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"THE BEACON OF TRUTH SINCE 1974"

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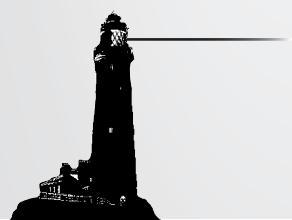
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Instagram Proves to be Most Destructive to Mental Health



LUCAS KELLY

According to a recent study, the photo-based social network, Instagram, is most destructive to the mental health of young people. What may come as no surprise, Instagram ranked last in the mental health study with Youtube in first. The study found that young people who use the photo platform the most tend to have the most mental health issues. Although Instagram ranked high in self-expression for young adults, the app is linked to causing high anxiety,

isolation, depression, and poor sleep patterns. Bianca Lella, a junior, said, "...[Instagram] gives us a platform to share ideas ... but I would also say [Instagram] negatively affected our generation by making us very self-conscious, we tend to not live in the moment." The #Statu-sofMind survey concluded that "the unrealistic expectations set by social media may leave young people with feelings of self consciousness, low self-esteem and the pursuit of perfectionism which can manifest as anxiety disorders." This expectation for perfectionism is fostered...

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Rosa's: Why People Waited So Long

ERIN YE

March 5 was not an average Tuesday for the town of Huntington. After months of anticipation and impatience, Rosa's Pizza reopened to a ridiculous line of people who'd clearly not forgotten about their favorite place in town. It wouldn't be an exaggeration to call it the day we'd all been waiting for.

Rosa's began renovation and the addition of a second floor in the summer of 2018 and was scheduled to reopen on November 18. This proved to be too ambitious of a plan and the date was pushed back into

2019. Naturally, Huntington was thrown off by having to wait even longer for Rosa's, and the tension built. It seemed like you couldn't get through a class period without somebody lamenting the loss of a Caesar salad slice or their rice balls.

Someone who lives outside of Huntington might never understand the hype. If you're not a Rosa's regular, you probably can't wrap your head around the fact that people were distraught over its temporary closing when there are at least 5 other pizza places to choose from in town. But people here tend not to waver in loyalties. Rosa's first opened in 1975 and has developed a cult following...

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The Dispatch is Huntington High School's official student publication. Written for over 1500 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 2018-2019 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.

CURRENT EVENTS

NYS Pushes Towards Recreational Marijuana Legalization, But are Long Island Officials on Board?

KERRIE JOYCE

In 2012, Colorado and Washington became the first two states in the nation to legalize recreational use of marijuana through Colorado Amendment 64 and Washington Initiative 502. Since then, eight more states have legalized recreational marijuana for adults, including Alaska, Oregon, Nevada, California, Michigan, Vermont, Maine, and Massachusetts (NCSL). This recent New York State Assembly election in 2018 resulted in an enormous win for Democrats, winning 106 seats (over Republicans' 43 and Independents' 1), also winning control of state Senate and retaining the governorship. On the campaign trail for this election, many running Democrats openly supported the legalization of recreational marijuana in New York State. While legalization is a top priority on most New York official's agenda, Long Island officials have been up in arms over talks of legalization.

nor Cuomo proposed a plan for legalization, stating that tax revenue from recreational marijuana sales would be used to benefit communities of color that were disproportionately impacted by marijuana arrests as compared to their white counterparts. In fact, the driving force behind the support of recreational marijuana legalization for many politicians is to end the significant racial bias involved in marijuana possession arrests. According to the ACLU, "Despite roughly equal usage rates, Blacks are 3.73 times more likely than whites to be arrested for marijuana." This disparity motivated Governor Cuomo's proposal for recreational marijuana legalization in the 2019-20 state budget. However, it was later dropped from the state budget, and Cuomo stated that it may still be able to pass in the 2019 legislative session, but will not make the state budget which is due April 1st (AMNY). Cuomo stated that "I think the speaker was quite clear of that, that it would be best to do it outside the budget, that it was complicated and it will take



New York State Officials Express Support For Recreational Marijuana Legalization

For over a year, city and state officials, including Governor Andrew Cuomo, have been working towards legalization. In his state budget address, Gover-

time. But, after the budget, I'm hopeful in the legislative session that it passes"(AMNY). Some of the state lawmakers who refused to support Governor Cuomo's plan said that they did so due to the lack of details in his "social

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...a once-in-a-generation opportunity to get a historic issue right for future New Yorkers... Legal cannabis is coming to New York State”(AMNY).

Long Island Officials Push Back

Under Cuomo’s proposal, counties and cities with over 100,000 residents can opt out of the legalization program. President of the Nassau Police Benevolent Association, James McDermott, stated, “Let’s use that opt-out clause if there is one if it’s a viable option. Children will be able to access marijuana, just as they access cigarettes if this law is passed... This is just going to be one more obstacle that the police department will have to jump over and maneuver in order to get the job done.” at a February Nassau County hearing (Newsday). Brian Sullivan, president of the Nassau County Sheriff’s Correction Officers Benevolent Association, even went as far to say, “But what’s the ideal, do we give in?... What’s next, we’re going to decriminalize hallucinogens, let’s get rid of heroin?” (Newsday).

Nassau County residents also spoke at the hearing to express their dismay for Cuomo’s backing of cannabis legalization, including 81-year-old Ann DeMichael of Woodmere, who said that, “I am 81 years old. I never thought I would see the day that they’d be trying to make this legal. It’s disgusting” (Newsday). Long Island opposition to the state’s plan comes as no surprise as recreational marijuana legalization is a largely democratic effort, and Long Island tends to lean further Republi-

can. In fact, in the 2016 presidential election, 52.5% of Suffolk and 45.9% of Nassau voted for Donald Trump (Republican).

Long Island’s conservatism has long conflicted with the rest of New York state in many other issues, and has even led some LI Republicans to advocate for secession from New York state and to grant Long Island statehood. A group of Long Island conservatives advocating for statehood even created an organization website page: longislandstate.org. Advocates for LI secession from New York State cite high New York tax rates as a reason for separating. Additionally, Jeffrey Reynolds, president and chief executive of the Family and Children’s Association in Mineola, suggested lawmakers adjust provisions in the governor’s plan as they see fit, but also stated, “There’s a social justice end here, that is really, really important, and can’t get lost in the conversation . . . we’ve essentially incarcerated an entire generation of black and brown men, particularly

...Long Island officials have been up in arms over talks of [marijuana] legalization.

in communities proximate to here, in a way that didn’t serve public health, it didn’t reduce drug use, and it cost we the taxpayers a whole bunch of money”(Newsday).

In reaction to opposition, legislative director of the New York chapter of the National Organization for the Reform of Marijuana Laws (NORML), Doug Greene, labeled opposition speakers

points as “misinformation” and according to Newsday, “ ‘You’ve lost,’ he said to anyone who thinks legalization can be stopped in New York State”. There were also supporters at the Nassau County hearing including Matthew Zeidman of New Hyde Park, who said that opting out of legalization “could have serious consequences for medical marijuana patients and caregivers,” and “quite frankly, Nassau County is broke, and can’t afford to turn down a new revenue stream.”(Newsday).

