



Phoenix



Fall/Winter 2015-16 Vol 6 No. 1 Garden City Middle School Newspaper Garden City, New York News In A Nutshell

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Welcome 2016!



The New Assistant Principal

By Joseph Bereswill and Paul Ostapow

Our new Assistant Principal, Dr. Daniel Fasano, is a welcome addition to Garden City Middle School. He was originally a math teacher, and he also coached football, baseball, and volleyball at Bellmore-Merrick Central High School. His training in all those areas sets him up to be able to handle all different types of situations. Aside from being a teacher and coach for over ten years, he has a Bachelor's degree in math and a Master's degree in Secondary Education from Adelphi. He also has an Advanced Certificate in School Building Leadership and School District Leadership, and he graduated from St. John's University with a Ed.D. in Educational Administration. During an interview with Dr. Fasano, we asked him how he liked Garden City and why he chose this school specifically. He responded saying how Garden City's School District is known to have exceptional athletics and academic levels. He loves working with kids, especially the kids at the GCMS. Dr. Fasano stated that he liked the kids here because they are energetic, passionate, and willing to take risks. He is very relaxed, and is very understanding of a student's point of view and thought process. He loves working with the staff, and really enjoys his job. We think Dr. Fasano will prove to be an excellent Assistant Principal for years to come. Welcome to the middle school, Dr. Fasano!

Spirit for the Trojans!!



News

SPENCER STONE, HERO, STABBED MANY TIMES

By: Benjamin Woo

Spencer Stone is a hero from a train terrorism attack in France. Spencer and other men tackled a heavily armed terrorist and saved many lives. Earlier this week he was stabbed many times. He isn't going to die but is in critical condition. He was with 4 friends at around midnight near popular bars. Officials say that he was in a verbal argument which led to a confrontation on the street. He was stabbed with a box knife more than once. The suspects were two male Asians who left the scene in a Toyota Camry. Officials say that the argument had nothing to do with the terrorist attack. He is now in the hospital and needs surgery for his hand.

Pray for Paris

By Nicole DeNaro

The stunned citizens and tourists of Paris were brutally attacked on November 13, 2015. There were six total terrorist attacks on Paris, but this attack was the worst. Some of the ISIS members strapped suicide bombs to their chests and exploded themselves, causing themselves and many others to die as well. The main plan was to set suicide bombers at the soccer match between France and Germany, but it is believed that the logistics were off. If the plan went as planned, the French president would be dead and many other people as well. There were a total of 128 people dead and many more injured. ISIS came in with guns in a metallic rock band. ISIS also went to various restaurants and killed many people there as well. Parisians are still mourning of the loss of loved ones and fellow citizens.

Muslim Clock-Making Kid Arrested

By Brandon Noll

When Ahmed Mohamed went to his school in Irving, Texas, he was very excited. He wanted to show his teacher the clock that he had made from scratch. The teacher then called the cops claiming that it was a "bomb". "I built a clock to impress my teacher but when I showed it to her, she thought it I was going to blow up the school," Ahmed said. "It was really sad that she took the wrong impression of it." "They arrested me and they told me that I committed the crime of a hoax bomb, a fake bomb," Ahmed told authorities. Ahmed, who aspires to go to MIT, said he was pleased the charges were dropped and not bothered that police didn't apologize for arresting him. Ahmed is suspended until Thursday, he said, but is thinking about transferring to another high school.

THE NEW GOOGLE LOGO

By: Kat Considine

Google is introducing a new logo. After a long month of a major restructure of the company, they came to the conclusion to update the image too. They decided to use a sans-serif typeface making the logo appear more modern and playful. Even the colors are softer than they used to be. The wordmark of Google has been evolving through the years ever since 1998, but this is the biggest change since 1999. In 1999, Google finally decided on the lettering and their four colors. Google is even changing the tiny "g" logo that you can see on the browser tabs. It is now going to be updated to an uppercase "G" that is striped in all four colors. This new little update will be coming out very soon; in fact it's actually on Google's homepage. The reason why Google changed the logo was because during a blog post they stated how much technology has changed. They thought by changing the logo, it will show how google isn't just a site you visit, but now a huge collection of sites, services, and apps that you can visit from anywhere you can find a web browser. Google writes that the new logo is meant to reflect "this reality and [show] you when the Google magic is working for you, even on the tiniest screens."

