

New **The Pulse**

The Heartbeat of SHS

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Secretary of Education Riley Visits Syosset High School



Senior Nate Gitlitz displays his computer skills as Mrs. Rodenburgh, Superintendent Dr. Carole Hankin, and U.S. Secretary of Education, Richard Riley look on.

By David Roseman

On Friday, September 17, Syosset High School, and the Syosset Central School District, had the privilege of hosting a dinner in the honor of United States Secretary of Education Richard W. Riley. The festivities began at 5:30, as the student lobby was transformed into a reception hall, complete with decorated tables, balloons, and a banner for Mr. Riley. Faculty from every school in the district, members of the PTA, Board of Education, Superintendent Dr. Carol Hankin, Congressman Peter King, the new head of BOCES, Jerry Shively, and students, among others, mingled in the vestibule, anxiously awaiting the arrival of the former South Carolina governor.

When Mr. Riley first arrived he took a tour of the computer facilities and observed an Advanced Computer Multimedia demonstration, along with Dr. Hankin, Congressman King, the President of the Board of Education, President Marilyn Gottlieb,

and other members of the Board of Education watched as Senior Nate Gitlitz demonstrated a webpage he designed using Macromedia Director, Photoshop, Flash, and Dream Weaver. Other students also worked on introductory multimedia techniques using Macromedia, including student technicians Dave DiGregorio, Jeremy Meller, and Scott Orkin, who assisted and were doing research for teachers for internet projects.

"The advanced computer courses offered by the Syosset High School Business Department introduced me to these tools," said Gitlitz. "It was really exciting showing Secretary Riley my work, and he was really interested in what I was doing."

Musical entertainment was provided by the amazing high school orchestra under the direction of Mr. Stephen Schopp before and during Mr. Riley's arrival. Following Mr. Riley's speech, Melissa Sanfilippo, Jessica Jackson, Jaymie Zurlo and Dana Friedman of the Adelettes, sang beautifully to the de-

light of the audience. Following a rousing rendition of the Star Spangled Banner, they sang a barbershop version of "And The Band Played On". To end their performance the quartet sang "It's a Small World" and invited the audience to sing along, and after the encouragement of Dr. Hankin, the entire room joined in to complete a wonderful performance.

After Dr. Hankin introduced the dignitaries in attendance, she introduced Mr. Riley to a standing ovation. Mr. Riley made a wonderful speech in which he discussed the progress of education in the country and the excellence of education in Syosset. He discussed the importance of teachers, and how excellent teachers like those in Syosset are necessary for the success of the students and our nation. Mr. Riley commented on the need for high education standards to attain success in today's society, and in the future. He noted the

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the pulse

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opinions

Animation Controls Primetime

By Chase Jaycox

Prime time toons still measure up! Animated shows are starting to come into their own during prime time. Such shows as "The Simpsons" and "King of the Hill" have already been accepted as quality shows, while newcomers "Futurama," and "Family Guy" are trying to forge their way onto our TV screens.

"The Simpsons" is of course prime time television's longest running show and is in syndication. It is a favorite of many people and incredibly funny. It features the adventures of the Simpson (go figure) family that lives in the town of Springfield. The family is headed by the balding, bumbling idiot father Homer J. Simpson who works at Springfield's nuclear power plant. His dumb ideas and misconceptions are often the most entertaining part of the show. His witty wife Marge (known for her tall, blue hair) has enough common sense to balance Homer's idiocy. Their children: Bart, the mischievous 5th grader who never does well in school; Lisa, the 3rd grade genius in the family keeps Bart at bay most of the time and always tries to stop her father from going through with his crazy plans; and

Maggie, the baby who, despite her limited dialogue is an integral part of the show. These central characters link us to many other (dis)likable characters such as Krusty the Clown, Montgomery J. Burns, the owner of the power plant, and Kent Brockman, the local newscaster. This is a great show and I recommend that you watch it. "The Simpsons" airs at 8:00 on Sundays on FOX.

"King of the Hill," another hit, is about the life of Hank Hill and his family, who inhabit a small rural town in Texas. They have many crazy neighbors (the Korean family who live next door and all of Hank's weird friends who love to drink) The goings-on in this show are definitely worth watching. This show airs 7:30, Sundays on FOX.

Next is "Futurama," a hilarious midseason entry about a typical New York pizza delivery boy, Fry, who delivers to a mysterious office building where he is cryogenically frozen for 1000 years. Waking up in the year 3000 he meets Leela, a 30-year old unmarried one-eyed alien, and Bender, a cynical, sarcastic robot who quickly becomes his best friend. The many changes in the way people live and

what they do are presented in a way that is very funny and makes you want to see what else has changed. "Futurama" airs at 8:30 on Sundays on FOX.

On Thursday at 9:00 on FOX is another midseason entry, "Family Guy," about Peter Griffin and his family. His wife, a perfectly normal woman, is the only reason the family stays together. She cooks, cleans, and does everything else that the others neglect. Peter's teenage daughter, Meg, always puts her two cents in on everything, using her whiny, nasal voice to get her way very often. His pre-adolescent son Chris does not seem to be all there. He finds things like toilet paper entertaining. The brainy family dog, Brian, who talks makes some very funny insights into the life of the family. The most exciting and funny character on the show, by far, is the baby Stuei. He is a genius, but no one seems to notice. He is always plotting schemes to take over the world, such as his weather-controlling machine. But when the time comes for his scheme to fall through, his mother yells, "Stuei, time for your nap." His cynical antics are what keep the show going most of the time.

All of these shows are very funny and if you have not discovered them yet, you should really give them a chance!

