At this year’s Science Olympiad regional competition, the team medaled in over 20 of the 25 events, and placed in the top 10 in every event. This was a particular impressive feat since there was the field consisted of 24 teams from schools all across the Capital Region. The team finished 13 points behind Columbia, last year’s New York state champions, which is the closest Nisky has come in ten years.

Last year, the Niskayuna Science Olympiad team failed to qualify for the New York State Competition. After over a decade of dominating performances at the regional competition, Nisky’s A and B teams both failed to meet their expectations. As the top three teams in the Capital Region moved on to the state level, Niskayuna sat in the audience, full of disbelief.

For the past 20 years, Nisky has consistently placed in second place behind the powerhouse team, Columbia High School. However, last year, because of an issue registering a building device, the team missed the top three placed by less than fifteen points. The team left regionals feeling defeated, and the bus ride back was silent. Everyone wondered what they could have done differently.

Soon after the event, the team held a meeting to start preparing for 2016. rghdthh Science Olympiad teams consist of 15 team members who compete in 25 events, ranging from building the most efficient bridge out of balsa wood, to answering 150 questions about cell biology in 45 minutes. Two team members can work on each event, and are both allowed to bring specific materials to the test (sometimes binders, or a single page with information). A team score is calculated by adding up the placements in every event (1 point for 1st, 2 for second etc.) and is scored like golf, where the lowest score wins.

This year, the whole team returned with a desire to prove themselves. Everyone rose to the occasion and fully committed themselves to the success of the team. Coaches Joseph Samascott and Margaret Varin drastically increased the number of practices from once a week for an hour to five days a week for two hours. Team members spent these countless hours building and testing devices, studying and gathering information, and practicing with their teammates.

**SUCCESS IN SCIENCE:** (from left to right) Niyen King, Sreedurga Cherukumalli, Skylar Litz, Lillian Hong, Caleb Kramer, MJ Lee, Rishi Katragadda, Andrey Akhmetov, Zain Hussaini, Liam McGrinder, Sungjin Kwon, Jason Tang, Patrick Chi, and Zack LeBlanc.

**A TRIUMPHANT OUTING:** Niskayuna students celebrate their success at the 2016 Science Olympiad competition

**CONTINUED ON PAGE 3 [SCIENCE OLYMPIAD]**
After a strong inaugural season, the Niskayuna Debate Team is looking to close out the tournament schedule with a strong performance at the New York State Forensics League Tournament. Entrance into the tournament requires a full bid based off finishes at local tournaments throughout the school year. Captain of Debate Bryan Zhou and President Michael Zhou were able to qualify for the tournament with impressive finishes at venues, including Mount Markham High School and the Albany Academies.

The Niskayuna Debate Team, comprised mostly of sophomores along with a few freshmen and juniors, specializes in Lincoln Douglas Debate. LD is a form of debate centered around contention-level arguments that impact back to an overarching value in the round. Each debater must prepare to defend both the affirmative and negative stance on the resolution at hand. LD resolutions this year have featured topics regarding adolescent autonomy, gun ownership, and promotion of democracy in the Middle East.

Since their first tournament, the debate team has had strong outings at almost every outing. The first tournament, which took place at Mount Markham High School, saw contestants Greg George and Kartik Nath placing second and third respectively, in the novice division, and Bryan Zhou and Michael Zhou placing second and third respectively, in the varsity division. Their success continued at subsequent tournaments, including a first-second closeout in the intermediate division by Bryan Zhou and George at the Albany Academies. In the novice division at Albany Academy, debaters Sabrina Gumpher and Daniel Wheeler also placed 2nd and 3rd, respectively. Due to their success at the local circuit tournaments, along with continued dedication to research and practice, the hard work of Bryan Zhou and Michael Zhou has paid off, with each having qualified for the prestigious New York State tournament later this year.

