

F CUS

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November 2010 Edition

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Peter Seidel's Milkboy Art Show



"Bubble Soap #2" -- "It is a composition of four carefully arranged bottles of colored bubble soap. Each bottle contains its own figure eight shaped, built-in bubble wand attached to the lids. The surfaces of each clear bottle also possess many raised hemispherical dimples to prevent dropping it with slippery hands. The bottles are overlapped in such a manner that the back lighting coming through the colored fluids creates unexpected new colors and shapes. That is my main interest in the subject." - Peter Seidel

By Alex Flick '12

As students, we are often so caught up with our own lives that we forget our teachers have their own life goals, separate from our education. But as many of us know, Mr. Seidel, our creative art teacher, is an accomplished artist as well. His recent exhibition, at Milkboy Coffee on Lancaster Ave. in Ardmore, has attracted the eyes of many visitors, all very interested in his work.

This is Mr. Seidel's second show at Milk Boy. His first show, during April of 2008, was so popular that the owner asked him back. His show featured work done mostly in the last year and a half. His paintings explore still life, focusing on transparent color and

the visual imagery of light when it's seen through colored plastic or water. He's been interested in this subject for almost 15 years. Mr. Seidel has received positive feedback from visitors, and of course he says he feels great about it. Although he also said that he would be happy with any reaction, positive or negative.

In the future, Mr. Seidel hopes to have more exhibits. But he does not know where or when these will be. However, I hope that when they do happen, we manage to take time out of our schedule to support his work.

Check out the photos of his paintings on the FCS website.

What's Cooking? Behind the Scenes of the Cafeteria

By Julia Lynn '14

When you hear "move on down to Kathy", and "I can take someone down here", you think of the Friends' Central dining hall, but there is a lot more to the dining hall than those famous lines. While speaking with Chris Rosenbaum, the dining hall manager, I learned about future plans for the dining hall, FCS food favorites and basically what goes on behind the scenes.

In the kitchen, there are a lot of decisions to be made relating to vegetarian dishes and healthy food choices. Chris and the staff have been trying to serve healthier choices by ordering favorites from Panera Bread, a local chain restaurant. The dining hall also never serves two fried foods in one day, not only because of their limited fryers and oven space, but also for health reasons. Their policy is "if we would not serve it to our children, we would not serve it to the school."

Another decision that is made in the

dining hall is what to serve each day. The staff goes through a 4 week menu cycle, always including Friends' Central favorites such as dino-nuggets, chicken pot pie and pizza. Pizza day has become a consistent Wednesday routine in the dining hall. Chris Rosenbaum's idea behind a Wednesday pizza day instead a Friday pizza day, is that most people tend to eat pizza on Fridays as an "easy dinner." Making pizza day a Wednesday assures that you don't have pizza twice in a day and serves as a good "middle of the week break" for the staff. This is one of the most popular traditions in the dining hall.

Chris is always trying to improve the variety of food in the dining hall, so he shared some possible long term ideas with me. He has found that the students like it when they get to prepare the food themselves, such as making their own waffles and cutting their own bagels. Chris's idea is to create a make your own salad and make your own sandwich station. He feels that the stations would be very successful because students could pick



what they want themselves, which makes it more likely there is something that appeals to them. Chris isn't promising anything, but is still trying to make his ideas happen over the course of the next year at Friends' Central. Chris spoke very highly about the dining hall and its staff. "We think about quality and taste in everything we do here," he said.

Black Student Forum

By Hilda Njanike '13

In the middle of a bustling cafeteria, I sat down with 3 presidents of the Black Student Forum to discuss their club's goals and impact on the Friends' Central community. These presidents are Katrina Knight, Melanie Chalmus, and Imani Shell. Aja Thornton, the final president, was unable to join us.

