



## Guidance: Everything You Need To Know About Scheduling

**By: Victoria Rizos**

On the first day of school, students are familiar with the hustle and bustle surrounding the Guidance Center. In an attempt to fix their schedules, many people storm this fragile center baring their change forms and verbal arsenals, preparing to fight their way to victory. Heavily outnumbered, the Guidance Counselors retreat behind office doors and sacrifice the receptionist to the fury hordes of angry adolescences who, in turn, attempt to direct everyone to the cardboard boxes with which to put their change-forms in.

This year, the Guidance Center was ready, turning their fragile center into a glass fortress. New preparations were taken to accept this massive crowd head on. A red rope lined the wall to direct the crowd to the cardboard boxes, outside the office. As students looked at the glass fortress from the heavily populated line, a body guard sat with his clipboard and freshly printed list, scouring the crowd to make sure no one would sneak in. As some brave students attempted to break in, they were approached by the body guard asking for a name or if they had an appointment. If your name was not on the list, there was no way you were getting in, making these determined people crushed and feeling as though only the most important people would be permitted access. With the body guard directing them away from the center, it was apparent that there was no way of getting in.

But why have such extreme measures needed to be taken? Is it Guidance? Is it the students? Both? Where does the blame lie?

Upon interviewing Mrs. Cambria, head of guidance, I found out some interesting information about the crowd control measures but into place and the process of scheduling and some of the problems that occur.

One of the first things I learn from my interview was that the crowd control measures were actually placed in effect last year, but unfortunately they did not work. That is why this year, stricter crowd control was put into place such as the boxes outside the guidance center and the security guard who was there not to keep people out but because the person who was supposed to be there was unable to make it to school that day.

Now on to the major frustration at hand: Scheduling. One thing that seems to bother students is how late the schedules come out in August. While asking fellow peers, they don't understand why guidance does not release it earlier in the summer so that they have time to fix the problems that occur. As it turns out, the first thing that happens with scheduling is making the master schedule that can be found in Mr. Monastero's office. This master schedule is crucial in determining everyone's schedule because the teachers that create this have to come up with a

schedule that accommodates different factors such as classrooms being occupied, student's class requests, the requirement that teachers cannot teach more than three classes in a row, academic interventions, etc. Once they come up with a schedule that has the least amount of conflicts, the finalized schedule is brought to guidance along with a conflict list, which was 70 pages long this year. The conflict list includes scenarios that would create problems in student's schedules. An example of this would be, hypothetically, if a student wishes to take AP Chemistry and Journalism it creates a conflict since both are only offered for one period. Once the finalized master schedule is given to the guidance center, which normally happens in late August, the guidance councilors can create the students schedules based on the classes they requested.

Once the first day of school rolls around, students try to get their schedules changed as soon as possible. To decide what changes need to be made first, a triage, which is a list of that determines the most to the least important changes, is made and those students with serious problems to their schedules are normally the ones that get fix first. An example of this would be not having a science class in a student's schedule. The reason why guidance has students fill out the schedule change forms is because it is easier for them to make the triage instead of the tedious task of filtering through emails.

With so many schedule changes being made during the first couple weeks of school, some students may be wondering, how can I avoid scheduling problems? With this question in my mind I asked Mrs. Cambria. Some things that students can do to is to look at the Coarse Description Book which can be found on line. In this book, it describes all the courses in detail and determines which class you should have a recommendation for. Now as most students know, AP, honors, and accelerated classes do not need recommendations to get into any more but if more students took the recommendations given to them by their teachers, less problems would occur when students changed their minds and want to drop the class. Another thing that might help is going to the teacher who teaches the class and asking them about it before the end of school. Another problem that seems to pop up is that students decide to change their minds during the summer and run to guidance at the beginning of the year. If students finalized their schedule at the end of the previous school year it would facilitate their transition into the new school year. But if you were one of those students that decided to change their schedule and got an appointment with your guidance counselor, it is really helpful to go in there knowing what to do with your schedule.

## Common App Crash

**By: Haley McLaughlin**

With the seniors feeling the weight of stress that comes from the college application process, the last thing they needed was another obstacle. On Monday, October 14<sup>th</sup>, the Common Application website was nearly impossible to access for students who tried to send in applications. Panic broke out among both prospective college students and teachers who had to submit letters of recommendation. The timing of this crash was almost comical-occurring just days before the first round of Early Action and Early Decision deadlines.

Due to this crash (and glitches throughout the entire application season) some universities made the decision on Monday the 14th to extend their deadlines- among those were UNC Chapel Hill, Columbia University, and Georgia Tech. Other schools chose to fix the problem in a different way – by registering with the Universal College Application. This alternative application website is now accepted at 33 schools (including Johns Hopkins, Harvard, and Tulane) if you are locked out

of the Common App.

The response of seniors across the country is anger. When asked what her thoughts were on this crash, senior Sommer Dougherty simply responded, “I hate the Common App.” The general hatred toward the Common App was even put into publication, with the creation of the Twitter account named “CommonAppProbs.” Senior year is already blanketed by the fear of not getting into your top choice college (or any college for that matter), making this the worst time for a system crash to occur.

Adding a little irony to the situation, this year was supposed to be a somewhat technologically groundbreaking year for the Common App. Starting in 2013, the paper version of the application was completely obliterated, making all applications electronic.

When students were not able to send in their applications, they referred to the “Help Center” to try and fix the problem. Unfortunately, this proved to not be very helpful at all – not responding to emails for multiple days (and when it did respond,

the answers provided were unspecific and frankly, useless.) Many students even tried to call the Common App Help Center, but they were disappointed to be answered by a machine stating that the Common App does not help anybody over the phone.

It was reported that the Common App website was back up and running by 7:30 a.m. on Tuesday, October 15<sup>th</sup> (however a few individuals still experienced some glitches past that time.) According to Scott Anderson, the company's senior director for policy, the system was tested, but it was the tens of thousands of people hitting the website at the same time that caused the glitches.

A word of advice to seniors now and in the future- get your applications finished early, because you can't always expect that everything will go smoothly. One of the Common App essay prompts of 2013 asks the student to describe a time when they overcame an obstacle: perhaps a refreshing response would be, “When I had to overcome the nightmare that is the Common Application.”

## Luncheon Welcomes New Students

**By: Gabby Bailenson**

The new student luncheon took place on Friday October 4<sup>th</sup> in the junior high library. It was hosted by Ms. Halloran's leadership class and many faculty administrators such as Mr. Matuk, Dr. Browne, Mr. Monastero, and our school guidance counselors and social workers attended. The students met during period 6, ate lunch, and got to know each other a little more through the interviews of the leadership class.

Many of these new stu-

dents are from out of the country such as Danny and Maya Zaatari who are from Saudi Arabia. Danny is in 11<sup>th</sup> grade and Maya is in 10<sup>th</sup>. Danny really likes the people in our school and Maya enjoys the weather. Tiffany Qin and Ava Xu both are in 9<sup>th</sup> grade and came from China. They both really enjoy the art classes.

Other people come from other states or different schools. Sonia Hussain is in 9<sup>th</sup> grade and is from Florida. She really likes not having to wear uniforms like she had to in her

old school. Owen Toomey is in 9<sup>th</sup> grade and came from a private school in Huntington. He really likes having less rules and more freedom. He also likes the sports. Micheal Direnzo was originally in our school until 9<sup>th</sup> grade and for 10<sup>th</sup> he went to a school in Florida where he played intense baseball all day and then had school. He came back this year because he really likes the people here. All of the students felt comfortable and looked as though they were enjoying themselves.





