

Student responds to Summit Day absences

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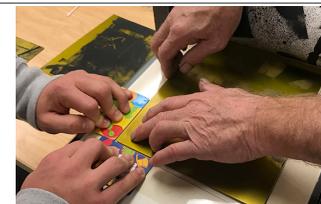
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The Harbor View

82 Turkey Lane
Cold Spring Harbor, NY 11724

Issue 3 Volume 55

Friday, February 9, 2018

A Day of Learning Without the Books

By Giovanna Ciampa and Julia Kopp

On Wednesday, January 17th, the Junior High, as well as the rest of the school, got the opportunity to experience the Youth Summit. The expectation for the Youth Summit was for it to be a day of learning not by the textbook, but for the benefit of social and emotional health.

The first portion of the day was comprised of a visit by the Anti-Defamation League, or the ADL, a Jewish organization based in the United States dedicated to fighting anti-Semitism, where students got to hear them discuss various topics. One concept that came up was the overuse of the word "bullying" and misconceptions one could have about it. They started off by defining a bully as a person who actively harrasses a person with the intent to harm him or her.

Another conversation that took place was the difference between a snitch and a reporter; a snitch is someone who tells about an event with the intention to tattle and get another in trouble, and a reporter does so simply to inform. This was quite beneficial and cleared up confusion one may have regarding the two.

Around this point the electricity went out, but that did not deter the ADL from continuing to educate the students. They went on to tell students how they can be an upstander and stick up for each other, but, as one student stated, "I wish they would have focused more on some tools on how to stick up for ourselves because we seem to always focus on upstanding for others but less so for ourselves, which is also important."

After seeing the ADL, Junior High students got a lunch break where they ate and hung out with their friends. Next, students watched the film Kindness about scientific research on happiness. Varied topics were addressed in the movie like the "pay it forward" movement, which concerns the idea that if one person does three good deeds to three other people, and then those three people repeat the process, then the planet could be a much kinder place. The actions of one or a few, can affect the actions of another, thus, spreading kindness.

Though the Summit was incredibly beneficial and educational, many people felt it could be improved by making it more hands-on and interactive as well as shortening it to make students more engaged. One student stated about the Summit when prompted, "It taught us a good lesson, but it was too long." Despite the flaws it had, the Summit did teach students important lessons and clear up possible confusions, so, hopefully, its impact on students will have longevity.

"I wish they would have focused more on some tools on how to stick up for ourselves because we seem to always focus on upstanding for others but less so for ourselves, which is also important."



YOUTH SUMMIT

By Madison Ugan



On Wednesday, January 17th Cold Spring Harbor High School took part in a day of workshops geared toward bettering its school climate. Many saw it as a free day off from school, but there are reasons why it occurred and what it means for the future of the school.

According to Vicki Zakrzewski of the Greater Good Science Center at UC Berkeley, a positive school climate possesses the following criteria: 1) norms, values, and expectations that support social, emotional, and physical safety; people are engaged and respected, 2) students, families, and educators work together to develop and live a shared school vision, 3) educators model and nurture attitudes that emphasize the benefits gained from learning, and 4) each person contributes to the operations of the school and the care of the physical environment. Her first step to achieving all of these elements was to assess the current

climate of the school.

One portion of the day had the high schoolers take a survey that did just that- check in with the students about how they think our school is doing in regards to the climate. Questions addressed relationships between students and faculty as a whole as well as how difficult situations were handled within the school.

Another workshop students attended took place in the PAC, where two speakers presented- Detective Mosby of the Suffolk County Police Department and Helen Turner from the Holocaust Memorial & Tolerance Center of Nassau County.

Detective Mosby worked in the hate crime department for over 20 years. From his experience, he taught the audience about the real life consequences concerning actions that are directed towards certain recognized groups of people. Along with the legal

YOUTH SUMMIT

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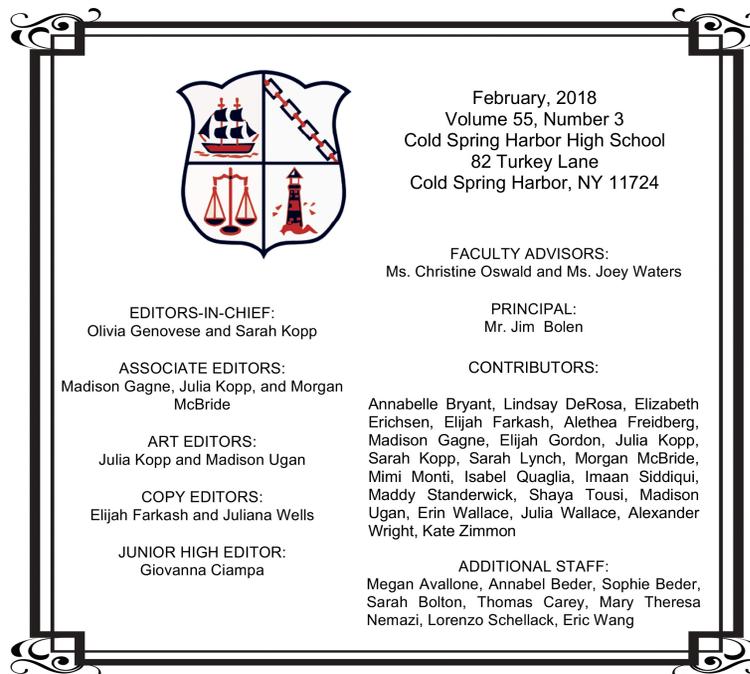
elements, he also provided real stories of cases he worked on. One involved a voodoo doll with a needle stuck through its chest being left on the doorstep of a family that practiced Santeria, which lead to a police call and serious worry of future misfortune. Another involved a middle schooler who brought handmade Nazi flags and armbands into school.

Ms. Turner talked about how small jokes and digs at people that involve stereotyping groups of people aren't necessarily illegal, but still can have a big impact on someone over a long period of time. Not only can this occur in school among friends, but also online with social media, where the constant bombardment of information can have a negative impact on a student's everyday life. She used specific examples from her past to put her insight into perspective. For example, when she was 12 at her black belt tournament, boys would refuse to fight her even though she had the proper training and protective gear, and they were in the appropriate setting. Students were eager to raise their hands to share their opposing arguments and questions which opened up conversation. She replied to each question and concern to the best of her ability. The back and forth engaged the students who volunteered and made them think about reasons why they reacted the way they did to the speaker's examples. Conversation is another step towards coming together as a school and working well with each other even if there's conflicting viewpoints.

Then, depending on whether students were seniors or not, they went to two different workshops. Underclassmen went to see a presentation by Hudson Taylor, a wrestler (and magician) who founded the organization Athlete Ally. According to their website, Athlete Ally is "a nonprofit organization to end homophobia and transphobia in sports and educate athletic communities to stand up against anti-LGBT discrimination." When Taylor founded Athlete Ally, he stated that his goal was to help stop the "hurtful homophobic language that can destroy team morale."

