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New Calculator Requirements

■ This time, it's the schools who are dealing with requirements. **-Page 4**



Winter Fashions for Men

■ The latest trends for guys are just as hot as those for girls. **-Page 12**



Top Chef Review

■ Top Chef is the latest in the world of reality television. **-Page 11**

Lindenhurst High School victimized by vandals

By Todd Henao
CHIEF PHOTOGRAPHER/ART DIRECTOR

On January 4th, students got off their buses, out of their cars, and walked their familiar routes to the Lindenhurst Senior High, only to find the building vandalized with offensive phrases and symbols of hate. Students were shocked to see the graffiti on the very building they were about to enter. Their safe environment was suddenly in jeopardy.

Words such as, "toots", "booty", and "squid" marred the walls of the high school on that morning, creating waves of discomfort. The most appalling graffiti was that of the swastika, popularly known for its use of hate and prejudice with Nazis. Each of the repeated words, toots, booty, and squid can be found in an urban dictionary and can be



Vandalizers attempt to create traffic trouble

directly linked to hurtful terms toward several persons. The swastika alone was enough to offend as well as other phrases directed toward the high school itself.

While some students spoke of what a terrible thing had happened, some others spoke of the lack of overnight school security that allowed this to happen. According to teachers who had attended a board meeting the night before, the vandalism had to have happened between 10 p.m., Wednesday night, and 6 a.m., Thursday morning.

Francesca Gufield ('07) stated that, "I felt insecure because I'm afraid of (the) violent acts against others that could happen." Gufield herself is Jewish and was directly affected by the swastikas presence. The swastikas were enough to set anyone of any religion or race into a state of insecurity and discomfort.



Messages left around the front of school

Many times in classes or hallways, there are students complaining about having to learn about the Holocaust so much or having to read books or watch movies on ways to rise above prejudice, and this only gives them that exact reason. It's to stop instances like this from happening. When things like this happen, it reminds us why we attend so many assemblies throughout the year.

Yet, the Lindenhurst High School isn't the only victim of vandalism and what was considered a hate crime because of the swastika. On Friday, December 22nd of last year, Massapequa students arrived to school and stood in awe at witnessing and reading the graffiti sprayed onto their mural. The words "Kill! Kill! Kill!" had been spray painted to make it appear as if their mascot, an Indian chief,

were saying it. Much like the latter victim, they too had a swastika painted on their wall. Gina Pedersen, Massapequa High School senior said, "Whoever did it is a real sick person. I think it's horrible." Many of her friends, much like students here, agreed.

According to the U.S. Department of Justice, there are three different types of school-related crimes. These include nuisance break-ins, professional break-ins, and malicious break-ins. Nuisance break-ins are when an intruder will break into a school and little to no serious damage is done. Professional break-ins are defined as an instance when the "offenders use a high level of force or skill to enter the school" and steal equipment of value for resale or exchange



Class of 1983's donation ruined

Continued on pg. 14

Financial issues plague student council

By Nikki Donato
STAFF WRITER

Our Student Council has been working to get through money issues for years now. It has been a roller coaster of income and outcome from several sources over the past few years, and the solution is still indefinite.

The Student Council used to be in charge of the vending machines located throughout the school, and they were receiving a lot of their budget from those. However, Pepsi Corporation took over control of the vending machines in 1998, and the Council was hung out to dry. During the 2005-2006 school year, the Board of Education provided them with \$20,000 to help the funding of major school happenings such as clubs, holiday events, and other after school activities. Complications arose with that deal, and the money ended up not coming at the rate and consistency that was expected. Without a consistent and predictable rate of cash flow, the Student Council had to rely very heavily on fund raising.



Students prepare for Safe Halloween, a major community event

Council uses to help the community and bring great pride to our school.

During the current school year, the Board of Education has been trying to work things out so that they and the business office can provide the money that the Student Council deserves. The only problem with this arrangement is the fact that they don't have a definite source of money as of yet, and they're concerned that the money could be pulled away again because there are no binding promises. In fact, according to Mr. Robert Gorman, Assistant Superintendent for business, state regulations advise against the "advance of taxpayer money for student activities as an improper source of funds." The Student Council has continually been asked to work harder than necessary to continue to make the school what it is today and to organize all the events that make our school what it is. However, to mount extensive fundraising, which is the district plan, would be challenging for the Council.

Megan Scharf, one of the Student Council advisors, said that the Board of Education is always supportive and continually works to improve our financial situation. President Ben Urso stated "I am glad to see something finally getting done after I have seen the last two years of inconsistent payments to the Student Council. I am happy to be able to pass the Student Council onto a new president with no financial issues." With any luck, the current status of their money system will remain untouched, and the Student Council will receive the funds they need and deserve.

Health risks discovered with popular footwear

By Saritha Surendran & Danielle Ramirez
STAFF WRITERS

Although shoe fashion is a very important issue in some people's lives, it can also be injurious to your health. Have you ever had pains in your legs and feet? Have you ever wondered what it could be? It could be many different things but doctors have noticed that their patients, who have been complaining of pain, have flat feet which is a condition in which your foot does not have a normal arch. It can affect either both feet or only one foot. Many people who have flat feet have a gap between the inner side of their foot when they're standing. This is referred to as an "arch". Feet that have a low arch or no arch at all are referred to as flat feet or fallen arches. "Flat feet can sometimes cause numerous conditions such as shin splits, Achilles damage, tendonitis, and plantar fasciitis," says a senior health website. This condition can be a side-effect of wearing certain shoes.



comfortable among women. Women tend to believe that wearing flip flops is a way to give their feet a break; in fact, it's quite the opposite. These shoes are a major cause of foot problems because they offer little, if any, support. They may feel more comfortable, but in reality, they are much harder on the feet. Heels have the ability to wreck your posture, but at least, they are able to provide you with some arch support. Flip flops, on the other hand, are not capable of doing this. According to podiatrists, wearing flip flops can be compared to being barefoot. It causes the arch to collapse and allows the foot to roll inward. Not only that, but when wearing flip flops you tend to hold on to them with your toes causing you to strain your muscles and ligaments. This can lead to a condition known as plantar fasciitis, the inflammation of the ligament running along the bottom of the foot causing excruciating pain in the heel.

Flip flops are definitely a fashion necessity for your summer vacation at the beach or when you're running late for school or work and don't have time to put on your shoes and socks. However, they are only supposed to be used occasionally. Flip flops can cause many health factors. For example, a German researcher revealed last year that fourteen out of twenty-five pairs of flip flops contain a toxic chemical which reduces sperm

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Editorial

The costs of being a student: are they worth it?

Class rings, yearbooks, prom tickets and even the cost of field trips add up to be quite the expense for active students. Even though these things are a very nice asset to the school career, they can be costly.

Class rings, for example, are something that students purchase to remember their high school career, but the cost of that memory has a very high price. Class rings can average anywhere from one hundred dollars to six hundred dollars, depending on the type of ring, the metal, the stone and the cut. Other than being a nice memorabilia, these rings are keepsakes for students to keep for the rest of their lives.

As well as class rings, your senior year, there is prom. Prom is one of the most memorable nights of your high school career that you will remember for the rest of your life. Even though very memorable, it is also very expensive. Along with buying a bid, there are many things that go along with prom night. For example, most students rent a limousine for the night or the weekend, buying dresses, renting tuxes, and visiting hair and nail salons and all the other glamour parts that go along with prom. As well as prom itself, most people go away for prom weekend. Two places that are very popular prom weekend are Six Flags or out to Montauk Point or somewhere else which costs them quite a lot of money.

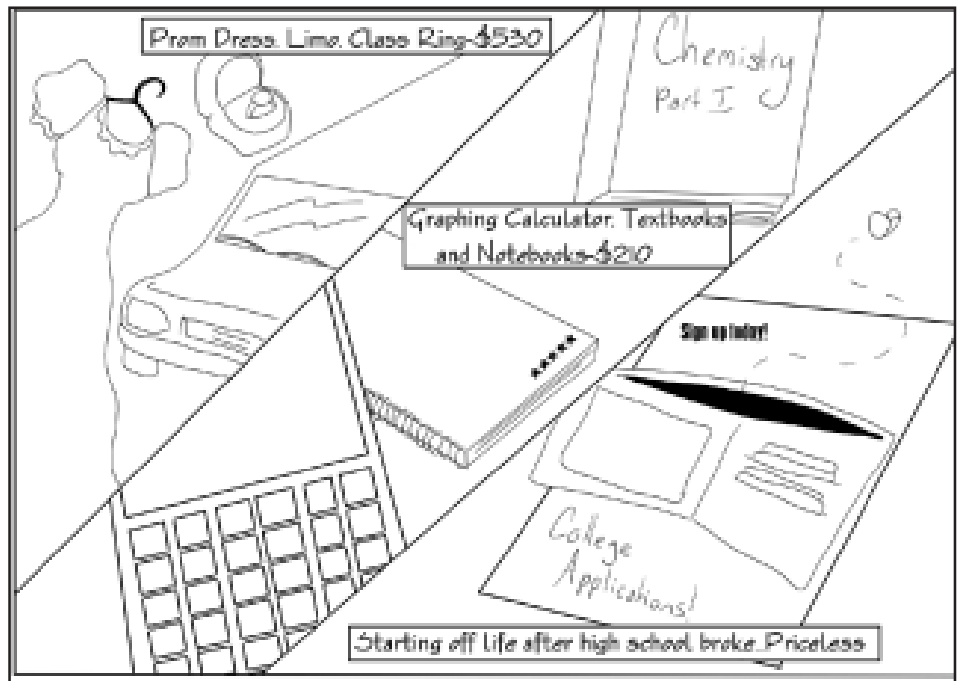
Yearbooks are also timeless keepsakes for seniors to remember high school, but at eighty-five dollars, are quite pricy. Some people will argue that these books are worth every penny spent, but some might say that it's just a way to make money for the school.

Field trips are a very good and entertaining way for students to apply classroom material to the real world. Yet the prices for some of these experiences add up to be a little bit too much for students. Although worth while in the end, the average price for a field trip, depending on the place and transportation can be anywhere from five to over one hundred dollars.

Another opportunity in the student career is the advantage of being able to take college credit courses in high school. These courses give the students a taste of the college experience. These courses have many advantages but have their disadvantages. They are a lot less expensive if taken in high school than if taken at a college.

As well as college credit courses, students can also take AP (advanced placement) courses. Even though there is no cost for taking the course itself, there is a cost for taking the examination. Tests are administered by the College Board and cost \$83. In order to obtain college credit the AP exam must be taken. There are cost

Amanda Hamilton's View



reductions for students who demonstrate need. For more information visit www.CollegeBoard.com.

Another student expense is sports equipment. Warm-ups, sneakers, sticks, helmets, pads are only a fraction of the equipment needed while playing sports, this equipment is not provided by the school and yet another expense put on students. There are certain things that should be covered by the school. Certain things like sticks, helmets and pads are just a few examples. Other things, such as warm-ups and sneakers, are understandable as a student cost because things such as these are done by size and comfort, which varies by each person.

As well as these little costs in a student career, students also have other

purchases to make, prior to the school year beginning. Calculators, books, pens, pencils, and the average student school supplies have become quite costly. The average student spends up to forty dollars on back-to-school supplies. Without these supplies, students could not possibly do their job as a student. Things like these are the student's responsibility to purchase. Certain other things that are required to be a certain brand or type, like graphing calculators, which are extremely costly, should be supplied by the school.

There are several expenses that come hand in hand with being an active student, but some things are worth the price in the end. However, others that are required despite their outrageous price should be supplied by the school.

To go or not to go-is home the best answer?

