

Husky Herald

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Walkout!

Anne-Marie Dillon

Co-Editor-in-Chief

On Wednesday, March 14, in a unified act of civil disobedience to protest gun violence and to show solidarity with the survivors of the Marjory Stoneman Douglas High School shooting, high school students across the nation marched out of their classrooms to protest.

At Harrison High School, an estimated 300 students walked out of their fourth period classes and took part in a protest march and gathering that addressed these issues, as teachers and administrators looked on. Here is part of the speech delivered by senior and co-editor-in-chief Anne-Marie Dillon, during that event:

"On Wednesday, February 14, 17 members of the Marjory Stoneman Douglas High School community lost their lives. News notifications of the tragedy quickly darkened the usual exchange of candies and cards at Harrison High School. Many Huskies found themselves ensnared in the usual slurry of body count updates and "thoughts-and-prayers"-laden political announcements that accompany a mass shooting, and many more have decided that something must change.

From the Harrison High School Class of 2018 to the Class of 2021, none of us have known a "Pre-Columbine" America. Lockdown drills have been rote to our school schedule from elementary onwards, and each year of our



childhood could be landmarked by a different news-dominating act of gun violence. Online connectivity with schools like Stoneman Douglas High ensures our awareness of school shootings as a very real and close threat. Social media has allowed our circle of peers to extend far beyond the walls of our Union Avenue home.

Today marks a month since a shooting that we've sworn to make this nation's last. But Parkland survivor Emma Gonzalez's cutting refrain of "We call BS" is quickly getting lost in a pile-on of dialectical distractions. You've chosen to be marked as unverified and stand out here today because you know that "nothing can be done" isn't an answer anymore. You know that placing weapons in the hands of our educators is not the solution. You know that discussing the role of untreated mental illnesses in gun violence shouldn't close a door on gun control legislation, but instead open one on healthcare reform."

Taking action in hope for change. The students turned out in great numbers to support the cause of protesting against gun violence.

*Rooftop photo courtesy of Mr. Larry Mastrota
Bottom photo courtesy of Isabella Lopane*

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NEWS & FEATURES

DECA Club Dominates States

Lauren Barbulescu
Co-News Editor

The Harrison High School DECA Business Club announced that 13 students have placed within the Top 5 in the State and will advance to the International Career Development Conference (ICDC) competition in April.

"This year's results were ground-breaking and surpassed all expectations," said HHS DECA Club advisor Mr. Joe Santo. "The students succeeded both academically in their competitions and socially, meeting new people and participating in the various DECA functions in Rochester, NY. Over 3,000 students competed at the event."

Of the 13 students, five posted First Place finishes and an additional 12 students placed in the Top 10 in New York State, while three more placed in the Top 10 for their participation in the multiple choice or role-play.

"This year's New York State conference was truly incredible,"

said Matthew Schwartz, DECA Club President.

"It was a bittersweet moment as my last state conference," he said, "but I could not have been more proud of the hard work, determination, and spirit of all students attending. The results were record breaking and I am still shaking awake from realizing my dream of helping more than ten students qualify

for nationals come true. This is a true testament of the success of the

ClusterPrep mentorship program. To all members, our advisors Mr. San-

to and Ms. McQuillan, and all our supporters in the community, thank you. This is the moment I have been working and waiting for since freshman year."

The 13 students will now travel to Atlanta, Georgia on April 21-April 25 to compete in the ICDC International Competition.

"Though I do not plan to study business in college, DECA has taught me many lessons that will continue to serve me well throughout the rest of my life," said Kaitlyn Fiery, DECA Board Member. "DECA has improved my ability to communicate, my ability to think on the spot, and most importantly, to feel confident in my ideas and in my voice. I am extremely thankful for the support of our advisors, Ms. McQuillan and Mr. Santo, and the HHS community. I can't wait to see what we do as a DECA team at ICDC and in the future."

The following is a list of the DECA students and where they finished:

Top 5 in New York State:

Name	Grade	Event	Place
Olivia Perini	9	Financial Literacy Promotion Plan	1st
Maria DiRusso	9	Financial Literacy Promotion Plan	1st
Alex Glaser	9	Financial Literacy Promotion Plan	1st
Joseph Tiburzi & Rachel Schmaier	12	Community Service Project	1st
Kaitlyn Fiery	12	Sports and Entertainment Marketing	2nd
Matthew Schwartz	12	Buying and Merchandising Team Decision Making	3rd
Matthew Griff	11	Buying and Merchandising Team Decision Making	3rd
Michael Baldino	11	Public Relations Project	3rd
Olivia Naioti	11	Public Relations Project	3rd
Brandon Lum	9	Principles of Finance	3rd
David Griff	9	Principles of Marketing	3rd
Zack Greif	10	Personal Financial Literacy	5th

Placed within the Top 10 in New York State

Name	Grade	Event
Andrew Alper	11	Financial Services Team Decision Making
Jenniviv Bansah	12	Public Speaking
Nico Healy	11	Retail Merchandising Series
Julia Kindler	10	Fashion Merchandising Promotion Plan
Michael LoParrino	11	Financial Services Team Decision Making
Hailey Maguire	11	Financial Consulting
Thiago Meneses	12	Hotel and Lodging Management Series
Reese Ptashnik	11	Apparel and Accessories Marketing
Luke Saviano	11	Fashion Merchandising Promotion Plan
Jessica Saviano	10	Fashion Merchandising Promotion Plan
Lauren Steinthal	11	Creative Marketing Project
Cara Traficante	11	Creative Marketing Project

Placed within the Top 10 in multiple choice or role play in New York State

Name	Grade	Event
Josh Cooper	10	Hospitality Services Team Decision Making
Spencer Danzig	12	Human Resource Management
Ben Stein	12	Sports and Entertainment Marketing

Taking Care of Business. Far left - Matthew Schwartz and Matthew Griff won third place in States and are headed to The International Career Development Conference (ICDC) in late April.

More than Ever. Bottom left - The Harrison DECA contingency heads to Rochester en masse - a record high 56 students attended and many received awards in the various business competitions.

The Winners Advance. Bottom right - posing with the faculty members in attendance at the States in Rochester, these students all qualified to advance to the ICDC in Atlanta, Georgia.

Photos courtesy of Mr. Vernon Morris



Science Research Wins Big at WESEF

Luka Gollub-Messiah
Staff Writer

Harrison High School's Science Research program showcased their work at the annual Westchester Science and Engineering Fair (WESEF) and came away with 11 awards, as well as a high-powered stereo microscope which they won in a raffle on March 17.

The team of students made the Huskies proud, especially Julia Kischkat, who had a first place finish for the first time in school history.

This is a huge accomplishment, especially considering that WESEF is one of Harrison Science Research's biggest events of the year, and 17 students competed among more than 600 participants from Westchester and Putnam counties. Researchers in their junior and

senior years showcased their work and were judged by local experts in the fields of life science, physical science, environmental studies, psychology, and engineering.

First place winner junior Julia Kischkat competed in Animal Sciences and won the National Oceanic and Atmospheric Administration Award.

"The reason I picked this topic was because I could personally re-

late it to myself," Julia said. "I'm really happy that my hard work paid off."

Her work certainly showed she was prepared. It is an impressive feat to rise above more than 600 other students for a first place distinction.

Ms. Kischkat isn't the only science research student to be proud of her performance; she's joined by the following seven students who all won awards at WESEF, according to

adviser Mr. Randy Gunnell: senior Keon Azar won second place in engineering; senior Savannah Holmes won third Place in Physical Sciences and was awarded the Stockholm Junior Water Prize; senior Brian Siegel won third place in Physics; junior Anna Cahn won third place in Environmental Science; senior Sarina Iraj won the Cornell University Division of Nutritional Science Award; Danielle Bucci won the Momentive

Inventing Possibilities Award; Lauren Cole won the Behavioral Science Achievement Award; and senior Alex Kaplan won the United States Air Force Award. All obtained recognition for their outstanding hard work and effort.

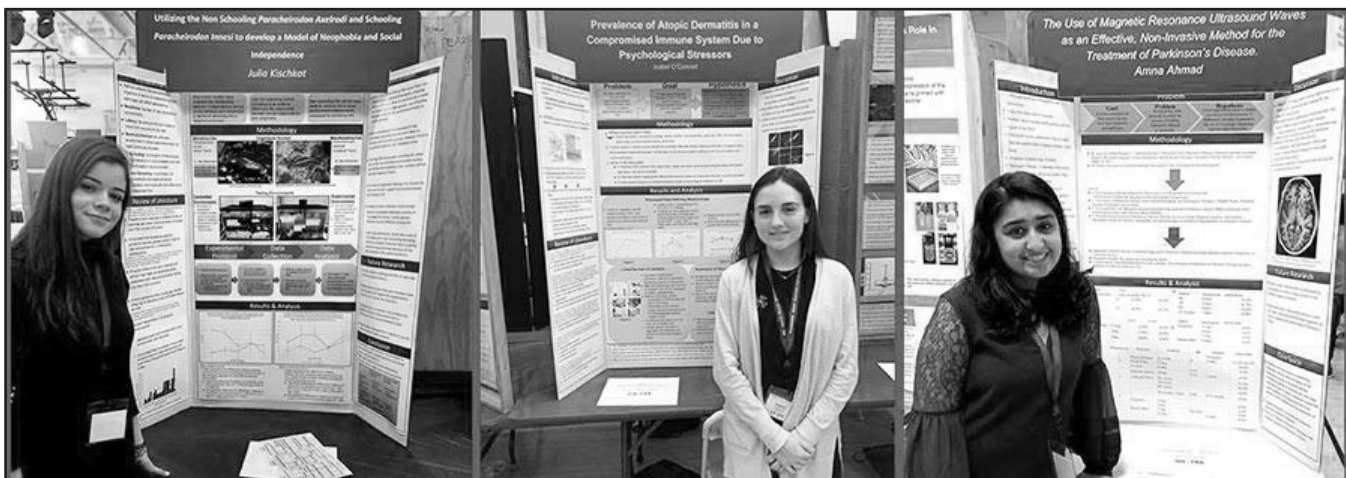
Science Research Adviser Mr. Randy Gunnell said, "A huge congratulations to all the students that participated, as even getting into WESEF requires a significant amount of work and dedication."

Science Research teacher Ms. Blunt agreed. She said, "I'm very proud of the success of the students, but more so of the high quality research they've conducted over their years of high school."

These Science Researchers have been fortunate to be rewarded for their hard work.

Savannah Holmes said, "Science research has been such a rewarding experience for me. I look forward to seeing all the amazing things everyone will do moving forward."

There will certainly be more to come, as next year's juniors and seniors prepare for the next WESEF.



Showcasing the work, winning awards. Julia Kischkat, Isabel O'Connell, and Amna Ahmad stand by their project boards at WESEF. Photo courtesy of Mr. Randy Gunnell

Debate Team Continues to Accumulate Seasons of Impressive Wins, Honors

Lauren Barbulescu
Co-News Editor

On February 10, the Debate Team went to the University of Pennsylvania to compete in the national championship. This is the first time Harrison has won either division of this tournament.

The Harrison High School Debate Team won both the varsity and junior varsity Lincoln-Douglas Debate divisions of the Forty-Third University of Pennsylvania national championship in Philadelphia.

