

## CHRIS HERREN Shares His Story

By Julia Stingi

On October 16th, our school had the opportunity to hear Chris Herren speak about his life, and in particular about his battle with addiction. Mr. Herren is a former professional basketball player who played for the Denver Nuggets, the Boston Celtics, and several teams in Europe. A recovering abuser of drugs and alcohol, he has been sober since 2008 and now tours the country as a motivational speaker. He uses his speeches as a vehicle to deliver powerful messages to students, parents, and teachers about the dangers of addiction and temptation.

Mr. Herren's speech was powerful. The audience, both students and adults, listened intently as he described his harrowing personal story of substance abuse. Using graphic words and a blunt tone, Mr. Herren spoke about his experiences and how they tore his family apart, leaving him a broken and desperate person. After a short video about his how his basketball career was affected by his drug use, Herren began his speech by telling the audience, "We put way too much focus on the worst day and forget the first day," and then shared how his own addiction began when he tried cocaine with his roommate and two girls who assured him doing so was no big deal. He then went on to tell of his excessive drug use and how he struggled with it throughout his basketball career, often playing while high. Although drugs had control over him, he thought he had control of his life.

His presentation's theme then centered on understanding the motivations behind why kids make decisions about drug and alcohol consumption. At one point he said to the audience, "I'm going to ask you one question: Why? If you know how badly addiction can be in the end, why would you start using drugs and alcohol?" Mr. Herren encouraged parents to ask their kids this



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### REBOUND The Chris Herren Story



question and for kids to ask it of themselves. His message centered on the fact that there are usually underlying issues that make young people take risks and look for an escape. For example, anxiety, depression, or even the normal stress of school and social pressures can lead kids to look for a quick, though misguided, solution to their problems. He implored us to consider the risks before making bad choices. At one point he asked, "Why would you risk your life to achieve a feeling?"

Mr. Herren's messages are heartfelt. He has three children of his own, two boys and one girl--all teenagers. As a parent, he daily faces similar challenges to those of our parents, and while he doesn't expect his kids to be perfect, he does expect them to be open about their feelings and struggles. He acknowledges this is not always easy. If they do choose to drink, "I just want them to tell me why." He emphasized that parents need to continually ask this question and understand the reason why their kids are making bad choices because help can be properly directed when motivations are understood.

I had an opportunity to speak to Mr. Herren before his speech. He told me he finds it therapeutic to give speeches and make an impact. I asked him if there were any particularly meaningful moments he has had while touring schools throughout the country. "I find each and every experience unique and special," he told me. "I view each visit as an opportunity to positively impact a

kid's life, and to make them understand that their choices may have meaningful long-term implications."

Mr. Herren's first speech was eight years ago to a high school health class with twelve students. He told me he was nervous. His feelings were still raw, but he enjoyed the experience and felt that it was his obligation to speak to bigger audiences so he could have a greater impact. He knew his story would be powerful. He just had to be brave enough to tell it. Since then, he has grown tremendously as a person and as a sought-after presenter and has spoken to groups as large as ten thousand people. When he speaks, he knows not everyone is listening or digesting his message, but he says that is ok. "As long as I make an impact on one kid, the day [is] worth it."

In 2011, Chris Herren founded The Herren Project (THP) "with the goal of helping others navigate the road to recovery from Substance Use Disorder (SUD)." The Herren Project has helped "thousands of individuals and their families with recovery navigation and support services." THP's motto is "Reaching one person, one family at a time."



More information is available at [theherrenproject.org](http://theherrenproject.org)

## New Testing Days

By Julia Kopp

This year, new testing days were implemented with the intention of better relieving students' workload and creating a less stressful week. In the past, "some of the testing days weren't necessarily advantageous for all students," Dr. Bolen said. In order to figure out a schedule that would be "a little bit more consistent," a survey was sent out to teachers at the end of last year, and Dr. Bolen explained that most wanted a schedule in which each department would have two testing days that would be "locked in" with the elimination of the floating testing day, which in the past often led to a build-up of exams on a single day.

Febe Rothenberg, a student from the class of 2020, vocalized her problems with testing days: "Teachers find loopholes to test us whenever they want." Dr. Bolen hopes to eliminate such problems by clarifying the definition of a quiz versus that of a test. A quiz, according to Dr. Bolen, should take no longer than fifteen minutes; otherwise, it is a test and must take place on a testing day.

While the change came with intentions of being beneficial, some do not find it to be so. One student stated, "The new testing days are inconvenient for both students and teachers. Because of that, most teachers just end up ignoring them." Ben Nordemann, another student from the class of 2020, bluntly stated his dissatisfaction with the new testing days: "These new testing days are wack."

Teachers of the science department, particularly those who teach AP classes, have been unhappy with only having two testing days when they had four in the past. Mr. Sneider, who teaches AP Physics I Mechanics, expressed his concern regarding both the testing days and how they will affect his students, "As a science teacher who teaches an AP science, I see [the testing days] as a very large hindrance to the way I teach my AP class. For instance, I finished teaching my first chapter on September 13th. Because of the new testing schedule and the fact that I only give double period exams in my AP physics class, I couldn't give my first exam until September 26--13 days later. It made my students miserable, it stressed them out, and they learned an entire new chapter before their first exam." In order to try to rectify this, Mr. Sneider has spoken to his students who "see [the new testing days] the way [he sees them]." He then brought these concerns to Ms. Hansen, the director of STEM, who then brought them to the administrative team. The administrative team told him to stick to the testing days, and Mr. Sneider plans to do so.

