



The Notorious RBC

By Lily Smyth

Ruth Bader Ginsburg was a universally recognized and respected woman. Her death on September 18, 2020, shook the world, leaving many people confused and fearful about who would fill her position. From the beginning of her professional life until the end, she Ginsburg carried her intense drive and passion for justice with her to work every day, thus solidifying her legacy.

Ginsburg was born on March 15, 1933, during the height of the Great Depression, to a mother who instilled a love of education in her children through her attention towards both Ginsburg and her brother. Ginsburg’s mother was an important figure in her early life, and she watched Ginsburg excel at Brooklyn’s James Madison High School. Sadly, her mother was diagnosed with cancer and passed away before seeing Ginsburg’s high school graduation.

After high school, Ginsburg attended Cornell University and graduated at the top of her class. Shortly thereafter, she married Martin Ginsburg and they had their first child in 1955. While she was in school, her husband was drafted, leaving her and their child alone. She continued her studies and attended Harvard Law School where she was one of nine women in a class of five hundred. There she faced tough discrimination from her fellow classmates and had to deal with personal struggles including motherhood and Martin’s coming home and then being diagnosed with cancer.

Even though her life was challenging both in school and out, she still strove for excellence. With one year left in law school, she and her family moved to New York City, and she transferred to Columbia. She received her LL.B from Columbia Law School. After graduating, she struggled to find work because of gender-based discrimination—that is, until her favorite Columbia professor recommended her, and only her, to act as a law clerk for Edmund L. Palmieri. After that, she was offered many jobs but turned them down because she was getting less pay than the men working there.



Photo Credit: CNN

After her first job, she went on to many others, including being a research associate and an associate for Columbia Law School Project on International Procedure, teaching as a professor for both Rutgers and Columbia University (she was the first female professor to earn tenure), and co-founding the Women’s Rights Project of the American Civil Liberties Union.

Ginsburg fought for equality all her life and believed that “gender roles” should be broken. While working for the Women’s Rights Project of the American Civil Liberties Union, she led the fight against gender discrimination and successfully argued six landmark cases before the U.S. Supreme Court. Ginsburg went on to serve on the U.S. Court of Appeals for the District of Columbia in 1980, where she worked for 13 years.



Print by Aeographic Studio

In 1993, Bill Clinton nominated Ginsburg to the Supreme Court of the United States. When she was confirmed, she became the sixth justice of Jewish heritage and the second woman (the first was Sandra Day O’Connor) to serve on the Supreme Court. This was a great step forward in the fight for gender equality, and without Ginsburg’s service on the Supreme Court, equality for women might still be very underdeveloped today.

In 1996, Ginsburg wrote the majority opinion in United States v. Virginia, holding that qualified women could not be denied admission to Virginia Military Institute. As a justice, she worked slowly but thoughtfully. Her main focus was creating equal rights for women, and instead of going all in at once, she worked in specific areas. She made sure people knew that she wanted to make a difference. In 2016 she published her book *My Own Words*, which included a range of her writings—from her speeches to writing from her childhood. The book had a overall positive response from *USA Today*, *The New Republic*, and many more news sites.

Up until her death on September 18th, Ginsburg worked with a personal trainer, and for many years, could lift more than her fellow justices, Breyer and Kagan. Until 2018 she never missed a day of oral arguments, even while undergoing chemotherapy—and even the day after her husband, Martin, passed away. Ginsburg proved time and time again that she was a powerful force and that she would not back down from a fight for what was right.



Photo Credit: AP

Americans everywhere mourn the loss of Ruth Bader Ginsburg. She has done so much for female rights and empowerment. Opportunities for women have increased in the past decades due to the feminist movement and Ginsburg’s tireless efforts. She wanted people to follow her and join her, and many people have.

Ruth Bader Ginsburg left a powerful mark on the world. We honor and thank her.

RUTH BADER GINSBURG

Black Lives Matter

Confrontation At The Bridge (Selma, Alabama), Jacob Lawrence

By Amal Siddiqui

Beginning in 1954, African Americans marched in the streets to demand equal rights and treatment for all citizens. During this era, people rallied for social, legal, political, and cultural changes to make discrimination and segregation come to an end. Honorable martyrs such as Martin Luther King Jr., Sojourner Truth, Rosa Parks, Malcolm X, and numerous others fought to bring greater justice to America.

Photo Credit: CNN.com

1954 marked the beginning of the Civil Rights Movement. Fast forward almost 70 years. On February 26, 2012, Trayvon Martin was shot to death by a neighborhood watch volunteer. His offender’s verdict: not guilty. On November 22, 2014, Tamir Rice—a twelve-year-old boy—was fatally shot in the park when playing with a toy gun. His offender’s verdict: not guilty. On August 9, 2014, Michael Brown was shot walking down the street. His offender’s verdict: not guilty. On July 6, 2016, Philando Castille was shot at a traffic stop by officers. His offender’s verdict: not guilty. On July 17, 2017, Eric Garner died in a chokehold. His offender’s verdict: not guilty. On March 13, 2020, Breonna Taylor was killed in the crossfire when officers entered the wrong apartment. Her offender’s verdict: not guilty. On May 25th 2020, officers held down George Floyd by his neck, resulting in death. His offender’s verdict: not guilty.

According to 11Alive, recent statistics show that despite the hundreds of African Americans who are killed, a small percentage of their perpetrators are actually found guilty. The death of George Floyd did not spark the Black Lives Matter movement; it brought more attention to organization. Citizens all over the world flooded the streets to take action and bring justice to the wrongful death of George Floyd and all the others who preceded him. *The New York Times* reported over 23,400,000 protestors all over the world.