The tournament included 126 total LD entries (76 in varsity and 50 in JV) from 12 states. Harrison brought ten students in total (five in each division), and won 11 awards.

Senior Lauren Cole won nine rounds over the course of the tournament, culminating in her victory in finals. This is Lauren's second consecutive year qualifying to the Tournament of Champions (TOC).

The TOC is a tournament for the top 70-80 debaters in the country. The National Speech and Debate Association currently ranks Lauren as the #2 Lincoln-Douglas debater nationwide.

While Cole has qualified to represent Harrison High School at the Tournament of Champions in Lexington, Kentucky this May, she is unable to attend.

"I'm always nervous competing," said Lauren Cole. "For whatever reason, I get just as nervous debating against a lesser known opponent and a very well known opponent. I think I just treat every opponent as if they were the best so that I'm always motivated to step up my game. To prepare for each tournament, we have practice for about two and a half hours after school every-

day. In addition to that we research arguments and create our cases a lot outside of practice.

I'm specifically really excited for a tournament called the Kandi King round robin taking place in spring. I was invited to debate at that tournament in Houston among some of the best debaters in the country! It will be an educational challenge.

My advice for other debaters would be to just treat everyone with kindness and respect whether they are in a round or at practice. In many cases debaters are very aggressive and intimidating in round, and that's okay as long as you still maintain decency towards your opponent."

During the tournament, seniors Sara Bove and Jenniviv Bansah for served as judges in the JV division.

Freshman Rebecca Anderson was champion of the JV LD division, where she was ninth speaker. This is Rebecca's first tournament win of the season.

Also in JV, freshman Anthony Kang reached quarterfinals (the top eight), where he was coached over by Rebecca based on seeding; freshman Giovanni Cutri reached octofinals, placing ninth overall and winning the seventh speaker award.

Rebecca Anderson said, "It was really exciting winning, especially because it wasn't a local tournament and I got to meet and debate a bunch of new people. However, I was kind of nervous competing. I didn't know a lot of the people there and I'd never competed there, but as the tournament went on I got much less nervous."

From this tournament, I learned is how to better adapt to the differ-

ent types of judges who are there, which will further assist me at future events. To prep for the tournament, most of the stuff I did was in practice and just care from going to all the practices and practice rounds, but I also found evidence for certain aspects of the topic.

One thing I really stress for other debaters is to prepare to respond to certain popular arguments, so that if you hear a common argument you know exactly how to respond and don't have to waste prep time thinking up new responses.

Overall, I think a similar mistake people make is not speaking confidently enough, and judges take off points since they aren't loud enough/ don't sound convincing."

According to Debate Team Coach Mr. Chetan Hertzig, "Freshman Molly Ryan reached the top 24; both she and Giovanni were eliminated on close 2-1 decisions. Freshman Caroline Murabito just missed clearing to elimination rounds after losing her last preliminary round."

The Harrison program was recognized as one of the top-performing teams at the tournament, receiving the overall third place team sweepstakes award. This is the tenth tournament that the Harrison debate team has won this season.

Since then, the team added a few more victories. The debate team has had a season of double digit wins, earning 12 regular season victories, qualifying three for the NCFL Nationals, three sophomores for the NDCA National Championships, the entire novice class for the NYSFL state championship, and one to the Tournament of Champions.



Headed to Washington. Rebecca Anderson, Ava Zinman, and Eli Lapkin will be representing Harrison at the NCFL Nationals in Washington, D.C. Zinman was the Lincoln-Douglas champion at the NYCFL qualifying tournament. Faculty adviser Mr. Chetan Hertzig looks on proudly.

Photo courtesy of Mr. Chetan Hertzig placed sixth, qualifying with a 5-3 ballot count.

This is the first time Harrison has qualified a freshman to NCFL Nationals - or to any other post-season championship.

Sophomores Ava Zinman, Ethan Voskoff and Daiana Djangaracheva have qualified for the National Debate Coaches Association's National Championship in Atlanta, Georgia. In addition, Ava and Ethan have been invited to compete at the University of Pennsylvania's round robin, a tournament for 12 of the top debaters in the country.

The entire novice class of the Harrison High School Debate Team - Molly Ryan, Rebecca Anderson, Anthony Kang, Giovanni Cutri, Sonali Nicola, and Caroline Murabito - all qualified for and will compete at the New York State Forensic League State Championship.

Considered to be the most prestigious Tournament in the country, students must amass at least two bids to qualify for the TOC. Harrison has qualified a student every year for this tournament.

Ava Zinman, Eli Lapkin, and Rebecca Anderson will be representing Harrison at the NCFL Nationals in May in Washington, D.C. Ava was the Lincoln-Douglas champion at the NYCFL Grand tournament at Stuyvesant High School, the qualifier for NCFLs. She was the top seed (8-0 ballot count) and top speaker, and didn't drop a single ballot.

This is the first time since 2012 that Harrison has qualified a sophomore to NCFL Nationals, and the first time a Harrison sophomore has won the qualifying tournament.

Eli Lapkin placed second, qualifying with an impressive 6-2 ballot count and earning second speaker honors. This is the first post-season championship for Eli. Rebecca

Relay for Life 2018: Voices of the Community

Sally Matthews and Samara Lipman
Staff Writers

Relay For Life is a community based fundraising event in which people of all different ages and backgrounds come together to raise awareness and support for the *American Cancer Society*.

Harrison's *Relay* has raised just over \$300,000 for the organization over the past three years.

Thousands of *Relay For Life* functions take place every year in various parts of the world. Harrison's *Relay* started four years ago with a group of eight juniors looking for an IB CAS project. They could never imagine that *Relay* would grow to the pervasive magnitude it currently has in our school community.

What makes this event stand out from the rest is the emphasis it places on healing and unity. Since the event is so inclusive, anyone can participate and show their support no matter their financial accessibility. With each ensuing year, more and more people in the Harrison community have participated in the event. Last year alone, there were over 60 teams and 500 participants at our Harrison *Relay* event.

The Event Leadership Team (ELT) for the *Relay for Life* Event is proof itself of the ever-growing nature of the event. The committee used to be made up only of IB Diploma Candidate students and had only about 20 kids. This year's senior team members decided to open the committee to anyone and everyone they felt wanted to participate in the planning.

The Leadership Team now boasts more than forty student members, all of whom contribute to the success of the event and the progression of this year's *Relay* season in a unique way, working to get as many students and staff members involved as possible.

The theme of the 2018 *Relay* season is "Voices of the Community." Through this theme, the ELT is hoping to represent various demographics of the Harrison community to demonstrate the idea of not only how widespread this epidemic is, but also to convey how *Relay* stands for connecting all people to its shared mission.

On March 15, the ELT hosted its annual Kickoff Event, the first event of the official *Relay* season. This event had the largest attendance of any past Kickoff and launched this year's theme through presenting a versatile group of speakers who shared their stories and experiences in the unified fight against cancer.

This year's *Relay* will be taking place on June 9, from 7pm to 7am on the Harrison High School track. All students, families, and community members are encouraged to make a team, attend the event, and get involved in any way possible.

In the weeks leading up to the event, the ELT is hosting various fundraisers, such as a



Laps for a cause. Last year's *Relay for Life* was well attended. As always, people joined together to hear survivors' stories, honor the memories of friends and family, and support the fundraising that helps find a cure.

Photos courtesy of Tommy McAdam



Mr. Nicol and his daughter. Families come together for this wonderful event. Please take part in this year's event on June 9.

day at Lester's in Rye Ridge Shopping Center (April 26), a "Boot Drive" with the Harrison Fire Department on May 12, a soccer tournament on May 16, and a basketball tournament on May 30.

These fundraisers and events are open to any and all who wish to attend, with all proceeds going towards the event in June.

At the event itself, survivors and team members walk around the track, as well as many other planned activities. This year, as in past years, students made a short video encouraging their classmates and teachers to participate. The video includes clips of Harrison students sharing the ways in which cancer impacts their lives and why they wish to take part in *Relay*. There is even footage of cancer survivors who claim that *Relay* changed their lives completely,

proving that harmony and togetherness can always make a difference.

According to the *American Cancer Society* website, "1 in 3 people in the U.S. will be diagnosed with cancer in their lifetime." One of those people could be you or someone you love. That's why people *Relay*. When you join this *Relay For Life* event, you're helping the *American Cancer Society* fund groundbreaking research, crucial patient care programs, and education and prevention information.

"I'll be participating in *Relay* because I want to show my support for everyone who has been affected by cancer in my own life," says sophomore Ava McKenzie. "Of course I appreciate everyone working behind the event. Without them, there would be no *Relay*!"

An article in *US News* about

Relay for Life interviewed Donna Cottrell, a brave cancer survivor. She said, "It's hard to find somebody who hasn't been touched by cancer in some way because it's just out there so much. *Relay* becomes a place where people can come together and understand both their joy and their sorrow."

Remember that each lap of *Relay* gets us closer to more birthdays, and that each penny raised gets us closer to finding the answer, and each stroke of purple gives us another sign of hope. Don't miss out on this spectacular event on June 9 and this opportunity for all to unite in a worthwhile cause to fight against cancer.

Outside Vendors Must Register Under New Protocol

Emma Berkowitz
Club Secretary

As of April 4, a new protocol for food vendors was put into place at the high school. With this new policy, only registered food vendors will be permitted for food deliveries to the school.

Receiving the first email from the school which stated that only registered vendors could deliver to the school, caused many students to get frustrated. When many vendors were slow to register, students were bothered that they couldn't get their sandwiches, pizza, bagels and coffee from places like Anthony's, Pizza 2000, and The Bagel Shop. During the first week or so of this new policy, the only registered vendors were Domino's and Green Life. In ensuing weeks, others quickly joined the list.

In an updated list as of April 20, here are the currently registered vendors (listed alphabetically):

- Anthony's Deli
- Aria Asia Fusion Sushi
- Domino's Pizza
- Green Life
- Harrison Bagels & More
- Harrison Pizza
- Lombardo's
- Mamaroneck Diner
- NY Pizza Station
- Nicky B's Deli and Catering
- Pizza 2000
- Purchase Country Market.

Sophomore Sam Bernstein said, "I was really mad at first because The Bagel Shop is where I mainly order from. If The Bagel Shop didn't register for the list, they would definitely lose a lot of business because many people order from there to our school every day."

Before this new policy was put into effect, some students ordered from Uber Eats in order to get food from places that don't deliver to our school. This new protocol prohibits Ubers on school property.

Although students may be upset because they can't order from places that don't deliver to our school anymore, this registered list has new vendors that did not deliver to our school before.

If students feel that they really want a vendor to be added to the list, it is recommended that they contact the desired vendor directly and ask

them to register with the school.

The registration form asks for information about the business such as their address, the manager's contact information, and whether or not they will be delivering to the school.

Why this new protocol now? Is the new vendor registration policy a way to increase school safety?

Making sure that food vendors on school property are registered is a smart way to increase security. This helps our school's security to know who is at our school at all times. This is far safer than letting any business deliver here, as safety is a growing concern.

"I understand the new policy was created as a safety measure, said sophomore Nasia Meimeteas. "Having registered vendors allows us to control the people coming onto school property. This is important to keep students and faculty safe,



The Bagel Shop is now an approved vendor.

Photo courtesy of Jenniviv Bansah especially after recent events that have led many to question if schools have enough security."

