

Possible Alternatives to the

Fossil Fuel Problem

By Andrew Khanin

As climate change concerns continuously accelerate, many are quick to throw the blame on the fossil fuel sector. Each year the US government, along with those of almost all other major nations, spends large sums of money in order to fund coal, oil, and natural gas plants and mines. While many argue that these subsidies only further climate change and take away funds from other crucial areas, like education, there is, of course, another side to the story.

Just like most nations on Earth, the US relies mainly on fossil fuels for its energy needs. In order to support an extremely large population spread across almost 4 million square miles of land, there needs to be a source of cheap and plentiful energy, like coal or oil. These resources not only provide inexpensive energy in the form of heat, fuel, or electricity; but the resource industries also employ nearly 2 million Americans according to the US Energy and Employment Report. Abolishing the government subsidies would certainly result in millions of lost jobs along with the deterioration of economies in several states like Wyoming and West Virginia (US Energy Information Administration).

Even though fossil fuels are cheap and reliable, their use is absolutely detrimental to the environment and humans. According to the head of the United Nations, “There is nothing more wrong than what we are doing: using taxpayers’ money—which means our money—to boost hurricanes, to spread droughts, to melt glaciers, [and] to bleach corals. In one word—to destroy the world.” The burning of coal releases extremely harmful chemicals into the atmosphere, which results in an immediate disservice not only to the environment, but also to the health of the human population.



Photo Credit: Getty

The Union of Concerned Scientists in 2009 claimed, “Fossil fuels lead to damage to land from coal mining and to miners’ health from black lung disease; environmental degradation caused by global warming, acid rain, and water pollution; and national security costs, such as protecting foreign sources of oil.”

Moreover, emissions from fossil fuels are shown to be fatal. As Susan Scutti at CNN explained, “3.61 million people are dying each year due to outdoor pollution caused by fossil fuels. Coal, oil and natural gas are responsible for about 78% of global greenhouse gas emissions, according to the US Environmental Protection Agency ... In the United States alone, there are 194,000 annual deaths... Globally, fossil-fuel-related emissions account for about 65% of the excess mortality.” Clearly, something needs to be done to curb all of these extremely negative impacts while still providing cheap and reliable energy for hundreds of millions of people.



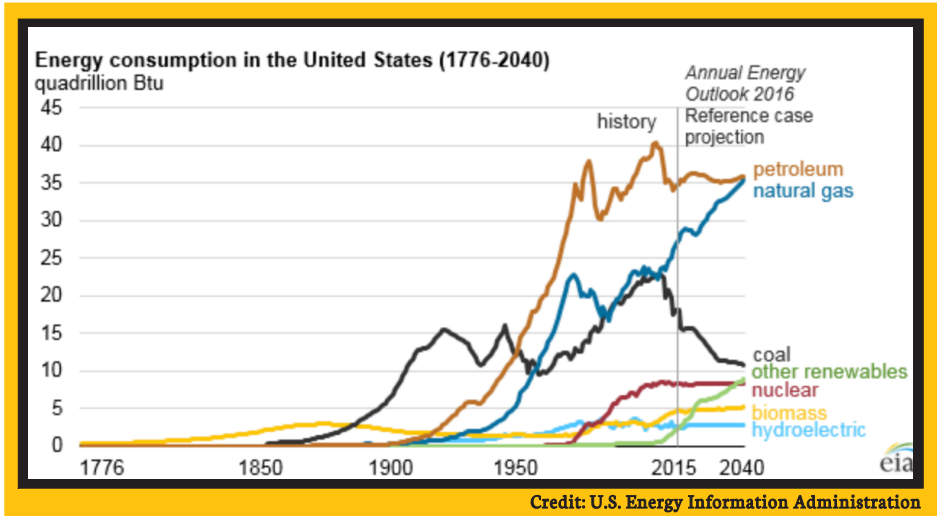
Photo Credit: Getty

The world is in desperate search of clean energy alternatives that can fulfill our immense energy needs while not damaging our surroundings. The current alternatives include nuclear power, clean coal technologies, and renewables such as wind and solar power. Each of these alternatives has its pros and cons; however, all of these substitutes are clean and plentiful.

Wind and solar energy do not generate harmful environmental pollutants, but they are still not at the level of development to support entire nations. They are simply not reliable enough and not cost-effective enough to be implemented instead of fossil fuels. Nuclear power plants, on the other hand, are powerful enough to supply power at such high demand. France, for example, derives 75% of its energy from nuclear power. Not only does France have clean and extremely reliable energy, but it also gains over 3 billion Euros per year in revenue due to the low cost of nuclear energy (World Nuclear Report, 2019). According to the World Nuclear Association, Nuclear Power is extremely safe and is becoming safer every year as the risk of accidents is no higher than in any other industrial sector.

Another feasible alternative to supplant fossil fuels is Clean Coal Technologies. Clean Coal uses a process of “washing” coal emissions and purifying them of almost all of the harmful chemicals that would normally be released into the atmosphere. While this process is not 100% green, it is already being implemented on many US power plants and does not require any significant changes to infrastructure or employment.

As with all problems, there is no clear-cut solution to the predicament at hand. While something needs to be done about growing climate concerns, we must not forget about the millions that rely upon fossil fuels, not only for cheap energy, but also for employment. Additionally, if countries were to shift to existing alternatives, the switch-over would not be cheap or easy to do.





# Medical Innovations of 2019



Photo Credit: Cleveland Clinic

By Amal Siddiqui

The year of 2019 marked the breakthrough of dozens of new medical discoveries, treatments, and equipment. These modern revelations range from small inhalers to cancer-curing medications and are bound to change the way of life in the coming years. In October 2019, The Cleveland Clinic announced numerous medical transformations at the 17th annual Medical Innovation Summit. The conference is led by Michael Roizen, Chief Wellness Officer at the Cleveland Clinic, and a select panel of physicians and scientists at the Cleveland Clinic.

First off, a new path has been discovered to fight the rapid opioid crisis. Currently, pain is seen to be the primary cause of opioid addiction. With new access to genetic testing, doctors plan to utilize pharmacogenomics to use a patient’s genetic makeup to predict an individual’s metabolism of drugs. With pharmacogenomics, doctors hope to reduce and possibly eliminate the taint of opioids that may be prescribed to patients and then allow the possibility of tailoring medication therapy to individuals.

Along with alternative pain therapies, RNA therapies have exhibited great probability regarding patient genetic abnormality. These new methods are being tested with atypical genetic diseases such as Huntington’s disease, cancer, and certain neurological diseases. Researchers hope these treatments will change the progress in therapeutics.

Artificial Intelligence was once thought to be a threat to humans, but now it has grown to become apart of society. In the healthcare field, AI has been used to guide physicians to make smarter decisions through image analysis. By programming algorithms into an AI program, medical officials will have the ability to highlight problems through imaging, which will make the process of diagnosis and treatment more efficient.

Besides artificial intelligence, virtual and mixed reality is going to be applied to the field of medicine as well. This technology is popular for its gaming applications, but VR/MR programs will be able to provide stimulating environments in which to enhance traditional medical education. VR/MR is a constructive stride to developing confident physicians.

There have also been new methods regarding stroke intervention. When it comes to strokes, every minute a patient is not treated increases the chance of irreversible destruction because of the lack of blood flow. Until recent medical trials, there has been a limited window of time for stroke intervention, but with a wider timespan, the risk of tremendous damage decreases, thus providing a greater chance for recovery. Moreover, a hemorrhagic stroke, which is when blood floods out of a ruptured vessel in the brain, has finally been able to be diagnosed in a quick and efficient way. Professionals are using a hemorrhage scanning visor to detect brain bleeds in order to minimize chances of swelling and damage to the brain.

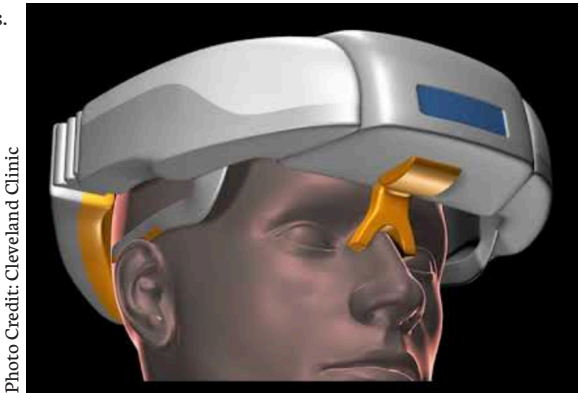


Photo Credit: Cleveland Clinic

The hunt for a cure for cancer continues, but with cancer immunotherapy, scientists are developing life-altering methods to target tumors. This procedure uses a patient’s own immune system to fight the cancer in the body. Researchers are still looking for efficacious methods to kill cancer, and this is just one step closer to the cure.



Photo Credit: Getty

Next, the medical field is utilizing 3D printing technology to tailor devices specifically to a patient’s needs. For example, Cleveland studies have shown that devices made specific to a person’s body are shown to have greater acceptance by the body, increased comfort, and improved performance outcomes. This innovation will allow physicians to provide patients with the most advanced medical care possible while decreasing the risk of further complications. At the moment, this technology has proved to be helpful in surgical planning and prosthetic work. Additionally, surgeons are beginning to involve robots in the operating room to provide guidance during complex surgeries. Robotic adoption will provide a shortened recovery time and limited pain for patients because of minimally invasive surgery.

Lastly, cardiac surgery has been experimenting with a percutaneous method, accomplished with a catheter through the skin. Using this method can reduce the need for an open heart approach to surgery. Surgeons have already performed replacements of mitral and tricuspid valves using this technique and have had positive outcomes. This method will yield favorable postoperative results and hopefully change the future of cardiac care.

