

# Husky Herald

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Harrison High School

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From left: Kelly Curtis, Lance Troiano, P.J. Barile, Adriano Pierroz, Sarah Kaidanow, Devon Krobetsky, and Gerard Vernali

Photos courtesy of Gary Morgen

## FOOTLOOSE DEBUTS!

Emma Adler

News Editor

In spite of a multifaceted and wildly successful post-'80s career, actor Kevin Bacon will forever be associated with Ren McCormack, the charismatic Chicago teen he portrayed in the movie adaptation of Kenny Loggins' smash hit "Footloose." Such is the cultural significance of the film, a classic movie musical which tells the story of a town, Bomont, where a local law has made dancing illegal. Though it is unabashedly '80s, the themes of "Footloose" are timeless. It is unsurprising, therefore, that Harrison High's Footlight Players chose the stage adaptation of "Footloose" as its pick for the 2010 musical.

Rehearsals for "Footloose" began in January, under the supervision of returning director Jason Summers, HHS chorus teacher Lynn Fusco, and (for the first time) HHS dance teacher Jacqueline Gregory. Though initially rehearsals were held only one or two days per week, their frequency increased as opening night inched closer.

"Every week the process became a little more intense," said junior Rachel Crozier.

Following several months of rehearsals, "Footloose" had its premiere

at the HPAC on March 12, 2010. From the second the opening number began, it was clear that "Footloose" was a dance musical. In all, the play featured five large scale dance numbers, each

than in years past.

Noted one ensemble member, "It took a lot of practice [to learn the dances], especially since a lot of us aren't dancers, but everyone worked

their performance. Throughout the play, the dances were polished, well executed, exciting, and performed with a level of enthusiasm befitting such a high energy show. Standouts included "Let's Hear it For the Boy," and "Still Rockin'," both of which were favorites of audience member Jackie Fonseca.

"I could tell a lot of work was put into them and it showed," she said. "The students in the dances were amazing! I had a lot of fun watching them."

Though the dances were wonderful, they did not detract from the equally impressive acting. Seniors Devon Krobetsky and Kelly Curtis starred as Ren McCormack and Ariel Moore, the daughter of the preacher whose idea it was to legalize dancing. Both Krobetsky and Curtis rose to the challenge of playing lead characters, putting forth thoughtful, well acted performances – at once remaining true to the essence of their roles, and injecting their own style into them.

Several other students were also featured in leading roles. Mack Rosenberg was spot-on as Reverend Shaw Moore, managing to make the audience sympathize with a character who some might call the play's antagonist. Sarah

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The cast performs a scene.

Courtesy of Gary Morgen

choreographed by Ms. Gregory. The routines, which featured a multitude of complicated dance steps, were noticeably more intense and element-heavy

really hard and in the end it all just came together."

The cast's dedication to mastering the choreography was evident in

*Now that healthcare mania is over, what is the most important issue that the government should be working on?*



**Daniel Lichtenauer, Senior**  
They should work on the economy.



**Lexi Backer, Junior**  
The government should try to create more reforms in the food industry.



**Fabrice Prepetit, Sophomore**  
They should work on a way to create more jobs.



**Michelle Loguidice, Freshman**  
They still need to fix healthcare.

Photos courtesy of Lauren Warshauer

# news & features

## REEF Club To Open Courtyard in Time for Spring

Izzy Sheck

Staff Writer

The REEF Club (Rescuing Earth's Environmental Future) is one of the many clubs at Harrison High School. One of the major projects that the club currently is working on is reopening the courtyard for students and teachers. Currently, the courtyard is in terrible condition. This is mostly because no one is allowed to walk through it, and therefore no one really cares about how it is maintained. However, members of the REEF Club have been doing all that they can in order to make the courtyard more enticing so that when it does open, people will actually want to walk through it. Although the weather

currently is cold and wet, as the spring weather turns beautiful and once the courtyard opens, it will be very much appreciated by students and teachers alike. Since students are not usually allowed outside unless participating in gym class, it will be an excellent place to relax and enjoy a breath of fresh air while walking between periods. The opening of the courtyard is going to be an exciting change in the high school and will give us something fun to look forward to this spring.

In order to get the courtyard ready, members of REEF Club have been making some important changes.

At present, the courtyard is mostly made up of weeds and other dead plants; however, REEF Club members have already started to fix that problem. During the fall, members from the REEF Club went outside and began clearing the weeds and planting flowers. In order to pay for the plants, the Reef Club has sponsored bake sales and recently sold eco-friendly water bottles. The money that the club earned from these events will help pay for supplies and materials that can be used to improve the ambience in the courtyard.

The Husky Herald asked HHS students about whether they thought opening the courtyard is a good idea or not.

"I'm really excited about the courtyard not only because it will be open to students but also because I know how much better it is going to look due to REEF's changes," says Christina Loguidice. "It will be great to be able to go outside in between classes just to get some fresh air."

Rachel Breslin seemed to agree. "I think it is a good idea because it's great that students will be able to get out more and it will also help the environment."

The process of getting the courtyard open has been arduous, but

Melissa Goldberg, the Reef Club President, is keeping a positive outlook. "Currently we are working with the student government as well as with Dr. Ruck to get the courtyard open as soon as possible," says Goldberg. "Dr. Ruck is definitely a supporter of this idea and wants the courtyard to act as an extra hallway. (And we all know how crowded the hallways are.) We will continue to push the idea and hop to get the rest of the administration and custodians behind us to make the whole process easier."

Goldberg also mentioned that the

REEF Club will be planting flowers in the spring, and both club members and student-Samaritans are encouraged to help. In addition,

come spring, the courtyard will only be open at certain times and if the privilege of using the courtyard is abused, it will be closed off.

Throughout this year, the REEF Club has been working very hard to make the overgrown and off-limits courtyard into a welcoming place for students and faculty. If all goes well, we soon will be able to enjoy the warm weather and sunshine of spring in between classes, a welcome break from our hectic schedules.



The HHS courtyard in the throes of spring.

Courtesy of Emma Glass

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Special Thanks to Mr. Petrillo

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

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

## New Awning for the Black Box Theatre

The latest addition to our school's façade is the new, maroon awning, marking the entrance to the Black Box Theatre-Planetarium. The awning was sponsored by the Harrison Educational Foundation. The purpose of the new entrance is to allow the elementary school students to visit the planetarium without having to go through the school. Keep watch for further additions to our high school, including the new bleachers and scoreboard for the McGillicuddy Stadium, formerly known as the turf field. The new stadium will be the perfect venue for fall football games.



Courtesy of Lauren Warshauer

# Beyond The Classroom: Ms. DeFalco Speaks

Alyssa Maida

Staff Writer

Ms. Jennifer DeFalco (JD) is a new Spanish teacher this year at the high school. The Husky Herald (HH) was fortunate to sit down for an interview with Ms. DeFalco to find out more about our nueva maestra.

**HH: Tell us a bit about your teaching career. Where have you taught before coming to HHS?**

**JD:** Before I came to Harrison, I taught at Fox Lane High School in Bedford.

**HH: What encouraged you to become a Spanish teacher?**

**JD:** I always knew that I wanted to be a teacher. I have loved school since my first day of kindergarten. I loved school to the point that when I would play school with my friends, I would go so far as to organize fake fire drills. There was never a question about being a teacher when I grew up. As for becoming a Spanish teacher, Spanish was just the subject that clicked for me, plus, it was always so much fun. Before I knew it, I was able to understand and communicate in this whole other language and I just thought that was such a cool thing to be a part of.

**HH: Are you fluent in any languages other than Spanish?**

**JD:** I minored in Italian in college and grew up hearing Italian and Greek, so I was always exposed to different languages.

**HH: Where did you grow up?**

**JD:** I was born in Queens, but grew up and went to school in Rockland County.

**HH: Do you have any stories to share about a favorite or inspirational teacher?**

**JD:** I feel very fortunate to have met many wonderful and inspirational teachers and professors while I was in school. I would have to say that my most inspirational would be my high school Spanish teacher, Mrs. Runnalls. She inspired me every day with her ability to teach even some of the toughest Spanish concepts to learn and make them seem easy. I would sit in her class and think to myself, wow she's a great teacher. Mrs. Runnalls also inspired me to enter a Foreign Language scholarship contest that I was very hesitant to go for. She convinced me that there was no harm in trying. Mrs. Runnalls helped me through the whole process with extra

help and support. It turned out that I won the scholarship! I couldn't have done it without her.

**HH: Where did you go to high school and college? Was Spanish your favorite subject?**

**JD:** I attended Nanuet Senior High School and Manhattan College. Of course Spanish was my favorite subject!

**HH: Do you have any suggestions or words of encouragement for students that might struggle in Spanish class?**

**JD:** Yes! The most important thing to remember is to never give up. You

to help others!

**HH: Who is your Spanish favorite artist (past or present) and why?**

**JD:** I always liked El Greco. His paintings have always jumped out at me. He was very ahead of his time. I also love his style and colors. I also always felt able to relate to him because El Greco was born in Greece, studied in Italy, and moved to Spain, and I'm Greek and Italian and became a Spanish teacher.

**HH: What do you enjoy doing in your free time outside the classroom?**

**JD:** I love to hang out with my family and friends. I like to cook and bake, I'm



Ms. DeFalco and students.

Courtesy of Lauren Warshawer

are certainly not alone, many people find learning a new language difficult. I've been there. I've had days where I felt like throwing my books in frustration because I had no idea what the subjunctive was. Never be afraid to seek help! Even the smallest question is worth asking. Teachers are always there for extra help and getting clarity on something you are confused by will help tremendously. And finally, keep practicing and studying! Sometimes you need to change the way you study if it does not seem to be working. If you are used to just reading worksheets, maybe try saying words out loud or creating silly ways to remember vocab words or verb endings. Just make sure to stick with it because one day you will look back and realize all that you have accomplished and you will see that it was worth the struggle. Plus, when that day comes, you will be able

a big baker. I also enjoy going concerts, being outside, listening to music, and reading.

**HH: Are you enjoying your time at the school thus far?**

**JD:** Very much! I have a great group of students and my colleagues are fantastic.

**HH: What advice would you give to others considering becoming teachers?**

**JD:** I would tell them that just because you become a teacher doesn't mean you stop being a learner. You may be the one teaching the lesson, but you are also the one learning lessons everyday. Whether they be lessons about your teaching style, your content, or what works and what doesn't work, I can honestly say that I have learned something every single day that I've



been teaching. If you remember to embrace these lessons, it will help you constantly grow and improve to become a better teacher.

**HH: How is high school now different from when you attended high school?**

**JD:** One thing I've definitely noticed is many students in high school are going abroad and studying much more. I think this is a very cool opportunity that wasn't heard of when I was going to school.

**HH: What's your favorite TV show? Musical artist? Color?**

**JD:** *How I Met Your Mother* makes me laugh every time I watch it (and not just giggle, it makes me laugh hysterically). Bruce Springsteen is definitely my favorite musical artist. In the beginning of this year there was a three-week period where people would ask me, "What are you doing this weekend?" and I would answer, "I'm going to see Bruce...again." My favorite colors are purple and red.

**HH: Tell me briefly about either your best or your worst day ever...**

**JD:** Whenever I have a bad day I try to end it on a positive/funny note whenever possible. It's hard to remember my best and worst days, but I remember that after a bad day, I came home and decided to take out sushi with some friends to unwind and try to forget about it. I was just starting to relax when I saw an avocado on my plate. I was excited because it didn't come with my roll and I love avocado. So I thought to myself, hmmm, this day isn't so bad after all. So I asked my friends if they wanted the avocado and they said no so I ate it, only to immediately realize that it wasn't avocado but a huge chunk of wasabi. After my eyes stopped tearing and my nose stopped running, I was able to laugh at the whole situation, which was the perfect ending to that bad day. As for best days, I think that the best day is when nothing is planned but it turns out to be awesome.