The Reality Of the Situation: Public Opinion

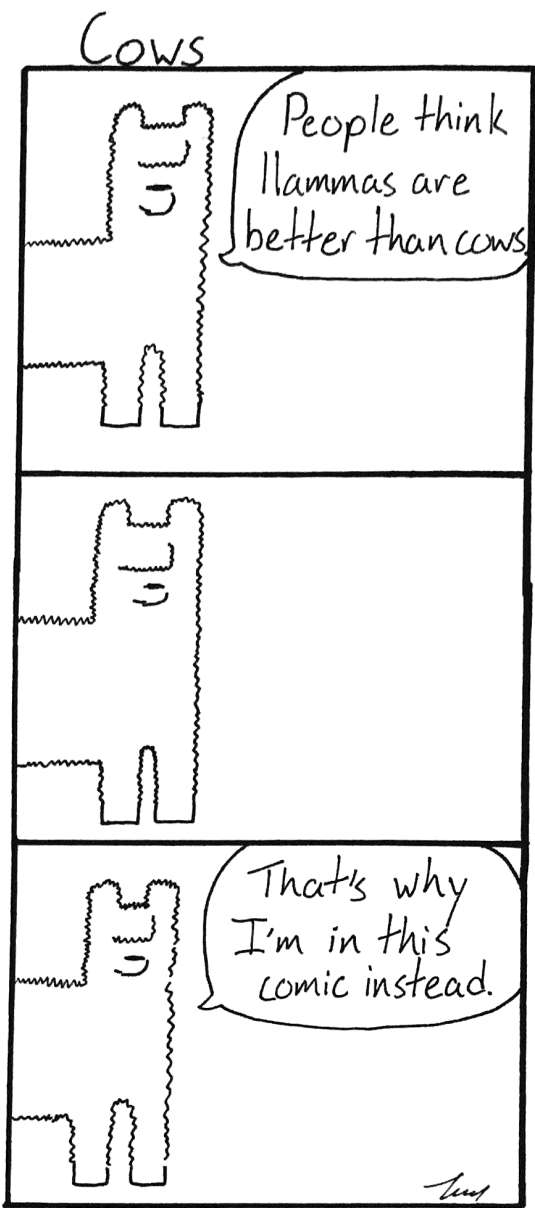
In the court of public opinion, it seems clear where all New Yorkers stand on the issue of marijuana legalization. In fact, according to an NBC 4 New York/Marist Poll, the majority of New York voters (57%) support recreational marijuana legalization. The poll also showed that the issue of legalization is quite partisan, with 65% of Democrats and 58% of Independents supporting marijuana legalization, and a whopping 60% of Republicans voting against it. Also, according to a Quinnipiac poll released in January, resulted in a majority of New Yorkers supporting recreational marijuana legalization, but also supporting the expunging of past criminal convictions for possession. While it seems unclear if Long Island officials will pass legislation to opt out of legal recreational marijuana, and whether or not Long Island residents will be able to vote on opting out, one thing that is apparent is that New York State is on the path to recreational cannabis legalization regardless.

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Cows by James Kretschmer

College Admissions Scandal

MELISA TORRES

On March 12, 2019, United States federal prosecutors revealed and charged 50 people involved in a conspiracy to influence college admissions decisions

Dozens of parents have been accused of bribing these colleges with millions to help their children get in.

and secure spots in big-name universities such as Harvard and Yale. Dozens of parents have been accused of bribing these colleges with millions to help their children get in. William Singer, a 59 year-old consultant of three decades, is said to be behind the elaborate scheme of bribing coaches and test monitors. Thirty-three parents, including top celebrities and high profile people, have been accused. College athletic coaches were also

accused of accepting millions of dollars to help admit undeserving students.

Supposedly these parents would pay between \$15,000 to \$75,000 for higher test scores on standardized tests such as the SAT and ACT. Some were encouraged by Mr. Singer to get a learning disability waiver so that they could have a longer time to complete the test and not have regular supervision. A person involved with the bribery would be a proctor for the test and help guide a student to the right answers or they would review their test afterward and correct it. Some of these students were unaware of the fact that some proctors would change their answers.

Athletic coaches were paid to secure spots for students who did not even play a sport or students' sports achievements were falsified.

These briberies were disguised

as donations to be funneled to universities while the parents claimed tax deductions.

This scandal follows suit after a group of Asian-Americans that were rejected from Harvard sued the university.

Mr. Singer has pleaded guilty to counts of money laundering conspiracy, racketeering conspiracy, conspiracy to defraud the United States, and obstruction of justice. Sentencing was set for June 19 and

he was released on a \$500,000 bond. Students or the universities allegedly involved have not been charged yet, with prosecutors stating that the students were not aware. However, a number of schools have warned that they will punish the students involved with the scheme as they go under investigation. The parents were charged as well and their sentences depend on how much they paid. If they plead guilty their sentences might be shorter. Many

coaches are also facing consequences. One Stanford coach has been fired, some coaches are out on leave, and others face disciplinary action.

This scandal has sparked a conversation on campuses from coast to coast. Outraged students express that their diplomas might become tarnished and some are even suing. People who have applied to these top schools are anxious as they wait for their college admissions

• • •



Brexit: A Case of Buyer's Remorse?

FINN MALONE

**This article was written on March 23, 2019. Due to recent circumstances, some details might change by the publication of this article.*

On June 23, 2016, shockwaves were felt throughout the international community when the United Kingdom voted to leave the

EU. Almost more than two years later, and a majority vote to delay the separa-

The two main campaigns for Britain were the "Vote Leave" Campaign and "Stronger In" Campaign.

tion by three months may mean that Britain is starting to feel

a little bit remorseful about walking out.

The history of the UK and the European Union has been a tumultuous relationship. England originally joined the European Economic Community, the predecessor of the EU, in 1973. However there was barely any honeymoon as by 1975, a referendum was held on whether or not to abandon its newfound mem-

bership. Sixty seven percent of the country eventually decided that it was still a good idea to stay. However, when the EEC was renamed to the European Union, there still seemed no sort of good will even though the new union promised a united economic and social policy, common citizenship among members, and a mostly united currency. Bad will

still seem to reign supreme in the late 90s, especially with the ban of imported British meats due to the outbreak of Mad Cow Disease.

This wariness of the European Union continued throughout the early 2000s to 2011, where then-Prime Minister David Cameron vetoed an EU treaty, becoming the first

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-ter to do so so. Two years later, he delivered a speech stating that he would come up with a deal to renegotiate UK's membership so long as his party, the Conservative Party regains a majority in parliament. Three months before the election, a date for a referendum was set for June 23rd. On May 11, 2016, Theresa May succeeded Cameron as both Prime Minister and Conservative Party leader. Alongside this, was the resurgence of the United Kingdom Independent Party, or UKIP, who took a controversial hardline pro-Brexit stance.

The period leading to the referendum was riddled with controversy. The two main campaigns for Britain were the "Vote Leave" Campaign and "Stronger In" Campaign. "Vote Leave" argued that

the EU has weakened the United Kingdom, and leaving it would allow the people "to take back control of the UK... and spend its money on its priorities." In contrast, the "Stronger In" Campaign argued that "Britain is stronger, safer and better off in Europe than we would be out on our own." Campaigning was highly competi-

However, the real nail in the coffin was a recent vote on March 14th, in which MPs voted 413 to 202 to delay Brexit by three months...

tive, with both sides making their case to why the UK would want to leave or remain in the Union. However, most of the Kingdom was in a deadlock, with the tides ever-changing in wake of incidents

such as terror attacks as well of the murder of Labor Member Jo Cox, who was killed by a far-right extremist. After the latter event, campaigning was suspended for the rest of the week in response to the heinous crime. After much anticipation, on June 23rd, the referendum was held.

The results of the vote shocked the entirety of the UK and the rest of the world. In a narrow 51.9 percent to 48.1, a slight difference of 7.9 percentage points. The nation was divided in its votes, with Britain and Wales mostly voting to leave, and Scotland and the Northern Ireland backing staying in the EU. Immediately, the value of the British pound plummeted and panic broke out, with people wondering if the UK really were in full understanding of the gravity of the situation. As time passed,

the answer seemed to be less and less likely.

