

ENERGY IS A DRINK AWAY

By Phillip Schorr('08)

Most students agree that our school gives more homework than average, that this heavy workload has an impact on their sleeping habits, and that is not for the better. From the time that I enrolled in HSAS as a freshman until now, I have seen an increase in the amount of students drinking coffee, tea, and various canned energy drinks. After each school year commenced, I was quickly reminded why these drinks were so popular.

By the time I was a sophomore, I was a semi-regular consumer of the Monster brand energy drink. For whatever reason, students seem to be getting less than the recommended amount of sleep, and the popularity of stimulants like caffeine or energy supplements seem to be on the rise, especially within our own school.

According to a survey, most students aren't getting enough sleep at night, and most state that they can't function properly. Energy supplements are a popular "sleep replacement" for many students, however, sophomore Ulices Rodriguez('10) prefers not to use energy drinks, stating that "I sleep on the train on my way to school."

Other students such as Justine Lucid('08), however, felt that "without [Red Bull] I wouldn't be able to make it through the day," When asked about any negative

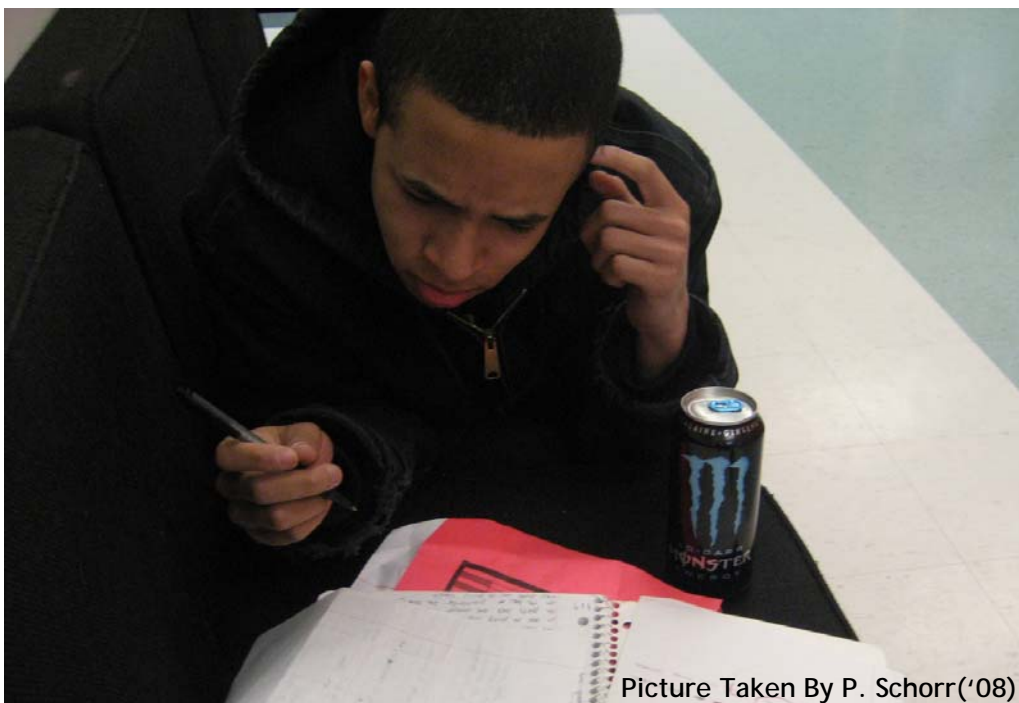
Effects, Ardiana Maloku('09) stated that energy solution drinks are "much safer than energy or caffeine pills that are used for weight loss" and confessed to drinking several cups of coffee a day to help her with her lack of sleep.

Surprisingly, most of the students surveyed did not think that these kinds of drinks really help them, "maybe only when I need to stay awake for an exam," said Cindy Nguyen('08).