The Black Lives Matter Global Foundation worked together with the Movement for Black Lives (M4BL) and many other organizations to create BREATHE Day. This memorial, held on September 29, 2020, is meant to be a day to discuss Black issues, promote the BREATHE Act, and most importantly, create a future in which all us can thrive. The BREATHE Act follows the recent protests in response to the killings of George Floyd, Breonna

By Kiara Freidberg

Kamala Harris:

Kamala Harris is continuously breaking down barriers in the United States. She is the first India American and second Black woman to serve in the senate, and, as Democrat Joe Biden’s running mate, is the first Black and Indian American to be chosen for vice-presidential nomination to a major party in U.S. history. She has spent her life fighting injustices and is a strong advocate for what she believes in: gender, racial, and economic equality in the United States.

Harris attended Howard University for her undergraduate studies, earning a degree in political science, and then moved on to Hastings College for law school. From there, she worked as Deputy District Attorney in Oakland (1990) and rose through the ranks to become District Attorney in 2004. In 2010, she was elected as the Attorney General of California, where she was not only the first Black person, but also the very first female to hold this position. In early 2015, Harris declared her campaign for Senator of California, calling for immigration and criminal justice reform, protection of women’s reproductive rights, and an increase of the minimum wage. The following year, Harris was elected Senator of California, becoming the first Indian American and second Black woman to serve.

In early 2019, Harris announced her candidacy for the Democratic Party’s nomination for President. Her goal was to appeal to both progressive and moderate Democrats by advocating for marginalized groups in our country, such as people of color and low-income Americans. While she did start as a favorable nominee for the election of 2020, her swinging policies caused adverse news coverage, which contributed to her campaign’s running out of money. Harris eventually dropped out of the election in December 2019; however, she remained eminent in the political world, notably as a leading advocate for social justice reform following the death of George Floyd in 2020. In August of 2020, Biden chose Harris as his Vice Presidential running mate.

Kamala’s Views: Harris states her main priority will be raising incomes for the working people. As Senator, she proposed a plan in October 2018 that would grant \$6,000 a year to families earning less than \$100,000 a year, and \$3,000 annually to individuals earning less than \$50,000, either as monthly installments, or one sum. About half of American families would receive a tax cut, with nearly all going to those who make less than \$87,000, according to the Tax Policy Center. The Center on Budget and Policy Priorities calculated that this bill would lift 9 million people from poverty, mainly benefitting the working and middle classes. Harris has also proposed legislation that would create easier-access housing, enabling those who make less than \$100,000 and spend 30% of their income on rent to claim tax cuts to ease the burden of housing costs.

As a strong advocate for climate change, Harris believes that we need to take action to combat it. A key example of her advocacy for addressing climate change came in 2016. As Califnorina’s Attorney General, she launched an investigation into Exxon Mobil after reports that this oil and gas giant lied about the risks of climate change. Additionally, she has taken action to support her cause: voting against repealing regulation on methane emissions, criticizing President Trump’s decision to withdraw from the Paris Climate Agreement, opposing the Trump Administration’s proposed reversal of Obama’s fuel efficiency standards for cars and light trucks, and earning a 100 percent lifetime score from the League of Conservation Voters —an organization that advocates for sound environmental laws and policies, holds elected officials accountable for their votes and actions, and elects pro-environment candidates.

Breaking Barriers



As a vocal advocate for stricter gun control in America, Harris declared during her presidential campaign that she would sign an executive order, “Mandating background checks for customers of any firearms dealer who sells more than five guns a year.” reported *The New York Times*. Her actions provide exemplar behavior for stricter gun control: she co-sponsored a bill to ban assault weapons and the sale of high-capacity magazines, defended a state law that blocked gun dealers from displaying signs that show or describe handguns, and launched a statewide sweep to capture firearms from anyone illegally possessing them.

Additionally, Harris has been an advocate for reproductive rights. She is pushing to repeal the Hyde Admendment, which blocks federal Medicaid funding for abortion services unless the woman's continued pregnancy will put her life in danger or the baby is a product of rape or incest. The Hyde Amendment impacts people with low incomes, people of color, immigrants, and anyone else who relies on Medicaid for healthcare coverage. “I will ... continue to fight so that all women have access to reproductive health care [abortion] regardless of how much money they make by continuing my career-long opposition to the Hyde Amendment,” Harris stated. While in the US Senate, Harris had the backing of major pro-choice organizations, such as the NARAL, a pro-choice organization, who gave Harris a 100 percent rating, as well as Emily’s List, an organization dedicated to getting pro-choice women elected into office. In May 2019, Harris co-sponsored the Women’s Health Protection Act, which if passed, would have been geared towards abortion access; states would have to get pre-clearance from the federal government before implementing more abortion-based restrictions in their states and counties.

Moreover, in recent events, Harris has spoken her mind about Trump’s nomination of Judge Amy Coney Barrett to replace Ruth Bader Ginsburg’s seat in the Supreme Court, "Judge Barrett has a long record of opposing abortion and reproductive rights. There is no other issue that so disrespects and dishonors the work of Justice Ginsburg's life than undoing the seminal decision in the court’s history that made it clear a woman has a right to make decisions about her own body.

When it comes to immigration, Harris has been outspoken as well and is considered a great ally of immigration activists. In 2019, Harris presented an immigration plan that would remove the threat of deportation from undocumented immigrants via executive action and expand deferred action immigration programs. Harris has stated that if she were elected, she would use her executive power to reinstate and expand Obama’s Deferred Action for Childhood Arrivals program, which gave 650,000 immigrants who came to the United States as children the legal right to live and work in the U.S. When the Trump Administration cracked down on immigration with the Zero-Tolerance Policy, Harris joined protesters at the border; in June 2018, she called for the resignation of Kirstjen Nielsen, the head of Homeland Security at the time who oversaw family separation.

A New Approach to School: Hybrid and Remote Learning

By Ariana Theodoris and Cate Torrey

Due to the detrimental impacts of COVID-19, many schools, such as our own Cold Spring Harbor Jr/Sr High School, have adapted to the pandemic conditions by adopting a new mode of teaching and learning: the hybrid model. Students were split into two groups in order to reduce the number of students in school and thus abide by the COVID distancing restrictions. Having one group in school and one group online has created a very different type of learning environment that students and teachers have never experienced before.

