

## Verdict In: Law Day Guilty of Being A Hit!

Allie Citarella

Staff Reporter

It was a full half-century ago when President Dwight D. Eisenhower and then President of the American Bar Association Charles S. Rhyne proclaimed May 1, 1958 as the first

"Law Day," yet today the tradition still continues throughout our great nation. First created to celebrate a Capitalist Society (as opposed to a Communist one), today the tradition celebrates the

rule of law and is used as an occasion for legal education in schools rather than in courthouses.

This year's Law Day at Harrison High School was another tremendous success. Several high school mock trial teams and their advisors participated in a tournament that displayed a great commitment to the furtherance of the law. Participants this year came to Harrison from all around Westchester, including Ardsley High School, Salesian High School, The German School, and Gorton High School. Events were coordinated by faculty members Tiffany Garner and Veronica Sullivan. This year's mock trial was a negligence case involving a hit-and-run accident.

The Law Day celebration warmed up with registration and a welcoming breakfast prior to the opening ceremonies. This year's keynote speaker was County Executive Andrew J. Spano, a distinguished leader recognized nationally for his groundbreaking accomplishments. Other notable and distinguished speakers that day included Mayor Joan Walsh, Harrison Chief of Police David Hall, President of the Harrison Board of Education David Singer, Secretary of the Harrison Educational Foundation Laurie Fried, and Superintendent of Schools Louis N. Wool. In addition, the attendees were addressed by Principal Dr. James Ruck

as well as by Supervisor of Secondary Social Studies Josh Elder.

Once the welcoming remarks and presentations of awards to honored guests were done, the mock trial tournament officially began. It was an intense two hours full of competitive presentations, and the panel of eminent attorneys from the legal community that were on hand to judge the trial witnessed students at their best. Technically Harrison High School won, but we also had a "home school advantage." Every school present did a significant job defending its particular side of the case.

After lunch, there was a brief Student Awards Ceremony.

Some of the attorneys present that day included: Harrison Town Attorney Frank P. Allegretti, Esq., Harrison Town Justice the Honorable Ronald Bianchi, Jeffrey S. Goldstein, Esq., Harrison Deputy Village Attorney Jonathan D. Kraut, Esq., attorney for the Harrison Central School District Emily J. Lucas, Esq., Harrison Town Justice the Honorable Marc J. Lust, Mitchell G. Mandell, Esq., and Andrew Spatz, Esq. All of these esteemed law professionals generously gave their time and effort toward making another Law Day at Harrison High School a great success.



County Executive Andy Spano addresses the Law Day 2008 audience.  
*Courtesy of Mr. Andy Nicol*

## Eco-Friendly "Veggie Van" Visits HHS

Rebecca Wandel

Staff Writer

What's green and goes on vegetable oil? That was the question asked in the advertisement teaser for Westchester's "Veggie Van," a van that runs purely on bio-diesel fuel. Many students got to see and experience this van firsthand when it visited Harrison High School this past month.

The van is completely green on the outside and figuratively green on the inside, providing the road with an eco-friendly mode of transportation. It spent the day at the high school, providing a cool place for some of the science classes and others to learn about many of the benefits of bio-diesel fuel and the use of other renewable energy sources.

Westchester's new "Veggie Van" was designed by county graphic artist Ruthann Pisano. It runs purely on bio-diesel fuel as opposed to regular diesel fuel. What exactly is bio-diesel? Surprisingly, bio-diesel fuel is actually

used vegetable oil picked up at the local McDonald's and from some of Playland's greasiest eating options (where up to 10,000 gallons of vegetable oil is used each year). All this vegetable oil is given free of charge for the fueling of these Veggie Vans and other vehicles that are going to be used here in Westchester County. The vegetable oil is then cleaned and treated and brought straight to the engine. The vegetable oil needs first to be heated up. This is done with diesel fuel, but once it is warmed up enough to run the van, the van runs solely on the vegetable oil. Westchester County hopes to run some of its snowplows and pick-up trucks on this bio-diesel fuel. That would be great, as bio-diesel fuel produces only about 20% of the pollutants of a normal diesel engine.

This Veggie Van is actually for educational purposes and serves as a mobile classroom where DVDs are

shown about global warming and the effects of pollution on the environment. Eleventh grader Dominique Cuce said, "I think it is a really good way to use a renewable energy source, especially since gas prices are so high." Sopho-

more Emma Glass also had positive things to say about it: "The Veggie Van is a great way to help the environment and use up something that would have just been thrown out anyway."

(Continued on Page 2)



Ms. Cain and her students explored the "Veggie Van." *Courtesy of Ms. Carolyn Munter*

# Revolutionary Van Runs on Vegetable Oil

(Continued From Page 1)

Not only is this van informative, it also smells great. When driving by, you can be lucky enough to get a whiff of French fries or Chinese food, a big improvement over the harsh, strong smell of diesel fuel emitted from regular buses. There also is an educator guy who rides along with the van to various locales. He knows everything there is to know about this process. He says that if you have a diesel engine, you can run your car on bio-diesel fuel. He claims it is an easy conversion.

With the price of diesel fuel climbing higher and higher, this would be good news for many. Perhaps in the near future, we'll all be buying diesel engine cars or cars capable of running on an alternative renewable energy sources. Vehicles such as the Veggie Van are revolutionary in the way that they offer a reasonable next step toward saving an environment that is in such dire need of being saved. Not only does this van teach

about global warming and alternative fuels, and how such alternative fuels can help save the planet, it also teaches how such alternatives can help save money in your wallet. With gas and diesel prices soaring as summer approaches, the lure of an affordable alternative renewable energy source that can be put into full effect by the average car owner sounds very attractive!

At a time when so many past attempts at avoiding fossil fuels have failed –the electric car, for instance was completely destroyed by the oil companies in its attempt to rise in certain markets – this option seems to offer a viable solution. It appears to be working well within the county and can certainly work for the individual car owner. The next step will be to make this renewable energy source available to the public so that people can make this progressive move ahead toward ultimately helping to save our planet.



Westchester County's own "Veggie Van."

Courtesy of V.O. Tech USA.com

## Inspiring Guest Speaker Barbosa Touts Action Through Leadership To HHS' Hispanic Students

Judy Florio

Staff Writer

In early May, Mr. Gustavo Barbosa, the House Principal of New Rochelle High School visited our school to speak directly to HHS' Hispanic youth. Mr. Gustavo was inspired to come speak to the students of Harrison High after escorting Valentina Cortes, one of our own fabulous juniors, to the Hispanic Youth Leadership Institute held at Fordham University. While at the conference, Mr. Barbosa gave a presentation about issues that the Hispanic Community is currently facing, and recommended a program of "action through leadership." Valentina, inspired by Mr. Barbosa's message, lead a campaign to have him speak and present to our own Hispanic students.

All of the Hispanic students at Harrison High received an invitation to this presentation. The turnout was fantastic, with a large majority of the student Hispanic population in attendance that afternoon.

What truly came across during this presentation is that none of the students felt out of place, or treated as a minority. All felt comfortable to speak freely about their common bond, a Hispanic heritage. Mr. Gustavo presented a slide show that dealt with the kinds of troubles Hispanics may encounter. Students raised their hands and contributed additional stories of problems they have faced stemming from their ethnic background, regarding racism, money, stereotypes, and language barriers. Mr. Barbosa agreed that these are all real hardships faced by the Latino community, yet he told the students the only way to get around such problems is to maintain leadership. According to Mr. Barbosa,

the idea is not only to excel in things such as sports and hobbies, but also to become an active learner.

During the powerful presentation, Mr. Barbosa spoke of several alarming statistics, such as that, in the last 40 years, 40-60 % of Hispanic students have dropped out of high school, or that some 35 % of Latinos will have repeated a grade by the age of 18. One of the biggest concerns in the Hispanic community is education, and Mr. Barbosa continued to enforce the importance of education, and how with education comes a good job and good pay. Mr. Barbosa stressed how hard work in school now will pay off later. He told the Hispanic students that, if they did not get an education, they might end up like some Latinos that get arrested for trafficking in drugs.

Mr. Barbosa concluded his relevant and interesting presentation by showing a slide that featured provocative bulleted comments of racist remarks. The students reacted angrily to the slide, immediately assuming these comments were said in regard to Latinos. With another click, Mr. Barbosa revealed that these comments were directed toward Italian immigrants after World War II. "History repeats itself," Barbosa said, "so don't believe the racist things that you hear." All in attendance were clear on the positive message related, that everyone can do things to improve and succeed.



Barbosa stressed leadership as a way around hardships. Courtesy of EYLN

### The Husky Herald Staff 2007 - 2008

Meredith Cusick –  
Editor-in-chief

Andy Peng – News Editor

Hank Rubenstein – Sports Editor

Taryn Brandes & Kelly Lavin – Features Editors

Andrea Pagano - Fashion Editor

David Laskin - Food Editor

Chris Vaughan - Music Editor

Arielle Lhotan – Graphics Editor

JamiAnn Plekon - Photography Editor

Staff Writers –

Bibi Ali, Nora Areikat, Alexa Basciano, Samantha Breslin, Christopher Cassavecca, Angelica Catalano, Jacklyn Cento, Alexandra Chill, Alexandria Citarella, Joni Cooper, Amanda Corrado, Dominique Cuce, Amanda Da Silva, Marissa DeCarlo, Melissa Delia, Joseph Edin, Judy Florio, Emma Glass, Lisa Guido, Alyssa Maida, Sydney Marks, Jenn Martins, Nicole Pastor, Tessa Ratner, Allie Schnitta, Melissa Shulman, Emily Singer, Lindsey Tannenbaum, Rebecca Wandel

Gary Glauber – Layout Editor & Faculty Adviser

Special Thanks to...Mr. Petrillo

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

*The Husky Herald* is published by the journalism classes at Harrison High School. Editorial content of *The Husky Herald* reflects the opinions of the editors and staff, not necessarily that of the Harrison High School faculty and administration. The staff of *The Husky Herald* encourages students to get involved and have their opinions heard. If you have any questions, comments, or would like to respond to an article, please write to us. Letters containing the writer's name (and that are in good taste) will be printed.





Dr. Pasqua and the Jazz Band rehearsing in RCA's "Studio B."

## HHS Music Program Hits High Notes At Nashville Festival

The Harrison High School band, ensembles, choir, majorettes and color guards all won awards at the recent Heritage Music Festival, an annual competition that ranks high school music programs according to an international standard. This year's festival was held in Nashville on April 10-12.

In addition, the program also received recognition in six additional categories.

Harrison High School received the 2008 Spirit of Nashville Award, given annually to the school that best represents its community based on examples provided over the festival weekend.

HHS' Jazz Ensemble received the rare honor of the Adjudicator Award. Dr. Ferdinand Pasqua, director of the band, said the honor is difficult to obtain as it requires an average adjudicator rating of 95 or above for choral groups and 92 or above for instrumental groups. "At many festivals," Dr. Pasqua noted, "there are not any groups who achieve such a high rating." The Harrison High School Jazz Ensemble also received the Outstanding Band Group Award, given to the individual group with the highest overall score at the festival.

Two students, Matthew Crozier and Andrew Dressler, received the Maestro Award, given to any student musician who has delivered an outstanding individual performance as part of the ensemble's festival performance.

Our program also received the Festival Sweepstakes Award, which goes to a music department with the highest score in both the choral and instrumental categories and the highest score from any third group.

In addition, the HHS Music Program received the following performance awards:

Jazz Ensemble...Gold Award Score  
Percussion Ensemble... Gold Award  
Marching Band...Silver Award  
Concert Choir...Silver Award  
Majorettes...Silver Award  
Color Guard...Silver Award.

*All Festival Photos, above and below, courtesy of Gary Morgen*



Above:  
The Chorus  
rehearsing in  
Nashville.  
Right:  
Students  
having fun  
aboard the  
General Lee  
Riverboat Cruise.



## Top Student Writers Honored At Breakfast

Amanda Corrado

Staff Writer

On the morning of Wednesday, May 28, Harrison High School's English Language Arts Department, headed by Secondary Supervisor of English David Luhman, honored some of the school's most talented young writers at its annual "Writers Among Us" Breakfast.

The "Writers Among Us" program was created to celebrate and recognize the creative writing talents of students at the high school across all grade levels. The program exists in large part due to the generous support of the Harrison Education Foundation.

Each year, teachers in the department are asked to nominate students who, in their opinion, have excelled at writing. During the year, sample pieces from selected student writers have been displayed in the main entranceway of the high school. Also honored are senior students who are graduating after years of service to the school's journalism program. These students have been writing articles for our award-winning Husky Herald.

The annual awards breakfast provides an opportunity for all the student writers to get official recognition of their talents in front of family and faculty

members. For the second straight year, HHS was fortunate to have best-selling author Andrew Gross as the keynote speaker. Gross is the author of the best-selling *The Blue Zone*, along with a new novel *The Dark Tide*. Prior to that, Gross had co-authored six number one thrillers with James Patterson. Gross spoke to the young

writers on hand, relating first hand advice on the writer's life, his daily schedule, and how revision is an integral part of the craft. He also related some fascinating stories about where he got ideas for some of his novels.

Students honored at this year's breakfast included: Nicole Blum, Joni Cooper, Nicholas DeLibero, Louis DiFazio, Jr., Alison Nathanson,

Lana Samad, Robert Sannicandro, Emily Singer, Brianna Smith, Madeline Susa, and Kristy Wallace. Those receiving journalism honors were: Taryn Brandes, Meredith Cusick, Kelly Lavin, Arielle Lhotan, Andrea Pagano, Andrew Peng, JamiAnn Plekon and Christopher Vaughan.



Best-selling author Andrew Gross.  
*Courtesy of Shots Mag*

## Christopher Vaughan Wins HS Journalism Award From

## The Journal News

WESTCHESTER • ROCKLAND • PUTNAM

On May 29, 2008, The Journal News sponsored The 18th annual Journal News High School Journalism Awards. This year, individuals and staffs from 20 high schools received prestigious honors. The awards recognized the best work from among 433 entries in 12 separate categories, submitted by area schools.

Christopher Vaughan, Music Editor of the Husky Herald, took 2nd place honors in the "Review" category for his extensive review of the "Top Ten Musical Releases of 2007," published in our February issue. The judges noted that Vaughan's review was "pretty much the real deal."

The awards ceremony took place at The Journal News' main office in Harrison. Awards were presented by Journal News Editor and Vice President/News Henry Freeman. The newspaper's Pulitzer Prize-winning editorial cartoonist Matt Davies also spoke to the winners.

**The Husky Herald extends heartfelt congratulations to Andrea DeFonce and Arielle Lhotan, selected by the Harrison Rotary Club as Rotary Students of the Year and honored at a Rotary luncheon on Wednesday, June 4.**

# LMK Student Kestenbaum's Design Is Regional Finalist In Google Challenge

Emily Singer

Staff Writer

When you're the host of the most widely used search engine (Google), online video site (YouTube), and one of the most popular create-a-blog websites (Blogger), what more can you do to spark creativity among the nation's youth? Create a contest, of course.

Earlier this year, Google created a competition entitled "Doodle 4 Google." The contest gave students an opportunity to showcase their artwork by designing a logo for the Google homepage centered around the question, "What If...?" Schools from all across the nation were allowed to register, and then students from each school were given the chance to redesign the Google homepage logo for a day.