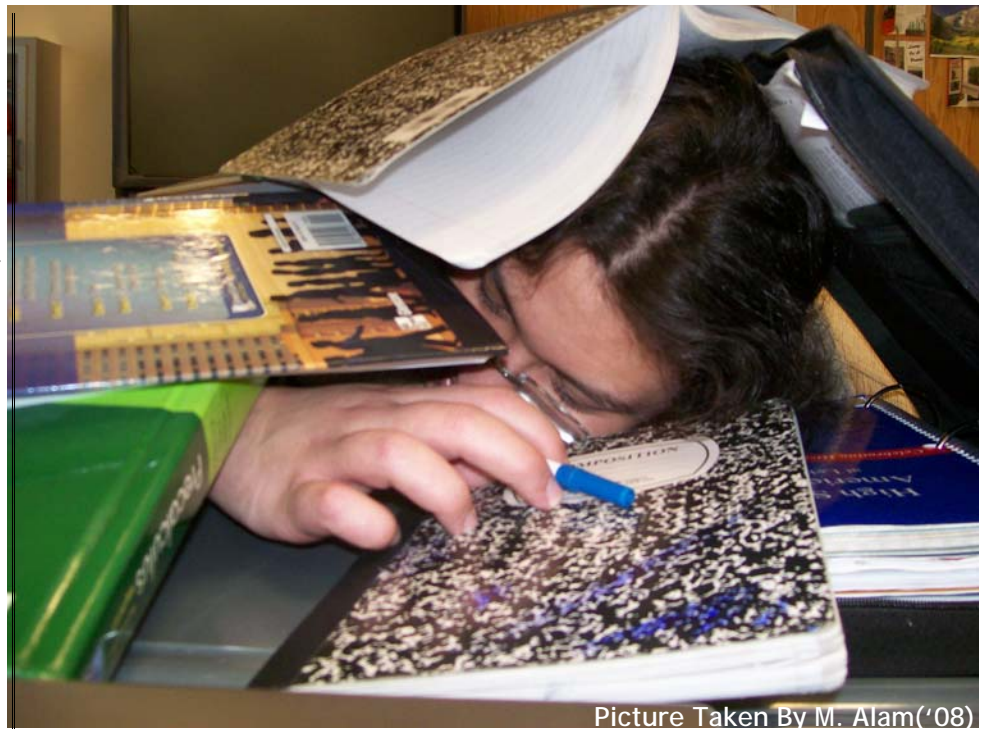
I don't think [students] actually drink it because they don't get enough sleep, they just drink it because it's good

Agreeing with the majority, Freshman Marjorie Ramirez('11) said "I don't think [students] actually drink it because they don't get enough sleep. They just drink it because it's good. My friend was very mad that they didn't sell it anymore in the cafeteria."

It seems that energy drinks are popular among students for various reasons. Although they may not necessarily provide the same benefits of a full night's sleep, it seems that these supplements are more of a placebo, solving the problem on the mental level, rather than providing a real solution. ☪



Picture Taken By P. Schorr('08)
Will a beverage give M. Hamlett('08) an edge in his studies?



Picture Taken By M. Alam('08)

I. Salaander('08) feels overwhelmed by the homework he is given daily

HOME IS WHERE OUR WORK IS

By Louis Ramirez('08)

Almost every weekday from early September to late June, students wake up; they go to school and take part in lectures, tests, and similar activities. Afterwards, they go home. A regular school day is around seven hours. Minus lunch, that makes six hours of work. Keeping in mind the fact that a regular work day is eight hours and the average student does about 3 hours of homework every day, this makes ten hours of work for a high school student (with less than an hour for a lunch break).

Generally, students dislike the fact that there is extra work outside of school. Benjamin Colon('08) "enjoys" homework when "there's a reasonable amount..." When asked if he enjoys homework, Isaac Salander('08) responds, "It depends; sometimes if it's reading. In general, I don't like it because my brain needs to be off 'x' amount of hours before doing work again."

As for hours of work, it varies. Christina Joubert('08) states "Like four hours," while Colon comments "...two to three hours." On the other side of the student spectrum, Mia Schulman('10) says "Three hours," while Matthew Hernandez('11) states "Three to three and a half hours." Salander

comments on his work habits, "I have no homework weeks on end; then one day, I have twelve hours of homework...I write one sentence then take a break for hours on end. Then I write another sentence then break hours on end."

According to Harris Cooper, author of "The Battle over Homework: Common Ground for Administrators, Teachers, and Parents", TOO much homework can have a negative effect (although overall, it is generally shown to be beneficial). Cooper, along with many others, advocates the "ten-minute rule": ten minutes are multiplied by the grade the student is in. This way, an appropriate amount of homework is assigned.

So, a high school freshman should have 90 minutes of homework while a senior would be assigned 120 minutes a day.

