The Harbor View

By Julia Kopp

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WERNER REICH *Delivers a Message of* HEALING & HOPE

By Erin Gallagher

On February 26th Werner Reich, a Holocaust survivor brought in as a guest speaker by the Cultural Arts Committee, visited our school. Now 91, Mr. Reich spoke to students in grades 8, 10, and 11 about his experience as a teenager living through the Holocaust.

As a child, Reich left his home country of Germany and moved to Yugoslavia because of the growing discrimination against Jews in his native land. In Yugoslavia Reich learned two new languages and assimilated into the foreign culture. In 1941, shortly after the death of his father, Yugoslavia was attacked by Nazi German forces. Frightened for the safety of her children, Reich's mother decided to split up Werner and his sister, sending them to live with different families. For two years, Werner lived with a couple who was part of the resistance. He avoided windows and did not wear shoes so the neighbors would not learn of his presence. Then one morning when he was fifteen year old, Nazi S.S officers burst into the apartment in which Werner was staying. They turned the place upside down, beat Werner, and took him to a prison in Austria. There he lived for six weeks sharing a small cell with three other children. One day while peering out the small window of the cell, he spotted his mother in the courtyard below. It was the last time he ever saw her.

Werner Reich and his sister.

Photo Credit: LI Pulse

Photo Credit: L'Espresso

Reich spent a night at a synagogue that had been destroyed during Kristallnacht, the "Night of Broken Glass," and was then loaded into a small and dark train car for a two-day ride to a concentration camp known as Terezin. At Terezin he worked laying train tracks and exterminating vermin. A building would be sealed up and filled with Zyklon gas. After the building was aerated, Reich would be sent to sweep out the corpses of the rats inside. After ten months at Terezin, Reich was loaded into a cramped train car with 100 other men and a single bucket. The men traveled for three days this way, lying in their own feces and urine. At last they arrived in a camp known as Birkenau or Auschwitz II.

At Auschwitz II, Reich and his fellow prisoners were counted three times daily and given very little to eat, an estimated 400 calories per day. Criminals who became known as kapos were put in charge and mistreated the other prisoners. For punishment, they would force prisoners to play "games" such as leapfrog, which were not to be stopped until someone had died. It was impossible to escape. The camp was guarded with electrified barbed wire fences, watch towers, and dogs trained to take down and kill those who tried. If anyone was caught attempting to escape, they would be executed. Hanging was considered a merciful way to die. Many in the camp could not withstand these atrocious conditions and resorted to suicide, electrocuting themselves on the barbed wire fence.

After some time and after passing one of Dr. Mengele's tests of health and strength during which Reich literally ran for his life, Reich was moved to Auschwitz I where he worked in the stables taking care of the horses. Often he stole some of the horses' dried sugar to eat, and every day, he lived in uncertainty of what tomorrow might bring. When asked what the worst part about being in the camp was, he responded, "I was sixteen and didn't have the slightest idea if the next day I'd be alive or not."

The advancement of the Russian forces in 1944 caused Reich and thousands of other prisoners to be sent on a notorious death march. The prisoners marched for three bitter cold winter days, covering a distance of over 35 miles. Those who could not march were shot, and many people froze to death on the journey. Out of the 1,600 people sent on the march, 1,500 died. The remaining prisoners were put in open train cars and traveled for four freezing days before reaching Mauthausen concentration camp in Austria. Reich was taken to what he described as the "concentration camp from hell." Soldiers blasted the frost-bitten prisoners with freezing cold water and many of them died on the spot. Reich recalled this as being the most painful thing he has experienced in his life. For months Reich lived in deplorable conditions with little to no food and fearing what the future might bring. His feet began to rot, and doctor with no anesthetic and unsterilized equipment cut off some of his toes to prevent the rot from spreading.

Photo Credit: April Henry

Then, finally, on May 5th, 1945, American soldiers liberated the camp. Reich was 17 years old and weighed only 64 pounds. The Americans had no food but their military rations to give the surviving prisoners. Many of the prisoners who ate this food died because their bodies were so accustomed to starving. Reich returned to a communist Yugoslavia where he learned that his sister had survived. Sneaking out of the country, he moved to England where he worked as industrial worker. He later moved to Long Island and attended night school, eventually becoming an Electrical Engineer.

Astounded by his incredible story, one student in the audience asked Mr. Reich how he continued on each day in the camp despite all of the atrocities. His answer was one of hope. Reich explained that his optimism is what kept him going:

> ***"I knew things would improve. Things always change, I was right. Unfortunately, there were thousands of [prisoners] who were wrong."*** He shared a story he heard of two prisoners looking through the bars of the camp. ***"One saw mud, and the other saw the stars... Even when I was lying with my rotten feet and with dirt, I was hoping things would work out."***

Reich remained the prisoner who saw the stars no matter how deep the mud became.

> ***When asked during an interview following the presentation to what he ascribes his optimism, Reich replied, "When we were in Auschwitz, we always used to say, 'I am happy that I am in Auschwitz. If I wouldn't be happy, I'd still be in Auschwitz. Might as well be happy.' It's a very interesting perspective, and it's sort of kept me going. It's really...this is it. You can throw yourself on the ground, you can stamp your feet, you can kick and scream; it won't change anything.... I accept things the way they are, and I try to move on."***

At one point in his presentation, Werner acknowledged difficulites of students in the audience, stating that he knows some of them are struggling with their own difficulties. He encouraged them, saying, "Things will improve. Talk to someone."