Once all of the artwork had been

submitted and received, Google separated the artwork into groups based on the artist's grade (K-3, 4-6, 7-9, 10-12). Eight logos from every state were chosen as State Finalists (with two drawings from each age group), and then states were grouped together into ten different regions. New York fell into Region 2, along with New Jersey and Pennsylvania. From each region, only four drawings were chosen as Regional Finalists (one from each age group).

The top 40 Google logos were then put online and people from all across the country were allowed to vote for their favorite doodles. The voting ran from May 12 through May 18. Once the results were tallied, four National Finalists were determined

(one from each grade group based on the voting results). From those four finalists, the Google design team chose the National Winner of the 'Doodle 4 Google' design challenge, whose winning doodle was featured live on the Google homepage for a full 24-hour period.

In order to make the contest more prestigious, Google added additional prizes and awards. All State Finalists received a "Doodle 4 Google" certificate. The 36 Regional Finalists received T-shirts with their doodles printed on it as well as an all-expense paid trip to the Googleplex in California. The three National Finalists received T-shirts with their doodles on them, an all-expense paid trip to Googleplex, and a laptop computer. The National Winner

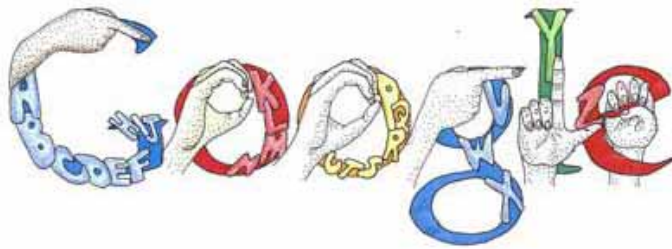
received the same prizes as the three National Finalists, as well as a \$10,000 scholarship to be used at the school of their choice, as well as a \$25,000 technology grant provided to the

winner's school to improve computer labs. Louis M. Klein Middle School's art classes participated in the "Doodle 4 Google" competition, and one of the student submissions was chosen as a Regional Finalist. From a starting field of over ten thousand submissions, LMK seventh grader Molly Kestenbaum made it to the final 40. Her design was selected as one of 40 Regional Finalists.

Molly's submission was entitled "The Google Sign," a reference to sign language. In response to Google's "What if," Molly wrote the following: "What if communicating was as easy as reciting the alphabet? Does the world have to hear to communicate? Would people be better listeners if they couldn't hear? Maybe the world would be a better place, if we all communicated in silence."

Born deaf, Molly was unable to hear certain sounds, such as birds chirping, until last year when she underwent surgery for a cochlear implant. The implant was placed behind her ear and now allows her to hear certain sounds that her previous hearing aid did not.

While Molly did achieve much by making it to the Regional Finalists, unfortunately her design was not selected as a National Finalist for the 'Doodle 4 Google' contest. The ultimate winner of the competition was in the 4th-6th grade age group from California. Google is considering running this contest again next year.



Seventh grader Molly Kestenbaum's award-winning design: "The Google Sign."

## Prom 2008: The Happy Recap of a Great Event

Kelly Lavin

Features Editor

All of the hype, anticipation, and preparation for the prom really seemed to pay off this year, and students were more than satisfied with the turnout. While most students began their evenings by gathering at a friend's house for pictures and hors d'oeuvres, the real excitement began when the students packed into their stretch limousines and elaborate party buses, making their way to the Ritz-Carlton Hotel in White Plains.

Upon most students' arrival around 7:30, the sight was stunning; gorgeous fountains spit out vibrant blue

water as mobs of students decked in ball gowns and tuxedos filed into the elegant lobby through sliding glass doors. Teachers and staff stood outside the hotel to greet the kids and lead us up to the second floor, where we found a lavish spread of hors d'oeuvres as well as a juice bar complete with bartender.

After each couple anxiously waited in line for their picture to be taken by the team of professional photographers, "mocktail hour" came to a close and the large, double wooden doors finally opened. Students flocked into the

spacious banquet room, and no detail went unnoticed. Tall, gorgeous displays of orchids stood at the center of each white-clothed table, su-

rounding the dance floor and DJ booth, which was quickly filled with hundreds of excited and energetic students.

When it came time for dinner, everyone practically had to be dragged off the dance floor and into their seats. The first course was a small but decadent dish of Caesar salad, followed by our main course of baked chicken and potatoes. Vegetarian students were given the option of a pasta dish. Desert consisted of chocolate cake and vanilla ice cream, which students seemed to really enjoy.

By 10:30, students began to get antsy and made their way back to their buses and limousines, anxious to get to their after prom destinations. After each bus or limo made their stops at a house to change into more casual party attire, it was off to Webster Hall, the nightclub in New York City which hosted a special prom night for several high schools in Westchester. Students had bought their tickets for the night in advance from seniors Sabrina Tharani, Taryn Brandes and Joe Anella for an average price of \$50, or \$65 for VIP tickets. VIP tickets allowed students to dance on more than just one floor of the nightclub, yet most Harrison students stuck to the second floor—a large, dimly lit and foggy room with a stage and a bar (where a bottle of water cost \$5)! Singer Nina Sky made an appearance,

performing on stage and getting the crowd riled up.

Senior Vanessa Rocourt certainly enjoyed her night overall. "As a person who has never had this kind of tradition in my culture, I think it was really nice and very classy," she said. "After prom was definitely the most exciting. We were with all of our classmates in an unsupervised setting where we could just have fun."

Julian Valencia, also a senior, gave his honest opinion on the event. "I kind of expected more out of the whole situation, but all in all I can't lie, I had a lot of fun," he said. "I think the seniors of 2008 definitely made the most of it."

Michelle Repecki reflected on the fleeting nature of the event: "So much preparation and anticipation went into the whole thing, and it went by so fast! Still, it was really, really fun."

By 4 a.m., it seemed as though all of Harrison had called it a night. Most kids fell asleep on the ride home, while a few stayed up for some last minute partying. Some students organized group sleepovers, while others preferred the comfort of their own bed. Regardless, the next morning, as well as the entire following weekend, consisted of countless recaps, stories and gossip, all about the night that they would never forget.



The new Ritz-Carlton hotel in White Plains was the site of this year's prom.



# Riya Goyal: Portrait of a Valedictorian

Andy Peng

News Editor

Every few millennia, civilization gives birth to a prodigal child capable of feats that shatter the paradigms of achievement and redefine the term "legend." This prodigal child transcends and revolutionizes our archaic notions of success, setting new standards of determination, dedication, and intrinsic desire for greatness. The past has given us several notable prodigals: Julius Caesar, Martin Luther King, Jr., and now Harrison High School's infinitely gifted valedictorian, Riya Goyal.

Over the course of her senior year, Riya has amassed a formidable academic record. She has created her own research project within the Harrison Science Research Program geared towards finding a more convenient alternative blood test for diabetic patients, a topic inspired by her diabetic grandfather. A few months ago, Riya delivered a riveting speech on nonviolence at the United Nations in context with the practices of Ghandi, an accomplishment that few university-educated scholars, let alone high school students ever manage to achieve. On Saturday mornings, when the majority of kids are ravenously prowling Facebook and sealed into the indentations of their couches, Riya attends Columbia University's Science Program, which features thought-provoking lectures on molecular biology and other widely studied fields of science.

In addition to her achievements in the academic world, Riya manages to stay in perfect equilibrium with a balance of extracurricular activities.



Valedictorian Riya Goyal takes a break from her work to smile for the camera. Courtesy of JamiAnn Plekon

ties. Riya is the co-captain of the girl's tennis team at Harrison High School, and can often be found dominating gym class in all racquet sports ranging from pickle ball to badminton. She is a peer leader who offers an exorbitant amount of insight and perspective to all who seek her advice. She is a powerhouse on the Math Team, and possesses the rare ability to vaporize differentiation questions with a swift motion of her pencil. As if this wasn't already enough, Riya also is an active member of the school's Model Congress.

Since the dawn of her educational career, the phrases "prestigious award winner" and "Riya Goyal" have essentially become synonymous. A

few months ago, Riya attended the International Science and Learning Fair in Atlanta, where her intellectual talents were stellar enough to have April 28th proclaimed "Riya Day" in Westchester County. She won the distinguished Italian Language and Culture Award alongside fellow Harrison prodigy Lauren Occhipinti. Riya also was deemed all-section for her tennis prowess. At the recent Senior Awards Banquet held at the Westchester Renaissance Hotel, Riya earned a host of additional awards.

Aside from her incredible record of awards, U.N. speeches, and days of the year named in her honor, Riya holds fond memories of her high school years. "I really enjoyed senior

year because it felt like all the cliques dissolved and everyone came together into a tight-knit community," she said. "It's also a lot less demanding, which enabled me to finally sit back and enjoy myself."

Although she is the epitome of academic determination, even Riya admits to have partially succumbed to the untreatable plague of senioritis that is taking the school by storm. "My favorite day of this year was definitely spirit day," Riya said. "All the hard work and effort put into transforming the senior hallway into a jungle really showed how well we have grown together as a group." Now that graduation approaches, Riya has mixed feelings: "It's sad to leave behind all these great memories, but it's always been said that college is supposedly the best time of our lives and I'm feeling

optimistic."

When asked what she considered her proudest accomplishment, Riya said it was her admission into Harvard. "It's always been my dream to get into Harvard," she explained, "which is a huge reason why I worked so hard throughout high school. In retrospect, if I could change anything about the way I approached high school, I definitely would have tried to take a more laid back attitude towards schoolwork and not allow my academics to overwhelm me." Overall, Riya is most thankful to her parents, who have always supported her through everything, and really allowed her to discover her own path.

## Just in Time: Tips For Test-Taking

Jenn Martins

Staff Writer

As we head into Regents and finals week, here is some solid advice to help you achieve more on the tests you'll be taking:

**1. Study ahead of time.** Cramming, although tempting and easier, does not work. If you cram, you will forget half of the information by the time you sit down for the



Courtesy of Emory.edu

test. And even if you do remember most of the information, you will quickly forget it after the test. The better thing to do is begin studying a couple of days before the test. This way, you are more likely to recall facts, and have a chance to ask your teacher any questions.

**2. Make flash cards.** Flash cards do not work for everybody, but are a good way to memorize things. Write down important facts or topics you have trouble with on index cards, and flip through them before the test. This repetition makes you remember things more easily, but is only useful when it comes to facts. Flash cards would not help for a math test, where there is a process to solving a problem.

**3. Highlight your notes.** Go through the notes you took during class and for homework, and highlight key facts. You probably do not need to know everything you wrote down, so extra facts will

just make it harder to study. The highlighted notes also make a good study guide if recycled.

**4. Practice.** If you took any quizzes on the subject you are being tested on, retaking them is a great way to prepare. Because you have the answers, it is easy to find the topics you are having trouble with and focus on those when studying. You can also go online and find practice tests on the subject that also help. When it comes to math or science problems, practice makes perfect. Because there are more techniques than facts to remember in these subjects, the best thing to do is retry homework and class work problems to ensure you understand



Highlight key facts from your notes.

how to solve the problems.

**5. Ask questions.** If you have questions on a certain topic, do not be afraid to ask your teacher or classmates for help. Teachers generally do not like to answer questions right before a test, so do not wait until the last minute to clear up any problems. If you feel you are having trouble with a topic, you can always go to extra help.

# Post-Graduation Plans: A Sampling of Seniors

Andrea Pagano

Fashion Editor

With the APs finally over, and the amazing prom now come and gone, seniors are counting down the days until graduation. As each senior's high school career slowly winds down to a close, thoughts turn to post graduation plans. The *Husky Herald* interviewed a selection of members of the class of '08 to find out what their plans are after high school:

## JamiAnn Plekon

Jami is heading to the Rochester Institute of Technology to major in photo journalism. She chose this major in order to be able to witness historical moments and to record such events, capturing important events as they happen.

## GianPiero Torres

GianPiero has decided to defer his offer at St. Johns University for a year to go play soccer at Brazil's Professional Soccer Academy. He will be playing on a team called Cruzeiro.

## Sarah Taub

Sarah will be entering Hofstra University's class of 2012 as a major in creative writing.

She has chosen creative writing because it's her passion in life. She hopes to become an author and writes lots of books that will inspire people and make a difference in their lives. Sarah chose to go to Hofstra because she loved the environment. In addition, having her grandparents, aunts, and cousins living so close made Hofstra an easy choice – it will be a comfortable place for her to live and learn.

## Emily Angelone

Emily will be attending the University of Alabama in Tuscaloosa and currently is undecided as to what her eventual major will be. She chose to enroll at the University of Alabama knowing she would be close to a lot of her family and friends down South. Emily also enjoys traveling and, at this point, wants to be far away from her hometown. The Tuscaloosa campus is beautiful, and with great and interesting courses, and friendly people all around, we wish Emily all the best.

## Anthony Buffone

Anthony plans on staying at Westchester Community College for two years and then hopes to transfer to Pace University where he will pursue a major in Computer Design.

He looks forward to taking more computer classes, since he is very interested in this field and would love to study more.

## Amanda Zappier

Amanda has decided to go into a field a little different than the norm. This fall, she'll be entering St. John's University as a major in Mortuary Science. Amanda decided to go into this field because, she says, "it is a really good business choice and you never run out of clients." She explained that she is really into makeup and cosmetics and has additional interests in psychology. "Mortuary science has a little of all of those in it," she says.



Amanda Zappier will take her interest in cosmetics and makeup in a different direction.  
Courtesy of JamiAnn Plekon

## Natalia Fogarty

Natalia will be going to City College of the CUNY where she will major in Music Composition, Theory, and Performance. Natalia hopes to get signed to a record label and become an accomplished songwriter. Natalia noted that what she aspires to accomplish in her life is really something you don't need a college degree for. Still, she is going to college basically to better herself. "I could always use a theory class," she added. Natalia also wanted to let friends know this cool fact: She and Amanda Zappier plan on moving into their own apartment in Astoria, Queens, come fall.

University of New York at Binghamton this fall, as the most popular major of all: undecided. Jack said he chose to attend Binghamton because it is one of the best SUNY schools. Besides, he said he loved the campus and also really liked the dorms!

## Andrea Pagano

Andrea will be attending The College of Saint Rose and majoring in childhood education with a concentration in English. Like several others, she chose her school because she liked the small campus size, the environment surrounding the college, the courses offered and the fact that Saint Rose is an excellent school for education majors.

## Jack Mustacato

Jack will be attending the State



GianPiero Torres will be spending a year playing soccer in Brazil.

Courtesy of JamiAnn Plekon

The staff of the  
Husky Herald  
would like to wish you  
a fun, safe, and relaxing  
summer vacation!





An aerial view of a town in Myanmar's southern Irawaddy Delta.  
Courtesy Myanmar News Agency - Getty Images

## Cyclone Hits Myanmar, Relief Efforts Thwarted

Emma Glass

Staff Writer

For a little country in Southeast Asia, Myanmar has been receiving a lot of press lately. In early May, the country was hit by a powerful cyclone, leaving 78,000 dead or missing (and that total is rising daily), and millions more homeless, diseased, and hungry. The cyclone, Nargis, had destroyed the country's Irawaddy Delta, and the people, mostly poor rice farmers, are being housed in Buddhist monasteries or are camping out in the open. The only source of clean water is rainwater, but people have been subjected to drink water contaminated by dead bodies and animal carcasses.