**Dr. Roizen closed the Cleveland Clinic Innovation Summit by stating, “*Healthcare is ever changing and we anticipate that innovations such as cancer immunotherapy and pharmacogenomics will significantly transform the medical field and improve care for patients at the Cleveland Clinic and throughout the world.*”**

# The Venezuelan Crisis Continues

By Riley Haskell



The Venezuelan Crisis began with the presidency of Hugo Chávez from 1999-2013, continued with his successor, Nicolás Maduro, and is still going on today with the presidency being disputed between Maduro and a newcomer, Juan Guaidó, both of them fighting for the rights to executive power. The situation in Venezuela is considered more severe than that of the United States during the Great Depression or that of Russia, Cuba, and Albania after the collapse of the Soviet Union. In March of 2019, a UN report estimated that 94% of Venezuelans live in poverty.

Hugo Chávez was first elected in 1998, and his first mission was to put money towards social programs. He created the Bolivarian Missions which were aimed at providing public services to improve economic, cultural, and social conditions. Corrales and Penfold state that these programs “ended up helping the president and his allies and cronies more than anyone else,” but regardless, most of Chávez’s support came from the poor. By the 2010s, economic actions taken by the government during the prior decade, such as overspending and price controls, had created instability. The economy faltered while poverty, inflation, and shortages in Venezuela increased. Foreign Policy explained that whoever would succeed Chávez would “inherit one of the most dysfunctional economies in the Americas.” Chávez passed away in 2013 but not before determining his successor: Nicolás Maduro.

When Maduro took office, he continued the existing economic policies, though he knew they were failing as he took office. Upon entering the presidency, he was welcomed by a high inflation rate and large shortages of goods, which were left over from Chávez. Maduro blames “capitalist speculation” for the high rates of inflation and the widespread shortage of basic necessities, but he is criticized for avoiding practical issues and failing to create solutions to fix the major problems with the country. In 2014, Venezuela entered an economic recession, and in 2016, the country displayed an inflation rate of 800%, the highest in history.

As a result of discontent with the government, in the 2015 parliamentary election, the opposition was elected to the majority in the National Assembly. Following this, the outgoing National Assembly filled the Supreme Tribunal of Justice, the highest court in Venezuela, with Maduro’s puppets. This then opened up the opportunity for Maduro to get rid of the National Assembly in 2017, which led to the 2017 Venezuelan Constitutional Crisis. Human rights organizations said there were no “independent institutional checks on presidential power,” so Maduro was running an incredibly corrupt government.

In May 2017, following a month of protests that resulted in 29 deaths, Maduro called for an assembly so he could replace the 1999 Venezuela Constitution created by Chávez. Many countries thought this was an attempt for Maduro to stay in power, and over 40 countries refused to acknowledge the 2017 Constituent National Assembly (ANC). After the crisis and the push to pan the opposing presidential candidate from politics, protests grew to their most “combative” since 2014. The Mother of All Protests involved from 2.5 to 6 million people. When the ANC was sworn in in August 2017, it was deemed the following day to be the government branch with “supreme power” in Venezuela, banning the rival-led National Assembly from pursuing any actions that would corrupt Maduro’s plans. Maduro was not legitimately elected and was considered an “ineffective dictator.” The Presidential Crisis climaxed when the National assembly deemed the May 2018 elections results invalid and named the National Assembly President Juan Guaidó as acting Venezuelan president. Currently, Maduro still has the backing of the country’s top generals, but there is still an ongoing conflict over who is the true president.

The crisis has caused a lot of social struggles in Venezuela. There is escalating violent crime, specifically murder, which the *L. A. Times* has reported as “perhaps the biggest concern” of the Venezuelans during the crisis. According to *New York Magazine*, Venezuela had “the world’s highest violent-crime rate” in 2017. Even if one gets injured or seriously ill, one is not safe. The same *New York Magazine* reporter found that not even hospitals were safe from robbers. The thieves find ways to go after the staff and patients regardless of the security measures hospitals have. Street gang violence, corrupt police officers, a corrupt judicial system, a “troubled” prison system, and an increased use of weaponry has caused the majority of crime in the nation. Chávez and Maduro have collected weapons for and supplied the firearms to colectivos—irregular, leftist Venezuelan community organizations—in exchange for what is essentially their own personal army. Chávez has collected weapons, communication systems, motorcycles, and surveillance equipment and given it to the colectivos in the hills of Caracas where the police could not go. Maduro uses the colectivos to his advantage, asking them to put down any protest whenever he deems it necessary.

Venezuela’s violence problems have caused massive economic issues. A number of foreign firms have left the nation, leading to higher unemployment rates and shortages. The inflation rate in Venezuela has become even worse. At the end of 2018, it reached 1.35 million percent. Also, according to Crise-na-venezuela.com, in early 2019, the monthly minimum salary was US \$5.50, “less than the price of a Happy Meal at McDonald’s.”

Due to the incredible shortages, some Venezuelans have had to resort to eating wild fruit or the food they find in dumpsters or garbage cans. As of March 2019, the Venezuelan government and state-owned companies have US \$150 billion in debt. When the government was still doing well, it heavily relied on the oil industry, but when wages could not keep up with inflation, workers fled because families were beginning to starve. Workers and criminals stripped the oil farms of anything worth something, and no investment or time was put into the industry.



Photo Credit: Alex Coco Pro



Photo Credit: Zama Press



Forest Fires Blaze in the Amazon

By Riley Haskell and Haley Mitchell

You have probably heard about global warming—the politically-debated, nerve-racking idea that could change our world forever. If you didn’t already believe in climate change, here is a pretty good reason why you should: forest fires. California, the Amazon, and now Australia currently have the most notable of the fires. The one in the Amazon is particularly impactful because the large numbers of mammals, birds, amphibians, reptiles and the 30 million humans that inhabit this forest make these fires even more crushing.

The Amazon forest, which produces about 20% of earth’s oxygen, is often referred to as “the planet’s lungs.” Living without the plants and trees that grow there would be devastating to our world, and there’s a chance that without their oxygen, life might not go on. Since the beginning of 2019, Brazil’s National Institute for Space Research (also known as the INPE) has reported 72,843 fires in the country, with more than half of these burning in the Amazon region. According to INPE, an 80% increase in deforestation has occurred so far this year compared to last year, and 76,000 fires were burning across the Brazilian Amazon at the last official count. National Geographic states, “The majority of the fires we’re seeing now are because of deforestation. It’s crazy. We reduced deforestation by almost 65 percent in the past. We proved that we could do that. And now we’re going backwards.” Amazon deforestation peaked in the late 1990s and early 2000s. In the worst phases of those peak deforestation periods, over 10,000 square miles of forest could be cut down in a year. Much of those cleared areas were converted to cropland for soy or grazing for cattle.

Farmers and cattle ranchers have long used fire to clear land and make it ready for use, so they are likely behind the unusually large numbers of fires burning in the Amazon today. Most fires are occurring in previously cleared lands in order to quickly remove any excess vegetation that has popped up. Others are set in a land that is still in the process of being cleared, in order to make more open land for crops or cattle. “The vast majority of these fires are human-lit,” said Poirier, who explained that even during dry seasons, the rainforest cannot catch fire easily, unlike, say, the dry bushlands of California or Australia. Deforestation in the Amazon has also been caused by many political factors. Environmental groups place the blame on Brazil’s new president, Jair Bolsonaro, who they believe has endangered the Amazon by relaxing environmental controls and encouraging deforestation. Bolsonaro made campaign promises to restore the economy by exploring the Amazon’s economic potential; however, Bolsonaro has cut the budget of the nation’s environmental enforcement agency by \$23 million since his previous election.



Photo Credit: Getty



Photo Credit: Getty

Though the causes seem avoidable, the horrible effects of these fires are worse than anyone could imagine. Currently, the Amazon is a “sink” for carbon dioxide, the gas that is emitted mainly from burning fossil fuels. Under natural conditions, plants remove CO2 from the atmosphere and absorb it for photosynthesis, yielding carbon, which allows plants to grow and release oxygen back into the air. Some environmentalists believe that increased deforestation in concert with other ecological conditions could cause the Amazon to become a source of CO2 instead of a sink. In a perverse chain of events, the fires are both generating large amounts of carbon dioxide while at the same time destroying millions of trees that would be taking in the carbon dioxide and protecting the environment.

The carbon dioxide, however, is not the only effect of these fires; animals and wildlife are being impacted as well. The rainforest is home to many different species of animals, most of whose homes are being destroyed; and since fires are not common in the forest, the animals are not used to coping with the precarious flames. Animals that can move quickly will have a much easier time surviving in the short term, but less mobile animals will not be so lucky, and the habitat destruction will leave many without suitable homes. While the jaguar is capable of escaping the fires, it will undoubtedly face a food shortage.

Even the aquatic life isn’t safe. The ash from the burned trees makes its way into the water, alters the oxygen levels, and raises the water’s temperature rapidly which becomes too much for the fish to handle.

Of course the trees and plants suffer as well. They are stationary and have zero defenses against a fire. The destruction of the trees will allow more sunlight into the rainforest, which will make certain plant species unable to cope. Trees that produce fruits will be missed because they provide a much-needed food source to birds, monkeys, and dozens of other animal species.

All in all, these forest fires are devastating to all forms of life, and even more tragic because of the number of causes that were easily avoidable. With a few laws set in place, deforestation could have been stopped and all the inhabitants of the Amazon could have gone on with their lives.

The 21st Century Holocaust

By Timothy Louie

OPINION

A dictator with no qualms about throwing dissidents into concentration camps. The government denying any camps exist and stating that alleged camps are simply “employment training programs.” People young and old disappearing off the streets. Constant surveillance of any suspected dissident. The destruction of cultural identity and language. Prisoners being experimented on with new “medicines,” including waterboarding, electrocution, being put in stress positions for hours, being strapped to spiked chairs and interrogated, and being worked to death.

This is a story most Americans have heard before. The Holocaust is probably what first comes to mind. Many people despise the torture and slaughter of the millions who suffered in the Holocaust, and rightly so. However, this inhumanity is not just something that happened 80 years ago. It is the current reality for the Uyghurs, a Muslim ethnic minority in Xinjiang, China’s northwestern province.

