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Harrison High School

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Saying Goodbye to Dr. Ruck

Amy Carton

Editor-in-Chief

After seven years at Harrison High School and more than 45 years in the field of education, Dr. James Ruck will take his final walk across the SUNY Purchase stage at graduation on June 21, and enter, for the second time, the world of retirement.

Ruck's teaching career began in his hometown of Long Island; he served as both a teacher and later the principal. He then transferred to Dobbs Ferry in 1978, where he served as the school's principal for the next three years. Ruck then returned to Long Island where he joined the Sachem Central School District, the district to which he dedicated 25 years of his notable career. In his last 14 years at Sachem Central School District, Ruck served as the district's superintendent, and then in 2005, retired for the first time.

An educator with an incredible passion for teaching and an innate ability to interact with and relate to children, Ruck came out of retirement in 2006 when he was hired as a six-month interim principal at Harrison High School. Six months quickly turned into a longer commitment, and Ruck continued to develop unique relationships



A great principal retires.

Courtesy of the Yearbook

with not only the students and faculty, but also the Harrison Community.

"I've always known the district was special, but the relationships that I've formed with students and parents alike have really set Harrison apart from other districts," explained Ruck. "It's rewarding to feel the impact of kids growing up throughout their high school experience, and most of all, I love to see the students smiling and laughing."

Enjoying the students' friendships and laughter is

something Dr. Ruck has come to know quite well over his years at Harrison High School. He engages students in conversations in the hallways, enjoys attending school events, and even participates in monthly themed lunches organized by a group of students (see related story on Page 3).

"Over the past seven years I have seen incredible growth in school spirit and the creativity of students. Being able to laugh with students makes my job that much more enjoyable," said Ruck.

Ruck also oversaw several academic changes to the Harrison district over the past seven years. Honors classes were removed from the high school, and the district's seven year application process to adopt the International Baccalaureate program finally paid off. Last year, the program was introduced to the High School, and this year, the first class of IB students will graduate at the end of June.

"I appreciate and understand the concerns from parents in altering the offered courses," shared Ruck. "Under the IB program, students, teachers and administrators alike are being challenged in new ways, and it introduces a new approach to not only teaching, but thinking and learning as well."

Though Ruck is unsure of what the future holds for him, he looks forward to spending more time with his six grandchildren and enjoying his newfound free time.

"I want the Harrison community to remember to treat people with respect. I want students to laugh often, challenge themselves, and to always be thoughtful of both family and friends."

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NEWS & FEATURES

Dr. Pasqua To Retire, But The Music Plays On

Trent Lefkowitz

News Editor

After 23 successful years of bringing music to the lives of students at Harrison High School, band director Dr. Ferdinand Pasqua is retiring at the end of this school year. From teaching the children of American oil magnates in Saudi Arabia for three years to returning to his hometown of Stamford, Connecticut, to teaching for 13 years at West Hill High School, Dr. Pasqua taught all around the world and then settled into his new home at Harrison High School in 1990.

Under his tutelage, the band has grown from a tiny group of 14 students to a Grammy-nominated, 100-member strong marching band, concert band, and jazz band. Although the band has obviously grown in size, Dr. Pasqua has seen it grow in many other ways as well.

"Now, the students travel so much more," he said, "and we have evolved into a professional-like touring ensemble. We often are performing on a national stage. We have also grown in our level of performance, with the students now performing on a much more mature level."

Along with the statistical growth of the band, Dr. Pasqua has also helped the band perform at increasingly more prestigious venues and events over the years. Three of Dr. Pasqua's favorite trips have been this year's trip to Hawaii and earlier trips to San Francisco and of course, Disney World.

"All of the trips are as enjoyable as they are different, but

the most memorable of the trips were San Francisco and Hawaii and Disney World because of the logistics necessary to make those trips a success," he noted.

During his tenure at Harrison High School, Dr. Pasqua has also led the band to performances in the production of "Babes in Toyland" at Lincoln Center in New York City, the Peach Bowl in Atlanta, the Saint Patrick's Day Parade in New York City, the Yankees' World Series Parade and numerous other incredible events.

Dr. Pasqua was recently informed by the GRAMMY foundation that he is a semi-finalist for consideration at "Music Teacher of the Year."

One of the greatest things Dr. Pasqua has done for Harrison was bringing music to people throughout the community, whether or not they had a student performing in the band. He believes that it is incredibly important to get the community involved.

Obviously the community has responded in kind.



Dr. Pasqua serenades in the library.

Courtesy of the Yearbook

This year, the mayor's office has informed us that the Veterans and the Town of Harrison are proclaiming May 27, 2013 (Memorial Day) as Dr. Fred Pasqua Day in Harrison.

"The road to success takes place when every student, parent, and member of the community

buys in and becomes a part of the process," said Dr. Pasqua. "The Harrison community is particularly special because not every community has residents that buy into the arts."

From playing at halftime at the Husky football games to marching down Halstead Avenue in the "It's Great to Live in Harrison Day Parade" and playing Christmas tunes on his accordion in the lunchroom during the holiday season, Dr. Pasqua has done whatever he can to make music a part of everybody's daily lives.

All of Dr. Pasqua's students are sad to see him go, and each one has a unique memory of him that will last forever.

"My favorite memory of Dr. Pasqua was when my family won a raffle for him to come over and make dinner at our house," said junior trumpeter Jenna Lefkowitz.

"He makes great lasagna!"

"I'll miss the Pasqua shuffle, Booyah's, and his enthusiasm regarding everything!" shouted sophomore Matt Rube and junior Zack Rian, referring to Dr. Pasqua's eponymous dance move and signature catch phrase.

Although Dr. Pasqua will obviously miss the students at HHS immensely, it pales in comparison to how dearly he will be missed by the entire Harrison community. Throughout his 23 years at Harrison High School, Dr. Pasqua has enriched the town with music and taught his students valuable life lessons. When asked what he was most proud of during his tenure at HHS, Dr. Pasqua said, "I am most proud about the number of student that have made music a part of their lives."

In retirement, Dr. Pasqua will continue to teach at Quinnipiac University, and he also hopes to resume his career as a performing musician. He intends to write, do research, and create articles that will stress the importance of music in one's overall education. In addition, he looks forward to having more time for his favorite hobbies: gardening, wine making, and fly fishing.

The school and the surrounding community are so very proud of and grateful for everything Dr. Pasqua has accomplished during his notable time here. We all wish Dr. Pasqua the best of luck during his upcoming retirement.

Superb Teacher Mrs. O'Neil Retires

Rose Stokoe

Staff Writer

"She was more than just my teacher," says sophomore Tara D'Antona about Mrs. Geraldine O'Neil, who this year is retiring after 22 years of teaching at Harrison. "I loved to write, which is why I took creative writing, but she taught me so much and improved my writing skills more than any other teacher I've ever had."

It seems Mrs. O'Neil had this positive effect on everyone who had the pleasure of having her as a teacher. Her wisdom not only on writing but also in teaching English Language Arts in general helped each student of hers at Harrison develop a newfound appreciation for literature. Mrs. O'Neil brought personal experiences from her own life to make the pieces she taught more relatable to her students. Her love for her family and her children was known by everyone who knew her and by all the students she taught.

Two years ago, Mrs. O'Neil broke her hip after an accident and had to undergo surgery. She came back the next year to teach this reporter and a whole crop of others. Toward the end of last year she underwent another surgery and was out for the majority of the past school year. When she did return for the last week or so of school, her students were happy to see her, they had long awaited her return.

Sadly, those were Mrs. O'Neil's last classes in the High School.

This reporter was one of the lucky students to have Mrs. O'Neil freshman year, her last year in Harrison High School. She truly was one of my favorite teachers, which is one of the reasons I signed up to take the second level of the class, hopeful that she might be teaching again. I was disappointed to learn Mrs. O'Neil would not be teaching me this year, as she was retiring. While I was sad I wasn't going to have her, I also was sad because she had always told the class how much she loved writing and teaching us the subject that gave

her such enjoyment.

Before even stepping into her class, I knew it was going to be a life-changing experience. My brother, George, had Mrs. O'Neil when he was a senior. He wasn't the best student and often didn't do work, but Mrs. O'Neil

O'Neil is someone that everyone should look up to; she is one of the few who woke up and wanted to spread what she knew to her students."

"It was always such a pleasure working together," said fellow ELA teacher Mr. Johnson.



Mrs. O'Neil and one of her creative writing classes.

Courtesy of the Yearbook

through some sort of magic piqued his interest in English like no other teacher had done before. If she could make my brother enjoy English, I knew she had to be a pretty amazing teacher, and that she was.

"Mrs. O'Neil made me feel so at home in class," says sophomore Emily DiSilvestro. "I wasn't the best writer when I began, but throughout the year the improvement in my writing was shown in both my creative writing assignments as well as in my English coursework. I have to credit Mrs. O'Neil for bringing such life to what used to be a somewhat boring thing for me."

Truly great teachers are few and far between, Mrs. O'Neil was a truly amazing teacher and will be very much missed by the school and the students alike. She got along with seemingly everyone as she was just a nice person. She brought light and wisdom to everything she talked about, not only making her a great teacher, but a good friend.

Mrs. Brennen, a good friend of Mrs. O'Neil and a fellow English teacher, will perhaps miss her the most.

"If and when I grow up, I want to be Gerry O'Neil," Mrs. Brennen says of her friend. "Mrs.

"We always had so much fun. I wish her the best in retirement."

"Gerry O'Neil exemplified all of the qualities of a true friend," said Mr. Dearstyne. "She was somebody who patted me on the back when things were going well, and stood by my side when things weren't. She was always there to advise, but never there to preach. I will miss having her around as a daily aspect of my life as a teacher at HHS."

Mrs. Mansfield remembers having done her teaching demo in one of Mrs. O'Neil's classes.

"When I saw her in the classroom that day, looking so casual, confident, and wonderful, I thought to myself, that's the kind of teacher I hope to become someday," she said.

"There are no words to capture how she will be missed here," said Mr. Glauber. "She truly was a superb teacher and friend, a positive influence on both those she taught and those with whom she taught."

Teachers like Mrs. O'Neil are truly hard to come by. Her knowledge and all around compassion for everyone will keep her in the memories of this high school for a long time to come.



Courtesy of the Yearbook **Table Talk**

Sam Mandell and Jamie DeRosa

Staff Writers

Once a month during seventh period lunch, a bunch of gregarious gourmands known as "The Table" have taken part in various themed feasts over the course of this past school year.

Joining them along the way was our principal, Dr. Ruck, and any other students that wished to participate. These feasts have included (in chronological order): Cereal day, Six-foot wedge day, Thanksgiving, A Christmas Ham, Mini-Food Day, A Chocolate Fountain, Brunch, Cook-out Day, and on the last day of school, Lobster Day.

How did this start? Back in September, lunch mates began discussing the topic of cereal. We started naming our favorite Someone yelled out, "One day we should each bring in our favorite cereal and then eat cereal for lunch!" One day it became a reality. "The Table" was born.

It later escalated into something far beyond what anyone would have thought initially. Every month brings a new food feast idea planned out, ordered and/or brought in, and the eventual marvelous feast.

"My favorite thing is all the looks we get," says junior Deven Jacobi. "It's great seeing looks of hatred, awe, laughter, and jealousy. That's one of the things I look forward to every month."

Dr. Ruck had a unique perspective on the feasts.

"My favorite part has to be a couple of things," said Dr. Ruck. "I love the creativity, the diversity (there are leaders, there are followers, there are quiet and loud people), I love how happy the guys and everyone else around them are, and I love that I get invited. It has definitely been a memorable experience for everyone that has participated."

Although the memories will live forever, this has likely been a one-year only deal. It is not likely all the members of "The Table" will have the same lunch period again, and Dr. Ruck is retiring.

Helping Other Proms to be Perfect

Nicole Cuneo

Staff Writer

While only a 16-minute drive from Harrison, it seemed like a world away.

Here the prom hype is high with who's getting asked, how big they're getting asked, what they're wearing, their hair, nails, shoes and makeup, etc. The line is blurred between what is necessary and what is excessive. It's become part of our school's cultural norm.

But believe it or not, prom is not like this in all schools.

Going to Nellie Thornton High, a school in Mount Vernon, showed the reality of prom and what it is to a lot of schools. Prom is expensive, and for those with limited money, all of the accessories that we deem necessary are inconceivable to others. But that doesn't mean they don't deserve the "perfect prom." That became the motivation and goal of our Prom Perfect project.

On May 17, 2013 with food, decor, and a fashion show, ten Harrison High School students went to Nellie Thornton High to change the experiences of prom. The students of Nellie Thornton High were able to choose from a variety of dresses

with a selection of more than 100 dresses in dozens of colors.

"Modeling was seriously so much fun," said sophomore Erica Lamana. "We had fun walking down the runway and the students had fun watching. It was really just a bunch of laughs."