Everyone has had to make adjustments. For the students who are in school, one adjustment is that some classes may contain only 7-8 students. Going from 20-25 students to fewer than 10 students in person certainly requires a change regarding collaborative activities. Also, students are required to wear a mask all day (with the exception of during lunch) and bring a plastic shield from class to class.

These shields are very important in that they protect our students and faculty from the possible spread of COVID-19; however, they create problems for some. Junior Jada Wenger shared, “Although the shields may provide protection, they get scratched up, which makes things like taking notes more difficult.” This is certainly a concern for students.

In regard to students at home logging into their classes through Zoom, the online group has even more of a different learning style and experience. Students who are in online Zoom classes may find that remote learning is not as beneficial as being and learning in school all



day. Fully remote teaching and learning is difficult in that there is not quite as much engagement with other classmates and teachers. This is simply because collaborating in a break-out room clearly is not going to be the same as having in-person conversations and communication with others.

Still, there is not much else schools are able to do given pandemic restrictions. Although remote learning may not live up to being in person, Zoom sessions have been successful given the circumstances. This is the best way to keep students learning and engaged while staying safe.

Safety Measures Taken at Cold Spring Harbor

By Kiara Freidberg

Opening up school in the middle of a pandemic is no walk in the park. Cold Spring Harbor Junior-Senior High School hosts around 800 students, so finding a way to safely place everyone in school for at least two days a week took an extensive amount of planning by the district administration.

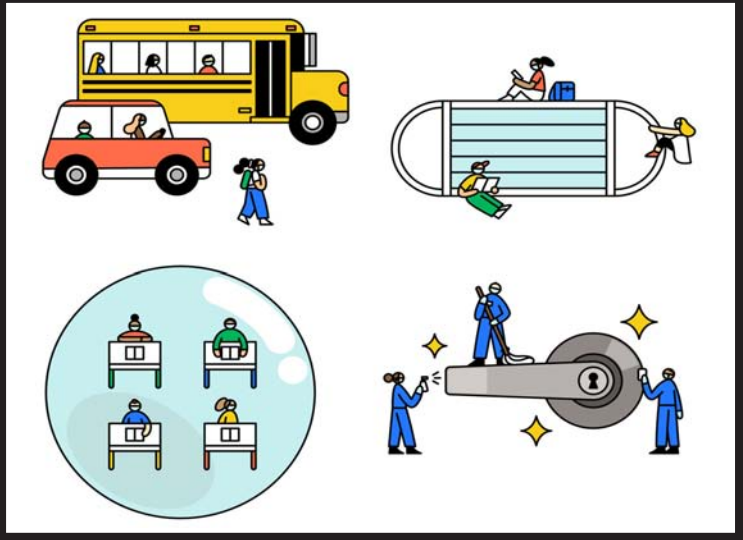
Last spring, it was mandatory for New York schools to close and go fully online because of COVID-19; and teachers, students, and parents soon realized that the fully online model in place would not be a sustainable long-term solution. Classes were only twice a week maximum, so learning new material was quite difficult for students, and the transition took a toll on many students' mental health.

Over the summer, the administration and Board of Education examined several models for opening in the new school year. Since our school is fairly small, the option to do a hybrid model with half of the students in school and half of the students at home learning remotely on an alternating schedule seemed to be the best fit. In-school classes would remain at half capacity with the other half “zooming” in from their homes as if they were in class. The school mandated a policy that requires students’ cameras to be on during class with their faces in full view. This way students can feel and act as though they are in class—or hopefully close to it.

In school, the classrooms look quite different from how they appeared when we closed back in March. Masks now must be worn by all students, faculty, and staff at all times, except during “mask breaks,” which are only allowed when every shield is up, everyone is separated by six feet in the classroom, and no one is moving around. Students are also required to carry around sneeze guards (protective plexiglass shields), which protect others if a student sneezes or coughs. The shields must be placed on the student’s desk each time the student arrives in a new classroom and while in the cafeteria or other school space. Unfortunately, some students have problems with the shields. “The shields can be hard to see through,” one student said. When trying to look at the board, the teacher, or fellow classmates who are sharing, seeing through the shields is quite difficult.

The traffic of the hallways is much changed now as well. The school designed a system by which almost every hallway is a one-way hallway during the passing periods, an effective preventative measure since this plan eliminates crowds of students in the corridors. The appropriate direction for each hall is marked with arrows on the floors. Still, the unidirectional hallways don’t always work. As Principal Dr. Bolen shared, “I think the hardest measure to keep in place is the one-way hallways. In terms of the masks, shields, and distancing, I couldn't be prouder as to how the students and the staff adapted.” Because using the one-way hallways adds time to a student’s route to class, some students choose to disregard them or sometimes forget and go the wrong way, a problem that has increased since the beginning of the year. However, teachers and faculty remain strict about enforcing these rules.

The start of the school day has also received some alterations. In years prior, students would cluster in hallways before school to pass the time before the first period bell rang. Since most students are on time or take the bus, the administration needed to come up with an innovative way to keep all the in-person students safe before first period begins. Now when 7-11th grade students enter the building, they are given



shields. The first wave of students sits at socially-distant desks in the New Gym where they put the shields on the desks. Once the New Gym fills up, students are seated in the PAC in marked-off seats that are spread at least six feet apart. The seniors enter through the main entrance and wait in the Senior Commons or Cafeteria B until shortly before the start of first period.

The New Gym also now acts as the cafeteria. Here students needed a plan that would make it safe for them take off their masks to eat. Desks are spread out in rows, and shields must be used at all times. When a student needs to leave their desk, they must wear their mask. If a student is planning to buy lunch, they must place a request for what they would like in advance; however, students are still permitted to buy snacks and water.

