



The Dispatch

"A beacon of truth."

Issue 2, Volume 41

Huntington High School

Oakwood and McKay Roads Huntington, NY 11743

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»news in short

Juniors Molly Brambil, Megan Healy, and Caitlin Yarbroudy not only placed in the Long Island Regional History Day competition, but went on to win first place at the statewide level of the competition.

Sophomore Suzie Petryk and Senior Molly Prep succeeded in the "Poetry for the Hart" competition, meaning their poems will be hung on public transport busses around Huntington.

Relay is right around the corner! Huntington's Relay for Life event is Friday, May 17 to Saturday, May 18. There's always room for more contributions, so get out there and get fundraising!

Why CrossFit is Here to Stay

Mr. Fishlow assures the value of working out and hard in Gym Class

by MOLLY PREP

A lot of negativity has been swirling around the phrase "I have CrossFit today." Students seem to dread the weeks when they have three gym days, fearing doing the intense workouts (or trying to strategize how to avoid them). However, those who aren't putting in their full effort aren't reaping the benefits CrossFit offers, for both body and mind. Mr. Fishlow, a familiar face to most Huntington High School students, encourages students to take advantage of this new gym program. He strongly believes that "CrossFit is a challenge, and there's fun in that challenge—if you push yourself."

Mr. Fishlow's understanding of CrossFit began seven or eight years ago, when he saw a CrossFit gym where his son played roller hockey. He began to investigate more, as CrossFit seemed right up his alley. "I'm always looking for new ways to work out," he explained. After completing an Ironman in July of 2011, Mr. Fishlow joined a CrossFit gym and did their workouts three to four days a week. His favorite WOD ("Workout of the Day") was "Fran," which involves three rounds: 21-15-9 reps of 95-pound barbell thrusters and pull-ups, all while being timed. He quickly discovered the

benefits the program had—"I really enjoyed the high intensity workouts, and I learned



Phys. Ed. teacher Mr. Jamie Fishlow

more about power lifting, where I didn't have much experience." He also found that CrossFit tied into his beliefs of non-isolating workouts (meaning all different muscles and

techniques were challenged). Seeing all of its advantages, Mr. Fishlow wanted to find a way to bring CrossFit to the high school.

As many know, CrossFit made its debut as a regular gym class activity this year. However, last year, Mr. Fishlow began to introduce the concept of a WOD in his classes. These mini-WODs were warm-ups before whatever the students were doing at that point in the curriculum. Mr. Fishlow later approached Ms. McCarthy, the school's athletic director, about making CrossFit a larger part of the curriculum. She was "all for CrossFit, and was very supportive," said Mr. Fishlow. He went on to write a grant, asking for money for the equipment that certain aspects of CrossFit require. The Booster Club accepted the grant, and agreed to see how CrossFit did, in the hopes of keeping it long-term. It was determined that CrossFit would take place during the weeks with three gym classes because of the growing concern about the health of students. There has been a steady increase in cardiac risk factors, diabetes, obesity, and high body fat percentages in students across America, and these issues should be addressed sooner rather than later. "CrossFit is a great opportunity for us to pro-

See CrossFit on page 4

Huntington's Auditorium Sees Plenty of Action

The Key Club's K-Factor talent show displays teamwork and community

by DONOVAN RICHARDSON

Huntington High School has several talent shows held between February and April: Save the Music, the K-Factor, and Huntington Idol. All three of these popular competitions showcase the talent of high school students and raise money for high school organizations.



Juniors Nina Flores and Hannah Lomele perform a marimba duet in the K-Factor.

Huntington Idol is a singing competition that features students from the middle school and high school, and has two events—the semifinals and the finals. Sponsored by

WBLI, profits from the event benefit the High School Orchestra.

The Music Department's Save the Music and the Key Club's K-Factor were both held for the first time just last year as fundraisers for urgent causes. K-Factor was organized by the school's Key Club as a way to raise money for the medical debts of Kayla Harlan, a recent HHS graduate who had undergone expensive medical treatment for her leukemia. During the show, Kayla spoke to the audience, thanking them and the Key Club for supporting her.

The K-Factor, which was held this year on March 1, is definitely the most unique in that it is not exclusively musical, as the Save the Music and Huntington Idol shows are. Drawing from its previous popularity and success, this year's K-Factor attracted a large amount of talent to its February auditions. This year, the performances ranged from dance routines to opera to the solving of a Rubik's Cube. Altogether twenty-five acts performed this year, including fourteen singing acts, one band, four dance routines, and two comedy acts. The comedy performances were perhaps the most distinctive and most unique of the night. The first displayed Spencer Young's talent of being able to solve a Rubik's Cube while others on the stage tried to distract him. Joe Rizzi's comedy performance recount-

ed the "experiences" of his freshman year at St. Anthony's high school. Both of them got a lot of laughs and were among the most talked about performances of the show.



This beautiful banner, which was made from scratch, hung in the auditorium on the night of the show.

At the end of the successful show, there seemed to be excitement for next year. The enthusiasm of the performers and all who participated in the production of the show is sure to bring a large audience for the 2014 K-Factor. The Key Club decided to donate the proceeds of this year's show to the High School's Relay For Life fundraiser for cancer research.

INDEX

News.....	2
La Pagina en Espanol.....	3
Technology.....	4
Teacher Feature.....	5
Fashion.....	6
Spotlight.....	7
Editorial.....	8
Point/Counterpoint.....	9
Entertainment.....	10
Sports.....	11,12

INSIDE

Do the teachers steal the show?



page 6

Is YouTube a demon for the Devils?

page 9

Who is Mike Graziano?

page 5

Day of Silence Roars in Huntington

What is happening in the LGBT Movement, and how we can take part

by BRENDAN WIRTH

Day of Silence empowers students, helping them to realize the struggle that LGBT kids go through every day when they don't have a voice in society.

Day of Silence is a student-led, 24 hour event in which participants remain quiet for the entire day in recognition of the challenges faced by LGBT (Lesbian, Gay, Bisexual and Transgender) students. Day of Silence was started by the University of Virginia in 1996, and has spread to encompass high schools and colleges across the country. Students participate by staying voiceless for the day—April 19th this year—and typically wear apparel relating to the LGBT community, such as GSA shirts, “Ally” stickers or rainbow-colored ribbons.

Although the gay/transgender rights movement has made great strides for equality ever since Stonewall in 1969, discrimination remains, especially in middle and high schools. LGBT youth still face homo-

phobic and transphobic slurs in the hallways, are pressured off of sports teams because of their identity, and receive physical assaults by fellow classmates. Even worse, some schools don't even protect LGBT youth under current bullying policies. This harassment leads to emotional problems among LGBT youth, as well as drastically increasing thoughts of suicide, substance abuse and self-harm.

Day of Silence is a day of awareness for the LGBT community. This year however, Day of Silence comes at a time that is critical for advancing equality. Recently, the Supreme Court of the United States held hearings over two controversial laws; Proposition 8 of California (Prop 8), and the Defense of Marriage Act (DOMA). The rulings of these two laws have the potential to change the LGBT community forever and finally put equality into law.

Proposition 8 was a ballot measure in the November 2008 elections in California. Prop 8 states that only marriage between one man and one woman will be recognized in the

not be affected. In addition, civil-unions were not affected at all. After a long court process consisting of multiple appeals, the Proposition reached the Su-

preme Court this year, 2013, and is expected to have a close ruling

sex marriage nationwide on the federal level. The Defense of Marriage Act was signed under the Clinton administration in 1996.