OP-Ed



By Christina Brower

HEALTH EDITOR

During the last decade, a different method of education has become extremely popular with many Americans. Instead of sending their children to a regular public school, parents have decided to take matters into their own hands and supervise the education of their children themselves. According to a report done by the U.S. Department of Education, there has been a drastic increase in the number of home schooled students rising from 850,000 students in 1999 (1.7 percent of the total U.S. student population) to 1.1 million students in 2003 (2.2 percent of the total U.S. student population). The recent rise in home schooling is a result of a variety of different factors. The top five reasons cited by most parents included the following: their ability to give their

children a better education, for religious or moral reasons, a poor learning environment at school, for family reasons (i.e. military), and objection by the parents to the materials of the curriculum taught in the school. As a result of these trends, numerous debates have arisen comparing the two institutions while trying to find out which is better.

In home schooling, time is not an issue. Students can take as long as they would like on a subject. This can be extremely beneficial for the students who learn at different paces. For instance, if a student can learn a particular topic in ten minutes, he does

not have to sit around for forty minutes waiting for the teacher to move on. Instead, he can use his time more

efficiently and move on to something else. If a student learns at a slower rate, however, he can take as much time as he needs to thoroughly grasp the materials being taught. Consequently, education in a home schooled setting can be more

thorough. Home schooling can be extremely flexible; thus, it provides students with many opportunities for "hands-on" learning. For instance, if you are learning about American Revolution, you can go to Boston and visit the famous places and learn about the people who were involved from the primary sources. Learning about art history? You can take a trip to the Metropolitan Museum of Art. There are many opportunities to make education interesting and exciting.

Public school has some very unique characteristics that you cannot get in home schooling. In a public school setting, you have the opportunity to meet people from different backgrounds with different beliefs. While you can meet people

in home schooling, there is not as much of a variety as there is in public school. This socialization, while not quite as important as education, is a valuable part of growing up because it gives kids a sense of what the world is like. The

education in school is supplemented with teachers. Teachers can provide students with guidance in both the



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educational and social aspects of your life. They are extremely knowledgeable and excel in making students understand every aspect about the subjects they teach. These individuals also are another adult figure that kids can talk to other than their parents. Public school also offers an array of extracurricular clubs and sports which supplement a student's life. Lindenhurst High School has over forty clubs and twenty one sports programs for winter, spring and fall. These extracurricular programs are important aspects of a student's college transcript. It shows that he is a well-rounded person involved in other activities outside of school work. Since there is a New York State law banning home schooled students from participating in public school activities, they are extremely limited in the number of organizations they can join.

Both institutions are very respectable; they both have pros and cons, but really it is a matter of which one is right for you.

TOP 10 things to do on a winter day



"Have a snowball fight."

-Christian Mammina



"Build a snowman"

-Kamil Bolkur



"Play video games"

-Justin Pizzo



"Sleigh-riding"

-Mr. Walcott



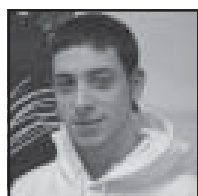
"Chuck snowballs at cars"

-Harrison Waldman



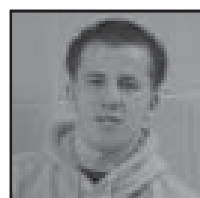
"Snowball the train"

-Shawn McCann



"Go skiing"

-Chris DiPalo



"Make snow angels"

-Alec Zambito



"Watch all the Back to the Future episodes"

-Kieran Ames



"Sleep"

-Kaan Duzel

All immigrants should be required to learn English



By Jennifer Dwyer
MANAGING EDITOR

For as long as it has been in existence, the United States has been viewed as the "Land of Opportunity" for those seeking to leave their native lands to find a better life. In fact, even the Founding Fathers were descendants of immigrants. That immigrants have played and continue to play a vital role in America today is no question. However, there are varying viewpoints on how (and if) they should integrate into the American lifestyle. One of the most important parts of the American lifestyle is speaking English, the unofficial language of the United States.

Language is one of the biggest aspects of any culture – it is the glue that can hold different races or ethnicities together. Without a common language, a civilization as diverse as America could fall apart. Those who immigrate to America come from all

over: Greece, Italy, Germany, Sweden, Mexico, Indonesia, to name just a few. The concept that the government should try to cater to an infinite number of languages and dialects, while considerate in theory, is basically impossible. Instead, why not have all Americans unified under a single language?

One of the problems with not using just English is deciding what other languages to use. In a nation that's trying to become "bilingual," what language should take precedence over all the others? Hispanics are by far the dominant immigrant group. However, even with this statistic, it does appear that they receive an unfair advantage over other ethnic groups. There are few signs posted in Portuguese. In Disneyworld, they don't announce shuttle bus instructions in Russian. If the ultimate goal of bilingualism is to be politically correct, then those who are trying for it are missing the mark.

Until recently, immigrants received little, if any, special treatment when it came to learning the language. Those that came over from their native lands were expected to learn enough English so that they could at least *function* in a primarily English-speaking society. As a result of this, they gained a better understanding of the language and may have ultimately been better citizens. Now, however, with some emphasis being taken off of the importance of learning the English language, there are some

immigrants who live here for years and never bother with it. Since you can't become a U.S. citizen without at least grasping eighth-grade level English, and certain immigrants show little initiative in learning English, does this logically mean that they don't want to become citizens?

The Star Spangled Banner. The Pledge of Allegiance. These traditional symbols of patriotism are more and more frequently being recited in other languages, Spanish being one of the most popular. "Will translating our anthem into multiple languages also erode our sense of having a common language that allows us to speak with one another as one nation?" U.S. Senator Lamar Alexander (R-TN) asked in his Senate Resolution that said affirmations of national unity, such as the Pledge and anthem, should be recited only in English.

It's not nationalist or elitist to believe that those who come to America should speak the language. At least 65 percent of immigrants themselves think they should be required to learn English. It's being practical, plain and simple. The government isn't trying to *overcome* diversity by touting it as a bad thing; rather, it's what makes the United States so unique. Instead, we should look at it as though America is trying to unify all different walks of life through language.



By Olujemibayo Agunloye
BUSINESS MANAGER

You see the signs and subtitles everywhere. They are written in English and underneath in an unfamiliar language. When making a telephone call, the choice is given, for your preference in language choice. The cultural shift has shown how America has conformed to the needs of it's residents, whether they be here legally or illegally.

For many decades, America has been looked upon as the land of opportunity. This country is a place where anyone can be successful and flourish in our society. Whether you speak English or not, you have the ability to rise from the most dire situations; America has always provided opportunities for reaching the American Dream. Due to the advantages that America offers, immigrants from around the world are fighting each day to arrive here in search of their

As the 20th Century began, many increasing numbers of Italian, Irish, and other various nationalities arrived to our country through Ellis Island. When here, they were despised and looked down upon. The mentality of the American people regarding the immigrants were that they had to come here, learn the language and work harder than most in order to be looked upon as a equal.

However, since the days of Ellis Island, times have surely changed. Although still unwanted, immigrants began to find alternative ways to arrive in America. Foreigners continue to settle here in search for a better life. Unfortunately with the increasing amount of illegal aliens in our country, it has been hard for Americans to conform. It is as if history is repeating it's self through the days of Ellis Island. Nevertheless more immigrants are receiving better treatment due to the fact that more is done in helping their transition into America.

The stereotypical and narrow minded mentality in the eyes of many Americans, is that immigrants are lazy and in search for the benefits America has to offer such as welfare and other government programs. But what they fail to see is actually how hard it is for an immigrant to survive in our modern day society. Many are fleeing oppression and, when in America, they cannot find work. In our fast paced country there is no time or money given to illegal

aliens to learn a new language while trying to feed their families. This has become an issue for many foreigners. Instead of keeping them out on the streets of our country to become a problem, the American government should continue compromise in the bilingualism offered through the media and jobs. With Hispanic immigrants being the most common, an increasing number of Spanish speaking jobs, people, and translators have arisen. This change is able to accommodate the transition to our country for incoming foreigners. With this mere help, immigrants would be able to find work quickly and be able to contribute to our society. In our schools classes are given to learn new languages partially to increase the amount of communication between Americans and foreigners.

Many Americans protest as to why immigrants are allowed to remain here. But what they fail to see is that America needs foreigners. In this day and age America and various countries depend on one another to be productive and efficient. With immigrants here, we forget to see how we benefit from them economically. America has been educated culturally. We are experiencing how other cultures live, as well as realizing how privileged we are as a nation. Americans have to continue to conform with immigrants whether we like it or not, because we need them just as they need us.

Corrections:

▫ The girls volleyball photo used on page 16 of the last issue should have been credited to Nikki Donato.

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Marion Blumenthal touches the hearts of LHS

By Kate Byrne

STAFF WRITER

A slightly loud buzz filled the auditorium as hundreds of students filed in. As the students took their seats, they looked on stage to Marion Blumenthal Lazan, the co-author of the book *Four Perfect Pebbles*, a recollection of her life as a Jewish girl spending six years in a concentration camp. As she began to speak, a respectful hush overcame the crowd. Marion started by giving background knowledge about herself and the events leading up to her time spent in the concentration camps.

Marion's father was a shoemaker who had previously served in the German army and received an Iron Cross, the most historical and notorious German military award. Her mother was a secretary and a bookkeeper. Her brother, Albert, was two years older than she. They led a comfortable life living in the apartment above the store. They resided in Hoya, a small town in Germany, where Marion and her family lived for the first four years of her life. Marion was just a baby when the prejudicial anti-Semitism movement began in 1933, when Adolph Hitler imposed the boycott on all Jewish goods and businesses. Then on September 15, 1935, the Nuremberg laws were put into effect. These revoked the citizenship and rights of the Jewish people. These laws stated that no Jewish and non-

Jewish person could get married and banned Jews from public places such as theaters and parks. Jewish children were no longer permitted to attend school, and a curfew was instituted. There was a "J" stamped on all forms of identification for all Jewish people.

As the restrictions increased at a rapid rate, many Jews considered that the best thing was to emigrate from Germany. The Blumenthal family considered this option but decided against the plan due to Marion's grandparents; they were elderly and sick. Marion's grandmother died, followed by her grandfather eleven days later. On the Night of the Broken Glass, Marion's father was taken by the Nazi army. Although her Father had served in the German army during World War One he was sent to a concentration camp, but was released ten days later.

The Blumenthal family sold their house and business for a fraction of the cost and immigrated to Holland. There they stayed at a refugee camp where Mr. and Mrs. Blumenthal took care of over one hundred and twenty five children and Marion and Albert received a limited education. Her parents made arrangements to go to America but because of the quota that had been started, they were placed on a waiting list. In December of 1939, one month before their departure to America, Holland was invaded by Germany. The camp was taken over, and

they were one of the last families to be shipped out. They were allowed to take one knapsack each and whatever possessions that could fit in it.

When they arrived at the camp, there was a barrier dividing the camp in two, one side for men, another for women. Six hundred people crammed into wooden barracks originally built to fit one hundred. Each prisoner was given only a thin blanket, and winters were bitter cold. Marion was once excited because a wagon rolled past with what she thought was firewood but was really dead naked bodies. There were outhouses that weren't more than a wooden board with holes. Since there was a shortage of warm clothing, frostbite was a common occurrence. This was most often treated with the person's own urine due to its warmth. Every prisoner was supplied with a ration of soup every day and a piece of bread once a week. For birthday presents, family members saved these rations and gave them to each other. Showers were given once a month, but every time they stepped into the showers they were deathly afraid of lethal gas coming out of the showers as opposed to water.

The Nazis tried to break the occupants of the concentration camps physically, spiritually, and emotionally, and they often succeeded. Some people tried to escape, but the chances for survival were

next to impossible. People often saw bodies of prisoners hanging from the electric wire fence. To occupy her time, Marion used to play games. One of her favorites was one she made up that if she found four pebbles all the same shape and size that meant that her whole family was going to make it out alive. After months, the hunger pains no longer hurt the prisoners. One night Marion's mother was able to steal some vegetables, and they made a soup on top of their bunk. Suddenly the guards came in for a surprise inspection, and in her mother's efforts to conceal what they were doing, she knocked over the pot of boiling water onto Marion's leg. She didn't scream or cry because they would have been killed, but she felt intense pain, and it never healed properly.