BSF was created in order to represent the black student body, though it welcomes members of different ethnicities too. Many of the issues they focus on, such as "racism among African-Americans and ghetto stereotypes" are inclined towards black culture, but they also wish to "explore the different sides" of each. The club is special to them for just this reason: the ability to "connect with people in other grades that we usually wouldn't talk to and hear their views on similar issues." The club's presence is most heavily

noted in its assemblies for African- American History months but has also gathered a reputation with other BS clubs from schools around the Main Line for throwing the best dances. Despite its myriad accomplishments, the club is striving towards completing more service within the school and also "educating our community" by way of such things as the bulletin board in the cafeteria.

The organization's efforts also extend beyond the campus limits; last year in the hopes of improving the community outside of Friends Central, BSF was able to sell bracelets benefiting homeless shelters. For the club's actions encouraging peace among humanity, future plans involve charities for Haiti. The presidents are working hard to insure that this year is successful, but they realize that requires them to "participate in other schools' events" and gather "more active, committed members."

AIDS Walk 2010

By Ian Cruieess '14

On Sunday, October 17th, Friends' Central students participated in the Philadelphia AIDS walk. Organized by Claudia Rizzo, the event had a significant Friends' Central turnout. One of our own, Matt Strahan, performed music with his choral group to entertain the walkers and participants. Once the walk was completed, it was announced the event had raised \$250,000 to help combat AIDS, an amazing figure! Mike Nguyen, a freshman and fellow walker, remarked on his positive



Left to Right: Katie Lee '11, Charlotte Pawley '12, Andie Belkoff '12, Jessica Cooper '11

experience: "It was a lot of fun, and I am looking forward to next year." The event was hosted by the organization AIDS Fund Philly, and took place in Center City Philadelphia. AIDS Fund Philly works to teach people about prevention and the handling of HIV/AIDS. Currently, using funds from events like the AIDS Walk, they support 30 partner organizations. Since 1981, they have raised over \$13 million!



Jewish Culture Club

By Sami Resnik '12

In past years many have tried to create a Jewish club here at FCS. Some have been successful, and some have not. This time around, Jeff Horowitz and I, Co-Presidents, feel like we've started something that is compelling and new. The Jewish Culture Club is not what you think it is. It is not just a club for Jews to hang out and eat challah. Jeff and I want everyone to know that this club is open to anyone. A lot of people think they know exactly what Judaism is, and what Jewish people believe in. Well, we want to challenge the preconceived no-

tions about Jewish people. We want to learn about the importance of tolerance from the many times the Jewish people have been oppressed. We want to discuss acceptance of all faiths, and examine a rich culture that is one of the oldest on this earth. So, if you thought that the Jewish Culture Club was going to be lighting candles and chanting in Hebrew, its ok, Jeff and I understand. But that's not the whole shtick. Some of our plans include educating the community about Judaism in a fun way, hosting a fun assembly about Judaism, or having a Jewish food tasting day. Now that you know what this club wants to do, check it out. You won't be sorry!

Latino Student Forum

The Latino Student Forum (LSF) has high hopes for this year, the club's first. I spoke with Cynthia Valdez, the club's president, about the LSF's purpose and goals for this year. LSF wants to inform members and the larger FCS community about Hispanic culture, which is vibrant and growing in the United States.

Along with the other club presidents, Pedro Rangel and Jordan Lucoff, Cynthia invites all to the bi-weekly meetings. In her words, "We're trying to make LSF legit this year." The club meets Thursdays at 8 every other week in Ms. Soccorro's room. Come out to the meeting. Hispanic food will be provided!

Q/A with Kristen O'Dore

By Jack Kornblatt '13

I recently sat down with Kristen O'Dore, head athletic trainer at Friends' Central. We spoke about her interests and long-term goals, as well as her reflection on the 3 years she spent at FCS.

Jack Kornblatt: What is your job here at Friends' Central?

Krisen O'Dore: I am a certified athletic trainer, a 10th grade health teacher, and a Physical Education teacher.

JK: What do you do most of the day?

KD I spend most of my day doing rehab for injured athletes, paper work for their rehab, and preparing for my 10th grade health class.

JK: How long have you worked at Friends' Central and where were you before that?

KD I have worked at Friends' Central since November 8, 2007 --so for about 3 years. Before that I was an assistant athletic trainer at Swarthmore High School and before that I was

the athletic trainer for North Penn High School.