Same-Sex Relationships' Recognition:

- Marriage equality for same-sex couples [9 states + D.C.]
- Comprehensive civil union or domestic partnership law [9 states + D.C.]
- Out-of-state marriages recognized, but same-sex couples may not marry in-state [1 state]
- Limited relationship recognition law [1 state]
- No legal recognition for same-sex couples [31 states]

preme Court this year, 2013, and is expected to have a close ruling



among the seventeen justices. The famous “No H8” campaign

DOMA does not recognize same-sex marriages for federal purposes, denying Social Security survivors' benefits, insurance for government employees and filing joint tax returns, among many other benefits. The bill also reached the Supreme Court this year, and is expected to be ruled on later in the year. Although many signers have since reversed their position on DOMA, the discrimination felt for more than a decade under the legislation is irreversible.

Civil rights are still denied to same-sex couples in a majority of states. In some states, it is still legal to be fired by an employer for being LGBT, as well as being denied marriage licenses and other benefits heterosexual couples have. Denial of civil rights sends a negative message to LGBT youth, basically saying that they are second-class citizens under law.

Day of Silence recognizes the struggles faced by the LGBT community, particularly youth. Silence symbolizes the lack of a voice LGBT youth have, the harassment and dis-

crimination they face, and the fear they live with for being who they are. Although statistics show roughly 4-7% of the general population is some varia-

tion of LGBT, many youth feel the need to hide their identity. The uncertainty, self-hatred and shame faced by the majority of LGBT youth is an ongoing issue, and leads to shocking statistics of suicide, homelessness, and substance abuse. Many LGBT youth do not feel accepted, and fear the reactions of their peers. With the addition of federal and state laws discriminating against them, LGBT youth face many hardships—hardships remembered on Day of Silence.

It is important to remember why Day of Silence is observed. LGBT youth continue to face these hardships while going through adolescence and even into their adulthood. Many of these hardships could be easily avoided with more support from communities. LGBT youth organizations and GSAs (Gay/Straight Alliances) fight to prevent bullying and promote safe environments across the nation, but it is up to the individual to make a positive impact. Learn to be peaceful, learn to accept, and learn to love.

It gets better.

Statistics on LGBT youth:

- 42% of LGBT youth say that the community they live in is not entirely accepting of LGBT people.
- LGBT youth are 2-3 times more likely to be physically assaulted in school.
- 26% of LGBT youth say their biggest problems are acceptance by family and peers for their identity, while 22% of non-LGBT youth say their biggest issues relate to school work and grades.
- 92% of LGBT report hearing gay slurs, and anti-LGBT comments daily.
- Suicide Rates among LGBT youth are 4 times higher than heterosexual youth.
- 40% of homeless youth identify as LGBT.

phobic and transphobic slurs in the hallways, are pressured off of sports teams because of their identity, and receive physical

assaults by fellow classmates. Even worse, some schools don't even protect LGBT youth under current bullying policies. This harassment leads to emotional problems among LGBT youth, as well as drastically increasing thoughts of suicide, substance abuse and self-harm.

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English 10H Sparks the Mind with Speeches

Mrs. Antorino's English students deliver quick quips on controversial topics

by BRENDAN WIRTH

In February, students in Mrs. Antorino's English 10 Honors classes had an opportunity to write a speech, using literary devices of course, in which they were able to express personal views. The speeches were written so that they could be presented in sixty seconds—no more, no less. Students were able to choose any topic to speak about. Topics ranged from school policies to social media, and everything in between.

Some speeches included debates about whether fast food is a “friend or foe.” Although obvious health concerns surround the greasy “nutrients,” Ameri-

can society has craved these meals for years, and shows no sign of letting up on the calorie intake. Students argued that limiting fast food consumption, whether it is through legal processing or social pressure, would benefit society as a whole and help prevent skyrocketing obesity rates across all age groups, particularly children. Exercise and healthier diets were expressed as evident alternatives to unhealthy eating and laziness.

School related topics, such as common core learning standards, were also mentioned in numerous speeches. Students reasoned



that core learning standards need change. As of recently, over 70 percent of reading by students must be nonfiction. Even students as young as fourth grade have to read nonfiction literature for half of their curriculum. Sophomores expressed outrage at this, stating that fiction teaches kids the importance of unique viewpoints and higher vocabulary in a creative way, and encourages creativity and acceptance of others. Senior privileges also came up in discussion. There was much resentment about the fact that upperclassmen privileges may be taken away due to a minority of students' bad behavior.

Students argued that rights for all shouldn't be taken away because of just a few people and their actions.

Lastly, social media such as Instagram, Twitter, and Facebook were mentioned. Pros and cons were weighed of each network. It was contended that many of these networks, particularly Twitter, have no purpose and are just products for an ever-growing youthful market. However, these networks do, in fact, keep people connected, and serve their intended purpose to entertain. Conflicting views were expressed, with both sides making valid arguments.

Exámenes Bajaron Precio...Un Poco

Los Cursos AP pueden no valer los altos precios de los exámenes

by LILY MORRIS

Es cerca del final de las clases. Hay muchas cosas buenas sobre esto, pero también hay muchas cosas malas. El final del año significa que hay muchos exámenes para tomar. Muchos estudiantes van a tomar los Regents pero muchos también van a tomar las pruebas de AP. Un gran problema de esta prueba es

que cuesta mucho. Este examen es muy importante para la universidad, entonces es crítico que los estudiantes pueden tomarlo.

El costo del examen es 89 dólares, ¡esto es muy caro! Además de este precio, si traes el dinero tarde,



¡es 45 dólares más! Hay muchos padres que piensan este es ridículo pero es necesario. Sin embargo tu no sabes que ¡es que este precio es lo mas barato en todos los años pasados! Es una sorpresa, yo sé. Si no puedes pagar estos precios caros, no te

preocupes. Puedes hablar con su consejero para resolver el problema. Es importante que usted estudie para sus exámenes porque en el futuro va a ser muy importante. La única cosa que tiene que preocuparse es del examen!

Preparate Para Relay

Celebra, Recuerda, Lucha por diecisiete días

by VICTOR TELLEZ

Los 17 días de Relay! Este mes de mayo los primeros 17 días están dedicados a Relay for Life. Una organización que recauda fondos para la lucha contra el cáncer. El 1 de Mayo es "cubre facebook" el día en que todo el mundo debe cambiar su imagen por la imagen the Relay for Life. En el 2, 9 y 16 de Mayo todos deben usar ropa morada en la escuela; para demostrar su apoyo a la lucha contra el cancer. EL 3 de Mayo, personas de Relay

For Life haran una venta de torta para celebrar todos los cumpleaños que pueden ocurrir y con el dinero colectado por Relay for Life. En el 6 de Mayo, si usted tiene un Twitter usted puede hacer un tweet explicando por qué va a participar en Relay for Life. En el 7 de Mayo todos van a usar pijamas en la escuela. El 8 de Mayo, todos están invitados a decorar una bolsa para Relay. Cada bolsa cuesta \$ 5 y todo el dinero sera para Relay for Life. En el

10 de Mayo día una gran cantidad de estudiantes participará en un flash mob. El 13 de Mayo venderan un banner con pies de papel que cuestan \$ 1. Y el 14 de Mayo personas de Relay for Life daran tatuajes de Relay. Por último en el 15 de Mayo, habrá un juego de adivinanzas para adivinar cuántas canicas hay en un frasco. Y el 17 de Mayo es el comienzo de Relay For Life.

