



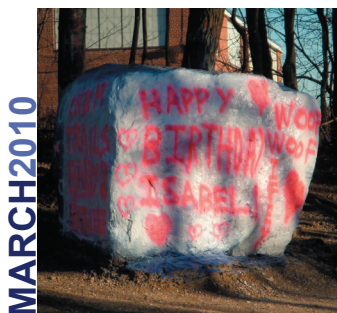
The Dispatch

"A beacon
of truth."

■ Issue 4, Volume 37

Huntington High School

Oakwood and McKay Roads Huntington, NY 11743



MARCH 2010

PHOTO: LAUREN CAMPBELL

»news in short

Fashion students visit Mrs. Obama in D.C.

Michelle Obama invited the HHS fashion students to meet her in Washington D.C. Last year, the students designed inauguration gowns for Mrs. Obama and sent their designs to her. The impressed First Lady decided she would love to meet the talents behind the creations and sent correspondence to the fashion classes. While in D.C. the students witnessed the induction of Mrs. Obama's inauguration gown into the Smithsonian Museum and had the chance to speak with the First Lady herself.

Wrestlers take states

HHS wrestlers Damon McQueen and Nigel McNeil took first place in their divisions of the NYS wrestling championships. Louis Puca took second place in his division.

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Cafeteria options lacking

by NATASHA STOLLMACK AND CARRIE FANTE

A student attempting to embrace a healthier diet would most likely not turn to his or her cafeteria. Regular consumers of cafeteria food find themselves eating the same food every day; not enjoying what they are eating, or refusing to eat from the cafeteria at all. Though students are quick to criticize, few are willing to take their com-



PHOTO: ALLY KILEY

plaints and thoughts past lunch table conversation.

For two dollars and twenty-five cents a day, the district has to meet certain regulations regarding what they serve. Every single lunch that the cafeteria provides must meet regulations from school lunch consultants to qualify as a "full meal." This includes at least 2oz of protein, one portion of bread, 2oz of meat, 4oz of fruit, 8oz of milk, and

8oz of juice. Food Service Consultant Mr. Oscar Giraldo explained that the district faces many restrictions, which have increased during the past three or four years in compliance with new wellness policies. The half-baked chocolate chip cookies and candy bars for sale in the school cafeteria are now all but distant memories. Public school students not only in the Huntington district but in schools across New York State are now limited to sensible meals and snacks. Due to potential allergic reactions, all processed foods must be done so in a peanut-free environment. None of the food served in the cafeteria contains trans fat or high fructose corn syrup, and you won't find any sweets aside from the "Icee" machine. Only whole-grain foods are served at Huntington- even the cookies are whole-grain according to Mr. Giraldo. The menus for the cafeteria are created and varied on a monthly basis with the help of a dietitian, but more importantly they are based off of student production reports, meaning that what ever products are purchased most frequently will be guaranteed a spot on next month's menu.

The New York State Department of Health (NYS-DOH) conducts two inspections during the school year, and any violations that are found "are addressed within 24 hours, and the reports are published online," said Mr. Giraldo.

Though regardless of the measures that the NYS-DOH and food service program take, students at Huntington seem to remain dissatisfied with cafeteria options; constantly complaining to their peers.

see *Cafeteria* on page 6

Huntington hearts go out to Haiti

by KATIE PETROZZO

On January 12th, tragedy struck the country of Haiti when a ferocious earthquake occurred. All around the world, people have been making efforts or contributing in some way to help send relief to the victims of this disaster. Schools in the Huntington School District have created fundraisers in attempts to raise money for this cause.

In Huntington High School, the class of 2011 is a leading example of efforts made to help the people affected by this tragic event. Shayne Larkin, vice president of the class of '11, explained that the club came up with the idea of "selling silicone bracelets for a \$2 minimum donation", from which all proceeds will be donated to the Red Cross Relief Fund.

The decision to create this project was made after the students involved decided that "many teenagers that want to help but couldn't via text message or online would make donating money an easier endeavor for our peers." While it is not linked to

the work of the Class of 2011, it was announced that the profits made from Playfest will be donated to the relief fund.

Ms. Damore's Project Adventure classes have recently launched a school-wide clothing drive for the cause. Ms. Damore explained that clothing is a basic necessity often overlooked in relief projects. HHS students and staff



have been asked to bring gently used clothing and new undergarments to drop-off spots located throughout the school. The organizing classes hope to extend the drive to the elementary schools pending the success of the project.

Huntington High School isn't the only school contributing to the cause. Other inter-district plans to raise

money have been announced. At Jack Abrams Intermediate School, students have created a program known as "Hats for Haiti." Through this program, students are encouraged to wear a hat to school boasting the image of the school mascot, the husky. Each day a student chooses to participate, he or she donates \$1 to a relief fund pool.

Washington Elementary School has also initiated a service project of its own. The project, entitled "A Little Change Can Go a Long Way," was created to educate students about global occurrences and practice the good deed of reaching out to those in need. Students are asked to donate spare change from lunch money. The change is then collected in a jug displayed in the school and will be donated to Haiti once the jug has been filled.

The Town of Huntington has called for residents and merchants to collect necessities for earthquake victims. The Town asks for donations of medical supplies, toiletries, camping gear, etc., all of which will be shipped to Haiti.