JK: What would you say is the most common injury you deal with, day to day?

KD It depends on the demographic. In Middle School, I primarily deal with Patellfemoral Pain Syndrome, more commonly known as growing pains. In high school it is typically spontaneous injuries like ankle sprains.

JK: What would you say is the best way of avoiding injury for athletes?

KD Definitely flexing and stretching, both before practice and during their free time.

JK: What made you want to be an athletic trainer?

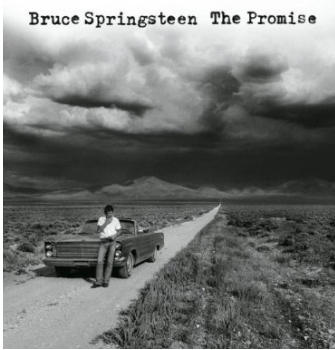
KD As a high school swimmer, I was often in the trainer's room due to chronic tendinitis. So when I went to school, I went in studying athletic training with the ultimate goal being pre-physical therapy. However once I actually began studying to be an athletic trainer, I fell in love with it and decided to make that my career choice.

The Boss

By Jack Kornblatt '13 and Harper Estey '13

In 1978 Bruce Springsteen released one of his most famous albums called *Darkness on the Edge of Town*. During the process of making the album, Springsteen filled several books with songs that ultimately were cut from the album as well as alternate versions of the songs which made it into the record. Now, over thirty years later, Springsteen has finally decided to release these songs as an album called *The Promise*. This new

album will be a part of a box set which will also include the original *Darkness on the Edge of Town*, the six hours of video and two hours of audio from the studio recording sessions for the album, and an essay written by Springsteen himself. When asked about *The Promise*, Springsteen said that *Darkness* was "my 'samurai record', stripped to the frame and ready to rumble...But the music left behind was substantial." This highly anticipated album from some of the greatest days of Springsteen's career will be available on November 16th.



Powerhouse 2010 Review: An Evening of “Bangin’ Hip-Hop and R&B”

By Louis Lesser ‘11

On Friday, October 22nd, 2010, the greater Philadelphia area was treated to a hip-hop festival, “Powerhouse 2010,” at the Wells Fargo Center (formerly known as the Wachovia Center) in South Philly. Sponsored by rhythmic radio station Power 99 FM, the annual concert has become a showcase of young hip-hop talent as well as a coming-out party for local rappers and artists. This year’s lineup included many first time performers, as well as some mainstays, but as this reporter witnessed firsthand, the combination of each made for an excellent show.

The earlier performers (who each had about 20 minutes onstage) consisted of singers Bobby V, Lloyd, and Philadelphia-bred Jazmine Sullivan, who each sang many of their hit singles and, in the case of the former two, some of their “hooks” from other rappers’ songs. These three singers were briefly interrupted by the Cali Swag District, who invigorated the crowd by teaching them how to “Dougie,” a popular urban dance. Between the sets, local DJ Diamond Kuts added flair to the affair by spinning remixes to many of today’s most popular jams. In particular, there was a crowd sing-a-long to young Willow Smith’s debut song, “Whip My Hair,” as well as an especially humorous in-crowd dance battle to Lil’ Jon’s “OK, Yeah.” After the initial musicians made their mark on stage, several of the more established artists took to the stage.

Philadelphia star Meek Mill made his Powerhouse debut, rapping tracks his numerous mix tapes, and gaining the support of the hometown crowd with numerous “Philly” shout-outs. One concertgoer, Aengus Culhane ’11, mentioned that watching Meek Mill perform made him feel “full of pride. It was really great to hear someone representing Philly on stage, among well-known rappers from all the country. It was amazing.” Hill was followed by Miami-native Rick Ross, best known for his songs “Blowin’ Money Fast” and “Hustlin.” He performed not only the aforementioned tunes, but also many titles from his most recent album, *Teflon Don*. Ross also brought

the crowd to their collective feet with a spirited rendition of his verse on DJ Khaled’s “All I Do Is Win,” encouraging the spectators to “throw their hands in the air, and make them stay there.” There was also a surprise appearance from Philadelphia-rapper Freeway, who performed with Ross midway through his set. Ne-Yo came onstage afterwards with a live band, running through his numerous hits from the last five years, from his debut single “So Sick” through his newest effort “One in a Million.” Along with six dancers, Ne-Yo effortlessly played his songbook, and reminded the crowd to purchase his latest CD, *Libra Scale*, later this month.

