced by the incredible number of people who came to the wake and funeral out of admiration and respect. It really solidified what his life meant and the impact he had - and continues to have - on so many people in our school community.

### Inside This Issue:

#### FEATURES 4

##### Tales of a Teenage Pregnancy: Teen Mom Tells All

Teen mom, Diamond Addison, gives The Round Table the scoop on her teenage pregnancy.

##### Mrs. Karlson Offers Students a Real Life Science Lesson

Science teacher, Mrs. Karlson, pumps breast milk in between classes.

#### ARTS 6

##### Ender's Game, Ended Lame

A Stamford High School student reviews the Ender's Game movie.

#### SPORTS 5

##### Stamford High Boys Varsity Soccer Round Up

The Stamford High boys soccer team finished out the regular season 10-6-3 and made the FCIAC tournament semi-finals for the first time in fifteen years.

#### COMMUNITY 8

##### Save Big Money With Little Planning

Is buying food from the vending machines worth it? Or should students buy food ahead of time to save money?

#### OPINIONS 2-3

##### Pep Rally Causes Student to Wonder About Decorum

Stamford High's dance team's performance at the recent pep rally was out of place and inappropriate, says one student.

##### There's No App for that: 9 Reasons Why Smart Phones are Dumb

The reasons why people should revert back to "dumber" phones, explained by a Stamford High student.

#### FASHION 7

##### Outfits of the Week (see right)

Check out the latest fashion trends!



## Students Try to do Right Thing, but Pay Consequences

By Wendy Marroquin, Staff Writer

Erin Cox, an honor student at North Andover High near Boston, had to give up her captain position a couple of weeks ago for trying to pick her friend up; a friend who was too drunk to drive. Cox went to the party to pick up her friend according to CNN, but shortly after she got to the place the police arrived and arrested dozens of kids and warned 15 others, including Cox. The police wrote that Cox wasn't drinking in a statement, but her school, having zero-tolerance for alcohol and drug use, charged that she violated their policies. North

Andover High made Cox give up her position as captain of her volleyball team, and she was suspended for 5 games, according to CNN. All for doing the right thing, and for being a good friend, as well as a great citizen. What kind of school system would allow themselves to suspend and take away the captain position of a teen that only wanted to save a life? They should be thankful that Erin Cox was actually

trying to help a friend out. If it wasn't for her, papers would be writing about yet, ANOTHER drunk driver and its devastating tragedies. They should call this girl a hero! She is the product of those campaigns, those signs that say "Don't Drink and Drive, Save a Life."

She did not consume any alcohol, she just had bad luck that the police were there and she was caught; caught trying to take a friend home safe.

Cox and her family, with all the rights in the world, plan to file a formal action against the school and its system, "in the hope that officials there will think twice before imposing sanctions on any student whose only offense involves trying to prevent yet another



Photo by Alex Littlehales

drunk-driving tragedy," Wendy Murphy, Cox's attorney, said in a statement to CNN. They have every right to sue the school district; they teach kids to be cautious and to help a friend in need. Although under-age drinking is still wrong, Cox's friend was careful, and Cox went there to save a life. Instead, she lost her captain position and was suspended from playing.

## Miley is Not the One at Fault, Thicke is

Sabrina Petrafesa, Arts Editor

Recently the public has been giving Miley Cyrus a lot of hate. In my opinion, it is all unwarranted. We're going to put her recent indiscretion of claiming "weed is great" aside and actually touch upon things she's doing and being judged for and doesn't deserve.

Let's talk about the VMA's. I personally hadn't watched the VMA's this year, after hearing what had happened I also jumped ship saying, "That's ridiculous, she's acting so weird and unprofessional. "It wasn't

until I watched the video and realized that the song being performed was Robin Thicke's Blurred Lines and not Miley's song at all. I had not heard a single thing about Robin Thicke in any of this "Miley is disgusting" talk, when - in fact - Miley was grinding on a 36-year-old man who is married and has children. Why is it not okay for a single Miley to be grinding against someone, but it's completely okay for Robin Thicke to let this girl grind against him? It's giving into the very misogynistic ideals that our society believes

in. We shouldn't be judging or shaming Miley because she was "acting like a whore" when the choreographer, Diane Martel (The same person who choreographed the misogynistic video for Blurred Lines), was the person who made Miley do what she did. I'm not going to deny that Miley could have at some point said no to doing the performance at all, but why should she?

Then there's the music video for Wrecking Ball, the response was immediately criticized as Miley swung completely naked on a wrecking ball. Critics took

to the twitter-sphere saying things like "Miley needs to put a shirt on!" Quite honestly, this is not the worst thing an artist has done with the female body recently. We're all hearing about how indecent it was of Miley to do that with the wrecking ball, but allow me to point out Robin Thicke again. In his music video for Blurred Lines, Thicke is blatantly derogatory as many naked women flaunt their bare breasts. In an interview Thicke

says, "We tried to do everything that was taboo. Bestiality, drug injections, and everything that is completely derogatory towards women. Because all three of us are happily married with children, we were like, 'We're the perfect guys to make fun of this.'" However, not many were causing a ruckus about this video, which they should have. Especially since this video was purposefully misogynistic. There was also Justin Timberlake's video for the song Tunnel Vision in that video there was also countless shirtless or naked women who were showing all to everyone. I have heard almost nothing about Timberlake's choice to put naked women in his video and we should be talking about it.

We need to leave Miley alone because she's just a girl who is trying to take control of her life and become a new person when other performers - who are mostly men - are taking women and using them as objects rather than people. Miley hasn't done anything completely awful that she deserves the hate she is getting. And yet, we still succumb to the terrible things society does to women in power.



## Hallway Policy: Believe it or not Administration Cares

By Alex Littlehales, Opinions Editor

Being a Senior, I can remember a time when I once breathed the outside air during school hours. What a crazy concept, right? It was only two years ago that I was freely inhaling the sweet smells of fall during my passing times, and it was marvelous. Naturally, this new hallway policy is ridiculed and scorned during every passing period, and I'm the first one to discuss how stupid it is to cram us into narrow hallways (which I'm pretty sure is a fire hazard). However, I'll also be the first one to praise what administration is doing, because this inevitably proves one thing: administration cares about its students.

The new hallway policy was put into effect days after the tragic Newtown Elementary School shooting, and since then, there have been 15 recorded school-related shootings here in the United States. The policy created the school-wide scrutiny that is still exhibited by our students to this day. I'll put money on the fact that no one enjoys the new hallway policy. However, I take comfort in the idea that in an ever-changing world full of psychopaths (and citizens obviously in need of better mental facilities), it has become relatively difficult for anyone who fits that category to penetrate the walls here at Stamford High. To the average outsider's knowledge, the only way to get into the high school is through the front entrance: Past our beloved Stevie Wonder look-a-like guard, multiple security precautions directed through the main office, and a variety of other lurking security guards who are always on point. Otherwise, there is no way to physically harm the student body here at Stamford High from the outside; isn't that a definite positive for you all?