The New York State tournament, being held at Hofstra University this year. In order to qualify for NYSFL, debaters must have one full bid. A bid can be attained through a Regional Qualifying Tournament, through which Michael Zhou attained a bid, or by multiple wins at local or national tournaments which is the way Bryan Zhou received his bid. Based on the size of local-circuit tournaments attended, a first or second place finish would grant a debater half of a bid. Several members, including George, Wheeler, and Gumpher, have half of the bid necessary to qualify, and will not be able to attend the NYSFL tournament. The essence of the tournament is summed up by Michael Zhou: “I’m humbled, excited and honored to be representing Niskayuna at the state tournament. Hopefully we can do well and bring back some hardware for the folks back home!”

At the national-circuit level, the team faced adversity at the Lexington Winter Invitational. While the debaters from other schools throughout the country were more used to the judging and conditions, Niskayuna’s team had never competed at a national level before. Each member of the team struggled to cope with the superior competition. Gumpher summed up the experience, as a “wake-up call,” saying that it forced each member to understand that they must work harder to achieve success at the more competitive national-circuit tournaments.

Given its limited experience, the Niskayuna Debate Team had an extremely successful outing at the 42nd Annual Harvard Invitational. Keenan Duggal said that “Before going to the Harvard debate tournament, I was very nervous. Supposedly, this was one of the hardest tournaments of the year and I was still not very experienced. However, in hindsight I’m glad I went. Everyone on the team was very supportive of each other and I learned a lot from each member. Even members from the other teams were very friendly and made the event quite an enjoyable experience. In the end, because of everyone’s help, I even managed to win a few debates, which was a lot more than I expected. I would highly recommend going to tournaments like these for anyone interested in debate.” Both George and Bryan Zhou made the break into elimination rounds with a 4-2 record, with Michael Zhou and Duggal barely missing the cut with a 3-3 record.

For those already involved in debate, the activity means a great deal. George says that “Debate gave me an opportunity to hone many skills, which will surely be helpful in college and beyond.” The debate team also encourages new members to participate in competitions next year and in the future. Wheeler says that “debate enlightened [him] to new paths.” Next year, the debate team will attempt to continue exceeding expectations, with plans to attend even more tournaments at Yale University, Harvard University, Princeton University, University of Pennsylvania, Columbia University, Scarsdale High School, Mount Markham High School, Harrison High School and the Albany Academies. The debate team hopes to not only maintain and improve the skills of the team’s veterans, but welcome many new members of the incoming freshman class as well. Perhaps the team will see its members advance farther at famous national tournaments.
Foreign Language Week is a hit

**By Kierstyn Gurney**

Throughout the week of March 7-11, Niskayuna High School took part in New York’s Foreign Language Week. With March labeled as Foreign Language Month, Governor Andrew Cuomo signed a proclamation for dedicating the week to help ignite the learning of foreign languages in schools. It was designed to allow students to understand and appreciate other cultures, while emphasizing the importance of linguistic studies.

Every language taught at Niskayuna High School had a designated day to share with other students what that language was about. Latin kicked off the week on Monday leading to a Spanish Tuesday, German Wednesday, Chinese Thursday and French Friday. Each day the cafeteria would serve a meal related to the designated language. Gladiator meatball subs were severed Monday, empanadas and Spanish rice on Tuesday, sauerkraut and Ger-man potato salad on Wednesday, specialty pizzas on Thursday and assorted croissant sandwiches on Friday. The Media Center also took part in the week by putting up a display of books for the languages featuring Rufus, a newly published book in Latin written by one of Niskayuna’s very own Latin teachers, Thomas Caffrey.

Each language on their specified day would hang up facts and tongue twisters around the school for students to discuss. In the some classes they would go over the facts and tongue twisters and ask students who took the language to share more about them. The idea behind this was to promote the languages offered at Niskayuna, and to create discussion and learning opportunities for students who don’t take every language offered.

Lastly, to finish off the week all the foreign language clubs worked together and held and contributed to the foreign language bake sale. All the money that was collected from the sale went to the Schenectady Inner City Ministry, which is a food pantry that helps provide aid to Schenectady County.