Along with the different layout in classrooms, the way classes are conducted is different as well. As the school year progresses, teachers are becoming more comfortable with catering to two different groups of students and learning how to keep the students at home engaged in their lessons. However, it is still challenging to keep students engaged when half are online and the other half need to be a certain distance from each other. Social studies teacher Mr. Natale commented that, “The safety protocols have, in my opinion, negatively affected my teaching because I cannot move throughout the classroom as I teach the way I normally do. This tends to dampen my lessons and prevents me from engaging individual students during a lesson.” Also, because of all of the restrictions regarding social distancing, group projects have proven difficult. While last year students could just move their desks next to each other to work on projects or assignments together, this year, group work looks quite different. Teachers are coming up with innovative ways to get the whole class interacting, even when half the students are online. Some teachers choose to have everyone enter the class Zoom meeting, so students are connected to each other, both online and in school. As English teacher Ms. Martino says, “It is difficult to put into words the changes and challenges teachers face each day. Overall, every teacher is trying their best, and we are supportive of each other. Teachers helping teachers has been what is getting us through this.”



PANDEMIC PETS: A SILVER LINING

By Leanna Chapelle

Photo Credits: Pet Owners

Every day we are constantly bombarded with new information regarding the seemingly ever-spreading pandemic, and this regular flow of negativity has had a poor impact on the collective mental health of the Cold Spring Harbor community. However, in these troubled times, it is important to find a silver lining.

Clark Wilkens



Since mid-March, the widespread COVID-19 pandemic has created an increase in pet adoptions in our country as people have found more time to care for a furry companion while in quarantine. *USA Today* reported in April that pet adoptions were up even though many shelters were closed. In August, *The Washington Post* reported that Katy Hansen, director of marketing and communications for Animal Care Centers of NYC, stated, “About 25 percent of the people who agreed to take in foster dogs temporarily at the start of the pandemic had adopted them permanently by late June. Usually, that foster-turned-adopter figure is 10 percent.” And just this month, *US Weekly* published an article highlighting how many stars have also adopted pets during quarantine.



Sabi Cirino

Happily, the Cold Spring Harbor community has been part of the trend. Since mid-March, there has been an increase in pet adoptions in our area. Why the increase? Families searching for something to fill the void that the loneliness the pandemic has left us with have opened their hearts and homes to new pets, including dogs, cats, snakes, and rabbits. As the hybrid and remote models for education and work become more permanent, people all over are now able to focus more time on pets.

And here is more good news: pets have many positive influences on mental health. Studies indicate that pets, specifically dogs and cats, help to relieve stress, depression, and anxiety. In 2018, Dr. Helen Louise Brooks published a study in *BMC Psychiatry* in which she reviewed 17 previous studies about pets’ effects on their owners’ mental health. In an analysis of the study, Ana Soudoiu states, “The findings revealed that having a pet offers people a deep sense of ontological security –that is, the feeling of stability, continuity, and meaning in one’s life.”

Although many individuals adopt with the intentions of helping the animals, the pet owners are actually benefiting as well. Now more than ever, adopting a pet is a great choice. For some, during the devastating events of the recent months, a pet is just what they need to keep their mental health in check while in isolation. Through these unpredictable times, citizens of Cold Spring Harbor have discovered that they can turn to their pets for comfort and security.

Reese Martino

Sadie Murray



Willow Vitagliano



Violet Henry
Ollie Konstantinakos



Phoebe Bauer



Daisy Oswald



By Sophia Ketterer

Tips for Today's Students

It often feels like we are living in a dystopian society. It’s hard to believe that reality is reality. We have more stressors than ever in our lives: we are wearing masks all the time to prevent contracting COVID-19; school is back in session, and we are all trying to navigate our way though hybrid learning; our country has been through a state of political and social unrest; and we each deal with personal issues every day. No one is ever okay 24/7, and that is okay. Since we all could use some positivity and balance, here are some tips, suggestions, and activities for stress relief. Little acts of self-care each day can make a great difference in one’s overall mood and well-being.

create an Inspiring Work Space

Online school can be hard and stressful. You’re in the same room all day and not moving around much or socializing with your peers in school. One major key to enjoying online learning is creating an inspiring work space. Find a quiet space in your house with good lighting and a window if possible, so you can see the outside world. Don’t zoom from the kitchen with your sister making lunch. Try keeping a pen and pencil holder on your desk to have them ready to go. Maybe even have a calendar by your side to mark down important events coming up that you hear about during the school day. Cleaning your desk every night before your next online day can be very beneficial, too. Clear desk, clear mind. A cluttered desk can be overwhelming and lead to an even bigger mess. Organization for hybrid is key because you feel more in control when organized. Everyone is trying to swim through unknown waters; being able to control the space you’re in at home will help you more than you think.

Act like You’re Actually in Person

Instead of zooming into your first period two seconds after you wake up and while you are still in bed, try getting up a minimum of fifteen minutes before your first period to ensure you have time to do your morning routine and get dressed for the day. This way, you will have better concentration and a clearer mind because we can all agree that taking a class from under your sheets isn’t helping you learn. Get up and walk around the room you’re in during the four minutes in between classes and stretch your legs. Also, don’t keep your phone next to you all day. It is so easy to go on it during an online class, and no one is there to tell you to put it away, but in the long run you will regret not paying attention to the lesson.

Make Sure You Are Doing Something That You Enjoy Each Day

It’s easy to lose yourself in the COVID world. Make sure you don’t let your hobbies and passions slip away. Carve out time each day to do something that makes you smile, whether it’s watching some TV, baking cookies, painting, or dancing to your favorite song.

Nourish Yourself

Staying hydrated is so important for optimal body function. Not only does your body suffer when you are dehydrated, but so does your mind. Try drinking a glass of water every two periods. Eating healthy meals throughout the day can also help you to feel better. Maintaining a well-balanced diet is extra important right now as we approach the winter months and the flu starts to spread again. Doing so will keep your immune system strong. A good tip to ensure you are getting lots of vitamins and minerals in every day is to make sure you have at least three colors on your plate for every meal. This does not mean orange Doritos, white bread, and a red velvet cookie. Your plate should look more like this: a red apple, orange carrots, and green celery or side salad. What you eat affects your mood, energy, concentration, and overall well-being, so choose your next snack wisely :)

Get Those Z’s

Sleep researchers maintain that teens need 8-10 hours of sleep each night for optimal sleep benefits. While this may be true, not everyone is so lucky as to get enough sleep. Since 8-10 hours isn’t always possible due to a packed schedule on top of homework, try to aim for a minimum of 6-8 hours each night. We all need our rest to be our very best.

