



The Dispatch

"A beacon of truth."

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Huntington High School

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PHOTO: MOLLY PREP

Who's New at Huntington

Mid-Year Check in with New HHS Teachers

by MIKE STAFFORD

»news in short

Relay Kickoff

Friday, February 8th, Relay for Life kicked off with an hour long assembly in the gym. The assembly was an informational session about the upcoming Relay for Life event. Hector Alvarado spoke beautifully about his struggle with cancer. The Relay for Life event is scheduled for May 17th-18th, 2013.

Playfest Surprise

The Sophomores and Juniors tied for best play and the Sophomores also took home best script. The theme of the event was decades. Each grade was given a different decade: Ninth-Twenties, Tenth-Fifties, Eleventh-Eighties, Twelfth-Nineties.

Many of the teachers that were once foreign to the high school have become comfortable and well adjusted to their new environment. This new group of teachers comes from a wide variety of backgrounds in both



experience in the field of teaching and teaching in Huntington's other schools (as a few teachers have joined us from J. Taylor Finley

Middle School). Though the new teachers have only been teaching at Huntington High School a short period of time, many of the teachers have found a home at the school and have bolstered many of the departments. These important additions to the roster have helped lead the school into another successful first semester of the school year.

Mr. Cusack is the newest member of the administration. As Huntington High School's new Assistant Principal he brings both joy and discipline to the school. His constant smile and affability fills the halls with fun.

Ms. Heimbach joined the Foreign Language department and has helped students hone the language of Latin. Ms. Heimbach teaches Latin for the entire district, teaching classes for the high school, Finely Middle School, and Woodhull Intermediate School. She is a very enthusiastic and motivated instructor, and is excited about having the opportunity to teach AP Latin in the near future. Ms. Heimbach is becoming quite well known for her usage of technology and smart boards in particular. She often brings up many practice sites (some of which she created) in order

for students to practice the new things they have learned, and she uses her smart board to show videos and other things to make her classes more enjoyable.



PHOTO: PAM PIERARD

Above: Mrs. Morello, English
Left: Mr. Cusack, Administration

The science department had the biggest growth in numbers as three new teachers

National History Day

HHS Shines on Regional and National Level

by DONOVAN RICHARDSON

For college-bound students, research is an invaluable skill, so it is of course no wonder that most Social Studies teachers assign their students research projects. But there is one research project that is considered the grandfather of all projects: National History Day.

National History Day competition held throughout five days during the week of June 9, 2013 in Washington, D.C. It can be based on virtually anything historical, pro-

ing on different topics, in a group or alone, with many different forms of presentation.

However, many question as to why NHD is even assigned. It is a very time consuming project that is given when teachers could give more curriculum-based



National History Day topics range from The Space Race to Fast Food

PHOTO: MAX ZELINKA

This project is assigned to several classes in Huntington High School, and is much more commonly called NHD. This project is actually a research competition held in high schools across the country which culminates in the

vided that it conforms to the "Turning Points in History" theme of the 2013 competition. There are also several types of entries for the competition: Documentary, Website, Performance, a Research Paper, or the famed Exhibit. These factors create an interesting experience: many students are participating in the same competition, but work-

assignments. However, the value of the NHD project is often underestimated. Mr. Donovan, the AP U.S. History teacher, first happened upon National History Day during his undergraduate studies at Hofstra University, where the annual

see NHD on page 2

Oportunidades y Obstáculos que Enfrentan Los Estudiantes de ESL

Programa de ESL ayuda a los Estudiantes para Tener Éxito

For English synopsis of "Opportunities and Obstacles Facing ESL Students" see page 4

by LENNY JOYA

Son muchos los estudiantes que abandonan la escuela. Pero la mala noticia es que la decepción escolar es más alta en los latinos. Es cierto que la escuela representa grandes desafíos; entonces, si hasta los jóvenes cuya crianza ha sido en los Estados Unidos se corren de la escuela, imagínate como es la frustración de los que son nuevos en este país. A ellos les toca ir a la escuela y hay muchos obstáculos que se les presentan al querer estudiar. Piensa cuántos serán los problemas solo por la ansiedad del estudio. No pienses



PHOTO: ARI MOSKOWITZ

Estudiantes que leen libros en una clase de ESL
busque para ESL en la página 4

INDEX

News.....	2
Features.....	3,5
La Pagina en Espanol.....	4
Opinion.....	7
Editorial.....	8
Entertainment.....	6,7,11
Food and fashion.....	10
Critics corner.....	12,13
Sports.....	15,16

INSIDE

College



Where did you apply?
p. 3

ENTERTAINMENT



Building the Best Snowman
pg. 7

Tribute



A Tribute to KCA

Op-Ed p. 9

New Teachers from front

have joined the group. Mr. Brukhart, Mr. Terrance and Ms. Cooper have all added a lot of enthusiasm to their respective classes and keep students attentive throughout the period. Mr. Bruckhart provides fun when he teaches his physics classes. His labs are based on physics that the students are interested in, allowing students to learn more about physics in the practical world. Ms. Cooper has an upbeat personality, which gives her the ability to connect with students to help them learn. She is now known for teaching marine ecology at the high school.

Ms. German and Ms. Trites have joined the special education department. Their warm and kind personalities make them superb additions to the high school. Ms. Morello is a new member of the English department. She has a strong sense of school spirit as she came to Homecoming and helped judge each class' float. Mr. Moriarty is the new addition to the math department. Like all of the new teachers, Mr. Moriarty is excited to be working at Huntington High School, and he has a very welcoming personality.

There are many teachers that have joined the high school roster that were once teachers at J. Taylor Finley Middle School. These familiar faces include Ms. Pazienza, Mr. Tantillo, Mr. Parry and Ms. Tello. Ms. Pazienza

taught both Earth Science and physical science at the middle school. She now teaches honors physics in the high school. Mr. Tantillo taught seventh grade science courses to many students at the middle school, and now teaches the living environment course at the high school. Mr. Tantillo still coaches the middle school baseball team. Mr. Parry was known for teaching computer



Ms. Cooper, Science

tech classes at Finley, but now has enjoyed success teaching business courses in the high school. Ms. Tello taught United States history and humanities courses for both seventh and eighth graders at the middle school. She now teaches global history in the high school. Many students were ecstatic when they heard these new teachers would be coming up to the high school, because they were well respected and important to many of the students when they were in Finley.

These additions to Huntington's faculty have added to the depth of the already capable departments of Huntington High School. As we approach the second semester, the teachers are working hard to prepare students for regents, finals, and AP's, and other important tests. They are more than competent in doing this, and under their tutelage the student's stresses over these tests will be reduced because their interest in these subjects will be kept high.

Peparing for The Big Exam

by ARON CORAOR

When preparing for big exams, do you find yourself stressed out, unable to concentrate, and unable to memorize what you're trying to learn? If you do, or even if this isn't the case and you just want to improve your grades, try out these tips!

1. Don't cram the night before the exam. Although it may be tempting, trying to get all of your studying done the night before an exam usually just results in frustration and a sleepless night. For a smaller test, try to get all studying done two days before the exam, and then only review the material the day before. This will give you extra time, in case there was something you missed or another commitment comes up, and will save you from being exhausted on the day of the exam. For larger tests like Regents or APs, start reviewing, chapter by chapter, at least two weeks in advance. This will give you time to focus on your weakest points, without overworking yourself.

2. Don't let the music play. Many studies have shown that

listening to lyrical music while studying disturbs concentration, making it harder to memorize and relearn material. Try to give yourself a noise-free environment while studying by turning off all distracting music, and asking family members to be quiet. If all else fails, the library in town is a great place to get some studying done.

3. Study in a quiet group, or study alone. While you might find it really fun to dis-

your study sessions are turning into social events, try to get people back on task, or just study alone.

4. Go to the review sessions. If your teacher offers any kind of extra help session, be it after school or during the day, go to it. Even if you can't imagine that there's anything you don't know, or even if you think that there's nothing that can be done to change your grade at this point—you'll be surprised. Review sessions can help you guide your studying so that you don't end up driving yourself mad over a concept that never showed up on the test or completely forgetting to review something that seemed minor.

5. Find a tutor. Most of the honor societies in the high school offer free tutoring for a wide range of specific subjects to anyone who needs them. The great thing about student tutors is that since the course is fresh in their mind, they can make the material more accessible and easier to learn since they come from a perspective closer to your own.

“ Don't cram the night before the exam....(this will) just result in Frustration ”

cuss which pitcher's ERA just dropped below 3.50, or how smooth James Bond was in the latest movie, there's very little chance that those conversations will help you learn partial derivatives or balance chemical equations. Studying in a group can be beneficial if your friends help you understand the material, like pointing out formulas you don't know or keeping you focused, but avoid study sessions that just become social outings. If you find that

New Math Policy Creates Questions

by BRENDAN WIRTH

Unbeknownst to some, changes have been made in the grading policies regarding accelerated math classes, as well as honors courses. The policies have changed from including homework, participation and classwork in the overall grade, to 100% test

honors students so that there is a greater difference between advanced and regular math classes. If the department was to keep the guidelines, weighting would have to be removed. Vice versa, if weighting was maintained, the policy had to change.

which included class participation and homework. Teachers and administrators alike thought that keeping the courses weighted would be more beneficial to students, and keep the course "beefed up."

Question 3: How does this policy help students achieve their best?

After deciding on the changes in the grading policies, it was assumed that students were already motivated to do their best. Since the grading policy was changed to 100% tests and quizzes, it was expected that maintaining high standards for grades would be the motivating factor for students to try and achieve their best. Although homework does not count towards quarterly averages, teachers hoped that students would still do the work for practice and do better in class.

Question 4: How would you respond to the following statement? "This grading policy effectively makes students a list of statistics."

Essentially, students are already statistics. "However, with the recent changes in grading policies, students are made into a list of just test scores," which do not factor in effort, participation or responsibility with homework. For instance, take student A. Student A gets high grades, say 90s, on tests, but does not participate in class or do homework. Now, take student B. Students B re-

ceives decent grades on tests, say 80s, and actively participates in class, does homework on a daily basis and goes to extra help constantly. Under the previous grading policy, student B would be expected to get a higher quarterly average than student A due to homework, participation and effort. However, under the new policy, student A would receive a higher quarterly average than student B due to test scores only.

According to interviewees, the grading policy was not changed to intentionally make students "statistics." The grading policy was altered to keep weighting and benefit students, not disenfranchise them.

viewees have stated that they would not count low test scores. For example, if a student receives 90s on all tests except one, where the student receives a 60, the teacher would not let the 60 "drag down" their entire quarterly average. Similarly, with the same idea in mind, eliminating lower test scores would be determined on an individual basis, depending on the unique situation to that specific student.

It has yet to be seen if the grading policy impacts grades positively or negatively. However, many students have expressed resentment to the policy, citing bad test scores and lack of components in grade-determining fac-

“ The policies have changed from including homework, participation and classwork in the overall grade, to 100% test and quizzes. ”

and quizzes. Basically, the policy creates a situation for students in which their whole quarterly average is based solely on their test scores. But that raises the question; is this good or bad? (The responses underneath the questions are not direct quotes unless in quotations. Interviewees are being kept anonymous).

Question 1: How was the policy decided on? Was it a general consensus or something handed down from administration?

The math department was asked to examine the grading policies for accelerated and honors courses by the guidance department. The argument over the policy was not over the content of the plan, but whether or not to maintain weighting in advanced math courses. In order to keep weighting, the policy had to be revised for accelerated and

At a department meeting prior to the school year, teachers and administrators agreed that weighting shouldn't inflate grades through participation and homework. In order to alter the policy and keep weighting, participants in the department meeting decided that accelerated and honors students should be assessed only on test scores. That raises multiple questions; should accelerated students have weighting just for being a year ahead in math? What happens if a student does poorly on one test? Should one bad test ruin a whole quarterly average?

