



Rampage

West Hempstead High School

Spring 2016

Digital Edition 2

Goodbye, Au Revoir, Adiós, さようなら, McVetty

By Dominique Mullen

A wise man once said, "all good things come to an end." In this case, it is highly accurate. Patricia McVetty is an excellent musician, teacher and colleague. In her many years of teaching, she has done so much to help impact not only students' grades but their dreams and futures too. She has helped many students get into All-County and NYSSMA which are music programs for especially gifted singers. Her students adore her, and everyone will miss her.



Mrs. McVetty and Lori Luciano 1984

When students were informed of her decision to retire, they were disappointed and sad. At the last winter concert she will ever perform, almost 30 alumni students came back to sing the infamous "Hallelujah Chorus" along with the class of 2016. The upperclassmen that have had her know how fun it was to sing her warm-up exercises and often give up



their early dismissal or study hall just to come into her room and sing and have a good time in an atmosphere that is comfortable, judgement-free, and overall fun and joking. Mrs. McVetty may be as sweet as a pear, but she is also known for her strict no-nonsense rule. She does not believe in singling out a student, but instead, she believes in the one for all and all for one method. It's actually hard to believe that in a few weeks she will be relinquishing the keys to her beloved kingdom. Many students, especially her upperclassmen, have said they are sad to see her departure. Some have even shed tears. Mrs. McVetty has dedicated her career to making her students happy and sharing her love of the arts with them. I for one am so glad to have had her as a teacher before she left and will forever hold her on a pedestal.



Tops in Our Class

By Shannon Carter

This year's Valedictorian and Salutatorian have been announced. They are none other than Maheen Khan and Gabriel Berkowitz, respectively. I have known these two ever since middle school. I know that they will definitely move on to do incredible things. Congratulations Gabriel and Maheen!

I asked our Valedictorian and Salutatorian about their feelings on being selected. Here is what they had to say:

Maheen Khan (Valedictorian)

1. *How does it feel to be selected Valedictorian for the Class of 2016?*

I feel validated because all the hard work I have put into my schoolwork over the past four years has paid off. It also feels very rewarding since this goal had been years in the making for me.

2. *Was this an accomplishment that you had aimed for?*

Yes, I had aimed for this accomplishment since sixth grade.

3. *Do you think your title as Valedictorian firmly establishes your role as an academic example for your fellow students?*

I think that the meaning instilled into the word "Valedictorian" itself establishes me as a role model for my peers. However, everyone works differently and achieves different levels of success due to that, so I do not think that I am more or less of an academic example than anyone else in the school.

4. *Does becoming Valedictorian motivate you even further to continue this path of academic excellence?*

Definitely, I hope to continue doing well academically in college and beyond. I will be attending John Hopkins University in the fall.

5. *Do you have any specific goals (academic or otherwise) that you wish to accomplish?*

Yes, I want to be able to get through college with minimum debt and become a neurosurgeon.

6. *How did your family react to the news of your becoming Valedictorian?*

I was lucky that my mom was in the school and able to hear the announcement. She was beyond happy. My dad and sisters were very proud of me as well.



Gabriel Berkowitz (Salutatorian)

1. *How does it feel to be selected Salutatorian for the Class of 2016?*

I'm honored and flattered to have been selected as this year's Salutatorian and can't wait to speak at graduation.

2. *Was this an accomplishment that you had aimed for?*

Absolutely. I've always just tried my hardest in everything I do and aimed for the top of my class.

3. *Do you think your title as Salutatorian firmly establishes your role as an academic example for your fellow students?*

I guess? I mean, I don't think I, specifically, serve as an example for my peers. There have always been AP and honors classes and there has always been Principal's List and High Honor Roll, and I think those students who strive for success have pushed themselves to either be able to excel in these classes or to achieve these honors.

If my being named Salutatorian pushes students to work harder, that's great, but I think other forms of motivation have always been there.

4. *Does becoming Salutatorian motivate you even further to continue this path of academic excellence?*

Like I said, I've always tried my hardest and always will. Not being named salutatorian wouldn't have deterred me and being named salutatorian, though I'm extremely grateful, hasn't validated me.

5. *Do you have any specific goals (academic or otherwise) that you wish to accomplish in college?*

I want to continue doing the things I love—theatre, music, and art—and further my education. Obviously, I also aim to graduate and continue on my path toward a lucrative career. I will be attending Georgetown University in the fall.