Move Your Body

You don’t need to have a gym membership to stay active. A simple walk or bike ride around the block is a good option. Any form of movement that feels good to you is preferred to none. Exercise is not one size fits all.

Calm Your Mind

Yoga and meditation have been proven to be two of the best techniques to help reduce stress and anxiety. Don’t know warrior pose? No problem! A simple YouTube search such as “10-minute yoga for beginners” will give you endless options. Don’t know where to begin with meditating? Also, no problem! YouTube, once again, is here to save the day. You can find guided meditations, meditation lessons, and meditation prompts all with a quick search. Calming your mind is really nice every once in a while when you need a break from the thoughts that are flooding your mind all day.

Don’t Be Afraid to Ask for Help

There is absolutely nothing wrong with needing help in life. Sometimes life just gets to be too much, and we can no longer handle it all alone. Just having someone listen to you and being able to express your feelings is such a great feeling. Being heard is easier than you might think. There are many resources available to you at all times. You can let a parent know how you are feeling, talk with a friend (he or she might even be able to relate to some of your problems), reach out to a coach or teacher you trust, speak with your guidance counselor, or contact one of our school professionals (Mrs. Alexrod, Dr. Chase, or Dr. Vujeva). People care. You do not have to go through anything alone, and you should never feel ashamed to need to talk to someone.

Prioritization of mental health has never been more important than it is now. one last tip is this:
Acknowledge that you are amazing and have come so far!
You’ve got this! Give yourself a hug!

Mantra of the Month

By: Elizabeth Zhan

Even with Covid-19 and its restrictions in our lives, school has started. Flip-flopping between learning in school, learning at home, and knowing there are new Covid cases every day can create a lot of stress. What is a good way to release all the pressure of being cooped up inside? A mantra just might do the trick.

Some of you may be asking, “What is a mantra?” The word “mantra” comes from a Sanskrit word meaning a “sacred message or text, charm, spell, counsel.” A mantra is a word or phrase that you repeat to yourself regularly to help you focus, feel encouraged, keep you positive, or calm yourself down. Mantras originated from Hinduism and Buddhism and are used to help with meditation and concentration.

Many mantras may be meaningful and inspiring to you. November’s Mantra of the Month is **“Tomorrow is a New Day.”** Things may seem a little bumpy, but remember, tomorrow is always going to be a new day and a fresh start. Time will proceed on, and a new day will bring new opportunities to your life.

With our world now turned upside down, there is a lot of tension. A mantra can act as a light in these hard times. Echoing the words in your mind can really help you. You can come up with your own mantra or try our Mantra of the Month. Repeating it to yourself will help you get through rough times.



SMIZE ABOVE the Mask: A Message from The Harbor View Advisors

A term coined by Tyra Banks in 2009 on America’s Next Top Model, “smize” means “smiling with your eyes.” Although originally created to help models bring life to their eyes while keeping the rest of their faces neutral or less animated for the perfect photo shoot, smizing has taken on a new life in our current era of mandatory masks.

Jen Murphy of *The Wall Street Journal* recently reported that hospitality teams, like servers in restaurants, are adopting the modeling trick as they “try to deliver service with a smile while the smile is out of service.”

Smizing doesn’t only help those in modeling or service industries during a pandemic, though. It can assist us all in communicating just a little bit better in our mask-wearing world. And it’s fun, too. So here’s a challenge: some time in the near future, stand in front of a mirror with your mask on and practice lifting those eyebrows, sporting a little half wink, and even squinching your nose a bit. Develop your own look, your own smize style, if you will. Then test out your new moves on those you meet or pass in the hallways.

Photo Credits: April Henry



Smizing may seem silly. It may feel goofy. But you just might make those you meet smile beneath their masks. And smiling, science has proven, is good for one’s health and happiness. Maybe the next research study will reveal that smizing is, too.



Smize with your eyes!

Book

REVIEW

The Wrath and The Dawn

by Renée Ahdieh

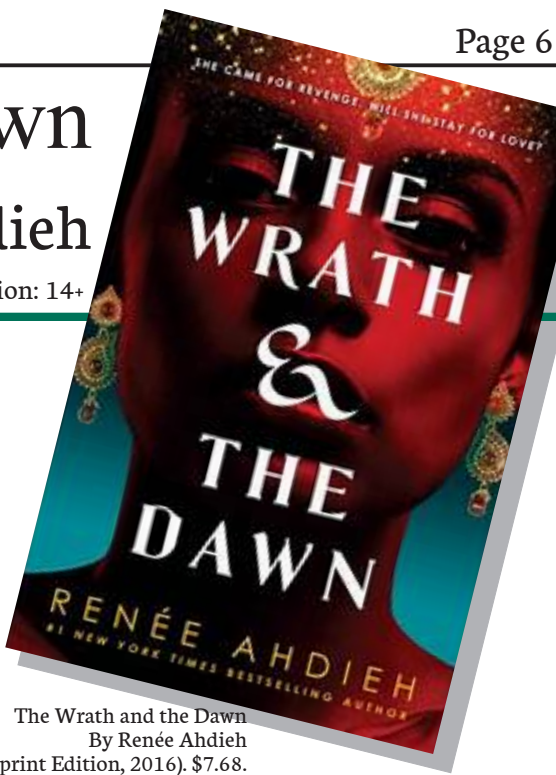
By Riley Haskell

Age recommendation: 14+

This is the first book in a young adult duology. It is a truly magical retelling of *1001 Arabian Nights*. It follows Khalid, the eighteen-year-old Caliph of Khorasan, and Shahrzad Al-Khayzuran. Each night, Khalid takes a new bride, but by sunrise, Shahrzad is always dead. That is until Shahrzad volunteers to wed Kahlid; she then survives the first sunrise, and the next, and the next.

