

The Bellport Clipper

March 2019

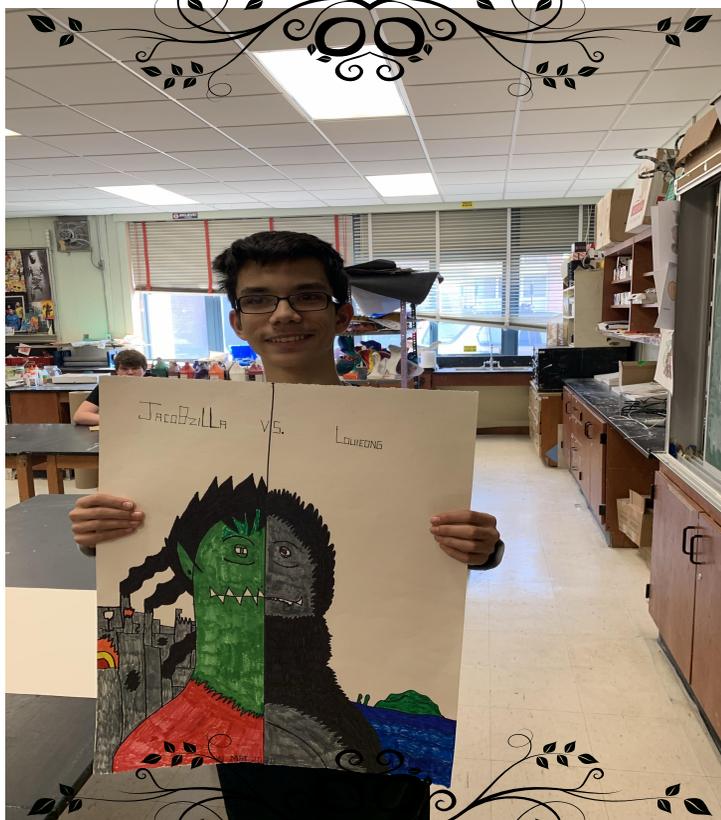
Issue 4

A DREAM COME TRUE

Written By: Kanya Shah & Mr. Gauler

Jacob Meneses's dream was to have his artwork featured in the Clipper. He seized the opportunity and told Mr. Gauler about his desire to have his artwork published and we were able to make it happen. He had the courage to envision his dream and pursue it.

Jacob has been drawing ever since he was a kid. He enjoys drawing because he gets to share his love of superheroes and monsters through his art. His favorite characters to illustrate are Godzilla and Dragonball Super. They are a reflection of his aspiration coming to life. He should be proud of his outstanding achievement. Like Walt Disney said, "If you can dream it, you can do it."



GODZILLA

VS

KING GHIDORA



Bellport Showed Its Talent!

Written by: Victoria Monte

On Friday January 25, students, parents and friends gathered in the Ebersole Auditorium to watch the students of Bellport High School show off their talents in the annual Bellport's Got Talent talent show, hosted by 106.1 BLI. This year's show hosted incredible talent as always and was a crowd pleaser for all. From singing to dance routines, the performers were able to showcase their acts in what turned out to be an incredible night.

When all was said and done, it was time to announce the winners of the show, in which there would be a 1st, 2nd, and 3rd place contestant, as well as the Crowd Favorite. In third place was the beautifully talented junior Savanna Borero who sang *Turning Tables* by Adele and absolutely crushed it. In an Instagram post the next day, Savanna showed her gratitude for the people around her, "Thank you to everyone who has supported me in the slightest way possible with these shows." In second place was Emmaly Seaman, who has showed her talents for the past few years by being the National Anthem singer for our school's sporting events. Emmaly sang *My Heart Will Go On* by Celine Dion and had the crowd in awe from beginning to end. In first place was senior Erin Bone who absolutely deserved a placing with her version of *Gravity* by Sara Bareilles. Her stage presence and voice reminded the auditorium of the reason for the talent show; to be in the moment and have fun showing your friends what you're passionate about. "I had so much fun performing the other night and it's so cool that I get to say I won. Thank you to everyone who has always believed in my voice and I," said Bone in a later Instagram post.