The prisoners evacuated the camp, and 2500 people crammed into three trains headed for the extermination camps in Eastern Europe. There was a great need for water and dehydration, dysentery, and typhoid killed many. The train was often attacked by air. Fourteen days after the journey began, they were liberated by Russian soldiers. Over five hundred people died en route or shortly after the trip. The prisoners went to abandoned houses that were stocked with food, where many literally

Continued on pg. 14

Are calculators too expensive?

By Saritha Surendran

STAFF WRITER

In previous years, school districts have required students to purchase calculators for their education. As of December 1, 2006, the New York State Board of Education Department has mandated that school districts should provide these costly calculators to the students, giving relief to the parents.

This new ruling now affects more than 100,000 students on Long Island alone. According to the State Education Department, calculators are considered to be teaching materials, like textbooks, rather than school supplies, which are pens, pencils, paper, etc. School supplies should be reasonably priced and can be required for the students by the school district. Calculators, however, do not fall into this category and should be considered as teaching materials. "They supply us textbooks, why can't they supply us calculators?" asks Thomas Estes ('08). School districts have



This is a scientific calculator required for students.

under a contingency budget if the calculators are required for participation in the educational program."

Although most of the teachers in LHS require calculators to be brought to class, our school has also been supplying calculators for the students. However, when a student from Babylon Junior/Senior High School was asked whether or not their school supplies calculators the answer was,

"Nope...we have to buy them ourselves." The student also stated that they did not have any class sets either. "None whatsoever" replied the student. "I pay \$100 for a calculator which I won't need for that long," the student stated. She also mentioned how it is inconvenient because her siblings also have to buy these hundred dollar calculators, which costs the family triple the money.

This may be great news for parents and students; however, for the school districts, it may not be so great, especially for those schools that are struggling. Graphing calculators have prices ranging from \$60 to \$200 depending on the brand and the features it has. "It's an expensive calculator and not

everyone in the school could afford it...so they shouldn't tell us to get one...because not all are rich," says Sahrish Jamil from Macarthur High School in Levittown. A student from our school also believes that these calculators are expensive, "I'm not made out of money... I don't have \$200 to waste on a calculator that I will never see after high school," says senior John Koch. Mr. Corlett, a math teacher in Lindy High

Is our school food meeting standards?

By Kate Byrne

STAFF WRITER

School food seems to be in vogue at the moment. Because of the large amounts of students served a day, it must be bad right? Actually contrary to popular belief our school's food happens to be high in nutritional value. You may have seen the signs, but if you are still unaware our school food is provided by a company called Chartwells, which provides the cuisine for schools across the district. They are focused on providing students with balanced brain food. Chartwells tries to live by its positive messages such as, "Growing healthy minds." Like most schools nationwide, our district is provided government commodities in the form of different foods. These can vary from apples to canned goods. The produce the kitchen uses is shipped in either daily or every other day. The goal of the school food program is to create nutritionally balanced meals for students to make their learning experience healthier while making it easier to function in the classroom.

Many healthy options, such as tossed salads, are available to students. These are made with freshly sliced cold cuts at the start of every day or just cheese as a

vegetarian option. This means they aren't vegan, because the school is responsible for providing a source for protein. All the entrées are made with fresh produce and use only brand name foods such as Tyson.

The pizza is from Rich's, another well known brand. The pizza and french fries aren't very healthy but not everything in the cafeteria is healthy. There are also vending machines just outside the kitchen doors which are run by a different company than Chartwells. These contain unhealthy snacks such as candy and chips, and foods such as strawberry frosted Pop Tarts which contain seventy four grams of carbohydrates.

All the employees who work as either cooks or on the registers are all serve-safe certified. This means they must learn everything to do with handling food, from receiving and storing, to preparing and serving. Everyone who works in the kitchen works for Chartwells. Every school in the district is required to receive two board of health inspections a year. Our fine kitchen had our first inspection earlier in the school year and passed with flying colors. The kitchen is sanitary and all pots are washed, and there are even wiping stations. The food isn't sitting out all day in heat lamps, it's made in small batches and in quantities necessary to satisfy the students' needs.



Pizza served in the Lindenhurst High School Cafeteria.

mentioned that not only does the school have to purchase the calculators, which would cost an estimated \$200,000, but they will also have to replace calculators every year depending on the amount that are lost, stolen or broken. "This may not be feasible for the school to do," he states. Thomas Estes from Lindenhurst had an experience

similar to what Mr. Corlett has mentioned. "My parents had to buy two [calculators] because one of mine got stolen," he stated. Instead "They [the school] should spend money on what we need instead of making the gym look better," says Estes. A senior Vinny Brites suggests "Don't give us work that requires calculators"

January 2007

Health department welcomes a new addition

By Jessica Frasca

ENTERTAINMENT EDITOR

Earlier this month LHS received fifteen new infant simulators as part of "the baby think it over program" a project in health classes. These babies are quite the advancement and have replaced the older editions of the babies used previously. For extra credit a student can care for a baby either overnight or for a few days. The new babies now require much more care and provide a more realistic simulation of parenting with a computer stored in each one.

What makes the new babies unique are their realistic appearance. They come in five different ethnic groups and have an average weight for a baby of seven pounds. They have complete and accurate physical features such as its head which must be supported at all times.

As for the technical qualities of the new babies, each one is programmed using an internal computer inside of the baby to randomly signal the need for care throughout the day.

Students are responsible for burping, feeding, rocking, or changing the baby's diaper. Deciding what care the baby needs is completely up to the student, who wears a scanner on a wristband for the course of the time with the baby. Care can only be given once the student is identified by the baby, so it can't be handed off to someone else, emphasizing the constant care a baby needs. The baby gives the student two minutes to properly care for it by following its reaction. Baby's cries become increasingly louder until the



www.realityworks.com

right care is given, and it will laugh when you have done so. The four types of care seem simple, but is a challenge when baby can cry at an inconvenient time and it is common to become frustrated. The babies teach responsibility throughout their parenting time which can be either overnight or longer, depending on the student's preference.

"Reality Works" is the company behind these babies who are actually called "Real Care Baby plus 2", and they have been working for years to provide ways to teach teens about caring for an infant and simulating parenting. Each computer inside the baby records the entire experience, noting faults and giving you an overall grade for your parenting skills.

Most students who have already participated in caring for the new

babies were excited at first to hold and feed the cute babies, but then realized how much care they really needed. Dawn Pess, (08') commented that, "It was fun and I learned that babies aren't easy [to take care of]". She then went on to say that she'd participate in the program again. Whether students enjoyed their time with the baby or not, it seems that every student learned something from these new high-tech infants. At the end of the time spent with baby the student is well aware about the concept of caring for a baby, as well as an opportunity to discuss parenting in class or with their family. It is a valuable learning experience that anyone can appreciate.

Lindenhurst supports World AIDS Day

By Jessica Kristoffersen

STAFF WRITER

"If it's that easy to spread aids, shouldn't it be that easy to spread awareness?" This message was widely displayed by the staff and students of Lindenhurst High School with the purpose of spreading important news to society on World Aids Day, December 1st, 2006. This was the third year that World Aids Day has been observed at LHS, and students and staff took up the cause with tremendous support.

The idea to support this cause first came about from Megan Follet, a peer leader in Ms. Moxon's 2007 Peer Leadership class. As peer leaders, it is the job of Mox's class to be oriented in cultural

diversity and to inform students about major problems in society. The students worked avidly to make the day a success. To promote the issue they made red ribbons, which were available for sale for fifty cents in the rotunda, handed out stickers, and posted notices for a "Dress Down Day", which was available to any teacher who donated.

Mox's peer leaders were hopeful and passionate about spreading awareness and knowledge of this tragic disease. Throughout the world, more than thirty million people are currently living with Human Immunodeficiency Virus (HIV) and Acquired Immunodeficiency Disorder (AIDS) and nearly 16,000 people are newly infected by the virus each day, according to estimates by the Joint United Nations Program on HIV/AIDS (UNAIDS). Though some may chose to ignore it, HIV is also close

to home and affecting our suburban lives. "I hope this opens people's eyes to see that among all the problems in the world, this is just one of them that will continue to grow and affect us in one way or another in the future," stated peer leader Amanda Romano ('08). It is important to Mox's entire peer leadership class that Lindenhurst is more educated about what is going on in the world.

"I'm very pleased with the response," said Ms. Moxon, in reply to the students' and staffs' reaction to the World Aids Day. "I think it

was very successful. The class took it up with great support." Through all their hard work, the class raised \$526.55 which was donated to Long Island Association for Aids Care

(LIAAC), a community-based non-profit organization that delivers comprehensive programs to all Long Islanders who are infected and affected by HIV/AIDS. LIAAC works with the Long Island community in order to raise consciousness about the disease by taking an aggressive, imaginative role in disease prevention. Not only do they work on preventative measures for HIV/AIDS, but they also try to bring clarity and compassion to this disease which is commonly misunderstood.

Ms. Moxon's class continues to do work to promote knowledge of important issues to the school and the community. "Why I do all of these things is to bring awareness of things outside of Lindenhurst," said Ms. Moxon. "People get caught up in the woes of their own life and aren't aware of the other hard things that are out there."



CST/Henao

The Charles Street Chit Chat

Who is Roy G. Biv?

-A writer-C.C.

-That's a science thing-J.G.

-A famous rapper-A.N.

Roy G. Biv is an acronym for all of the colors of the rainbow. (Red, orange, yellow, green, blue indigo, and violet.)



www.webstar.com

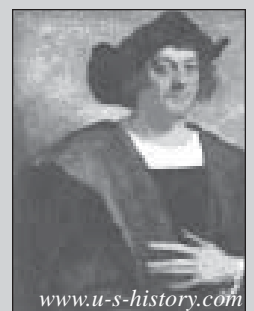
What year did Columbus sail in?

-1942-E.V.

-1849-C.C.

-1800 something-G.L.

Can anyone recall the diddy "in 1492 Columbus sailed the ocean blue"?



www.u-s-history.com

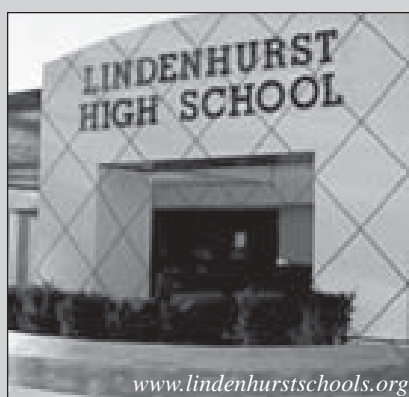
On which street is the high school located?

-High Street-F.L.

-Christian Street-K.A.

-Monroe Street-T.E.

The address of the school is 300 Charles Street.



www.lindenhurstschools.org

What is the symbol for the Democratic Party?

-A dollar-T.A.

-An elephant-S.R.

-A big "D"-C.A.

The symbol for the Democratic Party is a donkey.



www.wikipedia.org

Is your identity safe?

By Karolina Tarczynska

SPORTS EDITOR

Identity theft is our countries leading crime. The number of people increased dramatically in the last 15 years. In 1992, about 35,000 people were victims of identity theft. In 2001, an estimated 1.1 million people were victims of identity theft. In 1997, identity theft victims lost about 745 million dollars. In 2001, identity theft victims lost about 11.9 billion dollars. In New York alone, 7,076 people were victims of identity theft in 2002. Currently there are about nine million victims.

Even though these numbers keep going up, it is becoming easier and easier to be a victim of identity theft. Now not only are identity thieves using credit cards, but they are also stealing money from gift cards. The thief will go into the store and write down the identity number for the gift card. They will then wait a while and call the company to see how much money is on the gift card. When they find out how much they can spend, they go online, type in the number, and shop.

There are two types of identity theft: "account takeover", and "application fraud". "Account takeover" happens when a thief finds out your credit card number and other important information about you and then uses that information to steal money from your credit cards. "Application fraud" is when the thief uses important information about you, including you SSN

get most of their information is in a person's credit report. Most of the time, identity theft victims cannot be held liable for more than \$50 from their credit cards. Even though, you often do not have to pay so much, it does take years to clear your name. It can also cause you many problems, if you are applying for a credit card, a bank loan, or even buying a car.