CD Review of the Month

By Jonathan Maisel

Significant Other (*Limp Bizkit*)-

This band started out playing locally after they formed in Jacksonville, Florida in 1994. Who would predict that their intense rap/metal music would hit mainstream success and fling them into superstardom? With two years of touring after the release of their debut album "Three dollar Bill Yall\$" the band is back with a second album featuring some special guests on it. The elusive Scott Weiland from Stone Temple Pilots helped lead singer Fred Durst develop the new songs as well as sing on a track also featuring Jonathan Davis from Korn. Rap artist Method Man joins in on some freestyle rapping with Durst on a track too. The rest of the tracks on the album still combine the rap/metal formula that has made them a success so far yet everything is much more melodic and more song oriented. The first single off the record is "Nookie", whose groove-laden sound definitely introduces people to the new and better type of songwriting skills that they have developed. Other highlight tracks are "Break Stuff", "Just Like This", "I'm broke" and "Re-arranged". The band has been slotted as the headliner for the Family Values tour this year so they are sure to stay in the forefront for a long time.

What's the first 4-letter word you think of?



If it's not
S-A-F-E
maybe you
should
think again...



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(bus - MTA N21, N27)

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opinions

Shyness: A Freshman's Look

By Kathy Miu

Dragging the daily load of books over my shoulder (large backpacks filled with unneeded textbooks and binders are always the first sign of a freshmen), I quietly sit down at my desk for first period English. During the class, my peers participate as I, as always, remain silent at my desk throughout the entire period. Why has this cheery, gregarious girl gone sour? We may all just turn around and point our finger at shyness. Either that or the teacher has yet to know my name.

Although you may think that some freshmen are sociable and talkative, you may find it surprising that others have the evil, isolating character trait of shyness. Well, you may ask, what induces this shyness? Being in a totally different environment where unfamiliar faces appear in whichever confusing hallway you decide to

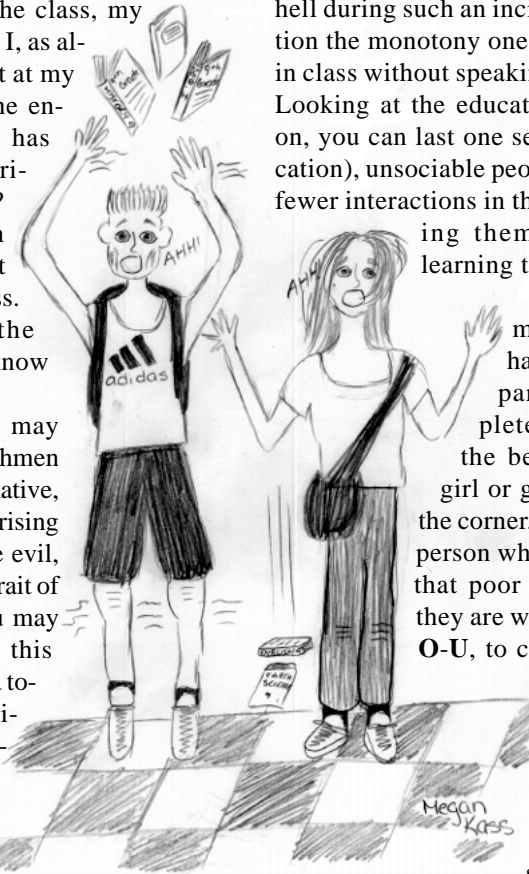
venture down. Pure fear of talking to new people. Maybe fear of being disliked? Or you may be just like me. Too lazy to get to know one another!

Imagine that you're a shy freshman.

(if you already aren't) who doesn't know a single member of your class. What do you do when your teacher asks everyone to pair up for a group activity? Shuffle your feet? Tap your fingers in anxiety? Admit it, timid people would experience hell during such an incident! Not to mention the monotony one would face sitting in class without speaking to a single soul! Looking at the educational aspect (hold on, you can last one sentence about education), unsociable people definitely have fewer interactions in the classroom, making them less subject to learning the material.

Now, you demand to know, why have I made you read paragraphs of complete gibberish? For the benefit of the poor girl or guy sitting there in the corner, as well as you, the person who must now talk to that poor girl or guy. Yes, they are waiting for **YOU**. **Y-O-U**, to come over and talk to him or her. Only you can prevent forest shyness. Or was that shyness fires? Anyway, before some angry man

wearing a Smoky the Bear costume sues me, I would hope that I have passed on the idea for you to communicate with the silent ones, who often become stereotyped and secluded.



Is There Life After 11th Grade?

By Barry Goldberg

Ahhh, there's nothing like the 9th period bell, the end of another grueling day at Syosset High for its beloved students. And yet another huge collective sigh of relief, that yes.... The juniors had survived another day.

Everywhere I go people ask me what grade I'm in and I always respond with a slight cringe, "11th." Then proceeds the usual fuss. "Hey hey, that's a pretty big year." "No, not really," I say with a nervous tone. But the truth is virtually all juniors, including me, have apprehension about the workload the year has to offer and already has. I mean, sure, the SAT's, driver's education, college selection and the rest of the normal school-time blues aren't that big of a deal. Yeah, right.

Look, I take nothing away from all of the other diligent grades in our school and I understand that Syosset is high-pressured for school excellence (I've seen kids break down at the thought of a B+!). But we of the 11th grade have been in school only a short time, and frankly, with all the work we've already accomplished, it feels like ten years.

So just what can be attributed to this seemingly dismal situation? There are two answers really. The first and most obvious being that it is true! Juniors do have added pressures and re-

sponsibilities this year in school and yes, for the first time have limited access to a fully functioning vehicle. But the second reason is not so apparent. It is the thought, before crossing the threshold into school your junior year that it would be a struggle. 11th graders from past years have passed down the message to us and we will more than likely pass down the message to this year's sophomores; it's not easy. So you see, even before the pen hits the paper for the first time in the junior year, the remains somewhat of a physiological barrier.

So what is the point of telling you all the things you didn't want to hear? (Boy, you must hate me right about now). But here's a news flash: We will survive this year! The more we complain and the more we whine, the harder it is to actually see the truth: One day we'll look back on this year and laugh. Ok, maybe in another lifetime, but we will. Hey, that doesn't mean I enjoy sacrificing much-needed hours of sleep so I can learn the periodic elements or the meanings for various foreign words, but when its all over we'll all be left standing proud and tall.