Is anyone really going to argue that in today's American society, there isn't even the slightest chance that someone, off their pills and having a bad day, wouldn't see us walking outside in between periods and wouldn't for a second even think about harming us? It's sad to think about, yes, but after considering such violent gun related crimes like the Aurora shooting, Newtown, and even dating back to Virginia Tech, I'm glad there's some type of action be taken to provide safety to our students.

Whether you believe it or not, the administration cares about the emotional and physical well being of its students, and I for one am at the very least proud that my school is being proactive.

### The Round Table

#### Co-Editors in Chief

Gabe Bautista  
Lindsay Swatland

#### News Editor

Anthony Bottino

#### Opinions Editor

Alex Littlehales

#### Features Editor

Maddy Vancura

#### Arts Editor

Sabrina Petrafesa

#### Sports Editor

Derek Kronkowski

#### Photo Manager

Austin Cagle

#### Business Manager

Aset Fortune

#### Layout & Web Design

Jessica Stietzel

#### Faculty Advisor

Mr. Jon Ringel  
Ms. Krista Deiana

The Round Table is published quarterly during the school year by the Communications and Journalism classes of Stamford High School, Room 624, Stamford High School, 55 Strawberry Hill Avenue, Stamford, Connecticut 06902, (203) 977-4632.

The views expressed in The Round Table are those of the writers and do not necessarily represent views of the school, its students or staff. All unsigned editorials are opinions of the editorial board.

The Round Table welcomes letters from its readers. Letters must be original and signed. All are subject to editing. Anonymous letters are not published, but names may be withheld upon request.

### Writers Featured in this Issue

Gabe Bautista  
Sam Berkrot  
Bailey Bitetto  
Anthony Bottino  
Stacey Hazen  
Sarah Kinzler  
Derek Kronkowski  
Alex Littlehales  
Daniella Malinowski

Wendy Marroquin  
Justin Nizolek  
Deirdre O'Connell  
Megan O'Neill  
Sabrina Petrafesa  
Austin Senerchia  
Lindsay Swatland  
Carter Trabikino

## Pep Rally Makes Student Wonder About Decorum

By Gabe Bautista, Co-Editor In Chief

Our annual fall sport pep rally is a time to celebrate and appreciate all the hard work that our athletes have put in over the early school year.

The pep rally was comprised of various teams presenting themselves and doing some sort of a cheer. This year was even more special, as we raised \$10,000 to present to the Susan G. Komen Foundation. The video prepped by one of our stu-



Photo by Sara Jenkins

dent was terrific, and the football team even presented Dr. Valentine with a brand new football jersey. But what really stood out to me the most was the step team and their little over-the-top performance. If you weren't there, it featured "twerking," the same dance move that Miley Cyrus was widely panned for demonstrating at the VMA's last month.

While some students seemed to enjoy the dance, I was slightly shocked at how such a presentation was approved to be performed in front of hundreds of student and staff—I was not even aware that we had a step

ingly inappropriate, and their act was fairly appalling to me. If an outsider were to observe the scene that had occurred, they would've thought lowly of our school. This type of thing degrades the image of Stamford High.

For a school sponsored pep rally, the dance was slightly unrestrained. I felt a little embarrassed at what we allowed to be done at a school-wide event. When things like this occur, I think

it negatively impacts the image of our school. As an educational institution, I think we have a responsibility to not allow things like this to occur. I am otherwise proud of the efforts that Stamford High has put forward into increasing breast cancer awareness. I felt that the pep rally was a positive event, and I am proud to be a part of my school.

Watching the step team perform I was shocked, as I felt that the step team's performance was inappropriate. I understand that the dance team worked hard at their routine. I recognize their efforts, and appreciate their bravery to perform in front of the entire school. However, their performance, I felt, was in poor taste, especially as it was conducted in a school setting. It was overwhelm-

## Unnatural Fitness Isn't Worth It

By Alex Littlehales, Opinions Editor

At the local gym, I was going through a basic set of exercises that even the most beginning weight lifters would recognize. Then, strolling in like a flock of upright crickets, came four incredibly skinny teenagers, each holding a liquid-filled bottle of their own. Since they were the loud, obnoxious type of gym members, I couldn't help but overhear them brag about the different types of supplements that filled their bottles. This included: Creatine, NO-Explode, BCAA's, Mass Gainer, Whey Protein, and Casein Protein. First, they asked me how to do the simplest of gym exercises: the Bench Press. After each member put up embarrassing weight on the bench press, the flock left the gym before the gym radio finished its song. The Problem: "Everybody wants to be famous, but nobody wants to put the work in". The same logic applies here, today's generation of adolescent weight lifters are looking at these supplements as an easy way out. Without knowing the fundamentals of proper weight training, teenagers by the waves are literally buying into all these supplements in hopes that they will magically make them stronger and more appealing to their friends. But at what cost? The big problem I have with the sudden supplement craze is the sense of false advertising. These health com-

panies are advertising their products as if the only way to become athletically advanced is to take their products. This, unfortunately, leads to a thought process that promotes the intake of supplements, rather than elbow grease and determination, to obtain muscles. You can't just take these products and magically expect to see results within week's time. Especially if you don't understand proper form and weight lifting technique, which was clearly lost on this particular group of boys. Let me be the first to say: There is nothing wrong with taking these types of supplements. Creatine is a natural supplement found in the body that can increase weight and reps. NO-Explode can help relieve pre-workout grogginess. Whey and Casein Proteins are perfectly safe methods of building muscle without the fear of muscle plateau. Even Mass Gainers can help the stickiest of sticks build some solid muscle. Pro athletes often use these supplements to obtain peak levels of strength, stamina, and speed. That being said, when taken without proper caution, these same products can potentially be damaging to your overall health as your body develops.

Too much of the intra-workout protein supplement BCAA's, can cause liver and kidney damage later on in life, due to their potent protein content. Pre-workouts can lead to an inability to naturally produce energy, as people become dependent on the supplements caffeine intake. In fact, several heart attack deaths have been linked to the overdose of simple pre-workouts such as NO-Explode and C4. Even the relatively safe, natural proteins such as whey have been linked to cases of growth plate deterioration, which in layman's terms means unnecessary shortness. The Solution: The solution to this



Photo by Raul Riviera

gross epidemic can be answered by the simple acronym K.I.S.S: Keep it simple, stupid. Eat the food pyramid; it's there for a reason! To drop weight, burn more calories than you ingest. To gain mass, eat more than your caloric intake while still adhering to the food pyramid. Eat five smaller meals a day, it's better for the digestive system and keeps you from snacking. Drink chocolate milk before a workout, it has natural and simple sugars that your body can easily turn into energy, and it's all natural. The body can only process 35 grams of protein per hour, so a simple high protein/ low carb meal is the perfect post workout food. The era of hardworking gym aficionados like Arnold Schwarzenegger and Sylvester Stallone is apparently over. Instead it has been replaced by a wave of fitness ignorant hooligans who will ingest anything, if it even claims to create results. I will attempt to be at the forefront of the all-natural method of working out; I suggest you join me. Your 50-year-old body will someday thank me.