Dr. Colascione, also a teacher of AP science, also finds some difficulty with this year's schedule, "Having back-to-back days has been restrictive in terms of how they fall with either professional development days or assemblies... things of that nature." He understands the problems that arise with double period exams, stating, "Science has had the advantage where we've used double periods for tests whereas the other departments don't have that because we use one of our lab days... We've fallen into relying on that in a fair number of cases." Though he scheduled his AP exams before this school year so that they fall on testing days with a double period, Dr. Colascione has dealt with instances in which that hasn't worked out by having his students take tests over a period of multiple classes. In the future, he hopes that science testing days could be Wednesday and Thursday since assemblies frequently occur on Tuesdays, though he states, "It's a tough balance... There is no simple solution."

Despite their hindrances to his class, Mr. Sneider did note that testing days are extremely beneficial for many students, particularly those who require extra time accommodations. He would, however, prefer for the testing days to offer four days for AP science courses since most teachers for those classes can only use two of those days per week anyway.

Mr. Sneider explained that he finds that double period exams "benefit [his] students," allowing them "to have the time to think, to have the time work through problems, to have the time to make thoughtful responses." Dr. Bolen does not agree, stating, "The majority of [other non-science AP courses] do not have double period tests...I don't see that there's necessarily a need for the double period exams."

Teachers in departments that in the past only had two testing days a week and typically do not give double period exams for the most part are either in favor of or neutral toward the new testing days. Mr. Bosley, who teaches English, did not notice any effects to his classes but did acknowledge the importance of testing days: "[Testing days have] not affected the way I teach, but I see the benefits to having them so students aren't overburdened before a break or a weekend." Ms. Henry shares his view, stating, "I think the having the testing days is helpful, and I prefer having two set days to one day plus an open day. As long as all of the teachers abide by them, they will benefit the students." Ms. Kearnes, who also supports the testing days, explains that "[For English], the way it's spaced out works nicely," and says she prefers this year's schedule to last year's.

Though non-science teachers find less difficulty with the testing days, the inflexibility of them can cause difficulties for all teachers, as Ms. Koob, a French teacher, shared: "Testing days are nothing new. As a World Language teacher, this year my testing days are Monday and Thursday. I find that Mondays are difficult for many reasons: there are several holidays that fall on Mondays, students don't like to or forget to study for a Monday test, and Mondays are tough days in general because they come at the start of the week. My hope is that the testing days will continue to shift annually and that students will benefit from knowing on which days to expect tests in their various classes."

Ultimately, the administration established testing days not to harm, but rather to help students, so should the testing days prove to be problematic this year, one can imagine that they will be adjusted next year.

### TESTS

In order to assist students in balancing their workload, the faculty follows as a general guideline, a rotating test schedule by department. This schedule applies only to full-period exams and any quiz over 15 minutes. This year's schooled guideline is as follows:

Monday	Social Studies/World Language
Tuesday	English/Math and Science/Health
Wednesday	Science/Health
Thursday	Social Studies/World Lanuage
Friday	English/Math

Art and Music may test on odd days.  
FACS, Tech and PE may tests on even days.

Testing day schedule as written in the student handbook

# Updated Security Measures

By Julia Kopp

The beginning of a new school year always promises much change, and this year is no different. In the wake of the Parkland shooting, which brought security reforms to schools across the nation, and Cold Spring Harbor's own false-alarm incident last year, the administration had to "look at some of the issues that we had had and how we could try and better coordinate with what the security issues could be for the building and the district," said Dr. Bolen, the high school's principal.

Changes began taking place last year, including the single point of exit and entry through the main entrance during school hours, no more food deliveries on campus, and the security van's being turned around to focus on who comes onto the campus rather than who is leaving. This year, the security measures being implemented will have a more noticeable effect on students. To enter school both in the morning and while classes are in session, students must present their IDs. The front of the building will be modified to create a vestibule so that both sets of doors will lock and students will have to put their IDs through a window before being permitted through the second set of doors and into the building.

At first, students will receive a warning for failing to follow measures such as showing their IDs, but as the year progresses, the response will be less forgiving, and students can expect consequences such as a detention in response to not following such measures. Regarding this, Dr. Bolen said, "The goal is not to punish, but to make sure that we can change the behavior so that we keep everybody safe."



According to Dr. Bolen, both the district and the school are constantly reviewing how best to keep everyone safe, including working with law enforcement to ensure that "we are doing the most we can to keep our building secure but also keep our building open and welcoming to students."

Though adjusting to the new policies may at first be a struggle for students, it's important to remember that, ultimately, such changes are done with their overall safety in mind.

# College Essay Seminars

By Brittany Cohen



A college admissions essay has the ability to make or break a student's chances of admission. It is the part of the college application that shows a college who the student is beyond the transcript, standardized test scores, and list of activities. For over a decade, Ms. Henry and Mr. Miller have been the two teachers providing a district-sponsored service to assist students in writing and editing their common app and coalition essays, as well as various supplemental essays colleges require. Because they have been helping students for so many years, these two teachers are extremely qualified; they have read a multitude of books on essay writing and have a lot of experience with this particular type of essay. In short, they know what will make an essay shine.

The essay service provides both seminars and one-to-one assistance with college essays. In the seminars, students learn general tips for what to include (and not include) in their admissions essay. Additionally, the information packet they receive includes brainstorming ideas to help them come up with the perfect topic, as well as examples of high quality essays that they read and discuss during the seminar.

## Ladies' Room Products By Julia Kopp

Beginning July 1, 2018, the State Education Department implemented a new law requiring all elementary and secondary public schools across New York State to provide free feminine hygiene products, such as menstrual pads and tampons, in their ladies rooms. The school district, as well as their nurses or medical director, were given the responsibility of deciding what specific products would be provided to student.

