

Football
on the run!



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The drama teaches
that, "You Can't Take
It With You"



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President Trump and
social media.



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The Harbor View

82 Turkey Lane
Cold Spring Harbor, NY 11724

Issue 1 Volume 55

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The Changing Tides of Cold Spring Harbor

A New Era

By Madison Ugan, Shaya Tousi, Kate Zimmon, Sarah Kopp, & Elizabeth Erichson

"My favorite part of working in Cold Spring Harbor is the opportunity to work closely with so many wonderful leaders, teachers, and parents to make a great place even better. I believe that the combined efforts of all of these groups is a critical reason for the success of our school district and programs."

-Bob Fenter



Mr. Monastero (Technology), Mr. Fenter (Superintendent), and Mr. Bolen (Jr/Sr HS Principal)

With the ushering in of the new administration at Cold Spring Harbor Jr./Sr. High School, there are questions and concerns, as well as curiosity, about the new staff members and the changes that are occurring throughout the building.

Mr. Fenter, the Superintendent, is in his second year at Cold Spring Harbor and excited about the changes in the district. "When I first came to Cold Spring Harbor, I observed that, while there were administrators assigned to lead each department at the Jr/Sr High, they were leaders with many other responsibilities and that made it difficult for them to focus solely on these departments... I believed that we needed to focus our administrative team on the primary purpose of our schools, namely to make the teaching and learning in our schools even stronger. By shifting some of the roles and responsibilities of our school leaders, we now have directors in charge of most departments, one a STEM Director in charge of math, science, and technology, and the other a Humanities Director, in charge of English and social studies."

Mr. Fenter has been in education since 1987 as a social studies teacher, social studies chairperson, a principal, assistant superintendent for curriculum and, now, superintendent. In this capacity, he has "the power and importance that school experiences, both inside and outside of the classroom, can have on a student's development." With this in mind, Mr. Fenter has specific goals for the district that he believes can be accomplished and will be accomplished with the new leadership in place. Some of his specific goals include: "developing an even greater emphasis on writing and research skills, including monitoring the newly enhanced Science Research Program at the high school in grade 9 this year; seeing how we can enhance our current Junior High program by strengthening

our academic teams; and examining how we can thoughtfully integrate technology into the instructional program, including our recent Chromebook initiative."

Leading these goals for grades 7-12 is the new principal, Mr. Bolen. Mr. Bolen was previously principal at another 7-12 building, Valley Stream North High School, for two years. He has also worked as an assistant principal at JFK High School in Plainview-Old Bethpage and taught social studies for nine years at Herricks High School in New Hyde Park. Before his fifteen years of experience in education, he worked in public relations for five years. He says his positions overseeing people have helped him see what students will face once they leave high school, especially in the world of business.

Mr. Bolen describes a principal's job as flexible, stating that "whatever the principal is interested in controls what goals they may work on in a given year." My job as a principal is being the instructional leader of the building," he said, expressing that he wants to focus on balancing and coordinating all aspects of the school district from academics and athletics to the school environment. His goals for this year are to listen to the community in order to better understand the inner-workings of the school and figure out what changes need to occur. So far he has met with SIT, Student Improvement Teams, to talk about "working on school spirit and better coordination with class activities." As a principal, his favorite part is being in the school and being actively involved. He wants to have more events like our pep rallies and spirit days, which he really enjoys.

One of the major differences between his previous school, Valley Stream North, and Cold Spring Harbor, he thinks, is the abundance of resources we have. The number of choices in our school district compared to other districts amazes him. "We have over sixty clubs. That's amazing!" These clubs, he believes, provide ample positive opportunities for students to participate in the school community.

Mr. Bolen is also looking forward to continuing the growth of established projects like the Chromebook initiative, one example of what our resources make possible. "The biggest problem when you have such great success," he says, "how do you continue to grow?" Mr Bolen believes this challenge can be met with steady, incremental changes.

In addition to the new principal, there are new positions and new offices around the building. These include the positions of the Director of STEM, Ms. Meridyth Hansen, and the Director of Humanities, Ms. Theresa Donohue.

The basic function of any director in the school is relatively the same. They oversee all budgetary, program, and curriculum-based operations that occur in their departments. According to Ms. Hansen, the primary function of her job is to be "first and foremost to support our current programs in Science, Technology, Mathematics and their alignments, and to enhance them." Ms. Donohue adds that she helps teachers instruct students in a way that helps them understand the topic at hand.

A big part of a director's job is to oversee and provide guidance with the implementation of curriculum and different programs. Ms. Donohue expressed that she speaks with teachers every single day to see how they are achieving curriculum standards in their lessons. She recently attended a social studies coordinator's meeting where they discussed a new Global Regents class arriving in 2020.

Ms. Donohue emphasized how much class curriculums change and how many new programs are introduced each year, as a result, there "needs to be guidance about how standards are being taught." For example, this past year the common core standards have been revised and are called the "new generation" standards. She finds it important as a director to make sure that the new standards are being taught exactly as they should be. She assesses teaching performance levels not only through teacher observations, but also through final exam scores, and directly asking teachers "what's your plan?" and "what standards are you reflecting?" Before critiquing a teacher's performance, Ms. Donohue makes sure she understands the standards herself. Before coming to CSH, Ms. Donohue was the English

coordinator in the Commack school district and the assistant principal at Massapequa.

Ms. Hansen believes that it helps "having someone with content area experience with science and math." She had started her career in auditing and accounting, then moved on to teaching after finding that she preferred the volunteer work she did with children outside of her job. Her educational experience started after joining Teaching Fellows in NYC, then becoming the STEM chairperson in the East Rockaway school district. She also feels that her job "can support continued growth and improvement of our instructional programs and provide opportunities for students they otherwise wouldn't have." Ms. Hansen shared that she considered herself "tech-savvy," saying that she enjoyed working in programs such as Excel and Google Docs. She also believes that her real-world experience, such as in creating cohesive programs, can really benefit the STEM department.