## There's No App for That: 9 Reasons Why Smart Phone's are "Dumb"

By Sam Berkrot, Staff Writer

In an era dominated by smart phones (or the Siri age), simple cellular devices, carrying the basic functions of a standard phone, are becoming an endangered species. Every day more and more people are switching over from "dumb phones" to iPhones and Droids and Galaxies and other devices whose names imply that they belong in a science fiction novel. But for those still on the fence about the subject, here are some reasons why upgrading to a more high-tech model may not be an upgrade at all:

1.) Dumb Phones are indestructible- You may be super excited about that new iPhone, but you won't be so excited when after one drop its screen is completely shattered. As amazing as smart phones are on the inside, they somehow have not developed the ability to withstand basic impact. You can buy cases and screen protectors and other gizmos and gadgets, but those aren't cheap. You're much better off with a phone that you can throw across a room without the slightest worry of it breaking (because let's face it, sometimes you just want to throw your phone across a room).

2.) No More Auto-Correct- While some praise the auto-correct feature that comes standard with many smart phones, all have fallen victim to its occasional misreads. Sure, 95 percent of the time, you can text away without a care in the world, but when you do send that text to your mom saying that you're making heroin with your friends rather than hemp bracelets, your loyalty to this feature may falter.

3.) A dumber phone equals a smarter you- At this day and age, there is no more brain stimulation when the answer to any answerable question ever lies in the palm of your hand. By not owning a smart phone, you are forced to think of the answers all by yourself, and who knows? Maybe you'll actually learn something for a change.

4.) Anti-theft Protection- One of the best things about having a dumb phone is that no one else wants one! People will go out of their way to snatch that new Galaxy of yours, but if you leave your dumb phone in the middle of a lunch table you can be fairly certain it'll be there when you get back...and that's a pretty cool thought.

5.) Smart Phones are the Ultimate Time Waster- With smart phones come dozens of wonderful features like games, group messages, and, best of all, INTERNET. You could pick up your phone to send one text message and end up literally spending hours watching cat videos. Why is this something you wish to subject yourself to? In that wasted time you could write poetry, learn an instrument, or do pretty much do anything to distinguish yourself from the rest of the cat-enthused world.

6.) Touch Screen Issues- Though touch screens seem cool and futuristic on their hypersensitive surface, they're really just accidents waiting to happen. For a while you feel like a God clicking and dragging things with the simple touch of your finger, and then one day for whatever reason (remember, its fragile), your phone decides to click everything two centimeters to the left of where you touch it. You want to pull up that essay you emailed yourself to prove to your history teacher that you did, in fact, write it, but your phone only wants to pull up that video of you attempting to "twerk...." Needless to say, your teacher is not amused.

7.) Inspiring the true social media- With dumb phones, you don't have constant access to your Facebook, Instagram, and Twitter 24/7. While this may sound like a horrific nightmare, it really only means that if you want to get to know the people in your sphere of friends better, you'll have to do it the old-fashioned way- talking to them. And it could be that taking a Tweet-cation will help you out in the long run because while it might seem ever-important to you that you're "@ da mall againnnn," #nooneelsecares.

8.) The Simple Lifestyle- Having a simple, easy-to-use phone can change your outlook on life. Once you realize that you don't need all the glitz and glamour to survive, you can dig deep and focus more on the important things in life: family, friends, love...I'm not saying that having a dumb phone will automatically make you a better person...but I'm strongly implying it.

9.) Going against the flow- Having a dumb phone in a world of smart phones gives you a sense of individuality and a chance to set yourself apart from the crowd. Plus, making fun of it yourself, makes for a tasteful joke to tell a friend or an ice breaker for that girl you just met (although she has a Droid, I wouldn't trust her). Not to mention, willingly dropping your phone and exhibiting how it doesn't shatter can be a lovely party trick if necessary.



Photo by Raul Riviera

panies are advertising their products as if the only way to become athletically advanced is to take their products. This, unfortunately, leads to a thought process that promotes the intake of supplements, rather than elbow grease and determination,

## Tales of a Teenage Pregnancy: Teen Mom Tells All

Deirdre O'Connell, Staff Writer

When the topic of teen motherhood is brought up, it is usually spoken about with a negative connotation. Teen pregnancy is very often looked down upon in this day in age, but not all teen pregnancies end with the said teen dropping out of school. Diamond Addison, a 17-year-old student at Stamford High became pregnant last year, and has recently given birth to a healthy baby boy. In addition, Addison will be graduating from high school this June.

When she first told her family about her pregnancy, she said that they were not very upset. Outside of her family, Addison said, "Shocking, a lot of people complimented me." She said she was treated better than usual by her peers. "More people were attracted to me; people I didn't even know started talking to me."

During the course of her pregnancy, though, school became harder and harder. "Most teachers weren't understanding" said Addison. The farther into her pregnancy she got, the more easily irritable she became. "I will cuss you out; I'm pregnant, hot and you (the school) only feed me once a day!" said the junior. However, the biggest change in school for Addison was "Missing out on the classes that I enjoyed. It was hard for me because I wasn't used to getting into school so late."

Now the biggest change for Addison is being away from her son while she's at school. Although her aunt takes care of the baby during the day, Addison said that she "was used to being with him 24/7" in the summer, so coming back to the student life is a big change. "When preparing for labor Addison said "I was just really mad that I was still pregnant." She wanted him out as soon as possible. Although the labor was eventually induced, Addison did not get an epidural and received no



pain drugs during the birth. "It was not what I expected," she said. Contrary to popular belief, Addison said that her labor was "not that bad." She even went as far as to call it "enjoyable."

To her, the worst part of the pregnancy was before and after the birth. While she was pregnant, Addison had to visit her OB-GYN quite frequently and

get her cervix checked, which she said she did not enjoy.

Addison's main complaint about the childbirth process was how the hospital handled her situation. "Stamford Hospital is the worst," she said. She said that during labor the doctor "did nothing, she just sat there." When the baby boy, Elijah, was first born, Addison did not want to hold him until he was thoroughly washed, but against her wishes she had to hold her baby before he was clean. She also said that "Sitting in the hospital after was the worst; you can't sleep in a hospital!" She remembered constantly being awakened to have blood drawn, or to have her blood pressure taken.

Since the pregnancy, she has not stayed with Elijah's father, although he did come to visit her and the baby at the hospital. Regarding their relationship, Addison said, "I have one child; I do not need two." Addison is currently working on finishing high school, and is transferring to West Haven High School in order to graduate early. She is planning on going to college, and is looking at Southern Connecticut State University. Wherever she goes, she plans on staying in the state, because "it is important to be with [Elijah] and bond." Addison says she loves being a mother, and says that Elijah is "amazing." Overall, Addison is a great example of a successful teenage mother.

