

THUNDERBIRD

HIGH SCHOOL EAST NEWSPAPER

Half Hollow Hills High School East

Issue 2 Winter 2010

AP ART HISTORY BRINGS COLOR TO HSE

Kevin O'Reilly

Editor-in-Chief

For the *Fourth Annual AP Art History Installation*, Mrs. Utendorfer and her students created a work of art, titled "True Colors", that fully transformed a once dull area of our school into a beautiful art piece that left High School East students in awe. The idea behind the installation, brought about by Mrs. Utt and Chelsea Birms, was inspired by contemporary artist Dale Chihuly, who founded the Pilchuck Glass School, in order to promote glass as a fine art medium. Though blind in the left eye, Dale Chihuly transformed the glass industry by creating delicate, organic forms and layering them in large, beautiful glass installations.

Like Chihuly, the AP Art History class wanted to transform High School East. Using real glass would be both time consuming and expensive, so the class explored alterna-

tive materials. Cellophane was eventually chosen because its transparency allows light to pass through, just like glass. However, an integral part of the installation was color. Color is one of the most significant elements of art. It has the ability to affect an individual's mood and thoughts. Color is used over black & white to evoke happiness and lift spirits, brought about by the Fauvist Movement. An installation inspired by the colorful work of Dale Chihuly would bring joy and life to the building.

The installation is located by the West Gym, along a long stretch of windows. Almost every student passes by this area at some point during the day, so it was the perfect place to showcase AP Art History's talent. The location also provided an endless amount of sunshine to pass through the colors of the cellophane.

In the first week of January, the AP Art History class spent

an entire day constructing the installation. This coincided with HSE's Art Day, the following day. Students saw the opportunities different art classes offered. Twenty-two students spent hours creating hundreds of organic shapes out of a rainbow of color cellophane. The transparent cellophane was then hung from the ceiling in front of the long stretch of glass windows, creating a beautiful stained glass effect. When sunlight shines through during the day, a spectacular kaleidoscope of colors reflects onto the floor.

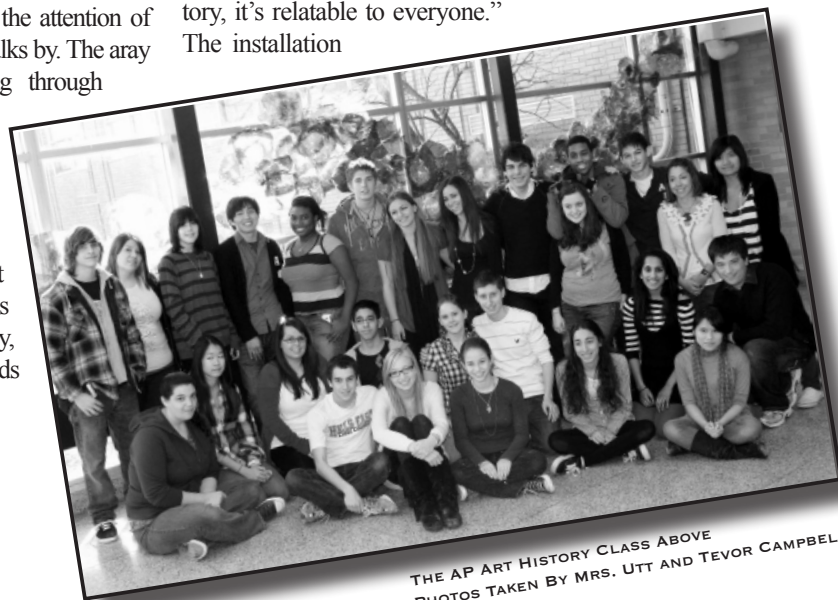
The breathtaking artwork has definitely caught the attention of everyone who walks by. The array of colors shining through

the sculpture is aesthetically appealing and encourages discussion about art. As the amount of light changes throughout the day, the different moods


of colors are expressed at each interval. This experimentation of light's effects was inspired by Impressionism and by the works of famous artist, Claude Monet. One AP Art History student, Matt Repanes, commented that, "It's great to look at it when the light comes in. The place really brightens up. I also think that the installation has a symbolic meaning. It's meant to inspire the students to show who they really are."

Senior Chelsea Birms made a great point in that, "It's not just for the people in Art History, it's relatable to everyone." The installation

brought attention to not only the great fun and learning opportunities in the AP Art History class, but art as a whole. The installation, "True Colors" as become an unmistakable feature of High School East. Mrs. Utendorfer and her AP Art History class successfully made a magnificent art piece that encourages students to see the true beauty and importance in color and art. Students can see the "true colors" of AP Art History students and will, hopefully, think about how they can let their true colors shine.



THE AP ART HISTORY CLASS ABOVE
PHOTOS TAKEN BY MRS. UTT AND TEVOR CAMPBELL



Applebee's DINING TO DONATE

Enjoy a meal that's filling and fulfilling.
Eat in or try our Carside To Go™ service!

Dine at Applebee's® and
100% of your bill will be donated to

Relay for Life- American Cancer Society


Present this flyer to your server on

March 8th
11:00am - 12:00am

at Applebee's of
Huntington
Route 110 N at Schwab Road
(By Barnes and Noble)
631-427-3504

You must present a flyer for
your donation to count!

applebees.com
©2009 Applebee's International, Inc. Donation percentage excludes tax, tip
and alcohol sales. Valid at participating restaurants during specified hours.
Must present flyer to server in order for organization to receive credit for purchase.
Flyers are not to be distributed to the restaurant or within the perimeter of
the parking lot.



**CONGRATULATIONS
TO THE THUNDERBIRD STAFF
FOR WINNING A SILVER
MEDAL FOR THE 2008/2009
THUNDERBIRD ISSUES FROM
THE COLUMBIA PRESS
ASSOCIATION**

**INSIDE
THIS ISSUE**

Science
Olympiad
Page 4

Rock
For
Refugees

&
Art Day
Pages 6-7

Boys Varsity
Basketball
Page 12



2010 RELAY FOR LIFE KICKOFF



Lindsay Sperin

Staff Writer

Relay for Life, an American Cancer Society sponsored event to raise money for the fight against cancer, is back and better than ever! Relay, previously run by Pam Schwartz and Debbie Picker, is now being run by Annemarie Gallipoli, Gabrielle Traina, Sharon McCune, and Sheere Givre. With the new board, this amazing event is undergoing many new changes.

In the past, 'Relay' has been an overnight event, beginning on a Saturday with the Survivor Dinner at around 5:00 in the afternoon and the Survivor Lap at around 7:00 pm. The event would run all night and end on Sunday morning at 7:00 am. In 2007 when *Relay for Life* was first brought into the Half Hollow Hills community, we had a wonderful turn out. Not only did hundreds of families and friends come out and help in the fight, but we were also recognized by the American Cancer Society for being the largest 'Rookie' Relay. This meant that we raised the most money for a first time event, which was one of the greatest recognitions we could have hoped for! Knowing that we made a difference to so many people whose lives had been touched by Cancer

was one of the greatest feelings.

In June of 2008 when it was time for the 2nd annual *Relay for Life*, there were thunderstorms predicted for the scheduled date. Instead of letting the weather get the best of us, the School Board, Pam, Debbie, and the American Cancer Society, decided to move the event indoors. The event was held in the West Gym at High School East until 12:00am. It was not an overnight event simply because

ner, there will be a brunch. Directly following the brunch, the survivors will walk the track in their survivor lap. Then the event will be in full session.

Relay for Life is one of the most moving events, simply because everyone is touched by cancer in some way. Whether it is directly or indirectly, cancer touches everyone. This year the kick off meeting was January 14, 2010. This means that the 'Relay Season' has officially begun!

At the kickoff meeting the baton was passed, and many people shared their reason for participating in *Relay for Life*. People of the community shared how cancer touched them and how everyone was brought together by the common cause.

To sign up for this life-changing event, please visit the Half Hollow Hills website and click on the 'Relay for Life' link. Everyone can help out, and everyone is encouraged to do so! Come to the meetings that are held at the Fran Greenspan Memorial Center and check the Half Hollow Hills website for updates as to when the next meeting will take place. Cancer never stops, and neither should we! Do your part, and come out on June 6, 2010, to High School East's track to celebrate, to remember, and to fight back!