The country's Myanmar's government, the junta, had been a week away from forming a new constitution. Currently, the country is under a military dictatorship, and Myanmar's people say that this government has only served to destroy the economy and inhibit democracy. The people residing in Yangon (the capital) are wondering where the aid is, perhaps referring to the 400,000-member military that has only been responsible for terrorizing civilians.

Since 1962, Myanmar, formerly called Burma, has been under an oppressive military dictatorship presiding over about 48 million people. The government has been repeatedly criticized for restraining democratic parties such as The National League for Democracy (headed by Daw Aung San Suu Kyi, a Nobel Peace Prize laureate) and for human rights abuses. This past September also was a tension-filled time for Myanmar when a peaceful protest by Buddhist monks was quelled with a violent attack. Thirty-one were killed and thousands were detained.

The cyclone brought destruction all around: trees are down, villages are flattened, there is no electricity and food is available only at premium black-market prices. The Burmese need help, and the United Nations fears that the current dictator Senior General Than

Shwe, and his military advisors, are reluctant to allow aid into the country. Commodities are almost impossible to obtain and the price of everything from eggs to gasoline to construction materials has tripled.

As of May 7, the country's military regime had finally allowed foreign countries and the United Nations to send relief shipments to Myanmar. Unfortunately, the United Nations said that only a small portion of the relief aid actually made it into the country and that the military has been responsible for hoarding food and supplies and distributing rotten food. Aid-workers have been denied entry to the country which is still in chaos, and most of the aid remains at the airports due to government (junta) restrictions, poor organization, and transportation difficulties.

Recently, Myanmar has allowed nearby Asian countries to send in aid for the thousands of homeless people. This effort shows that the attitudes of the military leaders may be shifting. Myanmar is a member of the Association of Southeast Asian nations (ASEAN), a coalition among countries in Southeast Asia that has been widely criticized for not encouraging Burmese leaders to allow for foreign aid at this critical time. General Shwe has also been visiting refugee camps to present a positive image and to defend the country's relief efforts. Although ASEAN has offered relief, it fails to offer criticism of the military junta of the region, as it does not interfere with internal and political affairs.

Still, relief efforts in Myanmar are not completely sound. A high-ranking official visited a ravaged village to distribute food. People were told there wasn't any more food and were forced to go home and return at some later time. The people of Myanmar still wonder, if aid is being brought in, why they aren't receiving any.



Danielle Butin greases up a donated wheelchair.  
Courtesy David Goldman/The New York Times

## Gaza Residents Dying For Medical Attention

Tessa Ratner

Staff Writer

Gazan residents are dying by the dozens awaiting medical treatment responses either from Israel or Egypt. With a "crumbling health system," the World Health Organization is negotiating to hurry approvals for individual's health treatment and to prevent further delays of permits to residents in order for them to receive the appropriate treatment on time.

The United Nations Agency has a list of 32 cases from October last year wherein Gaza residents have perished because of delays, ranging from a one-year-old boy to a 77-year-old man.

Many have died waiting to be issued permits while others are simply denied these permits because they are viewed as a possible security threat to Israel, which was the unreasonable reason given regarding a 65-year-old woman. Even if permission is granted and the patient still lives, other arrangements to enter Israel delay their entrance, like getting permission for a Palestinian medical team to join them.

Israel is not able to provide enough medical beds to attend these patients. A few have died waiting at the Erez Crossing, which Gazans use to cross into Israeli territory.

Hamas militants fire rockets near by the Erez Crossing, aiming for Israeli soldiers and communities, which forces Israel to shut down the crossing.

Israel is taking more patients; however, it takes longer to issue permits, according to Ambrogio Manenti, who heads the World Health Organization in Jerusalem.

Israel argues it takes the necessary security precautions to prevent any breaches. It has been known to happen that Gaza residents will attempt to enter Israel with an illness excuse in order to carry out attacks, as happened last year. The media reported that two middle-aged mothers applied for permits for health treatment and were discovered to be planning suicide bomb attacks.

Ever since Hamas took power of the Gaza territory in June, it has prompted both Israel and Egypt to close their borders. Israel only accepts urgent medical cases and Egypt accepts "only a trickle of patients" from Gaza. Because the Gaza

Strip lacks financial aid and specialized medical care, doctors refer their patients to Israel, Egypt, and Jordan. Egypt refuses to negotiate with Gaza's ruler, but accepts patients entering Egypt through Israel. Israel still has 1.4 million residents in Gaza, although technically it withdrew from Gaza in 2005. Still, it controls Gaza's border crossings, air space, and sea coast. According to Manenti, this whole situation is "nonsense" and could be easily avoided.



Gaza in crisis. Wissam Nassar/Man Images

## New Foundation Shipping Medical Supplies Overseas

Melissa Delia

Staff Writer

A Hastings woman, Danielle Butin, started a foundation to help equip doctors in poor nations with medical equipment and supplies. The foundation is named the Afya Foundation. The word afya means "good health" in Swahili. The medical equipment is stored in a 4,000 square foot rented warehouse on Nepperhan Avenue, in Yonkers. The warehouse is full of wheelchairs, stretchers, IV drips, surgical thread, and gauze that is ready to be shipped out to countries where medical supplies are scarce.

After taking a trip to Tanzania, where she saw conditions that she felt were unimaginable, Butin was inspired to start a foundation to help poor nations. "In developing nations, they dip used gauze in alcohol, pull out the thread and feed it through a needle to stitch up the next patient," Butin says. Comparing that to U.S. standards, where fresh supplies are set out for surgery and, even if not used or opened, they will never see another operating room. Each year the United States produces approximately 3.2 million tons of medical waste, according to the Environmental Protection Agency. Hospital officials decide to sell, salvage, donate, or throw away supplies for which they no longer have any use. Some hospitals who recognize certain doctors and nurses have connections

to humanitarian health organizations will allow them to take equipment or medical supplies for medical missions in other countries.

Hospitals and nursing homes throughout the Lower Hudson Valley and in New York City currently are upgrading facilities and are looking to get rid of older equipment. Also there has been many closures and downsizing of hospitals and nursing homes in New York and they are looking to dispose of their supplies. Butin says she's gotten an "enormous response" from hospitals in the area.

In the three months since she has started the foundation, hospitals in the area have allowed her volunteers to collect working machines and unopened packages of supplies, including items like gloves and bandages. Earlier this past month, Butin had about 20 student volunteers from Columbia University that helped fix up wheelchairs donated by area hospitals. The foundation's first container shipment, which included those fixed-up wheelchairs, was sent to Haiti last week. Two more containers of medical and surgical supplies are on their way to Kenya and Malawi in the upcoming months. "As a worker in the healthcare field," Danielle Butin said, "you cannot ignore the dire need in some of these places."

# Bereaved Parents' Grief Turns To Rage In Aftermath of China's Earthquake

Tessa Ratner

Staff Writer

In Dujiangyan, China, bereaved parents whose children were crushed to death during the 7.9 earthquake on the Richter Scale in Sichuan Province, have converted their grief into protests against Chinese officials, in an attempt to force officials to address growing political repercussions over the shabby construction of these children's public schools.

Parents of the estimated 10,000 children who have lost their lives in the quake have become so enraged that they overcome their bashfulness regarding Communist Party Officials. Even more incentive to be angered comes from the fact that while the poorer people's schools have crumbled to the ground, other government offices and elite schools near the area have maintained themselves largely intact after the May 12 quake.

Recently, an informal gathering was held at Juyuan Middle School in Dujiangyan for the parents to commemorate their lost children. It gave way to unbridled fury when one of the fathers attending, Liu Lifu, a quarry worker, grabbed the microphone and began to call for the children's murderers to be brought to justice. "We demand that the government severely punish the killers who caused the collapse of the school buildings," cried Lifu, whose 15-year-old daughter perished along with her entire class during a biology lesson. "Please, everyone sign the petition so

we can find out the truth."

At the ceremony, parents were assembled in groups according to their children's classes. They lined up and numbly exchanged stories of loss. Some parents came hugging framed photographs and "dog-eared achievement awards," placing them on the spot where their child passed away. The men set off fireworks in belief of scaring evil spirits away.

"We worked so hard to raise you and then you left us so suddenly," a woman screamed to her child's memory, pounding the ruins of the Juyuan Middle School with her fists. "How could you leave us to grow old alone?" These parents, because of China's population control policy, have lost their only child. While mothers wailed in agony, the fathers wept in silence, paralyzed by their pain.

The province is swarmed with desperation and grief. Grieving parents who had placed all their hopes in one child quickly became agitated, still not understanding why these children had to die. Some parents shared that the officials had known for years of the schools' pitiful conditions, but still refused to take action. Others recalled that two hours passed before rescue workers showed up, and that, even then, they stopped working at 10 p.m. and resumed work at 9 the next morning.

There has yet to be an official

casualty count, but only 13 of the school's 900 students survived. "The people responsible for this should be brought here and have a bullet put in their head," said Luo Guanmin, a farmer who clutched his 16-year-old daughter's photograph.

During the weekend, several sharp confrontations between protestors and officials began in Sichuan. Parents began an impromptu rally on Saturday. They surrounded an official who tried to calm them down, assuring them their claims were being taken into account, screaming into her face and causing her eventually to faint.

Tian Liya, the Party's Secretary of the Sichuan Construction Bureau's emergency department, said they were not officially investigating the quality problems in the school buildings, for their priority at the moment was providing lodging for refugees.

Any delay at this point will embolden the infuriated parents. After they confronted the Communist Party officials on Saturday, the parents formed a circle around the vice secretary of the Mianzhu city government and called her repetitively a liar for her report on the crumbled Fuxin School, failing to inform about the 127 students that had been killed.

The Chinese people feel betrayed by their government, shouting, "Why can't you do the right things for us?" and "Why do you cheat us?" They shouted and yelled at the vice secretary until she passed out and had to be carried away by an aide.

The next day, the parents transmitted their anger to Mr. Jiang. When his answers proved unsatisfactory, they began their march to Chengdu. Mr. Jiang dropped to the ground begging them to stop, pleading with them to believe that the Mianzhu Party would be able to solve this crisis.

Three hours later, the police tried to intervene. The ensuing struggle left many parents bleeding, due to the glass frames holding their children's pictures. After a tense standoff, the protestors agreed to board a bus to

Deyang. There they met with the vice mayor who promised to begin an investigation the following day.

Dujiangyan officials still have yet to report to the grieving parents. Some said they had been approached by teachers who said they would be well compensated for their child's loss—around \$4,500 per child, only if they agreed to halt their vociferous protests. This is several times the average income in this area.

"We don't want their money," said Mr. Luo, the farmer, while others nodded in agreement. "We just want this corruption to end." Many parents said they felt insulted that no one from the government or school offered their condolences.

After this attempt, parents planned to march on Chengdu, the provincial capital and seek higher lever authorities to investigate the incidents. Jiang, Guohua, the local party boss, pleaded with them to abandon the protest. The parents ignored his pleas and responded by yelling at his face while continuing their march.

The protests undermine the government's attempts to promote its positive response to the quake. Censors have blocked detailed reports of the schools' controversy by the state-run media, but a photo of Mr. Jiang kneeling and pleading with these parents has captivated international attention worldwide.

The authorities in Beijing do realize the gravity of the issue. The spokesman for the Education Ministry, Wang Xuming, promised a reassessment of school buildings in the quake zone, including that those responsible for "cutting corners" would be "severely punished." This caused the local officials of Sichuan to bend to these authorities' pressure.

Not everyone agrees investigating the cause of the school's collapse is vital at this point. Officials in Chengdu suggested a "full scale" investigation should take a back seat to the needs of survivors.



Parents grieve, holding pictures of children killed in the earthquake.

Courtesy Ng Han Guan/Associated Press

## Journalists At Risk Now More Than Ever

Alexa Basciano

Staff Writer

What do you think is the most dangerous job? Although many wouldn't expect it, working as a journalist in Iraq is one of the most dangerous jobs out there. Members of the press are hunted down and murdered while simply trying to cover the news. There are so many difficulties and dangers journalists experience while trying to do their jobs in foreign lands. The year 2007 was, for journalists, a very deadly year.

A lot of journalists are in deep danger because of the fact that terrorists kidnap and murder many of them. There once was a fire in Afghanistan that killed more journalists than soldiers. The statistics indicate that 64 journalists in 17 countries died while covering the news in 2007 — the deadliest year

in more than a decade. In 2006, there were three journalists that worked for Arab TV who were kidnapped and killed while covering the news. Some argue that American journalists have it far easier than those stationed in other countries.

Not only can journalists die easily, they also have to face threats and ha-

rassment. Across the world journalists are harassed, intimidated, and sometimes physically attacked on a regular

basis. In some instances, if the people do not agree with the journalist, they will do anything to start a rampage. For example, on April 23, 2006, a journalist working on a newspaper in Kazakhstan was severely beaten by a



Atwar Bahjat, an Iraqi journalist, was murdered.

Courtesy of the BBC

group of men while simply trying to do his job.

In the past three years alone, more than 80 journalists and media assistants have been killed in the conflict in Iraq. While the most high profile killings and kidnappings have been Western reporters, most of the killed journalists have been Iraqis.

There are so many dangers those media correspondents and photojournalists face in Iraq and other war-torn areas of conflict. As journalists continue to travel to high-risk areas to share their stories with citizens back home, they face a range of constantly evolving challenges.





Omar bin Laden and his wife talk about peace plans to reporters in Cairo.  
*Courtesy Associated Press*

# Bin Laden's Son Wants to Be Envoy of Peace

Hank Rubenstein  
 Sports Editor

The 26-year-old does not renounce his father, Al-Qaeda leader Osama bin Laden, but in an interview in mid-January, he said there is better way to defend Islam than Al-Qaeda's militancy. Omar plans to become the "ambassador for peace" between Muslims and the West.

Omar raised a tabloid storm in Britain last year when he married a 52-year-old British woman, Jane Felix-Browne, who took on the name Zaina Alsabah. Now the couple says they want to be advocates, planning a 3,000-mile horse race across North Africa to draw attention to the cause of peace.

"It's about changing the ideas of the Western mind. A lot of people think Arabs—especially the bin Ladens, especially the sons of Osama—are all terrorists. This is not the truth," Omar said recently at a cafe in one of Cairo's new shopping malls.

Of course, many may have a hard time getting their mind around the idea of "bin Laden: peacenik." "Omar thinks he can be a negotiator," said Omar's wife Zaina Alsabah, who is trying to bring her husband to Britain. "He's one of the only people who can do this in the world." Omar, the fourth eldest of Osama bin Laden's 19 children, lived with his father in Sudan, then moved with him to Afghanistan when Khar-toum forced out the al-Qaeda leader in 1996.

In Afghanistan, Omar says he trained at an Al-Qaeda camp, but in 2000 he decided there must be another way and he left his father, returning to his homeland Saudi Arabia. "I don't want to be in that situation to just fight. I like to find another way and this other way may be like we do now, talking," he said in English. He suggested his father did not oppose his leaving, while wife Alsabah interjected that Omar was courageous in breaking away, but neither elaborated.

He said he hasn't seen or been in contact with his father since leaving Afghanistan. "He doesn't have email," Omar said. "He doesn't take a telephone ... if he had something like this, they will find him through satellites." Omar doesn't criticize his father and says Osama bin Laden is just trying to defend the Islamic world.

"My father thinks he will be good for defending the Arab people and stop anyone from hurting the Arab or Muslim people any place in the world," he said, noting that the West didn't have a problem with his father when he was fighting the Russians in Afghanistan in the 1980s.