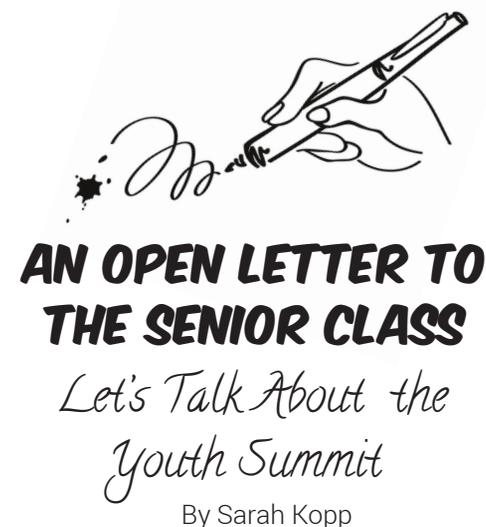
During his presentation, he talked about why sexist and homophobic language existed in the athletic community, and what students should do to counter it. He himself had partaken in using such hurtful language and then came to realize its negative impacts.

Seniors on the other hand went to the Facing History workshop where they learned about an aspect crucial to creating a positive school climate, identity. Students were asked questions about who



they were and what contributed to them being this way. They also played "line dance" where they had to share parts of their identity with classmates across from them and then rotate around in a circle. This enforced the idea that even though each of them may seem to have very different mindsets, in reality they have a lot in common.

Another part of this workshop was to point out the difference between sympathy and empathy. There was an animated video that showed that sympathy ends with a lot of "at least's and can often come across as disconnected, where as empathy comes from trying to feel what the other person is feeling and try to help them out of it. Reflecting upon one's identity and sense of empathy can bring about a different thinking when it comes to interacting with each other. The more people can relate to each other, the easier it will be to think before speaking or acting.



I am coming to you as a disappointed and frustrated peer. I'm a friend to some of you, and a classmate to all of you.

On Wednesday January 17, 2018, we let not only our school down, but we let our community down. At the Youth Summit, the turnout for the senior class was embarrassing. I would say that there was less than a quarter of our class there. That's less than forty, and forty is honestly being generous. There were 7 members in my group of the senior class. There were supposed to be 52. That's a 13% turnout.

Now I know a lot of people thought it was stupid, or saw the delayed opening and took it upon themselves to take the day off. This type of attitude is exactly what the Youth Summit was, in some respect, trying to address. There's a sense of apathy that is too prevalent in Cold Spring Harbor High School that leads to an overall negative atmosphere. Anyone ever remember an elementary school teacher say "A neutral bystander is just as bad as a bully"? It's the same idea. If no one is willing to acknowledge that changes need to be made in our school, we will continue to not have a healthy educational environment. So right about now someone reading this is thinking, Well, Sarah is just being sensitive; Cold Spring Harbor doesn't have bullying or discrimination, etc. I'm sure many of you believe that. But do you really think our district would be willing to take a school day and spend money on a day like the Youth Summit if there wasn't serious cause to do so? I am the president of Social Action Club, the club responsible for the Youth Summit. Last year, we spoke with numerous students who came forward to talk about bullying and prejudicial language in our school and we came up with the idea of the Youth Summit. I am telling you first hand that there is serious cause for a Youth Summit.

I'm hoping that many of you don't experience harassment and, therefore,

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*Let's Talk About the Youth Summit**Continued from page 2*

don't think it happens and maybe therefore likely think exploring this topic isn't important. Sometimes it isn't about you, though. Sometimes you need to think about other people and how you can be part of a greater good. If every single person had attended the Youth Summit, I can guarantee that it would have impacted our climate more. As seniors, it is our job to be role models and do better to set an example for the younger kids; we failed. I know it doesn't seem like a big deal, but by not attending the Youth Summit you said it's okay to not care about the greater cause. You have told everyone at Cold Spring Harbor that a day off was more important than a few hours learning about anti-bullying. It's embarrassing, really. We should have done better. We need to do better in our last few months at Cold Spring Harbor.

With all this being said, I would now like thank every senior and student who came to the Youth Summit. Your presence was deeply appreciated and your efforts will be felt in the rest of your time at Cold Spring Harbor. The Youth Summit was a great learning experience for many, and it also showed us how much farther we have to go in order to achieve a more uplifting, positive community. We have a lot of work to do, and everyone who attended the Youth Summit has started that work. To the students who might have a similar choice to make in the future, like whether to attend another Youth Summit, I ask you to do better than all the students who decided to skip the Youth Summit this year. Step outside of yourselves and do the right

**KEEP YOUR HANDS TO YOURSELF**

By Julia Kopp

In the past, rumors and accusations of sexual harassment and assault about powerful business and Hollywood tycoons alike such as Woody Allen, Bill Cosby, and even the United States's very own president, Donald J. Trump, were covered minimally by the media before being promptly dismissed and swept under the proverbial rug. Their actions hardly cause a dent in these men's exponentially rising careers when, should the allegations prove to be true, the place they truly belong is behind bars. What prompted the drastic and expeditious change of sexual assault essentially being the pariah of the media, disregarded and unreported, to a 2018 Golden Globes where virtually all prominent actors and actresses were spotted in black and many sporting pins proclaiming, "time's up" as a succinct message of solidarity against sexual harassers and assaulters?

Due to an excessive obsession with all things celebrity, the true requirement to spark the spreading wildfire of accusations and outcries against these men is people with a large platform and following speaking up because, regrettably, society doesn't find the voices of either women lacking fame or women not joined by a multitude of others to be worth listening to. That was the case with Harvey Weinstein. Several distinguished women spoke out against the producer, claims going from sexual harassment all the way to full-on rape, Angelina Jolie, Gwyneth Paltrow, and Cara Delevingne are just a few of the names on the seemingly never-ending list.

Now, Twitter and other forms of social media are flooded with the #metoo movement, where people post their stories of sexual harassment and assault with the

hashtag "metoo," which was started with the purpose of reminding them that they are not alone in their struggles, the news is brimming with claims and allegations of sexual assault and harassment, and any man whose name appears on TV next to sexual assault/harassment is almost immediately condemned. As a result of the monumental bravery of women who utilized their celebrity platforms to their advantage, people everywhere who have been made victims in the past now have been granted a voice that is now being heard and listened to as well as a chance at finding well-deserved justice.

These acts committed by men, as the accused usually are of the male variety, toward their victims are not acts of the sexual category. They are acts of hate and aggression done by men drunk on power who desperately crave more and are not used to hearing the word, "no." These men should no longer be allowed to flourish while they hurt and bring down women whose only crime was being near and placing their trust in the wrong person. The time has come for them to face the consequences of their actions just like anyone else and no longer succeed while others they have hurt suffer. Hopefully this movement will make the message abundantly evident to future generations of men that they can and will be held accountable for their



actions towards women.