As the date for the UK to leave came closer, set for March 29th, 2019, problems seemed to crop up in regards to the deal. Many people have rejected Theresa May's deal for Brexit, using Article 50 of the EU's treaty with the Kingdom and pulling a "soft Brexit", as her party cannot seem to come to a compromise. Many Conservatives have come out in support of a "hard Brexit", or complete severance of ties between the UK and the EU. However, this hard version of Brexit would spell trouble in other areas of the plan such as the question of the Irish Border and resulting in the fears of a resurgence of violence once seen during The Troubles, a period of religious conflict on the island. The public has also seemed to change its opinion on Brexit, as

support has steadily decreased for the deal as well as general support for Prime Minister May. May has already narrowly survived a no-confidence vote that could have unseated her and her position as PM. However, the real nail in the coffin was a recent vote on March 14th, in which MPs voted 413 to 202 to delay Brexit by three months, invoking conversations of a possible second referendum, with various petitions to cancel the deal reaching upwards of three million signatures.

Posted on the "Vote Leave" campaign's website states "Thank You: It's because of everyone involved, all across the country, that we achieved this magnificent result. This is your victory." But in 2019, has that victory become dead on arrival?

• • •

The Making of a Crisis: Venezuela

ERIK FLORES REYES

Venezuela was a very opulent country which was full of different kinds of valuable raw materials. Under Spain's rule, Venezuela served as a mine of precious metals. Its abundance of different valuable gold mines helped Spain's treasury since the 16th century. Post the 16th century, many other resources such as tobacco, sugar, and leather were heavily exported to European countries when the Age of Discovery occurred, allowing for diffusion of cultures. However, this abundance of various kinds of natural resources is the key to the conflicts of Venezuela.

For a very long time, Venezuela longed to become independent of the Spanish empire, similarly, as many other dependent countries such



as Haiti have longed to do. These ideas emerged from the French Revolution. When Napoleon Bonaparte invaded Spain in the early 19th century when the Peninsular War began, the independents saw the perfect opportunity. This is when Simón Bolívar became the revolutionary leader

for millions of Venezuelans and led Venezuela to its independence from Spain.

When it comes to talking about the political history of Venezuela, it is like talking about dictatorships during its initial stages after Venezu-

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-elan independence. Throughout the 19th and early 20th centuries, many civil wars erupted as a result of many political dissents. In 1908, Juan Vicente, a political autocrat, came to power and faced a severe economic crisis due to Venezuela's debt to the great world powers. Venezuela's main problem was extreme poverty that the large population overlooked after the revolution. Despite that, Venezuela came to improve its economic crisis in 1910 when the country discovered a more valuable resource than gold, which was petroleum. After 10 years, Venezuela's economic crisis diminished as Venezuela became the world's largest exporter at that time. However,

When shortages, unemployment, and inflation occurred, the Venezuelan economy was devastated and it became difficult to pay the country's foreign debts.

illiteracy and very high and extreme poverty were still found within the Venezuelan population because agriculture and other important industries were neglected due to the great wealth the petroleum industry produced. As a result, Venezuela was forced to import essential products from foreign countries. This created a heavy dependence on the excavation of petroleum.

In 1958, after Morcos Pérez Jiménez's autocracy was overthrown, all leaders of the country would be elected by means of elections. Because Venezuela heavily relied on petroleum, the population was still in great poverty as the price of petroleum decreased.

During the 1990s, Venezuela became a country in which corruption, poverty, inflation, and devalua-

tion of currency occurred. In 1998, Hugo Chavez, who was a putsch, attended the presidential elections with a socialist program in which he introduced a social revolution that would distribute the scarce wealth of Venezuela. He won the elections and continued with his program. After the elections, the Venezuelan society was invited into Chavistas, who supported the Bolivarian project, and into Opponents, who dissented the Bolivarian project and claimed for greater economic freedom. Chavez won a lot of popularity through magnanimous projects which helped the poor and by 2002, he won a second term. Opponents of President Chavez once tried to unseat him in 2002, too, from office and performed a general strike that paralyzed the country for about two months. By the start of the 21st century, the price of petroleum went up, thus favoring the Chavist government which continued to assist the poor. In 2007, Chavez was re-elected a third term. During this tenure, Venezuela suffered a severe drought which led to instability of water and energy supply for the whole country.

After Hugo Chavez died from cancer, the Chavista candidate, Nicolas Maduro, won the presidential elections as Chavez's chosen successor. When he was elected as the president, the price of petroleum began to fall again. This aggravated the problems Venezuela was already dealing with and led to shortages of basic products throughout the country. When shortages, unemployment, and inflation occurred, the Venezuelan economy was devastated and it became difficult to pay the country's foreign debts. Many opponents of Nicolas Maduro accuse him of being a dictator and they revolt against him. The people fight against his rule, but Maduro has strong support with the military, therefore, he is able to crush any opposition.

There have been more dissents

and altercations after the current presidential elections took place. Many people recognize Maduro as the legitimate president of Venezuela. On the other side, many others oppose him and favor Juan Guaidó to be the legitimate president. "Guaidó claims Maduro's second term, won through rigged elections in May 2018, constitutes such a vacuum. (The vote was widely recognized as illegitimate because of a boycott by the opposition and claims of vote-rigging. The U.S. and E.U. imposed sanctions, while 14 mostly Latin American countries recalled their ambassadors.)" Guaidó, an industrial engineer and one-term lawmaker for the Popular Will party, a progressive socio-democratic political party in Venezuela, supports a democracy, which he claims to bring back. "We will stay in the streets until we have freedom for Venezuela... We will fight back until we have democracy." Guaidó protests. This opposition between Guaidó and Maduro has led to many problems as Maduro avoided accepting any help from foreign countries for a long time.

The Venezuelans are suffering from extreme supply shortages and have no jobs to sustain themselves. Many individuals are desperate for not being able to get a job and support their families financially. Thousands of Venezuelans have no choice but to flee from Maduro's regime due to the economic crisis Venezuela has and the severe unemployment that it is currently going through. Since 2014, there has been an estimate that 2.3 million Venezuelans have emigrated from Venezuela in search of new opportunities.

The economic and political crisis Venezuela is currently facing has been maintained through many years, and there are many casualties due to the lack of basic goods. Venezuela's reliance on petroleum has led the country to have many problems because of the scarcity of agricultural goods it needs. However, there is hope that Venezuela will recover from this severe crisis.



"Who is Juan Guaidó, Venezuela's Self-Proclaimed President? | Time." 23 Jan. 2019, <http://time.com/5503040/juan-guaido-venezuela-democracy/>.

"Chavez heir Maduro wins Venezuela presidential election - BBC News." 15 Apr. 2013, <https://www.bbc.com/news/world-latin-america-22149202>.

"LA CRISIS DE VENEZUELA en 8 minutos - YouTube." 24 Apr. 2018, <https://www.youtube.com/watch?v=72s1ZkHjzEA>.

Manchester Pride: What is the Controversy?



JULIA GILES

In the past 10 years, the world has become a much more progressive and accepting place, especially concerning the gay community. Gay marriage has been made legal in the U.S. and in several other countries, gay people and couples have become more commonplace in media, and advocacy for LGBT causes is more mainstream than ever. One LGBTQ event in particular that has gained more recognition and love is Manchester Pride, a festival and parade dedicated to celebrating the community as a whole. However, this event has gained a fair bit of controversy this year thanks to one musician that was chosen to headline its musical concert section: Ariana Grande.

For some context around this controversy, it's important to look at Grande's relationship

with the gay community and the city of Manchester. Grande herself is considered a "gay icon" within the community, despite herself being straight. This is because many of her songs and performances contain LGBT-friendly themes, and she herself is a supporter of the LGBT+ community. Her positive rhetoric is due to the overwhelming love and support the community (most commonly with gay men, trans women and drag performers) and Grande's own connection to the community through her half-brother Frankie, who is gay. Grande even abandoned her belief in Roman Catholicism due to the church denouncing homosexuality.

