

The  
Tomahawk  
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“Striving to Be  
the Best”

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# Getting to Know Principal Ginestre

By Riley Kistner, senior

Early in the 2021-2022 school year, Iroquois High School welcomed a new principal. September went by without a lead administrator until Mr. Christopher Ginestre arrived in October to fill the vacancy.

Since his arrival, Ginestre has been around the school building, meeting everyone and interacting with teachers and students. However, some still may not know much about him. In an effort to fix that, he shared some background to shed some light on the life as well as his new position as principal at Iroquois High School.

Being a principal is not the only part of his life. Ginestre has two children, daughter Natalie and son Christopher. He says that they occupy a lot of his time out of school, but he still enjoys Iroquois sporting events such as basketball and football games.

Alongside his educational career, principal Ginestre played college football at Brockport. He was also a coach for a college football team for 13

years. One of the players he coached, J.C. Tretter, now plays for the Green Bay Packers.

His attraction to his positions as coach and a teacher of 14 years paved the way for his 12-year administrative ca-

“I like this profession because I love working with kids. There is nothing better to do in the world. I love helping students reach their potential.”

Mr. Ginestre

reer.

“I like this profession because I love working with kids. There is nothing better to do in the world. I love helping students reach their potential,” Ginestre stated.

He finds his position

fulfilling and satisfying to aid students and the teachers educating them and helping them become better.

Ginestre has had positions as a coach, social studies teacher, vice-principal, and principal. He also continues on in his own higher education and is attending classes at UB for their Education Leadership and Policy program, which would make him eligible for a district level administration job like superintendent. It would also seem that a drive for education is present in his family. His brother is a superintendent at the Sweet Home School District and his wife is a teacher at Cheektowaga Central.

Ginestre believes that principals must be able to interact with students. As he listed what he believes makes a good principal, being an active part of their school lives was brought up. He enjoys getting around the building to speak with people, and stated that he enjoys

See **Ginestre**, page 10

# Love Will Find You! The HS Musical Is Back!

By Everett Schutt, senior

“Don’t Stop Believin” because after a two-year hiatus, the Iroquois High School Drama Club is performing its spring musical, *The Wedding Singer*.

The show will be premiering on Friday, April 1 at 7:00 pm, and is followed up with two more shows on Saturday, April 2 at 2:00 and 7:00 pm. You are able to buy tickets from the High School website, or from the numerous QR codes found on posters around the school.

Based on the 1998 Adam Sandler comedy movie with the same name, the show takes place in 1985 New Jersey.

Robbie Hart, performed by Junior

Braeden Kostusiak, is the lead singer of a wedding band, but then is dumped by his fiancée on the day of his wedding. Jaded by love, Hart tries to find new happiness and new hope in his life.

The 80s are gloriously highlighted, including multiple pop culture references and the iconic fashion of big hair, color-blocked sweatsuits, and even guest appearances from Tina Turner, Mr. T and... former president Ronald Reagan? Impersonating these celebrities are senior Sarah Durkin, sophomore Joseph Gott, and junior Ian Castro.

However, there are multiple differences

See *Wedding Singer*, page 7

# Life Is a Wild Salmon: Covid Is a Bear Affecting Children

By Mason Falkiewicz, *senior*

Life moves like a wild salmon, thriving in nature, hustling up a river, with the only thought on its mind being survival. The salmon tries to make its way in life, but it must watch out for bears, birds, and other hunters trying to take it out of its river. Often, the salmon fails to avoid these predators and is swept up from the river, but that never stops the other salmon from giving up.

In fact, because their lives are so harsh and cut-throat just to live, the wild salmon became one of the most dedicated, focused, and primal animals because they must hustle everyday just to make it by. This makes the salmon truly a magnificent and admirable creature that we can all take inspiration from.

You and I are the wild salmons, and the bear that sadly swipes salmon up for lunch is Covid. Just like a salmon, we were flowing through life, getting by with any means necessary, and thriving when times were good. Then Covid spread

and created a pandemic, like the bear taking a poor wild salmon's life. Like the salmon, there is nothing we can do about these cards we were dealt.

Unfortunately, in some cases, these pressures get to our children and have led to a sickening statistic.

"There was a 22.3 percent spike in ER trips for potential suicides by children aged 12 to 17 in summer 2020 compared to 2019," according to the CDC. Furthermore, from July 2020-2021, children ages 10-14 saw an increase by 13% in suicides.

Covid has wreaked havoc on some part of everyone's day-to-day lives, effects ranging from minimal to absolutely devastating. Some people feel that they may never be able to return to the life they once knew.

However, an overthought

See Covid Affects, page 8

# Leaving 2021 With Optimism

By Konstantinos Ntakoulas, *foreign exchange senior*

Although the pandemic had negative impact on the whole world, some things that happened in 2021 gave us every reason to look at things with optimism. Maybe 2021 was not as good as we would hoped, but maybe it is not as bad as we believe. Achievements in many domains bring 2021 a positive side to a darker period in modern history.

**Good news for the future of the environment.** The International Energy Agency (IEA) announced in December that 2021 was a record year for renewable energy. According to this source, 290 gigawatts of new renewable energy capacity, mainly in the form of turbines and solar panels, have been installed. This year's record broke last year's, making 2022 a promising year.

**After a big loss in the art industry in 2020, a technological tool came to revive the collapsed industry.** The world art market saw unprecedented records take place in 2021 after a difficult year for the art society. Works by impressionists, post-war, and contemporary artists sold for billions of dollars, much of which came from wealthy buyers from the cryptocurrency market and other technologies. Global online art sales increased significantly in 2020 over the previous year, rising from 4.8 billion U.S. dollars to nearly 7.9 billion U.S. dollars. According to one worldwide survey of art buyers, 29 percent of respondents stated that they preferred to purchase art online.

Mason Falkiewicz, senior, believes that technology is a really important tool that can benefit many domains. It can create many job opportunities, especially in the art industry that has been devastated in the Covid years. This can improve and regenerate the industry.

**Space-related achievements continued to impress us in 2021.** A historical range achievement happened in 2021. NASA's Mars Perseverance rover was the first spacecraft to produce oxygen on another planet. This is a promising achievement for the future of colonization.