Despite the absolute horridness of these crimes and these men who believe it is okay for them to commit such a crime, it's boundlessly empowering to see women finding the strength and courage to rally together to bring down sexual assaulters. The age of darkness has been left behind, and these sickening actions have been brought to light and deemed unacceptable; the metaphorical beans have been spilled, and now there's no going back. The time has come and gone for women to be shamed into silence; now is the time to stand up and speak out, and the world is a better place for it.

A message to anyone who thinks they can get away with sexually assaulting or harassing another, time's up.





Go Team! JR. HIGH STARTS A NEW TRADITION

By Annabelle Bryant, 7th grader

On the 19th of December, the 7th graders participated in the first ever 7th grade Team Day at the Cold Spring Harbor Jr./Sr. High School. The students took part in many fun activities that encouraged kindness, integrity, and being an upstander.

In the morning portion of the day, students were divided into their teams: red and blue. To start off the day, students took part in an active game to warm up. They then split into groups and sat in on three different lessons. The first was about integrity and doing the right thing even when nobody was watching. They read a story to get a better idea about what integrity really means. The second lesson was about kindness. Students learned about being kind and how one can “pay it forward.” They also watched a video about small acts of kindness. The last lesson was about being an upstander. Students learned how to be an upstander and stick up for what is right. Then, students were given a nutritious lunch to fuel up. “It was so fun,” says Brooke Antolin.

Then, based on a survey that the students took prior to team day, they were placed in groups for an afternoon

hands-on activity. Some students made movies about being an upstander which the grade later viewed at the end of the day. Some students decorated bulletin boards about kindness, which can be found in the J-wing. Other students decorated rocks with inspirational messages. “It was really fun making a movie” says Jenny Albert.

After this, the whole 7th grade gathered in the field house to drop their egg projects. Earlier in the week, students were challenged to protect an egg from a drop using their knowledge of science, and the laws of energy. In the end, one project was voted the champion egg drop project! Anna Fernandez states that “It was a really fun project, and it was cool to see our project drop.”

All in all, the day was really beneficial to students, and gave them a better idea about what integrity really is. The activities were educational but also very fun. There was lots of positive feedback, and teachers received many helpful tips on how to improve the day for the future 7th graders.



“Team Red” pictured here. Caroline Romanoff, Eva Baudo, Victoria Barriola, Ava Abatamarco, Lili Weissberg, Morgan Lund.



Culminating Cacophony Concert for the Community

By Alethea Freidberg

Cold Spring Harbor High School musicians had their Winter Concert on December 20th, featuring musicians from orchestra, chamber orchestra, chorus, and band. It was many freshmen’s first concert at the high school level; it was also Ms. Chan’s first concert directing the orchestra and Mr. Beja’s first directing the chorus.

The orchestra performed a total of five pieces that night, with two pieces performed solely by chamber. Chamber’s pieces included highlights from Beauty and the Beast, the high school’s upcoming senior high musical, and “St. Paul’s Suite” by Holst. The entirety of the orchestra, including chamber, performed the remaining three pieces: “American Landscape” by Soon Hee Newbold, “Andante Festivo” by Sibelius, and “Rhythmic Snapshots of Christmas” by Brian Balmages.

The chorus went on second, starting with a piece called “Bonse Aba,” featuring Dylan Dukes, Alethea Freidberg, Erin Gallagher, Zack Bennardo, Nicky Melillo, Will Blumin, Wendy Logan, Katherine McGee, and Alex Wang. They also performed “Dance of the Sugar Plum Fairy,” “Blow, Blow, Thou Winter Wind,” and “How Can I Keep From Singing”, the last two accompanied by Dr. Marullo. The latter piece will be performed by Division V mixed chorus in All-County. The last song

was “I’ll Tell My Ma,” featuring soloists by Jillian Coughlin and Zach Campbell. The chorus loved this piece so much because of the body percussion used, and they had a lot of fun performing it.

The last ensemble to go on was the band. Dr. Felker’s ensemble performed “Crown Imperial” by William Walton, “Chanukah Collage” by Andrew Yozviak, “Midnight Sleighride” from Troika from Lieutenant Kijé Suite, and “Festival Fanfare For Christmas” by John Wasson.

All of the students in each of the performing ensembles worked very hard to perform at the concert, with some teachers assigning song assignments where students had to write about their pieces. The CSH music department has worked since September to produce this lovely concert for everyone, and each and every student performed very well on that night.



Julia Wallace, Maddy Emsden, Adelaide Phillips



The Doctor Is In

By Julia Kopp

Dr. Main-Wegielnik is new to the Cold Spring Harbor Junior/Senior High School this year as the a psychologist for the Junior High. Since arriving at Cold Spring Harbor, Dr. Main-Wegielnik has found herself enjoying her role



working with Junior High students, as well as the resources and time she has to do it. According to her, "I've gotten to know so many kids so quickly. It's been a great transition here."

Prior to Cold Spring Harbor, Dr. Main-Wegielnik worked in the the Middle School in Manhasset and at Westbrook Preparatory School. Westbrook is a residential school for middle through post-secondary students. In addition to the students and the school climate, Dr. Main-Wegielnik believes that her clinical background plus her broader understanding of the needs of a school allow her "to think about the big picture programming in addition to individual cases." Dr. Main-Wegielnik has also taken her knowledge and understanding of adolescents and offers a parent group to explore life stressors and issues unique to parenting children between the ages of eleven to eighteen.

Dr. Main has been working with students in the middle school age group for a years and enjoys the age group because of the diverse personalities and varying levels of maturity and behavior. Dr. Main-Wegielnik's goal is to help students feel comfortable and adjust to going to a new school and get ready for high school. Dr. Main-Wegielnik hopes to be a resource for Junior High students because, "Sometimes during something like a lunch period or when they're socializing, that can be a little tough, so to just provide some support for that during that time is very rewarding." Seventh and eighth graders looking for someone to talk to or support them can find Dr. Main-Wegielnik in the Nest.



A New Melody in the Music Department

By Morgan McBride

The Cold Spring Harbor community welcomed Ms. Chanphanitpornkit ("Ms. Chan") as its new high school orchestra teacher at the beginning of this school year. Ms. Chan has a specialty in the double bass and was originally influenced by her high school orchestra teacher.

When Ms. Chan was a freshman in high school, she was already a double bassist, yet her teacher made her learn how to play the electric bass as well. Ms. Chan's teacher gave her the opportunity to play the Hairspray medley with the pit orchestra, and she felt like that experience needed to be shared with others.