# Opinion

## Hardest Courses in High School Surviving Junior Year

**By: George Carmi**  
“Welcome to my Algebra 2 Trig nightmare, you’re in it,” says Mrs. Innella.  
“This is a college level course,” says Mr. Miller.  
“It’s a lot of work, a lot to keep up with. And tests are AP format,” says Mrs. Halloran  
How often do you hear someone talk about a course and how it’s the hardest and most time consuming? Often? Yea, me too.

Debates about what the hardest course of your high school career are probably more common than the debate over whether or not Batman would beat Superman.  
Most seniors would claim either AP Physics or AP Calculus. Most juniors would claim AP Language and Composition or AP US History. Sophomores would claim AP World or Chemistry. And there are no hard classes in 9<sup>th</sup> grade.  
So, let’s take a look at these courses and break down what makes them so hard.

**10<sup>th</sup> Grade Courses**  
**AP WORLD II**  
If you think AP World was tough as a 9<sup>th</sup> grader, get ready for the ride of your life. Dr. Andrews increases the work load. He packs more information into one quarter than ever, and gives you AP style tests once every two weeks. “It’s tough. Definitely not a walk in the park,” says 11<sup>th</sup> grader Brendan Campbell. There is so much information that you have to take in such a short period of time. Test questions, which are five choice multiple choice exams, are so specific, so in depth, that you need to remember the smallest of topics Dr. Andrews spoke about.

As a ninth grader taking first year AP World, you have the luxury of notes, being able to write things down, and having materials to study from. But, as a tenth grader, you don’t have that privilege. Dr. Andrews treats the class as a college level course. He doesn’t give notes, doesn’t have power points, and blurts out a lot of information in one class period. When in this course you are expected to keep up with what he says. You must write down your own notes on key points that you think will be useful in studying with WHILE listening to the next things he says.  
“Tough. No doubt about it. It’s a hard course to keep up with,” says past AP World II student Chase Plancher.

**CHEMISTRY**  
Chemistry is the study of matter, but Walter White prefers to see it as the study of change. It is the most demanding course when it comes to memorization. From the Periodic Table of Elements to the rigorous vocabulary involved with each separate topic. Chemistry is a course that will keep you up until one in the morning. It’s a constant cycle of read, review, memorize, and repeat.

There is a lot of logic involved in chemistry, a lot of rules, a lot of formulas, and definitely a lot of equations.  
Labs in chemistry. They are not the most entertaining thing and definitely very time consuming. Lab write ups aren’t always the very enjoyable. The worst is when you miss a lab. As a sophomore it’s very hard to find time to make up a lab.  
“It’s time consuming, definitely. A lot to memorize and a lot to keep up with,” says AJ Arena.

**AP EUROPEAN HISTORY**  
Outline, outline, outline. What else can I say? And it’s not even the amount of outlines. Mrs. Halloran, who is one of the nicest teachers in the school, doesn’t tell you when she checks outlines. It’s a constant fear of “will she check? Will she not check?”

During class you’re on your own. Mrs. Halloran pulls up her power points, goes through the slides, and you’re left to write. Much like AP World, you need to write what you feel is necessary.  
On your own time, if you do the work and actually outline, your afternoon will go by in a flash. Outlining takes a while. Especially if you outline properly.  
Tests are always AP format; a five choice multiple choice test. Questions go into the fullest details on some of the smallest things, things that weren’t even spoken about in class (which goes back to outlining properly).  
“It’s a tough class. Lots of work, tough tests, and a lot to pay attention to,” says Dan Moisre.

**11<sup>th</sup> Grade Courses**  
**AP Language and Composition**  
AP Language and Composition is easily the most demanding work load. You have to keep up with Words of the Day, Journals, and Columnists.  
“It made me have no life. So I dropped it,” says JP Paris.

WORD OF THE DAY:

Everyday Mr. Miller gives you a new word or two, or three, or four. “It’s your daily responsibility,” says Mr. Miller at the beginning of the year. You are responsible to know the words and their parts of speech AT ALL TIMES. And the fun part is, Mr. Miller can quiz on these word whenever he wants, UNANNOUNCED.

COLUMNISTS: Every quarter, each week, for eight weeks, one columnist. For each quarter you are responsible for following one columnist from any news source you want. With this columnist you have to summarize (a page or two) his most recent article every week.  
“It’s challenging, time-consuming, but rewarding if you put in the effort,” says Daniella Rizos (Not to be confused with Victoria Rizos).

**AP US HISTORY**  
“UUUUUUHHH-HHH, UUUUUHHHH,” says a previous student. “I was up till 2 o’clock in the morning every night outlining. It was the worst decision of my life.”  
What more do you need?

**12 GRADE COURSES**  
**AP PHYSICS**  
It’s hard but you get to go to Six Flags, so it’s worth it.  
If you put the effort in and study each night for three hours you’ll get good grades. You must apply yourself to do well. It’s just one of those classes.  
AP Physics is just like any other 12<sup>th</sup> grade course. Hard test, a good amount of work, and a lot of information to process.  
“Friday night...” says JP Paris.

**AP CALCULUS**  
“There is no easy topic in this class,” says John Toomey.  
AP Calculus, possibly the hardest course any high school could offer. It’s a fast paced course. Information gets thrown at you every day.  
When asked what he thought the hardest course was, former student Danny Smith responded with no hesitation, “AP Calculus, without a doubt.”

With each chapter being harder than the previous, your brain gets jam packed. “Testing is a college system with only three or four tests a quarter. So if you do badly on one, your grade can get shattered,” says John Toomey.

**By: Daniella Rizos**  
As a disclaimer, I just wanted to say this is my own personal opinion. This is what I feel would definitely help improve scores on the SAT/ACT.

**READING:** While there is not much to study for the reading section, do lots of practice. While it may seem like the easier of the sections, it is actually difficult with time constraint. Your best bet is to improve your skills. Practicing reading and answering the questions that correspond to the reading can prove to be very helpful. Once you feel like you’ve got the hang of it, time yourself to make sure you are able to perform the same way under the time constraints. Also, it is important to study the vocabulary words! This makes the vocabulary questions easy points to earn and answering the reading questions more manageable. I would advise getting a box of SAT vocabulary flashcards and a list of word roots. Learning the word roots is very helpful because it helps identify unfamiliar vocabulary in the section  
**WRITING:** Some people are great at grammar while others are not. If you are like me and have trouble with grammar, I suggest going through the grammar review section in review books and committing the rules to memory. This will make finding the mistakes a lot easier. ACT pro Chandler Reiter says, “Just do a lot of practice.” This is a must; practicing often will help improve your scores. Also, don’t be afraid to put “no mistake” as an answer. Sometimes people get so caught up with trying to find an error that they forget what they are looking at may be correct.  
**MATH:** Since the math on the SAT and ACT is an accumulation, going over the facts in a re-

view book wouldn’t be a bad idea. The math on the ACT is definitely more in-depth, the questions are not necessarily harder if you know your math. The main math topics on the ACT are Pre-Algebra/Elementary Algebra, Intermediate Algebra/Coordinate Geometry, Plane Geometry/Trigonometry. The SAT math is a lot more focused, meaning that it mainly focuses on algebra and geometry. The topics are Numbers and Operations, Algebra and Functions, Geometry and Measurement, Data analysis, Statistics and Probability. You can clearly see the difference in the topics on each test. If you feel you are stronger in more of the subjects on one test, I would opt to take that one over the other. On this section, the easier questions come first and the harder questions are towards the end. They are all worth the same amount of points so really try to get down the questions in the beginning as they are easy points to earn. The more practice for this section you do, the easier it will become. Try not to make silly mistakes. There is not a lot of time to go back and check your work.  
**SCIENCE (ACT):** For all the people taking the SAT you can ignore this section as science is only on the ACT. But for everyone taking the ACT, think of the science as another reading section filled with scientific jargon. Also, you don’t have to know any science to do well on this section. Again, do a lot of practice. Make sure you try to understand what you are looking at and reading. Some of the science can seem pretty intense so try to get the general idea of each figure before moving on to the questions. If you do not do this, the questions will be a lot harder.

