

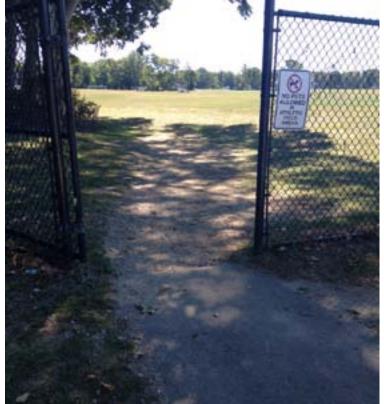
The Harborview

In this edition: **New Teacher Bios, Sports** news and more!

Volume 52 Edition 1

Cold Spring Harbor High School

September 2013



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 ath-letes 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 en-graved 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

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



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 $\underset{\text{By: JP Paris}}{A Warning to All}_{\text{after the collision for a second,}}$

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 ordi-

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.

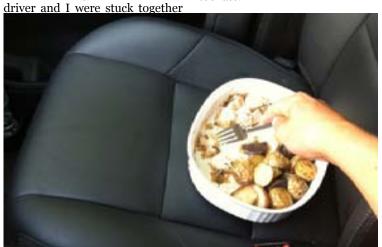
The whole right side of my car was damaged. I had drifted into the right lane while trying to eat that one potato, and the side of my car was impaled by an enormous truck in the right lane next to me. The hit made a deep hole in my passenger door, shredded up the whole right side, broke the side view,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

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 undoubtably 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 horrify-

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 cliche, 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.



CSHHS Greets new Athletic Director

By: George Carmi

Michael Bongino: the new man in charge of our Athletic Department. Last spring, Cold Spring Harbors 14 year Athletic Director, Jim Amen, announced his retirement. This, expectedly, led Cold Spring Harbor into a state of emergency to find someone as hardworking and dedicated as Amen was... they did. Months later CSH reported they had hired Half Hollow Hills Assistant Principle, Michael Bongino.

A couple days prior to my writing of this news article, I had interviewed Mr. Bongino. When I stepped into his office he was in the middle of sending an email. He politely asked me to sit down. As I sat down I took a look around his office. It was clean. Spotless, for lack of a better term. It wasn't the usual Mr. Amen office where when you walk in you'd have to watch your steps in hopes that you don't knock down one of his 100 piles of paper. I took note of this. I thought it to be a sign of an organized man, someone who will keep on top of things. When the interview began, he focused all of his attention on me. It was very kind considering I'm a young high school student interrupting the day of an Athletic Director.

I began the interview asking him about is work experience. "I was in the HHH school district. Mainly East, but if West needed me, I was there. Prior to being assistant principle, I was

a High School Gym teacher." He went on to tell me that he had coached Varsity soccer, basketball, and lacrosse for 8 years.

We then went on to discuss his position as athletic direc-

In your opinion, what are your biggest challenges of be-

"Well, I've got to say the Cold Spring Harbor reputation. For years CSH has been the shining example of excellence, in both athletics and academics, so to maintain that vision is going to be a big part. And to just be a better

Do you foresee any changes to the Athletic Department? If so, what are they?

"It's tough to say this early into my Athletic Director career. For now I'm focused on maintaining consistency and stability. Just keeping to the program."

Mr. Bongino is the right man for the job. During the interview he showed that he was ready for any challenges that would be thrown at him. He seemed passionate about the job and he showed that he definitely wants the students and athletes to excel

I then asked him about his thought on the booster club as well as his relationship with all

only positive things to say. "There is a tremendous difference in the booster club at Cold Spring Harbor. With all the support I have been getting from the community I feel as though I have worked here for years.