Huntington's own 'Top Chef'

by CARLY GLOWACKY

Ms. Youlanda Carey is one of the many security guards at Huntington High School, but by no means does she blend in with the crowd. Her colorful personality shines through the hallways and her energetic voice can be heard from all over. Youlanda's passion doesn't only apply to her job; it transfers over to her favorite hobby, cooking. She is known by HHS students as one of the most talented cooks around and is in the process of writing her first cookbook.

Ms. Carey was surprised that people had heard that she was writing a cookbook, and was initially shy when asked about it. Luckily, she eased up to tell the student body about it and about her love for cooking and good

food.

Carey's mother taught her how to cook when she was only five years old. One could say she was a chef from the very beginning. As a child she would constantly ask her mother about different recipes and ingredients, and she found great joy in helping crack eggs and whip up family dinners. During her junior and senior years at Walt Whitman High School, Youlanda attended a culinary program at Wilson Tech in Dix Hills every day for half of the school day. After high school, Ms. Carey became a military chef, and eleven years later she became a drill sergeant, a position she remained in for two years. During her experience as a mili-

tary chef, Carey cooked in various places outside of the United States including Panama, Korea, Honduras, and Germany, where she learned the techniques of



cooking global cuisines.

Youlanda Carey values any opportunity she has to spread her love of cooking. As many great chefs proclaim, there is nothing like good food and good conversation to bring people

together. She has done just that by cooking at numerous Natural Helper retreats at Huntington High School.

Ms. Carey decided to write a cookbook because her friends and family members are always asking for her recipes. "Since all of my recipes are in my head and I need to write them down when people ask me for them, I thought, why not make a cookbook?" she said. Youlanda's book, *Spreading the Love*, will feature Youlanda on the cover holding one of her many favorite dishes. Youlanda chose the title because all of her recipes are made with love, and she plans on writing a little love note at the end of each recipe. The book features all different

kinds of food, such as her famous biscuits, pound cake, fried chicken, and red velvet cake. Also, almost every recipe in the book is named after one of Yolanda's many family members or friends, such as her "Uncle Greg's Bread Pudding."

So far, Ms. Carey has completed about twenty recipes, and hopes to have at least one hundred published in the book. She has been working on it for a year now and hopes to have it published sometime next year. Her goal is to have its release date around a holiday, such as Christmas or Thanksgiving.

Artist spotlight: Kelsey Cosgrove

by KATIE PETROZZO

As you walk the halls of Huntington High you never know who you're bumping into; maybe an aspiring actress, a talented athlete, or in this case an astounding photographer.

Senior Kelsey Cosgrove has proven to produce quite astonishing pictures. Taking photographs has been a part of her life ever since she learned how to use a Polaroid camera. She began to take photography seriously around 8th or 9th grade.

Her interest in this art form was sparked when she was much younger and would play dress up with her friends. "I would take pictures of them, and we would play pretend photo shoot with my mom's Polaroid camera," said Cosgrove.

She finds inspiration from vintage fashion photography because there is "something different about pictures from the past compared to now," and for her they "seem more interesting but simple at the same time." Her inspiration makes an impact on her favorite topic to photograph; fashion photography and people in vin-

tage looking clothing.

When asked to describe her photographic style, Cosgrove said that her photos tend to have a dark mood to them. "In a way I try to avoid it, but sometimes I can't help myself. It gives the pictures a certain edge that they may be lacking."

While Cosgrove finds inspiration from the past, everyday life also inspires her. When asked about seeking inspiration for photo projects, she commented, "I find inspiration all around me. I will see something on the street and think that it would be a good idea for a photo shoot, or I will be inspired by other photographers, even my family."

Cosgrove hopes to one day have a career involving photography, stating that it would be a "dream come true." If you are looking into photographs taken by students, keep an eye out for the magnificent work produced by Kelsey Cosgrove.



— A few pieces from Ms. Cosgrove's photography collection

TEACHER FEATURE: Ms. Collins

English teacher fills classes with personality and enthusiasm

In only her second year at Huntington High School, Ms. Collins has taken English classrooms by storm. Her effervescence and smiley personality show HHS students that she really is living her dream each and every day.

by SHIRA MOSKOWITZ

Q: Where did you grow up?

A: A suburb outside of Chicago which was actually very similar to Huntington.

Q: What is your favorite TV show?

A: Reality TV-Survivor.

Q: What is your favorite novel?

A: Gold Coast by Nelson DeMille because it parallels The Great Gatsby.

Q: What quote would you say best describes your life?

A: "Treat everyone

as if their hearts are breaking because they probably are." -Anonymous

Q: What is the best thing about Huntington High School?

A: The diversity.

Q: The worst?

A: Not having a reputation here and having to acclimate to the New York school system.

Q: What is your favorite food?

A: Fondue.

Q: Who is your favorite band or musician?

A: Dave Matthews Band and the Killers.

Q: What was your

most embarrassing moment?

A: When I was in high school I got into a car accident in front of the entire bus line.

Q: Why did you decide to become an English teacher?

A: I always knew I wanted to be a teacher, but my two most inspirational teachers were English teachers. Also, English can be applied to anything in life.

Q: Do you have any pets?

A: Yes, a high maintenance gold fish named Charlie.

Q: Describe your family in three words.

A: Spirited. Never-a-dull-moment. Busy.