The general cause of the conflict between the Uyghurs and the Chinese government is the dispute over who owns Xinjiang. Uyghurs claim that their ancestors have lived on the land for centuries, but the government considers Xinjiang to have been a part of China since around 200 BCE. Since the reign of Mao Zedong in the 1940s until modern day, the Chinese government has been forcefully relocating many Han Chinese (the majority ethnic group of China) to Xinjiang. China sees this as a justified way to promote cultural unity within its borders, as well as defend the region against religious extremists; during the Soviet invasion of Afghanistan in 1979, China claimed relocation to Xinjiang was needed as a buffer zone.

Photo Credit: Jacobin



Photo Credit: RFA

In response to many terrorist attacks in Xinjiang by Uyghur extremists against the Chinese government, China has been increasing their control over the region. After the July 2009 Urumqi riots, in which many Uyghurs rioted and attacked Han civilians (the cause of the violence is still disputed), China began increasing its military presence in the region. In 2014, China launched its “Strike Hard Campaign against Violent Terrorism,” which included upgraded surveillance of Uyghur electronic communications, banning long beards and veils in public, increased police presence, tracking of government-issued ID cards, forced DNA collection, and the building of the first “re-education” camps. As of 2018, the camps are believed to hold a total of a million Uyghurs, Kazakhs, Kyrgyz, other ethnic Turkic Muslims, and Christians.

Like during the Holocaust, there have been some people who rebel against the crackdown. The most notable group is the Turkistan Islamic Party (TIP), which has been listed as a terrorist organization in many countries, including the European Union countries, Russia, Turkey, the UK, and the United States. The TIP are believed to have links to al-Qaeda and similar groups, with people pointing to the relocation of the TIP’s headquarters to Kabul (in Taliban-controlled Afghanistan) and prominent al-Qaeda members expressing support for the TIP’s actions. The TIP’s goal, according to former Head of the International Center for Political Violence and Terrorism Research (ICPVTR) Rohan Gunaratna, is to secure the independence of Xinjiang by fueling hatred between the Uyghur and Han ethnic groups. Since the beginning of the 2000s, the TIP has orchestrated many bombings and attacks in the region. Some events include the 2013 suicide attack in Tiananmen Square, the 2016 suicide bombing of the Chinese embassy in Kyrgyzstan, and the 2017 knife attacks that killed 5 people. Whether or not onlookers believe the TIP is justified in its retaliation, the group is nonetheless important in the story of the Xinjiang conflict.

There has been widespread international condemnation of the camps. In July 2019, the UN ambassadors from 22 nations, including Australia, Canada, France, Germany, Japan, and the UK signed a letter to the UN’s High Commissioner for Human Rights urging China to shut down the camps. This demand was strengthened in October 2019, when the US officially signed a joint letter with the same UN countries that reiterated their condemnation of the camps. In addition, on September 11, 2019, the US Senate unanimously passed the Uyghur Human Rights Policy Act, requiring various government bodies to report on the treatment of Uyghurs in the region, especially concerning the re-education camps. The Act also called on President Donald Trump to impose sanctions on Xinjiang Communist Party Secretary Chen Quanguo. This would be the first time such sanctions would be imposed on a member of the Chinese Communist Party.

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# Restrictions on Vape Sales Compared to Those on Guns

By Amal Siddiqui

Over the last few years, gun violence has had an enormous impact on our nation with tens of thousands of lives claimed by it each year. Many argue that the weak gun laws are not doing justice for our country, and as news shows report that vaping and vape sales are becoming more strictly regulated, gun control activists have increased in popularity. Giffords Law Center explains, “Gun violence shapes the fabric of our society, traumatizing millions and imposing substantial financial burdens that we all share.”

Because e-cigarettes have proven to be a detriment to our society’s health, President Trump has issued a plan to ban their use. However, as this new policy comes into play, many people begin to shift to the topic of gun control. Recently, President Trump announced, “We can’t allow people to get sick. And we can’t have our youth be so affected.” Despite the President’s showing his concern for the public regarding vaping, many activists demand the renewal of a focus on gun control measures.

The toll of American gun violence is frightening to say the least. According to gunviolencearchive.org, gun violence took the lives of 15,208 people in 2019, up from 14,789 in 2018. These numbers are far higher than those related to vaping. Still, people in favor of the vape ban have claimed that the rise in e-cigarettes is killing the youth as well. The CDC reports that as of January 7, 2020, “a total of 2,602 hospitalized EVALI (e-cigarette or vaping product use associated lung injury) cases or deaths have been reported...from all 50 states, the District of Columbia, and two U.S. territories (Puerto Rico and U.S. Virgin Islands)” and “fifty-seven deaths have been confirmed in 27 states and the District of Columbia.”

According to the Giffords Law Center 36,000 Americans are killed by guns each year which is an average of 100 per day. Also, more than 100,000 people are shot and injured every year. Giffords Law Center states that in 2017, gun violence increased by 16% from 2014, and that year was recorded as their highest level in the last 40 years, so for there to be stricter control of vaping than there is on guns causes some alarm.

On the other hand, tobacco is the country’s single largest preventable cause of disease and death. Beginning in 2009, the FDA (Food and Drug Administration) has maintained scrupulous supervision over cigarettes, smokeless tobacco, and e-cigarettes. It has recorded that among middle and high school students, more than five million were current users of e-cigarette in 2019, and nearly one million were using the devices on a daily basis.

In January 2020, the FDA issued a policy based on information recorded from the previous years on illegal flavored cartridges for e-cigarette products that appeal to kids. In just the past year, there have been 417 mass shootings in the United States according to the Gun Violence Archive (GVA), and advocates for greater restrictions are making noise.

# SWWATAV: Students Waging War Against Tobacco and Vaping

By Kiara Freidberg

The purpose of Cold Spring Harbor’s SWWATAV club is to educate the community and raise awareness regarding the problems caused by tobacco and vaping. This club is open to 7th -12th graders and sponsors many events throughout the year. These include a poster-making night, which allows club members to make informative posters warning students and faculty of the dangers of vaping and tobacco. In addition, select club members go on fields trip to Lloyd Harbor and West Side to teach the elementary students good decision-making skills and warn them of problems that stem from smoking, vaping, and alcohol.

“The club has been around for 22 years, and I am very proud of the students involved,” Mr. Homer, the advisor of the club says. “Our main goal is to raise awareness about the joys of a tobacco and vaping-free life. A major accomplishment is going to elementary schools and doing peer elementary classes. The elementary students see role models discussing the realities of at-risk behaviors. Our club is probably the most popular club in the school with about 150 members. It is truly an honor to be the advisor.”

One member shared that she “can see the efforts made by SWWATAV members to spread our goals of a club around our community and how the club works together to educate our school on a healthy lifestyle.” An officer of the club added, “SWWATAV is the best club in the school, and I would recommend everyone to join it. All of the members are so nice and Mr. Homer and Mrs. Uhl-Smith are the best advisors. The club is really interesting and we make a difference by teaching the younger kids.”

***SWWATAV has monthly meetings that are announced on Hawk Talk. It is inclusive; everyone is welcome to come see what SWWATAV is about!***

# Puff, Click, Boom: Gun Regulations Should Trump Those on Vaping

OPINION

By Victoria Caselnova

I believe that our government and even a good portion of American Citizens fixate on the wrong aspects of our generation. For example, many parents and members of Congress hide at the word, dare I say it, vaping. Parents, schools, and big corporations go to great lengths to advertise the negatives of vaping. Do not get me wrong. Vaping is harmful, and I do not advocate for young teens—or even adults—poisoning themselves with the unknown chemicals in a device that is supposed to be healthier than a cigarette. But here’s my question: Why have we spent all this time making every place a vaping-free zone rather than putting all our efforts into making every place a gun-free zone? Why on Earth have there been increased efforts to reduce vaping and eliminate plastic straws when the United States alone has experienced over 50 school shootings since 2010? Whether a student has simply shot a gun on school grounds or just one person, that to me is categorized as a school shooting. No school zone should have any kind of gun on the premises.

In 2017, for the first time, guns killed more people than cars did. Even unintentional suffocation has generated regulation. According to Everytown for Gun Safety, a nonprofit organization that advocates for gun control and against gun violence, about 100 people are killed by guns every day, with hundreds more injured. David Perry, a local CNN reporter on gun violence claimed, “On average, seven of the Americans killed by guns every day are children or teens.” With statistics like that, why are we so focused on vaping? Can’t we focus on both guns and vaping and not put an excess amount of effort into a small device that can kill people in the long run rather than a small device that, with one pull of the trigger, can kill waves of people?

The problem is that the senate won’t move forward on regulating guns or instituting new gun laws but will funnel millions of dollars to campaigns and regulations against vaping. The Milwawkee Independent stated, “The National Rifle Association funneled at least \$30 million to the 2016 Trump campaign. Trump has signaled possible support for some gun-control measures, but has a record of voicing initial support for background checks before then abandoning the idea following NRA pressure. The Senate GOP won't move ahead on gun control without Trump's approval.”

Here is another problematic factor: policymaking on both guns and nicotine-delivery products is solely driven by money instead of public health considerations. As Shannon Watts, founder of Mom’s Demand Action, points out, “It is no secret that the gun lobby pours a lot of money into political campaigns. It is also a known fact that big tobacco invests heavily in lobbying, and that these companies are diving into the e-cigarette business (and the line is getting blurrier by the day, as top executives from big tobacco migrate to vaping). For example, Altria, Marlboro maker, took a 35% stake in Juul last year. Another example is Philip Morris, which has recently launched IQOS MESH.” Philip Morris International describes IQOS MESH a a "breakthrough product."