## Mrs. Karlson offers students a real life science lesson

Daniella Malinowski, Staff Writer

Recently a spotlight has been put on SHS environmental science teacher Mrs. Karlson, due to the interesting

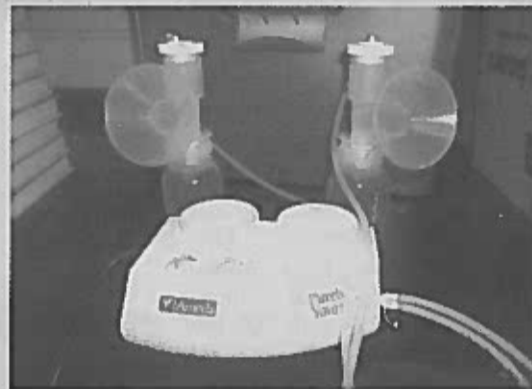
fact that she has been pumping breast milk in between classes. She bravely accepted a request for an interview about how this affects her day-to-day life, and also talked about controversy coming from this intriguing (yet slightly uncomfortable) activity. Karlson explained that she uses a breast



pump two times a school day to pump milk for her 4-month-old baby girl, in a private location within the school that meets all of her needs. She pointed out that "It is actually required for the school to provide a comfortable environment outside of a bathroom to teachers who have a medical need for them." Karlson also claims that the only time it affects her schedule is when she has a class first period, because she needs the last ten minutes to pump. "Otherwise, I do it during third lunch wave, which may be the worst part for the kids," she said. This brought up the questions of how her students react to this necessity, and whether or not she feels embarrassed when telling them about her situation. Karlson swore that many of her kids handle it quite well; however,

Karlson explained that she uses a breast pump two times a school day to pump milk for her 4-month-old baby girl, in a private location within the school that meets all of her needs.

She pointed out that "It is actually required for the school to provide a comfortable environment outside of a bathroom to teachers who have a medical need for them." Karlson also claims that the only time it affects her schedule is when she has a class first period, because she needs the last ten minutes to pump. "Otherwise, I do it during third lunch wave, which may be the worst part for the kids," she said. This brought up the questions of how her students react to this necessity, and whether or not she feels embarrassed when telling them about her situation. Karlson swore that many of her kids handle it quite well; however,



device, so I'd actually rather feed my baby in public than get caught using the machine." Although some kids have no idea what a breast pump looks like, many others have seen them in action with their parents and baby siblings. When discussing the discrimination that comes with breastfeeding in public, Karlson happily confirmed that

she said it can be a bit awkward due to all the questions her students have. Also, Karlson said, "the machine actually looks like a torture device, so I'd actually rather feed my baby in public than get caught using the machine." Although some kids have no idea what a breast pump looks like, many others have seen them in action with their parents and baby siblings. Recently a spotlight has been put on SHS environmental science teacher Mrs. Karlson, due to the interesting fact that she has been pumping breast milk in between classes. She bravely accepted a request for an interview about how this affects her day-to-day life, and also talked about controversy coming from this intriguing (yet slightly uncomfortable) activity.

she hasn't faced much judgment because it is something that is becoming more and more common in today's society. Also, she purposely avoids feeding in public if she can help it: "I use a nursing cover when breastfeeding and try to find a secluded area in the shade to do it or I stay in my car to do it in public." When asked about those who are grossed out by her actions, Karlson simply said, "She's gotta eat! You gotta do what you gotta do!" I think we can all agree that though it might seem a bit weird, Mrs. Karlson is responsible for feeding her beautiful baby. So as long as she's not walking around the halls pumping breast milk and breastfeeding, it's best to just accept the matter and move on with your day.

## Stamford High's Ultimate Frisbee Club

Carier Trabakino, Contributor

Last year, Juniors Sam Berkrot and Geoffrey Cahr, assisted by history teacher Matt Moynihan, started what is known at Stamford High School as the Ultimate Frisbee club. The club is available for all students and meets every Tuesday and Thursday.

Both founders agree that this year's turnout trumps last year's, and both are very happy with the club thus far. It is hoped that this year the club will even evolve to the level of playing matches against other schools, such as cross-town rival Westhill. It was in fact this dream of playing other schools, which Berkrot had gained from working at a yearly summer camp, that was the inspiration for the club.

Upon deciding to commence this club the two worked adamantly to make it happen. They recruited Mr. Moynihan and speedily spread the word. The club was certainly successful last year, but has made much progress since. Numbers have doubled, making the future very

bright. According to members, the goal is to expand the club to the varsity level within the next few years. Steps are being taken now to make this a feasible goal. The club will be making official team pennies with the club motto "Get At It," as well as the club logo and Stamford High School included on it.

Members of the club from last year, such as Mike Gaizler, Michael Hoherchak, and Matt McGoldrick, have also helped to raise the progra to the level

FCIAC powerhouses, such as Westhill." He feels, as do others, that the club has a "really solid group of players," and that these players have the ability to continue to raise the level of the team. Hoherchak says the "bond and unity between players strengthens the team and makes the club a very enjoyable experience." Both these players, as well as McGoldrick, are truly embracing this sport. For as Matt put it, "Frisbee is not just a game, it's a way of life." First

year player Brendan George has also embraced the competitive level of the program. George showed us this by scoring the winning point for his team last week, despite being picked last overall. He said, "I am very excited about this new sport, and can't

wait to keep playing!" Overall the club has achieved much success with much more surly to come. Every single member has pride in the program and would all agree with senior Steven Browning, who said, "Frisbee is love, Frisbee is life."

it is at this year. These players understand that while it is still a nice way to relax after a long day of school, the program's competitive edge is much more prevalent this year. Gaizler told us that he has worked over the off-season to improve his form and that he is "looking forward to competing against other



Follow The Round Table on social media!

Facebook: SHS Round Table

Twitter: @SHSRoundTable

Instagram: @SHSRoundTable

# Stamford High Boys Varsity Soccer Round Up

By: Austin Senerchia, Staff Writer

The boy's soccer team had an excellent run this past season, with a record of 10-6-3 the boys made it to the semi-finals round of FCIAC's, an achievement that has not been conquered within 15 years.

Captain Marc Guirand, 12, went into the season with a positive attitude; despite not being able to hit the weight room as a team he said the team worked a whole lot on technical and physical skills on the field. He also said that the team did some wrestling training that helped them out greatly. Mario Caminiti, soccer coach for about 20 years, knows many aspects of the game and especially how to train his team. "I try to look at things in a realistic manner knowing that we only had just a few players returning, at that point I didn't think we had enough experience to be who we are now" he said. Certainly the team has grown over the season, coping with tough teams and hard losses.