A Beefy Story

By: Meghan McCadden

At a Mexican restaurant in Brooklyn, New York you can win 10% ownership of the restaurant and free food for life! The only task standing in your way is a margarita and a 30 pound burrito! It costs 150 dollars to try the task and you must finish the entire thing in 1 hour! The burrito contains steak, chicken, pork, rice, beans, and salsa. You aren't allowed any bathroom breaks throughout the contest and if you throw up you are disqualified. The only thing that comes with the burrito is a ghost pepper margarita. In comparison, a burrito from Chipotle containing white rice, black beans, salsa, cheese, lettuce, guacamole, and vegetables weighs about 1.72 pounds. The 30 pounder is approximately the same amount as 18 chipotle burritos! Do you think you're up for the challenge to eat a 30 pound burrito and win part ownership and free food for life?

New Late Show Host: Can He Really Replace David Letterman?

By: Eli Shane

On September 8, 2015, television history was made. We officially said goodbye to Letterman, and hello to Colbert. Stephen Colbert finished up his 12-year run on The Colbert Report several months ago, and many have awaited the premiere of the late night talk show. Yes, Colbert has some amazing guests in his first two weeks, including Donald Trump, Jeb Bush, Joe Biden, George Clooney, Kerry Washington, but can he really replace Letterman after his 22-year run? Can we actually say goodbye to David Letterman's sarcasm and satire? The answer? Yes. Colbert has received nothing but good reviews from critics and viewers. Many fans of the Colbert Report were scared that switching to CBS from Comedy Central meant that Colbert may have to change some of his humor, but the political segments were only reminiscent of it. So every weeknight at 11 PM EST, sit back and enjoy some Colbert.

Queen Elizabeth: The Longest Reign

by: Maggie McElroy

Queen Elizabeth has been the longest reigning monarch. Since the early death of her father she has been queen. She had her first son at the age of 25, Prince Charles, who has been waiting for the throne for years. How does Prince Charles feel about this? Friends of Charles say that he is proud of his mother. As soon as she ascends from the thrown Camilla, the Duchess of Cornwall, will receive a higher profile and become queen. Prince Charles was not with his mother on her milestone day, instead he was behind doors working on a special, secret project. We are still wandering when Queen Elizabeth will step down from the thrown and Prince Charles will have his time to shine.

First, Let Me Take a Selfie

By: Nicole DeNaro

Did you ever think a selfie could change history? You probably didn't think so until today. Right after the Syrian war refugees got off the boat in 2015 in Lesbos, Greece, they took out their smartphones and started taking selfies. They take these selfies to remember their hard journey to their new country. They are also using WhatsApp, Viber and Line to contact their families back at Syria. They are also using GPS's to find their way across Europe. Smartphones have proved a vital source for the refugees. Most refugees bring extra smartphones in case something happens to their main one. Now the next time you look at your smartphone, take a selfie. Maybe you could make history too.

A New Character for Sesame Street

By Caroline Egan

Sesame Street workshop has partnered with fourteen other organizations such as Autism Speaks, to create a new character for their show. Her name is Julia and she is a young girl with bright orange hair and bright green eyes. Julia has autism and was created in order to raise autism awareness. Sesame Street and Autism: See All in Amazing Children, an initiative to promote autism awareness was launched on Wednesday October 21st. Part of the initiative is a program that is available as an app and on desktop. It includes digital storybooks, daily routine cards, and resources to help guide family and friends, and others that are connected to autism. The digital storybook tells stories of Elmo, Abby Cadabby, Julia, and their other friends and family. The stories explain basic traits of autism that most people don't understand. Such as, why people with autism dislike loud noises and why they are not as social as those without autism.

I have two younger brothers. One of them was diagnosed with autism at a young age and is now ten years old. Autism and special needs in general is a misunderstood issue. As the older sibling of someone with autism, I strongly believe that we need to educate the public as much as possible about the autism community. Sesame Street's new character is definitely a step in the right direction.

