



Plans for New Pathway

By: Haley McLaughlin

If you have ever played a field sport before, you will know that the walk up to the lower turf field is simply a dirt path. After practices and games every day, many Cold Spring Harbor athletes walk back to the school with chunks of dirt and mud in their cleats. There are also quite a few rocks that protrude from the dirt ground that, if we're honest with ourselves, we have all tripped on at some point during a gym class. This is why the Seahawks Booster Club has begun a campaign to raise money for a new walkway from the teacher's parking lot up to the Seahawk field.

The "Donate a Brick" campaign allows members of the Cold Spring Harbor community to donate money that will pay for the bricks that will form the pathway. You can either donate \$100, which will pay for one 4"x8" brick; or you can donate \$190, which

will pay for one 8"x8" brick. When you donate, you are given the opportunity to engrave the brick you've purchased with your name or the name of a friend or family member whom you would like to commemorate. The engraved names will be written in all capital letters.

At this point the Booster Club is approximately 40 bricks away from raising enough funds to build the walkway, so now is the perfect time to donate if you want a prime spot! The walkway will be made of asphalt and bordered by inlaid brick. It will be approximately 9 feet wide so that large teams walking up to the fields can fit comfortably. This will also eliminate the need for athletes and fans to walk in the parking lot or through other athletic fields, making trips up to the Seahawk field much safer.

Seahawks Booster Club member, Mr. Greg Campbell, has

set out for this project to build community spirit in Cold Spring Harbor. "We envision for years to come that future families at Cold Spring Harbor will have the opportunity to donate an engraved brick for the walkway," says Mr. Campbell, "After the walk is installed, every few years the Booster Club plans to hold additional brick campaigns to allow new families to show their school spirit".

This is a wonderful opportunity to show your appreciation and support of the athletes, coaches, and the entire Cold Spring Harbor athletics program. If you or your family has any interest in donating a brick to the new walkway, donation forms can be found on the Seahawks Booster Club website or on the Seahawk's Bricks-R-Us webpage. With one donation you can be remembered as a Seahawk supporter forever!

Excitement for Spirit Week Begins

By: Dominique Giuffrida

Spirit week will kick off this year with the third annual pasta night on Friday, October 4. Tickets are now on sale for \$10. Each day during the week of Monday, October 7 will have a different theme for students to dress up to. The week starts lazily with Monday's Pajama Day but the rest of the themes are yet to be decided. Each grade has a different assigned color to

wear representing the school for the pep rally on Friday, October 11. Spirit week will end with the homecoming dance on Saturday, October 12. The dance will have a DJ and will begin at 7p.m. and end at 10p.m. Spirit week in the past has been very successful in getting students to embrace school spirit.

All students, parents, and teachers are invited to attend pasta night where food will

be provided by Mr. Sausage in Huntington. Each varsity sports team will make their own team banners which will be displayed during the pep rally. The seniors will decorate the senior commons and the underclassmen will decorate Cafeteria A. Señora Segura encourages all students to come even if they are not on a varsity sports team. She said, "If everyone participates, the event will be filled with an exceptional amount of school spirit!"



Mr. Matuk on "Back to School Night"

Dear Parents,

Welcome to Back to School Night 2013 here at Cold Spring Harbor Junior-Senior High School!

The school year is already off to an excellent start, as students seem to have been unusually engaged since the first day of classes. Perhaps the summer break was actually long enough even for them?

The first few weeks have seen all grade levels making preparations for our pep rally and Homecoming Weekend in October, while dozens of clubs are starting to hold meetings and our fall athletic teams are continuing a season which for many of them started back in mid-August.

A few items of note to make your evening even more enjoyable and meaningful:

- Remember that each teacher has only 10 minutes to review his or her course. Should you desire specific informa-

tion about your son or daughter, just ask the teacher to contact you by e-mail or phone.

- Student "ambassadors": will be roaming the building with maps and a bell schedule to assist you.
- Updated Student Club and Activity Directories can be picked up at several locations around the building. It contains important information regarding all of our after school clubs and organizations.
- Stop by for some refreshments and snacks in the cafeteria (courtesy of our wonderful CFA) as well as visit the many tables set up for student and parent organizations and clubs.
- During period 1 you will note that announce-

ments are being made by our students broadcasting on "Hawk Talk" every morning. The secret location of the TV studio, however, cannot be revealed!