For Grande's connection to Manchester, the story becomes more tragic: on May 22, 2017, after wrapping up a concert in the Manchester Arena, a sui-

cide bomber detonated an explosive in the foyer of the arena. Twenty three people were killed, and over 500 people were injured. Over half of these casualties were under the age of 20, with the youngest victim being eight and the oldest victim being 51. Many more concertgoers suffered severe psychological trauma from the incident, including Grande herself: the singer developed Post-Traumatic Stress Disorder (PTSD) and anxiety in the aftermath of the bombings. After the terrorist attack, Grande postponed her tour and apologized about the incident on Twitter. On June 9, 2017, Grande hosted a benefit concert called the One Love Manchester concert to raise money for the victims. Fellow performers consisted of Pharrell Williams, Katy Perry, Justin Bieber, Imogen Heap, Stevie Wonder, and The Black Eyed

Peas, among others. It raised 17 million pounds by the end of August, and Grande was made the first honorary citizen of Manchester for her efforts.

Alright, now that we got the context for Grande's place as headliner, let's address the concerns of the people who take issue with the position itself. Some complain that a straight artist headlining a Pride festival is misrepresenting the movement and taking spots away for actual gay artists and performers (such as Janelle Monae, Hayley Kiyoko, Panic! At the Disco, and King Princess, to name a few). Others complain that Grande's involvement has skyrocketed ticket prices for the concert and makes celebrating Pride more restrictive for lower income patrons. It should be noted, however, that Manchester Pride is free, and the concert itself is an op-

tion for participants to go to, though the concert is a major part of the festival. Besides ticket prices, however, many members of the community express concern over how Grande's position will erase the LGBT roots of the event. "Honestly Ariana Grande [sic] headlining pride just solidifies the fact that pride has been commodified and turned into festival based around consumption rather than celebrating LGBT people themselves," one Twitter user commented. "Idk," stated another, "Ariana headlining pride when she's straight (as far as we're all aware) and doubling the price of tickets kinda smells like exploitation of the LGBT community to me"

Grande actually released an official statement regarding the controversy as a response to the pre-

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...addressed the fact that the ticket prices were decided by the runners of Manchester Pride and not herself, and that she wanted to perform at the concert to support a city and

community she cared about. Grande also said that she does not “claim to be a hero” of the community, and is more than willing to share the concert spotlight with other LGBT+ artists. “I want to celebrate and support

this community, regardless of my identity or how people label me,” Grande stated. “And I also want to visit a city that means so much to me.” Despite the singer’s reassurance, some members are still upset about her

inclusion, though many others appear to be neutral to most of her involvement issues (sans the ticket prices, which are universally controversial). For now, we’ll have to wait until August 26th to see if the concern surrounding

Grande remains, or if the LGBT community’s fears of being kicked out of their own festival by the mainstream comes to fruition.

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Instagram Proves to be Most Destructive to Mental Health

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...by the constant viewing of perfectly curated Instagram profiles. “We are constantly comparing ourselves to people on social media. This makes us judge ourselves when in reality, social media only shows the best of people which messes with your heads”, said junior Aniyah Toro. Active users report having a mental state of worthlessness and increased

isolation. According to the study, users regularly get the ‘fear of missing out’. This fear is created when a user misses out on social event publicized across social media. Instagram’s uniqueness to visually display this content presents a problem for young users. The research explained that Instagram often produces a sense of worthlessness for users especially for the developing minds of young adults. “We

spend too much time on our phones and it’s all for what-? Yea exactly. We lack communication skills and we become very isolated. We have become a generation of loners”, said Aniyah Toro. The increased presence of depression in young adults since the birth of social media platforms is no coincidence.

Social media giants like Facebook and Instagram are aware of this problem. Last summer, an

Instagram update introduced a new tracking tool that measured how long users spend on the app.

The increased presence of depression in young adults since the birth of social media platforms is no coincidence.

The feature shows how much time of

users wasted scrolling and is able to set reminders with the belief users have the self-control to stop. These features were rolled out following the growing number of reports revealing the negative mental health effects created by social media apps like Instagram. Whether this change is effective proves to be unknown. Only time will tell the long-term effects social media has on Generation Z.

Rosa’s: Why People Waited So Long

ERIN YE

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...since. As freshman Christopher Maichin put it: “Everybody knows Rosa’s, it’s the first place you think of when you’re in Huntington.” I figured that if a pizzeria could be packed to the walls on its first Tuesday afternoon back in business, and if nobody was capable of shutting up about it during the few months it was gone, Rosa’s was worth a try. When I asked around for order suggestions, I was met with at least 10 different responses. Basically, Rosa’s is known for its specialty slices and you can’t go wrong with whatever you choose. Just don’t get a plain slice: it’s not bad, but it’s not worth your time when there’s so much else available.

Most agree that the second floor was a good addition, allowing

more space for a customer base that could certainly use it. Rosa’s hasn’t seen a bad or even mediocre business day since the reopening. The pizza tastes as good as it always has. Sophomore Andrew McKenzie said, “There’s something about the pizza there. It’s probably the crust. It’s not too thick and not too thin, crisp on the outside yet still soft on the inside.” The location just off center in

It seemed like you couldn’t get through a class period without somebody lamenting the loss of a Caesar salad slice or their rice balls.

Huntington Village has made Rosa’s a mainstay for Friday nights, and before the renovation it often seemed

that there was too little space for so many people. The second floor was much needed, and even with the constant flow of customers, Rosa’s doesn’t feel crowded. Senior Michael McCooley left a Google review as a local guide, stating: “Good pizza, good location. Renovation looks amazing, and there is a great variety of slices here.” He gave the spot 4 out of 5 stars.

Not everybody was impressed, though. One Huntington student, who chose to stay anonymous, commented, “Maybe it was all of the hype, but I was a little disappointed.” Everyone is entitled to their own opinion; Little Vincent’s, Di Raimo’s, Gino’s, and Southdown Pizza are all popular and well known. Rosa’s has 4.5 stars out of 5 on Google from 164 reviews and a 4.9/5 on Menu With Price. Di Raimo’s has a 4.6 from 161 reviews, and Little Vin-

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cents has 4.5 stars from 497 reviews. Nothing from reviews show the excitement people felt specifically towards Rosa's, Google makes it seem like it's just another nice option for pizza.

It's possible that the renovation and belated reopening were for publicity. Rosa's had always been a comfortable part of the community dynamic until it was gone. The failure to open in November only added fuel to the fire. It went from some people's favorite pizza place to the object of every person's fascination. Who knows though, nobody seems to be complaining and the long lines for Rosa's don't show signs of letting up. The pizza is good, as are the other menu options. I would tell you to go give it a try, but I'm sure you already have at this point.



Out-Foxing the “Enemy”?

EMERSON FORBES

Just a few weeks ago, the Democratic National Committee (DNC) announced that they would not allow Fox News to host any of its presidential primary debates. Drawing from a recent exposé by The New Yorker, DNC Chairman Tom Perez concluded that “the network is not in a position to host a fair and neutral debate for our candidates.” Fox News has urged the DNC to reconsider its decision, claiming that it can

form a highly qualified and neutral debate team for a Democratic presidential debate. “We hope the DNC will reconsider its decision to bar Chris Wallace, Bret Baier and Martha MacCallum, all of whom embody the ultimate journalistic integrity and professionalism, from moderating a Democratic presidential debate,” said Fox News Senior Vice President Bill Sammon.