"I was surprised to see how many dresses there were!" said junior Alex Arpaia. "The selection was actually amazing. I didn't think they'd have so many nice dresses."

"It was the greatest feeling to see someone find the perfect dress," said sophomore Erica Eppolito. "Seeing their reactions was priceless."

The expressions of the students were life-changing. It seems so simplistic, but the perfect dress made all the difference. They were running to their friends, showing their favorite teachers, and glowing with excitement. It was a crazy feeling to see something that seemed so small, like donating an old dress, turn into something that built self-esteem for another, and helped change their lives. It really exemplifies the expression that every action, no matter how

small, counts.

"Prom Perfect really was life changing," said junior Marisa Goldstein. "It's crazy to me, because I am going to prom next week, to see how different their process is as compared to ours."

It was also eye-opening to know how close to home aid is needed. The first thing most people think of when thinking of charity are large scale organizations, like the Red Cross, which help battle poverty in third world countries. People neglect to leave the perimeters of Harrison and look to neighboring communities. Nine or ten miles truly make all the difference. Prom Perfect was a reminder to be thankful for everything we have. The girls at the school, along with the administration, were truly appreciative of our actions, shown by repeatedly and genuinely thanking us.

Although it may sound cheesy, it's important to remember to be truly grateful for what you have and how lucky you really are. Harrison is truly a privileged town, and we gain a lot by sharing our good fortune with less fortunate neighbors.

A World of Flavor

Meghan Molloy

Staff Writer

On May 15, the Spanish Club, French Club, Italian Club and any other students craving the flavors of international cuisine, gathered in the cafeteria for Harrison High School's annual International Cafe. Each year students make food and desserts that are popular in their culture or family and bring them in for others to experience. This year's International Cafe was a big hit, with many dishes ranging from empanadas and pasta, to churros and zeppoles. Despite the diversity of food, students were able to be together and experience different cultures as one.

In addition to food, skits were performed and poems were read. Four freshmen performed a French dialogue and sophomore Sarah Hodes read a poem in Italian. Overall, International Cafe was deemed a triumph: students, faculty, and teachers filled the festively decorated tables through the duration of the event.

"I think International Cafe was a huge success," junior Rana Nesheiwat said. "Everyone at all the tables seemed to be having a great time, and the food was gone really quickly! I definitely will come again next year."

International Cafe could not have been successful without the assistance of the advisors and members of the Spanish, Italian, and French Clubs. They helped to set up, clean up, and made the night run smoothly.

The fact that International Cafe started at a time after when most school sports activities had ended was extremely beneficial as well. Student athletes were able to satisfy their hunger while experiencing all different types of food from across the world.

Next spring, if you see signs for International Cafe, grab some friends and check it out! It is a wonderful cultural celebration, featuring free food and the priceless experience of sampling the tastes of a host of different cultures without ever having to leave the cafeteria.



The Prom Perfect crew gets ready for the runway.

Courtesy of Nicole Suozzo

Time for Summer Jobs and Internships

Melanie Singer

Managing Editor

As warm weather approaches, students are trying to figure out what they are going to do over the summer. It's important to not be lazy over the summer; colleges are looking for kids who are active in the world around them.

When we were little, we would usually travel with our family or go to day camp or sleep away camp. Now that we've aged out of being campers, and parents have cut off allowances, jobs and internships seem to be the way to go.

"I've been lifeguarding for a few summers at Brae Burn Country Club in Purchase," said senior Nicole Suozzo. "I needed something to do over the summer, so I was productive and started making my own money."

Lifeguarding is a great opportunity for kids to earn mon-

ey, and often a good amount. There's lots of upside to the job, including that it's an accomplishment to be certified to save lives. Yet while it may seem ideal to some, Suozzo thinks otherwise.

"When you've been lifeguarding for more than one summer, it gets boring after a while," she said. "You're just sitting around a pool that is sometimes empty, or just watching little kids have fun."

Another possibly appealing job is to be a camp counselor, perhaps at Purchase Day Camp. Junior Alex Psaros was a camper there and this past summer, she returned as a counselor.

"I love it there," explained Psaros. "I've been to Purchase Day Camp every summer and working there is just as much fun as being a camper because you get to meet new people and

make new friends. There's also a sense of responsibility that you have, seeing as how you're a role model to the campers, which is nice."

Jobs aren't the only interesting option on how to spend your summer vacation. Internships are also very popular for rising high school seniors or students entering college in the fall. If you have something that you're interested in, then the options for internships are endless.

"My internship this past summer was very interesting," said senior Rajan Mehra. He worked at the Westchester County Board of Legislators. "I'm very interested in politics and it allowed me to get a closer look on what went on in the County Board of Legislators," he said.

Another job that's also out there for people interested

in retail and fashion might be one similar to what senior Sarah Berman plans to do this summer. She is hoping to work at J. Crew.

"I've always loved J. Crew and their clothing, so I thought that, if I was getting a job, what better place to work than J. Crew?" she said.

Perks of working at a clothing store include receiving a store discount on goods purchased. Many seniors of the graduating class of 2012 worked at Havana Jeans in Rye, and loved the great discounts they would get on clothing sold in the store.

If you're looking for an interesting and fun-filled summer, there are numerous opportunities for everyone to partake in jobs and internships.

Should One Have To Pay To Go?

Callie Fried

Staff Writer

All around New York people have been asking the same question: Is it ethical for New York businesses to charge for restroom use?

This topic was first brought up back in 2008 when New York City ended a ban on pay toilets by the opening of a new public bathroom in the center of Madison Square Park.

Residents are now complaining about how some businesses want their hardworking customers to pay to use their restrooms.

For 25 cents, a customer can use the public toilet at Madison Square Park, which cost over \$100,000 dollars to build, and continue on their way. Soon after, many New York City businesses began following the trend and opening "pay-to-use" bathrooms of their own.

In early March, the McDonald's on 20th Avenue in



The \$100K bathroom. Courtesy of Downtown Loop

Brooklyn became known as one out of many local businesses to charge a quarter or more for bathroom use.

McDonald's gives customers the option of waiting on line to get a token from one of the cashiers, giving them free use of the bathrooms if they are able to prove that they purchased something that day, or they can pay a quarter for quicker access to said bathroom.

All non-paying customers have to pay the 25 cent fee in or-

der to use the toilet.

McDonald's claims that this fee helps pay for their restrooms and the damage done to them. A sign reading "Vandalism is costly" was placed in the bathroom at the Brooklyn location.

"I don't think it is fair that McDonald's is making people show a receipt in order to use the bathroom," said Maisy Gellert. "I also don't think it is necessary to make customers use tokens. They should be able to recognize which people paid and which people did not pay."

The businesses believe that the system helps pay for any damage done to their bathrooms, but customers have a different opinion.

"I think it is reasonable, if

the bathrooms are kept in good shape," said freshman Lake Vayo. "I think if you aren't eating there, then you should have to pay, but not as much money as they are saying."

In 2011, A Brooklyn barber shop made headlines for charging all non-patrons a dollar for restroom usage.

Word on the street is that Starbucks is going to close their public restrooms in some of their NYC locations, in an effort to restrict long lines that cut into the breaks of its employees.

This dramatic turn of events has caused a lot of citizen outrage.

Go to <http://www.americanrestroom.org/pr/fightback.htm> to list your opinion or hear others' opinions on the issue. You can also donate money to help support the cause.

Cicada Invasion!

Clarissa Karantzis and Sarah Mazza
Staff Writers

In 1996, billions of cicada eggs were laid in the ground on the East Coast of the United States (in the same year as all the juniors were born). Over the past 17 years, these cicadas have been living underground, and now, over a decade and a half later, they are ready to emerge from the ground, shed their skin, and make their noisy debut. These noisy mating bugs will be roaming the East Coast starting in early June or whenever the weather reaches 64 degrees Fahrenheit.

Cicadas are one of the biggest mysteries in the science field. The Cicada bug, which is about two to three centimeters long, black, has six legs, translucent wings, orange veins, and little red eyes. These winged insects live underground for 17 years, and survive on the juice from the roots of trees. After 17 years, once the temperature of the Earth reaches 64 degrees Fahrenheit, these "Brood II" cicadas emerge and begin mating to create the next generation.

Now is about the time that New York and the rest of the East Coast (spanning from North Carolina to Connecticut) will welcome these insects into the world. But this isn't a small phenomenon consisting of a few cicadas here and there- there is expected to be about one billion cicadas per square mile. To bring this down into smaller terms, that's almost 400 cicadas per square meter, and they are predicted to outnumber humans 600 to 1. These bugs do not harm anyone. They do not sting, bite, or ruin any sort of plants.

Even if you don't see them, you'll definitely hear them. When the cicadas emerge from the ground, they will begin their mating ritual, which consists of making sounds that have been recorded at up to a 100-decibel sound. That's about the equivalent of the noise emitted from a subway train or hand drill, and can be almost deafening. Once the cicadas mate, the females will lay up to 600 eggs, and then after a few weeks, the population will die. But because of the

enormous amount, some places will have to shovel away the dead cicadas with snow shovels.

If you are someone who doesn't get fazed by insects, then this could be a very interesting learning experience. Entomologists can't wait for those few months every seventeen years in which they can study these fascinating critters, and learn more about their unusual life cycles. But if you're not a bug fanatic, not to worry. Although they will be roaming around, again they are no threat to humans and won't harm your vegetable garden.

According to newsinfo.com and University of Maryland entomologist Michael Ruapp, "When the cicadas hatch they will scramble in a fight to the tree tops and the mating calls begin. The male bugs will start to court the females and they will mate. The female bugs will then lay their eggs; these eggs will go deep into the soil and will not pop up again until they hatch in 17 years."

As the cicadas invade, animals won't be the only ones scurrying to get their fair share of the critters for lunch. Despite their unappealing appearance, many humans find cicadas a delicacy. For those with adventurous palettes, there are many of ways to try the insects, ranging from cicada pizza and sushi to desserts like cicada cookies, ice cream and covered in chocolate. They are described to have a nutty flavor and are surprisingly very high in protein and low in fat. According to England's IB Times, "Nutritionists and cooks are drawing up recipes for people to eat and cook the bugs. Most experts agree that cicadas are a rich source of protein; almost the same amount that red meat contains. Cicadas are full of vitamins and minerals, low in fat, and have zero carbs."

While the idea may sound gross, if you think about it, shrimp and crayfish are pretty much cicadas without wings. Crayfish, lobster, crabs, shrimp, and insects are all part of the same biological phylum of arthropods. Eating cicadas has also been

suggested by the Smithsonian Magazine, which provides step-by-step tips on how to gather and cook the insects. If you are one who is interested in tasting one of these insects, get them while you can, because they won't be around for another 17 years.

"I would never try a bug," said junior Rula Samad. "I don't care how much protein or anything is in them. You couldn't pay me enough money to even put one near my mouth."

"We learned about these creatures in biology class," said junior Paige Brabant. "We listened to the cicada noise for about a minute and I was already annoyed, I can't even imagine having them around for six

weeks!"

If you want to escape the cicadas, head to the beach. Cicadas do not like sand or sandy soil. Visiting Manhattan would also be a way to escape from the bugs. "The Big Apple" is very concrete heavy and doesn't have soil enough from which the bugs will emerge. Or you could also head west. These cicadas are an East Coast phenomenon.

So, if you're one who'd rather not partake in the cicada "swarmageddon," don't fret, they'll be gone in a few weeks. But if you are interested in the phenomenon, now is the best time to observe the rising of the cicadas, because the next time they'll be out is in 2030.

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Our mission is to be the voice of Harrison High School by professionally representing and informing our school with an accurate and entertaining newspaper.

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Tips for Finals Success

Sarah Camillone

Staff Writer

By the time finals come around, everyone begins to feel the stress and strain of these tests. The easiest thing to do is to get caught up in all the anxiety and freak out about everything that has to be done. But, by understanding the nature of stress, students can change their mindset and minimize strain during exam week. *Psychology Today* gives several useful tips about how understanding the psychology behind stress can help to minimize it:

1) **Take care of your body.** Before and during exam week, many students sleep less, thinking that it will give them more time to study and complete assignments. Also, eating patterns change during this week. Not taking care of your physical needs during finals can only negatively impact performance. Healthy eating, exercise, and adequate sleep are especially critical during periods of testing. Depriving your body of these necessities will not be beneficial.

For improved final performance, basic health necessities become very important to keep up with.

2) **Keep things in perspective.** During exam week, it becomes incredibly easy to forget about the rest of our lives and the world, and think that these tests are extremely important. They are important, no doubt, but they should not be blown out of proportion. By blowing finals out of proportion, stress is increased, students panic, and they will probably be very nervous and anxious for the test, and too much anxiety only harms performance. Grades aren't the only important thing, your life does not depend on your GPA, and it's as simple as that. Many students get caught up in the pursuit of perfection, always wanting to score very high for colleges, and so on. That is a good intention, and it's good to want success, but blowing tests out of proportion changes your mindset and adds stress.

