



# Rampage

West Hempstead High School

Fall 2015

Digital Edition 1

## Homecoming 2015

By Ia Bibilashvili

Homecoming. It's the most anticipated and exciting event of the fall for the West Hempstead community. It's the time when we all come together and enjoy a day full of competition and fun.

Saturday, October 17th was this year's Homecoming game. It all started when the members of the West Hempstead community began to arrive at Chestnut Street around 12:00 PM. The day was colder than usual, and everyone who arrived seemed to be bundled up in their clothes ready for the parade. Not only were there students and teachers from the high school, but also middle schoolers and students and teachers from Cornwell Avenue, Chestnut Street and George Washington Schools. There was a lineup of all of the clubs, honor societies, band, and PTSA members along with Mr. and Ms. West Hempstead, the Broncos, Junior Varsity and Varsity Cheerleaders.

The class floats were the most highly anticipated part of the parade. The Full House Freshmen, The Soph-Wars, the Just Do It Juniors and the Sail Away Seniors showed impressive work and creativity. Along the parade route and as the parade began, those who stood on the sidelines curiously approached the floats and took pictures while yelling, "Good job! Amazing work! It looks great!"



Rayquan Crawley and Harmony McDonough

As the parade arrived at the high school, the crowds were all standing, smiles on their faces, clapping, cheering, and waiting for the last of us to enter the parking lot. When walking towards the back for the football game, the first sight encountered was the colorfully decorated *Stuff the Bus* sponsored by the West Hempstead Key Club. Again, the community donations made this event a great success.

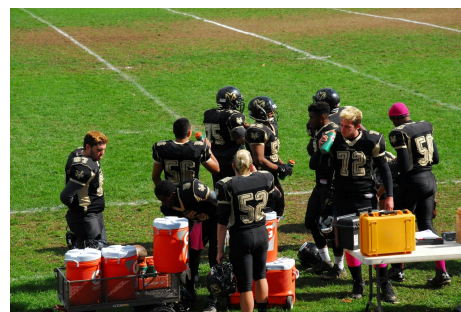
On one side of the field, the opposing team's crowd of family and friends were on the bleachers as their cheerleaders were warming up with a set of jumping jacks and laps around the track. On our side of the field, the Seniors were selling their senior class portrait while the Juniors were running a successful bake sale which included cupcakes, cookies, brownies and more. There were booths with Cotton Candy and Popcorn and a big Bouncy House where the younger kids could entertain themselves.

Despite the cold, it didn't stop the West Hempstead football fans, including many alumni, from sticking around and enjoying the game.



The homecoming game was against Valley Stream South. After a successful few hours and some great plays by our team, West Hempstead won by the impressive score of 42-7. This capped off a great day ending Homecoming with a feeling of pride, happiness and accomplishment for the team and everyone else who participated in the events of the day.

This year's Homecoming was truly an exciting event. For those who might have missed it, there is no doubt that next year's will be just as fun and thrilling!



## Have Nothing to do This Winter Break?

By Kelly Valerio

Well, that is about to change. You could....

- 1.) Read a new book. I recommend going to the West Hempstead Public Library.
- 2.) Visit a college. It is better to start preparing early.
- 3.) Students in 11th grade should start preparing for the SAT/ACT.
- 4.) Build a snowman or an igloo with your friends.
- 5.) Bake a dessert (Pinterest has really cool recipes).
- 6.) Volunteer at a nursing home or food pantry.
- 7.) Exercise (look up easy and fun workouts on Pinterest).
- 8.) Visit a museum on Long Island or in New York City.



- 9.) Have brunch with your friends (make it yourself or go to a diner).
- 10.) Watch old movies with your friends. Everyone always loves watching a good throwback.
- 11.) Go skiing or snowboarding.
- 12.) Go shopping for new year clothing.
- 13.) Go to the movie theaters especially when it's raining or snowing outside.
- 14.) Take a trip into New York City and visit the Brooklyn Bridge, High Line, Chelsea Market and Bryant Park.
- 15.) Make s'mores by a fire pit.



## The Spirit of West Hempstead

By Emma Shanley

Welcome back West Hempstead! This new semester brings new and exciting things to the community as we see a change in not only our students but also in our staff and leaders. Although we all love Mr. Escobar, Ms. Maron and Mr. Zanfardino, I think we can all agree that the most exciting personnel changes are our new Mr. and Ms. West Hempstead: Rayquan Crawley and Harmony McDonough.



