



JANUARY 2017

# FLHS

# BRIDGEMEN BULLETIN

## UPCOMING DATES

- 1/4/17- 8:30 a.m. – AOF Alumni Breakfast
- 1/5/17- 6:00 p.m.-8<sup>th</sup> Grade Orientation
- 1/18/17-5:00 p.m.-AOF Outback Fundraiser
- 1/22/17-11:00 a.m. – FLHS Athletic Open House
- 1/25/17-1/31/17- Midterm Exams
- 1/26/17-7:00 p.m.-ATA Gathering
- 1/29/17 – Class of 2017 Fundraiser:  
Yankee Doodle Circus
- Performance times: 12:45 p.m., 3:15 p.m. and 5:30 p.m.
- 2/9/17 – 6:00 p.m. – Noche Latina Internacional
- 2/11/17 – 7:30 a.m. – ACT Testing
- 2/15/17 – 7:00 p.m. – Honors Ensemble Concert
- 2/23/17 - 2/24/17 – 7:00 p.m. - One-Act Play  
Festival (ticket sales will go to charity)
- 2/25/17 – 9:00 a.m. – AOF Chamber of Commerce  
Basketball Tournament
- 3/2/17 – 11:30 a.m. – AOF Internship Luncheon
- 3/11/17 – 7:30 a.m. - SAT Testing

## MARKING PERIOD 2

Welcome to the second edition of this year's Bridgemen Bulletin! We hope you enjoy reading about the great things that are happening at Fort Lee High School!

## FLHS LIBRARY / MEDIA CENTER

### Podcasting Station

The FLHS Media Center has acquired professional audio equipment which will be used in our new podcasting station. There are a variety of software programs and applications that can be used for the production of podcasts and we are exploring various web hosting options. Podcasts can be a great introduction to the world of radio or simply a unique way to showcase your creativity.

### EasyBib EDU

Each student and staff member now has access to EasyBib EDU, which is a powerful citation tool that can assist with many aspects of the research paper process. You can create an account at the company's website [easybib.com](http://easybib.com) or through Google Login where you can download the EasyBib App to your Chromebook or smartphone. The coupon code is:  
**FortLhs358**

## STAFF MEMBER OF THE MONTH

October: Kate Hetman

November: Patricia Konstantinova

## SCHOOL COUNSELING

The School Counseling Department has truly hit the ground running! Counselors are conducting individual, group, and classroom lessons covering an array of educational topics to enhance college and career readiness. Additionally, the parents of students in all grade levels had the opportunity to meet with their child's counselor during the Parent/Counselor Breakfasts that occurred between September and November. The feedback was empowering, and the parent/counselor connections created during the breakfasts will prove to be invaluable in building a strong school-home alliance. During the month of October, the counselors conducted classroom lessons comparing the ACT and SAT to help clarify which test best suits each child. Have you asked your child what the difference is yet?

Furthermore, college planning activities kicked into high gear as counselors met with students and parents individually to discuss the college application process and the importance of participating in extracurricular activities in order to enhance college applications. In addition, students are meeting with their counselors to explore the College Board website with an emphasis on how to search for the colleges of their choice. The School Counseling Department is looking forward to continuing its partnership with teachers and parents in hopes of moving toward the common goals of guiding, inspiring, and setting high standards so that students have the necessary tools to become independent, lifelong learners.

## COMMUNITY SERVICE

Students in all grades have been making great headway in fulfilling their community service requirement. Thus far, students have taken active parts in volunteering in the school and the Fort Lee community, as well as in organizations found throughout Bergen County. Their work has gone a long way toward improving Fort Lee and the surrounding towns. Keep up the great work!

Seniors-- Please remember to see Mr. Cuzzo if you have not already fulfilled the community service requirement.

A special thank you to the Interact Club members for packaging food in October for Bergen County families in need, donating gifts to be sent to children overseas in November, and volunteering to assist in an upcoming Rotary charity event for veterans in December!

## FOOTBALL

The Fort Lee Bridgemen enjoyed their best season since 1985. The team finished the year with a 7-3 record and reached the State Playoffs as the Number Six seed in the North 2 Group 2 Section. Despite losing in the first round, this was the program's first trip to the playoffs since the '85 season. The team was led by a dedicated and hardworking group of seniors. Senior quarterback Gabe Noel led the offense and senior running back Michael Huertas had an especially impressive year, earning 14 rushing touchdowns. Senior Jarritt Lopez had an impressive defensive season, helping the Bridgemen solidify their winning record. Congratulations to the entire team and coaching staff for an impressive year. Also, congratulations to the senior football players and good luck in the future.