Question 2: Why is this policy a "good" policy?

"Nobody said it was a good policy." As decided in the department meeting, weighting was of greater importance than maintaining the previous grading policy

“ However, with the recent changes in grading policies, students are made into a list of just test scores ”

Question 5: What changes would you bring to the policy, if any?

While some have stated it is too early to determine whether further changes should be made to the grading policy for accelerated and honors courses others have stated that they'd like to see if there's a direct correlation between the grading policy and students' averages in comparison to last years' grades before they take a definite stance on the matter.

Furthermore, some inter-

tors as a change for the worse in the grading policy. "The policy is useless," "I don't see how only counting test scores is fair" and "I don't think it's too effective," have been statements made in regards to the new grading policy. Yet, other students have shown positive responses to the policy, claiming that no homework (obviously) is good thing. "It's great! No homework equals more free time and sleep!"

It all depends on perspective. Is this good or bad?

Top Ten Colleges HHS Students Applied to

by ALEXIS WEITZNER

It’s that time of year everyone! Whether you’re exploring college possibilities, sending in applications, waiting for letters, or celebrating acceptances, college is on everyone’s mind. There are so many different options out there, and this year some schools have been particularly popular with Huntington students.

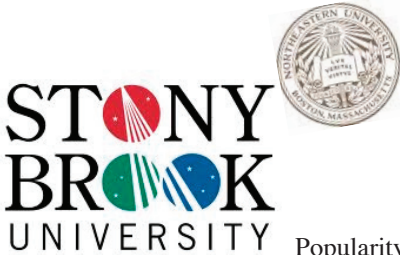


In-State Schools:

#1	Binghamton University	Vestal, NY
#2	Stony Brook University	Stony Brook, NY
#3	SUNY Oneonta	Oneonta, NY
#4	Hofstra University	Hempstead, NY
#5	SUNY Cortland	Cortland, NY
#6	University at Albany	Albany, NY
#7	New York University	New York, NY
#8	SUNY New Paltz	New Paltz, NY
#9	Fordham University	New York, NY
#10	Farmingdale State College	Farmingdale, NY

Out-of-State Schools:

#1	University of Delaware	Newark, DE
#2	Northeastern University	Boston, MA
#3	University of Massachusetts Amherst	Amherst, MA
#4	Boston University	Boston, MA
#5	University of Rhode Island	Kingston, RI
#6	Drexel University	Philadelphia, PA
#7	University of Connecticut	Storrs, CT
#8	James Madison University	Harrisonburg, VA
#9	University of Hartford	Hartford, CT
#10	Loyola University Maryland	Baltimore, MD



Popularity is based on the total number of students who have applied to the school so far this year.

What to Do on Your Next College Visit

by EMILY MCGOLDRICK

College is like candy: everyone has their own preference, and while they may enjoy anything from Twizzlers to Butterfingers, only a few will taste just right. This makes it all the more important to take full advantage of college visits by going beyond tours and information sessions to really understand what campus life is like.

A very easy way to get a feel for a college is by simply talking to the students. Don’t be intimidated—they have been through the exact same process, and they chose their college for a reason. You can get plenty of responses to questions that statistics just cannot answer. You should also talk to a few professors in your area of interest if you

can. They know anything and everything about their program, so feel free to ask any specific questions that have been nagging at you. Whether you are curious about the volunteering opportunities available or want to know more about applying to the nursing program, students and professors should be happy to help.

Next, spend time in the places where students are most often. If you know someone who goes to the school you can stay with a friend, otherwise you can schedule an overnight stay—both of which allow you to experience what it is like to live in a dorm with other people. Similarly, by sitting in on a class, you get a unique perspective on

how they are conducted and what class size you prefer. The library is also a crucial component of college, between resources needed for massive term papers and comfort for 24-hour studying during finals. Keep an eye out for desks tucked in quiet corners, big spaces for group projects to meet, and computers if needed. The dining halls are also very important, so try to eat a meal if you can. It is shocking how very limited choices in a cafeteria can influence you, as well as how the perfect salad or burger can leave you feeling a little more optimistic about your visit.

While on campus, try to time your visit so that you can take part in a school event or activity such as a



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football game or an a capella performance. Although participating could mean a lot for an aspiring football player or singer, it can also show the amount of school spirit and the ability of students to pursue multiple interests along with academics. You should also check out the school newspaper and literary magazine, which exhibit the school’s happenings and students’ creativity.

Besides on-campus events, take some time to check out the surrounding area. Look for places you can walk to or get transportation to easily, and make note of any shops or restaurants that look promising. This is especially important at city schools, where a lot of activity takes place away from campus and overflows into surrounding neighborhoods. This is also important for small college towns though, because with only a few options, they had better at least be decent.

The college process is only as scary as you make it out to be. By really paying attention to what a school has to offer, you will find what you’re looking for and hopefully find that Kit-Kat bar, so to speak.

ESL desde la primera página

que lo que se te presentará en el camino será fácil, sino todo lo contrario, quizás será una de las luchas más difíciles que tendrás en tu vida y que jamás olvidarás. Al final te darás cuenta que todo lo que lograste es para ti y no para otras personas. Ten en mente que no hay mayor lucha que la que no se hace.

Cualquier estudiante en la escuela tiene presiones, y a la vez se sienten débiles e incapaces de superar dichos momentos difíciles. La mayoría de los estudiantes inmigrantes, aparte de ir a la escuela, también tienen que trabajar. Ellos han venido a un país distinto donde deben trabajar duramente para salir adelante. A muchos les parece que el estudio del inmigrante es fácil de lograr, pero no lo es, solo el intentar lograr un estudio superior es difícil, así como es el ir a la universidad. No son pocos los desafíos que dichos estudiantes tienen

que sobrepasar para ir a la escuela. Algunos de ellos no son apoyados por sus padres u otros familiares cercanos. También son muchos los que no tienen a nadie que les ayude a realizar sus sueños. Todos somos capaces y podemos graduarnos de la “high school”, que no exista ninguna barrera que nos detenga. Durante tu camino encontrarás personas que lo único que van a hacer es desanimarte para que no continúes en la escuela y para que la dejes. Recuerdate a ti mismo, que quien te quiere llevar al abismo, no es un amigo verdadero. Puede ser que ellos te ofrezcan una salida rápida, como el dinero, pero no te ofrecen lo que en verdad necesitas, como lo es el estudio. Esta gran herramienta es algo que jamás perderás porque se encuentra en tu cabeza, y de ese lugar nunca saldrá, ni se te perderá. Claramente lo mejor te lo dan los estudios, no te decepciones al primer intento. Así como lo han hecho muchos estudiantes que no se han rendido fácilmente, si no que han seguido adelante. Hay muchos ejemplos, como lo es Walter Pineda. Walter es un estudiante que al principio de sus estudios en los Estados Unidos estuvo en ESL. Él relata que cuando empezó a ir a la escuela fue lo más difícil que había experimentado; también pensó que no lo iba a lograr, pero esos momentos de frustración solo fueron al comienzo. Tras el paso del tiempo, él se dio cuenta que todo se iba facilitando e iba comprendiendo más que al comienzo. No dejes que los problemas te ganen, mantente en una lucha constante todo el tiempo. Es muy cierto que tendrás desafíos, eso es porque nada es fácil en la vida. Este mundo está lleno de fieras que tan solo quieren acabarte y quieren que caigas al suelo como algo inservible, pero es tu fortaleza y tu capacidad la que te ayudará a luchar contra esas fieras; lo único que te tienen es envidia, porque tu intentas superarte y que quizás ellos no tienen las agallas para lograrlo. Muchos estudiantes que son nuevos en las

escuelas de los Estados Unidos, especialmente los inmigrantes, piensan que el reto más grande es la barrera del idioma. Los obstáculos sobran pero propósitos de superarse faltan. De la forma como muchos piensan que es muy difícil superarse y crecer en un país donde las personas hablan un idioma distinto al tuyo. Entonces los estudios no vienen tan fáciles como lo pensamos. Son tantos pasos que debes tomar y también superar como un campeón y no como un perdedor. La mayoría de los estudiantes piensan que el comienzo es lo más difícil y nadie niega ese hecho. Tanta es la presión, que no es fácil superar ese momento. Las clases y exámenes son otros obstáculos que muchos dicen ser difíciles. Los exámenes estatales son los más importantes de las escuelas. Estos exámenes son conocidos como los “regents”, pruebas del estado de New York que son obligatorios. A estos exámenes muchos estu-

diantes le tienen un gran temor, porque si no los pasan, no podrán graduarse de la high school. No es solamente el hablar English, sino que también es importante saber leerlo y escribirlo. El English “académico”, como se le llama al idioma ya profesional. Ese gran camino a la superación en los Estados Unidos, puede que sea muy largo y temeroso, pero no se compara con el optimismo que tú debes de tener en ti. Según las estadísticas profesionales puedes tardarte alrededor de 10 años para que puedas dominar otra lengua en su totalidad y formalmente.

Un estudiante tan especial como lo es uno, que ha venido de otro país, necesita la ayuda de muchas personas. El estudio no basta con un estudiante, a lo contrario, depende del apoyo de muchas personas. En mi opinión, el estudio tiene una base que consta de tres pilares, que ayuda a como se construye y se mantiene el aprendizaje de un estudiante. Uno de estos pilares está conformado por los maestros, pilar muy fundamental; sin ellos, el llegar a aprender sería algo imposible. Cada maestro intenta ayudarte de la manera que ellos pueden. Su máximo deseo es que nosotros, sus estudiantes progresemos a lo máximo. Jamás desaproveches todo lo que ellos te ofrecen, porque solamente tratan de ayudarte. Ellos son las únicas personas que siempre te ofrecen su apoyo para que te adaptes, y se te haga más fácil el aprender el English. El segundo pilar que te sostiene “literalmente” son tus padres. Ellos son los que nunca te abandonan, y quizás en cualquier momento ellos son los primeros que están a tu lado, si realmente te quieren como unos padres. Uno de los pilares más necesarios son ellos. Nosotros

dependemos en lo absoluto de ellos; los padres son aquellos quienes te cuidan de todo y nunca te abandonan. Ellos serán quienes te consolarán en los momentos más cruciales de tu vida. Cuando tú vas a la escuela, ellos son los que te brindarán su apoyo y amistad para que vayas y termines con éxito. Sin su ayuda, nuestra base queda sola y desamparada. Tus padres quizás son los únicos que te quieren y jamás te dejarán solo en un país tan difícil como lo es Estados Unidos. Como último pilar, pero no necesariamente sin importancia, eres tú. Tú eres la persona más esencial, y por la cual se hace todo. Tú eres quien determina y marca tus propias metas. Eres tú el que construye el camino por el cual comenzarás y terminarás. Hay muchos estudiantes hispanos que se decepcionan de la escuela y no continúan. Quizás esto ocurre porque alguno de los tres pilares está en mal funcionamiento, el uno no puede funcionar sin los otros. La ayuda mutua entre los tres es algo necesario. La valoración del maestro, padre y estudiante, es de la manera como nuestros tres pilares se mantendrán de pie y nunca caerá ninguno al suelo.