So you see, there is life after 11th grade and you know what? It probably won't be a bad one either.

A Senior's View on the New AP Exam Policy

By Adam Taubman

Syosset students in their senior year know that the months that lie ahead will be both long and stressful. Even those that choose to adopt a laid-back approach to schoolwork will be busy writing essays, filling out forms, and stamping envelopes, all to get into the college of their choice. Of course, this is typical of every senior class across the country, even if to varying degrees, but in Syosset, the college application process is something different. It is always a part of our lives, no matter what grade we are in. Whether it be studying for a test in freshman year, volunteering at a local hospital, or even writing for the school newspaper, almost every non-leisure activity is in some way directed towards the ultimate goal of a better education. This can actually be healthy in that it is a form of motivation, but sometimes it translates to a level of competition that includes fighting for every grade and arguing over every test answer marked as incorrect. Unfortunately, the teachers are usually on the receiving end of such behavior.

To stop this, some teachers have done several things: develop stricter grading policies, use structured rubrics and formulae to calculate averages, and now, the school allows into Advance Placement courses only those students who pledge to take the AP Exam in May. This prevents students from enrolling in the class to add an impressive course to the transcript and then forgetting about the test once acceptance letters arrive in the mail. Second, if all students took the AP Exam, then no optional final test would be necessary. There are other explanations as well, but essentially, by instituting this requirement,

Syosset High School has eliminated the possibility of a student not taking AP classes seriously and a lot of extra work for its teachers.

For the most part, I have no problem with this reasoning. If Advanced Placement classes are supposed to simulate a real college experience, then anyone who chooses to enroll in one of the classes should have the attitude and responsibility of a college student. After all, it would be unfair to ask a teacher to fill the role of a college professor when the students are not willing to cooperate and do their part. But there is another side to all of this.

That side is the students who don't take AP classes to impress colleges or to place out of a class later in life, but rather to learn. While there may be few people with this as a sole purpose, almost every one of us appreciates knowledge and progress to some degree. For some of us, an AP class can mean much more than a grade. It can mean a new understanding of our world and a foundation for a career or hobby; it can mean an interesting forty minutes; and it can mean challenging ourselves to do better in life. The AP Exam has nothing do with these motives.

For those of us who appreciate the personal value of an Advanced Placement course but do not want to take the exam at the end of the year, an injustice has been done. Some have learned to put up with the extra responsibility, but others have only been discouraged from enrolling. In attempting to weed out the undedicated students from the AP program, Syosset High School may have lost the best students of all—those that value education more than a high school transcript or college credit.

The Tenth Grade Void

By Michael A. Henrich

In 9th grade we were the new kids in town, not always feeling completely comfortable. In 11th grade the SAT's will crowd our thoughts with concern and anxiety to a point many have trouble standing. And senior year college entries and high school graduation will overcome us with disappointment, joy, and a newly found person within us all. Then there is our current year, our 10th grade, or sophomore year. What will concern us this year? What will upset us and shape us into a different person? The only thing I can tell you readers, is that I do not yet know.

This does not mean that there is nothing to look forward to in this grade. Upcoming, we'll have the same Homecoming Dance and Carnival, and the choice to join a few of the same clubs as the past. Our only hint of unity among our sophomore

class is a two-night class trip to Boston, Massachusetts. A single week-end excursion cannot account for the unanimity of all of the 10th graders into a single harmonious group in which all have similar feelings relating to any specific instance. The lack of unity is good and bad, for it teaches us to be individuals, but denies the students a channel to which we may become a group.

As of yet, the tenth grade seems like a void in our high school careers. We have no distinguishing characteristic that will affect the entire grade. Not an SAT, high school graduation, or a Freshman Friday. My conclusion is simply that sophomore year is the year of individuality. The year that all of us can discover ourselves without anything drastic happen to our grade as a whole. Now the real question is this: how do you feel about it?

opinions

A Moment With Spector: *The Pulse* Movie Reviews

By Ken Spector

Hello. And welcome to Spector's movie reviews. To ensure safety while reading, please comply with the following rules. All hats and glasses should be taken off during the reading. Please keep your arms, legs and other expendable body parts inside the vehicle at all times. Do not stand up. Pregnant women, people with motion sickness and/or taste should not submit themselves to reading this. We repeat: DO NOT STAND UP. Prepare for movie review departure.

Spectroscale

- A: Better than your average bear
- B: Your regular movie
- C: Typical crap fest
- Z: Almost as bad as Wild Wild West

Double Jeopardy

Drama

MPAA Rating: R

Spectroscale Rating: B

Double Jeopardy is a fast-paced "I hope it turns out well" movie. I only have one question. Did anyone else realize this is basically a rip-off of *The Fugitive* but with a woman instead? Think about it. The *Fugitive*: Dr. Richard Kimble is framed

for murdering his wife. After escaping arrest, he tracks down her true killer whilst being pursued by Tommy Lee Jones. *Double Jeopardy*: Libby Parsons is framed for murdering her husband. After her six years of prison, she tracks down her husband knowing he framed her, whilst being pursued by Tommy Lee Jones. This just goes to prove two things. #1. Women have more patience than men. It seems they have enough patience to sit six years in prison, whereas a man just runs away before going to prison and then gets away Scott-free. And #2, Tommy Lee Jones will never be old enough to stop jogging after criminals.

BASIS: A woman is framed for murder by her husband, then after discovering you can only be convicted once of the same crime, she goes across the country to kill him and get her son back.



Tommy Lee Jones and Ashley Judd navigate rough waters in *Double Jeopardy*.

American Beauty

Drama

MPAA Rating: R

Spectroscale Rating: A



Kevin Spacey and Anette Benning in *American Beauty*.