2010 RELAY CO-CHAIRS

there was not enough room for everyone to stay the night. At the 2009 'Relay' event hundreds of people in the community came out to celebrate. As the time passed; however, the crowd began to dwindle and not many people stayed for the overnight part of the event. This year, as the baton was passed from Pam and Debbie to Annemarie, Gabrielle, Sharon and Sheere, the event will be a Sunday carnival. They hope to bring out more families with younger children to the event. There will still be a meal to honor the lives of the survivors, but instead of a din-

DISASTER IN HAITI

Max Gevirtz

Staff Writer

The recent tragedy in Haiti is just another of the many disasters that the poorest nation in the world has faced within the last few years. On January 12th, Haiti was struck with a devastating earthquake just 10 miles southwest of Port-au-Prince, the nations capital. The New York Times reported that the earthquake was the worst in the region in more than 200 years, with tens of thousands of expected casualties. Haiti's President Rene Preval described the earthquake as "unimaginable", and Secretary of State Hillary Clinton said, "about three million people will be affected". That is about one third of the country's entire population. According to Amy Vaughn, a geophysicist with the United States Geological Survey, there were 30 aftershocks measuring a magnitude of over 4.5 that rattled Haiti through-

out the night and the day after.

With all of the chaos within Haiti, it has been nearly impossible to find people. It has also been difficult to accurately predict the amount of deaths and injuries, but it will undoubtedly be extremely high, as the num-



ber of death rises each day. Lack of supplies and medicine, as well as appropriate manpower, have only made a terrible situation even more grim. People who have been trapped under rubble are still being unearthed every day, and there are countless more left to be found. There is no adequate equipment to efficiently move the battered buildings. Hospitals, as well as relief

organizations, are overwhelmed and simply cannot deal with the amount of people in need of assistance. Even people with relatively minor injuries, as a broken leg, are dying because they are unable to receive medical attention. Many countries all over the globe have started in the relief efforts to send supplies, medicine, food and manpower. President Obama promised that, "Haiti will have the unwavering support of the United States". The United Nations said it was freeing up \$10 million in emergency relief funds and the European

Union pledged \$4.4 million. While emergency aid is still being promised, it is still only trickling in. Haiti needs as much help as possible in order to be able to save lives, and hopefully to rebuild their battered and destroyed country. Any person can make a donation to a local relief organization or charity. Even something small can ultimately help someone in need.

HSE JOURNALISM ATTENDS STUDENT PRESS DAY

BY: ERICA KASAN AND SOPHIA AHMAD

Erica Kasan & Sophia Ahmad

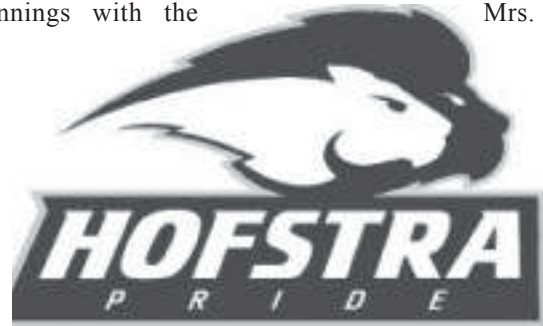
Staff Writers

On December 11, 2009, the students who are part of the High School East Newspaper Club, *Thunderbird*, and Journalism students, along with Mrs. Fluger and Mrs. Davis, were given the opportunity to attend Student Press Day at Hofstra University. More than 250 students from various Long Island high schools attended this educational and informational day.

The day began with a breakfast, then followed with speeches that were made by writers from the New York Times, Newsday, and other institutions, in addition to some broadcast journalists. The speakers addressed the issue of journalistic writing. They shared their beginnings with the

students and offered words of advice, followed by a question and answer period.

The second half of the day allowed the students to attend several workshops of their choice. The workshops included, Broadcast Journalism, Multimedia Journalism, Photo Journalism and Radio Journalism. In addition, the students were treated to a session with Walt Handelsman, who showed us all how to create different types of cartoons and videos using "Flash Animation". One student from our group was able to obtain a cartoon that Mr. Handelsman sketched during his presentation to the audience! Attending Student Press Day at Hofstra University was a wonderful experience for us all. For more information about journalism or the Newspaper Club you can speak to Mrs. Fluger or Mrs. Davis.



We The People TEAM WINS LONG ISLAND CHAMPIONSHIP

Brittany Nadler

Features Editor

On January 16, 2010, the High School East *We the People Team*, run by Mr. Edwards, won first place at the regional competition at Smithtown East High School and thus earned a spot at the State competition in March.

The team is comprised of 25 students who were granted a place on the team in the spring of 2009 by writing essays to gain acceptance. *We the People* is a branch of the AP Government curriculum, and is a club that involves students working on teams to compete in competition.

The team is divided into six units, dealing with six different portions of the *We the People* textbook, which discusses the impact of the Constitution on various issues such as philosophy, federalism, separation of powers, the Supreme Court, citizenship, and civil rights. The team competed against six other teams from Long Island, and ultimately

earned the top prize. The club has been working extremely hard, including late nights spent with their units studying and preparing for the regional competition. All of the hard work paid off. The team is eagerly awaiting the state competition in March, and continues to study and prepare for the competition.

The *We the People* competition involves applying the principles of a specific unit to recite prepared essays on specific questions. In addition, there are follow-up questions by judges, to measure the student's aptitude of the subject. There are six units, and each has a different "hearing" as it is called, which will contribute to the entire team's total score. Each unit works separately from the other, but ultimately, it is the team's responsibility as a whole to win the entire competition.

The *We the People* team hopes to win 1st place at the state competition, and go to nationals in Washington D.C. in April.

TOWN OF HUNTINGTON ANIMAL SHELTER

Ricki Siegel
Staff Writer

Imagine if you had lost your dog and it was running around your neighborhood. I can only imagine what that would feel like. My family and I are huge dog and animal people, so when we saw an adorable Cockapoo running loose on the service road of the LIE and Half Hollow Road we had to try to save him. Honking like crazy causing all of the traffic to stop, I ran out of my car to try and pick up the dog who came running over to me so excited, just wanting to play. After I had picked up the dog, my mother and I decided to call the local animal shelter to find out if anybody had reported a missing dog. The Town of Huntington Animal Shelter was wonderful and came to my house to pick up the dog. They offered to hold him until the owners came to claim him.

The next day when we called to check up on the dog, we were notified that the owner had called the shelter to find out that her dog was there and safe.

The League For Animal Protection Of Huntington (Dog Program) is a non-profit, all volunteer organization dedicated to the rescue, care and placement

groom/bathe, socialize and behavior/temperament screen the dogs housed at the shelter. There is an effort to place all the dogs in good, loving, permanent homes. New dogs are arriving daily, while others are eagerly joining their new adoptive families. Those listed on their website are just a representation of the dogs available for adoption and it is not a complete list. It is recommended that those who are interested in adopting,

contact the shelter in order to introduce all potential owners to all of their wonderful dogs. The League for Animal Protection of Huntington cares for as many animals as they possibly can. Adopting an animal could save its life. The animal shelter is in need of volunteers and foster homes for the animals they are sheltering. They would love for families to be able to adopt a friend. When you adopt a rescue dog it brings you rewards, joy, and love into your home. The League can always use donations to help care for all the animals they rescue. They could use leads (4-6 feet), collars, frisbees, rope toys, etc. If you have any of these items or wish to contribute, please feel free to donate and help out our local animal shelter. You can contact the animal shelter by phone at – (631) 757-9373 or e-mail them at Lapdogz@msn.com.



She was able to pick him up that morning and was so grateful to find out that someone had returned him.

of stray and abandoned dogs. The volunteers work out of a local town dog shelter where they walk,

HILLS IDOL!

Neilab Rahimzada
Staff Writer

Hills Idol is back this year and we're all excited! This miniature version of American Idol causes much excitement in our district. The number of people who tried out this year doubled from what it was last year. Forty students tried out this year, 22 made it to the semi-finals. Hills Idols is steadily becoming more popular among the student body. The new interest in it is probably the result of the excitement it caused last year. Previous participants enjoyed it so much that they came back again this year, even though they didn't win. The students had been "asking since September" about when Hills Idol will start, says Parish Swaby, the co-chair of the program. Contributing to the excitement is the fact that American Idol is going on at the same time and everyone's in the Idol spirit. Half Hollow Hills Idol is run by the PTA, more specifically by Parish Swaby and Lisa Mahlbaur, co-chairs of

the program. Also helping to set up the program is the idol company itself. They send a professional judge, as well as provide the lighting, sound, etc. Normally, there are try-outs, semi-finals, and finals, but this year, due to the large turnout, they had to split the semi-finals into two groups of students, who performed on two different nights. Then, the winners from the two shows will compete in the finals. Hills East and West, as well as Candlewood and West Hollow, partake in the Hills Idol experience. The tryout process is fairly simple: the student trying out gets 2-3 minutes to sing a song of his/her choosing and the professional judge from the Idol company decides whether or not he/she will continue to the next round. Some of the characteristics they look for are charisma, confidence and of course, a powerful singing voice. Most students like to sing ballads; however, those who run the show make sure that there is a variety of music. Each contestant submits 3 songs he/she wishes to sing, and from that list, the con-

testant is told what to sing. The judges look for contestants who can entertain a crowd, as well as sing. As a result, the contestants keep the crowd on their feet and the show is a lot of fun. Sometimes, there are celebrity judges, last year Shyrl Ray, from Salt and Pepper, guest judged. There are different prizes for each level of the competition. Semifinalists receive a certificate stating that they had taken part in Hills Idol. Finalists get an HHH Idol T-shirt with the names of all the contestants on the back. The winner is afforded an opportunity to go into a recording studio and record a song. Last year, the owner of the studio allowed all the finalists to go to the studio and record an entire CD. The winner also gets a chance to sing on WBLI radio station. Other prizes may include donated iPods, which were given to the winners last year. In addition, Jill Kaufman made a DVD of the performances and put them up on YouTube. Hills Idol is a fun time for those who participate in it as well as those who just come to watch. In the end everyone's a winner!