Students feel better about the new protocol after hearing about the new vendors that were added to the list, particularly the addition of Harrison Bagels & More (The Bagel Shop), as it is so popular.

New Age of Cheating Innovation

Michael Jubak, Jr.
Staff Writer

Harrison High School has seen a recent downturn in the academic integrity department. Numerous students have been caught cheating on their in-class tests, quizzes, and exams. While the methods these students used have not been leaked by any teachers or staff, it does raise conversation about the virtually endless possibilities of cheating methods. This reporter dug deep to find some of the most common and obscure methods students are using to gain an advantage.

Boring “Old School” Ways

Of course you have your “boring” and average ways to cheat on your exams, like having your phone in your pocket, communicating with a friend, having a study guide with you in your pocket, hiding your phone in your calculator cover, or using Cliff-notes on a chapter you didn’t read. These are the kinds of methods you see on those stupid Instagram accounts who think they are helping.

Then you have those who take it a step further with writing information on their hands, or having a post-it note.

But the method that the administrators were most concerned about in the mid-year grade level assemblies was one that everyone can be called guilty of, and isn’t even done during the test: it is the way things

are communicated between classes. Principal Beukema emphasized the fact that exchanging information about a test or quiz between classes is considered cheating and is punishable by the standard punishments for caught cheaters.

Welcome to Innovation

While there are the “boring” ways to cheat on an exam, people have gotten creative over the years and have come up with unique new ways to gain academic advantage.

These methods were gathered from sources who will remain anonymous, but please understand that this is not a promotion of cheating, nor is it meant to give cheaters new ideas.

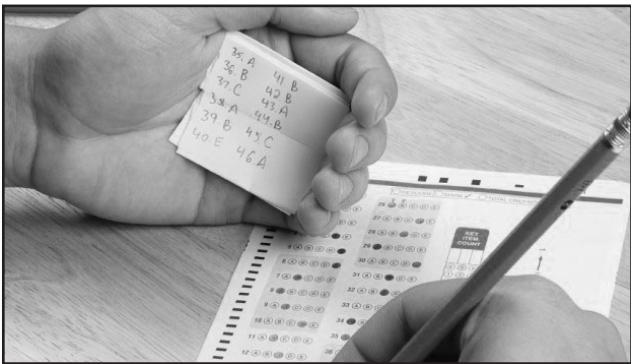
Cheating is wrong, and does nothing but give you a fancy number on your report card that is undeserved. It’s not worth the potential in-school suspension: if you don’t know something, own up to it.

First up is everyone’s favorite subject: math. Most math courses nowadays require the use of a TI-84 graphing calculator to solve problems. But are these devices prime

cheat holders?

“The calculators have “alpha” buttons which can spell out words. You can use this and have notes on your calculator written out for you,” said one student.

“I think that is one of the rea-



Old school cheating. Teachers must now battle to keep up with new innovations in cheating. *Photo courtesy of Stock photo.*

sons they require you to clear your calculators for the midterms and the Regents,” he added.

But that’s not all these things can do.

“One of my friends legit brought spare batteries and wrote information on them for his math test,” said another anonymous confessor. “When he had them, he said that his ran out of batteries, and that he brought a spare set.”

“I’m surprised my teacher wasn’t suspicious about this, to be

honest,” said another student.

This kind of method was very popular.

One student added, “Once last year I printed out a note sheet and put it around my water bottle. If you look hard enough there are templates for Poland Spring nutrition facts that you can edit to say what you want.”

This reporter investigated and, sure enough, this student wasn’t lying, these templates do actually exist.

Still, tests aren’t the only grade-killers out there -- what about essays and project essays?

“For in-class essays” says a student “they allow us to have our documents with us, and since often times we get them prior to the exam, I’ll get together with friends and write the entire thing out on the documents, and just copy that down,” she said.

“For take home essays,” adds the student, “there are websites that can help you write them, and by that I mean they flat out write them for you. All you gotta do is change a few words here and there to dodge the plagiarism feature on *Turnitin.com*.”

Once again, these websites exist and are used more than one

might think.

Solving the Problem

With all of this occurring, how can schools keep ahead of all these different methods of cheating? Even anti-plagiarism sites like *Turnitin.com* perhaps are not enough.

“While using *Turnitin.com* for essays is smart, it really doesn’t do crap,” said one student. “It has the plagiarism thing, but like I said, that can be easily dodged through paraphrasing.”

Detecting cheating of any kind continues to be an ongoing battle for teachers and administrators.

Water bottles and calculators would seem to be necessary items for certain testing situations. This is likely why they have been targeted as innovative ways to cheat.

Allegedly, there is also a way on the newer calculators to input a simulation of the RAM cleared screen, so that students can still leave notes for themselves even during a Regents exam.

Teachers and administrators must keep up with the new methods of cheating that are circulating among students, and find ways to counter these methods, the sooner, the better.

Junior Class Auction Gets A Facelift

Jake Petrillo
Staff Writer

Every year, the Junior Class holds an auction to raise funds for their prom and senior gift. However, there has always been a single target audience: Junior Class student government parents. With that narrow focus, the auction has continually been criticized for being “elitist” or “not accessible” to the larger Harrison community, and why shouldn’t it? The event is called the JUNIOR Auction, not the “Junior Student Government Parents” Auction.

This year, Junior Class co-presidents Jake Petrillo and Molly Steinberg decided there was a need for change. Along with grade-level advisors Ms. Johnson and Ms. Cain, the Junior Auction went under the knife, and emerged featuring some serious changes. These included the intro-

duction of raffles to the silent auction, which ranged from \$2 to \$25, in which all teacher items (like History tutoring from Ms. Milne or an Ethiopian dinner with Mr. Hertzig and Mr. Kaplan), gift baskets, and even Yankees vs Red Sox tickets were able to be bid on by everyone.

The biggest change came to the main event, the four Junior Parking spots. Every year, Juniors would pay upwards of 1,000 dollars to buy one--month parking spots. In the spirit of a revamped Junior Auction, this bidding process was switched out for a week-long raffle contest, in which any Junior could pay \$10 for the chance to park at the school.

One of the co-presidents, Molly Steinberg, spoke about her motivation to change the Junior Auction.

“After noticing a large gap in the potential attendees versus actual attendees in years past, Jake and I decided that this was due the elitist image the Junior Auction had,” she said. “There was not an appeal to members of the community from all different socioeconomic statuses, so we changed this by including over 23 raffle items, changing how the parking spots worked, and adding lower priced live auction items. We felt that we were able to find success in our event because we set the precedent of equality and inclusion for years to come.”

The Junior Class also began an intense advertising campaign in both the school and on social media. During the weeks before the event, students and teachers re-



Eating Ethiopian Food. Dinner with Mr. Hertzig and Mr. Kaplan proved a big draw. *Photo courtesy of Lalibela Restaurant*

ceived multiple Google Classroom and email notices about the auction, and advertisements were posted in both the cafeteria and around social media. In order to make the auction even more successful, the auction was also placed online, in order for the entire Harrison community to access the event from the palm of their hands.

The revamped Junior Auction image seemed to have worked out. The Junior Class was able to raise over \$12,000 from the event, with over \$3,000 coming from just the new parking spot formula alone.

The auction also boasted its strongest attendance in years, with the entirety of the Student Union being filled with students, staff, and parents from all different schools.

In hindsight, the event for once seemed to not be all about the money alone. The new Junior Class Auction symbolizes so much more than just a prom cash cow. It represents a new era of inclusion, accessibility, and opportunity, the likes of which the Harrison community has never seen before.

Why the GSA is so Important

Luka Gollub-Messiah
Staff Writer

Harrison High School is home to many clubs, but perhaps none more important than the Gay Straight Alliance club (GSA). The SPLC (Southern Poverty Law Center) states that although school bullying of LGBTQ+ students is a severe, nationwide problem, many teachers and administrators are reluctant to intervene or adopt policies to prevent it. Many children don’t report violence or harassment because they believe it either won’t make a difference or will make matters worse.

The GSA can help prevent

this, providing a safe environment for LGBTQ+ students and informing others of the problems LGBTQ+ students face, which is why the GSA club is so important.

“It’s pretty important to have representation of minority groups at school, especially public ones,” said sophomore Kristen MacIvane, a club member.

“It’s very important to have a safe space for people of all sexual orientations,” said sophomore Aidan Wohl.

There is, however, a certain

stigma that still hovers over joining the GSA club. A junior who wished to remain anonymous said, “I don’t want to go around and have people think I’m gay just because I’m part of GSA.”

Though there certainly has been progress made over the years, difficulties of acceptance issues remain.

“I’ve had no problems with anybody over my decision to join GSA,” said Kristen MacIvane.

The GSA club is run by two seniors, Malik Nieves and Justin San-

tiago.

“It’s great to have this club,” said Justin Santiago. “We’ve made a lot of progress this year compared to last year. However it has offered a safe refuge for students for several years.”

The GSA club isn’t just for the students belonging to the LGBTQ+ population.

“We have more people than just LGBTQ+ students,” Malik Nieves said. “Many others have different gender orientations as well.”

The club’s “safe space” extends

to many more than those who identify with different sexual orientations. Activities such as setting up a table and asking students to answer a question related to LGBTQ+ population in exchange for a piece of candy have helped GSA members to educate the entire HHS student population, in hopes that homophobia and other fears and concerns about the LGBTQ+ population will fade.

The club’s efforts continue, most recently with a Day of Silence on April 27, and the importance of their mission is far from over.

opinions & editorials

On This Year's Midterms

Staff Editorial

In these hectic times, when lies are spun and seemingly excused on a daily basis, what has become of academic integrity? Has cheating become part of the necessary process in these hyper-competitive times? How did things get to where they are now?

On Wednesday, January 17, a letter was sent from the principal regarding academic integrity in response to incidents that elicited this important reminder. For a brief moment, many felt their stomachs drop -- was this a personal letter -- individuals were thinking, *What have I done now?*

Cheating, plagiarizing, lying, cutting corners to get all the impossible work done in time -- is it the system that's to blame or is it the emphasis on grades over learning, the cutthroat reality of competition that exists to get into that college of choice?

As the IB program becomes woven further into the fabric of our school, it seems as if there hasn't been sufficient pause to tackle growing issues of academic integrity. First and foremost, this year's midterm schedule caused a heightened sense of chaos. The testing schedule was reduced to four days, and to compensate for that, many midterms were given in class periods prior to the actual "midterm week."

In past years, many students regarded "midterms week" as a rare moment of solace - everyone was aware of their schedules and responsibilities and were put in a fair position to succeed. However, this year the vast majority of IB students had to juggle studying for an in-class midterm while still trying to learn new material in their other classes. There is added difficulty placing yourself in a mindset to take a cumulative assessment while still having to sit in class for the rest of the day and be able to function. This new stress was accompanied by visibly heightened student anxiety levels, directly resulting in an increase in cheating as a way to overcome this stress.

With that in mind, some might partially fault the school's policy (following a New York State mandate that only allows midterms to be given during the administration of Regents exams) as a source of its own worries about academic integrity. Even the brightest students have a breaking point; no one has the ability to study for hours, get done the amount of new homework still being assigned, and then take hugely important tests in the middle of a normal school day. The pressure is enormous - and perhaps unrealistic.