CST/Henao

One way to prevent credit card theft is to ask for a copy of your credit report from the credit bureau, at least every six months. "Even a misspelled name or wrong address can be a sign of trouble," says Betsy Broder, an assistant director at the Federal Trade Commission. Look at the "inquires" section of the report. An increase in inquires may be a sign of an identity thief.

If you do think that you may be becoming an identity theft victim, there are many things that you can do. First contact the credit bureau's fraud department and ask them to place a fraud alert on your account. Next, close all unauthorized accounts or even accounts that seem to have been tampered with. Then, file a report with your local police. Finally, always keep good records of you accounts.

to create a new account on your name. This type is worse, because the victim usually does not know about it until serious damage has occurred. Many people do not even realize they are victims of identity theft until they apply for a loan, or a credit card. Usually they have been victims for six months to a year. The one place where identity thieves

think that you may be becoming an identity theft victim, there are many things that you can do. First contact the credit bureau's fraud department and ask them to place a fraud alert on your account. Next, close all unauthorized accounts or even accounts that seem to have been tampered with. Then, file a report with your local police. Finally, always keep good records of you accounts.

Violence continues in Sudan

By Reem Zohny

OP-ED EDITOR

Over two million people are living in refugee camps after fleeing the fighting regions of the Sudan. The Sudanese government and the pro-government Arab armed forces have been accused of several war crimes and although the UN disagrees, genocide against the native Africans.

In 2003, in the arid and impoverished areas of the Sudan the conflict began. A rebel group began attacking government targets defending their acts when saying that the area (by the capital of Sudan, Khartoum) had been abandoned. The rebel groups declared that genocide and oppression between African blacks occurs in favor of Arabs.

The two main rebel groups are the Sudan Liberation Army (SLA) and the Justice and Equality Movement (JEM). A May Peace Deal was proposed to the rebel groups by Darfur's previous governor, Ahmed Diraiqe. However, the deal was rejected by both groups.

The Janjaweed is a group accused of attempting "to cleanse black Africans from large swatches of territory." Although the government has mobilized self-defense armies after several attacks against the

Janjaweed, they have made no significant changes or progress in the conflict to date. The Janjaweed are said to ride in on camels and horses after air-raids carried out by government aircraft. They rape women, kill men, steal everything, and leave villages in nothing but ruins. The Sudanese

medicine, only a fraction actually makes it to the refugee camps. Even in the camps, the refugees are not safe; Janjaweed patrol officers watch the borders of the camp, killing men and raping women who wander off too far in the hope of finding food, water or firewood.



A 27 year old man, who was bayoneted in both eyes, recovers in Goz Beida hospital.

Many organizations and agencies attempt to work in Darfur in order to save civilian lives. However most are prevented from getting through to Darfur because several regions are overcome by fighting and war. Due to the inaccessibility of the land, it is impossible to know how many lives have been lost in the conflict over the past three years. Although an exact causality number is not feasible, a number of "no fewer than 200,000" has been suggested based on the latest research which estimated the number of deaths using several surveys they took in the regions they were able to reach.

African Union troops of 7,000 have been positioned in Darfur on very limited commands. Experts say that "the soldiers are too few to cover an area the size of France," and the African Union says, "It does not have the money to fund the operation much longer." The most recent plan the Sudan government has consists of 17,000 troops and 3,000 UN policemen. However, the current proposal is at a deadlock. The progress being made against this act of genocide may be at a standstill, but the killing is not.

Millions have fled their ruined villages after these attacks, attempting to escape to camps set up near main towns in Darfur and on the 600km border near Chad. However, due to lack of food, water, and

Heart disease endangers teens

By Karolina Tarczynska

SPORTS EDITOR

Most people don't realize how serious heart disease can really be, especially in teenagers. Over one million teenagers living in the US are at high risk for heart disease in the future. Heart disease is most commonly seen in student athletes that have not been tested for any type of heart disease. About one in every 200,000 student athletes die each year from a heart problem that was unknown to them.

Heart disease is one of the main killers of people in the US. According to the American Heart Association, 927,400 people died from heart disease in 2002. In 2006, over 700,000 are expected to have a heart attack. The National Center for Catastrophic Sports Injury Research found that from 1983 to 1993, 126 high school student athletes and 34 college athletes died from heart related problems. Out of all the teenagers that die from heart problems, 36 percent die from coronary artery abnormalities, 19 percent from increased cardiac mass and ten percent from increased muscle mass. The remaining students die from other heart problems. Out of 200,000 student athletes that have been tested for heart disease, 1,000 are at risk of sudden death.

Even if tests show that a teenager does not have a heart problem, there are still many things to worry about. Serious heart attacks are caused by many things. Smoking, high cholesterol, getting little to no physical exercise and obesity are some of the main causes for heart disease.

Most people start worrying about heart disease when they get older, but teenagers are also very prone to get heart disease. About 4.1 million teenagers (ranging from the age 12 to 17) smoke. Another fifty percent of teenagers get no physical exercise. More than one in five teenagers (from 6 to 17 years old) are overweight. "The majority view among scientists is that obesity precedes or drives the other risk factors that can lead to heart disease," says Robert Eckel, an endocrinologist at the University of Colorado Health Science Center and the president of the American Heart Association. About one-third of teenagers (from 10 to 19 years old) have high cholesterol. These problems can also cause diabetes. About 14 million adults in the U.S. were diagnosed with diabetes in 2006.

There are many types of heart disease. The most common is CAD, coronary artery disease. It is caused by a narrowing or clogging of the coronary arteries. It can cause a heart attack and sudden death. Cardiomyopathy is when the heart cannot pump blood anymore. This type of heart disease affects over 50,000 Americans. Cardiac arrhythmia is another type of heart disease. Less common types of heart disease include valvular disease and aneurysm. Most people think that there is little that can be done to prevent heart disease when, in fact, this is a myth. Healthy eating habits, including drinking skim or one percent milk, eating low fat foods, and lean cuts of meat can prevent heart disease. Getting thirty minutes of moderate exercise every day can also prevent heart disease. But even with a healthy diet and exercise, the best way to prevent heart disease and even sudden death from a heart related problem is cardiovascular screening which is especially important in student athletes.

January 2007

O.J. Simpson's hypothetical murder

By Justin Berkowitz
STAFF WRITER

After 12 years, O.J. Simpson was going "to confess" to the murders of Nicole Brown-Simpson and Ron Goldman. He planned to publish a book detailing exactly what happened, stressing that it's all "hypothetical" since, according to him, he never actually did it. The new project was incredibly unpopular and was bashed by almost everyone that got the chance. Thanks to News Corp., which is the owner of many famous companies like FOX Network and the New York Post, and its chairman and CEO, Rupert Murdoch, he's not getting the chance.

On November 15, O.J. Simpson announced that he was going to publish a book titled *If I Did It, Here's How It Happened*, set to come out on November 30, 2006. He was to be paid an advance of \$3.5 million dollars by ReganBooks for the project, and was also going to be interviewed about the book by Fox on November 27 and 29, 2006. This caused outrage across America, especially considering that he would get all the profits from the book. Originally, he was supposed to give \$33.5 million dollars to the families of Nicole Brown-Simpson and Ron Goldman as part of a civil service agreement. Eventually, the book and interview were scrapped.

On November 20, 2006, News Corp. decided that they were not going to allow the book to be published, and the interview would not air on Fox. Rupert Murdoch, the chairman and CEO of News Corp., later said, "I and senior management agree with the American public that this was an ill-considered project. We are sorry for any pain this has caused the families of Ron Goldman and Nicole Brown-Simpson."

Ever since the book and interview were announced, O.J. Simpson and Regan Books were pounded by critics. However, many people believe that the blame rests on Rupert Murdoch, who was in Australia when the book was announced. He was regarded as one of the smartest executives in the media business, but he just narrowly avoided catastrophe by waiting to stop the nationwide publishing of the book.

The National Enquirer had received an early draft of the book. The early part of the book was supposed to be about how Simpson fell in love with Nicole Brown while she was working as a waitress at a night club and how the marriage eventually collapsed. Then he would have described the murders, supporting his old theory that the murders were done by a hitman, "Charlie," and that he only grabbed the knife out of his hand. However, the National Enquirer says that the murder scenes were "so detailed and so chillingly realistic" that readers knew it was O.J. who actually committed the murders.

Simpson can never be retried for the murders no matter what the book said due to double jeopardy laws. This law stems from the Fifth Amendment, and the laws received their name through the phrase "nor shall any person be subject for the same offense to be twice put in jeopardy of life or limb." Many people think that this was Simpson's way of spitting in the face of the legal system. However, in the wake of the controversy, O.J. Simpson, Fox Networks, and ReganBooks have all lost respect in the eyes of the public. Many people consider this to be a definitive end to the trial; Simpson's decision to write the book is believed to be his way of saying that he was guilty of the murders without actually confessing to them.

Global warming heats up the Supreme Court

By Marie Mosot
GENERAL NEWS EDITOR

The issue of global warming hits the Supreme Court floor for the first time as Massachusetts, New York, ten additional states, and 13 environmental groups press the Environmental Protection Agency (EPA) to establish gas emissions standards for new vehicles. In the case of *Massachusetts v. EPA*, the federal agency has refused to heed the states' efforts to regulate carbon dioxide as a greenhouse gas (GHG), claiming that the agency does not have the authority to enforce such control under the Clean Air Act (CAA). A divided Supreme Court must now decide the legitimacy of the EPA's refusal to establish emissions standards as well as the definition of air pollutant pertaining to carbon dioxide under the CAA.

The case essentially rests on the interpretation of the CAA. The original legislation, passed in 1963, requires the EPA to set emissions standards for "any air pollutant" which the agency deems "may be reasonably anticipated to endanger public health or welfare." The states assert that such a broad definition of "air pollutant" must include carbon dioxide. The Bush Administration sides with the EPA, claiming that the agency does not have the authority to regulate GHG, though previous administrations had held that it did.

So far, individual states have enforced the CAA through state implementation plans (SIP). The EPA has fallen short of setting mandatory restrictions due to their negative economic effects, though the agency must approve all SIPs. California, one of the 12 states challenging the EPA, has begun to pass legislation, set to go into effect in 2009, that would cut GHG by 25 percent by the year 2020. Fellow plaintiff states, New York and Washington, are in line to adopt California's guidelines. However, California has yet to obtain approval by the EPA.

Jamaica shooting kills groom, prompts protests

By Erin Donahue
MANAGING EDITOR

On Saturday, November 25, 2006, police opened gunfire on a car full of unarmed men who were driving away from a bachelor party at Kalua Cabaret, a strip club. One of the three men was killed, and the other two were in stable condition after being rushed to Mary Immaculate Hospital.

The driver, Sean Bell, 23, was hours away from marrying Nicole Paultre, the mother of his two children. Joseph Guzman, 31, was in the front seat and was shot approximately eleven times and Trent Benefield, who was in the back seat, was shot three times. Fifty rounds were fired at the car, hitting it twenty one times, after the vehicle rammed into an undercover officer and then hit an unmarked NYPD minivan twice. Police Commissioner Raymond Kelly said, "We can't say with certainty why they [the officers] fired," although it is suspected that the collisions were what prompted the hail of gunfire. The officers said that they thought that one of the men in the car was armed, but investigators found no weapons. Kelly also said that there may have been a fourth person who fled the scene.

