



Manuary Food Drive

By: Gabby Bailenson

On January 6th male faculty came in clean-shaven to kick off the 3rd annual Manuary competition. Every year male teachers grow their beards and one month later they shave them off. Students can vote for their favorite bearded teacher by bringing in non-perishable food items. The donations go to local food pantries. This time of year is usually a dead time for donations, and free pantries tend to be empty.

Past winners have included Mr. Miller, Mr. Pesca, and Mr. Towers. This year's winner will be determined on February 6th. Mr. Schiffmacher and Mr. Pesca were the teachers who started this event. The social studies office is always full of excitement, but during this time of year it is even crazier. "We have a lot of fun with the whole thing," Mr. Schiffmacher said about the Manuary competition. "Mr. Pesca and I were chatting and we were looking for ways to have a food drive beyond the traditional. We wanted to figure out a way we could get kids to go back into their pantry and look for

food. November and December are prime times for food pantries. However, these next three months are the hardest times for the food pantries. Everyone [hungry] last month is still hungry this month." When asked whose idea this was Mr. Schiffmacher said, "I want to give Mr. Pesca credit, he really wanted to do this." Last year 1500 items of food were donated. "We are looking to get over that number. This year 2000 items is the goal." At the end of the competition, after the winner is announced the teachers shave their beards in a creative way, whether it is mimicking a person in history or their favorite show or movie character.

The leadership class clears the boxes and counts the food every week. "We could never do this without the help of the leadership class," Mr. Schiffmacher said. It would be so much more work if they did not help. "What is the goal?" "The whole goal is to get kids to bring in food while having fun with it." So be sure to go down to the front of the school and bring in food for your favorite bearded teacher. The participants of this year's

Manuary Competition are:

- Mr. Schiffmacher
- Mr. Pesca
- Mr. Mendreski
- Mr. Cootner
- Mr. Topping
- Mr. Phelan
- Mr. Towers
- Mr. Santolini
- Mr. Gregorchuk
- Mr. Borland
- Mr. Natale
- Mr. Renart
- Mr. Miller
- Mr. Homer
- Mr. Fengler
- Mr. Garcia
- Mr. Cennamo



Student Commentary: Special Treatment for Athletes?

By: Haley McLaughlin

Controversy has recently surfaced at the University of North Carolina at Chapel Hill over newly leaked information about student athletes. Mary Willingham, a learning specialist at UNC, has been suspended for the information she released to the public that exposes the true corrupt nature of the admissions system.

Willingham's research has indicated that many of the football and basketball stars of this Division 1 University are not nearly academically qualified enough to attend their school, and are simply being paraded through their classes in order to keep them on the university's money-making teams (specifically men's basketball and football). As an academic counselor, Willingham admits that a horrifyingly large amount of the student-athletes she worked with were reading below a third-grade level. With the school's permission, Willingham administered diagnostic tests that confirmed the student-athlete's lack of ability to work at a college level. These tests also identified learning disabilities in many of the students that would require special attention in any other college setting. In her statement, Willingham includes excerpts from an essay handed in by one student-athlete about abortion, including sentences like, "It seem that the women ought to be the one who decides," and, "Abortion is a tough typic and men difently does not need to make the choice."

So if all of these athletes are this illiterate, how are they passing classes at such a prestigious southern university? According to Willingham, an allegiance of athletes, advisors, coaches, and administrators had concocted numerous "no-show classes." Known within the program as "paper classes," these classes never met and were largely filled with athletes. The only work necessary would be one paper at the end of the semester, which many of the student athletes would call a "cut and paste," job.

This plagiarism was ignored by the professor, and all students received a grade of a B or higher.

Willingham does not blame the students for the most part. "It's not right," Willingham, said, "It's the adults who are not doing what they are supposed to do." Although many of these student-athletes left with degrees, they did not leave with an education. Used by the university as physical talent only, these students had no time left for learning. It was decided for these profit-sport athletes that their schedule would only include the historically "passable," classes.