Q: What is the nicest thing your children do for you?

A: Every year my kids make homemade Valentines with special misspelled messages to show how much they love their mommy.

Q: Where would you build your dream house?

A: A tropical location, like on a Mediterranean cliff overlooking the water.



PHOTO: SHIRA MOSKOWITZ

Haunted Huntington

by SAMSON WIDERMANN

For those who love a good scare, often times what Hollywood has to offer just isn't enough. Luckily, the Town of Huntington is filled with supposed hauntings and stories of the paranormal. Not all of them are scary. For example, the house on Strawberry Lane, a charming farmhouse just off of West Neck Road, within walking distance from Huntington village. The family that lives there believes that many of the strange things that have happened to them are the doings of their great-

grandfather's ghost.

The most frightening legends to reach our school are those of Sweet Hollow Road. Just off Jericho turnpike in South Huntington, there is a long, narrow winding road surrounded by eerie woods. For generations Sweet Hollow Road has been the subject of stories involving ghosts, murders and malevolent spirits. There are countless legends of a woman named Mary or "The Lady in white", whose spirit still wanders the winding road and is, of

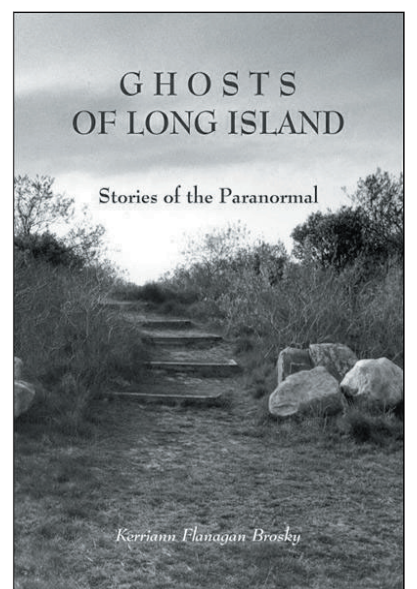
course, buried in the cemetery along the road. In some stories she is a witch burned at the stake, in others, a heartbroken girl thrown to the side of the road, and in others a nurse burned alive in a cabin where she cared for children.

Another famous legend involves a police officer who stops suspicious cars on the road. He seems like a normal officer until he turns to leave and the driver can see that the back of his head appears to have been shot.

The road actually goes under an overpass of the Northern State Parkway. A story tells of a young woman who hanged herself there so that his body hung over the winding road. Stories claim that if a person sits in a parked car underneath the overpass a pair of hands will appear on the back windshield and the car will ease forward. One Huntington student had this to say, "I've gone there multiple times with friends, but they always chickened out. The one time I went alone,

I waited for a long time underneath the overpass and nothing happened. Eventually another car came up behind me and turned off its lights. When I started to drive away, it followed and cut across the yellow lines to get ahead of me and turned his lights back on. I wasn't scared, the stories are all bogus."

A more strange and coincidental tale comes from right behind Huntington High School. In Kerriann Flanagan Brosky's book "Ghosts of Long Island: Stories of the Paranormal", she retells the story of a woman living nearby Huntington Rural Cemetery, whose son had an imaginary friend named Irving. Around that time strange things began happening and the first time she ever brought her son through the cemetery he pointed out Irving's grave. Years later, when he was 17 he saw a photograph and identified his invisible friend immediately, the same man buried in the cemetery, Irving Riggs.



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Of course there are many variations to each of these stories. As they expand by word of mouth, they change and become everyone's ghost stories. The answer to whether they are fact or fiction will never be found by someone who is looking for it.



- The haunted bridge at Sweet Hollow Road

Two more years left...

5 WAYS TO SPEND THE REMAINING DAYS

by ANDY BENE

A two thousand year old calendar says the world is up for two more years until it goes. What should you do? Panic in the streets? Lock yourself in your house? Put a paper bag over your head? No, none of these will do. Let's send our planet out with a bang and make the most of the days we have left. Following any of the below suggestions will ensure just that.

5. Go Wingsuit Flying

In 1998, an Australian BASE (buildings, antennas, spans [bridges], and earth [cliffs]) jumper decided to add too much cloth to his jumpsuit and jump off a cliff. This all translates into modern Wingsuit Flying, which turns the average BASE jumper into a giant, multicolored flying squirrel. A strange combination of jumpsuit and hang-glider, Wingsuits allow BASE jumpers and Skydivers to glide over distances instead of falling straight down, meaning longer rides and much better views.

How much time will it kill?

Between the Skydiving training, 200 minimum

skydiving jumps, and 500 Wingsuit jumps to complete training, you're looking at about 6 months until you can go off on your own not taking weather complications into account. Not bad for killing two years.

when your mind sleeps and you dream, for the full duration of your sleep. Ultimately, your body is rested as though you just slept for hours.

How much time will it kill?



GRAPHIC: LEIF DRACE

4. Go on the "Uberman's Sleep Schedule"

The Uberman's sleep schedule, besides having possibly the most awesome name in existence, is a schedule meant to maximize a person's daily schedule by not only making them feel more awake, but by doing it with as little as two hours of sleep a day. It's done by taking six 30-minute naps spread throughout the day. By giving your body such little time to sleep, it forces your brain to immediately go to "Stage 5 REM sleep", or the time during the night

Okay, so this actually gives you *more* time. But look on the bright side, twenty hours a day will let you enjoy the next two years to the fullest.