Mr. Fenter also made other adjustments in the building and the district. Mr. Sloan is now in charge of grades 9-12, given his connection to the college application process as Assistant Principal for Counseling. Mr. Monastero, previously the Jr. High Assistant Principal, took on the role of leading the instructional technology program. Dr. Browne now leads the Junior High School program. Ms. Goldthwaite assumed her new role last year as District-Wide chairperson for Special Education.

Another staff member, Mr. Chiarello, has a new, expanded position. He is the Director of Music for the high school and has now taken on the elementary school. His position is nothing new to him, but the control over two sections of the CSH school district is. Mrs. Oswald, the Director of Art, is in a K-12 coordinator role for Art.

Mr. Chiarello started out as a music major. On the side, he ran lessons, teaching people how to play trombone. Eventually, he realized he looked forward to teaching people how to play music, instead of playing musical gigs. He switched to education in music after getting a full ride scholarship offer in exchange for playing in the college's ensemble. He first did student teaching in East Meadow and then got a job at Cold Spring Harbor. Mr. Chiarello's responsibilities include budgeting and making sure the music teachers are doing what is expected of them; he also runs events like the NYSSMA festival every other year with an average turnout of 1,500 kids, as well as LISFA and All County operations. Additionally, he creates schedules

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The Terrible T's: Trump. Twitter. Tumult.

By Juliana Wells

Tweeting: a fun, lively way to communicate, share random thoughts, and disappear from reality for a little while. Posting nationwide announcements, criticizing world leaders, and sharing nasty thoughts, however, is not what Twitter is for. Someone should tell Donald Trump, the 45th President of the United States, what Twitter is best used for.

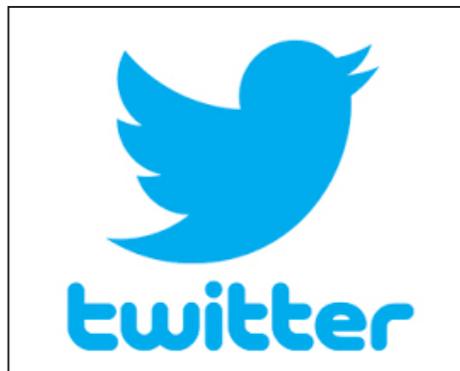
Most recently (and by most recently I mean within the past hour of writing this) Trump has criticized the hurricane ravaged island of Puerto Rico. The small U.S. territory received a major hit from Hurricane Maria. "Maria was the most violent tropical cyclone to hit Puerto Rico in more than 80 years," according to the Washington Post. This left the country helpless and without power. After 10 days had passed, "Nearly half of Puerto Rico's 3.4 million residents still lack potable water ...after Hurricane Maria wreaked havoc on the island, officials reiterated Wednesday – as locals literally scrambled to stay alive," according to NBC news.

So what did Trump decide to do? Trump decided to criticize the U.S. territory instead of aiding it, "...such poor leadership ability by the Mayor of San Juan, and others in Puerto Rico, who are not able to get their workers to help. They.....want everything to be done for them when it should be a community effort. 10,000 Federal workers now on Island doing a fantastic job," Trump nonsensically proclaimed on Twitter. Is this presidential? Does this help Puerto Rico in any way, shape, or form? The answer, for either Democrat or a Republican is "No." A strong "No".

This Tweet raised dozens of red flags with both parties. This was not

the time or the place to be bullying the mayor of San Juan. Also, in late June, Trump targeted MSNBC's "Morning Joe" hosts. As they were critical of Trump's attitude towards certain issues, he decided to attack them on Twitter, "I heard poorly rated @Morning_Joe speaks badly of me (don't watch anymore). Then how come low I.Q. Crazy Mika, along with Psycho Joe, came...to Mar-a-Lago 3 nights in a row around New Year's Eve, and insisted on joining me. She was bleeding badly from a face-lift. I said no!"

Twitter is not the proper place for the president to be expressing his own personal vendettas. He needs to focus on his job, which is running the country. Who is he helping with these Twitter rants? Some could even argue that he is a cyberbully. I know I would; in fact, I am. This entire situation is quite ironic considering his wife, Melania Trump, has stated that her biggest concern as First Lady is bullying, "It remains our generation's moral imperative to take responsibility for what our children learn. We must turn our focus right now to the message and content they are exposed to on a daily basis – social media, the bullying," as she stated in her UN speech. Well, considering children see the things online that their President says, he is the negative, horrible influence. If she is looking to stop bullying I know where she can start: with the man she sleeps next to.



Technology Tsunami Floods Cold Spring Harbor

By Giovanna Ciampa

"Click click... okay class, open your chrome books."

This sounds like a typical class, but years ago it sounded like "okay class, take out a pencil and paper." This change in common language begs the question: Is the technology in the classroom today good or bad?

According to the article in Fun Without Computers in AMS titled "Children Endure the Winter of their Disconnect," each handled the break from technology differently, but they all handled it better than you might expect. The author, Maushart, said his son, Bill, was hooked on video games and TV. He filled his newfound spare time playing saxophone. He ended up, "swapping Grand Theft Auto," Maushart said, "for the Charlie Parker songbook." Maushart's eldest, Anni, was less wired and more into reading than the others. Maushart's youngest daughter, Susy, had the hardest time going without her tech tools. "She spent hours on a landline phone as a substitute for texts and Facebook." This shows that children today are too involved in their technological lives and can learn a thing or two about themselves by putting down the cell phone.

However, according to Benefits of Technology by Janelle Cox, "Studies showed that 9 out of 10 students indicated that using technology in the classroom would help prepare them for the digital future. These 21st-century skills are essential in order to be successful in this day and age." This shows how these days we are relying on technology for a lot of things that might have been done by hand, like fillo dough. Now, a lot of people buy this dough premade, but a long time ago if you wanted this dough, you would have made it from scratch.

According to Capella's article "5 Reasons to Incorporate Technology Into Your Classroom," using a computer, tablet, or other device encourages self-directed learning and creates an active participant in the learning process." This is good because some students who are relatively shy can still actively participate but in other ways and can be more involved in their learning. So, in the end, it seems like technology in moderation is the way to go.