Students enjoyed participating in the activities of the week, and hope to continue on the celebration next year. When asked about Foreign Language Week, Junior Devin Massari stated, “I think it’s a great opportunity to celebrate and acknowledge our Foreign Language department. We are extremely fortunate to have access to so many language courses and teachers who are passionate about educating their students.”

All the language teachers took part in helping to promote the week by wearing the colors and unique apparel of their country or language and influencing their students to do so too, while also helping organize the facts and tongue twisters to go up around the school. Each teacher showed support for the other languages in the department, adding to the festiveness. All the teachers believed it was a great way to promote other languages, including Latin teacher Meghan Miller who said, “I think that the students had fun learning about the other languages and it created a real positive vibe for the importance of language.” Miller also emphasized that a special thanks should go out to Caroline Gardiner for organizing the whole week, as she did a lot of the work to help bring everything together.

At Niskayuna High School there are over 200 students who take two or more foreign languages. This shows that our student body is extremely involved when it comes to linguistics. There are around 20 polyglots, which are students who take three additional languages to English and there is one student who takes four additional languages. Hopefully the promotion of Foreign Language Week worked to help increase involvement in language enrollment for the future.

Science Olympiad triumphs

CONTINUED FROM PAGE 1

[SCIENCE OLYMPIAD]

The team moved on to states and ramped on the preparation even more. On March 11th and 12th, the 15 A-team members, including sophomores Lillian Hong, Rishi Katragadda, M.J Lee, Skylar Litz, and Gabriel Kammer, juniors Sreedurga Cherukumalli, Niyen King, and Bhav Singh, and seniors Paul Kwon, Zain Hussain, Jason Tang, Patrick Chi, Zack LeBlanc, Andrey Akhmetov, and Liam McGrinder headed to LeMoyn College. Niskayuna came home with more state medals than ever in the past, and two seniors tied David Bieber’s record of 16 total Science Olympiad medals in high school (David Bieber is a Niskayuna alum who graduated from Princeton and currently works at Google). The team placed 6th out of 54 schools who were the best in their respective regions. The team is happy with their performance, and look forward to continuing their success next year. “As a senior, I’ll miss Scioly next year,” said Jason Tang.
Political media deserves skepticism

BY BRENDAN WEINGARTEN

We live in an ever-changing political landscape that increasingly involves the use of social media. The best example of social media’s importance could be happening as you read this sentence. Donald Trump has, and will continue to be, the target of hundreds of millions of dollars worth of attack-ads coming from a panicking GOP establishment. How does Donald Trump usually counter any perceived slight? He sends out a tweet mocking his detractors—one that will often get more attention than any commercial that is intended to harm him.

The central location of social media in our culture and our lives can tend to give fanatical followers of a candidate or party a skewed view of reality when it comes to politics. Supporters of a candidate can surround themselves with all the news, opinions, and Facebook posts that spin all news to reflect the starry outlook that they have of the candidate they support. Even opinions in The Warrior are not immune to this phenomenon. A column by Michael Zhou opined—almost as if it were fact—that GOP candidates “were wasting their time attacking Clinton” because Sanders was polling well in New Hampshire, and that victory, along with his similarities to Obama in 2008, would be a predictor of the March Madness to Obama in 2008. Like Sanders is now, Clinton lost out once the primaries moved towards states with a more diverse electorate. States with more African-American Democrats were voting for Barack Obama in droves, which helped Obama win states in the Bible Belt and ultimately the nomination. In 2016, these same voters have recognized the ties that Hillary Clinton has with the Obama administration, and have given Clinton large victories in these states. Victories ranging between seventy-one and eighty-two percent in states like Louisiana, Georgia, South Carolina, Alabama, and Mississippi has not only handed Clinton large swaths of delegates, but also more victory comparable to Clinton’s performance in the South was in his home state of Vermont.