Second in a row achievement to the Perseverance mission was the successful first flight of a small robotic helicopter, promising news for the

See Future Outlooks, page 8

# Oh, the Hu-manatee!

By Isabella Michael, *senior*

The Visit Florida Research department estimated that in 2019, the peninsula welcomed roughly 130 million visitors. This same year, nearly 130,000 people from Buffalo flew to Florida, making it the top destination according to the Buffalo-Niagara International Airport.

Unintentionally, while tourists are planning their sunny vacation to the Sunshine State, they fail to consider the effects that their travel will have on the wildlife residing there. In particular, the Florida manatee is being impacted significantly by the pollutions and fertilizers, as well as boating accidents happening in the waters, as reported by the *Tampa Bay News*. As a direct result of this, manatee populations are dwindling in their natural habitats while many are needing immediate extraction from the seas and are being relocated to rehabilitation centers.

Recently, a manatee was rescued after an incident caused by a lack of viable food sources. A resident happened upon this struggling manatee after hearing the shattered siren song of the injured mammal. Unsure of what to do, she grabbed her phone to call for rescuers.

Three short months preceding the rescue of the manatee, the Columbus Zoo and Aquarium in Ohio relocated the lucky juvenile manatee, Mary-Kate, to their rehabilitation facility. All the more often, manatees are washing up on Southern shores and for many—it is just too late.

The *Tampa Bay Times* stated, "Last year is officially the deadliest year on record for Florida's iconic mammal. The final death count is in—and it's grim. The Sunshine State recorded 1,101 manatees' deaths in 2021."

However, many are asking the question of why these humongous herbivores are struggling to survive in these modern times. To further understand just how these friendly giants are becoming increasingly less common in their natural habitats, we must dive into the lifestyle of these sea cows.

The Florida manatee is a 1,000-to-3,000-pound mammal made of thick layers of blubber that have an average life expectancy of sixty years. These docile creatures spend their days roaming the oceans, grazing on sea grass and other vegetation, needing up to sixty-six pounds of plants to meet their daily intake.

The Center for Biological Diversity, located in St. Petersburg, FL, reported, "Florida manatees are threatened by watercraft collisions, habitat loss due to development and pollution, and entanglement in fishing gear. Fertilizer also poses a serious threat to the waterways that these mammals inhabit."

Unknowingly, Florida residents have fueled this serious problem of fertilizers becoming run-off during seasonal storms and polluting the waterways that are home to these animals. The chemicals found inside have been known to kill off extensive amounts of seagrass and other vital parts of the ecosystem.

According to the nonprofit organization, Save the Manatees, "Some areas, like the Indian River, lost an estimated ninety-five percent of the sea grasses in important manatee habitats, which spiked the death tolls of the species to nearly double the number recorded in the previous year."

These harsh chemicals are stripping the natural nutrients from the oceans and rivers, which has caused extreme amounts of toxic algae blooms to spawn and spread like wildfire. Some residents

See Manatee Safety, page 6

# Disney: The History of a Giant

By Victoria Rieman, *senior*

Whether it's Pixar, Marvel, or a traditionally animated fairy tale, Walt Disney Studios releases films year after year that appeal to millions of people worldwide. Although the company is worth billions today, there was doubt that the studio would survive its beginning stages.

It all started in 1928, when cartoonists and animators Walt Disney and Ub Iwerks created the character Mickey Mouse. As the 1930s progressed, animated shorts were created and introduced Mickey's friends, the now beloved characters Minnie Mouse, Donald and Daisy Duck, Goofy, and Pluto.

Then, in the year 1938, Disney released the first-ever animated full-length movie, with the release of *Snow White and the Seven Dwarfs*. This project would be revolutionary in the fields of animation, art, and

filmmaking.

Following the success of *Snow White*, Disney released *Pi-nocchio* and *Fantasia* in 1940, *Dumbo* in 1941, and *Bambi* in 1942. However, these films were not successful initially since the U.S. was preparing for entry into World War II. Disney then began to create multiple shorts related to the war in attempt to gain back lost revenue from the animated films.

Despite these attempts, the studio was still on the verge of declaring bankruptcy up until 1950, when the studio gave all it had into the production of *Cinderella*. Luckily, this film was successful, and the 1950s produced the beloved films *Alice in Wonderland*, *Peter Pan*, and *Sleeping Beauty*, and the grand opening of the Anaheim,

See *Disney*, page 7

# Sweet Dangers of Sugary Diet

By Isabella Michael, *senior*

The average American consumes 152 pounds of sugar in just one year, which is the same weight as a full-grown cheetah!

In the last decade, Americans have begun to consume excessive amounts of sugar due to the unregulated and inexpensive versions of sugar. People have become extremely accustomed to the sweet tastes of foods that without the added sugars, foods are interpreted as bland and flavorless. Not only are these fake sugars less expensive, but they are also being seen as leading factors in increasingly pressing health concerns and disorders among Americans.

While interviewing three various generations of consumers, one can gain knowledge on the grasp that these additives have on our lives.

Eighteen-year-old, Christian Hortman, says, "Being on campus at the University have a meal that amount of enough to get day. I need to my bags and have in be-the dining

When about these keeps on his sponded with, spending too snacks when I things to worry textbooks. Us-cheapest options when I go to the store once a week."

These options included granola bars, energy drinks, pop, and cereals. All of the items Hortman mentioned were significantly processed foods that contained ample amounts of sugar, yet were one of the cheapest options in the store. An example of this can be seen in a favorite cereal that is brand-ed towards younger generations, Lucky Charms. Just one cup of Lucky Charms has 12 grams of sugar.

In comparison, the 16 fluid oz. can of Dr. Pepper that Hortman drinks contains a whopping 52 grams of sugar, leading to 17% of one's recommended daily value of carbohydrate consumption.

See *Sugary Diets*, page 6

# Rock Climbing Revolution

By Madelyn Bruno, *senior*

Rock climbing has been a highly recognized and significant sport throughout many generations. From outdoor climbing, indoor rock climbing, and ice climbing, it is a very diverse and unique sport throughout the world. It has evolved over time, creating numerous new opportunities for individuals interested in the activity.