TWITTER UPDATE

CSH is proud of the teaching and learning that is happening across the District and is excited to announce that all schools will now be utilizing Twitter. Some of the items you will find in Twitter feeds are event reminders, school highlights, and student accomplishments.

Below are the Twitter handles that are used to provide a window into your school experience. Each school building's Twitter feed will also become viewable on their website in the near future.

A NEW Facebook page has also been launched. Please follow us at Cold Spring Harbor School District

Please join us on Twitter at:

@CSHJrSrHS

@CSHGoosehill

@CSHLloydHarbor

@CSHWestSide

@CSHAthletics



Red Cross: A Help or Hinderance The Multi-Millionaire Dollar Question

By Madison Gagne & Olivia Genovese

On August 25th, Hurricane Harvey hit the coast of Texas with wind speeds reaching 130 miles per hour. As the hurricane continued on its path, Houston was ravaged by the storm with \$75 billion dollars in damage left behind. As with other natural disasters, many Americans turned to trusted organizations to donate money and organize relief efforts in the wake of Harvey. The Red Cross is the main humanitarian organization known to Americans to accomplish these goals. However, further evidence suggests that the funds given to the Red Cross have been mishandled and misused to stunt the rebuilding efforts in Houston after Harvey, and even other natural disasters.

The Red Cross' track record isn't the best. In 2010, a devastating earthquake destroyed the nation of Haiti, and the Red Cross raised over half a billion dollars in donations. The Red Cross has said that they have provided homes to more than 130,000, yet with \$500 million dollars, they have only built 6 permanent homes in the

entire country. Their website and press releases state that they helped to get 4.5 million Haitians "back on their feet." This statement must be exaggerated; in 2010, 4.5 million Haitians would account for the entire urban area of Haiti. That area was not hit by the earthquake, thus 4.5 million Haitians were not helped by the Red Cross, a much smaller number were.

When asked about the allocation of funds, Red Cross executive Brad Kieserman expressed that he does not know what portion of total revenue amount is for relief efforts. Although he is a top executive, he stated that, "It's not something I have visibility on in the role that I play in this organization." Why would the Red Cross Vice President of Disaster Operations and Logistics not know how relief funds were being utilized?

Kieserman claims, "The folks I work for are very, very attentive to cost effectiveness and cost efficiencies in making sure that as much as every dollar that we spend on an operation is client-facing." However, the American Red Cross has never produced an informative breakdown of its spending that was meant to help Haiti, nor does its website provide any information regarding how donations were spent. When asked about its

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Red Cross, Continued from Page 2

spending, The Red Cross has repeatedly responded by listing its goals- not any actual monetary figures.

In response to these accusations, David Meltzer- the Red Cross' general counsel and head of the international division- says that the public can refer to the organization's five year report, which is merely a pie chart showing the percentage of money that went to each "sector" of Haiti's relief, each "sector" being the types of relief the Red Cross provided: emergency relief, shelter, and sanitation efforts. However, Meltzer will not provide greater details. The public knows little more than the fact that fourteen percent of the \$500 million was spent on emergency relief in Haiti.

Reports also show that The Red Cross had employed other groups to do the hands-on work in Haiti; such employment results in additional fees that the organization has called "program costs incurred in managing" these other groups. The charity also loses some of its donations to customary administrative cuts. These costs are believed to have taken up a third of the money meant to help those in Haiti.

Recently, the American Red Cross website has been updated with a page that allows the public to see "How the Red Cross is Spending Your Donations," but the page fails to provide any details about how any money will actually be spent. Instead, it focuses on approximations of how many meals will be provided and how many people will be assisted; it also fails to report what percentage of donations these services will cost. The website is rather vague in its statement, commenting that "The Red Cross is making good use of donations and bringing help where it is needed." Whether or not The Red Cross is making the best use of its donations is an entirely different story, and- due to a lack of figures- difficult to prove either way.



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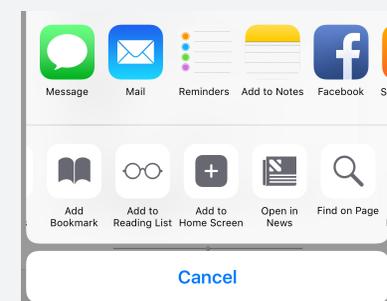
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Daily Announcements in your Pocket

It's so easy to stay on top of everything going on at CSH, by placing the new announcement "App" on your phone!

Here's how to do it:

- 1.) Visit Bit.ly/CSHDailyAnnounce on your phone (case-sensitive)
- 2.) Save the page by clicking "Add to Home Screen"
- 3.) All important information will be at your fingertips! Visit daily to stay up-to-the-minute with club information and other school business.



Alums Inspire a New Generation

By Kate Zimmon



The first Alumni Art Exhibition held in the Gottschalk Art Gallery opened the school year with work on view by Sean Rooney ('13) and Erica Cirino ('10). Rooney's work displayed some of his many film projects which he has been a part of in his film education.

Sean graduated from University of North Carolina School of the Arts this past year with a degree in film directing. He takes influence from famous action/adventure movies he grew up on, Jaws, E.T., and Jurassic Park. He also credits Mrs. Oswald for inspiring him to be creative and original from the age of 5! Sean encourages up and coming art students to "keep creating." "Sometimes you will fail, and when you fail, you learn what to do and what not to do." Sean is off to LA to work in Hollywood.



Erica Cirino is an international science writer and artist interested in exploring the connection between humans and nature. Her art reflects her work with wildlife rehabilitation. Erica is an award-winning photographer who continues to experiment through various media. The next exhibit of this kind will be September, 2018.

SOCIAL MEDIA: A NEW ERA IN COMMUNICATION

By Alex Wright

In our technological age, where social media is essential in most everyone's life, this is another useful piece of technology that can be used by our president. Like all things, social media has limitations on how it can be effectively utilized and, yes, lines should be drawn due to the position of authority of our president. In the end, though, the usage of Twitter and social media platforms by our president are something I believe is overwhelmingly positive and should be continued, not mischaracterized and dismissed as wrong by a handful of harsh tweets.

