



From left: Interim Superintendent of Schools Dr. Edwin Quezada, Amanda, Shamir, Jim McManus, N.D., Mr. Hatem, Jada Rivera, Yonkers Mayor Mike Spano, Nireal, Henrick, Jose, Principal Ian Sherman, Jonathan, Alex Ramos, Ginea, and Jose Malta.

Mayor Mike Spano Visits Horticulture Program

On December 14th, Yonkers Mayor Mike Spano visited the Lincoln High School State-of-the-Arts Horticulture Program (Read more on pages 4 and 5.)



(from left: Deanna Moffat, President Chris Soto, Vice President Daniel Poku, Secretary Chrislyn Webster, Augustus Mevels, Charleydith Ferrer and Tiffany Osei)

Student Government Elections

In November, the Student Government held annual elections. (Read Deanna Moffat's article about the Student Government Elections on page 6, and Vice President Daniel Poku's campaign speech on page 7.)



Lincoln junior Nicole Pacheco (above, center) holds a Sarah Lawrence College (Yonkers) banner at the District College Fair.

Yonkers District College Day

On October 8th, Lincoln High School hosted this year's Yonkers District-wide College Fair in the gymnasium. The Yonkers Public Schools Division of Teaching and Learning promoted the annual event. Sixty colleges and universities attended, as did thousands of Yonkers Public School students. (Read more on page 3.)



(From left: Queen Nicole Teos, King DeAndre Pressley, Prince Valmendi Marki, Princess Lorena Linares, Duke Daniel Poku, and Dutchess Krystal Lopez.)

Lincoln Royal Court 2015-16

This year's Royal Court has been selected by the senior class for the 2015-16 school year. (Read Queen Nicole Teos' article on page 8.)

Community ...Pages 2-11

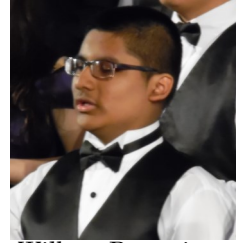
Clubs Pages 12-17

Sports Pages 18-24

The Return of Wilbert Bermejo-Flores

By Wilbert Bermejo-Flores

I am so happy to be back at The Scroll school newspaper club because I have been here since the beginning of my freshman year and wrote seven articles that year. So this year, I am a sophomore which is a tenth grader. This marks my second year doing this with my former ELA teacher, Mr. William Sweeney. Thank you, Mr. Sweeney.



Wilbert Bermejo-Flores (above).

The Commended Lancer Award

By Wilbert Bermejo-Flores

Last June, Ms. Lyttle awarded me the Commended Lancer Award. That was fantastic! She knows about my attending Mr. Sweeney's The Scroll school newspaper club, and Mr. Sweeney had nominated me. I just wanted to say, 'Thank you, Ms. Lyttle. It was a pleasure to receive this award. And as long as I'm still here, I will work to my best potential.

The Scroll Newspaper Club

By Christian Feliz

The Scroll school newspaper club is a well organized club, designed by Mr. Sweeney. The club's objective is to type, draw, and print the newspapers. It is not easy for one person to do so. That is why he developed the club. Now students can experience what it is like to produce a newspaper. This is considered community service so this helps seniors get the hours they need. There is a meeting every Thursday at 2:35 p.m. in Mr. Sweeney's room (334).

Natalia Nunez (right) is the editor of The Scroll school newspaper. She is a senior.



From the Moderator

By Mr. William Sweeney

Natalia Nunez (above) is the Editor of The Scroll. She is a senior and this is her second year as editor. She is very precise with her English grammar. I am lucky to have her review these seemingly voluminous pages.

I would like to congratulate both Wilbert Bermejo-Flores, a sophomore, and Christian Feliz, a senior, for submitting so many articles, too many to count. Both are wonderful people and the Lincoln community is blessed to read their articles.

The Scroll Club Moderator and Senior Editor is Mr. William Sweeney, M.A., English Language Arts Teacher.

All photography in this newspaper was produced by The Scroll school newspaper club, unless specifically noted below the photograph.

Yonkers District-wide College Fair

By Mr. William Sweeney

On Thursday night October 8th, Lincoln High School hosted the second annual City of Yonkers District-wide College Fair. Approximately sixty colleges and universities were represented and their representatives had set up booths in the gymnasium. Thousands of students, parents, siblings, teachers, and administrators attended. The large size of the Lincoln High School campus was more than able to accommodate the large number of attendees. Dr. Michael Yazurlo, then Superintendent of Schools, welcomed the information seekers. Mrs. Laurie Austin, Director of Admissions and Recruitment of Lehman College (C.U.N.Y.) also addressed the audience.

Principal Ian Sherman prepared several classrooms for people to obtain specific information related to the college search. In one room, Yonkers Partners in Education arranged an Admissions Panel in English, and a second room was prepared for Spanish speakers. Another topic and classroom featured, 'My Child is Going to College.' Again, one classroom featured English speakers while a second featured Spanish speakers. Still, a fifth classroom was utilized for the topic, 'How am I going to Pay for College?'



Aaron Francis Merritt (above, left) and Marianna Duran (above, right) speak with an Iona College representative from New Rochelle.



Mr. Miles, Assistant Principal (far right) supervises the Lincoln High School students selling snacks at the concession stand.



Eviers Innocent (above, right) speaks with a Herkimer College Representative.