"I'm not very good at

studying because I don't know what to study, and it gets very overwhelming near finals," said sophomore Cassidy Donohue. "I try not to freak out about tests, and that definitely helps me."

3) **Monitor your mindset.** Having so many responsibilities can cause overwhelm and panic, but maintaining control of a healthy mindset can help. According to *Psychology Today*, sometimes we just need to see that we're allowing ourselves to get carried away, and we can do something about it. To get into a less frantic mindset we can practice shutting off the out-of-control panic and examine the reality of the situation: 'My work will get done, it will be over soon, and then there will be time for relaxation and celebration.' Stress causes panic, and if a student panics while taking a test, that won't help them. By handling your stress, you won't panic as much, and feel much better going into exams. Stress expert Andrew Bernstein gives helpful

advice: "Remember that stress doesn't come from what's going on in your life. It comes from your thoughts about what's going on in your life."

"Finals tend to stress me out," said sophomore Gamou Ngom, "but then I realize there are things that are more important than a few tests. I'd rather stay positive about finals than worry about them all the time."

The key to not being extremely stressed is taking a step back, and relaxing. You can't let stress take over every aspect of your life, which is not helpful at all. Don't constantly focus on the negative; always try to look at the positive so as not to blow the negative out of proportion. Take care of yourself, keep things in perspective, and monitor your mindset. By following these steps, you can control your stress, which can only improve final performance.

Proposal Would Raise Purchase Age for Cigarettes

Callie Fried

Staff Writer

According to NYCSmoke-free.org, In New York City alone, 18,000 high school students currently smoke cigarettes, one third of who likely will die prematurely as a direct result of smoking.

On Monday, April 22, New York City officials unveiled a proposal raise the age to purchase cigarettes from 18 to 21. This is a measure that would give New York the strictest limits of any major city in America. It would also be the most populous place to set the minimum age that high.

The proposal would make the legal age for purchasing cigarettes the same age as that required for purchasing liquor. If you hold hopes of purchasing cigarettes before you get out of high school, think again.

However, similar to the liquor law, the proposal would not prohibit citizens under the age of 21 from possessing or even smoking cigarettes.

This is a small part of the larger campaign to suppress smoking, which began when Mayor Michael R. Bloomberg took office. At first, there were bans on smoking in restaurants and bars, but recently such bans have expanded to parks, beaches, plazas and many other public spaces.

According to information in an article in The New York Times, this latest proposal was announced by Dr. Thomas A. Farley, the city's health commissioner, and Christine C. Quinn, the city council speaker and a currently popular mayoral candidate. It puts New York City right into the center of the debate over the rights and responsibilities of the younger population, and it has drawn much contention.

At the age of 18, New Yorkers are old enough to fight in major wars, to drive, and to vote. But by passing the smok-

ing restriction, it will help prevent them from making the decision to take the risk of smoking. Once that habit is started, it is not easy to stop.

Both Ms. Quinn and Dr. Farley stand by the proposal, stating that people typically make the switch from experimental smoking to regular smoking around age 20, and that by making cigarettes more difficult to obtain at that young age, the city would help make it less likely that people would become lifelong addicts.

By making this change now, it can result in long-term effects that improve the health of the New York population.

"Extending a decade of moves to crack down on smoking in the nation's largest city, the measure aims to stop young people from developing a habit that remains the leading preventable cause of death" said Quinn,

as she further explained the plan.

According to officials, around 80% of the city's smokers started lighting up before they were 21.

No one under the age of 18 can buy tobacco anywhere in the country, according to federal law. Four states and even some localities have raised that age to 19, and at least two communities have agreed to raise it to 21.

"Although the law is set, it probably won't stop minors from getting cigarettes," said freshman Lauren Mehlman. "They need to put more enforcement on the law if they want to see a change."

"It seems like there will be somewhat of an impact on society," noted freshman Alyssa Muto. "If it's more difficult for minors to get cigarettes, they will be less likely to develop some of the severe diseases that most heavy smokers have."

~Husky Day 2013 is a Triumph~

Each year, in a late May ritual, all of the district fifth graders amass at the high school to participate in a day of fun challenges and games, meeting new friends. The Harrison High School Peer Leaders act as facilitators, and assisting the elementary school staff.



Peer leaders eagerly await the arrival of fifth graders on Husky Day.
Courtesy of Lexie Tedesco



Kids participate in Husky Day team-building exercises.
Courtesy of Lexie Tedesco

Scenes from Jazz Night



Senior David Polakoff prepares for a trumpet solo.



The musical triumvirate applauds the wonderful efforts of all.



The Jazz Band hard at work while playing.



Another section of the Jazz Band, awaiting the next song.
Photos courtesy of Mrs. Grace Polakoff

Jazz Band - A Musical Journey

Ray Corona

Sports Editor

As the Harrison Jazz Band played the last note of Glenn Miller's "In the Mood," the group ended what many would consider a "memorable year." With this year being Dr. Pasqua's last go around with the Jazz Band, everyone was motivated to make this year count. While it wasn't always easy, and at times the band faced some challenges, the strong finish by the group only showed how driven they all truly were.

"We came into this year wanting to make it count," says senior saxophonist Brett Moretzky. "Whether we were preparing for a competition or just rehearsing for a concert, we tried to give 100%."

Since early fall of this school year, the Jazz Band practiced weekly to prepare themselves for the Berklee Jazz Festival in Boston. With some of the best Jazz Bands in the country competing, many of the

musicians knew it wouldn't be easy. For its trip to Boston, the band prepared three pieces: "Now's the Time" by Charlie Parker, "Wave" as recorded by the Buddy Rich Band and "Big Mama Cass" by the Buddy Rich Band. Solos would be by senior trumpeter David Polakoff, senior trombonist Nolan Fitzgerald, senior drummer Jason Burger and freshman saxophonist Johnathan Crozier. While the band ultimately finished fourteenth overall, there were many aspects that shined in the group.

"I think our soloists performed well, along with our bass section," says junior Eric Gutierrez. "We saw that there was room for improvement here and there, but I still thought we did well in each piece."

However, the season continued on, with the band preparing for the Jazz Festival at the Sleepy Hollow High School. While the band played the same

pieces, the group continued to practice more to perfect each piece.

The hard work would pay off, as the band placed fourth in that competition. Furthermore, the trombone section was awarded top section for trombones. The section consists of juniors Daniel Maldonado, Brandon Merluccio and senior Nolan Fitzgerald. All three played in harmony, especially during the piece "Wave,"

"It was an honor to win best section for trombone," says Fitzgerald, "As a senior, I really wanted to make the most out of the festival and achieve as much as I could."

After a short break, the band returned to prepare for their final performance: Jazz Night. The band would add a few more pieces, including "Concerto for Cootie" by Duke Ellington, a song requested and led by David Polakoff. With pieces from Ellington

and Glenn Miller, such as "Pennsylvania 6-5000," it would be an impressive playlist for the night.

With alumni, teachers and family in attendance, the Jazz Band, along with the Jazz Singers and Swing Band, performed masterfully.

"It was a wonderful night," says Ms. Peters, who was in attendance that night. "I thought every group was great and I especially loved the songs picked by the Jazz Band."

As the night ended, so did the year for Jazz Band. With the upcoming loss of key seniors and of course Dr. Pasqua, next year's group will look towards Mr. Briem for leadership, and their remaining players to carry on the legacy left behind. While it may be tough, and the band may once again face some obstacles, whenever there is music on the Jazz Band's mind, anything is possible.

Jazz Band Competes at Berklee Jazz Fest

Sarah Camillone

Staff Writer

On March 2, 2013, The Harrison High School Jazz Band attended the forty-fourth Annual Berklee Jazz Festival. They competed against 200 different ensembles, performing in front of the Berklee College of Music faculty panel, and also listened to many other high school groups.

"This was my twenty-second Berklee jazz festival with the HHS band, and it lived up to all the expectations of our prior experiences," said band director Dr. Pasqua. "To be in a festival with 3,000 high school musicians, all passionate about what they do, all caring for how good they sound, and all representing their school districts and communities in the most exuberant manner."

Trombonist Brandon Merluccio was named Superior Musician for Large Ensemble Division Three, and trombonist Nolan



Jazz Band members have a fun time in Quincy Marketplace.

Fitzgerald earned the "Berklee College Judges award" for Best Soloist in a set.

"I had a very good experience at Berklee," said sophomore flutist Catherine Rocchi. "It was a lot of fun and I wished it was longer. The band played really well, and the soloists were fantastic."

The jazz band performed three songs: Charlie Parker's

classic "Now's The Time", with solo performances by David Polakoff on trumpet, Nolan Fitzgerald on trombone, Conor McGillicuddy on guitar, and Jonathan Crozier on Baritone Saxophone. The second song performed was "Wave" by Carlos Jobim, and featured solo performances by Nolan Fitzgerald on Bass trombone, the "new" flute section of Catherine Roc-

chi, Sakura Tatiewa, Jungsuh Kim, and Himeno Yamada, the trombone section with Brandon Merluccio, Fitzgerald, and Daniel Maldonado and a cameo trumpet solo from Kent Takada. The final song is entitled "Mama Cass" from Buddy Rich, featuring the rhythm section of Jason Burger on drums, Francesco Ubeda and Conor McGillicuddy on guitar and Jackie Dalfanzo on bass.

The trip was summed up very well by Dr. Pasqua,

"The Berklee Jazz festival has always brought out the best in our young musicians, and this was no exception. Our students played well, attended performances that inspired them, and within a few days we were already talking about our next festival, the Tarrytown Music Festival in April."

Photo courtesy of Sarah Camillone

The following is a list of colleges and universities that some of our Harrison High School seniors will be attending:

Last Name	First Name	College of Matriculation	Last Name	First Name	College of Matriculation
AIDoori	Bilal	SUNY Cortland	Lovinger	Thomas	Vanderbilt University
Alfieri	Tim	University of Maryland	Maida	Joseph	University of Connecticut
Antolino	Frank	Fordham University	Maldonado	Steven	Adelphi University
Araoz	Kaylee	Bentley University	Manley	Olivia	Marist College
Araujo	Amanda	SUNY Purchase	Marino	Joey	University of Maryland
Arce	Sara	John Jay College	Marques	Nicholas	Roger Williams University
Avery	Kyle	Westchester Community College	McKinsey	Laura	SUNY Purchase
Barnwell	Will	University of Vermont	McCarthy	Jack	Miami University of Ohio
Berman	Sarah	Cai Poly San Luis Obispo	McManus	Julia	Fairfield University
Bilotta	Grace	Adelphi University	Medori	Robert	Palm Beach State
Blum	Jennifer	Lehigh University	Mehra	Rajan	Duke University
Bogart	Jake	University of Michigan	Menache	Michael	Sacred Heart University
Bolanos	Tania A.	New York University	Menchel	Gavin	Lehigh University
Braccioldieta	Michelle	Westchester Community College	Mendelsohn	Peri	University of Michigan
Bratberg	Jessica	Keene State College	Menniti	Ali	Iona College
Broderick	Timothy	Rider University	Miculcy	Elvira	Le Moyne College
Burger	Jason	Cornell University	Mirakaj	Amanda	University of Rhode Island
Cabrera	Dora	Westchester Community College	Montes	Monica	Manhattanville College
Cacchione	Jillian	Binghamton University	Moody	Mariah	Binghamton University
Caird	Imogen	George Washington University	Moran	Erick Oyola	St. Thomas Aquinas College
Carton	Amy	Washington University in St. Louis	Moretzsky	Brett	Boston University
Castillo	Daniela	Binghamton University	Morris	Chris	University of Rhode Island
Chin	Christopher	Long Island University	Moscato	Micaela	Loyola University (Maryland)
Chiarella	Miranda	SUNY Geneseo	Murphy	Nicole	University of Kentucky
Chiarella	Samantha	University of Buffalo	Murphy	Sarah	Clemson University
Clow	Kaitlyn	Marist College	Muto	Nicole	University of New Hampshire
Coloccia	Alexa	Quinnipiac University	Nathanson	Kevin	Cornell University
Coonin	Jake	Brown University	Nesheiwat	Haya	Fordham University
Corona	Raymond	University of Delaware	Nicita	Vincent	SUNY Albany
Cosentino	Chris	Concordia College	Nobitas	Camila	Hunter College
Credendino	Charles	Fordham University	Oggeri	Jessica	SUNY Oneonta
Crozier	Elizabeth	Boston University	Oppedisano	Michelle	Pace University
Cusick	John	Rensselaer Polytechnic Institute	O'Rourke	Andrew	Hofstra University
Della-Rocco	Christina	Quinnipiac University	Park	Alison	Binghamton University
DelliPaoli	Ashley	SUNY Buffalo	Parravani	Nicholas	SUNY Institute of Technology
DeRosa	Jamie	Michigan State University	Patel	Sanam	Boston University
Dobrenis	Dylan	New York University	Pellejero	Sebastian	Wake Forest University
Doshi	Anshul	George Washington University	Pipitone	Nicholas	SUNY Albany
Duah	Yvonne	Carleton University	Pivonka	Brian	United States Marine Corps
Espinosa	Fiorella	Concordia College	Plachi	Bryam	Manhattan College
Evans	Talya	University of Wisconsin-Madison	Polakoff	David	University of Delaware
Fanelli	Kathryn	Manhattanville College	Pollack	Austin	Union College
Faxon	Kate	Colgate University	Pon	Bryan	Johns Hopkins University
Ferreira	Amanda	Dutchess Community College	Purinton	Sara	Hamilton College
Fitzgerald	Nolan	Manhattanville College	Recchia	Bernadette	Westchester Community College
Friedwald	Taylor	Northeastern University	Rian	Katie	SUNY Albany
Fuerst	Allison	Santa Barbara City College	Riehl	Cayla	University of Rhode Island
Gaeta	Caroline	University of Delaware	Rinker	Casey	George Washington University
Galeano-Valencia	Mariana	University of Mississippi	Robinson	Steven A.	SUNY New Paltz
Galvis	Sebastian	Manhattanville College	Rodriguez	Josh	Westchester Community College
Garritano	Kayla	Hofstra University	Rosenstein	Spencer	University of Miami
Geller	Patty-Jane	Georgetown University	Rossi	Michael	Syracuse University
Gevirtz	Theo	Tulane University	Romani	Luciana	SUNY Albany
Gianaris	Nick	Fordham University	Sakanaka	Mikie	University of Pennsylvania
Giordano	Kayla	Westchester Community College	Saenz	Jorge	Westchester Community College
Gisondi	John	Bryant University	San Marco	Anna	University of New Hampshire
Goldstein	Brian	Miami University of Ohio	Santacroce	Michael	Iona College
Gonzalez	Joanna	Manhattan College	Scatenato	Robert	Westchester Community College
Gotte	Kaitlyn	SUNY Cortland	Schettino	Jordyn	Towson University
Guarnero	Samantha	Bentley University	Senande	Laura	SUNY Stony Brook
Gunderson	Erika	The University of Scranton	Sgro	Breanna	Pace University
Gutstein	Ryan	Syracuse University	Simoy	Aedjet	Pace University
Guzman	Josh	Binghamton University	Singer	Melanie	Dickinson College
Haider	Bilal	SUNY Stony Brook	Sohanchyk	Gregory	Yale University
Hart	Tyler	University of Richmond	Solera	Luis	Binghamton University
Hochman	Hannah	Colgate University	Takada	Serena	Cornell University
Hurley	Danny	High Point University	Talibon	Kaitlyn	Lehigh University
Hymowitz	Olivia	Syracuse University	Tassone	Sarina	University of New Hampshire
Inkyo	Ryo	Cornell University	Thongkhamyoo	Pornin	Brooklyn College
Irvine	Stephanie	University of Alabama	Thongkhamyoo	Pornprom	SUNY Stony Brook
Jimenez	Jordan	New York Institute of Technology	Tobin	Grace	University of Colorado Boulder
Jacobowitz	Lauren	Cornell University	Toohy	Shannon	Quinnipiac University
Jacobson	Steven	Duke University	Ullerrick	Devin J.	Bates College
Johansen	Erik	Lesley University	Vallarelli	Sarah	University of Maryland
Kalichman	Rachel	Binghamton University	Vayo	Ethan	University of the Arts
Kim	Jungshuh	Fordham University	Volpe	Jessica	Rogers Williams University
Kohutnicki	Adam	Middlebury College	Waldman	Robert	The Ohio State University
Kronthal	Hayley	UCLA	Warren	Unique	Sage College of Albany
Leake	Michael	Santa Clara University	Wasilesky	Trey	SUNY Stony Brook
LePino	Allison	Iona College	Wissak	Grant	Wake Forest University
Lepre	Daniella	Fordham University	Wolf	Alexa	Merrimack College
Lerner	Jake	Emory University	Wolf	Kelsi	College of Mount St. Vincent
Loguidice	Michelle	Franklin and Marshall College	Zaia	Taylor	Johnson and Wales University
LoMedico	Sandro	Iona College	Zuckman	Isabella	Quinnipiac University
				Jake	University of Michigan

The Art of the Well-Penned College Essay

The following are snippets taken from various college essays submitted by this year's senior class. They are shared to show the wide variety of possibilities inherent in the college essay: it's the greatest opportunity to show admissions officers your real personality – who you are, what you're about, where you've been, what you've learned. Enjoy these excerpts from what has proven to be a very successful senior class:

From Adam Kohutnicki's Essay:

Don't break your neck. The thought kept repeating midway through my first back-flip on a mogul course, ten feet up in the air, while battling the freezing mountain air. Simply put, I was terrified. Nonetheless, I tried not to panic and kept my body straight. All my muscles, toes to head, tightened. My face was a canvas of terror, eyes wide open and jaws clenching my mouth guard. I was flipping around. My back was parallel to the landing below—the point of no return.

This moment was six months in the making. For two weeks, I was at a water ramps facility, learning how to flip. Even jumping into the water made me nervous. Standing on the ramp, looking down at the



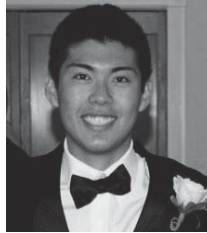
Adam Kohutnicki

jump, my foot was tapping and my thighs were shaking. By the end of training camp, all these symptoms miraculously disappeared. My coaches gave me the nod; it was time to bring it to snow. I was ready, I thought.

When D-day arrived, my anxieties came rushing back. But the landing was clear, and a moment of clarity emerged, as it had six months before above the water. Even though my brain was screaming the devastating consequences of a failed flip, my nervous tics disappeared. My breathing reverted to a nice, slow pace. I was focused, staring at the jump ahead. A spectral image of me appeared, flying off the jump, landing a smooth and perfect back-flip. It was my time to go. My fear hadn't entirely dissipated, but was masked by an adrenaline rush. I darted into the

mogul lane and sped into the jump.

Mid-air, fear's fight-or-flight response activates my sympathetic nervous system. Norepinephrine and epinephrine surge through my veins, increasing my blood pressure and blood flow to my muscles. My interest in medicine helps me understand this, but it doesn't relax my nerves; through dedicated training, I manage risks into something less daunting.



Ryo Inkyo.

From Joey Marino's Essay:

I often experience the intense image of a place imagined. It is like a three-dimensional perception of all of the space in a region, from which I derive knowledge about the buildings and forms defining that space. These worlds I imagine in vivid detail, and their size and purpose of existence varies. When these come, I attempt to create a record of these splendid places.

Over time, I have sought more appropriate methods to express these places in their entirety.

When I first began recording these, I drew images of the world as viewed from specific locations, as if from someone's eye in the world, or from some imaginary camera that swooped high above the rooftops. Although others complimented me on my work, these drawings were extremely limiting. While they were effective to express the intricacy of the buildings, these drawings failed to allow expression of the whole imagined world.

As an avid storyteller and thinker, I am inherently interested in what lay beyond that hill in the distance. I am interested in where the road goes when it disappears over the hilltop, and what other settlements to which the primary settlement in the picture is connected via the road.

Years later, looking back at some of the images drawn, I remember the relation of the buildings to the others in their community, and to the town's environs. Others who looked at these images merely saw a beautiful picture. It was anyone's guess what lay beyond that distant hill. But I knew what lay beyond the paper's edge.

From Ryo Inkyo's Essay:

A crowd of 45,000 filled the stadium, jubilant faces lit up with excitement. Thunderous claps deafened the arena as determined athletes raced. In an event second only to the Olympics and World Championships, the sheer number attending was overwhelming. Cheers and chants seemed to be never-ending.

I didn't hear any of it.

As I waited anxiously on the rubber track, a track stepped on by millions of shoes and countless track legends, I could only think about my teammate quickly approaching, ready to pass the red-and-blue baton. My body-weight shifted; my legs were tensed and ready to explode. He entered the exchange zone and I took off, hearing the "Stick!" command as I jerked my arm back and received the baton.

Trying to relax, I got into my natural running stride, a feeling so familiar it was second nature. Eyeing the competition, I felt the hunger to win. I willed my legs to move faster. I drew close enough to see the beads of sweat roll down the other athlete's neck and the bright flash of his spikes reflecting the sunlight as he desperately attempted to preserve the lead. Confident I would pass him, I allowed myself to breathe, maintaining my speed.

Some say that when something terrible happens, time slows down. That is a lie. Everything becomes a blur. Only afterwards does one actually realize the full extent of what happened. In a blink of an eye, the worst possible thing occurred. Another athlete forcefully elbowed me from behind, making me lose my balance. As I stumbled forward, I felt the baton fly out of my grasp, clattering to the ground as others rushed by.

On this biggest stage of my track career, I had dropped the baton. It's astounding a colored metal rod holds so much importance. A relay team knows it serves as the vital bond between one relay member and the next. The sounds of the stadium flooded me. I felt thousands staring in disbelief, onlookers judging me, my teammates and coach let down.

Amidst this turmoil, I picked up the baton. Even then, I knew if I didn't finish I would never be able to forgive myself.

From Bryan Pon's Essay:

I have never seen someone so exhausted and physically troubled as this man. Everyone could see straight through his hard shell as his limitations gradually ate away at his willpower. He slowly rolled towards the finish line, stopping three steps before the finish line. The man was utterly determined to complete this race and stood up again. Suddenly, the focused audience cheered excitedly. The clapping and shouting of encouragement were deafening. My heart had strangely begun to pound erratically. For the first time in my life, I actually knew what it felt like to have my heart in my throat. He took two sluggish steps, but had the utmost trouble to take that one last step. His leg swung willfully, back and forth. Once. Twice. Three times.



Bryan Pon.

The fourth swing was so desperate and agonizing that you could see his whole life's struggles right in his eyes. He barred his eyes shut in pain, just wanting to complete that final step. His foot barely crossed the finish line, but that fraction of an inch was good enough for him, for me, for everyone who surrounded the track.

The cheering erupted within that one second. My throbbing heartbeat and excited thoughts became drowned in the blare of noise. I had simply done nothing but watched, yet my soul basked in an uncontrollable ecstasy due to the boundary-breaking achievement this man had accomplished. My heart pumped pure adrenaline, a feeling nowhere close to anything that I have ever felt during the 10 years that I have competitively swam. As an individual who is so delved into sports, this man's simple task of completing the race was undoubtedly one of the most impressive athletic achievements I have witnessed. His will to continue moving forward is inspirational and unique. To even attempt to walk again after a devastating accident is simply astounding.

Photos courtesy of Amy Carton

opinions & editorials

Stupid Correlations

Sam Mandell

Staff Writer

Have you ever seen those posts on Facebook that say something along the lines of: "Like in the next 30 seconds and your crush will kiss you tomorrow" or "Share in the next minute or else your mother will die in the next 30 days." To no surprise, people actually like the post or share it, thinking that their actions on Facebook actually have an effect on certain events. People do these things thinking that there is some sort of correlation between the two. Well, here's the big news: there isn't any.

I've seen way too many people share those posts on Facebook, saying, "I don't want to take a chance." What chance are you taking? There is absolutely no correlation between your actions on Facebook and

your mother's life.

Junior Sarah Curtis admits to having taken part in this.

"I've done it once or twice," she said. "Looking back on it, I know that there is no correlation at all. But I don't think people do it because there is a connection. I think people do it just for the fun of it. It's nice to feel that your actions make a difference."

More than anything, this shows the power that Facebook has over people. Facebook has become so big and powerful that people associate two events that have no correlation whatsoever. Not to say that this happens



Courtesy of Brunsen Elementary

only on Facebook, because it doesn't.

This happens in real life all the time, especially at Harrison High School. I see posters all over

the place saying, "Wear red tomorrow to show your support to end bullying." I believe in the cause as much as anyone else, but wearing red has no effect on bullying. Bullies will bully no matter what color anyone is wearing. But people fail to see that in today's society. So when there is one person that doesn't wear red or doesn't like a picture on Facebook, they become ostracized and criticized for not following along. They become

the "bad person."

Junior Ben Aitken agreed that for the most part, this is absurdity.