Son más los latinos que no terminan la “high school” que los que se gradúan. Ciertamente hay muchas razones por lo cual la decepción escolar sigue en aumento. Hay una gran lista de excusas que seguramente llega hasta el cielo por lo inmensa que es; sin embargo, los hechos que respaldan tantas excusas no son muchas. Es verdad que los estudiantes inmigrantes son unos de tantos que no terminan sus estudios superiores. Ellos tienen muchas razones por lo cual no logran sus metas y principalmente el hablar el English académico. Muchos dicen que tan solo el intentar aprender el English es un gran reto y esfuerzo. Todo lo que se interpone en tu lucha

no será para que te quedes estancado y no continúes, si no que esas fronteras que se te presentan son para que aprendas a superar todo lo que en tu camino se te interponga. Tú tienes que saber que todo golpe que tú das, es para que

tú aprendas una lección valiosa que te ayudará la próxima vez. No te dejes intimidar fácilmente por las palabras de personas que no quieren verte superar; siempre pon tu mejor esfuerzo. Si tú les prestas atención a esas personas, el único perdedor serás tú. Si algún día te logras caer al suelo, levántate firmemente y sacúdete el polvo de tu ropa, porque solo los fuertes saben levantarse. Lo que te trato de dar a entender es que nunca abandones la escuela por cualquier problemita que pase en tu vida. Recuerda tener en mente, “que para atrás, ni para agarrar impulso”, nunca te quedes en el mismo lugar que no quieres, siempre debes de aspirar y soñar lo más alto que puedas para cumplir tus metas. Todo lo que te propongas a hacer por más difícil que sea efectuarlo, siempre intenta lograrlo. Que el estudio superior no sea una barrera imposible de superar con éxito y con la mayor satisfacción posible. Estudiante inmigrante que la barrera del English no sea más grande que el espíritu de superación que tu corazón, alma, mente tienen en ellos. Recuerda que la inteligencia no se obtiene por el idioma que hablas, si no que por cual inteligente y dedicado eres en tus estudios.

“...son muchos los que no tienen a nadie que les ayude a realizar sus sueños.”

Si Tuviéramos Vacaciones

by LILY MORRIS

Muchas personas están decepcionadas porque las vacaciones de febrero fueron canceladas. Este es un depresión para las personas que tendrían un viaje si tuvieron la vacación. Pero, un otra problema es que muchas personas y planearon sus vacaciones y no pudieron cambiarlos. Entonces, en causo de esto, muchos estudiantes van a perder días de escuela porque han ido de viaje. Esto no es justo porque los estudiantes no pueden cambiar sus planes. También, no es su culpa que ahora hay escuela. Los supervisores saben que este es un problema pero no tienen una opción. Para tener todos los días necesarios para escuela, no podemos tener una vacación durante febrero.

Otra cosa que no es justo es que muchos estudiantes hubieran tenido un viaje con la escuela si hubiera habido vacaciones. Por

ejemplo, muchas personas hubieran ido a Belize con la escuela. Este viaje habría sido muy divertido para todos. El viaje es un tiempo para pasar tiempo con sus amigos y los maestros en un lugar



PHOTO: CLIPART.COM

muy extravagante. También, durante el invierno de los Estados Unidos, es un tiempo perfecto en America Central. Pero ahora, el viaje va a ser durante la ultima semana de junio. Y ahora, muchas personas no pueden ir.

Hay otro viaje durante febrero a New Orleans con Habitat for Humanity. Este club hace el viaje cada año para construir casas. Muchas personas también querían ir a este viaje si hubiera habido vacaciones. Es una gran oportunidad para tener una experiencia de servicio para la comunidad. También es un tiempo perfecto para tener un tiempo de alegría con sus amigos. Hay muchas personas mayores que ahora nunca pueden a este viaje. Es muy triste para todos que no hay una vacación durante febrero.

Pero, no podemos evitar el hecho que no hay vacaciones. Necesitamos ser agradecidos para nuestra escuela y que no ha sido destruido durante el huracán. La única cosa que podemos hacer, es disfrutar el tiempo que tenemos con nuestros amigos, pero en escuela.

English Synopsis: “Opportunities and Obstacles that Face ESL Students”

by ARI MOSKOWITZ

The English as a Second Language Program at Huntington High School is designed to help students, for whom English is not their native language, to succeed in school. Most of the students in this program at Huntington High School recently immigrated from Latin American countries like El Salvador, Guatamala, and Mexico. Upon immigrating to The United States of America, many of the students face the problems of reading, writing and, most importantly, speaking English. In Huntington High School, they are taught English skills to enable them to pass to the next level and optimally, college.

Many students who are in the ESL program do not make it to college for a variety of reasons. The first is financial. Many

of the students recently immigrated and their families lack financial stability. The second is a lack of support. As the value of a college degree per dollar spent dwindles, so too does its attraction. The third, and final major reason, is peer pressure. Former students that have dropped out of high school will ask those still attending high school why they choose to stay in school and subject themselves to seven hours of school a day when they could work seven hours and earn money.

Overall, the ESL program is successful in its goal to teach students who do not speak English, but there are many inevitable shortcomings to this program that limit the success of the students enrolled.

NHD from Front

Long Island Regional NHD competition is held. Now, as a teacher, he is glad that he assigns the NHD project to his students, because it “gives students a chance to hone in on research skills”. This certainly cannot be denied. The NHD project requires students to look for sources in places that they would never look otherwise. Students, in making their project, learn very quickly which information is relevant and which is completely unhelpful. In 2013, it is refreshing that students must look online and in physical books to search for both primary and secondary sources. The academic value of NHD certainly cannot be underestimated.

NHD is unique in that it establishes a common interest within members of the school community. Several classes of students, all assigned the project, share in the experiences of the hard work and the great reward of their projects. The NHD Club, which meets on Wednesdays, is the go-to place for all assistance and support from peers for the NHD projects. Mrs. Desiderio, the advisor of the NHD club, also teaches 9th Grade Honors Global History classes, which are assigned

the project. This experience mirrors Mrs. Desiderio’s own experience as a student doing NHD. “I had to do NHD as a middle schooler and a high schooler,” said Mrs. Desiderio, who explained that an NHD project was part of an Honors student’s curriculum in her own high school just as it is at Huntington High

PHOTO: Max Zelinka



For NHD students are allowed to submit documentaries, preformances, websites, diaramas , and more.

School. Because of the importance of the NHD project to students, a community of students comes together looking for guidance from teachers and other students alike. Senior Monica Casabona is actively involved in NHD

club, as many seniors are, saying “I am willing to help Wednesdays after school.” Seniors involved in NHD club usually do not have to do a project, but instead involve themselves to help younger students. The seniors involved in NHD club believe in it as a learning experience because they have experienced it themselves.

A National History Day project is above all a research project. In all corners of academic study, research is not only a skill but the basis of all academic work. Some students may have heard of the term synthesis in English or Social Studies class as making new ideas and drawing one’s own conclusions from the ideas and conclusions of others. National History Day gives them the chance to truly synthesize their ideas. Many students after high school will decide to take a path in which the research skills learned from NHD will

prove to be invaluable. Other students may take a path in which these skills are totally not needed. Whether one or the other, it can be agreed that the purpose of NHD is learning to understand, rather than just learning to know.

Annual Flu Returns

by DONOVAN RICHARDSON

During the cold winter months, sickness thrives while countless students go to the doctor or stay home laying on the couch watching TV, too tired to even get up. If the sickness is bad enough, students might have to stay out of school for several days or even weeks! Students staying home for sickness often feel miserable and fatigued, in no way up to doing any of the work assigned to them. Then upon returning to school, they are faced with the burden of making up classwork and taking missed tests. Although this is an unavoidable occurrence for everyone at all times of the year, in the cold winter we are more vulnerable to the pathogens that exist all around us and spread through our friends and family to make us all miserable.

We all know that the spread of germs is the reason that we cough, sneeze, and constantly blow our noses during the winter. So the easiest way to prevent sickness is by preventing

the spread of germs. In 2009, during the Swine Flu outbreak, basic practices like washing the hands, vaccination, and avoiding touching other people’s hands were very effective. Washing hands is important for preventing the spread of germs and should be done after using the bathroom, after touching dirty things like a playful pet or muddy ground,



and before meals. It is also important to get vaccinations for the flu and other common illnesses. Vaccines do not just prevent you from getting sick, they also prevent you from getting others sick.

Unfortunately, we all get sick at one point

or another. Once you are sick, it is most important that you recover as quickly as possible. So, if you feel like your sickness is not just a one-day thing, make sure to go see your doctor as soon as you can. If you wait too long, your sickness could get worse, and you could end up feeling absolutely horrible for a very long time. Also, remember to take the medicine that the doctor gives you, no matter how disgusting it is. If you wake up the next morning and still feel debilitatingly sick, do not come to school. Your classmates and teachers would definitely rather have you absent from school than coming to school as a sneezing, sniffing mess. The stress of school also does not help a sick person who just needs to rest. Being a sick student is not a pleasurable experience at all. However, if we all take the proper precautions, we can hopefully avoid sickness and focus on our busy lives instead of our health.

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December 21st Came and Went: The World Did Not End

by BEN NIKODEM

So, chances are, if you are reading this article, the world did not end on December 21, 2012. If in fact there was a catastrophic event four days before Christmas, then congratulations, you survived the apocalypse! How ironic that you are reading an article about why the world didn't end on said date. Now go on and fulfill your destiny to restore the human race. But let's get back to the more likely circumstance that there was no disaster in 2012. You must want to know why nothing happened on the much-anticipated "doomsday"! Well, there were multiple theories on how the world was going to end on December 21, but there was scientific evidence that proved every one of those theories wrong. Interestingly enough, one of the main reasons why the 2012 apocalypse did not occur does not even deal with the theories, but rather the date itself.

The Mayan Civilization was credited with starting the entire 2012 prophecy. The Mayans created a cyclic calendar that ended abruptly on the 21st of December during the 2012th year, thus signifying the apocalypse. Now that's all jolly and good except for one little problem. The calendar that we go by, known as the Gregorian calendar, was not introduced until 1582 A.D., hundreds of years after the Mayan Civilization died out (around 200 A.D). Therefore, the Mayans could not have known about our calendar, and therefore many details like leap years were not included in their prophecy. But let's say those sneaky Mayans did know that the Gregorian calendar would be adopted in the future and they already had complete awareness of leap years and such. Let's say the Mayans meant what they wrote and wrote what the meant, and the 21st of December in our very own 2012 was the day they predicted all civilization would be destroyed... Well, they were still wrong because every single contemporary theory put out has been disproven by SCIENCE... and logic.

The first theory we will look at is the

geomagnetic reversal theory. This theory stated that the positions of the magnetic north and south would change on December 21st. This basically means the North Pole would switch with the South Pole in



PHOTO: JACOB RODAY

terms of magnetism. Compasses would point south instead of north. This apparently would have released a very large amount of energy, which would have killed a fair amount of life forms. This theory was wrong for multiple reasons. First off, geomagnetic reversals have been happening all throughout time, and they have not been associated with mass extinctions. This is because it takes a couple thousand years for them to complete, and the effects are not felt at all. Secondly, many believed that a massive solar flare would have set off a magnetic reversal. Solar flares (bubbled off sections of very hot gas from the Sun) are dangerous

in that they cause power outages and ruin satellites. They do not cause planetary magnetic shifts though. Besides, the most powerful solar flares are expected to come in 2013, not 2012! So we're safe from geo-

magnetic reversals and more power outages... for now.

The second theory was the celestial alignment theory. Some people believed that during December of 2012, our sun

not true because in order to cause any type of havoc, the black hole mentioned would have to be a whopping 6 million times closer to Earth. I think we can safely say there is no danger from any dark crevices. Other alignments that were supposed to be catastrophic were ones of the planets, but these happen very often and have never hurt anyone except for that one time when some guy on Jupiter got a concussion due to an alignment with Venus.

The next theory dealt with a collision of Planet X (also known as Nibiru) and Earth. This theory was completely farfetched because there is no evidence that Planet X even exists! If a large planet were to collide with Earth in 2012, we would have known for months beforehand. Planet X was not supposed to be just large though, it was said to be four times the size of Earth! Such an object would be visible to anyone looking up in the sky. Astronomers and sensible people alike knew that they could cross Planet X off of their worry lists.