MAY 2013 17 Dias de Relay						
SUN	MON	TUE	WED	THU	FRI	SAT
			1 Cubre a Facebook	2 Jueves Morado	3 Venta de pasteles	4
5	6 #porque participo	7 Día de la pijama	8 Venta de bolsas	9 Jueves Morado	10 Flash Mob	11
12	13 Venta de pies de papele	14 Tatuajes de Relay	15 Adivina cuántas anicas hay	16 Jueves Morado	17 HHS Relay	18

Bing vs. Google

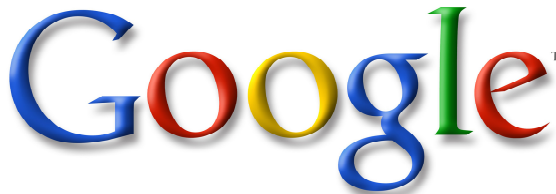
Which search engine reigns supreme?

by MEELOD WAFAJOW

People today are divided on what is the best search engine. Some say it is Google, the age-old search engine that we have been using for 11 years since its creation. It offers a simple interface with search options ranging from websites to pictures to products. Recently, a new search engine has emerged—Bing. Bing is owned by Microsoft and has existed since 2009. Many people have enjoyed its stylish new interface and changing homepage picture. Most people have decided which is better for them and there is no gray area in-between—they either like Google or Bing.

The people who have

been enjoying Google for a long time don't like the way that Bing randomly appeared and started "stealing" Google's users. These people feel that their search engine is better for a variety of reasons. For one, they



claim that the relevance of their search results is better. They say that when searching for simple stuff the two are about equal, but when given a tougher query to look for, Google's results are just more relevant than what Bing can provide. Also, Google users

argue that their Web Services are top-notch. They get services such as Google Docs, Blogsearch and news. They feel that these services are what make Google so great and since Bing does not have these, it's another reason to them why Google is better. Google also offers the one of the best emailing systems around, known as Gmail. Users say that it offers full integration with the company's online web services. It is also believed that it is the best at blocking spam to your email. Lastly, Google users like to brag that Google is the fastest search engine on the web. They say that the constant revisions to improve speed are what truly prove their point about Google being better than Bing.

On the other hand, Bing users feel that no other search

engine can compete with Bing. Like Google users, they have "proof" as to why they are right. Bing offers a cash-back program that allows Bing users to receive discounts at specially marked stores—Google doesn't offer any such program. Bing users



enjoy the fact that their loyalty is beneficial not only to Bing, but also to its users. Bing provides visual searches in your results, allowing you to look at images of what you're searching and even go directly to that image. Also, Bing has been able to brag about

its Bing maps with Photosynth, which can stitch pictures together to create a panoramic image. Bing is able to show you a preview of the search beforehand, so you can see if it will be useful to you. You no longer have to look through each search until you find the right one—now you can preview the search and save a lot of time.

As you can see, both Google and Bing have their advantages. At this point, it's up to you to decide which features you value in a search engine—which features are important for you and which aren't?

Just Another Fad App?

Vine: Will this hot app be going out of style?

by NATALIE LANZISERO

What is it?

Vine is a smartphone application that allows users to create and post videos. Videos can be a maximum of six seconds and can consist of many short clips that are posted together, or just one long six second video. Once the Vine camera is open, users can create videos by pressing and holding the screen focusing on what it is that they want to record. When you release your finger, the video stops recording. However, you can record and combine as many clips as you want, that is, as long as they are under six seconds in length.

What's the big deal? How is this different from all of the other social networking apps I have?

These short, looping video clips can show one's followers something interesting that isn't just a picture or a status. The videos bring to life whatever is on display. It may seem like a hassle to download just another "app of the moment" that will eventually go out of style, but Vine is a unique and entertaining app that is sure to have lasting appeal. Throughout our social networking "history," the focus has changed over time from site to site and app to app. The MySpace years are over, Facebook is on the decline, and Twitter and Instagram may at times seem a bit boring. However, Vine is an innovative and creativity-inspiring app which will likely continue to amuse many users for years to come.



CrossFit from Front

vide positive workouts to our students in the relatively short time we see them," said Mr. Fishlow. Due to the health benefits alone, there has been a lot of administrative support for CrossFit.

Students, on the other hand, have not been quite so supportive of this intense fitness program. "With anything new, it takes time for everyone to get used to things," Mr. Fishlow reasoned. He said that some students aren't used to pushing themselves, because they don't think they're capable of overcoming certain obstacles. Mr. Fishlow stressed that one of his main goals is to motivate these students, to have them actually perform the challenges CrossFit provides instead of just going through the motions. He assures that the students who truly push themselves will start to see results as they tone, lose weight, or just feel better in general, which will aid in motivating them even further.

"CrossFit is an opportunity for everybody to be active, not just the people who play a sport," Mr. Fishlow emphasized. Too often those who are seen as "athletes" are the only ones who are competitive in gym. Think of the typical gym-class basketball games—one court will be full of running, pushing, and strategy, while the other will be a cluster of students playing knockout. CrossFit encourages all students to challenge themselves in a way that allows everyone to build on his or her own personal best. "If you can accomplish any of these things, it will carry over into your life," Mr. Fishlow explained. Students can walk away from their gym class feeling proud of themselves and capable of improvement.

CrossFit is also great because the students who are motivated can continue to do the workouts outside of school. "It can be done anywhere, anytime, often with little to no equipment," said Mr. Fishlow. For those looking to get their CrossFit fix, Mr. Fishlow posts updated at-home workouts on his eBoard that is linked to the HUFSD website. The CrossFit website (www.crossfit.com) also has free information and videos, which students can use as a guide for proper technique or for inspiration for a new workout. For the students who are CrossFit fanatics, there's also a CrossFit Limitless gym in Huntington Village. Though these sessions do have a price, there are student discounts, and people who sign up get the attention they need to get the most out of their workout.

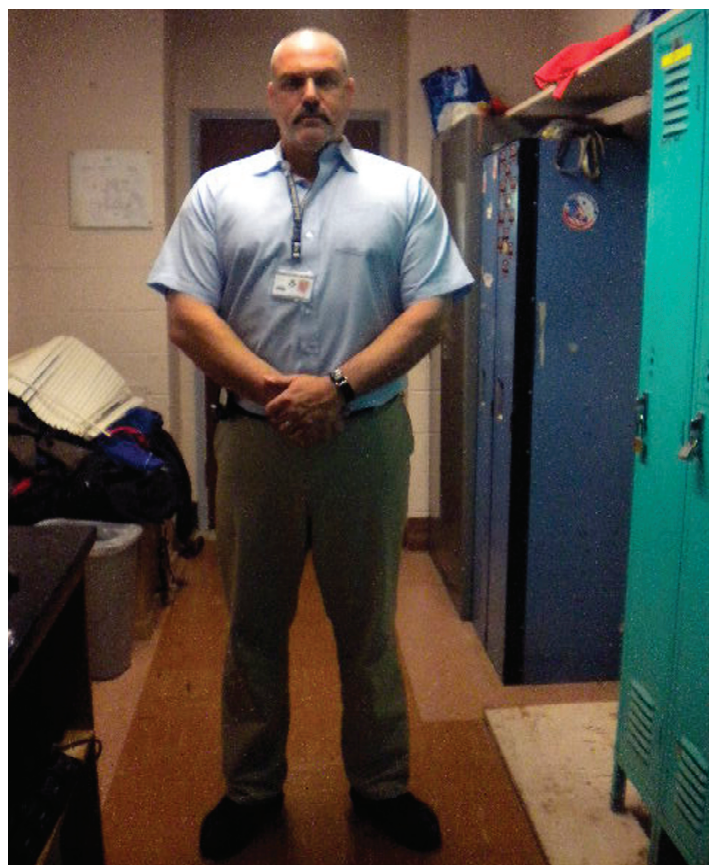
Even though it's new, Mr. Fishlow feels that "CrossFit is here to stay, it's not going anywhere." In fact, Mr. Fishlow is looking to further encourage students to up their efforts by possibly hosting a "Huntington CrossFit Games" this June. For those who are perhaps more artistic than active, Mr. Fishlow is looking for submissions to a "Blue Devil CrossFit" T-shirt design contest. Be sure to see Mr. Fishlow if you're interested! Hopefully reluctant students will begin to see all the things they can benefit from by giving their full participation in CrossFit, as they will gain in both strength and confidence over time—not to mention that the healthy workout habits CrossFit promotes will likely continue on into college life and adulthood.