Omar is convinced a truce between the West and Al-Qaeda is possible. "My father is asking for a truce but I don't think there is any government that respects him. At the same time they do not respect him, why everywhere in the world, they want to fight him? There is a contradiction," he said.

Osama bin Laden, believed to be in hiding in the Pakistan-Afghan border region, offered a truce to Europe in a 2004 audiotape and a conditional truce to the United States in a 2006 message. This past November he called on European nations to pull out of Afghanistan in a message seen by some experts as an effort to reach out to Europe.

But in a series of messages since last fall, he has also been calling for Muslims to rally around jihad, or "holy war," encouraging fighters in Iraq in particular to continue their battles with U.S. and Iraqi forces.

The couple still is planning their endurance horse race across North Africa, which they hope to start next March. The two plan on riding into Britain, but as of this point, Omar is still waiting upon his visa. They admit they are still in the planning stages, seeking approval of governments along the route. They are also looking for sponsors to help pay for the event and raise money for child victims of war.

Omar said they plan to ride 30 miles a day, with periodic weeklong rests in each country. Teams from around the world will be encouraged to join in what the couple envisions as an equine version of the famous Paris-Dakar car rally. That rally was cancelled this year due to fears over terrorist threats made by Al-Qaeda-affiliated groups in North Africa. Omar, however, said he isn't worried. "I heard the rally was stopped because of Al-Qaeda," he said. "I don't think they are going to stop me."

# Court Upholds California Ruling, June Weddings For Same Sex Couples

Amanda Corrado  
 Staff Writer

On June 4, 2008, the California Supreme Court rejected a proposal to stop the May ruling legalizing gay marriage, giving the chance for same-sex couples to begin marrying as soon as June 17.

On May 15, 2008, the Supreme Court had (in a 4-3 ruling) ended California's existing laws limiting marriage to that between a man and a woman, proposing to allow same-sex marriages.

The judgment was written by Chief Justice Ronald M. George, and quoted the court's decision to reverse interracial marriage bans in 1948. It established that "equal respect and dignity" of marriage is a "basic civil right" that can't be withheld from same-sex couples, that sexual orientation is a protected class like race and gender, and that any classification or discrimination on the basis of sexual orientation is subject to "strict scrutiny under the Equal Protection Clause of the California State Constitution."

Fellow Justices Joyce L. Kennard, Kathryn Werdegar, and Carlos R. Moreno agreed. The California Supreme Court is the first state high court in the country to do so. The Massachusetts State Supreme Court differed in that it didn't find sexual orientation to be a protected class, and instead ended its gay-marriage ban on rational basis review, which is the lowest level of inspection applied by courts deciding constitutional issues through judicial review.

After the announcement of the end of the same-sex marriage ban, the Advocates for Faith and Freedom and the Alliance Defense Fund asked for a postponement of the ruling until after the November Presidential Elections. California's Governor, Arnold Schwarzenegger, immediately issued a statement pledging to uphold the ruling, and repeated his pledge to oppose the Limit on Marriage Amendment.

In early June, the California Supreme Court denied requests to stay, or delay its same-sex marriage decision until after the November election, when California voters will have the chance to weigh in on the same issue through ballots. The court also declined to re-hear the case. The court also said its ruling would become final on June 16 at 5 p.m.

This decision has fortified the California Supreme Court's mission to allow marriage for everyone, regardless of sexual orientation. There is hope that California can influence other states to follow in this path of equality for all.



Hundreds gather to celebrate the California Supreme Court's ruling.  
*Courtesy Robert Gauthier/Los Angeles Times*



A woman holds up a copy of the news release relating the Supreme Court's decision to overturn the ban on same-sex marriage in California.  
*Courtesy of Justin Sullivan/Getty Images*



A hearty country breakfast.

Courtesy Tamarack Lodge

## Study Shows Breakfast Affects Body Mass Index

Marissa DeCarlo

Staff Writer

A new study proves parents right -- breakfast might be the most important meal of the day after all. This study proves that kids who eat breakfast are less likely to be overweight. The researchers examined the eating and exercise habits of 1,007 boys and 1,215 girls, with an average age of 15 at the start of the five-year study. The researchers found a direct relationship between eating breakfast and body mass index; the more a kid ate breakfast, the lower their body mass index would be. According to dictionary.com, body mass index is defined as a measurement of the relative percentages of fat and muscle mass in the human body, in which weight in kilograms is divided by height in meters and the result used as an index of obesity.

Why eating breakfast leads to fewer unwanted pounds is unclear, but the study found that breakfast eaters consumed greater amounts of carbohydrates and fiber, got fewer calories from fat and exercised more. Consumption of fiber-rich foods may improve glucose and insulin levels, making people feel satisfied and less likely to eat more later in the day. Donna Spruijt-Metz, an assistant professor of preventive medicine at the University of Southern California (who was not involved in the study), said, "Food consumption at breakfast does seem to influence activity. Maybe kids eating breakfast get less refined foods and more that contain fiber. The influence of that on metabolism and behavior is something we're still trying to sort out in my lab."

For the study, the researchers recorded food intake using a well-established food frequency questionnaire and added specific questions about

how often the teenagers ate breakfast. They also included questions to determine the behavioral and social forces that might affect eating. For example, they asked whether the teenagers were concerned about their weight, whether they skipped meals to lose weight, whether they had ever been made fun of about their weight, and how often they had dieted during the last year. They also asked how much exercise they were getting.

About half the teenagers ate breakfast occasionally, but girls were more likely to skip breakfast and boys more likely to eat it every day. Girls who consistently ate breakfast had an overall diet higher in cholesterol, fiber and total calories than those who skipped the meal; the boys who were consistent consumed more calories, more carbohydrates and fiber, and less saturated fat than the other boys who skipped breakfast. At the start of the study, consistent breakfast eaters had an average body mass index of 21.7, intermittent eaters 22.5, and those who never had breakfast 23.4. Over the next five years, body mass index increased in exactly the same pattern. The relationship persisted even after controlling for age, sex, race, socioeconomic status, smoking and concerns about diet and weight.

The researchers acknowledge that the study depends on self-reports of weight and eating habits, which are not always reliable, and that even though they controlled for many variables, the study was observational, showing only an association between breakfast eating habits and body mass, not a causal relationship.



## Town Clerk Urges Organ Donation Signup

Melissa Delia

Staff Writer

Joseph Acocella at 26 years old, is the new Town Clerk of Harrison and is one of the youngest municipal clerks in New York State, but when he was four years old he had both his legs amputated because of a rare developmental disorder of the lower spine. By the time he was 18 years old he was receiving dialysis three times a week for both kidneys which had failed and were damaged because of his disability. After being on an organ wait list for more than seven months, Joseph received a new kidney from an anonymous donor.

"If that person hadn't become a donor, who knows where I would be right now. It saved my life," said Acocella. Since April was National Organ Donor Awareness Month, Acocella's office joined the U.S. Department of Health and Human Services' Workplace Partnership for Life Campaign. The goal of this partnership is to educate people about organ and tissue donation and to get them to register. There are currently 98,720 candidates on the national waiting list and about 75,000 of them are waiting for kidneys, according to the United Network of Organ Sharing.

While Joseph was a senior in high school, he went for dialysis three times a month until he finally got a call about a donor. When he received

the call he was scared because his mother, Marie Acocella, had received a kidney transplant seven years earlier and had died a day after the operation. Her death was not caused by the transplant, but by complications that came about from her being a diabetic. Joseph's procedure was a success and he went on to graduate from Harrison High School and earn a bachelor's degree in political science from Fordham University.

After graduating from college,

he worked in the town's Recreation Department, and later became the records keeper in the Harrison Police Department. Acocella also has had a seat on the school board. Police Chief David R. Hall, for whom Acocella once worked, said, "Joe is a living example



Harrison Town Clerk Joseph Acocella.

of what a person with a disability can achieve." Hall doesn't think Joseph Acocella will be stopping anytime soon. He co-hosted an informational session with the Organ Donor Network on April 21 at the Harrison Town Hall. Acocella said, "People don't like this discussion because they don't want to face their own mortality. But this should actually give people peace of mind, knowing that, when you do leave this world, you die letting somebody else stay. You can't take the organs with you."

## Are You Drinking Nearly Enough Milk?

Nora Areikat

Staff Writer

Although many people have expressed concern over the issue of growth hormones being present in milk and dairy products, scientists have not found any dangerous side effects directly related to that presence. Still, certified USDA Organic milk and dairy products contain an assurance that they were produced without the use of antibiotics, added growth hormones or dangerous pesticides. Either way, medical specialists are urging people to keep drinking milk, for a number of reasons.

One reason is the fact that many American simply are not drinking enough. According to the U.S. Department of Agriculture, the average adult only gets half of the recommended serving of milk and dairy each day. Not getting enough necessary nutrients means your body can't function to its full potential.

Milk has many health benefits, one of which is the calcium it provides, important for strong bones and teeth. Not getting enough milk (and calcium)

can put you at risk for osteoporosis, which is a disease that causes bones to become more fragile and likely to break. Drinking milk has also been connected to the reduction of LDL cholesterol (the "bad" kind). Skim and low fat milk can be an effect part of a weight loss program. Some scientists also believe milk helps reduce the risk of some cancers (although there has been no conclusive proof of this).

Milk contains many important vitamins - for example, Vitamin D (which helps your body absorb more calcium) and Vitamin A (which helps your vision and keeps your immune system healthy).

In conclusion, milk and the calcium it provides is very important and necessary, but many people are simply not getting enough right now. It is recommended that you should consume at the following amounts of dairy products on a daily basis: one cup of milk, one cup of yogurt, and one serving of cheese.





The practice of Yoga helps stretch out one's back. Courtesy Health & Fitness Journal

## Yoga For Mind, Body, and Soul

Andrea Pagano

Fashion Editor

Clear your head and take a yoga class. Many people do not know exactly what great things Yoga can do for the human body. The practice of Yoga has many positive benefits, physically, mentally, and spiritually. This 5000-year-old tradition first started its practice on the battlefield.

The physical benefits of Yoga are that it creates a toned, flexible and strong body. Yoga helps athletic ability, and improves respiration and energy. It also helps maintain a balanced metabolism. Taking a Yoga class can promote cardio and circulatory health.

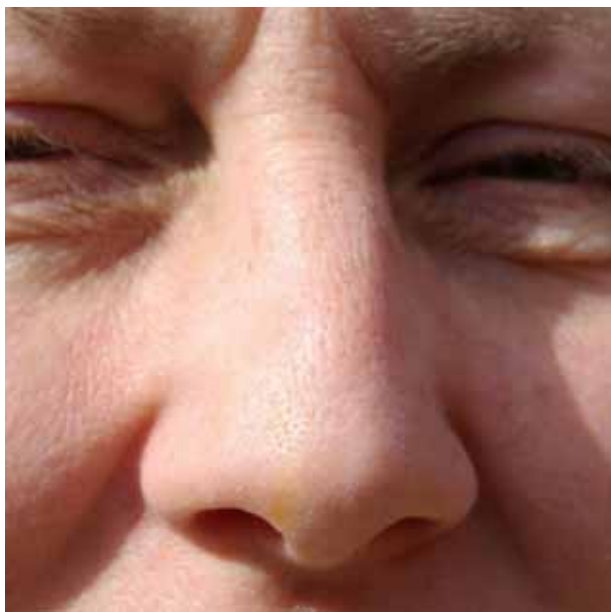
Besides the great physical advantages to practicing Yoga, studies show that people who take part in Yoga on a daily or weekly basis are a lot calmer and happier in everyday life.

The mental benefits to the art of Yoga are the following: Yoga helps people become more relaxed and able to tackle tough situations more easily. A positive benefit to Yoga and why most people like this form of exercise is that Yoga has the ability to help quiet a person's mind, so that you can focus your energy where you want it to go. For example, someone might focus

their energy on a difficult Yoga pose, on a game they are about to play, or on school work. Yoga encourages positive thoughts and self-acceptance. Yoga teaches you to focus on your breathing. Focusing on breathing is used to reduce anxiety and stress.

The spiritual benefits of yoga are very powerful. Yoga's main purpose aside from being a form of exercise is to build awareness for your own body, your feelings, and the world around you. Yoga promotes a healthy lifestyle.

Yoga is for anyone, no matter how old you are. A great thing about Yoga is that, for every move and position there will be a modified version and an advanced pose to cover people of all different skill levels and abilities. Even if you don't have time to sign up for a class, buying a Yoga DVD is just as effective. Ask anyone who enjoys Yoga and they will tell you the wondrous benefits and how they feel after their workout. Yoga is practiced by some 20 million people throughout the world daily -- you should be one of them!



The sense of smell differs from individual to individual.

Courtesy of Infovisual

## Accutane: A Cure For Acne?

Dominique Cuce

Staff Writer

A fairly new medication, Isotretinoin, more commonly known as Accutane, is being prescribed more often to those with cases of severe acne. Accutane is a pill that a patient has to take each day for some four-to-six months, and in rare cases, even longer. Basically, Accutane removes your acne completely within this time period. However, criticism has begun to arise over the medication's possible side effects.

One major consideration before taking Accutane is the risk of getting pregnant. This pill is so strong that it could cause extremely harmful side effects to those that are pregnant or considering becoming pregnant while taking it. With this major consideration, the "I Pledge" program was developed. Shortly after a dermatologist prescribes the pill, women who are capable of becoming pregnant must choose two forms of birth control, with abstinence being one of them.

Many people criticize Accutane because of the work involved in taking

the pill, which includes monthly blood work and extra visits with a dermatologist. Still, for many, it is well worth the extra effort.

When taking the pill, common side effects are going to happen, but usually depend on the dosage your dermatologist prescribes. Most common side effects include dry mouth, dry skin, acne flares in the beginning, dry eyes, headaches, and others. In some instances, Accutane can lead to severe but rare side effects, including possible depression, suicidal ideation, and psychosis, though there is no complete evidence to corroborate the connection. These harsh, but rare effects are one reason this drug is sometimes hard to prescribe.

Though there may be many effects and steps in taking Accutane, the end result of clear and beautiful skin makes it worthwhile to many people. Talk to your dermatologist to learn more about Accutane, and to see if it is right for you.



Accutane.

Courtesy Pacificu.edu

## "Scent-sitivity" - A Growing Concern That The Nose Knows

Judy Florio

Staff Writer

Karen Kraig has been known to raise a stink about strong smells.

The World Trade Tower attacks of September 11, 2001, caused the Manhattan financial consultant's already acute sense of smell to go both ballistic and bronchial, leaving her wheezing whenever she encounters a whiff of perfume, laundry detergent, fabric softener or window cleaner. As a result, Kraig now insists that clients are to show up for their appointments fragrance-free — or else. "If someone comes into my office wearing perfume or with a strong shampoo or laundry soap smell, I have to ask them to leave," she says. "On occasion, I've made people wear a garbage bag over their clothes because the detergent smell was so fierce I couldn't endure it."

Kraig is not the only one with such a sensitivity to strong smells. Fragrances were named "allergen of the year" for 2007 by the American Contact Dermatitis Society. Further, a 2003 study of more than 10,000 mothers and their infants in England found air fresheners, deodorants and aerosols were "significantly associated" with headaches in moms and earache, vomiting, and diarrhea in their babies. But while the physiological effects of perfume and other

powder-fresh products continue to be hashed out in medical circles and research labs, another question looms large for those with sensitive noses and/or sensitive feelings when it comes to being asked to don a Hefty bag or forgo their favorite hand lotion: How far is too far when it comes to sticking up for your nose? The answer to that question might be easier to sniff out if it weren't for the fact that not all noses are created equal.