The back end of the festivities began with a routine by rising songstress Nicki Minaj. Those familiar with recent Billboard charts know that Minaj has had a remarkable amount of appearances due to several hit songs in the past year, both as a solo and featured artist. She reminded the crowd at the Wells Fargo Center of this by performing many of her efforts, including “Your Love,” “Bottoms Up,” and “Roger That.” Donning her trademark pink wig, Minaj, as well as headliner Drake, frequently pleaded for the crowd to back their “Young Money” label, and to continue to support imprisoned founder Lil’ Wayne. Drake, however, who closed the show in front of an elaborate background, also paid tribute to deceased R&B singer Aaliyah, and was surprised by a birthday celebration in honor of his 24th (his actual birthday was two days later, but his fellow performers wanted to celebrate with the Philly crowd). Drake also played many of his hits from his debut album “Thank Me Later,” bringing the evening to a close with its lead single, “Over.”

This reviewer felt that one of the issues with the show, unlike Powerhouse concerts of the past, was the lack of artist collaboration. For example, artists Drake, Nicki Minaj and Lloyd collaborated in-studio for the song “Bedrock,” yet did not perform the song together in concert, just as Drake and Rick Ross did their verses from the latter’s “Aston Martin Music” on their own. However, this complaint aside, the show made for a wonderful night, and the countdown is on until Powerhouse 2011.



Ne-Yo Performing at Powerhouse 2010
Photo from <http://power99.com>

Hello from Eleuthera

By Aubrey Faggen ‘13

Dear classmates, teachers, coaches, and friends-

Hello from The Island School! I am halfway through my semester here on Eleuthera and I wanted to update FCS on what I have been doing the past two months, and what I still have left during my semester away. There are 47 students and about 20 faculty members at The Island School. We live, eat, study, and explore on a campus that depends on solar and wind power, rain collection for water, and bio-diesel for transportation. Living on a sustainable campus that strives to be zero waste is sometimes a challenge, but has taught me so much about conservation and living well. I truly feel “home” here and am deeply connected to the people and island.

We are currently in what we call an "8-day kayak rotation", which means over the next three weeks we cycle through an academic week on campus, a three day "Down Island Trip" and an 8-day kayak expedition. Right now I am in my academic week on campus. This week I have done a lot of work for my human ecology class. We are in a unit that focuses on the importance of being a conscious consumer. Yesterday in class I learned about the harmful chemicals that we daily put into and on our body. During the 8-day kayak trip next week we have a 48-hour solo in

which we are completely alone and isolated. I am really looking forward to the intensity and solitude of this experience.

One of the big components of our time here at The Island School is research. I am in the Deep-Water Sharks research group. My research is surrounded by the idea of finding out about the species that live in the deep water of the ocean. This entails taking a boat out to sea, and catching sharks to collect data about movement patterns, stress levels after being a victim of bycatch and so on. The Deep-Water Sharks project is important at The Island School because we collect data that can further extend our knowledge of the ocean. I have enjoyed learning about the stress levels in sharks and how to take blood from a shark. In a month we have a research symposium in which we present our research findings and overview to our parents as well as government officials of The Bahamas. I am excited to present research that I am proud of and that will affect life on this island even after I depart. There are six students in my research group and two faculty advisors. We have worked hard this semester on our project.

My favorite part of my semester so far has been my homestay- I was staying in a settlement called Green Castle with my family- a mother and father who has one daughter. We ate traditional Bahamian food (conch fritters, peas and rice, coleslaw, and grouper) and I loved being immersed in

the community. This experience helped me to gain a sense of the island of where I am living.