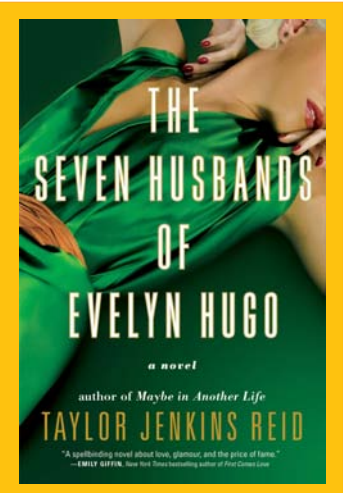
Shahrzad walks in wanting nothing more than vengeance for the best friend she lost and the girls before her, but she finds that there is much more to the caliph than she originally thought. You may have heard of the enemies-to-lovers cliché, but this tale uses my favorite trope of all time: characters who want to kill each other to character who are lovers.

Andieh’s book is a wonderful introduction to reading fantasy and is also a great choice for reading in your free time for the first time in a while. Not only is this novel incredibly fast paced, but it also includes some of the most beautiful lines I have ever read. I will push this book on to anyone who will listen until the day I die. It opens your eyes to a new world and helps you escape from the unprecedented and stressful world we currently reside in. Thank you, Renée Ahdieh.



The Wrath and the Dawn
By Renée Ahdieh
432 pp. Penguin Books (Reprint Edition, 2016). \$7.68.

Join the Book Club



We will discuss
"The Seven Husbands of Evelyn Hugo"
Tuesday,
November 18th
at 7:00 p.m.

All are Welcome!
Zoom link: 927 8136 5108



College Admissions Essay One-to-One Assistance
Ms. Henry and Mr. Miller are available to work with seniors throughout the school year on their applications.

Juniors, in the spring Mr. Henry and Mr. Miller will be conducting informational college essay seminars that include tips for planning and writing your college admissions essays and supplements. If you attend one of these sessions, you will also have an opportunity to sign up for an individual meetings with your assigned advisor in May.
Details to follow in April 2021.



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IS HAMILTON

WORTH THE HYPE?

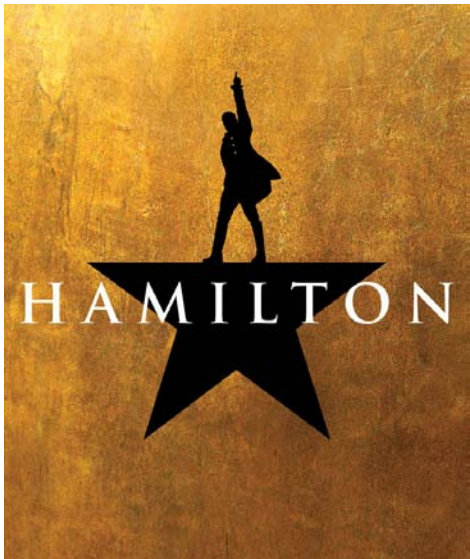
By Sarah Bolton and Mary Nemazi



In 2016, Lin Manuel Miranda’s *Hamilton* took the nation by storm. Due to its popularity, people from all over the world have come to Richard Rodgers Theatre in New York City. Equally talented casts have also toured the United States, and there has even been a West End production in London. If you couldn’t make it to the Big Apple or one of the tour productions, don’t worry! Although Miranda and the team at Disney+ originally planned to premiere the *Hamilton* movie in theaters on October 15th of 2021, following the Coronavirus outbreak, they decided to release the original cast film early. Much to the delight of Hamilfans throughout the world, anyone with Disney+ can now stream the recording as many times as they would like, especially since there is no date currently set for the removal of the ever-popular musical. Now that so many have experienced the show that won 11 Tony Awards its first year on Broadway, the question we want to know the answer to is, “Is *Hamilton* worth the hype?”

We asked some fellow students what they think. Annabelle Bryant, who originally saw the show live in 2017, states that “[she] thought it was cool that people who are fans of it, who didn’t get to see it in real life, have the opportunity to see it.” Then, we proceeded to ask her if she thought the musical was worth the attention and praise it receives. She responded by saying, “I think it is because the music is amazing and the messages that it shares are still relevant.” Sarah Kiefer, who first watched *Hamilton* on Disney+, agrees with Bryant. Additionally, she “thought [being able to watch it on TV] was very convenient because [she] couldn’t see it on Broadway... It was nice just having it there.”

Although many fans believe that the musical deserves all the attention that it receives, there are some who think otherwise. A fellow student who wishes to remain anonymous believes that the show is “not worth as much hype as it gets... It’s a very good show, but it’s hyped up way too much.” In other words, although she likes the show, she believes that people glorify it too much, so that some will be disappointed after seeing the musical and feel it did not not reach their high expectations.



Broadway musicals and plays will never appeal to every single audience member. Some may love a show; others will hate it. And some will be indifferent. All in all, everyone has their own opinion.



By Riley Haskell

A Feline Fanatic Phenomenon

A lot of Netflix Original shows became popular during quarantine, but one that really took the world by storm was *Tiger King*. The show explores the big cat world and the drama that is, oddly, incredibly present. The rest of the world sat back and watched as the big cat king himself, Joe Exotic, self-imploded in this hard-to-believe tale of lions, tigers, and “ligers,” and the industry surrounding them.

A main reason the show grew such a large fan base is because of the timing of its release; *Tiger King* premiered on March 20, 2020, a time stamp of when everything in our world went crazy. It came at a time when everyone wanted a distraction and did not care what or who they were watching to find it. This story makes the viewer feel like a global pandemic is actually not the most left-field novelty to ever turn up in our lives, but Joe Exotic is.