Nico Irizarry (above, left) shakes hands with Jhoan Velasquez.



Sophomore Jason Gomes (above, right) and his mom (above, center) speak with a college representative.



Christian Feliz (left, left) and Louis Quinn, II (left, right) stand at attention as Jr. R.O.T.C. members.

Yonkers Mayor Mike Spano Visits Lincoln's State-of-the-Art Horticulture Program



Yonkers Mayor Mike Spano and Nyrell Casseus give the thumbs up about the Lincoln High School Horticultural Program.



Mayor Mike Spano (center) likes the Horticultural Program. From left: Ms. Kremer, Dr. Edwin Quezada, Interim-Superintendent, Jim McManus, N.D., Mayor Mike Spano, Ms. Sandy Hattar, AP, Hendrick Rameriz, Jose Mota, Principal Sherman, and Alex Ra-



Yonkers Interim-Superintendent Dr. Edwin Quezada (above) speaks with Brianna Matlin about her Horticultural Project.



Mayor Mike Spano (left) listens to Jim McManus, N.D. who is teaching his class about the Horticultural Program. Jim McManus organized the visit this day by the Mayor.

Horticulture Program

By Jim McManus, N.D.

Our Lincoln High School Horticulture class has been a work in progress at both an academic level and an engineering level regarding the production of three pro-type units. The first is a soil-based growing station that allows for hands-on of growing a variety of flowering plants and vegetables indoors. The soil used was manufactured in the Lincoln Eco Park compost area. Our students were eager to start experimenting with pole beans, radish and romaine lettuce seed, all of which have just starting growing (See Photos 1 and 2). Two new hydroponic test units were designed and built by our students with the aid and supervision of Mr. Hatem and Mr. McManus. Hydroponics is a water-based system for quick growing of plants and vegetables. It consists of an aeration (oxygenated water) unit which contains added nutrients. The nutrients that we have added are a suitable liquid used in dosed quantities. These are circulated by a water pump through the system. To build our hydroponic units, we used PVC pipe and gutters, with a 3.5 gallon plastic storage container used as a holding tank. The growing station and two hydroponic test units are up and running.

We are also experimenting with a variety of floating mediums for seed bedding, so that, seed-to-plant can be achieved in our water based system (See photos 3 and 4). Our students are presently working on the construction of two 'Live' Bio Sphere Eco Systems. We hope to complete these by the Spring of 2016.

A new addition to our program was called Plants-to-Medicine. Our students really enjoyed a brief history of how plants are related to and are still in high demand for research in medicine.

Our centerpiece (See Photo 5) was constructed out of discarded material, an old Con Edison wooden wire spool, scrap wood and a disposed light. This reflects our 'first class's' motto, 'Reuse, Restore, Recycle!' Well done! Go Green!



Photo 1—Soil-based growing station (above)



Photo 2 (above) —First full growing station, a variety of seed beddings in a floating medium in a water based system

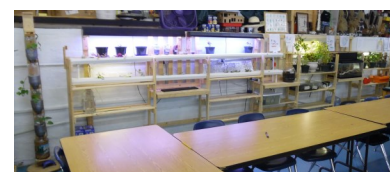


Photo 3 (above) —Second full growing station, a variety of seed beddings in a floating medium for water based systems.



Photo 5 (above) — The recycled furniture is in the center of the classroom.



Photo 6 (above)— This is an on-going eco-systems project called Eco Pond which is in the classroom.

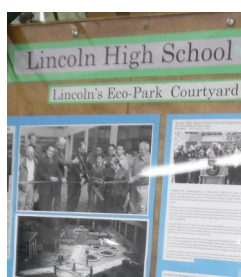


Photo 7 (above) — The Bulletin Board reflects the heralded history of the outdoor courtyard named Eco Park.



Photo 4 (above)— Floating mediums for seed bedding allows for seed-to-plant in our water based system.

Student Government

Student Government Elections

By Deanna Moffat

Maybe you have not heard yet of them, but Lincoln High School has a new student government ready to take on the problems of the students. Nearly twenty students from all four grade levels have come together to form this year's Unified Student Government at Lincoln High School with the hopes of changing the school for the better, and they are ready and willing to take on the challenges that may face them.

Serving his second year in the organization and leading the Student Government is seventeen year old President Christopher Soto, who has a goal to work with the other members of the student government in order give back to the community. He aspires to create a system at Lincoln where students who do well and consistently attend school are rewarded.

"We are planning more events for the year, such as a bake sale for the holiday season, movie nights, rewarding students by establishing an attendance reward policy, creating a mentoring system within the school, and many more and different activities," claimed Christopher when questioned on his plans for the future of the school.

Joining him as officials of the Board of the Student Government are Vice President Daniel Poku, Secretary Chrislyn Webster, Treasurer Deanna Moffat, and Head Representative Charleydith Ferrer. Multiple other students are on the committee, all of whom are willing to take student and teacher suggestions for bettering the school.

Students and teachers, if you have concerns or suggestions to make concerning the well-being of the building, you can sit in on Student Government meetings which are open to the public. We meet every Thursday after school in Mr. Wilson's room. Tell your concerns to Head Representative Charleydith Ferrer, or tell your grade level's representative.