Last but not least, freshman Carley Simms took home the Crowd Favorite award after singing *It's a Man's, Man's, Man's World* with her booming and soulful voice.

So what about next year? If you have any inclination to perform in any way, you should go for it. It's an amazing night filled with smiles and applause and is definitely worth being a part of.



If my word seems invalid, listen to the performers themselves, like Savanna, "I want to say how happy it makes me to see new faces and new talents do this show every year. To those people (and you know who you are), don't ever let someone make you think you aren't worth it or don't have what it takes."

Bellport Student Council Goes to D.C.

Written by: Grace Armann

During the first weekend of February, fourteen BHS students travelled to Washington, DC for a leadership conference. They represented Bellport Student Council, and spent the weekend in sessions with thousands of high school students from around the country.

Students came from all walks of life to the conference, and were willing to share their experiences with people they met. Some came from schools that ran countless events and made major, well-funded community service contributions, while others went to schools that ran very few community events, an issue that they wanted to improve. Of the conference, Student Council President Carly Diolosa said, "It was an amazing experience that allowed us to bond with students from across the country and learn about the programs they offer at their school. It also gave us an opportunity to learn how lucky we are to have such a diverse school compared to others. "By hearing from students across the country, Bellport representatives were able to broaden their own perspectives, and in turn are eager to improve our school community. Bellport's STUCO advisor, Ms. Hoffman, who organized and chaperoned the trip also attended sessions. After the conference she said, "It was a great experience for all of us. I was very proud to see how all of the Bellport officers met and worked with kids from so many places. I was also proud and surprised to hear how much more you all do for our community and how many more activities you all run than many of the other schools. I'm fortunate to have great officers and club reps, as well as advisors, to work with to get so much done. I'm so glad that our School Board and Administration gave us the chance

to go. The students all represented Bellport in the best way possible."

The student representatives are eager to utilize their new found knowledge from the conference back home at Bellport High. Be sure to look out for new events and opportunities at BHS, and don't be afraid to get involved and contribute to our community!



Caffeine Delight or Doom?

Written by: Kanya Shah

Coffee-a drink that has grown to be extremely popular in the US. From macchiatos to espressos, several types of coffee have emerged, especially in franchises such as *Starbucks* and *Dunkin Donuts*. Caffeine is a natural drug that is present in energy drinks and coffee with effects that are often debated.

What does caffeine do to your body? Since caffeine primarily targets the cardiovascular and nervous systems, it may prompt an adrenaline rush, provide short bursts of energy, and speed up chemical reactions within you.



While coffee may be an enjoyable beverage, there are multiple controversies about the effects of caffeine on your health. Unlike alcohol which is a depressant, caffeine is a stimulant drug that affects your brain and heart. After consistent consumption, it is possible to become addicted to caffeine and becoming prone to restlessness. Drinking coffee results in water storage depletion causing dehydration.

However, some studies have shown that caffeine boosts short term memory, improves reaction time, and increases your mental functionality. The benefits of coffee are protection from cardiovascular disease, type 2 diabetes, Parkinson's disease, etc. It gives temporary relief from headaches and battles cancer long term.

It is important to keep in mind that excessive quantities of caffeine, especially those exceeding the clinical standards of four cups maximum, can prove to be fatal. Physical effects of too much caffeine are sweating and dizziness along with mental disorientation which ultimately adds up to cardiac arrest.

Now that you've got the facts, do you believe that caffeine is worth indulging in?

Should smart technology be developed for commerce?

Written by: Kanya Shah

Smart devices such as iPhones and laptops have been developed to stimulate economic growth and meet consumer demands but whether smart technology is beneficial to a nation is a controversial debate. Is technology worth developing for commercial purposes?