Instead of taking a strictly opinionated, critical perspective, I see this topic as a simple analysis of the pros and cons present with using social media so extensively. First of all, this usage of social media,

particularly Twitter, allows our president to speak directly, unfiltered, to a large group of the population. Between both Facebook and Twitter, Donald Trump can speak directly to almost 65 million people with the click of a button: post. This is not a perfect scenario by any means, but this is simply the best and really the only option for reaching the public. This is due to the media's newly lost ability to present news regarding our president in any unbiased light. This unfair coverage of our leader makes the standard press conference effectively obsolete. In a traditional presidential press conference, questions are asked by the media and, therefore, the media dictates the direction and topics of discussion. This presents a lapse in proper news and reporting; the president or, more commonly, the press secretary, is in a press room full of biased reporters, asking questions they formulated, more likely than not, to paint him and his accomplishments in a false light. Also, in the end, no matter how well he performs in the

conference, the media are the ones reporting the events of the conference and today, when presented with conflicting interests, the majority of the media has a consistent tendency to go out and paint the president in a negative light. Also, with TV news viewership down, very few people are able to see through this media filter to understand the exact events and what is being painted. This leaves social media as the better option; the president himself is able to voice his doings and accomplishments unfiltered to the public for their own personal interpretation. This also gives the president an outlet to state the facts and statistics, things that cannot be misconstrued, for the people to see. For example, just today, unemployment is at a 17 year low, 4.2% as of the end of September, and the Dow Jones is yet again at an all-time high, 22,956.96 points. These things would never be covered by the media, and due to social media, the people are able to see through the false light often shined on the president. With this taken into

perspective, social media is simply the best outlet for the president to be able to project his doings and progress to the public.

To address the the handful of extremely unprecedented tweets on his behalf, I, as well as the far majority of Americans, believe that this needs to stop. Not only is it unprofessional for the president to comment like this, the "low IQ crazy Mika" tweet for one, but it just takes away from his achievements and progress. These tweets, an outburst of his occasional inability to swallow his ego, simply lend him no benefits and only serve the media 140 characters on a silver platter that they can use to dismiss his work as president, which they will do 100 percent of the time, whether it is precedented or not. Whether this is indeed just egotistical remains from his past life as a mogul and entertainer, a power move to rally some of his base, or just an distasteful attempt of comedic relief, it serves him no good and, for his own well being, he should stop this course of destructive action. To lighten the mood, I do believe that in this large quantity of informational social media there is a place for some comedic relief. Instead of these tweets though, I would opt for some of his reposted memes, things that are only all in good fun and will make anyone not taking them too seriously crack a laugh.



Victory on the Water

Cold Spring Harbor Crew
at the Head of Oyster Bay Regatta

By Sarah Lynch

In October, CSH crew competed against many other schools at the Head of Oyster Bay regatta. The junior high, novice, and varsity teams raced against other school and club teams. The course, which was roughly five thousand meters for high school and two thousand meters for junior high, proved to be difficult in the rough water. "As a team, we definitely did well," said eighth-grader Isabelle Apostolakos. "It was tiring, but it went really well." Many of the boats won medals in their races. The junior high boys' 4x won gold, and the junior high girls' 4x and boys' 8+ won silver. The novice boys' 8+ and the varsity girls' 4+ also won gold. The varsity boys 2x won gold at the Row for the Fight regatta in Manhasset a week earlier. "I would say that it was not the best weather with the wind and all, but we stayed strong throughout our races and managed to take home some medals," said freshman novice rower Augustine Maiorino.

The team started practicing two weeks before the beginning of school, and now practices 5-6 days a week. They spend most of their days rowing on the water in Cold Spring Harbor. According to new sophomore rower Elizabeth Brennan, "The coaches are so welcoming of new people and really try to help you do your best. While it's a hard sport, I feel that it's worth it when you get to be a part of such a great community of people." When they aren't on the water, rowers often train by running or using the rowing machine, also known as an ergometer.

Soon, the rowers are going to the Head of the Fish regatta in Saratoga, NY. Select varsity rowers are going to the Head of the Charles regatta in Boston, MA.



A Reflection of Teamwork and Togetherness On and Off the Field

An opinion by Lindsay DeRosa

Everyone has a different experience on a team. Some will remember being on a team as one of the greatest moments of their time at Cold Spring Harbor, but others will just see it as another commitment they needed for their college application. For me, soccer has become so much more than something I play daily. By joining the team, I became friends with girls I was never close to. Together we have created memories that will last a lifetime.

The bond between teammates is strengthened by each drill, sprint, and game. In the moment, suicide sprints, timed runs, and early mornings are severely unpleasant, but there is a whole team right by your side making the unpleasantness bearable. Coaches tell their players to think of the team as a whole, with each player relying on the other to achieve a shared goal. You will lose together and you will win together. The comradery on the field transfers off the field. There is always someone from the team in class to talk to about yesterday's game or the possibility of a weekend team breakfast to enhance the connection between players.

While living in an age of social media, it is comforting to have relationships outside of the usual cliques. But, the field or the court is not the only place where additional friendships are forged. Clubs also offer unpredictable connections to others based upon shared interests. People will often look back upon their high school experience as an adult and wish they were more confident in themselves and their interests. As stressful as it is to break out of your comfort zone in an atmosphere where you feel forced to conform, pursue your passions and remember high school as a positive experience.



Seahawks Football Report

Football Takes Flight Fighting for First

By Elijah Gordon

The Seahawks football team ended the regular season undefeated, with a record of 8-0. This was the first undefeated season since 2001. The team outscored their opponents 236-54, the second lowest "points against" total on Long Island, a tribute to our outstanding defense.