Thunderbird Staff

Editors-In-Chief:

Kevin O'Reilly
Monika Haebich

Managing Editor:

Rebecca Harris

Section Editors:

Zachary Korman (Sports)
Jessica Gaspard and Marlee Shnitkin (Entertainment)
Brittany Nadler (Features)
Elliot Greenfield (School News)
Alexandra Gaspard and Jackie Ferro (Fashion)

Staff Writers:

Sophia Ahmad, Teron Coleman, Max Gevirtz, Erika Kasan, Cody Lau, Maryam Motazadi, Andrew Ou, Neilab Rahimzada, Josh Rosenberg, Steven Saltz, Nathaniel Schwartz, Grace Segers, Alana Shor, Ricki Siegel, Lindsay Sperin, Alexa Teeman, Josh and Matt Rosenberg

Photographers:

Trevor Campbell, Dylan Horowitz
and Mrs. Uttendorfer

Advisors:

Mrs. Flugler
Mrs. Davis

EMAIL:

Thunderbirdhse@gmail.com

Disclaimer:

The Thunderbird hereby states that the opinions within this publication are those of the writers and do not necessarily reflect those of the staff, administration, or school community.

SCIENCE OLYMPIAD

Monika Haebich

Editor-in-Chief

Congratulations to the Hills East Science Olympiad team who placed second in the 2010 Suffolk County Regional Competition! The competition took place on Saturday, February 6, and involved forty-five teams from various Suffolk County schools. High School East's A Team ranked second place, and earned a spot as one of the seven schools to go

to the New York State Science Olympiad Competition!

Many of Hills East's students excelled in the competition and even earned medals! Rohit Romani excelled in his three events and won two gold medals and a silver medal. Sonia Bansal, Carly Emmer, Russell Feinstein, Katelyn Fletcher, Ashton Hsu, Rekha Korlipara, Kevin Norris, James Song and Eric Teplitz also won gold medals. Will Chan, Will Choi, Eric Teplitz, Dan Park, Ricky Sidhu and James Song won silver

medals; Hiral Doshi, Scott Duniasky, Russell Feinstein, Lekha Grandhi, Yusuf Sheth, Kunal Singh, Aneesh Shah, Olivia Wang and Chris Wolfe all placed in the top five of their events. Coached by Mr. Page and assisted by Mr. Cochrane and Mr. DiPalmo, the students of each fifteen person team partnered up in twos or threes to compete. The twenty-one events that the competitors could participate in tested students' knowledge in all areas of science. Some of the events involved written exams while others, such as Elevated Bridge, involved

hands-on projects. The many events included Anatomy, Forensics, It's About Time (where students built their own time-keeping device), Picture This (in which students guessed scientific terms based on pictures drawn by other teammates), and Sumo Bots (student-built robots battle each other).

The Hills East Science Olympiad participants not only excelled in the competition, they also had the best shirts. The funny shirts read, "We do it on the table periodically." Congratulations to all of these hardworking students, and good luck in States!



CELL PHONES AND TEENS

Maryam Motazedi

Staff Writer

In today's world, cell phones, laptops, iPods, and video games are being used in a person's everyday life. When these items first came out, the average time one used them was much less than what that average time is today. Teens use these items the most and it has affected them in many ways. The most negative effect of these things on teenagers' lives is that these items prevent teens from getting enough sleep. Teens have convinced themselves that their cell phones and going on Facebook are something they can't live without. Therefore, they spend a lot of time text messaging or going on Facebook when they should be studying or sleeping. If their parents try to take the cell phones and laptops away from them they are going to show attitude and be very disrespectful. This is because they think that without cell phones or laptops, life is impossible. According to the "WebMd" website, those who use their cell phones more than 15 times a day have more trou-

ble falling sleep and staying asleep than those who use their cell phones the normal way, of 5 or 6 times a day. These heavy cell phone users also are more likely to be stressed out and generally feel tired.

European researchers studied 21 people from the ages of 14 to 20. Ten of them were light users, and the other ten were heavy users. Eleven of the heavy users sent/ made more than 15 texts/ calls a day, 4 of them sent/ made more than 30 texts/ calls a day, and one sent more than 200. Only one of the teens, a light user, turned his phone off at night. The results showed that compared to the light users, the heavy users:

- Had a harder time getting up in the morning.
- Woke up more often during the night.
- Spent more time tossing and turning before falling asleep.
- Drank more soft drinks that have caffeine in them.
- Drank more alcohol.

The study also showed that seven of the 11 heavy users woke up in the afternoon on the weekends, compared with only two of the 10 light users.

What surprised the researchers was that they didn't find any difference in mental states, such as depression or anxiety, between the two group.



UPSET IN WASHINGTON

Steven Saltz

Staff Writer

A Massachusetts Senate special election drew national attention when Republican Scott Brown won with 52 percent of the vote on January 19, 2010. Brown was running against the Democratic Attorney General Martha Coakley for a seat held by the late Senator Ted Kennedy from 1962 until his death on August 25, 2009. Democrat Paul Kirk was appointed in September 2009 to hold the seat until the election. Massachusetts, thought to be a heavily Democratic state, has not had a Republican senator since Edward Brooke in 1979. Brown has won a 41st Senate seat for the Republicans, meaning the Democrats have lost their 60-seat majority required to pass legislation on their own. This election news came while the Democrats frantically attempted to pass a healthcare bill without any support from the Republican side. Now, without a majority in the Sen-

ate, the bill will be even more difficult to pass. Democratic Senator Russ Feingold said in response that it was "probably back to the drawing board on health care." Speaker of the House Nancy Pelosi was more optimistic with her statement that "whatever happens in Massachusetts, we will pass quality, affordable health care for all Americans and it will be soon." Conservatives and Re-



publicans hailed the election as a "Massachusetts miracle." "Last night, a shot was fired around this nation: saying no more business as usual in Washington, D.C.," said Republican John McCain.

Brown's win has been attributed to several factors. Analysts have noted that in times of economic trouble like these, the public votes against the party in power. In addition, politicians on both sides cited a poor campaign on Coakley's part and disappointment with the current administration. Scott Brown will take the Senate seat for the remainder of the term, ending January 3, 2013.

PAST DECADE WARMEST IN RECORDED HISTORY

Alana Shore

Staff Writer

2000 - 2009 was the warmest decade in recorded history, according to NASA. 2009 was also recorded as being the second warmest year since 1880. The warmest year was 2005. The hottest years have all occurred since 1998, NASA said. The director of NASA's Goddard Institute for Space Studies, James E. Hansen said, "Global temperatures varied because of changes in ocean heating and cooling cycles".

According to the National Climatic Data Center, a unit of the National Oceanic and Atmospheric Administration, discovered that 2009 and 2006 were the fifth warmest years recorded, based on

measurements taken on land and at sea. These new temperature figures give further evidence in the scientific battle about global warming. There are many skeptics who believe that scientists are "selectively using temperature data" to aid their side of the argument. Last year, hundreds of e-mails were released, without authorization, from the climate study unit and the University of East Anglia in England. Many of the disputes about global warming stemmed from the unauthorized e-mails. Critics took these e-mails as evidence that scientists were distorting data and plotting to keep opposing opinions out of scientific journals. The accused scientists and

political leaders denied the data manipulation saying, "The planet is growing warmer, on a consistent basis, although with measurable year-to-year variations". According to The New York Times website, "NASA recently released data that showed an upward temperature trend of about 0.36 degrees Fahrenheit per decade over the past 30 years. Average global temperatures have risen by about 1.5 degrees Fahrenheit since 1880. Policy makers at the UN climate change meeting in Copenhagen agreed on a target of trying to keep the increase in average worldwide temperatures to 3.6 degrees Fahrenheit in order to try to prevent the negative effects of global warming.

EAT TO DIET, EAT TO ENJOY

Marlee Shnitkin
Staff Writer

After years of counting calories and grams of fat, people are beginning to focus on what to eat instead of what not to eat, and simply enjoying food again.