> Mr. Bongino then went on to answer a question which I was not so fond of the answer to. I asked him to what his favorite super hero movie is. He replied with, 'Superman, but not the newer movies, the originals. "He clearly has never seen Batman Begins, The Dark Knight, and The Dark Knight Rises. One can even argue that Christian Bales portrayal of Barman, Heath Ledgers portrayal of the Joker, and especially Tom Hardy's portrayal of Bane are some of the greatest exhibits of acting this century has ever seen. When he said Superman, I, along with long time gym teacher Mr. Cassiopo (who was in the other room and heard Mr. Bonginos answer), was flabbergasted. Mr. Cassiopo walked into the room and stated his case for The Dark Knight. He said, "Superman?! Are you kidding me?! What about the Batman movie with the guv with the painted face? That one was

Regardless of his decision with Superman over Batman, Mr. Bongino is a great new addition to the CSH Athletic Department and we hope he continues

Mrs. Tini Becomes a High School Phys. Ed. Teacher

By: Kiki Carmi and Cami

Many of you already know Mrs. Tini from Lloyd Harbor Elementary School, but now it's our pleasure to have her as our Physical Education teacher here at the high school. The high school students are lucky enough to have such a great Phys. Ed teacher. For most students, this will be the second time having Mrs. Tini.

Since Mrs. Tini is a certified gym teacher from kindergarten-12th grade, she was able to move up to the High School. She received the news last spring that she was going to make this move.

Mrs. Tini explained to us some differences she has already experienced at the high school as

One thing Mrs. Tini has to adjust also a Phys. Ed teacher at Bethto is the fact that gym classes do not start the first day of school. Another difference is that her elementary students had more ex-

Nonetheless, Mrs. Tini is very much enjoying the fact that she is able to have a more mature and intellectual conversation with the older students. She talked about many positives of teaching at both schools. She is very excited to have the opportunity to teach the students from kindergarten all the way up to their senior year

Phys. Ed is not the only class Mrs. Tini has taught, and Cold Spring harbor is not the only school district she has taught at. For example, she taught Social Studies and Global studies at MacArthur High School, and she was

page for six years.

career, she has gathered many memorable stories. One story that citement and urge to participate. sticks out in her mind was when she was teaching a 10th grade honors class and she had just been engaged over February break. As she told the children the news of her engagement, they were all curious to hear her new name. She told them her new name was "Terri Tini" and they all fell to the floor laughing. Mrs. Tini said she will never forget that moment.

> We are so thrilled to have Mrs. Tini as a part of the staff here at Cold Spring Harbor High School, and it was our pleasure to get this opportunity to talk with

Throughout her teaching

LOTE Department Gets a New Spanish Teacher

By: Nicole Smith

Cold Spring Harbor High School would like to welcome Ms. Sihksnel to the foreign language department. Her love for the language of Spanish arose at a young age in Saint Anthony's High School due to one teacher in

"She really went out of her way, I think, to present Spanish in a way that it wasn't just conjugating verbs or memorizing vocab. She really taught us how to converse with people in Spanish."

This new approach to the subject will lead Ms. Sihksnel to later study Spanish as well as secondary education at St. Joseph's College. After a year teaching levels two and three of Span-

ish at Sachems North High School Ms. Sihksnel came across an ad through OLAF (an online resource for teachers seeking employment) for teaching opportunities at Cold Spring Harbor. Having knowledge of the school's good reputation brought her to apply for the job which has luckily brought her

Ms. Sihksnel says the smaller class sizes here differ from the classes of up to thirtyfive students she had while teaching in Sachem. She has only good words to say of the respectful manner of her students as well as their eagerness to learn, and their humor. Ms. Sihksnel commented on the close sense of community here at Cold Spring Harbor High School, and how helpful all the

teachers in her department have

been. We hope her time here will be filled with nothing but positive

Her interest in the Spanish culture is not limited to just a love for the language. Ms. Sihksnel found that the Spanish tend to be more accepting and open minded than other cultures. She finds that her own Italian heritage "mirrors" it in a lot of ways.

"This country is becoming so diverse with Spanish speakers, and I think it's important that we understand that just because a cultures different than ours it doesn't make it any less than our own culture. Differences are important to explore, not to judge."