Mike Nunziante, 11, said, "We had a very dynamic season but



that is expected of a young team." He said "We have very dedicated team members and they have been putting in the work. We have a lot of talent and speed on the team." Mike is among one of the many players who had not played varsity level soccer before this year. Guirand said "We really had to get

in their face because their mentality wasn't as strong as ours. A lot of pressure was placed on me and we needed to push them as hard as we can." The team faced a very challenging season, facing elite teams like Greenwich and Ridgefield but the boys' didn't sulk over their lost games. It was essential for the re-

turning players to keep the mentality positive.

As the season progressed the boys found themselves in a sure first round FCIAC spot. With an impressive victory over Fairfield Ludlowe Nunziante said, "I totally appreciated the opportunity to play in my first varsity playoff game."

Nunziante along with other defensive players had a significant role in keeping the score low for the opposing team. Their next challenge was Ridgefield, a team they have lost to before. Before meeting their match on the field Guirand needed to "hype up" the team. He among other players knew it was critical to practice hard but maintain a positive mindset.

Unfortunately the boys suffered a hard loss (5-1). Though they had to be quick to forget the loss and get ready for the State Tournament. Caminiti said, "We have to keep doing what we do best...there is very little time to incorporate new tactics or any new drills. I think right now it comes down to mental toughness on behalf of everybody, including the coaches. We need to be disciplined with our game and not get too overconfident."

## Getting a Feel For the Water

By: Derek Kronkowski, Sports Editor

Although their jerseys may not say Black Knights on them, the Westhill/Stamford Swim and Dive team have the same winning attitude. The team includes students from SHS, AITE, and Westhill. "It's cool in a way that you meet a bunch of new people with different experience levels, and we all support each other no matter what school we go to," says Senior Swimmer from SHS Kaitlin Sloane. Senior Captain from Westhill, Erin Gray, also says, "A co-op team is a great opportunity for everyone to be able to reach out to more girls than just in their own school. "Having a co-op team though does have its difficulties. "It's definitely a challenge when it comes to organizing transportation to our meets," says Sloane, and Gray adds that, "of course it would be nice to have a city rivalry, but our team bond is definitely worth the combination." The team is made up of 26 swimmers, seven from SHS, six from AITE, and 13 from Westhill, which provides a good balance and a chance to meet new people. The team practices daily and competes in about ten meets every year before they move onto FCIAC's.

## Incognito bullying scandal rocks NFL

By: Bailey Bitetto, Staff Writer

As news of Richie Incognito's (Guard for the Miami Dolphins) recent bullying toward Jonathan Martin has surfaced, the general public has become increasingly angered.

There is no place in the NFL for bullying, and Incognito showcased the worst kind - displaying racial hate toward Martin via text messages and voicemails.

It has now been released that even earlier in his football career, he was guilty of the same behavior. In 2002, as a freshman at Nebraska he was known for harassing a fellow offensive lineman.

Certainly not something any fan would want to hear. Mike

Nunziante, a Junior here at Stamford High and a die hard fan had a very strong opinion in particular. "Actions like these, made by Incognito, should never be tolerated in any level of play, especially at the professional level. These athletes are looked up to by the kids watching them, what kind of message does that send if the NFL allows this to be overlooked, solely because Incognito is a standout player?" "Something needs to be done about this"

In an interview with him in late August, Incognito looks very calm, speaks respectfully and stumbles upon his words to make



him look like a "good" person.

The fact that he can come off so sly and innocent toward this situation saying things like "I have nothing but respect for my teammates" disgusts fans and everyday people alike.

Bullying has become a major problem in society today, but when you think of bullying, you think in the

halls of a high school, or the ever so popular "online bullying". Not by a grown adult toward another.

Bottom line is, the NFL can't continue to protect their players once they have committed such a serious offense. Incognito deserves everything coming to him, and more.



# The Round Table is now online!!

Check it out at:

# shsroundtable.com

## Sci-Fi Flashback: Dune Reviewed

By: Matt McGoldrick, Contributor

Winner of both the Hugo and the Nebula awards, Frank Herbert's 1965 classic *Dune* is the world's best selling sci-fi book and one of the most critically acclaimed fiction novels of all time. It's pretty tough to start, but it's full of sword fights, space travel, assassins, prophecy, and a little magic too—once you get started, you won't want to put it down. I highly recommend it for any fans of sci-fi, fantasy, adventure, or any piece of literature that inspires profound thought in its reader; like all great masterworks of its genre, the book is just as much a work on philosophy, society, and politics as it is on fiction.

*Dune* is set in the far distant future amidst a sprawling interstellar empire on the brink of collapse. The balance of power is maintained by the coop-

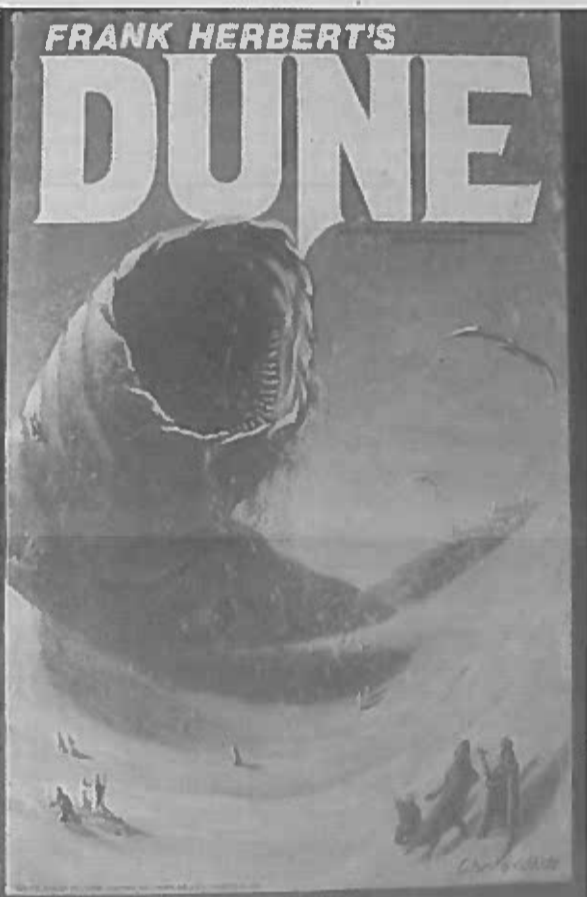
ined by Tolkien as a precursor to his own fiction epic *Lord of the Rings*. If you're a fan of either series, you'll definitely love *Dune*.

Our story centers around the young Paul Atreides, heir to the dukedom of one of the most influential Noble Houses in the Empire. Fearful of the power wielded by Paul's father, the Emperor orders the house Atreides to leave their home on the paradise planet of Caladan to take the desert planet of Arakkis as their new fief. The order is a near death sentence, forcing Paul and his family to face not only the fatal climate and dangerous Fremen tribes of the wasteland Arakkis, but also the plots of their rivals, the house Harkonnen, who ruled the planet before them.