## Danger: Deer Crossing

**By: Haley McLaughlin**  
For years I have heard my parents complain about the overflowing deer population in Lloyd Harbor, and how the deer have made driving on our roads much more dangerous. It wasn’t until I became a driver that I fully understood what they meant.  
If you are a Lloyd Harbor resident, by now I am sure you have noticed that the deer are everywhere. In the 2011 Incorporated Village of Lloyd Harbor Deer Notice, it was stated that the deer population had increased by 50% every year and it had exceeded wildlife management levels (number per square mile).  
In years past I would see a deer and say “Aw!” but now it has become clear to me how dangerous they are. The deer wander around mostly at night to look for food. They often cross roads and because none of these roads are lit, it is nearly impossible for drivers to see them from far away.

In mid-July, my dad found a deer dead in our backyard. It had been hit by a car on West Neck Road, broken its leg, hobbled into my yard, and died. When garbage men picked the deer up, they told us that this was common. They said that in fact, most of the smashed cars seen in local gas stations are the product of deer-related car accidents.  
A deer culling program has been in place for the

past seven years. This culling has taken place in the Caumsett State Historic Park and the Seminary. The Village of Lloyd Harbor promised that all culling would take place at least 500 feet from any residences (about one quarter of a mile). All of the meat is processed and donated to food pantries all across Long Island.  
This topic is still up for debate amongst many Lloyd Harbor officials and residents. There has been backlash toward the Mayor for allowing the culling to occur (the Mayor’s home was even vandalized at one point). Nobody wants to kill deer- that much is obvious. But the truth of the matter is that all Lloyd Harbor families’ lives are at risk if we do not take care of this problem.  
In the September/October 2013 Lloyd Harbor Village Record, we are told that The State and DEC (Department of Environmental Conservation) have failed to take responsibility for maintaining this culling program. The Mayor and Trustees are upset that interest in this program is waning, especially since the deer population is exploding now more than ever.  
It is extremely important that this program maintains its momentum. As members of the community, we can help by expressing our desire for the continuation of this program. With all of our families’ lives at stake, now is the time to speak up.

### Editors-in-Chief

John Toomey and Sommer Dougherty

### Copy Editor Chandler Reiter

### Contributing Staff

Jane Blumin, Chase Brown, Juliana D’Alleva, Dominique Marie Giuffrida, Daniel Hansen, Haley McLaughlin, Jonathan Paris, Gabrielle Bailenson, George Carmi, Kiki Carmi, Emily Krusos, Camryn Nichols, Daniella Rizos, Victoria Rizos, Nicole Smith

# Opinion

## Got Gluten?

By: JP Paris

What is “gluten”? The scientific definition of gluten is proteins that are processed in wheat, but what is it really? Gluten can be found in a generic Italian meal: bread, pizza, pasta, and in some other foods and beverages such as cereal and beer. Without people even knowing it, gluten is a main part of everyone’s daily diet. So since it is incorporated in your everyday diet, you would think it is good for you, right? Wrong.

Today more and more people are going on a gluten free diet, and for good reasons. Although some people may be allergic and have a disease known as Celiac Disease, many decide not to eat gluten by choice. Gluten has the potential to bloat you and cause you to have “unclean” digestion. It can diminish your appetite and cause you to eat less because it is so filling.

I actually have a minor case of Celiac Disease, and to tell you the truth, going gluten free was one of the best things that happened to me. Why should you go gluten-free? After I dropped all the gluten products in my diet, I

experienced more energy all the time, better moods with basically no “up-and-downs”, and perfect digestion. As a result of having more energy from your gluten-free diet, you will be consistently happier. The reasoning for this is that you will be forced to eat more proteins and fats rather than the heavily-filled carbohydrate diet that is usually found in foods containing gluten. For example, rather than eating pasta and bread you will eat more cooked foods such as steaks, fish and poultry. Proteins and fats provide a “steady energy” which allows you to have a more moderate level of energy for a longer period of time, while carbohydrates run out and make you feel highs and lows.

Hands down, the best thing about this diet is that you will have perfect digestion all the time. There is nothing worse than having an upset stomach; you can’t focus, you’re in a bad mood, and you don’t want to move. Smooth digestion also helps those participating in physical activities. As an athlete, I have sympathy for other athletes who have had those days when it is hard to

run because your stomach is constantly swishing and swooshing. By making the switch to gluten free, your performance, whatever the sport, will improve.

If you’re willing to hop on the gluten free train, you will be joining a family that is becoming more and more popular every day. Take my advice and try it out for a month. It’s simple: if you like the way you feel, stay on it and if you don’t like it, celebrate the fact that you managed to go gluten free for a month by eating cookies and cupcakes.

I must warn you, though, that when you go gluten-free, you have to change your diet pretty drastically. You have to pay attention to what you remove from your daily meals and make sure you do not deplete yourself of fibers and vitamins that were in your gluten diet. If you want to make sure your nutrition is complete, I recommend doing what I do, which is taking a multi-vitamin every morning. I would definitely give this diet a go because you will see a positive change in yourself.

## The CSH Difference

By: Dan Hansen

Most people think of Cold Spring Harbor as a bubble; a place where reality takes a backseat and the wealth of the inhabitants has sculpted an illusionary world cut off from normalcy. People rarely give proof of this though, and the people seeking to disprove this stereotype generally are devoid of proof as well. Here are some facts that a cursory search turned up that could be used in these arguments for either side. The first “difference” between Cold Spring Harbor and the rest of the world is the unemployment rate. According to bestplaces.net, the unemployment rate in Cold Spring Harbor is 7.0 percent compared to the 6.2 percent in Nassau and Suffolk county put out by the New York Department of Labor and the National average of 7.3 percent put out by the US Bureau of Labor Statistics. Internationally the Eurozone has a rate of 12 percent in August according to nytimes.com and 4.1 in China from the chinadaily.com (though many believe that China “pads” its statistics). Comparing all these numbers Cold Spring

Harbor seems unremarkable. The second “difference” is the incomes from these various places. Cold Spring Harbor, according to businessweek.com, is 297,805 dollars a household, though this is disputed by trulia.com that claims it is 101,122 dollars. In New York State the average is 49,000 dollars according to a 2011/2012 survey done by averagesalarysurvey.com. The global average income, from the Boston Globe, is 7,000 dollars a year. China and Britain have 42,042.25 (bbc.co.uk) and 14,000 (averagesalarysurvey.com) dollars a year respectively. Amongst all these numbers Cold Spring Harbor’s stand out. The third “difference” is the crime rate. Bestplaces.net rated Cold Spring Harbor as being 4 out of 10 in both the violent crimes and the property crimes categories. This is contrasted with the findings of clrsearch.com with stated that the average crime “rating” in Cold Spring Harbor was 36, and the US average was 100, in their own grading system. In addition, the majority of the crimes reported on clrseach.

com were non-violent crimes like burglary and larceny opposed to violent crimes like murder, battery, or rape. The fourth and final “difference” is the ethnic breakdown of Cold Spring Harbor. According to idcide.com Cold Spring Harbor is 97 percent white, 1 percent Asian and 2 percent other/mixed. This differs with the information from clrsearch.com which say 96.18 percent white, 1.75 percent Asian, 3.28 percent Hispanic, .18 percent Native American, and 1.78 “Other”. This can be compared to the national statistics. The information comes from infoplease.com because the census data was unavailable because of the government shutdown. It says the population is 76.4 percent white, 12.6 percent black, 4.8 percent Asian, 0.8 percent Native American, and 16.3 percent Hispanic. Taking all of this information into account there are some marked differences and some unexpected parallels. However, how different Cold Spring Harbor is from average is up to the reader.