6. *How did your family react to the news of your becoming Salutatorian?*

I texted my parents and my brother as soon as I found out, and like any family, they were extremely proud.



Georgetown University

Game Changers for the Seniors

By Emma Shanley

This year, two staff member from the West Hempstead High School have been chosen as the graduating Class of 2016's honorees: Anna Maria Fortanasce and Colin Grey. Both have helped influence the students' academic lives and accompanied them through the trials of high school and watched them progress and grow as individuals and scholars. To further honor these wonderful staff members and to get a closer look into their relationships with the students, we've interviewed each below. I hope there are many more educators in the future with as much impact, love, and perseverance for the remaining West Hempstead students as Ms. Fortanasce and Mr. Grey.

Anna Maria Fortanasce



How do you feel being chosen as one of the most influential staff members of the 2016 graduation class? Did you expect to be chosen?

I was truly surprised and honored to be chosen by this year's graduating class as one of the influential staff members while they were at the kindergarten center.



Why do you think you were chosen? (What qualities do you, or others, have that make for a good influence?)

I can't answer for the students, but I hope the reason why they chose me was because they remembered me as one of the first adults they met when entering Chestnut Street. I had just started working at the kindergarten center when this graduating class was in preschool. So, I had the opportunity to register all those who started there and to meet them again during visitation and screening. I have known many of them, and their families, since they were four and five years old.

What advice do you wish to impart on these graduates?

I would give all of them the same advice I gave my own two children when they started college. You have all prepared for this next chapter in life, and the sky's the limit as to what you can do. While academics are important, so is socialization. Take the opportunity to join clubs, meet new people, and embrace your new surroundings.

How will you continue to help other students?

In the future, I hope that I will be able to continue to help all of the West Hempstead students by being the liaison between them and the main office. Coming to the main office can be a positive experience. We love to hear about what's going on in your classes and your extracurricular activities.

Finally, what is your favorite memory with/aspect of 2016's graduating class?

Many of the seniors in this graduating class have been friends since kindergarten. It's wonderful to see the tremendous school spirit you all have. As a graduating class, you all have contributed tremendously to the community by giving of your time to outside events, and for that, I am extremely proud of all of you. I wish you much success in your future endeavors, and come back to visit.

Colin Grey



How do you feel being chosen as one of the most influential staff members of the 2016 graduation class? Did you expect it?

I was surprised and truly honored. I felt a tremendous amount of joy knowing that students felt I was able to influence their lives inside and outside of the classroom.

Why do you think you were chosen? (What qualities do you, or others, have that make for a good influence?)

I believe I was selected because the students learned a tremendous amount and had fun (most of the time). In addition, I have always tried my best to help students with Social Studies, academics, and life's philosophical questions.

What advice do you wish to impart on these graduates?

I hope the students will take the lessons they learned in class and use them to create a promising and positive future. Not necessarily the Social Studies facts, but the perseverance and determination they used to overcome obstacles in my classes and excel. In addition, I am a self-avowed history nerd. I hope the students remember how passionate I am about history and become passionate about whatever they choose to pursue in the future. Also, I hope they remember the importance of keeping an open mind, reading, and coffee.

How will you continue to help other students?

I will continue to try to make my classes as engaging and interactive as possible. I will also attempt to teach them lessons and topics that are pertinent to real life, and permeate beyond the boundaries of the classroom.



Finally, what is your favorite memory with/aspect of 2016's graduating class?

The 2016 graduating class is such an eclectic blend of students. Each individual class and student had their own unique traits that made it memorable. But overall, I will always remember the lively debates, humorous sarcasm, and general positive attitude held by the Class of 2016.

Upcoming Dates

June 6, 2016	-HS Senior Yearbook Signing -Senior Awards Night
June 7, 2016	-Underclassmen Awards -Girl's Athletic Awards Dinner
June 9, 2016	-Clean out your lockers -Boy's -Athletic Awards Dinner
June 13- June 22, 2016	Final School Exams and NYS Regents
June 22, 2016	Mandatory Graduation Practice
June 23, 2016	Senior Prom
June 26, 2016	Graduation

Looking Back as We Step Forward

By Emma Shanley

It's always a pain and a blessing to say goodbye to the senior class. Though we may be hopeful for their promising futures, we are also left crippled by the sweet memories they leave behind and the faces we might never again see. In light of these conflicting emotions, I've asked around to see where our future graduates may be and what they'll look back on once they're gone.