The relationship between Fox News and the Trump Administration has been a close-working

one since Trump's early campaigning. Both sides have defended each other and sought to counter the arguments of those who oppose their symbiotic allegiance.

Democratic Representative of the House Jim Himes spoke out against the DNC's decision on CNN. “With all due respect to the DNC, no, I don't think it was the right decision.” As a Democrat who regularly appears on the show, Himes has acknowledged Fox as “a propaganda arm for the White

House.” Nonetheless, he remains convinced that by barring Fox News from hosting Democratic presidential debates, the DNC precludes the involvement of millions of their supporters. A properly structured debate would prevent interjections to some degree, which has been a major critique of Fox's approach to questioning Democrats.

During the 2016 elections, Democratic nominee Hillary Clinton quickly became Trump's direct competition. Throughout her campaign, she was invariably a target of Fox News. She was often ridiculed for calling Fox supporters “deplorables” during her campaign. Of course, her comments offended millions of Fox supporters, as well as the channel itself. However, these allegations go both ways; Bill O'Reilly repeatedly called viewers of The

Daily Show “stoned slackers” to host Jon Stewart. Furthermore, President Trump has branded many left-wing news stations as “fake news” and “The Enemy of the People.” In fact, Trump's statement that liberal news sources are the “Enemy of the People” came only one hour after Fox News announced that Trump would be sitting for an interview with Sean Hannity. The thinning “fourth wall” between Trump and his TV (The New Yorker) has been mostly the result of Trump's intimate relationship with Fox News. Still, the so-called “basket of deplorables,” for better or for worse, represent a significant portion of the electorate and are currently being impacted by the DNC's decisions.

There is, arguably, an element of hypocrisy in the

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DNC's decision. Since his election, Trump has, for the most part, limited his reaction to left-wing news stations to mere criticism. While Trump's comments may be uncalled for, he has yet to outright bar news stations from participating in White House press briefings. The DNC, however, barred Fox News entirely without hesitation.

As the representative body of a party that has frequently protested against Trump's "fake news" and "enemy of the people" claims, the DNC's decision is potentially a disingenuous one. Specifically, it could be said that by excluding Fox, the DNC is treating Fox in the same manner that Trump treats channels such as MSNBC and CNN that generally adhere to more liberal views. Ultimately, few people would argue against the idea that the media, as a

whole, should enjoy free access to both political parties, both those in office and those seeking office. In theory, access to the latter is of even greater importance since voters rely on the media to provide them with information about their prospective choices. While it may be that Fox's audience has the obvious capability of tuning into other stations to view the debates, they will not have the benefit of seeing those debates moderated by the personalities that they have come to trust. In the absence of that trust, viewers may not feel that the candidates are being rigorously challenged during the debates. Democratic presidential debates, in the absence of a Republican voice, risk becoming echo chambers; partisan hosts would arguably result in meaningless debates.

As 2018's most watched cable network, Fox has become a vastly pow-

erful and influential news source to millions. Avid supporters of the channel often limit themselves exclusively to Fox News as their news source. It can be argued that by barring Fox News, the DNC is essentially preventing their audience who rely solely on the news channel from participating in a democratic debate.

As 2018's most watched cable network, Fox has become a vastly powerful and influential news source to millions.

In addition, it would be equally unfair to force supporters to watch debates on channels that they do not prefer, and it would seem that politicians should attempt to reach all voters. Nonetheless, the problem is not just with the DNC. The barring of news stations and reporters with different po-

litical leadings also plague the Trump Administration.

In November of 2018, CNN journalist Jim Acosta's press pass (credentials) were suspended following a heated exchange between him and Trump regarding Central American migrants. President Trump called the reporter "a rude, terrible person" who "shouldn't be working for CNN." Acosta was barred from the White House due to his brief refusal to give up the microphone, and allegedly for inappropriately touching an intern who attempted to take the microphone from him. However, White House press secretary Sarah Sanders later attributed the revocation to Acosta's "attempts to monopolize the floor." Subsequently, Trump contended with the next reporter following his attempts to defend Acosta, remarking that he is "not a fan" of him. Trump, however, has yet to bar an

entire news station. The DNC's decision to bar Fox News has been met with substantial backlash. In a recent tweet, President Trump claimed that he will do the same to "Fake News Networks and Radical Left Democrats in the General Election debates!"

The channels hosting presidential debates do so mostly on behalf of their supporters; the stations are given a platform where their voice, and therefore that of their supporters, can be heard. They structure their questions and comments around the very core beliefs and principles that embody their station. This right is critical to our nation, as it separates us from countries where the voices of certain groups are suppressed. As a potential infringement on these liberties, the barring of particular news stations ought to be done with caution and proper consideration.

Endometriosis: The All Too Common Disease With No Known Cure

KERRIE JOYCE

As you might know, this past March was Women's History Month, but what you might not know, is that it was also Endometriosis Awareness Month. Endometriosis (en-doe-me-tree-O-sis) is an often painful disorder in which tissue that normally lines the inside of the uterus — the endometrium

— grows outside the uterus (Mayo Clinic). Where it is found outside the uterus, causing a chronic inflammatory reaction which may result in scar tissue. This tissue may be found on the pelvic peritoneum, the ovaries, the bladder and bowel, and in rare cases, the diaphragm and in the lungs. Symptoms may include but are not limited to: painful periods (dysmen-

orrhea), pain with intercourse, pain with urination, excessive bleeding, chronic pelvic pain, infertility, fatigue, bloating,

This disease is extremely common, affecting on average 1 in 10 women during their reproductive years...

and nausea. There is no known exact

cause of endometriosis or cure for the disease. While endometriosis is a disease that primarily affects women, it also affects trans men.

This disease is extremely common, affecting on average 1 in 10 women during their reproductive years (usually from ages 15 to 49), which averages to approximately 176 women in the world. Endometriosis symptoms

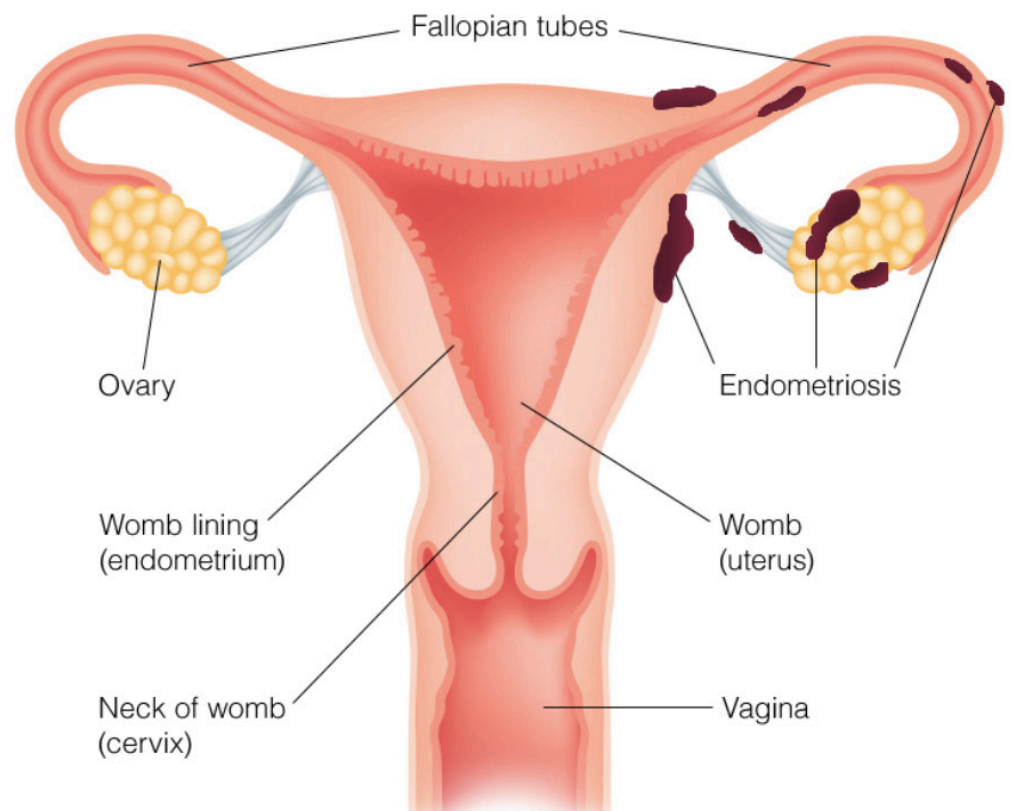
can slowly develop over time or rapidly develop as soon as a person's first period. However, as common as this disease is, it often goes undiagnosed or ignored until later in life. The average age to be diagnosed is 27 years old. There are many theories as to why endometriosis takes so long to diagnose, mainly