Over the years, the title of Mr. and Ms. West Hempstead has developed into something more than a mere popularity competition. The winners of this election are chosen to represent the student body. They are the students' leaders in school spirit, pride and action. In order to understand our leaders and what they represent, we took the liberty of interviewing our esteemed Mr. and Ms. West Hempstead. Here is what they had to say:

### How does it feel being Mr. and Ms. West Hempstead?

**Harmony:** It's pretty good! I've wanted to for a long time.

**Rayquan:** It's great!

### What do you wish to represent as Mr. and Ms. West Hempstead, and what does this role mean to you?

**Harmony:** I want to represent the school in a positive way with how great it can be and all its pride.

**Rayquan:** I want to show others how to act.

### What do you love most about West Hempstead?

**Harmony:** I love the close-knit community and how everyone is willing to help.

**Rayquan:** I love all the cool events.

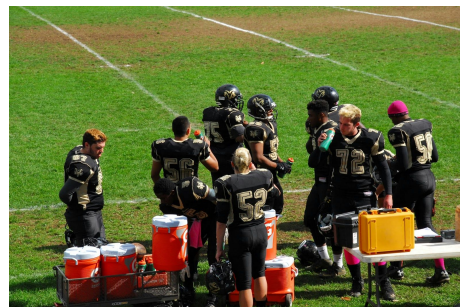
### How do you feel about the current school year, and where do you see West Hempstead going?

**Harmony:** I feel really good. I think we have a lot of potential if people got more involved. I hope to motivate others to do that.

**Rayquan:** We're seniors now. We're the head of the school.



There you have it West Hempstead. The school may undergo changes but, no matter what, the spirit of West Hempstead will always be alive and well. Make this year a good one everyone!





## Frida Kahlo at the New York Botanical Garden

By Amanda Lashley

On October 29, 2015, a select few of our freshmen class had the opportunity to attend the Frida Kahlo exhibit at the New York Botanical Garden. While there, we were also allowed to see the many other exhibits available at the Botanical Garden, one of which was the Haupt Conservatory. The conservatory had a lovely Victorian-style glasshouse artistry to it and is a New York City landmark. The plants we saw varied from tropical water lilies to desert cacti and even a few carnivorous plants like Venus Flytraps. Inside the conservatory, there were also small Frida Kahlo setups like the well known Casa Azul, a replica of the home she shared with artist Diego Rivera. It was absolutely amazing to see the work of such a popular artist in person. The exhibit focused on Kahlo's lesser known still life work that highlighted the use of botanical imagery such as *Self-Portrait with a Thorn Necklace*, *Hummingbird*, and *Flower of Life*. Another part of the exhibit held a replica of *The Two Fridas* configured by the Botanical's resident artist Humberto Spíndola.



We ended our lovely trip with lunch where we had a variety of options. Many selected Casa Azul Tacos, the eating choice that was at the Frida Kahlo exhibit. After lunch, we were given time to go into the gift shop and buy souvenirs many of which went along with the Frida Kahlo exhibit.

The trip was an amazing experience and was far better than I think any of the students attending could have imagined.



## West Hempstead High School Sports

### Boys Basketball Home Games

Date	Opponent	Time
12/15	Locust Valley	4:30 PM
12/21	Plainview JFK	4:30 PM
12/22	Mineola	4:30 PM
1/9	Clark	10:00 AM
1/19	Island Trees	4:30 PM
1/29	Friends	4:30 PM
2/2	Seaford	5:00 PM

### Girls Basketball Home Games

Date	Opponent	Time
12/15	Locust Valley	4:30 PM
12/21	Plainview JFK	4:30 PM
12/22	Mineola	4:30 PM
1/9	Clark	10:00 AM
1/19	Island Trees	4:30 PM
1/29	Friends	4:30 PM
2/2	Seaford	5:00 PM



## A Message from the Office Of Guidance:

West Hempstead will be Hosting Vincent Tunstall from LIU Post for our Financial Aid Night on Wednesday, January 6th at 7:00 PM in the High School Auditorium. In addition, please refer students to the "Scholarship Bulletin" which is updated monthly in the Guidance Office.

[www.fastweb.com](http://www.fastweb.com)

[www.scholarships.com](http://www.scholarships.com)



## College!? Money!? How????

By Emma Shanley

With college around the corner for most of us, many wonder how they're going to afford such an endeavor. There's a scholarship board in the Guidance Office but only ten or so are mentioned on every new sheet. You may not have confidence in your ability to earn them or maybe you just don't think essays or community service suits you.

Well, there are many easy online ways to earn scholarships. With the shift towards online media such as Facebook, Instagram, etc., many scholarships are geared toward that genre. Now, instead of writing an essay about how amazing a student or person you are, you can simply screenshot something relevant to the scholarship, post it on your Instagram with a # given to you, and VOILA! Scholarship applied for and checked off your list!

Also, there are many easy online sources you can use to fine tune your scholarship search. Websites like Cappex, Scholarshipexpert, Niche, Fastweb, Scholarshipspoints all offer a wide array of easy and fun scholarships. Some aren't the cookie-cutter profile or essay! Some include quick videos, pictures, and recordings!



Each offers a way of fine tuning your search so that, based on your profile, scholarships concerning your interests come up. Also, these websites regularly send you emails so that scholarships you selected, or new ones added to their list that fit your profile, are sent to you. Don't worry about deadlines with this nifty reminder!