## Harborscopes

By: Jane Blumin

**Aries (3/21-4/19):** A great opportunity will arise for you this month. You might not think you have what it takes to complete it, but you do. You will need a lot of self-confidence. Your lucky number this month is 1.

**Taurus (4/20-5/20):** This month you will want a lot of support from your loved ones. You will want to feel adored, and that is what you shall have. The only way to get you want though, is to believe in yourself. Your lucky number this month is 3.

**Gemini (5/21-6/21):** This month there will be many small

complications in your life. Don’t overthink them. They are just temporary problems and will go away soon. Stay positive. Your lucky number is 18.

**Cancer (6/22-7/22):** You may take a very big emotional investment this month, Moonchild. Before you commit to anything though, you may want to wait and make the right choice. Do what your mind says this month, not your heart. Your lucky number is 11.

**Leo (7/23-8/22):** This month hope is your guardian and fear is your enemy. You should keep this in mind. If you give in to the fear you will turn very negative. You

need to have hope. Your lucky number this month is 16.

**Virgo (8/23-9/22):** You should stay positive this month. Being positive is your choice, Virgo. Good things will happen to you if you look at them in a positive way. This month your lucky number is 22.

**Libra (9/23-10/22):** Don’t underestimate yourself this month. You can do anything you put your mind to. People might not believe in you as much as you believe in yourself, but ignore them. You can do it, Libra. Your lucky number is 6.

**Scorpio (10/23-11/21):** This is

## How is caffeine affecting you?

By: Juliana D’Alleva

Many students and faculty at Cold Spring Harbor High School and around the world, drink coffee and other caffeinated beverages in the morning to wake them up and begin their day. Caffeine seems to provide a person with an alert mind and jolts him or her out of that sleepy morning grumpiness that makes it hard for one to focus. But how is your beverage or intake really effecting you? Studies show that caffeine is linked to changes in memory and performance but varies upon the situation and the stress you are currently under. While caffeine seems to wake you up in the morning, what other effects does it have on you while you are sitting in class trying to

retain information?

According to NCBI, caffeine can actually enhance your memory in “tasks that are presented passively”, but in tasks in which material is learned intentionally, caffeine has no effect. This doesn’t mean that caffeine doesn’t ever effect you negatively. In certain situations, caffeine “hinders performance in tasks that heavily depend on working memory and cognitive response”. This means that during more intense academic measures, such as a challenging test, caffeine may hurt your abilities to recall the information. While all these variables come into effect, caffeine still has not been shown to have any long term memory effects.

## Best Study Methods?

By: Cami Nichols

One of the biggest stresses in everyone’s high school career is studying and work. Time is always a factor in this as well, so that’s why everyone needs to learn how to use their time the most efficient way. According to John M. Grohol, on his websitp-syschcentral.com, his first outlook on studying, is you need to be in a place with no distractions. Also, when studying, “Bring everything you need, nothing you don’t.” For example, when studying, don’t have your cell phone or computer right beside you. When your phone buzzes, you will lose your train of thought, and most likely you will have to revisit that section again. Even if you don’t check your phone, you will keep wondering about who texted you and why.

When approaching a big test, do not leave studying until the night before and cram. Instead, start a week or two before the test, and study 15 minutes or half an hour a day. Then on the day before the test, review briefly on everything for an hour or two. This is the most efficient way to study. If something important

comes up the day before and you can’t study, you will have had all of those other days of studying done.

Kendra Cherry, in her article “*Left Brain vs. Right Brain*,” states that instead of learning from one way, like reading, try out audio notes. Or if you’ve been studying a podcast, try writing them down and reading them. Some students study more efficiently by reading aloud to themselves, so the material is being said and heard. Try switching off between audio, and visual learning, because the information will stick in your brain better.

Studying is only as stressful as you make it. If you plan in advance of when you are going to study, and what subjects, it will take a lot of weight off your shoulders. Planning ahead is the most efficient way to plan your time. Also instead of thinking and saying that you’ll do badly, take a confidence route and believe that you are going to do well. Take these tips to help you manage your time better and in all get better grades.

relaxed and calm. Everything will eventually slow down. Your lucky number is 1.

**Aquarius (1/20-2/18):** This month you will need to take many chances when the opportunity comes. You may think this is a risky chance you are taking, but take it. Your lucky number this month is 10.

**Pisces (2/19-3/20):** If someone hurts your feelings this month don’t be afraid to call them out for it. If you don’t speak to them about the problem it will keep re-occurring. It is better to work out a problem then leave it unsaid. Your lucky number this month is 12.

your lucky month Scorpio. You have worked so hard in many ways for a long time now. It will finally pay off. Stay positive and you will have good fortune. Your lucky number this month is 11.

**Sagittarius (11/22-12/21):** Don’t get involved with anything that doesn’t involve you. This month you might try to help out a friend with something risky. If you take this risk it might back-fire on you, so don’t get involved. Your lucky number this month is 9.

**Capricorn (12/22-1/19):** The last month was a stressful one for you, but it certainly did pay off. This month will be more



# Fall Homeco



## Spirit Week

**By: Daniella Rizos**  
**Pajama Day**

School Spirit Week started off as a success with everyone’s favorite, PAJAMA DAY!! Sleepy students staggered slowly into school sporting spirited slumber suits and soft slippers. “Pajama day is just comfortable and I feel sleepy the whole day! It’s the best!!!!!!!!!!!!” says enthusiastic junior George Carmi.

**America Day**

Students dusted off their 4th of July apparel and wore their most patriotic cloths for America Day. Best of the bunch was Avery Bandoian who spritzed up the theme with her original Statue of Liberty costume! Go Avery! Bring that school spirit!

**Country Club Day**

Everybody’s favorite day, country club day (previously known as prep day) was great! The entire school dressed like stereo typical preppy Cold Spring Harbor students. A favorite was the tennis team in its tennis whites, Lilly apparel, and bows.

**TBT Day (Throwback Thursday Day)**

Students pulled out their attire from the past for TBT Day! Girls reminisced the seventh grade while wearing two Sugar Lips tank tops with their Butter sweatshirts. Others stepped it up and went even further back in history to the 1920s and the times of Lewis and Clark. Unfortunately this was the least school spirited day. A student suggested, “I think it would have been better if we all had to throw it back to a designated time period, that way the student population would be more unified.”

**Colors/Team Day**

All the teams looked fabulous in their clever getups and students not on sports teams dressed in their grade’s color. The freshmen and juniors dressed in red while the sophomores and seniors dressed in blue. Teams dressed in “punny” apparel to celebrate the fall sports season.



# oming 2013



## Homecoming Football Game

**By: Raj Singh and Chase Brown**

The Seahawks, played the Locust Valley Falcons in the greatly anticipated Homecoming game. Led by Captains Owen Love, Robert Incorvia, Frank Stubbolo and Chase Brown, the team took the field looking to prove that they were capable of finishing the season strong.

Locust Valley, an excellent team had just come off of a 13-5 win over the Seaford Vikings, run a ground-oriented offense, and an aggressive 4-4 defense. Unlike any team the Seahawks had ever seen before, the Falcon's defense featured two down linemen, two defensive tackles playing one yard off of the line, the outside backers were walked up on the tight ends, and the corners were playing about five yards deep. Basically, they overloaded the tackle box so Cold Spring Harbor could not run the ball. Additionally, Locust Valley played rough man to man coverage against the Seahawk passing scheme as the game progressed.