**HH: Are there any questions you wished I'd asked? If so what- and please answer it for us.**

**JD:** No, I thought that these questions were great!

## High School Musical

(Continued from Front Page)

Kaidanow played to the humor in her role as Ariel's fast talking, always upbeat best friend Rusty, providing many of the play's most memorable comedic moments. Judy Florio's performance as the Reverend's wife, Vi Moore, was nuanced and poignant. The emotions of her character seemed consistently honest, and highly believable.

Freshman Chris Morris was refreshing and hilarious in the role of Ren's friend Willard. Seniors Jen Parravani and Margerita Santelia were equally entertaining as friends of Ariel,

Wendy Jo and Urleen. Lance Troiano was perfectly taunting and cruel as Bomont's resident ne'er do well, Chuck Cranston. Victoria Moscato delivered a subtle, convincing performance as Ren's mother, Ethel McCormack.

Following the conclusion of "Footloose," audience response made clear its success. Audience members across the board were eager to sing its praises. One parent of a cast member said, "The music was awesome. The energy on the stage was contagious." An out-of-town theater student was

impressed as well: "The show was fun and exciting to watch. And it put a smile on my face because the music was recognizable and the cast really pulled it all off."

Perhaps even more important than the audience's enjoyment of the play was the joy of the cast members themselves. From students in the ensemble to leads to tech crew members, the enthusiasm and love for the show of all involved was unanimous. The only question remaining is whether they can stand waiting for next



Courtesy of Gary Morgen

year's production.

Senior Jenny Parravani (who played Wendy Jo) had the following to say: "Footlight players has always been a good experience, but this performance was the best one ever because it was our senior production. There was so much energy in the cast and everyone worked really hard and it truly paid off. *Footloose* is certainly an '80s masterpiece."

# Debate Team Gets the Last Word

Christina Loguidice

Staff Writer

Harrison High School's Debate Team has been very busy and very successful. On the weekend of December 4, 2009, our very own Harrison Debate Team competed in a tough tournament at Princeton. Although many hard-hitting competitors from states such as Texas, Maryland, New York and New Jersey challenged our debaters, we did exceptionally well. Three students, Ally Brabant, Angela Troia and this reporter Christina Loguidice, all had winning records and were allowed the chance to proceed into the Double Octave elimination rounds. In total, six of the competitors from around the United States finished the competition with winning records.

The next tournament we competed at after our previous success at Princeton took place at Regis High School during the weekend of December 19. Many of the debate team's tough competitors from Princeton were also present at this tournament, making things interesting. Regardless of these fierce opposing competitors, the majority of our team secured their place in the top 20, receiving awards. Overall, most of the Harrison competitors left the tournament with a winning record of 3-2.

Another huge tournament that our Harrison debaters attended was the Columbia Invitational, The Gem of Harlem. This tournament occurred shortly before midterms, from January 22 to 24. Four debaters, Ally Brabant, Ashley Muller, Richard Haddad and this reporter took on the difficult challenge of balancing midterms as well as the grueling tournament. Both Ashley Muller and Christina Loguidice made it to the double octave rounds, allowing them to continue competing in the next day's rounds of competition. Sophomore Ashley Muller cleared at the top

of the ninth seed bracket, while Christina Loguidice made it once again to the octave rounds, placing in the top 16 of the tournament. Ultimately, the tournament was a huge success.

Over the winter break of February 13-15, the debaters competed at Harvard Law School. Mr. Hertzig, Harrison's debate coach, provided a brief overview of the tournament and achievements, stating: "We just returned from our intense, three-day trip to Harvard, one of the biggest and most competitive tournaments in the country. Harvard is often referred to as the 'U.S. Open' of debate, and in-

rounds before the tournament cleared the top 64 competitors to elimination rounds on Sunday night (followed by a full day of rounds the day after).

Mr. Hertzig was extremely pleased to report that three of our five students reached elimination rounds, and that Harrison's Ally Brabant emerged as the tournament's runner-up (second place out of 235) this weekend. Ally had to debate 12 rounds to get to the final round, where she was defeated on a very close 4-3 decision. After the six preliminary rounds on Saturday and Sunday, she was 5-1; she went on to win her triple-

Richard Haddad had a 5-1 record in preliminary rounds, and reached triple-octofinals as well, placing fourth overall. Cayla Pettinato and Robby Tiburzi also held their own, each achieving a 3-3 record after the six preliminary rounds. Cayla, Christina, and Ally will next compete against varsity students at Stuyvesant High School, which is hosting an upcoming qualifier for the Catholic Forensic League's national tournament.

As one of the closing tournaments for this year's Debate season, the Byram Hills tournament was also a huge success for all. This reporter, Christina Loguidice, was declared co-champion with Bronx Science student Dorian Kaminski at Byram Hill's Bobcat classic. This classic took place on the weekend of March 13. After entering the elimination rounds with a record of 5-0, Christina needed to consecutively win the next two rounds to advance to the final rounds. Byram Hills successfully left the tournament with an astounding record of 7-0. Ashley Muller also made it to the elimination rounds with a record of 4-1. Freshman Rachel Kalichman picked up a round as well, living up to Mr. Hertzig's standards and expectations. Although this was only his first year competing, sophomore Robby Tiburzi chose to compete in the varsity division. He wound up leaving the competition with a winning record of 3-2.

Ultimately, the debate team's success this year was something to boast about, considering it was the team's maiden voyage, as evidenced by two tournament wins and host of runner-up nominations. A proud thanks to Mr. Hertzig for coaching the team and introducing them to the wonders of debate.



Christina Loguidice and her competitor hold their winning trophies.

Courtesy of Christina Loguidice

deed, five students were among the hundreds of junior varsity debaters (and thousands of forensics competitors nationwide) who came to the tournament from dozens of states, including Wyoming, Texas, Oklahoma, Iowa, and Arizona."

Although the Harrison students were novices, they were entered in the junior varsity division, meaning that many of their opponents had one or two years of experience on them. They each debated six preliminary

octofinal (top 64), double-octofinal (top 32), octofinal (top 16), quarterfinal (top 8), and semifinal (top 4) rounds to reach the final round of the tournament. As this was only the seventh tournament Ally has ever competed at, that is an amazing achievement! In addition, Christina Loguidice made it to octofinals, placing fourteenth overall; Christina won her triple-octofinal and double-octofinal rounds, and was defeated on a 2-1 decision by the tournament champion in octofinals.

# Winter Formal Wrap-up

Danielle Carpiello

Staff Writer

While lately the buzz around school is all about the upcoming senior prom (who's asking whom, dress styles, etc.), a few weeks back, the daily chatter revolved around the (then) upcoming 2010 HHS Winter Formal dance. The formal took place on Friday, March 5, 2010, from 8 to 11 in the school's small gymnasium.

The task of organizing the Formal had been put in the able hands of the HHS student government, which had a great vision for the transformation of the gym. Prior to the dance, several students voiced their excitement for the upcoming event.

"I can't wait to have a great time and see everyone all dressed up," said Alexa Basciano, a junior. "I'm sure the DJ and the decorations will be fantastic. I'm really looking forward to the fun night!"

Junior Daniela Balboni commented, "The night is definitely going to create a lot of fun memories. I'm excited to see the turnout!"

When Friday night arrived at last, the dance did not disappoint.



Partying at Winter Formal. Photos courtesy of the Yearbook

The thoughtful, eye catching décor transformed a classic high school gymnasium into a club-like environment. The drapes over the main dance floor and the lights provided by the DJ made it hard to believe that you were, in fact, in a gym. The tables placed on the sidelines also proved to be a nice touch, providing attendees with a place to sit, relax, and talk with friends.

The songs selected by the DJ also contributed to the excitement and

enjoyment of the event.

"He really played a good variety of songs, said sophomore Brandon

out the duration of the party."

Kaylee Araoz was also very satisfied with the DJ's choices of music.

Like Brandon, she noted that the playlist's variety kept up the fun vibe of the dance throughout the night.

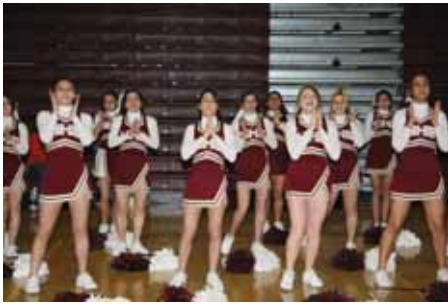
By Monday morning, it had become clear that the Winter Formal had been a resounding success. Many students, including juniors Brendan O'Shea and Steve Ricciardi concluded that it exceeded their expectations.

This year's Winter Formal was yet another event that can be added to the many successful school-run events held this year. All of the hard work and planning contributed by the members of the G.O. paid off - the night was a huge hit, not only satisfying, but exceeding the hopes of all



Ellis, "switching it up every so often to give a different feel of dance through-

who attended.



# Cheerleaders Go National

Alyssa Maida

Staff Writer

The Harrison Varsity Cheerleading team made Husky history after competing in the 2010 UCA National High School Cheerleading Championship on February 14. For the first time, the team qualified for the semifinal round after placing higher in the preliminary round than ten of the twenty-six teams in the Super Varsity division.

Although the Huskies set an all-time record, the team had several setbacks on their road to Nationals. Their flight going to Florida on Wednesday night was canceled because of snowy conditions in Harrison and throughout the Northeast. The team felt helpless after realizing that no flights were available.

After spending hours trying to find an alternative plan, three separate flights were able to be scheduled for the team on Friday night. Unfortunately, each of the three flights was delayed for up to three hours. The entire team did not arrive to the Disney All Star Resort until four on Saturday morning.

Due to transportation difficulties, the UCA staff dismissed Harrison from competing in Saturday morning's preliminary competition. Instead, the team automatically advanced to the semifinals on Sunday morning.

Although the cheerleaders got little sleep, the team pulled it together

cause the team's entire performance is affected when one person is missing. Harrison had no choice but to fix its routine in order to compensate for its loss, and had minimal time to do so. Acoccella, though upset about the loss of a valuable teammate, encouraged the girls to remain focused and positive.

Once the team arrived at the ESPN Wide World of Sports Complex, it had ten minutes of extra warm-up time to adjust to major changes in the routine. Stunt groups were moved around and formations were fixed. Junior Angelica Catalano, member of one stunt group, said, "It was extremely stressful and frustrating having to change our whole stunt group on such short notice, considering our previous base was very strong. Fortunately, we were able to pull it together and perform the best we possibly could."

After making necessary changes, the team did its best to keep optimistic. The Huskies lined up behind the stage and anxiously waited for the competition to start. The girls ran energetically onto the mat, determined to achieve their greatest performance of the year.

Although the routine had a few minor mistakes, it was an overall success. The Huskies didn't make it to the final round, though they were



Photos Courtesy of the Yearbook

and had a successful two hour practice the next morning. Coach Acoccella was ecstatic to see the girls on their toes and determined to win.

The team woke up the next morning feeling confident about their upcoming performance. Spirits were high until Coach Acoccella told the team that one of the cheerleaders had food poisoning and was rushed to the hospital the night before.

The girls were shocked and speechless. Losing one member of a cheerleading team is different from losing a member of another sport be-

proud to be the first team from Harrison to advance to the semifinals. All in all, Harrison High School placed ninth in their division at a national level.

Senior Kristen DeRosa sums up the girls' experience at Nationals: "Our team was faced with many obstacles throughout the entire season, but we continued to work hard and push ourselves to be the best we could. Nationals was an amazing experience and making it to semi-finals was the perfect way to end a great season."