While turning to plagiarism or cheating isn't ever an appropriate solution to the problem, the alternative is being overextended and mired in stress that is solved only through hours of work and study each weekday night and all through the weekends. This was further exacerbated by this year's scheduling of exams.

As HHS students, we are promised the best opportunity to succeed. This year, it seemed as though there was extra work and marginal rewards. The stress level for many was through the roof. This is why we would like the school to find a better way moving forward. Perhaps the school can figure out a way to return to the sort of midterm week testing schedules that have worked in the past -- or perhaps do away with midterms altogether (as many other schools currently do).

No one disputes that the administration has our best interests at heart and that their intentions are good. We are grateful for how we are always welcome to voice our opinions when we feel something could be done better than it presently is, which is precisely the case here.

No one says school is supposed to be easy, but it's not supposed to overwhelm. When countless tasks are going on simultaneously, it's all the more difficult to prioritize and focus on the important task at hand. It would appear to be in the best interests of all to find a better way to do this, or figure a way to return to how midterms have been administered in the past.

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Mission Statement

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

Editorial Policy

The Husky Herald is published by the journalism classes at Harrison High School, along with the volunteers who attend the weekly meetings. Editorial content of *The Husky Herald* is determined by the editorial staff and 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. We reserve the right to edit such responses for grammar usage, clarity, punctuation, and length.

A Plea To Congresswoman Nita Lowey

Jack Roshco
Co-Editor-in-Chief

Dear Congresswoman Lowey, I am writing to you as a concerned member of your constituency, but also one who feels ignored: I'm only 17. I have found throughout my life that both the rights and opinions of children in our community are consistently ignored or underappreciated, even as we reach adolescence and have the necessary education to think freely. Usually, there are just some little things that bother me: not liking the way my school is run, not getting enough of a say in family decisions, etc.

But now, I'm scared. Children are being gunned down with military assault weapons in schools like mine. I don't want to walk into this building in the morning because I'm afraid that my government and law enforcement can't protect me. We have one student resource officer for our entire building: the only security guard armed with a weapon that can stop a potential intruder. He has an office located near one entrance,

but any other entrance is incredibly vulnerable to any threat an intruder might pose.

But what concerns me more than the particulars of my school's security system is that I have to be scared that I require security in a public school. I don't write this from a place of naivet  . I have been an active participant in politics since I was in middle school. I spend my free time researching policy issues that pique my interest that I believe I can change with my minimal influence as a minor. I know what should scare me and what shouldn't. I know that I should be scared that someone a few months older than me can purchase a gun in most of this country without a background check, and then bring it into a school like mine and use it to pump bullets into kids like me.

I also know I'm preaching to the choir. You, like me, are strong, principled, and left-of-center on most issues, particularly guns. I know that

if I really wanted to make a point that this letter should go to Jim Jordan, Matt Gaetz, or any of the countless other right-wing, NRA-bought-and-paid-for cronies in Congress who would rather line their pockets with gun lobby money than stop a lunatic from massacring innocent children for sport. But you are my Congress-



Courtesy of Shutterstock

woman, and for decades you have made our district proud. I trust you to listen to my concerns, even though I'm just a kid in the eyes of so many. You're also in a unique posi-

tion in Congress to effect change. Your committee has jurisdiction over funds allocated by Congress, and you in particular sit on a subcommittee that supposedly deals with keeping our homeland secure. Chairman Frelinghuysen is also more susceptible to taking the lead on controversial issues than ever before: he's a Republican from a moderate, affluent New York City suburb, and he's not running in November. He can take any stance he feels is right.

If you, as ranking member, want to bring up guns in committee in light of recent events, I believe he would be more than willing to listen. I invite you to use this letter as Exhibit A in your argument, whether or not you ever respond, or whether or not the staff member who reads your constituent mail ever puts this letter on your desk for you to read.

I specifically haven't referenced one particular event because after mass shootings, people move on. They say it's too soon to politicize

it, and then they never do politicize anything.

Six months from now, we still need to be talking about gun control. We can't stop fighting until something changes. How many more kids like me have to be filled with lead before it becomes okay for the government takes up an issue? How many more times do I have to risk my life everyday by walking into Harrison High School before Congress takes action that can save it?

Please, help people like me survive the school day without having blood run through our hallways. This is the most important thing you can ever do as a member of Congress. You can help save your constituents' lives.

I know you want to help. I hope you take the time to read my letter. It would be an honor to have your help.

More Concerned than Ever,
Jack Roshco - Class of 2018

Why Getting Involved in Syria is a Bad Idea

Mark Rossi
Staff Writer

If this editorial looks too long to read, then take this important point away from it: getting involved in Syria is a horrible idea.

For those who don't know, here's the situation: On April 7, 40 people were killed in an alleged chemical attack in Douma, the last rebel-held town in the Eastern Ghouta region, when the Syrian Air Force supposedly dropped chemical bombs on civilian targets.

Immediately following, Washington (and President Trump) responded by calling for an international response to the attacks, while the Russians and Bashar Al-Assad denied responsibility for the attack.

Then, on April 11, Trump promised a military strike on Syria, seemingly in response to Russia's warning that any U.S. missiles fired on Syria would be shot down. Finally, on April 13, a group of American, British, and French aircraft launched strikes on three Syrian targets: a re-

search center, a command post, and a storage facility.

An additional point that is important to note is that just a few days prior to the alleged attack, Donald Trump expressed his desire to remove U.S. troops from Syria "very quickly."

So Bashar Al-Assad, who has effectively won the war in Syria (with Russia as his ally) against the U.S.-backed rebel forces, launched a chemical attack on civilian targets. What's more, he decides to launch the attack right

after the U.S. vows to pull out its troops and as he has the town of Douma completely surrounded.

So the logical question to ask is this: Why would Bashar Al-Assad, who has the upper hand, launch a chemical attack on Douma, when he knows that it would bring back the superpower that is funding his opposition? The fact that Assad not only lacks motivation for an attack like this, but instead has the complete opposite of a motivation for such an attack should give people pause.

“The lack of verification before taking any sort of action... will almost always have disastrous consequences...”

So who, then? Who is responsible? I don't know, nor does anyone else. No one has been able to independently verify the attack, and yet Trump decides to strike Syria.

The lack of verification before taking any sort of action in the political sphere will almost always have disastrous consequences, especially in a situation like this one.

It is entirely possible that it was the rebels who falsified some type of chemical attack in order to bring the U.S. back into the conflict. Jaysh Al-Islam (the group currently occupying Douma) has reportedly used chemical weapons in the past, when they shelled a neighborhood in Aleppo with chemical munitions.

Further, Russia reportedly has had reliable information about insurgents preparing to falsify a government chemical attack on civilians.

While it's possible the Syrian government is responsible, I'd say it's more likely that the occupants of

the town falsified the event to prevent a U.S. pullout from Syria.

With President Trump being egged on by certain members of the Republican party such as John McCain, Lindsey Graham, and Mac Thornberry, it doesn't help the case for calm, collected rationality.

It is impossible to see how certain representatives can support such strikes (which also undermine their constitutional authority) without any verification, especially when such action can quickly spiral into yet another war in the Middle East, causing the deaths of thousands, releasing a second or third migrant wave into Europe, and destabilizing the region.

A better alternative would be to end our six year proxy war in Syria, instead of escalating it.

School Spirit Should Not Be So Divided

Madison Schiro
Staff Writer

This spring, Spirit Week once again returned to the halls of Harrison High School, where all the students were encouraged to dress up in coordination with a specific theme each day leading up to the pep rally. Still, you wouldn't know it by looking down the halls.

Few students seemed to be wearing anything out of the ordinary. Most people following the Spirit Week outfits of the day were a handful of teachers, and clothing amongst the students wasn't seemingly coordinated because each grade had its own rules to adhere to.

The themes were very age-centric, with freshmen having a day to dress up as babies, whereas seniors

would dress up as senior citizens. This was present throughout most of the week, with the final day being a class t-shirt students had to buy from the school with a pun of sorts incorporated into the grade's theme (like "Under the Seaniors," which plays off "Under the Sea" from The Little Mermaid). The themes were also a bit polarizing and mismatched, with gym clothes and a beach wear day for the upperclassmen, and a business attire day for freshmen.

In the fall rendition of Spirit Week, each day all students were encouraged to wear one specific color, and the turnout was fairly substantial, with the whole school wearing black for the final day during the

pep rally. After all, it's easy to put on a solid color, especially when you're with the entire student body doing the exact same thing.

This week, however, virtually no students were participating, which begs the question "Why?"



And what can the school do to have better student participation?

Many student complaints stemmed from feeling that there wasn't a good enough reason to dress up. Few students even realized that the grade deemed to have the most school spirit gets money for prom. Most of the younger students felt that the week reinforced feelings that the administration cares more about the upperclassmen.

Other reasoning as to the lack of participation included the divisive themes this time around, with each grade having a different outfit to follow. It seemed to segregate by grade, and served to separate grades rather than unify students

into a feeling of true school spirit.

It also emphasizes how it really seems to be about the seniors. The competition between the classes seems to be weighted in their favor, which serves as a detriment to the motivation of the other classes.

With the halls looking the same as ever this most recent Spirit Week at Harrison High, one would think the kids simply don't care about their school. But a closer look might reveal that it is merely a reaction to poor communication about what this is all about, along with a real encouragement of grade separation.

Student Walkout - Day of Activism



“It’s scary to deal with reality, but now it is necessary for us to do so,” said sophomore Itzel Fragoso. “Innocent lives can’t keep on being lost through these disgusting acts of violence.”
~ as reported by Julia Cox



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LOUIS N. WOOL, Ed.D.
SUPERINTENDENT OF SCHOOLS

February 27, 2018

Dear Members of the Harrison Central School District Learning Community,

In the wake of the devastating tragedy at Marjory Stoneman Douglas High School in Parkland, Florida, our community shares in the sorrow of the senseless loss of innocent lives. We also look to reassure our community that the safety of our students and staff is and remains our first and most important priority.

I write this letter for three reasons. The first is to assure you that we are always attending to and attempting to improve our commitment to school safety. The second is to share what is already in place to provide a safe school environment and the plans to improve school safety in the near future. The final reason for my communication is to remind everyone that we all bear responsibility to make our schools safer by being attentive to those around us who may need help or who may benefit from the interventions and supports a caring school community can provide.

Making our schools safe and welcoming places for students is an ongoing process that requires open communication and cooperative partnerships. We are fortunate to have a strong and collaborative relationship with the Harrison Police Department. The HPD is dedicated to your child’s safety and are vital partners in our efforts to make our schools safe. The HPD participates in our safety drills and planning, provides feedback and advice, and utilizes our schools for training purposes. Most significantly, the District and the HPD have worked to carefully align systems and communication to ensure the most efficient and timely response to any and all emergencies.

