



The Legacy of Nelson Mandela

By: Haley McLaughlin

On Thursday, December 5th, South African icon Nelson Mandela passed away at the age of 95. A man whose courage and faith in the good of people inspired a nation to overcome its discriminatory ways, Mandela led his country to democracy. South Africa's first black president is now at peace, but his legacy lives on.

The best way to appreciate an icon such as Mandela is to reflect back on his fearless actions that changed the world. The first in his family to receive a college education, Mandela attended Fort Hare University in South Africa. His education was cut short, when he was kicked out of school for participating in a student boycott (the first signs of a rebellious leader).

When Mandela returned home after his expulsion, he was shocked to find that his guardian had arranged a marriage for him. Unwilling to comply, he fled to Johannesburg and worked as a law clerk, while also completing his bachelor's degree at night. It was when studying law at the University of Witwatersrand that Mandela first became involved in the movement against oppressive white minority rule. In 1944, he amplified his political involvement and joined the African National Congress (ANC).

With the election of the Afrikaner-dominated National Party in 1948, the ongoing racial discrimination in South Africa was legalized into a system known as apartheid. This system maintained only white minority rule, while the basic rights of non-whites were stolen. For the years to come, Mandela and the ANC worked to achieve full rights for

all South Africans through non-violent protests and boycotts.

In 1960, the South African police killed 69 people when they opened fire on a group of peaceful protestors. Riots ensued, and the apartheid government eventually banned the ANC. It was at this point that Mandela decided that peaceful protests weren't enough, and it was time for a more radical approach.

The following year, Mandela became the leader of "Spear of the Nation", a brand new and armed branch of the ANC. They began planning a sabotage campaign against the apartheid government, but in 1962 their plans came to an end when they were raided, arrested and sentenced to life in prison for treason.

Despite being physically forced from attention, Mandela remained the iconic leader of the anti-apartheid movement throughout his 27 years in prison. The "Free Nelson Mandela" campaign helped to spread not only his fame, but also awareness of the growing racial issue in South Africa. Finally in 1990, new president F. W. de Klerk broke with the conservatives in his party, lifted the ban of the ANC, and ordered Mandela's release.

Working with de Klerk, Mandela went on to officially put an end to apartheid, and was elected the first black president of South Africa in 1994. After leaving office, he remained a leader of peace and human rights in his country as well as around the world.

Nelson Mandela's passing (caused by a recurring lung infection) has left South Africa both poignant and proud. Although he very rarely made public appear-

ances these past few years because of his health, he constantly served as a reminder to his nation of how far they've come.

Our principal, Mr. Matuk, was in South Africa the same week that Mandela passed. Mr. Matuk was in Cape Town, working with a team of educators from the U.S. to bring 24 iPads to several high-needs schools in the townships outside Cape Town. He helped instruct the local staff and students on how to use their new devices.

While in South Africa, Mr. Matuk and his team had the privilege of touring Robben Island, the prison where Mandela spent 27 years planning his strategies that led to the eventual destruction of apartheid. Given tours of the desolate prison by former political prisoners of apartheid, Mr. Matuk said that, "Touring his prison cell was especially moving; the man slept with just a blanket as his mattress for decades."

Mandela passed away the night before the team's last day in South Africa. While Mr. Matuk was watching television that evening, the programs were abruptly interrupted by the news reports of Mandela's death. Outside his hotel, he could hear church bells ringing as the news spread. The following day the mood was somber; many stores closed and set up makeshift shrines in Mandela's honor. One cab, an elderly former anti-apartheid prisoner, told Mr. Matuk that he could "see the sadness in the air and in everyone's souls."

Looking forward to returning to South Africa soon, Mr. Matuk says he hopes "that its people continue on the same path that was left for them by Nelson Mandela."



50 Years Later, CSH Recalls JFK's Assassination

By: Gabby Bailenson

"CBS was showing the pictures and footage over and over again. They were broadcasting the whole thing."

This is exactly what Mr. Stavros remembers about President John F. Kennedy's death. "Before the shooting I remember JFK coming out of the hotel, they showed the motorcade and then shortly after I remember hearing the newscasters say 'President John F. Kennedy has been shot.' The governor of Texas was sitting in the front of the car while JFK and Jackie were in the back. The secret service guy tried to protect Kennedy. There was a ton of commotion."

No matter how old we are, monumental moments, good or bad, will usually stay in our memories for the rest of our lives. November 22, 1963 was a day that will forever be engraved in many people's memories, no matter how young they were.