Now, I do have to point out the main reason why the government can not regulate guns any further: the argument of freedom. The American Vaping Association explicitly says, “With the variety of e-juices out there and levels of nicotine, I have a taste of freedom in my system.” The National Rifle Association also focuses heavily on freedom. Following the Parkland shooting, Wayne LaPierre, the NRA's chief executive, said gun-control activists and the media did not care about school children. “They want to make all of us less free,” he said. It goes without saying that these claims are questionable, to say the least. On the one hand, nicotine has thousands of kids hooked on e-cigarettes. On the other hand, schoolchildren are now facing lockdown drills at school. The fact is that children and teenagers are among the biggest victims of both gun violence and e-cigarettes. Gun violence has kids all over the country anxious about active shooters. E-cigarettes have kids in the hospital because of a mysterious lung injury. Both do deserve attention, but the issue comes back to why vaping is being put on a pedestal?

It is understandable that activists against gun violence are angry at the government’s inaction when it comes to regulating guns. The issue will always circle back to money and the Second Amendment. There are many like me that believe vaping regulations should not take precedence over those for guns.

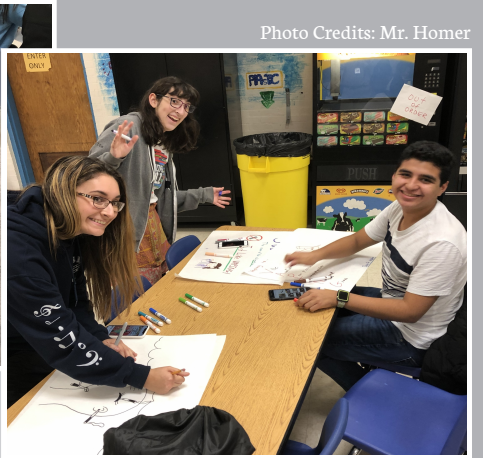
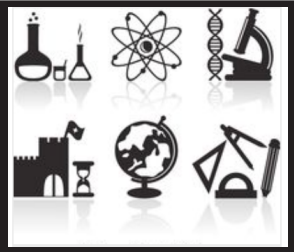


Photo Credits: Mr. Homer





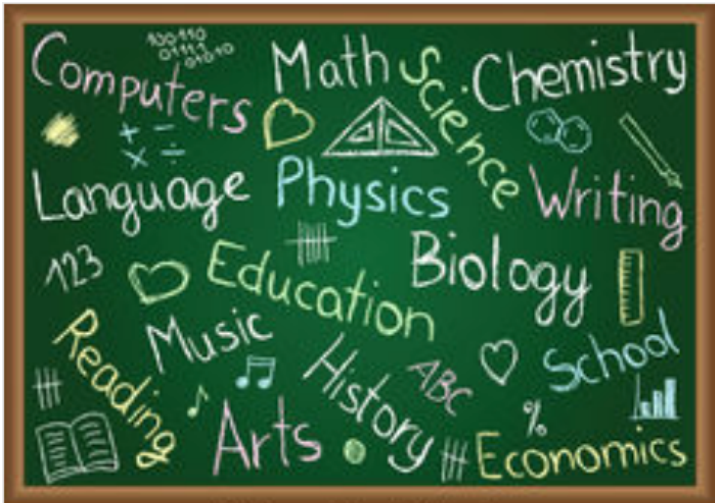
# Scheduling Process and New Classes for 2020

By Kiara Freidberg

With 2019 now gone, the scheduling process begins for the new school year. In December and early January, teachers reviewed their students’ performance in class thus far and made recommendations for them for next year.

On January 8th, counselors will begin meeting with students about the courses they would be interested in taking next year while keeping teacher recommendations in mind. Counselors will then enter students’ requests in eSchool, which tallies the number of students wanting to take each course that CSH offers. From there, the numbers of students per course will dictate if there is enough interest to run the class, and if so, how many sections will run. These numbers will be determined by late winter/early spring. The number of sections needed determines how many teachers will be required for each course, which then dictates the funds are needed for the course. The schedules will be produced in late June.

While our school is seeing a decline grade sizes, the scheduling process and courses offered have not changed. It may take a couple of years to see a substantial alteration in scheduling, since the declining enrollment can influence the number of sections per course.



## The 2020 -2021 school year will bring about three changes to classes offered at Cold Spring Harbor.

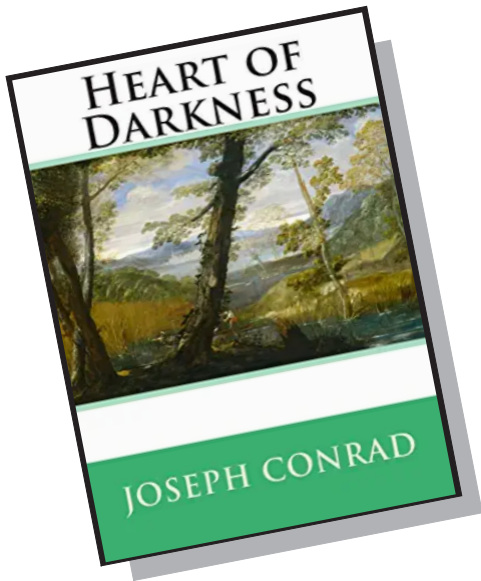
The **Marine Biology** elective, which is open to 10th -12th graders, will be a half year course that receives a half credit. The curriculum is very similar to the current Marine Science course; however, Marine Science will not be running next year. Marine Biology is an appropriate alternative. Marine Biology will examine the biology of marine organisms and the abiotic and biotic factors that influence the distribution and abundance of these species. Marine Science I and II are now named Oceanography (which opens 2021) and Marine Biology respectively.

**AP World History** I will be replaced with Pre-AP World History and AP World History II will be changed to AP World Modern. Both of these changes resemble changes in the College Board’s curricula and delivery and reflect current College Board adjustments.

Finally, **Molecular Genomics** will be shifting from a double period class every day to a double period class every other day.

## Book Review

By Alex Moynihan



## Joseph Conrad’s Metaphysical Journey Down the River of Morality: A Review of *Heart of Darkness*

*Heart of Darkness* is a story told by a man named Marlow to an unnamed narrator and his three other shipmates while they are aboard a vessel anchored on the River Thames. His story is of his experience as a young ivory trader travelling down the Congo River and witnessing the effects of the gradual expansion of the English colonial regime while becoming increasingly infatuated with a mysterious ivory trader named Kurtz.


The novella is commonly analyzed as a critique of colonialism. While on a certain level this is true, it is also a painfully limiting approach to the book and certainly not the solitary goal of Conrad. The novella is an examination of people and intention, using the phenomenon of colonialism as a symptom and example rather than an opportunity to say, “Look! People doing bad things!” and write a book about it. While on a first attempt, one might argue that much of the subtext is elusive and the nature of the book provides for a difficult read, the novella succeeds nonetheless and can be enjoyed on a technical level. Conrad shows a mastery over rhetorical control and takes head-on the daunting task of making a heavily symbolic and metaphorical journey from the perspective of a man listening to another man tell a story on a boat, interesting. Oh, and in case you were wondering, English is Conrad’s third language.

Joseph Conrad was once quoted as saying, “My task which I am trying to achieve is, by the power of the written word, to make you hear, to make you feel –it is, before all, to make you see. That –and no more, and it is everything.” It becomes demonstrably true that Conrad writes by this philosophy the further you read. If I had to describe *Heart of Darkness* in one word, my free association response would be “encompassing.” Whether it be the sheer amount of time spent in this book describing the ambience of the water (taking into consideration the relative brevity of the text) or the fact that the words “mystery” and “mysterious” appear as 24 of the approximately 38,000 words, Conrad makes a concentrated effort to envelop the reader in his world.

The novella feels like the internal explanation of why people come back from long journeys quieter and more meditative than when they left. We feel the inexplicable draw Marlow felt to the parts of the map that “weren’t filled in.” We see what Marlow saw as he recognized how easily these different paths flow into the darker tributaries of the psyche when left unchecked, the excitement that comes with the subconscious recognition of being able to return to baser instincts without repercussions. There is a natural and unadulterated freedom that summons every single man who decided to go to Africa and exploit the resources or people. They can test their will and ease on the constant guard of this evil propensity and do so with a guarantee of no consequences whatsoever. Are they soulless incarnations of the English colonial machine, or are they just doing their jobs? Is it possible that those are the same thing? This is the grey area of atrocity in which *Heart of Darkness* sits.

We follow the dehumanization process to its logical conclusion at Kurtz, a man who is able to operate with a pure moral indifference. There is an innate justification in all of Conrad’s evildoers that poses the question to readers: To what would you succumb if completely set loose, and would you even realize that you were grasping at straws to justify your actions?

*Heart of Darkness* by Joseph Conrad, 225pp. Duke Classics.



February 2020  
Volume 57, Number 3  
Cold Spring Harbor Jr./Sr. High School  
82 Turkey Lane  
Cold Spring Harbor, NY 11724

EDITORS-IN-CHIEF

Julia Kopp and Amal Siddiqui

FACULTY ADVISORS

Ms. Laura Cirino &  
Ms. April Henry

PRINCIPAL

Dr. Jim Bolen

CONTRIBUTORS

Isabelle Apostolakos  
Victoria Caselnova  
Charly Coden  
Kiara Freidberg  
Riley Haskell  
Isabella Iglesias  
Megan Jasinski  
Andrew Khanin  
Fraser Lintott

Rachel Louie  
Timothy Louie  
Clara Masata  
Haley Mitchell  
Alex Moynihan  
Alex Nesi  
Cate Torrey  
Thomas Tsekerides  
Katherine Tuohy

While protests and attacks have died down since 2017, it is still important to acknowledge the existence of these camps. It is startling how little news coverage there is in the US, both of these camps and of world conflicts in general, while the rest of the world balances both domestic and international news. China has been strengthening its presence on the world stage and increasing control over its own citizens, but China’s actions have been met with more resistance in the form of riots and protests such as the Turkistan Islamic Party’s attacks, the ongoing Hong Kong protests, and the student-led protest at Shanghai’s Fudan University in December 2019 over restrictions on free thought and free speech. Unfortunately, it seems as if the rest of the world is content to simply appease China and wag their fingers from afar, like the way former British Prime Minister Chamberlain did when dealing with Nazi Germany’s expansion during the onset of World War II. If you take a look at the history books, it is clear what Britain faced because of their inaction—an authoritarian regime controlling its European neighbors and the ultimate Nazi advance on Britain itself. Perhaps we could learn something from the tens of thousands of civilians killed and cities destroyed back then, before it is too late.