Nutritionists have noticed a shift towards positive eating for weight loss rather than not eating at all. As people remove the unhealthy foods from their plates, they replace them with seasonal vegetables, nuts, berries, and more.

32-year-old Rina Gonzalez-Echandi is one example. The mother and special education aid used to spend all of her time counting calories and eating packaged food. She used to watch fat and calories so obsessively she would sometimes avoid socializing. "You forget how wonderful it is to have a meal with friends and family," said Ms. Gonzalez-Echandi, "I realize I had taken that joy away from myself."

After adding real foods back into her diet, it has helped her maintain her weight and be happier. She now realizes the joy in eating fresh, home-cooked meals. She started cooking with olive-oil and sometimes butter, and has began eating more nuts. She even became friendly with her grocer who tells her which fruits and vegetables are in season and grow locally.

The market research firm, NPD, studied national eating habits through the food diaries of 5,000 consumers since 1980. The percentage of those on a diet is now at its low. Its high was in 1990, when 39 percent of the women and 29 percent of the men were dieting. Today, that number has progressively dropped to 26 percent of women and 16 percent of men. There have also been reports of an increase in organic food consumption. "I n -



stead of trying to avoid things, they've started adding things," Mr. Balzer said. Even the Calorie Control Council, which represents makers of commercial diet foods, observed a decline in the percentage of people who are dieting. From 33 percent on 2004 to 29 percent in 2007. "They would much rather focus on what to eat instead of what not to eat," Ms. Sass said. "Most people I have encountered have a track record of trying different things that didn't work for them."

The cookbook author and television star, Rachael Ray, created food that doesn't focus on what

normal dieters would, including calories, fat, carbs or even portion control. She purposely doesn't include calorie information in her cookbook recipes. "I think that puts your head into science and away from what I think the experience of food should be," Ms. Ray said. "If you take the time to cook and provide yourself with a balanced diet, you can cook freely and eat pretty freely and in pretty large amounts without worrying so much about the nutritional intake or the calories or your pant size."

But does better eating correlate with weight loss?

Last year, the *American Journal of Clinical Nutrition* reported on a study of 97 obese women, who were all avoiding high-fat foods. Half the women were told to eat more of fruits and vegetables. By the end of a year, the women who were focused on adding vegetables lost an average of 17 pounds, 20 percent more than the women who were just paying attention to fat consumption. "If you're eating something you really like, maybe you won't feel like you need to eat so much of it," Marion Nestle, the New York University nutritionist said. "If you want a muffin, then eat a gorgeous muffin with marvelous blueberries that's moist and crispy on the outside with a little sugar on it. Yum."

GOVERNOR PATERSON FAILS TO GET 'THE RACE TO THE TOP' SCHOOL AID PASSED

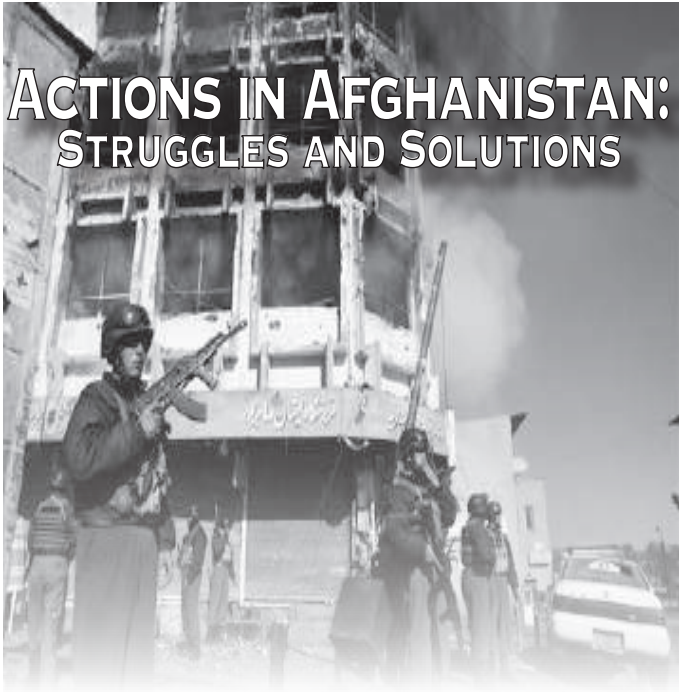
Andrew Ou
Staff Writer

New York Governor David Paterson recently failed to get the legislature to approve his bill of implementing more charter schools in New York State in an effort to receive \$700 million in school aid .By having more charter schools in the

state, New York's chances of getting federal financial aid in the competition, known as the "Race to the Top," will drastically increase. The "Race to the Top" is a competition between states that President Obama approved of and will award the state with the most quality approved charter schools prioritized financial aid in education.

The State Senate and the State Assembly rejected Governor Paterson's bill. Governor Paterson's bill rejected the strict restrictions of the charter schools that the state legislature bill advocates. With the state legislature refusing to approve of Governor Patterson's bill, Mayor Bloomberg employed tactics of refusing to approve of the state's application to the "Race to the Top" competition to

pressure the state legislature to increase the limit to the amount of charter schools allowed in the state. However, Mayor Bloomberg soon gave in and gave his approval for New York State's application to the "Race to the Top" competition. The bill, advocated by the State Senate and Assembly, would increase the amount of charter schools from 200 to 400; however, the bill imposes new restrictions regarding how the charter schools are operated. The bill would prevent companies from running schools for profit. The bill that Governor Patterson drafted would increase the number of charter schools to 460 and does not include many of the restrictions in the legislature's bill. The city officials in education urge Governor Patterson to veto the legislature bill; however, Governor Paterson believes that using a flawed bill to apply for the "Race to the Top" competition is better than having no application. At this time it is not certain whether Governor Paterson's bill or the legislature's bill will be passed.



Grace Segers
Staff Writer

To the average American teenager, Afghanistan is just a small colored square on a map. While war has been raging for most of our young lives, we know very little about what is actually happening in what is often called "the breeding ground of terrorism," 6,919 miles away.

The horrors experienced in this little state have recently reached epic proportions; on January 18, 2010, a suicide bombing and guerilla warfare rumbled the streets of downtown Kabul, Afghanistan's capital. "The Taliban was...sending a message to the government that they will bring the fight from the countryside to the city," explains Dexter Filkins, a reporter for The New York Times.

Other issues include the recent upsurge in American troops and an 18-month deadline in the war-torn area, a heavy (and controversial) decision of President Obama's. John Burns, The New York Times' chief foreign correspondent, reports that "the Afghan Taliban said in a Web site posting... [this] 'is a strategy doomed to fail,' paving the way for 'more attacks by the mujahedeen' and further damage to 'the already trembling economy' of the United States." Mr. Burns, however, believes that this policy is not an altogether bad one, "given the web of political and military complexities in Afghanistan that defy simple, straight-line solutions."

There are many steps being taken toward a solution that will end the war and enrich the culture and educational systems of Af-

ghanistan. Greg Mortenson, humanitarian and author of the bestsellers *Three Cups of Tea* and *Stones into Schools*, opts to heal Afghanistan's wounds through education and building schools in rural areas, especially ones for girls. In his second book, Mortenson uses the Kenyan proverb "if you teach a man, you educate an individual. If you teach a woman, you educate a community." The idea is that schools that girls can attend in prejudiced areas such as Afghanistan will breach gender barriers and use schooling as a weapon against ignorance, the fodder that organizations such as the Taliban feed on and control. Mortenson and the Central Asia Institute, which he founded, work to bring enlightenment to the poorest regions in hopes of stopping war and poverty.

Greg Mortenson's policies have also captured Gen. David Petraeus, who now makes it mandatory for all officers deployed to Afghanistan to read *Stones into Schools*, so that the soldiers will learn how to build relationships and gain trust with the locals, in addition to killing the enemy and dropping bombs.

Afghanistan's danger lies not only in suicide bombers and land mines, but in the ignorance of its people. To the American teenager, I'd like to ask a question: does difference justify indifference? As a result, does indifference justify ignorance? One thing is for sure: if America plans to advance along with the rest of the world, its citizens must broaden their horizons beyond the everyday limitations of school and work.

ROCK FOR REFUGEES!

Rebecca Harris

Managing Editor

On Friday January 8th, the East Gym was transformed into a rock concert venue to host Hills East's annual *Rock for Refugees* fundraiser. Rock for Refugees is a concert that displays the musical talents of various bands formed by Hills East students. To participate, each band is required to audition before the Rock for Refugees committee. The bands that meet the proper criteria, and demonstrate the most impressive skills, are selected to perform. Admission to the concert is collected and donated to a charity chosen by the Rock for Refugees committee. This year, money was raised for Charity: Water, a non-profit organization that provides clean, safe drinking water to people in developing nations.