According to Kelly there was an undercover operation going on inside the

In the oral argument held in late November 2006, Massachusetts Assistant Attorney General James R. Milkey assured the justices that they need not pass judgment on the science of global warming and climate control to decide that the EPA was asleep at the wheel in regulating GHG emissions from new vehicles, likening the agency's inaction to lighting "a fuse on a bomb." However, Chief Justice John G. Roberts, Jr. and Justice Samuel Alito, the court's newest members, are in line with Justice Antonin Scalia whose interrogation highlighted a stiff skepticism towards global warming. Justices John Paul Stevens, David H. Souter, Ruth Bader Ginsberg, and Stephen G. Breyer, however, acknowledge the far-reaching influence of the case on similar environmental organizations, "each of which," according to Stevens, "has an impact, and lo and behold, Cape Code is saved." Justice Clarence Thomas is presumed to be in line with Scalia, which leaves Justice Anthony M. Kennedy with the deciding vote.

If the justices rule in favor of the states, it is implied that GHG regulation falls squarely on the hands of the EPA and the federal government. Yet, in such an event, the case requires that the issue only be remanded back to the EPA with suggestions for establishing emissions regulations. Such regulations may be of little to moderate success since American vehicles contribute only six percent of the global carbon dioxide output. The case falls short of addressing GHG contributed by factories and power plants which make up the majority of the 25

percent of GHG that the U.S. contributes. The U.S. also does not participate in the Kyoto Protocol, an international agreement aimed to cut carbon dioxide globally by setting goals per country.

If the justices rule in favor of the EPA, laws such as those passed by California are stalled in their tracks. California Senator Barbara Boxer, who is soon to control the Environment and Public Works Committee, is planning in the event that the states lose their argument, and the EPA refuses responsibility yet again. "I would quickly introduce legislation to amend the Clean Air Act to give the EPA the authority," Boxer assures. Previously under a Republican majority, a Democrat-controlled Congress may keep the issue alive. "The harm does not suddenly spring up in the year 2100," Milkey warns. "It plays out continuously over time. Once these gases are emitted... they stay a long time - the laws of physics take over."

The case began in 1999 when the International Center of Technology Assessment and several environmental groups petitioned the EPA to set GHG emissions standards for new vehicles. The EPA denied the petition in 2003, claiming to have no legal authority and that even if it did, the agency was not required to exercise it due to the "substantial scientific uncertainty surrounding global climate change," said Deputy Solicitor General Gregory C. Garre. The federal Court of Appeals in Washington, D.C. upheld the EPA's decision in 2005. A Supreme Court decision is expected by July 2007.



<http://www.nccconservationnetwork.org>

strip club in Jamaica, Queens. With one more violation, the club would have been shut down. The establishment had a "chronic history of narcotics, prostitution and weapons complaints. It had been closed in July 2005 for prostitution but was allowed to reopen three months later. It has since generated many complaints,"

commented Kelly. Out of the seven officers that were dressed in civilian clothing, only five were involved in the shooting. During the incident, several homes nearby were hit and windows were shattered at the train station, but no residents were injured. Three officers, including the one who was hit by the car, were treated and released, while another detective remained hospitalized for hypertension, Kelly said.

The shooting drew angry protests from family members, friends, and Reverend Al Sharpton who believe that the shooting may also have been racially motivated. Sharpton visited both Jamaica Hospital, where Bell was pronounced dead, and Mary Immaculate Hospital and held news conferences afterwards. Appallingly, Guzman and Benefield were handcuffed to their hospital beds, but thankfully later unshackled after having not been charged with a crime. "We're

not anti-police, we're anti-brutality," said Sharpton.

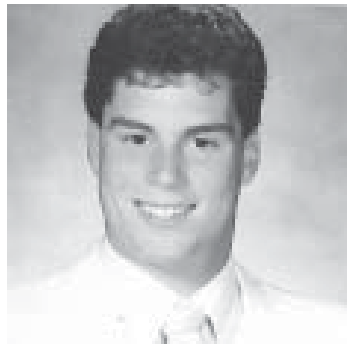
The NYPD had recently been under scrutiny for cases in 1999 and 2003. The first involved an unarmed West African immigrant, Amadao Diallo, who was shot 19 times in the Bronx. The latter involved Ousmane Zongo, 43, a native African who was shot to death during a police raid.

On Saturday, December 16, a march was held in honor of Sean Bell and to protest police brutality. Participants "shopped for justice" as they marched down New York City's Fifth Avenue. "The reason we're doing this is because it's one of the only mechanisms left to us," said participator and entertainer, Harry Belafonte. "And I guess in a way we're fortunate, because it is non-violent, but it does say what we need to have said." Democratic Harlem Congressman Charles B. Rangel added, "This is not just a New York City problem. This march gives people a chance to speak out."

Protesters counted in unison from one to 50 to mark the number of shots fired by police. They were led by Benefield from his wheelchair who gallantly moved down Fifth Avenue during one of the busiest shopping days of the year, nine days before Christmas. The demonstration began at 59th Street and ended more than an hour later on 34th Street outside of Macy's. "Marching is not designed to solve a problem. Marching is designed to expose a problem," Sharpton said, calling for congressional hearings, a federal review of police training, a special office in the Justice Department to prosecute police crimes and alcohol testing for undercover officers.



Reverend Al Sharpton (left) attends a rally to support Sean Bell with Nicole Paultre (right), Bell's fiancee, November 26, 2006.



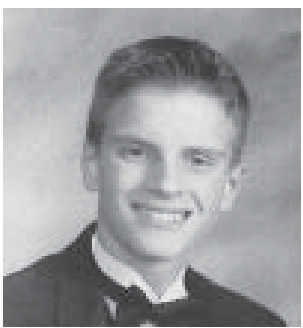
Mr. Frole graduated Lindenhurst High School in 1988. He attended Hofstra University and is currently a gym teacher here. His best advice about high school is "Enjoy it, and most of all, keep your grades up".



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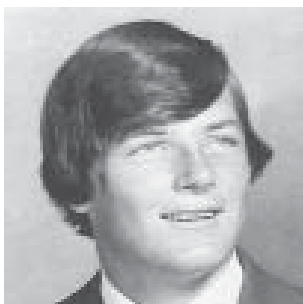
Mr. Lohman was a graduate from Lindenhurst, Class of 2002. He went to SUNY of Buffalo and Dowling. He currently is a math teacher at Lindenhurst High School. His best advice for students is "Don't stay longer than four years, stay ahead of the game, and, most of all, have fun."



In 2000, Mr. Kearney graduated from LHS. He then went to Nazareth College in Rochester. Kearney is now a teacher of Global History as well as a basketball coach. Kearney recommends, "Set goals, work hard towards achieving them."



English teacher, Mr. Jesse Martin, graduated from Lindenhurst High School in 1985. He received his degree in English literature from SUNY at Stony Brook. He cautions Lindy students, "Be true to your potential – don't sell your talents short."



Mr. Rogers attended Lindenhurst High School and graduated with the Class of 1974. He went to Hofstra University and is currently a gym teacher at Lindenhurst High School. His best advice about high school is "Work hard, it's not the end of your life. It's only the beginning. You always want to have a good foundation"



Advice From Teachers To Lindenhurst



graduating in 1989 from
Lindenhurst High School, Mr.
Cirone attended Manhattan
School of Music. He then
went on to become a music
teacher and a marching band
director. The advice he
gives to students is "It's not
what you say, it's how you



Mr. Cirone graduated in 1984
from Lindenhurst High
School. He is now the
Assistant Principal here. His
advice to students is
"Embrace life, work hard, but
learn to relax. Think, dream,
laugh; it's a long journey."



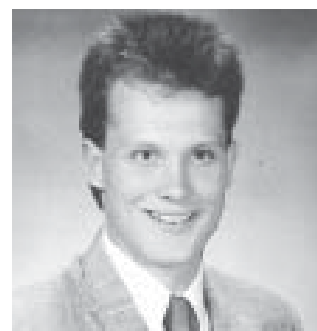
Ms. Marx was a graduate
from Lindenhurst, Class of
1991. She graduated from
SUNY New/Paltz and is
currently an art teacher here.
The advice she gives for high
school is "It's what you make
of it".



Foreign language teacher,
Mrs. Erin Randazzo,
graduated from Lindy High
nine years ago in 1998. She
received two Bachelors
degrees in French and
Spanish from SUNY at Stony
Brook. She warns Lindy
freshman to "buckle down"
in their first year of high
school. She strongly advises
students to "study, study,
study!"



Mr. McCandless graduated
from LHS in 1990. Afterwards,
he attended SUNY Cortland
and later Stony Brook.
McCandless now teaches
Global History and coaches
lacrosse. "Do homework,
read. Kids don't read
anymore," he advises.



Teachers Who Went to Their First High School

English teacher, Mr.
Biancaniello, graduated in
1968. He attended St. Lawrence
University in Canton, New
York, studying English
literature. He advises Lindy
students to get involved as
much as possible. "You would
be surprised, the nice people
you meet," he assures. He also
suggests attending college
away from home. "[It] makes
you appreciate Lindenhurst."



Spoon serves up to locals at Lindy

By Maria Malachowski

STAFF WRITER

Opening in May of 2005, Spoon Coffeehouse and Eatery on Wellwood Avenue has rapidly attracted customers of all ages. Unlike any other, this upscale hotspot is more than “just desserts.” With comfortable décor and an artistic touch, Spoon opens its doors to gifted individuals to perform at its Wednesday Open-Mic nights. On December 6th, a sizable audience gathered to listen to local music talents featuring a few of our very own LHS students.

In a carefree fashion, people entered and exited as they pleased and steadily filled the quaint coffeehouse with teens and adults alike. Although the entertainment itself did not begin until about 8:00 PM, a Spoon customer advised to arrive by 7:30 “to get good seats.” With many couches and booths occupied and pleasant chatter brimming, the host for the night, Austin Gallagher '07, took the floor. Well-known to the Open-Mic Night set, he welcomed all to the show and took his seat upon the stool with his acoustic guitar in tow. Showing a wide array of songs, he

commenced with a cover of *Daughters* by John Mayer, followed by a song by The Cure, an original composition, and finally *These Days*, by Jackson Brown. Finishing his last song, Gallagher then handed over the microphone to Jesse, whose unique “raspy yet smooth” tone, as described by Paige Rittenhouse '08, captivated listeners. Bearing resemblance to the voice of Sublime's vocalist, Bradley Nowell, he delved into,

coincidentally, *Santeria* and flaunted his intense finger work. Subsequently, calm, western melodies, flowed from Ed's guitar as his presence dominated over the younger generations before him. Tom Scala '08 and Jesse Ashe '07 then made their appearances. “They're totally rad,” chuckled Rittenhouse as the night came to a close. “They're fun. Everyone there is talented; it's not a bunch of people who don't know what they're doing.”

For a dollar entertainment fee, Spoon is “Open to the public, [of] all ages,” says Manager Joe Speranza. Every Wednesday from

reveals Speranza. His goal is to bring “good food, good atmosphere, good desserts, joy, happiness” to the flourishing town of Lindenhurst. Nonetheless, teenagers, who are in a constant search for enjoyment to break from the monotony, may discover something more. “How I look at it,” begins Speranza, a former Drug and Alcohol Counselor, “instead of drinking, doing drugs... [they can] meet new people, enjoy entertainment. [It is] something positive for them to do.”

Although Heather Siegel originally owned Spoon, it was purchased by Ralph Speranza, Joe Speranza's father, in August of

he calls the Nervous Blues. “Ever since the new owner, I've been getting more gigs now. Two Saturdays in a row I did shows. It's a sign. Maybe I'm actually being successful. Maybe I'm actually going to be heard.” Other than the popular Open-Mic Nights, Spoon features live entertainment on Fridays and Saturdays from 8:00 to 11:00 PM; when a different entertainer graces their presence each time and is able to make a profit simultaneously. In this case, the entertainment fee is not taxed and goes directly to the entertainer. Thursday nights are reserved for Psychic/Jazz night.

Reverend Neil MacPherson, a spiritual healer and a tarot reader begins his magic at 8 PM. Once a reservation for seating has been made, MacPherson may do a fifteen minute reading for the price of \$25. Speranza disclosed “If he has an opening, he'll do it.”