In addition to his message of hope, Reich's presentation had a very clear message about doing what is right. Don't be the bystander. Quoting Edmund Burke, Reich stated, "All that is necessary for evil to succeed is that good people do nothing." Throughout his presentation, Reich emphasized that the Holocaust was only possible because of the good people who could have helped but instead chose to stand by and watch. He shared that he has "a larger resentment towards the population of the countries where he lived who stood by and did not do a damn thing than...towards the few S.S. officers."

Reich described the Nazis as bullies who belonged to government-organized gangs. He also highlighted the the men and women who took risks to help, calling them the "good people who did something." Using his tragic story, Reich helped the students understand that being a bystander is no better than being a bully and urged them to be the good people who do something.

> **He finished his presentation reminding the students of the words of Martin Luther King, Jr: *"In the end, we will remember not the words of our enemies, but the silence of our friends."***

He added, *"If you know something, say something. It will change two lives--yours and your friend's.* *Don't be a silent friend.*

Shutting Down Misinformation Regarding the Government Shutdown

By Julia Kopp

Photo Credir: Wikimedia Commons

Though clearly a serious issue, the government shutdown does not mean that we are about to find ourselves in the middle of events fitting of a dystopian novel. Basically, when Congress doesn't agree on a budget plan for the fiscal year, all non-essential federal programs are temporarily cut.

Lately, it seems as though turning on the news channel or perusing through current-event feeds results in a flurry of political turmoil and scandal. Between heated topics such as Michael Cohen, North Korea, and the upcoming 2020 election, it can be difficult to remain knowledgeable, especially with the recent proclamations of "fake news." All that considered, hearing the term "government shutdown" may result in immense confusion; the term sounds like something from a post-apocalyptic world.

On December 21, 2018, the United States began its longest shutdown in history: 35 days. It occured when President Trump and Congress couldn't reach an agreement on federal spending. This proved to be detrimental to the many federal workers left without wages, 420,000 of whom worked without pay with an additional 380,000 who were sent home with an equally non-existent salary. Ultimately, in order to avoid a shutdown and appease President Trump's demands for increased control at the southern border, a bipartisan committee approved plans to increase funding for border control, which includes over a billion dollars for border fences.

Model UN Travels to Philadelphia

By Julia Wallace

From January 31st through February 3rd, the Model UN club and advisor Mr. Natale were on their annual field trip to the Ivy League Model UN Conference, or ILMUNC, hosted by the University of Pennsylvania in Philadelphia. For these four days, students from all over the country--and even other nations--put themselves in the shoes of world leaders and represent different countries in debating major issues in the world.

It is a wonderful experience to get to speak intelligently about matters you have become well versed in while making friends with new people. Each student is assigned to a country and a committee, and each committee has two potential topics to discuss. "Delegates" must research both topics and know how their respective countries feel about each issue, so they can work with other "delegations" at the conference. A lot of work goes into this conference, and members feel a great sense of accomplishment when their work pays off.

Sterling Rosado and Stephen Markotsis, 4- and 5-year members respectively, shared their thoughts on the conference. Rosado stated that it is "a fun place for students to debate and discuss prevalent issues in our society," and Stephen Markotsis added that he "met so many new friends and was part of many interesting debates."

Highlights of the conference weekend included trips to Reading Market across the street from the conference, festivities set up by ILMUNC, the club dinner, and Model UN Club Secretary Sophie Stein's verbal commendation at the awards ceremony.

Photo Credits: Mr. Vincent Natale

While this club may be designed for intellectual achievement, it is important to remember that it is also a great chance to socialize with people from all over the country and the world.

Erin Tannenbaum, a member of Model UN for the past four years stated, *"Model UN has helped me expand my knowledge of worldly issues, improve my public speaking, and understand how to work with people I don't know."*

The R. Kelly Problem and Its Repercussions

By Amal Siddiqui

Photo Credit Wikipedia

A Chicago R&B singer known as R. Kelly or Robert Sylvester Kelly has been brought into court myriad times under sexual abuse and misconduct charges, child pornography, and many horrific allegations. The first time Kelly was brought to trial was in 1994 when a wedding certificate was discovered that claimed he married a girl at the age of 15 while he was 27. Allegations against him have been ongoing since then, and he continues to deny all charges against him.

In one specific case, Kelly put up $750,000 bail, and a hearing was not called until six years later. The jury, a committee of nine men and just three women, ruled in favor of Mr. Kelly. The trial was based on a young girl named Stephanie Edwards who was introduced at the age of twelve to Mr. Kelly. Her aunt instigated their relationship as a chance for Edwards to become a singing sensation, but instead he preyed on her for years. Even though Kelly knew Edwards was underage, he still filmed their actions. The man in the video was seen to have a birthmark on his back similar to the one R. Kelly possesses, but still the jury found him not guilty. Lisa Van Allen, a witness called in for the case, was called a 'liar' and compared to Satan during the trial.

The situation Van Allen was thrown into shows why women are afraid to stand up and say something about assault. Victims are nervous about being humiliated in front of the world because of a trauma they have been through. According to the National Domestic Violence Hotline, low self-esteem, lack of money, and the belief that abuse is normal are some reasons abused people remain in abusive relationships. Unfortunately, Van Allen and thousands of sufferers are faced with denial of the situation. Lawyers, judges, and even family members tell them they are overreacting or that what they claim is not true; but in fact, the trauma and pain the victims are experiencing on top of the minimization just adds up.