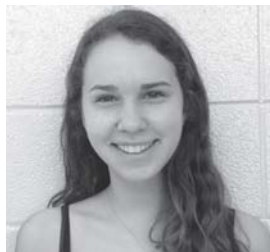
"I think it's ridiculous," he said. "People don't see that there is no correlation between the acts mentioned and the thing that they try to support. If they told me to donate money to scientific research then, I'd do it. That I support. But wearing red to stop bullying is ridiculous. There is no correlation."

Why do people correlate these seemingly unrelated things? I don't know, and I can't tell. Maybe it's to call attention to an issue, or maybe it's because somehow someone actually believes that there is a correlation. Either way, it's not going to stop. People will always associate two things that have no correlation.

What are your plans for the upcoming summer break?



"I'm going to England."
- Freshman Celia Spana



"Going on a family trip to Greece."
- Sophomore Marielle Sheck



"I'll be taking some college tours."
- Junior Teddy Maguire



"I'll be sleeping."
- Senior Will Barnwell

ARTS & entertainment

The Best For Lunch

Rob Sperduto and Sam Mandell
Staff Writers

Most students in Harrison High School have ordered food at least once during their time in school. It's not a secret that the school's food is not always everyone's main choice for lunch. Rather than buying lunch at school, the students have the option to bring lunch, go out (for seniors and juniors), or order for delivery. There are numerous local restaurants from which to order; however, five stand alone. These are the five best, in no particular order:

1. Anthony's Deli

Since 1987, Anthony's Deli has remained a favorite among the Mamaroneck and Harrison communities. With overstuffed sandwiches for a very reasonable price, Anthony's is arguably the favorite of Harrison High School students. Some of their best sandwiches include: The Godfather, Hash Egg N' Cheese, The Chubby Chicken, and The Texan. These are just the favorites among Harrison High School students; however, if you visit the deli itself, there are a vast variety of tasty sandwiches to choose from.

Junior Nicole Ferrara says, "My favorite sandwich from Anthony's is the Patty Melt with lettuce, tomato, and mayo. It tastes really good and is very affordable."

Anthony's Deli is located on 619 Halstead Avenue Mamaroneck, NY and can be reached by phone at (914) 698-4998.

2. Powell's Clam Bar & Catering

On 58 Halstead Avenue, Powell's is a local favorite and a top choice for ordering lunch. Powell's is best known for its seafood but, despite its seafood

name, there are many other dishes that appeal to students. Some of Powell's best choices include: The Morabito Wrap, The Brentwood, The California Wrap, and burgers. Its prices may be a tad high; however, it's still a great alternative to a deli when you're not quite in the mood for a large sandwich.

When asked what he thought of Powell's, junior Matt DosSantos said, "I love Powell's. It has a great menu to choose from and it's convenient that the restaurant is within walking distance."

Powell's Clam Bar & Catering can be reached by phone at (914) 381-4843.

3. Pizza 2000

Although they also serve wraps and sandwiches, Pizza 2000 is also the pizza delivery of choice for Harrison students. For over a decade, Pizza 2000 has been a popular restaurant choice. Some of their pizza variants include: Regular, Buffalo Chicken, Sicilian, and Old-

fashioned. Pizza 2000 has it all, including great pasta dishes as well. Besides great delivery, the restaurant itself boasts a fantastic setting in which to sit down with friends and family for lunch or dinner. Its quick delivery time should definitely be taken into consideration when ordering.

Sophomore Rene Marin says, "I like Pizza 2000 because it's close to home and it's also a very friendly environment. It has great pizza that has represented Harrison for years, and I love it every time I eat it."

Pizza 2000 can be reached by phone at (914) 835-8000 or online at www.pizza2000.net.

4. Casa D'Italia

People who remain loyal to Harrison delis find Casa D'Italia the best around. Like Pizza 2000, the employees are friendly and the atmosphere is very welcoming. With higher quality sandwiches than Anthony's, the price may be higher; however, the meal is completely worth it. Remaining true to its Italian heritage, Casa D'Italia offers many assorted drinks, ice cream, and more that goes beyond what the typical deli offers. Some of the Harrison High School favorites include: The Nonna, The Bambino, and the Husky Special.

Junior Sam Colangelo says, "I love Casa; it's my favorite place in Harrison. They have great sandwiches and the employees are warm and welcoming."

Casa D'Italia is located on



Casa D'Italia. Courtesy of Melanie Singer
265 Halstead Avenue and can be reached by phone at (914) 835-6370.

5. This Little Piggy

This Little Piggy, on 64 Halstead Avenue, is a very popular restaurant with HHS students; it's home to wonderful salads, paninis, wraps, and other sandwiches. These alternative lunch choices are what differentiate Piggy from the rest of the group. For a reasonable price, you can get a healthy and filling meal for lunch that won't make you feel overwhelmed later in the day. Piggy also boasts a variety of salad toppings and even a choice of delicious smoothies.

Junior Meghan Molloy says, "This Little Piggy is delicious. I eat there all the time and I'm a huge fan of everything they have to offer."

This Little Piggy can be reached by phone at (914) 835-1121.

There are many alternative restaurants in the Harrison area to choose from and they all have their own special qualities. However, if you're going to order lunch, these are unquestionably the best spots to take into consideration.



Pizza 2000.
Courtesy of Trip Advisor

Top 10 Summer Movies: 2013 Edition

Rob Sperduto

Entertainment Editor

The first few months of 2013 have been relatively slow when it comes to new movies. As of yet, there hasn't been a film that has made a huge impact, like last years' earlier films, *The Hunger Games*, or *Chronicle*. However, as the school year nears its end, it can only mean one thing: Hollywood's summer season has begun. Judging from the astonishingly long list of movies that start getting pumped out in May, the long stretch that we all endured in the beginning of the year finally seems well worth the wait. Although one's wallet won't be too happy towards the end of the summer, these are the top ten "must-see" films of Summer 2013:

10. *The Hangover: Part III*

The Wolf Pack returns what (we hope) is the conclusion to *The Hangover* trilogy. Back in '09, *The Hangover* became a surprising success and rapidly evolved into a comedy classic. Audiences were introduced to the hilarious Zach Galifianakis, while Bradley Cooper further solidified his status as a terrific



Courtesy of Warner Bros

Hollywood actor. Due to the tremendously disappointing sequel, *The Hangover: Part II*, it seems as if fans have forgotten how truly entertaining the original was. Frankly, Part Three narrowly secures its spot on the list, simply because of the inevitable obligation of fans who have seen

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the first two to finish the series. *The Hangover: Part III* opens in theaters on May 23; let's keep our fingers crossed for a comedy that will save the image of the renowned original.

9. *Pacific Rim*

Pacific Rim, a science fiction film about the fight for humanity against an alien attack, looks to be a rather large film, to say the least. What seems to be loosely influenced by the monster film, *Cloverfield*, *Pacific Rim* looks like it'll take the mon-



Courtesy of Warner Bros

ster-movie genre into a sector where it's never been before. To describe these robots and aliens as enormous would be an understatement and Warner Bros.' abnormally long theatrical poster seems to drive that point home. Directed by Guillermo Del-Toro, *Pacific Rim* has the potential to be an extremely exciting summer blockbuster that could spawn sequels in years to come. *Pacific Rim* will be released on July 12.

8. *The Purge*

Produced by the team who brought us *Paranormal Activity* and last year's horrifying *Sinister*, *The Purge* is set in an America where crime is at an all time low; however, for one day a year, all illegal activity is allowed, without consequences. It features Ethan Hawke as the lead, as we see one particular family trapped inside their house in a game of cat-and-mouse. Although this annual "crime for a day" theory sounds horrible on paper, it makes for an extremely suspenseful and nail-biting premise.

"*Sinister* was one of the scariest movies I've ever seen," said junior Jake Levy. "I hope that *The Purge* will be just as suspenseful."

The Purge opens in theaters on June 7.

7. *Kick-Ass 2*

Little information has been released about *Kick-Ass 2*; however, it's a definite must-see due to the success of its hilarious and risk-taking predecessor. This time around, Jim Carrey and other notable stars join the



Courtesy of Sony Pictures
5. *This Is the End*

Seth Rogen, James Franco, Paul Rudd, Jay Baruchel, Michael Cera, Jonah Hill, and Mindy Kaling are only a fraction of some of our favorite comedians that star as themselves in this apocalypse comedy written by the friendly-duo, Seth Rogen and Evan Goldberg (*Superbad*, *Pineapple Express*). The idea for *This Is the End* spawned from a 2007 short film, also written by Rogen and Goldberg, and has since evolved into something larger. The comedy chronicles the lives of these actors and depicts how they would react if ever an apocalypse ensued. Judging from the clips released on the Internet, it looks like an absolutely hysterical comedy, most notably the scene where Emma Watson robs the main group of the film.

"I never miss a Seth Ro-

heroes" of the original as more and more everyday citizens want in on the crime-fighting business. *Kick-Ass 2* opens later in the summer on August 16; if you haven't seen the first film, it's definitely worth a watch.

6. *The Wolverine*

At this point in the popular "Age of the Superhero," we've all come to know and love Hugh Jackman and his portrayal of the Wolverine. However, we can say quite the opposite for some of the actual X-Men films (like *The Last Stand* or, more importantly, *X-Men Origins: Wolverine*). *The Wolverine* takes our hero to new territory that the series has yet to explore: China. There it pits him against the Silver Samurai. From the looks of the trailers, this has the potential to fix all the wrongs of Wolverine's last origin story and project him into a new spotlight. All in all, *The Wolverine* opens in theaters on July 26 and is a definite must-see for the superhero fan.



Courtesy of Warner Bros

gen movie and I can't believe how many stars are in this one," said junior Zack Rian. "This Is the End looks hilarious."

This Is the End crashes into theaters on June 12.

4. *Man of Steel*

Just like *Wolverine*, the "Man of Steel" himself has not been served the cinematic justice that he's deserved for so many years. Following the disappointing reboot, *Superman Returns*, *Man of Steel* looks to start completely from scratch as Clark Kent's origin story. Direct-



Courtesy of Paramount Pictures

ed by Zack Snyder and produced by Christopher Nolan, *Man of Steel* appears to have taken on a *Dark Knight* approach as a more heartfelt and serious film than its predecessors. *Man of Steel* has the potential to further unravel the DC Universe to the world and hopefully speed up progress for the Justice League of America film that's been trapped in limbo for a countless number of years.

Junior Mitchel Miculcy said, "The *Dark Knight* Trilogy were some of my favorite movies of all time. If Christopher Nolan is playing a role in the development for *Man of Steel*, I'm sure it will be fantastic."

Superman's comeback will fly into theaters on June 14 with high hopes.

3. *World War Z*

Based on the popular novel of the same title, *World War Z* is not your typical zombie flick. Rather

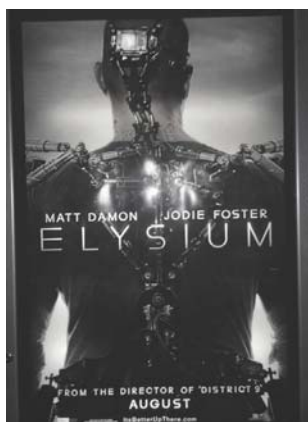


Courtesy of Paramount Pictures

than running fearfully from zombies that move at the pace of a snail, these undead beings were infected with some virus that causes them to truly be in for the kill. Like *Pacific Rim*, *World War Z* aims for large scale and over-the-top production that makes it seem like there won't be a boring moment in the theater. What's also important to note is that the film appears to be more action-driven rather than a gore-fest, which should appeal to the larger audience. Starring Brad Pitt as the protagonist with Matthew Fox and Bryan Cranston in supporting roles, they'll have to face a zombie apocalypse of a scale larger than any other. *World War Z* opens on June 21.

2. *Elysium*

Set in the year 2154, the rich live on a beautiful new world called Elysium. However, the rest of the world is stranded on Earth, a poverty-stricken wasteland. This science fiction drama pits Matt Damon against Jodie Foster, in a film about a man who takes on a dangerous mission to travel to Elysium in order to bring equality between these two worlds. Written and directed by Niell Blomkamp (*District 9*), *Elysium* looks to be the smartest, most thought-provoking and



Courtesy of Tristar Pictures

entertaining film of the summer. The film also appears to have impressive effects and film techniques as seen by the robot shoot-outs and more in the trailer.

1. *Star Trek: Into Darkness*

Back in 2009, J.J. Abrams rebooted one of the most famous of all science fiction television shows, *Star Trek*. It's widely debated to this day whether Abrams struck the balance perfectly for the mainstream moviegoer while also appealing to the die-hard Trekkie. Some love that he created an alternate universe that allowed for the familiar characters to embark on new adventures, while others resent it. However, this reviewer found Abrams' *Star Trek* to be the perfect example of how to reboot a dying series. *Into Darkness* looks to be even more exciting than its predecessor; the special effects look to be more stunning and the adventure appears to be all there. What makes *Into Darkness* one of the most anticipating summer films is the antagonist, Benedict Cumberbatch, along with his introduction and debut to American audiences. Cumberbatch is a remarkable British actor on the BBC's modern era television show, *Sherlock*, and has starred in some more low-key films. He looks to be the highlight of *Into Darkness*, and hopefully this role will help skyrocket Cumberbatch's American career in cinema.