Alabama Boy Found 13 Years Later

By Amanda DeRosa

13 years ago, Julian Hernandez went missing in Alabama on August 28, 2002. He was only 5 years old and was in the legal custody of his mother. According to the Vestavia Hills Police Department, it was suspected that his father, Bobby Hernandez, took him as a noncustodial parental abduction. When Julian was trying to apply to college, Brandon Falls, the district attorney for Jefferson County, experienced some troubles when his Social Security number didn't match up. A school counselor discovered that he was on the National Center for Missing and Exploited Children database. Julian is now 18 and his family was notified that he was ok. Bobby was arrested on Monday, November 2, 2015. Julian is now safe and unharmed.

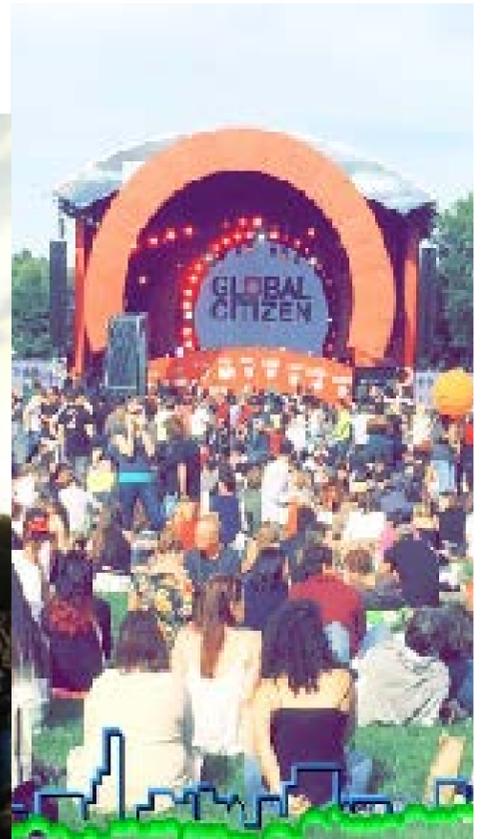
News

7 Hours of Heaven?

Written by Paul Stein

Global Citizen works with and supports some of the world's most influential organizations to end poverty and helping our planet. They work towards a world where every child has a home and an education, where women and girls are protected against violence, and people aren't being held back by preventable diseases. Global Citizen was created by the Global Poverty Project, Ryan Gall and Riot House in 2012. Since 2012, Global Citizen has had live concerts in Central Park. This year the performers include Ed Sheeran, Pearl Jam, Coldplay, and Beyoncé. Fortunately, I was one of the 60,000 winners to receive two tickets to the festival. Winning tickets to the festival is not as easy as you think. To win, the website requires you to complete multiple actions such as tweeting, signing petitions, writing emails to government workers, and so on. The concert featured special guests such as Tori Kelly, Ariana Grande, Laverne Cox, Usher, Vice President Joe Biden, First Lady Michelle Obama, Malala Yousafzai, Salma Hayek, Kerry Washington, Hugh Jackman, Stephen Colbert, Katie Holmes, Big Bird, Prime Minister of Sweden, and many others. The concert was 7 hours long and consisted of many acts. My personal favorite was when Beyoncé and Ed Sheeran did a duet of "Drunk in Love." The night was truly an eventful night.

Photos by Paul Stein



Jingle Ball

By: Kaitrin Karr

On Friday, December 11th, I went to the annual Jingle Ball concert in Madison Square Garden in New York City with some of my friends. The concert had fifteen performers that attended and all of them played at least two songs. The performers were The Weeknd, Calvin Harris, Demi Lovato, and Selena Gomez, 5 Seconds of Summer, Nick Jonas, Fifth Harmony, Zedd, Shawn Mendes, Tove Lo, Charlie Puth, Hailee Steinfeld, R. City, Conrad Sewell, and DNCE. 5 Seconds of Summer opened up the show and the Weekend and Calvin Harris closed the show. I didn't stay to see the Weeknd perform but Calvin Harris occupied the stage for at least 25 minutes. He is a DJ, so he creates the beats of songs and he played four songs and had incredible beat drops, which left the audience no choice but to stand up and dance. In my opinion that was the best concert somebody could go to and I suggest buying tickets for next year's concert!



Tom Brady Takes A Stand!