Pro: Innovating tools and machinery digitally would allow companies to save millions of dollars and boost economic growth. CEOs' would not have to pay as many employees for manual labor and would be able to hire more people to become "the brains of the business' operation," ultimately allowing companies to work smarter. Filing paperwork can be done electronically which makes it easier to access records when needed. For example, businesses would be able to eliminate time wasted sifting through paper job applications because websites like Indeed or LinkedIn simplify the process online. This increases the company's operational efficiency by saving time and capital. If companies saved money, then they'd be able to hire more employees and increase investments in the stock market, boosting the economy's growth rate. In addition to a flourishing economy, consumers would have more options in smart TV's, phones, home & kitchen appliances, etc. The market is constantly evolving so to keep up with the changes, smart technology would introduce an opportunity for a more advanced and sophisticated future.



Con: Technology that is digitally developed can be hacked and may invade customer privacy. If private information such as credit card and account numbers are leaked, who is going to be held accountable if the hacker cannot be traced? Data collected for marketing research to improve products can be sold to another business which may cause uneasiness among consumers because often times, the information is gathered through online avenues. Information such as demographics (i.e., age, gender, marital status, income, etc) and psychographics (i.e., attitudes and interests) can be bought and sold.



Another concern is the development of robots which may displace several workers. Smart technology will replace thousands of employees and eventually increase the unemployment rate since less workers will be needed.

Dealing with online applications that aren't functioning properly can be frustrating, especially when you're pressed for time. Problems such as software malfunctions require time to fix the code so if your entire operation is online, it becomes a highly expensive and inconvenient problem. While smart technology may be a resourceful tool, it isn't always reliable. Quite often, the problems cannot be fixed by an average person; you'd need a specialist.

Although circumstances may change over time, smart technology will continue to threaten business and consumer cyber security. Engaging in transactions such as online shopping or wholesale trade via the Internet is risky because once you put your information online, it remains there. What's the guarantee that your private info won't be released?



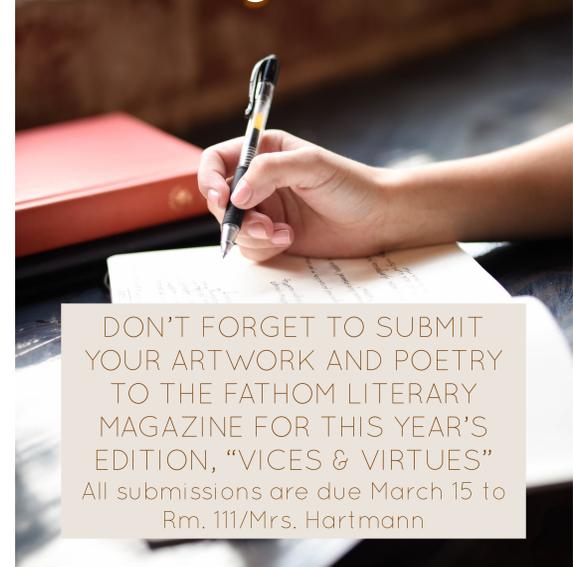
Smart technology is no longer a calculated risk; it has become difficult to regulate the misuse of applications. Is a risk as big as this one worth constantly upgrading smart technology?



Now that you've read two different perspectives, you may have changed your initial opinion. Do you think that smart technology is going to be a positive part of our future or will it have irrevocable repercussions in our nation?



Fathom Literary Magazine



A virtue is a generalized pattern of behaviour that is usually somehow beneficial in terms of its outcome.

Ex: Charity
Patience
Kindness

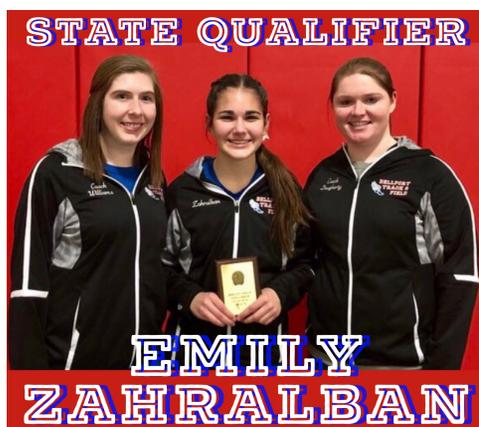
A vice is one that is instead often harmful to the individual or society at large.

Ex: Gluttony
Stealing
Wrath

SPOTLIGHT ON...