A couple years later, Ms. Chan went to the Eastman School of Music in order to study music education, which sparked her teaching career. After graduating college, Ms. Chan spent some time teaching at a high school in Buffalo, New York, but she later moved to teach a different program much further south in Houston, Texas. While Ms. Chan taught at a school in Houston, her orchestra was one of the best in the state.

Being able to work hard on a shared passion is one of Ms. Chan's favorite parts of teaching along with being able to learn

about her students in a different context. One of her students, Bianca Kelly, a high school freshman, appreciates that Ms. Chan, "doesn't just tell us, but she shows us how to do it." When asked about her favorite thing related to music, Ms. Chan loves the fact that music is a universal language, and she also finds herself inspired by Leonard Bernstein's quote, "This will be our reply to violence: make music more intensely, more beautifully, more devotedly than ever before."

Ms. Chan's passion for music and teaching her craft is a wonderful new edition to the community.



The Holidays are for Improv

By Sarah Kopp

The day before the December break, many people are wearing holiday sweaters and listening to the choir/orchestra perform carols in the hallway. This spirit of the holidays and the new year is only compounded by the Holiday Improv Show. The Holiday Improv Show is put on every year the day before the holiday break, and it is put on by the Improv Club run by English teacher Mr. Miller. The show is open to sophomore through senior English classes, although it is so popular that many students try to sneak in during their free periods.

The Improv team is known to perform skits

such as Blind Freeze Tag, Four Corners, and Party Quirks. A huge part of the show relies on audience suggestions and participation, which makes every show different and unique. This year, the show showcased several seniors in their last holiday show, such as Zach Campbell, Greyson Ferrandino, Sean Burns, and many others. The Holiday Show was, again, very successful this year. For everyone who can't get enough of the Improv team, their next show will be after school on April 20.



The Storied History of Russian Athletes and the Olympics

By Elijah Farkash

One thing that has been proven over and over again is that Russia is no stranger to controversy, whether it be in politics or sport. Recently, Russia has not only faced accusations of meddling in the U.S. election, but has been banned from the 2018 Winter Olympics in Pyeongchang, South Korea. The reason behind this was Russia's state-sponsored doping program during the 2014 Winter Olympics, which happened to take place in Sochi, a Russian city on the Black Sea. This Olympic event was a chance for Russia to be at the center of global attention, promoting its culture and success in various sports. In fact, Russian President Vladimir Putin spent 51 billion dollars on preparations for the games, the most ever spent on an Olympics to date, all while one of the greatest scandals in sports history was occurring.



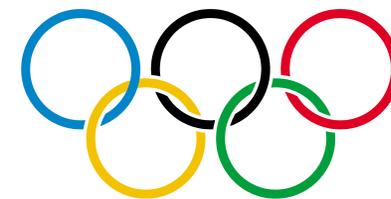
In July and December of 2016, Professor Richard McLaren, a member of an independent panel commissioned by the World Anti-Doping Agency, released the McLaren Report, which provided evidence concerning the degree to which Russian athletes had been doping. According to the report, a drug testing lab in Moscow was manipulated by sweeping out dirty urine samples and replacing them with new ones by using holes in the lab, with the use of Russian intelligence operatives. Over the course of the scheme, more than 100 urine samples were tampered with. From 2012-2015, roughly 1,000 Russian competitors across various sports benefited from the cover-up. It also went on to reveal that the Russian Sports Ministry made an extensive effort to cover up for athletes using banned substances. The former director of the laboratory, Grigory Rodchenkov, helped distribute banned substances, while Russia's former sports minister, Vitaly Mutko, received a lifelong ban from participation in the Olympic movement.

As a result, 25 Russians have so far been banned from the Olympics for life, with 13 of the 33 medals originally won in Sochi being stripped. IOC president Thomas Bach stated,

"The report clearly lays out an unprecedented attack on the integrity of the Olympic Games and sport. The ban instituted by the IOC will not prevent Russian athletes from competing at the games; rather, the IOC will invite select Russian athletes to compete, as long as they've been proven clean after extensive testing to prove them clear to compete.

However, there will be no formal recognition of Russia at the Olympics. Russians will be competing under the Olympic flag; the Olympic anthem will play if a Russian tops the podium, not Russia's national anthem. Uniforms will bear the name "Olympic Athlete From Russia", and will not be allowed to be tri color, due to the coloration of Russia's flag, which is red, blue, and white. The font of words on the uniform will have to be approved by the IOC, and are encouraged to be as generic as possible. This is meant to make the uniforms bland, which some have considered to be a source of humiliation by potentially making Russian participants stand out more among audiences, due to the obvious reasoning for a nation's uniform being so generic for such a grand event.

Although initially against competing under any sort of ban, Vladimir Putin gave



the go-ahead for his nation's athletes to compete as neutrals. Unfortunately, doping is not a new conflict in Russian sports. During its existence, the Soviet Union was notorious for having athletes using banned substances. Even after the entire investigation, eventually leading to a complete ban from the Olympics, Russia is refusing to admit they did anything wrong, with Vladimir Putin calling it a conspiracy to hurt his chances of winning the upcoming election in Russia.

Russia needs to fess up not for their own sake, but for the sake of fair sport. This should be used as a wake up call around the world, Russia in particular, to emphasize the importance of following doping guidelines. If scandals such as this one continue to unfold, the Olympic Games and the sports that go with it can no longer be taken seriously. ■

En Garde: CSH Fencers are Ready for any Bouts

By Anna Tesoriero

One of the first crafted weapons developed by humans is the sword; this ancient weapon can be dated back to Bronze Age era Egypt. These longer blades became popular wherever they were carried, causing swordplay to grow in popularity and morph in technique. Along with this new weaponry came duels, or matches between swordsmen. With time, one-on-one fights grew more specialized, and in the Renaissance era swordplay became a sport called "fencing." By the 1900s, distinct fencing schools had developed throughout Europe; three weapon types, each with their own rules and style, had been established. In modern day, these three weapons are still in use, and the Renaissance sport of fencing is now competitive to an Olympic level.

The three styles and weapons used today are called foil, *épée*, and sabre. The most deadly variant of the sword, the long pointed rapier, was modified to be more flexible and have a flattened tip for training and non-lethal competition. This type of

blade developed into the foil and *épée* branches of fencing; foils and *épées* score points by hitting their opponent's target with the rounded tip of a flexible blade. Sabres developed from edged cavalry sword, and score points by hitting their opponent's target with the flat edges of the weapon. Among other rules, the specified targets differ for each weapon; *épées* may hit any part of the body, sabres are to hit anywhere above the waist, and foils are restricted to hitting the torso area.