"All of the news channels cut in with all the TV programs," Mr. Zuk remembers. "I remember watching the funeral on TV with my grandmother. It was a very morbid time. The next day in school, no one knew what to do."

Mr. Price also recalls television dominating for not

just one day but three. "No other shows were on, except the news," Mr. Price says. "When JFK was shot, I remember exactly where I was. I was walking out of the cafeteria building at my college when I heard about it from another student. Everything then all of a sudden became very quiet." Mr. Price also recalls another monumental moment in history just a couple days after JFK's assassination. "I remember of seeing the shooting of Lee Harvey Oswald live. It was pretty crazy to witness. During this time everything on television was completely live with no delay. Now a days everything is delayed just in case something goes wrong on live television."

Every year on November 22, people mourn all around the U.S. But this year in particular was very special because it marked the 50th anniversary since JFK's death. JFK was shot at the Dealey Plaza in Dallas 50 years ago, but last month at the Dealey Plaza people paused in silence to remember the day that changed many forever. In the past, Dallas has avoided becoming involved in tributes or events having to do with JFK's assassination. They have had a hard time dealing with their home as being the place of John F. Kennedy's death. But on November 22, 2013 everyone at Dealey Plaza paid a beautiful tribute to their beloved President.

Holocaust Survivor Visits CSH

By: John Toomey

On November 25th, our high school was visited Mr. Irving Roth, a Holocaust survivor who has dedicated his life to educating today's youth about this terrible historical event.

Mr. Roth began his presentation by showing the school a short video about a time he traveled back to a concentration camp with a group of college students. Later, he reflected that this journey back to Auschwitz had a surreal feeling, and that every time he has gone back since has had a different feeling. Students got to see footage of the terrible conditions as Mr. Roth explained what we were seeing. One image that stood out was a small wooden platform about the size of a king sized bed that would house ten women.

A main theme Roth expressed throughout the course of the video was the Nazis exacting these horrible deeds were normal people. "Ordinary men," he said in the video, "And that's the frightening part." He explained that everyone in society was taught that Jews were not human beings, and that they were used as scapegoats for multiple past events.

Mr. Roth grew up in Czechoslovakia in a small village. He recalls his early childhood as enjoyable, "Life was beautiful," he said. His village was one-third

Jewish, and everyone was very accepting. There was just one public school that everyone attended regardless of religion. Roth lived with his parents, grandparents, and brother. He had a non-Jewish Nanny that cared for him. His father owned a business that produced railroad ties, and as a result he was financially secure.

By 1939, the German invasion and split of Czechoslovakia began to affect Mr. Roth. At first, he was not allowed at parks or to the beach.

The restrictions soon escalated. He was forced to wear a yellow star, his beloved sheepskin jacket was taken as it seen as a luxury, his Nanny was no longer allowed to work in a Jewish household, and his girlfriend was no longer allowed to see him because she was not Jewish. By the time he was eleven years old, he was not allowed to attend the public school or participate on the soccer team.

His family was soon arrested and he was transported to Auschwitz with his grandparents and brother.

Although Mr. Roth didn't know it at the time, his parents were safe in Budapest sheltered in an apartment of a Nazi soldier's wife. The soldier knew his wife was sheltering Jews, but told no one.

Finally, the American army arrived and freed the oppressed captives. Mr. Roth recalls only being able to think of food, which the American soldiers provided. After some time he returned to his childhood home and was reunited with his mother.

Mr. Irving Roth finished his presentation with two requests. The first was, "if you see evil, you do something." The second was that we remember he was here and spoke to us, and that we tell our children about him and the Holocaust so it is never forgotten and never happens again.

"It was moving and shocking to see what people had to go through, and it wasn't fictional," said Constantine Markotiss, a junior.

Some students were more affected than others by the presentation. Tenth graders read Elie Wiesel's *Night* in their English classes, and the presentation made the reading of this book more powerful. "I think it made the book more real," said sophomore Emily Krusos, "To read it so soon after hearing from Mr. Roth was a very interesting experience."

Mr. Roth's visit certainly left a large impact on the high school community, his haunting words will live with the student body for time to come.

Winter Concert

By: John Toomey

The senior high Winter Concert took place on December 4th. The High School Jazz Ensemble, Choir, Chamber orchestra, Orchestra, and Wind Ensemble entertained the audience with a variety of musical performances.

The Jazz Ensemble, featuring soloist Nina Riffaud, performed three pieces; "On Green Dolphin Street," "When I Fall in Love," and "Route 66." The Senior High Choir performed four songs, impressing everyone by singing in foreign languages. The songs were, "Little Birds," "Il Est Bel et Bon," "Die Nachtigall," and "Blackbird."