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their excruciating pain due to a lack of education on reproductive health, which is why spreading awareness is so important. The issues that endometriosis patients face led to the creation of Endometriosis Awareness Month and many women's reproductive health organizations have assisted in spreading education and awareness. Lara Parker, a writer and contributor for BuzzFeed, has played an important role in spreading awareness about endometriosis. She often makes BuzzFeed videos about the disease, providing a realistic view inside the life of an endometriosis patient, not

shying away from displaying the pain struggles patients on a daily basis. Her videos also provide information about treatments for the disease. More helpful information sources and organizations include Planned Parenthood, Endometriosis.org, and the Endometriosis Foundation of America. Planned Parenthood also includes information about testing and treatment at their clinics to people who suspect they have the disease. Spreading awareness and education about this disease is vital to finding a cure for patients and preventative measures for future generations. I am 1 in 10, and you probably know someone who is too.



www.endometriosis.org/resources/articles/facts-about-endometriosis/
www.endofound.org
<https://www.healthline.com/health/endotough/6-risk-factors#3>
<https://www.mayoclinic.org/diseases-conditions/endometriosis/symptoms-causes/syc-20354656>

<https://www.mdedge.com/obgyn/article/132337/gynecology/why-are-there-de-lays-diagnosis-endometriosis>
<https://www.plannedparenthood.org/learn/health-and-wellness/endometriosis>

www.plannedparenthood.org/learn/health-and-wellness/endometriosis

Las Páginas En Español

+Sueños - Balas

Una Ventana Hacia La Cultura Griega

PATRICIA CAMPOS

Más sueños, menos balas es la frase con la que se espera llegar a todos los jóvenes a nivel mundial para cambiar el panorama actual que estamos viviendo.

Más sueños, menos balas así fue llamado un homenaje en memoria a Fabio Legarda, joven Colombiano, cantante e influencer, un joven motivador, un joven con aspiración y grandes sueños que poseía gran magia que solo el sabía como tocar el corazón de muchas personas a través de una pantalla, una alegría contagiante, un ejemplo a

seguir, desde muy pequeño demostró el amor a la música y con tan solo 11 años de edad comenzó a escribir sus propias canciones, con el objetivo de llegar lejos, y fue claro que sus sueños no se quedaron solamente como un sueño, Legarda lo llevó a la realidad nunca se rindió a pesar de muchas dificultades, el deseo por lograrlo era más grande que cualquier otra circunstancia. Legarda tuvo gran trascendencia a lo largo de sus 29 años, conoció más de 300 lugares de la región sudeste de los Estados Unidos y aún seguía conquistando a muchas personas con su personalidad y carisma, transmitiéndoles a cada unas de esas personas su mensaje de amor y siempre viendo lo positivo de cada situación. Por la tarde del jueves 7 de Febrero de

**CONTINÚA EN LA
SIGUIENTE PÁGINA**

KAREN AVILA

Solo soy una chica que quiere descubrir el mundo. Vine de Honduras hace 2 años, siendo tímida pero a la vez muy curiosa por intentar algo nuevo. En el verano estuve en casa y sentí que quedarme en allí era muy aburrido. Le dije a mi papá que quería trabajar, pasar el rato, ser un poco independiente, tener nuevas experiencias. Entonces, mi papá decidió a dejarme trabajar y lo hice. Mi amigo me trajo a un restaurante Griego, mi trabajo actual. Recordando que el primer día tuve miedo, fue como una nue-

va aventura porque nunca había estado sola, en mi propio camino. En el momento en que estaba perdiendo mis miedos conocí a mis amigos. La primera vez que los vi me preguntaron mi nombre y mi cara se puso roja y no les respondí. Me dijeron que no sabías tu nombre, estaba nerviosa, y reímos mucho. Y desde ese día nos que conocimos hicimos una buena amistad. Fue muy divertido porque a veces me decían, ¿recuerdas cuando olvidaste tu nombre? Sólo para hacerme sonreír. Hace poco conocí nuevos amigos y he aprendido a

**CONTINÚA EN LA
SIGUIENTE PÁGINA**

CONTINÚA DE LA PÁGINA ANTERIOR

2019 lamentablemente ese joven soñador perdió la vida por causa de una bala perdida que acabo con sus sueños.

Anualmente la violencia afecta la vida de millones de personas en todo el mundo y daña la de muchos millones más. No conoce fronteras geográficas, ni razas, ni edades, golpea a niños, jóvenes, mujeres y ancianos. Llega a los hogares, las escuelas y los lugares de trabajo. Los hombres y las mujeres de todas partes tienen el derecho de vivir su vida y criar a sus hijos sin miedo a la violencia.

Vivimos en un país donde es muy difícil hac-

El contexto general en todo el mundo es violento y todas las personas creen que es algo común, porque han sido millones de años viviendo con violencia, no debería de ser así, en ningún país ni en ningún lado, cada día se siente aún más la pérdida de muchas personas y jóvenes que mueren a causa de la violencia ya sea por balas perdidas, secuestros o por diferentes maneras. Muchas personas creen que no podemos tener control de este problema social que nos atormenta día a día, mas sin embargo las razones y las ganas de tener paz te harán entender que los límites son mentales. La solución para prevenir la violencia esta en no-



er reflexionar a la gente de este grave problema, todos queremos paz, pero nadie hace nada para cambiarlo porque muchos piensan que no tienen el poder para cambiar un problema social de el cual no tenemos control, cada día nos toca afrontar la violencia no solo en algunos países, si no en todo el mundo. ¿Y tu quien crees que es el responsable de la violencia? Esto es lo que piensan los jóvenes
“La falta de educación”
“La ausencia de padres en los hogares”
“El gobierno y el pueblo, todos”
“Mala comunicación con padres y maltrato”

sotros
-Genera y fomenta un ámbito de respeto: Tratemos a los demás como nos gustaría que nos traten.
-Informarse del tema: nunca hay que dar por sentado que conocemos sobre un tema. La mayoría de las personas desconocemos los aspectos cruciales sobre la violencia.
-La violencia no se debe aceptar bajo ninguna circunstancia.
-Aplicar la prohibición de llevar armas de fuego en público.
-Comercialización social para cambiar las normas sociales.

