

## Skip The Straw

### What It Means & What Can Be Done

By Amal Siddiqui

Thousands of people have joined the trend of forgoing the use of plastic straws as the “Skip the Straw” movement has become increasingly widespread in the past few years. As of 2010, the world population produced more than 300 million tons of plastic. To cut back the straw waste being produced, the Plastic Pollution Coalition began “The Last Plastic Straw” project, which aims to make straws an antiquity and alter the way the public thinks about the accumulation of plastic over the next several decades.

The call for the erasure of plastic straws has finally been answered by some large companies as California Pizza Kitchen joins the movement, using metal straws as a substitute for plastic ones. Another chain café that is moving away from detrimental plastic utensils is Starbucks; they have created cup covers that are similar to those on on-the-go mugs.



Decomposing albatross chick with a stomach full of plastic.  
Credit: US Fish and Wildlife Service, Dan Clark



Photo Credit: Erica Cirino



Photo Credit: Erica Cirino

The anti-plastic-straw movement provides a growing awareness of the detrimental impact plastic has on the environment. For example, plastic has overcome the oceans to the point that one commonly sees animals caught up in a web of garbage. One globally-viewed YouTube video with over 33 million views shows an innocent sea turtle with a plastic straw so impacted in its nostril that the turtle’s rescuers must use significant force to remove it, causing visible pain for the creature. Environmentalists argue that superfluosness of plastic has to be recognized, not only for the animals in danger, but also to prevent the planet from circling down the drain.

The good news is that there are dozens of ways each individual can help. One way would be excluding straws and other plastic utensils from meals when ordering takeout. Another way would be to use a reusable water bottle rather than purchasing a pack of plastic bottles every week. There are so many ways to aid the anti-plastic movement. A good way to start is by simply saying, “No straw, please.”

## Thirsty for change!

## Natural Helpers Retreat

### An Inside Perspective

By Victoria Caselnova

The Natural Helpers, a group of Cold Spring Harbor students guided by Mr. Homer and Mrs. Lanteri, have a common goal: to make positive changes in our community and our world. They are a trustworthy and loyal group that focuses on supporting others--without judgment--in times of difficulty or crisis.

The Natural Helpers came together for a full day retreat on Saturday, Nov 17th from 8:00 a.m. to 8:00 p.m. at the High School. The day consisted of fun team-building and empathy-building exercises that brought the group closer and brought out emotions ranging from joy to sadness. One trust-building exercise required students to move around the room with their eyes closed while being directed by a student partner. Another consisted of sitting in a circle and sharing feelings of all kinds. Regardless of the task, the Natural Helpers worked together. Though mentally and physically draining, the day was a success, bringing the group closer together and solidifying team spirit and a common goal.

When asked how he feels about being an advisor for the Natural Helpers, Mr. Homer said, “It is truly an honor being the co-advisor for the Natural Helpers club because I am able to help students try to make a difference in their own lives and those of others. Sometimes the Natural Helper is also able to find new paths and ways to help others because that Helper has been introduced to some amazing resources and skills.” He added that “It is wonderful to work with Ms. Lanteri. She has always had an incredible way to reach students, and I have always admired her connections with them” and states that “The retreat is one of the most powerful experiences a person can go through.”

The Natural Helpers are now ready to help others in both our school and our world. If you are ever in need of someone to talk to, a Natural Helper is a good place to start.



Photo Credit: Natural Helpers Club

***One person can make a change; Natural Helpers are all one person under the same mind set and under the same beating heart that strives to make a change.***







By Christine Chau

Throughout history, many great writers have explored the topic of dystopian societies. Displaying worlds absent of freedoms, novels such as *1984* and *Brave New World* have been lauded by critics and highlighted in lists of top 100 novels of the 20th century. In *The Handmaid’s Tale*, Margaret Atwood gives these novels a run for their money, heightening the concept of absolute censorship in her depiction of dystopia.

*The Handmaid’s Tale* tells the story of the Republic of Gilead, a body of government that has overthrown the United States of America. Due to chemical spills that have occurred, the reproduction rates have dropped drastically, leaving many couples unable to produce children. The Republic of Gilead remedies the issue of infertility by providing prominent couples with “handmaids,” or women who serve as vehicles to bear children. The novel follows the story of Offred, a woman assigned to the Commander and his wife, Serena Joy. In this society, Offred has one purpose: to provide the Commander and his wife with healthy children. Because of this, she, like the rest of the women in society, is not seen as a person, but rather as a utility. This “utility” is not granted personal freedoms, though; instead, the governing body makes each and every decision for her regarding her choice of dress, her day-to-day activities, her doctor appointments, etc.