By: Carly Codignotto

Tom Brady called out Coca-Cola during a sports radio interview, saying that the drink is poison to kids. Additionally, he doesn't believe in drinking coke and believes parents should not let their kids drink it. According to the Wall Street Journal, Brady says "You probably go out and drink Coca-Cola and think 'oh yeah, that's no problem' Why? Because they pay lots of money for advertisements to make you think that you should drink Coca-Cola for a living? No, I totally disagree with that." Coca-Cola says that their products are healthy, safe, and low to no-calorie drinks in response to Brady's comments. Furthermore, Brady also makes comments about Kellogg's Frosted Flakes cereal saying "We believe that Frosted Flakes is a food." At this time Kellogg's has not responded to these remarks.

Tom Brady is bringing attention to extra sugars that are being added in children's diets.

<http://cdn02.cdn.justjared.com/wp-content/uploads/2013/12/grande-kdwbas/ariana-grande-robin-thicke-kdwba%E2%80%99s-jingle-ball-2013-19.jpg>

Halloween



Halloween



News

The Amazing Julian Beever

By Helena Peng

When you think of chalk, what comes to mind? Childhood sidewalk drawings? Neighborhood hopscotch contests? Long school days, dragging on by the hour? British artist Julian Beever amazes all by using chalk to create astounding works of art that when standing at a certain angle, will create the 3D illusion of an underground city, or a gigantic bug! Beever, aka the "Pavement Picasso" was born in Cheltenham, UK in 1959. "I got started when I was in a pedestrian street in Brussels where an old garden had been removed." said Beever. "This left an unusual rectangle of paving slabs which gave me the idea to convert this into a drawn swimming pool in the middle of the high street! It worked so well that I tried other variations such as a well with people falling in. I soon realized that if you could make things appear to go into the pavement, you could equally make them appear to stand out of it." In addition to street art, Beever has also worked as a photographer's assistant, a tree-planter, a carpet-fitter, an art teacher, and English teacher. Using dry pastel chalks and pigment, he's made everything from whale fishing in the middle of a sidewalk, crazy scenes of famous superheroes in action, to a self-portrait of himself doing a chalk drawing! If you're lucky enough to witness this chalk artist at work, or better yet see the final piece, that's when you'll understand that Julian Beever's works of art are more than just chalk on a surface.

He Named Me Malala Movie Review

By: Kathryn Fargione

He Named Me Malala is a moving, sometimes disturbing, but also delightful documentary about Nobel Prize winner Malala Yousafzai, who is a teenage girl and is the youngest noble prize winner. She spoke out to people about education for girls in Pakistan and put her life in danger. The film is spot on about everything that led to Malala's deadly shooting in 2012, including the politics that fed into the event and the subsequent challenges she faced, and continues to face, as she moves forward in her life, trying to leave behind the bad moments of her past. There is no gory graphic imagery showing things like the vehicle she was in when she was shot. The movie is now in theaters and the rotten tomatoes reviewed this and rated it as 5 stars. The documentary is rated PG-13 (for thematic elements involving disturbing images and threats) the director is Davis Guggenheim. The runtime is 2 hours. I give this movie 5 stars.

11 year old shot and paralyzed by a stray bullet in Brooklyn

By Sarah Schultz

On May 31 2013, 11 year old Tayloni Mazyck was shot and paralyzed by a stray bullet in Bedford Stuyvesant, Brooklyn. Mom, Pricilla Samuel, recalls guns were shooting bullets everywhere at night, people were running for safety as she was trying to save the other children around her, when she turns around to see Tayloni lying on the ground. Tayloni, who recently moved to a safer area in New York City, cannot walk or move on her own, she has frequent panic attacks when she hears loud noises. Her mother describes her as independent and very outgoing. The shooter, Kane Cooper, 17, is charged with 17 years in prison and assault in the 1st degree in June 2015. But Tayloni won't let her disabilities stop her, she hopes to walk again and become a lawyer or doctor. Tayloni is just one child affected by stray bullet shootings, nearly one third of stray bullet shootings are children.