From what grade level representatives have been told so far, the student body has many different requests for the Student Government. Freshmen have asked for updated technology, better sanitation, more sports equipment, and a study hall period. Sophomores want less restrictions on dress code, more sanitation, and slight changes in the cafeteria menu. Juniors have asked for more African-American historical curriculum, additional clubs, school held activities to reduce stress, science credit for Science Research class, senior trips, school dances, and availability of the courtyard during lunch. Seniors have requested that bathrooms remain open and stocked with soap and paper towels, class trips be made, snack machines offer more food, natural juices be served, allowance of food to be ordered from places other than the school cafeteria, and much more. There are many ideas that could change the school, and the only way they could ever possibly be brought to light is if they are brought up to the Student Government.

So, come on! The Lincoln High School branch of the United Student Government is awaiting your ideas and input. If you want to make the school better, come on down to Mr. Wilson/Mr. Ciriello's room on any Thursday afternoon and tell them your thoughts. Or if you don't have the time, just find your class representative and they can bring up your ideas at the next meeting for you!

Student Government



(From left: Vice President Daniel Poku, Augustus Mayels, Charleydith Ferrer, President Chris Soto, Secretary Chrislyn Webster, Tiffany Osei and Michelle Fugah)

What I Will Bring to the School as Vice President

By Daniel Poku

One day, as I walked down the crowded hallway to class, I overheard some kids talking about a great new idea for our school. It wasn't anything big, but it prompted me to think about it. I liked their idea and I thought other kids would too. But I knew the idea would never happen because it would not be heard. I want to give students a voice. How about a Facebook page with the announcement and information you WANT to know. For example, is the big game a blackout or a whiteout? (So you don't show up the wrong color!) Also, just when are those National Honor Society Service forms due and what activities actually count as service hours? What should you pack for the choir trip? Can anyone really get up and sing at a coffeehouse? Etc. Instead of having to look in a million places, you can get the answers there. Students could post their ideas in the group so they could be heard.

I want to create more outreach programs with both the local community and with people from organizations around the world. We are being educated in a time when the internet and new technologies instantly connect the world and we should know about what is going on in the world. As we become more globally aware, we students create our own clubs based on the issues they are interested in, do fundraising, travel, etc. I want students to know what is happening in the world, and I want the world to know us. Then, when colleges see 'Lincoln High School in Yonkers, NY' on a transcript, they will think, "Wow! That is a school with creative students and great programs. They can bring those experiences to our campus." It is true that we are a small school, but our students can make a big impact and we can stand out from the crowd! I also want to continue the awesome traditions of Lincoln High School. Our small school has been open for fifty plus years. By the time we graduate in June, most of us will have spent four years together, and growing up in this high school building. Then, as is our tradition, we already have amazing school spirit and I want to build on that. And let's start some new traditions! Any ideas? I want to help students develop their ideas. As Vice President, I will communicate our ideas to all grades in the school and to the administration and teachers. Together we will make things happen!

Mr. Wilson is the Moderator of the Student Government Club. A few days before the current student government election, students met for a club meeting to discuss the elections and were concerned about how each of them would fare in the election. The teacher commented to allay their fears, "In politics, we just move forward and are able to sleep at night with decisions we make. Let the chips fall where they may."

First PTSA Meeting

By Mr. William Sweeney

The first Parent Teacher Student Association (PTSA) meeting of the 2015-2016 school year occurred on September 30th at 6:30-8:30 p.m. in the Lincoln High School library. Students in attendance included Marisa Valencia, Estelenny Gomez and Amera Hernandez. Parents in attendance included Leidy Mota who is the President and Lorraine Valencia who is the Treasurer. Teachers in attendance include Ms. Carmalita Cacace who is the Corresponding Secretary, Ms. Linda Vitulli, and Mr. William Sweeney. Administrators in attendance include Principal Ian Sherman, Mr. Jonathan Cartica, AP, Ms. Sandy Hattar who is the Recording Secretary, AP, Ms. Swanson, AP and Dr. Angela Arias. Ms. Mota made cup cakes for the meeting. Coffee, pecan pie, cookies and water were also available.

The first action was voting for the Vice President and Secretary. Five positions were available.

Sofia Woo, treasurer of the Yonkers City PTA reviewed the legality of the voting. She explained several requirements including that students can run for vice president only if the student is 18 or older, unless an adult supervises her. She called for nominations for president. Leidy Mota was nominated, voted in, and approved. Then, the by-laws were approved.

Principal Sherman spoke to the gathering, "Bring a friend to the next meeting. Also, teachers at Lincoln High School are using a free app that allows for students to get messages from teachers for homework. Ms. Hattar sent or will send messages to notify parents to keep phone numbers updated.

Ms. Sandy Hattar, AP stated that this week (in late September) was our first full week of school. The Yonkers District-wide College Fair will held at Lincoln be on October 8th, and that a majority of students attending last year at Saunders were Lincoln High School students. Our administration made a move to have Lincoln the site for the fair this year. It will be open to 9th through 12th graders and we will have at least 50 colleges or universities attending. Please come to this event if you are available, to obtain financial aid. and related short seminars in classrooms. October 14th is a testing day here for PSATs and SATs. These tests give you a ranking verses students throughout our country. Merit scholarships may be obtained as a result of the exam. Our goal is one-hundred percent attendance. It will be a half day for students. Finally, our athletic teams are doing well. Soccer and volleyball teams are placing in all city tournaments. We strongly recommend that all students join a club or team. We are looking to our student government to see what they can do after school. High school is what you put into it. If you want high school to start opening doors, the opportunity is here. Get involved. Bring a friend.

