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# Simon Baruch Pride

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## CHEERLEADERS PREPARE FOR DANGER, PREVENT INJURIES

BY GEORGIA BOMAR

Every year nearly 25,000 cheerleaders end up in the emergency room due to injuries caused by cheer.

Here at MS 104 we do our best to prevent these injuries as much as possible. Yes, accidents will happen regardless of what the coaches are doing; however there is a lot the coaches and the cheerleaders can do to prevent the injuries.

“We stretched about five minutes before each game,” stated Audrey H., who was part of the MS 104 cheer team in the 2013-2014 school year. “I think this was enough time because I felt very loose afterwards.”

Audrey was a part of a gymnastics and diving team as well, which helped her flexibility, her composure and her ability to do many flips.

Audrey also stated, “Last year I did not get hurt; I think that was mainly because we used mats.”

Ava T., a seventh grader and a part of the 2014-2015 cheer team, thinks that the five minutes that the team stretches together is helpful, but she goes the extra

mile and stretches a little longer.

“We have 30 minutes before practice and some of us stretch then,” she stated. Tecza has also taken gymnastics. Although she has no past experience in cheerleading, her gymnastics experience helped her gain a flyer spot on the MS 104 varsity cheerleading team for the 2014-2015 school year.

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## STUDENTS HUNGER FOR OUT-LUNCH

BY SAOIRSE SULLIVAN

Simon Baruch students are not allowed out-lunch. Many students wonder why this is the case. Why aren't we allowed to have it? Do they not trust us? These are some of the questions that students are dying to know the answer to.

“The reason is really a safety issue,” said Principal Macri. “We like to make sure that we know where our students are at all times. In the case of an emergency

we know that we don't have to go any further than our own school yard to make sure that we can gather everybody up.”

Skylar W. from class 742 disagrees. “If I were to go into an unsafe neighborhood,” she said, “I would feel unsafe. But if you go right next door then I would not feel unsafe.”

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## LIKE STUDENTS, TEACHERS MUST PREPARE FOR NEW YEAR

BY KAYLA MA

Every year many new students come to this school from many different elementary schools and the sixth grade teachers teach a new class with new students.

Teachers have different feelings about the first day of school with new students.

Mrs. Bermudez, a sixth grade teacher from House 10, said, "I feel excited to meet my new students and I also feel anxious about what the year will bring."

Mrs. Bermudez added, "Each year you still get that feeling no matter how long you've been teaching."

Have you ever wondered how your sixth grade teacher would feel if he or she were a student like you?

"I would be nervous about the experience: like new teachers, classmates and building," Mrs. Bermudez said, "but also excited for the new opportunities."

You might have felt the same way on your first day.

On top of being prepared to greet new students, teachers always have to be prepared to teach lessons. If

they are not, they are going to be behind in their curriculum.

Mr. Hinnant, the computer teacher, said, "I have to be prepared for whatever I'm trying to teach. We did have some trouble with the lab [at the beginning of the year]. We were able to keep working. It slowed us down a little bit, but everybody got their work done...so I am pretty much caught up."

When teachers are not prepared it adds more work to what they have to do.

Mr. Hinnant added, "If I'm not prepared, it actually doubles or triples my work because I'm constantly playing catch up and I'm constantly running around during class trying to figure out where people are."

There are many ways to fix this problem of being behind, and Mr. Hinnant offers one suggestion.

He said, "The best way to fix the problem is to not have it. If you just stay prepared and stay on top of your work and you're ready for things before they happen, things tend to run pretty smoothly."

## SIXTH AND SEVENTH GRADERS EXPERIENCE NEW GRADES DIFFERENTLY

BY AMELIA BUTLER

School experiences differ from sixth to seventh grades on the first day of school. Sixth graders may have an impression that our school is daunting, and that they liked elementary school better. On the other hand, seventh graders may believe middle school gets better through the years, and it is much better than elementary school.