The first half consisted of the defense stopping the Falcons consistently, yet allowing them to score on simple mistakes and blown assignments. The offense had a few nice drives, but again stalled due to mental mistakes and physical mismatches. Junior Tom Larounis recovered the opening kickoff of the second half, but the offense stalled again. In the end, the game was 7-40 in favor of the Falcons. The score wasn't an accurate representation of how the Seahawks played, and regardless of the score the team should keep their heads held high.



# Varsity Swimming Scores Impressive Victories

By: Emily Krusos

We may all be familiar with the term “there is no I in team,” but our Girls’ Varsity Swimming and Diving squad has lived by this motto during the past two weeks. Many mistakenly view swimming as an individual sport. However, with the way our team competes, nothing could be further from the truth.

The Seahawks started the 2013 season with a 98-85 loss to one of the top-ranked teams, the Bethpage Eagles. But the girls rebounded strongly with back-to-back wins against Westbury and Oceanside. The team looked impressive in Westbury’s five-lane pool and captured a convincing 68-25 victory — and that’s without any diving points since the Green Dragons have no diving board.

The head-to-head against the previously undefeated Oceanside Sailors, which took place at Bethpage High School on September 25<sup>th</sup>, was an edge-of-your-seat thriller from start to finish. Our divers, Kirsten Morgan and Emma Katovitz, performed brilliantly and gave us an early 10-0 lead. But after strong 200 freestyle and individual medley races, Oceanside gained a two-point advantage. Despite a convincing first place finish by Holly Logan in the 50 free, the Sailors still maintained their narrow lead. With second and third place finishes by Abby Hudson and Christie Collins in 100 butterfly and by Kirsten Morgan and Grace Costa in 100 freestyle, Cold Spring regained the advantage with a narrow two-point margin. This lead quickly vanished, however, after Oceanside’s convincing 200 freestyle relay, giving the Sailors a 70-64 edge. The Seahawks would not be denied and responded with a strong performance in the 100 backstroke. Emily Krusos grabbed first, Kaitlyn Coughlin second, and Sam Terenzi fourth, which brought Cold Spring to 76 versus Oceanside’s 74. The Seahawks closed out the meet with a memorable first place finish in the 400 freestyle relay by Rachel Johnson, Alison Krusos, Holly

Logan, and Maya Zaatari. The final score: Seahawks 96, Sailors 82. On paper the Sailors may be a group of stronger swimmers, but on the pool deck, on that Wednesday, the Seahawks proved to be the better team — especially with Coach Gary Renart’s strategic line-up.

With a 2-1 record, the girls then traveled to Greis Park on Tuesday, October 1<sup>st</sup> to face off against arguably the best team in the league, the Lynbrook Owls. Although the Seahawks suffered a tough loss without all of their swimmers, eighth-grade swimmer Alison Krusos captured an impressive come-from-behind victory in the 500 freestyle.

The Seahawks proved that tomorrow is indeed another day with their win against the Syosset Braves on Wednesday the 2<sup>nd</sup>. Coach Renart and Coach Scott were concerned that the meet was taking place at Plainview John F. Kennedy High School’s five-lane pool. Like the Westbury meet, the four-lane scoring system would be in effect as opposed to the usual six-lane pool tally, which our coaches believed would favor the Braves. Nevertheless, the Seahawks were eager to overcome this disadvantage and secure a winning 3-2 record. With new Athletic Director Mr. Bongino watching from the stands, the team did just that with an extremely close 53-49 victory. Notable first place individual wins were accomplished by Kirsten Morgan in diving, Christie Collins in 100 butterfly, Alison Krusos in 500 freestyle and Emily Krusos in 100 backstroke. With only one race remaining in the meet, Syosset led Cold Spring 48-44. In order to defeat the Braves, the Seahawks needed a first and second place finish in the 400 freestyle relay, a challenging task given the strength of Syosset’s freestyle swimmers. Impressively, Abby Hudson, Rachel Johnson, Kirsten Morgan and Maya Zaatari won first with Christie Collins, Grace Costa, Alison Krusos and Emily Krusos capturing a close second. The team had succeeded in achieving its second upset of the season.



# Sports Boys’ Varsity Soccer on Top

By: George Carmi

The Boys Varsity soccer team continues to be a top contender in their conference. With a current record of 9-3-3, the boy’s high intensity and solid performance has helped them clinch playoffs and finish top 4 in their conference. Here is how the boy’s season went...

## THE SEASON

CSH tied Northport 1-1. Mike Terracciano scored the opening goal with the assist from Riley Cassidy. Northport scored an unlucky 79<sup>th</sup> minute goal to level the game. (0-0-1)

CSH def. North Shore 3-0. Jaime Schubauer scored the opening goal. Riley Cassidy had a goal and two assists to lead the boys to their first season win. Mike Terracciano also scored a goal. (1-0-1)

CSH def. Seaford 2-0. Jamie Schubauer scored on a breakaway in the fourth minute and Ben Jackson scored on a penalty kick. (2-0-1)

CSH def. Roosevelt 2-0. Mike Dischman scored a lefty volley from outside the 18 to give CSH a lead. Greg Suter scored a penalty kick in the dying minutes to secure the victory. (3-0-1)

Wheatley def. CSH 3-1. (3-1-1)

CSH def. Locust Valley 3-1. Ryan Winkoff had two assists on goals scored by Mike Terracciano and Jamie Schubauer. (4-1-1)

Oyster Bay def. CSH 1-0.

Oyster Bay scored a last minute goal to clinch the win. (4-2-1)

CSH tied Valley Stream North 1-1. Chase Hahn tied it for Cold Spring Harbor with a 67<sup>th</sup> minute goal. (4-2-2)

CSH def. Clarke 3-1. Senior Nick Patterson had his first goal of the season to lead CSH to a (5-2-2) record.

CSH def. West Hempstead 4-2. Riley Cassidy scored two of Cold Spring Harbor’s four goals in a 20 minute span to open the second half and Nick Patterson scored his second goal in two games. (6-2-2)

CSH def. Lynbrook 3-1. Pouring rain. Turf and windy. The worst soccer conditions semi-aided CSH to their victory. (7-2-2)

CSH def. Malverne/ East Rockaway 2-0. Mike Terracciano scored his 5<sup>th</sup> goal of the season. Goalie George Carmi made two critical saves to lead the Seahawks to a (8-2-2) record.

Carle Place def. CSH 2-0 (8-3-2)

CSH def. Mineola 5-0. Both Gus Kasper and Kyle Bobley scored their first goal of a season to lead CSH (9-3-2) in the season.

CSH tied Friends 1-1. Riley Cassidy scored his 7<sup>th</sup> goal of the season to lead CSH (9-3-3) for the league.

## STATISTICS

### Goals Scored:

Riley Cassidy (Senior) - 7  
Jaime Schubauer (freshman) – 6  
Mike Terracciano (Senior) - 5  
Nick Patterson (Senior) - 3  
Mike Dischman (Senior) - 2  
Ben Jackson (Junior) - 2  
Greg Suter (Senior)- 2  
Chase Hahn (Junior) -1  
Gus Kasper (sophomore) - 1  
Kyle Bobley (Senior) – 1  
Riley Spehler (senior)- 1

### Assists:

Riley Cassidy (Senior) - 7  
Ryan Winkoff (Junior) - 6  
Greg Suter (Senior) - 4  
Riley Spehler (Senior) – 2  
Mike Terracciano (Senior) – 2  
Nial Cofey (freshmen) - 2  
Nick Patterson (Senior) - 2  
Chase Hahn (Junior) – 1  
Aiden Cofey (freshman)- 1

### Goalie Stats:

#### George Carmi (Junior)

– 79 saves in 14 games  
– Average 5.64 saves per game.  
– Most saves: 12 vs. Wheately  
–11 goals allowed.  
–4 shutouts this season (3<sup>rd</sup> overall in conference behind Carle Place and Friends)  
**John Daly (Senior)**  
–12 in 4 games  
–Average 3 saves per game.  
–Most saves: 7 vs. Valley Stream North  
– 2 goals allowed.  
–0 shutout this season  
**Goals For/Against:**  
CSH- 32  
Other- 14

## Please come to the Boys’ Varsity Soccer playoff game Friday October 25th 7 pm on the lower turf!

# Volleyball

By: Haley McLaughlin

With their win on Monday, October 7<sup>th</sup> against Valley Stream North, the Varsity Girls Volleyball team is excited to push on with their season. The five seniors intend to finish their final high school volleyball season strong. “We are happy we were able to help build the program during our time here and hope that it continues to flourish,” says

Captain Sommer Dougherty.