# The Drugly Truth About Your H2O

Izzy Sheck

Staff Writer

We do not think about our water supply very often, and when we do, we usually assume it to be sanitary. Most think that because we have sanitation plants, the water that we drink must be clean. However, our clean water supply is at risk due to changes in society concerning the way people use medicine. Today, the number of people who take

over-the-counter and prescription drugs is much larger than in past years. Evidently, this change has caused a serious health issue relating to the cleanliness of our water supply. In recent tests, traces of pharmaceutical drugs have been found in common drinking water. Scientists are now trying to test the water in different parts of the United States to figure out where and how the water is becoming contaminated. The problems that may arise as a result of drug traces in our water supply will not only affect humans, but also other living organisms in our environment.

It is quite clear that humans are to blame for the contamination of our drinking sources due to the improper use of pharmaceutical products. Often, over-the-counter and prescription drugs are not disposed of in the proper way. In addition, it is a little known fact that simply using these pharmaceuticals contaminates the environment. When people consume drugs, their bodies do not absorb all of the product and, as a result, traces of medicine "go down the drain" with normal excretion. Hospitals are a main source of this problem because large amounts of unused drugs are disposed of each year. The waste from hospitals (and private establishments) usually ends up in landfills, which transfer the chemicals into drinking water if seepage occurs.

It is also important to know that our sewage treatment plants do not always remove the traces of pharmaceuticals. This is because when the water gets to the sewage treatment plants, the pharmaceuticals will not be removed from the water. These treatment facilities are designed to remove only microbes and pathogens that cause disease.

Studies have shown that some areas in the country contain more pollutants than others. The states of the Midwest (Illinois, Missouri, Kansas, etc.) seem to have fewer traces of pharmaceuticals than other states. However, most areas that have allowed their water to be tested have tested positive for pharmaceuticals. In addition, even if one area has been tested negative for the pharmaceuti-

cals, contaminated water can easily pass into other areas near it, putting more people in danger.

The effects of having traces of pharmaceuticals in the water might not affect our generation of people; but as the amounts of drugs in drinking water increases over time, drinking water may not be safe to drink at



Courtesy of Emma Glass

all. When thinking about this problem, it is important to consider the lives our future generations. Also, the combination of seepage and improper water purification also affects the fish and algae that are present in natural water sources. This is a major issue that, if not changed, will cause trouble for not only humans, but other living things in the world.

Fortunately, there are ways to help solve this major problem so that we can ensure a better and healthier future. One of the ways to inhibit the pervasion of pharmaceuticals in the water supply is by making sure that drugs are disposed of in the proper way. First, the drug must be taken out of its original container. After doing so, the pharmaceutical should be combined with a biodegradable substance that would otherwise have been disposed of, such as kitty litter or used coffee grounds. The mixture should then be placed into empty cans or sealable bags and thrown away. However, if the local government provides solid waste programs that take back pharmaceuticals, this is the safest option. Fortunately, Westchester's county government does.

One important way that we help solve this problem is to spread awareness about it. Because this problem is relatively unknown, it is difficult for the people to feel that they can make a difference. However, if we let others know about what is going on and how harmful pharmaceuticals in the water supply is, more progress can be made.

In addition, an increase in awareness may lead to an increase in programs or available technology to combat the issue.

The contamination of America's water supply is a very real problem that should not be ignored especially to preserve our safety and that of future generations.



Courtesy of arlingtonva.us

# Mark Wood Rocks the District

Jessica Peña

Music Editor

What event could possibly bring all of the Harrison Central School District together as one? On February 6, the answer was a rock-n-roll event featuring guest performer Mark Wood. Wood, an Emmy-award winning composer and former member of the Trans-Siberian Orchestra, arrived with his band at Harrison High School to show that rock-n-roll can be a matter of more than just more than your average drums and guitar combo. Mark Wood rocks the world with an electric violin.

Mark Wood was invited by the district to help with the school's new string program, one that has already been using Wood's "Electrify Your Strings." Wood's music education program introduces children into the art of playing string instruments, such as the cello and the violin. Wood doesn't use any ordinary violin, but rather an electric one – "the viper" – which helps gain the attention of more than a few 11-year olds.

Wood spent 13 years playing with multi-platinum-selling symphonic rock group Trans-Siberian Orchestra, where he was the lead electric violinist. He has released six CDs of highly original music, and has toured with Celine Dion. He was a featured violinist in a Billy Joel video and played with him for the historic "Last Play at Shea" concerts in 2008, appeared on "MTV Unplugged" with Lenny Kravitz, and performed with Everclear. More recently, he left TSO to devote his time to "The Mark Wood Experience," a touring and educational program.

He has shared stages with the

likes of Sir Paul McCartney, the Who's Roger Daltry, Aerosmith's Steven Tyler, and has performed in front of millions of people. But now he was performing on the stage of our own HPAC with a crew that included very excited fifth



The horns join in the groove.

graders.

"It was great working with him," said Carlos Figueroa from Samuel J. Preston School. "It was a lot of fun."

Shy violinist Joshua Rio, from Harrison Avenue School, shared that opinion as well. "It's good," he said, while taking a break from rehearsing. "I never imagined I would be working with him."

Another fifth grader was eager to share her thoughts. Working with Wood was very inspiring, according to Katie Debois from Purchase Elementary School.

There is no doubt that Wood made a favorable impression on the young school kids. With a remarkable amount of broken bows, and loose hair running wild, it was a mixture of pandemonium and fun.

Still, the elementary school kids weren't the only ones rocking out. Students from the Louis M. Klein Middle School also "got their groove on," with Wood and his accompanying band.

Seventh grader Paula Segovia was happy to play her viola as part of the performance.

"It was fun," she said. "It's a different experience than we're used to. I would really want to do this again."

Everyone was impressed by how this concert performance turned out. Within days of being announced, the concert was sold out and all 825 seats in the Harri-

son Performing Arts Center (HPAC) were taken. Not only that, but if you include the 325 kids performing from each school in the district, the technical theater crew, the cable club recording the performance, and those who couldn't get a seat and agreed to stand for the entire performance, there probably were close to a thousand people in attendance.

This provided some minor technical snafus at the beginning of the show. Somebody tried to ruin the fun for everyone by calling the fire marshal to report that the HPAC was over capacity. This led to a 30-minute delay and a few minor changes to the evening's planned schedule. However, the wait was well worth it, as Mark Wood and his band, which featured Elijah Wood (his son), delivered a non-stop spectacular performance.

The only member of the band lucky enough to play violin on stage alongside the rock star was senior David Annunziato.

"It was a great experience," he said. "Being able to play with Mark Wood was exciting, and having the opportunity to play with a rock band was, well...ecstatic."

David's best buddy and friend, senior Richard Song shared his opinions on his "Mark Wood Experience," which included a number of fun rehearsals.

"He's a really good teacher," said the proud saxophone player. "He inspires you to do your best."

Sophomore student Jenna Clemens also got her moment in the spotlight with Wood, playing the piccolo.

"He's very energetic," Jenna said. "He made an improvement to the band because he teaches us different styles of music."

The show's grand finale was when Mark Wood and the HHS band were accompanied by Wood's wife Laura Kaye, an Emmy nominated rock-n-roll vocalist, and the HHS choir.

"She's a great voice coach," said senior choir member Genevieve Scarano at rehearsals. "She really makes the students emerge from their comfort zone, and engages them in a unique rock-n-roll experience."

The performance featured songs from The Beatles, The Temptations,



Mack Rosenberg steps up to the mike. Cream, Queen, and Edgar Winter— with the aid of the HHS drum core. These songs were aided by the ultimate performance accoutrement – a groovy, hip mirrored disco ball that



David Annunziato rocks the violin.

reflected on the various singers that got to perform alongside Kaye. These singers included Mack Rosenberg, Jen Parravani, Kelly Curtis, and Rebecca Cohen.

Overall, the night's concert was deemed a success, thanks to assistance of the band and choir parents, and hard-working HPAC technical crew, and the concert participants. The days of rehearsal and performance showed the kind of exhilarating unity one can achieve only through the magic of rock-and roll. Wood currently is putting finishing touches on his latest solo release and continues to tour, visiting schools across the nation. More information on Wood and his band can be found on Wood's website, www.markwoodmusic.com



Laura Kaye croons.



Mark Wood performs with Harrison students.

All photos courtesy of Jessica Peña



Maestro Mark Wood leads the experience.



Courtesy of Jessica Peña

# An Interview With Mark Wood

Jessica Peña and Mack Rosenberg  
Staff Writers

In mid-February, Mark Wood (MW), a renowned member of the well-known Trans-Siberian Orchestra, brought his current band to Harrison High School to educate and perform with the students. His wife, Laura Kaye, worked with the chorus director Ms. Fusco and members of the chorus, while Mark worked with the band. The Husky Herald's Jessica Peña and Mack Rosenberg caught up with Mark in between tune-ups.

**HH: Who inspired you to play the violin?**

**MW:** My mother. She had four boys and we all sort of played in a string quartet together.

**HH: Whom do you admire?**

**MW:** I admire my father, a famous artist who inspired me to build the electric violins that I play.

**HH: What inspired you to play the electric violin?**

**MW:** When I was growing up playing only classical music, I bumped into someone by the name of Jimi Hendrix and also bumped into Eddie Van Halen. I wanted to play like them and not play classical music. I wanted to play rock n' roll, but not on guitar. So I built violins to accommodate what I heard in my head, which is more like what the guitar players were doing.

**HH: What do you do in your spare time besides playing the violin?**

**MW:** Well, I travel the world, performing and working with schools and large bands from Billy Joel's to Celine Dion's. I also build violins. We run a huge company that builds violins. So

in the little spare time that I have, I watch NBC's "The Office." It's my favorite show.

**HH: What is your advice to children if they want to be in the music industry?**

**MW:** Pursuing a career in the creative arts like theatre art and sculpture, painting and music, is the most challenging of any in the world. But if you work to pursue it, you must pursue what you want to do, and the second element is the commitment of being not just good, but being great. And to be great, you have to get up at four o'clock in the morning and work fifteen hours a day, seven days a week for the rest of your life.

**HH: What is your favorite place in the world?**

**MW:** That's easy: St. John, the island of the Caribbean.

**HH: What's your favorite book and why?**

**MW:** I just finished Mozart and a Fighter Pilot Brain, it's the analysis of Mozart's brain and a fighter pilot's brain and how the brain waves are related.

**HH: What's your favorite song?**

**MW:** Kashmir by Led Zepel.

**HH: What's your favorite movie?**

**MW:** Avatar.

**HH: What legacy would you like to leave behind?**

**MW:** The ability to motivate and inspire people like yourself to pursue your dreams that you can do anything you want, because if I can do it, you can do it.

**HH: What made you want to leave the Trans-Siberian Orchestra?**

**MW:** Actually, we are doing some projects in the future, so I am just taking a break from touring.

**HH: Where in the world have you toured and do you like it?**

**MW:** I love touring everywhere in the world from Mexico to Australia to

Austria. We've been coast to coast in the U.S. and Canada. I love it all.

**HH: Where do you see yourself in ten years?**

**MW:** Good question, probably doing exactly what I'm doing now -- all music, 24-7.

**HH: Where did you grow up? Was it similar to Harrison?**

**MW:** Sort of. I grew up on Long Island, right on the North Shore.

**HH: How was high school? Did you like it?**

**MW:** I graduated a year early because I was accepted to the Julliard School of Music and my teachers at school decided that I didn't need to have 12th grade. I had four classes of every subject during my junior year and then I graduated a year early and went off to Julliard.

**HH: How did going to Julliard change your life?**

**MW:** It showed me what I didn't want to do, which was classical music. It's always important in life to find out what you don't want to do and it will eventually lead you to what you do want to do.

**HH: Why do you participate in school events such as this one?**

**MW:** The reason why I participate is because I have the opportunity to have a gift of working with not only high school kids, but elementary school kids and kids who really love music. I get the chance to guide them and motivate them and mentor them to become better musicians.