Judy W. from class 632 said, "The first day of sixth grade I was very nervous and tired."

Tina L from class 632 said, "I didn't know what was going to happen."

Seventh graders had similar impressions of the first day of school.

Ava T. from class 742 said, "I was scared that

there wouldn't be the same type of friends that were like sixth grade friends."

Henry A. from class 741 said, "Different classes were confusing."

Like Henry A. of the seventh grade, sixth grader Tina L. found the new grade confusing. She said, "You have to move around in the whole school building."

Tina L. added her thoughts about the curriculum. "You go into more depth," she said. "Like in science, you can go to the lab."

To help you through school, just try to stay calm. It is very difficult your first year. There may be a lot of pressure, but when you try hard and do your best it will all work out.

## CYCLIST KILLS PEDESTRIAN IN CENTRAL PARK

BY ALNAW ELNAW

At 4:30 pm on September 22, on West Drive near 63rd Street in Central Park, Jill Tarlov was walking across the road in the crosswalk when Jason Marshall struck her with his bicycle causing her head to hit the

road. Mr. Marshall was swerving to avoid a group of pedestrians. But sadly he hit Ms. Tarlov. She was sent to Presbyterian Hospital where she died of her injuries.

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## DEREK JETER RETIRES AFTER DISTINGUISHED CAREER

BY KRISTOPHER NUNEZ

Derek Jeter, also referred to as Captain Clutch, who can go along with the many Yankee greats, retired this season after a great 19 years with the Yankees. Ever since he first debuted in 1995, Jeter was always known for his humility. Unlike many players, he is one who stuck with one team all his life.

What makes Jeter so great? Well, the many Derek Jeter highlights like finishing his career with 3,465 hits, joining the 3,000 hit club with a homerun, his famous flip play with Posada in the 2001 ALDS and his signature acrobatic throws are what make him the great player he really is.

When talking to the press Derek Jeter said he was retiring because he had done it long enough and was looking forward to other things in his life. On Nesn.com, Jeter said he might like to own a major league franchise.

Drama teacher Mr. Ko used one word to describe Jeter. "A leader. When you look at what he's done over the years he's never said, 'oh somebody should take over.' He's always done it himself."

Longtime Yankee teammate Andy Pettitte said he would describe Jeter as a gamer according to MLB because, "He plays this game the right way, every single day. Never takes a day off. Every at-bat is the same. He never gives one away."

This is true Jeter never passed up an opportunity to do something great. Not only that, but when they asked him to be captain, he didn't go and ask if anybody else could do it. He took it as an honor.

However, some people have been saying that ever since the beginning of the season, Jeter had been

receiving way too much attention.

Asher S. from class 741 said, "I think he does in some ways but some ways doesn't. Yeah, the Yankees and Yankee fans should definitely look at him as one of the best Yankees of all time. Hitting 3000 hits is a very good accomplishment, but also because he's been in the league for 19 years it's kind of not of a surprise." He continued, "Players like Mike Trout, Andrew McCutchen, or [Miguel] Cabrera, they have not been in the league for as long as he has and if they keep doing as they are then they will be up there as well. I'm not saying he's not a good hitter. He still has been good in his late years so I give Jeter a lot of credit."

Like Asher said, in Jeter's young years he was a great player. But through the end of his career, his age and injuries affected the way he played. For example in the year 1996, with 582 at bats, he had a batting average of .314. In 2014 with 581 at bats he had a batting average of .256.

So Jeter can be referred to as one of the Yankee greats. But can he be called the face of the franchise?

Jackson S. from class 742 said, "Yes...because he was very loyal to the Yankees for the last 19 years and stuck with them through the good and bad times."

Throughout his career, Jeter was a player who thrived under pressure. For instance, in Jeter's last game at Yankee Stadium in the bottom of the ninth inning with the game tied at five, Jeter came up with a man on second base and hit a walk off single to win the game.

This was a perfect way to end his last home game. He left the MLB with his heroic mark in the memories of Yankee fans.