Finally, as our gracious Guidance Department reminds us, Naviance is a convenient place where all your scholarship hunting, college analysis, and organizing can take place. Here, you may update your profile for your guidance counselor to see, prepare resumes for jobs, and edit your college list. Everything here is connected to your testing scores and Common App. Applying was never so easy.

Get started on your future now! Scholarships are good for more than just college. They can pay for anything from studying abroad to summer programs. Good luck!





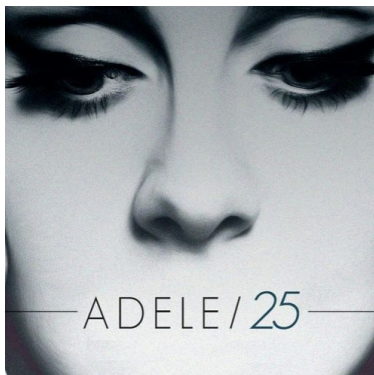
## ENL Thanksgiving

On Wednesday, November 24, 2015, ENL students from the middle school and high school came together in the high school gym to celebrate the annual ENL Thanksgiving luncheon. For many of these students, this was their first Thanksgiving in the United States. With the help of their teachers, the students prepared all the traditional Thanksgiving foods including pumpkin pies, stuffing, mashed potatoes, corn muffins, and sweet potato casserole. The feast was an opportunity to partake in a truly American holiday. A wonderful time was had by all. Thank you to all the teachers and administrators who pitched in to help serve the food.



## Album Reviews

By John Spiller



### Adele "25"

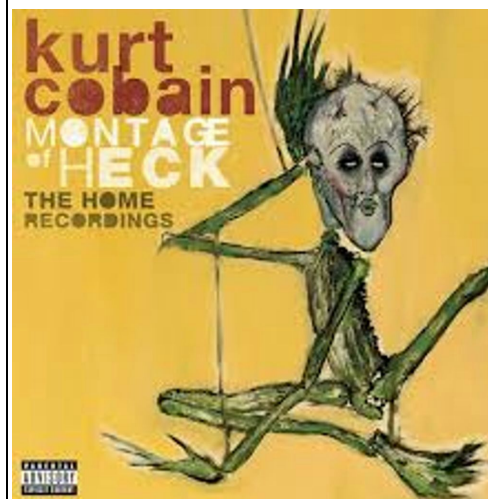
Back in 2011, Adele burst into the eyes of the public with her first album "21." Now, four years later, she brings just as much to the table as she did back then. Even someone who doesn't consider themselves a fan of pop music can really get caught up in the emotion of this album. With Co-writers like Max Martin and Bruno Mars, it's hard to imagine this album not being anything less than expected. Great singer. Great album. 4/5

### Kurt Cobain "Montage of Heck The Home Recordings"

Whether you're the kind of person who worships 90's Grunge legend Nirvana or someone who knows nothing more than the hit "Smells Like Teen Spirit," it's hard to say that Kurt Cobain wasn't one talented human being. It's surprising how well put together a compilation of home recordings and demos from over 200 cassette tapes is, but if anybody could do it, it's Kurt. 4.5/5

## Of Mice and Men Lights Up the Stage

The sophomores went to see a performance of the play *Of Mice and Men* at the Bay Street Playhouse in Sag Harbor with Ms. Lawson, Ms. Shannon, and Ms. Weiss. Although the bus ride was long, the show made us forget the distance. The story is about two very different friends who travel together during the Great Depression. For a small stage, it totally captured the characters and setting of the novel. The man who played Lennie even sounded like John Malkovich who played Lennie in the movie. To add to the realism, they used a dog from a local shelter to play Candy's old dog. We all really enjoyed seeing this live performance.



# WHAT ARE YOU MOST EXCITED FOR DURING THE DECEMBER BREAK?

BY IA BIBILASHVILI



SYDNEY UPBIN: GETTING TO SLEEP A LOT!



CARL FRISCH: NO SCHOOL!!



SARA DICKINSON: SPENDING TIME WITH MY  
FAMILY

ERIKA PORT: JAPAN! AND ALSO RECEIVING GIFTS

SHANNON VAN IHSEM: HAVING FREE TIME



BRIAN PATTERSON: SEEING MY FAMILY



KRZYSZTOF WYSOCKI: MY COUSINS COMING OVER  
AND SPENDING CHRISTMAS EVE OPENING GIFTS

Hope you have a happy  
holiday season!

¡Felices Fiestas y Próspero  
Año Nuevo!



DANIELLE MADIA: BEING ABLE TO SPEND IT WITH  
MY FAMILY



GABBY IMPERIOLI: GIVING AND RECEIVING GIFTS

JOELLE INGARGIOLA: THE FOOD ON CHRISTMAS



EMILY LEGRAND: THE FOOD

## Meet The Staff Writers and Editors

Ia Bibilashvili  
Amanda Lashley  
Emma Shanley  
John Spiller  
Kelly Valerio

## Photography

Shannon Carter  
Juan Martinez

## Advisors

N. Mejia  
J. Weiss