In addition to this essential partnership with the HPD, the District has implemented a number of security initiatives over the past several years, which have included an ongoing review of procedures, implementation of the latest school safety technology, and the coordinated delivery of professional development and support to faculty and staff to improve readiness. Here are some of the initiatives I am able to share:

- Each school has an emergency push-button system available to key personnel that will disable card swipe access to the building and immediately notify the HPD and administrators of a security emergency.
- Over 150 high-resolution security cameras are used in our schools and the HPD has real-time access in order to assess the most appropriate action in a crisis situation.
- Every District administrator has real-time, mobile, secure access to view cameras in all six schools.
- Each District administrator utilizes a secure mobile security app that outlines emergency response procedures and includes floor plans and emergency phone numbers. The security app and complete sets of the District Safety Plans are provided to the HPD.
- Every HPD police car has a key that provides access to every door in every school in the event of an emergency.
- Teachers can lock students and themselves in any classroom in the event of an emergency and we conduct practice drills with teachers and students.
- Video and audio technology is installed at every school’s main entrance so that visitors can be seen from head to toe by District personnel before they are permitted entrance.
- This coming spring, the District will implement a background check system for visitors to our schools and require a photo ID at every entry point for visitors.

We will continue to monitor and assess our security procedures and utilize new tools as they become available. However, the most important and effective part of any security plan is ensuring that our teachers, psychologists, social workers, building administrators and support staff have profound knowledge of, and authentic relationships with, the students we serve. Our greatest responsibility and our most effective strategy to promote student safety is ensuring that all students who require help receive it, and that no child goes unnoticed or unsupported.

We ask you, as our most important partners in keeping our children safe, to share information or concerns with our principals and appropriate support staff – whenever you have information that you think may be important to the health, safety, security, and well-being of any one of our students or staff members.

We are thankful for your ongoing partnership, and be assured that we view the safety of your children as a sacred trust. We work diligently and passionately to ensure that our students are safe, nurtured, engaged in learning, and happy during their time in our schools.

Sincerely,

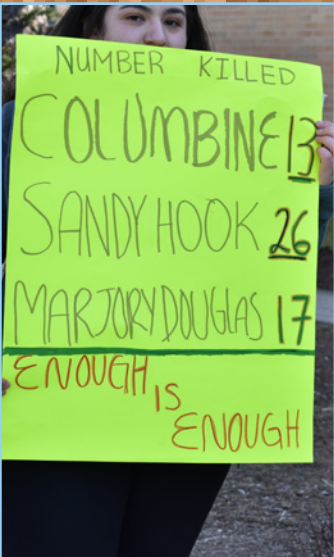
Louis N. Wool
Louis N. Wool, Ed.D.
Superintendent of Schools
Harrison Central School District



“A student’s life holds more value than a person’s right to own a gun,” said freshman Leilah El-Azizi.
~ as reported by Madison Schiro



“I simply don’t understand why the NRA feels it necessary to support the use of semi-automatic weapons, because those are weapons for war, not self-defense,” said freshman Nia Stephenson.
~as reported by Julia Cox



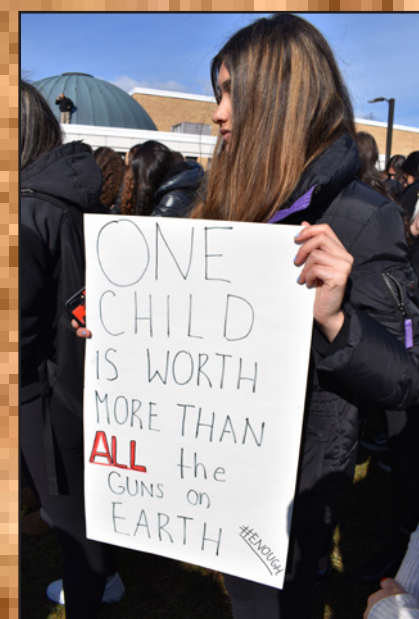


"I think that the fact that this can occur in any school is very scary and upsetting," said sophomore Alexandra Sinis. "Especially now that Cruz (the Parkland shooter) tried using the fire alarm to get students out of classes, I am scared to now leave my class for a drill."

~ as reported by Jordana Roshco

"We cannot keep letting school shootings happen, do nothing, and expect something to change," said freshman Katie Cole. "With Parkland, we have the opportunity to change gun laws and protect the people in our schools and country."

~ as reported by Madison Schiro



In the shooting a boy who was on the second floor texted his family members *I won't ever see you again*. Scott Biegel shoved students into a classroom and sacrificed his own life for so many kids. Harrison freshman Jonah Schultz attends Camp Starlight, where Scott Biegel was a counselor and role model to so many kids.

"I was very close to Scott and to hear that he died was heartbreaking," Jonah said. "He died saving kids. I hate how someone could just take innocent lives. Because of the shooter, I will never see my role model's big smile while we do countless numbers of activities at camp."

~as reported by Sam Ptashnik



"Taking a moment of silence, tweeting thoughts and prayers, or increasing security in schools is not going to stop these horrible things from happening," said sophomore Caitlin Bilotta. "The person running our country should be an individual in whom we should have the utmost faith; however, that isn't the case. Increasing gun laws has always been a controversial and sensitive topic of discussion, but if the deadliest mass shooting in Vegas, and the deadliest school shooting happened just three months apart, the obvious needs to be done and change needs to be made."

~as reported by Emily Scremin

"Though I don't personally like clear book bags, I think it's a step in the right direction," said freshman Jade Saccomanno. "With these recent school shootings, a change has to be made and it has to be done now before another tragedy happens,"

~as reported by Julissa Commisso



ARTS & entertainment

Seussical Brings Whimsy to Life

Anne-Marie Dillon

Co-Editor-in-Chief

From Thursday, March 1 to Sunday, March 4, Harrison High School students and faculty alike gathered to enjoy the Harrison Footlight Player's most recent labor of love, *Seussical the Musical*. With their 2017 musical production The Addams Family garnering 12 nominations and four wins at the Metro Awards, the HPAC brimmed with excitement and anticipation.

The performance went far beyond any of the "thinks we could think," and well exceeded the high-set expectations.

Seussical, a musical written by Lynn Ahrens and Stephen Flaherty, follows several overlapping storylines inspired by the work of children's author Doctor Theodore Seuss Geisel. The Cat in the Hat serves as the audience's guide through Seuss's playful and intricate world, introducing us to each of the inhabitants of the dreamt-up "Jungle of Nool." The empathetic Horton the Elephant and his land of "Whos," a

JoJo are the protagonists of the production's various intertwined vignettes.

Each role was brought to life by Harrison's gifted students, with senior Sarah Birnbaum lifting spirits as the mischievous Cat in the Hat, and junior Peter Neureuther giving a sensitive portrayal of Horton. Both senior Kaitlyn Fiery and junior Sam Saravia delivered heartwarming renditions of the lovesick Gertrude McFuzz, a creature of Nool fighting for the attention of Horton as he becomes engulfed in saving the microscopic world of Whoville. Junior Christina Ledesma brought acid wit and a powerful singing voice to the villainous character of the Sour Kangaroo, and senior Megan Margiotti sent chuckles through the theater in her role as the lazy bird Mayzie. Paige Pezzella

As the curtain opened to reveal the Cat's iconic striped top hat, the rousing opening number entitled "Oh, the Thinks You Can Think" immediately showed the months of hard work that each member of the cast and crew poured into the production.

The richly colored costumes, fantastical sets, and lighting design immersed each viewer in the Seussian fantasy land of the stage. Birnbaum's Cat in the Hat charmed with

was shown throughout all roles. The wonderful backing vocals and choreographed performances of the Whoville



A bird, a cat, and an elephant. Sarah Birnbaum's Cat in the Hat interviews Peter Neureuther's Horton, while Sam Saravia's lovesick Gertrude McFuzz looks on.

Photo courtesy of Ms. Deborah Toteda



Why is this kangaroo so sour? Christina Ledesma rocks the house when lecturing Horton and his Whos.

Photo courtesy of Ms. Deborah Toteda



Who doesn't love a Who? Horton became obsessed with helping the denizens of Whoville, decked out in yellow, and residing in a world no bigger than a speck of pollen or dust.

Photo courtesy of Ms. Deborah Toteda

won hearts as JoJo, a child who prevails in

animated dance moves and singing ability, and Ledesma's impeccably strong vocals gave the Sour Kangaroo staying power with the audience.

In a scene shared between Margiotti's Mayzie and Gertrude (played by both Sam Saravia and Kaitlyn Fiery), outstanding vocal performances were delivered by both protagonists and each of the "saloon girl" inspired ensemble members.

Dedication and immense talent

own talented musicians and the collaborative help of professional performers.

The production was choreographed and directed by Ms. Deborah Toteda, while Ms. Meg Test led the musical direction.

While members of every Footlight production report a sense of "post-show depression" once the curtain closes on the final performance, any post-Seussical ennui

townspeople and other ensemble members gave the show another level of depth. The musical pit, lead by Deanna Lortscher, featured both Harrison's

may have been softened by the many youth education opportunities the show brought to the Harrison community as a whole.

"Dr. Seuss Literacy Night" was held for families of all ages prior to the opening of the show, and cast members delighted in snapping photos with the excited elementary schoolers. Further, the imaginative visuals and powerful moral messages of the production made the performance a hit amongst the children of the HHS faculty and younger siblings of Harrison's students.

We congratulate everyone involved in bringing *Seussical* to life at Harrison and eagerly await the next outstanding work of the Harrison Footlight Players.

self-conscious Gertrude McFuzz, and an imaginative little boy named

"thinking big" in spite of the discouragement of other nay-saying Whos.

HEY HUSKIES!

What do you do to de-stress?



"I stress a lot because of the amount of homework I have, so I do my homework to de-stress."

Chikanma Ekechukwu,
Freshman



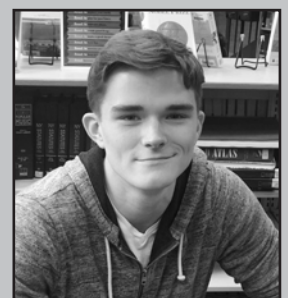
"After school, I like to go home and sleep off the pain with a good 3-1/2 hour nap. But when I wake up, I'm stressed again."

Aidan Wohl, Sophomore



"Typically, I listen to music. It soothes the soul. I also hang out with my friends in the city."

Jordan Blair, Junior



"I meditate in a quiet room. I also go for walks, leaving my phone at home."

Grant White, Senior

Courtesy of Jenniviv Bansah

Juicing: Body Cleansing or Merely Nutrient Depleting?

Emily Scremin
Staff Writer

Gaining in popularity as early as 2012, juice cleanses quickly took over as a verified internet craze. It was extremely rare that a celebrity or online influencer wasn't seen with a cold-pressed juice in hand.

The trend became a diet fad in which a person consumes only fruit and vegetable juices while otherwise abstaining from food consumption, subsisting on a half-dozen juices per day in a predetermined sequence was believed to help shed weight, cure cravings, clear up skin, nix bloating, improve sleep and more.

The juices typically contain about 1,000 to 1,200 calories a day; there is generally a nut-milk component for fat and a little protein, and vegetable juices for vitamins and minerals and live enzymes, according to *Slate*.

The idea of consuming only water or juice to rid the body of so-called toxins is not new. Virtually every major religion has some fasting and cleansing ritual that supposedly allows the body to heal and regener-

ate. This small calorie intake causes metabolism to slow as the food consumed is not meeting the basic energy requirements your body needs. While cleanses might appear to work in the short term, they are not a long-term solution for weight loss and can be dangerous, says Lauren Blake, a registered dietitian with *The Ohio State University Wexner Medical Center*.