Wow! This was an extremely enchanting movie. Kevin Spacey is fabulous as always. Excellent points are made about regular everyday inconspicuous things. There is so much you can take out of this movie. Philosophies, quotes {such as my favorite} "Never underestimate the power of denial" and different standpoints of how to live and looking at others. When you walk out of the theater, you'll be embraced with a sensual feeling of bliss. Knowing that in a materialistic world, so much beauty is hidden from humanity. If you just stop to see it. You will know why life is worth living. You gotta see this one.

BASIS: How strange families can be while living in suburbia.

Stigmata

Horror

MPAA Rating: R

Spectroscale Rating: C+



Patricia Arquette delivers the scares in *Stigmata*.

What a let down. For any horror fans who saw the numerous advertisements for this film, you have to agree with me that *Stigmata* seemed fabulous. To throw in another quote for the sake of...Well. Throwing in another quote. "Don't judge a book by its cover." Sure, *Stigmata* has neat special effects, along with some weird and scary stuff. For example, when Frankie Paige {a woman} suddenly becomes possessed and speaks in a deep male voice. {Kind of like Bea Arthur.} But when the credits start and the lights go on, you sit there and think. What just happened?

Nothing just happened. There is no mystery. There is no big climax. Only an unraveling story that's interesting but lacks the meat and juices that makes any story good. The main idea they were putting across was intriguing. But not enough to carry the entire movie.

BASIS: A young non-religious woman becomes a Stigmatist. {Meaning: The five wounds of Christ during his crucifixion are inflicted upon her by supernatural powers.}

Soon To Be In Theaters

Sleepy Hollow: The latest from Tim Burton. A remake of the Legend of Sleepy Hollow with Ichabod Crane and the Headless Horseman. Starring Johnny Depp and Christina Ricci. November 19.

Dogma: Kevin Smith's (Clerks, Mallrats, Chasing Amy) new movie which after five long awaited years, will finally be released. Hooray! Matt Damon and Ben Affleck are fallen angels who try to hustle their way back into heaven by scamming God with the help of Jay and Silent Bob. November 12.

Bringing Out the Dead: Nicolas Cage stars as a paramedic who discovers how weird New York City can be at night.

Movies To Come

Scream 3: The closing chapter to the trilogy. Sidney drops out of high school and goes to Hollywood. December 10, 1999

Mission to Mars: Man's first trip to Mars turns into disaster. March 10, 2000

Red Planet: Val Kilmer's trip to Mars. March 31, 2000

Fantasia 2000: Disney's sequel to Fantasia. January 1, 2000

Movie Tips

Anyone interested in the Blair Witch Project? Check out their web site at www.BlairWitch.com for about four hours worth of stuff that wasn't in the movie.

Like Clerks, Mallrats or Chasing Amy? Check out www.ViewAskew.com for multitudes of news to Jay & Silent Bob action figures.

So, what have we learned here today? Well, we learned as long as we keep shelling out \$8.50, Hollywood will continue making memorable moments and mega profits forever and ever. Anyway, I'm all out of room. So until next time, keep watching the classics and avoid the popcorn.

Movies To Come information was supplied by Cinescape Online, Videohounds Golden Movie Retriever 1999 and View Askew Online. All of the information is true. Otherwise it would just be a waste of time.

THE INSANITY PLEA BY JED EVANS

Do you ever find yourself standing idly at the foot of the stairs in E Hall? Do you ever notice yourself in the cafeteria, standing right in front of the doors, effectively blocking the path of incoming and outgoing students? Have you even done these things when none of your friends were around to even bother standing around talking to? Did I just end a sentence with a preposition?

If you answered yes to any of the above questions than you may have what experts call School and Environment Related Behavioral, Social, and Psychological Syndromes. The disease is called SERBSAPS (pronounced: surpsaps) for short. For many years SERBSAPS was believed to be a common hereditary disease. Recently, however, Dr. Wes Van Der Wessen of Pebbly Creek University at Pebbly Creek discovered, in a routine laboratory rat experiment, that it is in fact an airborne contagious disease which is incubated in bodies lacking in initiative. Though the disease is most prominent among Freshmen, it has been known to spread to upper classmen and can lead to the lifelong disease CSERBSAPS (Chronic School and Environment Related Behavioral, Social, and Psychological Syndromes).

SERBSAPS has been proven to cause lateness, inattentiveness, and general disarray. Though there isn't a cure yet, here are a few things that you can do to avoid contracting SERBSAPS:

- meet friends in the lobby or other such area designated for meeting, not stairs or doors.
- move to a new location if you notice people constantly running into you and/or saying "excuse me"
- make an attempt to get to class on time
- wear ear plugs and blind folds to English class
- and buy Nabisco's Low Sodium Ritz Crackers!

If you wish to contact me for more information on SERBSAPS and how you can personally protect yourself from its contraction or for a free sample sized packet of Ritz Crackers or you wish to contact me because your are a distraught member of the English department, I can be seen attempting to get downstairs in E Hall before for pretty much the entire day.

features

The Freshmen Friday That Wasn't

By Rachel Stanton

"I'm nervous because the school is so big," said Jane. "I know I'm going to get lost."

"I'm worried I won't make any friends," added her friend Jill.

A third freshman added, "I heard that Dr. Schneider has a big computer in his office, and if you get in trouble, he'll look you up on his computer, and he can find out everything about you and your life."

These concerns, and many others, were voiced at Freshman Orientation, which was held on Tuesday, August 31. However, one possibility that had freshmen especially scared was the infamous "Freshman Friday", the first Friday of every year.

On this day last year, a number of freshmen were seriously harassed by upperclassmen, who were later suspended due to their actions. Common fears about this day were voiced by two freshmen, who were so frightened about the possibility of repercussions that they asked to remain anonymous.

"Every four years Freshman Friday is really bad, and this is the fourth year!" said one freshman at Freshman Orientation. Another agreed, stating, "I heard that when this year's seniors were freshman, the seniors were really mean to them, so they're going to be mean to us!"