The Chamber Orchestra performed two pieces before be-

ing joined by the rest of the string orchestra for an additional three pieces. The orchestra's finale was "March of the Toys," from the Laurel and Hardy movie "Babes in Toyland." The ending scene from the movie was projected on either side of the stage while the orchestra played in time to the video. Mr. Jenks, the orchestra conductor said he thought the concert went very well. "I was very pleased that the first concert of the year was a strong one," he said, "And inviting Laurel and Hardy was great fun."

The Wind Ensemble finished the concert with a "Chanukah festival Overture," an impressive rendition of "Themes from the Nutcracker Suite," and Leroy Anderson's "A Christmas Festival."

New Restaurants at the Walt Whitman Mall

By: Emily Krusos

Along with higher-end renovated stores, the Walt Whitman Shops offer two new restaurants that join the already established line-up including Legal Seafoods, Cheesecake Factory, California Pizza Kitchen, and Panera Bread. Two nationwide chains, Brio Tuscan Grille and Zinburger Wine & Burger Bar, opened this October.

The Ohio-based Bravo Brio Restaurant Group Inc. brought its relatively upscale Brio Tuscan Grille brand public in 2010 and since then has opened twenty new restaurants, including first time openings in Boston and southern California. There are currently fifty-seven restaurants across the United States. Brio offers a broad menu of freshly prepared classic Italian cuisine in a villa-like interior that is warm and inviting. The décor features antique, hardwood flooring, high ceilings, and eye-catching light fixtures. The restaurant's motto is

"To eat well is to live well," which explains its deliciously varied menu selections. The menu offers oven-roasted steaks, seafood, chicken, chops, made-to-order pastas, flatbreads, soups, and entrée salads. There are also gluten free, children's, and light menu options. Brio Tuscan Grille is a Zagat rated restaurant with food and décor ratings of 21 out of 30. Call ahead seating and reservations can be made by calling 631-479-3816.

Fox Restaurant Concepts owns the Zinburger Wine & Burger Bar chain and debuted its first restaurant in December 2007 in Tucson, Arizona. The Briad Group, headquartered in New Jersey, recently signed a licensing agreement with Fox for rights to develop Zinburger restaurants in the twenty-three states east of the Mississippi River. Briad is initially focusing on developing Zinburger in the Mid-Atlantic and Northeast states, including New York. The first restaurant

on the East Coast opened in Clifton, New Jersey, and our Zinburger in the Walt Whitman Shops is the first branch of the chain to hit New York. Zinburger offers burgers made with either certified Angus or American style Kobe beef. Menu favorites include the Zinburger with Manchego cheese and Zinfandel braised onions, the Samburger with applewood smoked bacon, American cheese, and Thousand Island dressing, and the Kobe Burger with cheddar cheese and wild mushrooms. Side dishes include hand cut, sweet potato, double truffle, and zucchini fries as well as onion rings. The shakes are tasty with crème brûlée, salted caramel, and double chocolate mint all topped with fresh whipped cream. The banana and chocolate cream pies are also fantastic. All this can be enjoyed in an energetic and upbeat atmosphere with a sleek and modernist open-kitchen décor. Zinburger does not take reservations or call ahead seating requests.



Cold Spring Harbor's School Starting Times

Gay-Straight Alliance

By: Daniel Hansen

Acceptance is not universal. Some people attempt to destroy what they see as different, others simply snub and sideline these things. The GSA is dedicated to stopping the intolerance that some people feel against people of different gender orientations, or alignments. Ms. Waters, who along with Dr. Hurley is one of the club advisors, said, "Both Dr. Hurley and I are proud of the work the GSA has done over the years to raise awareness of LG-BTQ issues in our school community. Our kids continue to focus on celebrating what makes us all individuals as well as what makes us a united community."

While the message of the GSA seems clear, several members of the club were asked to put its purpose into their own words. When asked what they wanted to accomplish, this is what they had to say:

"This year the GSA is focusing on raising awareness and acceptance of all genders and sexualities by hanging up posters of different genders and sexualities with their flags and definitions. For example, many people don't know what bisexual really means and don't know there is such thing as pansexuality." - Kyle Rooney

"We are also going to give a presentation to tell the elementary schools about the acceptance of everyone, regardless of race, gender or sexuality." - Rachel Johnston

"One of the parents at the meeting suggested that we also try to educate the parents in the district on acceptance, gender, and sexual terms." - Rachel Weinstein

These were just a few members who presented the goals and missions of the GSA to the parent run CFA. This presentation was accompanied by a GSA produced video that illustrated issues that people may face in a hostile environment. The GSA used this video to show what they were fighting against, insensitive hate.