Oftentimes, 20th century works of literature shy away from the use of taboo language. Atwood, however, uses this genre of diction and phrasing to emphasize the reality at stake for the handmaids in The Republic of Gilead. She tells Offred’s horrid story in a declamatory manner, being sure not to miss any of the atrocities Offred faces. Atwood is not afraid to utilize profanities in order to convey the brutal treatment of the women in this piece. Although this language may seem shocking to some readers, it is, in fact, necessary in order for the reader to see the inhumane nature of Offred’s duties, juxtaposing Offred’s prior life -- the one in which she found love and purpose within her family --with her current position. Now her life is caught in a monotonous cycle of the government's using her sexuality against her.

Atwood also explores various themes throughout the book, a prominent one being the power of language. The Republic of Gilead prohibits women from reading, writing, and engaging in any other intellectual stimulation within its control. On her routine walks to the town, Offred notes that every sign on display includes no words. She reflects fondly on the times when she had the freedom to read and gain an education. In this new society, the government realizes that knowledge grants power and believes that women are not deserving of such power.

Atwood emphasizes this theme when Offred finds a note from the handmaid who previously resided in her quarters. The message is written in Latin, a language Offred is not familiar with in any capacity. Despite this, Offred finds great joy in the fact that she has uncovered something unknown to the rest. The idea that the government, a body that watches her each and every move, is not aware of this breach of protocol makes her feel empowered, almost as if she were regaining some of her personal freedoms stripped from her all that time ago.

One of the most prominent aspects of this novel that also contributes to this overarching theme is the language used to name each character throughout the book. Although Offred is referred to as “Offred” in the novel, this is not her real name. Her name stems from the word “Of” and her Commander’s name. This naming system helps to further the idea that, in this world, women are seen as objects, and not as humans. They are the possessions of men and are disposable in the eyes of the government. When they produce children that are not “fit” to the standards of the elite couples, the Republic ships them away to a hellish place, and discards their children like faulty products in a factory.

In Atwood’s interpretation of a dystopian society, she challenges societal norms of the present in a hyperbolized fashion. Her ideas seem far-fetched but actually act as commentary on today’s perception of women. Although we live in a time in which women are seeing more equality than ever before, archaic notions regarding women still exist. With her writing, she highlights the misogyny and inequality that many women continue to face today.

*The Handmaid’s Tale* by Margaret Atwood - First Anchor Books. April 1998. pp. 295

# Giving Thanks & Giving to Others

By Alex Wright

What comes to mind when you think of Thanksgiving? For many, the answer is a large meal on the table, too much turkey, too many side dishes, and an array of pies. Sound familiar? In many ways, the modern Thanksgiving dinner is a pure embodiment of gluttony. While we all know the point of Thanksgiving is to give thanks for the food we have on our tables, and many of us do just that, there is an expectation that food will be on the table. For many people, however, this is simply not the case. In our local communities, there are many families that regularly struggle to put food on the table, and for these folks, the reality of a Thanksgiving dinner with all of the trimmings is unattainable. To help combat this problem, many local organizations work to collect and distribute food to families in need. Recently, to help contribute to this effort, one of our students, Matthew Wright, teamed up with Mr. Homer to organize a Thanksgiving food drive.

With the help of Senora Segura, students in the National Honor Society made a concerted effort to contribute along with many other students and staff members. The drive was a success, yielding over 400 items of canned and dry foods to be donated to a local charity, the Helping Hand Rescue Mission, which has been providing Thanksgiving meals to families in the town of Huntington for the past fifty-four years. This year, the distribution provided full Thanksgiving meals--with a turkey and all of the sides--to 83 families, a new record for the small, family-run organization.

In response to the food drive, Reverend Kim Gambino, the president of the mission, said, “Thank you to the students of Cold Spring Harbor High School for a wonderful Thanksgiving food drive this year! We appreciate your community mindfulness and effort to help us fill those Thanksgiving baskets.”



Photo Credit: Mr. Homer

Hopefully in future years Cold Spring Harbor High School will be able to continue to partner with this worthy organization and help people in need, so that all families can enjoy the holidays in a way many of us take for granted.

# What is your favorite part of Thanksgiving?

By Makayla Read

**7th Grader:**  
“My favorite thing about Thanksgiving is that I get to spend a lot of time with my family. I get to see my mom’s side of the family every day since we go to school together and live near each other, but my dad’s family lives in Pennsylvania. This Thanksgiving, we drove to spend the break with them and see my other cousins. They were so excited to see us, and we had a great time! My favorite thing that my grandma makes is her apple pie. She can make an apple pie like no other. It tastes delicious!”

**8th Grader:**  
“My favorite part of Thanksgiving is all the good food! This year my whole family came to my house. We celebrated together and of course had to take a big family photo. My mom cooked the main foods, and my sister and I helped out with the desserts. We made apple pie, almond cookies, brownies, and cheesecake. I like the turkey and mashed potatoes with gravy the best.”