Only through careful strategy and alliance with the native Fremen can the house Atreides hope to survive, but there they have an advantage. The Fremen believe that Paul is the figure of their prophecy, one destined to unite all the tribes and make the world a peaceful place; Paul doesn't believe that he is the one, but he may just have to play the role if he wishes to survive.

At a very mature reading level and nearly 500 pages, *Dune* is a tough read, especially in the beginning. Although pushing past the introduction might seem a feat for any but the most avid of readers, it's an absolute page turner and a pleasure to read. At its core, the novel is a coming of age story

that features our young protagonist out against not just the world, but the very galaxy. With adventure, action, romance, and even philosophy, this book appeals to all tastes in literature and is a great read for any high school student.



eration of the Emperor, the Nobility, and the Guilds, but political relations are just as tense and complex as anything out *A Game of Thrones*. One of the best aspects of the book is the extensive back-story and research done by Frank Herbert, comparable only to the history of Middle Earth imag-



## Ender's Game: Ended Lame (Spoiler Alert)

By: Sabrina Petrafesa, Arts Editor

**CONTAINS SPOILERS** — *Ender's Game* was a highly anticipated film — directed and screenplay by Gavin Hood — by all, but especially by those who read the book the film was based off of, written by Orson Scott Card. Being one of those people who actually read the book, I would say that the movie was brilliant up until the ending. The movie is about an incredibly intelligent child, Ender (Asa Butterfield), who was chosen from amongst all of the world's smartest children. Mainly, though, it's about Ender's struggle to keep his humanity during a time where everyone expects him to become inhuman, by killing an entire species.

This movie was not as disappointing as I expected it to be. Most of it was amazingly entertaining, it was so well done; if there is anything I would nitpick about the beginning of the movie is that I would have wanted the opening scene with Ender's siblings to be a bit longer and for viewers to realize exactly how young these kids start out fighting in the book (which is age six). I think it's safe to say that for the most part, the bulk of the movie was true to the book. The plot followed the book fairly well; the main plot points that needed to come across to the audience were there. The only "serious" change was that a choice was made to make the characters be from around ages ten and up. You couldn't really complain, because it made things easier and moved the plot along a little faster.

There was one thing that bugged me more than anything in the entire movie was that the alien threat in the book are called "Buggers." There is absolutely no plausible reason to call the aliens anything else. Why change their name from buggers to formics, as the

film did? You could make an argument that they didn't want the buggers to be called buggers because of the negative connotation that comes from the British slang word, "bugger." However, these aliens are the worst possible threat to humans out there — the negative connotation should be there. Humans don't like these things, they despise them and they want to destroy buggers. So why bother to change the name to formics?

This movie basically destroyed all efforts of a sequel if they wanted to make another film based off the book series. It took the whole ending of the book and distorted it, making it so that Ender would never be with Valentine (Abigail Breslin), his sister, again. In the book, after the final battle with the buggers Valentine goes to see Ender and demands that he escape with her to one of the outer planets to escape their brother, Peter (Jimmy 'Jax' Pinchak), forever. On one of those planets, Ender finds out that there is one last bugger queen and he becomes determined to find her a home to start the bigger race again. In the movie they totally ignore that part of the book, and just have the last queen and another formic watching out for her is on the very planet that is inhabited by the human armies. Valentine never comes into play and she is left stranded on Earth to live her days with Peter while Ender escapes trying to find a home for the formic queen.

Cinematically, this movie was stunning. The effects were beautiful and incredibly, disgustingly eerie. Although the cast was filled with many young actors, all of them were phenomenal. The movie was filled with big-name adult actors as well, like Ben Kingsley (playing Mazer Rackham), Viola Davis (Major Gwen Anderson), and Harrison Ford (Colonel Graff) as the main adult cast. Also as a pleasant surprise to any fans of "Hannah Montana" the show, Moises Arias made an appearance as Bonzo Madrid. However, I think it's safe to say that he wasn't all that intimidating (as the character is supposed to be). His height alone took away anything that made him intimidating, but his acting was pretty good.

All in all, the entire movie was entertaining even for those who read the book, if just a little irksome. Those who didn't read the book probably thought the movie was amazing.

## What's on Your iPod?

By: Sabrina Petrafesa, Arts Editor

We put Daniella Malinowski's (senior) iPod on shuffle and found five interesting songs that you may or may not have listened to before! I think we can recognize a few of these songs, and maybe not others. However, there clearly is a mix of genres to be found on Malinowski's iPod.

1. Where Are You Now by Mumford and Sons

2. Nobody by NeYo

3. Anywhere But Here by Hilary Duff

4. PYT (Pretty Young Thing) covered by Glee Cast

5. Mi Mancherai (il Postino) by Josh Groban

# Stamford High Rallies in Pink Out Success

By: Sarah Kinzler, Fashion Editor

Many different groups from sports teams to schools have been raising funds and awareness for breast cancer research. On the home front, our school is no exception. Stamford High was inspired to do a "Pink Out" last Friday. Students and teachers alike were decked out in pink shirts specifically sold to raise our goal of \$10,000; students also wore pink breast cancer socks, pink bandanas, pink eye blacks and more. Some students even went as far as wearing pink wigs and pink pig noses to show their support. Our school showed a lot of pride in the success for this event as many Stamford High students attended the girls' volleyball game, boys' soccer game, and football game, sporting the pink gear.

The football players also took a large part in this event, supporting breast cancer by wearing their own pink gear during the game. Similarly, the NFL has been raising awareness by wearing colors to support different charitable causes—and not only breast cancer.

Recently, not only has the NFL been showcasing their pink gear, but wide receiver Brandon Marshall of the Chicago Bears rocked some custom-made lime green cleats to show his personal support for Mental Illness Awareness Week. Being recently diagnosed with borderline bipolar disorder, he deemed it especially necessary to raise awareness—and didn't even bother to ask for permission. Marshall will be fined for wearing

the lime green cleats as the NFL has extremely specific guidelines concerning the players' uniforms. If they are not abided by, a player can be fined or even expelled from the league.

Despite this, Marshall stands by his decision to wear the cleats due to the immense amount of awareness the controversy alone has risen. In 2011, Marshall began the Brandon Marshall Foundation in order to provide resources for those in need who have mental illnesses like bipolar disorder. Marshall's custom lime green cleats have not seen the end of the road. To raise money for his foundation, his cleats are currently being auctioned for \$2,000.



Photo by Dylan Fyffe

## Fall Outfits of the Week

By: Sarah Kinzler, Fashion Editor



Photo by Claire Cohen

Sarah is wearing an American Eagle Dress that costs \$30 paired with comfy ankle booties from Buffalo Exchange that were \$13. Her outfit also features a vintage necklace that brings together the whole ensemble.