The history of rock climbing goes back many years, dating back to the earliest civilizations. Up until the 1900's, rock climbing was not considered a sport, and was simply an activity people partook in for leisure. The sport of rock climbing began to take off in the late 1800's all around the U.S. and Europe such as Great Britain, Italy, France, and Germany.

People such as Sebastian Abratzky, Paul Grohman, and Georg Winkler were all very well-known climbers in England and Australia, pioneering a path for many new faces and communities. All known forms of climbing were found outdoors around mountains and cliffs. Some of these included the Elbe Sandstone Mountains, the Alps, and Lake District National Park. The main goal of rock climbing back then was looking for ways to climb without having to commit to going to the top.

One location in the Unites States for rock climbing in the 1800s was Yosemite National Park, a major hotspot for like-minded people. Many people would gather here and create groups, sometimes even living there for a period of time. In 1875, George Anderson made the first ascent of Half Dome without using modern climbing gear or techniques. This accomplishment would kick off the start of the new age of rock climbing.

During the mid 1900s, this sport gained a new sense of popularity. It would take on many forms such as competitive climbing, indoor climbing, and even speed climbing. Famous figures from this time would soon arise including Dean Potter, Lynn Hill, John Bacher, Beth Roden, and Royal Robbins.

Today, rock climbing is a significant sport across the world, even making it into the 2020 summer Olympics as its own category. The Olympics included three separate categories for climbing including speed, lead, and bouldering. Significant figures in climbing such as Adam Ondra, Brooke Raboutou, and Ashima Shiraishi had the opportunity to perform in the 2020 Olympics.

There are numerous indoor rock climbing gyms all across the world now, including locally. One of these local gyms is the Central Rock Gym in downtown Buffalo. This gym consists of many different climbers, young and old, new and experienced. Climbers at this gym have the opportunity to participate in competitions locally or climb for leisure.

"This gym is full of so many opportunities, and we plan to improve these experiences for our visitors," states the manager and leader of the youth rock climbing team.

Whether you are a first timer or an experienced climber, visiting is a very eye-opening experience. Typically, you will expect to spend anywhere from \$20 to \$50 if you are visiting for the day. You may have to take a brief class on how to climb using a rope or belaying another person. With sport climbing, a variety of equipment is used, including a harness, a rope, chalk, and climb-

See *Rock Climbing*, page 6



# LEAD Bowling Strikes Back!

By Parker Cantie, *sophomore*

The high school is rolling in the right direction with the return of LEAD’s Midnight Bowling! LEAD held its 20<sup>th</sup> Annual Midnight Bowling Event at Wimbledon Lanes January 21. Even after a two year pause due to Covid, participant turnout totaled to 106 students and staff members.

LEAD (Leadership Education & Activities Development) has long hosted Midnight Bowling and was enthusiastic to get the event back off the ground after a rough two years hindered by the pandemic.

“I couldn’t be more pleased with the turnout after a two-year hiatus,” said Mrs. Cantie, the club advisor.

Midnight Bowling is an event opened to all grades at the high school. The night was exhilarating, filled with pizza, lights, and music. Students especially enjoyed round one with Crazy Bowling, where teams created inventive bowls. Over 50 prizes were given out for bowling strikes!

In addition, prizes were awarded for high score bowlers and best team costumes. Special appreciation goes out to the event sponsors **Elma Towne Grille, Two Smoking Guys, Pizza Delizia, and Parkside Pizza** for their generous donations in support of the LEAD event.

Students formed groups of four and with a teacher, dressed up in a team costume. Students devised creative team costumes ranging from *Winnie the Pooh*, to Bills’ Mafia and senior citizens, to *Men in Black*.

Winners for the Best Team Costumes were Mrs. McCoy’s team as *Toy Story*, Mr. Violanti and Mrs. Cantie’s team as *Cobra Kai*, and Mr. Be-

See **Midnight Bowling**, page 6

# Pop Culture Icons Lost

By Victoria Rieman, *senior*

The worlds of sports and entertainment are reeling after two unexpected losses in proximity of the New Year: former Raiders’ head coach and sports broadcaster John Madden, aged 85, and actress Betty White, aged 99.

Madden died at his home in Pleasanton, California, on December 28, 2021, and White died at her home in Los Angeles of natural causes in her sleep on December 31, 2021.

Both Madden and White had successful careers in their respective fields that spanned over half of a century. Madden’s professional coaching career began in 1960.

Madden is most recognized for being a coach who had never experienced a losing season during his time with the NFL. He served as the head coach for the Raiders from 1969 to 1978. During his career, he led the Raiders to eight playoff appearances, seven division titles, seven AFC championships, and the team’s first Super Bowl win in Super Bowl XI.

After coaching, Madden decided to pursue sports broadcasting. He did telecasts for the NFL from 1979 to 2009 on various networks such as CBS, ABC, and NBC, and made multiple film cameos in the films *Little Giants* and *The Replacements*. He popularized the use of the telestrator, which simulated a pen and was used to point out specific plays in the game to audiences watching at home.

Finally, to add to his long list of accomplishments, Madden was a key contributor to the development of the highly popular video game franchise *Madden NFL*, which was produced by EA Sports starting in 1992 and is still releasing games today, with the recent release of *Madden NFL ‘22*.

“John Madden really was the epitome of the NFL and brought the NFL into everyone’s home at the moment it was exploding into our consciousness,” claimed CNN sports analyst Christine Brennan. She also stated that she knew Madden to be a wonderful human being overall, a “kind, smart, and gentle” soul. He leaves behind a wife, Virginia, and two sons.

Meanwhile, Betty White had a long, fulfilling career that spanned almost eight decades, from appearing in radio shows during the 1930s and 1940s before transitioning into the mediums of film and television from the 1950s up until her recent death.

Some of her most notable works include the TV programs *The Betty White Show* (1952-1954), *The Mary Tyler Moore Show* (1973), *The Golden Girls* (1985-1992), and the film *The Proposal* (2009) with Ryan Reynolds and Sandra Bullock. She also provided voice work for Dr. Seuss’s *The Lorax* (2012).