Student-athletes who play in the moneymaking collegiate sports of football and basketball, but are borderline illiterate, are not a new phenomenon and are certainly not only at UNC. Willingham believes that this issue is not limited to UNC, but is rather common across all of Division I athletics. College sports are an \$8 billion industry, and all over the country talented athletes are being carried through highly ranked schools in order to fill stadium seats and, of course, sell tickets. The prestige that comes with being able to play for such a well-known university blinds these student-athletes from realizing that they aren't receiving a legitimate education.

And of course, much of this is learned behavior. Does this fraud happen in the high school education system? The answer is no, not quite to that extent. Obviously, high school sports are not a huge source of revenue.

But, there is something to be said about the special treatment received by student-athletes. Usually only seen with quite gifted athletes, this special "help," can range anywhere from the athlete getting another student to do his/her work to even a coach making a teacher give the athlete a better grade than they may deserve. The saddest part of all of this is that the many young athletes witnessing such morally corrupt actions will go on to mimic what they've seen, doing anything for the win.

CSH Snowday and Cold Temperatures

By: Dominique Giuffrida

The Cold Spring Harbor School District cancelled school on January 22 due to the blizzard on January 21-22, 2014. Some schools on Long Island were dismissed early on Tuesday, January 21 and most were either closed or delayed on Wednesday, January 22 due to the dangerous roadways. Flights were also delayed because of icy runways. By the time the storm ended on Wednesday morning, as much as 15 inches of snow were on the ground in Cold Spring Harbor. The snowfall was accompanied by bitterly cold winds gusting up to 30 mph and temperatures in the teens and single digits. It could feel as cold as 10 degrees below zero overnight with wind chills. The storm was bringing a blast of arctic cold that was expected to freeze the region for a week. The blowing and drifting snow caused hazardous travel and walking conditions. Drivers were urged to stay off the roads, and if they had to travel, keep a flashlight, food, and water in their vehicles in case

of emergency. A state of emergency was declared in parts of New York and all of New Jersey. The blinding snow and massive accumulations caused numerous problems throughout the area.

Another massive winter storm hit Long Island with around 10 inches of snow and heavy winds on Friday January 3, 2014. The storm caused Boston airports to be shut down, prompted cancellations of thousands of flights, and caused state emergency declarations in New York and New Jersey.

Although these storm seemed quite large, the biggest snow storm in Long Island's history accumulated an astounding number of around 27 inches of snow. On February 11 and 12, 2006, this nor'easter caused hundreds of flights at both LaGuardia and John F. Kennedy Airports to be cancelled. Metro-North shut down for part of the day, there were extensive subway delays, and the NYC bus service was running at 50% captivity.

The blizzard of 1947 previously held the record for the biggest snowstorm in Long Island history, dropping around 26.5 inches of snow on December 26-27. The storm caused cars and buses to be stranded in the street, caused subway service to be halted, and claimed 77 lives.

The third greatest blizzard occurred on President's Day (February 17) in 2003 accumulating nearly two feet of snow on Long Island. The storm claimed 42 lives nationwide, stranded thousands of travelers, and cost New York City \$20 million. Major airports along the eastern seaboard, including LaGuardia Airport, shut down, while Kennedy and Newark Airports issued extensive flight cancellations. Bus service was halted in and out of Port Authority Bus Terminal, while Metro-North, Long Island Rail Road, New Jersey Transit, and Amtrak trains ran with scattered delays.



Local News

P.F. Chang's Opens at Walt Whitman Mall

By: Emily Krusos

On December 23rd, the Walt Whitman Shops had another grand opening: P.F. Chang's, the largest Chinese restaurant chain in the United States with more than 200 restaurants across the country and worldwide in Puerto Rico, Mexico, Canada, Argentina, Chile and the Middle East. P.F. Chang's is a casual Chinese bistro that pairs oriental cuisine with American-style service, offering high quality yet affordable Chinese food for the masses. The chain has been recognized locally with awards such as "Best New Restaurant" and "Best Chinese Restaurant" as well as nationally as "Hot Concept Winner" in Nation's Restaurant News.