**HH: Why do you think young children should have an exposure to the performing arts?**

**MW:** Performing arts develop the act and art of creativity, so you think creatively.

**HH: How do you feel about coming to Harrison High School?**

**MW:** I love it. This is our first day here, and we've been with almost three hundred kids: string players, brass players, woodwinds, band, drum lines, and a choir. It's been great.

## Eighth Annual Multicultural Night Celebrates Diversity

Amy Carton and Luciana Romani  
Staff Writers

Coming together with their cultures and customs, the ESL students of the Harrison Central School District and their families once again succeeded in planning an eventful Multicultural Night on April 8, 2010. This year's event was themed as "Building Bridges of Culture." It was the eighth annual Multicultural celebration and was held at Harrison High School.

Contributing to the extraordinary occasion were English as Second Language students and teachers from throughout the Harrison School District. Each student had the opportunity to either perform something indigenous to his or her culture, or bring to the night some aspect of that culture, such as food or artifacts. Included in this program of events were native performances from Japanese, Peruvian, Mexican, and Paraguayan students. One of these performances featured an exhibition of Japanese drumming to the tunes of "Muramatsuri" and "Isami Goma." The exhibition also featured Mexican and Paraguayan dances,

as well as other Spanish-influenced dances.

Another neat aspect of this year's diverse evening was a video that was created and edited by the ESL students here at the high school. This video, entitled "Video Around the World," included cultures such as Brazil, Colombia, Peru, and China. Incorporated into this video were students' opinions and personal experiences they've had in assimilating to American culture. While some found it effortless, others had to work a bit harder to nail the difficulties of the English language. Regardless of many adversities faced, these students are well on their way to being bilingual-something that will prove advantageous and should open many doors in the future.

The six-minute long video also included insight into past experiences versus present experiences, and how life in each student's native country is different than the life they now know here in the United States.

Thinking ahead to the future, the

staff in charge of this year's Multicultural Night has already begun thinking of next year, and what they can do to improve the night as a whole. ESL teacher, Ms. Eileen Quinn, shared with her hopes with the Husky Herald.

"My hopes in moving forward to the next Multicultural Night are that we can extend our evening to a higher level of high school students," she said. "Maybe combining with International Night will allow us to broaden our horizons."

"This year's Multicultural Night was different than that at LMK," noted freshmen Karen Cujar, "because there were more artifacts and activities, rather than just cultural food."

In addition to the performances, there also were cultural exhibits on display, such as Japanese calligraphy, as well as foods from the Philippines and Mexico, for example. Over 500 people were in attendance.

Mr. Brendan Gallivan, K-12

Director of Languages Other Than English and English as a Second Language, spoke to the large gathering.

"What's wonderful about this Multicultural Night is that it's not only an opportunity to celebrate where our cultures have come from, but also where we are now as a diverse district and unified community," he said. "This night features all the wonderfully varied faces of Harrison."



A Philippine Food feast. Courtesy of Cebu-Philippines

# A Tribute to

A heartbreaking tragedy recently occurred within our school's community as Marissa Pagli, a beloved member of the Harrison High School Class of 2009, died on February 22, 2010. Marissa, who had been enrolled at Manhattanville College, was an active and vibrant young woman whose memory continues to touch the lives of those who knew her. She was hardworking, kind, and caring. While at HHS, she was a member of the band, the color guard, and the volleyball team, and she maintained close relationships with many students, faculty, and staff.

Her friends are honoring her in many ways. Recently, the school rocks were painted in honor of her memory, featuring a volleyball with her number, her senior quote above a sun, and a color guard flag. Memorial bracelets are being sold, with proceeds being sent along to Marissa's father. The band will hang a plaque in her memory. The color guard will dedicate their competition routine to her, with embroidery of Marissa's initials in the corner of the flag.

As the school emerges from grieving her loss, we honor her memory in these pages, hoping to capture the feelings of our school community members who had the good fortune of being a part of her life. Marissa was all about love, support, laughter, and compassion – we shall miss her dearly always.

"Bring Your Own Sunshine"  
A poem dedicated to Marissa Pagli

A girl with hair a lovely red,  
And a smile to brighten your day,  
Marissa touched the lives of so many people  
In her gentle and loving way.

Her eyes a sparkling blue,  
They welcomed everyone she'd meet.  
A true "band-y" and color guard captain,  
She waved her flag proudly down the street.

Math team and NHS,  
Marissa always kept busy and had fun.  
Number 10 on the volleyball team,  
She excelled in everything she had done.

She always provided a shoulder to cry on,  
Or lend an ear to listen.  
It was easy for her to help someone out,  
With her golden heart that glistened.

Our hearts must go out  
To her little sis and loving Dad,  
And remember, us sticking together  
Would make Marissa so glad.

And no one can forget  
The one who was her fave.  
Another kind and gentle soul,  
Her boyfriend, Dave.

This tragedy might make us angry,  
Or think that life isn't fair,  
But we must remember she's with God now,  
And to always keep her in our prayers.

Although it's hard, there's no need to cry,  
There's no need to even frown,  
For Marissa is in Heaven,  
She's safe and she's looking down.

Our Guardian Angel is at peace now,  
Always in spirit through your life and mine.  
And remember, as Marissa would say,  
"Bring your own sunshine."

- Jennifer Carpenito, Class of '10

It is odd how the quietest students often have the greatest impact. As if in not calling attention to herself, Marissa actually commanded more attention. Marissa's smile was her greatest asset and she used it often. Scheduling often had Marissa and myself in the D-Hallway at the same time during her last two years of high school – and everyday she had a big smile, a hello or good morning. In a busy high school, that smile and good cheer was a much appreciated part of each day.

-Ms. Claudia Milne, Social Studies Teacher

Marissa was my student for two years. It's no exaggeration to say that she brightened our math class every day. She was an angel who radiated happiness, peace, and love. Her approach to academic work was focused, thoughtful, confident, and enthusiastic. She challenged herself in Calculus and on the math team, and made success look easy and fun. She kept in touch via email to tell me how her math studies at Manhattanville were going, and got a kick out of the idea that we might someday be colleagues. She thanked me for being her teacher – that was her nature. Marissa's spirit continues to inspire me, as it does all of us who remember that smiling face and loving heart. She set an example for us to live by, and we will always treasure our memories of her.

- Mr. Aidan Burns, Math Teacher

Marissa—You're in my thoughts and prayers all the time; you were one of my best friends, a sweet girl, kick-ass color guard captain, flute player, volleyball...everything. For six months last year, I was lucky enough to be your boyfriend. You were my first real girlfriend and I absolutely couldn't have asked for anyone better. I love you so much, but I know you'll always be with us. I'm not sure what to think right now, but I'm with all of our friends all the time and we're all reminiscing. We shared our favorite memories, and I will always treasure the caricature you brought for me all the way from Australia. Marissa, I love you so much and I wish this never happened, but the only relief out of this is I know you're in Heaven looking over all of us. And I'll see you again eventually.

-Teddy O'Rourke, Class of '11

"I sat next to Marissa on the plane home from Disney. We were talking about Mark and, all of a sudden, we both got text messages at the same time, 7:28 p.m. Hers was from Mark, mine was from Genevieve. We both started to freak out because we thought that they were stalking us or something. So even though it was weird, it was a nice weird moment that the two of us shared."

-Jose Poretti, Class of '12





# to Marissa

When I first came here from England, I sat right next to Marissa in band. She was the first person that showed me around the school. Marissa introduced me to a few of her friends, and I really appreciated that because I am still very close to them to this day.  
-Naomi Kapusi, Class of '10

Marissa loved showing people around the school. She loved giving tours...even if you didn't want to see the school, you just wanted to spend time with her."  
-David Annunziato, Class of '10

" I know I won't be able to write a tribute as beautiful and creative as Marissa deserves, so instead I will resort to numbers, something she fully understood and wanted to pursue:

- 10) The number she wore on her high school volleyball jersey.
- 9) 9:00am - The time that all seniors participating in the Character Breakfast were asked to arrive. She was dressed as Minnie Mouse.
- 8) The number I wear on my jersey. Every time I step on the volleyball court now, I play for her.
- 7) The number of years I knew her.
- 6) We called ourselves the original six. We ate lunch together every day. We came in pairs and grew together.
- 5) Words: I'll think about her always.
- 4) Years in the marching band.
- 3) Times I saw her after graduation.
- 2) Hearts she drew next to her name when she signed my senior yearbook.
- 1) One friend I will miss forever.

Though she can't be a teacher and write numbers on a chalkboard, she has taught me a lot about life and, through numbers, I think I have represented our friendship."

- Jackie Morgen, Class of '09

A poem for Marissa

If tears could build a stairway and memories were a lane  
We would walk right up to Heaven and bring you back again  
No farewell words were spoken; no time to say goodbye,  
You were gone before we knew it, and each day we still ask "Why?"  
Our hearts still ache in sadness, and secret tears still flow  
what it meant to lose you just makes it worse to know  
But now we know you want us to mourn no more,  
but to remember all the happy times, since life has so much more in store  
Since you'll never be forgotten, we pledge to you today  
a hallowed place in our hearts is where you'll always stay.  
- Dominique James, Class of '11

I gave someone my Rubik's Cube and they broke it into a million pieces. I told Marissa about this. The next day, she gives me a Rubik's Cube. That was Marissa. She was very giving.  
-Sean Neu, Class of '09

One day, J.T and I were picking her up just to hang out. During the car ride a song came up, which I couldn't resist singing along to. That song was, 'A Moment like This,' by Leona Lewis. I was singing off-pitch and out of tune, which was driving J.T crazy. Marissa was laughing in the back seat of the car and she was singing along with me. Then I told her if a different song was up, I would have sung it more passionately. But sadly, I didn't have the chance to sing that other song with her. Still, I will always remember that car ride, with its terrible singing and Marissa laughing.  
-Richard Song, Class of '10

Marissa Pagli was one of the nicest, funniest, sweetest girls I have ever met. One of my favorite memories with her was senior year, playing Wii Fit. Marissa decided to play the game where you pretend there is a hula hoop around your waist and you're trying to keep it from falling while getting as many rotations as possible. Seeing Marissa do this was one of the funniest things I have ever seen her do. I remember laughing for the longest time while recording it on my camera. It is one of my favorite videos of her because she was so determined. She kept at it until she got the high score and the entire time this was going on she was always smiling and laughing. Marissa could always put a smile on my face and she gave the best hugs! I will always love you Marissa; you are my best friend.  
-Angelina Pilarinos, Class of '09

"I knew Marissa since I was dragged to my sister's volleyball game a very long time ago. As time went on I would see her more and more, whether it was in my backyard, with the volleyball team, or with my sister. Band camp of my freshman year I was a very timid kid who would stick to who I knew until that familiar smile jumped up at me. She gave me a huge hug and pulled me out from the white tent where I was trying on shoes and introduced me to a new group of people that I couldn't live without today. That band camp was such a great experience for me because of Marissa. From then on, I felt like I was finally a part of the high school. Marissa changed my life and her memory will always continue to change mine for the years to come. She is forever in our hearts."  
-Daniel Morgen, Class of '12

After graduation rehearsal, my mom drove me, Angelina, and Marissa to Kohl's, because Angelina just had to get a graduation dress. So while Angelina was trying out graduation dresses, Marissa and I were holding out prom dresses in front of the mirror. As we did that, we would laugh at how short I was, as I could barely see myself in the mirror.  
-Irene Pilarinos, Class of '11

There's not really one specific memory. She was always a happy bubbly person and every memory I've had with her is a great one.  
-Brittany O'Donnell, Class of '09

I didn't know her, but we roamed in the same circle of friends. What I heard was that she was very sweet, and had very close friends that she could count on, no matter what. And when I finally met her at a friend's party, those things that I heard were indeed true.  
-Vivian Ayala, Class of '10

I miss you Marissa and I won't forget all the fun times we spent together and the friendship we shared.  
-Genevieve Scarano, Class of '10

**Photo montage and tribute pieces courtesy of Mr. Petrillo and Jessica Peña, Class of '10.**

# opinion

## editorials

# Hot Lunch Nutrition Labels Needed

Amy Carton

Staff Writer

It is not out of the ordinary for the First Lady of the United States of America to promote a specific cause during the presidency of her husband. For Nancy Reagan, it was preventing the use of illegal drugs among adolescents, and Hillary Clinton notably championed health care reform. The cause of our current First Lady, Michelle Obama is childhood obesity, which has become an epidemic not only in America but in much of the Western world. Obama has taken steps to prove her devotion to this cause, like planting a "First Garden" filled with healthy and exotic vegetables and legumes, and recently gave a speech voicing her concerns on the subject.