Prior to White’s death, in early December 2021 an announcement

See **Iconic Losses**, page 10

# Leveling the Playing Field

By Cordelia Thomas, *sophomore*

Long ago, girls and boys had their separate sports. However, with the growing number of girls playing male-dominant sports, this is changing. At Iroquois, several girls participate in predominantly male sports. For example, wrestling and football have similar ratios of men and women in traditionally masculine sports with roughly 94% men and 6% women.

Senior Jessica Kowalski is the first female athlete on a boys’ Varsity team. She has made great strides toward leveling the playing field and opening up doors for other Iroquois girls.

Title IX is a law placed in 1972 that protects the students and their interests in sport. According to Mrs. Vetter, Athletic Director, Title IX helps equalize opportunities for females and males in athletics. This law gives the chance for both girls and boys to play all sports.

If the school has a team for the specified gender, then students must play on the team designed for them. This law impacts a case when a school doesn’t house a team for a certain gender. So, the opportunity for the sport is opened up through Title IX, yet there is a long process one must go through in order to be able to participate in a sport of the opposite gender.

Many actions take place before the girl can play a male-dominant sport. A panel comprised of the Athletic Director, Principal, PE teacher, and District Physician meet to discuss the case. If the parents desire, they can have their family physician on the panel. The group reviews parental approval, student interest, documentation of health, and physical abilities, along with a health examination.

If a boy wants to play on a female-dominant team, this is a bit more difficult due to

See **Title IX Sports**, page 9

# A-Door-Able Themes Win!

By Maggie Darmstedter, *senior*

During the festive times of the holiday season, Iroquois High School puts its best efforts in to make the school days more thrilling and special for staff and students. Student organizations are always looking for new ways to spread excitement and holiday cheer around the building.

One of these events that has occurred for the past 14 years is the celebrated LEAD’s Holiday Door Decorating Contest. The most creative door gets judged by the members of the front office.

The winning room wins a breakfast celebration in the new year. Even with the hiatus of Covid-19 last school year, the tradition continued in the spring of 2021. The “Think Spring” theme helped brighten the building. The event was so popular that Central Office even made their own version in the Middle School.

Members of the LEAD organization ran the event to jumpstart the tradition in the building during this difficult time.

This year, more doors had been decorated than ever before with a new high record of 26 participants. Teachers and students all throughout the Science, English, History, and Foreign Language

See **Door Decorating**, page 9

# Are NBA Officials Ruining Games?

Cal McTigue, *senior*

Have you ever been watching a sporting event with family, and someone starts to blame the referees for costing their team the game? The referees always take the blame during close games and basketball is no different.

The NBA is one of the hardest sports to referee and there are many close calls that officials are forced to make in high event games. The NBA often changes rules from season to season and officials are forced to change how they view fouls. This season, the NBA has changed their basketballs from Spalding to Wilson due to financial benefits.

Many players have argued the changes made in the rulebook and have taken their frustrations on the referees. The NBA recently has hired a new slate of officials, many of whom are younger. Referees have become harsher on players and ejection rates have drastically increased within the last five years.

During the Knicks and Bulls game, forward Taj Gibson was ejected after complaining about a weak foul called against him. The Knicks were trailing the game in the first quarter and Gibson became quickly frustrated with the official. The announcer Mike Breen was very displeased with the ejection and called it the worst call he has ever seen. Breen has been announcing NBA games for ESPN for over thirty years. This call among many other costs the Knicks the game and took out their only center in the game.

Last season, Hawks guard Trae Young abused the rules by jumping into the defender's arms while shooting. On most of the plays, the defenders were charged with a foul. There was no legal way to defend Young without giving him a wide-open chance. Various players in the league argued against the calls against the defenders. Young is a guard and is shorter than most other players making it easier for him to draw a foul.

The league decided to slightly alter the rule book for this season and so far, there has been less flopping in the league. Flopping is intentionally pretending to be injured or affected to draw a call from the official. Unfortunately, other problems that have arisen in the league and many players are still getting away with drawing fouls based on their size.

Knicks forward Julius Randle and Lakers forward Anthony Davis believe they are at a disadvantage because they are bigger than their defenders. Randle finds it easier to score closer to the rim and often gets bumped and slapped when he goes up for a shot. After a heated game against the Nets, the referees stated that they did not call fouls when Randle tried to score because he is bigger, and they would have called them on a smaller player.

"This is not how the league is supposed to operate ... there is no excuse for my play, but the refs got to be better," Randle responded in a postgame presser

See **NBA Officials**, page 8

# Benefits of High School Sports

Luca Schmidt, *senior exchange student*

High school sports may be the most enjoyable interscholastic activity for athletes that are passionate about their sports. You can have fun practicing your favorite sports, playing with your friends, competing, and of course, gaining from the fitness and health benefits.

Nevertheless, high school sports can take up a lot of time. Especially, if someone has to do homework, studying, or maintains a job outside of school, it can be quite a challenge to get some free time.

Numerous students of the Iroquois High School have sustained that balance, but admit that it is a struggle from time to time. Some junior and senior students believe that sometimes they would like to take off practice occasionally just to focus more on school and get better grades.

Therefore, you would think that with all the time that students have to dedicate to sports and sometimes to their job, that they would have a hard time getting good grades at school. Interestingly, research shows differently: students who juggle several obligations often do better academically.

In fact, a study conducted by Kansas University shows that the participation in interscholastic athletics is often associated with better educational outcomes. Student athletes had higher percentages of days of school attended, graduation rates, state assessment scores, and lower dropout rates than non-athletes.

See **School Athletics**, page 8



## Bills Plan New Stadium

Matthew Sitarek, *junior*

Much excitement has been aroused regarding the Buffalo Bills this season after they finish the year 11-6 and are showing much promise in the post season.

Another debate surrounding this team is a potential new stadium. The Buffalo Bills' Stadium's lease will expire in 2023. Multiple options have presented themselves for improvement.

The location plays a role in the building of a new stadium. Downtown Buffalo in the harbor seemed to show promise, yet staying in Orchard Park still may pose the better option. Bills fans are know world-wide for their pre-game tailgate parties, which would become nearly impossible given that the stadium be built downtown where parking would become another problem in itself.