Dr. Alan Hirsch, founder and neurological director of the Smell & Taste Treatment and Research Foundation of Chicago, says sense of smell differs from individual to individual. Other factors, such as age, gender and whether you've had lunch, can also affect sensitivity. The other problem is that what some consider ambient aromas, others perceive as a relentless chemical assault on their respiratory system. Plus, within the past few years there has been an explosion of fragrances in all types of cosmetics and laundry detergents, and considering that laws against indoor smoking have only made our noses more apt to smelling perfume fragrances and hand lotion, it doesn't seem to be a bright future for those with such sensitive senses of smell.

# Fashion Update: Everything Old Is New Again

Taryn Brandes

Features Editor

Is it really the year 2008, or did the world travel back in time to the '70s and '80s? It's neither a rarity nor an abnormality when parents excitedly tell their children, "I had an off the shoulder shirt just like yours!", or "those high-waisted pants were just like my favorite pair I wore in college!" This is reality. Some of this season's most fantastic fads and terrific trends have been brought back to life. These styles have landed straight from the bold and retro 1970s, and the colorful and eccentric 1980s.

Take Tom Cruise's character in the 1980's movie *Risky Business*. He was the legendary one who wore the Ray-Ban sunglasses and white oxford shirt. Now, in 2008, the white oxfords and the Ray-Ban glasses have been revived. Just look in a magazine; every other celebrity is wearing the exact same pair of Ray-Bans as Cruise had worn. The only difference is that today, the glasses are made and worn in a wider variety of colors.

How about Madonna? We can no longer laugh at her crazy styles, consisting of chunky high-waisted belts on top of off-the-shoulder T-shirts and colorful spandex leggings. This is because today's society is repeating her style. Stores have begun to sell shirts

designed to be worn off-the-shoulder, with pre-cut neck lines, and teens are wearing leggings of all different patterns and colors. For example, the new celebrity fad is "leather leggings." Additionally, one of the biggest clothing sellers at Urban Outfitters stores is the "Frankie Says Relax" T-shirts, made in neon yellows, blues, greens, and pinks.



Tom Cruise in *Risky Business* and the famous Ray-Bans.

Nothing screams "the '80s" more than this T-shirt because it originally came out in the 1980s after the single *Relax* was released by the band Frankie Goes to Hollywood.

The summer of 2008 can say goodbye to tight low rise jeans, and say hello to the wide-legged and high-waisted pants of the 1970s. In the TV series *That '70s Show*, Donna's

blouses that she tucked into high waist bell-bottom jeans are now also worn by the trendiest people this season. Even the hippy-style manner that the characters wore their headbands is one of the new biggest trends. Open a fashion magazine. There are rampant models wearing bandanas and braided head bands like a hippy: on top of their hair, around their head, and over their ears. Other major 1970s style, as evident in the movie *Saturday Night Fever*, consisted of bold disco-sequined tops, pants, and accessories. It is clear that the sequins and sparkles have made their way back today, seeing that one of the most popular items worn at fancy occasions is the sequin dress. Last but not least, although the '70s chunky heel style is very different from today's big scrunchy-leg style, 2008, just like the 1970s, is another "age of the boots."

It is inevitable for fashion trends to be utilized more than once. How many new styles can society really create? However a funny concept is that many children and teens think these trends are brand new. They do not realize that the styles have been revitalized, and that their parents, and even grandparents were wearing almost identical items and accessories as a child, in college, or even as parents. History, even fashion history, really does repeat itself in the future.



## Harrison High's Advice Column

**Dear Gossip Girls,**

A guy friend calls and texts me all the time and I'm really starting to like him. I wish I could tell if he likes me back. He flirts with me all the time but am I imagining it or is it real? The biggest problem is -- he has a girlfriend! I would really like to confront him and say something. Any ideas on what I should do?

Sincerely,

**Puzzled**

**Dear Puzzled,**

I know exactly how you feel. If guys said what they feel, wouldn't life be so much easier? What you should do is really up to you, but I suggest letting things work themselves out. If he does have a thing for you and he is worth it, he will make a move. In the meantime don't sweat the small stuff about the girlfriend -- that's his problem, not yours. If it's meant to be, it will work out.

**Dear Gossip Girls,**

I noticed my friend is really worried about the way she looks. We recently went shopping and she kept staring herself in the mirror. I went over and asked what was wrong. She said, "I am too fat; Tyler is never going to like me." (Tyler is a guy she has recently starting seeing) I don't understand why my friend thinks she is fat -- she is a size 3 and looks great. I am really worried about her because whenever we go out she doesn't eat as much as she used to and is on this new "grapefruit diet" where all she eats is grapefruit. What should I say to make her realize she is beautiful and doesn't need to diet?

Sincerely,

**Worried**

**Dear Worried,**

This is a common issue among teenagers these days. A girl feels she must be thin, like celebrities, to be beautiful. Try sitting your friend down and talking to her about her recent behaviors. Let her know that you're worried about her. Remind her that to be beautiful is to be confident with the way you are. If she doesn't have the self-esteem to believe she is beautiful, then who else will? There is a good chance that her recent eating habits are linked to Tyler. If a guy wants you to change the way you look, then he obviously doesn't love you for the way you are and is not worth it.

# YSL: Death of A Fashion Legend

Emily Singer

Staff Writer

He is considered to be one of the greatest fashion designers of all time, along with Coco Chanel and Christian Dior. He put women in pantsuits and made them feel elegant -- the epitome of androgynous dressing. He created one of the largest fashion houses in the world, but on June 1, fashion legend Yves Saint-Laurent passed away in his apartment in Paris.

Born on August 1, 1939 in Oran, Algeria, Yves Henri Donat Mathieu Saint-Laurent inherited his keen sense of fashion from his mother. Saint-Laurent studied at the Chambre Syndicale de la Couture but left after several months because he disagreed with the school syllabus. He left home at age 17 to work for fellow fashion legend, Christian Dior, after winning first prize in a fashion contest for making an asymmetrical cocktail dress. After Dior passed away in 1957, Saint-Laurent (21 years old at the time) was left to save the fashion house from bankruptcy. In 1958, Saint-Laurent introduced the trapeze dress to the fashion world.

Just when Saint-Laurent was beginning to make a name for himself, he was drafted into the French Army to fight during the Algerian War of Independence. For the 20 days that served in the military, he was hazed and tortured. After his short military career, he was placed in a mental hospital as a result of a nervous breakdown.

In 1962, after he recovered from his breakdown, Saint-Laurent was al-

lowed to leave the Dior house and he founded his own fashion line -- YSL. Throughout the '60s and '70s, Saint-Laurent popularized androgynous safari clothing for women. In 1966, Yves Saint-Laurent created the most popular tuxedo suit for women -- 'Le Smoking' suit.

Saint-Laurent was a daring designer. He put women in pantsuits, clothing that previously was for 'men only.' Saint-Laurent was also the first to use black models in his runway shows. In 1983, he was honored for



YSL's Mondrian Day Dress is now a piece of museum art.  
Courtesy Metropolitan Museum of Art

his fashion work by the Metropolitan Museum of Art, making him the first living designer to ever be honored by the museum.

In 1999, Gucci bought the YSL brand. The new company allowed American designer Tom Ford to design the YSL ready-to-wear collection while Yves Saint-Laurent would design the haute couture lines.

In 2002, Yves Saint-Laurent retired from designing clothing. He was suffering from alcoholism, depression, drug abuse, and many other health problems which were taking away from his focus on fashion. At the same time that Saint-Laurent retired, he closed his couture house. The Gucci Group continued to design under Saint-Laurent's ready-to-wear name, currently produced by designer Stefano Pilati.

On June 1, 2008, Yves Saint-Laurent was pronounced dead in his home in Paris due to complications from a brain tumor. He was 71 years old.

Saint-Laurent was a fashion legend whose name has gone down in history. He turned haute couture fashion into an art form. Along with Coco Chanel and Christian Dior, he aided in turning Paris into the fashion capital of the world. A daily French newspaper, *Le Figaro*, dedicated its entire first page to Saint-Laurent and his fashion legacy. According to *Le Figaro* as well as many fashion connoisseurs, Yves Saint-Laurent was "the world's greatest couturier."



# Leno's Tonight Show Reign Ending, Contract Says Make Way for Conan

Chris Cassavecca

Staff Writer

By 2009, Jay Leno, host of *The Tonight Show* and the king of late night comedy (and big chins), will be leaving NBC for good. Three years ago, Leno signed a contract saying that in 2009 he will retire and leave the 11:35 p.m. slot to another *Late Night* sensation, Conan O'Brien.

Leno took over the hosting chair from the beloved Johnny Carson in 1992, and told NBC Networks that he would be retiring in 2009. Now that time is ticking for Leno, he says that he does not want to leave. However, in a recent news conference Ben Silverman, co-chairman of NBC Entertainment, stated that, "the changing late-night landscape at the network would probably mean that Jay Leno would leave it."

When asked about the prospect that NBC would be able to keep Mr. Leno after his contract expires in January, 2010, with Conan O'Brien having taken over his spot on the "Tonight" show, Mr. Silverman said NBC was going to do everything it could to find something that would induce Mr. Leno to stay, but that it was unlikely that it would succeed. "I think it's a reach," said Mr. Silverman.

In addition to Conan moving up,

Jimmie Fallon (formerly of *Saturday Night Live*) will take Conan's former 12:35 a.m. spot. When Leno was asked why he signed the contract, he said, "When I signed my new contract, I felt that the timing was right to plan for my successor, and there is no one more qualified than Conan."

Now some might wonder, "What if NBC gives Leno the okay to stay?" NBC clearly wouldn't mind keeping their number-one guy on the payroll, and if he wants to keep working, they definitely want him in their network. Leno has a non-compete clause to keep him off the air for six months after leaving NBC. If Leno in fact changes his mind and sticks with Tonight and NBC reneges on their arrangement with O'Brien, O'Brien earns a \$40 million penalty and could continue to act as the host of *Late Night* with Conan O'Brien, which is arguably a lower-stress assignment anyway. That move, however, might lead O'Brien to possibly move to another network. The way it looks now is that Leno will be leaving for good. Even though he has second thoughts, he takes responsibility for following what he contractually committed to do.



Jay Leno is contractually obligated to step down as the host of NBC's *The Tonight Show*.

Courtesy of NBC



Conan O'Brien moves out to Los Angeles and takes over the 11:35 p.m. slot, while Jimmy Fallon gets his old show.

Courtesy of Evening Talk

# Celebrity Siblings: Waiting Their Turn

Alex Chill

Staff Writer

Everyone knows the famous celebrities, but what about their siblings? They have lives too, like our own, with annoying but loving siblings. Some of the more familiar sibs include the Jonas brothers, the Simpson sisters, the Carters, the Hiltons, the Lohan sisters and, of course, the most drama-filled pair, the famous Spears sisters.

The whole world has now heard about the current boy band that has every teen girl on the tips of their chairs, the Jonas Brothers! The famous group even went on a world tour with that other Disney pop-star, Hannah Montana. Just recently, the brothers decided they're going to start an individual tour. However, there is a Jonas that many people don't know about: Frankie Jonas, the youngest of the bunch, is not yet part of the band. He is only seven years old now, but is part of his own band "RockSlap." According to a few sources, Frankie doesn't want to join his brothers' band, but wants to continue on his own. Frankie already knows how to play the guitar, but someday dreams of playing the drums too. Aside from music, Frankie is a huge fan of the Yankees, and loves football. His other favorite thing...Hannah Montana! Hannah Montana is his favorite female star, when he found out about the Nick and Hannah get together; he tried to start a fight with his brother!

Another Disney star, Miley Ray Cyrus, a.k.a. Hannah Montana, also has a younger sister (Noah Lindsey), an older brother (Braison Chance), and three half siblings on both her mother's and father's sides. Her younger sister Noah has made many guest appearances on her show and on her father's show! You may not know it, but she was definitely there. Also, one of her half brothers, Trace, started his own band with another Hannah Montana sibling. Mitchell Musso (Oliver on Hannah Montana) has a brother, Mason, who together with Trace, created the band Metro Station.

Lindsay and Ali Lohan recently have been in the news, mostly regarding scares that Ali will become the new Lindsay. Ali started her career at age 3, when she was a model for Ford Modeling. Ever since then, she has been a model, actress (playing small roles in Lindsay's movies), and a singer (album, *Lohan Holiday*). The hope is that she won't follow in the footsteps of her sister, making questionable mistakes that thwart her career.

Jamie Lynn Spears, sister of Britney, has done everything but stay true to her fans. Over the summer, Britney was all everyone could talk about – from jail, shaved head, and alcohol stories. However, the tables turned and now Jamie Lynn doesn't go a week without being talked about. On December 18, Spears confirmed with she was pregnant with the child of her boyfriend at the time, and now husband-to-be, Casey Aldridge. This news was shocking to everyone, especially since the innocent 16-year-old was/is the star of the Nickelodeon hit series, *Zoey 101*. There was rumors that the show would be cancelled, but it was resolved that the show would continue.

Remember the Carters? Nick started out as a Backstreet Boy, and Aaron had a solo album. When the Backstreet Boys broke apart, and Aaron's career started to slow down, the boys began to mesh. They now have their own record label together, and have their own show called "House of the Carters." In 2006, the new show introduced the rest of their family: Angel, Bobby Jean, Leslie, and Chris Carter. As of now, it seems that younger siblings and families of stars are trying to push their way into the fame game.

# Top Summer Vacation Destinations

Allie Schnitta

Staff Writer

Do you know where you are headed this upcoming summer? If you're undecided, don't worry – here's a list of some great summer vacation hot-spots!

## Hawaii

Hawaii is one of the most popular vacation destinations. With Hawaii's beautiful beaches, amazing water sports, and luxurious hotels, it will definitely be very relaxing for both you and your family. The climate and geography of the islands truly are amazing and the people are always friendly and happy, making you feel right at home. Just remember to say "Aloha" upon your arrival!

## Las Vegas

If you are looking for non-stop entertainment, Vegas is the place for you. Known as the "Gambler's delight" with its many casinos, entertainment, hotels, restaurants, and shopping, there is something for everyone!



## Mexico

Mexico is known as the land that fascinates tourists from all over the world. The vast beaches, the Mexican music, and historical places of interest all make Mexico a great getaway. The bustling night life, vibrant natural



Hawaii's Wailua Falls. Courtesy of Wikimedia

landscapes, wildlife, and valleys are some of the many things that Mexico has to offer.

## Florida

The lavish beaches, beautiful sunrise and sunsets, the hopping night life, and fantastic weather all make Florida a great vacation spot.

## Los Angeles

Taking a trip to the West Coast is a thrilling experience. The weather is usually warm all year round, which makes L.A. one of the best destination spots anytime. Most of the glamorous television and movie centers are located in L.A., which makes everybody feel like a star! The delicious restaurants, shops, Hollywood resorts, and buzzing nightlife all make Los Angeles an exciting and upbeat place to vacation.

## New York City

Known as the "Big Apple," this truly is the city that never sleeps. With great shopping, hopping nightlife, and historical interests such as the Statue of Liberty, Ellis Island and the many famous museums, New York is a must-see.