Written By: Victoria Monte

The 2018-19 winter sports season at BHS was home to some incredible outbursts in talent, skill and athleticism from students in every sport. From first year students stepping up to the level of competition that high school brings, to athletes finishing off their high school careers strong, there are people all throughout the hallways of our school who deserve applause for all they put into this winter season. With that being said, it is my pleasure to give recognition right now to every athlete who made this an exciting season and who gave the best fans on all of Long Island something to cheer for. Continue to show dedication and passion in every aspect of life and never give up, whether on the court, the field or where ever you feel at home. It is because of every single athlete in this school that Bellport High School has such a high reputation in athletics. No matter if this was your best season or your worst, know that the teams of this school are not complete without you.



After a trip to Nationals last summer for her accomplishments in Track and Field in the spring season of 2018, sophomore Emily Zahralban has continued to excel in her athletics. This season, Emily has been able to reach many more titles as a race walker. Not only is she a large-school champion in 1500 meter race walk, but Emily's 2019 winter track resume is stacked high from All-League to All-Division to third at State Quals and even, as of March 2nd when she got her personal record of 7:05.71 for 1500m Race Walking, Emily placed fourth in the state. On March 8th, Emily went back to Nationals and left being 6th in the whole nation in Race Walking. Her hard work all year long, every year, has most definitely paid off. "Racewalking is not as easy as you would think. Like running, it takes a lot of hard work and time to get better and my coaches have always told me that champions don't complain, they compete."



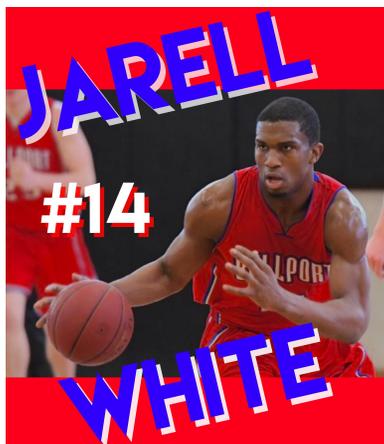
What seemed like was going to be an amazing season for the wrestlers of Bellport High School turned out to be even greater for the whole team, but even more so for sophomore wrestler

Philip Trowbridge, who on Saturday February 2nd, was able to secure his title as a Suffolk League IV Champion on a day in which the Clippers finished first in team totals with 274.5 points. Coach Maragiolio told Newsday, in reference to Trowbridge's win, "He's the kind of kid that you just let him go. You don't have him switch or fix things, you let him roll and catch guys," and that's exactly what Phil was able to do when he came back from a 6-0 deficit in the second period. With his wins throughout the season and his overall athleticism, it was no surprise that Trowbridge was able to come out victorious at the 2019 Section XI League IV Championship. Alongside the triumph, Trowbridge reflected on his performances this year and stayed focused on the seasons to come, congratulating his team as well, "I know I can do a lot better but my team definitely accomplished a lot this year."



You may recognize her undeniable talent on the diamond while playing second base for Bellport during softball season, but this year, sophomore Erika Johnson made her presence known on the court as a starting shooting guard for the girls basketball team. Last year, Johnson was a starter on junior varsity who was awarded MVP and scholar athlete. It only got better this year as Erika was made a

starter for the varsity team and was again named a Scholar Athlete. “This season has taught me to work hard for what you want and never expect anything to be given to you.” This season, Johnson was also recognized for her incredible athleticism and skill by being awarded League Rookie of the Year. “It feels great to be honored like this. I couldn’t have been the player I was this season without my teammates and coaches. This was a great season and I can’t wait for next year.”