The stadium that leads the race as of right now is a \$1.4 billion, 60,000 seat capacity stadium that would stay across the street from the current Highmark Stadium. This is quite interesting in that since 2016, the Buffalo Bills stadium has had a 71,000-seat capacity, 11,000 more than the new proposed stadium. This new stadium would be expected to be very similar to the Tampa Bay's Buccaneers' stadium. This 60,000 seat avenue would make it the smallest seating capacity in all NFL stadiums.

"I find it strange that they would make the stadium smaller rather than making real improvements to host a growing crowd of fans," says junior Hayden Wolf, when asked about a new stadium.

There are other benefits. The new stadium would be open-air, maintaining the "Buffalo weather football" that we have come to love for years. However, the seats would be covered overhead, which seems to be a pro for many fans.

The county and state need to work together for building permits in order for this stadium to be possible. The county takes on a big burden as this needed stadium would result in taxes to skyrocket. An expected \$1 billion would be funded by the taxpayers.

As for season ticket holders, these loyal fans would have to pay thousands more for multiple reasons. Less seats is one of these, but the stadium is expected to be more luxurious, which would increase the price of regular game tickets and the overall price of season passes.

Despite all of this, interim NY Governor, Kathy Hochul has not put aside any money in this year's budget for a new stadium, so this time may leave room for more proposals that can be seen as better for the team and atmosphere.

# Rock Climbing,

*Continued from page 3*

ing shoes.

If you are not ready to invest in sport climbing, you are free to try bouldering. Bouldering is a type of rock climbing that does not require ropes. Typically, you would only have to have climbing shoes and chalk, which are both available at most gyms. This type of climbing is great for practicing your skills individually and a great way for beginners to get a feel for the activity.

It is amazing to see how far this unique sport has come throughout the decades. From simply climbing in free time, to competition, it has sure made a significant impact today on how we view sports. Everyone should try rock climbing at a point in their life, no matter how little experience you have.

This is a sport with a very large and welcoming community with an incredible history, leading up to where it is now. It will be interesting to see how these experienced climbers perform in the next Olympics!

# Sugary Diets,

*Continued from page 3*

When compared to 53 year-old, Paul O’Grady, who works at a desk job in Downtown Buffalo, there were significant differences in the reasons for consuming such products. While Hortman is struggling to find foods that coincide with his budget, O’Grady simply indulges in these sugary foods for a sweet treat.

O’Grady says, “I never began to think about the sugar levels I was consuming when enjoying ice cream and desserts—let alone when I am eating what is supposed to be a healthy energy bar.”

These two individuals live vastly opposing lives, yet they both relate to this same struggle of finding a balance within the consumption of sugar. When nutrition labels are misleading and using brands that are categorized as healthy, low in calories, and sugar-free, they often conceal massive amounts of sugar. As a result, consumers struggle to obtain factual information.

The American Heart Association stated, “There are over 61 different names for sugar. Some are similar such as high-fructose corn syrup. Some names—like mannose—may not sound like sugar at all.”

These countless names that are in fact hidden sugars within all the foods people are consuming on a weekly basis, without knowing that they are synthetic sugar additives that are detrimental to one’s physical health. Within the last ten years, there has been a spike nationally of diseases such as heart attacks, obesity, and diabetes that have all been linked to this over usage of sugar.

The Northwestern Medical Center says, “All this extra added sugar is very, very bad for your health. Studies link added sugar to cardiovascular disease, the world’s number one cause of death.”

When navigating your health, it is monumental that you are attentive to the nutritional labels on the products that you are consciously ingesting from day to day. Though sugar is sweet, it can have negative effects.

# Midnight Bowling,

*Continued from page 4*

trus’s team as Shades of Mr. Betrus, winning first, second, and third place respectively.

The evening was emceed by senior Jessica Kowalski, LEAD President, who ran Crazy Bowling, handed out prizes, and provided color commentary throughout the night.

Bailey Clarke, a freshman, describes his first Midnight Bowling experience as a lot of fun and looks forward to attending again next year. Clarke’s team dressed up as Colors of the Rainbow.

LEAD worked diligently for weeks in advance to generate some enthusiasm and promote participation in the program. They were working with a high school population who really never experienced the bowling event due to the pandemic.

Cantie notes, “When the club was in its infancy over 20 years ago, we took a risk doing a late-night event. This year, our bowling committee did an exceptional job working hard to promote a relatively unknown event to the new student body.”

She described the initial concept of Midnight Bowling was to create a positive and healthy activity for a Friday night, as well as bring students and staff together.

LEAD would like to thank the teachers that have stuck with Midnight Bowling since the start and have come out year after year for a very late night.

Mr. Violanti, a teacher who has gone to Midnight Bowling over a dozen times, described this year’s event by highlighting the costumes, pizza, music, and atmosphere as a whole. His favorite part of the night was seeing all the smiling faces, especially during these stressful times.

LEAD would also like to thank Radio Club as well as Brooke Pache and Tyler Huber for providing the music and speakers. Wimbledon Lanes has generously hosted this event for Iroquois for over a dozen years and they couldn’t be more accommodating.

If you missed out on this year’s event, LEAD will be bringing it back again next winter!

# Manatee Safety,

*Continued from page 2*

have turned to fertilizers that are branded as organic, such as manure and compost. Officials say that these alternatives are superior to manufactured fertilizers when it comes to the health of the environment. However, studies show that these organic fertilizers are continuing to contribute to the toxic algae population. They contain the same nutrients that caused the exponential increase in the species responsible for the manatees’ eradication.

The MOTE Marine scientists reported that the population count for the Florida manatee is estimated to be approximately 3,800 animals.

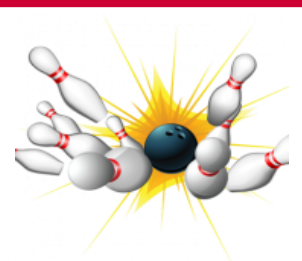
For this reason, Sarasota, Florida, Congressman Vern Buchanan says, “I am currently working with MOTE, Marine scientists to introduce the Manatee Protection Act, which would upgrade manatees from a threatened species to an endangered species.”

Amidst these catastrophic facts, there is hope for the manatees’ species. Early this January, a rehabilitation center for aquatic mammals in Orlando, Florida, transported four juvenile Manatees from their emergency critical care center.