Morning exercise is another big component of our time here at The Island School. We have the choice of either running a half marathon (13.1 miles) or swimming a "Super Swim" (4 miles) at the end of November. I have decided to train for the Super Swim. It is going really well so far; all of the faculty and students participate in morning exercise and my swimming has gotten a lot stronger and faster. I am feeling ready and confident for the long swim! We do other workouts such as yoga, team sports, "run-swims," and free-diving. It is amazing to start the day by jumping into the water at 6:30 am and cheering each other on. We begin each morning by singing the Bahamian National Anthem before we work out. I feel really connected to the island I am living on and the people and community I am a part of here.

I miss everyone from home but am excited to continue on my Island School journey- I know there will be new challenges to come in the next two months. This has been an amazing experience already and I am thankful to everyone at FCS for encouraging me to come here and for making this opportunity possible for me. I am excited to return to Friends’ Central and share more about my experience at The Island School. See you in December!



From Rap to Indie to Rock

By Keira Sultan ‘12

If you’re sick of turning on the radio and hearing “Just the Way you Are” or “ Like a G-6,” check out the songs listed below. These 6 old and new songs vary in genre from rap to indie to rock. They’re sure to ease the early commute as they blare from your speakers the next couple of weeks!

1) Erase Me-Kid Cudi featuring Kanye West (Hip-Hop/Rap)

We have all heard “Pursuit of Happiness” and “Day N Night,” from Kid Cudi’s first hit album, Man on the Moon. But did you know that he is coming up with a Man on the Moon Part II: (The Legend of Mr. Rager) on November 9th? The Album’s lead single “Erase Me” ties together a mix of catchy synthesized beats, Cudi’s distinctive vocals, and Kanye West’s rapping that will soon be heard everywhere.

2) The Wild Hunt-The Tallest Man on Earth

When you first listen to this song you may start off by tapping your foot to the inviting guitar solo, but when the vocals start you’ll know if you love or hate the song’s unique beat and vocals. Many consider their gritty, country-style voices to be soothing and captivating, but others are bothered by the sound. If you are among the first group, this song will become an instant favorite and you will find it constantly playing in your head for the next weeks to come.

3) Fighters-Lupe Fiasco (Rap/R&B)

Even if you are not a big Lupe Fiasco fan, one thing we can all agree on is that no

two of his songs sound alike. Whether it is the laid back, “Kick, Push,” or his techno “Hello, Goodbye,” he always brings a unique style to each one of his songs. In “Fighters,” Lupe Fiasco takes on a more mellow tone as he teams up with Matthew Santos.

4) King of the City-XV

In “King of the City,” XV mixes a strange combination of rap and the beat of “Mambo Italiano” to form a catchy creative track that you can’t help but move to.

5) The Face - Kings of Leon

The Kings of Leon first gained popularity in 2008 when they released their 4th album Only in the Night. About a year after this release, original Kings of Leon fans began to cringe at the sound of hits such as “Sex on Fire” and “Use Somebody,” popularized by radio stations and lacking the originality and substance of earlier work. The first single from their new album, Come Around Sundown, was just released on October 18th. Although the sounds of several upcoming songs, namely “Mary” and “No Money,” clash too much for the average radio listener to enjoy; other songs



Taken from <http://amymeyer.wordpress.com>

such as “The Face,” and “Radioactive,” are

sure to be a hit. So enjoy it in solitude while you can, because you’ll soon hear it blasting from every car on the road!



The fall play for November 2010, *Sleepless City*, was written by Tim Chawaga ‘06, son of Laura Novo, Dean of Faculty. In the play, Dan has lost his mother and Charlie breaks with his girlfriend; now both are seeing ghosts in the form of Alexander Hamilton, John Lennon, the poet Federico Lorca and others. In a provocative mix of comedy and drama, ghostly guides help both men cope with loss. The play was also performed this year at Center City’s *Painted Bride* on 11/6. Ms. Guerin, a talented cast, and expert crew put on another challenging and successful production.