3. Travel around the world in 80 days using a hot air balloon.

Hey, it worked for Phineas Fogg and it can work for you.

How much time will it kill?

80 days.

2. Cave Diving

Scuba diving is one

thing, full of plenty of dangers like sharks, equipment malfunction, and abandonment in the middle of the sea by dim-witted diving instructors. Now add tight spaces, total darkness, and the incredibly likely possibility of unknowingly meeting up with some new species of deep cave shark, and this makes cave diving sound positively suicidal. Then again, what have you got to lose? Plus, it gives you a chance to find some of the most interesting animals in the entire world, most of which look like aliens.

How much time will it kill?

Between the seven-week scuba diving certification, the recommended 50 open water dives, and the time it takes to get properly adjusted to the equipment and surroundings, you're looking at a minimum of three months of training.

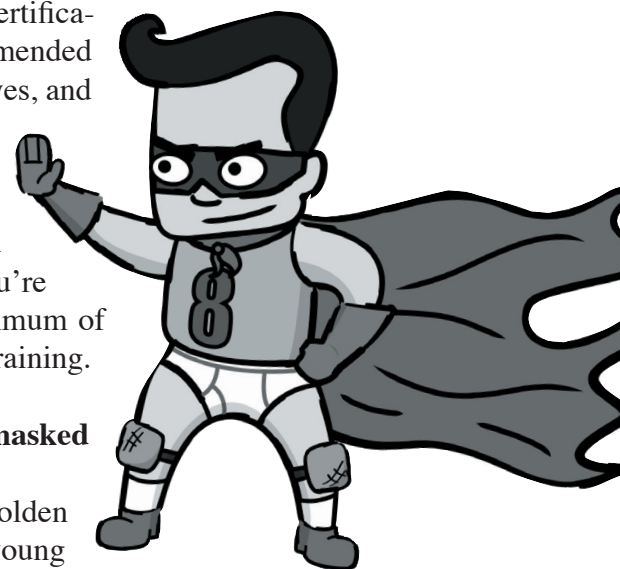
1. Become a masked vigilante

Since the golden age of comics, young children have grown up dreaming of dressing up in silly costumes and fight-

ing crime. Well, what time is better than the impending apocalypse to clean the streets of [insert major city here] of crime? Who knows, you could discover the plot to end the world involving martians, several hundred asteroids, deadly viruses and a pair of cave sharks; defeat the alien leader Zorgon, and save the world from utter destruction.

But how much time will you kill?

Who cares? You just saved the world! You will be forever revered as a hero until the general public gets bored and makes up more ridiculous end-of-the-world conspiracies.



GRAPHIC: LEIF DRACE

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Fashion Spotlight: Holly Helstrom

by SAMUEL SAINTHIL

Samuel: What piece of clothing could you never live without and why?

Holly: My black boots that I've had since eighth grade. I've worn them so much and they're really comfy. I've been everywhere with them, to school, around town, around the Palace of Versailles and the rest of France with them, so they really have sentimental value for me. I'd be devastated if I lost them.

Samuel: Who inspires you when you dress? Who do you try to emulate fashion-wise and why?

Holly: My mom inspires me a lot because she knows a lot about trends and fashion (she's been working in the fashion industry since she was 19). My sister inspires me as well, I guess because we both learned from our mom. As for famous people I'd have to say Chloe Sevigny from "Big Love," Anne Hathaway because she always looks classy and ladylike, and Rachel Bilson

because she always looks cute.

Samuel: What male fashion trends did you really hate this season or in the past and why? What girl fashion trends did you dislike?

Holly: I really hated the Lil Wayne-scarves and Kanye West glasses that guys wore. They're annoying separately but when they're paired together, that's when I strongly dislike them. They look obnoxious, cheap looking, and tacky. The scarves also look like they'd be itchy. I hated it when girls wear skirts over jeans. I never understood them because I could never understand how those two items could possibly go together. Just like socks and ballet flats. They look like they're not cohesive. I really didn't like it when people wore clothes that looked as if they didn't fit them. It makes me think that they don't care about how they look.

Samuel: What is a major fashion faux-pas in your eyes?

Holly: Having visible underwear, when there are holes in your sneakers (it means you need new shoes), and wearing Abercrombie from head to toe (there are a lot of other great brands out there, so wearing the same one over and over gets monotonous).

Samuel: How do you decide what to wear each day?

Holly: Well, first I check the weather to make sure I won't be too hot or cold that day. Then I think about something that I haven't worn recently and construct a new outfit for the day around that piece. Then I pick a handbag. I love handbags!

Samuel: Who is the most fashionable person in your family?

Holly: Definitely my mom because she really pays attention to what she wears. From head to toe

she's really conscientious about what she wears. She has to be; she works in the fashion industry (president of a woman's dress company). She's always a few seasons ahead of everyone else. I admire her attention to detail.

Samuel: Where do you prefer to buy clothes and why? What brands do you like best and why?

Holly: I love to go shopping for clothes at Nordstrom or in all those little boutiques in Manhattan because they have so many items to choose from that it makes it really easy to mix and match pieces to make a lot of different outfits. I prefer to buy shoes from Steve Madden (for heels) and Cole Haan (for boots) because their shoes are very comfortable and durable. The brands that I prefer for clothing are DL 1961 and Brass Plum (located in Nordstrom). They're both really comfortable, but Brass Plum has the best sweaters.