Marisa Valencia spoke on bullying. See page 9 for the text of Marisa's speech on bullying.

Ms. Hattar said, "It takes a lot of strength to come out and talk in public about your experiences with bullying. We are having a conversation because it is current. October is Anti-Bullying Month."

Principal Sherman said that most bullying is on-line. *Cat fishing* is used and it takes the identify of someone else. Cat fishing is so common that MTV made a show on this. Today, we don't see most bullying because it's on social media. If your child uses social media, parents have to police it. The bullying in high schools in the old days like taking lunch money doesn't exist now. Now, it never stops. It continues twenty-four hours a day, seven days a week on social media. We will have a workshop on bullying. We are learning the vocabulary. Another new bullying technique most people don't know about is 'receipt' which is taking pictures of conversations and storing it, then showing when they are going. Kids are talking their own lingo. If you hear something you don't know, question it.

(Continued on page 13)

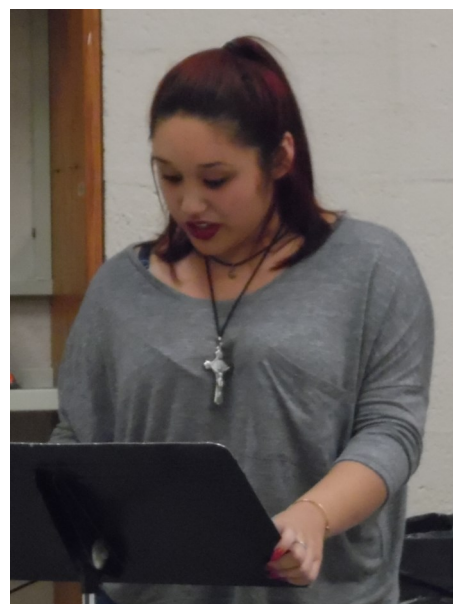
Anti-Bullying Speech

By Marisa Valencia

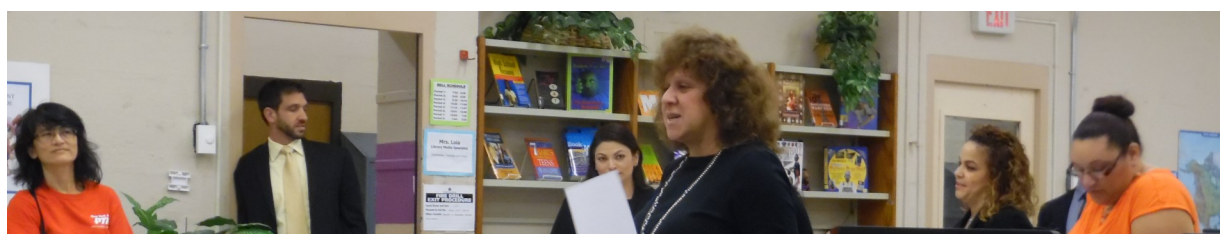
After finding out I was cat fished, I thought the horror was over. Sadly, I was mistaken and from January until the end of the school year was the worst. I know you often hear people say that they hated school. I was one of them. My mother would force me to go to school. She told me if I stayed home I would be showing them fear. Most of the time I would cry on my way to school. I had despised going to school. Every day I would see my bullies. I had class with them, and had lunch with them. I saw them all the time in the hallways. I always heard them call me names. I always felt their stares, even when I looked to see who was staring. They would not look away. They would bump into me sometimes. I remember not eating lunch because I was too afraid to get up and go get food. I did not eat dinner sometimes. I would fall asleep having not eaten. I would have nightmares and waking up in the middle of the night.

The best part of it all, no one in the school actually helped me. My old principal and assistant principal never actually helped me. They thought they were helping me. In reality, they were taking the bullies side and defended them. Every day, my mom arrived at school in her Timberlands and with her hair always slicked back just in case I would get jumped. Thankfully, that did not happen. My worst fear was the chance of getting beat up in the bathroom. I would not have anyone to help me, or even know that it would be happening. Thankfully, it never happened.

From my lack of eating, I lost a total of an unhealthy thirty pounds. I have regained some of the weight. I transferred to a new school and have



Senior Marisa Valencia (above) presents a speech on her experiences of bullying to the Parents, Students and Teachers Association (PSTA) in September.



met some amazing people at Lincoln High School. Did I get justice from everything I went through? No, I did not. No one was suspended. No one was ever written up. Nothing happened. All I was left was pain and stress-related eczema. I was using tons of different medicines because it was affecting so many areas of my body. Thankfully, I also regained my health.

I cannot tell you enough about how serious bullying is. Please, if you or someone you know is being bullied, please speak up and do something about it. This one experience changed who I am. If you need to talk to anyone about it, you can talk to anyone you feel comfortable with. Even me. I will try to help you in the best way I can.

Carmalita Cacace, Teacher, (center, above) speaks to parents, students, and staff at the September PTA meeting.

Pep Rally

Queen Nicole's Thanks

By Nicole Teos

Every fall to start off the school year, Lincoln has a school pep rally. There is sports teams waiting for their names to be announced, band playing their drums and homecoming court waiting to be presented. This year, I was given the opportunity to run for homecoming and won Queen. Winning homecoming queen felt very exciting. Not many soccer players win queen oppose to volleyball for example and it added on to what I was feeling. It was exciting to be given a crown, roses and the title and have it in my room to see. This will be an experience I remember for the rest of my life growing up. I am glad I was able to achieve this and happy my classmates voted for me.