At Cold Spring Harbor, baskets were installed in bathrooms over the summer that contain nine or ten hygiene products and are checked every night to see if they need to be restocked.

In the past, a girl would have to go see Nurse Pendel in order to receive such products, but the new law provides a discreet and easy way to obtain them.



# & One-to-One Assistance

Following the seminar, students make appointments with either Ms. Henry or Mr. Miller according to where their last name lies in the alphabet. Ms. Henry works with students whose last name falls in the first half of the alphabet, and Mr. Miller helps those whose names are in the second half. Ms. Henry shares that, as of mid-October, she has had about sixty individual conferences and has met with approximately thirty students, some of whom she has conferenced with as many as five times.

Mr. Miller shared with me his thoughts about the college essay writing process and how he believes the service he and Ms. Henry is helpful: "The college essay process is ultimately an opportunity to be introspective, but unfortunately, it comes with a stressful process, so by working with an advisor, you have more of an opportunity to explore and figure out what you really want to say and figure out what you want to communicate to the schools. I think brainstorming is the best function of what we do, allowing ideas to spin off, and I think what we try to do best as advisors is we ask questions, and we get students to figure out what it is they really want to say and who it is they really are and what they really want from a school."

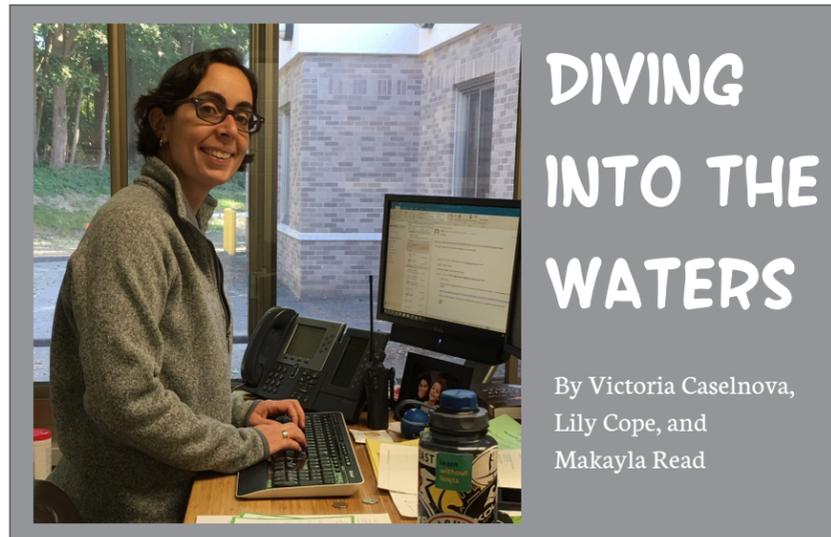
One senior I spoke with about the one-to-one assistance told me, "It saved my life." Another said it "eased [her] stress." Others who have had individual conferences say that "everyone should take advantage of this opportunity." A third student stated, "This service has helped me tremendously." Ms. Henry was willing to meet with me as many times as needed to create the perfect essay for me by providing new ideas that I wouldn't have initially considered. Moreover, after she looked over my essay, it was grammatically correct.

This service gives students a chance to improve their essays without the costly burden of paying a tutor, which some parents will not pay for. Ms. Henry and Mr. Miller are just as experienced, if not moreso, and are willing to put in all their effort to make each student's essays the best they can be.

When asked about her experience as advisor and how she feels about the position, Ms. Henry stated, "I love seeing the students grow as writers. Because they care so much about how the essays come out, they are extremely engaged in the process of improvement. It's also very gratifying to see students feel good about themselves and what they've accomplished. I enjoy getting to know them on a different level as well." Mr. Miller had a similar perspective; "I love helping kids create something they are really proud of, something that they think speaks for them. I think that when you hand in an essay to a school, you're handing in a mini version of yourself, and I think that to help students clone themselves and minaturize themselves onto a page is pretty cool."

*Ms. Henry & Mr. Miller will continue to offer assistance to seniors throughout the year and welcome anyone who would like a conference to see them for an appointment. In addition, they plan to offer two seminars for juniors in the spring to help ease them into the college application process.*

# Welcome to CSH



## DIVING INTO THE WATERS

By Victoria Caselnova,  
Lily Cope, and  
Makayla Read

With the new school year approaching, Cold Spring Harbor School District hired new faculty to fill vacancies. In the case of the assistant principal position formerly held by Dr. Browne, the district chose someone we already know, Ms. Joey Waters. In the past, Ms. Waters was an outstanding English teacher for 9th-12th grade and also advised numerous clubs including GSA, The Social Action Club, The Gender Equity Club and The Harbor View Newspaper Club. This year, in her new role, she has given all students a warm, welcoming smile. Eager to discover more about her new position, we posed several questions to her that will give insight into what her transition will entail. Ms. Waters was beyond excited to share how the beginning of the school year has been going thus far.

Victoria: "What is the official title of your new job?"

**Ms. Waters: "Assistant Principal."**

Lily: "How is your transition going from an English teacher to assistant principal?"

**Ms. Waters: "I think it's going well. I like it. It's exciting, it's different, it's fun, and I'm very glad that I still get to see so many familiar student faces every day."**

Makayla: "How many years were you an English teacher?"

**Ms. Waters: "12 years at Cold Spring Harbor."**

Victoria: "Do you miss teaching?"