One of the main reasons individuals become so attracted to juicing is the appeal to easy weight loss. Allegedly, a juice cleanse is supposed to decrease water weight and lean mass shedding up to one pound per day. However, since this weight being lost is not fat, it is an extremely short-term,

meaning juice cleanses are in fact not a good weight loss strategy, says clinical dietitian Janet Renee.

"A juice fast provides inadequate protein, a nutrient essential to preserving lean muscle when cutting calories," says Renee. "Without enough protein to maintain your lean mass, the body breaks down much more muscle for energy than fat.



Not so great in the long run. Evidence shows that juice cleanses are not a substitute for healthy eating. BluePrint Juices and other such products are not a long-term solution for weight loss.

Photo courtesy of BevNet

This leaves you with a less favorable body composition after you've done a juice fast since a significant amount of the weight that you do lose will consist of muscle."

Excessive intake of juice may eventually cause weight gain and be dangerous for individuals with diabetes because juice as is a source of high sugar, states *Harvard Medical School*. On a juice cleanse, the body experiences fluctuations in blood sugar that are likely more extreme than what it experiences day-to-day during normal food consumption. This is because the body is not taking in fiber or a macronutrient, such as fat, that would slow its digestion and absorption.

When the body has to process a great amount of sugar at once, the pancreas will release insulin to process the sugar that's been introduced into the bloodstream according to *Eat This*. This insulin response can cause blood sugar to drop too low, which causes lightheadedness, dizziness, and fatigue, especially in

people who are particularly sensitive to changes in their blood sugar.

Sophomore Ava Franco thinks that juice cleanses are perceived differently online, causing individuals to believe the false benefits of the cleanse.

"I think they are good in moderation and with proper research beforehand, but people get carried away with them and it becomes unhealthy," Franco said.

Another sophomore, Caitlin Bilotta, believes that the cleanses do have benefits, but should not be relied on alone as a meal supplement.

"I think they are an alternative to healthy living, but they cannot replace basic necessities like meat, vitamins, etc.," says Bilotta.

"We have cave-people bodies that are built for survival," says a senior lecturer in the nutrition department at the *University of California-Davis*, Dr. Elizabeth Applegate. "We do a good job recouping our losses, but that doesn't make juice cleanses at all healthy," says Applegate.

Foods That Are Good For Your Brain, Foods That Are Bad For Your Brain

Emma Berkowitz
Club Secretary

Some foods help protect bones, hearts, and help with weight, but which foods can help one's brain?

According to Lisa Drayer from *CNN*, "In a study that looked at the diet habits of more than 16,000 older women over a 15-year period, researchers found that those who consumed at least one half-cup of blueberries or at least one cup of strawberries each week had slower rates of cognitive decline."

This same article states that one should stick to eating salads and broccoli at meals because "these veggies are not only helpful in boosting vitamins and fiber, they may keep our brains young." and "A recent study from *Rush University*

involving close to 1,000 adults found that those who ate just one serving of leafy greens per day (think spinach, kale, collard greens and arugula) appeared 11 years younger in terms of their cognitive health."

According to a *WebMD* report by Carol Sorgen, "Deep-water fish, such as salmon, are rich in omega-3 essential fatty acids, which are essential for brain function."

This article also states that "Avocados...lower blood pressure...and as hypertension is a risk factor for the decline in cognitive abilities, a lower blood pressure should promote brain health."

Healthline states that "Drinking coffee over the long term is also linked to a reduced risk of neurological diseases, such as Parkinson's and Alzheimer's."

"Usually before a big test I drink coffee to wake me up which makes me work better and get better grades," said sophomore Julia Kindler. "It is interesting that not only

is it helping my alertness and my test scores, it will also benefit my brain over time."

This same article states that "Several nutrients in nuts, such as healthy fats, antioxidants and vitamin E, may explain their brain-health benefits. Vitamin E shields cell membranes from free radical damage, helping slow mental decline. While all nuts are good for your brain, walnuts may have an extra edge, since they also deliver omega-3 fatty acids."

Which foods are bad for the brain?

Dana Leigh Smith from *Eat This, Not That!* stated that, "According to a recent Neurology study, hypertension, often brought on by eating too many salt and sodium-packed foods

like soy sauce, can restrict blood to the brain and negatively impair focus, organizational skills and memory."

This same article states that "Bigeye, ahi, albacore and yellowfin tuna are all high in mercury, and consuming too much of the heavy metal can cause cognitive decline."

According to Amber Brenza from *Prevention* there is an "association between high tofu intake—a sizable 9 or more times per week, mind you—and an increased risk of cognitive impairment and memory loss."

Sara Schwartz from the *Huffington Post* said, "Foods high in saturated fat hurt your memory and cause inflammation in the brain. Cheese [is a big source] of saturated fat in the American diet, says the Harvard School of Public Health. Not only do high-fat diets correlate with poor memory (as shown in the *Neuroscience* study), but they are

also shown to injure your hypothalamus, a part of the brain that helps control body-weight regulation."

This same article states that fruit juice is bad for your brain because "sugar reduces cognitive flexibility, as well as short- and long-term memory."

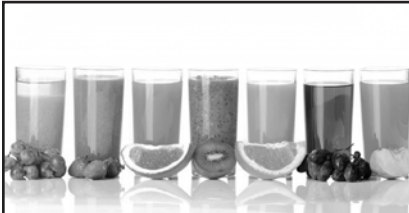
Sugar being unhealthy for one's brain was proved when a "2015 study in the journal *Neuroscience* showed that mice subjected to



Coffee is GOOD.



Cheese is BAD.



Fruit juice is BAD.



Avocados are GOOD.



Soy sauce is BAD.

high-sugar and high-fat diets ended up with significant cognitive decline. Their long- and short-term memory took a hit, as did their cognitive flexibility, described as the ability to problem-solve in the face of new information."

It is important to recognize eating and drinking habits and how they can affect one's body. For a healthier lifestyle, one should understand the benefits and disadvantages of certain foods and drinks.

Why is *Fortnite* so Popular?

Dimitrios Gkinis
Staff Writer

There are currently 150 million people worldwide who have launched the video game *Fortnite* into this year's international obsession. *Fortnite* is a game that combines *Minecraft* technology and it is a shooter-and-murder game. Players fight each other, with scientific fiction creatures such as zombies. According to *The Washington Post*, it has become the most-watched game on *Twitch*, the Amazon.com-owned site centered on streaming games, and on *YouTube Gaming*, nearly doubling average viewer-

ship of the previous record holder "League of Legends," according to statista.com. Gaming data firm *Newzoo* says that *Fortnite* alone made up 12.8 percent of all traffic to those platforms in February. The game climbed to the top of charts in the United States and a dozen other countries within 12 hours of its release, according to app analytics firm *App Annie*. The Android app is on its way. The game's reach even extends to celebrities – hip-hop star dropped into a session with Tyler

Blevins (a.k.a. "Ninja"), a professional gamer and streaming star, on March 14. The two drew a record-breaking 628,000 concurrent viewers, a record that Blevins would later break with his "Fortnite Las Vegas" event. Gaming itself has become more mainstream, with industry estimates saying 65 percent of American households have at least one person who plays games for three hours or more per week. But it's rare to see a single game take hold of the conversation in the way that *Fortnite* has.

Fortnite is appealing and attracts many users because it's free-to-play and it provides interesting features as well. Yet *Fortnite* and similar games create addictions which can be harmful in many ways, such as aggressive behavior, and even so far as gambling websites using in-game cosmetics as currency. Finally, and perhaps most importantly, it's a high-quality



Fortnite's Battle Royale has a last man standing format. It's easy to understand and does not depict bloody violence.

Photos courtesy of Game Spot



Fortnite has become the new obsession of gaming. Players are drawn by the lure of this free and fun shoot-em-up game.

game, which can be rare among free titles. It's fun and simple. *Fortnite Battle Royale's* last man standing format is easy to understand at a glance. Forming a strategy is smart and this makes it attractive to individuals at any age. Its cartoonish graphics make its violence easier to stomach, many analysts say. All of this makes it the perfect title at a time when games are increasingly trying to tap into the market for new players through streaming.

Nonetheless, games such as *Fortnite* that have mass shootings create a psychological risk by providing pleasure in eliminating someone or something. According to *The Guardian*, the game has a very bright, friendly visual style and it does not depict bloody violence; it is a "Call of Duty for kids." Nonetheless, according to the article, the current obsession with the game will pass after an amount of time.

Jack White Drops New Music

Griffin Krueger
Staff Writer

Jack White released his third studio album *Boarding House Reach* last month, including 13 new songs. His discography apart from the White Stripes so far has included other great experimental rock albums like his 2014 record *Lazaretto*.

The new album shares many themes with his past work, even dating back to the early White Stripes albums. However, the guitar playing on this album is noticeably worse than the rest of his discography. This is most likely due to the focus being shifted to other instruments and studio effects which shine.

The first track, "Connected By Love," is a very strong opening and sets the tone for what is to come. It starts almost dreamlike and ballady and slowly builds into a much heavier song. The piano chords and progressions are phenomenal and White's vocals are probably the best of any track.

It is followed by "Why Walk a Dog?" which is a much slower song with more experimental lyrics. The song is very similar to the opener, but upon multiple listens is not as memorable.

The heavy experimentation really kicks in on the fourth track called "Abulia and Akrasia." It lasts only a minute and twenty-eight seconds and has dark western sounding instrumentation under a monologue by White.

The next track "Hyperismophoni- ac" is another experimental mixing of genres. The actual music in the song, which includes a few great guitar solos, is completely ruined by the alarm that loops continuously throughout the entire song. While effects similar to this from other songs are likable, it is not executed as well here as it could have been.

The seventh track, "Over and Over and Over," is the best plain rock song on the album. The strongest aspect of this track is the guitar

riff that is repeated throughout the song. Jack White's vocals accompanied by what sounds like a gospel choir fit the rest of the song very well. While the lyrics compared to some of the other songs on the album are plain and repetitive, the delivery makes the song. "Everything You've Ever Learned" is the best experimental entry on the record. It opens with a robotic voice and moves into a very distant sounding speech brilliantly delivered by White. In barely over

two minutes White delivers something the experimental rock genre really needs. "Get in the Mind Shaft" starts with a story about a young boy stumbling across a piano in an abandoned house and being infatuated. After the opening, a funky sounding electronic part starts. The story sounds like it is biographical. The music is accompanied by minimal vocals and is essentially an instrumental track. "What's Done is Done" is a poppy sounding duet with White's wife

and former bandmate, Meg White. However, when you listen to the lyrics, it is much darker than the surface sound lets on. Overall the album definitely has its ups and downs, but it takes important strides forward in modern experimental rock music. Freshman Brendan Lucey agrees. "I thought the album took Jack White's career to another level and was good considering how disappointing the new Mac Demarco album was for me," he said.

Freshman Giovanni Cutri also weighed in with a more reserved opinion. "I thought a lot of the songs that were more conventional were better, overall I didn't enjoy as much as I thought I would," he said. Professional critics have given it mixed reviews. *The Needle Drop's* Anthony Fantano gave it a nine out of ten, while *Pitchfork's* Jayson Greene only gave it a 4.7 out of ten.



The cover designs for White's Boarding House Reach.

Photos courtesy of Third Man Records

90-Second Interviews



“90 Second Interviews” is a feature wherein we sit down with two staff members and see how many random questions they can answer in only 90 seconds. This issue we turn to a literal couple of teachers, Mr. Dom Zanut, who teaches economics, and Mrs. Kate Zanut, who teaches health (they both coach).