Papal Visit 2015

By Joseph Bereswill

This September, Pope Francis came to the East Coast. He flew from the Vatican to Cuba, where he addressed Fidel Castro and his brother, along with a crowd of over a million people. After his speech and saying mass in Cuba, Pope Francis traveled to Washington, D.C., on the 22nd of September, 2015. "During that time, he plans to visit the White House, speak in front of Congress and celebrate mass at the Basilica of the National Shrine of the Immaculate Conception," as stated in the Washington Post. On the 24th, he left D.C., and went to New York. There, he rode through Manhattan to several stops. He visited St. Patrick's Cathedral, where he said mass. Later, he addressed the United Nations, and then made the highlight stop of his time in N.Y.C., Ground Zero. Here, he said mass in remembrance of the thousands of people who died here. Many New Yorker's attended the mass, with a very limited number of tickets sold; it was considered a great honor. On the 26th, the Pope left New York from JFK, and arrived in Philadelphia. Here, he visited the birthplace of America and addressed another crowd of people. On the 27th, he left the United States, and returned back to the Vatican. This has been a very historical trip, as it has been a long time since a pope has visited the U.S., with the last visit being John Paul II. We hope that the Pope's holiness stays with us, Catholics and Others, to help us throughout the future.



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Special thanks to all who were instrumental in the production of this paper, including but not limited to: Dr. Osroff, Mr. Marr, Dr. Fasano, and Mrs. Marchese.

Opinions expressed are the writers' and do not represent the opinions of the school board, the advisor, or the administration.

Phoenix News



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News

A Song That Just Involves a Trombone and an Oven Door?

By Brandon Noll

Have you ever heard an addicting song? Have you listened to that specific song on repeat for over TWO HOURS, just playing that wonderful and delicious song? Well that's me! It originated on the social media platform called Tumblr and since it was posted in the year of 2014, everybody has been going crazy over it. The song is called "When Mama Mom Isn't Home original Freaks (Timmy Trumpet & Savage) Dad and Toby trombone & oven kid" and it has received over six million views. The video involves a dad with dark sunglasses sitting in a chair with a long trombone. After two verses of him playing the trombone, the kid, also wearing dark sunglasses, begins slamming the oven door over and over again, in sync with the trombone dad. Supposedly, this all happened when the mom was away. I am ready to say that "When Mama Mom Isn't Home original Freaks (Timmy Trumpet & Savage) Dad and Toby trombone & oven kid" is the choreographed and best played song ever. The trombone is so crisp and there is no faltering. Both of their faces make the video so funny and so enjoyable. The dance moves with the music provides a wonderful and fun filled song for all ages and people of all backgrounds. I hope I got all of you addicted!

Welcome to the Future

By: Matthew Fiore

The 1985 movie, "Back to the Future 2", was correct about many things in 2015. When they time-traveled to October 21, the movie showed hoverboards, headsets, video conferences, self-lacing shoes, and Pepsi Perfect bottles. All of these predictions were true about the future. Although we don't see hoverboards on the streets today, there are special types that work on a certain metal "skate board rink." Also, headsets like Google glass are around today, too. Last, Nike made about 1,500 prototypes of self-lacing shoes, but never publicly released them. "Back to the Future 2" was also wrong about 2015. It predicted flying cars and time machines, however these are obviously not around today. It also predicted the Cubs winning the World Series, and even though they were close they did not. However the question is, will the "future" be different or stay the same as our everyday life?

Shooting In Oregon

By: Jaimie Murray

Umpqua Community College, in Oregon, has recently been involved in a shooting. Nine people were reported dead on the scene, ranging from 18 years old to 67 years old. The shooter, Chris Harper-Mercere was enrolled at the college. There was 13 weapons found that were connected with the shooter. Chris Harper singled out Christians. The shooter served in the Army at Fort Jackson, South Carolina. He was then discharged for failing to meet the minimum administrative standards. The shooter then killed him after being wounded in a shooting with the police. Chris Harper killed mostly only Christians and at that time Chris he was Christian. Questions why he only killed Christians are still unknown.