What location pronounces the individuality of each grade that passes? If you guessed the grandiose wall of the senior commons then you are absolutely correct. Other schools might have a rock or a tree that they paint but at Cold Spring Harbor we have an entire wall that is viewed by everyone almost every day. It is a declaratory statement of who the current seniors are, showing

By: Nicole Smith

When drooling on your desk first period, have you ever asked yourself why school starts so early? Our school day is actually worked around the needs of students years ago. When students had jobs to go to after school they needed to be dismissed earlier, therefore; the start of school was made earlier.

The negatives of starting the school day later may very well outweigh the positives.

Studies have been conducted and according to findings published by Finley Edwards in *Education Next*, "Hormonal changes, in particular, the secretion of melatonin, shift the natural circadian rhythm of adolescence, making it increasingly difficult for them to fall asleep early in the evening. Lack of sleep, in turn, can interfere with learning."

A study was conducted and the starting times of the Wake County Public School System in North Carolina were published later. Wake County is the 16th largest district in the United States, and the results showed, "A one-hour delay in start time increases standardized test scores on both math and reading tests by roughly 3 percentile points." As well as, "reduced television viewing, increased time spent on homework, and fewer absences."

It was also noted that the overall behavior and atmosphere in the school building became more positive and pleasant.

Researcher David K. Randall has found, "Sleep problems are a cause, and not a side effect, of teenage depression." And with a delay in start times "the number of on-campus fights fell, fewer students reported feeling depressed to their counselors, and the dropout rate slowed."

Yes, adjusting the start times would be beneficial in a multitude of ways, however the idea is not fool proof. By shifting the start time you are also making the school day end later, which then affects things such as sports, homework, and jobs. In reality, you would just be making everything happen later. During the time you would normally be doing your school work, or showering, you're still at practice. You still have the obligations of school to attend to, but now the time on the clock is later. So if you push the start time by two hours, wouldn't you have to push your bedtime two hours just to accomplish everything you need to that night?

Although our school has looked into delaying start times, things such as busses and after school activities have prevented them from taking the idea any further.

Model United Nations Plans a Trip to UPENN

By: Raj Singh

This January, the Model United Nations Club will attend ILMUNC (Ivy League Model United Nations Conference) hosted by The University of Pennsylvania and the Sheraton in downtown Philadelphia. This year's club features many new members; the graduating class last year took 20 model UN participants with it. Senior Jamie Kaye has assumed the position as President of the club.

Meant to showcase current events and recreate conferences held by the UN in New York City, the conference involves rigorous three hour committee sessions, a delegate festival where a band from NYC comes to play, and a delegate dance. The conference will tax international relationships, and the students will learn how the United Nations operates. Students will take stances on issues to mirror the position of

the country they will be representing in the real United Nations.

Jamie Kaye, who won numerous awards last conference for his speech on animal rights in Uzbekistan stated, "Last year I made a speech regarding the Eurasian lynx, and the increase in black market trade that caused their population to drop sharply, and I look forward to returning to ILMUNC in order to continue my ideas."

The trip will be held from January 30th to February 2nd, and the club will have an amazing time. It's members will travel to Reading Terminal Market in between committee sessions and debate international issues ranging from piracy in the Gulf of Aden to the revolution in Syria. It's been a great year, I'm looking forward to another great year at ILMUNC in January.

Senior Mural

By: Samantha Lauro

What is the one place in the high school that is constantly changing and evolving?

What location pronounces the individuality of each grade that passes?

If you guessed the grandiose wall of the senior commons then you are absolutely correct. Other schools might have a rock or a tree that they paint but at Cold Spring Harbor we have an entire wall that is viewed by everyone almost every day. It is a declaratory statement of who the current seniors are, showing

off the personality of the reigning class.

For all the people who are looking forward to seeing the 2014 mural, don't worry it is in progress. There have been several meetings to discuss the design and it has been approved. In order to begin the new mural, the old mural must be painted over.

This year the senior class is trying something new. Part of the mural will be a collage of pictures from the class of 2014 throughout its years at CSH. This is very exciting as it is

unprecedented. In today's world everything is captured through pictures and therefore it is as though the mural is incorporating a defining part the grade's generation. Not only will the students be represented on the wall but they will literally be on the wall. This will be achieved this through foam boards and Modge Podge. Additionally, there is a part of the mural that uses the traditional aspect of paint. This part features a Seahawk holding up the word "seniors" and incorporates "2014" in big, bold lettering.