This year’s game schedule began the first half of the season with away games and the second half as home games. The team is really excited that it worked out this way, because now they will have the home court advantage for the remainder of their games. “We hope to fill the bleachers,” says Captain Julie Watson, “Having our friends and family there

cheering us on really pumps us up.”

As the girls’ volleyball program grows, new players are more than welcome. If anyone has any interest in trying out for the team next year, please do so. “Volleyball was always the one sport that I enjoyed the most,” says Captain Kat Dowling, “If you’ve never played before, I highly suggest that you try out.”

# Field Hockey

By: Jane Blumin

The girls’ varsity field hockey team has a very competitive schedule this year. They had a tough couple of first games and are currently 2-5. The team lost seven seniors last year; therefore, the outcome of games is very different.

“The games we have lost so far are motivating us to work harder and are teaching us what we need to work on,” says sophomore starter, Shannon Logan.

Their first game was against Massapequa on September 15 with starters were Lauren Paolano, Haley Crosson, Bridgette Bouse, Courtney Kennedy, Jane Blumin, Ally Croasdale, Micheala Hawkinson, Shannon Logan, Alex D’Angelo, Danielle Rattotti, and Kylie Tsotsos in goal. It was tied 0-0 throughout the whole game, but unfortunately the Chiefs scored in the last five minutes.

On September 17 they had another close game against

North Shore, their biggest rivals. Unfortunately, North Shore scored in the last 10 minutes of the game resulting in another 0-1 loss for the Seahawks.

That Friday, September 19, the Seahawks had another game against Manhasset. In the first half of the game the score was 0-2. After half time, the Seahawks picked up the intensity and scored. The game unfortunately ended with a 1-5 loss. “It was exciting to prove to Manhasset that we were still in the game. The moments when they relax from the score are the moments we take advantage of,” says senior captain, Bridgette Bouse.

On September 25 they had a big game against Garden City, one of the best field hockey teams on Long Island. The score was 0-0 until nine minutes left in the first half when Garden City unfortunately scored. When the second half started, The Trojans scored again making the score

0-2. With about 15 minutes left in the game, the ball was at Cold Spring Harbor’s offensive end when a left defense player, Jane Blumin, passed the ball to Haley Crosson who assisted a goal by Courtney Kennedy. The Seahawks automatically picked up the intensity after Kennedy’s goal. Most of the end of the game was in the Seahawks defensive end and Cold Spring Harbor did not let Garden City score anymore goals. The final score was a 1-2 loss for Cold Spring Harbor. Kylie Tsotsos had an amazing 18 saves throughout the game. “Even though we lost 2-1 to one of the best teams in our conference, the team came together and played amazing with so much heart. We are the underdogs this year and can’t wait to shock everyone when we take the title away from Manhasset,” says senior defensemen captain, Danielle Rattotti.





Ms. Nelson

# Ms. Nelson: A New Spanish Teacher

By: Nicole Smith

We would like to welcome Ms. Nelson as one of our newest editions to the foreign language department.

Ms. Nelson completed her under grad in Spanish Education and World History at Albany, and then studied for her graduate’s degree in Spanish Linguistics at Saint Rose.

Ms. Nelson moved to Freeport from Bainbridge NY once she graduated from SUNY Albany. After the move she began teaching grades 7-10 at Woodward Children’s Center, a school for children with behavioral and emotional disorders. Last year she taught grades 8 and 10 at Mineola High School.

Ms. Nelson’s interest in the language arose when a foreign exchange student from Argentina

came to her school and was staying with her best friend. Ms. Nelson wanted to be able to talk with her, but was unable to.

Ms. Nelson then continued to study Spanish with new interest, and in her sophomore year she decided to study abroad in Spain. Upon her return, she knew she wanted educate students in this language. She even volunteered to teach in Ecuador during one of her breaks.

“Every single country has its own culture, so that’s pretty fascinating,” says Ms. Nelson. She has also visited Italy, France, Portugal, Ireland, Ecuador, Guatemala, Costa Rica, and Mexico.

We hope Ms. Nelson enjoys her time at Cold Spring Harbor and continues to share her love of the Spanish language and culture with her students.

# Teen Tours

By: Juliana D’Alleva

This past summer many students from grades 9-12 spent their two months off from school in foreign countries through programs commonly known as Teen Tours. Teen Tours are opportunities for primarily high school students to travel far and wide in the safety of well-trained adults with many kids their age. I myself went through the company known as Wilderness Ventures on a tour to Australia and Fiji with eleven other high school students including, coincidentally, a senior from Cold Spring Harbor High School. There are many popular and trustworthy companies for high school teen tours such as Wilderness Ventures (WV), Adventures Cross Country (ARCC), West Coast Connection (WCC), and Outward Bound (OWB). From Europe, to Africa, to Jackson Hole, Wyoming, these teen tours can guarantee an adventure you will never forget with memories you will cherish forever in the places you’ve always wanted to explore. The activities that you participate in will change you and your outlook on your surroundings. Activities can range anywhere from scuba diving the

Great Barrier reef to climbing Mt Kilimanjaro depending on where you choose to travel. Other common activities include surfing, hiking, community service and cultural experiences with natives. There are also some trips for specific reasons like community service trips, language trips, leadership trips, surfing trips, biking trips, or fishing trips. While most tours are gender neutral, some are strictly only male or female.

Some of these amazing companies, such as Wilderness Ventures, were started as early on as the 1970s. Any company you choose to go through has experience in giving young adults the best summer of their lives. “Adventure starts at the end of your comfort zone,” a quote commonly used among ARCC travelers, truly describes the summer you will be experiencing.

Prices for these trips often range anywhere from 2,000 to 7,000 dollars depending on the trip, company, and additional travel fees. That may sound pricey for a bit of travelling, but, as a former teen tour camper I assure you it is money well spent considering the experiences are absolutely priceless. So sign up, your adventure is waiting.

# Mrs. Kennedy: A New French Teacher

By: Kiki Carmi

We would like to welcome a new foreign language teacher, Mrs. Kennedy, to our school. It is the Cold Spring Harbor High School’s pleasure to have an amazing individual as a part of this school district. Mrs. Kennedy came to the High School to be a leave replacement for Mrs. Koob, who is taking time off because of her new baby! Mrs. Kennedy is teaching 7<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup> grade French classes. So far, she is enjoying her time at Cold Spring Harbor High School and is pleased with all her students that she has gotten to know so far. It was my pleasure to ask Mrs. Kennedy a few questions about her different experiences throughout her life and her adjustment to our

High School.

Mrs. Kennedy started off her teaching career as an elementary school 6<sup>th</sup> grade teacher. She taught social Studies and English Language Arts. Later she taught at Smithtown Middle/High School as a French teacher. Now as a French teacher at CSH Mrs. Kennedy has only positive things to say. She is enjoying getting to know her students and the teachers.