Judith Lopez sings the National Anthem and the color guard for the J.R. R.O.T.C. carry the colors to start the Pep Rally.



Ashlee Romanszysn (left) holds the camera with a tripod. Ms. Ellen Harper (right), English Teacher and Yearbook Moderator, is rarely caught by the camera of The Scroll school newspaper!

Pep Rally



Mr. Kuhn (above, right) conducts the school band at the Pep Rally.



Danny Walsh (left) operates the camera for the Yearbook Club at the Pep Rally.

Girl Power Awareness Club

By Wilbert Bermejo-Flores

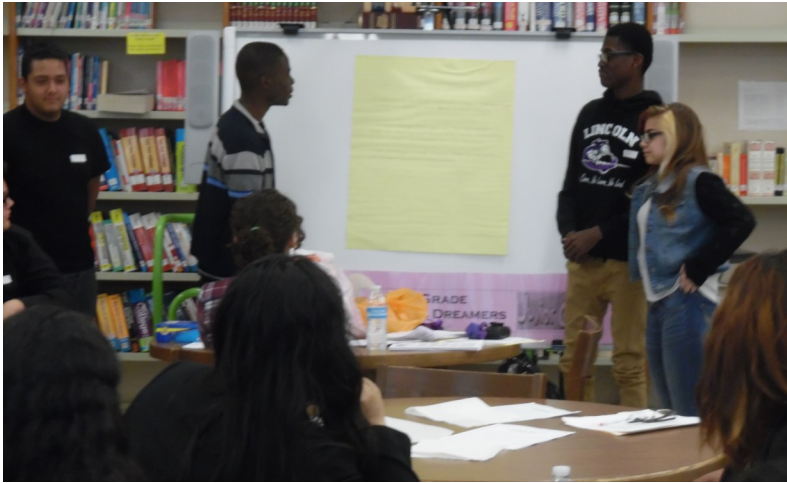
The Girl Power Awareness Club supports girls' and women's initiatives such as Breast Cancer Awareness and women who have been diagnosed with cancer. Ms. Linda Vitulli moderates this club.

Roy McLaughin Park

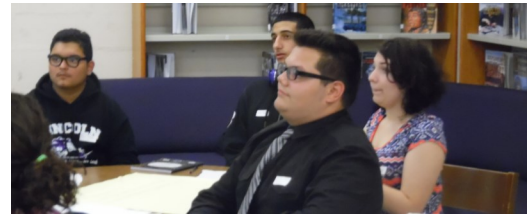
By Wilbert Bermejo-Flores

Lincoln High School has just opened it's very own McLaughin Park on Tuesday, October 20th for children or anyone to go to play anytime. They began building it during the summer. For many years, Lincoln had never had a park. But now it does and everyone is happy about the arrival of the park.

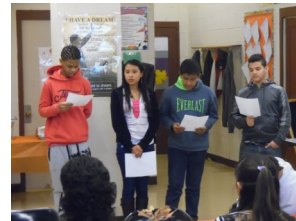
Relentless Dreamers



The Relentless Dreamers is a club including forty-six of the most motivated students in the school. Ms. Janette Swanson, Assistant Principal, moderates the club. Student groups are presenting possible career related topics in the school library.



ENL is English as a New Language!



3rd Floor Recycling

From left: Rishard Jones, Alex Castillo, Michael Gomez, Faith Joseph, Tyronne Lucas, Brian Sanchez, Nicky Frettered, Nicole Morales, Widelka Chevalier, Anthony Lopez, and Brianna Bustillo. Absent on the day that the photo was taken include Daniel DaSilva, Joshua Thompson, and Savion Farrow.



PSTA (continued from page 8)

Ms. Hattar stated that people in the room should take home documentation we have available tonight. Note the information on the Dignity Act regarding the Bullying Act. A handout that is interesting is “What Parents Should Know About Bullying” from Pacer’s National Bullying Prevention Center.

President: attend our next meeting in October 6:30pm. We need our students to have parents involved. Kids are having all sorts of changes. Come and participate. We are here for our kids. The PSTA is the voice of our kids.

Ms. Hattar mentioned that WiPI is here to help students prepare for the college experience. They will host our next meeting.

Lincoln High School has a savings bank. We encourage and highly recommend that students open a savings account because they can save with five dollars per week, and by senior year they will have money for prom, cap and gown, etc.



The Welcoming Band meets the students and teachers entering the building on December 23rd, the last day before the Holidays.



Above are students who worked on the elaborate art advertisement for the Humbug High play.

Happy New Year! 2016!

By Wilbert Bermejo-Flores

Happy New Year 2016 to everyone, especially The Scroll school newspaper club. The club meets from late September or Early October through May. The Scroll newspaper will be three years old in October of 2016 because it began on a Thursday in October of 2013. Mr. Sweeney had begun his very own newspaper club and the first newspaper was published on December 8th, 2013. It cost twenty-five cents, which makes it cheaper. For 2014, the price for a newspaper was raised to fifty cents. There are many comments that the newer issues of the newspaper are much better than the older ones. The newer issues have more interesting articles and the logo of the scroll had improved. Hopefully next year, *the price will be switched to seventy-five cents and will be filled up to forty pages and show colorful images because it needs to make the readers more interested enough to buy and read it.* It needs to make the readers really like the newspaper.