Big wins on Super Tuesday and beyond didn’t stop the Bernie-believers, though. After Secretary Clinton trounced Sanders in the March 1 Primary, attracting 486 delegates to his 321, analysts like Cenk Uygur of The Young Turks wrote in big letters in the Huffington Post: “Why Bernie Sanders Won Super Tuesday,” which was a contorted rationalization of the real outcome. As an unapologetic Bernie Sanders supporter, he was far from the only one who let his hopes of their favorite candidate’s success get in the way of the truth. Thirteen thousand people shared his post…all of whom were likely trying to cope with the fact that Bernie Sanders lost on Super Tuesday. Bernie Sanders is still running; he might even run into a mostly-white small state that will be favorable to his delegate count.

I’m looking at you, Utah, Idaho, Washington, Wisconsin, and Wyoming. When Sanders picks up some of these states, the media might even run with a certain narrative. Is “Bernie Sanders catching up? Is Hillary Clinton losing steam?” The answer, both times, will be “probably not.” There are still large states favorable to Clinton, like New York, left on the primary schedule before you even account for her enormous lead in terms of superdelegates.

Note the term “probably.” In politics, nothing is certain. On the Republican side, nobody thought Donald Trump would be the favorite to be the nominee. Mathematically, Bernie Sanders can still win the Democratic nomination. Nobody can be absolutely positive about what these next few months will hold. As this election creeps toward the finish line, keep this bit of advice in mind: never let your love for a candidate blind you from what is right in front of you.

The central location of social media in our culture and our lives can tend to give fanatical followers of a candidate or party a skewed view of reality when it comes to politics.
Let’s face it: midst the widespread distaste for the leading candidate, a former nominee offering unsolicited advice, and several of America’s favorite candidates dropping out, the Grand Old Party is in a state of chaos. However, the race for the Republican nomination is not over yet. As maintained by Mitt Romney, this race may result in a contested convention, such that the GOP could put forth a candidate who is up for the task of beating Hillary Clinton.

This begs the question: what is a contested convention? In order to become the Republican nominee for the general election, the candidate must have the votes of 1237 delegates. If no candidate has reached this “magic number” of votes by July, then the convention is deemed “brokered,” and other candidates such as Ted Cruz and John Kasich would begin to heavily campaign for delegates, most of whom would no longer be bound to vote as they previously did.

John Kasich is by far the best choice in the case of a brokered convention. As a Governor, Kasich’s experience is superior to that of both Trump and Cruz. At age twenty-six, Kasich became the only Republican in the U.S. to defeat a Democratic incumbent for the state senate. Kasich then served nearly twenty years in Congress, working as the Chairman of the Budget Committee and paying down half a trillion dollars of the nation’s debt, as well as serving as a member of the House Armed Service Committee where he aided Reagan during the Cold War. Kasich then took his skills back to Ohio, and served as Governor from 2010 to the present, a stint during which he has cut approximately $5 billion in taxes, created 350,000 jobs, and transformed a projected $7.7 billion shortfall into a $2.2 billion surplus.

Not only does Kasich have an impressive track record, but he is also viewed by many as a moderate who is able to gain the respect of all members of the GOP. For example, Kasich recognizes that climate change is a problem, which distinguishes him from the other candidates. In Ohio, he has reduced carbon emissions by 30% yet has maintained the jobs of thousands of coal-workers. On immigration, Kasich recognizes the absurdity of deporting 11 million people from the U.S. and leaving millions of children without parents. Therefore, Kasich supports a plan for legalization.

However, if an illegal immigrant committed a crime during their stay in the U.S., then they are not a candidate for citizenship. Kasich also supports a guest worker program to reduce the need for entering the country illegally. Although Kasich’s plans may seem “too liberal” for some Republicans, he is strong believer in limiting the role of government, stating, “I believe government should be the last resort, not the first resort, and I don’t like bureaucracy and strings that hold me back.”