## PHYSICAL EDUCATION

Physical education is in full swing as we head into the second marking period. So far this year, the students have participated in our first marking period unit which consisted of soccer, football, cardiovascular training, and Project Adventure. The students enjoyed the time outdoors soaking up the last bit of sunshine before winter approaches. During marking period two, the students will participate in units such as basketball, volleyball, hockey, yoga, and weight training. Our goal is to make sure students find at least one activity that they can enjoy and be successful. The physical education staff wants to encourage students and parents to stay active and eat as healthily as possible.

Teen PEP (Prevention Education Program) successfully performed their first workshop titled "Let's Wait a While: Postponing Sexual Involvement." The seniors performed for the freshmen physical education classes. The workshop included various skits and small group activities that equip students with the tools to make decisions about postponing sexual activity. The next workshop Teen PEP will present will be "Later Baby: Pregnancy Prevention."

## ACADEMY OF FINANCE / BUSINESS

On October 6th, The Academy of Finance held its freshman and sophomore Parent Night. The purpose of the event was to provide more details on the curriculum, a better understanding of the junior year internship requirement, and a networking opportunity for parents.

Seniors Luke Athanassopoulos, Valerie Manzano, and Amoy Davidov presented on the benefits of their Summer Internships. We welcomed our freshman class with a pizza party and kept them informed about upcoming AOF events. On October 14th, AOF juniors and seniors had the opportunity to become registered voters. The purpose of the assembly was to inform the students about the value of voting and understanding the requirements for voter registration. This assembly was made possible by the AOF Advisory Board Chairperson, Ms. Nancy Stern.

The Fort Lee High School Academy of Finance also made a financial contribution to the annual Field of Heroes program which honors veterans.

The AOF sophomore students attended a field trip to the Federal Reserve Bank of New York. The students learned about the New York Fed's roles and responsibilities. There was an Introduction to Financial Services encompassing cash services and federal wire. They visited the Gold Vault, where students had the chance to view the large golden bars owned by foreign countries, but maintained in NYC. Student field trips enable firsthand experience for AOF students to see the inner workings of financial institutions.

On November 5th, the AOF had the first of many planned fundraisers for the year. The annual car wash was held here at FLHS and raised \$1,350. This was the most successful fundraiser to date and a very positive start to the year. Students in all four grades sold tickets, washed cars, and were truly the reason for such a successful event.

The AOF freshmen went on a trip to the NYC Museum of Finance on December 22<sup>nd</sup>. They participated in a scavenger hunt and a class about counterfeit money.

## ESL

In Mrs. Han's ESL Environmental Science class, students will learn how the flow of energy, cycling of materials, and ecological succession combine to affect how ecosystems work. They will illustrate the carbon, nitrogen, and phosphorus cycle while learning how the cycling of these materials is essential in keeping nutrients balanced in ecosystems. The students will see how human activities can affect these cycles.

In Mr. Williams' ESL US History I, students are uncovering the major economic, political, and social hurdles that faced the U.S. after the American Revolution, specifically the Articles of Confederation. They will be comparing and contrasting the Federalist and Antifederalist points of view regarding the adoption of the Constitution.

In Mr. Williams' ESL US History II, students are scrutinizing the Hoover and Roosevelt administration's efforts to combat the effects of the Stock Market Crash and the subsequent Great Depression. This will be completed through reading primary source documents, analyzing graphs and charts, reviewing Dust Bowl maps, and an oral debate.

In Mr. Williams' ESL World History, students are composing a DBQ response determining Napoleon's place in history. From lessons regarding long term causes, from the Directory seizure through the final stand at Waterloo, the class will scrutinize Napoleon's political, social, and economic reforms through a variety of primary and secondary sources.

In Mr. Williams' ESL Language Arts Literacy class, students are reading and analyzing the novel *I am the Cheese*. Specifically, through themes of identity and family, students will identify major character traits, embedded literary devices, and vocabulary words in context. Students will also complete plot diagrams charting exposition, rising action, climax, falling action, and resolution.

In Mrs. Kim's beginner ESL class, students just finished doing a presentation on their native countries. They learned about the geography, language, educational system, and meaning of the national flag of their own country and their classmate's native countries.

Mrs. Kim's intermediate and advanced ESL students are working on a "School Orientation" project in which they are creating PowerPoint slides about the curriculum, graduation requirements, clubs and sports, music programs, and attendance/discipline policies at Fort Lee High School. Selected students will present their slides to the beginner ESL class to help them learn about FLHS.