Paul Fleming, a native of Louisiana, spent three years conceptualizing and planning the new restaurant chain, and two more recruiting Shanghai-born Philip Chiang to serve as his partner. Fleming was the owner of several restaurant franchises while

Chiang was the chef and owner of the Mandarette Café in West Hollywood. Chiang helped create the recipes for about sixty dishes that make up the restaurant's menu. Together, they developed P.F. Chang's and opened their first bistro in Scottsdale Arizona's Fashion Square Mall in 1993. This original restaurant did not take reservations and guests waited up to two and a half hours just to get seated! It became a hangout for media and sports celebrities and within two years generated approximately \$4 million in sales. By 1995, Fleming had opened three more bistros in California. In 1997, P.F. Chang's expanded eastward with openings in Louisiana, Florida, North Carolina, and Virginia. By the year 2000, the chain had thirty-nine restaurants in over thirty states.

Although P.F. Chang's is known for its stylized exteriors that feature eleven-foot-tall horses that symbolize the Forbidden City in China, our Walt Whitman bistro does not have these statues.

However, it does showcase three terra cotta warriors and a hand painted mural depicting twelfth century China in the interior. The menu is varied and offers gluten-free options, vegetarian plates, and kids selections. Appetizers include dumplings, egg rolls, and wantons; main courses include Mongolian Beef, Kung Pao Chicken, and Shanghai Shrimp; side dishes consist of fried rice and lo mein noodles; desserts include flourless chocolate dome, New York-style cheesecake, and chocolate raspberry or sweet vanilla cream wantons.

Since the restaurant is quite popular and there is an opening buzz, make sure you make a reservation by calling 631-760-5200. If the bistro is booked, you can always fall back on P.F. Chang's home menu, which is available in the frozen food section of your local supermarket. Dumplings, spring rolls, Szechuan shrimp, or sweet and sour chicken can be ready in thirteen minutes or less!



New Salon Blowing Away the Competition

By: Emily Krusos

While the blow-out craze has been a booming business in Manhattan during the past several years, it is just making its way out to Long Island. Our local Blow & Co. in Huntington Village now has competition with two newly opened Aire Blow Dry Bars, one on Jericho Turnpike in Woodbury that opened in September and another at the Walt Whitman Shops, which opened this December. Another salon is scheduled to launch in the Hamptons next spring or summer. In total there are seven blow out bars on Long Island. The first blow dry salon at Beauty Bar in Manhasset opened nearly two years ago. Other bars include Blo in Greenvale, Blowout22 in Kings Park, and Blow Me Away in Great Neck.

The blow dry bar concept was the idea of hair stylist and former public relations agent Alli Webb. She started a business called Straight-at-Home in Los Angeles where she did blowouts at client homes. With her brother, Michael Landau, a former marketing executive for Yahoo, she opened a shop named Drybar in the Brentwood area of L.A. This shop capitalized on two hairstyle industry trends: the popularity of smooth-looking hair and the desire for a quick salon service. Within eight hours of opening Brentwood's Drybar, thousands of appointments were booked, filling

six weeks worth of the calendar. With this success, Drybar quickly expanded and opened three new stores in West Hollywood, Studio City, and Pacific Palisades. Drybar has grown from its initial four locations and \$1.5 million in revenue in 2010 to 25 locations and \$19 million in revenue by 2012. The franchise currently offers services in six states and styles the hair of more than 50,000 women every month!

Although Drybar is the leading company in this thriving industry, there are new, smaller competitors entering the business. New York's Haute Air and Blow are grabbing market share as well as Boston's Be Styled. In fact, the Boston chain recently opened up two new salons in the suburbs. Even more blow dry bars will be hitting Long Island with Aire's planned ten-store expansion by the end of 2014. Clearly, this business is not just a New York and L.A. thing since salons are hugely successful in other areas like Boston, Chicago, San Diego, Washington D.C., and Memphis. Future blow dry salons are expected in other cities such as Houston, Miami, and Las Vegas. With all this competition and additional salons, the market will at some point be saturated. It will be interesting to see if Aire and Blow & Co. can both succeed in this highly competitive industry being less than ten miles apart.

Cancelled Flights Strand CSH Students

By: Juliana D'Alleva and Dominique Giuffrida

At the end of the holiday season JetBlue had a very noticeable shutdown of flights across the nation. The reasoning for this was cold and freezing weather that was unsafe to fly in.