COMPARISON

BIG Mike & LITTLE Mike

Interviews with Mike Graziano, Security Guard & Mike Graziano, Math Teacher

by USRA AMIN & ASAR NADI



Big Mike Graziano stands tall in the Security Office.

If you attend Huntington High School, you've likely met a man named Mike Graziano. You may also have met a second man, who shares the name, Mike Graziano. These odds exist thanks to the HHS staff including one of our tall, manly security guards, and one of our equally manly, though less tall, math teachers. We asked the two, who have distinguishing nicknames of "Big Mike" and "Little Mike," a few questions, to get to know each of them better, and to make sure we all know the difference between Mike and Mike.



Mr. Mike Graziano totes Big Mike's sizable security jacket.

BIG MIKE: SECURITY GUARD	QUESTIONS:	LITTLE MIKE: MATH TEACHER
Atlantic City	Las Vegas or Atlantic City?	Definitely Las Vegas
Neither. But if I had to choose, it would be ties	Ties or bow ties?	Ties. Bow ties don't fit me
385	How much do you bench press?	Big Mike
Hobo, I could probably learn something from him	Would you rather spend the night with a hobo in NYC or spend the night in the sewer?	Hobo
Wizard of Oz is a classic	Favorite movie?	The Godfather but I also like The Notebook
Any color, as long as I have it	What color would you dye your hair?	Jet Black like Elvis
Bear, since I am similar to one in my human form	If you would choose to be an animal, what would you choose?	My favorite animal is a Tiger, so a Tiger. Rrawr! They're Gr-r-reat!
I think I would go to Mr. Fishlow's house. Sounds like he has a nice house	Where would you go for an ideal vacation?	Any island that has great beaches
Munchkin. I pound them like it's no one's business	Donut or munchkin?	Munchkin
I want a beetles brain in my body because that brain in my body is not so great, so I think I'll be stepping up with a beetle's brain in my body	Would you rather have your brain in a beetle's body or have a beetle's brain in your body?	Well, beetles are blind, so I wouldn't want to be a beetle
Every time they call me down to the gym	How often do you go to the gym?	I don't go to the gym, I run on the treadmill

Teachers School Students in Style

Huntington's Humanities Hallway is filled with fashion

by EMILY MCGOLDRICK

At first glance, it is easy to see that Huntington High School is a center for student fashion. However, a closer look reveals that many Huntington teachers are conscious of their style as well.

Any discussion of fashion would be incomplete without mentioning history teacher Mr. Donovan, who introduced his self-proclaimed "New England prep school" look to the high school last year. With Mr. Schwendemann's help, he created "Bow Tie Friday," a day each week devoted to wearing a bow tie and celebrating the fashion of an earlier era. Although many people credit Mr. Donovan with

every Friday. Since then, several other teachers and even some students have started participating, which Mr. Donovan finds somewhat surprising. Even female members of the faculty have been inspired, starting their own trend of "Pearl Fridays." Although he enjoys a variety of brands, Mr. Donovan revealed that his go-to stores are Brooks Brothers and Ralph Lauren. He also shared a few fashion tips—never wear a shirt tucked in without a belt or dress shoes with white socks.

Another member of the social studies faculty, Mrs. Desiderio, often gets compliments on her impeccable style.

do not have the budget or facilities for such a unique art curriculum. In terms of popular trends, Mrs. Desiderio is most excited about trying out bright colors as spring rolls around. English teacher Ms. Lombardi is too, adding that she loves colorful jeans and pastels. Ms. Lombardi's usual outfit involves a blazer and flats, and when asked about her personal style, she responded "casual chic?" with a laugh. She has no hesitations about expressing her admiration for her style icons, especially Kate Middleton. "She's preppy and put together," Ms. Lombardi notes of the Duchess of Cambridge.

respect right away." Ms. Lombardi can attest that her students are more relaxed in the classroom when she wears jeans; Mrs. Desiderio notices a similar change when she does not wear high heels. Fashion can also help with confidence and self-expression in the work place, which Ms. Lombardi calls "Dress well, Feel well."

This is just a small sample of the many fashionable teachers at Huntington High School. Numerous students refer to history teacher Mr. Crugnale and Spanish teacher Ms. Medina as trendsetters around the high school, each pulling off difficult styles with ease. English teachers Mrs.



Mr. Donovan, Mr Schwendemann, Ms. Desiderio, and Ms. Lombardi display some of their favorite outfits.

the invention of this weekly event, he explained that "Bow Tie Friday" was actually inspired by a friend of mine." A social studies teacher at his previous school popularized "Bow Tie Tuesdays," and after getting married last April, Mr. Donovan made the transition from standard ties to bow ties. "It turned out Mr. Schwendemann [also] has bow ties," and the two made a deal this year to wear one

Usually seen sporting a dress and heels, she considers her style to be "professional but also keeping up with trends." The wildly successful "Project Runway," a reality show about fashion designers aspiring to start their own lines, is among her list of inspirations, as well as Huntington High School's own fashion program. She feels it is "awesome that we have fashion classes," since several schools

All three teachers are unanimous on the reason why teachers should be well dressed. "It conveys that you are a professional and care about what you do. Students pick up on it," Mr. Donovan explains. Teachers want to be treated as professionals the same way that doctors or lawyers do, and they strive to be taken seriously. Mrs. Desiderio adds, "It sets the tone for your classroom. You earn

Krycinski and Mrs. Quintero also earn praise for their fashion choices, as mothers of young children. Although students may not always notice it, well-dressed teachers give them an enriched classroom environment where teachers and students have a mutual respect.

The Dispatch examines . . .



1) Coral/Salmon- Boys and girls alike, this is shaping up to be the color of the season!



2) Ray J- Obviously a witty way of using Kim and Kanye's stardom to get his sales up, Ray J's newest single is nothing short of hilarious.

3) Panera- Weekly trips to Panera were previously impossible, but now with one right in town it's hard to stay away.

4) Warm Weather Concerts- Governor's Ball, Lollapalooza, the list goes on and on. Who wouldn't want to listen to their favorite artist while bathing in the sun?

5) College- Seniors are making their final decisions... Wish them luck!



1) Kim K- Kim we know you're pregnant, but there's maternity clothes for a reason.

2) Bermuda Shorts- You're forced to wear them, but who really looks good in them?

3) Allergies- Spring is coming, and that means pollen too.



4) Walt Whitman Mall- We're excited about all the new stores coming our way, but the construction is a bit much.



5) EDM, Raves, etc.- OK, we get it. You rave.

Art Honor Society

HHS Artists Create More than Visual Beauty

by CHARLES BEERS

The Art Honor Society, one of Huntington's essential clubs, has reached bold new heights and sparked key events throughout the 2012-2013 school year. For example, Huntington's talented student-artists got to work during the winter season for their first annual holiday sale. Using incredible student-generated artwork, using any medium they could get their hands on, the Art Honor Society crafted creative holiday cards for sale, as well as homemade, yet impeccably produced, scarves. Overall, the Art Honor Society's entire fundraising ventures have led to the collection of more than \$1,400, all of which was used specifically for scholarships for well-deserving students. For all their hard work and dedication, the Art Honor Society received a generous grant from the Huntington Foundation for Excellence in Education, allowing the high school's artists to continue using their gifts to benefit their community through new projects.