The seniors are excited to leave their mark on the school.

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Opinion

Should Gym be a Double Period or an Elective?

By: George Carmi

Double Period?

Everyone knows how a usual gym day goes. It has been the same for years. You go to the locker rooms, you change, you wait outside the field house for ten minutes, and by the time you actually start whatever gym activity you're doing that day, you only have about 20-25 minutes. So this is where the question comes into play; should gym be a double period?

There are definitely two sides to this argument, and I think we all know which side the majority would favor.

So...let's start out with yes, gym should be a double period (which hopefully never happens).

As I stated earlier, by the time you actually enter the field house and begin doing what is scheduled, you only have about 20-25 minutes. Some would say, "It's depriving me of my athletic educational value." Every period is 40 minutes, but the gym teachers are forced to start the class 15 minutes in. They are all nice and dedicated teachers, but the shortness of the period hinders what they can do.

So, what do we do about this...we add a second period. With a second period student will have much more time to complete gym activities. With a single period, all students accomplish are two five minute games of pickle ball. Does that nearly sound like enough for a 40-minute gym

class? No, it doesn't.

Added on, changing for gym is quite the hassle (if you even change). So just think, if you change into gym clothes, don't you want to at least make the change worth it? Changing for gym and only participating for 20 minutes is a complete waste of time. If we are going to change, at least give us the privilege of starting the class on time. "It's the worst. I change and then it feels like five minutes later I'm changing right back. And to be completely honest, I actually rarely change and I still come out with an A so... Also, any activity we do in gym can be accomplished in regular clothes," says an anonymous Harborview contributor.

Which, evidently, brings me right back to my original point of a double period gym. Please, for one day, just make changing actually worth it for us.

Now, no, it should not be a double period (clearly the more favored direction).

"Um, yea, no, absolutely not", says another anonymous Harborview contributor.

Gym, oh gosh, how do I put this in the nicest way possible, it is not a necessary class in my mind, and definitely not only my mind. So, when I ask you if gym should be a double period, your mind most likely thinks instantly, "Absolutely not." But seriously, what's the point? If one period of gym doesn't do anything for us what do you expect out of two periods, one or two more games of pickle ball?

Elective?

Why not? Only a handful of students in the school, if that, want to actually go to gym.

Let me tell you something: Gym, in my mind, is only still around so that the government can say that it is doing something to fight obesity. But what of you are a three season athlete who also plays a sport outside of school? Odds are you are pretty fit and do not need the extra "exercise" from gym class. And honestly, even kids who do not play a sport do not really want have a gym class. So give us a choice.

Let me tell you my opinion: Yes, when we were in elementary school, gym was useful. It gave little kids an opportunity to get out of the classroom setting and get them moving. In elementary school, kids were introduced to a variety of sports that they could possibly pursue when they got older.

Yeah, great, awesome. However, student athletes who can prove that they are serious about a sport should not be required to take a physical education course. Especially in high school, students are stressed enough. They do not need another class to take up time they could be using to complete schoolwork, especially if you are Andrew Bucelato taking 7 AP courses as a junior.

Any bets I fail gym for publishing this article?

The Nose Knows

By: JP Paris

Besides using your nose to appreciate the redolent whiff of your favorite sharpies or the fresh smell of newly baked chocolate-chip cookies, there are some things you should know about your nose. Your "sniffer" is very powerful; it can affect your mood, behavior and work performance. Although it can affect all these aspects, it does so in a way you probably wouldn't expect.

Your snout works its magic by associating its scents with your personal experiences. Simply put, your nose gathers information through associative learning. Just like how listening to a certain song may cause you to think of a certain someone or event, a particular smell has you think of a particular past experience and even feel a special way.

"I don't know why JP, but you smell like Fire Island," says Chandler Reiter.

On the surface it might seem weird that whenever Chandler smells me she thinks of a beach, but really her nose has just associated my Pure Sport Old Spice deodorant with the time a group of our friends went to Fire Island. It turns out the first time I ever put on that specific deodorant was in Fire Island, and it was the first time Chandler ever smelled it.

So, since there is no miniature brain in your nose, how is your nose able to "remember" and make you feel a specific way every time you smell something?