Across the nation JetBlue cancelled 1,800 flights between Friday the 3rd and Tuesday the 7th of January. JetBlue closed New York's JFK and LaGuardia, Newark's Liberty International and Boston's Logan airports. The trouble began when JFK had to shut down its runways for four hours on Friday morning because of snow and visibility. Then on Sunday, JFK once again shut down runways for two hours after a plane skid into a snowbank.

One 10th grade student was left stranded in Salt Lake City after her flight to JFK was cancelled on Monday night. If the family had decided to wait until

JetBlue got back up and running in Salt Lake City, they would have had to wait three days to a week. Her family was left with no better choice than to drive to Phoenix. The student said, "We drove 12 hours in the middle of the night on a truck service road with no navigation. There were so many deer and elk that we had to keep the brights on and keep honking the horn to avoid hitting them."

They ended up paying an extra \$2,000 to get booked on a Delta airlines flight back home, as they, unlike JetBlue, still had flights back to the east coast.

Another 10th grade student was left stranded in West Palm Beach, Florida after her flight from Fort Lauderdale to JFK was cancelled on Saturday night. After a three hour phone call with JetBlue, the earliest flight she was able to reschedule was Tuesday morning from West Palm Beach to Westchester County.

Twins in 7th grade vacationed in Savannah, Georgia over the break. Their flight to JFK was cancelled on Saturday and moved to Wednesday night. Stuck in Georgia with nothing to do, they helplessly waited for four days.

According to two tenth graders, they missed over two thirds of the material for a test and were still asked to take it the same day as everyone else.

"While it is unfortunate that unexpected events like this happen, because of technology and availability of resources students must be held accountable for the work they missed," says Mr. Borland.

The stress of teaching themselves the missed lessons and the poor grades could have been easily avoided if the students had made an effort to contact their teachers.

Photo Courtesy of yelp.com



Upcoming Events at the Local Library

By: Kiki Carmi

MORNING BOOK DISCUSSION GROUP

In the Garden of Beasts by Erik Larson

Wednesday, January 8, 10:30 a.m.

Angry Housewives Eating Bon Bons by Lorna Landvik

Wednesday, February 12, 10:30 a.m.

EVENING BOOK DISCUSSION GROUP

The Life and Times of the Thunderbolt Kid by Bill Bryson

Thurs, Jan 16, 7:00 p.m.

The Age of the Miracles by Karen Thompson Walker

Thurs, Feb 20, 7:00 p.m.

READ IT IN GOOD HEALTH

Twelve Patients: Life and Death at Bellevue Hospital by Eric Manheimer

Tuesday, Jan 14, 7:30 p.m.

Oxygen by Carol Wiley Cassella

Tues, Feb 11, 7:30 p.m.

Teen Program:

STRING ART DESIGN

Thurs, Jan 9, 7:00 p.m.

VALENTINE MINUTE TO WIN IT

Thurs, Feb 13, 7:00 p.m.

COLLEGE PREP @ YOUR LIBRARY

Getting into selective colleges

Thurs, Jan 16, 7:00 p.m.

TEEN PIZZA & A MOVIE

Sat, Jan 25, 1:30 p.m.: *Beautiful Creatures*

COMMUNITY SERVICE @ YOUR LIBRARY

Spring into reading: Teen book reviews

VOLUNTEER MEETINGS

Thurs, 6:30 p.m.

For students in grade 7-12

Library Hours: Monday-Thursday

9:30 a.m.-9:00 p.m.

Friday & Saturday

9:30 a.m.-5:00 p.m.

Sunday (September 8, 2013-June 8, 2014)

1:00 p.m.-5:00 p.m.

Opinion



Sleeping: A Mystery

By: JP Paris

We spend one-third of our life doing this, but most of us don't really know what happens during the time we do it. In fact, most people just accept the fact that a large portion of their life is a mystery. There are even some who spend up to half of their life doing this. This mystery is what happens when we sleep.

So what happens when we sleep? It seems like there is no definite answer because sleep can seem very inconsistent: many times we feel like we dream, other times we feel like we don't. Sometimes we just want to stay in bed after plenty of sleep, while other times we feel great after a couple of hours of sleep.