That being said, one source of the obesity epidemic is the general unhealthiness of the food served in schools. Remember the days when you could buy candy in the cafeteria? Candy and other unhealthy packaged foods have been slowly eradicated from our cafeteria, but one less obvious culprit lurks under the heat lamps—hot lunch.

While schools across the country have begun providing nutrition labels on packaged foods, nothing is provided for our cafeteria's hot lunches. In New York State, it has become required to provide calorie counts at restaurants; however this law does not yet exist for schools. While students may think that they are eating healthily when buying school food (and may trust their school cafeteria to provide them with healthy food), there is truly no way of knowing. These unhealthy choices are being made by children every day and may be one of the biggest causes of the increasing rate of obesity (notwithstanding oversized portions and severely reduced amounts of exercise). It is incredibly important to make students aware of what they consume at a young age, for if they learn now, they will be able

to make the right choices as they grow older. Granted, some hot lunches can be classified as "healthy," however, what one might believe is healthy could just as well be the opposite.

As of 2007, the obesity rate of high school students alone was 11%. This number will continue to rise if the schools do not act quickly. When asking students for their opinion on cafeteria food, most answers were along the lines of "too fatty, kind of gross, and loaded with sugar and butter." According to the Physicians Committee for Responsible Medicine, school lunches consist of too much saturated

fat and cholesterol, and lack nutrients. Because of this many students prefer ordering their lunch in, or pass up the hot lunch for even less nutritionally-dense foods like muffins and cookies.

fat and cholesterol, and lack nutrients. Because of this many students prefer ordering their lunch in, or pass up the hot lunch for even less nutritionally-dense foods like muffins and cookies.

It is frightening to think that a muffin, donut, or bagel from the school cafeteria could contain as many calories as their Dunkin' Donuts counterparts. A glazed donut will run you over 200 calories, which is not too bad. But it gets worse, a plain bagel with cream cheese will set you back about 470 calories and a chocolate-chip muffin will set you back a whopping 660 calories. These figures are only estimates of those in the cafeteria because alas, there is a dearth of nutritional information. Also, these foods are high in calories and low in necessary proteins and vitamins. However, in my experience, a student will reconsider reaching for the chocolate chip muffin if he or she is aware of the staggering amount of calories, and likely fat and sodium.

Twelfth grader Shreena Shah,

who often reaches for a muffin before lunch, was appalled at the calorie count. "I am not that surprised that the chocolate chip muffins might have that many calories," she said, "but knowing what I do now, I am less likely to eat one as frequently." In addition, in terms of hot food, a student aware of the nutrition facts of our school's hot lunches might ask for a scoop of peas instead of a helping of spaghetti.

In 2006, a deal was made to stop selling sodas in schools, for they contain incredible amounts of sugar. However, in our cafeteria, Snapple ice tea beverages are the drink most commonly bought after water. Why is it that sodas like Coke and Pepsi are no longer allowed in schools, but drinks like Snapple, with extremely high amounts of sugar, are permitted? And don't be fooled by calorie-free drinks like Diet Snapple--studies have shown that the faux-sweetener in Snapple, aspartame, is even worse than real sugar.

While parents and family members can help their kids make smart choices and balance their diets at home, they have no control over the decisions made at school. Often when parents "train" their kids with a strict diets consisting of fruits, vegetables and proteins, children will overeat unhealthy food when given the chance. If children are exposed to a varied, but healthy diet, they will have an easier time passing up brownies, chips, and candy when offered. It is important to eat a variety of foods, for different types of food provide your body with vitamins and energy, helping one's body to grow. In addition, it is important that everywhere an adolescent goes; they know the content of what he or she is eating. It is high time for our district to provide us with nutritional information as it would be an extraordinary step in eradicating childhood obesity and encouraging healthy bodies and minds.



Courtesy of Emma Glass

## Our Library is Great

Dominique James

Staff Writer

Books! That is the first thing that comes to mind when people hear the word the word "library." Nevertheless, to me, that word has another meaning: opportunity. Here at the Harrison High School Library, there are many opportunities for students.

One such opportunity available in our library that students often take advantage of is the option to take one's driving permit test at school. No other school in Westchester allows students to sign up for and take their permit test. Usually aspiring drivers must go to the DMV, and wait on long lines to take it there.

Another opportunity our library offers is an "inside look" into what our staff does behind the counters in the library. The library staff has established a volunteer service where students have the opportunity to learn different aspects of the library along with the obvious responsibilities of giving out laptops and helping students find books for assignments as well as for their own enjoyment. This feature of the library also makes it easy to fulfill National Honor Society volunteer hours, right here in school.

The librarians also help seniors prepare for college, which they do not necessarily have to do. Shantel Merritt, a senior volunteer in our library said, "Roe Angilletta helped me a lot with finding college scholarships and helped me throughout my whole college process." If you need help at anytime, there is most likely a staff member or student volunteer available to assist you.

However, there are rules and regulations that have to be followed. The more rules followed, the more opportunities the students will have access to. And, as always, when rules are broken, there are consequences that the high school students will have to abide by. Some at Harrison seem to have a hard time adjusting, but these students must understand the reason these rules are now being enforced is because of the poor behavior of their fellow classmates.

In addition, these rules are not entirely new. The 15-minute entry rule was implemented last year, in order

(Continued on next page)



Cafe A109 serves up chili on Fridays, but how many calories does that cup hold?

Courtesy of Lauren Warshauer



Rachel Kalichman and Christina Loguidice study in the library. *Courtesy of Emma Glass*

(Continued from previous page)

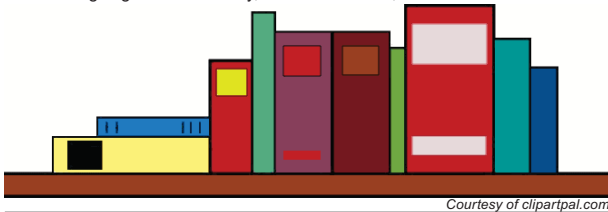
to try and limit the amount of student traffic in the hallways throughout the entire class period, which often disrupts ongoing classes. If after eating and socializing there is not enough time to utilize the library, then perhaps the student could forgo socializing until later in the day, and go straight to the library to do their work.

The two rules that some students seem to have the hardest time adjusting to are the "one-door entrance" rule and the rule that prevents students from eating in the library. The first rule helps control who and how many students enter. Not only does this assist in maintaining a quality learning environment, but ensures the safety of students in the event of an emergency. Using more than one door for entry or exit makes it extraordinarily difficult for library staff to monitor the students. Again, using one door (for entry or exit) limits the amount of student traffic throughout the building which in turn disturbs ongoing classes. Clearly, one

door is easier to monitor than two or three.

The "no eating rule" was implemented to ensure the prevention of insects and mice roaming around on the library floor, and also to ensure the safety of the laptops. This rule was not always this way but once again due to rules being broken they have to be put in place. Students may enter the library with water bottles only because cans are more likely to spill than capped beverages. In addition, cans often contain sticky substances that are hard to clean up; water is not as difficult to remove.

The Harrison High School Library offers a wealth of opportunities that are available to the students, whether said student requires research help or just a quiet place to study. However, it is important that students and the library staff work together to make the library a place that reflects its primary function as a place to research, study, and above all, read.



*Courtesy of clipartpal.com*

# Gum's Place on Campus

Christina Loguidice

Staff Writer

There has been a big debate over the concept of gum being allowed in school. Obviously, most students are in favor of this delicious treat that stalls their hunger before lunch arrives. Yet several teachers and administrators believe chewing gum should be prohibited in the school. Custodians can attest to the sticky mess that gets stuck under the desks, as well as the wrappers that are found all over the floor that have to be picked up time and again. It's a heated debate – but let's examine the pros and the cons.

Gum should be allowed for numerous reasons. For one, the students need something to curb their appetite and help them pay more attention during the school day. You know the old saying, "You can't focus on an empty stomach." By not being able to chew gum, students will be too hungry to focus in classes. Students already cannot eat in class. If the high school bans gum, students will be way too hungry and uncooperative in class to focus on the material being taught. Because the most crucial part of school is to actually learn the material, this lack of focus would defeat the whole purpose.

Secondly, gum is actually good for a student's dental hygiene. It is not only used for personal pleasure, but rather for a good reason. Gum brands that are made for personal hygiene, like Trident and Dentyne Ice, attempt to clean one's teeth and actually help build stronger teeth.

Lastly, teachers don't care about their students' chewing gum. Rather, the feeling is that students must learn to make their own decisions, especially as college is nearly on the horizon for many.

Such decisions now will train them to make better decisions in the future.

However, there are some down-

sides to chewing gum in school. Faculty and staff perceive gum chewing as disrespectful for many reasons. First, when students attempt to blow bubbles or rudely crack their gum in class, it distracts other students from what is going on inside the classroom. It therefore poses a serious problem for teachers trying to teach. Secondly, there have been many complaints by custodians about gum being stuck on the bottoms of desks and around the school. Also, wrappers and empty gum packs are left on desks and on floors. This presents an additional problem for the custodians, who now have to spend additional time picking up after students. This is not only inconvenient for the staff, but also bluntly disrespectful to the people who try and preserve our school's cleanliness.

This reporter believes students should be allowed to chew gum in school, especially those who have lunch seventh period. After all, it not only cleans your teeth, but is the least messy of any foods permitted in classrooms – it seems logical to allow it. Similarly, instead of always having an excuse to leave class and get food from the cafeteria, students could simply pop in some gum, saving time, hunger, money, and the effort of missing part of class. This could perhaps reduce the amount of time kids spend outside in the hallway missing class. Although gum is permitted in HHS today and teachers don't make a big deal about it, the debate could escalate into a larger problem soon.

My advice is for students to be more careful and respectful when chewing gum. They should pay closer attention to where they place their wrappers and dispose of their gum properly when done chewing. Remember, we must work together to keep our school clean.

# Sick of Being Sick

Melina Parrello

Staff Writer

Been sick this winter? I know I have been.

During this past winter season, I have unfortunately been sick numerous times; more than I can count on my fingers. Over and over again I have woken up with sniffles, a runny nose, a scratchy throat or all three. But why? Normally I get sick a few times every winter, but this year was more difficult than usual. Each cold and sinus infection I got, I missed school. This was not just an excuse to stay home either, trust me; I'd rather have been in school. Being absent in high school,--especially when most of us have full schedules complete with AP courses--is not advisable. Missing even one day could set you back with hours of homework to make up.

I often wonder about comments on our school's progress reports that read "absences interrupt learning". Some of us can't help being sick and the source of the sickness is always variable. Could I be sick because I did

not strengthen my immune system with boosters such as vitamins? Have I not been eating well? Could the school be at fault? Who knows what kinds of germs lurk on desktops, door handles, and dictionaries. Though it is probably a mixture of all three, it is incredibly important for Harrison High School to take steps to avoid sickness among its students.