By 2:30pm on Friday, the bands were ready to rock. The

line-up included: Kapella, iOninetyfour, The Haydens of Greer, Abbas and Taykwuan, Agony and Ecstasy, and Zack Zadek. Many students came out to support their fellow classmates as well as the cause. There were also a significant number of teachers, and students from other schools who came to listen to the bands and donate to charity. Senior Arielle Dollinger states, "It's great that the school sponsors an event that showcases all of the talent that its students have, especially in such an unconventional way." And congratulations to Jackie Chen and Suraj Chopra, event coordinators and leaders of the Rock for Refugees committee, for running such a successful event! Special thanks to members of the student government who helped to collect admission and ensure that everything ran smoothly



PHOTOS COURTESY BY
TREVOR CAMPBELL

ART DAY!

Elliot Greenfield
School News Editor

Art day was a major success for Hills East this year! With the help from all of the art teachers and all of their classes, Art Day was better than ever. This year, at Half Hollow Hills High School East, students from all art classes from Photography to Fashion Design to drawing and painting as well as architecture, were asked to create a piece of art by the West Gym. This was a day when not only art students, but the whole Hills East community, were able to honor art and the

students amazing talents and skills with art. For the entire day, these students sat and created masterpieces. Also, this year the art department created tours for the eighth graders to observe many different art classes. These tours were all guided by various National Art Honor Society students who spoke about each individual art class and the basic requirements each class entails. The eighth grade students were able to sit in the class for about 20 minutes and watch the Hills East students in that class. Once the eighth grade students finished observing all of the art classes,

they were then taken to the AP Art History's Art Installation 2010 which was based on the works of the artist Dale Chihuly. Dale Chihuly is an artist who uses glass in his artwork. Chihuly has been featured all over the world and his work was recently shown in the New York Botanical Gardens. After being shown the excellent work of the AP Art History students at the installation, the students then took one more look at the artists at work. The students then said goodbye to a very special day at Hills East where the artistic talents of the many gifted students are exposed to the entire school for one whole day.



THE ACTUALITY BEHIND THE REALITY

Lindsay Sperin

Staff Writer

Three weeks after standing in front of a cheering studio audience, Kai Hibbard, of America's favorite TV show, *The Biggest Loser*, lay shaking on her bathroom floor. Her immune system was completely shot. She was covered in bruises and

ous activity that the contestants use to lose weight and give the audience what they want—good TV.

"They want dramatic results. They want America to be amazed." Kai, 31, told *Star Magazine*. Along with brutal workouts and restricted diets, intentional dehydration is the most important part of the *Biggest Loser* regime. Before weigh-ins, contestants tend to skip drinking water and take diuretics in an attempt to enhance the weight loss number on the screen. Jillian Michaels, the *Biggest Loser* trainer exclaims, "Oh absolutely... Are you kidding me? There is a lot of game playing that goes on." with the contestants.

Even though Jillian believes that the show is ultimately a positive experience, one former contestant states that the dehydration was narrowing. "One or two days before the weigh-in, we would cut liquid consumption and we wouldn't eat. The morning of the weigh-in we'd get up in the 113°F heat and put on several layers of clothing under a zipped-up sweat

suit. We'd shut the windows of the gym, where there was no air-conditioning, and we'd work out for two to three hours, not drinking water. Some would swish water around in their mouths and spit it out, but for most of us that was too hard."

Another thing that creates an illusion of shocking weight loss results is that one "week" on the show is sometimes much longer. "Americans need to realize that the one-week-weight-loss totals aren't totally real," Jillian says.

Upon leaving the *Biggest Loser* ranch, many contestants are left to struggle alone. Without a solid support system, Kai began to develop an eating disorder as she approached the final weigh-in. Her daily calorie intake was down to less than 1,000 calories and she was working out five to six hours daily.

After the show ends and the cameras stop rolling, the show lightens up its grip. In fact, the show's producers never follow up on its contestants. In all, the winners of the first four seasons have each put back 20% or more of the weight they lost on the show. In some extreme cases, like that of Ryan Benson, season one winner, contestants have gained back all of their lost weight.

Producer J.D. Roth calls the show "a public service" for America, but the seemingly fairytale show has a darker side.



lost her hair. She had already gained back 31 pounds just from drinking water.

Kai's traumatic experience is, unfortunately, all too typical of what happens behind the scenes on NBC's hit weight-loss show. In an in-depth investigation, *Star Magazine* discovered the many layers of deception and danger-

CONAN O'BRIEN SAYS GOOD NIGHT TO "THE TONIGHT SHOW"

Josh Rosenberg

Staff Writer

LOS ANGELES – Not too long ago, comedian Conan O'Brien replaced Jay Leno as host of the NBC's legendary late night program, "The Tonight Show." However, after seven brief months on the job, Mr. O'Brien has announced his decision to leave the network and its renowned series.



This is the result of NBC's intention to move "The Tonight Show" to a new time, 12:05 A.M., while Jay Leno and his primetime program, "The Jay Leno Show," will return to the 11:35 P.M. slot. Just a few days following NBC's decision, Conan released a statement claiming that he so respected the institution of "The Tonight Show," and could not participate in what he honestly believed was its destruction. "After only seven months," Mr. O'Brien wrote, "with my 'Tonight Show' in its infancy, NBC has decided to react to their terrible difficulties in prime time by making a change in their long-established late-night schedule." Conan did not hold back from criticizing his once respected network for their rude and unjust treatment. Despite that, he continued to perform his occupational duties by entertaining viewers and cracking jokes about his undetermined future. "Hello, my name is Conan O'Brien, and I may soon be available for children's parties." Regardless of the primetime disaster of "The Jay Leno Show," it had been reported that Jay Leno would happily reclaim his old desk on "The Tonight Show" if in fact O'Brien left the network. Be that as it may, it became increasingly evident that the majority of viewers from all parts of the nation were overwhelmingly in favor of O'Brien throughout the dispute. Fans had even created the "I'm With COCO" campaign to publically display O'Brien's abundance of support. Additionally, Conan rallies were organized outside multiple NBC Studios across the United States, notably in Los Angeles,

New York, and Chicago. Numerous celebrities, such as Ben Stiller and Rosie O'Donnell, openly expressed support for Conan, while greatly criticizing NBC and Jay Leno for their classless and unfair treatment. On Thursday, January 21, NBC and Mr. O'Brien finally approached a settlement. It was determined that NBC would award Conan a buyout of \$32.5 million to compensate Conan

for the remaining two and a half years of his guaranteed contract. According to The New York Times, NBC will also pay nearly \$12 million to expiate others associated with the show, including his longtime executive producer and closest colleague, Jeff Ross. It was also decided that Jay Leno would withdraw his failing show from primetime, and return in March as host of "The Tonight Show." Other terms of the agreement have prohibited Conan from producing another show until September. Yet, executives at the FOX Network have already publically displayed deep interest in O'Brien hosting a competing late night series once he is legally free to do so. Also, NBC specified that O'Brien would be unable to conduct any interviews, with people such as with David Letterman on CBS or Jon Stewart on Comedy Central, for a period that extends beyond the date of Jay Leno's March 1 return to "Tonight." Conan O'Brien aired his last "Tonight Show" on Friday, January 22. Despite their unfortunate dispute, Conan graciously stated, "Between my time at 'Saturday Night Live,' 'The Late Night Show' and my brief run here on 'The Tonight Show,' I have worked with NBC for over 20 years. Yes, we have our differences right now, and yes, we're going to go our separate ways," he went on. "But this company has been my home for most of my adult life. I am enormously proud of the work we have done together, and I want to thank NBC for making it all possible." O'Brien, of course, thanked his fans, and urged them not to be skeptical about his departure from NBC.

Jackie Ferro & Alexa Teeman

Staff Writers

Twitter is a communication tool used by millions of people around the world. It is similar to maintaining a blog, but it's less time consuming and easier to maneuver. Unlike other social networking sites where users can customize profiles and incorporate multimedia, Twitter is a site that allows users to post small messages, videos, and pictures to a group called "followers". "Followers" are the group of other Twitter users that see your messages when they sign on to Twitter. To create an account, members use a current email address and make up a password. Once you

have created an account, you can visit the pages of friends and family to find out what they are doing.

In order to have a Twitter, one must learn some of the common terms used. Words such as "tweets", which are messages or comments sent between users, and "twitpics", which are photos uploaded by a user are often used. Each user contains a "Twamily", which is all the people he or she is currently "following".

Twitter had a very small start. Evan Williams, Biz Stone, and Jack Dorsey, formed a new company, Odeo, after leaving work at Google. Odeo was a podcasting company that Williams soon lost interest in. One of the many products of Odeo was Twitter. Biz Stone gave Twitter its name by comparing the

idea of the short messages to the sound of birds chirping. Soon, Stone and Williams formed Twitter as the main product instead of a small part of Odeo. Williams bought out Odeo and combined Twitter with their new service, Obvious Corporation. In March of 2006, Twitter became its own company, Twitter Incorporated.