The team's success can be directly attributed to excellence on both sides of the ball, with a prolific offense complimented by a stingy defense. Leading the offense was senior quarterback Teddy Bentley, who can beat you through the air with his arm or on the ground with his scrambling ability. The running attack was Thunder (Nick "Beast Mode" Basso) and Lightning (elusive Connor Cassidy), with Sebastian Sandler and Captain Liam Kaley also sharing the load. Air Seahawk featured sure-handed wide receivers Captain Hunter Guarneri, Kevin Winkoff, and Casey Reynolds, with tight end Aidan Adomaites providing a big target for Bentley. In the trenches, the offensive line was anchored by center Chris Porzelt and tackle Nolan Hinphy, opening holes for the running game and providing max protection for Bentley on pass plays.

On defense, the front line has multiple rotations featuring David Marasciullo, Dom Striano, Petey Striano, Nick Romanoff, Chris Romanoff and Kolton Gagnon. Regardless of the lineup, this group consistently piled up sacks while wreaking havoc on opposing quarterbacks and runners. The linebacking corps of Kaley, Sandler, and Richie Striano specializes in gang tackling and pursuit. The defensive backfield of Guarneri, Cassidy, and Aidan Hinphy shut down receivers while either knocking down or intercepting passes.

Tommy Milana had a punt return for a touchdown against Clarke and a kick off return for a touchdown against Mineola in the final game of the regular season. There have also been multiple fumble recoveries on punts and kickoffs attributable to the alert play of special teams coverage personnel. The team also benefitted from depth at virtually every position, and everyone from starters to second-teamers contributed in some manner to the team's success.

At the end of the regular season the Seahawks were ranked #4 by Newsday in their small schools poll and were the #1 seed in the playoffs. Our first round opponent was Malverne. Connor Cassidy got the team rolling with a 56 yard touchdown run and it was all Seahawks in a 42-12 victory. Cassidy had four touchdowns and 205 rushing yards. Teddy Bentley completed 4 of 9 passes for 79 yards and a touchdown to Kevin Winkoff. This was CSH football's first playoff win since 2005!

The second playoff game was at Hofstra against Carle Place/Wheatley. Milana started the scoring with an electrifying 75 yard punt return on the Frogs' second possession. Cassidy had three touchdowns and Richie Striano had a 26 yard interception return for a score in a convincing 39-7 win.

The Seahawks were flying high heading into the Nassau IV Championship against Seaford. After a valiant defensive stand on the Vikings' first possession, the game turned on a series of costly turnovers and the Seahawks were simply unable to recover or gain any momentum in a heartbreaking 21-0 loss that ended their season.

Finishing with a 10-1 overall record, two playoff wins, an undefeated regular season, and a highlight reel full of incredible plays, the 2017 Cold Spring Harbor Seahawks definitely had a season to remember.

IT'S TIME FOR SEAHAWK SPIRIT TO CHEER FOR CHEER

By Maddy Standerwick

The Cold Spring Harbor Cheer leading team has come a very long way from where they were only three short years ago. Three years ago, New York State officially recognized Cheerleading as a Varsity sport. At that time, Mr. Bongino helped to revamp the program by hiring two new coaches - Ms. Whitney and Señorita Sihksnel. Tryouts were held in August, a Varsity team was established, and a program was born.

Now in their third year of having the recognition as a Varsity athletic program, the Cheerleading program has grown vastly. After establishing themselves as a talented, driven team in their first year, the squad has drawn tremendous interest. Like all Varsity sports, Cheerleading practices six days a week- often times extending their practices to prepare for competitions and performances. With a rapidly growing program, a JV team was established last year. Ms. Puleo and her co-coach Katie Romano have worked to prepare their team to one day perform at the Varsity level, and potentially even compete.

The Cheerleading team runs for two seasons- Fall and Winter. In the Fall, the team performs at Varsity Football games. Cheerleading competition season begins in the Winter, where the squad works to compete against other schools as well as perform at the Varsity Basketball games. In order to compete in Cheerleading, 51% of the athletes must have the ability to tumble. Dance, stunting, cheers and tumbling are meticulously scrutinized by judges who travel for hours to watch and judge competitions. In their first ever year competing, the Varsity Cheerleading team took home two trophies and made it to Nassau County Section 8 Championships. The team took their competitors by surprise with their performances, tumbling, cheers and stunts that earned them four trophies. If you don't know anything about the 'Cheerleading world', it's an extremely competitive place- specifically on Long Island. Teams and coaches were surprised to see the Seahawks compete, and they are now recognized as a competitive force in Nassau County.

This year, the Cheerleading team hopes to once again make it to County Championships and perhaps take their talents beyond Long Island. Mark your calendars to come support the CSH Varsity Cheer team as they host an invitational on Saturday, January 20th at 10AM.

CHROMEBOOK INITIATIVE

an opinion by Mimi Monti



Over 300 students in grades 10-12 signed a petition that was shared with Mr. Bolen stating that they do not want personal Chromebooks as part of their educational process.

On November 16, 2017, Grades 10-11 received chromebooks as a part of the “1:1 Chromebook Initiative” program. The District says it is to provide a better learning experience for the students. However, I can not help but wonder: Was this program truly made for the benefit of the student, or for the convenience and control of the Board of Education? As learners, we would like to believe that the “1:1 Chromebook Initiative” was developed for a better learning experience; however, many of us wonder if it is a way for the school district to track what we look at, write, and do.

I, along with many other students, strongly disagree with “1:1 Chromebook Initiative.”

One of the flaws of a Chromebook is it has a mouth, yet no ears. From personal experience, I find that Chromebooks never talk with me, but at me. There is no actual thinking involved; I feel as if I am just being fed information that I am unable to consider. To thoroughly digest information we need time to think and actually process. Our minds are like muscles where it has to be used in order to keep its strength.

On Thursday, November 9th, I took a survey of 34 pupils on the topic of the “1:1 Chromebook Initiative” and their responses were rather drastic. When I asked the students if they enjoyed learning on the Chromebooks, alarmingly 31/34 pupils answered “no.” When I asked if the students eyes were negatively

affected by Chromebooks, 27/34 students answered “yes.” Continuing, 19/34 students had to use Chromebooks daily in at least one of their classes, and 15/19 of those students claimed that their grade averages had decreased. For my final question, I asked the students if they retained more information by writing their notes by hand compared to typing them on a Chromebook, and 33/34 answered “yes;” that’s 97% of the students who were surveyed.