Well, the nose is directly connected to structures in the brain that are responsible for emotion (amygdala) and associa-

tive learning (hippocampus). This makes the nose the only sense that has an undeviating attachment to your emotion. So, if you're close enough to an individual, the first thing you notice about them and the first thing you are attracted to is their odor (not even how they look necessarily). With this in mind, it might be a good idea to keep your hygiene on-point!

After learning about all of this scientific information about your nose, how can you apply your nose in a way to benefit your daily life? Well, it's possible to train your nose to naturally associate certain smells with certain energies. For instance, if you have ever been to a spa at a hotel, they inundate their relaxation center with the scent of Eucalyptus Leaves. They don't do this by chance, but rather to train your nose. As a result, you may find yourself in a calmer state after getting a whiff of some Eucalyptus and you will end up enjoying your spa time even more.

On the other hand, the smell of perhaps rubber or mats might remind you of a gym. After you experience this scent, your heart rate may naturally begin to increase and you may slide into a more alert state. A better example of a scent that might activate your senses and wake you up is the aura of coffee.

It's important to realize, however, different smells have different effects on everyone. It is up to you to find out what smells stimulate or relax you, put you in a motivated mood or nostalgic mood, or make you focus or zone-out. Once you can figure out these specific scents, you will be able to have a better control of your moods and energies. Use your nose for good not evil!

The Healthier Alternative?

By: Emily Krusos

Over the past twelve months, broadcast and print media have been bombarded with advertisements promoting the relative benefits of electronic cigarettes compared to regular tobacco ones. Commercials featuring celebrities like Stephen Dorff and Jenny McCarthy have made the battery-operated nicotine inhalers, better known as e-cigarettes, all the rage. If you haven't caught one of these T.V. ads then maybe you have seen Johnny Depp use one in the film "The Tourist" or "Grey's Anatomy" star Katherine Heigl share one with David Letterman on the Late Show.

Since advertising spending has increased to \$20.8 million in 2012 from only \$2.7 million in 2010, electronic cigarettes are becoming increasingly more popular. In fact, it is estimated that many tens of millions of people across the globe are currently regular users. The industry is booming with more than 250 companies now selling e-cigarettes. Sales are expected to reach \$1.7 billion in the United States this year alone according to the New York Times.

In 2003, Chinese pharmacist Hon Lik patented the first nicotine based electronic cigarette. He was also the first to manufacture and sell the e-cig in China and then in international markets. The electronic cigarette was introduced to the U.S. market in 2007. Basically, it is an electronic device that converts nicotine liquid into water vapor that the user inhales

and exhales. It is marketed as a healthier alternative to the real thing because it does not produce tobacco smoke, a substance that contains more than 4,000 toxic chemicals.

Because e-cigarettes do not have any tobacco, they aren't subject to U.S. tobacco laws, which means that they can be purchased without proof of age in stores or online. This raises concerns about e-cigs being particularly appealing to minors especially since they are available in flavors such as cherry, strawberry, vanilla, and cookies and cream milkshake. Not surprisingly, CDC survey data reveal that e-cigarette use by students has doubled in the last year. With more and more of our youth turning to these glamorized smoking devices, one cannot help but ask: Are e-cigarettes really a healthier alternative, or are they a riskier choice?

Although medical professionals and scientists generally agree that e-cigarettes are considerably less harmful than tobacco smoking, a new report from France's National Consumer Institute found a "significant amount" of "carcinogenic molecules" in the vapor produced by twelve different brands of e-cigarettes. In addition, the content of formaldehyde was as much as the levels found in some conventional cigarettes. Further, most e-cigs contain large concentrations of propylene glycol, a known irritant when inhaled. Moreover, some samples even contained diethylene glycol, a compound found in antifreeze! Finally, at the European Respiratory Society's Annual

Congress in 2012, scientists from the University of Athens, Greece, revealed that electronic cigarettes do damage the lungs, causing a "significant increase" in airway resistance.

With all of these harmful properties, the World Health Organization (WHO) has stated that the safety of e-cigarettes "has not been scientifically demonstrated." According to the 2013 WHO report, scientific testing of electronic cigarettes has shown that "the products vary widely in the amount of nicotine and other chemicals they deliver and there is no way for consumers to find out what is actually delivered by the product they have purchased." Dr. Mike Feinstein, a spokesman for the American Lung Association, agrees with this point, saying, "People are inhaling some type of chemical vaporized compound into their lungs without really knowing what's in it." Dr. Robert Greene, who treats lung cancer patients at the Palm Beach Cancer Institute, takes Feinstein's concern a step further claiming that e-cigs, "may actually be more harmful than traditional cigarettes."