The Art Honor Society's activities reach far beyond the occasional fundraiser. One of the honor society's biggest missions is the Memory Project, a program, according to the website, in which high school artists "create portraits for youth around the world who've been neglected, orphaned, or disadvantaged." Not only are students currently using their artistic capabilities to benefit those less fortunate, but they also are learning new perspectives as they interact with children who haven't received the same opportunities as they have. Anna Tesoriero, one of the honor society's members, says, "Project Memory gives you a way to see how someone else lives. Being part of the project allowed me to realize that art is not just aesthetics but it can also give someone hope and uplift them." In addition to the Memory Project, the Art Honor Society has also continued to take an active role in the "School Beautification Project". This project, introduced by Mrs. Mohanty, has been active for two years in a row, and has led to the establishment of framed student-crafted art pieces around Huntington High School. Some notable pieces that have been hung within this past year are Alexis Weitzner's work in the math wing and the newly framed piece by Juliana Barca in the main hallway of the school. Their efforts have even stretched far beyond the

Huntington community, as seen by their financial and artistic donations to the Lindenhurst Community Center, which was devastated by Hurricane Sandy. It is clear that the members of the Art Honor Society

have taken it upon themselves to not only perfect their artistic abilities, but also find innovative ways to make others happy by utilizing their respective skills.

In addition to the impressive list

in the upcoming Art Show. Throughout the year, these talented artists have strived to create their most inspiring, as well as original works, which will be available for sale as cards at the long-awaited showcase. In addition, an exciting new art raffle will be set up this November of this year in conjunction with the fall play. Original framed and matted student artwork will be available for sale via raffle, allowing community members the opportunity to purchase and display the handiwork of Huntington High School's finest creative minds. Even projects outside the high school are being highly-anticipated, such as an event at YMCA where the Art Honor Society will refurbish an old wall in the building and replace it with a colorful, student-rendered creation to appeal to the children there. It seems that there are many bold new outlets for Huntington's art creatives.

No matter what projects each member of the honor society has been involved in, no one can deny how rewarding the group is. This can be seen in the extreme rise in student participation in the club, which doubled from 16 to 30 new members in the past year (the induction ceremony for which was held this past March). Mrs. Mohanty, the Art Honor Society's imaginative and conscientious leader, couldn't be prouder of the participation she has witnessed in her second year with the club. In a brief chat with her, she said with excitement, "I'm very honored to be working with these amazing individuals who have brought artistic inspiration and support to our Huntington family and those in need outside our borders." After reviewing its extensive community work and outstanding collective participation, it is safe to admit that the Art Honor Society is not only one of Huntington's most vital extracurricular clubs but is also an important outlet for the high school's promising artists. Through the hard work of Mrs. Mohanty, Huntington's creative side is now fully shown to the public eye in dazzling portraits and art-themed fundraisers. By showing the community the power of art as both a form of expression and a method of interacting with one's community, the Art Honor Society has left a significant impact on Huntington High School. As time passes, this influence will surely grow as the student body becomes increasingly aware of Huntington's unparalleled artistic ingenuity and the willingness of its artists to use their gifts to benefit the world around them.



Huntington's Art Honor Society has made its presence visible through impressive works of art, as well as through notable work for the community.

of activities that the Art Honor Society has been a part of these past two years, the members continue to discover innovative ways of bringing art to the Huntington community. Members will play a key role

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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.

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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.

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Clubs are Clobbering Students' Opportunities

Students are having trouble balancing their extra-curriculars, and it may not be their fault

Is it too much to handle? Students are often asked this question, usually by themselves, when the weight of everything they are caught up in begins to take its toll. It certainly is true that many kids have full plates. Students thus must learn how to best partition their time into their various activities. However, is it the fault of the students that activities often conflict with one another?

Every day after school, there is at least one club meeting, and more often than not there are multiple meetings. For example, Wednesday afternoon hosts not only *The Dispatch's* weekly meeting, but additionally that of Key Club, Art Honor Society, and either National Honor Society or Math Honor Society. This makes it rather tricky to spend time on more than one of these clubs. Meanwhile, following the end of these meetings, at around 3:00 to 3:30, there usually is little for students to attend to, except for their studies or other extracurricular activities, such as sports. That makes this time prime for the reschedule of meetings that students may not be able to attend earlier. Also, clubs could be rescheduled to the evenings, after sports and

rehearsals have ended or not yet begun. This would make it hard for many students to attend, as transportation is a problem that is not easily solved by most. However, if clubs met at a time at which transportation was not provided, their attendance would likely be more deep, as well as more wide, meaning those who attend would be likely to show more effort and commitment than the average member, who participates only because of the ease.

Further suggestions have been made about the possibility of adding a tenth period to the school day, which would be solely for club meetings. This has been enacted by a few other schools, and does not appear to have any ruinous effects. This would absolutely lead to the arrangement of club meeting dates, as clubs would now have five extra time slots within which to meet. However, this idea is not entirely synonymous with the trends of Huntington High School's policies, and a tenth period would very much change the entire layout of the school day.

Another major issue facing the students is the scheduling of events by their extra curricular ac-

tivities. Oftentimes students get involved with an organization or two, only to learn that activities conflict with one another, or the student has a prior engagement to attend to. This is usually a stressful turn of events, as it is tough to spend enough time on each activity when splitting the available time between two or more. Most club organizers are understanding of these sort of things, however there are certain times that it is not a matter of patience, but one of principle, that causes the displeasure. Certain events simply require participation, such as performances or competitions, and these usually are the point of certain activities. If these could be balanced properly, The purpose of the club may be saved among the loss of participation.

Students may not be professionals, but hopefully they are willing to attempt or approach professionalism as they spend time on their activities. Although there may likely be conflicts, students can be counted on the work for the things they love or care about, and should be allowed the opportunity to do so.

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

Should YouTube be blocked from school computers?

MEELOD WAFAJOW

Recently, the topic of allowing Youtube access in Huntington schools has come up. Students have wanted to use Youtube to be able to listen to

songs and watch simple videos in school for a long time. Unfortunately, students do not have access to the site and they feel that this is unfair. Students

say it would not be used inappropriately, only for simple and appropriate entertainment and educational purposes. However, many administrators have doubts

about this. For a time, Youtube was allowed to be used in school and many of the videos watched were fights and other inappropriate content. For now, teachers

have been given permission to use Youtube, but some students feel it is their turn to be granted access.

Pro: YouTube brings much to the table

DONOVAN RICHARDSON

As of this April, in a departure from what many students call "anti-fun" policy, access to YouTube has been opened in Huntington High School. This highly-specified event came after access to YouTube was experimentally opened several times this school year and last school year, ranging in duration from one day to about a week. The blocking of educational sites has been a source of frustration for teachers and students, since the use of educational tools on the internet often has not been exempted from district-wide internet restrictions. Of course, one could ask any teacher about the benefits of having educational videos available on demand from the internet. But the largest concern is about the abuse of YouTube by students and even teachers.

Internet access at school is restricted for two main reasons: to prevent distractions such as games and social networking, and to prevent students from accessing inappropriate websites during school. Although YouTube can fall into both of these categories, the benefits of using YouTube for educational purposes in school far outweighs its detriments and risks. In the month that YouTube has been accessible in school, it has been used countless times by teachers and as an aid for teaching and for showing historical and scientific documentaries, lab demonstrations, and other educational videos. Teachers who stumble upon helpful videos on the internet at home can now show these videos to their classes at school instead of telling students find these videos by themselves. It is also important to acknowledge that in the next decade, as internet and computer technology becomes more and more integrated into our lives, resources on the Internet will become a crucial part of learning. Allowing access to YouTube for educational purposes takes advantage of the growing presence of the Internet

in learning, making sure that our school doesn't fall behind in providing the best education.