Our Memories

Talking to our favorite teachers: The teachers are one of the strong points of our school. Their gentle and guiding hands have cultivated our developing minds and helped us find our paths on this rocky road of life. We'll never forget the personal talks, one-on-one learning, extra help, and all the amazing and fun things we shared, learned, and became.

Quiz Bowl: No one can forget the annual Quiz Bowl competition. The mind-picking questions, competition, and the all around leisure day hanging with friends, teams, and teachers made this a favorite day for all students. Three cheers for this year's freshmen team! They won the gold, glory and pizza!



Early Dismissal: Though this time could be used for classes, many students found the extra period off very beneficial. The last period of the day is always a drawl. But with the time off, many found it easier to finish projects, talk to their guidance counselors, or to just get in that extra fun with friends that the hectic life of high school often cuts short. Maybe it's lazy, but there are certainly many memories during the early dismissal time.

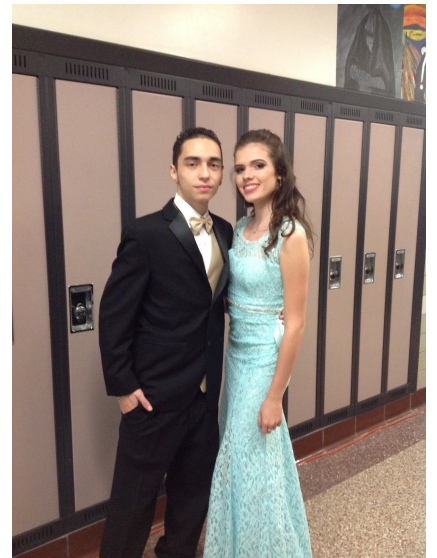
The Musicals: Both the middle school and high school put on a musical each year. So much effort goes into the costumes, sets, and, of course, the performance! Students are often deeply touched by the drama department as new friendships are made and our inner confidence is released. One remembers closing night of *Once Upon A Mattress* in particular. "I remember everyone was crying and hugging. It was really sweet." The students pride themselves on their work with the musicals. Each is a new journey into our talents and each is held very dear.



Goodbye, all you wonderful seniors! You will be dearly missed.



Prom Fashion Show





Sail Away Seniors



Do You Have What it Takes? The West Hempstead High School Play

By Ia Bibilashvili

When sitting in the audience, one enjoys the seemingly effortless performance, not fully comprehending that this two-hour production has taken months of vigorous rehearsal and countless hours of practice. I used to be one of the many believers who thought that a five-minute scene took about ten minutes to fully learn and master, but this is not the case. A two-minute dance can take up to one hour and a half to finish, whereas, a twelve-minute dance (which was one we had to learn this year) can take up to two weeks to fully master. We stay after school most days of the week and have Saturday rehearsals almost equivalent to a full day of school. Truthfully, it can be tiresome, but when stepping on stage to deliver a performance, it is the biggest rush of excitement one can feel.



I encourage everyone to join West Hempstead's productions. Not only is the experience incredible, but so are the people. We spend months and hours in the school learning music, lines, and dances to stage these wonderful plays, and most of the time, if not all of the time, everyone in the cast grows to become a family of its own. We spend so much time with one another, and the friendships that grow out of these productions are irreplaceable.



The amount of creativity and talent seen in just one place is truly amazing, and I would never trade in the three years in which I joined the play for anything else.



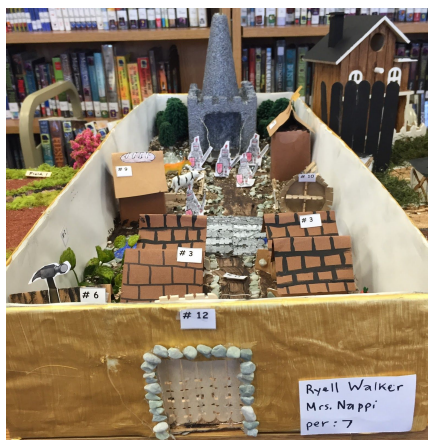
West Hempstead's Annual Science Fair 2016

By Harpinder Kaur

On January 14th, West Hempstead held its annual Science Fair. Many students had really interesting projects. Parents were wowed by the amount of effort and hard work students put toward their projects. My name is Harpinder Kaur. I am in ninth grade Living Environment. My project was "Clean Car With No Harm," where I tested different harmful car cleaning products on plants. After my month of research and experimentation, I came to the conclusion that using garden-friendly soaps was the best for a plant's life. I've personally always loved Science Fairs, and I would always take full advantage, though I never won.