Happy Thanksgiving

By Wilbert Bermejo-Flores

Let's all be thankful on this Thanksgiving especially to The Scroll newspaper club. I hope we will all enjoy our holiday of relaxation and giving thanks. I hope everyone can be busy on Black Friday to buy things.

Happy Halloween!

By Wilbert Bermejo-Flores

Lincoln High School celebrates Halloween with decorations, scary music, and much more. Happy Halloween to everyone, especially The Scroll School Newspaper Club.

The Bodies Exhibition at The Discovery Center at Times Square (NYC)

By Wilbert Bermejo-Flores

It was a great pleasure of Ms. Palma Riti, our Health teacher, to take us to the Bodies Exhibition at the Discovery Center at Times Square in New York City. These were actual people who, since 1983, have donated their bodies for such preservation and display. The exhibit had plenty of science and splendor of the human body through plastination which is sliced and pulled-apart human cadavers, preserved in all the freshness of death by infusions of plastics and resin. We viewed several dead human bodies, including body parts such as the brain. Also, they displayed 'BodyWorlds: Pulse' which is an inspiring immersive multimedia exhibition about health and wellness because it is living to the beat of life in a vibrant, fast-paced city.

The architecture of Discovery Center looked amazing. Next, they had a cupcake café with amazing foods like cupcakes and special coffee. They had TV screens showing some of the Ted web series because it shows movements of the human body.

A Hunger Games exhibition was also on display. It had been introduced in July. This was an exciting highly interactive digital exploration of the world of Panem. It included authentic costumes and props. They had pens, pencils, t-shirts and toys for sale. There was a guest, Katniss Everdeen, the star of the movies who spoke of her inspirational journey from her humble beginnings in District 12 to her emergence as the Mockingjay.

Next month, the Discovery Center will introduce another exhibit of Star Wars new movie for Star Wars fans.

It has been a wonderful trip to go to the Discovery Center to see dead bodies and other sorts of shows.

Winter Extravaganza



(Senior Ahmed Khalifa uses his selling skill on The Scroll photographer.

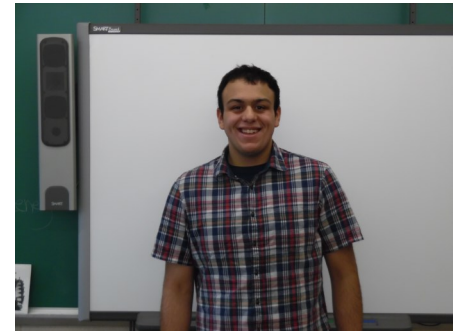


(Seniors standing from left:) Vanessa, Charleydeth, and Javon Howard

The School Band

By Christian Feliz

Mr. Kuhn is the person who is in charge of the school band and it is a great thing to do. The instruments are and not limited to drums, flutes, saxophones, clarinets, bass guitar, trombones, baritone horn, French horn and plenty more. To join you either have to have instrumental music on your schedule or come after school to his class. The school band is considered community service and the school band loves to participate in our community by playing in parades, concerts and more. They play amazing music, for example this year we are playing the Star Wars theme and there are plenty more songs we will be play-



Christian Feliz (above) has written several articles for this issue of The Scroll school newspaper.



The Winter Concert (left) occurred on December 11th.

The photo was supplied by The Yearbook Club.

History Club

By Christian Feliz

Ms. Silverman and Mr. Wilson host a History Club. The club consists of watching popular Hollywood movies and eating popcorn. These movies all pertain to history and occasionally pizza is brought for long movies.

Nirvana (A.K.A. Inner Peace) Club

By Christian Feliz

Ms. Silverman hosts yet another club called Nirvana. They meet no later than 2:45 on two Fridays per month. The club is for clearing one's mind by walking one mile on the track.

Ms. Harper's Yearbook Committee

By Christian Feliz

Ms. Harper is responsible for creating our yearbook and it is not easy to do. As a matter of fact it is complicated and a lot of work. It is also community service if you join and help out Ms. Harper. If people join it would mean a lot to people who want a great yearbook. There is a meeting every Thursday in Ms. Harper's room.

M.C.J.R.O.T.C Drill Team

By Christian Feliz

The M.C.J.R.O.T.C drill team is a group of people that learn drill, leadership examples, discipline, and Marine history. To join, students must be at school no later than 6:45 am every day, and must wear the assigned uniform everyone Wednesday. Drill means to get from point A to point B in a orderly fashion, and that is what the drill team is all about. We use fake rifles but they have the weight of real rifles, and we also use swords especially in competitions. Drill team is considered community service to the school and to the community.



The Annual Aids Walkathon occurred in October of 2015.

The photo was supplied by The Yearbook Committee.

Congratulations to Dr. Edwin Quezada for becoming the Interim- Superintendent of Schools for the Yonkers Public Schools!



Dr. Edwin Quezada (above) The photo was supplied by the Yonkers Public Schools website.