Another reason men and women don't confess right away could be because of the fear of repercussions. Individuals are frightened their jobs might be taken from them, fear they could be labelled as troublemakers, and are afraid for their physical safety.

The fight against sexual abuse lives stronger than ever as people around the world team up for the MuteKelly campaign. These protesters have targeted the singer's record label, ticket sellers, concert promoters and streaming services--from Spotify to Apple Music to Pandora-- pressuring them all to cut ties with Kelly. These efforts proved successful, and Kelly's songs were removed from playlists. In addition, RCA Records cut its ties with Kelly because of numerous protests outside of the singer's shows. Speaking out works, and progress has been made, but we still have a long way to go to wipe out sexual misconduct.

Challenge Day for *Sophomores and Juniors*

By Julia Stingi

Challenge Day is a nonprofit organization that, through its programs, helps people in schools, businesses, and communities make connections to one another. According to challengeday.org, the Challenge Day mission is to "provide teens and adults with tools to break down the walls of separation and isolation and replace them with compassion."

On January 14th through 16th, CSH sophomores and juniors took part in Challenge Day. With kids from both grades being put in randomized groups of approximatley 100 students for one of the days. Last year, we did not have Challenge Day at CSH, but it was brought back by popular demand.

On their assigned day, students were told to leave their backpacks at home and report to the PAC at the beginning of the day. Then we traveled to the new gym and waited outside until the doors were unlocked. When we stepped into the new gym, we were met with blaring music and CSH faculty clapping and cheering for us as we walked through the gym.

The beginning of the day was lighthearted and entertaining. We played volleyball, musical chairs, and several other "ice breaker" type games. The faculty were involved in the fun, too. One game consisted of getting a partner and dancing with him or her. This included teachers! At the end, each partner shared his or her dreams for the future.

Then the tone of the day shifted. Led by the Challenge Day staff, Pam and Chris, we were assigned "family groups." With our family group, we took part in an actitivity called "If You Really Knew Me." Students and faculty shared what people might not understand or know about them just by looking at them. It was a very emotional time, but Pam and Chris had prepared us with a lesson on hugging, and had plenty of tissues to go around.

Photo Credits: Ms. Henry

All the participants got a chance to share their stories with people they could trust. After having lunch of sandwiches and chips, we did several other activities, the most well known being "Cross the Line." This activity allowed people to be open about their lives and let others know they are not alone, whether they crossed the line or spread love to those who did.

Everyone I spoke with really enjoyed Challenge Day, and it had a profound effect on many. Junior Lara Strunk said, *"It inspired me to reach out to others," and that's just what Challenge Day*

Be THE Change

Graduation CHALLENGE DAY

By Brittany Cohen and Emily Berlinghof

After the Challenge Day for sophomores and juniors was held on January 14th, 15th and 16th, the senior class participated in its own Graduation Challenge Day on January 17th. Many students had heard mixed reviews about Challenge Day from those who had experienced it before; however, the only way to know what Challenge Day is really about is to experience it firsthand. Challenge Day is a different experience for everyone. One senior said it was "an enjoyable experience that brought the whole class closer together." The senior and sophomore/junior Challenge Days were completely different experiences but had similar goals in mind.

The goal of the Graduation Challenge Day, according to the Challenge Day website, is to celebrate the seniors, providing "life tools to smooth [the] transition from high school into the next phase of [life]." There were a multitude of team building activities designed to bring everyone closer; lines were crossed, beach balls were tossed around, arms were linked, and chairs were musical. These opening activities preceded smaller group discussions at the end of the day. The activities were designed to get students to share personal thoughts with each other and open up about their high school experiences. The purpose was to reconnect with classmates that students might not have interacted with in a while, to heal damaged relationships, and to help them be better prepared to move to the next chapter in their lives--college. Isabelle Alyskewycz, a senior Challenge Day participant said, "It was a nice way to wrap up our high school career."

The teachers and Dr. Bolen were also a part of the Challenge Day experience in supporting the students. By the end of the day, everyone was much closer to each other. Emily McCormack, another Graduation Challenge Day participant, said, "It was a nice way for everyone to come together to support each other." People who had never talked before became friends, people who hadn't talked in years reconnected, and current friends learned to appreciate each other more.

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Varisty Ice Hockey Team *Skates to*

By Griffin Iglesias

For the first time in Cold Spring Harbor High School's history, the Varsity Ice Hockey team won the Nassau County Championship. Led by a high-scoring offense and strong goal tending, the Seahawks won an overtime thriller to take home the title of Nassau County Champions over the Long Beach Marines.

Colin Bertsch
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Photo Credit: Cole Alcamo