Mrs. Kennedy talked about her year abroad in France during her junior year at Skidmore College. She loved France and visits there often and wants to go back. During her college years she took journalism and was involved in the college radio station as a DJ anchor. She also had many

internships, one was abroad in Paris where she was a part of Radio station called Radio 7. Her last year of college she had an internship with the college television station. Her first real job involving journalism was ABC news “2020,” as an associate producer.

Mrs. Kennedy’s most enjoyable and important experiences as a teacher is when her students make connections outside of the classroom. The connections can be with music, food or any kind of cultural discussion they talked about during class. She loves to see her students interested in the class and excited to take what they learned into the outside world.

# SADD: Students Against Drunk Driving

By: Gabby Bailenson and Jane Blumin

Have you ever felt pressured to get in a car with someone under the influence? Have you ever felt pressured to do something that you didn’t want to do?

SADD is a club that stands for Students Against Destructive Decisions. This club is a safe haven where kids can come to talk about any destructive decision or situation where he or she has felt pressured. Mrs. Judy Innella is the advisor of the club and has been for the past 20 years. She is excited about what is in store for the club in this upcoming year. SADD has many new upcoming exciting ideas while still keeping the traditional ones from past years. This year the club holds five leadership positions; Henny Schlaeger as President, Jane Blumin as Vice President, Sara Foxman as Secretary, Emily Farrell as treasurer, and Gabby Bailenson as Public Relations.

Mrs. Innella makes the goals of the club very clear. “The main goal of SADD is to encourage good decision making for all students and facility. Raising awareness and informing the community of destructive decisions is what we are trying

to accomplish.” She also thinks the club affects students’ future decisions by being a strong support system. “Hopefully it is giving students the proper tools to handle future situations that might be dangerous. The kids who are in this club are definitely a positive influence on their friends.” Mrs. Innella says the club has broadened its scope over the years, “It’s become a closer knit club, a safe haven where kids can come and talk or just listen.”

Mrs. Innella also thinks that more personal discussions are taking place in the club. SADD is definitely working on attracting more people to the club this year. “We have a wonderful new product called ‘a Wish and a Prayer Keychain’ through the innovation and creation of Gabby Bailenson. They are handmade and custom ordered with your choice of birthstone, and charms. All of the profit goes to the CSH SADD chapter. We began this at the end of last year to generate awareness and excitement.” These key chains were sold at both high school and junior high back to school nights. SADD is trying to open them up to the community and the parents.

Older traditions include the crashed car at the front of the school during the Holidays to

raise awareness and red solo cups spelling out SADD during homecoming. Grim reaper day is a day that takes place in the spring. Every 30 minutes the school rings a bell over the loud speaker indicating that every 30 minutes a person dies from a drunk driver. It definitely makes people more aware of how much damage drunk driving can cause not just to the driver but to the other innocent people on the road.

Brianna Titcomb was in 8<sup>th</sup> grade when she was killed by a drunk driver. This is a perfect example of someone so young and having so much potential being killed because someone thought it was safe to drive while under the influence. Breezy Park, a field made in Brianna’s honor contains a bronze statue, which represents her passion and love for soccer. There is also a garden dedicated to Brianna here at school.

SADD is a club that definitely makes people more aware of the situations they deal with every day, and how to handle those situations. The Cold Spring Harbor SADD chapter is such an important club and is always accepting new members. If you do decide to join, you will be happily surprised with what you get in return.



# Contaminated Shellfish in Local Waters Raises Health Concerns

By: Emily Krusos

This past June, the State Department of Environmental Conservation closed about 5,000 acres of shellfish harvest waters in Oyster Bay and Cold Spring Harbor due to contaminated oysters, clams, mussels and scallops. The contamination of harvest beds spread to Westport and Norwalk, Connecticut by mid August. This outbreak of infected shellfish was caused by high levels of bacteria known as Vibrio parahaemolyticus. The rising levels of Vibrio are

the result of higher temperatures and increased rain runoff, which cause bacteria to rapidly multiply.

The tainted shellfish, when undercooked or eaten raw, can cause acute gastrointestinal illness. Symptoms include diarrhea, stomach cramps, nausea, vomiting, headache, fever and chills. These symptoms usually occur between 12 and 24 hours after eating contaminated shellfish, and can last two to seven days. For those with compromised immune systems or chronic liver disease, the symptoms are more severe or

even life-threatening.

Avoiding these harmful health risks is quite simple. Thoroughly cooking your shellfish to 145 degrees Fahrenheit for 15 seconds destroys the bacteria. Be aware that barbecuing oysters or steaming clams does not kill the Vibrio. When ordering these items at a restaurant, make sure to ask the waiter if the shellfish has been fully cooked! The good news is that the presence of the bacteria is expected to decline as fall approaches and the waters cool.



# Entertainment

## The End of an Era: The Fall of a King: “Breaking Bad,” Comes to a Dramatic End

By: George Carmi

**Warning: This article contains spoilers.**

“Breaking Bad,” the five year long drama spanning from 2008-2013, comes to an end.

It all started five years ago, Chemistry teacher Walter White finds out he has inoperable lung cancer. With no money, a disabled teen, and a second child on the way, Walter White teams up with a former student, Jesse Pinkman, and begins to cook and sell the popular drug, Methamphetamine, so that he can leave his family with some money after his death.

The show runs its course, characters change, plots twist, people die, and meth is sold. Walt builds an empire.

**Is it the greatest TV show of all time?**

“One of the greatest dramas in TV history,”- The Hollywood Reporter.

There has been much question as to whether or not “Breaking Bad,” is the greatest TV show of all time.

“Breaking Bad,” had something other TV shows didn’t have: change. When you look back at the other great TV shows like The Sopranos; Tony Soprano spent seven years running errands around New Jersey. Five years ago, at the start of “Breaking Bad,”, Vince Gilligan, creator, had no such intention. He created a compelling protagonist, a deeply flawed yet appealing genius. They built a business at which he had master-like skills, and depicted the family that often drove him crazy. Throughout the five seasons we see Walt, Jesse, Skylar, and Walt Jr. change.

“Television, historically, has always been about stasis, things staying the same. So you go home and whether it’s Matt Dillon from Gun Smoke or R.G. Bunker or whoever, the kid from friends or whatever, you depended upon the same thing, and it was comforting. “Breaking Bad,” broke the mold, it was all about change, we’re going to change this character completely.” says Bryan Cranston (Walter White) on Late Night with Jimmy Fallon.

Compelling, gripping, intense, and most of all dramatic. The well-mixed cast, the script and the plot has made “Breaking Bad,” one of the best shows around.

At the beginning of the series we are introduced to an over-qualified chemistry teacher who is struggling to make ends meet. Vince Gilligan gives us a character that most of us could possibly relate to. What would you do if you were dying, have no money, and two children? This is what made the show so great. It was the viewer’s thought that he or she *wanted* to watch the evolution of Walter White. Viewers wanted to see how Vince Gilligan would introduce good vs. bad to this character. He was a character that no one wanted to let go.

When you really think about it, Bryan Cranston plays Walter White superbly. In one scene, Cranston plays a twitchy,

awkward husband, and in the next he becomes a thuggish drug dealer. That’s not the easiest thing to do. And to do it as well as Bryan Cranston does makes it even more breathtaking.

Both humor and darkness make “Breaking Bad,” such an epic and changing show. This great drama can go from light-hearted humor to nail-biting suspense faster than the heartbeat of a meth addict. The comical diction and syntax given off by Jesse Pinkman, mainly at the start of season three, has become a firm fan favorite.