At the high school level, fencing teams divide themselves into each of the three weapons for practice and competition against other schools. Teams are co-ed for practices, but genders are separated during the meets; even so, all bouts (individual matches) occur in the same room, and the designated areas of play are usually close together. A meet consists of 27 consecutive bouts that go up to five points each; there are nine bouts for each weapon, and they

occur in sets of three. The sets go in order of weapon so that competitors have time to rest. A fencer is only allowed to go once during a set of three, but they are permitted to fence in the other two sets. Each individual win is counted up, and the team with the most wins is the victor. While fencing is a team sport, there is a strong individual aspect to it as well; the personal scores of each fencer are recorded, and, at the end of the season, those with a high enough percentage of wins have a chance to be included in an end of season individuals tournament for Nassau County high schools.

The Cold Spring Harbor varsity fencing team runs during the winter sports season. The team has a total of 13 members; nine girls, and four boys. Although a lack of numbers has made it difficult to win as a team, every member has improved and done well individually in the 2017-18 season. Seven members of the team were selected for the end of season individuals tournament; Lucy Casper (foil), Annabel Shen (foil), Sophia Shen (foil), Leonard Trippen (foil), Payton Odierno (Sabre), Trevor Fallon (Sabre), and Anna Tesoriero

(Sabre). The competition was on January 27th and marked the official end of this year's season.

Fencing is by no means an easy sport for beginners, and for this reason, it is an individual's improvement that is emphasized above all; there is never shame in a loss so long as something is taken away from each practice and meet. Anyone who is interested and willing to commit to the demands of the schedule is more than welcome to join when the winter season begins again, regardless of grade or skill level. The fencing team would also like to say goodbye to its two graduating seniors and team captains, Madison Ugan and Leonard Trippen; the help and support they have provided for the team is greatly appreciated.



Bixby: A Good Fit In Cold Spring Harbor

By Madison Gagne

Only 1 in 5 small business owners are women, according to CNN Money, which is a staggeringly low statistic in a world where gender equality is constantly at the forefront. While movements continue to surface around the world that hope to inspire women to push themselves into leadership roles, the town of Cold Spring Harbor happens to already possess one of these incredible women. Jaelyn Vitale is founder and owner of Bixby, a shop located on Main Street that specializes in chic fashion with a modern flair.

Knowing that a career in fashion was on the horizon, Vitale completed a BOCES program in fashion design for her last two years of high school. "It reassured me that that was what I wanted to do," she said of the BOCES program, "and I think I definitely had a leg up when I went into college." Equipped with design and marketing skills after attending the Fashion Institute of Design and Merchandising in Los Angeles, California, Vitale was eager to open her first store. Her only obstacle was the store's name, she added, "I wanted it to mean something." The name hit during a family vacation in Northern California on the Big Sur coast while crossing the Bixby Bridge.

In this increasingly digital age, brand new styles appear every second. "Social media definitely helps me stay with the trends," Vitale says. With fashion at one's fingertips, social media is a popular way to reach an expansive world of style. She draws inspiration from Instagram and Pinterest for her own styles as well, calling it "simple with little elements that make it different, fun, and trendy." Vitale describes Bixby's style as a modern, sleek style with clean silhouettes with "something cool to it." Combining her personal fashion and the hottest trends on Instagram, Vitale finds motivation in her customers to keep up to date and offer the best selection of clothing possible.

Not only does Vitale face difficulty simply by being female in a business leadership role, but she deals with hardship regarding her age as well. In 2012, the National Women's Business Council reported that in the retail trade, merely 2% of businesses were owned by women under the age of 25. Her age, which is only 24 to be exact, creates issues pertaining to her credibility as a business owner and a style expert; some customers often mistake her for hired help and discount her presence. "I feel like sometimes I'm not really taken seriously," she said. She calls this her

biggest obstacle, expressing that she wishes people would be more open to what she has to offer and bring to the table. Because of this, Vitale wants others to know that when presented with hardships such as she has, the best solution for people is to lead with what they know and try not to label themselves. She believes that by showing what she knows in the fashion sector, she will offset her age.

As any young entrepreneur knows, a support system is required for success. Vitale explained that her family has been a huge source of reassurance throughout this process, especially her mother. "They're always telling me to just go for it," she described. "They told me 'If you have an idea and you think you can be successful, just do it.'" However, not all prospective business owners find support for their dreams. When asked what advice she would give to young entrepreneurs, Vitale replied, "Just work really hard and you can do what you want, as long as you keep focused." Her main source of strength is in integrity, expressing that as a business owner you must stand your ground and not be afraid to voice what you are thinking. Vitale feels that being true to oneself is the best thing a business owner can do, and that one should always feel that his or her decisions are correct when they have thought them through.

When asked what advice she would give to a current high



Jaelyn Vitale, Bixby's owner

school student, Vitale responded with only positivity, stating simply to "keep working really, really hard and don't listen so much to what other people have to say, especially if they don't know you". But even Vitale, a thriving business owner who feels she is truly living her dream, struggled with being shy in high school. She expressed, "If my younger self saw now what I was doing, she would think 'there's no way'".

Bixby may be just getting started, but Vitale has big dream for the store. With her new expansion, she is hoping to begin introducing men's clothing into Bixby and making Bixby a staple in Cold Spring Harbor. Vitale's personal philosophy is that shopping should never be stressful and should always be an enjoyable experience, adding, "I want to have a destination where people can come and find anything, and also feel really good in it." Forming personal relationships is high in importance on Vitale's list, and surely, Bixby will fit perfectly into Cold Spring Harbor in that sense. Armed with drive, motivation, and enthusiasm, Vitale is ready to take on her dream - but she can't forget her caffeine. "I'm not awake until I have coffee," she said with a laugh.

Thinking About the Future: Tech, Team, and... Theology? Big Concepts and Global Citizens

By Julia and Erin Wallace

On December 13th, the Cold Spring Harbor Junior/Senior High School was lucky to have the opportunity to listen to Michelle Wu, VP of Digital Technology and Chief Information Officer at GE Power Services in the Middle East and Africa, and Greg Bergida, the Chief Planning and Strategy Officer for Northwestern University in Qatar. Wu spoke about what exactly it is she does; her job is to efficiently bring electricity to places without it. She also spoke about how she got to the position she is in now. Having never seen or used a computer until she was 14, she was a bit behind her peers in the area of technology, yet it is now essential to her job. This is incredible considering the level of success she has achieved in her field.

Wu repeatedly emphasized the importance of exposing oneself to technology and how large of a role it plays in all areas of life. She is adamant in her position that it is one of the most important educations one can receive. Despite the fact that Wu was a latecomer to learning about computers, she took numerous courses working with computers throughout her academic career and found that she loved it. Wu shared that she feels one of the most important things one can learn is how to code because it changes the way one thinks and makes one approach obstacles differently. She explained how analytical thinking is the most valuable skill to have in this modern age and that coding is the best way to cultivate it. One of the questions she received from a student was whether she feels she is treated differently in the workplace because she is a woman and how she handles situations in which she is. Wu's reply was that she often works with only men and is sometimes perceived as bossy due to her initiative and in-control attitude. She shared that while this is an obstacle, it is important to learn to ignore people who think like that and make sure they get done what needs to be done.