Interviews coordinated by Sarina Iraj and Jack Roshco

K. Zanut



How many students do you request food from each day? Zero. His behavior embarrasses me so I purposely take none!

Favorite TV show? *Lost*

How many times a day do you eat lunch? Once

What is your favorite snack? Coffee

Favorite Fast Food Restaurant? I don't eat fast food

Who sleeps in? Me

Best athlete you ever coached?

Claudio Delli Carpini (He was Robert Blue before Robert Blue)

Most hated period of the day? First (only because of the time, not because of the kids)

Favorite color? Blue

Favorite child? I cannot choose

Favorite sports team? The Lakers, because of their uniforms and colors

How long does it take you to run a mile? Pfft! I'm a sprinter!

Dream job? Orthopedic Surgeon/Professional Sports Nutritionist/Olympic Track and Field Coach/Curator of Wild Cats at the Bronx Zoo/Nike Shoe Designer

How did you meet? We trained together for the Empire State Games in the football/ track offseason in 1997

Dog or cat person? Dogs (although I want a cat, too)

Favorite sport? Track and Field

Have you ever vaped? NO!

Who is the good cop? Who is the bad cop?

I'm the tough one

Favorite place for a date? Rye Grill and Bar

Favorite vacation destination? Honolulu

Who is the better cook? Me! By far. We wouldn't survive if he had to cook

Do you ever engage in PDA in school? Hard no. We avoid it at all costs!

D. Zanut



How many students do you request food from each day? Depends on how many bring food to class

Favorite TV show? Hudl.com

How many times a day do you eat lunch? Fourth and Eighth Periods - both school lunches

What is your favorite snack?

Ethan Evans' everything bagel

Favorite Fast Food Restaurant? I don't eat fast food

Who sleeps in? Mrs. Zanut

Best athlete you ever coached? Depends on the sport

Last thing you ate? School lunch fourth period (about to go for seconds)

Most hated period of the day? Ninth

Favorite color? Politically correct answer: Maroon

Favorite child? Yes

Favorite sports team? Notre Dame Football

How long does it take you to run a mile?

That's a good question

Dream job? I'm living it

How did you two meet? We were on the same track team in high school but didn't really know each other, but started dating in college while we were both training in the offseason

Dog or cat person? Dogs

Favorite sport? Depends on what I'm coaching

Have you ever vaped? Never have, never will

Who is the good cop? Who is the bad cop?

Ask Mrs. Zanut

Favorite place for a date? The dining room table

Favorite vacation destination? Hawai'i

Who is the better cook?

Well, she does all the cooking, so...

Do you ever engage in PDA in school?

We don't even drive to work together

SPORTS

Boys' Varsity Swim Finishes Strong

Darin Iraj

Staff Writer

The Harrison Huskies Boys' Varsity Swim Team finished off their season strong, going 8-3 in Section 1, after starting the first half of the season going undefeated at 4-0.

The Huskies are a young team with only three seniors and have a bright future. Led by Head Coach Phil Dearsy, the team had three rare early season individual Sectional qualifiers before the end of the first half of the season.

Sophomore Christopher Demirjian attributes the success of this team to "the strong chemistry and bond in and out of practice that allows the team to excel during meets."

The Huskies started off the season with an exciting win over Beacon in a meet that came down to the last event. With Harrison trailing 43-41 heading into the final event, the 400 Freestyle Relay, the two Harrison relay teams of Kwon/Rube/Pertak/Miller and Byrd/Vass/Lum/Scammell finished first and second place respectively to clinch the comeback victory 48-46. Junior Steven Kwon, with an impressive time of 58.06 in the 100 Butterfly, qualified for Sectionals in only his first individual event of the season.

The second meet against Nyack proved to be just as exciting as the season opener, with Harrison jumping out to a 23-point lead halfway through the meet. Despite a comeback by Nyack, the Huskies were able to swim strong and retain the lead for a 48-43 win. The Huskies

were led by first and second place finishes in the 200 Individual Medley (Steven Kwon, Ryan Pertak), 50 Freestyle (Charles Rube, Jack Mullane), and 100 Butterfly (Alexander Miller, Steven Kwon). Junior Alex Miller qualified for Sectionals with a time of 1:55.05 in the 200 Freestyle.

The Huskies headed to an

outstanding individual performance with first place finishes in the 200 Medley Relay, 200 Individual Medley, and 500 Freestyle. The team picked up crucial points with 1-2 finishes in the 200 Freestyle (Kevin Pico, Brandon Lum), and 200 Freestyle Relay (Brandao/Scammell/

for Sectionals with a 1:03.65 in the 100 Breaststroke.

The first half of the season leading into the winter break ended with a big win over Pelham. Alexander Miller (200 Medley Relay, 200 Individual Medley 100 Freestyle, 400 Freestyle Relay) and Steven Kwon (200 Medley Relay, 100 Butterfly,

a comeback from Peekskill.

The next meet was against the only other Conference 3 undefeated team, Yonkers, on January 12. Yonkers took an early lead in the meet and held on to the lead for an 88-77 victory over the Huskies. The Huskies concluded their regular season with a victory over Port Chester.

The team competed in the Section 1 - League 3 Championships and took home several individual awards: Ryan Pertrak was the Conference champion in the 100 Breaststroke and Alex Miller placed third; Steven Kwon placed second in the 200 Individual Medley; and Ryan Pertrak, Alex Miller, Steven Kwon and Charlie Rube placed second in the 200 Medley Relay.

The season concluded with a Section 1 Tournament at Felix Festa. The Huskies are sending Steven Kwon (200 Free, 100 Free), Alex Miller (200 Free, 100 Breaststroke), Ryan Pertrak (100 Breaststroke), 200 Medley Relay, 200 Free Relay and 400 Free Relay. These Huskies swimmers will look to improve their times and try to qualify for the New York State Championships on March 2.

This was an extremely successful season and the young team is looking to build on their strengths and improve on their records next season.



Celebrating a fine season. Pictured here are (Back row) Andrew Sherwood, Andrea Golub-Messiah, Alex Miller, Isaque Bramdao, Chris Demirjian, Ben Scammell, Jack Mullane, Noah Vass, Kevin Pico, and (Front row) Nicky Byrd, Tommy McAdam, Ryan Pertak, Charlie Rube, Steven Kwon, and Brandon Lum.

Photo courtesy of Mr. Phil Dearsy

away meet at Our Lady of Lourdes and produced a strong team victory, scoring their highest point total of the

Araujo/Vass and Pico/Mullane/Byrd/Rube) to win the meet 87-72. Senior and Captain Ryan Pertak qualified

break with an 87-73 victory over Peekskill. After Harrison took a big lead of 80-43, the Huskies staved off

Bowling Teams Roll Toward Improvement

Larissa Iraj

Staff Writer

The Varsity Bowling Team attracted a record number of players and despite some tough competition had a great season this past winter. Coach Phil Digioia returned as head coach for the boys for the seventh season and Coach Jon-Erik Zappala for the fourth year as the girls' team head coach. Coach Digioia said that this team has seen tremendous improvement since last year and attributes the success to the dedication and hard work from all the players. Coach Zappala also feels that "the interest and commitment the athletes have provided this year has been instrumental in helping the team advance." Under the leadership of senior and captain Joey Tiburzi, the

team has been focused and determined to win.

Tiburzi said, "The team is much better than last year because the players from last year have improved and the new players this year have found a way to compete and

help the team in the matches."

The Boys' team opened the season with a 5-2 win over White Plains and then continued strong to defeat Ardsley 7-0 with junior Robert Kalten leading the team with a 621 series. The team has set high goals for this year and Kalten says he wants to "get a perfect 300 and keep the team going strong this season."

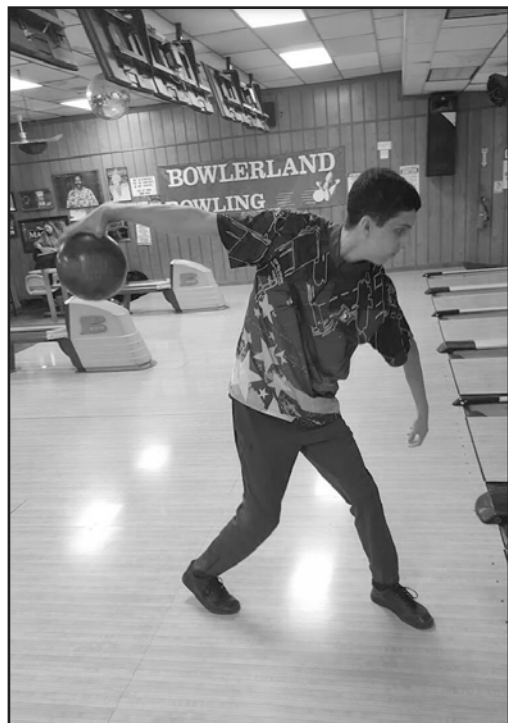
By the first week in December, the girls' team had secured fourth place with a victory of 7-0 over Yonkers, Mamaroneck and New Rochelle. Judy Fierman bowled a game high of 172 against New Rochelle. The highlight of the season was returning from winter vacation to defeat White Plains 5-2. The match was up and down throughout the three games where the Harrison Girls lost in the second game by only a few pins. Senior captain Sarina Iraj and sophomore Ava Franco were instrumental in pulling through the final game with scores of 134 and 129 respectively. The Harrison Girls' Team finally won by a close margin of 60 pins.

The Boys' Team also faced some challenges against White Plains, but in the final game Robert Kalten bowled a game high of 196

and the team was able to clinch the win. The highlight of the season was a big team 5-2 win for both the girls and boys against Mamaroneck who had been in first place all season.

A great performance by Robert Kalten secured his place in sectionals this year. The boys' team were on a winning streak with victories over Scarsdale and Port Chester and finished the season in third place with a record of 9-4. The final team record for the Varsity Girls' Bowling Team was 5-8.

The success and growth of this team this year provides great momentum for the future of Harrison Bowling. According to Sophomore Michael Gentile, "Next year holds huge promise as we will send more players to section-



Going for the strike. Robert Kalten in mid-swing is about to deliver another ten-spot.

Photos courtesy of Sarina Iraj

als, states and even win the major league tournament."



Meet you at the alley. These expert bowlers are (left to right) Robert Kalten, Judy Fierman, Gianna Menniti, Joey Tiburzi, and Sarina Iraj.

Hockey Team's Future Looks Bright

Sammy Kaplan

Co-Sports Editor

On February 19, the Rye Town Harrison hockey team's season came to an end as the Titans were defeated by second seeded Mamaroneck Tigers in the Section Quarter-finals by a score of 8-3. The Titans had their hopes set on a section championship coming into the season, and even though this goal was not attained they accomplished a great deal, winning the White Plains Thanksgiving Tournament and Mayors' Cup.

"It's sad to see it all come to an end," senior defenseman Mark Hlushko said. "I had some great times wearing the Titans sweater, and I will cherish the memories of high school hockey for the rest of my life."

The Titans finished the season with a respectable record of 14-7, collecting wins over section one division champion North Rockland, section one division two champion John

Jay Cross River, and FAA runner up The Harvey School.