## Utah

If the bustling city, and happening

night life isn't your thing, Utah is a great place to just chill. It's very low key and relaxing. Even though it is not quite popular as some other destinations, skiing, snowboarding and other winter sports make Utah the place to be.

## Thailand

This exotic paradise is regarded as the biggest attraction for tourists. The religion, culture, and hospitality of the people are some of Thailand's many positive attributes. Thailand can be an escape from the hectic city life, offering spa, health, and relaxation resorts.

## France

It's the French way of life that amazes tourists. The culture and famous architecture such as the Eiffel Tower allow tourists to be attracted to this country – and the food is wonderful!

## The Caribbean

The Caribbean islands are known for their vibrant culture and spirit. With the many resorts, vast beaches, water sports, and delicious foods, the Caribbean will be a memorable vacation for both you and your family.



A beautiful beach in Thailand. Courtesy of Photo Media Service

# Movie Review: Diane Israel's Beauty Mark

Arielle Lhotan

Graphics Editor

Why do so many men and women today make themselves sick over trying to conform to our culture's beauty standards? Why do many feel insignificant because they have less than "perfect" body images? Filmmaker Diane Israel went on a mission to answer these questions in her recent film *Beauty Mark*. The film follows Scarsdale native Israel on her quest to understand how popular culture's obsession with physical beauty has trickled down to the masses and why unhealthy body standards are accepted by countless individuals. What makes *Beauty Mark* particularly intriguing is that Israel leads the viewer through the film's journey by first revealing her own battle with athletic bulimia as well as her current



Diane at a Harlem school.

struggles in dealing with her disorder.

The film, set in Oregon and New York City, asks thoughtful, provocative questions, but unveils responses that are personal, heart-wrenching and at times wickedly funny. But I became really invested in this film when Israel began interviewing famous, as well as regular people, about their personal troubles fueled by physical insecurities. Israel gives audiences insight into the most powerful revelations about body image and weight issues, capturing a vulnerability that reaches out to all viewers. While some admit to having dangerous body dysmorphia, others discuss how they were forced to reconcile with being less than perfect. One interview that is memorable is the story of a beautiful young model, who tragically was trapped in a burning house with her toddler and both suffered severe burns covering their entire bodies and faces. The woman exposes how she overcame the fact she would never again be physically "beautiful," and does so by expressing her opti-

mism in learning how to find inner beauty. But not all the people Israel encountered had a sad story to tell, for instance, the film takes a turn and focuses on a group of young teenagers who did not think they were anything less than beautiful, even taking the time to point out distinct physical traits that enhanced their perception. The film also introduces several new marketing and media tools aimed at representing a healthier, more realistic populace.

The changes being made to our current marketing companies include Dove's Campaign for Real Beauty, which recruits all kinds of body types for their ads in order to reach a broader demographic. Another is something that usually goes unnoticed but in fact has a serious impact on the way we view our own body's self worth: mannequins. A mannequin producing warehouse has begun their latest installment of "real people" mannequins. On these newest mannequins, you can be sure you won't find sculpted abs, size 2 waists or twig-like limbs. Diane Israel even reads a passage from a children's



From the movie, Brenda teaching spin class.

book that tells young girls to "get off the train" of the intangible beauty they constantly see in magazines and on television. These advancements are small changes that can result in a great difference in our society, and they leave Israel with a sense of gratification.

Diane Israel approached this film with the utmost sincerity and compassion, raising an awareness of the cause and effect of relying on culture's toxic beauty standards. Her passion for fighting against society's image of perfection was the driving force behind the intimate and inspirational creation of *Beauty Mark*. Though the film has yet to be picked up by a distributor, the recognition the film as already received will only continue to grow. There is no denying *Beauty Mark* will leave a lasting mark on everyone.

## Two Films Coming Out Of The Final Harry Potter Book

Emma Glass

Staff Writer

Warner Brothers has announced that the seventh and final Harry Potter movie based on the popular last book in the series: *Harry Potter and the Deathly Hallows* will be split into two different movies when it is released. Producer David Heyman came to the conclusion that it would be impossible to fit all aspects of the 608-page book into a single film. This means more detail and more literary accuracy in the final movie. He told the Los Angeles Times, "You cannot remove elements of this book".

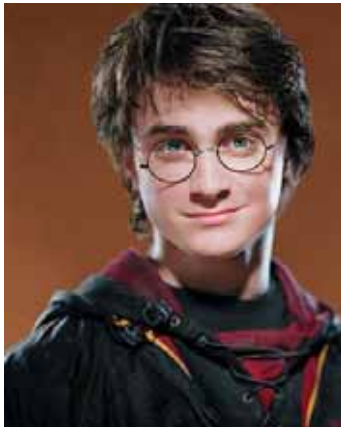
In the past, fans have been disappointed that key elements of the book, as well as interesting and magical scenes, such as the Quidditch matches, have been omitted. The star actor of the movie, Daniel Radcliffe, who plays Harry Potter, agrees with this decision. The basic plot, consisting of Harry's main struggle against Volde-

mort and his evil accomplices, is supplemented in the books with other subplots and stories that add to the final problem. The movies were left spare without these subplots and confused many viewers who had not read the books. The subplot cuts also horrified the fans, who

looked forward to scenes that ended up not being included in the movies. This strategy has been utilized in other movies including Quentin Tarantino's *Kill Bill*, which was split into Volumes I and II. Profits will certainly be increased as those who see the first half of the seventh movie are more than likely to see the second half. This is true provided that the first half is satisfying and engages the average viewer—especially ones who do not follow the series religiously. The Harry Potter franchise is a serious moneymaker; in total, the first six films have made 4.5 billion dollars, making it the biggest film franchise in box office history. The movies even surpassed such popular cult movies as The James Bond series and the Star Wars movies.

Last September, filming began for the sixth Harry Potter book, *Harry Potter and the Half-Blood Prince*. David

Yates is directing this movie which is scheduled to be released on November 21st of this year. As for the final movie, or rather, movies, the first half is scheduled for release in autumn of 2010, with the second half due in the summer of 2011. So grab your broomsticks and popcorn and get ready for the final three.



Daniel Radcliffe plays everybody's favorite boy wizard. Courtesy Warner Brothers



A scene from the movie Juno.

Courtesy Fox Searchlight Pictures

## Juno Now Out on DVD

Nicole Pastor

Staff Writer

Teen pregnancy is a major problem that seems to be getting more serious over the past few years. More and more teens seem oblivious now to what might happen as the result of unprotected sex. Pregnancy pills and condoms can also help prevent the spread of some sexually transmitted diseases.

The recent movie *Juno* is about a teenage girl who is faced with an unplanned pregnancy and the ups and downs surrounding this. The movie is a comedy and lightens the problem with a funny and then touching outcome. This movie finds comedy through exploring the bumps along the way toward growing up.

Ellen Page plays the character Juno who is the young teen who gets pregnant unexpectedly. The character makes an unusual decision and decides the plan will be to put her baby up for adoption, but to the perfect family. She does not want an abortion and feels the baby should live with a family who would love him or her the way they should be loved from parents.

Too many teenagers that get

pregnant now rely on abortions to fix their "problem," when they need to realize that they are carrying a life inside them. It is important for teenagers to be careful when being sexually active and to use protection.

*Juno* was directed by Jason Reitman and written by Diablo Cody. The cast was great. *Juno* was nominated for three Golden Globe Awards and won Diablo Cody an academy award for best original screenplay. It recently became available for purchase on DVD. In my opinion, *Juno* was a great movie. If you missed it in the theaters, rent or buy a copy and watch it now.





# A Guide To Summer Movies

Melissa Shulman and Samantha Breslin  
Staff Writers

## 1. Sex and The City, starring Sarah Jessica Parker, Kim Cattrall, Kristen Davis, Cynthia Nixon



For all who watched Carrie Bradshaw's quest from 1998 to 2003 through six seasons of the hit HBO series Sex and The City, this is the movie for you. The movie picks up three years after the series ended and follows the lives of Carrie, Samantha, Charlotte, and Miranda. Each character has made developments in their plot line since the conclusion of the series. The girls' friendship continues throughout the movie, even when a few bumps get in the way. Both comedic and heart-wrenching, Sex and the City is definitely the "feel good movie of the summer."

In theaters: May 30

## 2. Kung Fu Panda, starring Jack Black, Angelina Jolie, Dustin Hoffman, Jackie Chan, Lucy Liu



People all over the country tuned in to watch Grease: You're the One That I Want, to find stars to play the lead roles of Sandy and Danny on Broadway. As the show was very successful, tickets sold out in minutes for the chance to see the winners perform for the first time. Although Legally Blonde has already premiered on Broadway, MTV has decided to do a show to find a girl to play the lead



The current Elle Woods on Broadway, Laura Bell Bundy.

APG-rated, animated comedy, about a lazy panda named Po who is chosen to fulfill an ancient prophecy of becoming a world renowned Kung Fu master. Po is catapulted into the Kung Fu world and is trained alongside his idols known as the "Furious Five," under the leadership of master Shifu. Will Po rise above his laziness and become the Kung Fu master he's always dreamed about being?

In theaters: June 6

## 3. Indiana Jones and the Kingdom of the Crystal Skull, starring Harrison Ford, Shia LaBeouf, Cate Blanchett



Famed adventurer/archeologist, better known as Dr. Henry "Indiana" Jones is called back into action when he becomes caught up in a plot by the Soviets, led by Irina Spalko (Blanchett) to reveal the secret behind unexplained artifact known as

the Crystal Skull. Indiana Jones never works alone, so he calls in help from a local greaser named "Mutt" Williams (LaBeouf). This action-packed movie will keep you on the edge of your seat.

In Theaters: May 22

## 4. The Sisterhood of the Traveling Pants 2, America Ferrera, Amber Tamblyn, Alexis Bledel, Blake Lively



This is the second edition of the box office hit, based on the best selling series by Ann Brashares. Now, three years later, four life long friends; Tibby, Carmen, Bridget, and Lena embark on separate paths for their first year of college. Although far apart, distance can never come between them and they remain in touch by sharing their experiences through a magical pair of pants. Their time spent apart has helped each girl discover their strengths, fears, and their ability to love

through the journey.

In Theaters: August 8

## 5. The Dark Knight, starring Christian Bale, Michael Caine, Heath Ledger, Maggie Gyllenhaal, Morgan Freeman

The sequel to the hit "Batman Begins," follows the journey of Batman (Bale) as his war on crime in Gotham City rages on. With the assistance of Lieutenant Jim Gordon and District Attorney Harvey Dent, Batman continues on his journey to wipe out the many criminal organizations that plague Gotham. Although their plans prove to be effective, some heroines soon find themselves victims to a reign of terror let loose by a rising criminal mastermind known as The Joker played by the late Heath Ledger.

In Theaters: July 18



## Legally Blonde on TV: The Search For Elle Woods

Lindsey Tannenbaum  
Staff Writer

character Elle Woods which will start on Monday, June 2.

Thousands of girls all over the nation auditioned to be on the show. Out of those thousands, only ten have been chosen to receive a chance at the lead. The girls will be living together in a loft in New York City during the audition process. The journey will be a rough one, as they will be working with top choreographers and coaches including Seth Rudetsky and Dennis Jones. Rehearsing with the rest of the Legally Blonde cast, the girls will get to experience the way it feels to prepare for a show. They will also be mentored by actress Haylie Duff, who recently starred in Broadway's Hairspray.

Each week, the blondes will be trained in singing, acting, and dancing. They will step on stage in front of the judges; Broadway actor Paul Canaan, casting director Bernard Telsey, and Legally Blonde: The Musical writer Heather Hach. These judges will critique the girls on their performances and give out constructive criticism. At the end of the week, one unlucky



Actress Haylie Duff will be the host of this new reality show.

girl will be sent home, narrowing down the chances of becoming Elle Woods.

Not only do the girls have to be the best at acting, singing, and dancing, but they also have to believably portray the unique personality of perky Elle Woods, a sorority girl who loves to shop and be made-up. Only one girl has what it takes to fill the shoes of the current Elle Woods, Laura Bell Bundy, so let the competition begin!



Outdoor Summer Festivals are a great way to get your music.

Courtesy PaperMag

## 2008 Summer Scene: Music For Any Taste, Shows For Any Budget

Christopher Vaughan

Music Editor

You can feel summer rapidly approaching, not because shorts and flip-flops are the dress code once again, but because of the sense of freedom and relaxation. With school coming to a close, it's time to make plans for the next two months and what's better than seeing your favorite band outside in the breezy summer air? From the All Point Festival to Rock the Bells, music fans will be outdoors instead of keeping shelter by their air conditioners.

Are you out of cash from too many shows this winter? If you want to keep your diminished funds intact, there are selected shows that are completely free. Every year Central Park in New York City hosts multiple free concerts on its Summer Stage. This year New York's own Vampire Weekend will be playing on June 14, already receiving critical acclaim for their debut self-titled album; their upbeat tropical romp will be perfect for the summer atmosphere.

If you like more abstract music, you do not want to miss Battles, Black Dice, and Gang Gang Dance in August. These three bands are some of the most creative experimental bands in recent years, blending everything from post-rock to tribal beats. One of the most popular festivals of the summer is the free Siren Music Festival held July 19 on Coney Island. In the past, everyone from Modest Mouse to Death Cab for Cutie has played to crowds of

up to 100,000. This year brings some big names too, like Feist's former band mates Broken Social Scene, ex-leader of Pavement Stephen Malkmus, plus newcomers like Beaches with their dreamy sound and the brooding clash of These Are Powers. Making these shows free gives you the opportunity to see bands that normally would be out of your price range.

If you did save up your money this winter, your economic savvy will pay off greatly this summer. All Point West Festival and Rock the Bells are two of the biggest New York concerts; they both feature appearances by some of the biggest and most diverse bands in the world. The All Point West Festival is from August 8-10, and tickets are priced around \$100. The line-up for the festival features Radiohead, Jack Johnson, The Roots, Cat Power, Animal Collective, CSS, Duffy, Girl Talk and many others. The festival also supports the Friends of Liberty State Park fund which gives \$2 of every ticket to preserve Liberty State Park.

In 2007, Rock the Bells was the biggest show of the year, reuniting the politically intense band Rage against the Machine, who stole the show alongside Wu Tan Clan. This year is no different, including hip-hop juggernauts NAS, A Tribe Called Quest, De La Soul, Mos Def, and The Pharcyde, also most of Wu (Method Man & Red Man, Raekwon & Ghostface). This brings the entire hip-hop community together and will introduce material off of new albums from NAS and Ghostface. Rock the Bells will also show the strength of new talents like Cool Kids, Spank Rock and Kidz in the Hall, as well as expose them to larger crowds.

No matter what genre you like, you can find the perfect show for your own style and earnings. No matter if you have much sleep to catch up on or have a date with your T.V. all summer; you should make it out to one of these festivals to see these spectacular bands live.



Cat Power is playing the All Point West Festival.

Courtesy Harp Magazine

## Make The Most Of Your Summer Vacation

Alyssa Maida

Staff Writer

The school year is wrapping up and summer vacation is right around the corner. Summer vacation is the most anticipated break of the year, yet it always tends to fly by. This summer, make the most of your six weeks of freedom!

Summer is your time to relax and have fun! All year, we work hard doing homework, studying for tests, playing sports, working, and trying to maintain a social life. But summer is also filled with possibilities. It's the time to do the activities you wouldn't normally do.