The success of Spoon has not only opened doors for entertainers, but additionally it has widened the prospects for its future. “We hope to open more Spoons, bring the community as much fun as we could,” divulges

Speranza. Offering discounts to merchants and teachers in the area, “We eventually want to establish other ones and bring them to other communities,” he continues. “We really enjoy people. We want people to have a good time, enjoy talent and have a good night.”

For discounts and news on upcoming entertainers visit www.myspace.com/spooncoffeehouse.



<http://www.spooncoffeehouse.com>

7:30 to 10:00 PM anyone is welcome to “come down with any sort of talent; poetry, comedy, reading, acting, any type of entertainment,” he explains, and all it takes is to sign up to play. “No one judges. Just be you. Come do your thing,” urged Speranza.

“I like the Open-Mic. It definitely brings a nice feeling. [It is an] excellent village, good people. [It] gives this village an uplift; each community needs something,”

2006 “to keep the legacy going.” This family business serves as more than just a unique coffeehouse; with its many various nights of entertainment. Playing for a full house the very first Open-Mic Night, Gallagher confided he “was so nervous I only did two songs.” With masses of people crowding the seating areas and spilling onto the floor, on his last and final song Gallagher simply “improvised and wung it,” in what

and the chocolate in pairs. Throughout this whole plot, the orchestra stays strong providing the audience with well suited music, to help portray the story without words.

With some more nifty craftsmanship, Marie and her nutcracker prince fly away back home in a sled lead by reindeer. As the curtain falls, the sled is actually lifted off the ground and flown to the other side of the stage. With the rise of the curtain and the bows of the characters, the audience rose together to give the cast a standing ovation.

The Nutcracker is a timeless holiday tale that excites people of all ages, bringing you through a fantasy world otherwise only found in your dreams. The amazing sets make it easy to fall into the story and imagine it as being real. Costumes, music, dancing, lights, special effects, scenery all impress the audience, leaving them satisfied and enchanted. Everyone should see George Balanchine's *The Nutcracker* at least once in their lifetime, if not as a yearly treat.

A classic ballet is to the “pointe”

By Carol DeFranco

STAFF WRITER

George Balanchine's *The Nutcracker* is a wonderful production filled with incredible dancers and amazing sets. Whether it's your very first time or a family tradition, the ballet is wonderfully enjoyable and quite delightful. The classic story of *The Nutcracker* is one that everyone has grown to love, and seeing it come alive on stage is an unforgettable experience.

The first scene in the ballet is a simple yet beautiful backdrop; no dancers or characters appear on stage. Instead, the audience gets to enjoy a fantastic performance by the orchestra. The orchestra's overture draws in the audience to appreciate the music of the production, as well as the obvious dancing and scenery. As soon as the lights dim, spotlights shine down on the first character to appear on stage. You cannot help but be completely enchanted by the tale unrolling before your eyes. Clara Ruf-Muldonado plays a cute little girl, Marie, waiting

with her brother to see her Christmas tree for the first time. You can feel her excitement and relate to her emotion simply through the music and dance. Company arrives, and every child has a partner to dance with, as well as every adult. They each dance in unison, creating a beautiful ball of incredible dancers.

As the story of *The Nutcracker* continues, Marie is



<http://www.nycballet.com/nutcracker/nutcracker.html>

given her doll, which on Christmas Eve comes to life. This entire story is portrayed to the audience through dance, without one word spoken. With amazing special effects, the company is able to make it seem as if Marie is shrinking down to her toys' size, ready to explore their world. Her

nutcracker rescues her from mice, which seem huge to her, only because she has shrunken down so small. Since the king mouse is slain, Marie becomes queen of *The Land Of The Sweets*. She is then escorted through the winter forest, gorgeous fake snow included, to *The Land of the Sweets* to meet her kingdom.

The set for *The Land of the Sweets* is astonishingly gorgeous. You cannot help but

to be reminded of the popular childhood game, *Candy Land*. Each character has a creative costume, and each one represents a different type of sweet treat. Every treat has their very own solo dance, each one completely amazing in their own way. For example, the candy canes dance with hula-hoops,

Rock out with Guitar Hero 2

By Connor Grady

STAFF WRITER

Guitar Hero 2 is the sequel to the critically acclaimed *Guitar Hero* for the PlayStation 2 entertainment system. For those unfamiliar with the series, *Guitar Hero* is a rhythm game in which you become a rock star. There are songs from great artists such as Jimi Hendrix and Ozzy Osborne. In *Guitar Hero 2* the premise is basically the same. The player starts out as a garage band playing in a battle of the bands competition. The player then works his or her way up to a bar “gig”, slang for job, then a summer concert and finally, the most prestigious venue, The Garden.

The songs in this game include classic artists ranging from Van Halen and Lynyrd Skynyrd to Rage against the Machine and Megadeth. Unlike the first game, this game is focused more on hard rock and heavy metal while the first game had more classic rock. There are a few songs that are so long and fast-paced that they might cause Carpal Tunnel Syndrome. Lynyrd Skynyrd's *Free Bird* is one such song. There are other songs that are so ridiculously easy that they can be beaten by a person with arthritis.

This game also has some pop culture references and satire. If the player chooses to play Spinal Tap's *Tonight we're going to Rock you Tonight*, the drummer spontaneously combusts. This is a reference to the 1984 movie “*This is Spinal Tap*”.

This game is also a satire of the stereotypical punk rocker. A lot of the audience members have mohawks, and the performers are a highly exaggerated stereotype of real rock stars. There is also star power which multiplies your score by two. To get it, you need to play at least fifty notes in a row.

The game comes with a stylish guitar controller and stickers and is about seventy dollars. This game also has a very good multiplayer where two people can be in the same band together, as one of them plays lead guitar and one of them plays bass. The only flaw that the multiplayer has is the fact that the game does not support online play.

The first *Guitar Hero* had several classics such as *Smoke on the Water* and *I Love Rock and Roll*. While this version has a lot of good songs they may be hit or miss with some people. The song list includes *Free bird* by Lynyrd Skynyrd, *Sweet Child O' Mine* by Guns n' Roses and *Shout at the devil* by Motley Crue. There are fifty songs on the main track list and another seventy are bonus songs. The bonus songs are by underground garage bands that are not well known.

In conclusion, this game is a worthy sequel to an excellent game. Anyone who is a fan of heavy metal and alternative rock will find this game enjoyable.

The Killers succeed with *Sam's Town*

By Melissa Bates

STAFF WRITER

Yet again Brandon Flowers and his band have succeeded to blow pop culture away with their new album *Sam's Town*. With *Sam's Town*, it's obvious that Flowers is after something different than The Killers' first album, *Hot Fuss* (2004), which was characterized more as a spin-off of 80's UK pop and American rock. *Sam's Town* seems to be going after the success of U2's *Joshua Tree*, without sounding as profound but still leaving the listener wanting more. Many tracks from the album not only portray the life of Brandon Flowers but also allow the listener to relate to a song or even dig deep into Flowers' imaginative mind. Songs like "Uncle Johnny" reach into Flowers' life with the inspiration from his



www.thekillers.com

uncle who used cocaine. The first song, *Sam's Town* (which is another name for The Killers' hometown of Las Vegas) is a portrayal of a band who tries too hard to be something they

are not, which makes it obvious that The Killers are not talking about themselves. An up and coming hit 'Bones' is a quirky yet unique love song with entertaining lyrics. Of course, the hit 'When You Were Young' is blowing up radio stations and music channels. This song is crazing Killers' fans with a story that most of us can closely relate to, a girl who "waits for a beautiful boy to save her from her heartache". The rest of the songs keep you listening and wanting to press "repeat" on your stereo.

Unlike *Hot Fuss*, *Sam's Town* seems to have a more

comments also come. Although their CD is amazing, it is not so amazing as the follow-up of *Hot Fuss*. The two albums have totally different tones and meaning to the songs, which in some cases may not always be good. Solos and soulful sing-alongs don't impress critics but are sure to be impressing airwaves and TV stations. It's disappointing that this CD is not so up-beat and pop-rock, but that's the sound all new wave artists are after these days, it is obvious that The Killers are acting against the rest of music.

It seems as if that there's no stopping The Killers now. With two albums under their belt, The Killers are pleasing crowds and filling up arenas not only all over the country, but all over the world. They are on tour right

now in North America and wrapping up the tour in France. The arrival of their second album is helping this already successful band increase their popularity immensely.

mature sound. It really shows The Killers' individuality that other bands try so very hard, (at times, too hard) to achieve. However, with the many positive comments, negative

Top Chef's new season all fired up

By Jessica Guise

STAFF WRITER

The second season of *Top Chef* has already begun after the previous success of the show. From the producers of *Project Runway*, *Top Chef* brings the same talent and entertainment to the table with different elements. Seen on the popular Bravo channel, *Top Chef* is a prominent addition which can be found on the screens of many on Wednesday nights at 10.

At first glance of *Top Chef*, most see it as a *Project Runway* copy-cat with chefs replacing designers. Although the two shows have much in common, they are rather different and each enjoyable to watch in their own ways. The first season was a great start to introduce the show,



www.bravotv.com

and this second one is destined to be equally successful. Chefs are leaving week after week, with the exception of one chef eliminating himself from the competition.

The judges of *Top Chef* include many renowned chefs such as the head judge, Tom Colicchio, along with Padma Lakshmi and Gail Simmons. Throughout the show, Tom acts as the inside source for the other judges as he observes the chefs in the kitchen. In addition to these judges, each episode has a new

guest judge, usually with specialties relating to the theme of the two challenges.

In the first episode of season two, we are introduced to the fifteen new contestants; Ilan Hall, Marcel Vigneron, Marisa Churchill, Suyai Steinhauer, Carlos Fernandez, Cliff Crooks, Josie Smith, Sam Talbot, Emily Sprissler, Frank Terzoli, Betty Fraser, Otto Borsich, Elia Aboumrad, Michael Midgley, and Mia Gaines-

Alt. The ages vary from 24 to 46 years old. Some of the chefs have professional experience, while others have taught themselves at home. These chefs have their weaknesses and strengths that come along with any experience they have. Nevertheless, these fifteen chefs are the most talented of the country and will surely put on a great series.

Each episode of the show consists of two challenges, the *Quick Fire Challenge* and the *Elimination Challenge*. In the *Quick Fire Challenge*, the chefs are

tested to make odd dishes in a limited amount of time. The winner would have immunity in the elimination challenge, so that contestant would not be able to go home. The elimination challenge consists of a longer and more planned out assignment which is then judged by the panel of judges. The chefs of the best dishes are congratulated, while the chefs of the worst dishes are torn apart, and one unlucky contestant is sent home. Each challenge cooks up new personal conflicts between the opponents, along with new friendships. All of the chefs' personalities are displayed through the dishes, so there is always a variety of food.

The show is really enjoyable to watch. You don't need to be a culinary master to take pleasure in watching the show. If you enjoy other similar shows such as *America's Next Top Model*, *Project Runway*, and *American Idol*, you would most definitely be fond of this show. Want to start watching now? Tune in Wednesday weekdays at 10 and check for marathons to have the opportunity to catch up on missed episodes.

Tyra Banks gives back

By Danielle Moss

STAFF WRITER

Tyra Banks is a former model who has retired from that career and gone on to pursue another career as a talk show host. This had always been her dream for a career after modeling. *The Tyra Banks Show* is a television effort that actually helps people. It's fun and has a lot of great tips that can help people with their problems. She also has lots of celebrities come on her show along with former models from her other show, *America's Next Top Model*.

Tyra is an idol for a lot of people. She is a very strong, independent woman who is amazing when it comes to giving advice. She is also very loud and funny and sometimes very random. "Until watching *The Tyra Banks Show*, I was really insecure about my looks and lacked confidence. However, after watching the episode, *do I look fat?*, I realized that I'm not really the way I see myself in the mirror. I've gained confidence and don't care as much about what others think." says Maria Cusamano, a student at LHS. Tyra is a great model and actress and is very admirable.