On June 12, 2009, 'tweeting' exceeded to 2,147,483,647 messages! Twitter is a very informative and fun way to stay in touch with friends and even celebrities on Twitter. Celebrities such as John Mayer, Britney Spears, and politicians have a Twitter account. Barack Obama used Twitter as a tool to let Americans follow with him on his journey to the White House!

twitter

Apple® VS Google®

Andrew Ou

Staff Writer

In modern day America, Apple and Google are household names. These two companies are responsible for revolutionizing technology that most people in the U.S use every day. Whether it's listening to music on the iPod courtesy of the Apple Company or the search engine Google (Google Company), it is hard to deny the influence that Google and Apple have on the lives of many Americans. In the past, Google and Apple have formed an alliance against their common enemy; the common enemy being the potent software company, Microsoft. To compete with phones from other companies like Microsoft's Window Mobiles, Apple assimilated Google applications into its iPhone. Some of these Google applications include Google Mail (Gmail), Google Maps, and Google search engine. Despite having shared a common animosity towards the same software company (Microsoft), Apple and Google have recently begun a feud perhaps due to Apple discarding Google in their partnership after receiving all the benefits that Google provided to Apple.

With the massive influx of applications for the iPhone, the use of Google as a search engine is decreasing, according to Bradpoint Am Tech analyst Benjamin Schachter. Recently, there have been reported talks between Apple and Microsoft about making Bing, the iPhone's default web browser, perhaps fueling the jealousy of Google. With the fierce competition, both Apple and Google consider each other as a formidable opponent. Google rents movies on its YouTube site to compete with Apple's iTunes multimedia store. Although the competition between Apple and Google may be seen as beneficial to electronics consumers (prices of goods are usually lowered as a method of gaining ground in competitions among different companies), there will be the hassle of converting problems for music, videos and other multimedia. Apple and Google may offer media in different formats, which will be a huge problem for people who want to synch media from various sources into their multimedia players. Hopefully, Apple and Google can maintain a friendly rivalry without going overboard, which will make most electronics consumers happy.

A NEW FRAGRANCE BY Beyoncé

Teron Coleman

Staff Writer

Beyoncé Knowles is aiming to light a much-needed fire under the beleaguered fragrance business this February with her first scent, *Beyoncé Heat*. Industry sources estimate it could do \$100 million at retail globally in its first year on counter. At least half of that figure is expected to come from U.S. sales. Knowles

is nominated for 10 more Grammy's this year and is more than ready to release the new fragrance. Originally, the fragrance was to be named "Sasha Fierce" but Abercrombie and Fitch sued Beyoncé for copyright issues. Apparently Abercrombie and Fitch already had a fragrance called *Fierce* and they felt as if it would lead to cross advertisement and confused consumers. In early September, Coty In-

corporated, a leader in the global beauty industry announced the signing of the international, multifaceted artist Beyoncé. Selling over 100 million records and celebrated by countless awards, including 10 Grammy's, and starring in three consecutive #1 box office hits during the course of her career, Beyoncé has solidified herself as one of the most successful artists in entertainment history. (BeyonceFan.com) The new collaboration between Coty and Beyoncé will capitalize on her unique mega-watt aura and talent to create her very own first signature fragrance.

The juice, which Knowles concocted with Givaudan's Claude Dir and Olivier Gillotin, has top notes of red vanilla orchid, magnolia, neroli and blush peach; a heart of honeysuckle nectar, almond macaroon and crème de musk, and a dry-down of giant sequoia milk wood, tonka bean and amber. Heat is Beyoncé's first official fragrance, although she had an endorsement with True Star by Tommy Hilfiger. The *Beyoncé Heat* lineup includes eaux de parfum in three sizes — 1 oz. for \$39; 1.7 oz. for \$49, and 3.4 oz. for \$59 — as well as a 6.8-oz. Gold Sparkling Body Lotion for \$24.



WELCOME TO THE JERSEY SHORE

Lindsay Sperin

Staff Writer

Prior to the 10pm airing of MTV's *Jersey Shore* on December 3, 2009, the *Jersey Shore* was known as a major tourist attraction in New Jersey during the summer months. It was known to bring couples, families, and friends out to the beaches and boardwalk that line the shore. However, now when people say '*Jersey Shore*' a different picture comes to mind.

Angelina "Jolie" Pivarnick, Jenni "JWoww" Farley, Michael "The Situation" Sorrentino, Nicole "Snooki" Polizzi, Paul "DJ Pauly D" DelVecchio, Ronnie Ortiz-Magro, Sammi "Sweetheart" Giancola, and Vinny Guadagnino are the eight names who are now associated with the *Jersey Shore*. MTV's television series *Jersey Shore* is a reality show that closely follows the lives of the eight cast members as they spend their final weeks of summer living and working at the *Jersey Shore* in the town of Seaside Heights. In exchange for living and partying in the shore house, each member of the cast is required to work shifts at a local

boardwalk t-shirt store.

The show was watched by millions of people every Thursday night, before it's season finale on January 21, 2010. It is also a hot topic of controversy. 'The punch', is what viewers refer to as the incident where Polizzi was punched on the December 17, 2009 episode; the tanning criticism; as well as the stereotyping controversy, are all problems that critics have with the show.

The big punch that Polizzi took for her other cast mem-

bers was one to remember! The encounter, which occurred at Beachcomber Bar & Grill, was provoked by Brad Ferro, a gym teacher from Deer Park, New York. The punch not only landed Ferro into a police car, but it also landed him in the Department of Education's teacher reassignment center. Although Ferro apologized to Polizzi, he was found guilty of simple assault and fined \$500 and given a 6 month suspended jail sentence.

The constant tanning of the

cast members is another problem that critics have with the show. Dr. Seth Forman, a dermatologist from Tampa, Florida, has criticized the show for "glamorizing" tanning stating "The young adults on *Jersey Shore* think tanned skin is important." Marybeth Hicks, author of the parenting book *Bringing Up Geeks*, criticized Nicole "Snooki" Polizzi for saying she would change the world by installing tanning beds in everybody's house during her

appearance on *The Jay Leno Show* because Hicks believes Polizzi could influence teens into using tanning beds. She stated, "It's disconcerting that [she] could have any sort of influence or be a role model... or advocate something like tanning beds that could cause cancer." Hicks also criticized MTV for glorifying behaviors that are dangerous such as drinking and hooking-up for the purpose of garnering higher ratings. She also warned that parents need to know that the show is promoting unsafe behavior.

Another controversial issue, and possibly the most well known, is that of stereotyping. Critics fear that there is a negative portrayal of Italian stereotypes and the cast's use of the words "guido" and "guidette" is just as offensive as the slang terms "spic" and "wop". Locals of the *Jersey Shore* area were also offended because the cast members were not locals and portrayed the neighborhood in a negative way.

Even though there are many controversies, the pros have outweighed the cons. All you *Jersey Shore* fans have nothing to worry about! Season two will be airing, but not until next year!



TOP 10 SPORTS TEAMS

Cody Lau

Staff Writer

For the past decade, there have been a copious amount of sports franchises that have truly made a name for themselves. Spanning all major sports in the United States, there have been 10 teams that have really "stuck out" above others. The top 10 teams of the decade come from sports such as hockey, football, basketball and baseball. This only includes professional sports, so unfortunately college sports teams will not be included in the debate. Here are the top 10 teams starting with number ten:



10. Boston Red Sox – During this decade, the Boston Red Sox have taken the sport of baseball by storm. They finished the decade with a .568 winning percentage while making an appearance in the playoffs 6 times. Of those 6 playoff appearances, they made it to the World Series and won it all twice.



9. Philadelphia Eagles – The Eagles have been a force to be reckoned with in the NFL. Although they have not been able to conquer a Super Bowl title, they have been brilliant in the past 10 years. They made the playoffs 7 times, and one of those times made it all the way to the "ship". On the way, they did rack up a .643 winning percentage throughout the regular season and playoffs.



8. New Jersey Devils – One of the most consistent teams in the NHL, the New Jersey Devils, hasn't had a losing season since the 1990-91 season. Most teams averaged a .741 winning percentage, while the Devils had an outstanding .842 winning percentage over that same span. What makes them even more outstanding is the fact that they only missed the playoffs one year out of the past 10. That's 9 appearances, with one title for the franchise.



7. Dallas Mavericks – The NBA has such competitive teams. The Mavericks are included in that list of top teams from this past decade. Just like the Devils of the NHL, the Mavericks have made the playoffs 9 times out of 10 years with

a winning percentage of .689. However, they have not been able to grab hold of a NBA title even with their MVP, Dirk Nowitzski. Something else that makes them stick out is their ability to finish every season of this decade with a winning percentage. The Mavericks are only 1 of 2 from this decade to do that.