The manatees, named Lizzo, Cardi-Tee, Mary Kate, and Ashley, are now thriving in their new facility awaiting their release back into the Florida oceans.

The Columbus Zoo and Aquarium was quoted saying, “These newest additions make for a total of nine manatees at Columbus Zoo, which is the largest ever housed at one time for rehabilitation. The workers here at Columbus Zoo will care for the manatees until they are big enough to be returned to the waters when conditions are favorable.”

While planning your next vacation, consider the natural inhabitants of the region and respect their habitat. Consider how some of your vacation activities can potentially impact the local wildlife.





# Wedding Singer,

Continued from page 1

between the film and the musical.

In the film, Robbie's band only consists of George and him. Robbie's best friend, Sammy, played by senior Everett Schutt, is a limousine driver. Whereas in the musical, Sammy is a member of the band, joining the two as a guitarist. In addition, Rosie, performed by freshman Sophia Morgan, is an old woman who is also one of Robbie's music students. Yet, in the musical, Rosie is Robbie's grandmother, and he lives in her basement.

Freshman Bailey Clarke, who plays George, the flamboyant-yet-sensitive keyboardist, explains, "I can relate to George's carefree attitude and his energy when it comes to performing, although it was a little tricky to pick up the intricacies of his character and his underlying motivations."

The Drama Club is more than eager to put on this performance. The seniors, whose last musical was *Godspell* in 2019, are among the most excited.

Elena Calderone, who plays Julia, Robbie's surprise love interest, states, "It's the most exciting thing to be back! Theatre and performing is literally my life and when everything paused because of Covid, I felt so lost. But being back is the most liberating feeling. I seriously cannot wait to share the stage with my peers again and get back to doing the thing that I love most."

Ella Ehrenberg, a senior who plays Holly—Julia's mischievous cousin, replied, "It's so relieving as a senior to know that things are slowly getting back to normal, and I am able to finally perform again!"

So, come out for some great humor and the nostalgic sounds of some classic 1980s music! Drama Club is hoping that you will come and support your classmates who have worked really hard putting this comical performance together.

Don't forget, tickets are still available! You will be able to buy tickets from the High School website, or from the numerous QR codes found on posters around the school.

You might Pop! The question and ask if you want to see *The Wedding Singer*, but to make sure you aren't "Casualty of Love — when It's Your Wedding Day," don't skip out on it!

# NBA Officials,

Continued from page 1

in response to a question asked by Marc Berman.

Clearly, the league had some problems that need to be fixed. All sports leagues have problems with officiating, but the NBA is becoming unwatchable by fans. League attendance has started to decrease, and the NFL is dominating the television views.

The WNBA has had similar problems in the last few years. Candace Parker often becomes frustrated with calls on the court along with other top players. The league averages fewer ejections and fouls per game than the NBA.

On the other hand, high school basketball officiating has been more acceptable this season. Referees in high school obviously have less viewers and pressure put on them, but they have been consistent in do not get the national attention that NBA official do. This proves that less people are upset by high school officiating than professional officiating.

"The refs have been good, definitely not making the same calls as Devin Brown is a junior at St. Mary's High School and has been playing basketball since he was in middle school. High school games across Western New York blame refs for calls like how spectators blame NBA officials for calls."

The NBA used to be a league where play-aggressive without receiving punishment. Now, players for slamming the ball too hard on the court. This has become a nagging problem with the changes from year to year. In addition, the new rule changes have made the games slower and extra fouls cause the games to drag on in the fourth quarter.

Many people on the East Coast often complain that poor officiating causes games to take longer. Playoff games often start at 8 p.m. Eastern. These games can be pushed by over advertising and poor officiating into the eleven o'clock hour. Television networks including ESPN and TNT often book several commercial breaks in the 4<sup>th</sup> quarter of games. In some cases, commercial time takes longer than actual gameplay in playoff broadcasts. This is a major issue for children watching and adults who have work the next morning.

Overall, NBA officials and rule changes designed by the league have made NBA games harder and less entertaining to watch. Human error is common and not a problem, but the league appears to be getting too harsh on players with fouls and fines.

The WNBA has had similar problems in the last few years. Candace Parker often becomes frustrated with calls on the court along with other top players.

# Disney,

Continued from page 3

California theme park Disneyland.

Disney entered another rough patch in the 1960s that lasted until the 1980s, where successful films were not produced and Disney had to rely on income from its two theme parks, Disneyland and Florida's Disney World, which opened in 1971, in order to stay afloat. Then, the future brightened once again for the company in 1989, with the successful release of *The Little Mermaid*, which grossed \$235 million at the box office worldwide.

*The Little Mermaid* sparked what became known as the Disney Renaissance, a period during the 1990s in which many consecutive films were commercial successes at the box office. These films, such as *Beauty and the Beast*, *Aladdin*, *The Lion King*, *Pocahontas*, and *Tarzan*, caused the studio to become much more financially stable and helped kick-start it to release successful films year after year.

Even during the 21<sup>st</sup> century, Disney's wealth has grown exponentially following the commercial successes of *Tangled*, *Frozen*, and the newly released *Encanto*. Disney also can credit its wealth to creating a television channel solely for younger viewers in the early 1990s, The Disney Channel, along with purchasing other companies such as FOX, ABC, and Pixar.

Although the Walt Disney Company had a troubled beginning filled with uncertainty, it is now a household name beloved by millions around the world that will not be going away any time soon!



## LEAD Drive-In

Thank you to all who came out for *Jumanji!* We raised for Tunnels to Towers



# Covid Affects,

*Continued from page 2*

fact is how much of our children's lives have been impacted by unknown effects.

Luke Baiocco, 8<sup>th</sup> grader, says, "The last school year was devastating for not only myself, but all my classmates. We missed an entire year of learning, interaction, and, most importantly, fun."

An entire school year taken away is saddening to hear. However, Covid still reaches its hand into these kids' lives today.

Baiocco comments, "Even after we all returned to the classroom, it wasn't the same. With new guidelines of masks, social distancing, and contact tracing, this school year still feels very different, and not for the better."

Even with our children back in class, either virtual or online. Many have lost interest and focus on their schoolwork. Projections of the impacts of Covid on student learning estimate that a learning loss of up to 38%, according to the Center for Educational Measurement.