There were many other theories about why the world was going to end on December 21, 2012, including massive floods, storms, earthquakes and volcanic eruptions. I could go on and rant why none of these theories were true, but we know they didn't happen anyway, and frankly, I have already exceeded the 700-word count I should have had for this article. So be happy and enjoy 2013, because you must have heard by now about the 2014 doomsday as foretold by the Mongols. Unfortunately, there is absolute proof supporting



PHOTO: EMAAD KWALA

would align with a very large black hole in the center of our galaxy. This would somehow cause a great disturbance and of course, destroy all life. This was again

this new apocalypse, therefore all we can do is wait. Have fun while you can. You never know when the apocalypse is really coming.

The Dispatch examines . . .



1) Infinity Scarves- This trend seems to be going on and on and on!

2) Beyoncé- It looks like America doesn't care what they're hearing as long as it's coming from Beyoncé's lips.



3) Fun Run- Not the highest quality app that's ever crossed our path but it's certainly addicting.



4) Pinterest- Beat boredom by repinning!

5) American Horror Story- Do we completely understand what's going on? Not all the time. But we still can't stop watching.



1) Wishing a Happy Birthday on Instagram- And how exactly does that picture from three years ago relate to your BFFs birthday today?



2) Third Quarter- Eight straight weeks without a break... Thanks Sandy!

3) Lady Gaga- Lost the title of "Most Followers on Twitter" but gained 25 pounds.



4) The Weather- Literally! Finally starts being freezing in the third week of January!? Thanks for the heads up Mother Nature.



5) iPhone 4- It's 5 or nothing at this point



Advice from Whimsical friends

Question: My parents are divorced and recently my mother has been dating the most awful man, I think he is using her and he's around the house all the time, I can never feel comfortable in my own home while he's there, how can I stop this?

Advising Princess- I'm so sorry to hear of your troubles. There is little solace to find in this situation, but try speaking to your mother about your concerns and if she is not utterly enraptured in him she will listen to her child. You cannot act on the belief that he is using her until you are sure. Facts are always necessary in any delicate situation. Having a happy home is very important to the psyche. Be sure he is truly awful, for the most peaceable outcome would be to forge a friendship. Do not despair or trick yourself into believing your mother is choosing him. If it were truly a choice it would always be you, but in her mind it is no such decision. Bear the burden strongly and remember; no pain is eternal, you will live on your own eventually and no one will deny you the pleasure of your own home.

Question: I've been having a lot of trouble focusing in school. I know it is important to do well, but I can't bring myself to learn things I will never need (most of the core classes). What will help me understand the topics I don't care about?

Ancient Student- Of course schooling can always be extremely strenuous. Such a question often has crossed my mind. Why? Such time is spent (and ultimately wasted) on some of those topics you speak of, the ones only taught because the study has been taken so far, so much is known that they think they must teach it all, but it is not so. Trigonometry will never be made easy or pleasant if you do not have a mind for it, that is not to say that it must be pursued. School is your current occupation and though it is not enjoyable, it is most important. It is only current and once you are finished you will reap either the rewards or pains of your actions: think for your future happiness and pleasure, put in slight effort (pay attention, study for tests) and you will ultimately have less work and stress. Do your work quickly rather than dreading it only to be surprised at the ease of it. Although it may not seem so, core classes can be valuable, English certainly will be used throughout your life and is quite necessary for any job. Stand out in other ways in school as well, with clubs and extra work, so grades in classes you consider yourself incapable in will not be so important.

To Submit a Question to either friend please email HHSDispatch@gmail.com

History of Valentine's Day

by BRIAN MCCONELL

Everyone has been thinking it. Some possibly for hundreds of days, others for only the few seconds after they read this headline. "How will my February 14th



go?" This day is not only important because of the massive amount of sugar and chocolate that will fuel everyone's weekend, but also because of the unique opportunity to touch the heart of a special someone.

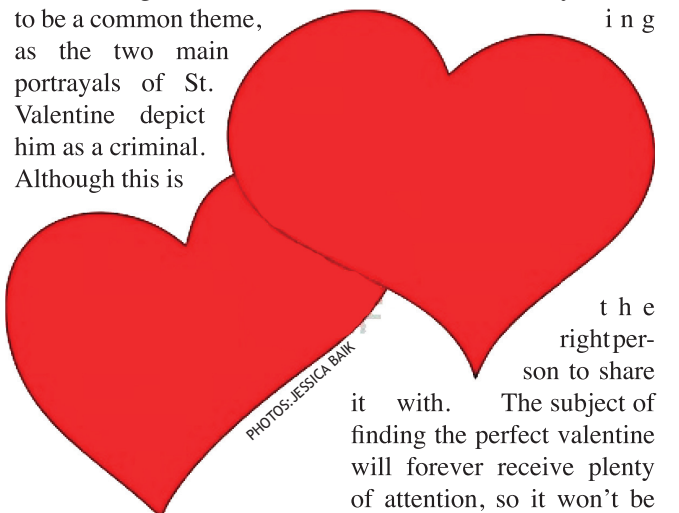
tunity to touch the heart of a special someone.

In order to enjoy St. Valentine's Day, it is important to first remember the origins of such a day of love. Named for Saint Valentine, this day commemorates the saint who was either a priest who secret-

ly married couples against Roman law, or a prisoner who sent a letter to his love before his death. Also, it is important to note a similar Roman festival that occurred around the same date, the pagan festival of Lupercalia, honoring fertility and a Roman god of agriculture. From these beginnings, we can determine what the real meaning of Valentine's Day is. Breaking the law seems to be a common theme, as the two main portrayals of St. Valentine depict him as a criminal. Although this is

bly the fullest enjoyment of Valentine's Day would be committing a crime while on a farm, although this is not a good idea and is also illegal. But why put all of your effort into tradition when you could enjoy an even more perfect Valentine's Day in more contemporary manner?

As some may know, the key to achieving the best Valentine's Day is finding



not encouraged, illicit acts just may be the key to happiness on Valentine's Day. Additionally, agriculture likely plays a part, so spending the day in the fields as they did in ancient Rome could turn out positively. Quite possi-

the right person to share it with. The subject of finding the perfect valentine will forever receive plenty of attention, so it won't be explored too much here. The only significant point to make is that there will always be another St. Valentine's Day, and numerous ways to enjoy it, regardless of whether it involves rural delinquency or simply the company of others.

What To do with 29 inches of Snow: How to Build the Perfect Snowman

by VICTOR TELLEZ

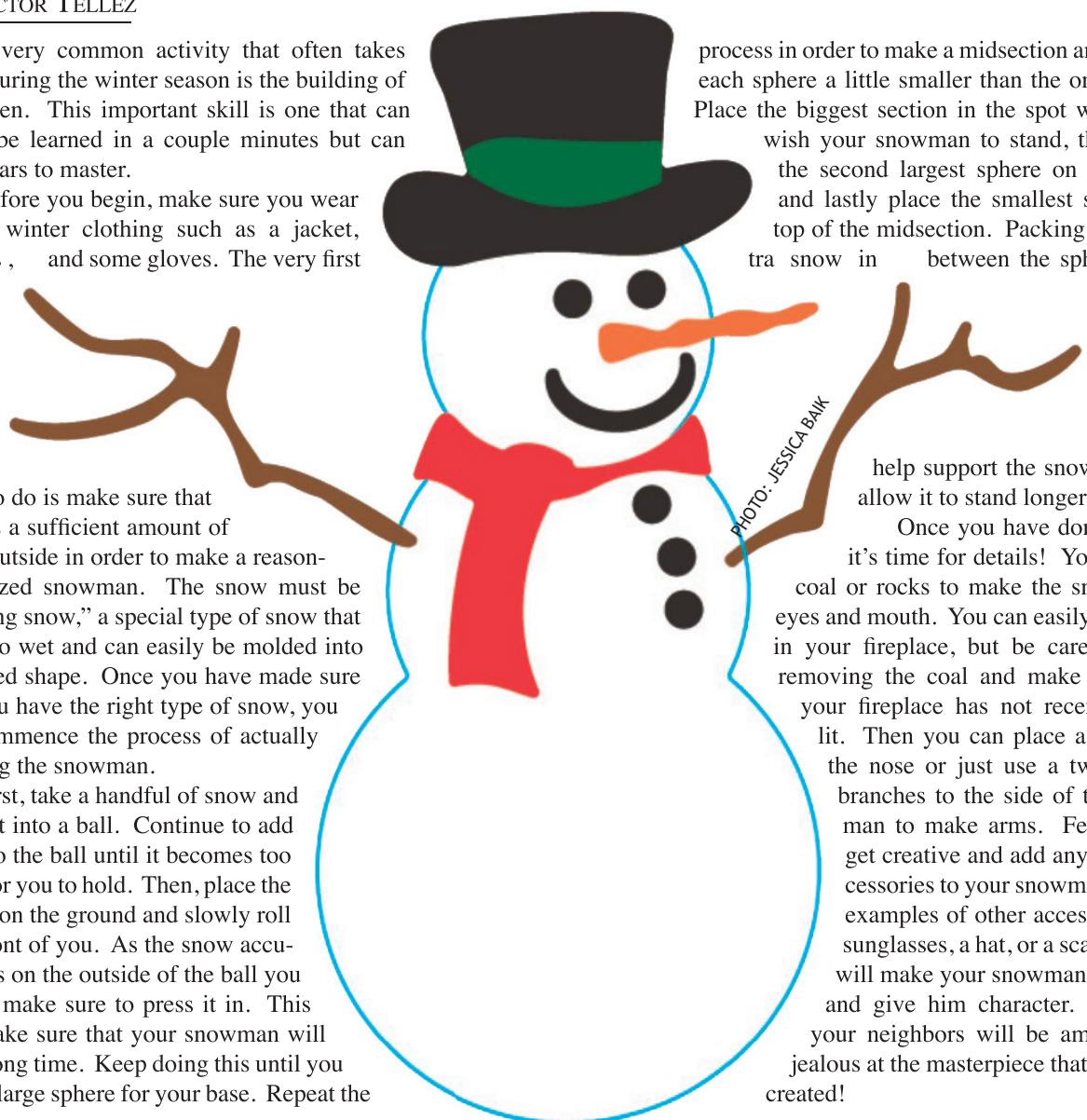
A very common activity that often takes place during the winter season is the building of snowmen. This important skill is one that can easily be learned in a couple minutes but can take years to master.

Before you begin, make sure you wear proper winter clothing such as a jacket, boots, and some gloves. The very first

thing to do is make sure that there is a sufficient amount of snow outside in order to make a reasonably sized snowman. The snow must be "packing snow," a special type of snow that isn't too wet and can easily be molded into a desired shape. Once you have made sure that you have the right type of snow, you can commence the process of actually building the snowman.

First, take a handful of snow and shape it into a ball. Continue to add snow to the ball until it becomes too large for you to hold. Then, place the sphere on the ground and slowly roll it in front of you. As the snow accumulates on the outside of the ball you should make sure to press it in. This will make sure that your snowman will last a long time. Keep doing this until you have a large sphere for your base. Repeat the

process in order to make a midsection and a head, each sphere a little smaller than the one before. Place the biggest section in the spot where you wish your snowman to stand, then place the second largest sphere on top of it, and lastly place the smallest sphere on top of the midsection. Packing some extra snow in between the spheres will



help support the snowman and allow it to stand longer.

Once you have done all this it's time for details! You can use coal or rocks to make the snowman's eyes and mouth. You can easily find coal in your fireplace, but be careful when removing the coal and make sure that your fireplace has not recently been lit. Then you can place a carrot as the nose or just use a twig. Add branches to the side of the snowman to make arms. Feel free to get creative and add any other accessories to your snowman. Some examples of other accessories are sunglasses, a hat, or a scarf. These will make your snowman stand out and give him character. Now all your neighbors will be amazed and jealous at the masterpiece that you have created!

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The Dispatch is Huntington High School's official student publication. Written for over 1200 students attending HHS, *The Dispatch* is distributed to all students, staff and school community members at the school free of charge.