**Ms. Waters: "Yes. I do miss teaching. I love what I'm doing now, but I definitely miss some time in the classroom and that interaction that you have with kids when you're talking about literature and what's going on in the world."**

Lily: "Is there anything that you are enjoying about being an assistant principal that you did not get to experience as an English teacher?"

**Ms. Waters: "I think right now one of the things that I'm really enjoying is that I'm getting to know a lot of kids that I did not otherwise know. I did not spend a lot of time with the 7th and 8th graders before, so I'm enjoying that tremendously. It's fun to be involved in situations and discussions that go beyond the English classroom and look at more of the big picture of the school. I always got some of that through clubs and other activities, but it's nice to be thinking about a little bit more of the big picture concepts and how to make sure that we're meeting all of the needs of all our kids in a different way."**

Ms. Waters is a hardworking, determined, academically-driven, and dedicated administrator who is lending a helping hand to make Cold Spring Harbor even better than it already is. One step after another, she will continue to tackle her new job as assistant principal of Cold Spring Harbor Junior High with enthusiasm.



## RAISE YOUR BOWS FOR MS. MORAN

By Julia Wallace

Ms. Jessie Moran is passionate about music and excited for the year. I met her on the first day of school, as I am in her class, and jumped at the opportunity to interview her for the newspaper.

I spoke to her in the morning, meeting her in Mr. Homer's room before first period. She told me that she loves the school so far and enjoys the change of pace from teaching at an elementary school last year. Outside of school, she likes to run, draw, paint, and hang out with her dogs. Although she is an orchestra teacher, Ms. Moran says she does not like to play in front of people unless she is in a symphony orchestra; however, she loves singing in her Latin ensemble, which she has been a part of since college.

Ms. Moran shared that her favorite teachers growing up were all three of her orchestra teachers and that they were the ones who inspired her to teach. Her main goals for her students this year are for them to gain confidence in sound and have fun in class.

Ms. Moran's enthusiasm for her job is plain to see to anyone who walks into her class, and she is ready to help her students improve in any way she can.



## MR. REARDON: A NEW FACE IN THE MAIN OFFICE

By Mimi Monti and Kaitlynn Marie

This year, Cold Spring Harbor Jr./Sr. High School welcomed new staff members, and students and faculty alike greatly anticipated meeting them and the changes they might bring. Mr. Reardon, the new assistant principal for the high school, is among those new members.

Outside of working in Cold Spring Harbor, Mr. Reardon enjoys playing sports, writing and performing music, and spending time with his friends and family. Prior to working in Cold Spring Harbor, he was Dean of Mineola Middle School and a Spanish teacher at Manhasset High School.

So far, Mr. Reardon appreciates the sense of community and tradition at the school; he aims to embrace and sustain those qualities and is eager to get to know students as his time at Cold Spring Harbor progresses. Mr. Reardon explained that he wishes to be an authoritative figure and positive role model who creates an atmosphere of mutual respect with students. Through extracurricular activities as well as social and emotional learning, Mr. Reardon plans to support the students' academics. In his words, "It's been a pleasure with the students thus far, as they are both friendly and respectful. I have enjoyed being a part of their high school experience as many of our students are well-rounded and driven to succeed."



## CSH WELCOMES DR. DONNELLAN!

By Juliana Wells

Dr. Barbara Donnellan is our new Interim Director of Guidance. Dr. Donnellan has been a school counselor and administrator for over 25 years. Before joining us, she worked at Lindenhurst Public School, Babylon High School, and Sacred Heart Academy as both a counselor and director of guidance. After an impressive and rewarding career, she happily retired; however, as she was easing into her retirement, she received a call from her old colleague, Mr. Fenter. He asked if she would consider coming out of retirement to join our school as the Interim Director of Guidance. Though she was disappointed to have to ease back on her golf games, she was happy to help! Dr. Donnellan currently works part time and is in our building 3-4 days a week.

As the director of guidance, a lot of her work happens behind the scenes. Her most important role is "Supervise the staff, the counselors and secretaries, as well as oversee testing programs, SAT, ACT, and PSAT." Other responsibilities include "formulating everyone's schedules, working on the January course/program book, meeting with students for specific questions (e.g. trouble with AP courses, Naviance or Common App Issues), overseeing counselors presenting in classrooms, and talking with parents."

In reference to the environment of Cold Spring Harbor, Dr. Donnellan states that she has never seen this "particular profile." With only two months into the school year, she believes that, "CSH is overall a very high-achieving high school," something that she finds very interesting. She is especially fascinated by the senior class. When it comes to applying to college, her past experiences have been with students who are "much less keen on early action, early decision, and even regular decision." She is amazed that, "well over 50% of students have already applied to at least one school." (Quick shoutout to the class of 2019!) She believes that it has something to do with our overall, "strong parental involvement and that the community value makes a difference."

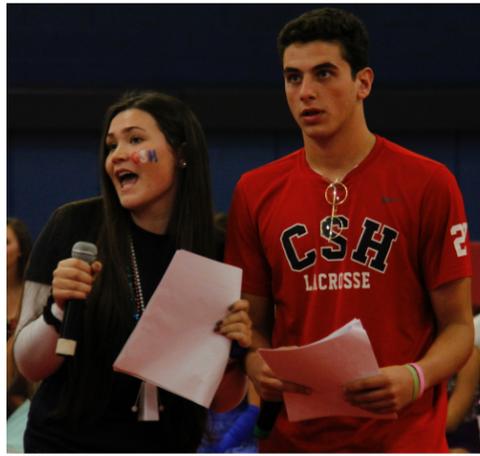
Dr. Donnellan's overall career is extremely impressive. She went to Saint John's College as an undergraduate, received her masters at NYU, and her doctorate, through Hofstra in Education (EdD). She has also spent the past ten years as, and is still currently, a professor at NYIT, teaching school counselor graduate students. She thinks she will continue to teach through her retirement. Additionally, she is involved with the New York State School Counselor Association for which she is past president. Her roles included, "Executive Board involvement, running organizations for members, taking care of the budget (as President), appointing committee heads, and overseeing work of the organization." The Association represents all school counselors in New York State and runs an annual conference. Out of the 7,000 counselors in NY State, 1,600 are direct members of the organization.