After the performance that last season’s Boy’s Basketball teams gave to the Bellport community, it was hard to imagine that the success could keep flowing at such great levels, but it certainly did. With yet another undefeated home season, an overall record of 18-2, beating North Babylon, who was previously undefeated, as well as closing off the regular season with a 95-39 win over West Islip, there is absolutely no doubt that the Clippers are here to stay. Amidst the victories for the team and community is the talented Jarell White who was not only congratulated with 1,500 career points earlier this year, but not long after scored point number 2,000. On top of that, White reach 2,000 at the home game that resulted in a 95-39 win, which just so happened to be the senior game, on Thursday, February 7th. Another major accomplishment for White and the basketball team this season was being able to go 2-0 versus the Deer Park Falcons, the team who held Bellport’s two losses from last season, one being the loss in last year’s Suffolk Class AA semifinals. Accompanying an 85-74 win on January 11th against the Falcons was a career-high 41 point game for White. He also won two consecutive tournament MVP awards during the season, as well as being a huge asset, scoring 41 points, for Suffolk in this year’s pre-season senior all-star basketball game. White has made headline after headline in Newsday for the past few years of his high school basketball career recognizing his extreme passion and skill on and off the court. Rebound after rebound, point after point, White has been able to show off his versatility and

mindset of a team player in many ways this season; a season in which Bellport made it to the playoffs again! And who does Jarell give the credit to? “I give all thanks to the man above. This wouldn’t have been possible without him and it would not have been possible without my team. We are all brothers.” Best of wishes to Jarell as he continues his basketball career after high school!

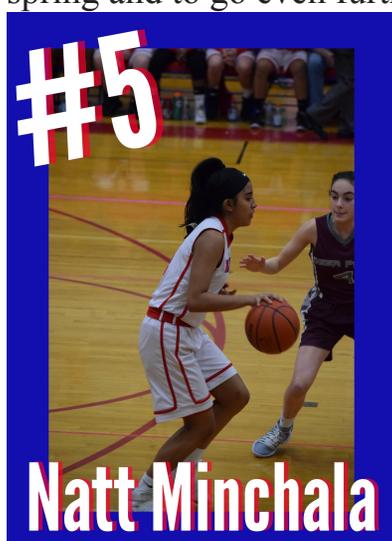


This season marked the end of a drought that junior wrestler Josh Leidig has been pushing through for the last 2 years. The phenomenal talent and passion that Leidig put into his work this season in a redemption tour of sorts most certainly came with its rewards. This season, Leidig was able to become a league champion and represent Bellport outstandingly with 38 wins overall and only 3 losses. You might be thinking “Can you get better than that?” An almost perfect record for the season, a league title and still one more year left with Bellport to do it all again, what else was there for Leidig to accomplish? Well, the skill kept coming as Josh was able to place third in Suffolk County, an incredible accomplishment that took dedication and stamina. Leidig, who is only a junior, still has the 2020 season to do it all again. You should definitely keep an eye out for his ever growing talent. When asked about his accomplishments, Josh said he was proud. Anyone with such proficiency in a sport would be proud to reach the ranking that Josh did, but he did not hesitate to show what really mattered to him, “My team and I won both the league dual and league tournament title together and that’s the only thing that matters to me; to see my brothers and I succeed like we did. I’m also beyond grateful for my coaches because without them, I couldn’t have accomplished anything I have done this year and in years past. I’m excited to see where this sport takes me in life.”

Jaelyn Conquest

There’s a first time for everything, right? Sometimes you might even realize that you’re pretty good at something you have never even

tried before. Senior Jaelyn Conquest got her toes in the water with Girls Winter Track this season for the first time ever, and she did pretty dang good. Conquest's main event was hurdles, despite little experience with them before and not being all too comfortable with them either, but soon she got the hang of it and, in her words, "really did start to love it." This season Jaelyn competed and ran against hundreds of girls, some who were just like her, trying out track for the first time, and many who have been doing this for all of high school. "Going against some of the top girls in Suffolk and against girls who have been doing this for a while, I never thought I'd place at least top 10 in the county." Despite little seniority in this sport, Jaelyn confidently came in second place in League III for 55m hurdles with a PR of 8.82, made it to finals at Counties and even qualified for States. She did, however, fall a little short of making it to States fully, but the distances she ran, literally and figuratively, deserve full recognition. "I'm still extremely proud of how far I came. This just makes me want to work harder and prepare myself for spring and to go even further."