Wu's husband Greg Bergida also shared advice from what he has learned in his field. Both individuals provided invaluable advice for both college and careers; Bergida was able to provide insight from a university's perspective, while Wu provided that of a potential employer. A common theme among both was the importance of being practical, and combining passion with livelihood. The two also answered questions on their personal lives living abroad, constantly traveling and speaking a multitude of languages. They shared how much they love their jobs and the opportunities to be exposed to more cultures that these jobs provide. 



The Harbor View

82 Turkey Lane * Cold Spring Harbor, NY 11724

Issue 2 Volume 55

Friday, December 22, 2017

Designed by: Julia Kopp

Shine Bright: December Holidays Sparkle

By Morgan McBride



Artwork by: Cailey Lund

As the year comes to a close, there are tons of holidays being celebrated simultaneously from Christmas to Kwanzaa. When we leave school filled with excitement for the approaching winter break, we often go home in preparation for joyous celebrations.

The different holidays are often based on different religious traditions. For example, Hanukkah is a Jewish celebration that commemorates the rededication of the Holy Temple in Jerusalem, in which many families spend the eight days of the festival of lights together. From the nightly menorah lighting and the feasting of customary foods, Hanukkah is a

cherished holiday for those who observe it.

Kwanzaa is a seven day festival that spans from December 26th to January 1st celebrating the culture and history of Africans and African-Americans. Each day has a specific principle of unity and faith that is recognized by the lighting of one of the red, black, and green candles on the kinara (the candleholder) each night.

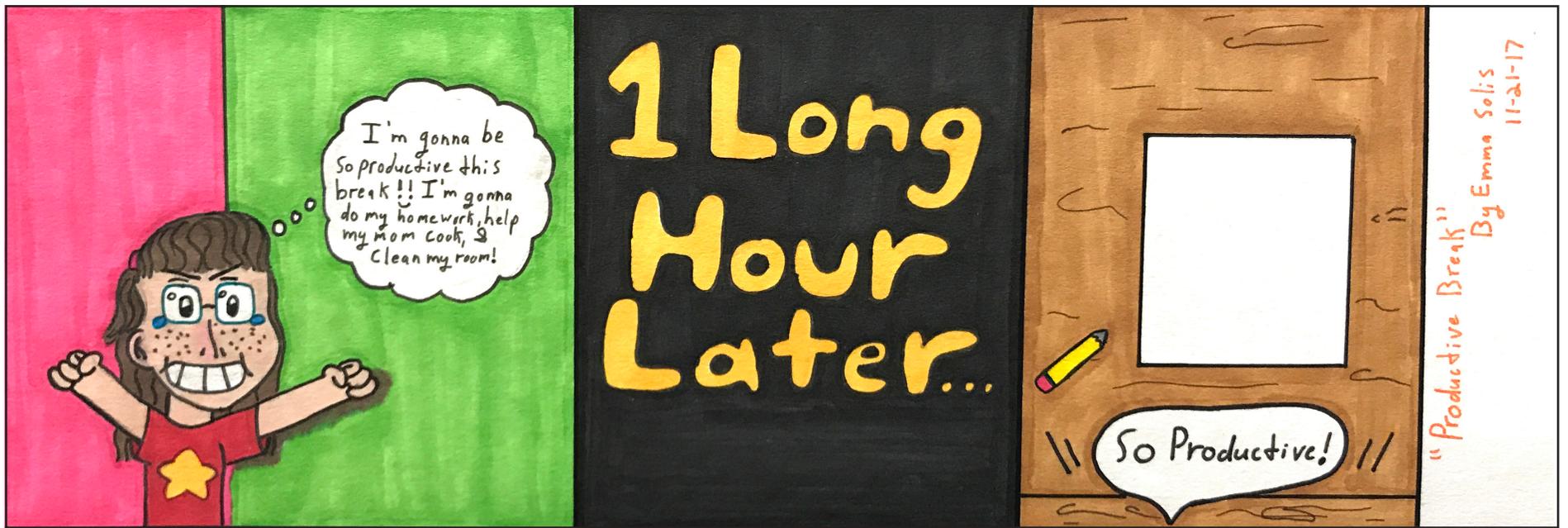
The holiday that is frequently displayed in public is Christmas; this holiday is celebrated by Christians in honor of the birth of Jesus Christ many moons ago. In celebration of His birthday, family and friends gather to cherish one another and

exchange gifts. Icons like Santa Claus help influence the Christmas spirit of decorating Christmas trees and the sharing of meals. All of these holidays have one thing in common: the desire to share the infectious spirit of community by gathering with your loved ones, and that is an incredible description of the winter season. It doesn't matter where you are, but it is essential to spend the cold winter days with those you really cherish, for both you and them.



Artwork by: Summer Hayes





A Review of Traitor to the Throne Book Review

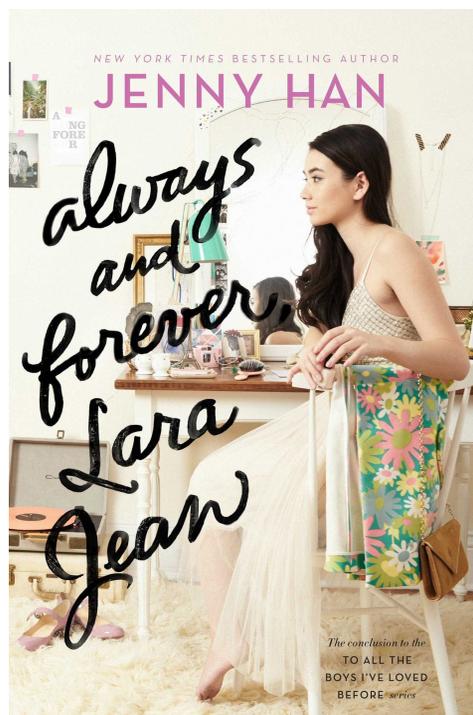
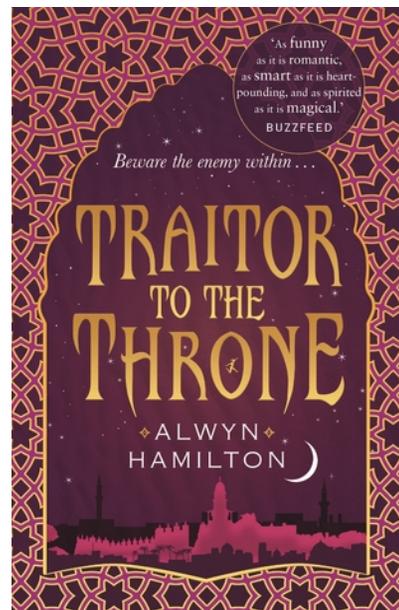
note: this may contain spoilers

By Julia Kopp

The second book in the Rebel of the Sands series by Alwyn Hamilton, *Traitor to the Throne*, came out early this March. In this novel, the protagonist, sand-commanding demdji, Amani Al'Hiza is in the thick of the revolution to free her people and her land from the vicious, cruel Sultan, working side-by-side with the rebel prince, Ahmed. She's living a life she never could have imagined for herself back when she was in a dead-end town in the middle of the desert where her only value as a woman was how much her aunt and uncle could make off auctioning her off to a husband. Now, people are singing tales of the infamous Blue-Eyed Bandit in league with the rebel prince no matter where she turns. Everything seems to be looking up for Amani until she gets turned over to the Sultan and her only hope is that his only use for her is her strong powers as a demdji instead of the priceless information she holds about his disowned son as she realizes that the war they're fighting is about to get a whole lot more difficult than she or anyone else could've possibly predicted.