## CYCLIST KILLS PEDESTRIAN, FROM PAGE 2

When it's sunny outside, the parks are filled with pedestrians and cyclists, so it is more likely for an accident to happen on these days.

Students at Simon Baruch shared their opinions. Ethan L., from class 741, said, "The cyclist should have been more careful about his actions because it affects others actions."

Amelia B., from class 741, believes law enforcers should improve the laws. "I would have made sure they

weren't riding bikes where pedestrians were walking," she said. She also believes cyclists should use hand motions to signal turns.

In the end no charges were pressed against Mr. Marshall because what he did wasn't on purpose, simply an unfortunate accident.

Robin Z., also from class 741, said, "I think there should have been charges. You just killed someone. I mean that's just illegal."

## CHEERLEADING, FROM PAGE 1

Amelia B., from class 741, does not cheer at MS 104, but she cheers competitively at SI Spirit in Staten Island. She stretches for about an hour.

The MS 104 cheer team does many things beyond stretching to help keep the cheerleaders safe. When the cheerleaders are stunting, or holding another girl in the air, they have safety precautions. The cheerleaders have a back spot to keep the flyer equally balanced, a front spot to take the pressure off of the two bases and about five other girls with their hands ready to catch the flyer if she falls. The flyer's job is to keep her eyes straight ahead and focus on something so that she remains completely focused throughout the stunt.

The cheerleaders have two ways of bringing a flyer down from the stunt. One way involves the flyer reaching down to the front spot, where they hold hands while the bases carefully drop the flyer's feet. The second way is called "popping," which is not only more difficult, but calls for much more focus on the entire squad's part. To 'pop' the back spot calls, "1, 2, down up," to which the bases squat down slightly, and throw the flyer in the air. This is a very quick process. To catch the flyer, the

flyer must bring her legs together, and stay tight. The bases then put one hand on the back of her thighs and one hand on her lower back. The back spot brings her arms under the flyer's armpits, and the front spot holds the flyer's calves (see photo).

One way to prevent injuries from worsening after an accident is called RICE. RICE stands for rest, ice, compression, and elevation. Rest lets the injury heal completely so the athlete does not go back to playing the sport with an injury they think has healed. Ice keeps the swelling down allowing the blood to run through the injury which will help speed up the healing of an injury. Compression helps limit and reduce swelling, which can slow the healing process. It can also give pain relief to some. Elevating an injury reduces the swelling.



The cheerleaders will start their games, cheering for the basketball team, later this month.

## OUT-LUNCH, FROM PAGE 1

Students are also aware that the middle school across the street from us, Salk School of Science, has out-lunch. This is due to the small size of their cafeteria, which forces them to let students in the upper grades have out-lunch.

Amelia B. from class 741 is one of the students who disagrees with this arrangement. "I do not think that it is fair because we should have independence."

Principal Macri continued, "For the most part we have very responsible students here at MS 104. I think there could be a small amount of students that might not consistently follow whatever rules we have in place. But for the most part I think most students would be responsible. Again it is also a safety issue."

Many students at MS 104 would take up the opportunity of out-lunch if they had it.

"I just hate sitting in the cafeteria with all the bad smells," said Skylar W. "And if you are outside you

don't really smell that. Also since a lot of kids don't eat school lunch; then more kids will eat lunch in general."

Admittedly, it would take a lot to organize an out-lunch period.

Principal Macri said, "We would have to look differently about how we scheduled lunchtime in terms of whether we had only one lunch period, whether the students from all three grades would be out, being able to assign staff, and how we would have people around to supervise and make sure you guys were all safe."

Regarding scheduling, Amelia B. has a plan. "I would have a distance of how far students would be able to go," she said. "Also I would have a time limit and all three grades would have different lunch periods."

Clearly many students disagree with the fact that we do not have out-lunch. Although it is a safety concern, it feels like other schools have more privilege than ours.