Luckily for these freshmen, their fears were not proven true. In fact, this year's Freshman Friday was especially mild, although, according to our principal Dr. Schneider, Freshman Friday in Syosset High School has never been really bad, and rumors about the day have been blown out of proportion. In order to prevent any wrongdo-

ing, teachers, administrators, and coaches were out in the hall in force on Freshman Friday. Due to their efforts, only two out of the over 400 freshmen in SHS reported being harassed.

This does not mean, however, that no harassment took place. One junior reported witnessing a senior trip a particularly small freshman when he was walking down E-hall. When the freshman ran away, practically in tears, the senior burst out laughing. In another incident, a senior made a freshman stand by his locker until the bell rang so that he would be late for class.

Although no freshmen reported

having been physically hurt, this does not mean that they were unaffected. It is the administration's hope that no student is dealing with this situation on his or her own. However, the school can only respond to the incidents that are reported.

When asked about Freshman Friday, Dr. Schneider said, "It is a shame that upperclassmen think it is fun to harass the freshmen ... We here at Syosset High School are working hard to teach students how to behave properly, and we've come a long way. When I started here, seniors brought paddles to school. Every year there is less and less violence. Hopefully through education, this nonsense will stop once and for all."

One freshman expressed different feelings about Freshman Friday. "All I heard about Freshman Friday was fake. It's too bad though; I would have liked to be shaving creamed. It sounds like fun." Hopefully, by the time this freshman becomes an upperclassman, his attitude will have changed.

"It is a shame that upperclassmen think it is fun to harass the freshmen ... We here at Syosset High School are working hard to teach students how to behave properly"
-Dr. Schneider

Zombies Walk the Halls at Syosset High School!

By Rachel Leventhal

Imagine it's your average Friday morning. After waking up, boarding and riding the bus (or driving your car for seniors), you pull open the large, heavy doors and enter Syosset High School. As you walk down to C hall, so that you may empty the 25 pounds of textbooks into your locker, you observe the people around you.

There's that tall girl in the corner who seems to be fighting to keep her eyelids from closing. There's also that cute guy from your Biology class by his locker who has been staring aimlessly into space for the last five minutes, and then finally, there's your best friend sitting on the floor by her locker, who, in trying to cram for her history test next period, has just reread the same sentence twenty times in a row.

"What exactly is going on?" you think to your self, gazing at the weirdos who surround you. Well, it could be that the tall girl is a narcoleptic who (oh darn!) forgot to take her medication again. It could be that guy from your bio class has some really odd staring problem. It could also be that your best friend has some rare mental block regarding the effects of Jacksonian Democracy upon the Industrial Revolution. Or then again it could just be that neither of them have gotten enough sleep.

Looking around Syosset High School, it has become increasingly common to see a plethora of wandering, "zombified" students. It is obvious that a large majority of our students are lacking in precious sleep time. This tired state that many students are falling victim to can have extremely negative effects: poor concentration, cutting classes, bad test grades, and even sickness. When parents and teachers fail to realize, however, is that it really is not our fault that we lack so much sleep. In reality, it is because of increased pressure by the school and by parents that stu-

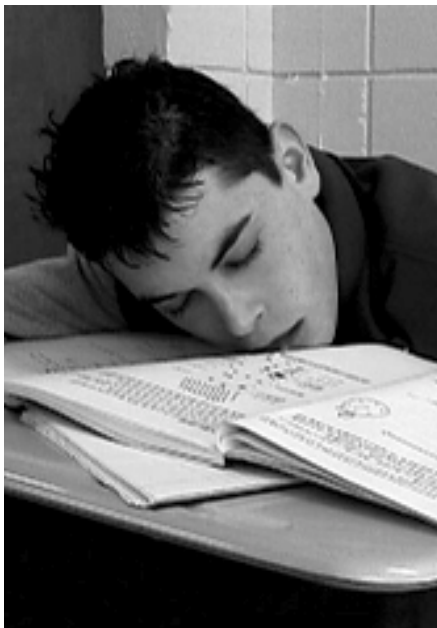
dents are so sleep-deprived.

To see how this works, let's take 3 different student types and examine what they do after school let's out. Observe:

Let's say that an average student, John, gets home at 4:00 from his after school commitments. He does two hours of work, and then eats his dinner for half an hour before going to his hour and a half SAT review course. It is roughly 8:00 when he gets home. He then proceeds to work for an hour on his book report for English, which is due in two days. If he goes to bed in an hour (10:00) and wakes up at 6:00 the next morning, he will have had 8 hours of sleep a decent amount. Let's wait a minute though... Another good student, Tom, gets home at 5:00 from his after school commitments has two hours of homework. After completing this work he eats his dinner then proceeds to study an hour for his math test tomorrow. It is now 8:30. Tom then works half an hour on his lab write up, which is due at the end of the week. It is now 9:00. Keep that in mind...

Finally super overachiever "Sally" gets home from school at 5:30 after her after school commitments. She has two hours of homework, but first she breaks for dinner for half an hour. At 8:00 after finishing her work, Sally takes a half hour to speak to her mentor about her science

project and she then works on it for another half-hour. It is now 9:00 and Sally must practice on her violin for an hour and a half. It is now 10:30, but before Sally can call it a day, she must work on her upcoming forensics piece. Sally is finally done at 11:00.



Ken Spector is among the Zombies of Syosset High School

of sleep and Sally with possibly five or less.

Studies have shown that teenagers require at least eight hours of sleep a night, as much as elementary school students. Six hours, five hours, or even less sleep just doesn't cut it, especially since over the course of the school week, these hours of sleep deprivation certainly add up. With many over-stressed teenagers attempting to balance tremendous course loads, numerous after school commitments, and any sort of social life, is it any wonder that more and more students have

resorted to pulling 3 hour, 2 hour and even no sleep all nighters?

It's time to point the finger, and the finger doesn't point to the students. The theory that hard work=good grades=good college=good job=money and success and been emblazoned upon today's teenagers by none other than our adult society. Additionally, with the competition getting more intense throughout the country, students are working harder than ever and as a result are getting less sleep.