The Battle of the Classes in THE CLASS OLYMPICS

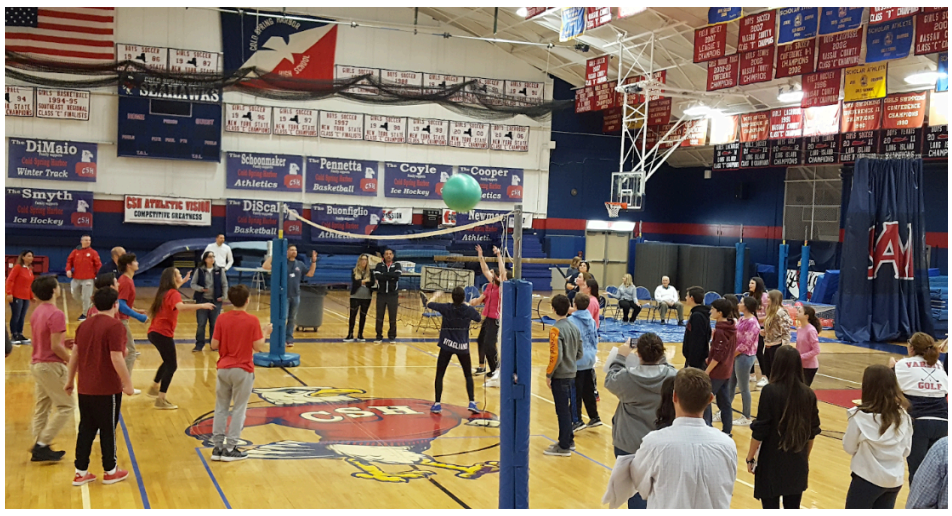
By Anna Tesoriero

On February 27th, the Field House was set up with games and music as the 2019 Class Olympics began. While the Battle of the Classes began earlier in the year, the Class Olympics gave students the opportunity compete head-to-head for class points.

The first part of the event was the individual games. There were seven in total, each one easy to join in on while still presenting a challenge. One game, for example, had students balance six dice on a tongue depressor held in their mouths. Others involved stacking cups, moving skittles with a straw, tossing ping pong balls, blowing cups off desks, throwing toilet paper, and moving oreo cookies from one's forehead to one's mouth.

Winning a game earned points for that student's class, and the participants were free to try however many events they wanted to in any order. Most students formed small groups of friends, competing with each other for fun as they moved from game to game.

After the individual portion was over, students were called into the bleachers to begin the group competitions. Classes sat together as Dr. Bolen announced the initial standings of each: juniors were in first place, seniors were in second place, freshmen were in third, and sophomores were in fourth. With the scoreboard now hanging on the wall, the group competitions began.



The first event was volleyball --only instead of the usual ball, a yoga ball was hit back and forth. The team with the most points after five minutes won.

Next came three different types of relays. Each one required one student to run to the end of the gym and back before the next person in line could go. First was the ball relay, which required students to hop while holding a ball between their knees. Then came the balloon relay, which had runners pop a balloon before turning around again. The last relay was the scooter relay, which required students to race while either sitting on or keeping one knee on their scooters at all times.

EVENT	RESULTS
Volleyball	1st: Seniors 2nd: Sophomores 3rd: Juniors 4th: Freshmen
Ball Relay	1st: Seniors 2nd: Juniors 3rd: Sophomores 4th: Freshmen
Balloon Relay	1st: Juniors 2nd: Seniors 3rd: Sophomores 4th: Freshmen
Scooter Relay	1st: Sophomores 2nd: Seniors 3rd: Freshmen 4th: Juniors
Three-Legged Race	1st: Seniors 2nd: Sophomores 3rd: Juniors 4th: Freshmen
Tug of War	1st: Seniors 2nd: Sophomores 3rd: Juniors 4th: Freshmen

The second-to-last event was the three-legged race. Runners were given a few minutes before the race to get used to their partners. When it started, some were coordinated enough to run. Others had more difficulty getting used to their new partners, either tripping over one another or deciding a brisk walk was better than a wipeout.

The final group event was the tug-of-war. Two classes at a time were called up to face off. The seniors outnumbered every other class, prompting a few freshmen to join up with the smaller group. Even with the additional hands against them, the seniors beat the juniors and the sophomores, taking first place.

Before the game was officially over, the staff members challenged the seniors to one final round of tug-of-war. There were not nearly as many staff members, so a few students from the spectating classes joined the teachers' end of the rope. Then some more students came up. Then even more squeezed on to the rope. By the time both sides were ready to start, the seniors were facing off not only against the staff members, but also against almost every student from the years below them.

Once the start was called, the first couple of seconds made it seem like an easy victory over the seniors, but it wasn't long before movement slowed to a halt and reversed as the seniors dug their heels in. The struggle lasted longer than the others, going on for over a minute instead of the previous 15-30 seconds, but the results were the same: a victory for the seniors.

Photo Credits: Anna Tesoriero

Go, Seahawks!
Congratulations to all the classes!
You are all Winners!

At the conclusion of the tug-of-war competition, the points earned for each game were tallied up and added to each class's score. The seniors pulled ahead of the juniors, achieving second place overall, and the freshmen and sophomores maintained third and fourth place respectively. The announcement of the new standings marked a close to the competition.

International Club

Hosts 3rd Annual International Night

By Abby Johnson

On Wednesday, March 6th, Cold Spring Harbor Jr./Sr. High School hosted its third annual International Night. The event lasted from 6 to 8 p.m. and included a wide variety of enjoyable activities.

From 6-7 p.m., students, families, and anyone who came to visit could try out foods, including various delicious appetizers, entrees, and desserts, from every part of the world. Both students and many of our esteemed faculty helped create these food stations representing the following countries: Japan, France, Spain, Mexico, Costa Rica, Peru, Greece, Canada, Colombia, Ireland, Holland, Poland, Germany, Puerto Rico, Italy, Switzerland, India, Croatia, Belgium, Lithuania, Brazil, Australia, Russia, and China. In the words of Mrs. Rampi, who did a wonderful job helping the event run smoothly, "I thought it was a fantastic night. All nations were really represented, the entertainment was great, and the food was delicious!" One of the most popular dishes of the night was from the Island Empanadas Food Truck, a brand-new addition to the International Night menu.