**Junior:**  
“My favorite thing about Thanksgiving is taking a break and being able to relax and spend time with friends and family. My favorite Thanksgiving foods are mashed potatoes and cranberry sauce. I also enjoy wearing a cute Thanksgiving outfit and [seeing] how my family dresses up to celebrate.”

**Junior:**  
“What I enjoy most about Thanksgiving is spending time with my family, relaxing, and eating good food. I love to bake desserts with my cousins for Thanksgiving dessert. Another thing I love about Thanksgiving is waking up in the morning to a nice breakfast and watching the Macv’s Thankseiving Day Parade on TV.”



# Learning the True "PRICE OF FREE"

By Aina Khan and Sophie Stein

Hidden inside overcrowded factories are the stories of children across the globe who are subject to slave labor. *The Price of Free*, an award-winning documentary aiming to shed light on this pertinent issue, was recently released for international streaming. On November 14th, the film’s premiere date, The Social Justice, Save the Children, Gender Equity, GSA, and SADD clubs joined forces to screen this eye-opening film for the Cold Spring Harbor community.

The documentary follows the story of Nobel Prize winner Kailash Satyarthi, who dedicates his life to saving and rehabilitating imprisoned children. Viewers accompany Satyarthi, a man who left his career in electrical engineering to help end child slavery, on his gripping secret raids and quests, meeting children like Sonu, a young boy who has been separated from his family for eight months and works under treacherous conditions for hours and days on end. 87,000 rescued children later, Satyarthi eventually gained international attention and starts the “Global March Against Child Labor” movement and the “100 Million” campaign.

The Social Justice, Save the Children, Gender Equity, GSA, and SADD clubs hope that both the viewers and those reading this article will be more conscious of the impacts of the “Fast Fashion” industry, which includes popular stores such as H&M and Zara. Seeing kids of high school, middle school and elementary school age, who should be learning, instead working tirelessly in these factories just to make ends meet for their families is something that is hard to fathom here in America. However, as Americans we can now understand that if we have the means to do so, we should shop more sustainably in order to help end the terrible reality of unregulated childhood labor.

Mrs. Glynn, Dr. Acconi, Dr. Chase, and Mr. Homer deserve special thanks for making this movie night possible and successful. With their help, the clubs now plan to donate the money raised from donations and the pizza sale toward the 100 Million campaign, which will aid Kailash Satyarthi and his team in their fight against child labor.



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Students who attended the movie night shared their reactions:

*“The movie has caused me to be more conscious about what I buy by investigating which companies have been accused of employing children.”*

- Elijah Farkash

*“It was an incredibly powerful film. The Price of Free shed light on the use of child labor in the fast fashion industry and will definitely make me reconsider the industries I support when shopping.”*

- Rachel Friedlander

*“The Price of Free puts our every day issues into perspective and opened my eyes to the horrors and truth of child slavery.”*

- Julia Wilcox

## Long Island Football Class IV Championship Winners



### Overall Record for Season: 10-2



Photo Credits: Mr. Bongino

Head Coach: Jon Mendreski  
Assistant Coaches:  
Lou Santoli, Mark Green, Mike Passuello, Mike Ferrugiari  
Cold Spring Harbor HS  
Football Athletic Director: Michael Bongino

#### Team Roster:

- #2 Milana, Thomas\* -WR/DB -Sr
- #4 Reynolds, Casey -WR/DB -Jr
- #10 Hill, Brendan -WR/DB -Sr
- #11 DeNatale, Luke -WR/DB -Sr
- #12 Costa, Raymond\* -QB/DB -Sr
- #13 Catala, Thomas-WR/D -Sr
- #14 Visconti, Nick-QB/DB -So
- #17 Striano, Daniel-RB/DB -Sr
- #20 Spehr, Will-RB/DB -So
- #21 Bruno, Jacob -RB/L -Jr
- #22 Striano, Richie\* -FB/LB -Jr
- #23 Samuels, Steven -WR/DB -Jr
- #24 Schlaugies, Max -WR/DB -So
- #30 Curry, Ben -FB/LB -Sr
- #32 Passarella, Eric -RB/LB -Sr
- #34 Bruno, Ben -RB/LB -So
- #35 Celestino, James -OL/DL -So
- #40 McAuley, Sean -OLO/DL--So
- #41 Schlaugies, Michael -OL/DL -Sr
- #44 Adomaites, Aidan\* -TE/DE -Sr
- #47 McKean, Aidan -OL/DL -Fr
- #50 Arvans, Charlie -OL/LB -Sr
- #52 Naccarato, Anthony -OL/LB -Sr
- #55 Wu, Zachary -OL/DL -Jr
- #58 Striano, Dom -OL/DL -Jr
- #59 Striano, Peter -OL/DE -Jr
- #60 Romanoff, Chris --OL/D -Jr
- #61 Burdo, Ethan -OL/DL -Jr
- #65 Molinari, Blake -OL/DL -So
- #70 Chadha, Akshat --OL/DL -Sr
- #71 Gagnon, Kolton --OL/DL -Jr
- #75 Wang, Alex -OL/DL -Sr
- #82 Burdo, Aidan -WR/DB -Fr
- #80 Leonard, Peter -OL/DL -Jr
- #85 Vavassis, Jack -TE/DE -Sr
- #88 Spry, Spencer -WR/DB -Sr
- \* Captain