Samuel: Do you have any fashion tips for our readers, girl and guy-wise?

Holly: I think that it's really important to put an effort in the way you look, not in a superficial way but because you always want to make a good first impression. When people first meet you, the first thing they see is how you look. Also, if you think [the clothing] looks nice and it feels comfortable, then it shouldn't matter what other people think. Wear it.



PHOTO: EMILY FELDMAN

Lemon Demon demonstrates Indie Rock in its purest form

by CAT TACOPINA

The term "indie" in music is swiftly becoming a contradiction of the vision the original bands of the genre had. What was once a genre of freelance bands has now become teeming with pop-star like contracts and even artists who write songs for commercials. It is a relief that bands like Lemon Demon exist.

Indie in the truest sense of the word, this pet project of internet celebrity Neal Cicierega is written, produced and hosted by him and band mates. Oddly enough, the music produced by the band is often of higher quality

than more mainstream indie groups.

The music itself is fairly simplistic. The instrument parts never really break out of the riffs they start on, but this is not a problem as the vocals of Cicierega

are generally the main focus of the song. The stories each song tells are quirky and genuinely funny, and compensate for the lackluster vocals. The songs themselves generally come off as electronica or folk, but can drift into many different styles as Cicierega does a lot of experimentation with odd

instruments. This being said, Cicierega is a strange man as well as a huge nerd, which comes out beautifully in the lyrics that range from mourning his dead sea monkeys to a man with a strange obsession with Crayola crayons.

The band's

discography currently consists of six main albums, four albums of bonus tracks and about twenty songs released outside of albums; an impressive discography for a signed band, let alone an independent one.



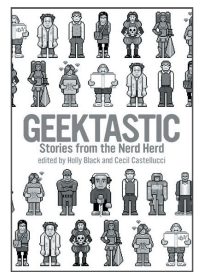
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The Readers' Corner



by MOLLY PREP

Sara Shepard's new *Pretty Little Liars* series has been an upcoming success. Her books tell the story of four girls, each with a clandestine secret known by no one other than Ali. Ali was a best friend to all, popular and fun. She knew everyone's secret. When she mysteriously disappeared one night, the girls thought their secrets were lost with her. Now, they begin hearing from a person, under the alias of "A", who seems to know all their secrets, and is willing to release them to the world if strict and dangerous orders are not followed. The books are extremely suspenseful, making them hard to put down. They're quick reads as well, with a plot that's fairly simple to understand and follow.



by EMILY MCGOLDRICK

And you thought you were dorky! *Geektastic: Stories from the Nerd Herd* is a compilation of short stories and comics written about every kind of geek there is. The series of shorts is written by the acclaimed authors of *The Spiderwick Chronicles*, *The Uglies*, *A Great and Terrible Beauty*, *City of Bones*, *Looking for Alaska*, and *A Mango Shaped Space*. From role play games to audition monologues, and from Rocky Horror fans to dinosaur-obsessed girls, *Geektastic* has a little bit of everything (and it's a quick way to see what authors you like). Even though you might not be playing role play games, it's easy to connect to one of these bizarre but hilarious stories.



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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 2009-2010 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 editors 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 to hhsdispatch@gmail.com or submitted to The Dispatch mailbox in the main office.

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

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

The Dispatch accepts advertisements from local businesses and student organizations. Requests for specific pricing, and examples of past advertising may be requested via e-mail through hhsdispatch@gmail.com. The Editorial Board reserves the right to refuse any advertisement deemed inappropriate.

A call to legalize Cannabis

by KEVON PEKCHI

Cannabis Sativa or Marijuana has caused quite a stir during the past few months. One such reason is the passing of the Compassionate Use act in New Jersey. The commotion about the act is that it conflicts with federal law. Consumption of marijuana for recreational use is strictly prohibited. However, according to the Constitution, states reserve the right to legislate their own laws. This allows people to ingest marijuana for medicinal purposes on a state level. Until 2009, federal DEA operatives had the authority to crack down on these patients and prosecute, exposing the folly of the U.S. legality concerning this controlled substance. After President Obama partially decriminalized marijuana, the DEA now only pursues those breaking federal and state laws.

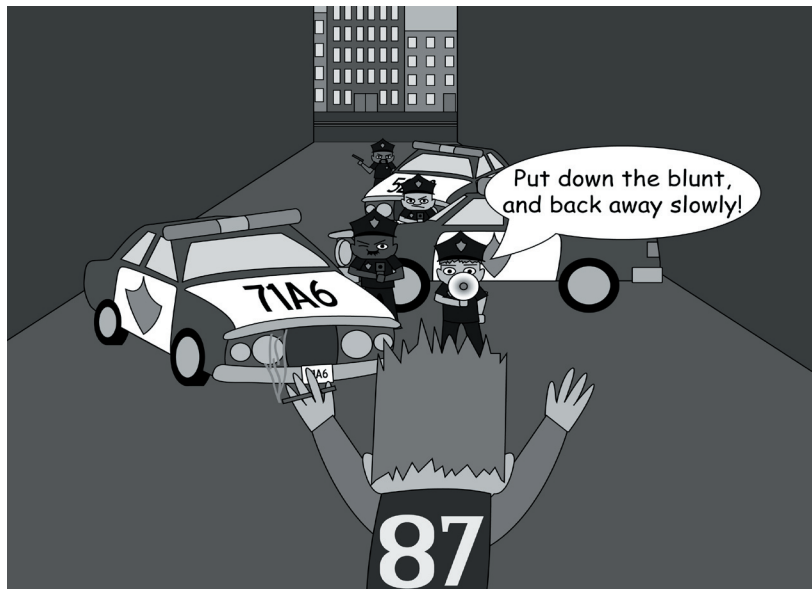
If the government were to spend more time on this subject rather than keeping it locked away, true problems could be addressed like cracking down on heroin and cocaine addicts. The government has a responsibility to address and moderate this growing problem.