This year, my brother and I received the invitation to the Science Fair. My parents were very proud. When we attended, we went to our projects and also looked around at the other projects. They then made the announcement for all parents and students to come down to the auditorium. Mr. Cangemi started by making a speech. After that, teachers started to name winners. When they got to the ninth grade, I thought maybe I might get third or second. Third went by, and then I thought maybe second. When they called second, I thought I had no chance. Mr. Okpych then got to first place. His exact words were, "And finally first place with her project 'Clean Car with No Harm,' Harpinder Kaur. I was really shocked and really happy. I got up there and hugged Ms. Gould and accepted my plaque. Now that the Science Fair is over, it's all about the upcoming Science Expo in the spring! I would like to congratulate everyone who participated in this year's Science Fair. Lastly, I want to thank Ms. Zuluaga for the faith she had in me!



Ryell Walker

Manors With Glamor

By Jordyn Williams

On March 9, 2016, Ms. Nappi's class took a small excursion to the library. While there, we were able to take a glimpse at the manors made by the Class of 2019. I was amazed by the magnitude of high-quality manors that were admitted into the showcase. In fact, it was clear that the selection committee was tasked with a difficult job as those not selected were equally remarkable.

Each manor reflected the unique approach the creators took when constructing their projects. Some exhibited their pragmatism with a classic minimalist approach using paper materials and tape. Others displayed their attention to detail with intricate pathways, homes, and fields. Yet, another subset of individuals demonstrated their innovative side by using non-conventional building supplies such as Legos and household objects.

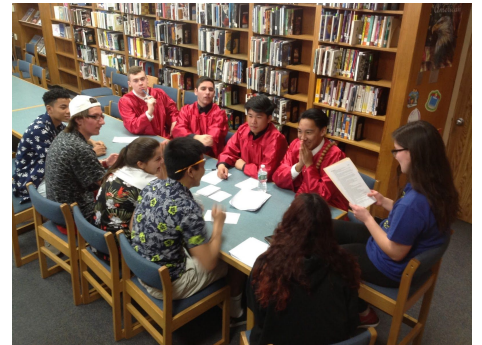
It's not every day that we are exposed to the non-academic talents of our peers, and this showcase really shed light on their creative abilities. I thoroughly enjoyed my experience and highly recommend a trip to the library for those who have yet to visit!

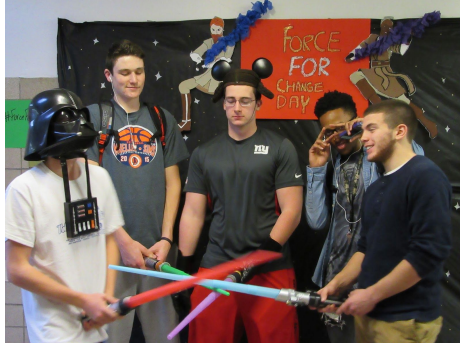


Harpinder Kaur



More High School Happenings....





Binge on Fuller House

By Alma Membrano

Netflix brings an evening of television nostalgia to the small screen as the cast of *Full House* reunites for an even more exciting show called *Fuller House*. Every cast member that was once a child is now an adult with kids of their own on this show. For months, people have been waiting for this reunion to happen, and the majority of viewers have found it worth the wait.

The first season aired on February 26, 2016. The first episode had many inside moments that only viewers of the original series would know. Many people loved the first season but are still skeptical about whether this can compare to the original *Full House*. Students of West Hempstead High School think that the original *Full House* will always be better than *Fuller House*. Still, the updated creation has brought a strong sense of nostalgia.