### The 21st Century Holocaust

Continued from pg. 3





# Faculty & Staff Don Ugly Sweaters to Ring in the Holidays



Photo Credit: Karen Spehler

# Home Sweet Home: Annual Gingerbread House Contest

By Riley Haskell

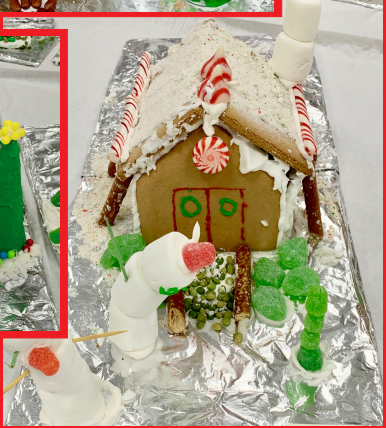
This past holiday season, the students in Ms. Georgiou’s Culinary Arts classes partook in a gingerbread house competition. Ms. Georgiou shared that there were various challenge ingredients student teams had to use for the houses and that “students were required to use one type of bean and include an environmental ‘green’ feature.” With varying types of candy, icing, and chocolates; the students all created baking masterpieces that would make your mouth water just at the sight. The CSH teachers and staff were invited to the conference room to judge all the entries.



The winners of the 2019 Gingerbread House Competition were as follows:  
Period 1 Even - Kitchen 5: Michael Gallagher, Henry Kitchin, Charlie Schneider, Evan Wagner  
Period 1 Odd - Kitchen 2: Kate Thompson, Anna Eisengger, Madison Newman, Jenna Kessler, Ryan Koenigsberger, Ben Amoruso  
Period 5 Odd - Kitchen 5: Lara Cortese, Brandon Barrick, Charlotte Labuda,  
Period 8 Odd - Kitchen 3: Ryan McGloin, Luke Roberts, Lance Schneider, John Tighe AND  
Kitchen 4: Brooke Figueiredo, Kaylin Hickey, Hadley Nussbaum, Kylie Drakos  
Period 9 Odd - Kitchen 3: Sadie Henvey, Will Brancato, Thomas Zazarino  
Period 4 Culinary Art - Kitchen 1A: Nicole Golia, Kaitlyn Jasinski, and Riley Longo AND  
Kitchen 2: Connor Chan, Tyler Lipman, Matt Simmons, and William Wollman.



Photo Credits: Ms. Henry



*Fantastic job to all of the participants in the event!  
No matter win or lose, all of the houses looked heavenly.*



# New York City History Tour

By Cate Torrey and Alex Nesi

On November 19th, the students that took the New York City History elective taught by Ms. Beach had the opportunity to take a field trip to New York City for the annual immigration and pizza tour. The trip allows students to learn about the history of Manhattan’s immigrants and delicious and famous pizza parlors. This year the class went to Kesté Pizza, John’s Pizza, and Ben’s Pizzeria located in Greenwich Village. The purpose of the trip was to explore the many different types of pizzas New York City has to offer. The area is well known, not only for having a lot of pizza, but also for the pizza’s taste and texture, the reason it became a crucial and very well known part of New York’s history.

In the late 1800s and early 1900s, Neapolitan immigrants came to New York and brought the ideas of wood or coal-fired ovens. This allowed New York’s pizza to acquire a different taste compared to regular oven-baked pizza. Kesté Pizza serves a Neapolitan wood-fired pizza. Using a wood-fired brick oven enhances that unique smoky flavor from the wood that cannot be created in a normal kitchen oven. John’s pizza is a brick-oven pizza. Brick-oven pizzas cook fast because of the high amount of heat stored in the dense walls of the oven. The crust is also better because of the crispiness caused by the radiant heat from the fire. Ben’s Pizzeria also uses a wood-fired oven.

This trip was very popular among students who enjoyed their experience a great deal. According to Alex Nesi, a sophomore, “During the trip, we ate delicious grandma slices at Ben’s. The grandma slice from Bens was my favorite.” According to Gracie Kiernan, also a sophomore, her favorite place was John’s Pizzeria. She says, “It was really cheesy and the crust was very good. I also thought [the trip] was very informative about our city’s history and how many different types of pizzas evolved throughout time.” According to Jackie Shammah, her favorite place was Kesté. She shared that “It was wood-fired, and the pizza was very crispy. I liked how the sauce was tangy, and it wasn’t overly cheesy.”

Ms. Beach hired a pizza tour guide, Scott, who has more than 34,000 followers on Instagram (@scottspizzatours). Having a tour guide helped the students to understand the history behind the pizza and also made the trip more interesting. Scott is a pizza historian, is a Guinness World Record holder for having more than 1,471 pizza boxes and counting in his collection, and is the host of Really Dough on Amazon.

Overall, the NYC History Tour was very interesting and fun for the students. It provided them with an opportunity to travel into NYC, learn about immigration and pizza history, and leave the city with a delightfully full stomachs.







Photo Credits: Ms. Waters

# Junior High Students Skate in the New Year

By Clara Masata, Charly Coden,  
Megan Jasinski, Rachel Louie



On Friday, January 10th, the Junior High Student Government, advised by Mrs. Kearnes and Mr. Natale, sponsored its first annual Junior High Ice Skating Night at the Dix Hills Ice Rink. For \$15 per person, junior high students were able to skate for two hours. There were tons of seventh graders there and some eighth-graders. In total, about 30 people attended.

The event began at 3:45 p.m., but the bus had a mechanical problem, so we were delayed a bit. Once the new bus came, we all got on and started to go. The ride was about 30 minutes, and everyone just played games on their phones. We got to the ice rink, which was indoors, and there were a lot of people there, including some that weren't even from our school. The rink was huge, and the ice had lots of holes in it from people skating before us.

We got our ice skates and put them on. Then we skated for the next hour. Many of the participants there could skate, but some could not. Even Ms. Waters enjoyed the trip and skated with us.

There was not only ice skating; there was also a little stand where students could get snacks that were included in the event. Some of the snacks were cookies, churros, and pretzels. We sat down together, talked, and ate our food, which was so good that Sebastian Monteroso ate another student's pretzel. Each student also received one free drink, including hot chocolate or water.

After we finished ice skating, we hopped on the bus and left. The bus then brought us back to school. Overall, this was a really fun bonding experience for junior high school students.



# Improvisation Ushers In the Holidays: A Review of the Holiday Comedy Show

By Thomas Tsekerides

On Friday, December 20th, the last day before Winter Break, the Cold Spring Harbor Improv Troupe held their annual holiday show. I have been tasked with reviewing it.

Allow me to begin with a summary of the show before getting into my review. The show was separated into five games: Blind Freeze Tag; Four Corners; Good, Bad, Evil, Occupation; Party Quirks; and Challenge.

## Game 1: Blind Freeze Tag

This game begins with the players lining up with their backs facing the audience. Two players begin the game with a scene based on an audience suggestion word. The players then act out this scene until the moderator—in this case, Mr. Miller—tells them to freeze, at which point the players stop in their current positions, and the next person in the line turns around, taps the player they want to switch with on the shoulder, and starts a new scene from that position.

## Game 2: Four Corners

This game consists of four players and four audience-suggested relationships—for example, two Lego mini-figs, brother and sister, salesperson and customer, etc. When the game begins, the players stand in a square on the stage, with the two currently performing the scene closest to the audience. Those players act out a hopefully funny scene using that relationship. Eventually, the moderator gives the “switch,” the players rotate, and one player from the previous scene acts out a new one with the new player and relationship.

## Game 3: Good, Bad, Evil, Occupation

Four players line up, and an audience member poses a problem. The first player then gives good advice for the problem; the next gives bad advice; the next, evil advice; and the last gives advice from an audience-chosen occupation. The first round of this game establishes the character of each role, and then the roles shift. Play continues with another performer taking on the role of the fellow player to the left. This goes on until all four players have had each role.

## Game 4: Party Quirks

This game is pretty well summed up by the name. One player is having a party. This player leaves the room, and the other five are assigned quirky traits by the audience; for example, a reptile obsession; a passion against vaccinations. When the party host re-enters the room, the guests begin to trickle in. They interact with the host and each other, displaying their traits in an often comedic way. If the host can guess what a guest's quirk is, the audience claps to let the host know. Then the host or the guest comes up with a reason why the quirky individual needs to leave.



Photo Credits: Ms. Henry

## Game 5: Challenge


This is a debate game. The whole troupe lines up to face the audience, and an audience member poses a debate topic. One player comes forward to take on the issue, but if the player says something another player disagrees with, the other player can say, “Challenge!” and state the reason for disagreement. Then, if the moderator validates the challenge, the challenger takes center stage to make his or her argument.

Mr Miller said at the beginning of the show that it would probably be “80% mediocre, 20% hilarious.” He was entirely and awfully incorrect. The 2019 Holiday Improv Show was a comedic classic to rival that of “Who’s on First” and a cultural masterpiece in league with the Analects and Mona Lisa. The incredible skill with which the performers were able to raise laughter was on a professional level, an incredible feat considering, as one of the performers, Fraser Lintott, said, “Improv is like trying to perform a Broadway show without ever seeing the script or even knowing what the show is about” Every moment of the show was gripping, and side-splittingly hilarious. Chinese philosopher and founder of Taoism, Lao Tzu, once said, “The greatest gift you have to give is that of your own self-transformation,” which the performers were able to do quickly, easily, and effectively. Of course, this quote is entirely out of context, but just like in the show, the more absurd the idea, the funnier the performance.