Through the power of Congress, a hypothetical tax could be set in place that if passed and enacted, would generate a large sum every year through taxes on marijuana. This could help alleviate the financial burden plaguing the country since the start

of the recession. Most modern medicines approved by the FDA today have the potential to be abused and cause fatalities. Cannabis has never caused one such death in medical history. It brings the methods of curing ailments to question in this country. Some states are ahead of the curve and declare that marijuana is a natural form of medicine. It seems counter-productive to spend mil-

and the pain in her lungs caused by years of smoking. It has also given her the ability to sleep normal hours, after years of suffering from chronic insomnia. At first she said she was reluctant to try it but no other medicine could rid her ailments without causing harmful side effects. She says that upon every visit to the doctor, he mentioned the potential of cannabis to cure multiple symp-

toms without any physically destructive side effects. There are several licensed dispensaries whose "care-givers" operate the facilities to the very stringent standards of the state's law. Every visit, she is required to present her card to prevent anything conducive to fraudulent activity. She then chooses from a bevy of



GRAPHIC: LEIF DRACE

lions of dollars a year to track down those not using it for said reason. In 2008 alone, 48% of all drug arrests were for marijuana. Each arrest for marijuana is a crime statistic that requires focus. Once made legal, marijuana would most likely have a spike in use amongst youths and teens and would be misused for a span of even a few years. However, it would lose its luster and would eventually be used as any other form of medicine is today.

My own grandmother was caught up in hypocrisy when she received her medical card in the state of California at the beginning of 2010. She uses cannabis to relieve her arthritic pains

strains grown legally in the state of California. This brings up the question once again, of why the government would ban an herb that has medicinal purposes? If someone has a life-threatening illness such as cancer, epilepsy, AIDS, or multiple sclerosis, the government has no right to take treatment away from these people.

Many countries that have legalized marijuana have reduced crime rates and freed up law enforcers for more serious offenses. If the national government would hear out public opinion of marijuana, we would find ourselves in a radically different situation in the future.

Cafeteria (continued from front page):

Many students agree that cafeteria food could be recognized as its own cuisine, and even more would label it as "unhealthy." When questioned on the healthiness of HHS cafeteria food, sophomore Junior Balogun said with a snicker, "It's school lunch; it just doesn't seem healthy."

In response to criticisms of school lunch food, specifically meat, the United States Department of Agriculture (USDA) claimed that meat items served in public school cafeterias "meet or exceed standards in commercial products." Though Tyson's tantalizing ground turkey does not appeal to many, it does

comply with USDA standards. As far as veggies, it is true that if frozen (without any added preservatives), they have the same nutritional value as those that are fresh, though it's doubtful that anyone is jumping for joy over the droopy string beans and carrots. Salads are an available alternative to sandwiches and burritos, but once loaded with a creamy dressing, it will become as healthy as a few cookies and a bag of chips.

It seems that the true conflict between students and the cafeteria is the fact that students are prone to making poor diet choices. The monthly menus are comprised by means of previous

production reports. To put it plainly, the students are served what they have been shown to eat most often. This may be the reason behind the large amount of chicken sandwiches and french fries made in a day in comparison to the handful of salads that are prepared. Furthermore, it is the minority of the student body that would welcome a broader span of healthier options in addition to the salads available. The food service program claims to be willing to work with students on the much-debated cafeteria food, however the unsatisfied student body has yet to show any interest in working towards a change.

POINT / COUNTERPOINT

Networks have full discretion

by NATASHA STOLLMACK

Preceding this year's 44th Superbowl was a controversy involving CBS between two potential advertisements; one for the gay dating website Mancrunch.com, and the second an advocacy ad for the anti-abortion group Focus on the Family.

In the Focus on the Family ad, college football star Tim Tebow was originally going to speak about his mother's decision to reject abortion despite medical advice to do so.

As shown on television, the ad featured mostly a monologue by his mother, gently hinting at the idea of anti-abortion, though a viewer with no knowledge of the Tebow's story or of the Focus on the Family organization would probably be confused as to the ad's message.

The dispute arose when representatives of Mancrunch claimed that CBS denied their \$2.6 million offer and in turn accepted the anti-abortion advocacy ad. The question and answer to the dispute both dealt with money, though the reasoning behind the conflict lie within the network's protection of their money.

In the United States as well as a deal of other countries, television networks are required to obtain a broadcast license from their government. Along with this license, many restrictions and regulations exist, and if a network disobeys any of these said policies, they could face heavy fines and possibly license revocation depending on the severity of the incidence.