As for homework's usefulness, the opinion is mixed. According to Salander, it helps "...sometimes. It (homework) helps you bone up; it's good practice." Along those same lines Joubert states that without homework, the student body would yield to "laziness and stupidity." But on another agenda, Colon disagrees: "Students will be liberated and world peace shall reign." When asked if homework is useful in any way, Sam Allison('09) says: "No! No! . ☪

SUBWAY RIDING By F. Thom('09)

"I Ride the NYC subway... I Live on the Edge" is the name of a popular Facebook group with over a thousand members. In the opinion of the following interviewees, no truer words have been spoken. It's amusing, really, that we pay \$2.00 for each trip on the subway and end up entertained about 85% of the time. These short accounts are some of the more... interesting tales I've heard.

Ian Turley('11): "I was on the 1 train with my friend Duncan and his father, and all of a sudden, the announcer started rapping. At around 86th Street he got to the chorus, and started rapping, 'There's a bomb on

the train, everyone get off the train' so everyone did except for us."

Valerie Gonzalez('09): "This one time I was on the 1 train, and there was this random fat Hispanic guy screaming out racial slurs. Everyone was ignoring him except for this black guy sitting with his friend, who started saying, 'Oh man, please don't get me started, please God.' Eventually they just started screaming at each other, so I got off the train."

Peter Nauffts('11): "I was on the 4 train and this magician got on and started doing tricks. It was cool even though he couldn't speak English."

Mike Dei('09) & Eric Berman('08):

One time we were coming from a game at Grover Cleveland High School and this dude comes on the train and starts free-styling. He then started talking about how slavery still existed, and it was called the penitentiary. He told us that we should 'Get an education, so you can get good credit. If you can get good credit, you can get a house. Drop it like it's hot.' Then he started asking us if he could video tape us for his website. At some point he asked us, 'You know who was the first Chinese delivery guy? Marco Polo.' He also said, 'When I was in the penitentiary, I felt like an Oreo without the cream filling.' It was crazy."

Pierre Singh('10): "I was on the 2 train going uptown and this group of people get on the train and start talking about relationships. All of a sudden a girl slaps a guy, so the guy chokes her up against the door. A whole bunch of older black women start beating the [expletive] out of this dude. This white guy then randomly yells out, 'Shut the [expletive] up! No one cares about your problems, you guys are all gonna kill each other anyway!' Eventually the attacker got off on 110th Street and everyone sits back down. The people who got on with him started talking about how he didn't enjoy happy hour anyway." ☪

GETTING THE LED OUT By Seghey Valarshkin('08)

On December 10th, 2007 Led Zeppelin, one of the biggest rock bands of the '70s and considered by many to be the starting point of heavy metal, came together for the first time in nineteen years to do a live concert in London's O2 Arena. According to *The Vancouver Sun*, over a million people fought for the 20,000 available seats, with some tickets going for as much as \$10,000.

Watching the band's performance of the famed "Kashmir" on the internet (good luck ever trying to get a ticket to that) left many a man speechless.

Even though the musicians were well in their sixties, the concert could not have been a bigger success. After the performance, the band was overheard discussing the possibility of doing a show in New York's Madison Square Garden in 2008, which unlike the O2 concert, would be available to much of US population.

"I would have sold my soul to be there," shouted Christina Joubert('08) regarding Led Zeppelin's O2 concert. When asked how she felt about the possibility of Led Zeppelin coming to New York, she pointed out that "Zeppelin is the essence of

Madison Square Garden. It's the ultimate place for them to perform." Her last comment was, "I already started saving up".

Mr. Gilbert, although familiar with Led Zeppelin, stated that he is "Not likely to go" if Zeppelin ever came to New York. He that "I do not enjoy massively packed concerts."

"I'd be like a stairway to heaven"

When asked the same question, Isaac Salander('08) replied, "It doesn't affect me much. I am not really into the whole British invasion thing, and I've always liked "The Who (another band) better."

Matt Joseph('10), on the other hand, stated that Led Zeppelin is "freakin' awesome" and that he "would definitely go" if the chance comes.

Michael McKinnon ('09) agreed. After a slight pause he calmly stated that if Led Zeppelin ever came to New York "I'd be like a stairway to heaven," a statement referring to one of Led Zeppelin's most popular songs. ☞



Picture Taken By S. Valarshkin('08). Will Led Zeppelin's reunion tour crossover to HSAS students?