The Editorial Board is the newspaper's decision-making body, organizing and directing its operation. *The Dispatch* staff has adopted the following editorial policy to express the rights, responsibilities and philosophy of the newspaper for the 2012-2013 school year.

The Dispatch of Huntington High School is a public forum, with its student editorial board making all decisions concerning its content. Unsigned editorials express the views of the majority of the editorial board.

Letters to the editor are welcomed and will be published as space allows. Letters are preferred signed, but may be published by request. The Editorial Board reserves the right to edit letters for grammar and clarity, and all letters are subject to laws governing obscenity, libel, privacy, and disruption of the school process, as are all contents of the paper. Questions, comments, and letters to the editor should be sent electronically to hhsdispatch@gmail.com or submitted to *The Dispatch* mailbox located in the main office.

Opinions in letters are not necessarily those of the staff, nor should any opinion expressed in a public forum be construed as the opinion of the administration, unless so attributed.

The Dispatch's goal is to provide readers with interesting content in a wide variety of areas. Such areas include the news coverage of school and community events, as well as features on relevant topics. In addition, *The Dispatch* will provide opinionated editorials on controversial topics, as well as provide previews and reviews for upcoming school and professional sports seasons and other forms of entertainment.

The Dispatch accepts advertisements from local businesses and student organizations. The basic rate for advertisements can be provided on request to any interested organization. Requests for specific pricing, and examples of past advertising may be requested via e-mail through hhsdispatch@gmail.com. The Editorial Board reserves the right to refuse any advertisement deemed inappropriate, specifically those that reference illegal or controlled substances, products, services and/or paraphernalia.

Save our APs

Advanced Placement Classes bring Diversity to Course Options and are Critical for College Bound Students

Advanced Placement classes are something nearly every Huntington High School student has heard about, but not nearly as many students take advantage of them. For this reason, APs seem to be slipping away, and few seem willing to fight for these classes to remain. APs aren't solely for a select group of students, the ones who have been on the "honors path" their whole lives. Advanced Placement classes are meant to be a challenge, and are quite rewarding in the end. Any student willing to put the effort in is more than worthy of taking these demanding classes. If students don't show their passion for these AP courses to continue, many might not be around much longer.

Some APs seem to be more secure in their probability of remaining in the Huntington High School curriculum. AP United States History, for example, encompasses a necessary course for graduation (U. S. History), where the only other option is regents U.S. While there is nothing wrong with taking a regents level class, it may not offer the challenges some students seek. This leaves students with two-options: regents or AP. Many students who might otherwise chose the middle ground of an honors or accelerated class are somewhat forced to try pushing themselves into the AP class. With other classes, the choice isn't

always as clear. As the way the math and science credit requirements are set up, it isn't often necessary for students to take math/science all four years of high school. With this, and considering the many designations math/science courses have (regents, accelerated, honors) AP science and math classes aren't always the first a student will choose. The AP Calculus BC class is often comprised of a small group of students, as many oth-

“Students will be missing out on the opportunity to not only challenge themselves, but to save money when attending college.”

ers will take a different AP math (such as AP Calc AB or AP Statistics), a non-AP math (which could be regents or accelerated) or simply not take a math course at all. These APs are put further at risk by the stigma they have attached to them: only honors kids can take APs. This isn't necessarily true. While a high level of motivation and a certain level of understanding are required, many non-honors students are more than capable of successfully completing an AP course.

Disappearing AP options have many downfalls. Teachers just beginning to teach the course will be unable to smoothly improve their first-year-kinks,

as they'll have a gap, if the course is not taught yearly, where a lot could change or be forgotten. Students will also be missing out on the opportunity to not only challenge themselves, but to save money when attending college. An increasing number of colleges/universities are accepting AP credits in the place of certain requirements. This can save families a lot of money, and can also save students a great deal of stress. APs are also great to put on college applications as they give students a competitive edge, showing a passion for learning at a higher-level (which is what a great deal of college is about).

Though many students have already put in their requests for their schedules for next year, it's not too late to consider some of the APs our school has to offer. Talk to your teachers, parents, peers, and guidance counselor about what options are truly best for you. Consider where you'll be challenged in ways you've yet to be before. If you're already signed up for an AP that may be in danger of not running next year, don't simply let that go. As students who are soon bound for the "real world", it's necessary we take responsibility and action for the things we believe in. Demand the courses you want to see continually offered at the high school; don't allow them to dissolve away.

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TAKE PICTURES!

WRITE!

E-mail hhsdispatch@gmail.com

Contact Mr. Florea, Ms. Antorino, or one of *The Dispatch*'s editors if you wish to place an ad in the paper.

Kevin Abt

1994-2013

"Life is short ... Live like you are living" ~Darius Weems,
DMD Spokesman

Madison:
"Rest in Peace Kevin.
Taken from this world too
soon, heaven has another
angel now. You and your
family are in my thoughts
and prayers."



John:
"Kevin Abt you were a
very great human being
and words cannot express
the feelings of how I feel,
you'll always be the most
talented guys I have ever
met and I won't forget
the times we had as kids,
we love you Kevin you
will be missed, rip."



John:
"Kevin Abt, damn its crazy how fast things can happen.
It all started out by you asking me to be your manager
then the next thing you know we are on stage together
killing shows. You've always inspired me to do new
things and be passionate about the things you love.
You are an amazing person and will never be
forgotten. You've taught me lessons that
will stick with me forever. I love
you and will miss you. Rest
easy."

Blue and White By Mark Curley

Paint it blue and white, let the colors collide

Rolling in strong with the incoming tide

A crowd of millions gather around a center lit stage

The lights dim and a figure enters of a young age

Paint it blue and white, the blood that flows through the Station

Beating our hearts that fills with inspiration

The music starts slow but it picks up the tempo

A sick beat that has everyone bobbing their heads to the flow

Paint it blue and white, our anthem, our motto

A moral lesson that guides a county to follow

The lyrics start streaming as it pierces the crowd

A voice onstage starts singing, his words are confident and proud

Paint it blue and white, our line of defense

A symbol of unity that is subtle yet intense

"KCA!" they shout as the song comes to an end

A chance of a lifetime that we could never dream or pretend

Paint it blue and white on our rock as an art

Paint it blue and white for Kevin, our heart.



James:
"Kevin I've known you
my whole life man, we
go way back to the cub
scout days. I'll never
forget those good memo-
ries, I'm listening to all
your music for the first
time right now, I wish I
had told you before that
you are truly an amazing
(and) talented kid. Every-
one is going to miss and
remember you forever.
You really do inspire me.
Thank you. Rest in Peace
Kevin."

Matt:
"RIP Kevin...Words
can't explain how
much I'm gonna
miss you. Whether
it was while we were
recording music, on
one of our adventures
through the bay with
the "night" crew or
just hanging out you
always knew how
to make me smile.
Thank you for being
such a great friend,
I wish I could have
been home with you
during these last few
weeks. Watch over us
KCA."

Duchenne muscular dystrophy is the most common fatal genetic disorder diagnosed in childhood, affecting approximately 1 in every 3,500 live male births (about 20,000 new cases each year). Because the Duchenne gene is found on the X-chromosome, it primarily affects boys; however, it occurs across all races and cultures.

Duchenne results in progressive loss of strength and is caused by a mutation in the gene that encodes for dystrophin. Because dystrophin is absent, the muscle cells are easily damaged. The progressive muscle weakness leads to serious medical problems, particularly issues relating to the heart and lungs. Young men with Duchenne typically live into their late twenties.

Duchenne can be passed from parent to child, but approximately 35% of cases occur because of a random spontaneous mutation. In other words, it can affect anyone. Although there are medical treatments that may help slow its progression, there is currently no cure for Duchenne.

~www.parentprojectmd.org/

Kristina:

"Kevin Abt I don't even know what to say. I can't believe it. You were the strongest person I've ever known. Even when you were young. I will never forget when we were in 3rd grade (and) you read a book about your disability to the class. I've always remembered this because you talked about it with such strength. Nothing was gonna stop you and you were determined even as a young boy. You are so talented. Just Saturday, Katherine, Matt and I were all listening to your music talking about how talented you are and how your (sic) gonna be famous. We are all going to miss you so much. Fly high Kevin. Always and forever."



To Donate to help fight Duchenne's Muscular Dystrophy please visit:

Charleysfund.org/donate

Tour de... *Ice Cream*



by BRIAN MCCONELL

While it's true that a FroYo craze has swept our town, Huntington still holds a substantial following of the classic dairy desert, ice cream. Based on milk, cream, and sugar, ice cream is a common finish to an evening in the village. We took a look at some of our local ice cream shops to determine their strengths and weaknesses, and keep our readers informed on how to best treat their frozen dairy desire.

BASKIN ROBBINS



By taking the course of alphabetical order, Baskin Robbins is the first stop on our journey. This international franchise, with a home at 200 East Main Street, has proven to be a strong ice cream vendor for years. Their large plethora of intriguing flavors varies from the Gold Medal Ribbon ice cream, with a chocolate, vanilla, and caramel swirl, to the classic Cherries Jubilee ice cream of cherry pieces and a hint of rum flavoring. Baskin Robbins also sells ice cream cakes, with a book full of different themes to entertain people in the shop. However, our location has an advantage on most other ice cream stores – it also is home to a Dunkin Donuts. This coffee shop often makes it worth the extra few minutes down Main Street. Still, some say that the double whammy causes the service to be a little less consistent, depending on the time of your visit. Obviously, we can expect a coffee shop to be filled in the morning while many people head to work. Then again, morning ice cream is an expedition most level-headed individuals would not generally embark on.

BEN AND JERRY'S



Next in the alphabet, we arrive at 298 Main Street for Ben and Jerry's, part of a Vermont-based North American ice cream franchise. This company not only produces some serious dairy deliciousness, but also is very active in giving back to the world as a whole, such as through their current campaign to label the presence of foods from GMOs (genetically-modified organisms). Some of the many creative and complex flavors offered by Ben and Jerry's are the beloved Chocolate Therapy, made of all sorts of chocolate goodness, and Vanilla Heath Bar Crunch, a yummy combination of its namesake vanilla ice cream and Heath bar pieces. This store also has sugar free ice cream for those who wish to keep track of their sugar intake. Meanwhile, for those who aren't as worried about consuming sugar, Ben and Jerry's sells The Vermonster, a massive 14,000 calorie tub of 20 scoops of ice cream. This is likely a better option for groups, while Ben and Jerry's also has the ability to host birthday parties on the premises, allowing customers to get up close and personal with tons of ice cream. A strong point of our Ben and Jerry's is its location in the center of Huntington Village, directly on Main Street. This enables plenty of nearby parking, and is a quick walk from all ends of the Village.

Following along in the alphabet we have Carvel, a long-loved house of ice

cream found at 210 Wall Street. Many people remember the numerous ice cream cakes in particular bought from Carvel, a national franchise with a reputation for excellent cakes. Carvel is more of a master of the basic flavors, with classic choices such as chocolate and vanilla, but in various forms other than the simple cup or cone. Carvel makes Lil' Rounders, known to some as "flying saucers," as well as high quality thick shakes and famous soft-serve. In addition, the store's location proves to be effective as well, by being slightly offset from the central village, near the Southdown area, which ironically is north of town. This allows a better chance of adequate parking, while the shop is still a short walk from places like the movie theater and a multitude of eateries. Further, this allows people who are looking to avoid the bustle of the Village to get great ice cream with less stress.