A well-known example of televised rule-breaking was Janet Jackson's "wardrobe malfunction"

from the 2004 Superbowl Halftime show.

Television networks are responsible for maintaining an appropriate viewing experience for the American public, through which they experience much criticism for what many deem as unnecessary censorship.

After denying the Mancrunch commercial and accepting the advocacy ad, CBS was targeted as homophobic and anti-equality among other things. While the rejection of the gay dating commer-



cial gained CBS a horde of negative publicity and accusation, the network clearly felt that the broadcasting of the ad would have resulted in a greater publicity consequence.

It is unfortunate that an ad supporting homosexuality is considered to be potentially offensive to American people, and until its support becomes more socially accepted such censorship will legally continue.

All ads should be aired

by SAMUEL SAINTHIL

This Superbowl was an exciting match-up between two top teams, and the resulting game was filled with excitement and intensity that left many football fans sufficiently satisfied. However, you're not alone if you were watching the Superbowl primarily for the advertisements.

During the Superbowl, companies are willing to pay upwards of 2.5 million dollars for thirty seconds of ad time. These ads are known to be funny, provocative, and at times thought-provoking,

crunch.com stated that it was able to raise 40 million dollars from investors.

The problem with CBS's other argument was that if anyone had seen the proposed ad, they would

"...if the company is willing to pay... the network should be willing to air the ad."

be able to state that the ad has almost no difference to a Godaddy.com commercial, except that it is less inappropriate (the ad contains two men seeming to passionately kiss each other although it's covered up while the Godaddy ads contain women about to disrobe themselves in a provocative manner).

It is fairly obvious that CBS either didn't want to take flak for airing a pro-gay commercial or that someone who is in charge of CBS doesn't approve of homosexuality.

If a company is willing to pay the requested amount of money for airtime, and there is nothing particularly obscene or overtly offensive about the ad, then the network should be willing to air the ad.

CBS has not escaped scathing remarks however; as Women's Media Center had its members send around 120,000 letters to CBS and the NFL to pull the Focus on the Family ad from the air.

It is clear that CBS was holding up a double standard when it comes to advertising; happy to hold up a conservative view, but not a liberal one even when both issues are particularly controversial.

DataStream Surfing: The net nerd faces Facebook

by DAVID LEVIN

For those not familiar with it, Facebook is a social networking site primarily geared toward students. Accounts are free to set up and many students in Huntington High School already have them.

Being a social networking site, the benefits one gains from joining generally consist of ease in electronic communication.

"Friends", or contacts, have the ability to write brief messages on one another's "walls", and to send longer, private e-mail type messages through Facebook's "inbox" application.

Facebook is also commonly used to upload photos and store them in photo albums. As a result of easy photo uploaders and "tagging" systems to identify people in photos, the photo album system Facebook employs makes

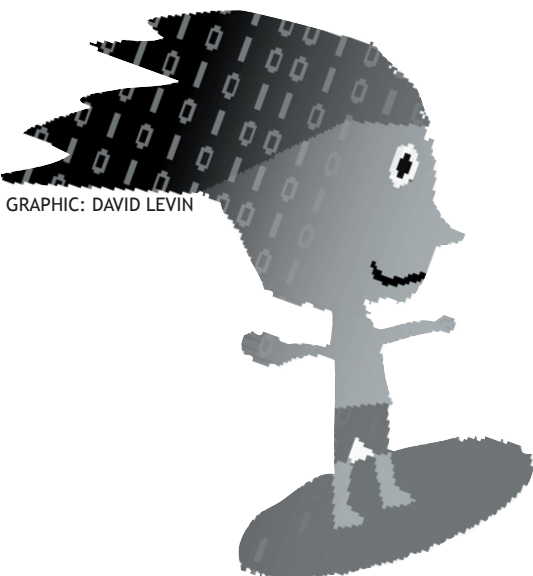
photo sharing a breeze.

One can access Facebook easily from most web-enabled smartphones, the Nintendo DSi, and other handheld devices with internet browsers.

On the downside, there may be concerns with privacy, as nearly anything posted on Facebook is accessible to the general public. Many employers and colleges now check potential employees' and students' Facebook

pages before making final decisions. Some people deem this practice as an invasion of privacy, but as far as companies and colleges are concerned, it is one of the most accurate measures of gauging personality and ethics.

Overall, the benefits of Facebook outweigh the risks. With this in mind, I give Facebook 4/5 light-houses.



GRAPHIC: DAVID LEVIN

SPORTS

Dan Smith, a model Huntington athlete

“When I popped out, the first thing my mother said was: ‘athlete’.”

by MIKE VALENTE

A hilarious and active senior at Huntington High School, Dan Smith is an essential player on the Blue Devils Varsity Boys’ volleyball, basketball, and baseball teams. I had the privilege to sit down with Dan and discuss his hectic life as a high school athlete.

Q: What first attracted you to sports in general?

A: “Growing up, I was into being outside and playing sports, rather than dancing and playing video games. I really enjoyed becoming involved in something that included a team effort.”

Q: How are you able to balance sports and school?

A: “It’s all about the

time management skills you learn. I just work diligently. I’ll be honest, though, it’s difficult sometimes to balance both, but sports are a commitment and it’s only fair to dedicate my time to them.”

Q: Of volleyball, basketball, and baseball, which sport are you most devoted to?