Syria Takes Action

Paul Ostapow

The Syrian regime backed by Syria's President Bashar Al-Assad has launched a wide-scale offensive with the support of Russian Airstrikes. Syrian army chief of staff Gen. Ali Abdullah Ayyoub said "The aim of the offensive is to liberate and make crime free of towns that the terrorists have taken capture of". Russian Navy has launched 26 Long-Range Missiles from the Caspian Sea. Out of the 26 missiles they shot, 11 hit their intended target. They flew 1,500km or 930 miles. The military cooperation between Russia and Syria has been growing closer and closer. The U.S. Military had to divert one fighter because it was in range of the U.S. Military's 20 nautical mile radius from Russian jet fighters.

Lost at Sea

By James McQuaid

Early Thursday morning, October 1st, was the last time the cargo ship, El Faro, was heard of. The cargo ship was lost in Hurricane Joaquin, a Category 4 hurricane that reached winds of 140 mph. El Faro left on Tuesday, right at the beginning of Hurricane Joaquin, from Jacksonville, Florida. According to weather reports, the storm was supposed to be a weak one all the way through. However, by Thursday, winds reached up to 140 mph and the hurricane had grown to a Category 4 hurricane. Unfortunately, El Faro, was in the middle of it. The last message from the ship was from Danielle Randolph. The message read "Not sure if you have been following the weather at all, but there is a hurricane out here and we are headed straight into it." When the message was sent, the ship was in route from Jacksonville, Florida to Puerto Rico, right in the middle of the Bermuda Triangle. On the ship were 33 passengers, 28 Americans and 5 Polish. El Faro was supposed to arrive in San Juan at 5 p.m. However, the ship went missing near the Bahamas. To this point, no survivors have been found.



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Paper Towns Review

By Analise Fressle

For all the people who are debating on whether to see *Paper Towns* or not, I'll give you some simple advice. I encourage you all to spend your money doing something more valuable than seeing this movie because it was truly terrible. Unfortunately, the hype leading up to the book adaptation of *Paper Towns* failed to deliver in acting, quality, and directing. *Paper Towns* is about an eighteen year old teenager named Quentin, who has a crush on a beautiful, and mysterious girl named Margo Roth Spiegelman, who lives next door. Despite Margo ignoring Quentin throughout their high school years, one day Margo decides to choose Quentin as her accomplice in hope of getting revenge on her ex-boyfriend and friends, who she feels have betrayed her. Even though Quentin and Margo grow closer through the experience, the next morning, Margo is proposed to be missing. Now, Quentin and his friends, Ben and Radar, try to find Margo using the various clues she left behind for them. Throughout their journey in trying to find Margo, they learn about how deep their friendship is, and what it really means to love somebody. The only positive aspect of this movie was that the lead character, Quentin, played by Nat Wolf, wasn't as awful as his fellow actresses and actors. Unlike the rest of the cast, Nat Wolf played his role as Quentin how the author of the novel, John Green, intended him to be. Quentin was shown to be an ordinary and likeable teenager, who was dealing with the typical issues of applying to colleges and leaving his two best friends in the world behind. Instead of the movie being all about him finding his lost love, the movie also focused on the friendship between Quentin, and his two best friends, Ben and Radar. Even though, I enjoyed how close these three friends were throughout the movie, I still disliked the acting of Ben and Radar. I felt that the character of Ben was not only unrealistic, but incredibly unpleasant to watch, as he spent the entire movie trying to woo the prettiest girl in the school, Lacy. Radar, on the other hand, spent the entire movie trying to impress his current girlfriend by having an extravagant experience at prom. Although, I thought Radar was a better character than Ben, I didn't enjoy watching this actor's performance. Finally, I thought Margo Roth Spiegelman, played by Cara Delavigne was absolutely appalling in *Paper Towns* for numerous reasons. Cara basically played her role with absolutely no emotion, and didn't capture Margo's mysteriousness and vulnerability at all. Instead of acting as a misunderstood teenager who nobody could figure out, she acted like a boring, self-absorbed girl who wasn't even in the film until the last twenty minutes. Therefore, the movie *Paper Towns* was overall disappointing and not worth seeing in theaters or on demand.