Governor Kasich focuses on the positives. At debates, in the short amount of time he is given, Kasich avoids engaging in childish fights with the others, and instead stresses his experience and goals of uniting our country. Furthermore, the polls indicate that Kasich has a shot at winning against Hillary Clinton. For example, the Huffington Post’s model estimates Kasich at 48.0% compared to Clinton’s 41.6%. If Kasich were the Republican nominee, he could win the moderate vote as well as the votes of many Independents and Democrats. This is in contrast to Trump and Cruz, who seemingly only have the votes of very conservative Republicans.

While a brokered convention would add even more chaos to the Republican party, it would result in the GOP having a candidate who could actually win against the Democratic nominee. If it is John Kasich, our country would be put on the right track. As stated by Kasich, “We’ve got to unite our country again, because we’re stronger when we are united and we are weaker when we are divided.” Thus, the GOP should embrace this momentary chaos and hope that this chaos results in a brokered convention.
By Precious King

This weekend I went to see the latest movie in the “Divergent” series: “Allegiant.” I had high hopes for it due to the fact that I liked the book series and appreciated that author Veronica Roth had a practical ending, not an unrealistic one. I was not thrilled after sitting through the two hour movie, that the movie was mediocre and a clone of “The Hunger Games.”

The Divergent series, from the beginning seemed to be an attempt draft on the success of “The Hunger Games.” Both series are young adult novels that are popular. In doing this, Lionsgate focused the main premise of the movie on the relationship between Tris Prior and Four, but failed to follow the script of the original book by Veronica Roth. Last year it was told that Lionsgate was going to split the “Allegiant” book into two parts, this is exactly what Lionsgate did with the “Mockingjay” movie.

Coming into the movie I was expecting the events and details to be representative of how author Veronica Roth wrote them. I was shocked to find out that pieces were taken from the beginning, middle and end of the book, making an inaccurate representation of the book. SPOILER ALERT:

The main purpose of the last book was to show how Tris learned the valuable lesson on how to sacrifice herself for a greater cause. Veronica Roth had Tris die at the end of the book after a long struggle to save the Chicago experiment, which had been Tris’ home since she was born. Getting revenge on The Bureau after Four and Tris found out that David betrayed them was the turning point that sparked the race to save Chicago.

In the movie adaptation, Tris completes the mission of saving Chicago from David’s attempts to harm the citizens, but survives and becomes a respected figure in Chicago, which is left factionless and distraught under the hands of Evelyn. Evelyn is the Jeanine Matthews successor. Tris seems distant in the movie and the viewer has no one to relate to. Tris used to be the character that you rooted for and the one who was a hero, but in this third movie Tris is pushed to the side. Four is the one who goes on a dangerous mission to the Fringe and makes the trek back to Chicago to try to warn the people of what the villain, David, has in store for them.

The next important person in the main action of the movie is Peter because David relies on him when his original plan goes askew. Meanwhile, Tris comes in at the last resort, after not wanting to listen to Four to stop David’s goal of destroying Chicago, yet focusing on preserving herself so that her relationship with Four can prevail. This is the exact opposite of what Veronica Roth intended in the book.

Overall I was displeased with the outcome of the movie, and would not recommend it highly to others.

Gwen Stefani makes a comeback

By Mitchell Famulare

Ten years after her release of The Sweet Escape, Gwen Stefani has finally decided to release another LP as a single artist. Following her divorce from Gavin Rossdale, her husband of 13 years, Stefani has released This is What the Truth Feels Like which is topping the charts as of right now. The album is filled with pure breakup anthems as well as comeback radio hits. Stunners include “Asking 4 It,” “Me Without You,” and “Rare.” The synths are perfectly orchestrated around her voice and the lyrics are structured very well. “Rare” is by far the best song on the album which definitely hints at her relationship with Blake Shelton. In “Me Without You,” you can really hear her emotions, which definitely shows how much effort she puts into her music. It also reveals the emotional turmoil caused by her breakup. This album is a necessity for your 2016 playlist and I recommend all to peep a listen.
Boys’ tennis returns hungry

By John Hess

On the first day of spring sports, for the first time in many years, many teams were able to practice on their courts, tracks, and fields. Among those was the Boys’ Varsity and Junior Varsity Tennis team, which usually does not get to play on real, outdoor, courts until the last week of March or the first week in April. Instead of being cooped up in the gym for the first month of the season, the warm weather has allowed the boys to hone their games in preparation for a long season of hard work towards that elusive sectional champion plaque.