Junior Brandon Rodriguez said, "I can't go a day without hearing news about J.J. Abrams; I feel like he never stops working. *Star Trek '09* was awesome, I can't wait for *Into Darkness*, and I'm even more excited for Abrams to direct *Star Wars*."

Star Trek: Into Darkness soars into theaters May 17, an exciting action film balanced with smart storytelling.

Iron Man 3 Rules!

Jamie DeRosa

Staff Writer

The summer movie season has officially kicked off with the release of *Iron Man 3*. While technically the sequel to *Iron Man 2*, the film is more of a spiritual successor to last year's *Avengers*. The film picks off almost right after the *Avengers* with main character Tony Stark struggling to recover after the events that took place in New York at the end of *Avengers*, and focuses on the fan favorite villain, the Mandarin.

One thing was clear when the end credits rolled, that *Iron Man 3* is the most "comic-book" like film of the *Iron Man* releases. Fans of the comics will probably immerse themselves in the world of the film. Yet it loses some of the realism found in past superhero films. If you liked the first *Iron Man*, and even the something of a mess that was the sequel, you're going to thoroughly enjoy 3. It's got Robert Downey Jr.'s signature performance pulled off with his same level of confidence. There is a solid use of comedy to relieve much of the tension, along with some insanely good special effects. This being an action/adventure film, it presents some of the best action scenes in any superhero film yet.

Everything in this film is solid; however, it's not completely perfect. As mentioned before, some of the film plays more like a comic book and less like a movie, so some of these scenes come off a bit silly.

While these sound like pretty major complaints, it's hard not to leave the movie with a smile on your face. The last 25 minutes are so insanely epic that you forget about any flaws you might have noticed.

"I loved it," said junior Daniel Son. "It's everything I wanted it to be. I couldn't ask for more."

The film's definitely entertaining and is far superior to *Iron Man 2*. It might not be better than the first *Iron Man*, (arguably the best superhero movie ever) but it still manages to impress and be another solid entry in Marvel's already impressive film canon.

Straight Talk on Keritan

Sarah Mazza

Staff Writer

Girls who have curly hair always say that they want straight and less frizzy hair. The solution is here, the Keritan hair care treatment. Keritan hair straightening treatments eliminate frizz, straighten the hair and last about three months. They cost about \$150–\$600, depending on the hair length. These treatments aim to straighten curls and waves and to reduce frizz. The treatments do not promise completely straight hair, although if performed correctly through multiple treatments over time, they can reduce between 50-80 % of the curl, depending on the original hair type.

There have been tons of news and media releases about Keritan treatments being hazardous for people (especially children), but there are pros and cons to doing this hair procedure.

Some of the top benefits of Keratin hair-straightening treatments include reducing frizz while strengthening the hair, making it shiny and silkier at the same time. This treatment also reduces the need for girls to use styling tools, which require heat. These tools damage hair if used too often. Repairing split ends and making hair more manageable for the person doing the hair is another pro to doing this procedure. The Keritan treatment can also be performed on men and women, any types of hair, and at any age. Another positive is that the more times that a person performs this procedure, the straighter and less curly and frizzy the hair type will get. This procedure had helped so many with maintaining their hair care.

"I love my Keritan treat-

ments," said sophomore Emily Giorgi. "I can't even remember what my hair looked like before I had the Keritan."

"I have the Keritan treatment done to my hair almost every three months," said junior Paige Brabant. "My hair used to be really curly and now I can just shower without blow-drying my hair and it's just great!"

"Keritan treatments have changed the way that my hair looks and feels on a normal basis," said Evann Specht.

There are definitely some cons to doing this procedure as well. For one, it can get very expensive. Depending on hair length, type, amount of product needed, and amount of time needed to actually do it, a treatment can cost close to \$300. Also, after the procedure has taken place, you must wait 96

hours to do anything with your hair. You can't wear it in a ponytail, can't tuck it behind your ears, and can't wash it. Obtaining this hair procedure requires new shampoo and conditioners, because other shampoos have the ingredient sodium chloride in it, which washes out the Keritan quicker than with the Keritan shampoo.

Some say that Keritan treatments have a carcinogen known as formaldehyde. This is only one theory, and it has been deemed untrue by several scientists. Almost every hair salon still does these procedures today and will continue to do them because they have found no harm in doing them.

If you want this hair procedure done to your hair, just call your hair salon today.

Fro-Yo Offers Great Dessert Mojo!

Ariel Coonin

News Editor

It's official: frozen yogurt is the new ice cream. Frozen yogurt (or fro-yo as it is commonly referred to) is the new craze in frozen treats. It's low calorie and can be styled to fit any taste. With the large range of flavors and toppings, fro-yo is truly the most chic dessert out there.

Frozen yogurt stores have been popping up all over the place! There are a variety of different kinds of stores – some self-serve and others not. It's a personal preference on which places you'd rather spend your money. The best thing to do is to try out all different places and see which one fits best for your needs (be careful, fro-yo can become like an addiction).

"I have tried every type of

frozen yogurt from Cherry Tree to Pinkberry and I've become addicted to it," says sophomore Rebecca Oestreicher. "I love going out and getting it with friends. I like it even better than ice cream."

One of the best parts of frozen yogurt is its diversity. It can be kept simple and low calorie or, if you're not exactly health conscious, it can be covered in toppings of all sorts. Stores like Pinkberry advertise how healthy they can be, giving lighter flavors and more healthy topping options like fruit and nuts (although they still have some pretty decadent options as well). However if you really want to live on the wild side, it'd be in your best interest to head to stores like Red Mango and Cherry Tree. They're self-serve and offer a variety of flavors ranging from plain vanilla to peanut butter or red velvet. They also offer basically every



Courtesy of Red Mango

topping imaginable – from the basic nuts and fruit to chocolate sauce and sour gummy worms.

"The best part about frozen yogurt is that it can be healthy," says sophomore Julia Soltz. "That way it doesn't feel as bad as eating something super-fattening."

It seems that this new fro-yo craze is a chance for people to express themselves using food. We can all agree that we've seen plenty of pictures of frozen yogurt in different flavors

covered in toppings of all kinds crowding our Twitter, Facebook, and Instagram feeds – come on, you know we're all guilty of posting a picture of it at some point! No one can deny that in addition to the great flavors of fro-yo, it's also quite visually appealing.

With its great looks and great taste, it is the perfect snack to cool down with this spring and upcoming summer. Don't hesitate to step away from your typical ice cream shop. Frozen yogurt is an exciting trend that'll give you a new outlook on frozen desserts. If you haven't tried it yet, you're certainly missing out. All you have to do is look around – it's easy to find a place to try – fro-yo places are everywhere!

**The Husky Herald
wishes everyone
a happy and
healthy
summer break.**



CHERRYTREE
FROZEN YOGURT

Courtesy of Cherrytree

Sony Raises Interest in Upcoming PS4

Jamie DeRosa

Staff Writer

After an overly long cycle of about seven years, the new generation of video game systems is finally upon us as Sony has finally announced the Playstation 4. During a press conference held in New York, Sony unveiled the new console by talking about what they hope to achieve in the future with the new tech, as well as presenting a few high caliber games from first party developers.

When the Playstation 3 first came out in 2006, it cost an absurd amount (near \$600), something that negatively affected the console at launch. The first thing many people noticed after the show was that Sony did not mention the new game system's price. There was not even a hint as to what price point it might be around, which has led to many speculations. The two biggest theories are that Sony simply doesn't have a set price yet, or that the price is too high and that they're afraid to tell people.

"I can already tell you that if it's over \$600 again I'm not getting it," says Matt Bruzzano.

Either way, it's undeniable that what they showed off was very impressive. The show started with some tech demos, showing off what's under the hood of the system, as well as some of the new innovative features the system offers. One new feature Sony is banking on is the incorporation of Gaikai, a streaming service the PS4 will put a big focus on with the use of the PS Vita. Basically, the main goal of the PS4 is that you will be able to stream any PS4 game to the Vita and play them on the go. This has been a big challenge to overcome, but it is one that will most definitely please many gamers if it works properly. The real excitement of the show began when Sony started premiering first party games for the system.

The first one revealed, and the one that is without a doubt the graphical powerhouse of the

show, was the newest entry in the Killzone franchise, "Killzone: ShadowFall." The graphics for this one were nothing short of insane and it was a great choice for the first reveal of the show.

"When I first saw the gameplay, I was blown away," said junior John Vize. "It looks so good." Other notable entries were a new entry in Sucker Punch's "Infamous" series as well as a new IP from Evolution Studios entitled "DriveClub," an ambitious social racing game that "couldn't be done due to its networking technology until the likes of the PS4," according to Matt Southern, the head of the studio. Publishers such as Ubisoft showed up to talk about how much they're going to support the system and how some of their biggest games coming out like the fantastic looking "Watch Dogs" will have exclusive content for the PS4.

All of this combined for a great show by Sony. It was a little long, stretching over two hours,

but they revealed a lot more about the console than anyone expected. They even managed to give a release window of holiday 2013. While there were some oddities, like not showing what the console looked like itself or revealing the price point, they managed to impress and show a nice glimpse as to what the future of gaming looks like. There were some cool ideas, like having every game available for digital download on Day One, or having the PS store changes depending on the type of content you download to support your needs. As of now it's unclear what Microsoft is going to do with its next console, which is undoubtedly going to come out this year as well. However, it is now clear that any game system will have to impress right out of the gate in order to match up to the excitement that Sony has created here for the eagerly awaited Playstation 4.

Singing in the Shower: Why do we do it?

Sarah Camillone

Staff Writer

Why do people sing in the shower? It is true that more people sing in the shower rather than in public. Is it the privacy? Do people actually sound better in the shower, or is that just a myth?

An online blog post by AJ Heil justifies the act of singing in the shower in a simple summary: "People feel more relaxed and comfortable to express themselves through singing, and the bathroom/shower provides an, overall, acoustically pleasing environment."

"People sing in the shower because their voices sound cool," said senior Yvonne Duah. "It's relaxing and relieves stress."

The hard wall surfaces in bathroom, like wood panel or

tile, create for great acoustics for singing in the bathroom. Wikipedia explains that the small dimensions and hard surfaces in a typical bathroom produce various kinds of echoes, reverberation, and standing waves, creating a richness and fullness to the voice.

"Steam opens up your vocal chords, which makes your voice sound better," said junior Alex Dossantos. "Plus, the fact that you're taking a nice hot shower makes singing even better."

"I love singing in the shower because the echoes make me sound good," said junior Emma Camillone. "I also sing everywhere, so it's only natural that I sing in the shower."

Still, why do people

choose to sing? Some of the responses found on yahooanswers.com explain why people sing in the shower. One says, "I sing because it helps me to forget what is sad and give me hope to see positive things in my life."

Another person replied saying, "I sing because music is the truest way to express yourself. I sing because it is the universal language. I sing because I love it and it makes me love the world and love myself. I sing because it is beautiful and simple, and you need no instrument, you need no one, it's just you and the music."

"Singing in the shower makes me feel good because it lets me release my emotions," said sophomore Samantha Carpio. "Singing also makes me

feel better when I'm down."




There is more about singing in the shower than just the great acoustics. According to the youtube video, 'The Scientific Power of Music', music stimulates the release of a neurotransmitter in the brain, called dopamine, a chemical responsible for making you "feel good", causing a feeling of pleasure or satisfaction. This chemical is also released through drugs, preventing the removal of dopamine, causing continual stimulation of your neurons, causing pleasure. The emotional reaction to music causes the release of the feel-good dopamine. So, music chemically alters our body and makes us feel great.