On her show, she has people come in to speak about different topics, and also people who need help with those topics. For example, she had people who were



addicted to crystal meth on her show and gave them full out make-overs. She fixed their teeth and their hair and everything that was affected by the crystal meth. She has also had some fun, exciting shows that she turns into party type of shows. For example, she has had a pajama party, a panty party, and a skin care party. In her panty party, she showed people how to find the perfect panties to hide their tummy, how to reduce the size of their breasts, enlarge their breast, and even find the right panties that won't stick out of their pants when they bend over or sit down. She also had an episode for plus size girls so

they could have their own America's next top thick and sexy model. They had photo shoots that Tyra had used in previous episodes of *America's Next Top Model*.

She likes to surprise people with make-overs, or meeting their favorite celebrity. On an episode in which Tyra interviewed singer, Fergie, she took who she thinks to be Fergie's biggest fan and took her to meet Fergie. The guest was then Fergie's special guest at one of her concerts in Canada. She got to go to Fergie's room before the show and hang out with her. She then got to go backstage at her concert and watch her get ready. She saw her dressing room and everything that happens in back of the curtain. She also told a fan of John Legend's that she was going on the *Tyra Banks Show* for a talent show and surprised her by having him start singing with her in the middle of his song *Ordinary People*. Tyra loves surprises.

She recently had Jay Manuel on her show, a good friend of hers from the show *America's Next Top Model*. He recently came out with a

new line of make-up. He was helping people with their make-up decisions by emptying their purses and giving them products from his new line. He also

threw out their old make-up that was not usable, but the girls tried to hold on to.

Tyra has helped many people even if they don't want it. In one of her episodes she tried to get a lady some help with her drug addiction, and she ran away to return back home. She has helped almost everybody who wants it. She has all the best doctors on her show to help her give advice and get people the help they need. She tries to help whoever she can in whatever way she can. This makes her an amazing person. She is an inspiration who uses her television forum to improve the lives of them.

Fashion does not have to equal expensive

By Ava Carlucci
STAFF WRITER

These days the media portrays fashion to be some sort of luxury. Brand names jump out at you wherever you turn; Chanel, Coach, Dolce&Gabbana are for the ridiculously wealthy. Most can't afford to be fashionable. Unfortunately, we may not all be wearing Vera Wang dresses and Dolce & Gabbana sunglasses, but luckily, stylish clothes are now sold at much more affordable prices.

Target is the ideal store that has the latest trends for insanely good prices. New lines from rising designers such as Behnaz Sarafpour and Issac Mizrahi are luring teens into their junior sections. Behnaz's line of gorgeous dresses, fancy tops, and flowing skirts all portray French design for amazing prices. Gorgeous party dresses are priced under forty dollars, winter coats for under fifty and trendy tops are anywhere from fifteen to thirty dollars. Target also carries trendy pieces from designer Luella. Carrying cute shoes, hats, leggings in various colors, and jewelry, Target's a great store to find the latest trendy clothes and accessories for affordable prices.

Old Navy is another great spot to shop for fashionable clothing on a low budget. There are great sections for either

boys or girls for reasonable prices. They carry cute sweaters for girls for under twenty dollars and boy's hoodies are fifteen. Fur lined jackets in many colors and various styles are anywhere from forty to sixty dollars. Girl's sections carry fabulous fur boots for under forty dollars and trendy knitted scarves from ten to seven dollars. Boys sections carry cool graphic tees anywhere from ten to fifteen, jeans for thirty dollars and hats for ten dollars. There are always tons of sales and clearance sections where you can find great clothes for amazing prices.

Another alternative for reasonable priced clothing is The Gap. The Gap is another store for both guy's and girl's latest trends. Although jeans are a bit pricier, they range from fifty to sixty dollars. The Gap carries more of preppy style clothing. Cute v-neck sweaters for girls, comfy hoodies for both guys and girls and collared shirts for guys are all ranging twenty five and thirty dollars. They have winter accessories like scarves, hats and gloves for cheap prices. The Gap is somewhat on the expensive side, but it's great for the quality of clothing they carry.

Marshalls and TJ Maxx are hit-or-miss types of stores. On some days they have perfectly looking factory rejects from stores like Abercrombie& Fitch and Hollister, and, on others, they might have nothing. Brands like Roxy, Etnies, Vans, Baby Phat, Ecko red, and Victoria Secret can all be found. These stores have perfumes and

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The price paid for beauty

By Monika Witkowski
STAFF WRITER

Straightening, blow drying, scrunching, dying, curling, gelling, hair spraying or tying. Seems like a lot of work? Did we ever think that all of these which things girls do to their hair can damage it? Since most girls do their hair daily, they often do their hair differently each day to match an occasion or the outfit they are planning to wear. So what do all of these beautifying skills actually do to our hair? As we all know, blow drying and straightening hair causes it to burn and split. Gelling, hair spraying, and moussing makes hair dry and produces dandruff. Dying hair causes early graying, can destroy brain cells from toxic fumes, and causes drying and destruction.

Is prevention possible? In some ways, yes. Brushing hair infrequently and as gently as possible helps prevent hair from breakage. Some say that shampooing and conditioning your hair every three days as opposed to once a day is healthier. Even something as simple as choosing the right brush and getting a trim every 2-3 months can help. Certain shampoos and conditioners go better with certain hair types, so make sure you ask your hair stylist which hair products are right for you.

Is killing our hair the only unsafe beauty out there? Unfortunately, no. Makeup is the second dangerous part of a teenage girl's life. Sure most of us do wear it and like the way it makes us look, but sometimes it is said to be too overdone. "She cakes it on" is a famous line said by

many of the students in our school when describing someone wearing too much cover-up. Firstly, cover up is unhealthy, clogs pores, and causes oily skin if not worn in moderation. Bronzer may make you look tanner, but did you know that after frequent using, it can stain your skin? Did you always wanted to plump up those lips? Well, be careful when choosing lip plumper because certain kinds contain collagen. What about eyeliner? So many girls in our school put it on like there's no tomorrow. Too much eyeliner increases the probability of the amount of getting into the actual eye, and can amplify chances of eye problems, tearing, and even blindness. So next time you put on eyeliner be sure to apply it on carefully and correctly.

And lastly are the fingernails. Girls, make sure you take care of them! As much as we love getting our tips put on, this is one of the most unsafe things that can be done to our nails. Gluing on tips prohibits your nails from breathing, causes decrease in strength, and when water is captured underneath them, it can cause fungus to grow.

Even though beauty is a very important aspect to many of us girls, we can definitely think about the little things that we can do to help our health and to keep things safer. We can protect ourselves from damage and from all the little problems that can add up to big ones in the future. Although sometimes we don't notice the things we do to ourselves, we can at least try to remember the modest details that sooner or later can add up to success and a healthy living while improving appearance.



New mens fashions emerge

By Stephanie Moss
EDITOR-IN-CHIEF

While women's fashion evolves constantly and changes seemingly from day to day, men's fashions tend to be more classic. Especially among teenage boys, certain staples such as jeans, tee shirts, and sweaters become a daily uniform. With the exception of colors and washes, there tends to be much less variety in the world of men's fashion. The trends do change though, however slowly.

As far as colors and washes are concerned this season, dark washes, as well as blacks, grays, and dark blues, create a sophisticated urban palette. Sunglasses are another element of this hot new look, as are scarves. For guys, aviators are the sunglass style of the season. Big, chunky scarves worn with jackets or just a sweater are a popular accessory this season, especially on the D&G runway.

As of late, men seem to be cleaning up their look, straying from the "I just rolled out of bed" baggy clothes to more fitted styles. The width of pant legs have skimmed in correlation with women's fashions, and the belt has returned. Belts are now better than ever with studded embellishments and intricate imprints. Stores such as American Eagle are even writing sayings such as "Get Down" or "Wrecked" on belts. Others use belts as another place to display their logo. Many designers, such as Alexander McQueen, are showing belts worn around the waist. A belt worn high on the waist works nicely with a motorcycle jacket, which keeps the ensemble from appearing overly feminine. This look is more about fashion, less about practicality.

Tight fitting sweaters have been popping up all over and are the perfect way to show off a toned upper body, hence their label as a "muscle fit." V-neck sweaters, possibly with a tee peeking out from underneath, are a new trend of the season. Then, of course, there are crew necks, which never seem to go out of style. Henleys, whether collared or un-collared, are incredibly popular for winter. Another excellent way to layer is to wear a tee under a henley with the few top buttons left undone. Zip-up, mock neck sweaters are also good for layering.

For the most part, solids won over patterns or stripes this season. However, completely solid can be boring, so selectively placed stripes or checks

can easily break up the monotony without an all over pattern. Thick stripes traveling done the side of the body from under the arms, or even beginning on the sleeve, are a new way to spice up classic tops. They create a slimming look, making the body appear lean.

Chic suit jackets worn over casual tee shirts and paired with jeans create a casual yet cool vibe. The trick with this look is to keep it casual; keep the shirt untucked and try some distressed jeans. Suit jackets are a current major fixture at both Express and Armani Exchange. They were also seen on numerous runway shows including DKNY and Marc by Marc Jacobs.

When it comes to accessories, it is all about the hats. From baseball hats, sporting the logo of your favorite sports team, to the newest trend of knit brim caps,

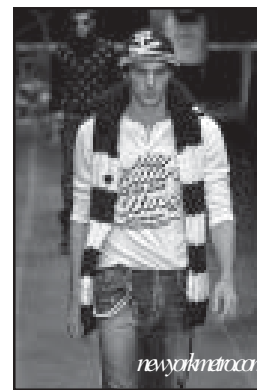
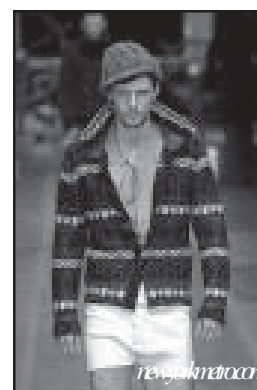
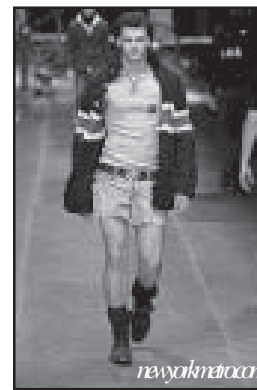
a hybrid of beanies and baseball caps which block out the cold and the sun's rays, headwear is the most important accessory for any guy. Abercrombie and Fitch and Hollister both offer wide selections of headwear, as does Express Men.

A unique look from the Prada runway, along with many others, was leopard prints. Such exotic prints are new to men's clothing. Many coats, sweaters, bags, and scarves were adorned with leopard prints. Along with exotic prints, furs were also popular this season. However, fur is best as an accent on a collar or cuff as opposed to an entire coat. Plaids and argyles were also popular prints for this winter. To keep these prints from looking too much like a stereotypical "uncool" teacher, pair a plaid or argyle sweater with a white collared shirt and destroyed jeans.

An unlikely winter trend is shorts. Many guys have sworn to bare their legs all winter, no matter how cold. The question is why a person would wear shorts in such frigid weather. One possibility is to prove that they are so tough that they don't get cold. Perhaps, they simply like the way it looks. As far as fashion is concerned, it is definitely a statement.

As far as outerwear is concerned, there are two main fixtures this winter. The first is the classic, puffy, insulated coat. This style even seems to be spreading with many designers' collections including insulated pants, vests, shirts, and even ties. The second outerwear must-have of the season is the trench coat. The most wearable trench coats are mid-thigh length in either wool, or shearing for something different.

Men's fashion sees small, subtle changes every season. This season, fits got a little tighter, colors got a little darker, and everything got a little dressier.



January 2007

Love hurts

By Maria Malachowski

STAFF WRITER

The beginnings are subtle. Love, excitement, and romance are on high. A playful shove, an innocent tease, and a watchful eye may easily be dismissed as purely a relationship in bloom. Yet, steadily with time, what was known to be a flirtatious gesture may escalate into undesired activity such as threats or intimidation. Nonetheless, this results in an emotional low. Without any notice, your happy-go-lucky relationship is in shambles. Your partner is abusing you mentally, physically, or sexually, and you simply are at a loss.