For years the Boys’ Varsity and Junior Varsity Tennis team has been overlooked at Niskayuna, and as a result many people do not know that our team is consistently one of the top schools in the Suburban Council, making the last two Sectional finals. Though they have not won in either of those finals, the losses have made the team’s hunger and drive for victory ever stronger. The team is reminded of the shortcoming frequently but this year the team is looking like they may be strong enough to overcome the hump and finally defeat the Guilderland dynasty.

This year the team is led by Senior Jeff Martin, one of the top players in Section II, who has gained acceptance into the Chris Evert Tennis Academy for a post graduate year. However, even though he has such impressive plans for after Niskayuna, Martin possesses likely the strongest desire to win a Sectional championship in his final season. As a result Martin takes time out of his schedule, not only in practice, but also on the weekends to help the younger players become better, and in that way makes the team better as a whole.

When asked about the upcoming season Martin said, “I think we can get back to the Sectional finals again this year, and hopefully defeat Guilderland. I know a lot of kids, myself included, were disappointed when we lost to them last year by such a close margin [5-4]. The confidence, talent, and knowledge that Martin brings to the team this year will be integral if the team is to win the Sectional title.

Though the tennis squad was so close to victory last season, they lost many important seniors such as Nick Lau, Justin Hsu, and the powerhouse doubles team of Tim Molino and Noah Levine, all parts of the 2015 starting lineup. However, the younger players stepping into these roles, such as Junior Elan Shiang and Freshman Ricky Dartawan, have put in countless hours on the courts since last year, which encourages both Coach Jim Neal and Martin who said “We lost a lot of seniors and leaders after last year, but a lot of younger kids have stepped up to fill those roles.” Already through the short time the team has had outside, results have shown. Shiang is playing the best tennis of his entire life, consistently playing up to Martin’s level and assuming a leadership role in helping to develop the future of the program. Additionally Ricky Dartawan, a first year varsity player, has made a huge leap in playing ability since last season, evident to anyone watching him. Playing a game which compliments his foot speed, Dartawan has shown that he can hang with the top varsity players on the team, getting more comfortable in his practice. While the team’s entire lineup has not been formed yet, it is almost assured that barring injury, long-time stalwart Senior Jason Tang will be a part of it. For years Tang has played at the varsity level, and like Martin, longs to hoist the Sectional Champion plaque in his senior year. In addition to these players the team has many others who have worked day in and day out since the season began to achieve success. The sheer talent on the varsity team of 20 is immense and when put to good use, could pay dividends.

Even though the team knows that it has the potential to win the Sectional title, Coach Jim Neal reminds them every day that to win they must not only have talent or potential, they put in the work and work together as a team. As a famous proverb says, “hard work beats talent, when talent doesn’t work hard.” If the team listens to Neal and dedicates themselves to not only making themselves better, but working to make the entire team better as a whole, then a Sectional title is certainly within reach for them.

Best of luck boys this season on shooting for the Sectional title!

Athlete of the Month

By Natalie Metzger

This shows his determination and strength to be the best that he can be and that he fills a prominent role in the community.

Laurilliard is a model of what every athlete should aspire to be. He is very smart about his health choices. He is also thinking about what he wants to make of himself and he knows how hard to work to become the best at what he does.