Dr. Donnellan has always wanted to work with students, always loved school, and finds the community as a whole very pleasing. She always wanted to be a counselor or physiologist, to "work with people and help them.... I was always drawn to physiology, and I never dropped that." In fact, she has bachelor's and master's degrees in physiology.

Before becoming a counselor, she worked in the employee relations unit at the social security department. After having two kids, she decided to stay home with them, desiring the flexibility to spend time with them after school. This led her to picking school counselor as her career.

Dr. Donnellan's goal is to impact people. She understands that students carry a lot of stress, especially when it comes to applying to college. She says, "This shouldn't be that difficult, but it's not an easy process; it has a lot of steps to it. You can compare it to buying a house or buying a car. There is a tremendous amount of stress. Both are big purchases and require a lot of necessary questions. I want students to let me help them."

Dr. Donnellan is a great fit for Cold Spring Harbor. She is here to help. On behalf of the students of Cold Spring Harbor: Welcome, Dr. Donnellan! We are lucky to have you!



# THE NUMBERS GAME

By Julia Wallace

This year a new challenge has been presented to the students of Cold Spring Harbor: who has the most school spirit? The school instated the "Numbers Game" to boost pride and unity among the student body, and so far it has produced astounding results.

Last June, Dr. Bolen spoke to the student council and introduced the idea: each grade has the chance to win extra money for class events, and all they need to do is wear CSH apparel on designated spirit days. For the sake of the competition, each class is referred to by its graduating year; seniors are 19's, juniors are 20's, sophomores are 21's, and so on. The class to win each event earns 120 points, the second place class gets 100 points, and so on until the least-spirited class accrues only 20 points. (Students can check their grade's placement on the bulletin board outside the main office.) The points each class earns for the year will be added to the scores at the Class Olympics in February, and the winners will earn money for prom or field day, as well as get their year added to the Seahawk Cup.



The success of the Numbers Game is already evident. On the few spirit days the school has had so far, nearly all students have worn their Seahawks apparel, and it is impossible to go anywhere in the school without seeing a red, white, or blue shirt.



### Current Standings:

- 19's - 720 POINTS
- 20's - 960 POINTS
- 21's - 380 POINTS
- 22's - 580 POINTS
- 23's - 380 POINTS
- 24's - 600 POINTS



# WE'VE GOT SPIRIT!

By Victoria Caselnova



During this year's Spirit Week, each day was dedicated to a creative, unique, and somewhat silly way to dress. Every CSH Seahawk joined together and attired themselves to show their pep and spirit in colors (each grade had its own), pajamas, preppy attire, favorite holiday wear, Hawaiian shirts, and Seahawk Spirit gear.

**PARTICIPATION WAS IMPRESSIVE; THE IDEAS WERE REVOLUTIONARY AND CREATIVE. SPIRIT WAS PLASTERED ON STUDENTS' AND PARTICIPANTS' FACES, AS WELL AS AROUND THE WHOLE SCHOOL.**

**COLOR WARS:** The week started up with color wars. The colors varied from red to pink to green, yellow, and blue. The 7th and 8th graders blew the school away with every green element they could find. With green hats, facepaint, shirts, pants, and more, the whole grade screamed, "Go, Green!" Ninth graders splattered the vibrant color of blue all over the school. Pink, red, and yellow all battled each other in an effort to be the most creative and bold. Colors wars uplifted the spirits of CSH.

**PJ DAY:** Since it was PJ day this may have been the best Monday yet! We wore our comfiest pajamas and had a comfy cozy day. I think the whole school wore their pajamas, which set the week up for intense competition leading up to Friday's pep rally!



**PREPPY DAY:** Vineyard Vines, polos, and khakis prevailed on preppy day in pinks, greens, and light blues. There were some seniors who decided to make their preppy day into a "Goth Day." I saw fishnet stockings, dark lipstick, and black pleather, along with several nose rings. The intensity of spirit grew.

**FAVORITE HOLIDAY DAY:** Christmas! Halloween! Father's Day! Mother's Day! Fourth of July! Thanksgiving! Students wore attire to honor all of these days and more. Students yet again put on bright smiles as well as funny Christmas sweaters; Santa hats; red, white, and blue everything; "dad jeans"--yes, I said "dad jeans" and costumes of all sorts. Students put their best ideas into their dress to give a shout out to their favorite holidays in all sorts of fun and interesting ways.



**HAWAIIAN DAY:** Can you say florals? Lays? Straw hats, sandals, and shades? Well, we certainly saw them on Hawaiian Day. Although the weather was quite chilly, we kept warm in school just thinking about sandy beaches, crystal blue waters, and relaxing in the Hawaiian heat.

**SEAHAWK SPIRIT DAY:** Go, CSH, Go! Every single student dressed in red, white, and blue with sports teams sporting their special Spirit Day costumes. Football players donned their jerseys while the cross country team dressed in cowboy and cowgirl "country" gear. Girls' soccer was "over the rainbow" with shamrocks and green suits, and the swim team came dressed as "The Backstroke Boyz." Cheer, girls' volleyball, field hockey, tennis, boys' soccer with their bleached hair--everyone joined in with clever themes. The spirit was seemingly endless.