CONTINÚA DE LA PÁGINA ANTERIOR

perder mi timidez. Se siente bien cuando pierdes tus miedos e intentas algo nuevo. ¿Puedo compartir con ustedes algo interesante que he aprendido en los últimos días algo tal vez les gustaría saber? Hablemos de la cultura Griega, aquí un poco sobre ella. Grecia

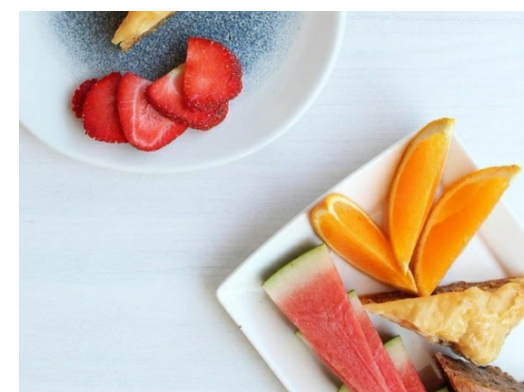
neo. Siempre me recordará ese lugar y los recordaré a todos, porque también son personas muy amables.

Hablemos de su música, los griegos son muy apasionados por su música. Su tipo de música tradicional se llama “seibekiko”. Es un tipo de música que a todos los griegos les encanta bailar,



se encuentra en el sureste de Europa, que tiene muchas playas, un lugar agradable que podríamos visitar en el futuro. Tienen comida deliciosa y sus bailes son muy diferentes, pero al mismo tiempo cuando escuchas su música te unes

ya sea que estén bailando solos o con un gran grupo de personas. Puede parecer muy divertido porque bailan, disfrutan estar con sus familiares y amigos. Alguien está bailando en el centro mientras que los otros están aplaudiendo y lanzando dinero. Luego to-



al baile. Su comida es muy deliciosa, la probé y me encanto. Tengo un regalo que recibí en mi trabajo, son algunas conchas marinas, como sabemos si lo pones cerca de los oídos, puedes escuchar el mar, como el Mar Mediterrá-

man sus brazos, hacen un círculo y bailan alrededor. La primera vez que lo vi pensé que tenía que aprenderlo, y lo intenté. Fue gracioso porque no es fácil aprender a bailar como

**CONTINÚA EN LA
SIGUIENTE PÁGINA**

CONTINÚA DE LA
PÁGINA ANTERIOR

ellos. La noche del 31 de diciembre en mi trabajo fue muy agradable porque todos contábamos los segundos antes de que llegara a la medianoche. Los observaba disfrutar con su familia y bailar. Luego, se metieron en el baile. Por un tiempo me sentí triste porque era la primera vez que no estaba en casa en la víspera de Año Nuevo, pero mis amigos estaban conmigo, todos me abrazaron y me dijeron que disfrutara la noche con mi familia. Recuerdo que uno de mis amigos había estado bailando toda la noche, yo estaba puliendo vasos y al momento me uní al baile. Él me estaba enseñando paso a paso, nos reíamos mucho. Fue muy agradable pasar esa experiencia porque, aunque no estaba con mi familia, mis amigos me hicieron sentir que eran mi otra familia, que estaban allí para mí. Su comida es tan deliciosa que tienen muchos tipos diferentes de comida. Por ejemplo, el Kotupulo es un delicioso pollo a la parrilla, los calamares a la parrilla, pulpo a la parrilla. También tienen muchos tipos de peces como Branzino, red Snapper, black Seabass y red Fagri. Todos estos son del mar mediterráneo. Los postres tradicionales son Karidopita, un bizcocho de nueces, el yogur griego con cerezas y miel, y el Baklava con almendras, nueces y canela. Toda la comida es excelente una vez que lo pruebes, te encantará. Es agradable aventurarse en el mundo, salir de la misma rutina, cambiar algunas cosas, nos trae



buenas experiencias como lo hice yo y creo que ha sido una de las mejores. Haber aprendido un poco sobre la cultura griega y aprender sobre ellos, todo esto para mí es abrir una ventana hacia la cultura griega.

+ Dreams - Bullets

PATRICIA CAMPOS SERPAS

More dreams, less bullets is the phrase that is expected to reach all young people worldwide to change the current scenario we are living.

More dreams, less bullets was called a memorial tribute to Fabio Legarda, a young Colombian, a singer and influencer, a young motivator, a young man with aspiration and a man with great dreams who possessed

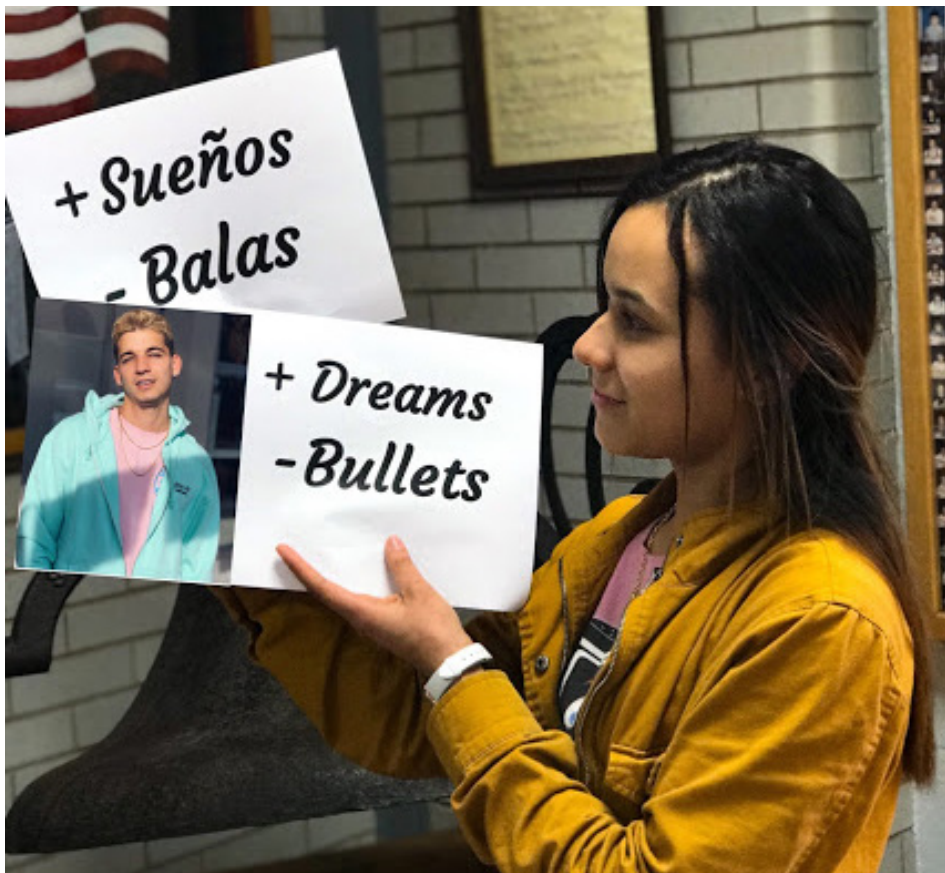
Legarda had great influence within his community over the course of his life, as he went to more than three hundred places in the southeastern region of the United States.

great talent. Only he knew how to touch the hearts of many people through a screen. He had a contagious joy. He was an example to follow. From a very young age he showed love towards music and at only 11 years old, he began to write his own songs. With the aim of reaching far, it was clear that his dreams were more than solely dreams. Legarda made them reality. He never gave up despite many difficulties. His desire to achieve his dreams were greater than any other circumstance he faced. Legarda had great influence within his community over the course of his life, as he went to more than 300 places in the southeastern region of the United States. He affected many people with his personality and charisma, transmitting his message of love to his fans, and always seeing the positive side of each situation. On the afternoon of Thursday, February 7, 2019, that young singer lost his life because of a stray bullet that killed his

dreams.

Annually, violence affects the lives of millions of people around the world and damages the lives of millions more. It knows no geographical borders, no races, no ages, it hits children, young people, women and the elderly. It reaches homes, schools, and places of work. Men and women everywhere have the right to live their lives and raise their children without fear of violence.