In her final year with the Clippers, senior point guard Natt Minchala most certainly made a lasting impression on her team and the fans that supported them this season. The All-League competitor focused on a lot this season in order to improve her individual skill, "I would drive to the basket, shoot, block shots, take charges, really anything." In past seasons, Natt pointed out, she would hold back and not have as much confidence to go for big plays, only little things. That's one of the things that made Natt stand out so much on the court this season. The motivation and drive to do more for your team by stepping up individually is a huge thing in most sports, but especially in a game as fast paced as basketball. You have to make every situation count, which is what Natt did, "I made sure I always gave it all I had and every game just leave it all out on the court." Other than making All-League, Natt is also very proud of

her team's accomplishment against certain opponents, specifically Mattituck. Before this year, Minchala's BHS basketball stint was familiar only to losses against Mattituck, a team that had a 2-0 record against Bellport in that time, with 102 total points. That changed this season. "One of the proudest moments I had this season was beating Mattituck in overtime because every year they always came in and beat us by a lot, but we knew this year we weren't going to let that happen." Minchala and the rest of the Clippers were able to defeat Mattituck this season 44-38 in overtime. This was a huge win for the girls, and hopefully will continue to be something they look at as a motivation. Mattituck went 17-3 overall this season, and Bellport was one of their losses. "I made sure my team stayed focused and kept giving it their all throughout the whole game." It was quite the farewell season for Minchala, who began as team rookie of the year in her freshman year and finished out her third season as a starter for the Clippers this season.



A lot of talent was found on the track this winter season for BHS, including the skills shown by senior Kyle Pizzo. Pizzo hit all corners this season, showcasing his talent in single races, as well as team races. For the 4x2 relay team including Pizzo, Matt Juarez, Jhamari Bell and DJ Trent, the talent made its way to All-County. Despite not making it to States, Pizzo still expressed his gratitude for the achievement, "It was one of my proudest moments from this season. It was a team award I've been wanting since I got into track." More individually, Pizzo had many accomplishments of his own this season, including making All-County and ranking 12th in New York State. In our community, Pizzo broke the Bellport High School record for 55m hurdles at the NYS Qualifiers meet with a time of 7.68. This was not the first year either that Pizzo would head to the State Meet, and his main goal for track when we spoke was to finish in the top 8 at the state meet, "It would mean everything to my

family and I." Despite not finishing in the top 8, at the State Meet, Pizzo was able to finish 10th in 55m hurdles with a time of 7.81, an incredible feat that came with tons of dedication and hard work. Even with all of his personal triumphs this season, Pizzo made it a point to thank the group of guys he got to work with all season for their contributions as well, "Everyone pushed each other to be great. There was never a time where we let anyone slack in practice and the positive energy was always there. There was never a dull moment with this team."



Congratulations to the following athletes for placing in the top ten for Section XI League Championships this season:

- DJ Trent - 4th, 55m Dash, 6.84
- Nicholas Gallo - 8th, 300m, 38.4 **PR**
- Kyler Pizzo - 2nd, 600m, 1:27.77
- Asher Waller - 8th, 1000m, 2:50.74 **PR**
- Tim Montick - 10th, 1600m, 5:01.62
- Josiah Igwe - 1st, 55m Hurdles, 7.87 **PR**
- Kyler Pizzo - 6th, 55m Hurdles, 9.60
- Guys Relay Team - 1st, 4x200 Relay, 1:36.11
- Guys Relay Team - 8th, 4x800 Relay, 9:11.71
- Matt Juarez - 1st, Long Jump, 20-00.75
- DJ Trent - 2nd, Long Jump, 20-00.75 **SR**
- Jhamari Bell - 4th, Long Jump, 19-00.75
- Kimberly Dean - 5th, 300m, 43.77 **PR**
- Grace Minikel - 4th, 1000m, 3:11.04 **PR**
- Grace Minikel - 4th, 1500m, 5:09.98
- Ella Rauch - 10th, 1500m, 5:30.27
- Emily Zahralban - 1st, 1500m RW, 7:30.15
- Ella Rauch - 3rd, 3000m, 11:27.07 **PR**
- Jaelyn Conquest - 2nd, 55m Hurdles, 8.82 **PR**
- Mary Raymond - 6th, 55m Hurdles, 9.74
- Girls Relay Team - 4th, 4x200 Relay, 1:51.78
- Girls Relay Team - 10th, 4x400 Relay, 4:54.29
- Girls Relay Team - 4th, 4x800 Relay, 10:52.26
- Kayzjah Charles - T.8th, High Jump, 4-03.00
- Jaelyn Conquest - 6th, Long Jump, 16-00.25 **PR**
- Karissa Barney - 7th, Triple Jump, 32-08.50 **PR**