I highly recommend this book and immensely enjoyed it. It was

filled with suspense and action and was extremely well-written. I'm counting down the days until the release of the next book, *Hero at the Fall* in March of 2018!



Get To Know Lara Jean

Always and Forever, Lara Jean

By Julia Kopp

The third and final installment to the *To All The Boys I've Loved Before* series by Jenny Han, titled *Always and Forever, Lara Jean* came out this April. It's been over a year since the fateful day when Lara Jean's little sister, Kitty, sent out the love letters that were never supposed to be seen by anyone to all the boys she'd ever been in love with. Now, her senior year is coming to a close, and everything seems to be going great for her. She's mailed in her application to UVA, her dad's going to finally marry his girlfriend, she and her sisters are closer than ever, and, of course, there's always her boyfriend, Peter Kavinsky, who

will also be attending UVA.

But when she gets rejected from the college she's always dreamed she'd go to, she's suddenly faced with choices and is forced to possibly give up part of the future she'd always taken for granted.

Always and Forever, Lara Jean is witty, nostalgic, and incredibly sweet. In this final book, Lara Jean is as quirky as ever. Despite having to let go of the series being immensely bitter-sweet, Jenny Han did all of the lovable characters in the series justice with this last book. However, this isn't the last of Lara Jean! The movie adaptation of the first book will be in theaters in 2018.



November, 2017
Volume 55, Number 1
Cold Spring Harbor High School
82 Turkey Lane
Cold Spring Harbor, NY 11724

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WRITTEN IN THE STARS

By Alethea Freidberg

Welcome back to the Harbor View astrology column!

Something astrologically big is happening; Saturn changes signs every two to three years, and Saturn entered its ruling Capricorn on Tuesday. What does it mean, though?

Saturn has returned to its home sign, so this is the best place for Saturn to be. However, every Saturn transit has its challenges. With Saturn in Capricorn, the planet of limitations will see that authority will have its problems.

Huge moments in political history have happened while Saturn is in Capricorn, such as the Great Depression, the Vietnam War, and the fall of the USSR along with those resulting conflicts.

With our country becoming increasingly partisan, who knows what could happen with politics, especially with Saturn and Pluto aligning towards the end of this transit. There could be huge political and structural shake ups, as Pluto

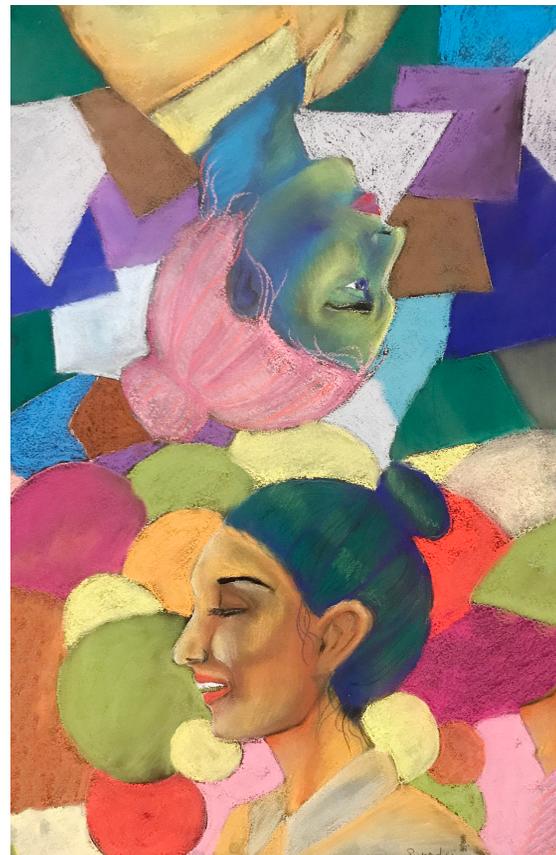
transformations.

How does this affect one's personal self? During this transit, a lot of lessons about achievement and determination will be learned. Saturn is the teacher planet, and Saturn will teach people how to grow through their limits. Saturn will teach us how to set goals and achieve them. Saturn's influence will especially be felt by cardinal signs (Aries, Cancer, Libra, and Capricorn), people with cardinal influences, and anyone with Saturn in Cancer (born 2003-2005).

In terms of medical astrology, Capricorn rules the joints and bones, so issues involving bones and joints will be more likely to pop up due to Saturn's influence. For everyone, this Saturn transit could be a challenge, but in the end people will be able to achieve all the goals they can.



Artwork by: Gloria Gang



Artwork by: Julia Lei



LAUGHTER FOR THE HOLIDAYS

Jokes by Isabelle Quaglia

1. What kind of motorbike does Santa ride?

A Holly Davidson

2. Why did Santa's helper see the doctor?

Because he had a low "elf" esteem.

3. What do Santa's helpers learn at school?

The elf-abet

4. What do reindeer hang on their Christmas trees?

Horn-aments

5. Knock, Knock, Who's there?

Doughnut

Doughnut who?

Doughnut open presents until Christmas Day.

2017



The Santa of Cold Spring Harbor and his main Elf ring in the holiday spirit!

A Commercialized Christmas

By Giovanna Ciampa and Julia Kopp

When Christmas was first celebrated, it was as a religious celebration; now, that's something that doesn't seem to be on the minds of many this holiday season. From gifts to trees to even the beloved by all Santa Claus, Christmas has become about as far from a religious holiday as possible. According to The New Times, "In 2013, a poll by the Pew Research Center found that Christmas is celebrated more than any other holiday in the US with 90 per cent of Americans celebrating Christmas, including 80 per cent non-Christians... Even 87 percent atheists said they still celebrate Christmas." Christmas has diverted from its original religious themes so much that even those who aren't Christian find themselves sucked into the commercialism of it all. For many, Christmas has become less about celebrating religion and family and more about what's under the Christmas tree in the morning.