We live in a country where it is very difficult to make people think about this serious problem. We all want peace, but nobody does anything to change it because many think they do not have the power to change a social problem that we have no control over. Every day we have to face violence, not only in some countries but throughout the whole world.



A Window Into Greek Culture

KAREN AVILA

I'm just a girl who wants to discover the world. I came from Honduras two years ago, being shy but at the same time very curious to try something new. In the summer I was at home, and I felt that just staying at home was so boring. I told my dad I wanted to work, to hangout, to be a little independent, to have new experiences. So, my dad agreed. My friend brought me to a Greek Restaurant, where I currently work. I remember on my first day I was scared, it was like a new adventure because I had never been on my own. By that time, I was losing my fears and I met my friends. The first time I saw them, they asked me my name; my face got red, and I didn't respond to them. They asked, "You don't know your name?" I was nervous, and we laughed a lot. And since that day I have gotten to know them. It was so funny because they sometimes remind me, "Do you remember when you forgot your name?" just to make me smile. Recently, I met some more new friends and I learned to lose my shyness. It feels good when you lose your fears and try something new.

I want to share something interesting that I have learned over the past few months. Greek Culture. Greece is in Southeastern Europe, surrounded by the Mediterranean



you can hear the sea, hopefully, the Mediterranean. It will always remind me of that place and I will have memories of all of my friends, because they are really nice, friendly people.

Moving onto music, Greeks are very passionate about it. Their traditional type of music is called the "seibekiko." It's a type of music that all Greeks love to dance to, whether they are dancing alone or with a large group of people. It may look very silly at first glance because they are dancing and enjoying being with their family and friends. Usually, someone is in the middle dancing while the others are applauding and throwing money. Then, they take their arms, making a circle and dance around. The first time I saw it, I thought that I had to learn it. It was funny because it's not easy to get it on the first try.

On the night of December 31 at my work, it was really nice because we were all counting the seconds before the clock hit midnight. I was watching my friends and co-workers enjoying being with their family and dancing. For a while I got upset because it was the first time that I wasn't home on New Year Eve, but my friends were with me, all of them hugged me and told me to enjoy the night. I remember that one of my friends was dancing all night, as I was polishing glasses. Once I joined the dance, he taught me step by step, laughing the whole time. It was really nice to spend that night at my work because even though I wasn't with my

...traditional type of music is called "seibekiko". It is a type of music that all Greeks love to dance to, whether they are dancing alone or with a large group of people.



nean sea. It has many beaches, delicious food, and their dances and music are very different. Although, once you hear that music, it doesn't take long to get into a dance. On the topic of Greek food, all the food is excellent once you try it! There are many types of fish like Branzino, Red Snapper, Black Sea Bass, and Red Fagri, all from the Mediterranean. Kotupulo is a delicious grilled chicken, the grilled Calamari, grilled Octopus are also among traditional Greek dishes. The traditional desserts are Karidopita, a walnut sponge cake, the Greek Yogurt with cherries and hone, and the Baclava with almond, walnuts, and cinnamon.

I also received a gift from the beaches, seashells. As you know, you can put it close to your ear and

family, my friends made me feel that they were my other family, that they were there for me. And because of that experience, I associate that feeling with that of Greek Culture.

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It's nice to venture out into the world, get out of the same routine, and change some things about your overall lifestyle because it brings you good experiences, just like the ones I've experienced through Greek Culture. I now know that having a little knowledge about a culture is like having an open window to another world.



Huntington Girls Lacrosse Update

MEGAN AGRILLO

Despite all of the challenges that come with playing a varsity sport, this year the Huntington girls varsity lacrosse team is ready to take on a season full of hard work and challenging games. The girls have been working hard throughout the year to prepare for a "blackout season," their slogan this spring meaning to shut down all of their competition.

The team of 23 players is made up of many different grade levels with only three seniors on the roster. "We're not the biggest team but that only makes us closer as a family and unit", said Jordan Forte, a sophomore defender. "Playing cohesively and as a unit is one of the most important parts of our season. We're a new team made up of young players so we have to adjust to the high level of varsity play", added Forte.

After the graduation of eight seniors in the previous year, the team is left with the challenge of recovering from the loss of many key players. However, they are prepared to rise to the occasion and aggressively face the spring season. "So far this year, the team has a very positive mindset and we are all determined to make it to playoffs," remarked Caroline Hartough, a junior defender. "Everyday we are running and working hard so we can have a successful season," she described. At the end of the day, the teams' goal isn't just to win but to reach a high level of play and showcase the variety of skills the team has to offer. Junior attacker, Abby Maichin believes, "We have a lot of potential and need to

work hard to reach our goals. We want to win, but to do so, we need to work together, learn to play together and work off each other's strengths."

Practices run by Head Coach Vogelsang and assisted by Coach Tanazzo and Coach Celementi are not easy and the team is always pushed to play better and increase their skills.

Senior midfielder, Paige Lennon says, "Will it be a challenging year? Yes. But we're ready, and we are going to do everything we can so we finish the season satisfied and with our heads held high."



Huntington Girls Lacrosse will compete in their last home game Saturday, May 6th at 4:00pm against North Babylon.

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Girls Softball Team: Out To Win

DANIELA RAMOS CAMPOS

With their eyes on the ball, the players are training hard everyday: batting, catching and above all focusing on enjoying what they do. New members have joined the team this year, along with returning players. Unfortunately, for the seniors Morgan Minicozzi and Maya Delguidice, it will be their last season playing, but they are demonstrating their devotion to the team and making sure the season will be the teams greatest. It will not be easy to say goodbye because the team has become very close. “We have a very good group of girls who are dedicated to play and put in the effort. We have some things to work on, but I feel like we will win games this year, make a name for ourselves and keep the program running,” said Minicozzi with positivity and excitement. After taking all the advice their coaches gave the players, the team has become more united than ever before. This year’s team captains have also become a big part in teaching the players how to become more ambitious on the field. Their unique personalities encourage them to feel more secure each day. “We have so many laughs together and make so many memories. I wouldn’t want it any other way,” added Minicozzi. Every day, the team demonstrates a growth in confidence. Their biggest goal is to have fun. Coach Walsh stated, “ I believe in you [all], but you also have to believe that too.” The team has the support and potential to achieve a successful season.



Are Our Teachers Down With The Slang?

KIARA GELBMAN

As you walk around Huntington High School, slang words fill the halls. You might hear things like, “yo it’s brick outside,” “Oh I gotta dip,” or “spill that tea.” While we, the students, may know what these words mean, do our teachers? Well, that’s what I wanted to find out.

I asked many of our teachers and administrators including Ms. Forbes, Mr. Smith, Ms. Racz, Mr. Cusack, Ms. Valerio, Ms. Desiderio, Mr. Hlavaty, Mr. Florea, Dr. Lors, Mr. Vanbell, Senora Wentt, Ms. Vogelsang, Ms. Cazzalino, Mr. Gilmor, Mr. Schwendemann, Mr. Caleca, Mr. Reynolds and Mr. Moriarty to define and use specific slang terms in sentences. These include tea, weak, dip, vibing, full send, lowkey, and more.

While some teachers knew the slang, others have some more studying to do. There were many misconceptions in defining words like tea (the drink or the gossip?), dip (to leave or for a chip?), and many more. So I leave the question to you, their students, to decide if our teachers are “down with the slang.”

I was shook by the results and you will be too. Scan the QR code to watch the interview. Stay tuned until the end for outtakes and our teachers’ faces when they’re “shook.”



Shoutout to all the teachers who participated and to my filmers Lucas Kelly, Maggie Lalor, and Keira Francis. The song in the video is Good Grief (Don Diablo Remix) by Bastille.