Despite this variation, when you close your eyes to count sheep jumping over a fence, your body goes through a specific sleep cycle called a "sleep-wake cycle." When you first close your eyes with your teddy bear in your arms and your body snugly tucked in by your mother, you go into a calming stage. This happens for about the first hour of your sleep, and your whole body relaxes. You then go to other end of the spectrum in which your body activates again.

This "wake" portion of the "sleep-wake cycle" is known to many as REM (rapid eye movement) sleep and it is the part of sleep in which you dream. This is the exciting part where you either have a nightmare that causes you

to want to wake up or a dream of glory where you could sleep for what seems like a decade. REM sleep surprisingly lasts only about 10 to 15 minutes even though it probably feels as if you were dreaming the whole night.

Your whole body (except your eyes) becomes paralyzed during REM sleep while your heart rate and the rest of your internal self are as active as when you are awake and walking. This is why the "wake" nickname was given, since your body is just as alert during this stage as when you are moving around.

After your dream of either saving the world or living on a cruise ship with hundreds of girls in bikinis, you re-enter the calming, restorative stage of your sleep. Throughout the night you will alternate between these alert and calming states and go through a couple of sleep cycles. It's important to note, however, the "sleep-wake cycle" is just a general summary of what happens when you sleep; it is more complex as well as cookie-cut for the individual's biological clock.

Earlier I mentioned the inconsistency between when we can wake up rejuvenated after minimal sleep and when we wake up feeling as if we are more tired than before we went to bed after having many hours of sleep. The reason for this inconsistency is you are waking up during different parts of your sleep cycle, which typically lasts around 90

minutes. The best time to wake up is during an "alert" period, such as during REM sleep.

So a tip I am going to throw out to anyone reading this is sometimes "less is more" and you should aim for a multiple of 90 minutes of sleep (6 hours, 7 1/2 hours, 9 hours). You may find a huge difference in your mood by sleeping from 10:30pm to 6am rather than 10:30pm to 6:30am.

On the other hand, if you ever are woken up by your parents and you want to throw a brick at them, you are probably waking up at the deepest part of your restorative or "calm" sleep. This may happen a lot to you power nappers out there who like to rest your eyes for a half hour. Don't throw any bricks, just realize you are waking up at the wrong part of your sleep cycle!

After reading this, you might've realized that the "snooze" button on your alarm clock is usually just going to wake you up during a "calm" portion of your sleep (unless you snooze for 90 minutes), so you are better off hoping in the shower or putting on some music rather than clicking that button. This is just my thought.

Hopefully the mystery of sleep was resolved at least a little bit, and remember to not let the bed bugs bite and enjoy your night life!

strengthens all parts of your somatic nervous system, leading to increases in flexibility, joint integrity, and strength.

Athletic companies, such as Cross-Fit, are also advocating to prevent injuries in young athletes who specialize in one sport. Since cross-training is a great way to develop a balanced body and stay healthy, Cross-Fit opened up for business in 2000 to help make people stronger and more robust to injury. It has quickly grown and has become one of today's new fads, opening its 9,000th gym this year.

In life, we may lose our house, meet new people, or get different jobs, but we have to deal with our bodies every day of our life. So shouldn't our health be our number one priority in life?

Most Likely to be Injured

By: JP Paris

Over the last decade, the level of competitiveness has reached new levels in all aspects of life, ranging from athletics, getting into colleges, to even playing an instrument. Many coin the latest generation to be a "specialized generation," referring to the abundance of children pursuing specific activities year round. Today, many kids that are only focusing on one activity, such as a certain sport, to maximize their talent. Unfortunately, even though athletes are reaching new levels of skill, the percentage of injuries in young athletes has sky rocketed.

These young injuries are happening universally, including here on Long Island. Senior Chandler Reiter has a friend from dance who has already had two hip surgeries before graduating from high school. If kids are al-

ready having multiple surgeries in high school, how are they going to be able to move in their forties?

This increasing trend of injuries in kids cannot be ignored, especially since it is highly correlated with very young athletes performing the same activities with the same muscle groups year round. In fact, as provided by *Stop Sports Injuries*, many doctors and other professionals have substantially increased their investment of time and money into research regarding this noticeable increase in young injuries.