Congratulations to the following athletes for being league champions (wrestling):

- Wyatt Gentzel - 99lbs
All County Rank - 6th
- Philip Trowbridge - 126lbs
- Josh Leidig - 160 lbs
All County Rank - 3rd
- Ka'Shaun Parrish - 170lbs
All County Rank - 4th

Congratulations once again to the Varsity Boy's Basketball team for making it to the playoffs this season. In what was another incredible year for the Clippers on the court, the guys on the red hot Bellport basketball team made it to the Suffolk County AA Semi-Finals, defeating the Central Islip Musketeers 81-53, followed by a huge win against the Deer Park Falcons 79-65, the team that eliminated Bellport from last year's playoffs in a 70-63 loss. This year's finish line was met in a game on February 20th against the Brentwood Indians in which Bellport fell 13 points short in a 84-71 loss.



Despite being stopped by the Indians, the Clippers were still able to become League III Champions for their second consecutive season, an incredible feat that has brought much more excitement into the Winter season at BHS. The "Clipper Crazies" cheering on the team every game, home or away, exemplified how much pride the school truly has in this group of guys and their effort on the court.



From left to right: Devon Balfour, Lorenz Aiken, Jarell White

It's important, as well, to recognize the well-roundedness of each player. This season, the Clippers had seven athletes make first-quarter Honor Roll, five of which made High Honor Roll, as well as Lorenz Aikens being named December's Student of the Month. The team also hosted a CYO Basketball Day in February in which the athletes from the Mary Immaculate Saints got to watch Bellport during the Clippers victory over Smithtown East. The 2018-2019 basketball season was a huge success for the players, fans and community and helped to remind people that Bellport is a school of talent, excellence and most importantly, brotherhood. 

"Don't let the pressure of the moment outweigh the pleasure." - Joe Maddon

SENIORS

Another season of Bellport Clippers Sports has come to an end as we now move into the Spring 2019 season. With personal records, playoff runs and trips to state championships, the athletes from this past Winter put on one heck of a show. These teams would have not been completed, however, without the leadership and dedication of the Senior Class of 2019. Whether it was their first or fourth season with their teams, these athletes and friends made an insane contribution to the athletics program at Bellport High School. These teams will not be the same without you. To all the seniors, thank you again for another phenomenal season. Good luck in every future endeavor life brings upon you!

PRIDE • SPIRIT • HEART

Winter Track

Boys

Dj Trent
 Matt Juarez
 Kyler Pizzo
 Ronald Buckley
 Damian Rabstajnek
 Matt Sabolanko
 Eduar Bonilla
 Joel Bonilla
 Khyree Wilson
 Josiah Igwe
 Carson Nagle
 Ahmed Rehman
 Nick Nazzaro

Girls

Grace Minikel
 Jaelyn Conquest
 Jamie Trowbridge
 Kimberly Dean
 Tanya Ventura
 Sabrina Richards

Clipperettes

Lauren Moncayo



Basketball

Boys

Devon Balfour
 Kyle Climan
 Donald Henderson
 Devin Trent
 Andrew Veit
 Jarell White

Girls

Nat Minchala
 Emmaly Seamann
 Monica Singletary
 Kayla Candalera

Cheerleading

Candice Lopez
 Jannah Jones
 Giannah Hick
 Keona Ringgold

Wrestling

Andrew Porsche
 Chris Tucker
 Sergio Moreno
 Josh Polliard
 Shakeese Byrd
 D'Andre Russell
 Carlos Maldonado

Another great season in the books!



sources:
 MMontePhotos
 Newsday
 Bellport Sports Instagram
 Bellport Athletes

"There are a lot of people that we meet as we walk through these hallowed halls, but the things that mean the most are the friends that you meet and take along with you." - Walter Payton