Exotic was made to be on TV. His person is one big juxtaposition: his clothing is all sequins and neon, but his talk is all Southern. He is a polygamous man, having two husbands at once, and has a strong passion for music—you can still find all of his music videos on YouTube today if you are looking for a *Tiger King* fix. Between the perfect timing and the uniqueness of Joe Exotic, the *Tiger King* became the number one streamed show on Netflix in the U.S.

Joe Exotic isn’t the only interesting character, though. There are a few other big-cat-world individuals who definitely add to the show’s entertainment. We have a former cocaine drug lord who might have been the inspiration for “Scarface.” We have “Doc” Antle, who has as of now been indicted on wildlife trafficking charges. From viewer’s point of view, Antle was the scariest of all the characters--and that’s saying a lot because Exotic is in prison for murder-for-hire. The way Antle talked and carried himself just radiated bold, sassy energy. Whenever the producers would ask a question that might have put him in an awkward spot, he just avoided it and chuckled. He is also portrayed in the Netflix original as having multiple girlfriends live with him in a space where animals roam freely.

And then, of course, we have the famous Carole Baskin, the Mother Theresa of the big cat world. She is definitely a strange case. She is the CEO of Big Cat Rescue, and has currently taken over the park formerly owned by Joe Exotic. She was a prime suspect in the 1997 disappearance of her then-husband, the millionaire Don Lewis. It was even suggested by Lewis’ relatives that she fed his remains to the tigers. Baskin was the victim in Joe’s murder-for-hire plot.

Joe had it out for Carole because she had always thought his farm was unethical and had been trying to take away his park and animals from him for as long as he could remember. Carole promotes herself as wanting what is best for the animals, but her whole operation is a little suspicious to me and many others. The “volunteers” she recruits work 365 days with no breaks or pay. She and her big cats have somehow created a cult-like mentality, and she has seemingly brain-washed the people who work for her. Furthermore, if you look at her compound, or at least what is shown of it on the docuseries, it does not look much better than Joe’s or Doc’s.

It is really important to always remember that no matter what enjoyment you got from watching *Tiger King*, what happened in the series is not OK. You are, of course, allowed to laugh at the ridiculous points, but we mustn’t forget or condone the abuse of both humans and animals that went on--and could still be going on for all we know--in the big cat world.

Kamala Harris: Breaking Barriers

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Photo Credit: WHYY

In May 2020, Harris put forward the COVID-19 Racial and Ethnic Disparity Task Force Act, which was aimed to address racial disparities, since Black people have been disproportionately affected by COVID-19, and Black, Native American, Hispanic, and Pacific Island communities have all faced barriers to equitable health care. This task force would use data to advise funding and policy decisions in the national response. She also has supported or put forth many other proposals regarding COVID-19, such as monthly relief for struggling families, grants to small businesses, and a ban on evictions and foreclosures. Harris has spoken out about our current administration's reaction to handling and combating COVID-19 as well. “This virus has impacted almost every country, but there’s a reason it has hit America worse than any other advanced nation. It’s because of Trump’s failure to take it seriously from the start...an American dies of COVID-19 every 80 seconds.”

Harris has a very progressive stance on education; in the 2020 election, she was the most progressive candidate on the issue of student debt. She proposed cancelling student debt for student loans for borrowers who started a business in a poor community and maintained it for three years. She also proposed raising teacher salaries to those of professionals with similar education backgrounds, amounting to a \$13,500 raise on average.

In foreign policy, Harris would prioritize diplomacy, human rights, and the promotion of democratic values like the rule of law. Some global issues she would like to tackle are the persecution of Uigher Muslims and the restriction of freedom of speech in Hong Kong. Harris also is for defending against foreign election interference and the dangers of cyberspace. In the Biden Administration, foreign policy would be led by Biden himself, but Harris has the potential to be an influential Vice President on these matters.

Safety Measures Taken at Cold Spring Harbor

Continued from Page 3

Certain classes have had to modify their entire courses--specifically music classes--because of the restrictions. For example, because New York State requires twelve feet between singers and brass/woodwind players, the band has purchased special masks and covers for instruments' bells. In an effort to run his classes as normally as possible. Mr. Beja, the chorus teacher, has been very innovative. He says, “The chorus classes have been singing almost entirely outside, wearing masks and maintaining distancing. We sing out behind the PAC where I mark the pavement with chalk and sometimes use the side of the building as a board.” Mr. Beja has adapted to many of the challenges that a half in person, half online chorus class holds, and adds, “It’s harder to hear each other, and chorus doesn’t feel quite normal, but it is so great to be able to be making music at all.”

Physical Education is another course that teachers must manage very differently since this year equipment may not be used. Instead of playing games and sports that require balls, racquets, sticks, and anything else that has to be shared among students, students walk a mile every day for class when in person. When online, they are given different physical activities as assignments to be logged that day.

With these unprecedented times come extraordinary measures that need to be taken by the school to ensure every student, teacher, and staff member's safety. As Dr. Bolen says, “There are definite challenges for sure, but I feel everyone is working with the same goal in mind --to create the best learning environment we can under some very unique parameters.”



Photo Credit: April Henry

Ms. Martino

“I appreciate how cooperative my students have been about wearing their masks and using their shields. Teaching students in person and remotely is challenging. I worry about glitching or freezing when relaying important information. Thankfully, my students have been supportive and helpful in these types of situations.”

Mr. Beja

“Adapting chorus to safety guidelines has been especially tricky. Several studies and articles have tied the transmission of COVID to aerosols, which are elevated during singing. From the beginning of the pandemic, there have been several stories of choral groups that have quickly spread the virus throughout much of their group during rehearsals and performances. I want to be abundantly cautious and make sure we prioritize safety over ideal music making.”

"So many schools aren't able to have performing ensembles right now. So for the time being, I'm constantly checking the weather forecast. As it gets colder, we'll dress warmer. I might get rained now and then. Everyone is working together to do the best we can."



Photo Credit: Keith Miller

Safety First!