CARVEL



Last on our alphabetic list comes Herrell's, found at 46 Gerard Street. This smaller, eastern franchise has more of a homey feel, but packs as much palatable punch as the larger companies. The ice cream is all made on the premises, allowing for all sorts of creative and fascinating flavors, from Mexican Chocolate ice cream, chocolate with a touch of cinnamon, to Banana Daiquiri ice cream, made with real bananas. These flavors aren't always in store, however, because they have to be mixed and prepared when available. Herrell's is also known for the famous

fudge sauce they make, which comes in flavors ranging from Chocolate and Coconut to Orange and Chipotle, as well as their self-made pure chocolate sprinkles. This shop additionally sells another delicious rarity – dairy-free ice cream. This No-Moo Ice Cream, as it is called, comes in a few classically excellent flavors and is aimed at allowing those who aren't dairy eaters to enjoy the lovely ice cream experience. Herrell's positioning is a further bonus, as the store is found in a rather strategic location near Wall Street. The store is remarkable close to not only the movie theater and tons of places to eat, but it is also partially on the edge of town, while still being extremely close to the center of the Village. This allows not only a quick walk from most popular locations in town, but also from the parking nearby the post office.

HERRELL'S



As we view Huntington's ice cream shops, we see the similarities and differences one would expect from various enterprises. While all shops offer a place to stick around and snack on their tasty treat, these treats are more likely to differ between locations. Also, the shops may all carry basic chocolate and vanilla in the staple cup, cone, or shake, the styles of each will likely vary. However, the best way to go about determining the optimal use of your dollar towards ice cream is to be open to the assorted approaches, and test a wide amount of samples before a decision is made.

IN STYLE HHS Students rock Winter Clothes

by TAYLOR CHOY



Above: Senior Erica Flor keeps it simple in a white button down, light wash high-rise jeans, and smoking shoes. She perfectly layers this spring-esque look with a fur vest, which is perfect for the winter. Left: Sophomore Jamie LaSorsa takes the wardrobe essential body con dress to another level by adding textured tights and a beanie. The contrasting neutral cardigan adds a warm but stylish touch.

Below: Sophomore Kattera Griffin sticks to the classic dark colors for the winter months with a chunky moss green sweater and brown combat boots. Her statement necklace is an ideal piece to accent any simple outfit.



PHOTO: TAYLOR CHOY

A Retrospective of 2012: A Spiral Through Time

by MIKE STAFFORD

It is surprising how much can happen in Three Hundred Sixty-Six days and here at *The Dispatch* we know that no year would be complete without remembering the highlights, the events, the stories, and the hooplah. So why don't we revisit the sports, the storms, the songs, and some of the most memorable moments of 2012.

Start:

January 1st- A new year begins! Hooray.... People create ludicrous New Year's resolutions and break them before the weekend hits.



February 5th- New York Giants win the Super Bowl. Score one for New Yorker's, even though they have not played in New York in 36 years.



March- Song "We are Young" set fire to air-waves across the country.



April 2nd- Kentucky Wildcats basketball wins the 2012 NCAA championship.

Charles Wang, the owner of the Islanders, at-tempted to buy-out the entire team to have one winning team play in the Nassau Coliseum.



October 29th- Hurricane Sandy. The storm of the century left trees completely uprooted, fences down, and kept everyone in the dark. The storm left us without school for eight days even with Mr. Polanasky personally commandeering a LIPA truck in order to rewire all of the Hunting-ton schools.



November 6th- Barak Obama is re-elected. In other news, campaigning for 2016's presiden-tial election has begun.



December 21st- The end of the world. Nice to know once again the mass hysteria of the day was a massive storm that didn't actually destroy the world.

To Be Continued...

May 11th- Chinese scientists use quantum teleportation in order to teleport photons. Gen-eral public still confused by what photons are (re-ally bad sorry).

CrossFit

FORGING ELITE FITNESS

September- Cross fit, cross fit, cross fit. "No gym teachers, we actually DON'T like seeing eachother sweat through their clothes because you were making us go all out during squat-thrusts."

August- Besides being blistering hot, ev-eryone once again realized that school was in a month. This once again caused mass hysteria over the massive amounts summer homework not done. It didn't matter though, as many students till procrastinated throughout the entire month.



July 25th- London Olympics. U. S. once again dominated the events, as Michael Phelps became the most decorated Olympian. Don't lie though, the first week all you could do was watch Olympic coverage, but throughout the second week you tried to find anything else on.



June 9th/10th- Relay for Life. Being one of the most emotional and important new events to come to Huntington High School in recent years, the entire student body looks forward to its next installment.

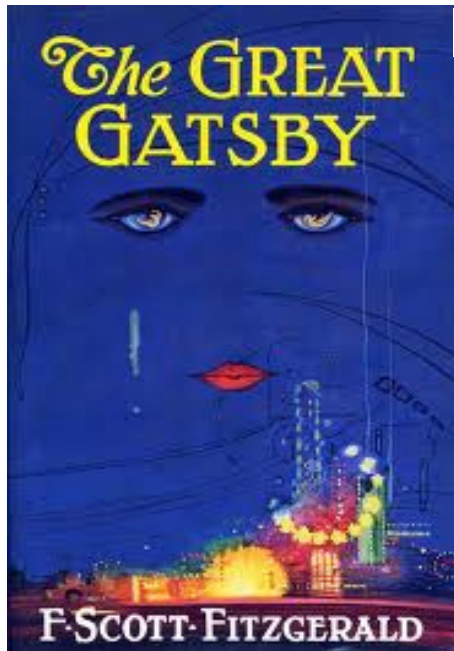
Critic's Corner Books

"The Great Gatsby"

by CHARLES BEERS

To praise *The Great Gatsby* as the defining American tragedy would be pointless, seeing as countless critics around the world have established the novel as one of American literature's finest masterpieces. I went into this book with little to no background of its characters or the heart-breaking story of Gatsby's quest to reclaim his long-lost love. From both the professional opinions of my English teachers and my parents, I only

great novels, it starts slowly with a back-story on how Nick arrived at West Egg and became neighbors with the mysterious Gatsby, a wealthy bachelor who throws lavish parties full of dancing, liquor, and celebrity guest appearances. It is fun to see that Nick and Gatsby don't immediately become friends, and how Nick has to uncover Gatsby's clouded past piece by piece rather than Gatsby just stating it outright in the beginning



knew that it was a powerful book with a powerful message. And, in spite of the mountain of acclaim that the novel has attained over the years, it still manages to surpass all expectations as the epitome of American literature.

Perhaps the strongest aspect of *The Great Gatsby* is its timeless characters. Gatsby himself is a likeable character who you can easily sympathize with, addicted to an impossible dream and determined to see his old love return to him. His current life is almost as shady as his past, making him an interesting character to investigate and learn more about as the story progresses. Nick Carraway, the narrator, adds a strong voice to the story. While he may seem dull to the reader in the beginning chapters, his narrations quickly pick up as the story becomes juicier, providing a fantastic perspective of Long Island during the Roaring Twenties. Even Daisy, who many of my peers despise with a passion, is a memorable character. While her motives and inability to make important decisions are very frustrating character traits, Daisy is still a strong character in that she provides a model of women in that era. The frustration she causes and the pure naiveté that she possesses make her an incredibly impressive character who many fail to truly understand. The combination of all the characters' traits, whether they are strengths, flaws, or inner demons, is the main reason why *The Great Gatsby* is so highly regarded today, and is what makes the novel a surprisingly entertaining read.

The plot is, as every other literary critic has expressed, flawless in every sense of the word. Like all

of the novel. The main conflict in the story, to put it simply, is that Gatsby is trying to reconnect with Daisy, an old love, who is already married to Tom Buchanan, one of the most loud-mouthed, irritating characters I have ever encountered in a novel. As time progresses, the stars cross, and Gatsby succeeds in winning back Daisy. However, there are soon dramatic complications that create great tension between the Buchanans and Gatsby, leading to several unforgettable moments in the story's subtle, yet incredible climax that grabs your attention and never lets it go. From its slow beginning to its poignant conclusion, *The Great Gatsby* is a perfect story told at a perfect pace, satisfying even the most hesitant of readers.

Overall, *The Great Gatsby* is a flawless novel that will continue to influence our society for generations to come. But you knew all this already, didn't you? In one way or another, whether it is through a teacher, a new feature, or a bookworm, everyone has heard of the tragic story of Jay Gatsby, and with good reason. Even 80 years after it was first released, readers around the world continue to follow Nick Carraway in his journey through the mystifying world that was Long Island in the 1920s. We still warm up to Gatsby, laugh at Tom, and mourn with Nick, and it still manages to astound us all over again. And as Gatsby continues to try to achieve that perfect life of happiness as the novel lives on throughout the decades, we will always be at his side, constantly cheering for the man who redefined the meaning of The Great American Novel.

"Hush, Hush"

by ASAR NADI

"A sacred oath, a fallen angel, a forbidden love."

Vampires and werewolves have been used to grab the attention of teenagers since the beginning of time. Becca Fitzpatrick, however, has a different method for hooking her readers—angels. In *Hush, Hush*, the first book of her four-book series, she lays the foundation for a very compelling plot. Sucking the reader into a place that is dark and unforgettable, Fitzpatrick writes the series with a different approach than other teen authors. Unlike *Twilight*, where everything ends in a nice and dandy way, *Hush, Hush* brings out more evil throughout the series, with each book having a more twisted ending than the last. As the series continues, the connection of the main characters becomes stronger and more complicated. Fitzpatrick uses strong imagery in every chapter and writes from

her heart. Although she uses the same forbidden love storyline, her style of writing is very different than that of Stephanie Meyer.

Like any other fantasy book, *Hush, Hush* has a romance element. Forbidden love is the most dramatic of romances; but don't think that this is just another version of *The Twilight Saga*. Unlike Meyer, Fitzpatrick explains the important facts in each chapter without unnecessary sentences and padding. Fitzpatrick manufactures many plot twists and gives multiple purposes to the characters to make the story more addicting and interesting. Also, rather than going into every single tiny bit of detail, she writes just enough for the reader to understand what is going on. Meyer, on the other hand, has just one purpose for her entire series—a forbidden love that can't be broken up. Meyer also feels the need to explain too much in the



story which often causes the reader to get confused about what is or is not important. Although the writing style of each author is unique in its own way, both aim to create a version of forbidden love. "Horror and romance fans who are weary of the werewolf (and vampire) next door will welcome this new take on the heart of darkness." —Booklist

Anyone who loves the *Hush, Hush* series will be interested to know that it is going to become a motion picture, and can create their dream cast at www.beccafitzpatrick.com.



"Buffy the Vampire Slayer"

by ASAR NADI

"In every generation, there is a chosen one.

A slayer destined to protect the human race.

She alone must fight the demons of hell.

She alone must risk her life to stop the spread of evil."

The book, *Buffy the Vampire Slayer*, doesn't necessarily talk much about vampires. In some parts in the book, vampires are mentioned but never fully explained. The book covers mostly demons and the unexplained, but never really vampires as much.

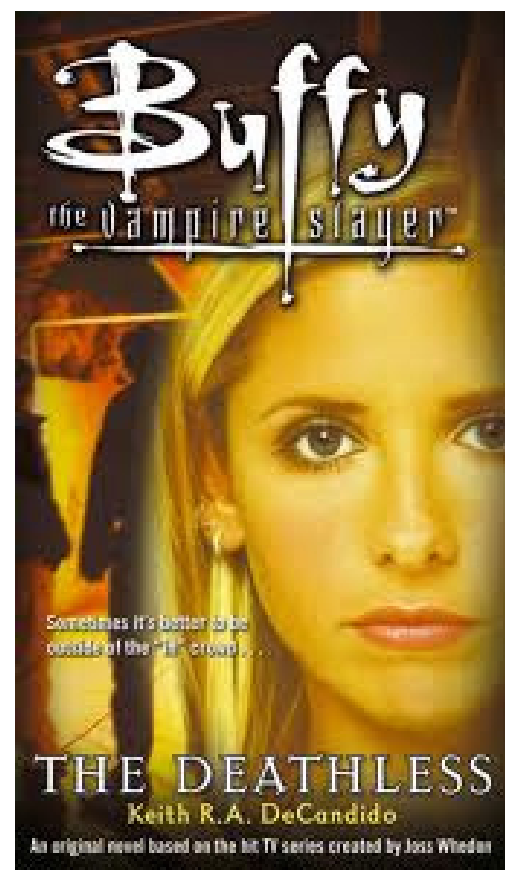
This series is like no other trilogy. It contains three different stories written by three different authors. John Vornholt, Arthur Byron Cover, and Alice Henderson cover different stories to explain the life that a vampire slayer lives in. Each story, that is told, shows a different side in each character mentioned.