Not only do Chromebooks effect how we learn and think, but they also takes a toll on our health. The evidence from the survey (and from personal experience) shows that we are affected in a negative way from Chromebooks, including a burning sensation in our eyes and a feeling of fatigue. If this is a result after one or two periods on these devices, what will be the consequences if we are forced to use them in all of our classes?

I am thoroughly convinced that the “1:1 Chromebook initiative” was not created for the benefit of the students.

**my anxiety
gives me
anxiety**

ANXIETY DECLARES WAR

More Teens Engaged in this Battle than Ever Before

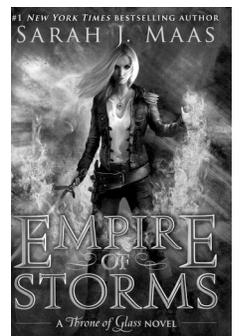
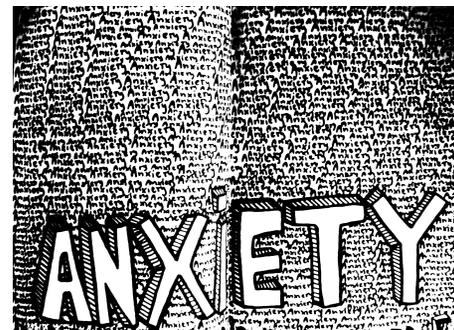
By Elijah Farkash

Anxiety can impact someone’s life in many ways. For some, the impact appears when it is about going to school, making friends, or eating a healthy diet. Recent studies have shown that teenagers in today’s world are showing levels of anxiety that have never been seen before, and there are many different approaches people have to help kids cope with their anxiety. Two concepts that starkly contrast each other are allowing children to pull away from what makes them anxious and giving them a healthy escape or introducing the kids to the idea of directly facing their fears.

An example of a technique used to help kids to learn how to cope with anxiety is called exposure and response prevention. This exposes kids to something that triggers their anxiety, allowing for them to become accustomed to the stimulus, thus reducing their anxiety. This can also be used in conjunction with the concept known as a “safe space,” where kids can go to seek comfort and escape reality for a little

while. While this can help calm someone down, it is also important to build coping skills for managing and facing the anxiety.

Even though it has some pros, allowing children to seek safety and reassurance through avoidance can at times regress coping skills in the long term, further disrupting their life as a result. When children are in a state where they can no longer deal with their anxiety by themselves, it is important to prevent them from normalizing the act of running away from it. Wars are won by winning battles, not running away from them. Also know that there’s support out there from parents, friends, and school counselors.



EMPIRE OF STORMS BOOK REVIEW

By Julia Kopp

Note: This may contain spoilers

Empire of Storms is the most recent main novel in the Throne of Glass series by Sarah J. Maas. It is currently composed of five main books, as well as one prequel and one spin-off novel centered around one of the supporting characters, Chaol Westfall, with the final main novel due to come out in September of 2018.

In this book, Aelin Ashryver Galathynius, a demi-fae with fire powers, the rightful queen of a struggling nation, Terrasen, and, previously, the assassin Celaena Sardothien is ready to claim her throne and lead the war against Erawan and his army of Valg, demons from another world. Unfortunately, her kingdom isn’t ready for her.

For the first time in ten years, she sets foot in her home with her rag-tag royal court composed of Lysandra, a

shape-shifter, Evangeline, the young girl Lysandra cares for, Aedion, Aelin’s cousin and a demi-fae, and Rowan, Aelin’s future husband, a powerful fae. However, the old lords who had been attempting to hold together their scrap of a nation while it was under the control of the ruthless kingdom Adarlan until Aelin killed its cruel king and put his kind-hearted son Dorian Havilliard one the throne in his place are none too pleased at the notion of having a former-assassin on their throne. They tell Aelin that when she finds an army and proves herself worthy they’ll consider giving her the throne.

Dejected but not giving up yet, Aelin travels around against all odds, calling in old debts, fighting off her numerous enemies, and

trying to keep herself and her friends alive all the while.

This book is packed with everything one can come to expect from a Sarah J. Maas book: adventure, humor, and, of course, a multitude of plot twists. However, in all honesty, this is not a book for someone looking for a light, cheerful read. In typical Maas fashion, the author leaves readers hanging on a gut-wrenching cliffhanger at the end that causes them to question the possible fate of the wonderful heroine.

While I absolutely adored just about everything about this book and would doubtlessly recommend it, the ending was without a question the most painful one I’ve ever read in a book. Despite that, this book is wonderfully written and bound to leave even the most skeptical of readers on the edge of their seat and is one of my personal favorites.

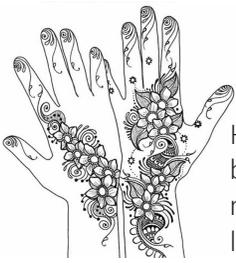
TACKLE AUTISM

The Seahawks Football team is raising funds for research in Autism currently underway at the CSH Labs. This fundraising initiative, under the leadership of Elijah Gordon, is in honor of classmate and #1 Seahawk Superfan Nicky Melillo. Checks can be made out to Cold Spring Harbor Labs and given to any CSH Football player or mailed to the school attention Tackle Autism. All checks will be presented to the research director at the Labs. *CSH Labs is a 501(c)3 organization. Donations may be tax deductible. Consult your tax advisor.

*** CSH Labs is a 501(c)3 organization. Donations may be tax deductible.**



By Alethea Freidberg



A Personal Tour of Henna's History

By Imaan Saddiqui

Henna is a dye that comes from leaves of the Henna plant and is used not only for temporary body artwork, but for dying hair as well. There are many different names for henna in ancient languages, meaning that henna originated in several places. In my culture, we call henna "mehndi".