So how did this happen? What caused so many to abandon what Christmas is truly meant to be about in favor of commercialism? The Victorians, apparently. The Victorians, the author of the infamous Christmas Carol, Charles Dickens, included, were fascinated with Christmas. While they weren't responsible for the creation of the holiday as many speculate, they did work to reinvent it to set the foundation for the holiday as it is known today. They came to the realization that with benevolence and giving being such important themes of the holiday, there was potential to abuse that fact in favor of business. By the time the 1880s rolled around, Christmas had become commercialized enough that department stores found themselves competing to have the best Christmas window displays. The consumerism of Christmas was momentarily put on hold with the

arrival of World War II, but with the increasing prosperity of the 1950's came the re-elevation of extravagant spending during the holiday season.

Now, the majority of the population finds themselves racking up an intense debt during the holiday season to accommodate the demands that the 25th of December brings. As stated on The Motely Fool, "According to the American Research Group, U.S. shoppers anticipate spending an average of \$929 this season. Talk to parents, though, and you might see that number climb even higher. Newly released T. Rowe Price data confirms that parents are spending an average of \$422 per child on holiday gifts, with 34% of parents spending \$500 or more per child." While it's important to give, everything is best in moderation, Christmas included. It may not be necessary to have Christmas do a complete 180 and return to its old ways, but it's always important to remember and reflect upon the true reason the holiday gets celebrated each year.

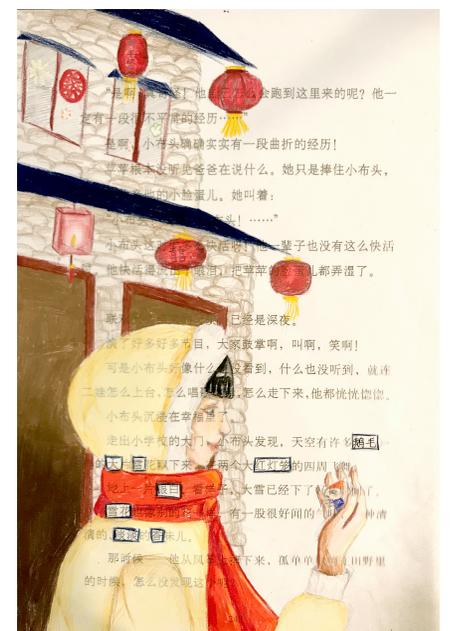
Source 1 -<http://www.newtimes.co.rw/section/read/195556/>

Source 2 -<http://www.historyextra.com/feature/commercial-christmas>

Source 3 -<http://www.fool.com/retirement/2016/12/01/heres-what-the-average-american-spends-on-holiday.aspx>



Artwork by Julia Lei





ARTIST/DESIGNER OF THE SOLARPLATE PRINTMAKING TECHNIQUE WORKS WITH CSH STUDENTS

By Olivia Genovese

Dan Welden— a printmaker, painter, educator, author, and the originator of a printmaking technique called Solarplate— visited Cold Spring Harbor High School on December 18, 2017 to teach his revolutionary etching method to a class of AP Studio Art students. Mr. Welden guided each student from beginning to end of their own Solarplate etching, assisting as they developed an idea, transferred their art to a transparent film, exposed their plates to UV light, and created prints from their completed plates. The complete process required a full school day, and Mr. Welden took this time to challenge the class to step outside of their comfort zones, remarking that it is difficult to become a successful artist without being insurgent. Because of this philosophy, Mr. Welden encouraged students to experiment with different materials, techniques, and subjects. He prompted some to draw with pencil on glass rather than paper, others to work with pieces of wood that had been found behind the school, and another to create a work of architecture. By the end of the day, each student had a completed Solarplate etching and a print that had been developed from it. Art teacher Christine Oswald hopes that the printed projects will be a unique addition to the AP portfolio that must be completed by every member of the class.

“Having Mr. Welden visit us is such a privilege,” says Mrs. Oswald. “He (Mr. Welden) brings a lifetime of printmaking and teaching experience to our students in a

single day’s workshop. We experience so much more than mechanically producing a work of art on our workshop day. Students get to focus and develop one idea, for an entire day, while working side-by-side with their fellow classmates. It’s a beautiful thing to watch and experience.”

Mr. Welden developed his Solarplate etching printing method in the 1970s as an alternative to hazardous techniques. It is a simpler, safer, and faster approach than traditional etching and relief printing because it does not use grounds, acids, or solvents. Completion of a project is rather simple: after exposing the plate through a transparent film that is covered with artwork, ordinary tap water is used to dissolve the unexposed portions of the plate. The technique allows for high quality results that are obtained faster and more easily than any other printmaking technique.

Artists, printmakers, and photographers who wish to create multiple impressions of their work have all used Mr. Welden’s technique, as well as students ranging from elementary through college levels. Solarplate impressions are also used by professional artists, and they have even been exhibited in New York’s Metropolitan Museum of Art. ~~~~



SETTLING INTO A NEW REALITY

By Mimi Monti and Kaitlynn Hollar

Prior to receiving the Chromebooks, students actively protested against them; However, after the Chromebooks were distributed many students’ perspectives changed. Rather than strictly opposing the Chromebooks, students have now found a healthy medium in the overall experience. Just like any other idea that is initiated in one’s environment, both pros and cons followed.

One benefit that students gain from the Chromebooks is the ability to access their documents at any time; another is the convenience of taking their Chromebook home for homework. Students also enjoy certain websites that are offered which promote creativity such as Sketchpad 4.1 (<https://sketch.io/sketchpad/>). As for teachers, Chromebooks provide a suitable and more efficient grading system.

However, there is another Chromebook feature that some find concerning. During class, one might notice that students are frequently distracted by video games and drawing websites that they have access to on the devices. Although the website Sketchpad 4.1 is entertaining for students, it is a distraction during class time.

Another impact the Chromebooks have made is the increase of the use of Canvas (<https://cshk12.instructure.com>). Canvas is an efficient way for teachers to remind students of work that is due and for students to hand in assignments, but it affects their grade. Some teachers use Canvas to assign homework that they do not assign during class, resulting in the grade being counted as a missing assignment should a student forget to check Canvas for any new assignments.

As stated in the previous article, “1-1 Chromebook Initiative Argument,” the Chromebooks can have a negative effect on one’s eyesight and wellbeing. Some students have complained that they experience blurry vision after spending a period or two of class time on them. Since the Chromebooks have only recently been implemented in the school, it is hard to say what any potential long term results they may have on students’ future eyesight and other various health concerns.

Overall, Chromebooks have benefits for both students and teachers, but they, like most things, are not without their faults.



CSH ART

...it's a whole-brainer.

“

CREATIVITY IS INTELLIGENCE HAVING FUN

ALBERT EINSTEIN

COME MAKE SOME ART AND LEARN A LITTLE MORE ABOUT YOURSELF!

See you in September! -CSH Art Department