The Village Dog

First up on our menu was The Village Dog. Opening its doors just a few years back in 2012, The Village Dog was created by two brothers who shared a passion for taking the classics and shedding a new light on the more gourmet side of things. The menu included 11 specialty dogs, each themed around certain cultures and flavor profiles. Whether you like it French or Greek, sweet or savory, The Village Dog has a hot dog for you. Feeling unsure of what to order, we asked what the more popular item might be; in response, we were told we "had to get The Hassan." This delicacy is a lamb sausage enveloped within the house special artisan bun, topped with Tzatziki and Harissa, The Hassan was packing a serious Middle Eastern/Mediterranean flavor profile. The spicy lamb sausage was countered in melody with the creamy and cooling effects of the Tzatziki while the Harissa finished it off nicely with some lasting heat. We also ordered the "Good Mornin," a glutinous bacon-wrapped pork link topped with a fried egg (yes, the yolk was perfectly runny) and drizzled with homemade ketchup that boasted organic ingredients and a smoky aftertaste. Half breakfast, half lunch, fully delicious, the "Good Mornin" certainly is enough to fill up anyone's appetite. Of course, no hotdog meal would be complete without a side of fries (cut and fried to order) and some

locally brewed root beer. As a meal, one hot dog, fries, and a soft drink is more than enough. What sets The Village Dog apart is its attention to detail. Each hot dog is made with a perfectly tough casing and charred before served, giving it the nice "pop" that all good sausages have. The artisan rolls are sourced locally and make the hot dog feel more like a sandwich than a half-time snack. Meanwhile, the toppings are all made on scene and worked intimately with one another to provide a full combination of flavors and textures without overcrowding your taste buds. Downsides? There is no air conditioning so, on a sweltering summer day, you may want to look elsewhere. Also, if paying more than six or seven dollars for a hot dog isn't exactly your thing, this is likely not the place for you. However, If you're looking to try something new that might redefine your present idea of a hot dog, this is a must visit.

Taste: 
 Ambiance: 
 Value: 




(fairly steep but you get what you pay for!)

In "The Sweet Life of Ben and Coby," food-loving juniors Ben Adler and Coby Lefkowitz invite you to join them as they sample the best fare the tri-state area has to offer! It's official; a hot dog frenzy has taken over the river towns of the Hudson Valley. These hot dogs aren't exactly your everyday baseball stadium snack, but delicately balanced meals in the form of a sausage link on a bun. In this edition of The Sweet Life, Ben and Coby venture to Tarrytown, where two such gourmet hot dog joints have opened shop just a few hundred feet apart. The Village Dog and Lubins-N-Links have been competing for the hot dog one-up in Tarrytown for the past few years, each bringing to the table a slightly different take on the barbecue classic.

Lubins-N-Links

After the gourmet tasting of hot dogs that we enjoyed from The Village Dog, we made the long trek down five shops away to Lubins-N-Links. Immediately when we walked in, we were smacked in the face with originality, uniqueness and something we knew we hadn't seen before (and trust us, we've been to a few hot dog joints in our day). Almost awestruck by the sheer size of the menu, we stood shoulder to shoulder in this 4-by-6 foot foyer in front of the counter. With over 50 dogs available to try at Lubin's, our eyes almost shed a tear, while our mouths watered to no end. These 50 dog combinations are excluding the seemingly infinite amount of possibilities that can be made here with the wide range of toppings. Toppings go from fig relish to Russian dressing and everything in between, so we had our work cut out for us. Baffled into inaction by the enormity of the choices, we did what any customer would do: we consulted the master chef. She advised us to go with The Junkyard Dog (#16 on the menu, filled with Chili, Cheese Sauce, Crumbled Bacon, Jalapenos, and Chopped Onions) and a special for the day- a Mrs. Figgy. This latter choice came with Fig relish, sweet onions, and some ketchup. What surprised us even more than the great taste and eclectic atmosphere of the spot was the price. For only ten dollars we walked away with two of the most creative dogs you're

likely to find anywhere, along with sodas, and Capri-Sun(for our childish side). Compare that to just five stores down, where one of our frankfurter choices cost us 10 dollars by itself! This certainly was the great contrast in the tale of two dogs, but there were others. As opposed to the indoor seating at The Village Dog, Lubins-N-Links' picnic-style dining around back provided an oasis of sorts from the harsh May sun. With New York City-esque Hot Dog umbrellas protecting our food and us, we were able to chow down in the comfort of shade. Another contrast we noted was the type of people who ran these hot dog eateries. At The Village Dog, the brothers seemed fresh out of culinary school, trying new things for people with diverse palates and fat wallets. Meanwhile at Lubins-N-Links, a Mom-N-Pop feel arose and we felt like the crazy children of two parents cooking up any zany creation we could think of! It's hard to value one place over the other, so let your taste buds do the talking. Will modern, elegant cuisine hold your love, or perhaps old school, down home deliciousness might take first prize. Whichever option you choose, you will always be the winner!

Taste: 
 Ambiance: 
 Value: 

90-Second Interviews



"90 Second Interviews" is a feature where we sit down with two teachers and see how many random questions they can answer in just ninety seconds. This issue we offer up a special "doctors of retirement" challenge with Principal Dr. Ruck and Music Department teacher Dr. Pasqua.

Ruck



Favorite HHS memory? Dan Rinaldi walking across the stage at graduation
First job? Carvel
What will you miss most about HHS? Interaction with kids
Alma Matter? Gettysburg
Dream vacation? Hawaii
Celeb crush? Shania Twain
Harry Potter or Hunger Games? Harry Potter
What house would you be in? Hufflepuff
Role model? Dad
If you could dine with anyone who would it be? President Lincoln
Favorite song? "I think I love you" by The Partridge Family
Hometown? Northport
Jets or Giants? Giants
Siblings? Tom
Children? Cami and Kim
Favorite high school memory? Senior banquet- good times!
What will you do the first day of retirement? Sleep late
Motto? Taking care of business
Guilty pleasure? Vanilla ice cream
Favorite book? *Catcher in the Rye*
If you could live during any time period, which would it be? The '50s
Summer plans? Montauk with my family
Favorite movie? *Argo*/ *Parental Guidance*
Worst part about school? It never ends!
Favorite graduating class? 2013
Advice? (Pertaining to his daughters in high school) Remember, guilty until proven innocent!

Pasqua



Favorite HHS memory? First band adjudication and Pearl Harbor/Hawaii trip
First job? Caddy at Wee Burn in Darien
What will you miss most about HHS? Everything
Alma Matter? Boston Conservancy of Music, Fairfield and Columbia
Dream vacation? The Amalfi coast, chartering a yacht
Celeb crush? None
Harry Potter or Hunger Games? Harry Potter
What house would you be in? Gryffindor
Role model? High school band director, college saxophone teacher, post college mentor
Favorite song? "Sunshine of your Love" by Cream
Hometown? Stamford, CT
Jets or Giants? Giants!!!
Siblings? Daniel (Dan) and Elizabeth (Betty)
Children? Rosemarie, Michele, Elisa
Favorite high school memory? Going to a jazz "jam session" with my HS teacher and playing in a big band with Vinnie Dean and "Toots" Thielmann
What will you do the first day of retirement? Go to Vermont or the Jersey Shore and fish!
Motto? Anything is possible
Guilty pleasure? Blackjack at the casinos
Favorite book? *Illustrimi* by Albino Luciani
Summer plans? Get reacquainted with being a professional musician, gardening, fly fishing in Vermont
Favorite movie? *All of Me* with Lily Tomlin and Steve Martin
Worst part about school? Conformity, bells, rigid scheduling
Advice? If anyone asks you if you can do something, say yes, then go out and learn how to do it!

SPORTS

Summer is the prime time for your Sports *Bucket List*

Ray Corona

Sports Editor

With school almost over, students will finally have the free time to focus on what summer is really about: sports. No matter what sport is, there are plenty of sporting attractions to visit this summer. If you're not sure where to begin or what to visit, this "Bucket List" should provide some great ideas.

Baseball and Basketball Halls of Fame

For those who aren't willing to make the trip to Canton, Ohio, to visit the Football Hall of Fame, you can always check out the Baseball and Basketball Halls of Fame. While the drive upstate is a little long, Cooperstown (Baseball's Hall) is an attraction baseball fans must see. Fans looking to examine the history of baseball, from its early roots to the players of today, should check out all that Cooperstown has to offer. While any time would be a great time to visit, going during the Hall of Fame Weekend (July 26-29), gives you the opportunity to meet some of the current inductees, as well as a chance to get a few autographs from current Hall-of-Famers.

However, those looking to relive the history of the Showtime Lakers or Michael Jordan should take the trip to Springfield, Massachusetts, to visit the Naismith Memorial. There is plenty to check out, from the sporting memorabilia of past legends to

the Hall of Fame wall.

Overall, both Halls of Fame are great venues to check out, especially if you're a sports history buff.

All-Star Fan Fest

Being that this event comes around once every few decades, it is highly recommend you spend a day or two at the Fan Fest. With the Mets hosting the MLB All-Star Game this summer, New York will be hosting the All-Star Fan Fest. From July 12 - July 16, the Jacob Javits Center will host the Fan Fest, which is practically an all day festival of baseball. If you're looking to meet some players, throughout the whole day, Hall of Famers and some of the MLB greats will sign free autographs (be willing to wait a few hours, though). There are games that test your knowledge, with Baseball Jeopardy, and games that test your skill, with batting cages. You can collect some free giveaways and participate in various activities. Simply, anything and everything baseball will be there for you at the Fan Fest.

Training Camp for the Jets or Giants

No matter which team you root for in the fall, a true football fan should spend a day or two at Training Camp. With the Jets camp held at SUNY Cortland and

the Giants camp held at SUNY Albany, it's easy for any fan to make the trip upstate to support your team. For both teams, visiting the camps in August gives you an inside perspective on some of the key players to watch during the regular season. Beyond watching your favorite players, you can meet members of the press and media and discuss some of the "hot" topics for each team. While it may be tough, and you'll probably need to get there early, you have the chance to snag an autograph from some of your favorite players.

Whether you'll be chanting J-E-T-S this fall, or supporting Big Blue, training camp for both teams are a must visit.

NBA Draft

While it may not live up to the hype of the NFL draft, true NBA fans should definitely visit Radio City Music Hall and watch the NBA draft. This year should be even more interesting than in past years, with stars such as Kentucky's Nerlens Noel, Michigan's Trey Burke and UNLV's Anthony Bennett headlining this upcoming draft. While Knicks and Nets fans may need to wait a little bit, there is always plenty of action in the first round. Regardless of who you are rooting for, the overall atmosphere alone is a worthwhile experience for NBA fans. Plus, it should be interesting to see who sports the

flashiest suit.

Baseball Road Trip

As someone who has taken a baseball road trip with his dad and brother, this may be one of the best baseball experiences you'll ever have. While you should definitely catch a local game at Citi Field or Yankee Stadium this summer, a true baseball fan should take it a step further. A suggestion would be heading south a little and catching a Baltimore Orioles, Philadelphia Phillies, and Washington Nationals game. No matter the order in which you travel, visiting these three ballparks is definitely do-able within a week's time. Not only will you have some new stadiums under your belt, but you should also take advantage of visiting other sporting venues within these cities. Other trips can include a visit to Chicago to watch the Cubs and White Sox, as well as the Milwaukee Brewers, which is a quick trip from Chicago. On these trips, go beyond baseball and tour the city, checking out famous sites and restaurants, and looking deeper into the history of the stadiums you visit. Overall, it's a trip that combines all aspects that make for a fine vacation, and the bonus is great baseball on top of all that.

Surprises Galore in 2013 NFL Draft

Matthew Miles

Staff Writer

This year's draft provided people with a lot of question marks, as well as hope for their respective teams each time Roger Goodell stood at that podium and announced what player had been taken. There were many different players from a variety of colleges and even a player from Ghana. With the first pick in the overall draft the Kansas City Chiefs selected Eric Fisher, an offensive tackle from Central Michigan. In the first ten picks, there were five offensive linemen taken. There was only one quarterback taken in the first round - EJ Manuel went to the Buffalo Bills. Defensive ends and cornerbacks were common picks. Dee Milliner was taken by the New York Jets, eager to fill the void of the traded Darrelle Revis. The draft showed us a comeback story in DJ Hayden

who, after getting kneed in the chest and suffering a near-fatal injury, was able to play again. He was drafted twelfth by the Oakland Raiders in the first round.

Many players will have an immediate impact on their teams. One such player is Tavon Austin, an exciting wide receiver who went to the Rams. He will be able to replace Danny Amendola at that position and will be able to provide Sam Bradford with a target. The Jets picked up several players likely to be starters, including West Virginia quarterback phenom Geno Smith.

"With the addition of these draft players, I think that the Jets will be a contender for the Super Bowl and can be the difference maker in the AFC East," said optimistic sophomore Danny Breslin.

Also another solid pick was Tyler Eifert, a tight end out

of Notre Dame, who will go to the Bengals and provide Andy Dalton with another target. The Giants selected an offensive lineman in Justin Pugh with their first round pick. They selected Ryan Nassib, a quarterback from Syracuse, in a later round.

In a draft it is necessary that teams decide between needs and the best players available. One controversial player in this year's draft was Manti Te'o. He was involved in the hoax scandal and due to his poor performance at the combine he was selected in the second round and probably won't have much impact on the San Diego Chargers right away. Still, he could be a difference maker later on.

Another player drafted that is questionable is Matt Barkley, a quarterback selected out of USC in the fourth round by the Phila-

delphia Eagles. He will be the fifth quarterback on that roster and will back up Michael Vick and Nick Foles. He doesn't seem to fit into the offense that new coach Chip Kelly is trying to run.