Senior Zach Hopkins stated that he felt, "nostalgic the entire way through the first episode." Krzysztof Wysocki and Danielle Madia also agree. All of these students would recommend this show to family and friends because to them, as Hopkins said, "why would anyone not want to see the original cast?" Most students interviewed gave *Fuller House* high ratings. Hopkins and Madia gave a rating between 4 and 5. Wysocki gave *Fuller House* a three-star rating, because "*Fuller House* is good for nostalgic purposes, but as an overall show, it was bad. The acting seems forced and unreal."

Is *Fuller House* binge-worthy? The consensus is yes it is. Netflix also announced that a second season is coming soon. Fingers crossed that Michelle Tanner makes an appearance.



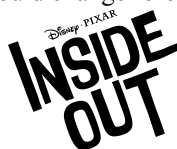
Entertainment

A Story Told From a Different Perspective...

By Anastasia Rizik

The newly released animated movie "Inside Out" is a heart-warming story told from a different point of view. The main characters are emotions in a teenage girl named Riley. The emotions ranged from joy, sadness, anger, fear, and disgust. Amy Poehler was the star of the movie and was the voice of Joy. Phyllis Smith's voice fit perfectly as the role of Sadness. Bill Hader was the voice of Fear. Lewis Black did an excellent job voicing Anger. Mindy Kaling was the voice of Disgust and really nailed the attitude. The story is told from all these emotions and how they rely on one another. They experience growing up and the difficulties of life.

Riley was born in Minnesota in a small town where everything was perfect. She was extremely happy, she had her long time best friend right by her side, she played hockey almost every day because that was her favorite sport, and she loved her parents so much. Her life was great and her emotions were in check until an unexpected move to San Francisco altered her personality and lifestyle. She would lose everything, her best friend, her hockey team, her memories of Minnesota and all the great things she had to leave behind. During the move from Minnesota to San Francisco, Joy tried to keep all the emotions positive, but Sadness kept acting out. She was being very stubborn and wanted to take over Riley. Joy tried to keep her away from everything. However, Sadness got to a core memory and tried to turn that joyful memory from Minnesota to a sad memory. While changing the core memory, Joy tried to stop Sadness, but both of them got sucked into a tube that led them to the outskirts of long-term memory. They needed to get back to headquarters, but what they didn't know was if they didn't get back quickly Riley's whole life would change forever!



I really enjoyed the effects of the animation. I thought everything was very clean, and it looked awesome. I also enjoyed the concept of the movie. It was different and unique. It showed kids that life throws things at you, and it's up to you to dodge them or get over them. They showed that growing up can be a crazy experience, but your family can always help you with your struggle. You can't ignore the people who love you.

I give this movie 3 stars out of 5. Both adults and kids will enjoy this movie. It did well in the box office and will be remembered as another successful movie from Pixar.



Badminton

By Tarana Chittineedi

The Badminton team of West Hempstead High School had loads to prepare for this year. Ms. Hutt, the girls' Badminton coach, expects her players to produce a strong team in which every girl excels.

The competition this year has changed. We have moved to a new conference which will be good for the team. "Our main goal is to win the conference," said Ms. Hutt. Although last year the team faced several losses, Ms. Hutt claims, "we will train our players to the best of their abilities."

The Badminton season ran from March 14th until the second week of May. The team practices two hours daily to prepare for matches. Our top seeded doubles team, Sophia Caldwell and Madison Cinnamo, competed in this year's All County Tournament and had a great showing, but they came up short against a stronger team.

Overall, Ms. Hutt explains, "I was really aiming for a great team and a very successful year of victorious games." The team did not disappoint. They ended the season with a 7-4 record. With many returning players, they will come back even stronger next year.

Looking Back on Basketball

By Kelly Valerio

I will never forget the day I walked into the gym freshman year for the first day of basketball tryouts. As a scrawny freshman, it was intimidating playing with the varsity players, but if it wasn't for practicing with them, I would not be the basketball player I am today. This past season was my last. It was upsetting to see West Hempstead not have enough girls interested in a junior varsity team. Many freshman competed on the varsity level and played excellent. Coach Van Kovics was a fantastic mentor to them. Although we did not win any games, it was a season full of laughter and lessons. I strongly encourage anyone interested in basketball to play next season. It is a good after-school workout and a fun sport to play with friends.

Sports Baseball

By Raymond Close

The WHHS baseball program has had strong seasons the past two years, and with the return of a couple key players, they hoped to do the same this year.