Yik Yak: A Work in Progress

By: Paul Stein

The popular social media app Yik Yak is not as anonymous as you think. The app was made for people that would write anonymous comments and people could like them. This app has already had a big controversy over cyberbullying incidents. People could write anything and it would be hard to find them. On the evening of November 10th, the students of the University of Missouri noticed disturbing messages from an unknown student. One of the two posts said "I'm going to stand my ground tomorrow and shoot every black person I see." The second one said, "Some of you are alright. Don't go to campus tomorrow." The Missouri police do have 19 year-old, Hunter M. Park, in custody. They have told the school that there is no more immediate threat to them. This isn't the first time threats have happened on Yik Yak. There have been threats of mass shootings at Charleston Southern University and Emory University. Since then, the creators have put more safety measures on the app such as warnings and blocks on words and phone numbers. Yik Yak may be popular, but it is still a work in progress.

GCMS CrossFit Intramurals:

Working Together, Getting Stronger,
Having Fun!!!

Friday Morning's starting at 7:30 in the
Fitness Center with Mr. Tullo

Pictures taken by Mr. Tullo



CrossFit GC

By Joseph Bereswill

On Monday, November 23, 2015, Mr. Tullo's first Advanced PE gym class went to the CrossFit facility in Garden City. The facility is located on 585 Commercial Avenue, Garden City, New York. When the class of about fifteen arrived at CFGC, we were greeted at the front desk by two trainers who work there helping kids and adults find and maintain a healthier lifestyle. The hospitality was overwhelming, and we were soon welcomed into the gym. From the outside, the building is all brick and has garage doors. From the outside, it looks kind of run-down. When you actually step into the building, it is like you are entering a different world. The lobby is nice and the gym is superior. The gym area of the building was one big room, about the size of the big gym. It was filled with all different kinds of equipment from a pull-up rig that spans the length of the gym, to about 20 rowing machines, and even a wall of hand-weights and disks for barbells. We got ready to begin our exercises starting with some stretches and conditioning, and soon were practicing an Olympic lifting technique. We worked on the rowers and worked with weights as well. Our experience at CFGC was outstanding all due to the professional attitude and work ethic of the trainers who also instructed us about living a healthy life, not only by exercising but by eating right and healthy. CFGC holds classes for anyone 10-15, called the "Teen Class," at 5 pm on Monday, Tuesday, and Thursday, and classes on Saturday and Sunday at 9 am. There are also a few trial classes, which are free. Information about CFGC can be found on their website, www.crossfitgardencity.com. I encourage anyone to go and try it out, even if you aren't a gym person, to help you live a healthier life.



Shawn Dollar Breaks His Neck While Surfing in Big Sur

By: Julianna Ingrassia

Shawn Dollar is a California surfer who holds the Guinness World Record for biggest wave ever rode. He beat the world record twice. Unfortunately, on September 7th, while he was riding a 25 foot wave, he broke his neck in four places and got a bad concussion. He was able to get to shore safely while other surfers took him to the hospital. "I'm so thankful I'm alive and present today," "I'm so grateful for those who were there in my scariest and darkest hour and who acted on my behalf to get me to safety and reach the hospital in time," Dollar said in a statement released by the organizers of the Titans of Mavericks competition. He was very lucky to live through a severe injury like that.

7TH Grade Girls Soccer Team

By: Fiona Pfaff

Garden City Middle School girls' soccer team had a competitive season on the road and at home. With practices starting in the middle of September, the seventh grade girls worked hard until their last game on October 26th. The team coached by Mrs. Pappas went six and one. The team's defense was superb only letting three goals by the entire season. The team also had a stupendous goalie, Megan Bournique, and a fabulous, volunteer goalie Maggie McLeod. Likewise the team's forwards were a force to be reckoned with, scoring a minimum of three goals per game. The team also had wonderful sportsmanship this season by only scoring a maximum of six goals against opponents. "Take with your feet, play with your heart, one team, one dream"-the inspirational words of the Garden City 7th grade girls' soccer team.



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The Dartmouth MVP Robot

By: Ryan Olson

"MVP", the crowd cheers for the all star player on the field. This time the MVP is not a real person, it's a robot! The University of Dartmouth recently came out with a "Mobile Virtual Player", also known as the MVP. The MVP is a robot used by the Dartmouth football team to help prevent concussions and neck injuries. Instead of having players hit each other at practice they will hit the moving robot which reduces the amount of injuries during practice. Dartmouth is continuing to look into preventing football injuries in other ways besides just the MVP.