"Barkley was a great pick for the Eagles and they will continue to get stronger," said sophomore Luke Rella.

We'll soon see whether or not will these rookies be difference makers for their teams or turn out to be busts, like so many in years past. We all should keep a watch out for these players and track them down to see their progress because all of these players have the ability to be a superstar for their teams and to help win a Super Bowl. It should be exciting to watch these players develop and see how they perform in the future.

Jets' QB Controversy Spurs Debate

Trent Lefkowitz

News Editor

From two crushing losses in the AFC Championship game to the "other" New York team winning two Super Bowls in rapid succession, life as a Jets fan has been anything but simple in the past few years. After last year's poor performance at quarterback and this year's controversial draft, rooting for the Jets this year looks like it will take a little bit more effort than in the past.

Last year's poor 6-10 record under Head Coach Rex Ryan was based largely in part on the lack of a successful starting quarterback. "Franchise" quarterback Mark Sanchez, who struggled immensely this past season with 18 interceptions and 8 fumbles, made headline news for his infamous Thanksgiving night "butt-fumble" and various romantic involvements, rather than for any actual success on the field. Following a similar pattern, controversial second string QB Tim Tebow was talked about more for his religious beliefs than his [lack of] performance on the field.



Will Geno Smith be the answer? *Courtesy of SportsGuru*

After signing veteran QB David Garrard in March, it was obvious that the Jets had a good-old fashioned quarterback controversy on their hands. The situation was only magnified when the team sent All-NFL cornerback Darrelle Revis to the Tampa Bay Buccaneers in exchange for first and fourth round draft picks. The trade led to speculation that the Jets would select quarterback Geno Smith with the newly acquired thirteenth pick in the draft; instead, the Jets waited until the second round to make a choice that would send every fan's head spinning.

At this point, the Jets had four quarterbacks legitimately vying for the starting job: Mark Sanchez, Tim Tebow, David

Garrard, Geno Smith. This list was whittled down to two very quickly, with the Jets cutting the underperforming Tebow and David Garrard abruptly retiring due to a faulty knee. Although many believe it is Mark Sanchez' job to lose at this point, Rex Ryan hinted otherwise on ESPN New York 98.7 radio, telling host Michael Kay, "There's no guarantee Mark will be our starting quarterback. That job will have to be earned."

Junior Noah Platte believed the job should go to Geno Smith, stating, "Sanchez has received numerous opportunities to show his true capability as a quarterback. Personally, I think it's time for a change at the position."

Aside from the quarterback controversy, this year's Jets team will be drastically different than last season's. The

squad has lost six starters to free agency, including Pro-Bowler safety LaRon Landry and starting running back Shonn Greene. However, when asked about his expectations for the team this year, diehard fan Eric Gutierrez was still optimistic about the team's chances for this year.

"This is a rebuilding year, but that's not necessarily a bad thing," Gutierrez said. "With the schedule they have and the great coaching staff, the team has the capability to win eight or nine games and sneak into the playoffs."

Although it is still uncertain who will take the first snap of the season, Jets fans still hold out hope, however dim, that this will finally be the year that the team turns around. This optimism might not remain after a loss or two to open the season, but for now the hopes of a successful season are all Jets fans need to dream of the long elusive Lombardi Trophy.

LAX Varsity Girls Develop Chemistry Over Season of Rebuilding

Melanie Singer
Managing Editor

The Girls' Varsity Lacrosse season has been slightly different this year than that of last year's undefeated season. Because last season the team was placed down a league, the Girls' Lacrosse team successfully won every league game, making them undefeated and League Champions. This season though, it has been a slightly different story.

The team was able to stay in the same league this season, but many of its top scorers and starting players graduated. This allowed many players to step up and start in the games and try new things. Even though the team did stay in the same league and many key players graduated, they were still pumped to win as many games as possible. Coach Zappala, along with the new Assistant Coach Ali Steinberg, were excited to see how the team played together and if they were going to have good chemistry for the upcoming season, considering the large amount of new players on the team.

The team came into the season with high hopes, but also with the knowledge that they had a lot to work on. Team chemistry would be the number one issue that would need improvement. With six seniors remaining on the

team and only three juniors, the rest of the team (sophomores), had never played on Varsity or with the other past Varsity players before.

The season started off decently with a few wins against Blind Brook High School and Keio Academy, and a few hard

ing point in the season, once the Girls' Varsity Lacrosse team played Briarcliff and won. At that point, the coaches as well as the players realized how much potential they had.

"It was really exciting to see us work so well together and

win," said junior Erica Dattero. "Everyone on the team individually is a good player. It's more the chemistry that we have to get together during the games, and the Briarcliff game really showed us that we had so much potential for the rest of the season."

Assistant Coach Ali felt that, after the Briarcliff game, there was no excuse to lose any other

Lacrosse team did lose against teams they shouldn't have, such as Pleasantville.

Still, the most exciting game was the senior game against Westlake. Since they had won earlier in the season, Westlake came to Harrison with the idea of winning again. The game was close, a contest that seemed to go back and forth, goal for goal. With only 20 seconds left in the game, Harrison was down by one goal. At that point, junior Elizabeth Klein scored a goal, leaving the score a tie.

"We acted like we had just won States," said Micaela Moscato. "It was really exciting and I don't think we've ever been so into a game like that before."

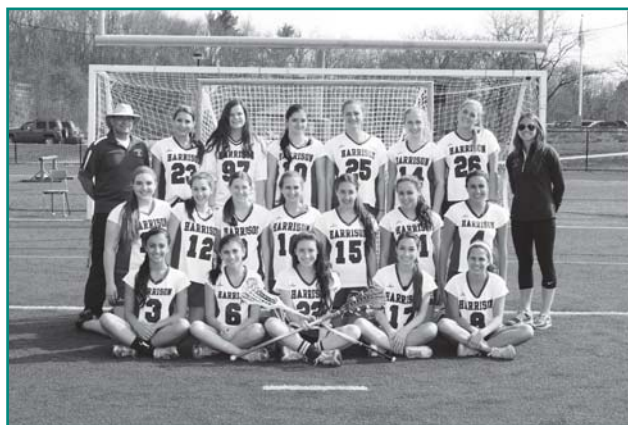
The Girls' Lacrosse team also won their last game of the season against Croton by a score of 16-7. As a whole, the season turned fairly well, with an overall 8-7-1 record. Junior Jessica Finkelstein also scored her fiftieth goal. It was a successful season despite the loss of many starters who graduated.

Although the Huskies lost the first round of Sectionals against a feisty Brewster team that had been seeded eighth in the league, Harrison, seeded ninth, put up a good fight and ended the season knowing they played their hardest.



Seniors step out for a photo op.

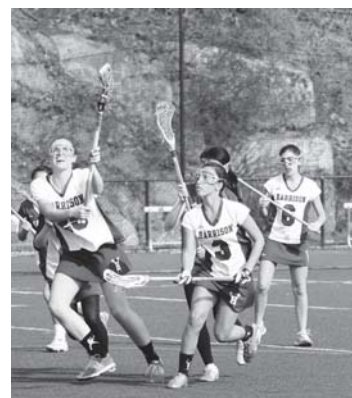
Photos courtesy of Yearbook staff



This year's Varsity Lacrosse team.

losses against White Plains and Valhalla. Yet, there was a turn-

league games for the rest of the season. Unfortunately, the



Caught amidst the heat of action.

Harrison Softball Gains Playoff Win



Courtesy of Yearbook staff

Jordan Riddle

Staff Writer

Even though for a majority of its games it sometimes seemed a challenge, the Harrison Softball Girls stuck it out and finished off their season with a record of 7-3 in league games and 11-9 overall. Coach Dean Marino never lost faith in his team, even after suffering losses at the hands of squads like Tappan Zee, John Jay, Dobbs Ferry, and Eastchester. After each game, coach would end the team meeting with, "We're going to be better than we are right now." Those few but motivating words got his team going the next day to work even harder at the next practice, fixing any mistakes that were made.

The girls worked especially hard this past Friday on May 24, dealing with the harsh weather conditions of pouring freezing rain. This game was the first round of the playoffs and the Huskies ended up coming out on top, despite the adverse

conditions, with a 16-5 win over Poughkeepsie. Bats came alive when runners were on base, which forced Poughkeepsie to make tough plays that resulted in multiple errors. This win has brought the girls into the final eight round of the playoffs! How far they will proceed from here is up to them. The team must stay relaxed and continue this high level of play.

On Wednesday, May 29, the team is scheduled to face their next opponent, Eastchester, in an away game. The girls have already lost to Eastchester earlier in the season by a devastating score of 12-2. All Coach Marino has to say to the girls is that they should stay loose and not be too nervous.

"We have improved since we played them last, and we can play with any team now," he said.

One major key to the girls being successful moving forward is to stay calm, cool, and

collected. If someone makes a mistake, the team must forget about it and move on. The only way to be successful in this game is to not to hang on to what is already done.

One girl who has recently stepped up for the end of the season and playoffs is right fielder Jordan Valentzas; her bat has come alive in key parts of the game. Many wonder how she manages to stay so seemingly relaxed during such stressful parts of the game.

"I try not to think whether I'm doing well or not," Jordan explained. "I'm really just playing clear-headed. There's no reason to stress over a mistake because you can always easily make up for it."

As the coach mentioned above, the key to playing well is to be stress-free. Another player who has really stepped it up and impressed not only her coach, but many others as well

by earning All-Section honors is Victoria Nuvoloni. She took over the number two spot in the lineup and has gotten clutch hits with players on base. What is the key to her recent success?

"I knew what my strengths were and also what my weaknesses were as well, which helped me focus solely on what I would be good at," explained Victoria. "Every time I get up to bat, I just have it set in my mind that I have nothing to lose so I might as well just play relaxed. One major part that helped me is that I realized this is a team sport, not an individual one. That's the way I became so successful; I started playing for my team rather than for myself."

With an attitude like that, this team could go far. We wish them continued success in their playoff run.

Varsity Baseball Ends Season On Positive Note

Ray Corona

Sports Editor

As the Huskies ended their season with a defining 5-0 victory over Byram Hills, the team was able to get a much needed boost for the playoffs. Whether it was the tremendous fielding or hitting displayed, or the overall gem pitched by junior Matt Baker, the Huskies proved that they were going to a team to watch during the playoffs. While the team finished the season 11-9, many of the Huskies still feel that they are capable of anything come playoffs.

"Our win against Byram was a big one for us," says senior Tyler Hart, "With the win, we definitely feel more confident as a team and feel that, at our best, we can beat anyone."

After a pair of losses to Fox Lane to start off May, the Huskies responded with a 12-11 victory over Horace Greeley, and an 11-6 win at Port Chester. In



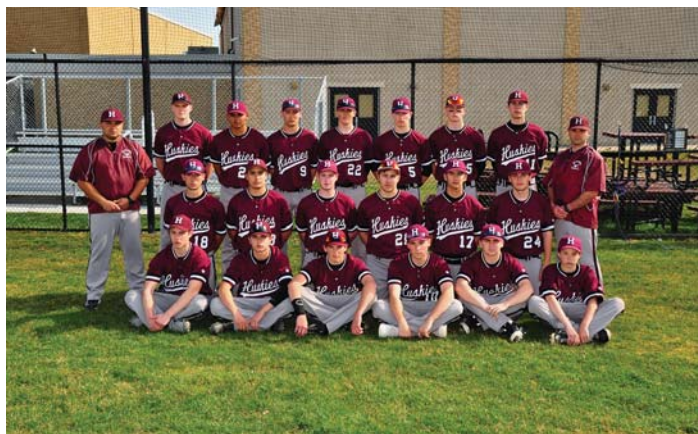
Teammates converge on the mound for a meeting with Luke Sassano.

Photos courtesy of Yearbook staff

Huskies was strong, with tremendous depth.

"I think what makes us unique is our ability to beat teams multiple ways," says senior John Gisondi, who contributed on the offensive end. "If we can continue to be consistent for both our pitching and hitting, we'll be a threat in the playoffs."

Regardless of the outcome for the playoffs, the future of this Huskies squad looks bright. Freshman Dean McCarthy, younger brother of slugger Jack McCarthy, has shined at the plate, and there are good prospects for future pitching. The Huskies will also look to develop promising prospects in sophomores Joe Lagani and Drew Estes.



The 2012-2013 Varsity Baseball team.

both games, the Huskies were able to prevail due an efficient lineup of seniors. Tyler Hart, Vinnie Nicita, Austin Pollack and Michael Rossi took charge offensively and were able to create issues for opposing pitchers.

On the pitching end, the Huskies relied on Matt Baker and Jake Zuckman as a powerful 1-2 punch in the rotation. With strong relief performances by J.D Barnett and Sebastian Pellejero, the pitching staff overall for the



Drew Estes readies for the action ahead.