The team has six returning seniors this year. Ryan Sandberg, who is the team's best pitcher, is looking to have another solid year both in the field and in the batter's box. Raymond Close is looking to have a solid season this year. After last year, Close struggled in the batter's box but had a couple good hits and was solid in the middle infield. Chris Mistretta is the team's rock. Mistretta is always upbeat and in good spirits, he is also an athletic outfielder. David Best is the team's third baseman and a great batter with tremendous power. Best is also looking to have another solid season. Carl Frisch is an interesting player. After only starting in 11th grade, Frisch is one of the team's hardest working players and had a couple great plays last year. Jonathan Greve is the team's utility outfielder. He can play left, center, or right field. Greve had a few good plays in the field last year and looks to do the same this year. Louie Lara, also returning, has improved tremendously since his sophomore year.

As for the juniors returning, Matthew Arasmo is the team's speedster. This will be his third year on varsity. The Suffa twins are looking to bring some power to the lineup this year and some solid defense in the field. Savion Thorpe looks to improve even more this year over at first base and in the box after having a solid year as a sophomore on varsity. Rayshawn Grant and Matt Morel look to also improve from the previous season both in the field and batter's box. They also played varsity as sophomores. Zack Koster is one of the team's catchers and has also improved a lot since his freshman year.

The Junior Varsity baseball team is very young, consisting of mostly freshman with a few sophomores. The Junior Varsity team had a solid season as well under coach Kevin Cloghessy.

Coach Cloghessy is taking over for his older brother, Bill Cloghessy, both former players at West Hempstead High School.

The Ram's baseball program, both JV and varsity, had themselves another solid year and keep improving. The JV team had a winning record and are preparing themselves for the varsity level.

The Ram's encountered a couple of new teams this season: Oyster Bay, Lawrence, East Rockaway, Carle Place and Great Neck South. These teams were definitely an "upgrade" for the Rams providing better pitching and hitting and tougher competition.



Boy's Basketball

By Dayquan Crawley

As this season ends, everybody on the team is looking back on the season and its memories. Even though the season didn't prove out to be one the Rams would like to remember as they went 4-14, overall, the Rams enjoyed it. By the look of their record it doesn't look like it, but the Rams were two wins away from making the playoffs. Several of their games could have catapulted them into the playoffs like their loss at Locust Valley where they had the lead with four seconds left in the 4th quarter or their loss to Island Trees in overtime. Several players stood out in this below par season as Christian Martinez and Noel Beaubrun earned All-Conference honors. Many players will take the memories of playing with them, but they will also take the memories off the court such as the bus rides, joking around with Cos and much more. Don't worry fans, the Rams should be back on track next year. Their leading scorer Christian Martinez is returning while JV players who has a great season, John Granholm and Chris Jean-Louis, should make the jump to the varsity level swiftly. The future is bright for the Rams.

Spring Has Sprung for Our Lady Rams

By Sydney Hoffman

Last season, West Hempstead began their season with new coach Nicole Rodriguez. She has coached many sports including tennis and lacrosse at different schools all over Long Island including Cold Springs Harbor and Plainedge.

Coach Nikki Rodriguez returned for a second season at West Hempstead. She hoped that this season the team would work hard together and dedicate time and effort into winning games. Although winning is a key aspect of the game and is important to Rodriguez, Coach Nikki believes if the team works hard and leaves everything on the field every game, she will be content with her team. When questioned which players we should watch when attending any game this season, Rodriguez stated, "definitely the five seniors. I want to see goal scoring from Hailey Destasio, Lisette Palomo, Taylor D'Alessandro, Katherine Burgess and Sydney Hoffman. Briana Bhola also looks to be a positive factor." Rodriguez also believes that the defensive players, Stephanie Carcamo, Harmony McDonough and Kai Marshall, will be a strong asset to the team.

When asked about what she believed would improve the team as a whole, Senior Harmony McDonough said she hopes for "a victorious last season." She said, "if the team works together and forms more strategies, they will have a stronger and better season." Another key player for West Hempstead's defense, Senior Stephanie Carcamo, also spoke about her beliefs for the season. She said, "the team should focus on learning how to play in unison instead of playing as individuals."

The Lady Rams had a fun-filled season. While the results weren't always what they wanted, they definitely left it out on the field.



Meet The Staff Writers and Editors

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**Have A
Great
Summer!**