Dylan is wearing a striped button down shirt from Tommy Hilfiger that was purchased from Macy's for \$14 and jeans from Hollister that were \$20. Tying the whole outfit together, he is wearing Sperrys that were purchased for \$17 on sale at Macy's.

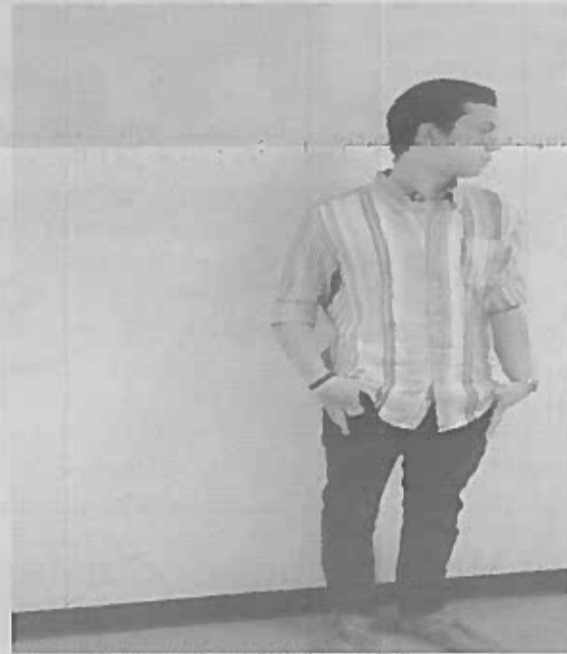


Photo by Sarah Kinzler



Photo by Claire Cohen

Daniella is wearing a white crop top from J. Crew that she purchased for \$15 and red pants from Old Navy for \$20. Completing the look, she is wearing a denim vest from Forever 21 for \$20, and black combat boots from Macy's that were \$80.

## Not Just Your Average White T-Shirt: Teachers and Casual Dress

By: Daniella Malinowski, Staff Writer



Photo by Sarah Kinzler: Senior Michael Hotherchak (left) and Economics Teacher Mr. White (right)

When considering the diverse fashion within our school, it isn't right to strictly think about our student body. A majority of our teaching staff has the same problem when it comes to dressing "appropriately" in the work place. You are more likely to see a teacher wearing jeans, sneakers, and a t-shirt than a suit and tie just as us kids like to sag our pants and wear close to nothing.

One of the teachers that come to mind when discussing casual dress is Mr. White. We all know and love him for his amazing humor, but I decided it would be intriguing to make him slightly uncomfortable by asking if he has a specific strategy for dressing for school. He explained how he gets dressed in the dark every morning because his wife is still sleeping and she should not be disturbed. Whatever can be seen is what gets thrown on and he further explained that "it's not a strategy, it's survival." As I questioned further about whether or not he agrees with teachers being able to dress casually in an educational environment, he said yes, but that a part

of him says, "Give me a dress code and then I'll abide by it." This draws attention to the fact that though there is an expected way for teachers to dress, there are no exact guidelines behind it.

The unofficial standard for most "formal" male teachers is to wear khakis, dress shoes, a nice shirt, and a tie. This led me to questioning White about whether or not he would wear what he was wearing today (a U-Knight t-shirt, khakis, and black sneakers) to our school open house. Immediately he let out a nervous giggle as he admits: "No, I will wear the teacher uniform of khakis and a blazer."

A very common division in the staff's dress code occurs between coaches or health/ gym teachers and normal academic teachers. The coaches are constantly sporting school spirited t-shirts and athletic-wear down to the newest Nike sneakers. White is the new coach of the girls' soccer team and has had many years of coaching experience, so I thought it appropriate to ask if he feels that since he coaches a team he has more right to wear athletic cloth-

ing than others. He replied that he should be the only teacher allowed to get away with it due to the fact that he "works the hardest." He further explained that he has a personal right to wear what he does since he gets to school before six every morning to work with athletic students.

When discussing all the judgment that is aimed towards White and many other teachers in this school for their lax style choices, I asked for one final comment to all of the kids who have a problem with the matter. Mr. White smiled and simply answered: "Pull your pants up and then we can talk."

So there you have it kids. Next time you go to make fun of White for his "casual" attire, make sure your pants are pulled up to your waist and keep in mind all of the other teachers in the school that don't care just as much!

## The Trials and Tribulations of Stamford High's Seniors

By Justin Nizolek, Staff Writer

After three years filled with countless hours of studying, hundreds of homework assignments, hours upon hours of school activities, and any other involvement, it is finally time for Stamford High Seniors to show off everything they've achieved. It is the time of year where students scramble to meet deadlines, fill out endless applications, send out scores and transcripts, and gather any other things they may need. Although it may be one of the most stressful processes these seniors have gone through yet, it is also one of the most exciting. It is the college application process.

One of the biggest decisions an individual is going to make in their life is where they are going to attend college. College is where they will spend the next four years of their life, and the lengthy decision process all starts with an application.



Photo by Jon Ringel

Students throughout the class of 2104 are currently spending a great deal of their time writing essays and supplements for schools, working with their guidance counselors, and making sure their applications are flawless before submitting them. Mr. Levy, a guidance counselor to many college-bound seniors here at SHS, said that the most difficult part of the college process for him is "knowing that some may have to face rejection," but added that the most rewarding part was "seeing the excitement on students' faces when they get accepted." Based on many different academic factors and personal preferences, students have put together a list of colleges containing reach, target, and safety schools that they will be applying to.

Once applied, all there is left to do is wait, which to some is the toughest part of this whole process. When days feel like weeks and months feel like years, some colleges take over two months to give you a response, which does not help the nerves of the anxious students. But when you open up your mailbox and see that "fat letter", all the hours you spent on that application are suddenly worth it. You've been accepted to college. As senior Jimmy Corcoran said, "Right now it just seems like a ton of extra work to do, but it'll all be worth it once the acceptance letters start coming in."

## Save Big Money with a Little Planning

By Stacey Hazen and Megan O'Neill, Staff Writers

Think about how much money you pay for food from the vending machine. You might reconsider buying these items if you knew how much more they cost here than in the grocery store. I was shocked to find that the total resale value of the items in a fully stocked vending machine is roughly \$328.06 more than it would cost if each item was bought in bulk at a grocery store or online.

As an example, the vending machine next to the library has about 655 items in it. On any given day it could have 60 Dorito bags, 60 Goldfish bags, a combined total of 75 Pop Tart packages and Welch's Fruit Snacks, a combined 200 granola bars (including Nutrigrain and Nature's Valley bars), 200 Rice Krispie Treats, and 60 Snyder's Pretzel bags. I arrived at the expense difference by calculating the individual price of the items when bought in bulk. I multiplied this number by the quantity found in the vending machine.