- My thanks to Mr. Borland and the editors and writers of our school newspaper for coming out with an early edition for this year's Back to School Night!

On behalf of the entire faculty, thanks for taking the time to visit with us this evening!

Sincerely,

Jay Matuk, Principal
CSH Junior-Senior High School

A Warning to All

By: JP Paris

It was a regular September day. I was following my daily routine and my car was parked in its usual space. I left school driving the appropriate speed limit. I was destined to get to my tennis lesson in Glen Cove on time and nothing seemed out of the ordinary.

On my journey to Glen Cove, I placed a dish of food (meat and potatoes of course) on the seat next to me. I had to satisfy my appetite in order to be ready for my lesson at three o'clock.

The fork is my best friend during these rides. With this utensil, I simply have to extend my arm to the side, stab a potato, and then bring it to my mouth, but it's not so simple when you have to do this while driving.

I was traveling up the hill on 25A going fifty miles per hour in the left lane when my stomach decided it wanted another potato. I glanced over to the plate next to me for one second. I pin-pointed where that potato was and I was about to pierce it with my fork when... CRACK! It was my first accident, and a bad one.

The whole right side of my car was damaged. I had drifted into the right lane while trying to eat that one potato, and the side of my car was impaled by an enormous truck in the right lane next to me. The hit made a deep hole in my passenger door, shredded up the whole right side, broke the side view, and cracked all the windows on the right side. The truck driver and I were stuck together

after the collision for a second, and I wiggled the wheel furiously to escape free.

Luckily, no one got hurt. If my car had drifted left instead of right, I would have crossed over to the other side of the road and been in a head on collision; I would have undoubtedly died. I felt a sensation that I have never experienced; I fell into the deepest nonplus state possible. I couldn't think about what just happened. It didn't make sense. It didn't feel like reality. Did I really just almost die?

It is critical to understand that this accident happened in one single second, possibly less. All I did was glance over at the food next to me. There could've been a tomb stone made that day saying, "RIP JP September 10, 2013." The thoughts in my head after this experience were horrifying.

The time it took me to glance at my food is approximately the same duration of time it takes to send a text message that says, "k" or to change the song on your iPod. Every single second your vehicle is moving, you need to be alert and give your full, undivided attention. I know you have probably heard this from many adults and it might sound cliché, but I thought the same thing until this happened. Driving is actually extremely dangerous. Every time you get behind the wheel, you have to realize you are at risk of potentially harming yourself or other drivers around you. If you are one second behind, it may be too late.



Sports

Boys' Varsity Soccer

By: George Carmi

With the fall sport season underway, many CSH sports teams will begin to get a lot of recognition for their talent and athletic expectations. One very important team is the Boys' Varsity Soccer Team. The Boys' Varsity Soccer team has had many successes in the last couple of seasons and hopes to continue their streak of great soccer performances.

Headed by Coach Ed Muller and Christian Lynch, the boys squad is returning many seniors including captains Mike Dischmann, Riley Cassidy, Mike Terrciano, and Greg Suter. All four captains are extremely pumped and ready to get the season started. "We have a great

group of kids this year", says Captain Mike Dischmann, "I'm really excited to see how our team does this year and where our potential and eagerness to win takes us".

The team opened their season with a 1-2 scrimmage loss against Island Trees and a 1-1 non-league game tie against the heavily anticipated Northport team. They then went on to get their first season win against North Shore, 3-0. They followed that up with another win against Seaford, 2-0. The boys looked strong and fierce and put up a great fight.

With a good number of seniors having left the school last year, the team needed to bring up some rising talent. A couple of these stars include the two Coffey

brothers, Aiden and Nial, juniors Brendan Campbell, Chase Hahn, Dennis Berk, Ryan Winkoff, Brendan Terry, and the Steinberg brothers. All of these young players have extreme passion to win games and perform well. Aiden Coffey says, "My brother and I are extremely excited to be a part of such a talented group of individuals. We're going to strive to win every game and hopefully our outcomes are good ones".