## THE ARTS

Students in Ms. Hetman's Three-Dimensional Design 1 class recently finished the study of indigenous art with the creation of Dia de los Muertos papier-mâché masks.



Aniara Morel Grade 10

Brianna Fornes Grade 11

Matthew Epstein Grade 10

Art I classes have finished their study of two-point perspective by creating a building in the style of American architect Frank Lloyd Wright.



Alex Kim grade 9

Russell Yum grade 9

Alexa Pena grade 9

Three-Dimensional Design 2 finished the marking period learning about alternative book-making forms. The types of books students completed were lotus-fold books, envelope-bound books, and Japanese stab-bound books.



## MATH

In Mrs. Caulfield's Geometry class, students have been using compasses and rulers to construct congruent angles and congruent segments, as well as angles and segments that are double or triple times the original. This is part of the unit where students learn the definition of segment bisectors and angle bisectors. They also learn to construct examples using tools to better understand the definitions and theorems.

In Mr. Cohn and Mr. Pagano's Geometry class, students are working on how to apply geometric concepts to real-world applications. They are looking at how professions utilize geometry to perform certain tasks. For example, students learned about triangle segments to determine distances across otherwise non-measurable areas.

In Ms. Johnson's Geometry Class, students are working on proving triangles are congruent using SSS, SAS, ASA, and AAS. Students were put into groups to complete various proofs that they presented to the class.

In Algebra 2 Honors, students are working on polynomials and polynomial functions. Students are learning how to find the zeros, minimum, maximum, turning points, and end behavior of polynomial functions by hand and by using a graphing calculator.

In Mr. Ware's Math Strategies class, the students have received extra help for their current math course and additional math instruction. They have reviewed for quizzes and tests, completed homework assignments, and worked together to better understand difficult math topics. Recently the students have been utilizing Khan Academy, an online teaching resource, to learn and practice independently. Freshmen and sophomores begin by practicing basic skills and reviewing topics learned in their current math classes, while seniors and juniors are using the Khan Academy website to prepare and practice for upcoming SAT tests in December or later in the spring semester. The students in the Math Strategies class will continue to work hard to improve their understanding and grades in all other mathematics classes.

Students in Ms. Longobardi's Algebra 2 Honors class are currently learning about polynomial functions. Students in class are learning how to use the graphing calculator to help them determine behaviors of polynomial functions.

Ms. Longobardi's Calculus students are learning derivatives of functions. They are able to connect derivatives with the rate of change (slope) of a function. Students are finding the derivatives of functions using various rules.

In Mr. Oberkehr's Finite Math class, the students have finished a chapter on matrices and will now apply that knowledge to solve linear programming problems. In Geometry, students have finished a chapter on congruent triangles and will now explore concepts of triangles, such as center of gravity and altitude. In Algebra 1, students have completed a chapter on inequalities and will now work with concepts of functions, including slope, intercepts, and graphs.



# HISTORY DEPARTMENT

In AP World History, Mr. Rogers' students recently wrapped up an intensive analytical unit on the Classical Civilizations, during which they used complex primary and secondary source documents to compare how each civilization developed economically, politically, socially, and culturally. They are also becoming familiar with AP level document based questions in which they must use several documents in order to write an argumentative essay in response to a question.

In Mr. Rogers' World History class, students are beginning to learn about the French Revolution. In order to understand the causes of the French Revolution, students are creating a comic strip/storyboard to outline the important events that led up to the revolution itself. Students will also continue to work with primary and secondary source documents to better understand how to write a response to document based questions.

Students in Ms. Capalbo's Advanced Placement United States Government & Politics classes recently delivered presentations on selected topics in Federalism. They will soon learn how to devise, administer, and tabulate the results of scientific opinion polls for an upcoming unit on Public Opinion.

Students in Ms. Capalbo's U.S. I Honors classes recently learned the skills required for responding to Document Based Essay Questions. This ensures preparation for students who may enroll in the AP United States History II course in their sophomore year.

# FOREIGN LANGUAGE DEPARTMENT

Mrs. Elkhechen's Spanish 2 classes started reading the short novel, *Tumba*, and are learning about traditions and holidays in different Spanish countries and other countries in the world. Students are comparing and contrasting cultures around the world and their values. Many of the problems we have in this world are due to misunderstandings. When we learn about another culture, and see why others do the things they do, it's easier to understand them. Students learned and celebrated the Day of Remembrance to remember all of the students and staff that are no longer with us, but will never be forgotten.