Also running from 6-7 p.m. were demonstration stations including the photo booth run by Ms. Oswald's Photography Club, Henna Tattoos by Henna Happiness Crystal Boutique in Huntington Village and Imaan Siddiqui, Discovery Chests by the Huntington Arts Council, the Pulsera Project run by Señorita Sihksnel, and face painting by Señora Fristensky. The International Club is particularly thankful for the participation of the Natural Helpers, Save the Children, French Club, Spanish Club, FLES Teachers Señora Rivadeneira and Señora Dolisi, and the Peer Mentor Group.

After the food and demonstrations, there was excellent entertainment from 7-9, led by our International Club members Sterling Rosado, Hannah Terry, and Teddy Theodoris. Highlights of the entertainment portion of the night were the Greek National Anthem and dance performed by Greek students and faculty in the school. Ms. Koundi, Mr. Stavros, Teddy Theodoris, Angelina Pavlakis, Isabelle Apostolakos, Luke Tsotsos, Penelope Patsis, Philip Vattes, Stephen Markotsis, and Ariana Theodoris did an excellent job performing, only to be followed by the CSH Chamber Singers led by Mr. Beja, the CSH String Quartet led by Ms. Moran, and a vocal performance by Isabelle Apostolakos.

Teddy Theodoris, a prominent member of International Club, voiced his thoughts on the night: *"[I'm] thankful to be able to represent the Greek culture at International Night. It was really a pleasure for everyone to understand how much Greek culture means to us at this school."*

There was also a great fashion show presented by the CSH fashion class, led by Mrs. Hayes; a vocal performance performed by Sergio Rodriguez; and last but most certainly not least, Irish Step Dancing performed by dancers from the Doherty Petri School of Irish Dance in East Northport.

Overall, the night was a huge success and was an excellent way to highlight diversity at our school. Take the word of the students who attended the night. Sierra Rosado stated, "It was a fun night. The Irish step dancers were a good choice, and Sterling Rosado is also a great host." Lindsay DeRosa shared, "I've been doing International night for three years, and let me just say it's the greatest experience of my high school career." Brooke Vaccaro, Vice President of International Club, said, "I was so proud of this night. It was a great turnout and a great time!"

Although it may be true that our student body is not extremely diverse, nights such as these give everyone an opportunity to participate in learning about, or teaching others about, the importance of customs and traditions of different cultures. The International Club encourages anyone interested in sharing his or her culture to participate in next year's event, or even better, to join the club.

Photo Credits: Karen Spehler

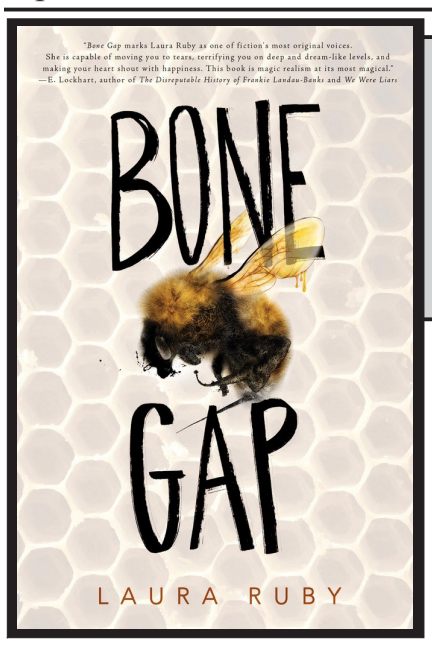
Anything Goes Production Cruises to Success

By Makayla Read

Continued on page 6

The CSH Production of the musical *Anything Goes* began on Thursday, February 7th with a dress rehearsal turned dinner theatre for the senior citizens of Cold Spring Harbor. With over 60 seniors in attendance, the night was a success. The cast continued with three additional amazing performance on Friday, February 8th and 9th at 7 p.m. and Sunday, February 10th at 2 p.m.

The story takes place on the S.S American that is sailing between New York and England with a comical group of passengers. The main character, singer Reno Sweeney (Katherine Touhy), and her pal, Billy Crocker (Alex Wang), board the ship where Billy can be near his love, Hope Harcourt (Sisi Monti). The only problem is that Hope is engaged to another passenger, Sir Evelyn Oakleigh (Augustine Maiorino). Also on the ship is a second rate common man named Moonface Martin, AKA Public Enemy #13 (Dylan Dukes). With extravagant song and dance numbers, the story moves forward with Reno and Moonface determined to help Billy win over

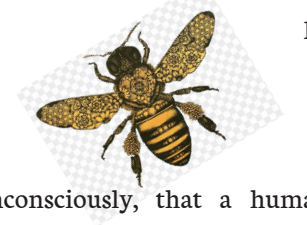


BOOK REVIEW

What Is Identity?

A Review of Laura Ruby's Bone Gap

By Cydney Brown



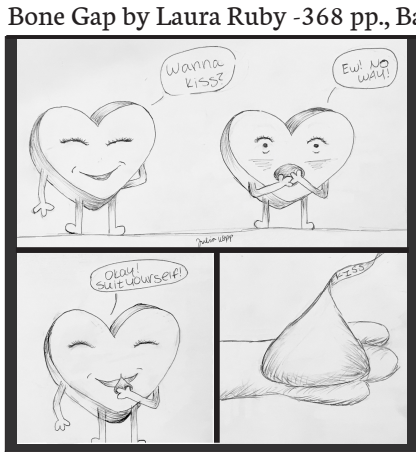
For so long, I believed, almost unconsciously, that a human's identity is recognized in his or her face. If one, like Finn O'Sullivan in *Bone Gap* by Laura Ruby, cannot recognize faces, then is identity really found in the face?