"We showed we can play with anyone," junior defenseman Alex Cohn said. "Not a lot of people gave us a chance in a handful of games that we came out on top in. The big wins we collected improved the perception of our program."

Rye Town Harrison for many years has been written off as a program not ready to contend with traditional powers. Year in and year out the Titans have had to prove the critics wrong. Now with two sectional championship appearances in the last four seasons and quite a few wins over traditional powers the Titans have earned the respect of the section, as they will be participating in next year's Fabulous 21 Tournament hosted by section one super power Pelham. The tournament features the best competition in section

one, as well as the best competition from around the state, as state title contenders from all over New York come down to section one to compete.

"Being invited to the Fabulous 21 tournament shows that our program is starting to gain recognition," junior defenseman Matey Hlushko said. "The opportunity to play against some of the best teams in the state, allows us to gain more recognition, solidifying RTH as a section one power."

In terms of players receiving recognition, senior forward Max Chalfin received all section honors as well as all league. Junior forward and leading scorer Jack Shapiro also received all league, and junior defensemen Evan Ketchabaw and Jake Repaci received all league honorable mentions.

This year's team graduates five seniors, with holes to fill on both offense and defense.

"We're losing two of our top forwards and three of our top defensemen," freshman goalie Clark Cooper said. "At the same time though, we have a lot of guys returning who played key minutes, as well as some guys who are ready to move into new roles."

Next year's team will be led by captains, Jack



Ready to dominate. Hlushko, Kaplan, and Chalfin skate onto their next matchup.

Shapiro, Christian Pizzutello, Evan Ketchabaw, and Jake Repaci.

"Each of us will be playing our fourth season at the varsity level," junior forward Christian Pizzutello said. "With the experience in the locker room and the foundation laid by the graduating seasons we believe we can continue to push this program towards a section title."



Winning the faceoff. Senior captain Sammy Kaplan waits for the puck to drop.

Photos courtesy of Sammy Kaplan



Using all the moves. Forward Christian Pizzutello dekes out his White Plains opponent.

Track has Super Season, Many School Records Broken

Ciara Gougherty

Staff Writer

Harrison Huskies Track has had an outstanding season thus far. Many athletes such as Robert Blue and Kirsi Rajagopal have broken school records in their respected events.

Kirsi Rajagopal, a determined athlete, broke the school record for the girl's 3200m with a time of 11:25.66 winning in the Ocean Breeze Holiday festival invitational on December 30.

Robert Blue also had an exceptional display of talent in the Triple Jump by beating the school record with a distance of 47' on December 15 at the Tim Saint Lawrence Invitational.

Both athletes displayed their readiness to step up to the challenge of difficult competition.

Many other Huskies had outstanding performances achieving personal records and/or varsity standards. Tough competition had helped the Huskies to work hard in their preparation and then in their competitions.

An example of this persistence was displayed in the Leagues track meet that took place on January 14 involving Rye, Pelham, Yonkers, Byram Hills, Eastchester and Ardsley. After the track events were completed, the boys were in second place, but when the field events ended the boys had secured their eighth straight league championship.

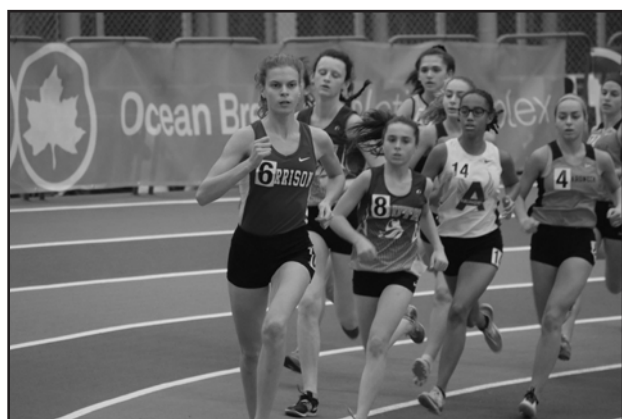
This resulted in multiple medals for gold, silver, and bronze. Those who had received all league status

(first place in their event) included Robert Blue (Long Jump & Triple Jump), Michael Barletta (Pole Vault), and Justin Altamuro (Shot Put). While the girls came in fifth overall for the League championship, they still had many good performances resulting in silver and bronze medals.

The boys and girls teams in their most recent meet had a great showing at the New Balance games with multiple personal records achieved, such as the girls 4x200 knocking off two seconds to their previous record for the season and Robert Blue winning the invitational triple jump.

The team as a whole grew in numbers this year as many athletes (girls and boys) achieved varsity standards ahead of the championship season across all the grades.

Looking forward, the Huskies Track and Field team is hoping to continue their strong showings in the upcoming Westchester County Meet and Section 1 Championships. Track and Field has shown up with its athlete's grit and strength, which is the power of the Huskies. Make sure to cheer on the Track team as they proceed into the rest of the season.



Breaking away from the pack. Junior Kirsi Rajagopal leads the way toward another stupendous victory. She has been breaking school records on a regular basis this year.

Photo courtesy of Kirsi Rajagopal



Redefining what long jump means. Robert Blue has been showing his exceptional talents in meet after meet, breaking personal and school records in what has been a phenomenal showing.

Photo courtesy of Mr. Dom Zanot

Greatest Year Ever for Girls' Varsity Basketball

Jack Roshco

Co-Editor-in-Chief

The 2017-18 campaign was a banner season for the Harrison Huskies Girls' Basketball Team. It was, in many ways, a season that came out

of nowhere, that no one would have expected. But if you ask anyone who has spent time around the program for the last number of years, any

one of them would tell you they could have seen it coming.

Just ask head coach Louis Kail, who says that even after the team's slow start, "it came as no surprise that they were able to put this run together."

It was a year of significant accomplishments for the Huskies. It seemed like every time you turned your head, the girls' basketball team was making waves in Section One. The team largely cruised through the regular season, picking up wins on the road as easily at home. Led by senior point guard and Canisius College commit Avery LaBarbera, the Huskies proved throughout the season that they had the tools to make a serious run in the playoffs.

It was a particularly strong year for LaBarbera herself. Coming off an All-State second team selection in her junior year and a Division One commitment in the offseason, expectations could hardly have been higher, and yet all were exceeded. LaBarbera averaged nearly 21 points-per-game, adding six rebounds and five assists, pacing the Huskies in all three categories, as well as leading the team in minutes played. She ended her senior year as the Huskies' all-time leader in career points, assists, and minutes played, cementing her place at the top of the list of greatest athletes in Harrison history. Her accolades included League Player of the Year, first team All-Journal News, and first team All-Section. Her list is expected to grow when All-State selections are



Dribbling toward another shot. Senior Avery LaBarbera dominated on the court this season, averaging nearly 21 points-per-game. She is headed to Canisius College to play Division One ball next year.



A year of great accomplishments The team poses in the gym, happy after an amazing season in Section One.

Photos courtesy of Mr. Louis Kail

released later this year.

LaBarbera, along with some help on the perimeter from sophomore three-point specialist Ashley Stagg and senior leader Gina Nuvoloni, and some strong interior play from sophomore Victoria Lendino and junior Emily Hassett, led the Huskies to a year of firsts, including the first league title in school history. But the league title was only the beginning for the Huskies. As the four-seed in Section One, the Huskies received a bid to play for the Section One championship at the Westchester County Center for (wait for it) the first time in school history. In yet another first, in front of a massive crowd of Husky faithful, the team won a close game against John Jay

– Cross River to advance to the Section Finals at Pace University.

In the finals, they squared off against Rye, who they had beaten both at home and on the road during the regular season. The greatest year in Harrison girls' basketball history ended, though, at Pace, as the Huskies lost in the final minute of the Section Finals.

"This was a truly special team," Kail said, "They were a resilient all season long and came together at the end. From our senior leadership down to our underclass this was a team that stuck together all season and earned the season they had."

Varsity Cheerleaders Make History, Advance to National Semi-Finals

Olivia Naioti

Staff Writer

From the beginning of the year, the cheerleaders have been eagerly practicing and working hard to place at various competitions. On most weekends, the Varsity Cheerleaders competed at local high schools in Westchester in preparation for larger competitive events.

The cheerleaders held a competition of their own on December 10. This was the first cheerleading competition Harrison High School has ever held. At the competition, many local Recreational, JV, and Varsity teams from numerous high schools came to compete. Although Harrison did not participate in the competition, they closed the competition by performing their routine to show others what they have in store for the season.

Early in December, a major competition that the cheerleaders attended was UCA Regionals at Nassau Community College, a qualification for a bid to Nationals. As Varsity hit a solid routine, they took fourth place overall and received a bid to compete at UCA Nationals in Orlando, Florida.



We're going to Disney! Visiting Orlando for the Nationals, the HHS Varsity Cheerleaders took a break to pose in front of the famous castle.

On February 9, the Varsity Cheerleaders traveled to Orlando to compete at Nationals. More than 900 teams from across the country received a bid to Nationals this year, making the event very competitive

and difficult.

Harrison was in the Small Varsity DII division this year, arguably the toughest division at Nationals, and performed a perfect routine in Preliminaries with 0 points in deductions. From Prelims, the team placed fourth, which solidified the Huskies' advancement to Semi-Finals.

For the first time in school history, the Harrison High School Varsity Cheerleaders advanced to the Semi-Finals at the UCA National Cheerleading Championship. After competing in Semis, Harrison again received 0 points in deductions. Unfortunately, Harrison missed advancing to finals by a mere 0.5 scoring points. The Huskies can now proudly say they are ranked eighteenth in the nation.

Upon returning home from the airport, the Harrison High School Cheerleaders received a police escort back to the high school for their

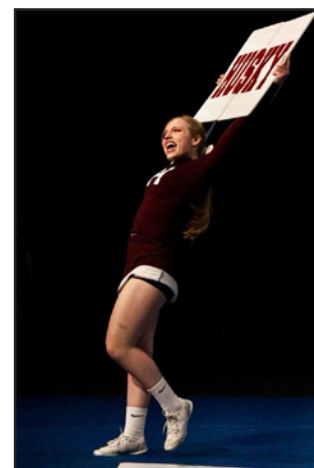
dedication throughout the season and for the accomplishment of making Harrison history.

"Being a part of this program for the past four years has been such an amazing experience," said senior Adrianna Sacco. "For the past three years I have been to Nationals, but this year's Nationals was totally different from the rest. As a senior, being able to lead the team to Semi-Finals was a memory I will never forget. Our team working so hard the entire season to advance to Semi-Finals was a dream come true. I can't wait to come back as an alumni and support the Cheer team as they get better every year."

"We have an amazingly talented group of girls with spectacular senior leadership," said HHS head coach Julia Brefere. "In addition, we have a powerful coaching staff with years of experience and championships under their belt. That combination made it all possible."

After Nationals, the following competition the cheerleaders tackled was Sectionals at Pace University. After competing in their division, the Huskies placed third overall.

As the season came to an end,



Husky pride forever. Senior Adrianna Sacco in the middle of a well-practiced routine at the UCA National Cheerleading Championship.

Photos courtesy of Adrianna Sacco

the Varsity Cheerleaders dedicated themselves to the sport and accomplished many advancements in their competitions, making Harrison history. With their hard work and effort, the Huskies have worked together to improve the program and create memories that will last a lifetime. With their outstanding achievements, this season was one for the books.