Students have also gained less knowledge from this school year, according to the George Lucas Educational Foundation. A new study projects that students will start the new school year with an average of only 66 percent of the learning gains in reading and 44 percent of the learning gains in math, compared to the gains for a typical school year.

In our high school, the students have also felt great effects from Covid over almost the past 2 years.

Lucas Occhino, grade 12, comments on how his high school experience has been derailed due to Covid.

"The 2021 year was very off and hopefully to never be repeated. As this is my last year (2022), it feels closer to what school was and should be. I hope with each year it gets closer and closer until these children can enjoy the true and real school experience I did," stated Occhino.

Covid still leaks into our day to day with some far-reaching effects. However, we have come a long way from 2020 and hope to see our world one day back the way it was meant to be.

# School Athletics,

*Continued from page 2*

A survey conducted by the Minnesota State High School League in 2007 found that the average GPA of a high school athlete was 2.84, whereas a student who was not involved in athletics had an average GPA of 2.68. It was also found that students who were active in sports like soccer, football, and even skateboarding performed better in core subjects like math, science, social studies, but not necessarily in language arts.

One senior of the Iroquois High School explained that his grades in the first and second quarter are nearly the same of the first semester, even considering that he played Varsity football in autumn and is not practicing any sport in winter. He explained that he studies about the same amount of time, but procrastinates a lot more now with a lot more available time to dedicate to school.

The reason for athletes being better students than non-athletes is not related to the fact whether they are smarter or not, but more to the fact that student athletes are tentatively more disciplined. A study sponsored by the National Institute of Drug Abuse showed that they are less likely to commit crimes and make use of drugs.

Another senior reported that he believes practicing sports, even if time-consuming and challenging sometimes, helps him focus when studying and generally improves his productivity and grades. He proceeded to explain that he thought that if he had a lot more time to study for school, he probably would procrastinate more and not get as much work done.

For athletes, it is not just about playing the game; general participation is also important. Whether it's learning time management or handling expectations from someone in their life like coaches, teammates, or family members, athletes are learning discipline. Also, sports give students the discipline to be good at school because of the academic eligibility requirements.

Furthermore, not every student enjoys going to school, but playing a sport gives them a reason to attend. Schools require students to have strong attendance to be allowed to attend practices or play in a game that day; therefore, they are absent a lot fewer school days than non-athletes on average.

Being involved in a high school sport is not only good because of the thrill of playing and of the fitness that it gives, but it also provides other significant benefits, like meeting and competing with friends, representing the school, and having a sense of community.

Extra-curricular activities can get students motivated to come to school and simply enhance their overall education.

# Future Outlooks,

*Continued from page 2*

usage of robots in space.

**Europe is going green.** For the first time in Europe, electric cars surpassed in sales. Diesel electric cars have come to dominate European markets and the first step was taken. According to JATO Dynamics data, for the first time, sales of electric and plug-in hybrids surpassed that of cars with diesel engines. This is a good step in fighting the climate crisis.

Kristina Theal, ICS junior, commented, "Electric cars are our future. This is promising news for the upcoming generations because now we have a larger amount of hope."

**The world's health took a deep breath amidst the Covid crisis.** According to the WHO, at last after 70 years, China got rid of malaria. The use of insecticide sprays, improved irrigation, and case-detection, and increased the provision of anti-malarial treatment helped achieve steady progress in the country. This is one of the most historic victories and is certainly a huge achievement for a country that reported 30 million cases of the disease annually during the 1940s. In April, the WHO even launched a campaign aimed at getting 25 more countries free of infectious disease by 2025.

**Equality. Fights against inequality won.** Gender-based violence, which includes stalking, sexual harassment, and physical abuse, among others, primarily affects women and girls around the world. The world is on a mission of achieving gender equality by 2030. As more countries take steps to acknowledge the harms of gender-based violence, England and Wales have led the way by making misogyny a hate crime in 2021. Spain approved a bill defining all non-consensual sex as rape in a move meant to help survivors and toughen penalties for perpetrators. The bill also reclassifies street harassment and female genital mutilation as criminal offenses and introduces imprisonment for work-related sexual harassment.

Based on the United Nations for Women's Rights, in 2021, eight countries have elected or sworn in their first woman Head of State or Government, with **Barbados, Estonia, and Moldova** having women as President or Prime Minister for at least part of the year.

Ella Wyzykiewicz, junior, stated, "This is a huge step toward equality between the two genders. It is time for change. As a woman, I feel proud that people are standing up for both themselves and others. It is well-known that harassment against women is a huge problem even in technically developed communities. Our nation needs more ethical development rather than technological."

It seems that 2021 was not as bad as we thought. It is important to look at the positive moments of the past year and remain optimistic. Let's hope that 2022 will be a banner year.



# Title IX Sports,

*Continued from page 4*

some physical considerations. The approval comes directly through the NY Section’s board instead of the school district. The student will then go through a similar process as a female athlete who wants team consideration.

These girls and boys are allowed to practice with the team, but they are not allowed to compete without approval from the district or section. The panel’s job is to protect the players and provide a safe atmosphere, physically and mentally.

Similarly, APP (Advanced Placement Process) tests are required to be taken for grades 7-8 middle school athletes who are attempting to play at the high school level in a junior varsity or varsity sport. APP tests vary based on age and gender. All athletes are required to complete them if they are challenging a sport placement.

Football and wrestling have quickly become more populated by female athletes over the past couple of years, creating new leagues and/or teams for the female gender.

Take for example, Jessica Kowalski, who played on the Varsity Football team this season for her senior year. Kowalski entered the program as a sophomore, and while she was able to observe practices, she was unable to participate because the window for the physical test and the panel approval had closed.

“It was always my dream. No matter how hard it was or what people were telling me to do, I knew that I had to go through with it and make my dream a reality,” Kowalski reflected.

Kowalski stated, “Despite the obstacles, everyone was so supportive, including the coaches. Acceptance by the players was a little more challenging, but I got to know some of the guys better and became friends with them. I think this experience shaped me to become more independent and learn to fight for myself.”

Vetter noted, “Jess paved the way for other girls’ interests in boys’ teams.”