In *Bone Gap*, Finn, the protagonist, has witnessed his brother Roza's kidnapping. Due to facial blindness, Finn struggles because he cannot recognize the man who kidnapped Roza. As the kidnapper continues to pay visits to Finn, Finn is extremely frustrated because he knows who has taken Roza but doesn't recognize who the man is and can't describe his features to anyone. As the book progresses, we feel for Finn. His girlfriend Petey believes she has an ugly face and that Finn is only attracted to her because she has recognizable, stand-out features. Finn also experiences the wrath of the town when they all blame him for not being able to find Roza.

As I turned each page and continued reading *Bone Gap*, questions about identity saturated my consciousness; they challenged my lifelong understanding of what identity is. I immersed myself in more stories and research but still had the same questions. What is identity? Is it really on the inside, as my grade teachers told me, or is it external, like social media seems to insist?

Bone Gap will question your knowledge on identity, love, fear and hope. It embodies what I love about literature: profound questions without easy answers, provoking thought and inquiry.

Bone Gap by Laura Ruby -368 pp., Balzer & Bray, $9.99



College Admissions Essay Seminars and One-to-One Assistance for Juniors

Attention, Juniors: Are you eager to get started on your college admissions essays? Need help brainstorming ideas or crafting an engaging opening? You are in luck.

During the week of April 21st, Ms. Henry and Mr. Miller will be conducting 4 informational college essay seminars that include tips for planning and writing your college admissions essays and supplements. If you attend one of these sessions, you will also have an opportunity to sign up for an individual meeting with your assigned advisor during the 3rd week in May.

For more details, watch Hawk Talk and check the main entrance bulletin board in the upcoming weeks.

Please attend a seminar and schedule your appointment during your free time, not during a scheduled class, regardless of the subject.

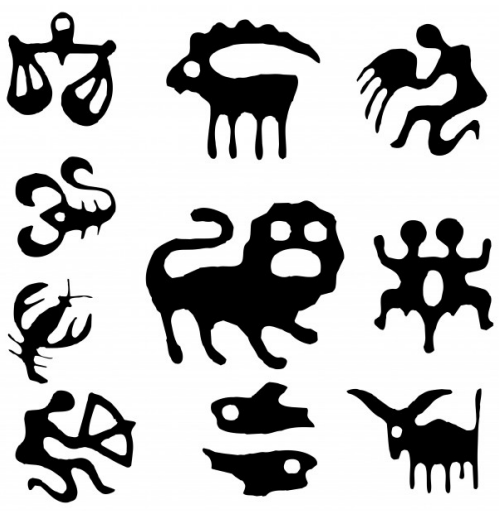
What's Your Sign?

By Victoria Caselnova

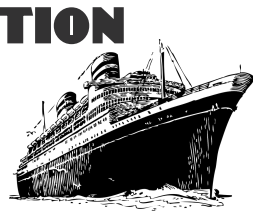
Ever believe in the stars and constellations telling the future? Ever think that just the simple day you were born can define almost every trait, flaw, or habit you obtain? Well, Zodiac signs, based on the day you were born, can do exactly that. The stars line up, and the constellations prevail; and astrologists and fortune tellers come together to literally "read the stars." Every day, each Zodiac sign has its own prediction for the day or advice on what to do. Each Zodiac sign has its own unique characteristics and style as well with a symbol that represents the sign's strongest attributes.

Find your sign according to your birthday, the traits that best fit with the sign, your symbol, and what it represents in animal spirit.

Visit astrostyle.com or astrology-zodiac-signs.com



Anything Goes Production Cruises to Success



By Makayla Read

Continued from page 5

It was clear that our high school students put an incredible amount of hard work into their amazing performances. They worked as a team to learn every step to a T, so that they could perform all four shows perfectly.

Students promoted the play through social media, t-shirts, and posters around the school; and the turnout was impressive. The PAC was filled with students, parents, family members ,and teachers who came to support the actors and actresses. Theater-goers' reactions were positive. One student shared: "The musical keeps getting better and better each year! What I liked the most about the musical was the costumes. They were very elegant and went great with the story. I could tell how much hard work they put into the shows because the song and dance numbers were well put together and everyone was always on the same beat." Another student stated, "I was looking forward to seeing the musical all week, and once I saw it, I couldn't believe the amazing set. Since the storyline takes place on a cruise ship, I was curious to see how they would put the set together. Making a cruise ship on a stage seems hard, but they were able to pull it off very well!"

The audience members weren't the only ones who loved the show. Two cast members shared their experiences as well. Sisi Monti said, "The musical was one of the most wonderful and memorable experiences of my whole life. I grew so much as a person and a performer as a result of it! So many new friendships were made by putting the play together, and I miss it more and more every day. What I appreciated most about this show was how enthusiastic and passionate everyone was while performing. My junior year truly wouldn't be the same without it." Katherine Tuohy had a similarly positive experience and said, "Playing Reno in *Anything Goes* has been the most incredible experience. I will never forget how special this year's performance was and will always remember all the hard work that was put into learning every dance and song. I learned so much from the directors and will forever be grateful for having the opportunity to perform as Reno. It will always have a special place in my heart and truly was an incredible run. I miss the rehearsals, but I'm so excited for next year's show!"

Photo Credits: Island Photography

We are lucky to have such talented actors, musicians, artists, and technical assistants at Cold Spring Harbor Jr./Sr. High School. Congratulations to all who played a role in* Anything Goes' *success!