Another technique which the performers used to masterfully amuse was “the game within the game.” I personally attended the improv troupe’s practice the day before the show. They had brought in a former member of the troupe who had graduated, Zack, who explained this concept quite well. “The game within the game when talking about an improv scene is the thing you are doing over and over again that is funny. You keep hitting that joke again and again, but the next time it escalates. It gets weirder.”



POET'S  
*Corner &*  
Grok



Winter's  
Beauty



A sonnet by Isabella Iglesias

The pine smell wafts from snow-filled trees one morn.  
The clean, cold air cuts through my sleepy state.  
I smile to see a winter world just born;  
its beauty, silence—nature’s fragile traits.



The snow drops down in flurries light as air  
as day drags on. Then soft snow turns to hail.  
Pellets of frozen rain melt beauty’s flair;  
the dark of night the sheets of rain will veil.



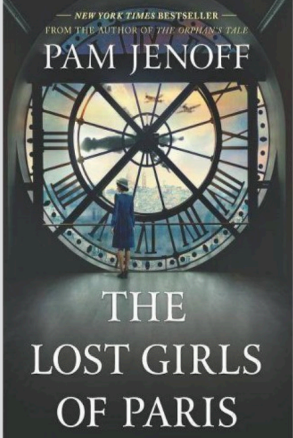
The window’s struck by mini thunder claps,  
a booming night in place of silent day.  
The weather shuts us in a cozy trap  
with crackling fire, our comfort from the fray.

With morning’s sun, I push through frozen doors,  
for rain’s turned snow and coats the world once more.

The book club's  
February pick is

THE  
LOST GIRLS  
OF PARIS

BY PAM JENOFF



Meeting Date:  
Wednesday,  
February 26, 2020

Time: 6:00 p.m.


Location:  
HS Library


All are welcome to attend! HOPE TO SEE YOU THERE!

Book Club's February pick is *The Lost Girls of Paris* by Pam Jenoff.

Ms. Jenoff is this year's guest at the PTG's 20th Annual Literary Luncheon, which will be held on Thursday, April 2nd at the Huntington Country Club. Her historical fiction novel takes place in 1946, where Manhattanite Grace Healey finds an abandoned suitcase in Grand Central Terminal. Inside the suitcase are photographs of different women. Grace later learns the suitcase belonged to Eleanor Trigg, the leader of a network of female secret agents during World War II. These 12 secret agents were sent throughout Europe to aid the resistance but never returned home. Wanting to find the truth about these women, Grace meets former agent Marie, and together they begin their quest for answers. Inspired by true events, this novel celebrates the heroic acts of the brave women of World War II.


“Join us!”  
The cast members of *Pippin*,  
Cold Spring Harbor High  
School’s musical, invite  
everyone to come enjoy their  
performances on  
February 7th and 8th  
at 7 p.m. and  
February 9th  
at 2 p.m.





Join us for

PIPPIN




By Isabelle Apostolakos and Katherine Tuohy

The plot of the show probes the life of a young man, Pippin (Augustine Maiorino), the son of King Charlemagne (Zack Bennardo). Pippin returns from college feeling empty and vacant, wanting to do something extraordinary with his life. Little does he know that he is starring in a show-within-a-show. The Leading Player (Katherine Tuohy) steps in with her Band of Players to guide him on a journey to find something completely fulfilling, no matter the stakes, even if it means death. Pippin’s path entails bloody wars, seduction, and love.


Pippin’s continual struggle to find greatness highlights the importance of the “simple joys” in life. The smash hits “Corner of the Sky,” “Magic to Do,” and “Simple Joys,” written and composed by Stephen Schwartz will leave you with chills. Originally choreographed by the renowned Bob Fosse, *Pippin* posed a challenge for the performers at Cold Spring Harbor High School, with choreography demanding precision and unfamiliar movements. However, the dancing adds a rich layer to the musical and will not fail to impress. The cast agrees that participating in the musical is a great experience. Sarah Bolton says, “I’m super grateful for the opportunity to be in this amazing show as a part of an extraordinary cast.”

This year, Mrs. McLees is directing the show, alongside Ms. Whitney, the talented choreographer, and vocal director Mr. Beja. This team of teachers never fails to bring excellence to the CSH Performing Arts Center. The set is spectacular this year and will add so much to the musical, thanks to set builders Yuriy Zacharia and J.T. Thompson, affectionately known as the “PAC-men extraordinaire.” Mr. Zacharia is also the sound director, Mr. Thompson is the lighting director, and Ms. Cirino is the set designer, who created the vision and painted the set along with her art students. There will be a walkway through the audience where performers will be able to connect with audience members face to face. Mr. Chiarello is directing the pit orchestra and will serenade the audience with the glorious tunes of *Pippin*.

Tickets are available during lunch periods, after school, and online.  
For online purchases, go to the Bit.ly link on the high school website.



The Best Musicians  
Across the County Perform



By Isabelle Apostolakos

The annual All-County Music Festival took place in January. This festival gives many students across Nassau County a chance to perform 5 pieces chosen by the conductor at the prestigious Tilles Center with their honors ensembles. The week of January 13th was a chance for the ensembles to meet and prepare for their performances on the 17th for Division IV, freshmen and sophomores, and the 18th for Division V, juniors and seniors.

In order to gain entrance into these ensembles, students had to perform well at the NYSSMA festival last May. A good score on a high level NYSSMA solo can get a student placed in All-County, or even All-State. Usually, to even have a shot at being accepted, students must audition with a level 6 solo, the highest level available. For All-State, it’s possible to get a perfect score on a level 6 and still not be accepted. Being accepted into either All-County or All-State is a very high honor that very few students get to experience.

This year, 34 Cold Spring Harbor students were accepted to All-County: 2 from Orchestra, 19 from Chorus, and 13 from Band. According to the Chorus director, Mr. Beja, “It’s always exciting to get a few students selected for All-County Chorus, but to have 19 is huge—and for CSH to have more than 30 students from Band, Orchestra, and Chorus shows what a high level our students are working at.”




Photo Credit: Mr. Chiarello

Congratulations to all the  
students who received that  
honor this January!

All-County performers get their names on plaques outside of the Chorus room, and anyone who goes to All-State or is an alternate gets his or her name and picture on the opposite wall. The All-County performance is impressive, and it is an honor to be a part of it.



The war in Syria shows no signs of ending soon, especially with many major world powers further escalating the war. Trump's removal of troops suggests that each country involved in the war has to choose its actions carefully, as any actions could alter the fate of Syria and relations with other nations. One of the most influential world powers pulling troops out of Syria may change the balance of power between the conflicts and break the stalemate—for good or bad—that has existed for many years.





“To spend valuable time with my family and to get adjusted to life with a newborn.”  
—Dr. Chase, Counseling Dept.

“To walk my dog more than once a day and to read more.”  
—Ms. Beneville, Art Dept.

“In 2020, I hope to study more for school and to be a better, kinder person.”  
—Melina Ross, 10th

“In this upcoming year and new decade, I plan on changing a few things. Over the past few months, I have realized that I have been entrenched in my views and actions. With 2020 up and coming, I want to change that. I plan on being more open to trying new sports and more open minded to new ideas.”  
—Joseph Kenavan, 7th

“To keep going strong with yoga.”  
—Ms. Brancaccio, All Depts.

“To take better care of my nutritional needs.”  
—Mr. Homer, Health Dept.

“I want to be able to commit to a college for baseball, but I want to go to a college with challenging academics.”  
—Michael Masciello, 11th

“In the new year, I want to be a better student. I want to utilize my time better and stop procrastinating.”  
—Annalia Alcamo, 11th

**Happy New Year!** *With this decade coming to a close, a new one is fast approaching: 2020! This is the perfect time to carry out all the promises you make to yourself and be the greatest possible version of you. Let’s make this new year full of life-long memories and achieving great things—one of the best decades yet!*

By Sophia Ketterer

## CSH Community Members Share Their Resolutions

“My resolutions include exploring more and procrastinating less. I’ll post the rest tomorrow, or maybe the day after.”  
—Mrs. Benvenuti, Special Ed. Dept./Testing Room

“My resolution is to help around the house more. My mom is always working so hard to keep it clean and organized. Starting in 2020, I will work hard to do the same.”  
—Megan Jasinski, 7th

“To spend more quality time with friends and family.”  
—Ms. Uhl-Smith, Physical Education Dept.

“My resolution is to know I’m fully prepared for every test I take.”  
—Beau Hodgson, 10th

“To grow out my beard; to be kind to and more tolerant of those less fortunate than I—especially Mr. Phelan; and to change the world by working on my own self-realization.” —Mr. Borland, English Dept.

“My resolution is to heal the world one hug at a time. I also vow to spread glitter and love to all who need it the most. We must be more cognizant of those around us and be more compassionate. I would love for there to be more holidays —hence, more crescendos and outfits. We need to create eco-friendly glitter! Happiest of New Years...until next year.”  
—Sra. Fristensky, LOTE Dept.

“My resolution is to stop procrastinating. By stopping procrastinating, I can get things done more efficiently.”  
—Kaitlyn Jasinski, 9th

“My resolution for the New Year and New Decade is to prioritize the practice of focusing on the intention of my responses—especially during challenging conversations.”  
—Mrs. Pickering, Counseling Center

“To be a good father.”  
—Mr. Chiarello, Music Dept.

“I would like to spend more time with family and friends this year. Since college is in my near future, I must cherish every gathering my family has.”  
—Taylor Nicolosi, 12th

“Focus more on the positive rather than the negative!”  
—Mrs. McCloskey, Main Office

“My resolution for 2020 is to become a more effective communicator.”  
—Mrs. Scudieri, Special Education Dept.