#### All County Honors:

Aidan Adomaites, Ray Costa,  
Thomas Milana, Dom Striano

#### All Conference:

Ethan Burdo

#### Second Team All Long Island:

Thomas Milana, Casey Reynolds,  
Richie Striano





POET'S  
*Corner &*  
Grok

A Dollar's  
Journey

By Julianne Massa

A dollar sits on the kitchen counter,  
singular and alone.  
It lies crinkled next to my unpaid bills  
that rest beneath the broken paperweight.  
It came from hours of back-breaking labor,  
received in a white paper envelope  
surrounded by other greenbacks.  
But they were spent, and so am I.

Eventually this dollar will be gone, too,  
vanished from the countertop.  
And before I notice it's missing,  
it will have taken up residence  
in a new kitchen on a new counter.  
It will lie flat and clean  
next to the keys to the Bentley parked outside.  
But loose money never lasts  
in a house with an abundance of it.  
It must be spent.  
So it is taken to the local mall  
and traded for a pair of shoes.

The dollar's next adventure  
begins on the counter  
of an old-fashioned ice cream store.  
Sticky, yet folded carefully,  
it's exchanged for a soft-serve cone.  
A pair of wide eyes peek over the counter,  
waiting anxiously for the treat.

And so, the dollar will continue its journey,  
traveling from counter to counter,  
having no control over where it ends up  
or what state it will be in when it gets there.  
But the dollar is forced to continue  
because in order for money to make the world go round,  
money must go around the world.

CSH EMBARKS ON A  
SCULPTURE JOURNEY

Look out for our new  
art course offering  
for 2019-20:

**"Freelance 3D  
Art and Design"**  
Build a portfolio and  
design using a wide  
range of materials.



Coffee House Jam Review

By Victoria Caselnova  
Highlighting the importance of the relationship between music, words  
and their impact on this world and our school, Coffee House Jam was  
created to represent the students of Cold Spring Harbor High  
School. The show, which took place on November 16th at 7 p.m.,  
presented a combination of both serious and comic routines.  
Attending the Coffee House Jam for the first time, I was impressed by  
the aspiring talent and devotion all the students possessed.

Students came together with staff members, including the host, Mr  
Miller, to perform. Performers jammed on covers of well-known  
songs, as well as several savvy songs of their own, which were  
meaningful, smart, and funny. With brilliant acoustics including  
pianos and guitars, student acts wowed the audience. Mr. Miller  
commented on the event, saying, “Our 27th Jam was another electric  
event. The talent was special, and the crowd was awesome.”

The Coffee House Jam was the perfect way to have a fun and  
educational Friday evening. It put a smile on my face and made my  
night. Look for the Coffee House Jam when it returns al fresco in the  
spring. ***You won't be disappointed.***



Photo Credits:  
Island  
Photography

our senior Mural

By Gillian Drexler

In keeping with tradition, the senior class has created a new mural in the senior commons. In order to  
choose a design, members of the senior class submitted their work to the class advisors. The advisors then  
created a poll, and the senior class voted, choosing a photo taken by Samantha Healey of the can in Cold  
Spring Harbor.

The mural artists picked out paint to match perfectly  
the colors in the photo. They started off by projecting  
the photo onto the wall and then sketched out the  
outline of the design. After four long days of work,  
the mural was completed. “One of the hardest things  
to paint was the water. We had to spend a lot of time  
blending the paint to achieve certain effects and  
colors,” said Ellie Fox. Overall, the team did a great  
job replicating the photo. It will be difficult for next  
year's mural to top this one.



Inspiration Photo Credit: Samantha Healey

Participants:

Isabelle Alyskewycz, Emily Berlinghof, Maddy Cover, Gillian Drexler, Ellie Fox, Claire Futter, Samantha Healey,  
Aina Khan, Ileanna Kufner, Morgan McBride, Avery Pusey, Sophia Taglich, and Grace Tauckus

Photo Credit: Ms. Henry



December 2018  
Volume 56, Number 2  
Cold Spring Harbor Jr./Sr. High School  
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Cold Spring Harbor, N.Y. 11724

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