Mr. Bongino, the new athletic director

Special Ed. Department Welcomes a New Chairperson

By: Gabby Bailenson

Mrs. Erin Goldthwaite has been gracing our school community for the past ten years. I first met Mrs. Goldthwaite on my first day of Jr. High; she was the teacher aid in my 7th grade math class . Making the transition from Lloyd Harbor Elementary School to the Junior-Senior High School was a nerve wracking one, but I remember walking into the math classroom on the first day of school and feeling instantly comforted by Mrs. Goldthwaite's warm smile and positive energy. It is no surprise that she was given the role of chairperson of the Special Education Department five years later. When I found out about this I was very excited for Mrs. Goldthwaite and knew that I wanted to interview her for the

Walking into Mrs. Goldthwaite's newly put together office I found myself looking at how organized and neat it was, with pictures of her family and nice quotes on the desk. It felt very

"This is something I've been working toward and I am so honored to be given this opportunity," Mrs. Goldthwaite said after being asked about her feelings on her new position. "Diane Walsh, the chairperson before has mentored me for this position and definitely prepared me."

Mrs. Goldthwaite has played every role in this school, from being teacher aids and assistants to working more closely Those positions have fully prepared her for the role as chairperson. A graduate from Boston University, Mrs. Goldthwaite worked with 5th and 6th graders before coming back to New York to teach. Her first position here at

Cold Spring Harbor was working with a 7th grade autistic student.

Mrs. Goldthwaite is a big believer in making every student feel comfortable. "I think it is important to be able to help general teachers reach out to all learners in their classroom and differentiate instruction for different types of students," she said. "I am a huge student advocate and I want student's needs to be met." The Special Education Department isn't just in charge of learning center, programming and teacher assistants/aids but also wanting to make every student feel like they are excelling in everything they do, and Mrs. Goldthwaite is definitely making that goal clear, if it wasn't already before.

When asked if the Special Education Department has changed over the past years, Mrs. Goldthwaite said, "We have grown and all really have come together, because no one person has the right answer. We become a coherent team where every person brings something to the table during brainstorming or other

"I have always wanted to work with kids;" said Mrs. Goldthwaite when asked what her favorite part of her job is, "From working as a dance teacher in high school to pursuing education in college. I love to help students navigate their world and see them succeed. To know that I have made a difference in a child's world is the most rewarding experience. I know Mrs. Goldthwaite hasn't just touched my life but many others, probably without even realiz ing it. We are very lucky to have such a wonderful mentor here at Cold Spring Harbor. And the best part is, this is just the beginning for Mrs. Erin Goldthwaite. She will successfully navigate other kids' worlds in years to come.



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Opinion and Entertainment

Adderall: Useful or Harmful? Surviving Junior Year

By: J.P. Paris

You wake up, squint your eyes, glance over to your side and see your alarm clock blinking "six thirty." After rubbing your face, scratching your head and taking a deep inhale, you remember it's Monday morning. Monday morning is no longer thought of as the second day of the week, it is thought of as the first day where all the stress begins. You prepare yourself for the various annoying and time consuming assignments that are going to be given to you later that day. All you want is to get good grades, but you do not want to have to work hard for them. What if someone came up to you and told you how to consistently get desirable grades with less stress and effort? What if they suggested taking Adderall?

Should you try it or decline it? What is Adderall? Adderall is a stimulating medication that is used for the treatment of attention deficit hyperactivity disorder (ADHD). Its intended use is to help people who have trouble focusing, focus. It has been a pervasive topic for college students who feel pressured to get good grades while constrained with time. The emerging question is, "Is it alright for those without ADHD to take Adderall to increase their focus and efficiency?" Adderall has proven to be a drug that enhances the "get down to work" mentality and the "see nothing but the goal"

feeling. But is it safe?

To help shed light on what Adderall is, I like to compare it to steroids. While extremely competitive athletes use steroids to build muscle and become better at sports, extremely studious pupils use Adderall to stay focused and receive better grades. Although Adderall seems to have rewarding short term effects, there are long term consequences awaiting in the future. Although no "real" consequences have been scientifically proven, there have been many cases about Adderall causing general health problems.