Henna plays a major role in Pakistani culture. When a bride is getting married, it is a Pakistani tradition that all of the women on the bride's side of the family get their henna done with her or else the marriage isn't accepted. The bride has the most delicate and heavily-designed henna, and it typically goes up to her mid forearm. The longer henna is left on, the darker it stains which lends to the superstition that the darker your henna is, the better your husband will be and the more your mother-in-law will love you. Henna is also applied on Eid, a religious holiday in Islam that signifies the end of the fasting month Ramadan. The henna for Eid, in my family at least, is applied by either a family member or a professional at someone's house and everyone goes the night before Eid, which is called "Chaand-Raat" which translates to "Night of the Moon" in Urdu.



Astrology 101: It's All in the Stars

Welcome to the introductory Harbor View astrology column! Here, you are going to get horoscopes based off where the planets are, not based off when you were born. Sun sign horoscopes are either a) very vague and don't actually account for where the planets are or b) assume that you were born at sunrise. These horoscopes will be for everyone, regardless of when they were born or what zodiac sign they are.

The zodiac is divided into 12 signs, and you might know them as star signs such as Virgo or Libra, for example. However, each sign is ruled by a specific planet and each planet moves through the 12 signs at a different rate. The sun moves through the zodiac approximately every 30 days, and every 365 days it goes through all 12 signs. Uranus, however, rotates the zodiac every 84 years.

Zodiac signs are based off of the sun. The sun rules the zodiac sign of Leo (usually July 22-August 21, depends on the year) and the sun rules basic personality and ego. The sun takes slightly over 30 days to go through each sign to add up to 365 days. The zodiac sign of Aries, Cancer, Libra, and Capricorn indicate change of the season.

The moon dictates what star sign you are. The moon rules the zodiac sign of Cancer, emotions and the inner self. However, the moon takes 28 days to complete each cycle, spending 2 and a half days in each sign. A full moon is when the sun and moon are in opposite signs, and a new moon is when the sun and moon are in the same sign. I am a Virgo, but emotionally I am influenced by Cancer*. Some people relate to either their moon sign or rising sign, (based off birth time) more than their own star sign.

You might have heard of "Mercury retrograde," which is a designated time where everything goes wrong. (I will explain all about that when it gets closer to the next one) Mercury rules communication, the thought process and technology, and is ruled by both Gemini and Virgo. It takes about a year for Mercury to move through the signs, because Mercury can spend 14-30 days in each sign because of retrograde.

But what about zodiac compatibility? It's not just about sun sign; it's also about Venus signs as well. Venus rules love and beauty, and is ruled by Libra and Taurus. Venus can take 23 days to 2 months in each sign due to its retrograde. Mars, which is the opposite traits of Venus, ruling aggression and drive, is ruled by Aries and Scorpio. Mars takes 2 years to move through all the signs.

The other planets move slower and when they change signs, it's a big deal. Jupiter rules luck and is ruled by Sagittarius and Pisces, and completes the zodiac in 12 years. Saturn rules hardship and struggles, which is ruled by Capricorn

and Aquarius, and completes the zodiac in 28 years, resulting in a Saturn return. Uranus rules change and is ruled by Aquarius, spending 7 years in each sign. Neptune rules fantasy and is ruled by Pisces, spending 14 years in each sign. Pluto rules transformation and is ruled by Scorpio, spending 14-30 years in a sign, and as of now, Neptune and Pluto won't change signs for another 7 years at least.

So, when I say that the sun is in Libra right now, it means the qualities of that sign are influencing that planet. It might be complicated, but it can easily be explained. Libra rules Venus, and it rules beauty and love and peace, so everything in general is shifted towards an attitude of love and peace. And also, cuffing season (when people try to "cuff," or have a relationship for the winter) begins at this time.

You can't tell what is going to happen in the future, but you can tell what types of things to expect.



HALLOWEEN IS HISTORY

By Morgan McBride

The incredible Halloween season has unfortunately already come and gone. We have left the period of "free" candy, original costumes, and scary movies. The holiday originated after the Celtic festival of Samhain. At this festival, people would put on costumes and light fires to ward off the ghosts, but this day has now become a very popular holiday. Halloween is now notorious for trick-or-treating and fun costumes and is now the second most commercial holiday.

On October 31st, the Cold Spring Harbor students and faculty went all out in very creative costumes. Halloween is a day filled with all different kinds of eccentric outfits; there were doctors, nuns, and characters from Shrek and Star Wars. George Lucas would definitely be proud of the representation of his creation through well thought out costumes from multiple stormtroopers to Rey from the most recent film, The Force Awakens. Everyone showed their dedication through all of the hard work that went into their costumes. Whether it was homemade, items from their closet, or the result of a recent shopping trip, everyone's outfit was thoughtful and engaging. Some said that the holiday was hectic due to some last minute preparations, but nevertheless still enjoyable. Students and teachers alike were not afraid to spread the festive Halloween spirit with infectious cheer throughout the building. It was an absolutely spooktacular day for all.

The Last Laugh

1. What's a monster's favorite bean?
A human bean.
2. Where does a ghost go on Saturday night?
Anywhere where he can boo-gie.
3. What do you call a witch who lives at the beach?
A sand-witch.
4. What instrument do skeletons play?
A trom-bone.
5. Knock, Knock. **Who's There?** Wayne. **Wayne who?** Wayne can I eat my Halloween candy?

By Isabel Quaglia

for all music concerts and works with Ms. Oswald to organize drama and musical rehearsal and performance schedules as well.

Mr. Chiarello feels one of the most beneficial changes that has come about is the newly implemented lesson program for music students. "When you have 47 kids, how do you really get to know all those students?" The lesson program has answered that question, creating a relationship between music teacher and student. They have been "so essential to having a music program, words cannot describe how much it has changed the dynamic and the output of the music program in just the one year that we've had it" he states. But he also makes it clear that it took a lot of work to get such a thing put into place. Even though lessons have been implemented at a junior high level, Mr. Chiarello aims to achieve the same at a high school level. He wants students to have pride in being a part of the music department saying, "What we do is impressive. [He wants people to] understand that, feel that, and bring it into the community."