Laurilliard always does what is best for him and his team; he makes all decisions based on if they will be good or bad for the team. This is what needs to be done for every athlete at Niskayuna. All should follow Laurilliard’s role model behavior and it will lead them to become great, strong leaders in their desired sport. This has shown through his soccer, basketball, and school work. He has met all of our criteria and portrays a model student-athlete. Congratulations to Daniel Laurilliard and keep working hard!

Congrats to our nominees for this month:
Girls Basketball- Deirdre Schutzman
Boys Bowling- Dominick Pavata and Marcus Manzoni
Boys Swimming- Matt Chao
Wrestling- Anthony Laniewski
Girls track competes at Nationals

By Amelia Kokernak

Since the early brisk days of November, the Girls’ Indoor Track Team had trained with one goal in mind: to place top two at Sectionals. However, with the hard work that the team put in during the pre-season beginning to pay off, higher aspirations began to creep into the athletes’ minds. Early on in the season, the girls’ sprint medley relay of Sarah Dalakos, Grace Minkin, Marisa DiVietro and Amelia Kokernak qualified for the Emerging Elite Division of Nationals at Dartmouth Relays in the first week of January. With one relay team already qualified, prospects of a girls’ 4x800 relay team were also in the works, with the qualifying time of 9:32 constantly looming in the back of the girls’ minds, motivating them to work harder. Ultimately, in early February, the girls’ 4x800 relay team of Erica Wasserbach, DiVietro, Lexi Sciortino and Kokernak also qualified for Nationals at the Armory Invitational, with a time of 9:21, which broke the school record.

After winning a sectional title, the remaining athletes felt confident going into nationals training. For three weeks, they endured the toughest workouts of the season in order to be in the best shape possible to compete at the national level. After a four-month long season of training and competing, the girls were finally ready to run at Nationals.

On March 11 and 12, the team headed down to the Armory Track and Field Center in New York City to finally compete at New Balance Nationals. The Sprint Medley Relay ran on Friday, winning their heat with a 4:12.93 effort, which was ultimately enough to earn them fourth place overall in the Emerging Elite Division. Dalakos led off the relay with a 28.6, followed by Minkin with a 27.0, whom each ran a 200 leg. DiVietro followed up with a strong 400 leg of 59.13 and Kokernak anchored the relay with an 800 leg of 2:18.25.

On Saturday, the 4x800 competed in the Championship Division, and placed ninth overall with a time of 9:15.34. This was the 12th fastest time in the US this year, and put them 14th on the All-Time Section 2 list. In addition, their team time shattered the school record they had set earlier that season of 9:21. Wasserbach led off in 2:20.91, followed by DiVietro who ran a 2:15.10, then Sciortino who ran a 2:22.34, and anchored by Kokernak with a 2:16.99.

Both coaches were very satisfied with how the relay teams performed at Nationals. Coach Michael Peters said, “It was an incredible performance by both relays at nationals. I was very happy with how each relay team performed and as a whole, I would say that this was the best indoor nationals performance we’ve had in my time coaching.” Coach Jason DeRocco was also happy with how the teams reached their full potential, “I had two goals for these relays. I was hoping that the SMR [Sprint Medley Relay] would finish in the top six of the Emerging Elite race, and they did. I was hoping that the 4x8 would shatter their own school record, and they did. It was an amazing way to cap off a sensational season!”

For the athletes on the team, the experience of attending Nationals was one that none would soon forget. “It was a great opportunity to be able to compete against such great talent and with such a great team to be able to claim fourth in our SMR,” said Grace Minkin. Marisa DiVietro, who was a rookie to the indoor team, said, “It was a feeling of euphoria being able to compete against the best athletes in the country.”
Spring has sprung!

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Warrior Photo Credit / Ellisabeth Chillrud
The winter of 2015-2016 was an exceedingly warm one; I remember opening the windows for fresh air on Christmas Eve, which in hindsight isn’t that shocking since December had, overall, the biggest temperature difference. The following months had above average temperatures as well, and we entered March—the month that’s supposed to ‘come in like a lion’—with Spring time temperatures. A bit ironic that a cold spell has fallen right around the actual vernal equinox, but all in all, a very warm winter.