So, yes, you definitely should be getting a lot of work in high school; that's a good thing, as it will prepare you for the challenges of college and for a possible future career. However, you should also be enjoying yourself at the same time. Try to attain a balance between the two (a little bit more sleep time would be great!), and remember; if you feel you're really stressed out over your work, take a break. Call a friend to talk, see a movie, or even take a nap: just do something other than stressing out over your work. Finally, just remember to enjoy yourself: after all, these are the days you're going to miss in the years ahead.

As for those strange "zombified" people around you, see if you can help them out a little bit. If that girl is a narcoleptic, kindly remind her that she may have slipped up on that pill schedule. Otherwise tell her she should get some sleep, it looks like she could use some. As for your best friend, tell her that for the next test she might want to make up a study group, that way the work won't be too stressful for her. Also tell her to take a breather from her studying and come hang out one day. Finally, as for that cute guy from your Bio. Class, ask him if he might want to come with you to that party tonight. After he takes a nap of course.

features

Good Times at Woodstock '99

By David Anderson

This summer I paid almost \$300 to be hungry, dirty, sunburned, deprived of bathrooms, and to walk for miles a day for four days. The idea sounds almost inconceivable, yet there were some of the best days in my life. This "unbearable" event that I am referring to is Woodstock '99. I was one of the 250,000 people that made history at the 30th anniversary celebration of the original Woodstock Arts and Music Festival from July 23, to 25.

When I arrived at the festival site early Friday morning, the first thing a guard said to my friends and me was, "The campgrounds are full



Crowds gather at Woodstock '99 as they wait anxiously for the festivities to begin.

already, so you'll have to find somewhere to set up your tent." This was before the campgrounds were even supposed to be open. My immediate thought was, "How big is this thing anyway?" That was the question that I am sure many people asked themselves or others during the whole event.

The magnitude of Woodstock '99 was probably the most incredible factor of it. Miles of people blended into the horizon in every direction. It was announced at the main stage on Saturday that Griffiss Park, where Woodstock '99 took place, had been declared the third largest city in New York State. To have been a part of that city is an honor, regardless of any negative news reports.

Because of the size of the audience, the performances of the bands that played were definitely not as intimate as they would be at a nor-

mal-sized venue. But all of the acts seemed to adjust to that and managed to bring the masses of people together, even if it was just for a few songs. The bands themselves were just as shocked as the concert goers were about the size of the crowd, and it humbled even the most arrogant rock stars. I believe that was one of the factors that made the bands so good; they felt like the listeners were doing them a favor by listening to them, instead of thinking that they were doing a favor to the crowd by playing. The result of that feeling was possibly some of the best performances of any of the performers' careers.

One of the bands that stands out for its performance is Limp Bizkit. I had seen them previously this summer and had enjoyed it, but nothing compared to the show that they put on at Woodstock. They like to get crowds to participate with them, and they did not fail at Woodstock. I thought that I had been in large mosh pits before this, but the one during Limp Bizkit was out of this world. If they were trying to achieve anarchy, they definitely succeeded. At one point, the lead singer, Fred Durst, had to tell the crowd to calm down. Although it seemed frightening at



Concert-goers get out of hand and set fire to their surroundings.

the time, it was not as bad as the newspapers and media portrayed it to be. One of the events that has gotten the most attention from the media is the fire and looting spree that occurred Sunday night. There are a few things that I would like to say about this. First of all, the fires were not as dangerous as they were made out to be. The fes-

tival grounds were so big that from the other end, you couldn't even see the fires. If you wanted to get away from them, you could easily leave and go to another area.



Dave Matthews Band played at Woodstock.

Second, any reason that you hear about the cause of the looting and destruction is made up. Although the prices for food and water were obscene (my friends and I didn't eat anything for three days because of this), it was not a main factor of the trouble. Anyone that was there could tell you that there were a couple of stupid people who thought that it would be fun to do damage to the place, and it turned into a big "follow the leader." Considering the number of people that were there and the fact that the security guards had left earlier in the day, the damage could have been much worse.

A Woodstock moment that stands out in my mind is the Offspring show on Friday night. My friends and I were very close to the stage for the show and the music and the energy going through the crowd where we were was incredible. A highlight of that show was the part where the lead singer beat up life-sized cardboard figures of the Backstreet Boys. Another experience that I will always remember is being about 20 feet away from the stage while Megadeth played, and then getting one of their set lists after the show. There were many other performances that I enjoyed: Metallica, Kid Rock, Rage Against The Machine, and the John Entwistle Band. It seemed like almost every type of music was represented there,



Limp Bizkit gave an exciting performance at Woodstock '99.

so I'm sure everyone could have found something to listen to. I definitely did, and I will never forget all the amazing experiences that I had at Woodstock '99.

Interact Supports Earthquake Victims

By Eda Uca

Tonight, when we go home to our warm beds, and eat the food our parents put on the table for us, and drink from our constant flow of clean water, there will be thousands of people in Turkey quietly slipping into their crowded tents or nervously claiming park benches, doomed to spend another sleepless night. Most of you have heard of the devastating earthquake that hit Turkey in August. You have probably heard of the 35,000 people that died in the rubble and never had a chance to be given a grave to rest in peace.

Alev Aydin, junior, thinks back to the event, and says that he "cannot express" his devastation over the life shattering event. Today in Turkey, there are two classes. Homeless, and not home-

less. Never has their need for essential but simple things more necessary. Often, we hear people moan about "needing" a new car or "needing a snack," but the people in Turkey really do need protection from rampant spread of diseases, clean water to make it through the days of back breaking work of fixing homes and roads, and shelter to face the hardships of the upcoming winter.