Due to the pervasion of swine flu-mania, many public places like malls and hospitals have recently taken it upon themselves to put hand sanitizer machines in their buildings, allowing people to stay clean and healthy when washing one's hands is inconvenient. Even Pizza 2000 has hand sanitizer by the register. Free-standing sanitizer machines allow for the quick removal of germs and provide a means for staying healthy. In my experience, the winter season is often filled with a chorus sneezing, coughing, and sniveling. Germs are constantly flying through the air and traveling from

object to object, infecting one person, then another and another. Though I am not a germophobe, I am concerned with the way absences due to various colds or infections have prevented me from effectively doing my work. If the school was more concerned with sickness-prevention and installed hand-sanitizer machines, we might be less likely to get sick.

However, we can all effectively prevent the spread of germs and thereby prevent colds or sore throats by taking a few precautions. Refraining from sharing drinks or food with others; getting plenty of rest, drinking water regularly, and taking vitamins (especially if you are a picky eater) are a few ways to avoid catching a cold. Websites like [www.nutrition.suite101.com](http://www.nutrition.suite101.com) offer tips to preventing colds like the aptly named "anti cold" diet. On the menu: foods like carrots, red meat, yogurt, garlic, ginger, walnuts, kiwi and raspberries. In addition, foods high in Vitamin C are good for



The common cold virus. *Courtesy of sciencemusings.com*

preventing colds; so pour yourself a glass of orange juice or snack on red peppers.

After seeing just how many students were sick this year, Harrison High should seriously consider taking action so its students and teachers can stay healthy. With the installation of automatic hand sanitizer stands, the high school could help students stay clean, germ free, and healthy all throughout the day. In between classes would be a great time to use these machines, as during a trip between classes we are in contact with so many people and are likely to collect thousands, maybe millions of germs on ourselves and on our hands.

Though we now finally have made it to spring, it is still incredibly important that the school takes precautions to keep us healthy. A cold knows no season, and no one wants to be stuck in bed sick, when it is 70 degrees and sunny outside.

## ChatRoulette Takes the Internet Back to Its Roots

Emily Singer

Managing Editor

One of the first features of the internet—when it was made available to the public in the late 1980s—was the chatroom, where users were randomly connected with another person on the internet and encouraged to talk about whatever they pleased. Over the past couple of decades, internet communication has developed beyond chatrooms and instant messaging with the introduction of the blog, Youtube, and various other forums for discussion.

However, in November 2009, a seventeen year-old student in Moscow named Andrey Ternovskiy created a website called ChatRoulette. Users are able to video chat with other people via a webcam (which often leads to unsavory conversation with those who use ChatRoulette in a lewd manner), if a user becomes bored with their partner, a click of the mouse randomly assigns a new partner to chat with. It is, in essence, a visual chatroom.

Senior Blair Kalichman reflects on her experiences with ChatRoulette. "I have been on ChatRoulette before and the first thing I ask is usually "Can I get a fist pump?" Usually the person has no idea what I am talking about though."

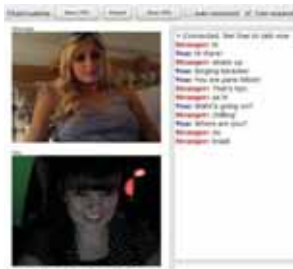
Shortly after being created, ChatRoulette received approximately 500 visitors per day. Everything changed, however, after *New York* magazine

*The first thing I ask on [ChatRoulette]... Can I get a fist pump?*

published an article on the site in February 2010. The site was soon flooded with visitors – over 35,000 at any given time.

Website-surveying company, RJMetrics, conducted a survey on ChatRoulette and their findings were both shocking and hilarious. RJMetrics' data showed that approximately half of all ChatRoulette "spins" connect you with someone in the United States, 89% of single-person shots are men and only 11% are females. Groups of people make up 8% of all ChatRoulette spins. One in eight "spins"

displays something R-Rated, and you are twice as likely to come across a request for female nudity than actual female nudity. Most of the nudity you encounter on ChatRoulette comes from Great Britain, with Turkey, France, and Germany tied for second place. Because of such behav-



A ChatRoulette encounter with Paris Hilton. Courtesy of mediatumblr

ior, ChatRoulette has gained a poor reputation, prompting one student to remark that "[the website] embodied everything your parents told you not to do on the internet."

ChatRoulette houses some of the most unique people the internet has to offer, even if they have a lot of time on their hands. Some ChatRoulette-ers even have gimmicks. One man, who seems to spend all of his time on the site, wears a leopard-print spandex body suit, complete with facemask. Several ChatRouletteers offer to draw pictures of the people they are connected with, while others improvise songs about the people they encounter. One such improvisation has gone viral, and was even imitated by singer Ben Folds at a concert in North Carolina. The singer, known as Merton, recorded a video of himself playing the piano and singing to ChatRouletteers, and posted it on YouTube. The video was instantly picked up by countless news sites and has had hundreds of thousands of views in a matter of days.

Celebrities have also been rumored to troll ChatRoulette, as screenshots (though unverified) of Paris Hilton, Miley Cyrus, and Ashton Kutcher have been captured.

ChatRoulette's popularity does not seem to be declining in the least bit. If anything, it is becoming more popular than ever. Perhaps the site's allure can be credited to the intrigue of interacting with strangers in an impersonal manner – the same reason that internet chatrooms became so popular over two decades ago.



Steve Jobs and his iPad.

Courtesy of staticimages

## Apple Introduces First Table PC

Joe Maida, Olivia Manley, and Spencer Rosenstein

Staff Writers

Some call it an innovation in electronic readers and gaming devices, while others like mock-encyclopedias call it, "the Apple iPhone for giants and trolls." But, no matter how it is viewed, the iPad is expected to be as successful, if not more successful, than the iPod.

The iPad incorporates features and applications from previous Apple products such as the iPod and the Macbook series. It also includes former apps such as Safari, iTunes, and iCalendar, but these are updated versions of the same software that have been tweaked to perfection.

For example, iPad's iWork feature was revamped with the addition of the keynote presentation app. Users can now format and organize apps by simply dragging a finger.

One of iPad's newest and more exciting features is the iBook application. Users can buy books from the iBookstore and then sort their purchases on a bookshelf shown in rich and sharp color. The new app is especially useful for students because it enables them to read their schoolbooks paperless, and functions in a way similar to that of the Kindle.

Apple also hopes to include various services from other entertainment companies. It is currently discussing ways in which users could use iTunes on the iPad to purchase news. The company has further negotiated with television networks such as CBS and Walt Disney for a monthly subscription of shows that offers on-demand options. It is also working with videogame publisher Electronic Arts Inc. (EA) to incorporate some of its gaming capabilities into the device.

The iPad has a touch screen similar to that of the iPhone and iPod, and also contains the same battery as the Mac notebook, which enables the device to function for up to ten hours on a single charge.

Unlike the conventional laptop, the iPad is only 1.5 pounds and 0.5 inches thick. Although the device is slim, it has a large screen and a 9.7-inch LED backlight IPS display, which allows readers to clearly view movies and emails.

The iPad is also compatible with wireless internet and is faster than most laptops even when users are

outside of their homes. While other laptops take several minutes to find a Wi-Fi network, the iPad displays several of them instantly after the device is moved to a different location. iPad's 3G model even allows users to surf the web and access the Internet when there are no Wi-Fi networks around.

Despite its numerous features and innovative capabilities, the iPad has still received its complaints. The price of the device ranges from \$499 to \$829, depending on the number of gigabytes and whether or not the user wants a 3G network. A customer could purchase a net book that is capable of downloading the Mac OS operating system for the same exact price.

On the other hand, freshman Vinnie Nicitia believes the price is reasonable. He says, "For only \$499, this thing is awesome. There is no comparison between the iPad and the HP Slate, which sells for \$899. I'll be sure to get one of these when they are available."

The iPad has also been criticized for its small touch keyboard. Many customers were not pleased with the keys on the iPhone and iPod, and found it difficult adjusting to tapping the screen instead of using a conventional keyboard. Although most users have gotten used to tapping overtime, the iPad could be connected to a computer keyboard in order to satisfy those who prefer the latter.

Some have complained about the fact that the iPad only can do one task at a time, but apparently Apple technicians are working hard on a solution that would allow multi-tasking.

Other companies have shown that creating a new tablet is difficult. Henry Lu, senior vice president of Taiwanese computer company Micro-Star International, previously tried to sell a tablet computer but was unsuccessful. However, he says that a tablet's success will depend on how the product can fit into the user's daily life, and whether he or she has enough content that qualifies its purchase.

When released on April 3, Apple sold 300,000 iPads the first day. People in cities across the U.S. waited in long lines, rain or shine, to get their hands on one. Already, the iPad is proving a major success. For more information, go to [www.apple.com/ipad](http://www.apple.com/ipad).

# A New Way to Ride

Izzy Sheck

Staff Writer

Googlemaps.com recently introduced a new segment onto their search engine where you can find biking directions with just a click of your mouse.

This add-on is an exciting development and will be a great way for people who aren't very active to look into something that will get them off the couch without all the hassle of a gym membership. In

addition to Googlemaps.com being a good way for people to find places to bike ride, new bike rental programs are also developing in cities around the world, and might even be coming to New York City as well.

Part of the reason that people don't exercise in today's world is because many find it frustrating and time consuming. Also, it can be difficult to have to figure out what kind of workout you want to do and where you can do it. This is where the new bike finding part of Google Maps comes into place. It is simple to find out where you can bike ride, and it provides a bird's eye view as to where you will be headed on any



Courtesy of [suitcaseclinic.org](http://suitcaseclinic.org)

given route. Not only can you find biking routes, but you can also drag and drop points onto the maps to customize your route. Another cool feature is being

able to add a biking directions gadget to your own website. This concept is also related to a new program that they have already started in several European countries and are thinking about introducing in major cities here in the United States. For everyone who visits the city on the weekend, there may be a new mode of available transportation coming up in the near future.

In other nations, a new system of bike rentals has lately been implemented. The way it works is that there are several different stations in each city that have bikes available for people to ride. There are enough of these facilities that it is easy for people to bike to their destination and be able to return the bike they rode to a station nearby. The idea of being able to bike ride around a popular city sounds like fun for all people, even kids! It's a faster way to get around, as opposed to walking, and doesn't cost as much as it would to take a taxi, subway, or bus. Above all, you will be getting a fantastic workout!

As mentioned before, the organization of a system where bikes are available to the public in large cities has already begun. For example, in England, there is the OYBike system. OYBike stations are available at key locations in the cities in which they are located, including in tube (subway) stations, public buildings, key transport interchanges, and car parks. By following the instructions on the LCD display screen at each location, peddlers can follow simple instructions to both rent and return a bike. You can even pick which bike you would like to ride. OYBike is so efficient, you can rent a bike just by calling a number on your cell phone.

A similar program has taken root in Paris, France. Thousands of low-cost rental bikes at hundreds of high-tech bike stations are scattered throughout the city. The Paris system is being used to help reduce traffic and pollution, as well as create more parking opportunities for those who still want to drive. There are over 20,600 bikes at 1,450 stations in Paris. If you do the math, this means that there is a biking station every 250 yards. If the program is successful, they will have made Paris a more eco-friendly and more pleasant place for people to visit.

If these bicycle rental programs are popular in other cities across the

globe, it is only a matter of time before a similar program begins developing in New York City.

Sophomore Christina Loguidice gives her thoughts on the possible bike rental system in New York City and the bike riding program on Google Maps:

"I think it would really fun to be able to bike ride around the city. It sounds like the programs in other countries are relatively inexpensive so it would be a great way to get exercise and travel around the city for not much money. As for Google Maps, it might be cool to be able to see different places where they have good bike routes- maybe to even go bike riding with friends!"