Pictured above:

Top Row: Nick DeFina, Jane Gordon, Lauren Harris, Veronica Hall
Seated: Mav Block, Jesse Pudles

Senior Sibling Assembly 2010

By Zack Barron ‘12 and Ben Fogel ‘13

The favorites this year in the Senior-Freshman Sibling Assembly on Nov. 19 are the Harrises, who have been training for this event since Nick was a newborn baby. People say that Michael Jordan was born with a basketball in his hand; well, Nick Harris was born holding the directions to the Senior Sibling competition. Claire already has a leg up in the competition because of her title as student council vice-president, something that Mathew Karliner finds unfair. Karliner is quoted as saying, “It is unfair for Claire to compete; she clearly has inside information to trivia questions, and has a huge say in picking the judges.” The NCAA has been investigating such reports that Claire received illegal information on the trivia round, and sanctions may be forthcoming from the NCAA because of possible illegal benefits given by the Harrises to the competition’s judges. Despite all of the controversy, Claire and Nick are poised to take home the title. However favorites have fallen mightily in the pressure that comes from this assembly. Also headlining this event is the rivalry between the Karliners and Yahalomis, or as the tabloids are calling it, “Battle of the Editors.” Both Matthew Karliner ’11 and Benjy Yahalomi ‘11 are Co-Editors-in-Chief of *Focus*. The rivalry dates back to their freshman year when they first both joined *Focus*. To fuel the fire even more, both siblings- Jordyn Karliner ’14 and Daniel Yahalomi ’14- have joined the *Focus* staff this year. That is all I will say about this rivalry (because I want to keep my position on *Focus*).

Few could forget the Dara and Megan Holt performance from last year. Coming into the competition the Holts were favorites at 3-1 odds, and with few impressive acts before them, it seemed that nothing could derail their place in the finals. Yet their Hokey-Pokey debacle on stage landed them so far away from the finals, that some went as far as to compare them to the Diamond siblings from a year ago. Jason and Jamie Clough also had great odds to take home the title last year, but never even made it to the stage. It was widely reported that Jason missed school because of a fever, but later inside reports told a different tale. Both Jon Clayton and Dan Patrick’s findings indicate that Jason may not have been sick at all, but rather cracked under the pressure and skipped school because of nerves. Whatever the reason for his absence, Jason Clough was also unable to perform under the bright lights of the senior-sibling assembly.

We will have to wait until November 19 to see how the Harrises perform with the pressure of being this year’s favorite. For a replay of last year’s Freshman Senior Performance’s search “Freshman-Senior Sibling” on youtube. Tune in to ESPN2 every Tuesday at 10:30pm, for more in-depth analysis of the event.

Crossword Puzzle Answers from October Issue

- | | |
|--------------------------|-----------------------|
| 14: Junior Parking | 11: Holden |
| 13: EC2 state | 8: Cowen |
| 15: stone | 8: Chuck Carr |
| 10: Boston | 7: Muggers |
| 9: Last day | 2: Blue Devils |
| 4: Thursday | 5: Fire Drill |
| 3 across: Blue and white | 1 Down: Jeopardy City |

Welcome back to our
esteemed Headmaster,
David M. Felsen



Co-Ed Water Polo



Girls' Soccer 7-7-1



Girls' Cross Country 3-1



Boys' Cross Country 3+2



Field Hockey 3-5-3



Boys' Soccer 6-11-2

Philadelphia Union Season in Review

By Max Ginsberg '14

This season the Union was led by the outstanding play of their big threat up top, Sebastian Le Toux, who tallied thirteen goals and eleven assists over the course of the season. But everybody who has ever played soccer knows that most of the time you are playing defense, and the defense of the Union has been led by the captain, and U.S. national team reserve, Danny Califf, who has brought consistency to a team otherwise very inconsistent. In addition, the Union has a few dynamic team members. The 31-year old Brazilian player, Fred, is talented and consistent, and a threat at any point during the game, and 19-year old Danny Mwanga, the young, raw player, holds promise for the future.