Heart Health and National Wear Red Day

By Amal Siddiqui

Symptoms of heart attacks in men are easily recognizable; men grasp their chests because they feel acute pain. However, because the signs of heart attacks in women are less dramatic, they are more likely to be dismissed. For example, a typical indicator for a female experiencing a heart attack would be a clenched jaw or nausea while a male would undergo excessive sweating, difficulty speaking, disorientation and an absence of coordination or balance. Because women's prodromes, or early signs, are drastically different from men's and often unfamiliar, Cold Spring Harbor staff members donated five dollars each and wore red on February 8th to help raise awareness for women's heart disease.

In total, $361 was raised and donated to The American Heart Association in support of its Go Red for Women movement intended to increase awareness of heart disease and "inspire women to make healthy lifestyle changes."

There are many aspects of heart disease that can be monitored and controlled in order to avert heart attacks. Some examples include high blood pressure and cholesterol, smoking, diabetes, and most importantly--daily activity. Regular exercise is a simple way to lower cholesterol and blood pressure, and also lose weight. Physical activity allows for smoother blood flow to blood vessels in the heart, and body tissue is able to pull oxygen from the blood with less difficulty. If blood isn't transported to these arteries, they may become clogged, and this may lead to a heart attack. Studies have also shown that exercise allows blood vessels to make new connections and paths that can be taken to deliver blood to the heart, even if a common artery path is blocked. Not only does exercise lower risks of heart attacks, but it also has many other benefits. For example, it boosts energy levels, lowers the risk of certain types of cancer, enhances balance, reduces the likelihood of osteoporosis, and improves quality of sleep.

Something as easy as walking for thirty minutes every day is successful way to reduce heart disease.

According to the American Heart Association, research has shown that walking can have a crucial effect on one's health. Most adults should be walking for 150 minutes per week to meet the criteria of moderate activity. Many people use the excuse of a busy day to avoid exercising, but exercise can be done in short intervals throughout the day. Try walking for ten minutes in the morning, another ten during lunch, and a final ten minutes at the end of the day. This is one easy way to incorporate exercise into a seemingly occupied lifestyle. Remember that every step can lead to a healthier body and a healthier life.

Heart disease for men and women should not be treated lightly. As soon as you experience any signs of a heart attack, immediately dial the emergency response number so help can be sent.

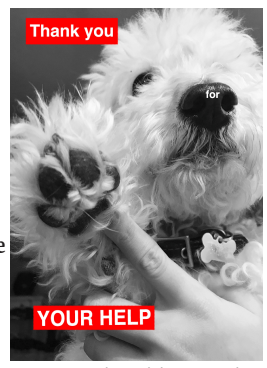
KNOW THE WARNING SIGNS?

It could just save your life.

ANIMAL RESCUE CLUB

By Isabelle Weiss

Animal Rescue Club is designed to help students learn about the lifestyles and responsibilities it requires to take care of pets. It also digs deep into what it is like to become a veterinarian.



Several special speakers have visited the Animal Rescue Club meetings. These guests educate the students on how to live the animal rescue lifestyle. The speakers may choose to bring along animals that need to be or have been rescued. This increases the chance of finding them homes because the students tell others about how these animals are in need of a family.

Isabelle Weiss, Ditigal Imaging

One guest the group was fortunate to have was a Cold Spring Harbor parent, Ms. Allison Monaco, who spoke about her rescue organization called Jake's Rescue Ranch. Monaco discussed how she travels to high kill shelters and rescues dogs so they have another chance to find their forever homes. Tami Tappan, a representative of the "Pawfect Match" organization also met with the club. She has created a website for people who are looking to rescue dogs. When a person decides to add a new member to the family, he or she contacts one of the advisors of the business. Tami, the creator of the organization, listens to what the person who is adopting is looking for in a companion in order to find the perfect match.

Animal Rescue Club meets about twice every month to discuss new activities and ways to help animal shelters and facilities in need. Last year, the club collaborated with Mr. Healy, the woodshop teacher, to create multiple cat towers. They were donated to Little Shelter, so the cats who have not yet been adopted have another form of entertainment and comfort in their room. The advisors of the club, Señora Monck-Rowley and Señorita Wilkins, along with some of the club members, have gone on a tour of Little Shelter and were pleased to see how much the cats loved their creations. Another altruistic activity club members engaged in was taking shifts at the local Stop & Shop to collect donations of dog and cat necessities as well as comfort items to give to local shelters.

Last year, ARC devoted hours of their time to set up a breakfast to raise money and awareness for hurricane-surviving dogs. Unfortunately, Hurricane Maria, which destroyed parts of Puerto Rico, left many animals abandoned and starving. An entire beach was devoted for dumping animals to fend for themselves and was called "Dead Dog Beach." The club found this very disturbing and decided they needed to do something about it. The breakfast raised over five hundred twenty dollars. The money was given to an organization called SATO, which rescues dogs from "Dead Dog Beach" and brings them to the United States to begin their rescue process.

Animal Rescue Club is a great experience for students who are looking for professions in the veterinary fields. Veterinarians Dr. Weiss and Dr. Suzanne Raviz have come in to share their experiences and everyday lives with the club. They have shown members how to perform annual exams, how to check ears, and how to determine what foreign objects are inside a dog's stomach by looking at x-ray images.

The perfect club for anybody in junior or senior high school who is looking to participate in an activity that is a lot of fun and has many benefits, ARC always welcomes new members aboard and would love to hear the students voice their opinions and see if they have any new ideas for upcoming events. President of the club Harley Weiss says "ARC fills the void for people with a passion for helping animals." The club is an essential part of any animal lover's high school career and is beneficial for students going into the veterinary or any other animal-related field.