How can we prevent these unnecessary early injuries? Many studies have pointed to varying your exercises. Rather than just going out every day to play soccer or dance, you should take days off and instead, invest your training in yoga, weightlifting, running on the track or playing another sport. This variation

Surviving Junior Year

A Column

By: Daniella Rizos

This edition's column will advise students on two different topics. The first is staying organized and the second is teacher recommendations. Both are very important to the success of juniors during the stressful year.

1. Get organized

Organization is definitely one of the keys to success during junior year. Staying organized will help to de-stress and prioritize.

TIP 1: Use your planner

In eleventh grade I found my planner was the most useful thing to help me stay organized. Writing down due dates, tests and homework assignments and after school activities enabled me to see what my week would entail and prioritize the most important things.

TIP 2: Empty your binders

I know some people buy the huge binders that fit a whole year's work but for those of you who bought the one inch binders, it's time to empty them out. Overflowing binders usually lead to disorganization. When this occurs, notes and homework are always easily lost. I have found the best way to empty your binders is to buy large 3 inch binders to keep at home for each subject. Also, at the end of the year you will be able to use your binders from this year for the next one.

TIP 3: Keep your notes neat

Immaculate notes makes studying and doing homework a lot easier. To keep your notes neat, try making an effort to keep your handwriting neat. Messy handwriting is definitely a weakness when I try to keep my notes

By: Raj Singh

As defined by our school handbook:

"Plagiarism is claiming someone else's work or ideas as your own. This includes:

Copying another student's paper answers or homework

Passing off another person's ideas as your own...."

Just last year, students of Mrs.Reddock's math class were caught cheating on an OPTIONAL EXTRA CREDIT test. Really? Are you that desperate that you have to cheat on an optional test?

Many students see cheating as nothing, cheating on assignments ranging from take home tests to homework to tests themselves. While some teachers have been trying to crack down, I think many could do a better job. I have had firsthand accounts of kids getting caught cheating and receiving minimal repercussions.

Ms. Schneider, an English teacher, said that "Cheating in our school is due to cell phone usage and rigorous course loads, coupled with the pressure to excel."

While cheating also occurs in the younger grades, it is for a different reason. Mrs.Kearnes, who exclusively teaches junior high this year, said "Cheating in junior high is mainly copying.... the fact that they're nervous about missing a homework causes them

neat. I find when I don't try to keep my handwriting nice, my notes can easily become very hard to read and makes studying a lot harder when I'm trying to figure out what they say half the time. Dating notes is also a big help because it keeps notes in order. Also if anything is ever misplaced, it is easier to find the correct spot for it.

TIP 4: Make To Do Lists and Use "Post-its"

Having a lot to do can sometimes get overwhelming. In order to prioritize, make a "to do" list that organizes the things you have to do from most important to least important. This helps to make sure you do not forget to do anything important while overly stressed. Also Post-Its are helpful for little reminders such as remembering papers and sports equipment during hectic mornings.

2. Start thinking about teacher recommendations

All colleges want to get to know how you are as a student and they are able to learn through teacher recommendations. Now that we are half way through the year, you must know your teachers pretty well.

Whichever teachers you are considering asking, try to create opportunities so they can get to know you better. Remember, the teacher you choose doesn't necessarily have to teach the class you earned straight A's in. Try participating more in class or go to extra help. Extra help can be a great way for teachers to get to know you, especially if it is one on one help.

By the end of the year, you want to have at least two teachers in mind that you think would give colleges the best idea of who you are as a student.

Cheating in School

to copy their peer's work."

Often, kids receive a zero on the test that they cheated on, but what happened to cheating effecting National Honor Society? Seldom do we ever see a kid who has never cheated or copied a homework, and what we as a student body need to realize is that it is wrong and it is decreasing your chances of doing well on any AP that you are planning to take.

Junior class president George Carmi states that "Cheating happens a lot in our school."

While this is accurate, it does not really mean anything. It shows the lax attitude we as the student body have towards cheating.

Is this article going to change anything? I doubt it. Kids that cheat are going to do well while the kids that do not are going to end up not doing as well.

In today's school system, the cheater is favored. Tests are available online, and information is at the click of a button. What can we do to fix this? Study more, do things under your own power. Rather than ask for the homework for tomorrow, ask what the problems are, and how to do them. Even if you are just going through the motions, it will help you and it is better than copying someone else. So please, don't cheat. As Ms. Schneider stated, and many teachers would agree, "I'd rather have one sentence of honest work than five pages of copied work."