6. San Antonio Spurs – The Spurs have definitely made a name for themselves as an elite team in the NBA. They have been able to win 3 NBA titles in their 9 appearances in the playoffs. They are also the other team, along with the Mavericks, to have all winning seasons in this decade. San Antonio has carried a .707 winning percentage throughout these past 10 years, showing their consistency as a top NBA franchise.



5. Indianapolis Colts – Led by their quarterback, Peyton Manning, Indy has been a major player in the playoffs this decade, having been there 9 times. During the Peyton Manning era, they have averaged a staggering 13 wins per season, leading them to a path with a winning percentage of .723. One word to describe this team is "machine" because they just work so effectively with such ease in what they do.



4. New England Patriots – Who hasn't heard of this team? They have been a .707 percent winning team with 6 playoff appearances. Those stats are not what makes them one of the most feared teams. It's the fact that they have won 3 Super Bowl titles in those 6 times they have made it to the playoffs. In the 07-08 season, they finished the regular season perfectly. However, they were stopped by the New York Giants in the Super Bowl. That could have been history in the making, but unfortunately it wasn't. That doesn't take anything away from their magnificent franchise though.



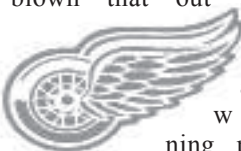
3. New York Yankees – That name has become international. The Yankees and their popularity has not only come from this decade but every year since

1903 when the franchise was first created. This decade has been truly impressive for the Bronx Bombers though. They earned themselves a .597 winning percentage and 2 World Series titles. The New York Yankees are not only one of the greatest teams in baseball but probably one of the best sports franchises overall. This decade won spots in the playoffs 9 out of 10 seasons. There is just nothing more to be said about this team. They have done it all and made a name for themselves that may never be forgotten.



2. Los Angeles Lakers – The Lakers, rocking their ever popular gold and purple, are just vicious when it comes to winning a basketball game. They are, without a doubt, one of the top NBA teams. For the past 10 years, they have won 62.7% of their games and made 8 playoff appearances, led by one of the best, if not the best active players in the game, Kobe Bryant. Of those 8 times, they have managed to win 3 NBA titles, including a 3-peat which spanned from the 99-01 seasons and 1 more in the final year of this decade. The Lakers are just out-of-this-world, capable of winning games at home and on the road.

1. Detroit Red Wings – Hockey might not be the most interesting sport to some but for those who respect all sports, they have to agree that, in this decade, the Detroit, powerhouse Red Wings are immaculate. The average NHL team has a .741 winning percentage while the Red Wings have blown that out of the water with a .940 winning percentage. That means, if they played 1,000 games throughout the decade, they only lost 60 of those games. You would expect nothing less than perfection from this team in the playoffs after what they do in the regular season. They appeared in the playoffs 9 times and won the mighty Stanley Cup 2 of those times. They have done one thing that I believe no other team has done, and that is rack up 100 points each season in this decade. This team is just indescribable. For that reason, they are the best team of the decade.



NEW YORK JETS' DREAMS CRUSHED IN INDY

Zachary Korman

Sports Editor

What a season it has been for the Jets! If someone last year was to say that the Jets would make it into the playoffs this year, let alone the AFC Championship game, then that person would be called insane. It is an astounding accomplishment for this New York Jets team to have made it that far in their playoff run. Although many Jets fans are upset from the loss to the Colts, they need to realize this; their team actually made it to the AFC Championship game this year.

The New York Jets began their season with a brand new quarterback, Mark Sanchez, from USC. Sanchez wore number six and he led the Jets in their playoff run this season. He was selected fifth overall in the 2009 NFL Draft by the New York Jets. Sanchez was the first quarterback chosen by the Jets in the first round since Chad Pennington was the Jets first pick in 2000. In pre-season football, he competed against Kellen Clemens for the starter position and Sanchez ended up being the starter in the 2009 season. Sanchez is what the Jets needed to get them into the playoffs this year. This New York team had a new coaching staff as well, receiving a rookie head coach Rex Ryan. The New York Jets also depended upon defensive backs Kerry Rhodes and Darrelle Revis. Revis evolved into one of the top defensive backs in the NFL this season. He allowed very few receptions for the top receivers in the NFL, such as Terrell Owens, Randy Moss, and Marques Colston. The Jets tremendously relied on their running game as well. This is because when you have a rookie quarterback you must ease his way into the NFL. This means that you use the running game more times than the passing game. Since Mark Sanchez is a Jets franchise quarterback, this method was very important. Luckily for the Jets they received a new running back by the name of Shonn Greene. Greene was a large success for the Jets and he ran the ball

very well in clutch situations. Shonn Greene was backed up by Thomas Jones, who also came through for the Jets.

The New York Jets had a very successful season in which they made it to the playoffs with a wildcard spot. The beginning of the season was joyful in that the Jets won their first three games, and one of these games was against a division rival, the New England Patriots. At the end of the season, the Jets were in a position in which they would have to decide their own destiny. The Jets had to defeat the Indianapolis Colts and the Cincinnati Bengals in order for them to make the playoffs with a wildcard spot. The New York team defeated the undefeated Colts on December 27th, and this was after the Colts head coach decided to sit his starters in the third quarter. When the starters were testing on the bench, Mark Sanchez led his team to a 29-15 victory. The following week, the Jets defeated the Bengals, which clinched them a wildcard spot in the playoffs. The Jets finished the regular season with a record of 9 wins and 7 losses. Ironically, in the week to come after the win against the Bengals, the Jets had to play this Cincinnati team on wildcard weekend of the playoffs. The Jets defeated the Bengals and went to San Diego for their next match-up. In San Diego, the New York team played an intense, nail-biting game that went down to the last minute, in which the Jets pulled through and won. The win over San Diego led the Jets to playing their most difficult opponent: Peyton Manning and the Indianapolis Colts. They led the Colts in the beginning of the game but Manning led his team in the third quarter to come back and end up winning the game. This is truly a devastating loss for the Jets, but there are good results that came out of this season as well.

Although dreams are crushed for you Jet fans out there, you must look on the bright side of this season. Although the Jets lost in the AFC Championship game, they have established a franchise under Rex Ryan and Mark Sanchez. The Jets defense has become efficient and Darrelle Revis is simply an amazing defensive back who will, hopefully, play the same next season. There is an obvious possibility that the Jets can reach the playoffs next year. Who knows, maybe next year this New York team will even reach the Super Bowl.



ANOTHER CHILD
BASKETBALL PRODIGY?

Cody Lau
Staff Writer

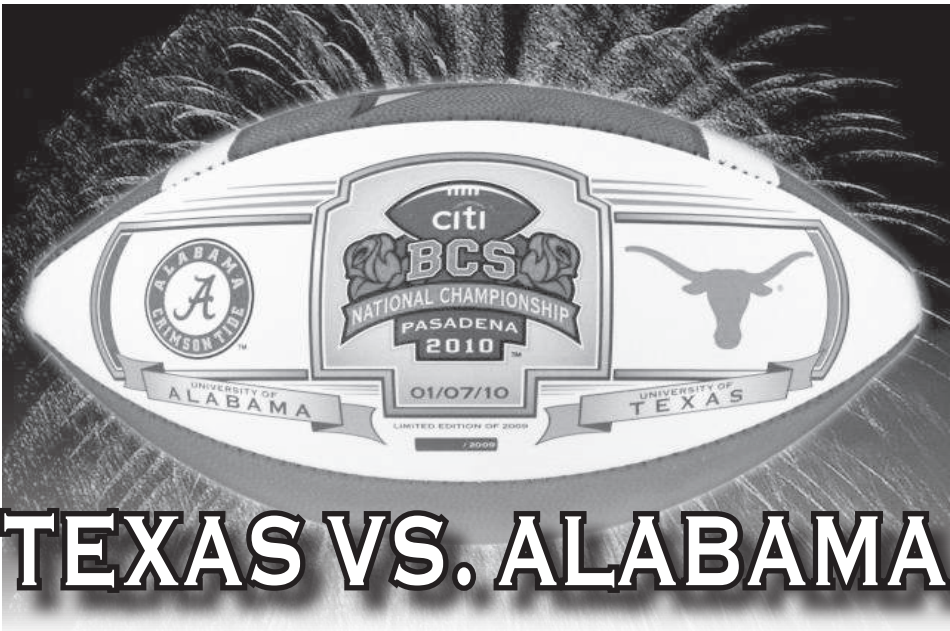
Child prodigies seem to be creeping close to the track to greatness. Facilities are becoming more advanced and more open to raising kids. IMG is a multi-sport facility that does exactly that. It provides camps and schools for athletes. Among its alumni are tennis stars Venus and Serena Williams and baseball players, Ben Sheets and Nomar Garciaparra. Angus Mugford, Mental Conditioning Consultant for the facilities in Bradenton, Florida, has seen plenty of champions pass through IMG's campus, but said there are "no perfect predictors" for what makes a phenom.