Courtesy of [pcadvisor.co.uk](http://pcadvisor.co.uk)

Both of these new bike riding programs are highly beneficial to people from many places who love to bike ride, as well as to those who are just getting into it. Next time you are thinking of a fun way to get outside and exercise, think of bike riding! And don't forget your helmet!

## And the Oscar Goes To...

Emma Adler

News Editor

This year's awards season ended on a high note on March 8 with the 2010 Academy Awards. The ceremonies, which kicked off with a Vegas inspired dance number led by the multi-talented "How I Met Your Mother" star Neil Patrick Harris, clocked in at a relatively concise three and a half hours. By its conclusion, twenty four golden statuettes had been awarded – six of them to "The Hurt Locker," a little seen low-budget film that shocked viewers by beating out James Cameron's high-cost, high-grossing "Avatar" for the coveted "Best Picture" title.

There were few surprises in the acting categories. As was expected, the Academy Award for Best Actor in a leading role went to five time nominee Jeff Bridges for his role as Bad Blake in the critically acclaimed "Crazy Heart." His costar, Maggie Gyllenhaal, also picked up a nomination for her performance in the film. Her category, Best Actress in a Supporting Role, was (as per tradition) the first of the night. Mo'Nique walked away with the statuette for her foray into dramatic acting in "Precious." Like Jeff Bridges, Mo'Nique had long been considered a virtual lock for the award. In the Best Actress in a Leading Role category, Sandra Bullock won for her performance as Leigh Anne Tuohy in the hit "The Blind Side." Bullock's acceptance speech made clear her

genuine surprise at the acclaim her performance had received. Aside from the Academy Awards, Bullock was nominated for six high profile awards for "The Blind Side," and won four of them. The fourth acting award of the night, Best Actor in a Supporting Role, went to Austrian actor Christoph Waltz for his performance as the terrifying Hans Landa in Quentin Tarantino's "Inglourious Basterds."

Less high profile categories gave otherwise snubbed films the chance to garner an award. "The Young Victoria," a biopic of England's Queen Victoria, won in the Best Costume Design bracket, while "Star Trek" won for Best Makeup.

The more technical awards categories, such as sound editing and sound mixing, saw an almost complete sweep by the two most lauded films of the ceremony – "Avatar" picked up awards for Cinematography, Art Direction, and Visual Effects; "The Hurt Locker" came away with Film Editing, and both of the aforementioned sound awards. The two musical awards, Best Original Song and Best Original Score, went to Ryan Bingham and T-Bone Burnett for "The Weary Kind" from "Crazy Heart" and Michael Giacchino for "Up," respectively. The Pixar movie about one old man and a thousand balloons also won the coveted Best Animated Feature award. It

was also nominated for Best Picture – the second animated movie ever to be considered for the honor.

There was much speculation and controversy surrounding this year's Best Directing category. The Oscar was awarded to Kathryn Bigelow for "The Hurt Locker." Bigelow is the first woman in the Academy's history to win the award. Interestingly enough, she is also the ex-wife of "Avatar" director James Cameron. The two were considered the top contenders for the award. Bigelow's win shocked many, not least of all Cameron himself. The Best Original Screenplay category also saw Bigelow's film walk away the winner. The Oscar for best adapted screenplay went to "Precious." The film was adapted from the novel *Push* by Sapphire.

The ceremony itself was a success overall, managing in spite of itself to appear fast paced and succinct. Alec Baldwin and Steve Martin were equal parts funny and charming as co-hosts, though the time they actually spent on stage was disproportionate to the length of the broadcast (due to generous commercial breaks). All in all, the 2010 Academy Awards were a resounding success – fun to watch (but even more fun to bet on).



# sports

## Fantasy Baseball Preview

Ray Corona

Staff Writer

Spring is a time when teams once again inhabit the diamond for nine innings at a time – and that means it's time to assemble that fantasy baseball roster. Here are a few guiding tips to help you, position by position, in your fantasy dealings:

### Catchers

**TOP PICK:** The catchers last year played like many expected. Minnesota's Joe Mauer is still the top choice for many people, but it could be a lot different this year. Mauer gets top pick consideration mostly for his ability to get hits and keep his average up. Expect Mauer to bat in the mid .300 range, hit above 20 home runs and have over 100 RBIs.

**LOOK AT:** Victor Martinez of the Boston Red Sox is going to have a huge year. Now that Jason Bay is gone and the reign of David Ortiz as power threat is over, look for V-Mart to bat third in the lineup with Kevin Youkilis behind him. This should give Martinez a lot of walks and raise his on base percentage. Martinez should hit more than 30 home runs, and he likely will get more at-bats, since Jason Varitek's career is almost finished.

**BEWARE OF:** Russell Martin of the Los Angeles Dodgers has lost his spot atop catchers in the National League. After a spectacular 2007 season, Martin has decreased in both average and homeruns. His .250 average and 7 homeruns last year aren't going to change. With James Loney, Matt Kemp, Andre Ethier and Manny Ramirez in front of him, Martin will probably bat seventh or eighth in the lineup. 2010 will not be a good year for this Dodger.

### First Basemen

**TOP PICK:** This shouldn't be a shocker to anyone: Albert Pujols. Albert has become one of the very few players in baseball to grow older, yet still have a red hot bat. In his career, Pujols has never batted less than .310, hit under 30 home runs or had less than 100 RBIs in a season. This season shouldn't be any different. He should mirror last year's numbers, but with more walks and perhaps a few less RBIs. Pujols is not only the best first baseman in baseball, but may be the best player overall.

**LOOK AT:** Joey Votto of the Cincinnati Reds is a first baseman worth looking at. Votto has always had good seasons with the Reds since his debut in 2007, but expect him to be great. After having a career high in home runs and average, expect him to increase his RBI count into the 100s. With Phillips and new addition Orlando Cabrera in front of him, Votto will have plenty of opportunities with men on base. 2010 could be the start of Joey Votto's big career.

**BEWARE OF:** Six years ago, Paul Konerko was at the top of the American League. Now, Konerko seems to have lost his touch. It doesn't seem that Konerko has the ability to hit 30 home runs or get 100 RBIs. Especially since the White Sox's have better slugging in Carlos Quentin,

Alex Rios and up and coming Gordon Beckham, the opportunities for Konerko seem to be slim. While Konerko remains on Chicago, it seems his big slugging seasons are done.

### Second Basemen

**TOP PICK:** The 2010 season for Phillies slugger Chase Utley shouldn't be different from his red hot 2009 season. Although Utley had fewer than 100 RBIs last season, it is almost certain that he will have an RBI count in the 90s or possibly back in the 100s. With the combination of Victorino and Rollins in front of him, Utley will have plenty of chances with men on base. Utley is one of the few second basemen in the MLB with players like that in front of him.

**LOOK AT:** Macier Izturis of the Los Angeles Angels could possibly be one of the biggest sleepers in the 2010 draft. Izturis had his biggest year with careers highs in average, home runs and RBIs. Izturis might not be the best choice for second basemen early in the draft, but would be a great pick in the later rounds. Macier Izturis could make a lot of drafters very, very happy.

**BEWARE OF:** Lately, Minnesota Twins' Orlando Hudson has lost his reign as one of the top second basemen in the league. Hudson batted .283 and hit 9 home runs last season for the Los Angeles Dodgers. The numbers he put up were unimpressive, especially because he played in 149 games for the Dodgers. On the Twins, there is no way that he will be able to last with these numbers when he has both Alexi Castilla and Nick Punto behind him. With a high probability of decrease in games played, it wouldn't be shocking if he plays worse than last year.

### Shortstops

**TOP PICK:** Hanley Ramirez of the Florida Marlins can easily be given the crown for best shortstop in the MLB. One of the reasons is his reliability. Hanley has batted over .300 and hit over 20 home runs in each of the last three years with



Pujols might be the best player in baseball.

*Courtesy of SI.com.*  
an impressive .342 average last year. His huge numbers last year proved to Fredi Gonzalez that he should remain in the 3-spot, putting him in more scenarios with men on base. It seems that this season can only get better for this Marlins slugger.

**LOOK AT:** The Braves expect big things from their Cuban shortstop Yunel Escobar, and drafters should feel the

same. Although Yunel hasn't had a big season yet, he has been raising his stats and has been garnering attention. Yunel almost batted .300 and increased a career high in home runs to 14. In the last two years, Yunel raised his average 11 points and increased his season high home run count by 9. Yunel has the possibility to bat in the .300s and hit to 20 home runs. He might not be the best choice for a starter, but he can make his owners happy coming off the bench.

**BEWARE OF:** Don't draft Edgar Renteria for any role on your team. The one time All-Star has lost his speed and ability to become a .300 plus hitter. Even though he will be a starter for the San Francisco Giants, he won't be a factor for the team. Renteria shouldn't be a player someone should consider as a key player on the bench. The numbers for Renteria should be the same as last year, which means he won't do much for any team.

### Third Basemen

**TOP PICK:** Alex Rodriguez of the New York Yankees might be one of the most reliable players in this year's draft. His numbers were spectacular with 100 RBIs and 30 home runs, especially since he was reduced to less than 450 at-bats. With at least 100 more at-bats, expect his RBI count to rise and his home run count reach 40. The addition of Curtis Granderson and a stadium that lives for home runs means A-Rod has a big best chance to regain the spot as the best player in the MLB.

**LOOK AT:** The Washington Nationals are eager to start the 2010 season with Ryan Zimmerman. The 25-year old came off the best season of his career and is capable of better seasons. Zimmerman has been known as bench player when it came to fantasy, but people should consider him as a starter. Zimmerman soon will be good enough to be up with hot corner stars David Wright and A-Rod.

**BEWARE OF:** While Chone Figgins is expected to do big things for his new team the Seattle Mariners; fantasy drafters shouldn't agree. The ex-All Star has failed to bat over .300 for the past two seasons, which was his strength from his years in Los Angeles. When he was on the Angels, he was known as their lead-off speedster. Now that he is on the Mariners, he would have to go up with Ichiro. Figgins is no longer effective and should be avoided in any fantasy draft.

### Outfielders

**TOP PICK:** Ryan Braun of the Milwaukee Brewers has been the real deal since he came into the Brewers organization in 2007. The slugger has hit over 30 home runs in each season and hit over 100 RBIs in his last two seasons. Regardless if his numbers don't rise, no one can miss a guy capable of a .320 plus average, 30

home runs and 120 RBIs.

**LOOK AT:** Many fans remember Andrew McCutchen as the Pittsburgh Pirates' center fielder making diving catches. After the 2010 season, those who picked him will know him as the guy who saved his team off the bench. It's too early in his career to say he is a top pick in the draft, but there is more than enough evidence to say he has a possibility to have a very good season. In just 108 games, McCutchen batted .286 while picking up 12 home runs and 54 RBIs. Expect McCutchen to play more games for the Pirates, which will lead to much better numbers.



A-Rod is a solid, consistent pick. *Courtesy of The Baltimore Sun*

**BEWARE OF:** Jason Bay did great things for the Boston Red Sox last year. Playing for the New York Mets this year could mean a different story. Now that Bay is playing in a pitchers' park (aka Citi Field), expect a decrease from his 36 home runs to fewer than 30. In the years to come, Bay will adapt and get better, but that will take some time. There is also that slight possibility that, dare I say it, Bay gets hurt playing for the Mets.

### Pitchers

**TOP PICK:** Tim Lincecum takes the spot of best pitcher by a narrow margin. Still, Lincecum is going to have a great year and have spectacular numbers. He can easily pick up over 15 wins and maintain an ERA of less than 2.50. What makes him the best is the division he's in. Johan Santana must pitch through the Phillies and Marlins, like Sabathia must go up against the Red Sox and Rays. With a division where hitting is the strength, Lincecum will do well in 2010 against his opponents.