Henderson writes to explain every detail down to the footsteps. In every chapter she writes, she first explains the scenery then she writes what the character is doing. She expresses the characters thoughts to bring the story to life as if sitting in a screening room. She writes thinking that the story must end but doesn't know how to end it. Her style of writing is very addictive to the reader due to the way she writes and how she explains it all. Her story is more explained in an action and gruesome style. Explaining each detail brings the imagery to life while Vornholt and Cover lack that very skill.

Both Vornholt and Cover explain the characters' needs but never explains their thoughts and show what they're imagining. They both get straight to the point as if they want the story to end and they know how it's going to end. The size of Vornholt's and Cover's stories put together is the size of which Henderson wrote. This shows that Vornholt and Cover lack skill

of quantity of details in a chapter. However, their skill of writing is both intriguing and addictive. They explain things in a dramatic and also in a comedic way. If they both explained more into depth, their stories would be action and hilarious.

With the combination of all three writers, the book brings it all to life just as the series is seen on Television. If the type of book and T.V show that you enjoy is action-packed, then the *Buffy the Vampire Slayer* series is a perfect fit.



Critic’s Corner

Movies and Albums

“Cruel Summer”

by Natalie Lanzisero

Kanye West and G.O.O.D. Music released this rap collaboration album in September. When first announced by Kanye in October 2011, fans expected it to be the album of the year, and possibly of the decade. Rumors circulated of the album featuring artists such as A\$AP Rocky, Frank Ocean, Azealia Banks, and Most Def. When the album was actually released, none of these artists appeared on the

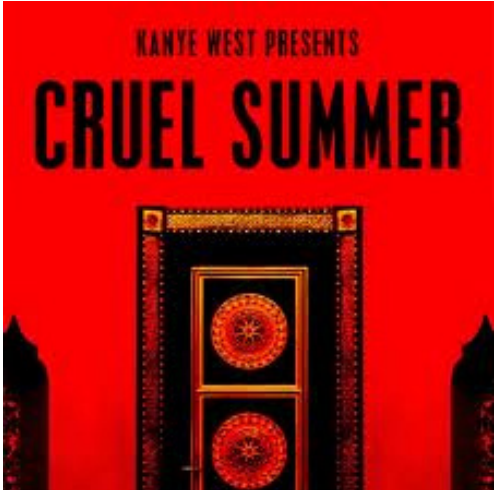
album. This failure to meet expectations was an immediate disappointment for fans. Although the previously mentioned artists were not featured, Cruel Summer included popular rappers and hip-hop artists including Kanye West, Jay-Z, Big Sean, 2 Chainz, John Legend, Kid Cudi, and many more. The album included famous singles such as “Clique,” “Mercy,” “New God Flow,” and “Theraflu.”

Since the album was talked up so much before it was released, it seemed like a bit of a disappointment when it was finally released this September. Did the album fail to meet its high expectations? Yes. Is this a bad album? Absolutely not. This is still a great album featuring extremely popular rappers. Although Cruel Summer was not necessarily what fans were expecting, it is still a great listen.

Track List:

1. To the World
2. Clique
3. Mercy
4. New God Flow
5. The Morning
6. Cold
7. Higher
8. Sin City
9. The One
10. Creepers
11. Bliss
12. Don’t Like

★★★★☆☆



“The Heist”

by Natalie Lanzisero

Ben Haggerty, a former Seattle emcee, and producer Ryan Lewis formed the underground rap/American hip-hop group known as Macklemore in 2000. Most popular for their songs titled “Same Love,” and “Thrift Shop,” Macklemore has gained immense popularity since releasing their latest album *The Heist* in October. Just hours after its release, the album ranked number 1 on U.S. iTunes charts and sold 78,000 copies in its first week. As an up and coming artist in the music industry, Macklemore has been described as “one of this country’s most promising young artists.” He has a special “gift” be-

cause he can reach a wide audience of listeners. Macklemore appeals to hip-hop fans because of his overall style, to pop fans because of his catchy beats and rhythms, and to any other audience willing to give new music a try. He combines addictive rhythms with great lyrics to create an all new musical sensation. *The Heist* contains an array of songs, some primarily rap, some upbeat and others that are more slow and somber. This album features appearances by many artists including Wanz, ScHoolboy Q, Ab-Soul and many more. Macklemore & Ryan Lewis created a great album that any listener would enjoy.



★★★★☆

Track List:

- | | |
|--|--|
| 1. Ten Thousand Hours | 9. White Walls
(ft. ScHoolboy Q&Hollis) |
| 2. Can’t Hold Us
(feat. Ray Dalton) | 10. Jimmy Iovine
(feat. Ab-Soul) |
| 3. Thrift Shop
(feat. Wanz) | 11. Wing\$ |
| 4. Thin Line
(feat. Buffalo Madonna) | 12. A Wake
(feat. Evan Roman) |
| 5. Same Love
(feat. Mary Lambert) | 13. Gold
(feat. Eighty4 Fly) |
| 6. Make the Money | 14. Starting Over
(feat. Ben Bridwell) |
| 7. Neon Cathedral
(feat. Allen Stone) | 15. Cowboy Boots |
| 8. BomBom
(feat. The Teaching) | |

“The Hobbit”

by Annabel Smith

“In a hole in a ground there lived a hobbit,” begins the original fantasy novel by J.R.R Tolkien. However, in the new film, *The Hobbit: An Unexpected Journey*, the audience is held in wonder for about 20 minutes before even coming to this famous opening.

Directed by Peter Jackson, who also directed the Lord of the Rings trilogy movies, *The Hobbit: An Unexpected Journey* has been split from its originally short novel to three full length films. At first, many asked the question, how? Well, judging from what I’ve seen, Jackson did not only make a film of The Hobbit, but a film of various footnotes and details that Tolkien wrote about throughout his Middle Earth fantasies. Therefore, this film is not only a story about the journey of a hobbit and 13 eccentric dwarves, but also a collaboration of the history of Tolkien’s fantasy world.

With that being said, I’ve developed an ambiguous feeling towards the movie. Although the content is entertaining, suspenseful, and energetic, the plot is so stuffed with extra information that the original story line is foggy and thwarted. This may not affect viewers that have not read the original book as much as it does to those that have, therefore the movie is still enjoyable with this minor setback.

Despite the many additions and changes to the story, Jackson couldn’t even

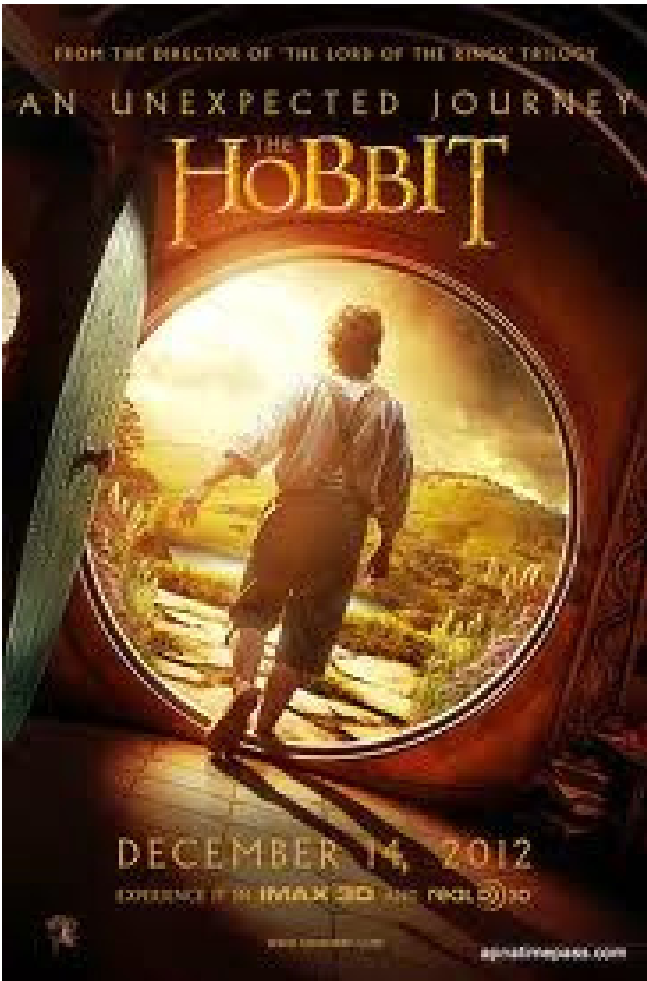
manage to keep the original pieces of content on the same level of importance as they were in the novel. For example, certain scenes that held the most gravity and symbolism in the novel seemed to deteriorate and fade away in the movie, such as the riddle scene between Gollum and Bilbo.

However, the film wasn’t an utter failure in that the filming was phenomenal. Shot in beautiful New Zealand, the filmmakers seemed to take great care

to be as inclusive as possible towards the viewer, making one feel as if they were there with the Bilbo, Gandalf, and the dwarves. Also, it is a great way to kill three hours for entertainment purposes, or to show to kids!

Overall, the film had its weaknesses and its strengths, but should not be considered as legendary or insightful as The Hobbit by J.R.R Tolkien.

★★★★☆☆





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College Basketball Roundup

What and Whom to Expect in the Big Dance

by CHARLES BEERS

Last year's NCAA college basketball tournament provided plenty of drama when games came down to the wire in the playoffs. As usual, March Madness pitted two national powerhouses, those being the top-seeded Kentucky Wildcats and the always-resurgent Kansas Jayhawks, in an epic battle for the national title. In the end, Kentucky proved their dominance over the college basketball world was no fluke by defeating Kansas in a memorable shoot-out, 67-59. It seems difficult to imagine that this year's new schedules could possibly surpass last year's competitions in both drama and physicality, but from

what we've all been seeing in the preseason so far, every college team this new year seems up to the challenge. So, without further ado, I am going to predict the top 4 teams who will thrive in the 2012-13 season. In addition, I believe these picks will become the clear number one seeds in the tournament and the biggest contenders for this year's championship.

1. Duke

I can't remember a time when the Blue Devils weren't favored to play a huge part in the college basketball postseason. This year is no exception. It seems clear that the Blue Devils are motivated by

their early loss in last year's tournament and are fueled to redeem themselves this year. Not even half the season is over and they've already proved that they can contend, and throttle, any team that gets in their way. Their most notable credits so far are their huge victories over Louisville (2 seed), Ohio State (4 seed), and last year's champion Kentucky (3 seed). If they can sustain their winning ways, Duke will be an unstoppable force in March.

2. Syracuse

The Syracuse Orange had a tremendous run in last year's tournament, fighting their way all the way to the Elite Eight, where they were eventually shot down. This season, however, they look poised to go all the way. With returning starters Brandon Triche and Rakeem Christmas to lead the Orange, Syracuse's roster seems packed with stars ready to

shine in March. My guess is that the Orange will power their way to the championship, where they will take on the Blue Devils for the trophy.

3. Indiana

Don't be fooled by their early loss to Butler in overtime, the Indiana Hoosiers are a power-packed team ready to avenge their Sweet Sixteen loss last year and claim the trophy for themselves. With a starting roster filled to the brim with returning starters, four of whom had more than 10 points per game last year, the Hoosiers are ready to prove themselves on the

big stage. The only question is whether or not they can come up big in the clutch, a big dilemma considering their overtime scare in Georgetown and the previously mentioned upset against Butler.