A: “You know me, Mike, I can’t devote more time to any one sport. It’s unfair to my teams to say that I commit more time and effort to one sport over another. I always give my full effort in every sport and activity I participate in.”

Q: Who has inspired you throughout your athletic career?

A: “John Olerud, a former baseball player for the New York Mets. He was a great first baseman, which

the community off the field, which is something that all athletes should do.”



PHOTO: NATASHA STOLLMACK AND LAUREN CAMPBELL

Q: Are you planning on pursuing a future in sports after high school, in college or professional?

A: “I would love to hopefully play baseball in college. It’s been my passion since I’ve been young. I’ve grown up around the sport and I think it’ll be nice to proceed to a higher level.”

Q: How do you stay in shape throughout the year?

A: “In order to maintain a firm core, I watch my food intake. Recently, I’ve lost ten pounds, in order to be in fine shape for the up-

coming baseball season. For anyone reading this, if you see me in the hallway, don’t hesitate to congratulate me. I also run a lot on my treadmill and work out at the local YMCA.”

Q: With the upcoming baseball season approaching, how do you think the team will do this year?

A: “I think we have great potential to have a very successful season. We have a lot of talent, but we need to play together as a team. We’re going to be a much younger team this year with the departure of the seniors from last year, so we need even greater support from the fans, ya dig?”

Mike: “Dan, thank you for your time and good luck in the upcoming baseball season.”

Dan: “Thank you Mike. This was ravishing.”

An Olympian with the heart of a champion

by LAUREN CAMPBELL

Many athletes choose to spend their multi-million dollar salaries furnishing lavish apartments and collecting designer cars. Hannah Teter, on the other hand, plans to donate her one million dollar 2010 salary to charity.

Twenty-three year old Hannah Teter’s spunky and off-beat personality shine through in her snowboarding, but this native Vermonter is not in it just for the fame and glory. Her medals may shine brightly, but her actions shine brighter. Teter stated on her website that she has “always wanted to help out in the world” and that she possesses a “passion for giving back”.

After winning the gold medal for women’s half pipe in the 2006 Winter

Olympics at Torino, her humanitarian dreams finally came true. Her passion was recognized by World Vision, which teamed up with Teter to help bring clean

water and sanitation solutions to impoverished countries. She has since chosen to adopt the community of Kirindon, located in the African country of Kenya, and dedicated herself to helping the children and families there who face an everyday struggle against poverty. According to Teter, “World Vision staff are embarking on a major initiative to reduce the prevalence of water borne diseases (intestinal and skin

diseases) in the Kirindon community.” In October, Hannah and her family had the chance to visit the adopted community. “The people of this town have touched my heart deeply not only because they are the kindest, most generous, and hard working friends I have ever met, but because even though they live in some of the toughest conditions, they still are happy. There is a lot of work that still needs to be done in this town of 80,000, from water sanitation, to more schools, to women rights and forced early marriages, to food crises. We can help, we already have and will continue to do so,” Teter emotionally described her experience and her ambition. Teter has since pledged to raise at least \$100,000 for this cause. Thus far, she has raised funds through the sales of her “Hannah’s Gold” maple syrup, a division of her family’s own

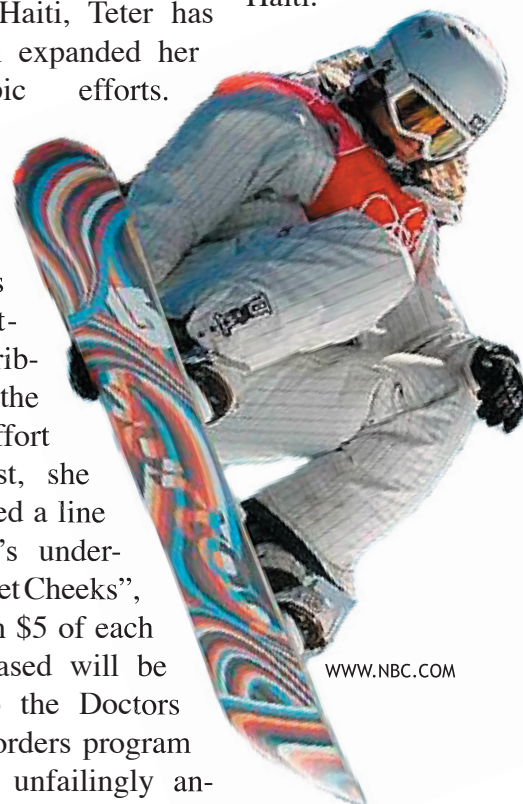
Vermont-based maple syrup company, by selling organic hemp bracelets, as well as through her Ben & Jerry’s endorsed ice cream flavor “Hannah Teter’s Maple Blondie”.

As tragedy edged closer to home with the recent events in Haiti, Teter has once again expanded her philanthropic efforts. Since the devastating earthquake, Teter has concentrated on contributing to the recovery effort there. First, she has launched a line of women’s underwear, “SweetCheeks”, from which \$5 of each pair purchased will be donated to the Doctors Without Borders program which has unfailingly answered the call to save lives and preserve health in Hai-

ti. Teter has set a goal of raising \$100,000 by May through the sale of her Sweet Cheeks. Teter has also said that she will donate all the contest money she makes this season (an estimated \$1 million) to relief efforts in Haiti.



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