IB Spanish 11 students are learning about fictional characters in Spanish countries and their goals. Some of the characters studied during this month were Mafalda, Condorito, and Don Quijote. Students created their own *vinetas* (comics) in which they had a goal, whether it was political, social or cultural.

IB Spanish 12 students are learning and reflecting on the various social and cultural groups. Students will study El Che Guevara and his role as a revolutionary. *El Diario de Motocicletas* is the video that the students are watching to explore the different regions in South America and the social and political problems these countries were facing during that time.

All of the World Language department teachers and their classes have worked on sharing what they are grateful for in their target language and have created illustrations of their work. The beautiful sentiments have been proudly displayed outside of the classrooms on a colorful bulletin board in the hallway. We would like students to be reflective of all of the amazing things they have in their lives and appreciate that they are also learning a foreign language, working cooperatively, and being creative.

## SCIENCE DEPARTMENT

Mr. Oliver and Mrs. Schwed's Environmental Science students have just completed a Lorax-themed project on sustainability and ecological footprints. After calculating their personal ecological footprints and watching the movie *The Lorax*, students did research on resource conservation, pollution, and eco-friendly behavior. They made educational posters, digital slideshows, Instagram accounts, children's books, games, and lesson plans to promote sustainability and delivered presentations to the class.



In Mrs. Schwed's Biology classes, the students finished presenting their biome projects which included a research paper and a visual presentation of either a diorama, poster, or PowerPoint. Using their work they taught the class the characteristics of biomes including climate, plant and animal life, and ecological threats. Biology classes are currently doing research on air, land, and water pollution to find out what is happening to our environment. Students are also busy choosing their books for their science book reports on either a scientist or a non-fiction science book that interests them.



Please accept the apologies of Ms. Bergoffen's Chemistry and Chemistry Honors classes if the picnic tables in the parking lot seem a bit sticky! Students have now completed their Mentos and Soda projects so the tables should be clean in no time. They researched the science behind the classic geyser reaction and then designed their own experiments by choosing an independent variable to test and a dependent variable to measure. Groups chose to vary the soda and Mentos flavor, initial temperature, or some other qualitative or quantitative parameters. Students then measured geyser height, reaction time, or a quantitative parameter that may depend on the independent variable. Groups found that pouring the soda from the bottle to a cup releases so much carbon dioxide that a reaction barely takes place. Also in most tests, Diet Coke and mint Mentos made the highest geysers. Students can also report that soda and Mentos tastes very similar to soda alone and that it was surprisingly fun getting soaked with soda!

Students in Ms. Colorado's Concepts of Chemistry will be studying mixtures, and what better way than to play detective? Students will use chemistry to separate marker inks into a recognizable pattern on a piece of paper. Most substances are made up of a mixture of different chemicals and in order to study mixtures, scientists perform chromatography. This technique separates chemicals using the differences in their chemical or physical properties. Forensic scientists use this technique to analyze and identify mixtures of chemicals (i.e. ink, lipstick, paint). In this activity, students will use water and rubbing alcohol to separate the colors out of several markers that were used to write mystery clues.



Students will use chromatography paper and place tiny dots of chemical mixtures on it, including water-based and permanent markers. Then they will suspend the papers vertically over a liquid solution allowing only the bottom tip of the paper to slightly touch the solvent. As the liquid rises up the paper, it dissolves and carries the colored inks up the paper. Since the inks move at different speeds, they will travel different distances and create a unique pattern which reveals the different chemical properties of the ink. In this activity, students will be able to distinguish the type of marker used in the clues and solve the mystery. They will answer questions to get them thinking about what they observed and to draw conclusions about how the chemical properties of the two liquids and the inks influence how the colors separate.



Mr. Oliver's Human Anatomy and Physiology students just finished exploring the skeletal system and all 206 bones in the body! They used 3-D models and a life-size skeleton to study the location, structure, and function of these bones, as well as the important joints they form. The class also completed research projects on individual bones and presented them in the form of online profiles or personal ads, personifying a bone and writing a narrative about its appearance, hobbies, interests, relationships, etc. Students displayed a great deal of creativity and artistic expression in their writing and their "self-portraits." The results were both educational and hilarious. We are currently studying the muscular system by analyzing the histological and cellular structure of muscles and how it relates to muscle contraction, metabolism, and endurance. In the coming weeks, students will be performing lab activities where they explore muscle fatigue and the muscle-bone lever system.