The situation looks hopeless for the Turks as their government has done little to help save them from their personal hell. But, there is help on the way. Our very own INTERACT Club will soon be working together with you to help save these people. With your help, there will be warmer clothes and more food for the thousands of homeless people suffering in Turkey.

club events



Syosset Cyclones Ride Again

FALL 1999 Cycling Schedule

** Riders should meet in the faculty parking lot at 3:15 pm **

** All rides contingent upon the weather **

** Look for our Spring 2000 Schedule in early March 2000 **

Thurs. Oct. 7, 1999	Green Belt South Trail
Thurs. Oct. 14, 1999	Oyster Bay
Tues. Oct. 19, 1999	Open Ride
Tues. Oct. 26, 1999	SUNY Old Westbury
Sat. Oct. 30, 1999	Bethpage/Massapequa

Spirit Week Schedule Week of October 18

Monday 18	Walk-Athon Dress Up in School Colors Cheerleaders in Lunch Room
Tuesday 19	Banner Day Crazy Dress-Up Day
Wednesday 20	Celebrate Our Excellence Day Ice Cream and Karaoke Pajama Day
Thursday 21	Student Teaching Day
Friday 22	Pep Rally and School Shirt Day Carnival Starts at Night
Carnival on Saturday 23 & Sunday 24	

news

Teamwork Seen as "Big Plus" By New Assistant Principal

By Ari Stern

Working less than a month and a half at Syosset High School, new Assistant Principal Mr. Stewart Rahr is amazed at the teamwork that goes on at the school. He is also quite stunned at the amount of freedom given to students on campus grounds, as well as maturity of Syosset students. This shock comes after working more twenty-nine years in the public school system of New York.

Mr. Rahr started his teaching career in the junior high schools of New York City in 1971. There, he worked as a teacher in Social Studies, as well as a coordinator for many different assemblies. In 1981, he transferred to Forest Hills High School. He worked as a teacher at first, before he was promoted to dean in 1984. In this position, he was responsible for attendance records of the 3,600 students in the school. He remained as dean until 1995, where once again he was promoted, this time to the position of assistant principal.

"I don't like to just take a job and simply move up," said Mr. Rahr. "I like to take a job, master it, and then really feel like I deserved my promotion." Unlike his New York City public school experience, Mr. Rahr is impressed with the teamwork going on at Syosset. A "top-down" policy is instituted in the city, where he would



"I am quite impressed with the ...students ... If this [was] a city school, I would be sure to be screaming at the kids..."
—Mr. Rahr

receive orders from people above him, and without question, would have to implement them. But at Syosset, everything is discussed, and input is given by all the major heads of the school.

Another difference between the city schools and Syosset is the freedom allocated to students. In the city, students need to be accounted for at all times as to where they are in the building. But in Syosset, students are given the ability to roam around the building more freely.

"I am quite impressed with the way students acted during our 'little' episode that happened the first week of school in 'D' hall," said Mr. Rahr, referring to the small fire caused by a motor burn out. "If this happened in a city school, I would be sure to be screaming at kids and running around the building to make sure everyone is out. This truly proves that Syosset students are a grade above the rest, with a better sense of what responsibility and maturity are. It is evident why they are granted so many freedoms."

Mr. Rahr is looking forward to continuing his work as assistant principal, where he is looking to learn the "lay of the land," and see how he can better help improve Syosset as it heads into the new millenium.

Syosset Receives Grant from State

By Staff Writer

An \$8,000 legislative grant has been secured for the Syosset School District by State Senator Carl Marcellino. This grant, which comes at the request of Superintendent Dr. Carole G. Hankin, will be used for an early intervention program in response to the nationwide concern about school safety.

"The Syosset District is taking a proactive approach to school safety, an issue which is of concern to every school in the country," said Dr. Hankin. "Not only will a successful pilot program benefit the children of Syosset, but it can provide an effective model for schools throughout the nation to replicate."

This grant will allow the District to expand its "Peers As Leaders (PAL)" program to ninth and tenth graders. Where while the eleventh and twelfth grade PAL classes focus on drug education and AIDS, the ninth and tenth grade students will focus on alienation. The students will work with elementary school psychologists to provide intervention services within small group and classroom sizes. Elementary school students are expected to verbalize concern and issues regarding many topics dealing with personal safety.

With this type of intervention by the District, the potential for providing support to children who have feelings of alienation and hostility is much greater. It is hoped that the program will enable Syosset to be the safest school district in the nation.

Expansion Continues

By Ari Stern

Months after finishing an expansion of four classrooms to lower "E" hall, Syosset is continuing its expansion with the addition of two more classrooms. These rooms, which will be used as english and science classrooms, will connect lower "E" hall and "D" hall. The expansion is due to the influx of students who will be attending Syosset High School in coming years, as the current enrollment of 1752 is expected to reach 1900 by the 2002-2003 school year.

With more students coming into the school, many new teachers will also have to be hired. The Syosset School District handbook states that "for every 15 students attending the high school, there will be at least one teacher in the building."

As construction starts in the next few months, the two trailers attached to "D" hall will need to be removed. These trailers, which currently house the Forensics and Ken Magazine office, were found not to meet building regulations, and therefore couldn't be moved to another area where they would be attached to the building. Currently, no decision has been made as to where the Forensics and Ken offices will be moved.

Whatever changes are to be made in the school, Syosset High School officials are doing their very best to make sure Syosset lives up to its Blue Ribbon Award for "Excellence in Education."

Welcome Back From the Editor

By David Roseman

Well, another year of school is upon us. Time for homework, tests and projects, but also time to rekindle old friendships and to see familiar faces. This year, as the Class of 2000 embarks on its final year of high school, there is much to look forward to in what will most assuredly be another exciting year at Syosset High School. There are many new terrific teachers and faculty members at the high school this year, who will help to make this another outstanding year here in Syosset.

This year *The Pulse* is looking forward towards another year of improving and informing you of what is happening in the school and in the community. As always, we invite anyone that wants to write, or has ideas that they would like to share, to come to *The Pulse* office, near C-Hall.

We hope to help make this an enjoyable year in your high school experience!

Secretary of Education

...Continued from Cover

change in attendance in high schools, from as recently in historical terms as fifty years ago. While one third of students used to go on to higher education, another third used to complete high school and then go directly into the work force, and the final third dropped out of high school and went to work. No longer are these trends evident, as more students continue on to college, and it is necessary to have a good, quality education to get a good job and to be a success.