Young 9-year old phenom-enon, Dakota Simms, already has his eyes set on the fast track to the NBA. Hall of Famer, Dominique Wilkins, said after seeing Simms perform, that there are NBA players who don't have form like this kid. When Simms takes a jump shot it can be described as masterful. It is just immaculate, how he elevates through his legs, point his toes downward with his back straight, and just strokes the ball in the direction of the hoop. His follow through is perfect, the way he moves his hands with the gentlest touch. His daily rigorous practice schedule includes jump shots and other elements of his game, and he stays at the gym until he makes at least 200 three-

point shots with an NBA regulation ball.

Hoping to follow the leads of ballers like "King James" and "Dr. Erving", Dakota practices up to 14 hours a week. Outside his formidable work ethic, Dakota is just a typical elementary school student. If you ask him who his favorite people are, he will respond with "my father and Kobe Bryant". If you ask what is favorite foods are, he'll say "cheeseburgers and hamburgers". He has hobbies just like any other kid, which aside from basketball include playing video games and writing stories. When you talk basketball with Dakota however, you are certain to hear some peculiar things from this 9-year old.

Dakota's mentality is so hard to describe with words. At such a young age, he has the basketball intellect of someone who has been playing the game for many more years. He knows the importance of work ethic and putting in "blood, sweat, and tears," as Mugford explains. He knows the proper ways to work and to persevere. "If you miss some shots, you've got to get your head right," Dakota said before a recent practice at a gym in the Atlanta suburbs. "You've got to fix it. Nobody else is going to do it for you." It is just unbelievable how he can understand at such a young age that he is the only person he can rely on to get him places.



WHO WILL BE THE 2010 COLLEGE CHAMPIONS?

Matt & Josh
Rosenberg
Staff Writers

The greatly anticipated college football season was finally here. The season openers began in September with fans from all over the country wondering if this will be their year. For us, it is all about the University of Texas, the Longhorns. They started off the season ranked number three in the country behind the University of Florida at number one and the University of Alabama at number two.

The season started off well with wins over Wyoming, Texas Tech, University of Texas El Paso and Colorado. There were some ups and downs with both the defense and the offense, but the team worked things out, put it all together and continued winning. Of course, so did Alabama and Florida. They had some of their own problems though. Florida almost lost to Arkansas and Alabama to Auburn both winning in the last minute of the fourth quarter.

Finally, the most anticipated rivalry game of the season had arrived, Texas v. Oklahoma. Although this is always a good game, we thought we might have the edge this year because of ongoing injuries to Oklahoma's star quarterback, Sam Bradford. It is hard to describe this game and everything that leads up to it. We arrived at Dulles International Airport in Dallas, along with other fans from both Texas and Oklahoma, and that is when the heckling began. It continued all weekend in the hotel, at the restaurants and of course, at the game. On Saturday, October 17th, we woke up early and headed over to the Cotton Bowl. Surrounded by fans from both colleges, the energy and intensity was great. All the fans knew how important a victory was, a year of bragging rights. As we entered the stadium with 85,000 other fans, one could

help but be a little nervous. We wanted to win so badly. As we sat and watched the game, our nerves were tested. Every time we thought we might pull ahead, something went wrong. When the clock ran down in the 4th quarter though, it was the Texas fans singing "The Eyes of Texas." Our hopes for a perfect season were still alive.

As the season continued on, Colt McCoy and the rest of the Texas team were doing what they had to do. We watched victory after victory on the road to the BCS. Of course, Florida and Alabama were also victorious. In the back of our heads though, we knew one important fact. One of these two teams would not have an undefeated season in 2010. On December 15th, Florida and Alabama had to play each other, giving one of those teams a loss that would catapult Texas into the number two spot. All Texas had to do was keep winning. As we watched the Florida/Alabama game, it became clear that if Texas remained undefeated, they would play Alabama in the championship game on January 7th.

Of course, Texas had one more game to win, the Big 12 Championship against Nebraska. Texas was favored, but as we started watching the game, we knew this was not going to be an easy win. Nebraska's defense, led by Heisman trophy nominee, Ndamukong Suh, was on fire shutting down Colt McCoy and his offense. Lucky for us, the Texas defense never let up. With two minutes left in the fourth quarter, Texas was up by one point. Nebraska had the ball and after a good drive, they were in field goal range. With one minute and forty-four seconds remaining, Nebraska scored to go ahead by two points. As nerve racking as this was, we had confidence that the Texas offense had enough time to score. After a couple

of penalties and good plays by Texas, we had good field position and we were a bit more positive. Then it happened, with the clock running down from 10 seconds, Colt McCoy was still holding the football. He finally threw it out of bounds, but was there any time left on the clock? All of our dreams of a championship game flashed before us. We waited anxiously as the referees made the announcement. There was one second left on the game clock. We were still alive. Texas was in field goal range, but it would not be an easy one. As the ball was snapped and kicked, we watched and the screaming began. It was good! Texas won by one point, remaining undefeated. We were number two in the country and headed to the BCS championship game.

It's never easy being a Texas fan. Even after we won the Big 12 game, there were still rumors about whether Texas would be in the championship game. Apparently, having an undefeated season was not enough for some critics. We sat around awaiting the announcement. The BCS Championship game would be Texas v. Alabama.

You really have to be a college football fan to understand the excitement we felt. Now, our airline tickets to Los Angeles would not be wasted. Yes, we are headed to the BCS National Championship game in Pasadena, California. It may sound crazy to have hotel and airline reservations prior to knowing whether or not your team is playing, but that's the way it goes. The next part was a little trickier, tickets to the game. Section 6, Row 8 is where you will find us. The rest is out of our hands, but if we had to make a prediction, it would be us, on our flight home wearing championship t-shirts reading Texas 24 and Alabama 21. See you when we get back. Texas Fight!



THUNDERBIRD

HILLS EAST SPORTS CORNER

BOYS VARSITY BASKETBALL

Nathaniel Schwartz

Staff Writer

After going 11-9 the previous season, the Hills East Varsity Boys Basketball team has a lot to live up to. Despite a losing record the first half of the season, this year's Thunderbirds are showing signs of promise for this season and for the future. The team is led by seniors Dylan

Horowitz and Ryan Dunne. Horowitz, a 6'6" center who leads the team in scoring, rebounding, and blocked shots, adds a dominating presence down low. As a captain, he also sets a good example for his younger teammates, including forwards Jimmy Reiser (6-3), a strong passer and defender,

and Mike Addae (6-2) who uses his athleticism to be one of the team's top rebounders. Dunne, the 5-10 point guard who is second in scoring and leads the team in steals, is able to push the ball up the court to provide fast break opportunities for himself and for his teammates.

He is also able to penetrate the defense during half-court sets and put up floaters and jump shots. Dunne hit a game-winning shot on January 7th against league rival North Babylon, which he followed up with a strong performance in a win against Centereach a week later. He serves as a strong influence on his back up, 5-10 point guard Chris Corso, who is one of many Junior point guards getting ready for bigger roles next season (Billy Wesnofske, Andrew Steinberg, and Kyran

Lawrence). Forwards Hakan Saribas (6-1) and Tyler Mackenzie (6-2) add aggressiveness to the mix, and seniors Scott Naedel and captain Corey Spevack throw in experience. The 6-4 Spevack hit a jumper at the buzzer to give the Thunderbirds their first win against Mepham early in the season. While the 09-10 Thunderbirds may not be the team they were last year, a few shining seniors are providing great examples to younger players who will, hopefully, be prepared for a successful future. Peter Basel and Brett Kindlemann coach the team.



CONGRATULATIONS COACH MAGNANI!

The Candlewood/Hills East Alumni honored Coach Tom Magnani at the Hills East Holiday Alumni Tournament on December 29, just before the finals. Over 50 alumni came out in Coach Magnani's honor, including past and present parents of

the alumni. Brian Dagetano spoke and presented a plaque to Coach. Brian is a graduate of High School East, wrestled for Coach Magnani at Candlewood, and is now a varsity wrestling coach for Bellmore JFK in Nassau County. Coach Mike Marino presented Coach Magnani with

a portrait he drew personally for the occasion. Coach Marino is also a graduate of the Half Hollow Hills School District and is an Art teacher at John Glenn High School. Congratulations to Mr. Magnani on his retirement.



PHOTOS TAKEN BY DYLAN HOROWITZ

CONGRATULATIONS TO MATTHEW DEBLASIO FOR WINNING "PUBLIC HIGH SCHOOL STATE CHAMPIONSHIPS" AND BECOMING ALL AMERICAN SWIMMER.