If you're too young or just don't want the responsibility of a job, try some community service this summer. Community service looks great on applications and resumes. But more importantly, community service is a great way to become active in the causes that interest you. It can also be a fantastic way to meet new people.

Volunteer work is great, but it's also nice to have a little cash in your pocket. When applying for a summer job, don't settle for something boring and ordinary. Pick something that interests you, so going to work is fun instead of a hassle.

By visiting the Harrison Youth Employment services in our library, you can get personal assistance to help you find a job at a convenient location. You can also call the Harrison Youth Council at 914-835-7509 for more information.

Going somewhere interesting

this vacation? Learn about a different culture while you're there. If you're visiting a place where they speak a language you currently are studying, make sure to take tons of pictures! You never know-- they might come in handy in class.

While you're in a new area, visit some colleges that interest you. This way, you can get a head start and beat the stress of college tours.

Even if you plan on staying home this summer, be creative and you will be sure to have a fun, worthwhile summer. Do something different, like having a picnic with some friends at the beach or hosting a cook-off in your own kitchen with different but delicious recipes. Go to the mall and have a scavenger hunt.

Freshman Rosie Bracciodieta plans to have a wonderful summer just by being with her friends. "I love summer because of the fun experiences with friends," she said, "like going to the beach, the mall and just hanging out with the people you love to be with."

However you decide to spend your summer, make sure you remember it all by taking tons of pictures. Freshman Danielle Carpiello knows that the summer will be gone in the blink of an eye. She says, "Summer is the time to unwind from all the stress of school and work and just relax. It's a time for fun, laughter, and friends. Make the most of your summer, because it'll be over before you know it!"

## Exciting Teen Tours Bring The World To You!

Alex Chill

Staff Writer

Every teen dreams of foreign places. Whether it's tropical Hawaii, or historic Greece and Italy, such exotic places are the places to be. Everyone wants to be there, and what better way to spend a summer? The new opportunities for teens are amazing! Any teen from grades 6 through 12 can enjoy a summer abroad.

There are thousands of options out there, so which is the right one for you? If you're interested in learning or getting great community service hours, there are tours to fit your needs.

One fabulous organization is AAVE. Every tour offers community service. The trips range from cities and states in the United States all the way to down under in Australia.

One of the many trips offered is called the "Boot saddle paddle," a thrilling adventure to the West Coast (U.S.). The tour starts in the beautiful Grand Canyon, and the teens trek north for the community service. Navajo Indians introduce their customs to the teens, and a real sense of it is provided as they travel through Anasazi cliff dwellings in Mesa Verde National Park. The very next day, they saddle up with real cowboys for a four day journey. Lastly, the trip concludes with a breathtaking ride on the rapids

of the Colorado River.

Another trip offered through AAVE is an African voyage. Teens on this trip visit Botswana, Namibia, Zambia, and South Africa, all in a matter of 21 days. Check out [www.aave.com](http://www.aave.com) for more information!

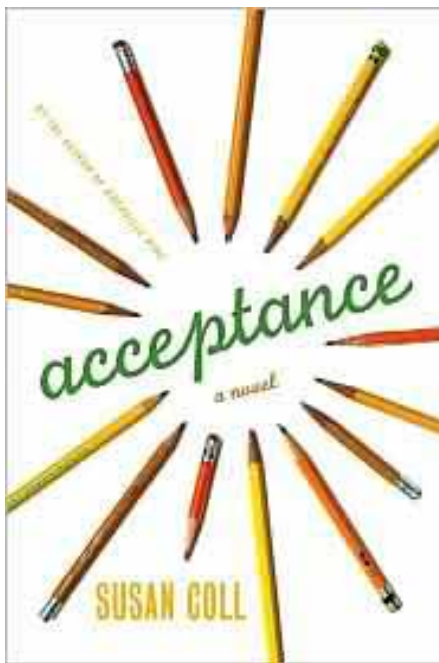
There are many more options available. If you're springing for college credits, check out some of these trips from Rein Tours. "Institute Europeo" lets you come back with an amazing Tuscan experience, along with college credits and S.A.T. prep. You can really kill two birds with one stone!

The "University of Seville" trip includes the same educational details, but in Spain! Imagine yourself in Europe during the summer, having a blast while preparing for your most important years.

The "University of Wisconsin" trip is a little more low-key, but still is amazing. It is packed with fun and college life along with Driver's Ed, internships, S.A.T. prep, and a Big Ten campus! For more information on Rein, go to [www.reintours.com](http://www.reintours.com)!

Have a blast anywhere in the world! Whether it's in the U.S. or all the way across the world, you can accomplish everything you want this summer!





## Entertaining Book Explores College Admissions Process

Taryn Brandes

Features Editor

The college admissions process truly is a one-of-a-kind experience. The process has become incredibly stressful and competitive for the majority of students. More teens than ever are receiving some sort of S.A.T. prep, even while taking on more and more AP courses and playing on a sports team. This competition has spurred a trend in gearing students to take certain classes, participate in unique community service projects, and partake in specific jobs and clubs, not necessarily due to their interest in any of it, but for the sole sake of appealing to a college. Another enormous ball of stress for students during this time is that many parents nowadays have convinced themselves that they are applying to college with their children, and they too get excessively involved in the application and decision process.

A universal belief shared by parents of teens approaching the college admissions process is that university admission manuals are the "end-all/be-all" guides to admission success. However, Susan Coll's novel, *Acceptance*, is just as informative as any college guide, but it discusses the realities of the process through a witty, satirical, and good-messaged story. In the novel, three college-bound students from Verona High School in Washington, D.C., coincidentally bump into each other at the same Yates College visit and information session, after U.S. News and World Report accidentally ranked Yates as one of the top 50 universities.

Readers get a very real taste of the college admission process after meeting students like Coll's "AP Harry," the junior class genius taking an abundance of AP courses, who will only be content attending Harvard University, "Maya Kaluantharana," the incredible athlete with mediocre grades and



Author Susan Coll. Courtesy of USA Today

testing scores, and "Taylor Rockefeller," Harry's neighbor whose sole concern is the dormitory bathrooms. *Acceptance* portrays competitive students versus relaxed and careless students, as well as neurotic and pushy parents versus parents who want what's best for their child. Additionally, the novel stumbles across frequently pondered questions in an extremely comical manner, such as, "How important are S.A.T. scores to the university?" or "Which types of extracurricular activities does the college look for?"

Times truly are changing. The college admission process has become more competitive, extensive, time-consuming, and stressful than ever before. With everyone searching high and low to concoct the most unique recipe to appeal to college admission boards, Susan Coll's *Acceptance* is the perfect read to discover which university admission measures are appropriate and which are ridiculous when applying to college. This former *New York Times* bestseller was recently released in paperback by Picador Press, and it provides an entertaining approach to the process many at Harrison High are about to undertake.

## Dinner In The Sky: Not Your Typical Party- Higher Price, Higher Altitude

Joni Cooper

Staff Writer

The typical dinner party is usually situated in a chic, cozy restaurant. People are free to mingle and wander around wherever they please. Some, on the other hand, prefer to assemble their parties in the most unique way possible: one being held at Dinner in the Sky.

The sky restaurant originated in Belgium, lead by an out-of-the-box thinker named Benji Fun. Benji Fun is currently the worldwide leader of the organization, keeping track of when events occur and how they happen. Restaurant in the Sky is perfect for any occasion, whether it be a birthday party or a business meeting a banking firm.

The restaurant is organized by sessions, each one consisting of eight hours. The table is able to accompany up to 22 guests, including three waitresses in the middle to serve their customers. The amount of guests attending your event can vary. Whether it's a small get together or a party hosting five-hundred people, Restaurant in the Sky will accommodate any party request.

Actually reaching the sky's limits is quite easy. Each guest is strapped in tightly onto their seat. Checks are made throughout the panel, making sure that no technical difficulties occur. Once the controllers of the crane are signaled okay, the party is off and ready to go! Slowly yet surely, the crane begins to rise from the ground. Minutes later, the platform reaches 50 meters off the ground. Guests ignore their companions screaming with terror on the sides of them. The platform comes to a stop, settling in mid-air.

The beauty about Dinner in the Sky is the fact that the des-



tinuation you choose can be anywhere across the globe. Reports reveal dinner parties have been held in Paris and Brussels. How luxurious would it feel to have your dinner party directly above the Eiffel Tower, overlooking the breathtaking view of Paris? New York and Niagara falls are next on the agenda for the restaurant business. During a dinner party on the platform, a spectator exclaims, "Next stop, Heaven!" Any location is possible for your party, as long as it meets the requirements for a certain amount of land. If there's plenty of land to support the crane and authorization is cleared, your options for the location are far from limited.

Though the experience seems like such a thrill, Dinner in the Sky is a very expensive luxury. The cost for experiencing Dinner in the Sky ranges from \$20,000-30,000 (in American Dollars). It's a shame that the price tag is so expensive. Dinner in the Sky offers the kind of luxury that lower- and even middle-class folks could not even wish for. Despite its cost, it's a lifetime experience that one would not believe came true.

So the next time you feel adventurous or ready to try something new, don't look down. Look up in the sky for your dream dinner party! Who knows -- maybe you'll be invited when one is organized in a city near you.



It is literally Dinner in the sky, but it will cost you.

Photos courtesy of [www.dinnerinthesky.com](http://www.dinnerinthesky.com).

# Your Roadmap To College: A Simple Year By Year Plan

Jenn Martins

Staff Writer

## FRESHMAN YEAR

**Start getting serious.** College may seem far off, but it's never too soon to start planning out your future. During the admissions process, colleges will see your overall grades, so it's important to work hard even during your freshman year.

**Take challenging courses.** Colleges like to see students challenge themselves. Why not start now? Taking more challenging courses will prepare you for future classes. This doesn't mean you need to overload yourself with super-tough classes, though – just pick a class or two you're good at and take a chance with the honors level.

**Get involved in extracurricular activities.** All colleges look favorably upon students involved with extracurricular activities, so get started right away. Try some volunteer work, join a club or two, or get involved in a sport. No matter what you like to do, you can find an extracurricular that involves your hobbies. But don't weigh yourself down with 20 different clubs and activities – colleges prefer to see students involved in a few worthwhile things rather than a ton of mediocre efforts all across the board. When it comes to extracurriculars, quality is more important than quantity.

**Try an S.A.T. Subject Test.** Pick a class you feel you would do well in, and try taking an S.A.T. Subject Test in that area. This will help you get a feel for the College Board's standardized tests. Some colleges require you to take a few S.A.T. Subject Tests, and this is a good opportunity to get one out of the way.



Courtesy [www.collegeroadmap.com](http://www.collegeroadmap.com).

**Plan out your courses.** Plan your classes for your sophomore year, and maybe even for your junior and senior years. Make sure to include all school-required courses as well as courses you want to take.

**Now that you've got a year of high school experience under your belt, you've learned the importance of working hard. As you enter your sophomore year, remember to keep working hard.**

## SOPHOMORE YEAR

**Stay involved.** Remember to continue with extracurricular activities, because colleges look favorably upon students who keep involved.

**Start thinking about what you want to do in life.** Although you don't need to officially declare a major until your sophomore or junior year of col-

lege, it helps to know in what direction your career might take you. For example, if you think you might have a future in art, take art classes throughout high school and think about joining the Art Club. This way, colleges will see that you are dedicated in pursuing your interests.

**Take the PSAT.** PSAT is short for Preliminary S.A.T., and the test is basically a shorter version of the S.A.T. Reasoning Test to be used as practice. The test is offered to sophomores and juniors in the beginning of the school year and is a good way to prepare for the S.A.T. Depending on how well you do, colleges will send you information, so taking the test might also help you with your college search later on.

**Take another S.A.T. Subject Test.** If you're planning on taking a couple of S.A.T. Subject Tests during high school, you might as well take them early on. This way, you can get them out of the way before you take the actual S.A.T. or A.C.T. exams.

**Now that you're halfway through high school, it's time to really get serious. Junior year is known as one of the toughest, most important years leading up to college. Most of your college search takes place (or should take place) during your junior year, so be prepared.**

## JUNIOR YEAR

**Take AP courses.** Advanced Placement classes really aren't as tough as they seem, and they look good on your application. So try taking an AP class or two, but only if you think you're up to it. Don't drive yourself crazy taking eight different AP classes, or you'll never make it through the year. Pick an AP course in your best subject, and if you feel the course is too difficult after really giving it a try, go with the regular or honors-level course.

**Go to some college fairs.** College fairs are a really good way of getting information about colleges quickly. At college fairs, you have access to inside info about hundreds of colleges, so why not take advantage of it? College fairs also give you a chance to ask the representatives specific questions about their school.

**Make a list of colleges, majors, locations, etc. that you're interested in.** In order to begin a college search, you need to know what you're looking for. By making a list of schools that seem appealing to you, you can begin to narrow down your options. Also, make a list of possible majors and other things you want from a college (such as dorms, distance from home, etc.).

**Visit! Visit! Visit!** Visiting colleges is very important. You don't really know what a college is like until you see it for yourself. What seems like the perfect school online or on paper might not seem so great once you see it in person. Try to visit while classes are in session, so you can see what the school is like on a regular day. If you

plan on living on campus, be sure to check out the dorms and dining halls.

**Take the S.A.T.** Unfortunately, the taking of the S.A.T. is inevitable. Unless you choose to opt for the A.C.T.

take it back if they see that your grades aren't as good as they were in your first three years.

**Apply to college!** It's finally time to start applying and this is the



If your hopes include any Ivy League destinations, be sure to plan ahead!

Courtesy of [Princeton.edu](http://Princeton.edu).

instead, you'll have to take the S.A.T. at some point, so make sure you're ready and fully prepared. Start studying in advance, and find the method that will help you the most. But remember not to stress yourself. The S.A.T.s might seem intimidating, but it won't be the end of the world if you don't get a perfect score.

**Make sure you meet all requirements.** Nothing is worse than finding out at the last minute that you forgot something important, like a required class or test. So plan ahead and make sure you have time to meet all necessary requirements, both those of Harrison High School and the colleges in which you're interested.

**It's your senior year now-your final chance to prove yourself, and the year in which you'll finally apply to college. But there are a few things to remember.**

## SENIOR YEAR

**Don't slack right away.** Diving into your senior slump might seem easy, but it's not the best idea. In your transcript, colleges will see the courses you signed up to take during your senior year and they won't be too happy to find you're taking the bare minimum. The best idea is to pick a few classes that continue what you've already started in your high school career. Colleges like to see you take classes for four full years, so a fourth year of math or science is a good idea. Although senior year is the year to kick back and relax, keep one thing in mind: acceptance letters are conditional, and a college has the ability to

last chance to show colleges what you have to offer. Decide on the final list of colleges you want to apply to and get a head start on filling out applications. Don't procrastinate, or you'll find yourself rushing through six essays the night before the deadline. Take your time on the essays and ask your teachers for help in revising them, because colleges love to see good writing skills. Make sure to pick a safety school, even if you don't think you'll need it. Applying to a safety school adds a sense of security.

**Research and apply for financial aid.** College is expensive, so be sure to research your financial aid options, checking out all available types. There's a good chance you can find a good scholarship as well. Sit down and discuss the cost of college with your parents, so all of you are on the same page.

**Stay within deadlines.** There are deadlines for a reason, so make sure to keep to them! Get all of your applications finished and handed to your counselor on time!