“In the beginning days of the new year, people often make New Year’s resolutions. People make challenges for themselves that duiring the next year will change their lives for the better. This year, my goal is to eat and make dinner at least three times a week and have a nice family dinner.”  
—Ryan Koenigsberger, 8th

“Eat a balanced diet! You can’t have your pudding if you don’t eat your meat!”  
—David Zimmon, 12th

“My new decade resolutions include revitalizing an interest that got lost over the years (volunteering as an EMT), learning a totally new skill (how to cook), and going on an awesome family adventure (Bolivian Salt Mines, here we come!).”  
—Ms. Waters, Building Administration

## CSH Reaches Out to the Community This Holiday Season

By Sophia Ketterer

It’s that time of year again: the time to give, be thankful, and help others. So, if you’re wondering how you can give back this holiday season, our school has a lot of ways for you to do so. If you have ever seen the big boxes at the front entrance of the school and wondered what they are, here’s your answer: they are different opportunities and causes for you to donate to.

First, we have an annual Thanksgiving food drive for non-perishable items such as canned sweet potatoes, canned cranberry sauce, boxes of stuffing, and cans of corn. Although this drive is over, look out for it next year so you can help provide families with a meal to have on their Thanksgiving tables.

This year we also have the Mercy First drive which asks students to donate a variety of items from toys to clothes to art supplies such as coloring books.



We also have a winter clothing drive for the Homeless Veterans in Northport. These men and women once fought bravely for our country, but now they are unable to support themselves and have nowhere to live. Whether they are on the streets or in a shelter, they need items such as hats, gloves, scarves, and jackets to stay warm during the cold winter months.

With all of these opportunities to give back to people who are less fortunate, why not join in? It is also important to remember to continue giving throughout the year, not just during the holidays. People are in need of help all year round and need even more when the holidays are over because there tend to be fewer donations when people aren’t in the holiday spirit and encouraged to give back.

No act of kindness is too small, and every act makes an impact on someone’s life for the better. What better gift can you receive than the knowledge that you made someone smile and made a difference for someone, whether it was a warm jacket to wear in the snow or a warm meal to have for dinner?

## CSH Fall Sports Success

By Riley Haskell

★ *Talk to Jada/Sami/Skyler about field hockey.* ★ *Talk to Mackenzie about volleyball.* ★ *Talk to Cam/Meghan/Veronica about tennis.*

The Cold Spring Harbor school year started off with a fulfilling fall sports season with nearly every sport sending a team or several members to counties and even states.

The cheer team this year did something very special: they invited young children, ranging from 4-10, to join them on the field for the Homecoming game. They performed a practiced routine that the coaches and cheerleaders worked hard to finish in time. One varsity cheerleader, Sofia Smith, explained the importance of the event, saying how it helped “kids get exposed to cheerleading” before entering junior high or high school. The team found it very pleasing seeing “a bunch of smiles” from the little kids displaying their pure joy because they were part of something bigger, a new tradition they don’t completely understand yet but will hopefully continue once they come of age.

The boys’ varsity soccer team had a very exciting season. They made it all the way to the Nassau County Finals where they played their hearts out. Andrew Brancato, a sophomore on the team, explained, “The team had a rough start to the season, but picked it up by the end.” Andrew has very high hopes for the team in the upcoming years saying how “as long as we keep working next season, we will only be better.” Andrew is the legacy for the upcoming years, and we hope the team continues their winning tradition!

Varsity football was coming off the all-time high of winning the Long Island Championship last year but unfortunately lost in the Nassau County Championship this season. Still, the team had an amazing season once again, and we will miss all of our seniors next year! JV football player, CJ Reilly, had only positive sentiments to share about the season: “Football is a great sport. It teaches you many things: character, sportsmanship, and integrity. Everyone comes together, and the coaches are always pushing you to do your best.” Fantastic job, Seahawks!

Our cross country team was especially successful this year. Fiona Haegland has always been an exceptionally successful runner for the Seahawks, but for her senior year, she really went after it and was named the Nassau County Champion. Fiona has consistently finished within the top 3 in the county meet but wanted to end her season with a win, and she no doubt worked hard to earn it. Coach Wilkens had only positive things to say about Fiona’s win at the meet: “It was well deserved and a true reflection of her dedication.”

The girls’ varsity soccer team also had a very successful season. They made it all the way to counties where they played a fantastic game against Carle Place. The score was 0-0 until Carle Place scored with only nine minutes left in the game. Katelyn Cohen, a first-year varsity player, said, “We’ll get them next year!” The Seahawk tradition of victory is going to be continued by rising stars like Sophie Labuda and Katie Posillico.

The crew team had a fruitful season as well, but they had a few more challenges along the way. They started in early August, preparing for the season, just like always. They had lost 5 seniors and 4 starters, but they still did great. A bunch of rowers had to move up a level of difficulty, which in the end made the team work even harder. Ultimately, they achieved success.

Girls’ varsity swimming performed wonderfully this fall season, too. The team went 3-4 in their meets and had two qualifications for All-Conference, Paige Mueller and Gabrielle Garra. Many team members also set personal records. Swim star Gabrielle Garra explained, “The team was indeed successful, and outside the pool, our friendships grew, and the team became more unified.” The team had many pasta parties which helped teamwork and the unity of the team.

**Stay tuned for more sports updates in future issues.**





# Chrissy Forgione Speaks of Peace Corps Experience

By Julia Stingi

On Thursday October 17th, the Amnesty International Club had the honor of being visited by guest speaker Chrissy Forgione. Ms. Forgione came to tell students about her life for the last 27 months, working with the people of Eswatini (formerly Swaziland) as a member of the Peace Corps.

After studying in social work at Fordham University and Hunter College for undergraduate and graduate school respectively, Ms. Forgione moved to Alaska where she worked for 4 years in the mental health field.

During her time in Eswatini, Ms. Forgione lived with a host family, learned the language of Swati, became immersed in Eswatini’s culture, and worked with members of the community on various projects to improve their living situations.

The Peace Corps focuses on Eswatini for various reasons, one being the HIV epidemic. With a population of 1 million people, 1 in 3 are HIV positive. The life expectancy of adults in the country is only 57.75 years old, compared to the American life expectancy of 78.69. Ms. Forgione told students about the challenges Eswatinti faces like poverty, few employment opportunities, and gender-based violence. Many practice polygamy in Eswatini, but only men can have multiple partners. This is one factor that contributes to the spread of HIV. Ms Forgione shared, “The Peace Corps does not attempt to change the culture of a country to prevent disease but aims to increase awareness and education about risk.”



Photo Credit: Julia Stingi

She spent a lot of her time just getting to know the community in which she lived. Together with the native people, she built preschools and soccer fields, ran camps for boys that taught the boys about gender roles and respecting women, and even started a business.

Together with 26 women and 4 men, Ms. Forgione helped the group manage money and apply for funds that allowed them to buy chickens and sell them for income. Ms. Forgione also helped the employees establish a committee and a worker’s constitution.

**Ms. Forgione’s visit to CSH allowed students to learn about the culture of Eswatini and the lives of its people. She allowed students to ask questions about her experience with the Peace Corps and brought souvenirs representative of Eswatini’s culture.**



Photo Credit: Chrissy Forgione

# In Honor of the Veterans

By Anna Hammel



**On November 8th, three veterans—Robert “Bob” Blake, Bruce Brenner, and Terrence Price—gave a Veterans Day seminar. The seminar was held in the CSH PAC, and the veterans spoke of their lives while they were in service.**

Robert “Bob” Blake was in the U. S. Army for 6 years. While in the Army, he was stationed in the Dominican Republic for seven months and then in Vietnam for six years where he worked as a mechanic. Mr. Blake greatly enjoyed being in the military as it allowed him to travel and meet new people. Also, he liked the R and R treatment the military gave, soldiers could meet up with their spouses for a week-long vacation. He mentioned that during his R and R time, he explored Thailand.

Bruce Brenner is a member of the American Legion and other organizations involving the military. He was stationed for a time in Vietnam and then was sent to Germany. He first got involved when he was drafted to go to war. He then took a civil service test and transitioned into the police force.

Terence “Terry” Price followed in the footsteps of his family and switched his major to join the U.S. Army to fight in Vietnam. He trained to be an officer and was also trained in Jungle School, infantry, and Jump School. Specifically, when Price went to Jungle School, he trained in Panama to prepare for the harsh jungles of Vietnam. After his training Mr. Price went to Vietnam on a troopship with two hundred fifty-eight other U. S. Army members when he was pulled from the infantry for his duty assignment. He was also stationed in both Hong Kong and North Carolina where he met people from all different backgrounds. He noted that in the military, you have to work with all types of individuals because you never know when any one person might save your life.

At the end of sharing their personal stories, the veterans allowed the students to ask questions. When asked about their favorite movie depicting the Vietnam war, and the veterans responded with *Deer Hunter* and *Platoon*. They enjoyed these films because of the realistic portrayal and attention to details about life in Vietnam.

When discussing details of their bootcamp experiences, they said, “Bootcamp was very tough and people physically pushed you around.” In bootcamp they ran everywhere, which was a challenge for them.

The veterans also took time to explain the difference between Memorial Day and Veterans Day. Memorial Day is a solemn day to remember soldiers who have passed away, while Veterans Day is meant to celebrate the people who have served our country. While many Americans believe that the military only consists of combat soldiers, the reality is that under 10% of those in the military are involved in combat. Some other interesting facts shared were that 7 million veterans served during the Vietnam War, and 2.2 million were drafted. While Blake, Brenner, and Price were serving, only men could serve. Now people of all genders can join the military and fight for our country.

In the United States, Veterans Day is celebrated on November 11 every year, which is the same day that World War I formally ended. Originally, the holiday was called Armistice Day, but President Eisenhower officially renamed it Veterans Day in 1954 to celebrate all the veterans who have served in our nation.