Union fans are disappointed in the team this year, but they shouldn't be. This was their first year, and it takes a new team about a year to get accustomed to the pace and physicality of the game. I believe the Union will be very successful next year with a winning record and their first ever play-off appearance. So, come on U, score a goal!

This year the city of Philadelphia was given a major league soccer (MLS) team. "Come on the U! Come on the U!" This cheer has become popular among Philadelphia Union fans as they shout this throughout the ninety-minute games at their beautiful new stadium, PPL Park in Chester.

The first season for the Philadelphia Union was a disappointing one as the team went 8-14-7. The inaugural season for the Union started off slowly as the team couldn't find their identity as a team, but as the season progressed there was a noticeable increase in team unity. As head coach John Hackworth stated, "We're a team now. Initially, we were a bunch of individuals. No matter how you try to slice it, we were a bunch of individuals coming together who wanted to build something. We had to find our identity, our personality and the way we wanted to play."

Varsity Boys' Soccer Review - 2010

By Zack Barron '12

The home loss to Academy of New Church (ANC) marked the 4th consecutive year without a playoff appearance for Varsity Boys' Soccer. It was a tough defeat for FCS, as it not only ended their postseason aspirations, but came as the result of three late goals by ANC. FCS led 1-0 for almost the entire game after Noah Schoenberg scored early in the first half on a penalty kick. ANC played weak offense during the first half, as Freshman Hayden Gruber and Senior Akiva Goldstein headed up a strong backline for FCS. But after a more aggressive second half offensively, ANC finally knocked in the equalizer with just two minutes left in the game. The team had gained momentum, and FCS was never able to regain control of the game. Two more ANC goals in a twenty minute overtime, and the FCS soccer season was over as far as competing for the Friends' League title.

The Boys' Soccer season started off with a lot of promise. Despite a disappointing 2009-2010 year, FCS lost only three seniors from last year, and brought in a new freshman class full of depth. Freshmen like Max Ginsberg and Gabe Tagliamonte created a buzz around the team, not to mention the return of two older players to the Pitch. Mike Loewenstein came back to FCS soccer this season after missing his entire junior season due to a back injury and the speedy junior Joey Brodsky made his return after a one year stint with Radnor. Coach Campbell also



brought in two new recruits: freshman midfielder Nico Posada and sophomore striker Peter Bockaire.

The disappointing season could be attributed to injuries. It seemed that every player spent time on the sidelines. The two most significant injuries were those to junior goalie Jordan Lucoff and senior Akiva Goldstein. Akiva, the team's captain and defensive leader, missed time for both a concussion and an ankle injury. The team struggled defensively without their captain in the lineup. Jordan spent the first half of the season fighting to stay in goal with a shoulder injury, and finally had to end his season after being diagnosed with a labral tear. The team has struggled to find a sufficient replacement for Jordan. Noah Schoenberg spent some time between the pipes, but taking Noah out of the field proved costly as FCS struggled to move the ball forward without him. Freshman Jerome Allen was then moved into the goalie for FCS and for the most part has played well.

FCS has a lot of talent and youth, and will look to bounce back next year from this disappointing season. While Coach Campbell has had successful seasons in the past, this year's season has been rough. All the blame cannot be put on the players and injuries. There were controversial decisions, like sitting sophomore striker Sam Stein for the entire ANC game, and playing an unsuccessful 4-1-2-1-2 formation for the better part of the season, It's sure to be a long and reflective off-season for FCS soccer, as one of Friends' Central's most popular sports teams is forced to end another season early.



Phoenix In the Phast Lane by Jamie Ulrich '12

Alexi Several '11 – Girls' Tennis

Alexi had a senior season to remember to finish a career to remember. Heading into this season, Alexi has won the league individual title 3 years in a row. Backed by her mother and sister, who plays at Johns Hopkins, Alexi works hard to achieve success. Finishing the year undefeated, Alexi dominated league competition at the number one singles spot and helped lead the Phoenix team to the championship game for the seventh consecutive year. In a closely competed 2-3 loss to Shipley, Alexi played fantastically and won her match. Paulina Coutifaris summed up Alexi's persona by pointing out, "Since Alexi was the last person to play she knew that as a team we had lost, but instead of giving up she kept her head in the game and was determined to win her match." Alexi has served as a leader on the team and has mentored freshman Sophie Book, who also had an undefeated season. Alexi was the FSL individual champion this fall.