**Pep rally gave us much more than a shortened class schedule. It provided a fun way for us all to come together, not just as a school, but as a community.**



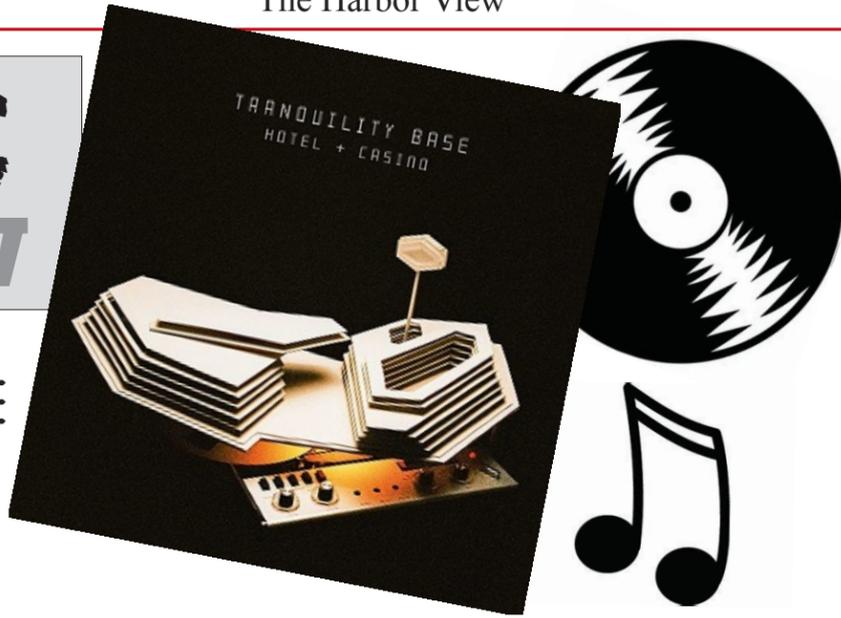
**It gave us a chance to enjoy ourselves and our classmates in a unique, exciting, and entertaining way.**



**The dances were both skilled and humorous, the cheers were loud, and the the spirit was uplifting.**

**LET'S GO, SEAHAWKS!**

# MUSIC REVIEW



## SHOULD YOU MAKE A RESERVATION AT TRANQUILITY BASE HOTEL AND CASINO?

By Louisa Zerbo and Julia Kopp

The Arctic Monkeys' much-anticipated 6th album, *Tranquility Base Hotel & Casino*, after a five year hiatus following *AM*, was finally released on May 11, 2018. The album's David Bowie-esque sound differs greatly from the band's previous music, which has given them a large following in the alternative rock genre. Many fans struggle to reconcile this new interpretation of their style with the band's previous one; however, it shows great creative bravery on their part that Arctic Monkeys were able to challenge themselves in changing their sound while staying true to their music. Despite what their fans might think, their new album comes from a place of deep emotional significance, especially for the band's frontman, Alex Turner.

After receiving a piano as a gift, Turner tickled the ivories for the first time in twenty years. He played the piano for the first time in twenty years and crafted the entire album with this rediscovered talent. This feat is a succinct example of the Arctic Monkeys' musical diversity, which continues to portray itself in their new album. As with change over time in other forms of art, the evolution of the band's sound after such a long time spent without creating any new music is not unexpected. This doesn't mean that the old Arctic Monkeys are gone, but rather that they are changing.

With all of this taken into account, these reporters still feel strongly that Arctic Monkeys' older music is more powerful (*Humbug*, *Favorite Worst Nightmare*, *Whatever People Say I Am That's What I'm Not*). *Tranquility Base Hotel & Casino* is not a bad album, though. It is, in fact, a truly good one and worth listening to, but in order to enjoy it, one must do so with an open mind.

**Book Club's November pick is**  
**Station Eleven by Emily St. John Mandel**

"One snowy night a famous Hollywood actor slumps over and dies onstage during a production of *King Lear*. Hours later, the world as we know it begins to dissolve. Moving back and forth in time—from the actor's early days as a film star to fifteen years in the future, when a theater troupe known as the Traveling Symphony roams the wasteland of what remains—this suspenseful, elegiac, spellbinding novel charts the strange twists of fate that connect five people: the actor, the man who tried to save him, the actor's first wife, his oldest friend, and a young actress with the Traveling Symphony, caught in the crosshairs of a dangerous self-proclaimed prophet.

Sometimes terrifying, sometimes tender, *Station Eleven* tells a story about the relationships that sustain us, the ephemeral nature of fame, and the beauty of the world as we know it" (Goodreads.com).

**Meeting Date:**  
 Wednesday, November 28

**Time:** 6:00 p.m.

**Location:** HS Library

**HOPE TO SEE YOU THERE!**

# BOOK REVIEW

## A Modern-Day Hitchcock Thriller

**By Michael Gallagher**

A modern take on Alfred Hitchcock films such as *Gaslight* and *Rear Window*, A.J. Finn's *The Woman in the Window* will make you question what is reality. Much like Hitchcock films, this book has many potential plot directions, some of which come together and others that are dead ends. A woman suffering from agoraphobia drowns her past in drinking and classic film. She spends her time looking out the window with her Nikon camera, spying on people's realities she wishes were her own. The plot thickens as her true story emerges from her interactions with the neighbors she spies on, her tenant, and even her own memories. This psychological thriller will keep you guessing until the very end!