POET'S Corner & Grok

Measuring Life

By Sam Genser

They say lives can't be measured.
I beg to differ.
They say a life is worth the things you do,
the things you contribute.
I beg to differ.

A life is measured in the lives you touch,
the people you know, influence, help, control, love.
See, a life is not only what you contribute,
but knowing, loving, helping, inspiring--
Aren't these contributions?

The world is consumed by hatred,
overdosed on knowledge.
It is naive to think that all are good
but pessimistic to believe that all are bad.
An indecisive criminal wields uncertainty,
and life takes what it needs.

But there are always those who contribute for good.
You will make this world a better place
by the things you do
and the people you touch.
It is you, and others like you,
that remind me of the world we could be--

A world where knowledge is shared,
A world where equal opportunity is earned,
A world where everyone has something to contribute.

You remind me of this world.
You will create this world
because you embody this world.
This will be your contribution.

The Grok editors, advisor, and staff cordially invite you to...

Grok Night

a reading of
Cold Spring Harbor High School's literary and art magazine.

Serena Li, oil on canvas

Thursday, May 2, 2019*
7:00 PM
in the Senior Commons

*changed from the original date printed in the school calendar

Dan Welden and the Art of Printmaking

By Morgan McBride

In early March, the Advanced Placement Studio Art and Advanced Drawing and Painting classes had the incredible opportunity to take part in a highly anticipated in-school field trip with printmaker Dan Welden. Dan Welden is a master printmaker whose prints have been exhibited in over eighty solo exhibitions and over 700 group exhibitions all around the world. He introduced students to a technique using Solarplate, which, according to Solarplate.com, is "a light sensitized steel backed polymer material used by artists as an alternative to hazardous printing techniques." This is a leading alternative to traditional printmaking, one that is both safer and faster. With help and guidance from Mr. Welden, the art students were able to create their own original prints.

Students spent the day adding depth and design to a photograph or drawing a fresh new image on a special plate of glass that Mr. Welden provided. From intricate depictions of one student's family dog to a self-portrait, participants transposed their pictures onto the Solarplate glass. Mr. Welden then directed students through the delicate steps of exposing their images, which involved exposing them to ultraviolet light and a washout/etching procedure. After filing down the sharp edges of the plate, students shared in the most exciting part of the process. Mr. Welden properly inked the images and gave students the honor of utilizing his press by cranking the Solarplate's arm to complete their visions. After a few quick turns, everyone was able to see the remarkable results of the day's hard work.

Gaining hands-on experience in a new medium of art, many students felt this workshop was an essential experience for an art student.

Mr. Welden pushed the students beyond their normal boundaries, leading them to develop work they did not know they were capable of creating.

Grok 2018 Receives "Superior" Rating from NCTE

By Jessica McCrorie

Every year NCTE (National Council of Teachers of English) accepts entries into their REALM (Recognizing Excellence in Art and Literary Magazines) program. The mission of NCTE's REALM Program is to "publicly recognize excellent literary magazines produced by students with the support of their teachers." In 2018 Cold Spring Harbor High School's literary magazine club, Grok, published its 34th volume. This volume, edited by Taylor Nicolosi, achieved a designation of "superior" from NCTE's REALM program, which equates to a score between 86 and 100. The judges at REALM evaluate the entries in 5 areas: content and quality (50 points); rhetorical variety (15 points); editing and proofreading (15 points); artistic quality (15 points); and font matter, credits, and pagination (5 points). NCTE received a total of 358 entries from across the country, 44 of which were from New York. The students of Cold Spring Harbor are proud to say that *Grok 2018* was one of nine magazines from the state to receive a rating of "superior."

This is Ms. Henry's 18th year advising the literary magazine club, and she continues to do everything she can to ensure that her students achieve success. Ms. Henry shared her feelings on the accomplishment of the magazine: "I am thrilled with the success of our students and our magazine. *Grok 2018* is an outstanding volume that represents our school's talented writers and artists. I am very proud of everyone involved."

Grok's members meet two times a month from September to February. At the meetings, Grokkers discuss student writing, which remains anonymous until published, and provide constructive criticism for improvement. Hearing other students talk about the writers' works is really beneficial to the writers because it gives them ideas about how to capture the full potential of their poems and stories. Grok provides a safe place for students to express themselves because everyone is there to support each other. The only people who know the writer or artist are the editors and Ms. Henry. In March and April, the editors and Ms. Henry decide on the best student writing and art to include in the annual publication. They also plan the layout for the magazine.

This year the Grok editors are Taylor Nicolosi and Dana Drogin. Taylor shared her thoughts about the wonderful opportunity that Grok provides: "Grok is an amazing club where students get to express their creativity in writing and art and set their imaginations free." Dana shared her beliefs about why Grok is unique: "I think Grok is such an important and unique club at Cold Spring Harbor because it gives us an insight into our school community that we don't often see. We get to highlight the creativity and perspectives of our student body through writing and art, and at the end of the year, we have a really cool book that we can flip through to see what it's really like to be in the mind of a Cold Spring Harbor student."

Grok 2019, which will be published in late April, will be our school's 35th volume. Students will celebrate its publication at *Grok* Night, the annual reading of the magazine, held in the senior commons in a cafe-like setting. All are invited to join in on the festivities on Thursday, May 2nd at 7 p.m. Admission is free! Grok on!