There is also concern that students and teachers will use YouTube to slack off and to access videos that are not appropriate for school. However, teachers' activity on YouTube is monitored to prevent inappropriate access to YouTube. As for students, whose access to YouTube is still completely blocked, there is also no issue about inappropriate access. However, if YouTube is opened for students also, then monitoring access to non-educational videos at the library or computer lab can be done the same way it has always been done. In the computer labs and at the library, teachers and monitors can make sure that internet use will follow established rules. There is really not much to worry about in terms of access to YouTube within the school.

You



The opening of access to YouTube in Huntington High School has been a welcomed change in the school community. It will cause much less frustration for both students and teachers who want to use YouTube for educational purposes. The action of the school to allow access to YouTube shows the growing acceptance of the importance of the internet in learning. In the past month, many teachers have been successful in improving education for students. Hopefully, access to YouTube will be here to stay.

Con: YouTube will set the table with harm

ANNABEL SMITH

As high school students, most of us are fed up with being "iPrism'd" and restricted from certain sites. However, these regulations are enforced with our best interests in mind as students.

First and foremost, unblocking sites like Youtube would obviously create another distraction from school work in addition to the many that we already have as pupils. Although this may be one of the main reasons for wanting the site unblocked, it's important to keep the value of learning and education in mind while on school grounds. In addition to common distractions in school like cell phones, friends, etc., Youtube would make it even harder to focus on school work, especially when in the library or computer room. Despite the

Not only would it create a commotion in class and the library, but also without a doubt many students would abuse the privilege by searching videos either inappropriate or unnecessary for schoolwork. Therefore, there would have to be some moderation to these Youtube searches, which could end up blocking searches that are actually legitimate.

Now, it can be almost certain that if the school were to allow website such as Youtube, it would cause quite the controversy with parents, students, the school board, and teachers. Additionally, it would create just another reason for us as students to be reprimanded for abusing it. So, it seems ridiculous to create just another cause of detention.

It was virtually impossible to not hear about the few days during which Youtube was available on school computers. During this brief time period, there were no more than just a few seconds before hearing about a big Youtube scandal. All over the school, students were already abusing the opportunity and it seemed as though one could not escape the commotion.

Although some may be able to handle the responsibility of visiting Youtube and other sites during the school day, many would not, and therefore they would cause others to be distracted while trying to learn.

In general, sites like Youtube are banned from school computers with validity, not just to torture students. School should be a place for education, and though this may not be as exciting as some of us may want, it still isn't fair to those that truly desire instruction and education during their school day.

idea that some videos are educational and could be valuable in class, student access would be a great diversion from the goings-on of class. Also, what is the need to watch Youtube videos at school? There is plenty of time for activities like this at home after school or on the weekend.



CRITIC'S CORNER

DVD Review: Les Misérables

This time a star-studded movie lives up to the play

by CHARLES BEERS

This past month saw the DVD release of one of 2012's most powerful Oscar contenders: *Les Misérables*. This new revival of the classic Broadway play based on the works of Victor Hugo features powerhouse actors such as Hugh Jackman and Anne Hathaway. The film tells the story of a French convict named Jean Valjean who has to take care of a little girl during the French Revolution as he tries to escape the wrath of a brutal police officer named Javert, who never forgets Valjean's small crime throughout the years. *Les Misérables* received mixed reception upon its release, many critics praising the acting of its leads while others criticizing parts of the singing and the general pace of the film. Overall, I believed that *Les Misérables* was a memorable movie with a fantastic amount of dedication put into it, but plagued by minor flaws.

The aspect of the movie that received the most attention upon its release was the acting. All of the performers in the film had a tough role to fill: trying to give a convincing performance while also being able to reach exceptionally high notes. Anne Hathaway, who received an Academy Award for her brief stint as a desperate mother trying to provide for the girl that Valjean soon raises, is fantastic in both her performance and her delivery. The minute she ends up on the streets and struggles to make ends meet for her daughter in heartbreaking ways, including prostitution, the audience immediately sympathizes with the tragic character. The supporting cast was also very strong, with the chorus singing memorable renditions of the classic Broadway songs. Russell Crowe, who plays Inspector Javert, whose mission is to find and jail Valjean, however, is not as convincing in his role. Crowe's singing voice misses a lot more notes than it hits, but his portrayal of an officer who is internally conflicted over his duties as a policeman does almost make up for his voice, which at times can be downright laughable. The real decisive factor in the acting department is Jean Valjean, who is played by Hugh Jackman. Not only is his performance both endearing and heartfelt, but it also carries the film. Overall, the acting in *Les Misérables* is passionate and memorable, but a few minor flaws such as the ineffec-

tive Crowe prevent it from being a perfectly acted blockbuster.

In my opinion, *Les Misérables* is a very interesting tale of a man's emotional journey throughout France's political history. The film's ability to portray the different time periods through costume design and set pieces is amazing. For a movie

giving the audience a poor sense of time and losing any sense of progression that the movie was going for. Despite these poor transitions that take you out of the story, the story is well told and interesting to watch.

WARNING: SPOILERS AHEAD

in love with the girl, Cosette, that Valjean has looked after throughout the years. As their relationship ensues, the revolution occurs and the group of students band together to fight the police to inspire the common people. For a while, the way that the band of brothers unites towards a common goal is inspiring and the

death for all of the brave souls who gave their lives to fight for a greater cause. Unfortunately, this message can't possibly be expressed when the students are quivering in fear as the soldiers get ready to fire at them from point blank range. I find it tragically hilarious that as the bodies of all the dead students are lined up, Javert suddenly has a change of heart and puts one of his medals on the body of a dead child. Some may call this a touching moment because Javert has finally realized what the little boy was fighting for and why the battle was unnecessary. However, it doesn't change the fact that he did absolutely nothing to call off the attack once he was freed by Valjean during a pause in the fighting. Overall, this one pivotal battle sequence, which is just so unlikable and repulsive to watch, almost destroyed my enjoyment of the entirety of the film.

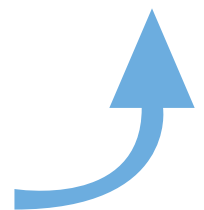
After accepting that *Les Misérables* is a flawed film in many ways, one can really enjoy the movie in a variety of ways. A majority of the characters are very likeable and well-developed, and Hathaway and Jackman give breakout performances in their respective roles. In my opinion, the movie had the potential to be one of the year's most critically acclaimed blockbusters. If Crowe had been replaced by a better singer and the movie had ended about 30 minutes earlier, perhaps on the "One Day More" sequence before the final battle which I still believe is the film's strongest moment, *Les Misérables* could have been more than what it is. But for what it is, the movie is still a very enjoyable experience as a whole. If you can get past the final battle and other frustrating aspects of the film, *Les Misérables* provides a bold experience full of passionate performances from its leads and memorable songs that you will definitely enjoy long after tomorrow comes.



that is based on a series of books that is hundreds of pages long, as well as a Broadway play that runs around three hours, it does a fairly decent job of cramming most of its source material in a coherent fashion. However, there are times when the pace falters throughout the movie. For instance, there is only a brief text transition in order to tell the viewer that years have passed,

After analyzing the main aspects of *Les Misérables*, I realize that there is only one part of the movie that I truly loathe: the final battle. The last half of the film features all of the characters during the student uprising in Paris, when there was a revolution against the selfish nobility in favor of equality. One of the characters, Marius, falls

singing further creates a feeling of pride and courage in the uprising. However, all of the bravery and spirit that was built up in the final time period of the movie is quickly crushed in one of the most unpleasant scenes I have ever seen in a movie. I kid you not, everyone except for Marius dies in a matter of three minutes. I understand that the film was trying to envision a heroic



Scan this QR Code to watch the trailer

This Year's Major League Predictions

What and whom to expect in the Big Dance

by CHARLES BEERS

Dark times are coming to New York. Even the most confident of baseball fans can tell that this season will not be a pretty one for either the Yankees or the Mets. Due to devastating injuries and poor offseason transitions, both teams are expected to perform well below their usual standards, some analysts even predicting that the Yankees will drop below .500 by the end of the season. The balance of power in the league has clearly shifted over time. Baseball powerhouses such as the Red Sox are now broken while others have risen from out of the shadows of their division to overthrow their competition. In a year where everything has changed and nothing is set in stone, here are five bold predictions about what will unfold in the 2013 season.