# The Generational Gap: Why the Late 90's to Early 00's Can't Relate to Gen Z

By Alethea Freidberg

This past summer on my Instagram feed, I saw a lot of posts with content like "97-02 kids were the best kids!" or "98-03 babies aren't millennials, but we can't relate to the tide-pod-eating Gen Z." With that and the rise of #Tweet Like The 2000s in the spring, I found my own connection to this "in between" phenomenon. I have never eaten Tide Pods (but I successfully changed the topic to Tide Pods at Model UN). I have never had musical.ly or gone through a Chapsticks and PocketBac phase like my sister. I watched more of the same shows in my early childhood as my cousin born in '99 than my sister born in '04. I, like most kids born during

this time, grew up with the ascent of technology but didn't have it shoved down my face at an early age. I remember my mom getting the first generation iPhone and its being the coolest thing ever. I remember when a teacher in junior high brought an iPad cart into the classroom and everyone was excited while my sister used them throughout elementary school. I remember in Lloyd Harbor when only a few teachers had SMART Boards and they were the "coolest thing ever," but by the time my sister started there, every classroom had one. So yes, change does happen fast, but why is there such a generational gap for such a small period of time?

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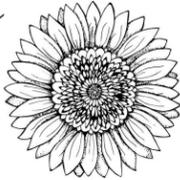
Not surprisingly, this can be explained with astrology. Everyone born between 1995 and 2008 has Pluto, the generational planet, in Sagittarius. However, people born between 1995 and 2003, including seniors, juniors, and a handful of sophomores, have Uranus in Aquarius. Uranus is the planet of change and technology, and Aquarius is Uranus's home sign. Uranus is considered a "generational planet," despite its changing signs every seven years, so people born within that time period have the sign of the generational planet's traits, but as a whole. Aquarius is known to be a different, unique, radical sign, but it can also signify isolation. Thus Uranus in Aquarius fuels the generational isolation and makes late 90's to early 00's kids feel isolated from both Millennials and Gen Z, yet also allows for "generational acceptance" from this group. Aquarius, like its sister sign Leo, has a lot of pride. But Aquarius is proud to be different, unlike Leo who is proud to be the best.

As for me, I'm proud to have grown up with great TV shows and great music, and to have watched technology evolve throughout my childhood.



# Victoria Terenzi Memorial 5K

By Alex Wright



On Sunday, October 14, 2018, the second annual Victoria Terenzi Memorial 5K was held at Caumsett State Park. Mrs. Terenzi, a beloved history teacher at Cold Spring Harbor High School for 18 years, passed away two years ago after a decade-long fight with breast cancer. Mrs. Terenzi was well-respected as a very kind, genuine woman with a great affinity and passion for educating her students. Along with teaching American History, she frequently told stories about her love of the outdoors--how she enjoyed the natural beauty she experienced when skiing in Wyoming and when walking, jogging, and riding horses at Caumsett.

The walk/run, which was organized by Ms. Oshan, Ms. Jessica Glassman, and Ms. Helene Kriegstein, all close friends of Mrs. Terenzi, raised money for PinkAid, a local organization that helps community members fighting breast cancer with everyday needs including babysitting, rides to and from chemotherapy, and post-surgical aid, was a huge success. It was a picture-perfect morning, and over 250 walkers and runners participated in the race with many others, including CSH security, showing up to help with the coordination of the event and to honor the life and memory of Mrs. Terenzi. In addition, some who could not attend made online donations to PinkAid.

Many of the attendees at the event were Cold Spring Harbor students and faculty. Our cheerleading team cheered on the runners and walkers along the race path, the Chamber Singers sang the National Anthem, and many members of our crew and volleyball teams participated in the event. Prizes were awarded to the top runners by gender, and bunches of sunflowers--Mrs. Terenzi's favorite flower--were given to the top runners for each age group. Additionally, raffle baskets were donated to raise money to donate to PinkAid in Mrs. Terenzi's name.

Mr. Chris Terenzi, Mrs. Terenzi's husband, as well as Mrs. Terenzi's sister and her family were also in attendance. Mr. Terenzi commented that "The number of Cold Spring Harbor School community participants who came today was really touching."

Ms. Oshan was pleased with the event's success and noted that "[Mrs. Terenzi] believed strongly in the idea of gratitude. Remembering to be grateful for what we all have in our lives is the best way to continue to honor her."

Overall, the Victoria Terenzi Memorial 5K was a wonderful event for the community of Cold Spring Harbor and for all who knew and loved Mrs. Terenzi. Ms. Oshan commented on her intention to continue the event in years to come: "[Mrs. Terenzi] was such an important part of our school. The opportunity to honor her spirit and the values she stood for is why we will continue to do this each year."



**pinkaid**  
compassion until there's a cure

## Colleges Refuse to Sell Nike Clothing as a Response to Nike's New Ad

featuring ...**COLIN KAEPERNICK**

By Benjamin Davidson



### Back in August of 2016 ...

Famous NFL player, Colin Kaepernick refused to stand for the national anthem. Kaepernick told the NFL, "I'm not going to stand up to show pride in a flag for a country that oppresses black people and people of color." Some think Kaepernick's actions were brave while others believe them to be extremely disrespectful.

Today, the controversy and disputes caused by Kaepernick's actions are prominent across the United States. For example, Georgia's Truett McConnell University has recently cut ties with Nike. According to CBS News, Emir Caner, the president of Truett McConnell, says the university refuses to carry any Nike clothing in its school stores because school officials believe that Kaepernick was "mocking our troops." Nike wasn't the only one to suffer due to Kaepernick's actions. Kaepernick paid the price as well.