This year the expectations of the team are very high. After making it to the conference finals last year, the boys hope to improve their game and be conference champions, a title the Seahawks haven't attained in seventeen years.



Varsity Football

By: Chase Brown

As everyone else in CSH takes their summer vacations, goes to the beach and enjoys the last few weeks of summer, the football players begin the rigorous but rewarding preseason. The date is August 19th and spirits are high. After a long summer of training that included weight room three times a week, the players are ready to show their abilities on the field. The first day consists of getting equipment and a preliminary chalk talk that refreshes the minds of some and introduces a completely new offense/defense to others. Next it is full speed ahead with conditioning and individual drill periods so each player can set a baseline and get better from then on. The preseason practices are conducted much like the first day, except with two a days and team periods as the players get better. Although the practices are tough and long, the hard work put in those first two weeks will have a big influence of the outcome of the season. Every day is a chance to get better and the team cannot afford to miss these opportunities. The preseason always ends with a lunch at Sal D's of Huntington and then its game time with a game for the next eight weeks on Fridays or Saturdays.

Last year proved to be a tough year for the team. With a schedule that included top ranked Seaford, Roosevelt, West Hempstead and Valley Stream North, the players knew no game would be easy. Although the wins and losses were not where everyone

would have liked, every game was a fight with some coming down to the final seconds. After graduating around 10 seniors, expectations are high for the upcoming 2013 season.

The varsity offense takes on a whole new look this year with the new pistol offense. Instead of the traditional bone double tight offense, the pistol has two backs with the quarterback in a short four yard shotgun with one tight end, a flanker and a wide receiver. This formation increases the threat of the pass which in turn spreads out the defense and opens up the run game. Junior quarterback Wes Szajna looks for targets in Owen Love, Chase Brown, Connor Crosson, Nick Derosa and tight ends Brian Ausberg and Devin Burdo. Returning fullbacks Alex Kaley and Kyle Gutman continue to open up the holes for running backs Issac Schuman and Frankie Stubbulo. The offense looks to throw the ball as much as possible while also maintaining possession and keeping the ball away from the opposing team.

This season also welcomes Coach Ben Zuk as the third varsity coach. Coach Zuk grew up on Long Island and has coached at St. Johns University and Jericho high school. For the past three years he coached the JV team and moves up to varsity as the offensive coordinator and defensive/offensive line coach. As always, head Coach Dennis Bonn and Coach John Mendreski remain as defensive coordinator and special team coordinator, respectively.

Girls' Swimming and Diving

By: Emily Krusos

Girls' Varsity Swimming and Diving may be a small group, but it's a team with big goals. The roster has twenty swimmers and two divers, consisting of one eighth grader, four freshman, three sophomores, six juniors, and eight seniors. While the team misses its seven graduated seniors, the Seahawks are in good hands with their three senior captains: Abby Hudson, Emma Katowitz, and Sam Terenzi.

The team competes in Nassau County's Section VIII Division C, Conference 3 league and has nine dual meets followed by Divisional and County Championships. Eve Brown, who has been coaching girls' and boys' swimming at CSH for ten years, has retired and Mr. Gary Renart has taken her place as head coach. He has high hopes for the team, saying, "I believe with the increased rigor of our sets and interval training, the commitment

that our girls have shown, and the breadth of choice in the events each swimmer can participate in, we can look forward to an exciting season." Joining Mr. Renart as assistant coach is Jennifer Scott, who is the assistant Men's and Women's Swimming Coach at Suffolk County Community College. Returning again this season as diving coach is Mrs. Kimberly Cuomo.

Please come out to support the team at one of its upcoming meets at 7:30pm on October 8th at Great Neck North Middle School against Herricks High School, or at 7:00pm on October 18th at Jericho High School against Sewanhaka. Last year the team had a successful season with a win-loss record of five-and-three and a fourth place finish. Although the Seahawks have lost some of their top swimming talent, the girls are hopeful to match the accomplishments of last season.