SMASH YOUR MOUTH By Chris Sanchez('08)

Next month, on February 10th, the third installment of the Super Smash Bros. series will be released across North America. Super Smash Bros. Brawl will be exclusively for the Nintendo Wii. While our Japanese friends across the Pacific will be able to enjoy Super Smash Bros Brawl before us because they created the game, the loyal fans in America will have to hang in there.

For those of you who haven't played Super Smash Bros. it is a game in which you can be almost any Nintendo character and get to senselessly beat your opponent until you can knock him out. There is also an adventure mode where there are regular fights, special types of fights (like fighting a super sized DK), and other challenges such as

destroying targets. You fight your way through adventure mode to face the boss which for some reason is a giant white glove.

Mirza Alam('08) recalled about Super Smash Bros (that). "I used to play it with my sister. It's fun because it has characters from all the games, and you can just fight as anyone."

While Mirza was reminiscing, Isaac Salander('08) added in "but if you're lazy you can only unlock Wigglytuff as a bonus character." We then corrected him because it is actually Jigglypuff from the popular Pokemon series that is usually the first character you unlock.

Other characters that will be featured in the game will be veterans from the first two games



Image Put Together By J. Ruiz('08)

HSAS students know "their" rap

RAP, WHERE YOU AT? By Jake Ruiz('08)

These are the lyrical genius composed by the likes of Nas back in '94 on *Illmatic* with "lifes a b!@#h (and then you die that's why we get high, cus ya never know when ya gonna go)" and the warring record labels of Death Row and Bad (B)boy records producing two distinct rap styles (west and east coast) and flavors coming namely from Biggie Smalls and Tupac Shakur.

A person has to wonder, wheter anything does or will later touch these aforementioned rappers? That's the question I asked my fellow students in HSAS as we waited for that clock to strike 2:48

Robert Gong('09) gave some interesting insight into the matter, telling *Common Sense*, "I do believe that old rap is better than new rap by a margin, it's(old rap) more about the bad life, the real life, while the new rap is about the good life."

Eric Berman('08) shared many of the same sentiments, saying, "I don't believe that old rap is necessarily better, but for the most part it is. I think the crossover (mainstream music) singles were just so much better than the new singles."

Such as Mario, Link, Pikachu, Fox, DK, Samus, Kirby, Bowser, Zelda, Peach Luigi, and many more characters from various Nintendo games. The game will also have a bunch of newcomers such as Diddy Kong, Meta Knight (from Kirby), a Pokemon Trainer, and Wario.

Although the Super Smash Bros. series has traditionally only had Nintendo characters, in Super Smash Bros. Brawl there will be many other characters because of the series' success. In fact the creator of Super Smash Bros., Masahiro Sakurai, had included Snake because Hideo Kojima (the creator of Metal Gear Solid) had begged for Snake to be in the game.

While this reporter will be eagerly waiting to get a copy, the best he can do is just reserve the game for now. ☞

Philip Schorr('08) states that old rap music had "better lyrics". Many other students, quite in the majority, also seem to believe that older rap happened to be a lot better than most new rap.

Sangeetha Rajeev('09), not a big fan of rap music, had few words to say on the matter. "Though I don't listen to rap like that, I still think that old rap is a lot better...new rap is just a lot more derogatory."

"The mix-tape artists who exist underground have become so anti-club rap"

Though most people agreed that our generation seemed to have much better rap music, there was still a small group of students who thought otherwise.

Moe Pyar('10) just "hated all rap" in general adding that she thinks, "rap music is really repetitive and quite bad." When asked if she felt that old rap was better then new rap, she answered, "no comment."

Samantha Emmert('11) and Aldiana Perazic('11), answering in a dual interview, both thought that they weren't as "familiar with the old rap as compared to today's rap," identifying more with modern rap.

While there is still some debate on the matter, most people agreed that there is still some light to be found in certain modern rappers. Mike Dei('11) and Robert Gong cited Cassidy as one of the better new rappers while Sangeetha Rajeev gave the nod to Immortal Technique.

Though many have given up on a return to the heyday of rap, Eric Berman gave his account on the modern rap scene. "I feel that the pop artists have just become lyrically wack as well as weak."

"The mix-tape artists who exist underground have become so anti-club rap that all they rap about is guns and drugs."

"They have to visualize the message that they are sending out and try to change it, but most importantly, focus a lot more on their music, instead of worrying about making money as opposed to making themselves accepted rap legends"; bold words from a true rap scholar. ☞