After his daring stunt, Kaepernick parted ways with the San Francisco 49ers. No other team wanted to sign him because of his reputation, so Kaepernick submitted a collusion grievance against the NFL. The NFL denies all claims of colluding to keep Kaepernick off the field. As of August 31, 2018, Kaepernick's collusion grievance claims against the NFL will go to trial, but proving collusion may be difficult.

# POET'S *Corner &* Grok

## Ode to Crestwood Street

By Dana Drogin

Thank you,  
for letting me sleep in your  
potholes when my legs betrayed  
me. Thank you for wearing down  
in the winter,  
the only days we played monopoly  
were the days I  
could not see you  
and repay you in colored money.  
Thank you to the streetlamp who  
hid next to my window,  
you were daddy when daddy  
left, and your bumble and flicker  
were the melodies and picture  
books that left too soon.  
Thank you to my holly trees,  
my bus stop  
stop sign  
the neighbor with the pool.

Thank you to the stray cats,  
may you rest behind our shed,  
fall beautifully into the night.

My flower pots,  
my uneven sidewalk cracks,  
thank you to the bowls  
of halloween candy we never got back.  
Late night talks on the stoop under moths,  
dollhouses sitting on the curb.

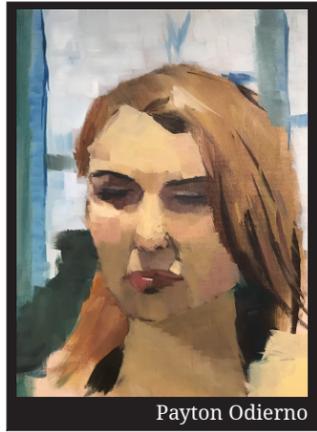
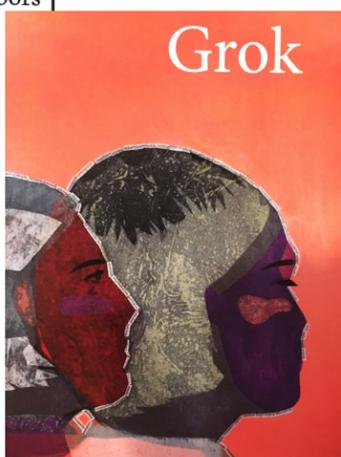
Thank you for steering for me  
when I was learning to drive,  
the seashells we planted instead of  
flowers, thank you for being permanent  
even when we could not be.

Thank you for leaving the bullies on the bus,  
for making sure my sister always got home,  
thank you for never letting the good neighbors  
move until we had.

When the street is no longer as  
we have left it,  
when the houses are repainted  
and treehouses chopped down,  
when you are left to watch over  
a new street full of  
kindergarteners,  
please promise  
you'll remember.

"Ode to Crestwood Street" was previously published in *Grok* 2018. *Grok* is Cold Spring Harbor High School's Literary and Art Magazine. The *Grok* Club meets twice a month from September to March and celebrates its yearly publication at *Grok* Night, a reading of the magazine in May. This year's event will take place on Thursday, May 2 at 7 p.m. in the senior commons.

**For more information about joining the Grok Club, see Ms. Henry, Dana Drogin, or Taylor Nicolosi. Meeting dates are regularly announced and also posted on the Grok bulletin board by the English Office.**



Payton Odierno



Emily Berlinghof



Gillian Drexler

## National Art Honor Society

### Comes to Cold Spring Harbor

By Emily Berlinghof



The rain outside could not dampen spirits at Cold Spring Harbor's first National Art Honor Society (NAHS) induction on October 11th. The 2018-2019 CSH NAHS inductees join 58,000 other students across the nation in the Society to bring art into the community. Twelve seniors and fourteen juniors were inducted after submitting a portfolio of their work for review by Ms. Oswald and Ms. Cirino. The inaugural NAHS officers are Julianna Sousa, President; Imaan Siddiqui, Vice President; Emily Berlinghof, Secretary; and Avery Pusey, Treasurer.

Ms. Oswald, the District Chairperson for Art and NAHS co-sponsor, led the inductee pledge and addressed the intrinsic and extrinsic values of art. "The goal is to inspire students to pursue art from the elementary level through their high school careers with a mindfulness of beauty and self-expression, knowing there is discovery every time they pick something up," she explained. The Society

will be working to inspire the community through numerous activities from working with the elementary schools to collaborating with Heckscher Museum. Ms. Oswald stated, "I think high school kids tend not to think they can make a difference, but they can. They absolutely can."

Mr. Howard Nepo, a former CHS art teacher, returned to the PAC to speak to the inductees and guests. He reminded everyone of the power of creativity. We may not all make our careers in art, but the ability to enrich our world with artistic beauty is a gift to share. Congratulations to all the inductees.



#### Senior Inductees

- Emily Berlinghof
- Ava Caputo
- Ellie Fox
- Sam Healey
- Griffin Iglesias
- Morgan McBride
- Anthony Naccarato
- Payton Odierno
- Avery Pusey
- Imaan Siddiqui
- Julianna Sousa
- Olivia Waldorf

#### Junior Inductees

- Andrew DeGennaro
- Xiuya Gloria Gang
- Lucy Kasper
- Julia Kopp
- Siyu Julia Lei
- Serena Li
- Allie Lynch
- Shane Mitchell
- Mimi Monti
- Page Muller
- Alexa Oliva
- Emma Polo
- Juliet Quaglia
- R.J. Schupler