Sports

Varsity Boys' Basketball

By: Sommer Dougherty

Boys' varsity basketball is halfway through their season and ready to finish it with a championship win. Even though six seniors graduated last year, the team boasts 14 players overall which is more than it did last year. Captains Wes Szajna, Ben Jay, and Brian Auersperg have made it their goal to play better and compete better as a team. The team has also welcomed a new coach.

In order to advance to the playoffs, they must win 6 games. Although this may seem simple, the team has moved up a conference this year and is therefore competing against teams of higher skill level than the year prior.

Their first game took place on December 4, in which the Seahawks celebrated an 89 point win over Glen Cove. Captain Wes Szajna scored an incredible 44 points including five from the three-point line.

Ten days later, the team was victorious once again in a game over Herricks. Once again Wes Szajna was the leading scorer with 15 points. Junior Brendan Campbell was the second highest scorer with 12 points.

The team was victorious in its third game as well with a 15 point win over Locust Valley. Brian Auersperg led the team with

19 points and senior Ben Jay followed with 11.

Unfortunately, the team lost against Seaford in a 59-65 point game. Although the next game against North Shore was vital after the most recent loss, this game resulted in a 74-68 loss for Cold Spring Harbor.

Following these two losses, the team suffered a third loss against Glenn. Although junior Brendan Campbell scored an impressive 17 points, it was not enough to claim a victory.

Despite the disappointment due to the last three losses, Cold Spring Harbor rallied and claimed a 67-62 win over Wyandanch. Juniors Wes Szajna and Brendan Campbell led the team to victory scoring 17 and 16 points respectively.

The team suffered a 63-36 loss against West Hempstead even with Brendan Campbell's impressive 14 points. West Hempstead is currently leading the conference with a nearly undefeated record. They will be the hardest team to beat but the Seahawks feel as though they are capable of doing so.

As a result of the loss, the Seahawks rallied together to clinch a 59-33 win over Clarke with Wes Szajna leading the team scoring 21 points and Ben Jay grabbing 13 rebounds.

Maintaining his rebound streak, Ben Jay had another 13 rebounds in the game against Mineola leading the team to a 72-42 win.

After a restful weekend, Cold Spring Harbor faced off against Roosevelt on January 14. Although the team lost 64-51, the players hoped to secure a win in their next game against Locust Valley.

The game against Roosevelt was the final game before the Seahawks begin replaying teams. Knowing now how each opposing team operates will allow the Seahawks to specialize their playing in order to ensure these wins.

The Locust Valley game was scheduled for Tuesday the 21st. However, due to inclement weather and then a snow day it was rescheduled to the 23rd. The change did not seem to affect the players however, they won by 26 with Ben Jay getting 11 rebounds and Wes Szajna scoring 31 points.

Unfortunately the team suffered a 79-50 loss to Seaford Saturday, January 25th.

The boys are hoping to secure enough wins to compete in the playoffs, maintaining their original goal of simply playing better as a team. It is clear that the team is extremely committed to working hard to achieve this goal.



Boys' Varsity Swimming and Diving

By: George Carmi

Nick Stamatos.

It's that time of year again; the pools are open, the jammers are on, and the races begin. For the past couple of years the Boys Varsity Swimming and Diving team has had many successes from previous swimmers like Lowell Nickey, to current swimmers like Nate Brown, a senior. The team is headed by Coach Gary Renart and Coach Gen.

"I love our coaches. Our entire team loves our coaches. They are two individuals who really know the sport and enjoy watching our team strive for greatness," says Tom Wendt.

This year the team is captained by Nate Brown, Chris Gabriel, and Thomas Wendt.

"We are anticipating a successful season. We have some new boys who are willing to swim in any event presented to them and many boys who have returned for another season," says Captain Nate Brown. "We just finished our first meet and I think the coaches have a pretty good idea as to which events to place kids in."