**Congratulations! You're almost done with high school and soon will be on your way to college after four years of preparation. Make sure to make the best of your college experience!**





# The following is a list of the 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
Aber	Nicole	University of Michigan	Lepore	Giuseppe	Westchester Community College
Abraham	Eden	Bentley College	Lichtenauer	Andrew	Bucknell University
Acompora	Justine	Purchase College	Lifrieri	Jamie	SUNY College at Oneonta
Ader	John	State University of New York at Albany	Lionetti	Amanda	Sacred Heart University
Alvarez	Steven	The Culinary Institute of America	Luiso	Alexa	Providence College
Amato	Henry	Boston College	Lulkin	Lydia	University of Vermont
Anella	Joseph	Westchester Community College	Maddaloni	Fabio	Purchase College
Angelone	Emily	The University of Alabama	Malavazos	Melania	University of Rhode Island
Angiolillo	Adriana	Quinnipiac University	Marcone	Alyssa	Iona College
Appel	Suzanne	Tulane University	Martins	Diane	Pace University, White Plains
Arcara	Mark	University of Maryland, College Park	McCarthy	Samantha	Bronx Community College of CUNY
Attilio	Michelle	Iona College	McManus	Clare	Fairfield University
Basso	David	University of New Haven	Mesh	Lawrence	Manhattan College
Bauco	Frank	Iona College	Micheli	Francis	Saint Joseph's University
Bonistall	Steven	Westchester Community College	Mirakaj	Adrianna	Westchester Community College
Brandes	Taryn	Tufts University	Monteiro	Amanda	Fairfield University
Briem	Gregory	State University of New York at Buffalo	Moore	Amanda	SUNY College at Fredonia
Bufone	Anthony	Westchester Community College	Morano	Louis	St. Thomas Aquinas College
Buonocore	Robert	Binghamton University	Moronta	Lisette	The University of Tampa
Campo	Christina	New York Institute of Technology	Mumola	Samantha	Pace University, Pleasantville
Cano	Sabrina	Westchester Community College	Murray	Thomas	Babson College
Canter	Alexander	University of Maryland, College Park	Mustacato	Jack	Binghamton University
Cappucci	Roger	Fordham University	Mustacato	Timothy	Northeastern University
Centuori	Angelia	State University of New York at Albany	Navarra	Sebastiano	Dean College
Centuori	Kelly	Hofstra University	Neshelwat	Leigh	Boston College
Chandra	Andrew	Pomona College	Noviello	Michele	Fairfield University
Cipolla	Bryan	SUNY College at Cortland	Ochipinti	Lauren	Fordham University
Coffin	George	State University of New York at Albany	Padgett	James	Union College
Colasacco	Ricky	Iona College	Pagano	Andrea	The College of Saint Rose
Consigliere	Robert	Pace University, New York City	Pascale	Charles	Pace University, Pleasantville
Corrado	Christine	University of Colorado at Boulder	Peng	Andrew	Colgate University
Curtis	Diana	Colgate University	Pitiger	Nicole	Indiana University at Bloomington
Cusick	Meredith	Boston College	Pittman	Kenia	Fashion Institute of Technology
DeFonce	Alexandra	Ithaca College	Plekton	JamiAnn	Rochester Institute of Technology
DeFonce	Andrea	University of Richmond	Quigley	Brett	Long Island University, C.W. Post
Delia	Christina	Manhattan College	Rachlin	Bradley	Tulane University
DeLibero	Nicholas	State University of New York at Albany	Recchia	Liane	Stony Brook University
DelliCarpini	Christopher	Binghamton University	Repecki	Michelle	Lehigh University
Delpriora	Justine	Manhattan College	Riccio	Melissa	The College of Westchester
DeRosa	Alexander	SUNY College at Cobleskill	Rocourt	Vanessa	Northeastern University
DIBiasi	Michael	Niagara University	Rosenbaum	Brooke	University of Pennsylvania
DiFazio	Louis	Syracuse University	Ruggiero	Michael	Long Island University, C.W. Post
dosSantos	Leonardo	Iona College	Sable	Derek	The George Washington University
Doyle	Timothy	Westchester Community College	Sannicandro	Robert	Purchase College
Dressler	Andrew	Syracuse University	Santoli	Stefania	Long Island University, C.W. Post
Duque-Perafan	Giovanny	Westchester Community College	Scoli	Danielle	Binghamton University
Eklund	John Eric	New England College	Sender	Susan	Pace University, Pleasantville
Fabro	Nicholas	Westchester Community College	Sepe	Dayna	Nyack College
Federici	Faye	Providence College	Shah	Simoni	Boston University
Feeney	Brooke	Westchester Community College	Shannon	Douglas	Westchester Community College
Ferrito	Gianluca	Pace University, Pleasantville	Shapiro	Melissa	University of Maryland, College Park
Fitzgerald	Alexander	Cooper Union	Silano	George	SUNY College at Oneonta
Fogel	Michael	The University of Arizona	Smith	Brianna	State Univ. of New York at New Paltz
Forrest	Patricia	Sacred Heart University	Smith-Britton	Amanda	Manhattan College
Franze	David	Sacred Heart University	Smoyver	Diana	Iona College
Freund	Camille	Stony Brook University	Solimeo	Paolo	New York University
Fugazy	Jenna	University of South Carolina	Spinola	Stephen	McGill University
Gadde	Amanda	Wheelock College	Stabile	Brittany	St. Thomas Aquinas College
Gallagher	Cody	Rensselaer Polytechnic Institute	Stevens	Morgan	Skidmore College
Galvis-Moreno	Stephanie	Westchester Community College	Stevenson	Michael	College of the Holy Cross
Ganassi	Tessa	Pennsylvania State University, Altoona	Stocklas	Michael	SUNY College at Cobleskill
Garay	Elizabeth	Westchester Community College	Stone	Natasha	Roger Williams University
Goldstein	Alexander	Vanderbilt University	Tartaglia	Joseph	Purchase College
Goyal	Riya	Harvard University	Taub	Sarah	Hofstra University
Greco	Vincent	Westchester Community College	Tharani	Sabrina	University of Michigan
Guamero	Matthew	SUNY College at Geneseo	Tiburzi	Laura	University of Delaware
Guimaraes	Talles Martins	Iona College	Tirella	Robert	Westchester Community College
Hand	Megan	Georgetown University	Torres	Ulysses	Univ. of Massachusetts, Amherst
Hendler	Samuel	University of Vermont	Trachtenberg	Brooke	SUNY Delhi
Herrera-Medina	Kathia	Westchester Community College	Troiano	Joseph	Westchester Community College
Hines	Joseph	Rensselaer Polytechnic Institute	Ursaner	Chelsea	Duke University
Hoffland	Celeste	State Univ. of New York at New Paltz	Valencia	Julian	City College of the CUNY
Hurley	Matthew	SUNY Maritime College	Vaughan	Christopher	Purchase College
Jacob Kalassery	Jim	Manhattan College	Viruet	Henry	Westchester Community College
Jacobs	Natasha Jean	School of Visual Arts	Volpe	Alfred	Saint Joseph's University
Jacobson	Simone	State University of New York at Albany	Wallace	Kristy	Boston College
Jaffe	Alex	Binghamton University	Wang	Sonam	Dalhousie University
Jang	Hyo Jeong	Tufts University	Weeks	Daniel	Villanova University
JusterKaye	Michelle	Muhlenberg College	Weintraub	Danielle	University of Delaware
Katz	Samantha	University of Delaware	Weintraub	Jennifer	University of Rochester
King	Laura	University of Michigan	Williams	Robert	University of Richmond
Knapp	David	Westchester Community College	Yokota	Kana	Washington Univ. in St. Louis
Koller	David	Boston College	Yusko	Anthony	Westchester Community College
Krasnoff	Matthew	University of Michigan	Zanette	Gregory	Northeastern University
Kurzlius	Benjamin	McGill University	Zaro	Richard	Indiana University at Bloomington
Laskin	David	Cornell University			
Lavin	Kelly	University of Delaware			
Leavy	Thomas	Five Towns College			
LePino	Jaclyn	St. Thomas Aquinas College			

# J.V. Softball: The Little Team That Could

Emma Glass

Staff Writer

It was March, and all of the Harrison sports teams were practicing for an eventful spring season, including the J.V. Softball team. Coaches Kristin Cerreto and Meghan Orban surveyed the team, evaluating strengths and weaknesses in order to improve the team's game. Fast forward two months later, its May, and the J.V. team has a 15-2 record, and a spirit that can't be stopped. They have played teams from all over including Mamaroneck, Nyack, Pearl River, and Scarsdale and won in sweeping victories.

The season began with a scrimmage against Greenwich that ended in a small loss. Later, starting pitcher Julia

Brefere broke her ankle. But the season would continue well for the J.V. team, despite the loss of the starting pitcher. One especially exciting victory was the game against Coach Cerrato's high school softball coach, whom the J.V. team had lost to in the previous year. In the town of Montrose, the Hendrick Hudson Sailors put up a good fight, but were no match for pitcher Jenna Webb's throws and the team's offensive and defensive efforts.

"I always stress sportsmanship, respect, as well as having fun in this game. As a former college player, I appreciate and stress what I like to call the 'jersey concept' to the girls; it's the name on the front of the jersey that matters the most, not what's on the back," said Coach Cerreto. "Harrison High School is well represented by the J.V. Softball squad. These girls have carried themselves with pride, dignity, and honor; and I have never been more proud of a team as I am with this 2008 squad."

Defense has always been a priority, but this year's offense has been phenomenal. In one particular game against Ardsley, five home runs were scored by three different people. It is said that this year's J.V. team has been one of the best-hitting for Harrison ever. More than one game has been ended early in a mercy ruling, including a game on May 6 against Mamaroneck.

It began as a close game, 5-3, in the third inning, but the fourth time's a charm for Harrison, as nine runs were scored in that inning. Another four were scored in the fifth inning, but the game was ended, even though Harrison probably would have kept on going.

What was the key to this softball team's success? It was unity, because even with all the right plays as the well-known proverb suggests, together we stand, divided we fall. Softball teams have been known to cheer for encouragement whether the player is in the batting box or on the pitcher's mound. Cheering holds a team together and makes the individual facing the other team feel supported.

The J.V. team is made up of students from both the eighth, ninth, and tenth grades; Tenth graders: Jillian Tiburzi, Johnna Valentzas, Ana Nitis, Julia Brefere, and Emma Glass. Ninth graders: Diana Minishi, Nour Nesheiwat, Christine Vecchiolla, Ashley Bratberg, Mariangela Grella, Allie Neu, and Natalia Atehortua, and eighth graders: Jenna Webb, Ally Brabant, Alijah Webb, and Alyx Scapperotti.

Unfortunately, the J.V. team lost two games on the week of May 12; the first was to North Rockland in an 11-5 defeat and the second to Pearl River in a 6-5 defeat. In both games, the team



played very well defensively and put up a good fight against Pearl River which ended up being a close game.

"Coach Orban and I knew right from the start, the team of 16 girls in front of me would, and could, offer great potential for this year, as well as future years to come," said Cerreto. "In fact, this has been one of the best teams Harrison J.V. has ever seen. Not only do we have the offensive and defensive skills, we were and still are fortunate enough to have a fun and respectful team with similar morals and goals. We communicate well, and work extremely well together. We play every game to win, and whether we do or not, we come out playing hard, and I am very proud of our accomplishments."



## Varsity Girls' Lacrosse: Another Winning Season

Allie Schnitta

Staff Writer

The Harrison Varsity Girls lacrosse team is finished with their amazing season. With an 8-5-1 record overall, the team did pretty well, making it to sectionals for a second straight time. This was a great goal achieved for Harrison Girls' Lacrosse.

The team also moved up a league this year and finished in second place, bested only by the team from Putnam Valley. "It's a great feeling when you know that you have moved up a league and your team did exceptionally well throughout the season," said Captain Meaghan Brady. "The girls all worked really hard and it's definitely a season for them to be proud of."

Beating Albertus Magnus in last year's sectional game was a thrill for the team, since they were a higher ranked team. This season Magnus was ranked number 7 and Harrison was ranked number 10. Although the team lost to Albertus Magnus in this year's first sectional game, the girls still felt that they could have had a chance to beat them.

"It's definitely frustrating when you know that the girls worked so hard, preparing for weeks to play in this sectional game, and then lost," said junior Sara Misco. "Of course we were all upset, but I realized that the team walked off the field with their heads held high, proud of themselves and the season we had."

Not only is the team good at lacrosse, but they also are great in school too! The team has the highest overall academic average of any girls' sports team in school. The team held their annual end of the year team and parent dinner at the restaurant Antoness in White Plains.

"It's sad that I won't ever be playing lacrosse for Harrison again," said senior captain Allie Prieston, "but I know that the experience of playing throughout my high school years has definitely impacted my life. I have met so many nice girls throughout all of my seasons here at Harrison, and will never forget both the coaches and players for everything they have done."

Eight Belles in happier times, a thoroughbred filly and a beautiful horse.



## Kentucky Derby Tragedy

Sydney Marks

Staff Writer

Eight Belles, a young thoroughbred filly, came in second at the Kentucky Derby on May 3, 2008. She ran an amazing race; in fact, it was the race of her life -- literally. At the end of the race, Eight Belles collapsed with two broken ankles. Unable to walk, there was no choice but to put the poor filly out of her misery. She was euthanized on the track, in front of thousands of fans.

The twenty horses were galloping out around the first turn when Eight Belles suddenly went down on both front legs and jockey Gabriel Saez slid off. Saez stated that he had felt Eight Belles begin to gallop funny a few seconds previous to her fall. He tried to pull her up, and that's when she went down.

Bramlage, the on-call vet, said the fracture in Eight Belles' left front ankle opened the skin. "She didn't have a front leg to stand on to be splinted and hauled off in the ambulance, so she was immediately euthanized," he said. "In my years in racing, I have never seen this happen at the end of the race or during the race."

During the time since the filly Eight Belles died after finishing second in the Kentucky Derby, her death has overshadowed the romp of the winner, Big Brown, who was a legitimate threat to win the first Triple Crown in 30 years, prior to finishing last in the Belmont Stakes.

People who constantly watch horse races know that horses do break down from time to time, but many admit that they were shocked when Eight Belles went down. She was a perfectly healthy young horse with no previous injuries, no steroids, nothing to prompt

the breaking of her two front ankles.

Recently, the American Society for Prevention of Animal Cruelty issue a statement that horse racing isn't much different from other types of entertainment where the animals "perform," oftentimes under stressful and inhumane conditions. These conditions include being raced too young before reaching physical maturity, being raced excessively, being forced to run on hard or slippery surfaces, or being injected with drugs to enhance performance.

Eight Belle's death has plucked a sensitive chord in many racing fans' hearts. Many have simply refused to attend, or even watch any more horse racing. Sharon Breen, a racing fan, stated that, "I will never ever watch another horse race or read any articles about the same. It seems to me that this is an absolutely cruel sport for these magnificent animals."

PETA, an animal rights activist group, is even trying to get Eight Belle's jockey, Gabriel Saez, suspended for mistreatment of Eight Belles.

Of course, there are others who don't think Eight Belle's death is a cause for change; in fact, some people don't even think her death should have caused even a ripple. Jared Felkins, a journalist for the Times-Journal, believes that PETA, among other animal cruelty prevention groups, are making a big deal out of nothing. In a recent article, he states, "While the sport is mourning the loss of Kentucky Derby runner-up horse Eight Belles, PETA tries to inject its two-cents worth of criticism. It's not like horse racing hasn't been around for a while."