Changes for Varsity Volleyball

By: Haley McLaughlin

With the fall sports season beginning again, the Varsity Volleyball team plans to push harder this year than ever before. In the 2012 season, they doubled their win record from the year before. Not only do they plan to do this again this year, but their goals stretch as far as the State Championships in November. The coaches look forward to sending off the five seniors with a winning season, as well as preparing the younger players for the years to come.

The five returning seniors and captains, Sommer Dougherty, Haley McLaughlin, Kat Dowling, Anna Kearney, and Julie Watson are very excited to work hard during their final Volleyball season. These girls joined the varsity volleyball team in 10th

grade and have been dedicated ever since. "It's been a long time coming," says Captain Kat Dowling, "we've improved so much



move to California in the fall. It was a sad goodbye, but they still had their other coach, Emily Wildermuth, to help them reach their goals. On the first day of preseason, the girls were surprised to find that they had a new coach, Coach Bellois. Both Coach W and Coach B attended LIU Post: Coach "Dubbs" played volleyball at Post and Coach B played basketball (but played volleyball outside of school).

In the past years, Coach B worked as a volleyball coach at St. Anthony's (where she played in high school). Having both played sports in college, the coaches know what it's like to be a student athlete. "They work us really hard and want us to push ourselves," says Captain Anna Kearney, "but they're always really reasonable because they've been in our shoes before."

since that first year and we're really excited to keep the tradition going."

The team was disappointed to find out at the Varsity Awards Dinner in June that one of their coaches of two years, Michelle Gauffman, had decided to

New Cheer Program

By: The Harborview Staff

The Girl's Varsity Cheerleading team has a lot in store this year: the program has completely changed. After three fabulous years of coaching, the team will miss Ms. Raniere, but she feels that the team will learn more from experienced coaches. New coaches, Coach DeBari and Coach Backer, are teaching the girls new and more advanced skills.

Captains, Victoria Jensen and Chandler Reiter, are ready to lead the newly improved cheerleading program. "Vic and Chan, clearly chosen for their looks, popularity, and dedication, are two of my best friends and I wouldn't expect anything other than greatness from them. Their spirit and passion is so admirable," says senior boy, Bobby Vavassis.

In the past, the JV cheerleading team consisted of eighth and ninth graders, while the varsity team consisted of solely juniors and seniors. This year, in-

stead of having seven underclassmen cheer for JV football and sixteen upperclassmen cheer for Varsity, the two teams are combined. The new coaches and new athletic director, Mr. Bongino, have decided that the team will look much more powerful with more girls cheering together.

Since the teams are now combined, the girls will only be cheering at home games (varsity and junior varsity). The football schedule is constructed so that when the Varsity team is away, the JV team plays home and vice versa; therefore, the girls cannot go to any away games.

Although the team is very excited about the new extensive squad, the senior girls are upset that they will not be able to root on their football friends at away games for their final year as cheerleaders. Senior Varsity football captain Chase Brown states, "It's really disappointing that the girls won't be cheering for us when we're not on our home turf. We need all the spirit we can get no matter where we play." The

team has requested that they have at least one or two opportunities to go to away games, and they are awaiting a response from Mr. Bongino and their coaches.

Not only are the girls upset about not being able to root on the Varsity team at away games, but they want to have the same social traditions as the team has had in the past. "The bus ride to away games helped the team grow socially. It was a great bonding experience and a fun way to get to know everyone on the team as we traveled to other schools. Some of my closest relationships with girls on the team were formed from being together on the bus. I'll never forget one specific bus ride from last year where the whole team belted out 'Defying Gravity' from wicked. Memories like that still make me laugh," says two year Varsity cheerleader, Laura Taylor.

Despite the few setbacks that the squad is trying to overcome, the girls are very eager to get started with their new skills. They are ready to begin their season with a BANG!

Order a Wish and a Prayer keychain at Back to School Night to support the C.S.H. SADD chapter!

A Wish and a Prayer keychains are made with a leather cord and personalized with birthstone crystals, beads, and charms that have individual meaning. Running through each keychain is a signature red string, which in many cultures brings luck and protection. All proceeds will be donated to the C.S.H. SADD chapter providing funds in an effort to generate excitement and awareness for the club and our school community. Be mindful of the road you take...this is a Wish and a Prayer for you.