The squad just had their first swim meet. Unfortunately, the result was not great coming out with a 79-101 loss to Jericho. The team's next meet would be their first win of the season with a 67-31 win over Uniondale. The boys continued their season with successive wins over Hicksville and Great Neck North. The legends then recorded their 2nd loss of the season to Bellmore Merrick to give them a 3-2 overall record. The 3-way tie came next followed by a 4th win over Hewlett, 56-49.

The coaches have both expressed their level of affection toward the team and hope for the best.

"We are very proud how the season has commenced and the level of dedication indicative of a varsity team. We look forward to continued cohesiveness and believe this group of athletes will aspire to have a great season," say Coaches Renart and Gen.

This year the team is very diverse in the number of swimmers from each grade. Currently the most participants come from the senior class including Nate Brown, Will Douglas, Chris Gabrielle, Kai Gali, Kyle Gutman, Matt Lamendola, Eli Reiders, Nick Stamatos, Chris Tesoriero, Ryan Walsh, Tom Wendt, and Tim Zhu.

"Go Swimming!" says

Arya Tousi, the only sophomore on the team, feels inspired, "Being the only sophomore on the team, I feel that my need to impress the upperclassmen has suddenly increased, but in the long run, I'm sure it will make me a better swimmer."

Diving is a key part to the point system during swim meets. In our first meet against Jericho, Kyle Rooney took first giving the team a total of six points. Six points doesn't seem like much, but it can make a huge difference in the long run. Kyle has plenty of experience and is very talented in every dive, no matter how difficult it is. He has, in fact, been recruited to Cornell University for diving this upcoming fall season.

For many on the team, swimming this season is the first type of fitness they have encountered in months. "It's just a matter of getting the boys back into shape. There is nothing that can't be done with this energetic group of boys," says Chris Gabrielle.

Like many on the team, exercise is part of their daily routine, whether it's swimming outside of school, going on a run, or working out at the gym. "I believe many kids on the team have the potential to improve and become faster swimmers. Though it is not an easy task, I believe they all have the power to do so. I am one that lifts weight and I think the results in the gym do in fact carry over to the pool because it helps my stamina and endurance," says junior Collin Yaccarino.

As time progresses and each meet comes along, many swimmers are only thinking of one thing: to cut down on their times. It is definitely not an easy task considering how tiring some of the events can be.

"This is my first year swimming and I am definitely looking to improve. My biggest goal right now is cutting down on my times. I really want to improve and am very anxious to compare my times at the end of the year," says star football player Kyle Gutman.

With the season continuing on and each meet coming and going, the swimmers, coaches and divers are extremely excited for what challenges are ahead of them and the results to come.

Girls Winter Track Wins Conference Championship!

By: Cami Nichols and Kiki Carmi

The Girls Winter Varsity Track and Field team has a very big outcome this year, 52 girls on the team! It is the largest team of all the winter sports.

The coach of the girls' track team is Nick Aurigemma, who was a prosperous track runner and pole vaulter in high school and college himself, which makes him the perfect man for the job. This is Coach Nick's 7th year at Cold Spring, and 4th year as head coach.

The team is lucky to have some gifted runners such as Daniela LoCastro and Isabelle Harouche, who have achieved great things this winter, and seasons before. This season, Isabelle Harouche broke a school record in the mile, Daniela LoCastro in the 3000, and Alex D'Angelo in the shot. LoCastro and Harouche have qualified for the National Championships March 14-16. The team practices everyday outside, even in the frigid cold. The girls on the winter track team are dedicated and love what they do. Not even weather can stop these girls from doing what they love!

Cold Spring Harbor attends most of the meets at either St. Anthony's, in their indoor track, or at the Armory in New York City. The Armory also has an indoor track, with a huge area for field events, with a deli, and little shops inside.

This past weekend on January 18th, some of the qualifiers attended conferences at Yale, and were very successful securing the title of Conference 6 Champions.

Hopefully this time we will be able to start and end strong. We have had a great season so far and defeating them will add on to our past success," said Senior Captain Alexandra Buonfiglio the day of the game.

And the Seahawks did it! They were able to achieve their aspirations and defeat the Seaford Vikings 63-43 in a blowout game. Congratulations to the team for their hard earned victory.

"We are very determined to beat them tonight because in the last game against Seaford. We were winning the whole time, but at the last second they scored.

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