1. Yu Darvish Will Win the Cy Young

This is going to be a breakout year for Darvish. Even from early on in the season he has proven himself to be one of the best pitchers in all of the American League. In his start against the Houston Astros, Darvish struck out 14 batters and was one out away from pitching a perfect game. It is clear that Darvish will be a major threat to the league who won't be stopped any time soon.

2. The Red Sox Will Continue to Struggle

Despite the loss of Bobby Valentine (which was a blessing for Boston), the Red Sox will remain at the bottom of the AL East. The Red Sox do have some promising stars, such as Clay Bucholz who may become an ace over the course of the season, and poten-

tial in their farm system, such as Jackie Bradley Jr., one of baseball's most hyped young players. However, the Red Sox still need time before they can perform and compete with the rising stars of the AL East, such as the Toronto Blue Jays. Expect either a fourth or fifth place for the Sox this season.

3. The Mets Will Fall... Again

The New York Mets over the past few years have experienced a



common pattern throughout their seasons: a promising start, mixed results midway through the year, and a steady decline heading into the offseason. If the last few years are any indicator, the Mets will follow the same pattern again. A good start to the season will get fans hyped for the possibility of a deep playoff run, but in the end the Mets will lose under the pressure and end up near the bottom of the NL West yet again.

4. The Yankees Will Have Their First Losing Season Since 1992

Sad as it may seem, the Yankees are not going anywhere this season. With a poor offseason and the loss of key players due to injuries and offseason trades, the Yankees' lineup is depleted and

they won't be able to fight off the Rays or the Blue Jays. Throughout the season, as strange as it will seem, the Yankees will struggle to stay above .500 and in the end will have their first losing season in over two decades. Unless the Yankees reinvigorate their lineup with young, promising players, this could start the beginning of a steady decline for the Bombers that may see them at the bottom of the division for a few years to come.

5. The Battle of the New MLB Powers

In a year where the balance of power has been turned upside down, it will be difficult to see which teams can hold their own in the league now that so many teams have fallen from grace. However, even through all of the offseason trades and aging stars, two teams seem to be poised to steal away the World Series trophy: The Detroit Tigers and the Washington Nationals. With their superb starting rotation and equally powerful lineup to match, Detroit will be a force to be reckoned with throughout the season and will dominate the American League. The Nationals, on the other hand, will be looking to avenge their early postseason loss last year by making a deeper run in the playoffs, using their young talent from Bryce Harper and Stephen Strasburg to eliminate any opposition. It will be a hard-fought struggle, but I believe that the Nationals will pull it out in Game 6, winning the World Series by a score of 4-2.

Spring Sports *from Back*

the tutelage of head coach John Walsh. "We have 12 players, which is a small squad, but we have the right 12 players," said Walsh of his group of girls. He says they'll be able to compete for the league title after the narrow miss one year ago. Baseball, led by Keith Barrett, hopes to shock the county after going 2-18 in 2012. They have many returning players such as Rob Fiato, Jake Freitag, Justin Fleiss and Joe Cacciato who all have lots of experience.



↓ Sophomore Olivia Castillio, seconds from contact with a softball at practice.

Highstepping *from Back*

Guystepping fundraiser. This fundraiser pairs a male contestant with a high stepper and both learn choreography to a dance and perform at the half time show of a basketball game. Guystepping is indicative of how close the high stepping team truly is. They are so close that they can accept others in without diminishing their established camaraderie. Senior Liz Sager, who was brought into high stepping by her neighbor and has since brought her sister in, said

"Overall, it is a very close-bonded team. We practice together, we have dinners together, we travel together, we go to camp (UDA's summer camp) together, we hang out together and... We all love to dance."

But Smith may have summed it up best: "To be a high stepper, you have to be weird, you need thick skin, you have to be outgoing, you have to be loud, and you have to be able to dance." They are not a club nor a team, they are a family.

Winter Sports *from Back*

as Katie Nugent, who was ranked 14th on Long Island for her 3.3 assists per game (5th in Suffolk County) and Heather Forster, whose 6.9 boards per game earned her a spot as a top 20 rebounder in Suffolk County. Freshman Katie Reilly was honored as Rookie of the Year Section XI. Katie Nugent, Heather Forster, and senior Raynisha Witherspoon, one of the team's key leaders, won All-League Honors. The team finished the season with an impressive 13-6 record (9-5 in their conference) to earn 3rd place in a strong League IV pool. The girls' playoff run ended quickly with a 4-point loss at the hands of 5th seed Commack, despite strong performances from underclassmen Katie Reilly and Heather Forster.

Both the Girls and Boys Fencing teams improved greatly this winter. The Boys team, led by a



↓ Senior James Ferraiolo lunges at an opponent in the CCHS Tournament, in which he was the champion.

slew of upperclassmen, fenced to a record of 7-4 and were 3rd in their conference. Many of the team's fencers received Long Island and Suffolk County honors. What truly made this team different was the camaraderie. "[The season] was just an overall fun experience with great teammates" said senior captain Jimmy Ferraiolo. "We are a very close group with fun practices."

This camaraderie extends to the Girls team as well. Taylor Choy, a third year Varsity fencer and captain attributed the season's success to the "immense skill and support" of the team. The Girls team finished third in their league with an impressive record of nine wins and four losses. Many of the girls credit their success to their own determination and the sagacity of their coaches, Coach Kuver, Coach Fabio, and Coach Valinda. Carly Glowacky, a senior, said that throughout the season she felt "challenged to consistently be on top of her game and, at times, [it was] hard to keep everyone motivated, but the harder we worked the more we proved ourselves." Still, when asked what the future Division I fencing star will miss most about the team, she responded simply "I'm going to miss my friends." This friendship and team spirit are characteristic of many Huntington sports teams and are what make varsity sports truly special.

The Boys Swimming & Diving team also enjoyed great success this past season. Led by Coaches Gil Smith and Meg McConnell, the boys swam to a strong 2



↓ Sophomore Gunther Cassel receives a proclamation from senator Carl Marcellino for his victories.

and 4 record, ending up fourth in their league. One of the most impressive feats this season was when sophomore Gunther Cassel set a state record in the meter breast stroke. "[The season] took a lot of training and positive attitude and extreme willpower to put up such an amazing fight in that race," said Cassel. He mainly credits his success with the relationship he has with his coaches, Gil Smith and Meg McConnell, saying that "for an athlete to develop such an amazing and strong relationship with [his] coach, well there's something to be said about that!" Junior Jeremy Gelb also sang his coaches praises saying that "Coach Gil is such a great coach because he creates a special relationship with each of the swimmers... and he's constantly motivating everyone."

A message to all athletes:

by BRIAN J. MCCONNELL

Jump, hop, skip, or run,
There's all sorts of ways to have some fun.