# Never Forget the Holocaust: 10th-Grade Excursion to NYC

By: Sarah Bolton and Mary Nemazi

On November 8th, 2019, Ms. Beach's and Mr. Towers' Global 10 classes, partook in a field trip to the Museum of Jewish Heritage in New York City. To start off the trip, the students took a train to Penn Station and then proceeded to catch the E-train, which took them to the World Trade Center subway station.

**The Museum of Jewish Heritage commemorates the events that took place during the Holocaust from 1940 to 1945 when millions of innocent human beings were murdered.**

According to the museum, “Of the 1.3 million people deported from European nations to Auschwitz, barely 400,000 were actually registered and imprisoned in the compound. The vast majority—approximately 900,000 people—were gassed and cremated within hours of arrival.”

At the time of the visit, the museum was displaying a limited-time exhibit containing items from the Holocaust that were lent to them by Auschwitz Jewish Center located in Poland and 19 other museums and institutions. The museum constantly changes its exhibit to focus on different aspects of this tragic moment in history. Objects like books, shoes, and uniforms, and photographs—in total over 1100 objects and photos—are displayed throughout.

Upon arrival, students were led to a classroom where half of the group started their tour and the other half ate lunch. The groups were given a receiver and a headset that allowed the tour guide to speak into a microphone, so every student could hear what they were saying.

Students were led through the exhibit in groups of approximately 6 to 8 students, taught by one of many well-educated tour guides. According to Mr. Towers, “going around in small groups, with a personal tour guide is the best way to maximize your time and to get the most out of an experience like that.”

At the end of the tour, students were asked what they learned from the experience. A tenth-grade student in Mr. Towers’ 9th-period class, Lauren Kania, responded by mentioning that she “learned . . . that [the officers] had a big pot that they put all of their leftovers in and that is what they gave the prisoners to eat.”

After returning to the classroom, the students and faculty began their journey home to Cold Spring Harbor. Before entering the subway station, the students were allowed to visit and observe the 9-11 memorial. The fountains mark the exact location of the Twin Towers before the attacks that changed the lives of many people all over the world.

Overall, the students learned a lot from this impactful trip to the Museum of Jewish Heritage where they visited a once-in-a-lifetime exhibit about the Holocaust that was put together by 20 different institutions and museums.



Photo Credits: Sarah Bolton and Mary Nemazi





POET'S  
*Corner &*  
Grok



Winter's  
Conversation

By Julianne Massa

I sat by the bay window  
And gazed at the falling snow.  
He walked over  
And handed me a warm mug,  
Then bent down  
To put on my bunny slippers.  
The steam rose up to his face  
Forming a kind of angelic ring  
Around his features.

Beautiful, he said.  
No, I said. It's not.  
How do you figure that?  
I can't go outside, I'm trapped.  
What do you mean?

The wind will nip at my nose  
And the flakes will get tangled  
In my hair,  
The snow will engulf my shoes  
And I will get stuck.

But, he said,  
The wind is only nipping at your nose  
Because it's saying hello,  
The flakes are only tangling your hair  
Because they want a soft place to land,  
The snow is engulfing your shoes  
To give them a hug.

Art and Language

By Anna Tesoriero

November was an important month for the World Languages and Visual Arts Departments at Cold Spring Harbor; The National French Honor Society, National Spanish Honor Society, and National Art Honor Society all formally inducted a new class of dedicated students into their ranks.

The National French Honor Society and the National Spanish Honor Society were created to acknowledge exceptional dedication displayed by students in their foreign language studies. Hopeful inductees must receive grades of A- or above in their high school French or Spanish classes, continue foreign language studies for the entirety of senior year, and submit a 150 word essay written in their language of study about their experiences with foreign language and how it has impacted them. Along with academics, applicants are evaluated for their character and their love of language. This year saw a total of 80 qualified students attend the joint World Languages Honor Society acceptance ceremony.

The National Art Honor Society acknowledges the accomplishments and hard work of students in the visual arts. To qualify for induction, students must be acknowledged by their teachers for their hard work and dedication in at least two years of their high school art classes and have received a final grade of an A both years. To retain membership status, inducted members must take visual arts courses for the rest of high school while maintaining an average of at least a B+, attend at least 65% of NAHS meetings, earn 10 hours of community service in the visual arts, and actively participate in the annual “Inspired” Arts Auction project collaboration with the Heckscher Art Museum. The NAHS is a recent addition to Cold Spring Harbor; this year's 17 new inductees are only the second group to join the school's chapter.

Congratulations to the National  
Art Honor Society Inductees:

Roman Taglieri, Sophia Ketterer, Christina Alyskewycz,  
Duncan Lonoff, Anna Spehr, Julia Sobel, Emma Solis,  
Hannah Gumersell, Isabelle DeSimone, Annabel Beder, Isabella  
Vallone, Maggie Bugos, Adelaide Phillips, Jack Warren, Bree  
Rose, Paige Cornetta, and Caitlin McCoy

Honor Societies

Induction into an honor society  
is a great accomplishment.

Congratulations to the  
2019-2020 inductees.

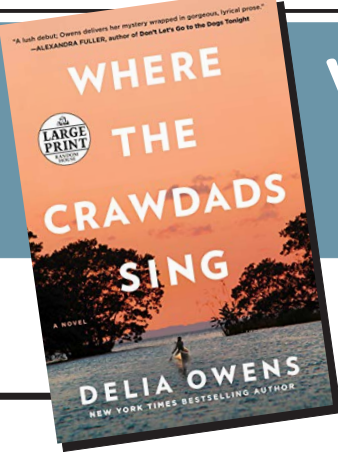
*.Felicidades to the National  
Spanish Honor Society Inductees:*

Nicholas Aronow, Colin Bacchi, Dylan Baltrus, Julia Bavaro,  
Samantha Bennardo, Zachary Bennardo, Richard Berlinghof,  
Wylie Brimeyer, Jacob Bruno, Ethan Burdo, Richard Casaccio,  
Victoria Caselnova, Jessica Chernoff, Christopher DiScala,  
Taylor Donaldson, Alexandra Emanuel, Dayna Emanuel,  
Lianne Emanuel, Ava Farkash, Connor Flynn,  
Vincent Gandolfo, William Giarraputo, Georgia Gleusner, Ross  
Greenberg, Fiona Haegeland, Maria Hudson,  
Isabella Iglesias, Emilie Jimbo, Lucia Kasper,  
Matthew Maggiore, Caitlin McCoy, Alyssa Moran,  
Jolie Nemshin, Emma Polo, Makayla Read, Brianna Rose,  
Zachary Ross, Juliet Quaglia, Melissa Schaffer,  
Ariel Schulsinger, Robert Schupler, Robert Shammah,  
Landen Silbowitz, Trevor Stimpfl, Lara Strunk,  
Sophia Tersigni, Theodore Theodoris, Lucas Tsotsos,  
Philip Vattes, Julia Wallace, Matthew Weaver, and Sabrina Wu

*Félicitations to the National  
French Honor Society Inductees:*

Isabel Adelhart, Alexander Brancato, Katherine Brennan,  
Erin Costa, Lindsay DeRosa, Liam Dillon, Paris Dussol,  
Elizabeth Erichsen, Christopher Geraci, Sabrina Haas,  
Abigail Johnson, Michael Kania, Julia Kopp, Serena Li,  
Alexandra Lynch, Matthew Mannino, Shane Mitchell,  
Taylor Nicolosi, Kelly O'Rourke, Adelaide Phillips,  
Alexa Plancher, Grace Posillico, Nicholas Robins,  
Elyse Schetty, Sophia Stearn, Julia Stingi,  
Kathrine Tuohy, and Max Wang





Where the Crawdads Sing

BOOK  
REVIEW

By Kiara Freidberg and Gillian Will

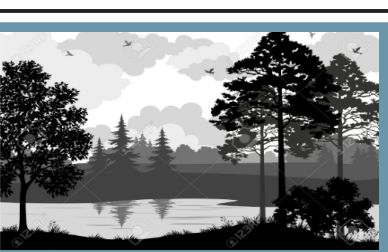
Delia Owens, author of *Where the Crawdad Sings*, throws the reader into the marshes of North Carolina from the early 1950s to the late 1960s.

Mya, the main character, lives a lifestyle foreign to us. She lives by herself with a lack of human connection or any sort of technology. Known as “Marsh Girl,” Mya is perceived as an outsider throughout the whole town.

The narration of the novel switches perspectives through time to follow the story of the killing of Chase Andrews, a young male who was beloved by the town. The story follows the late 1960s regarding the investigation of the murder case but also flashes back to Mya’s childhood, which gives the reader a view of who she truly is.

Mya comes from a tough childhood and lived in solitude for almost her whole life. This ultimately sparks her interest in nature and the great outdoors, recurrent symbols. The story is influenced by friendships and love interests for Mya, making *Where the Crawdad Sings* not only a murder mystery, but also a coming of age story and a story of a girl who discovers the true impact of human relationships. The audience can't help but sympathize with the girl who has had an abject childhood and independently maneuvers the obstacles of life.

As the murder investigation progresses, Mya faces many accusations regarding the murder which occurred near the swamp. As the twists and turns of *Where the Crawdad Sings* progress, the reader truly sees the impact of trauma and love relationships, and how one can rise from suffering and realize the natural beauty this world has to offer.





December 2019  
Volume 57, Number 2  
Cold Spring Harbor Jr./Sr. High School  
82 Turkey Lane  
Cold Spring Harbor, NY 11724

EDITORS-IN-CHIEF

Julia Kopp and Amal Siddiqui

FACULTY ADVISORS

Ms. Laura Cirino &  
Ms. April Henry

PRINCIPAL

Dr. Jim Bolen

CONTRIBUTORS

Sarah Bolton  
Kiara Freidberg  
Anna Hammell  
Riley Haskell  
Sophia Ketterer  
Timothy Louie

Julianne Massa  
Mary Nemazi  
Julia Stingi  
Anna Tesoriero  
Gillian Will