Apparently, we cannot believe everything we hear on television and radio commercials. Marketing e-cigarettes as the healthier alternative is completely misleading. Simply put, the amount of nicotine in e-cigarettes can kill a child, the carcinogen levels can cause cancer, and the unknown added chemicals in the nicotine-laced liquid solution that are kept hidden from the consumer can lead to other serious health problems.

The Problems with Concussion Protocol

By: Chase Brown

In 2011, New York State came out with a document called "Guidelines for Concussion Management in the School Setting" which expands widely onto the basis of concussions and how they should be handled.

According to Merriam Webster dictionary, a concussion by definition is "a stunning, damaging, or shattering effect from a hard blow; a jarring injury of the brain resulting in disturbance of cerebral function". The major symptoms associated with such an injury are headaches, nausea, loss of sleep, too much sleep, memory loss, etc.

Twenty to thirty years ago the knowledge doctors had on concussions was very limited and therefore not much was done to treat them much less diagnose them. But in today's world, many professional athletes are opening up on the damage concussions have caused. This has led states, like New York, to develop a way to better prevent and treat this injury.

Our school has devel-

oped a three day protocol that involves an online computer test and then two days of running and other physical activity. If a student goes through this protocol without experiencing concussion-like symptoms then he or she is cleared to return to full physical activity in gym and school sports. This protocol must take place after school or during the student's free time, and the protocol definitely takes time. To many students, such a protocol is a waste of time or overkill for such an injury.

The main problem that comes up with this protocol is that students need to go through it in order to return to gym in school, and today's gym has letter grades not just the classic pass/fail system. Gym counts as a credit for school and is needed to graduate high school. Therefore, when a student cannot return to gym because of the protocol, he automatically fails gym because of the missed time. To make matters worse, one of the activities done in gym is ping pong, which requires little to no physical activity or activity that would provoke a concussion that is basically healed.

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Entertainment

Hunger Games: Catching Fire

By: Kiki Carmi

"Hunger Games: Catching Fire," still blazed at the top of the North American weekend box office during its second week. It earned \$74.2 million in ticket sales, breaking Thanksgiving records.

Oscar winner Jennifer Lawrence stars as Katniss Everdeen in the series that has been made into another spectacular movie. New characters such as Finnick Odair, Johanna Mason, and Mags are introduced. Gale (Liam Hemsworth) and Peeta (Josh Hutcherson) along with Katniss return. Katniss is still conflicted as to who she loves.

The movie begins when

Peeta and Katniss come home after winning the 74th annual Hunger Games. They embark on a "Victor's Tour," throughout the districts. Along the way, Katniss sees a rebellion starting which the Capitol and President Snow do everything they can to stop. President Snow prepares for the 75th annual Hunger Games (the Quarter Quell) which would change Panem forever.

All of the new characters were excellent. Finnick brought some bravery to the movie, while Johanna brought some humor. Each character had his or her own reasons for hating the Capitol.

The movie ends very dramatically and intensely leaving the viewer eager to watch

"Mocking Jay," the next movie in the Hunger Games series. By far this movie was fantastic and not at any point was I bored with what was happening. Jennifer Lawrence showed another amazing performance. Starting her acting career with "Hunger Games," and it just keeps on growing from there. She did an outstanding job with her character in "Silver Linings Playbook" and continued to show spark in "Catching Fire".

Overall, it was an excellent performance from the diverse characters. I recommend anyone who hasn't seen this movie to go right away and watch it. You will not regret it, if anything you will want to go a second time. The movie was a complete success!



The Village Artist

By: Haley McLaughlin

If you ever had any interest in taking an art class, The Village Artist in Huntington Village may be the perfect place for you. The classes offered there range from child to teenage to adult levels. Located on New York Ave, the Village Artist hosts classes, workshops, birthday parties, summer camps, and exhibits. Springing up in 1995, The Village Artist began offering year round classes for drawing, painting (watercolor, oil, pastel, acrylic), sculpture, faux finishing/decorative painting, life drawing, portraiture, cartooning, fashion design and portfolio preparation.

Those who may benefit the most from these classes are current sophomores, juniors, and seniors who are looking to buff up their art portfolios before applying to colleges. Even if you know that you do not want to earn a Fine Arts degree in college, that doesn't mean you shouldn't check out The Village Artist. Preparing an art portfolio to send with your college applications is a perfect way to show your abilities and well-roundedness. The instructors will also help you choose the appropriate college/art school for you. During the school year, students may take 1-2 classes per week to work on

their portfolio. During the summer, however, students may work on their portfolio Monday-Friday for 10 weeks.