By Mr. William Sweeney

Dr. Edwin Quezada served the Lincoln High School community as the principal for ten years from 2003-2013. I am told by those who were here before my arrival that Dr. Quezada turned around Lincoln High School in a positive and dramatic way in terms of student behavior, student academics, and the view of the neighborhood about the school. Those factors can and should never be underestimated. Additionally, he has demonstrated an excellent path for us at Lincoln to continue to follow, as shown by the continued success in all areas at Lincoln High School in the three years since he has moved up as Deputy-Superintendent and the Yonkers District Central Office.

Lincoln High School is proud of your accomplishment and wish you great success at the helm.

Ms. Silverman's Crafts and Confections Club

By Christian Feliz

The Crafts and Confections Club is a fantastic club that allows anyone in any grade to participate in it. Students make the craft items that people use every day, and bake confections that everyone likes. The club teaches individuals how to sew, tie-dye and create various types of foods like cake pops, smoothies, cinnabons, Rice Krispy Treats, Rainbow Challah Bread (rainbow bread) and much more. The items crafted were soaps and pillows. They made lasagna on February 4th. Ms. Silverman uses the remind app to what consisted of forty-three members this school year. Thursday is the meeting day after school. Join now. No one will be disappointed.

In February, Mr. Sweeney will show members of the Crafts and Confections Club how quickly to make healthy, smoothies with an inexpensive Nutri-bullet smoothie-maker. He will create two main drinks with only organic fruits and vegetables. The first will combine strawberries and blueberries. The second will combine pineapple, green apples, and celery for weight reduction. He will show and perhaps use assorted powders that he typically includes. Pomegranate powder is used for anti-oxidants and vitamin C, organic golden flax seed powder for high Omega-3's and fiber, organic sesame seeds for iron and fiber, and a Superfruit blend including goji and acai for Vitamin A and antioxidants. He will hand out booklets of organic recipes for tasty meals geared toward holistic health. Mr. Sweeney is interested in making some of the recipes with the Crafts and Confections Club in March or April.

Tribute to Nico (continued from page 24)

By Mr. William Sweeney

Nicolas introduced himself to me three years ago when I was starting the school newspaper club in the Fall of 2013. He was the first to submit an article to me, which he has done regularly since. His articles are always critical in terms of being what the school needs to hear. One example is from the March issue of 2015. Our football team had their first excellent season since the 1970's. But, people were shattered when we lost the championship game. I was having writer's block about how to approach this topic in the newspaper. In fact, the paper was delayed by two months because I could not come up with just the right perspective on the game. Well, Nicolas rushed into my classroom one day and slapped down the following short article which I put on the front sports page:

"Wow! This season has been amazing! Undefeated regular season only to lose the championship to Gorton. The Lincoln High School football team has improved greatly and was the only undefeated school in Yonkers in the regular season. I am very impressed with the team's chemistry, love, and devotion for the sport."

Perfect! It was all I wrote in the newspaper about the topic, although I included many fantastic pictures about the wins. Nicolas' article was especially touching for me. Furthermore when we meet, we talk about the management of the club in the most important aspects. No one else does anything like that. He has been my newspaper liaison to several sport teams and grade levels which I did not teach.

In the first semester shortly after I met Nicolas, he stepped onto the gymnasium floor with a microphone in his hand to be the Master of Ceremonies for the Pep Rally on the day before our final football game! He was then a sophomore. I noticed the next week that Nicolas was the team manager for both the boys and girls varsity basketball teams. At home basketball games, Nicolas again used the microphone to talk to the basketball crowd about what they should know about the game. Within a short time, I discovered that Nicolas was the main student photographer supplying the Yearbook Committee moderated by Ms. Ellen Harper. I have asked Nicolas to speak to my freshman College Readiness students in order to help me motivate those students. He does so many things at our school, and I am still regularly learning of new things that Nicolas does here. Through all of his activities, he is always upbeat and confident.

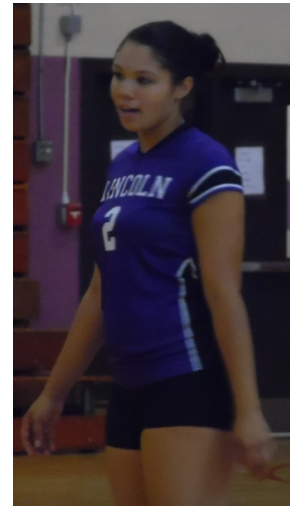
**Café
D'Artist
December**



LHS Girls Soccer



LHS Volleyball



Senior Captain Krystal Lopez (above)



LHS Girls Basketball

By Katie Pedrosa

The Lincoln High School Girls Varsity Basketball team is number one in the league. This was probably the best news I received from coach Gregory Savino. After three bad seasons, the Lincoln Girls Varsity Basketball team is finally being noticed. We are 3 wins to 1 loss.

After defeating Gorton High School, we knew that the season was going well for us. There were fifteen seconds left in the fourth quarter and Gorton was up by two. Miasia Tuthill, a tenth grader, fed Tabitha Rabatta with such little time remaining to score and she accomplished that score. Of course, Keyara Shinette helped with her aggressiveness in the paint. We went into double overtime and defeated Gorton by three points 54-51. I witnessed the beautiful smiles on my teammates' faces. Victory. After this win, we went on a winning streak and beat Yonkers Montessori Academy (YMA) and Roosevelt High School after they beat us once.

Hard work does pay off. I knew this team would be the best in the girls' Yonkers division.



Katie Pedro's (above) plays guard for the Lady Lancers and is a senior this year.