The main issue with Ad-

derall is the almost inevitable addiction that users undergo. People who have implemented Adderall into their life have experienced a "need" to take it before tests. They feel as if they cannot take a test without out it, which leads to an ironic result: they experience a feeling of anxiety rather than feeling less stress. Another common repercussion people have is that they feel as if they are not as good as another person. For obvious reasons, this is not a desirable result and these feelings may lead to self-doubt and depression. Adderall is also notorious for depleting users' creativity. The drug tends to keep you focused and alert but at the same time more rigid and serious. Finally (this statistic was even on the front page of New York Times a couple of weeks ago), Adderall has led to many suicides. This threatening statistic should be an eye opener to potential users and should at least make

I have discovered other effects of Adderall by interviewing a previous user and current Cold Spring Harbor student, Luke Baron. Luke said he stopped taking Adderall and he probably won't take it again. His main concern with taking Adderall was his loss of his motivation to eat.

you think twice before taking Ad-

"I lost my appetite completely." Luke shouted, "A growing boy has got to eat."

Luke also claimed that he likes being off the psychostimulant because even when he took it, it did not make a big enough

Adderall, like many other drugs, may appear to be a harmless addition into your life to help you achieve some of your goals, but it is not meant for unprescribed use. Adderall is for those who lack dopamine in their frontal cortex and/or for those who are prescribed Adderall by their doctor. Individuality is what makes us all unique and that is why I think it is best to do things naturally. So, when the situation arises when you are asked if you want to take Adderall, it is wiser and safer to decline.

Advice from a Senior

By: Daniella Rizos

With age comes wisdom and as a senior who just barely survived my junior year, I felt it was my obligation to give the juniors advice on what I think would make their junior year easier.

uniors worry most about has to

The thing I would say

be the SAT/ACT. The SATs and ACT are a large part of students' college applications and can determine what colleges students apply to and are accepted to. The first thing all juniors should do is decide what test suits them best; either the SAT or ACT. Take a couple of each test; if there is one test that your scores are significantly higher than the other one then stick to that one. If your scores for the SAT and ACT are around the same, choose the one you prefer. You don't want to just guess which test you think would be best for you. I did that and I ended up taking the SAT and ACT three times each. Had I explored my options, I would have saved the time spent studying for the wrong test. Also, take your tests towards the beginning of the year. After mid-April/May school will get really hectic preparing for APs and finals. If you finish before then it will be one less thing to worry about and have to study for.

The next thing I would advise people to do is to get an SAT or ACT review book that works for you. I'm not going to recommend the books I liked be

what works for me won't work for everyone. It's up to you to decide: spend the extra time to look at the different brands. Review book companies include Princeton's Baron's, Kaplin's, and others, and all are different. A big thing for me when picking out my review books was the organization of the information throughout the chapters. Remember you will be spending a lot of time with the book and you don't want find out after going through half of it you like a friend's book better. Also,

when you get the review book

don't skip the "tips for taking" the

test section. It has a lot of infor-

mation that can help save time

and increase your score on the

cause everyone is different and

Make sure you allot yourself enough time before the test to study. Also, take a couple of tests timing yourself, and take note of how much time it took for the section. If you finished early, either slow down a little or go back and check your work. If you went over time, find where you lose the most time and practice going at a faster pace. When studying, choose an environment where there is nothing to distract you. Make sure all of your attention is on studying; not half on studying, half on going on your phone or computer. Time is precious, especially during junior year! Make that half hour or hour studying really count.

Harborscopes

By: Jane Blumin

Aries (3/21-4/19): It's hard to get people to take you seriously if you start talking over the crowd this month. You're generally inclined to be very loud and start preaching, but you need to avoid the temptation! It may be hard to resist, but try. As for your love life- slow down and be honest with yourself. There is no need to rush and take any emotional risks this month. Your lucky number this month is 11.