The Village Artist is also a perfect place for young artists to buy any supplies they may need. They carry an extensive line of art supplies, ranging from charcoal to paintbrushes to canvas. If they do not have the certain supplies you're looking for in stock, they offer to order it for you. The Village Artist also specializes in custom framing, so you can have your work framed to your liking.

With the holidays coming up soon, now could be the perfect time to surprise a loved one with a work of your own creation. The Village Artist has upcoming workshops where you can create a painting, drawing, or sculpture to give to a family member as a gift.

If you think you may have an interest in taking art classes or getting together an art portfolio for college, The Village Artist is the perfect space to let your creativity flow. For more information, you can visit The Village Artist website or you can walk right in and ask the questions yourself. They are located at 425 New York Avenue (next to Fad).

By: Daniella Rizos

With the winter season and holidays approaching, I thought why not find some great holiday jokes to share with family and friends!

Q: What do elves learn in school?

A: The Elf-abet!

Q: What do you get when you cross a snowman with a vampire?

A: Frostbite!

Q: Where do polar bears vote?

A: The North Pole!

Q: What do snowmen eat for breakfast?

A: Snowflakes!

Q: What nationality is Santa?

A: North Polish

Q: What kind of bird can write?

A: A PENguin!

Q: Why does Santa have three gardens?

A: So he can ho ho ho

Q: If athletes get athletes foot, what do astronauts get?

A: Missletoe!

Q: What do snowmen wear on their heads?

A: Ice caps!

Q: How do snowmen travel around?

A: By Iceicle!

Q: What do you call people who are afraid of Santa?

A: Claustrophobic

Q: Why was Santa's little helper depressed?

A: Because he had low elf-esteem

Q: How do sheep in Mexico say Merry Christmas?

A: Fleece Navidad

Q: What do you get if you deep fry Santa Claus?

A: Crisp Cringle

Q: What do you call a cat on the beach at Christmas time?

A: Sandy Claws

Q: What do snowmen eat for lunch?

A: Iceburgers

Q: What sort of ball doesn't bounce?

A: A snowball

Q: What happened when the snowgirl fell out with the snow-boy?

A: She gave him the cold shoulder!

Jokes!

Harborscopes

By: Jane Blumin and Gabby Bailenson

Aries (3/21-4/19): This month hope is your guardian, and fear is your enemy. You should keep this in mind this month. If you give in to the fear you will turn very negative. You need to have hope this month. Your lucky number this month is 21.

Taurus (4/20-5/20): If someone hurts your feelings this month don't be afraid to call them out for it. If you don't speak to them about the problem it will keep happening. It is better to work out a problem then leave it unsaid. Your lucky number this month is 18.

Gemini (5/21-6/21): You should stay positive this month. Being positive is your choice. Good things will happen to you if you look at them in a positive way. This month your lucky number is 9.

Cancer (6/22-7/22): Don't underestimate yourself this month. You can do anything you put your mind to. People might not believe in you as much as you believe in yourself, but ignore them. You can do it. Your lucky number is 13.

Leo (7/23-8/22): This is your lucky month. You have worked so hard in many ways for a long time now. It will finally pay off. Stay positive and you will have much

luck this month. Your lucky number this month is 19.

Virgo (8/23-9/22): A great opportunity will arise for you this month. You might not think you have what it takes to complete it, but you do. You will need a lot of self-confidence. Your lucky number this month is 25.

Libra (9/23-10/22): This month you will need to take many chances when the opportunity comes. You may think this is a risky chance you are taking, but take it. Your lucky number this month is 3.

Scorpio (10/23-11/21): You

may take a very big emotional investment this month. Before you commit to anything though you may want to wait and make the right choice. Do what your mind says this month, not your heart. Your lucky number this month is 29.

Sagittarius (11/22-12/21): The last month was a stressful one for you, but it certainly did pay off. This month will be more relaxed and calm. Everything will eventually slow down. Your lucky number this month is 2.

Capricorn (12/22-1/19): This month you will want a lot of support from your loved ones. You will want to feel adored, and that is what you shall have. The only

way to get you want though, is to believe in yourself. Your lucky number this month is 15.

Aquarius (1/20-2/18): This month there will be many small complications in your life. Don't overthink them. They are just temporary problems and will go away soon. Stay positive. Your lucky number is 23.

Pisces (2/19-3/20): This month you will want a lot of support from your loved ones. You will want to feel adored, and that is what you shall have. The only way to get you want though, is to believe in yourself. Your lucky number this month is 1.