Hit, catch, shoot, or throw,
There's just one thing you have to know.

As the sun gets hotter and hotter,
Make sure you're drinking plenty of water!

SPORTS

Highsteppers' Hard Work Pays Off

by ARI MOSKOWITZ

Stretch, run, push up, crunch; kick, jump, spin, sweat. Repeat. Again. Again. This tedious workout is not just for sports. This is also practice for the Huntington High School High Stepping team. Of course they would replace phrases such as cut, shoot, and pass with sa-shay, pirouette, and kick-ball-change, but nonetheless the physical demand of being a high stepper is far greater than most realize.

While the high stepping team is very similar to sports teams, there are also many aspects of high stepping that make them different. One of which is that they dance. A second of which is their emphasis on perfection and synchronism. In sports, there are many ways to win, but in dance the team that performs the best routine the most perfectly will win. Senior captain Alex Smith said, "In dance, you must always be in sync... Everyone must be in the same straight line."

The Huntington High School kick, pom, and dance team is technically a club, but unsurprisingly many high step-

pers are former athletes who have dedicated their fall and winter seasons to dance. Also, like sports, most high steppers compete on travel teams or belong to studios that enable them to dance year round and some dancers even play spring sports.

stein, the head and assistant coaches respectively. The two recently finished their first season together on top, placing ninth in the jazz category at Nationals.

Getting to Nationals is an accomplishment in itself. It is the pinnacle of high school

be invited to Nationals. You then choose the categories you will compete in and these categories differ from those at the Long Island regional competitions. This past season the Huntington High Stepping team made it to finals on their dance routine entitled "Zombie," which is quite difficult. When asked what the most fulfilling part of the team's past season was, Natalello responded that she was proud of them for "making it to the finals their first ever year making it to Nationals."

But this 21 girl team was strong from the start—Natalello said of the team "they have this unique bond which is indescribable." Greenstein agreed, saying "The fact that there are only 21 girls on the team and no JV and Varsity distinction [allows] them to get to be with the same girls for two, three, four years."

The team's success can be accredited to their camaraderie, uniqueness, hard work, and dedication.

During the middle of the basketball season male students from Huntington High School were able to get a taste of that hard work in the annual

See **Highstepping** on page 11



Huntington's own Highstepping Team poses at the National Championship in Orlando, Florida.

The studio most frequented by Huntington high steppers is "Platinum Performance," a Halesite based studio run by former high stepping coach Lora Ayala. She coached the high stepping team for years, but has since relinquished command to two of her former students, Samantha Natalello and Alli Green-

stein. Sophomore Liz Corrao said, "At regionals it feels like 'Oh, I'm competing against people I know,' but at nationals it feels like you are competing in something bigger." To get to Nationals, teams must submit a video of their performance to the National Dance Association and

Spring Looks Bright for Huntington Athletics

by GABE SMITH

The 2013 spring sports season looks to be a promising one as the school's teams build on last year's experience and successes. Several of the school's teams made it into the playoffs in 2012 and hope to repeat that feat this coming year.

Under the leadership of head coach Ron Wilson, Varsity Boys' track placed second in their league last year, only behind their rival Bellport. "Get the underclassmen to compete at a high level, so we can win the league championships and have some county champions," said Coach Wilson of his expectations for this year's squad.

The graduation of the Class of 2012 left some holes in the roster, including one of the state's top hurdlers and long jumper Tyriek Johnson, one of the county's best discus throwers Treyvon Toney and lead mid-distance runner Ryan Ackerman.

These losses will certainly be detrimental to Boys' track, but there are players waiting in the wings to fill their shoes. One



such person is sophomore Scott Gulizio, who is the number one runner in the 800 meter and one mile events. Senior Shaheem Lewis takes over as top discus thrower and shot putter. Lewis placed 9th at the state championships in 2012 for the shot put and hopes to better that this year. Joe Rizzi, who has three years of experience under his belt in the 100 and 200 meter sprints

as well as the long jump, said, "We'll run in a very fast manner," when asked on the expectations of this year's crop of sprinters.

The female coaches, Coach Jen Fudens and Assistant Coach Kevin Thorbourne, have similar expectations for their team. Just like Boys track, the Girls' track team wants to win the League Championship after an encouraging 8th place finish last season. The team will be led by seniors Jontae Smith, Adelia Witt, Jen Polster, Kerri-Ann Giambruno, Raynisha Witherspoon and Maia Cadle-Hinton. Coaches Fudens and Thorbourne will also be expecting returning sophomores Suzie Petryk and Rachel Boisclair to take a leadership role. Even with all their talent, the girls will have tough competition from Kings Park, who are the reigning league champs and have especially skilled long distance runners.

Another objective coach Fudens has set for the team is to qualify for the Penn Relays in Philadelphia for the first time.

Over in Varsity Boys' tennis, Coach Jamie Fishlow has high hopes for the approaching season. Last year's team attained a solid 10 wins with only 5 losses. This impressive record earned them a tie for first place in their league. Several returning starters will anchor this year's squad.

The Varsity



Boys' lacrosse team had a stellar 2012. They went an impressive 11-6, including wins by the scores of 18-4, 17-1 and 15-0. More success is expected of the team for this year. The girls

lacrosse team has a bright future as well and is motivated to add to past seasons' win totals. They won their first four games last year, but after that they dropped 9 of the last 10. The encouraging start gives this season's team something to build on. Both teams have several starting underclassmen who hope to drive the program for years to come.

Over on the diamond both softball and baseballs' goal is to

improve. Varsity softball was one win from making the playoffs last year, and looks to cross that threshold this season under

See **Spring** on page 11

HHS Winter Sports Review

by ARI MOSKOWITZ

This winter has been one of the most successful seasons in recent history at Huntington High School. Epic comebacks, new state records, underdog stories that look like they belong in Hollywood—this season has given us yet another reason to be proud to be Blue Devils.

The Blue Devils Varsity wrestling team has continued Huntington's proud wrestling tradition as the best team on Long Island. Senior Nick Lupi ended his illustrious varsity career with a third place finish in the State tournament. Lupi went four and one in the tournament, his only loss being to the eventual champion from Monsignor Farrell High School. When reflecting upon his high school wrestling career, he said that "the most important thing that the sport and coaching staff have taught me is that one must have desire, discipline, and determination to succeed in wrestling and life. These are the guidelines that I have set my life and all my endeavors to and I am truly proud to call myself a Blue Devil for life. A leader of the program since middle school, Lupi capped off his senior season with a 35-2 overall record. Phenom John Arceri, the first Huntington freshman to win the County Championship, came in as the one-seed at 99 pounds. He fell short with a 2-2 record in the tournament, however this brought him to a respectable 38-4 record for the season. Junior Anthony Puca went 1-2 at the tournament, including a series of close overtime matches, to bring his season total to 32-5.

The Varsity Boys Basketball team was by far the most exciting team this winter. The team was led by a balanced senior attack consisting of Kiernan McGovern, Patrick Reilly, and Devon Nelson. Finishing the regular season 8-10 (7-7 conference) and clinching a playoff spot with a win over Bellport, the Blue Devils got hot just in time for the postseason. Their playoff run started by upsetting the 13th seed Copiague on their home court. The game came down to the wire, as Devon Nelson hit two free throws with seconds left in the game to put the Devils ahead 64-63. Then, Huntington went on to shock the high school basketball universe by beating the 4th seed Central Islip. Patrick Reilly had a career game, notching 20 of his 29 points in the 4th quarter. The run came to an unfortunate end with a loss to 12th seeded Longwood.

The Girls Basketball team also enjoyed much success over the course of the season. The team featured an abundance of promising young talent, such

See **Winter** on page 11