## BAND



### ***Marching Bridgemen complete another successful season!***

The Fort Lee High School Marching Bridgemen completed another successful season this fall. They came out strong by winning the opening USBands competition at Wayne Valley HS, followed by a convincing win at the Bergen County Invitational Championship at Bergenfield HS. They went on to achieve all-time high scores at the Yamaha Cup Invitational at MetLife Stadium and The NJ State Championship at Rutgers. The Marching Bridgemen also participated in the 70<sup>th</sup> Annual North Jersey Band Festival at Montclair State University by performing in the prestigious finale slot, where band director Mr. Harry Welte was honored – *conducting the traditional “massed band” finale* - for his years of service and outstanding leadership in making the FLHS Marching Band one of the premier HS Marching Bands in North Jersey.

Congratulations to Mr. Harry Welte, Mr. Joseph Picone, Mr. Bo Park, the entire marching band staff, and the members of the FLHS Marching Bridgemen on a fantastic season!



## CHORUS

Mr. Picone is proud to announce that six members of his FLHS Chorus won spots in the coveted BERGEN COUNTY CHORUS, a choir made up of some of the strongest, best trained vocal students from high school choir programs throughout Bergen County. The audition process is rigorous; students must demonstrate skills in solos, diatonic and chromatic scales, and tonal memory, all of which must be performed without musical accompaniment (a cappella).

A fraction of those who audition are chosen by panels of judges who assess the students based on pitch accuracy, beauty of tone, and musicianship. The vocalists selected will have three rehearsals to learn, polish, and prepare a full concert!

The six students chosen from Fort Lee High School are: Andrew LoScalzo, Ji Hun Joo, Zane Fadul, Christine Yim, Derick Campos, and Sebastian Son. Mr. Picone encourages faculty and administrators to enjoy the concert and show FORT LEE PRIDE! It will be on Sunday, January 15, 2017 at 3:00 P.M. at Paramus High School.

Also, Zane Fadul has been selected as one of only 3 students in NJ in his voice category (Baritone) to sing with the ALL EASTERN CHOIR! Zane was hand selected for this extraordinary honor after having placed among the best vocal students in Bergen County, North Jersey, and all of New Jersey. Zane's audition scores, in cooperation with recommendations by professionals in the field who have worked with him, helped win him this wonderful opportunity!



## *Fall Athletics Post-Season Honors*

### Boys Cross Country

**First Team All-League and  
Honorable Mention All-County**

Victor Hua  
Masahiro Oikawa

**Second Team All-League**

Matthew Fang

**Honorable Mention All-League**

Eric Hong

### Girls Cross Country

**Second Team All-League**

Caroline Chin  
Josephine Wang  
Allison Leung  
Mariajose Ortiz

Ronika Jain

**Honorable Mention All-League**

Shayna Huberman

### Football

**First Team All-League and  
Honorable Mention All-County**

Michael Huertas  
Gabe Noel  
Zachary Hooton  
Taylor Pappas  
Nicholas Tantillo

**Second Team All-League**

Jarritt Lopez  
Dwight Kim

**Honorable Mention All-League**

Haesol Bang  
Achilleas Papaioannou

### Boys Soccer

**First Team All-League and  
Third Team All-County**

Jared Brusco  
Peter Kim

**First Team All-League and  
Honorable Mention All-County**

Ethan Keller  
Faraz Eliasvand

**Second Team All-League**

Alex Gegechkori  
Nick Garita  
Jacob Im  
Mike Duarte

Shunsaku Sagawa

**Honorable Mention All-League**

Kensei Fukui

**Boys Soccer Scholar Athlete**

Sooyong Kwon

**Boys Soccer Unsung Hero**

Shunsaku Sagawa

### Volleyball

**First Team All-League and  
Honorable Mention All-County**

Brianna Fornes  
Abby Rubinshteyn

**Second Team All-League**

Sophia Park  
Kaitlyn Moran

**Honorable Mention All-League**

Kamryn Mattesich

### Girls Soccer

**First Team All-League and  
Honorable Mention All-County**

Jackie McKenna

**Second Team All-League**

Tommasina DiMeglio  
Sofia Esposito

**Honorable Mention All-League**

Soad Elhomsy

### Girls Tennis

**First Team All-League and  
Honorable Mention All-County**

Ashley Sidoryk  
Cindy Yueh

Hwan Lee

May Goldshmidt

**Second Team All-League**

Samantha Khorozian

Peri Vikatos

Ashley Kim

**Honorable Mention All-League**

Riho Fukura