**LOOK AT:** Tommy Hanson of the Atlanta Braves should be on everyone's radar this year. The second year stud did a tremendous job coming into the Braves organization, and an even better job pitching. In the NL East, Hanson had a 4-2 record and was able to pick up several more wins to go 11-4 with a 2.89 ERA. Hanson doesn't appear as a one year wonder, but more of an All-Star in the making. Hanson can bring big numbers to those who draft him.

**BEWARE OF:** No one can predict the type of season Francisco Liriano of the Minnesota Twins will have, which makes him a dangerous pick. After one superb 2006 season, Liriano's stats have been all downhill. After a 6-4 record in the 2007 season, many thought that the next year would be better, but it wasn't. Liriano went 5-13 with a 5.80 ERA and now is the fifth starter in the Twins rotation. The odds of a comeback are extremely thin for Liriano.

# Track Duo Shine in States

Angela Troia

Staff Writer

This year's Harrison track season was a total success. Not only did the season start out strong, it ended even stronger as two athletes made their way to the Section One State Championships at Cornell University in Ithaca, New York. Schools from Dutchess, Rockland, Westchester and Putnam Counties sent their top athletes to compete for a place in States. Harrison's Nina Sarmiento and Zaid al Doori were the fast duo that qualified and made their way to States, each doing an amazing job along the way.

Nina Sarmiento and Zaid al Doori are the two names that you will see when looking at the school's track record board. Both have succeeded in putting their respective best efforts into running this past season. Nina and Zaid's hard work paid off. In the end, each of them was greatly rewarded.

Nina placed fourth in her 600-meter relay at State qualifiers. However, in the end she did not qualify for an individual spot, but rather for an inter-secational relay team. Her relay team consisted of a variety of girls from

several different schools, including girls from Ursuline, Tappan Zee, and John Jay East Fishkill. This team ultimately placed third in States competition.

"I was really nervous to run it, but I just knew that I had to run as fast as I've ever run," said Nina afterwards. "I mean, this was States -- not just a regular meet, so I'm happy that my hard work paid off."

Nina, an outstanding athlete, began her varsity track career in



Nina in stride. Courtesy Yearbook

eight grade. As a sophomore, she currently has the 25th fastest 600-meter running time in the country. Every year she improves as an athlete and a runner, which indicates what a promising future still lays ahead.

Although she did an amazing job this season, Nina wasn't alone in receiving honors. Junior Zaid Al-Doori did an exceptional job as well. Zaid ran a school record-breaking speed at State qualifiers, placing third and qualifying for the individual competition.

The 300-meter dash is one of the toughest competitions; it's a test

of both speed and one's ability to push oneself to the limit. Zaid was one of only two juniors that qualified to run in the top ten.

"I am considered young in my competition; most of my competitors were seniors," said Harrison's star male runner. "The fact that I even qualified is an honor. My goal was to run the fastest I could and I did."

Zaid is expected to run in next year's State competition where he hopes to be at his best, perhaps bringing home a medal.

Nina and Zaid were not the only runners that excelled on the track this past season. Both Paul Buonocore and Emily Singer received the All-County Award for their remarkable work throughout the season. This year's winter track team proved to be one of the best ever. Coach Kathleen Zanot, one of four winter track coaches, said she couldn't be more proud.

"All in all, the season was a major triumph," she said, "not only for the runners and the coaches, but for Harrison High School as well."

## Mets Sign Bay to Play Left Field

Mack Rosenberg

Staff Writer

The recently ended MLB off-season was quite uneventful for the New York Mets. Fans were angry with management and the front office, in particular with General Manager Omar Minaya, who failed to do anything much to lift fans' spirits. However, in late December, Minaya finally had some good news to share. On December 29, 2009, the Mets finally made a substantive move toward fulfilling their hopes to play October baseball in 2010, signing perennial All-Star outfielder Jason Bay to a five-year deal worth about 80 million dollars.

Bay is most certainly the answer to a long term problem in left field for the Mets, one that began seasons ago with Cliff Floyd and hopefully will end this coming season. Bay has posted absolutely stellar numbers over the course of his career, one that began in

San Diego and flourished in Pittsburgh and Boston.

The most important aspect of Bay's game that is really needed by the Mets is his all-around mechanics. He stays healthy and he doesn't make those mistakes that many Mets players do. He just plays baseball the right way, and his presence is needed on this club.

Now, let's examine his impressive statistics. The 25-90 guys are always talked about as cheap options who can consistently produce. Jason Bay is just a reach beyond those numbers. Yes, he did cost more money than, say, Aubrey Huff or Adam LaRoche would have. However, there's no denying he is a very worthwhile investment. In five years on a Pittsburgh team that never had a winning season, Bay had 30 home runs and 100 runs batted in

twice. After the move to Boston at the deadline in 2008, Bay had the best year of his career in 2009. He hit 36 homers and had 119 RBI. Granted, he did hit .267, but I have confidence that in a larger stadium like Citi-Field, he can make that average climb to over .300.

The Mets appear to be set in the outfield for 2010 with Bay's entrance. He is the one bat in the middle of the lineup that they needed. With their current lineup, once it gets down to the sixth and seventh spot in the order, options are limited. Many Mets fans still weren't happy with this signing, as most felt the team needed to make additional moves in bolstering an iffy starting rotation beyond Johan Santana. Minaya is hoping that he can get by with journeyman efforts from the likes of John Maine, Mike Pelfrey,



Minaya watches Bay. Courtesy Boston Herald Jonathan Niese, and Ollie Perez.

Still, the Bay signing is cause for optimism. There was a glaring need in left field because no one on the team last season could play the position effectively and drive in runs at the same time. Daniel Murphy was clearly an experiment that failed and both Omar Minaya and Jerry Manuel knew it. This brings some offensive pop to a team that will need as many runs as possible, considering its current ragtag starting rotation in slots 2-5.

## March Madness Set To Expand To 96 Team Tournament

Joey Loreti

Sports Editor

"March Madness" is considering expansion. Yes, all of the Bracketologists out there might have to double, or even quadruple their efforts in the coming years to pick an NCAA Division 1 Men's Basketball Champion. While some consider the current 64 team tournament perfect, others think it would be better with the addition of more teams to determine a true national champion.

While it may be true that not every year the best teams make up the Final Four, or even the Elite Eight,



Butler's Hayward: a shot away from infamy. Courtesy of USA Basketball

it is a given that the team left standing at the end certainly deserves to cut down the net.

The NCAA elimination tournament is a far superior method for determining a champion than the Bowl Championship Series, the method currently used for the Division 1-A subdivision of college football. While the BCS leaves some of the power to computers and other powers to human voters, the March Madness tournament ensures that the players, rather than the fans, have the ultimate say in deciding the champion.

The problem with adding another round of play, which would effectively double the number of teams, is the greater possibility that more "Cinderella" teams will advance further into the tournament. To some fans this would bring greater excitement, as many cheer for these teams. Most recently George Mason University was the 2005 Cinderella team, making it all the way to the final four as a #11 seed. Even in this year's National Championship game, the Butler Bulldogs were considered something of a "Cinder-

ella," facing the heavily favored #1 seed Duke Blue Devils in the National Championship game. It was a game for the ages, as both teams took turns controlling the game, with Duke finally pulling ahead in the waning minutes.

Some say the top teams battling it out makes for better television ratings, rather than the possibility of a blow-out of a streaking team that didn't "deserve" to be there. Butler proved their critics wrong, and only a failed half-court miracle by Gordon Hayward that was barely off the mark kept the Bulldogs from pulling off what would have been a monumental upset.

The idea currently proposed to the NCAA Competition Committee would see the field expand to 96 teams. In all likelihood, this would encompass the teams that now play in the less prestigious National Invitational Tournament (NIT). The NIT has been around even longer than the NCAA Tournament, and currently invites most teams that were on the bubble of making the NCAA Tournament selection. With this new format, teams would be ranked #1 through #24

in each of the four regions, and the first eight seeds would receive first round byes. The current play-in game would be dropped.

One potential problem with this expansion is that student-athletes would miss more school time than already occurs. Since many of these student-athletes are only in school for a possible career in the NBA, and big schools bring in so much revenue from their sports teams, it would be surprising if this gets in the way of expansion. An expanded tournament increases the likelihood of higher seeded teams losing in earlier rounds. The top teams simply bring in the most amount of revenue to the NCAA when they go far into the bracket, and the possibility of two "Cinderella" teams battling it out for the championship is not an ideal situation.

Despite this, the competition committee is considering the idea seriously, as more teams, and subsequently more games, would create greater revenue for both the schools and the NCAA, not to mention much more excitement for the fans.

# Batter Up: Huskies Ready For 2010 Baseball Glory

Joey Loreti

Sports Editor

When last year's season ended in disappointment, the 2010 Husky season immediately became the focal point of Harrison baseball. After a season of controversy which called for many younger players being moved up to varsity just a season ago, this year's veteran seniors are expected to lead this team in the right direction.

The Huskies took their annual Spring Break trip to Fort Lauderdale, Florida, to play against top teams in the country, hoping to improve team chemistry and raise their game. Huskies coach

Marco DiRoucco sees that trip as a necessary step in the new season for the young club to kick off a great year.

Returning star first baseman Mike DeLacy will be

the heartbeat of the offense, as the team will go as far as his big bat takes them. DeLacy, who led the team in home runs and was second in runs batted in last year, is expected to establish himself as one of the elite hitters in Section One this season. Already he is off to a hot start, combining for 6 hits in 6 at bats in the Huskies' first two games, which took place on their Florida trip against John Jay. Table setters Robbie Carducci and Goh Ogura, both

starters last season, will also be a big part of the Huskies' lineup.

"We look forward to having a successful season," says Robbie Carducci. "We've been working hard and our trip to Florida was successful. We played well, and we hope that translates into success when we play back home."

Joining the trio in the lineup will be a host of younger players, including Mike Chiarella, Brendan O'Shea, Mike Jacobson, Shang Polera, Steve Ricciardi, and Pete Viscogliosi, all

Another pitcher to look out for is Ryan Mustacato. Even juniors Jordan Talibon and Brian Lobel are expected to pitch quality innings this season.

Getting off to a hot start will be the key to the season for the Huskies, who qualified for postseason play last year. The first half of their schedule is difficult. Their first 10 games will be against teams that went a combined 14-7 last year. It won't get any easier as the season wears on, with two huge games against arch-rival Rye scheduled for May 11 and then once again on May 13, when they will host the Garnets.

The Huskies began league play on their Florida trip, where they took on John Jay for a two game-series, splitting one win apiece.

The team will be looking to improve in league play this year, as their 6-10 league record from last season was a disappointment. Fox Lane will once again be the favorite, after going a perfect 11-0 in league play last year in a division that featured other top teams such as Somers, John Jay, and Horace Greeley, teams that the Huskies only managed a combined one win against all of last year. After already matching that total in their



Mike DeLacy shows he's more than just a powerhouse on offense.

first two games against arguably the division's best team, the Huskies are already on the right path back to the postseason.

Upon returning from Florida, the Huskies' season will pick back up again against Tappan Zee, a team they also split a season series with last year. The Huskies go into that game hoping to turn their big recent win into a prolonged winning streak. Their first home game will come against Sacred Heart on April 16, perhaps defending a more recent two-game winning streak.



Goh Ogura and Ryan Mustacato circling under a pop-up.

expected to be major contributors as juniors.

Ogura is returning as the expected ace of the pitching staff, and the Huskies will lean on him heavily this year to fill the shoes of last year's workhorse Charlie Gallasso. Zack Eklund, who pitched behind Gallasso in the rotation last season, isn't short of confidence that he can combine with Ogura to make a devastating 1-2 combination.



Pete Viscogliosi hits a grand slam.



Zack Eklund hurling some Harrison heat.



Dominick Mustacato speeding down the basepath.