The direct reasons for this mild winter were not because Elsa decided to spare us, but are due to a very strong polar vortex and El Nino—causing pacific air to dominate the continent—as well as little arctic intrusion. However, if we look back to the ice cold winter of 2014-2015, the reason for these abnormal temperatures may lie there as well. Historically, extremes in weather have been balanced out year to year, and these past two winters seem to be no different. Following a bitterly cold winter—which broke records in many regions—we received a pretty warm one this year, though it was nowhere near as record shattering. This occurrence of extremes in seasonal weather, while at first appearing random, is actually quite normal; every fifteen years or so, mother nature gives us a pretty bad winter, usually balanced out the next year with a mild one. So while it’s nice to know this isn’t some kind of global warming winter apocalypse, it does mean that rough winters aren’t going away, even as the overall temperature of the world rises. Hopefully the weather will stick to the books and we’ll have normal winters for the next fourteen years. Also, hopefully I won’t be living in the frozen north by that point. But to all of you diehard New York residents, when 2030 rolls around, remember to bundle up in your heavy winter parkas and hats. Also remember to invest in a snow machine the year after that—because you probably won’t be seeing much of the real thing.

Dear readers,

Although our winter wasn’t harsh in the first place, the excitement for spring still thrives! We hope you enjoy this week’s spring themed issue.

Love,
The Editors
Enjoy a spring word search!

Allergies  Bloom  Garden  Tulips
April  Bunnies  Lillies  Violet
Baseball  Daffodil  Spring  Warm
Birds  Flowers  Sunshine

Generated through puzzlemaker.com
Robin Eggs White Chocolate Cookies

Ingredients:
1 cup brown sugar
½ cup granulated sugar
¾ cup unsalted butter, melted
1 egg
1 egg yolk
1 tablespoon vanilla extract
2 cups all-purpose flour
¾ teaspoon baking soda
½ teaspoon kosher salt
1 bag Robin Eggs, crushed
2 cups white chocolate chips

Instructions:
Preheat oven to 350°F. Beat together melted butter and sugars in a bowl. Add in the egg, mix until combined, then the egg yolk, and mix until combined. Add in the vanilla and mix. Whisk together flour, baking soda, and salt. Gradually add it to the sugar mixture and mix until just combined, scraping down the sides of the bowl as needed. Fold in the crushed Robin Eggs and white chocolate.

Line baking sheets with parchment paper and scoop out 2-tablespoon sized balls onto sheets. Bake for 12-15 minutes until just lightly golden and set. Allow to cool on the sheets for a few minutes before removing.

Robin Eggs Malted Milkshake

Ingredients:
1/2 cup robin eggs malt candies, plus some for topping
2 cups vanilla or chocolate ice cream
1 cup milk
Whipped cream

Mouthwatering Robin Eggs Fudge

Ingredients:
1/4 cup vanilla malt powder
14 ounce can sweetened condensed milk
3 cups white chocolate chips
2 tbsp butter
1 cup marshmallow cream
10 ounce bag mini robin eggs, crushed

Instructions:
Line an 8x8 pan with foil and set aside. Stir together the malt powder and sweetened condensed milk in a large saucepan until dissolved. Add the white chocolate chips and butter. Heat over medium heat and stir constantly until the mixture is melted and creamy.

Stir in the marshmallow cream until the mixture is creamy again. Remove from the heat and cool for 2-3 minutes. Set aside 1/2 cup crushed robin eggs. Stir the rest of the robin eggs into the fudge mixture quickly and pour into the prepared pan. Top with the remaining robin eggs. Let fudge set before cutting into squares.

Store in a sealed container on the counter for 3-4 days or in the refrigerator for 2-3 days. Makes 36-49 squares, depending on how big you cut them.