LHS Boys Soccer



Coach Dave Jennick (right) has been announcing Lincoln Lancer football game for years.



Boys Soccer Team

By Daniel Poku

I've been told it's a good idea to start a speech with a joke. Well, don't get your hopes up. I'm not here to tell jokes. I'm here to pick a fight with second place. I have about as much patience with second place as I do with flies in my soup. But maybe you like flies in your soup. Maybe you like second place. Maybe you like that "You gave it your best; better luck next time." Malarkey is what they spoon feed to runner-ups. Let me put it another way; if you think second place is ok, go ask Napoleon how he felt about coming in second at Waterloo. Not so good, not so good. And you can spare me the "It's not if you win or lose, it's how you play the game." Whoever said that lost the game. The moral of the story—come in first. Still want to hear a joke? Fine. Here's one for you- "Knock knock." "Who's there?" "The guy who finished second." "The guy who finished second who?" "Exactly!"

Despite the fact that we lost two of our best guys to graduation last year, Xavier Guzman and Michael Johnson, the Lincoln High School Boy's Soccer Team was looked at as the weakest team coming into the new season. Fortunately Captain Marki on top is returning this season with thirty plus goals last year. Other teams better watch out. Also, Captain Daniel Poku, Joneri Marin, and Jerimiah Addison are all coming back after having a good season last year.

At the start of the regular season in September of this school year, the soccer team was ready to show everybody what we had to offer. We went into our first game of the season against Nyack High School on a hot summer day. We were able to come back from a three-goals down to win by a score of 5-3. We kicked off the season on a good note. We then played Gorton High School in a game when Valmend Marki score five goals, Jeremiah Addison scored one goal and added two assists, and Daniel Poku added two assists to put the Lincoln Boys up by a score of 6-1.

Next up for the Lincoln High School Boys Soccer Team is to win the Section 1 Class AA playoffs. Last year, the No. 9 seed Lincoln Boys lost in the playoffs to No. 8 seed Somers.

Wrestling (from page 24)

Justin Lopez won the Con Ed Award for Student Athlete of the Week on January 20th, 2016.

Justin earned his one hundredth win of his career in Las Vegas, and is only the second wrestler in Yonkers history to win 100. He wrestles in the 106 pound category. Justin finished last year ranked sixth in New York State. This year he hopes to win it all!

Academically, his average is 93 and he is ranked in the top ten percent of the senior class. His SAT score is 1,750.



Mr. Yuri Quevedo (above, left) , a Lincoln Spanish teacher, celebrates with his student, Justin Lopez (above, right), for winning Con Ed Student Athlete of the Week.

Football Season Wrap-up

By Jeremiah Davis

This year my football team's record was 2 wins and 6 losses. My team worked to their potential this year. We had many new players on the team who like the game of football. During the season, my favorite game was against Roosevelt High School because it was a challenging game. It also decided whether or not we were going to the playoffs. We ended up defeating Roosevelt and went to the playoffs against Gorton High School.

Captain Jeremiah Davis (right).



First Lincoln Female Football Player (continued from page 24)

By Mr. William Sweeney

On October 22nd, 2015, Marva Cela (#8) became the first girl to play for Lincoln in a Lincoln High School Varsity football game. She played during the third quarter at Peekskill. Pete Peterson, the regular Stadium announcer there, created quite a lot of attention from his microphone about this historic event. It was exciting! Mr. Peterson was expanding Marva Cela's playing there to big ideas about what women mean to us all. He was declaring quotables like, "Teach the women, teach the world." He spoke about "The women in our lives." Also, "Your momma and my momma." He was so positive and happy for all the players. I was glad to have met him and helped supply to him information about Marva including that she is only a sophomore.

Off-Season Football Practice

By Chris Lopez (Freshman, Inside Linebacker, #77)

The football team has meetings two-to-three times per week. Approximately sixty students have been attending. It has been fun. We have team competitions during workouts. First one team will be stretching while another team is running, and a third is weightlifting. Every week Coach Bannister adds more for each workout. For instance, now we are up to running six laps around the track.



Track coach
Mr. Shell watches
Lincoln football
versus Gorton at
Gorton.



Coach Bannister (right) in-
structs his player.



Lincoln Teacher Mr. Julio Soler
gives the thumbs up for the Lancer
football team at a home football game
versus Riverside High School.

Tribute to Nico Irizarry

Sports Writer,
Announcer,
Team Manager



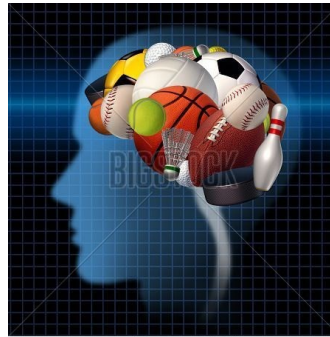
Nico Irizarry (above) See page 18 for Nico's Tribute write-up.

Boys Soccer



All-Section 1
Captain Valmend Marki

Sports



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Wrestling

Justin Lopez is Con Ed Award Winner of the Week



Justin Lopez (above) won the Con Ed Award for Student Athlete of the Week. See page 22 for details.

Photo was supplied by USAToday.com

Football



Lincoln History Milestone

On October 22, 2015, Marva Cela became the first female to play in a Varsity Football game for Lincoln High School. The game was played against Peekskill High School at their field. For more about Marva Cela's Lincoln History Milestone, see page 23.