Art coordinator Mrs. Oswald is a graduate of the prestigious art school, the School of Visual Arts (SVA). She remembers the palpable feeling of the creative energy she experienced during the time she spent at SVA. "The decision to attend the right college is such an important one, and I am proud to help my students through the process of preparing their visual portfolio for their respective institutions. It allows the college to learn a little bit about my students prior to meeting them."

Mrs. Oswald grew up in Bucks County, Pennsylvania and has fond memories of growing up just outside of a very creative city like Philadelphia. She spent many hours in museums and in teaching opportunities prior to teaching two semesters at Bucks County Community College. She began at CSH in 2000. She has an extensive background in fine art and graphic design. She understands the incredible power that art has and how people are impacted by the work of artists on a minute to minute basis. "In a perfect world, I would like everyone to be able to draw for an hour a day," says Mrs. Oswald. "It's not about the final product, but the road that one took to get there... Art brings focus, clarity, and a sense of purpose to both the artist and the subject at hand...I am so grateful to have this opportunity to encourage and guide my students through their personal creative journeys. Now, more than ever, it is important for students to realize that the right side of their brain needs as much development as the stress that is placed on the left hemisphere."

Mrs. Oswald references musician David Byrne in a recent interview when he says, "In order to really succeed in math, science, engineering, you need to know how to think outside of the box and be creative at problem solving. A certain amount of arts education



Cast and Crew of *You Can't take It With You* before the show that opened November 3rd, 4th, and 5th. Cast Members: Trevor Bacchi, Julia Bavaro, Zack Bennardo, Zach Campbell, Dylan Dukes, Alethea Freidberg, Alex Grey, Shelby Herling, Julia Kopp, Augustine Maiorino, Jessica McCrorie, Mimi Monti, Sianna Monti, Grace Posillico, Daniella Rodriguez, Febe Rothenberg, Anna Tesoriero, Madison Ugan. Crew Members: Liette Dussol, Rosie Doering, Colin Bacchi, Dev Bhatia, Audra Kobus, Isabella Vallone, Cynthia Patsos, Phillip Wideska.



You Can't Take It With You

The High School's theater company started the year with a bang -- literally.

"You Can't Take It With You" played three performances November 3, 4 and 5 in the Performing Arts Center, featuring a cast and crew of nearly 30 students.

The 1937 Pulitzer Prize-winning comedy centers around the eccentric extended family of Grandpa Martin Vanderhof, played by Senior Trevor Bacchi with a thick New York accent, a hunched back, and quick one-liners. He is being investigated by the IRS for decades of unpaid income taxes by a stubborn tax collector (Julia Kopp).

Daughter Penny (Sisi Monti) writes plays and paints, while her husband Paul (Dylan Dukes) works on homemade fireworks in the basement. One daughter, Essie (Julia Bavaro), flits around the house as a less-than-mediocre ballerina and cooking homemade candies while her husband, Ed (Alex Grey), plays the xylophone and makes up custom fliers for the candy.

The main storyline revolves around the younger daughter, Alice (Shelby Herling), who has fallen for her Wall Street boss Tony Kirby (Augustine Maiorino). Alice has prepared a formal dinner for the two families to meet, but the Kirby's unexpectedly arrive a day too early and madness ensues. Before the night is over, ballet teacher Boris Kolenkhov (Madison

Ugan, with a Russian accent and over-the-top persona) has injured Tony's father (Zachary Campbell, a rigid and quirky character), errant fireworks and smoke engulf the home, and the entire household is arrested by three officers (Daniella Rodriguez, Julia Kopp, and Febe Rothenberg). Not even the housekeeper Rheba (Jessica McCrorie) or her boyfriend Donald (Zachary Bennardo) are spared, and an actress past her prime (Alethea Friedberg) belts out "The Star-Spangled Banner" as smoke fills the stage (thanks to special effects coordinator Dev Bhatia and Backstage Manager Colin Bacchi).

The final act revolves around Grandpa's attempts to reconcile the two families' hurt feelings and save Alice and Tony's marriage while he schemes to dodge his taxes (it works).

"You Can't Take It With You" was Chorus teacher Mr. Beja's first production at Cold Spring Harbor. He praised the cast and crew for their work in two months.

"The cast and crew did a fantastic job at taking an 80-year-old comedy and making it their own," Mr. Beja said.

The next High School production, "Beauty and the Beast," will play this February. By the Drama Club

does not mean that you want to grow up and be a painter, but you can use that kind of thinking and apply it to anything else, and be better at it. You succeed more, and bring more to the world because you have these abilities." Mrs. Oswald honors her most focused students and hopes to bring a chapter of the National Art Honor Society to CSH in the near future. So far this year she's started the alumni exhibition and artist of the month.

Mrs. Oswald was instrumental in starting the "The Night of the Living Museum" in May, 2017; she explains, "It is a rich experience for students to spend a final evening of the year working alongside of peers and parents within a session of their choice. As work unfolds within the evening, it speaks to the 'living museum'. Hundreds of pieces of art are on display throughout the night, and while there is work to view, there is an understanding that through the hard work and focus of these sessions, new authentic work is created. The Art Department wanted a place for parents and children to meet together and work alongside of one another. The alignment of this experience is a powerful opportunity for parent and child to experience the depth of utilizing the 'Right Side of the Brain'. Although art for the most part is a personal experience, there is magic that is created when people with a common goal work and create together. The explosive energy that was created in its first year helped to forge an understanding of the time commitment and emotional undertaking that one undergoes in order to synthesize their expression in a work of art." This year's event is scheduled for May 31st, and Mrs. Oswald "hopes to see you there!"

Overall, the new staff members showed a similar feeling about their transition in CSH and echoed the thoughts of Mr. Fenter who said, "My favorite part of working in Cold Spring Harbor is the opportunity to work closely with so many wonderful leaders, teachers, and parents to make a great place even better. I believe that the combined efforts of all of these groups is a critical reason for the success of our school district and programs."



Mr. Beja, director of *You Can't Take It With You*, is CSH's new chorus and theater teacher.

\$30

\$45

\$30

Actual Ad sizes

AD SPACE FOR SALE

\$15