A charming man, Mr. Riley sprinkled in many jokes and anecdotes to his speech. He joked about "the intelligence of whoever scheduled the dinner" for Friday night as opposed to the fury of Hurricane Floyd the previous night. And as Dr. Hankin pointed out, Mr. Riley is a father of four and grandfather of ten, and he held up a picture of his whole crew for the audience to see like any proud grandparent. And with Peter King in attendance, who recently wrote a book about Ireland, Riley told a story of how his youngest grandson wrote his first book last year, and was at the "same point in his writing career" as King. Mr. Riley then told the receptive crowd how his grandson wrote DN at the end of the book, "because every story says 'DN' at the end." And to the delight of the crowd, Mr. Riley concluded his speech

by saying "DN."

He was then presented with a plaque honoring his hard work and dedication to education in the United States, as well as a pair of Syosset sweats to match those given to First Lady Hillary Clinton when she visited Village Elementary School last April. Following the performance of the Adelettes, the crowd enjoyed a buffet dinner and desert.

"We were very excited to have the Secretary of Education visit our district, and this is a credit to our supportive Board of Education, PTA, community, faculty, staff and our outstanding students," said Dr. Hankin. "We were delighted to honor him for the tremendous encouragement and support he gives to our district and other public schools that strive to provide all children with an excellent education."

Mr. Riley's visit was "yet another proof that Syosset isn't just known locally, but nationally as well," said Dr. Schneider. Dr. Schneider continued that "every school in the district does a great job."

Student Government President Stu Katz also enjoyed Mr. Riley's visit. He liked, "the way he talked...he didn't talk like he was a politician, but more like a friend."

sports

FOOTBALL

AS OF OCTOBER 4TH, SYOSSET'S RECORD IS 2-1

AT THE HOME OPENER, SYOSSET BEAT
UNIONDALE 20-12

THEN, WE ACHIEVED AN INCREDIBLE VICTORY OVER
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Boys' X-Country Under Way

By Kevin Miu

The 1999-2000 the Cross Country Team is poised for another great season. Even with the absence of last year's amazing senior class, the team has made great strides, both individually and as a unit. Summer running, which began even before the end of the 1998-1999 school year, was a huge success. Many runners amassed a huge number of miles, most notably James Duade, who ran an unbelievable 834 miles.

The team hopes to have a great showing at the Suffolk Coaches Invitational, and to ride their hard work and dedication all the way to the State Championships and beyond.

"After a great season last year, division champions (17-0), conference and county champions 2 years in the row, 4th in the NYS and NYS Federation meet, and 1st in the NYS academic team average, our team this year is stronger than ever," said Senior Garrick Huie. "We're looking for a top 3 rank in the state, top 5 rank in the eastern region, and top 25 rank in the nation. We are returning 6 guys that plan to have their best seasons of their lives; Seniors Garrick Huie and Dan Abramowitz, Juniors James, Sean Duade, and Billy Vasilyadis, and Sophomore Earl Han, who was freshman champion last year. Others that have proven themselves to be on varsity are senior Mike Chen, and Junior Tommy Cafiero."

The boys that will lead the JV team are Seniors David Morcos, Rob Volk, Viraj Gadkar, Yuta Koda, and Cyril Malika, Juniors Albert Lin, Chris Kan, Wesley Cheng, and Saugot Sen, and Sophomores Tien-Lun Chuang, Henry Kung, and Josh

Girls' X-Country Begins Season

By Holly Bender

The girl's cross country team is looking forward to a strong season. The Lady Braves ended the spring season last year with a bang, taking the Division 1 Champion title. Now, after a summer of hard work, this year's team is as strong as ever. Returning cross-country runners include the team's co-captains junior Holly Bender and sophomore Jubilee Po and as well as junior Debra Montgomery. Veteran runners who ran winter and spring track but are new to the fall season include dedicated sophomores Liezle Figueras, Hana Isoda, Aileen Kim and Maria Lam. An abundance of talent can be found in the team's rookies, including freshmen Poonam Maru, Rachel Wolther and Katherine Yau, eighth grader Andrea Tychanski, and seventh grader Beth Alizzi. This year's cross county season is bound to be exciting. The team gladly welcomes the support of students and staff members at our upcoming events.

Ruderman. Last year, the boys Junior Varsity team won the JV county championships with a perfect score, and they are now ready for another repeat!

Our coach, Bart Sessa, is one of the best coaches on Long Island, and he is willing to do anything for us to win the State Championships. Every athlete on our team has his own goals but together we have one goal, "Winning the State Championships!"

Girls' Volleyball Set to Go

By Allison Hoyt

The 1999 Girls' Varsity Volleyball team is looking forward to a successful season. After a season opening victory already under their belt, they plan on being very competitive this year. The team is filled with experience, there are eleven returning players. The team returns seniors Kristina Chau, Diana Gasparini, Megan Huenke, Allison Hoyt, Kim Jacobs, Lindsay Klimkowski, and Eileen Lee. Juniors Jennifer Belk, Samantha Brooks, and Michelle Mianulli, and sophomore Jean Chiang. Two new players have joined the team this year, sophomore Maria Bacolostantis, and freshman Jennifer Hoyt.

This year's team is led by senior captain

Allison Hoyt (middle hitter) and outstanding setter Jean Chiang. Outside hitters Lindsay Klimkowski, Jennifer Belk, Maria Bacolostantis, and Megan Huenke should be very successful spiking opponents, middle hitters Kristina Chau, Samantha Brooks, and Jennifer Hoyt should have no trouble blocking. The team will rely greatly on its outstanding servers, Kim Jacobs, Michelle Mianulli, and Eileen Lee, while Diana Gasparini will provide the girls with amazing defense.

The Braves have already started their season on a positive note with a very convincing victory against Elmont High School. With the combination of experience and talent on this year's team, the playoffs are very attainable.

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