Dan Segall '11 – Boys' Cross Country

Dan Segall was literally the head of the pack for the cross country team this season. That isn't surprising to many, because Dan has been a force on the course since he burst onto the scene as a freshman runner on varsity. Segall culminated his stellar career with a sixth place finish and a career-best 16:37 at the league championships. Coach Ed Soto was quick to point out, "Segall has been a valuable leader to this team by taking running to the next level: training all summer putting in at peak weeks 75 miles, organizing long runs on Sundays (10+ miles) and being a guidance for the younger runners." Segall has left a legacy in the Friends' Central running program that will not be forgotten. Look for Dan to continue his career in the winter and spring with track, and at Wake Forest in the fall.



2010-2011 Girls' and Boys' Basketball Preview

By Jamie Ulrich '12

As the trees lose their leaves, temperatures fall and pumpkins begin to litter campus, we are reminded of two things. First, Mr. Annas will wear shorts with zero regard for climate, and second, basketball season is upon us. Nowadays, if you walk through the Shimada Athletic Center you can hear the pounding of soft leather on the hardwood floors. Whistles tweeting fill the gymnasiums, but the buzz on campus is even more laudable. Expectations are high for both the boys and girls programs this season, but there are question marks for both squads.

Coming off back to back state titles and a league championship, the boy's team has an enormous target on its back. To cut to the chase, the Phoenix boys' have lost 3 of their 5 starters from last season to graduation. Dominic Morris, HJ Gaskins and Travis Robison were a large part of the force Friends' Central has become in the past two years. Additionally, the departure of Mark Margulies leaves a hole in the Phoenix bench that will be tough to replace. Coach Polykoff acknowledges this team will have a different look, but feels that the team has the pieces to make another run. Polykoff commented, "We'll be smaller, but quicker this year than we've been in years past." That quickness will be provided in large part by senior point guard Malique Killing. Malique's presence on the court is made known by his ability to blow by defenders, yet also step back and hit jump

shots.

Killing will be responsible for distributing the ball to Senior Devin Coleman, who returns as a 1000 point scorer who can play guard and forward in different situations. Also look for junior forward Amile Jefferson to play a large role in the offense as he gets ready



to continue his burst onto the national prep basketball scene. The Phoenix first test will come against Archbishop John Carroll, a team known for its physical style of play and reputation as a power in the Philadelphia area. Coach Polykoff knows it will take hard work to achieve this season, and added "I expect that we will work hard, improve every day, and play as a team. If we commit to those expectations, especially with the groups of guys we'll have this year, the winning will

come."

The girls' team will face similar challenges to repeat this year, but the task is not impossible. The departure of seniors Talia East, Gracie Pearlman, Emily Brodsky, Kristen Mann and Kaitlyn McCaffrey means large shoes to fill. The Phoenix will return a solid group of players, led by Monaye Merritt. Monaye has been an all league player for the Phoenix and sets the pace on offense. Her electrifying ball-handling skills, coupled with an improving jump shot, make her a potent threat to score from anywhere on the court.

Monaye will need to continue her role as the playmaker in the offense this season. Distributing the workload on offense will sit high on her list of responsibilities. Look for sophomore sensation Sydney Frank to have a breakout year at the other guard position. Sydney is entering her second season on the Varsity roster and will see a dramatic increase in her role on the court. Additionally, Megan Cartafalsa, Maria Conyers Jordan and Julia Feldbaum will be key returners with a large share of minutes each.

One thing both teams will look to do this year is run. The Phoenix boys and girls graduated strong frontcourt players and will look to open it up this year and spread the floor. If fast paced, high-scoring basketball is your preferred style to watch, make you way down to the Shimada this year.



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