As the first female to play Varsity Football, Kowalski was asked about her legacy here at Iroquois. She stated, “There were times that I wanted to quit, but I kept thinking that perhaps my actions would inspire others. I like being known for paving the way and being a role model for younger students to look up to.”

Vetter also talked about how important it was that girls such as 8th grader Michaela Thomas (a JV wrestler) inspire other girls to join something out of the ordinary, and that piqued their interest.

“Michaela had a big part of getting Gracie Stange (a modified female wrestler) on the team,” Vetter stated. “Girls like this could potentially build a female wrestling team someday.”

Thomas, who was inspired by her brother, started wrestling in second grade after she asked for a flyer from her gym teacher. Stange and Thomas have both done styles of martial arts, so they discussed wrestling. Stange joined the modified wrestling team this year. Her accomplishments included many match wins even as newcomer to the sport.

Meanwhile, Thomas’ greatest accomplishment occurred this season. She won her first all-female wrestling tournament. More recently, Thomas won first in Section VI and third overall in intersectional Women’s Varsity Wrestling tournament. With this win, she received her first sectional patch. Neither of the girls have forfeited a match, yet Thomas has run into a couple of situations where an opponent has forfeited because she is female.

Vetter discussed how important it was that the coaches support the girls and boys on their team. Thomas agrees that the wrestling coaches were supportive of her and Stange. It is also vital to keep all the players safe through the regulations.

The steps these girls take is the start of a new age in female athletics. With the help of Title IX and the athletic departments everywhere, over time both females and males will have the potential to field teams for every sport.

# Door Decorating,

*Continued from page 4*

hallways participated in this contest in hopes to pull out a win.

Mr. Curry’s Spanish 5 homeroom received the greatest number of votes for the best door with the popular 2009 Disney movie theme *Up*. Much hard work was put into decorating by seniors Ashlie Schasel, Valerie Wloch, the one behind the theme, and Brielle Kos. Curry and Ms. Cuevas had also helped assist the students.

The hardworking students had strung up colored balloons and bright Christmas lights the day of the contest in order to pull everything all together. Their dedication created the best decorated door in the building.

When asked about the topic, Schasel stated, “We put almost two weeks into working on the door in order to win. It was a lot of work because we wanted to win, but I’m so glad that we won the free breakfast!”

Second place included Mr. Mazur’s homeroom with the theme of *The Grinch*, and third place was said to be an even tie between Mrs. McCoy’s “Christmas Around the World” and Mrs. Cantie’s *Year Without a Santa*.

There was also many of honorable mentions from different rooms in creativity this year, resulting in a difficult choice. Some other teacher’s homerooms and classes themes included popular movies like *Frozen*, *Tangled*, and many more.

Junior Olivia Lyons decorated the library door as apart of her STEM club with Mrs. Freatman. The STEM club had created a Christmas tree and lights with each of the members names.

The door decorating contest had resulted in a fun, competition for the students and staff in the building. In conclusion, appreciation is due to all for their hard work and time.

**HS  
DRAM  
A CLUB**

**SPRING  
MUSICAL**

**The  
Wedding  
Singer**

**The Musical  
Comedy**

**April 1  
7:00**

**April 2  
2:00/7:00**

**Tickets \$10**

# Ginestre,

*Continued from page 1*

being at school sports and getting to know students as individuals.

Supporting teachers is also a top priority for principal Ginestre. He is busy with many aspects of his job during the day. He cannot always be interacting with students, so he seeks to help teachers in their educational endeavors as they instruct kids.

It has been difficult for him because he likes getting to know the people that he works with. It was tough coming to a new school in an environment where everyone is required to wear masks. Not being able to see the faces of everyone was not ideal, but he received a warm welcome to the district nonetheless.

When asked about his first impressions upon arriving at Iroquois High School, Ginestre said that everyone was great and welcomed him. Families, students, faculty, and staff were all very kind to him and it helped him settle in easily.

He said he was excited to come to Iroquois. He commented on its location between suburban and rural communities, as well as its notoriety for great leadership, friendly community, and high achievements. He noted the academic variety as well.

“Even though it’s small, it still offers lots of programs, athletics, and clubs, which is great!”

Despite all of the craziness happening in the world, it’s good to know that Iroquois High School welcomed a new principal who cares about it. Say “hello” to Mr. Ginestre if you see him in the halls!

# Iconic Losses,

*Continued from page 4*

was made that a documentary celebrating her life and career would be released in theaters across the U.S. on her 100th birthday, January 17, 2022. She missed that milestone by a mere 18 days.

White has received numerous awards and honors throughout her career. She has won nine Emmy Awards, three American Comedy Awards, two Viewers for Quality Television Awards, and a TCA Career Achievement Award, among others. She also has a star on the Hollywood Walk of Fame and was inducted into the National Television Hall of Fame in 1995.

Along with performing in film and television, White also used her platform to advocate for animal welfare, racial equality, and rights for the LGBTQ+ community.

Throughout her life, she was married three times, finally marrying TV personality Allen Ludden in 1963 until his untimely death in 1981. Though she had no children herself, she was a motherly figure to her late husband Allen Ludden’s three children from a previous marriage.

White was regarded as a “national treasure” by many fans across America and worldwide, with many placing flowers on her Hollywood Walk of Fame star just hours after news of her death was released. Many friends and fellow celebrities, including Vicki Lawrence, President Joe Biden, and former President and First Lady Barack and Michelle Obama expressed their condolences through Instagram posts and Tweets.

Overall, Madden and White were two individuals who left an extraordinary impact on American society through their contributions to sports and entertainment.



## Boys & Girls Club

LEAD recreation session  
playing Capture the Flag  
with club members.

Striving to be  
the Best

## Tomahawk Staff

- Cordelia Thomas
- Parker Cantie
- Everett Schutt
- Paige Aichinger
- Jack Baiocco
- Madelyn Bruno
- Mason Falkiewicz
- Riley Kistner
- Maggie Darmstedter
- Cal McTigue
- Isabella Michael
- Konstantinos Ntakoulas
- Lena Paszek
- Veljko Rakic
- Victoria Rieman
- Luca Schmidt
- Bri Turpin
- Emma Wilson
- Matthew Sitarek
- Mrs. Cantie, Advisor

## LEAD's Midnight Bowling Tournament