4. Louisville

The last of my projected Big Four got painfully close to the title game last year, only to be heartbreakingly crushed in the Final Four. This year, with an incredibly versatile defense and a roster full of returning starters, such as Peyton Siva, to lead the offensive drive, Rick Pitino and the Cardinals appear to be in a perfect position for a title run. Despite losing to Duke early on in the season, Louisville has proven that its players can deliver in key situations, as seen in their victories

over Memphis and Missouri. Overall, the Cardinals complete the group of number-one seeds with their star-powered defense, poised to defy their critics and rise to the occasion.



PHOTOS: NCAA.COM

Protein from Back

protein supplements have a far higher concentration of protein than of carbohydrates, which is the opposite of what the body needs. Instead, the best post-workout drink is, surprisingly, chocolate milk.

Not all protein is created equal. The best type of protein is lean protein that is not accompanied by much fat. Some good sources of lean protein are poultry without the skin, nonfat dairy, fish, and soy foods. Try to avoid processed meats, such as hot dogs and bacon. Protein from plant sources usually comes with a catch—it is "incomplete." This means that it lacks all of the amino acid building blocks necessary for humans, so it is important to vary the types of plants that you are getting your protein from.

Instead of getting bogged down by numbers and statistics, it is easier to illustrate a typical day that would include plenty of protein without any supplements. Let's say the subject is a very active male who visits the gym frequently and

weighs 155 pounds, which would suggest a necessary amount 123 grams of protein a day. First thing in the morning, the athlete swings by Bay Deli to pick up his usual egg, bacon, and cheese sandwich, which contains about 27 grams of protein. In the cafeteria he has yogurt and a peanut butter and jelly sandwich for lunch, which have protein contents of 12 and 10 grams, respectively. When he gets home, a glass of milk and a couple of handfuls of cashews for a snack totals another 24 grams. To top it all off at the end of the day, his mother cooks him a nice, juicy 8 ounce steak that has a whopping 50 grams of protein. These 3 meals and snack bring the athlete up to exactly the 123 grams of protein that he needs. Protein shakes could have as much as 80 grams of protein per serving, which is far too much to actually be used by the body. An average day of eating, as shown here, is sufficient even for high school students with the highest protein needs.

Fencing from Back

team as a freshmen, and I would not have been able to develop one of my greatest passions," says senior Epee Captain Carly Glowacky, "Even though I am going to fence on an NCAA team in college, I will really miss the enthusiasm, adrenaline, and teamwork that the Blue

Devil fencers deliver on a daily basis." Senior Sabre Captain Kelly Askerberg adds, "I have seen myself improve every year thanks to the wonderful coaching. I also love how each year I was able to watch the team grow and cheer for each other when we won." Even though the majority of the team consists of seniors who also happen to be strong, consistently successful fencers, the senior captains feel that next year the team will continue to be in good hands. "I will miss the bonds we have with our weapon groups as well as with the team because we all help each other, but I know the team will continue to be great next year because the younger fencers have a lot of talent and potential," says senior Foil Captain Maggie Askerberg.

So far, the Huntington Blue Devil Fencing team has had an impressive season.



PHOTO: MAX ZELINKA



The Fencing team at Huntington High School and at many other high schools is co-ed, but girls and boys compete separately. Fencing consists of three major distinctions: Foil, Epee, and Saber. These three weapons require different skill sets and are used under different rules. The difference in rules largely deals with different places on the body where the fencers can be hit.

SPORTS

Fencing Team on Point

by CARLY GLOWACKY

Fencing is a lot more than hitting your opponent with a thirty-five inch metal pole. It's a sport that requires skill, tactics, strategy, and mental toughness. The sport is also much more demanding than the way it is depicted in movies such as Zorro and the Princess Bride. Countless hours are spent each day perfecting footwork, drills, and blade work that ultimately need to be used to outsmart your opponent. Today, the sport is not an expression of violence like it was hundreds of years ago when its purpose was dueling. Instead, it has transformed into an expression of honor and pride, two qualities which the Huntington Blue Devil Fencers (HBDF) embody.

This year, the girls have a strong varsity lineup, consisting of Sabre fencers Kelly Askerberg, grade 12, Andrea Cerini, 12, Katia DeSimone, 12, and Rachel Feltman, 11. Varsity Foil fencers include Maggie Askerberg, 12, Taylor Choy,

12, Marisa Pashkin, 12, and Brianna Kirkland, 11. The lineup is closed out with Epee fencers Carly Glowacky, 12, Anna Wertheim, 12, Haley Miller, 11, and Mary Sheehan, 10. The boy's varsity starters include Sabre fencers Brent Filippini, 12, Scott Garafolo, 12, Brian McConnell, 11, and Kyle Meit, 10. The Foil team is Joe Rizzi, 12, Nick Frieman, 11, Garrett Filippini, 10, and Eli Goldman, 10.

The Epee fencers are Jimmy Ferriolo, 12, Ricky Hermer-Fried, 12, James Montefusco, 11, and Ben Nikodem, 11. Aside from varsity, there are an additional 24 girls and 15 boys, making the team consisting of a total of 63 fencers.

So far, both the boys and girls teams have proved victorious against Newfield, Half Hollow Hills, Centereach, and Walt Whitman high schools, with the girls also conquering Brentwood, giving them a record of 7 and 2. The boys are 5 and 4. Ward Melville and Commack high schools, however, proved to be challenges that both teams were unable to overcome. Luckily, HBDF meets each team twice before the County Championships, so the fencers have a second chance to

score a win over teams that proved to be a struggle.

Coached by Alan Kuver, Mike Fabio, and Valinda O'Garra, the team looks like it will have a positive showing at counties. "We have a deep, talented team that's working very hard to meet our goal of top three in the county," states head coach Kuver. He (Kuver) also is "very happy with senior leadership, the large group [seniors] is instrumental in helping the newer fencers pick up the sport."

As the season closes, it leaves many with bittersweet memories. "Fencing is a part of my life that I can't live without. If it wasn't for Mr. Kuver, I would not have made the



PHOTO: MAX ZELINKA



↓ Above: Male Fencers at Huntington High School prepare for upcoming fights with Coach Mike Fabio. Left: Joe Rizzi stands ready in the middle of a fencing match. Joe fences using the foil weapon which is a long thin blade that only allows fencers to hit each other on the torso.

see Fencing on page 15

Kelly's Corner

This week Kelly answers:

"What is a Concussion?"

"How can you tell if you have been Concussed?"

"What should you do to prevent getting one?"

And other concussion related questions

"A concussion is a mild traumatic brain injury, sort of like a bruise on the brain. Headaches are the number one symptom, but other symptoms include dizziness, vision disturbance, fogginess, and feeling not quite right. If you think you have a concussion, you should stop the cause as soon as possible, relax and monitor the symptoms, and GET HELP. To prevent concussions, be sure to wear protective headgear, avoid overly dangerous situations, be cautious if you think you have one and practice training. Also, keep in mind that no two hits are the same."

Protein Shakes: Yes or No?

To drink or not to drink, that is the question—when it comes to protein shakes. The majority of high school

ple. The fact is that most Americans get more than enough protein in their diets already. So before your next visit to GNC, read these facts about protein to learn why it may not be the right

as a building block for muscle, bone, skin, and other tissue. It is recommended that the

numbers double, however, if the person is a teenager or involved in daily rigorous activity. Any extra

will increase muscle mass. Various tests and sources

weightlifters opt for the former when making their decision. Protein shakes have become a mainstay at any and all public gyms, surpassing even fingerless gloves as an indicator that someone is taking the gym way too seriously. But are protein shakes really necessary? Most scientific research says no, the extra dose of protein will not have any positive effect on most peo-

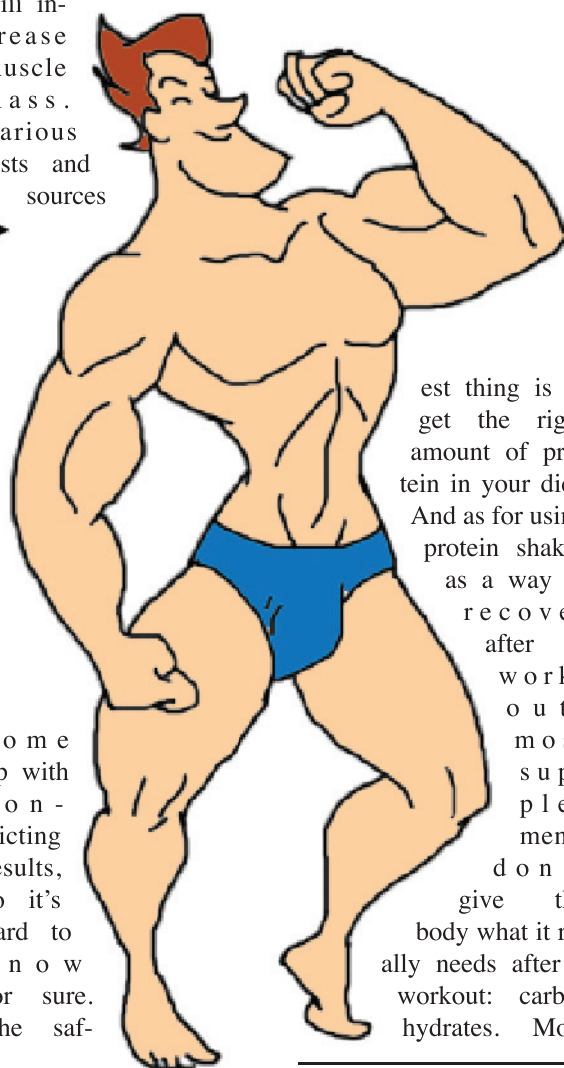
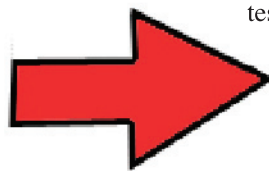
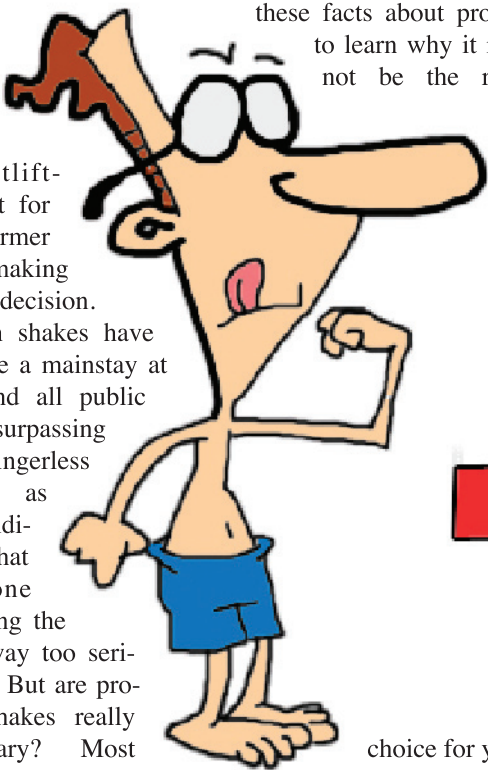
choice for you. Protein plays a large role in almost every critical function of the body. It is used

average person should have 0.75 grams of protein for every kilogram of body weight, which means that women should have around 46 grams of protein a day and men should have around 56 grams. These

protein that exceeds these suggested amounts is converted by the body into extra calories, which in turn get stored as fat. The only groups of people who have to worry about not getting enough protein in their diet are people who are restricting calories and vegetarians. It is unclear whether drinking protein shakes, such as whey protein,

come up with conflicting results, so it's hard to know for sure. The saf-

est thing is to get the right amount of protein in your diet. And as for using protein shakes as a way to recover after a workout, most supplements don't give the body what it really needs after a workout: carbohydrates. Most



see Fencing on page 15