POET'S Corner & Grok

The End and the Beginning

By Julianne Massa



I was ready for the fall.
It was gentle, gradual.
The coppery color crept across my body,
stretching to every corner and crease
like a drop of ink in water.
The soft, yet persistent breeze
tugged me off my branch, my home,
guiding me down a spiral path
to my end.

Looking up, I see a creature perched on my branch.
Its beady eyes seem to taunt me,
for I lie in the lowly underbrush while it watches from a palace.
But I do not mind.
I am glad that my branch can be a sturdy presence
when harsh winds seek to conquer the forest floor.
I take comfort in knowing that the creature
can memorize the twists and bends and kinks
of my branch as I once did
and have a familiar place to return to.
My branch is once again a home.

Once in a while, a shadow swallows me into darkness.
But only for a moment.
I hear a heavy crunch.
The darkness lifts.
And I am caressed by the dusty rays of the sun through the trees.

I watch the others fall.
Through the whistle of the wind
I can hear their steady sighs of relief
or their shaky moans of despair.
The trees shiver, chilled by the bareness of their branches.

All around is the mellowing serenity,
the slow rusting of the green,
the subtle retreat of the sun,
and the not-so subtle arrival of the cold.

The end and the beginning.

National Art Honor Society 3rd Annual Induction Ceremony

By Annabel Beder and Isabella Vallone

To be a member of the NAHS is an honor. Created in 1978, NAHS members are apart of a society that includes famous museum featured artists, art educators, and supporters of the arts. The members work together to learn and grow within ourselves, our community, and the art that surrounds us. All the members share a love for the culture the arts inspires. NAHS is an opportunity for students to be able to give back to their community, inspire the next generation of artists, and connect with students from other schools through our love of art. Through this close-knit group of teachers and students, we are able to unify our school and express ourselves creatively while we collaborate. Although this year will be different due to COVID-19, our chapter will continue to connect with the society through Instagram and Zoom calls. Being a creative circle, NAHS members will find unique solutions to continue the work of this group with the conditions of our current world.

NAHS MEMBERS 2020-2021

| JUNIORS | SENIORS |
|----------------------|-------------------|
| Isabella Ambriano | Kat Angelides |
| Isabelle Apostolakos | Annabel Beder |
| Caleb Arneja | Maggie Bugos |
| Lauren Bavaro | Isabelle DeSimone |
| Giovanna Ciampa | Hannah Gumersell |
| Reed Cooper | Sophia Ketterer |
| Kayleigh Corcoran | Duncan Lonoff |
| Nick DeScala | Lili O'Donnell |
| Kiara Freidberg | Sierra Rosado |
| Michael Keschner | Martina Simone |
| Paige Lynch | Julia Sobel |
| Sarah Mazzei | Emma Solis |
| Meghan McGloin | Anna Spehr |
| Drew Munn | Briggs Stella |
| Ava Patalidis | Roman Taglieri |
| Penelope Patsisi | Isabella Vallone |
| Andrew Pultz | |
| Gabby Rivadeneira | |
| Jessica Wang | |
| Gillian Will | |
| Spencer Will | |



Photo Credits: Student Artists



By Jessica McCrorie

Grok Club Sponsors Creative Writing Contest

Are you a high schooler interested in showcasing your writing? *Grok*, the high school literary magazine club, is sponsoring a 9th-12th grade writing contest with cash prizes! You can submit a fiction, non-fiction, or poetry piece. All entries will be kept anonymous for judging by our English department. The winners will be announced in late January to early February. The first-place winner in each category will receive \$50, the second place winner will receive \$30, and the third place winner will receive \$20. In addition, all winning submissions are guaranteed publication, with the author's name, in this year's *Grok* magazine. All submissions are due by December 23rd and will be considered for publication in this year's *Grok*. See the accompanying flyer to get more in-depth submission requirements. Take a chance on this great opportunity to showcase your writing passion and talent. Grok on!

Cold Spring Harbor High School Writing Contest - Grades 9-12

Categories: Non-fiction, Fiction, Poetry

Fiction - up to 2,000 words

Poetry - up to 30 lines

Non-fiction - up to 2,000 words

Submission details
- Submission should be typed into Google Docs using your school account
- Once you have finished our piece, **adjust the title of your Google Doc to include the following (in this order): Writing Contest, work title, your first and last name, entry category.** For example, "Writing Contest, Into the Blue, Julia Zhan, Poem"
- Include the Google Doc title information at the top of the document as well. Click on the blue "share" button at the top right of your Google Doc and share your piece with the Grok editors by sending it to groksh@gmail.com. You may adjust the settings to "viewer" if you wish. Before sending, type a brief message with your entry information.

Entries will be kept anonymous for judging by CSH English teachers. Winners will be announced in late January/early February 2021. All submissions will be considered for publication in this year's *Grok* magazine. Winning entries (with authors indicated) are guaranteed a place in *Grok* 2021.

The following prize money will be awarded for each category

1st place - \$50
2nd place - \$30
3rd place - \$20

Deadline: **DECEMBER 23rd**

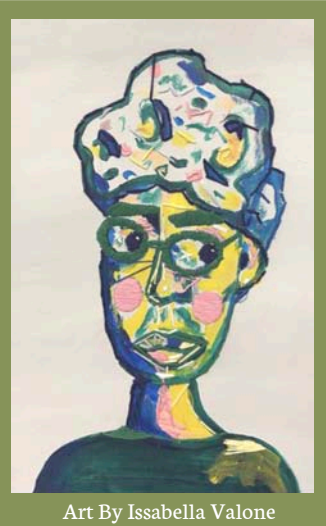
Sponsored by GROK club

Join Grok! The High School Literary & Art Magazine Our remaining 2020 meetings are in room H16 at 2:30

Monday, Nov. 16th
Monday, Dec. 7th
Monday, Dec. 14th

Zoom Code posted on Canvas
club page and meeting dates
on calendar.

To submit your piece(s) to Grok,
email them to grokcs@gmail.com
or see Ms. Henry, Julianne Massa,
or Jessica Wang.



Art By Isabella Vallone