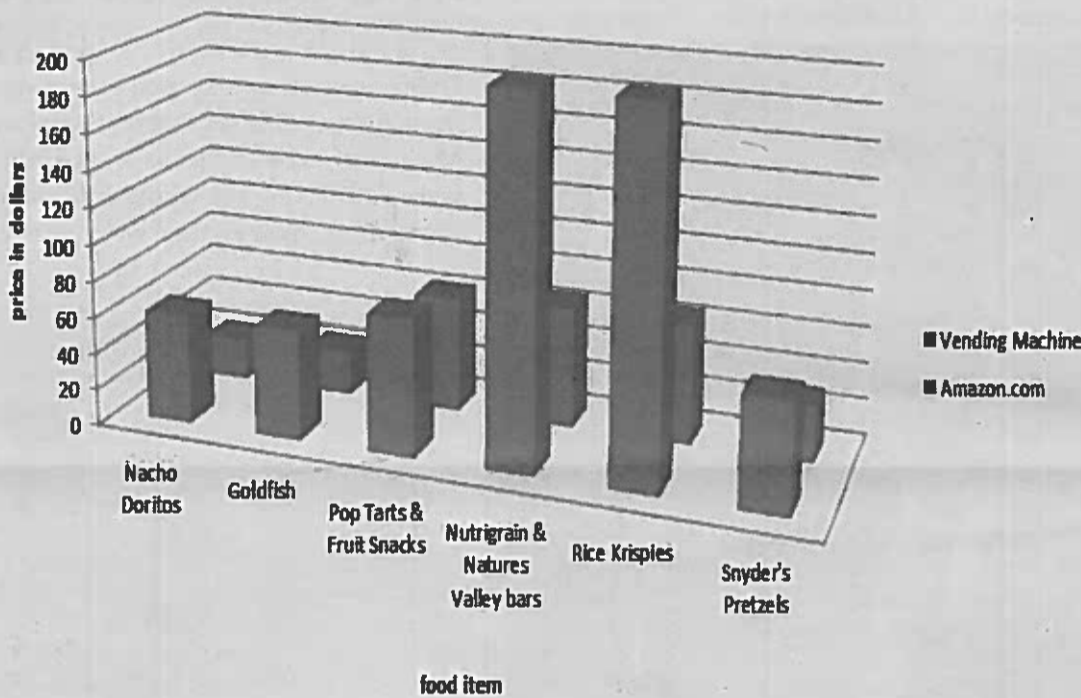
Here is an example: a box of 50, 1oz Nacho Dorito bags can be bought for \$19.00 at Walmart or Costco. Individually, this means each bag of Doritos is worth \$0.44. If 60 bags of Doritos are in the vending machine at any given time, they are worth a total of \$22.80. The vending

machine Dorito bags cost \$1.00 each, and if there are 60 bags in total they cost \$60.00. This is a \$37.20 difference.

I did this process for each potential item in the vending machine, and arrived at a total of \$272.94 for what the vending machine would cost to refill with supplies bought in bulk. Based on the \$655.00 resale value of the vending machine at school, the markup is over 100 percent.

Let's put this into perspective: if you were a lover of Nacho Cheese Doritos and bought two bags each day, it would cost you \$2 per day to do so using the school vending machines—that's \$362 for one school year. Instead of doing this, you could pick up eight boxes of these same 1oz bags of Doritos from Walmart for a total of \$152, and simply bring two to school with you every day. These four boxes would give you 400 bags of Doritos in all, which adds up to two bags for each day of the school year plus 38 extra bags. If you choose the second option, not only are you saving a whopping total of \$210 but you're also scoring an extra 19 school days of Doritos from those 38 extra bags.

The moral of the story is that if you just put some thought into what you want to eat during school (and make a weekly trip to the grocery store), you could potentially save a significant amount of money.



## New Recycling Policies are Helpful, but Confusing

By Stacey Hazen, Staff Writer

Recently, many of you may have noticed the new black trash cans in the hallways all around Stamford High. These are not just for show! There has been much confusion concerning the new trash cans and what their purpose really is; Arianne Spaulding and Lindsay Swatland, the vice presidents of Recycling Club, helped clarify the misunderstanding. Spaulding explained that the new trash cans in the hallway (the black rectangular ones) are intended for trash. The cylindrical, grey trash cans in classrooms are actually intended just for recycling. Anything can go in the trash cans in the hallways but waste is not supposed to go in the trash cans in the classrooms. There are typically cylindrical trash cans and square shaped recycling bins in most classrooms, both intended just for recycling, not waste.

The reason for this new policy is that in previous years, there had been such a small percentage of waste in most of the trash cans that they were actually recyclable. Swatland (also the Round Table editor-in-chief) clarified some confusion around the actual recycling policy in Stamford with regard to how much waste is allowable in recycling bins. Swatland told The Round Table that the total amount of recycling produced by Stamford High is permitted to be composed of 7 percent (or less) of waste. The reason there are now

trash cans in the hallways is because the waste percentage in the recycling is becoming greater than 7 percent, causing all of the recycling to be discarded and not recycled at all.

It is important to abide by the new policy by using the bins in classrooms for recycling only and bins in the hallways for waste. If there is too much waste in the recycling, all of the efforts put towards recycling will be in vain. In addition to "doing the right thing," Stamford High students should be encouraged to follow the new policy because SHS is participating in the Recycling Bowl. This Bowl is a competition between any schools in Connecticut, which choose to participate, to see which school recycles the most. Senior Matt McGoldrick, Recycling Club president, explains that the winning school can potentially win grants towards the recycling efforts in school or win an award or honor in recognition of their success.

For further clarification, these are the different waste/recycling bins and what is permitted to go in them: Black rectangular trash can in hall-



way: waste (food) Grey cylindrical bin in classroom: recycling ONLY (paper & plastic) Blue square recycling bin in classroom: recycling ONLY (paper & plastic) Short blue rectangular recycling bin in classroom: recycling ONLY (paper & plastic) Red cylindrical bin in teachers' lounges: waste (food).

## Stamford High Offers School Trip to Spain

Anthony Bottino, News Editor

Stamford High is now accepting applicants for its trip to Cadiz, Spain! This trip to Spain happened once before in 2010 and it was tremendously successful with 29 students in attendance. Student's who wish to go on the trip must submit an application, sign a rules and regulations agreement, have a waiver/release form signed by their parents or guardians, submit two letters of recommendation from teachers, and hand over a nonrefundable check for \$1275.00 made out to: SHS trip to Spain 2014 to either Mrs. Anderson (Room 514) or Mr. Gladstone (Room 614). The deadline for the trip is Wednesday, November 20th. The trip will last for fifteen days starting June 28th and ending July 12th. Spanish families will host the students who attend. The trip is packed with fun and exciting scheduled events that are meant to show the splendor and beauty of the Spanish countryside and culture. Sadly this isn't just a vacation, students who choose to go will attend the Mundolengua language school. Where students will be taught not just Spanish classes but take part in an innovative cultural Spanish program. For more information go to: <http://www.centromundolengua.com/>