Taurus (4/20-5/20): This start throwing the blame around, may not be your lucky month, but that does mean you are doomed! You may be feeling like you need to get something off your chest and you should take the risk and say it. You may feel like you said the wrong thing to a friend, but that is just what they needed to hear. You shouldn't feel bad, and you should tell them how it is. Your lucky number this month is

love life is very important this month. You are trying to create something new and you are still not sure if you want to go for it or not. This month will bring many risks and you should take them all. As for the couples- you are becoming very busy this month. Make sure you pay attention to how your girlfriend or boyfriend is doing! Your lucky number this

Cancer (6/22-7/22): This month, Moonchild, you will feel the need to hide in your shell a lot. This is not needed. When people you need to be the voice of author ity. You need to step in and become a leader. You usually are not used to this since you often hide in your shell. You need to focus on what needs to be fixed rather than what has been broken. Your lucky number this month is 13.

Leo (7/23-8/22): You usu-

Editors-in-Chief John Toomey and Sommer Dougherty

> **Copy Editor Chandler Reiter**

Contributing Staff

Jane Blumin, Chase Brown, Juliana D'Alleva, Dominique Marie Giuffrida, Daniel Hansen, Haley McLaughlin, Jonathan Paris, Gabrielle Bailenson, George Carmi, Kiki Carmi, Emily Krusos, Camryn Nichols, Daniella Rizos, Victoria Rizos, Nicole Taylor Smith

Gemini (5/21-6/21): Your ally go with the flow when it comes to choices, but this month it is important that you are certain of your own choice. Be a leader this month and it will help you out in the long run. Your lucky number this month is 16.

> Virgo (8/23-9/22): This will be a stressful month for you, but in the long run it will be worth it. You are probably nervous about new things coming into your life. Don't be nervous. All of this is happening for a reason. You will get through it. This month your lucky number is 10.

Libra (9/23-10/22): This your willpower tested. You understand how this might not work out if you give into temptation. If you give into temptation it will hurt you in the long run. Say no to the temptations coming your way. You can do it. Your lucky number this month is 23.

not used to not having around you anymore. This thing that you are missing is something you can live without. You don't need it. First you need to figure out what you are missing. It may be hard to realize what it is unless you look really closely. Your lucky number this month is 26.

Scorpio (10/23-11/21):

There is something you are miss-

ing this month. It could be a per-

son or even just something you're

Sagittarius

12/21): This month you are certain to enter a long-term relationship. New people and things are sure to come into your life. The way to make sure this will happen is to deal with anything and don't complain. Go with the flow this month. Your lucky number this

Capricorn (12/22-1/19): You are having difficulty with someone this month. It could either be a family member or a close friend. You two have not been getting along lately. You have been overthinking this situation to an extreme. Don't overreact. This argument will not last long and before you know it, it will be over. Your lucky number this month is

Aquarius (1/20-2/18): This month there will be a few small complications that pop up. You may be worried about them, but don't worry. It doesn't involve you, so don't get involved. You should just sit back and relax. Everything will work out eventually.

Your lucky number is 14.

Pisces (2/19-3/20): Make sure this month you do what you want. Don't let other people's expectations drive your goals. This is your month, but if you let other people get in the way, you might not get what you want. Think as an individual this month and luck will come to you. Your lucky number this month is 20.

Letter From the Editors

We hope this year will be view, our school newspaper. Our iob as The Harborview staff is to bring you, the reader, the most important and up to date school and community news to the best of our ability. Expect monthly editions of this publication filled with sports, local news, and student

Please continue to read very successful for The Harbor- our publication and support the student journalists that work extremely hard every day to bring you the greatest school newspaper

> Sincerely, John Toomey and Sommer Dougherty

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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

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 Katovitz, 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.

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 success 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 Coffee 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.

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 vear 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 ime was a sad goodbye, but they still had their other coach, Emily Wilauch dermuth, 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."

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McLaughlin,
Kearney, and ery excited to heir final Volses girls joined
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ally 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, Mi-

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New Cheer Program

chelle Gaufman, had decided to

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

In the past, the JV cheerleading team consisted of eighth and ninths graders, while the varsity team consisted of solely juniors and seniors. This year, instead 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 closest relationships 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!

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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.