“It’s straight up good literature.” says “Breaking Bad,” fan Mr. Borland. And he’s completely right. It is good literature. “I mean, how many shows can you have five people watch and have five different interpretations. It’s a show that doesn’t do the thinking for you, it doesn’t answer all the questions. It leaves you mind-boggled, gives you a chance to think,” Mr. Borland continues.

You can obviously argue that “Breaking Bad,” is not the greatest show (or at least greatest drama) of all time, but it would be hard. “Breaking Bad,” was unique, it had things other shows didn’t have. It did things better than any other show ever did. And most of all it emphasized drama, intensity, and science.

**Top 3 “Breaking Bad,” Episodes**

3. “Say My Name”- “Say My Name” is the seventh episode of the fifth season of *“Breaking Bad,”* and the fifty-third episode altogether. It brought about drama, death, power, and intense dialogue. In “Say My Name”, a lot went on. Walt tells Jesse off. Jesse quits the business without taking his share of money. Hank goes for Mike’s lawyer rather than Mike. Mike tells Walt off. Walt shoots Mike to claim his power. Walt is back on top.

“Say My Name” was an important episode that came at the right time. It set the tone for the finale of Season 5 Part One. The episode made everything clearer. It showed whom the power was given to. It let us know the fate of the characters. And most of all it was a suspenseful, gripping episode that could be named one of the best. Vince Gilligan describes Cranston’s portrayal as, “Mr. Chips to Scarface”.

2. “Confessions”- It’s funny how this happened. This episode was extremely unexpected. Everyone was expecting a fill in episode, an episode that just fills the week and doesn’t have anything special

to it. Well, evidently, they were wrong. Put it this way, if “Say My Name” was great, than “Confessions” was absolutely incredible. Behind our #1 spot episode, “Confessions” is the most dramatic episode.

So, what happened that made it the 2nd best?

This is what happened. Hank explains to Jesse that he knows about Walt/Heisenberg (The name Walt adopts as a cover.) Jesse was surprised. He offered Hank the opportunity to beat the truth out of him. Hank refuses. The Whites and the Schraders meet at a Taquería and Walt asks they leave



their children out of their current situation. Skylar tells them that Walt’s ‘involvement’ is over and the children are safe. Marie suggests the only way out of the confrontation is for Walt to kill himself. The Schraders refuse to back down, Walt leaves them a DVD, and the Whites leave. The viewers at this point do not know what the DVD holds. Hank and Marie take the DVD and go home to watch it. What they found was jaw-dropping. The only possible way for you to feel the drama and intensity is to watch Walt’s confession (DVD). In it, Walt confesses to his crimes but claims that Hank was the mastermind behind everything. Hank is shocked to learn that Walt paid his medical bills, but Marie thought it was from his gambling addiction, thus having a solid link to tie Hank to the crimes committed by Walt. In a desperate last attempt to figure out a solution out of Walt’s seemingly foolproof blackmail, Marie turns to her husband and asks, “What do we do?” indicating that Walt has out-smarted them in every aspect.

This episode was scary, not in a frightening way, but in a ‘not knowing what’s going to happen next’ kind of way. I was having a conversation with my friend about this episode and he delivered a very accurate statement, “The last episode (Confessions) was like the movie “Argo.” It was that type of ‘edge of your seat’ intensely packed episode. While I was watching it I had no idea what was going to happen.”

1. “Ozymandias”- ‘I met a traveller from an antique land

Who said: Two vast and trunkless legs of stone Stand in the desert. Near them, on the sand, Half sunk, a shattered visage lies, whose frown, And wrinkled lip, and sneer of cold command, Tell that its sculptor well those passions read Which yet survive, stamped on these lifeless things, The hand that mocked them and the heart that fed: And on the pedestal these words appear: “My name is Ozymandias, king of kings: Look on my works, ye Mighty, and despair!” Nothing beside remains. Round the decay Of that colossal wreck, boundless and bare The lone and level sands stretch far away.’ –Percy Bysshe Shelley

Now, if you were a real “Breaking Bad,” fan you would understand how the poem “Ozymandias” by Percy Bysshe Shelley would have anything to do with the show. If you closely analyze the text, you would understand that Ozymandias was a king with an empire, much like Walter White and his empire. The poem talks about the rise and fall of an empire, and the rise and fall of a very powerful king.

But again, why is it #1? It opens with a flashback to the very first meth cook that Walter White and Jesse Pinkman ever did together. It’s a spot on recreation from the pilot. “It kinda sets a tone of loss and sadness. There’s a feeling of impending doom” says creator Vince Gilligan. The seen goes forward 20 years to the neo-Nazis about to kill Hank. Walt has no hesitation; he will do anything to save Hanks life. Walt realizes that Hank is not to be blamed for this; he (Walt) brought about all of this. Hank knows its over, so he goes out with his last sliver of dignity.

The moment in the desert where Jesse is found from under the car, thrown to his knees, and gun to his head, he had accepted it, that this was it. Todd saves Jesse because he realizes there is no way Walt will cook for them anymore and Jesse is the second best thing. Jesse would’ve much rather taken a bullet to the head that to have been tortured by that psychopath Todd.

Skylar has gone through a lot when it comes to her husband Walt. She probably, many seasons ago, should’ve called the police on Walt, but she just couldn’t do it. But in this episode, for the first time, a family member dies (Hank), and that’s it for Skylar, she can stand no more.

Walt loses his family in this episode, Skylar is no longer on his side, Hank is dead, and now Walt Jr. has turned against his dad.

This episode gives us drama to the max, like nothing

you’ve ever seen before. The intensity level of this episode makes you want to watch it over and over again (as I did). In my mind, the only way for someone to really understand how great this episode was is to go home and watch it.

**The Dramatic Last 75 Minutes: Spoilers**

When “Lost,” ended years ago, the viewers (including myself) were left dumbfounded, not knowing what to think. There were so many unanswered questions that not one viewer could think of a possible outcome.

In the final 75 outstanding minutes, creator Vince Gilligan did the exact opposite. “He brought ‘Breaking Bad,’ to a supremely fitting close, tying up all loose ends in his classic AMC series and killing off his now iconic anti-hero Walter White,” Says Robert Bianco of USA Today.

Vince Gilligan concluded the 5 year long drama that confirmed the show’s status as one of the greatest (if not the greatest) TV series of all time- and Bryan Cranston as one of the best American actors.

If the ending is ever debated, it won’t be debated for what it meant, but for what it did: killing Walt, but leaving Jesse alive and Walt’s family rich.

The final episode saw Walt at a series low, dying, alone, and so thin he has to wear his wedding ring on a rope around his neck. It shows us revenge, redemption, and a small sense of happiness at the end.

Walt goes back to make his last move and kill the band of neo-Nazis. He uses his last bit of energy to construct a usable revolving fully automatic machine gun.

But before his final stand, Walt stops at Elliot and Gretchen Schwartz’s house, the couple he blames for stealing his research and whose TV interview pushed him forward to make his grand criminal exit.

Instead of taking their lives, as most people expected, Walt forces the couple to hold \$9 million in trust for his children. He seals the deal with a handshake and by making them think Walt put a contract on their lives with the help of Badger and Skinny Pete.

With his family’s future set, Walt goes to surprise Skylar for a last goodbye. To Skylar, he gives the coordinates of Hank and Steve’s burial site. Along with that, he claims, “I did it for me, I liked it. I was good at it, and I was alive.”

The final episode was, in a sense, a final goodbye for Walt and us. Instead of killing Jesse, as was planned, Walt saves his life, protecting him from the machine gun equipped car that shot down all the neo-Nazis. We then watch Jesse chain down and choke to death Todd.

Walt then gave Jesse a chance to kill him, which was something Walt wanted. But Jesse refuses-leaving Walt to die, smiling, and the series ends on a creative high, the way it started.