"Love hurts," is the saying but, love and abuse do not belong hand in hand. Statistics show one in three teen relationships are abusive and 36 percent of teens have reported violence in their relationships. Abuse takes shape in many forms: mental, physical, and sexual. Once manifested in a relationship, love is no longer the bonding factor. When jealousy comes into play, it may seem flattering and can even be



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mistaken as intense feelings of care. However, excessive jealousy and controlling behavior do not indicate affection by any means. Teasing, bullying, humiliating others, putdowns, and betrayals do not leave any visible scars, but the emotional damage is far worse. Moreover, physical abuse, such as hitting or kicking and unwarranted sexual advances, do not characterize a healthy relationship. Once a relationship has reached this level, it becomes a battle for control and power, and you have been reduced to the underdog.

Too much love is abuse. Abusive individuals are often especially dependent upon their partners for their sense of self-esteem and must control something accessible, such as a relationship, to maintain power. "If you love me you would..." the abuser may often demand.

Attempts would be made to direct all aspects of your life, such as your appearance, your social life, and even what you say. These frequent humiliating remarks may leave you feeling worthless and will lower your self-esteem while theirs receives an ego boost. They may twist the truth to place the blame on you for their actions and demand to know your whereabouts at all



www.theyuion.com

times, becoming jealous when you want to spend time with others. Abusive relationships can feel confining, particularly if the consideration to abandon the relationship ends in coercive action, or a threat of harm to you or themselves. "I was so manipulated, and I guess brainwashed into thinking I loved him, and I couldn't get anyone better," reveals a victim of abuse. Healthy relationships, on the other hand, involve respect, trust, and consideration for the other person and should not diminish your self worth for the sake of raising that of another.

Denial of the facts clouds the reality and hinders a safe exit to what can become a potentially dangerous situation.

"People don't accept it [abuse], they justify it," reveals LHS social worker intern Christine Salz. "No one deserves to be abused," continues social worker Melissa Levy, "for any reason." The victim under the abuser's scope must be aware that it is not their fault and that they are definitely not alone. Request "reality checks" from others if you have suspicions of an abusive partner and maintain outside relationships to avoid isolation. If the "love" you share involves fear, a swift departure is in your best interest. An apology and flowers after a brawl does not erase mistreatment. Although Christine Salz admits, "There's no like, real specific cause why someone beats someone up." It is personal issues within the attacker such as mounting

stress or past conflicts that shape their anger and inflict it towards others. "They can just have a temper too that they can't control," adds Levy. To the abuser, nothing exists outside themselves. Love could be a common term; however, to them, significant others are simply objects. It is frightening when they lose control over a significant other, and hence, their grasp over you tightens.

VIBS, the Victims Information Bureau of Suffolk has been introduced to LHS to discuss healthy relationships and dating with the ninth grade girls' gym and eleventh grade health classes. It seeks to assist survivors, raise community awareness of the need for justice for the victims, and above all, to prevent such crimes through education. Even though you may be embarrassed or ashamed of the situation, or you may feel like you have nowhere to turn, family and friends can lend a helping hand. Counselors, doctors, teachers, coaches, and ultimately anyone with whom you share a close relationship can assist in the escape. The LHS Social Workers' office provides a safe resort for victims. "They can walk in if they are concerned about a friend or anyone else. We accept walk-ins. Don't be afraid to go to your guidance counselor or teacher. We're a nice group of ladies," jokes Levy. Depending on how they find out about the student, the severity of the situation,

if their parents are aware, and whether the student acknowledges it, a parent phone call or a reference to an outside counselor may be in order. "It's all in the best interest of the person," reveals Levy though, "confidentiality is broken if you're hurting yourself or someone else is hurting you. We have to meet the students at their level and help them get out, so they don't enter another." The phonebook is another practical resource by listing at least a hundred of crisis centers, teen help lines and abuse hotlines, if privacy is the case. Asking for help is not a sign of weakness, but rather shows courage for defeating unjustifiable oppression. "Get out as soon as you can, you can't do it on your own," the anonymous source advises.

If you are a victim, to receive free confidential counseling and referrals visit www.longislandcrisiscenter.org or call the VIBS 24-hour hotline at (631) 360-3606.

Dangers of dieting

By Justin Berkowitz

STAFF WRITER

Atkins, Zone, Weight Watchers, Jenny Craig and South Beach. These are just a few of the popular diet programs that are out there. These diets claim that if you follow their instructions, all of your weight problems will melt away. Skinny men and women proclaim on commercials, "I lost 98 pounds in 10 weeks!" However, many of these diets have problems of their own. In reality, these miracle fixes are miracle killers.

The Atkins diet is a low-carbohydrate diet. It tries to remove carbs from your diet so your body will use your fat for energy instead of burning carbs like it normally should. This diet has become extremely popular, with almost 30 million people following low-carb diets. Many food companies have also cashed into the Atkins trend,

making special products that are low in carbohydrates. The logic behind the Atkins diet is sensible when you really think about it, but the elimination of certain foods can cause a lot of problems. The short term effects of the diet include poor concentration, low energy, dehydration, constipation and bad breath. This state of suffering is known as ketosis, and Dr. Atkins says that this is necessary for the weight loss to work. The heart and brain also prefer running on carbohydrates, so they will not function as well as they should. Manny Noakes, the chairman of the Heart Foundation, said, "The Heart Foundation

does not recommend that the Atkins diet be used for a long period. People with cardiovascular problems should not use the diet." On the brighter side, some of the foods that weren't banned from the Atkins diet are actually beneficial. These foods help protect against cancer, osteoporosis and heart disease.

For athletic performance, one of the most popular diets is called The Zone Diet. This diet follows a 40/30/30 theory based on your body's insulin chemistry which says that the food you eat should contain 40% carbs, 30% proteins, and 30% fats. The lack



www.lpstick.com

of carbohydrates causes many of the same problems seen in the Atkins diet. In addition, the portions that people on the Zone Diet live by are similar to the diets that many of the people in our society eat already. We're talking about a society where 30 percent of our youth

are overweight and 15 percent are obese. Being overweight is when you have too much body fat but are not in mortal danger, and being obese means that you weigh so much that you are at risk of dying.

Probably the most important things to stay away from are those infamous diet pills such as Metablife and Herbalife. These pills are actually killer pills because they contain a drug called ephedrine which is a dangerous, addictive drug that is illegal for high level athletes. It increases the risk of major medical complications such as strokes, seizures, and heart attacks.

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Diagnosis disasters

By Kristen Laino

STAFF WRITER

Every year, millions of Americans visit emergency rooms and hospitals exhibiting symptoms consistent with any number of illnesses or health conditions.

Now, as we all know, word of an illness is devastating news, but is it more devastating not to hear it? When doctors fail to run the proper diagnostic tests or accidentally misdiagnose heart attacks, meningitis, bleeding ulcers, and strokes, the consequences can be overwhelming for patients. It is estimated that about 98,000 people die every year from medical errors and misdiagnoses. Believe it or not,



www.compcaregroup.com

that's more than the total amount of deaths from car accidents, cancer, or AIDS.

Not only is it devastating to a family to hear that they have been told the wrong news for months or maybe years, but it can also be very harmful to patients. Many life threatening diseases need immediate attention, and if they are neglected for even a month, the long term consequences can be dreadful.

One example is FOP, or fibrodysplasia ossificans progressiva. FOP is a rare connective tissue disorder

that affects one in every two million people. There are about two hundred known cases in the United States. FOP can often be inaccurately identified as cancer. Many patients with FOP have been put through painful and potentially harmful

biopsies that would usually be performed on cancer patients. This is simply because only 10 percent of doctors in the U.S. know about FOP. Even many medical textbooks only touch upon the rare disease. Studies show that 87 percent of the time, FOP is misdiagnosed. Because of the nature of FOP, any incorrect treatment can speed up the permanent loss of mobility. The diagnosis for this disease is simple if

the doctor knows what to look for. FOP has distinguishing features and can be diagnosed by asking a few simple questions.

Misdiagnosed medical conditions often result in complications that lead to a need for further medical treatment and time away from work. One of the disappointing things for patients to hear is that, most of the time, being misdiagnosed can be overlooked for many years. Many of these cases happen because of small, seemingly insignificant mistakes, or the simple lack of an important test.

Flip flops pose health hazard

continued from pg. 1

count in men and attacks the liver, kidneys or reproductive organs. Flip flops have a lot of hazards for flat feet. Experts say the flatness of the shoe is the main problem. Experts also say that the shock of moving from heels to flat shoes puts extra pressure on the heel of the foot and blisters start to form along the top of the shoe or flip flop.

If you just can't seem to give up your collection of flip flops, here are a few suggestions to help protect your feet. Wear flip flops in



moderation. While most experts advise not wearing flip flops, many do advise, however, that occasional wear poses few dangers to your feet. Therefore, avoid wearing flip flops for a long period of time. Choose flip flops that provide support for your feet. Invest in shoes that offer a sturdier surface with built in arch support. Those soft spongy flip flops may seem very comfortable; however, avoiding them would be the best choice because the soft material doesn't provide enough protection from rocks and other sharp objects. Consider different styles of

sandals. If your love to wear sandals, consider different styles of sandals other than flip flops. Although they may be more expensive, it will be well-worth the investment. Espadrilles, for example, provide better support and at the same time spice up your wardrobe for the summer. If it is impossible to sacrifice your flip flops, just be aware of the injuries that are caused by them. Blisters, sores, and stubbed toes may be the least of your worries; however, these injuries can lead to long term effects that may have an impact for the rest of your life. If symptoms such as heel pain, strained arches, or sore muscles begin to occur, consult with a podiatrist to prevent these minor discomforts from causing major impairments.

Dangers of dieting

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These pills become even more dangerous when they are combined with caffeine and other herbs, so someone who takes diet pills with soda could easily be killing themselves and not know it. If you stop taking the pills, you will gain back all the weight.

Probably one of the best things to do for a diet is something that most people take for granted. Exercising is highly recommended by nutritionists due to its physical and mental benefits. Exercising

can help with health and physical problems such as high cholesterol, high blood pressure, diabetes, and it can also help with obesity. It also helps your brain to think better, and it can combat depression and anxiety. Exercise is also something that is very quickly done, taking only an hour at most, and there are many different kinds of exercise, ranging from weight training to jogging.



In our society, people are fixated upon the weight of others. The beautiful models we see on TV and on our magazines cause most of us to set unrealistic goals about our weight. Consequently, many begin to suffer from eating disorders such as bulimia and anorexia nervosa, dehydration, or ketosis. Many people say that they actually do work, it's best to stay away and use common judgment on how you should lose weight.

Fashion you can afford

continued from pg. 12

accessories all for great affordable prices. They offer a great section of winter coats, jackets and shoes. Both stores are owned by the same company and have many similarities in the clothing they carry. Many of the brand named clothes they carry are sometimes called "factory rejects." These mistakes are almost impossible to notice like an off center inseam or a missing button, but are not allowed to be sold in their stores. Sometimes there may not be anything wrong with the clothes at all, but their past season or clearance items are sent to stores like Marshalls and TJ Maxx.

H&M is another store to keep in mind. With reasonable prices on the latest styles and trends, H&M is perfect. H&M carries edgy clothes for both girls and guys at affordable prices. Tops and sweaters are cheaper, but skirts and dresses are on the expensive side. For guys, jeans and jackets are a bit more but, compared to most other stores, are reasonable. Latest trends for both guys and girls can always be found, and there's always a huge section of items on clearance. Guys striped sweaters and collared shirts can all be found for prices ranging from ten to thirty dollars. Girl's accessories such as bags, hats, scarves,

jewelry, and shoes in all the latest styles are priced from ten to twenty dollars. H&M can fulfill all of your necessities with great prices.

Charlotte Russe and Forever21 are stores that always carry the latest trends. Charlotte Russe has tons of trendy tops and basic skirts in affordable price ranges. Fancy tops, shimmering skirts or party dresses can all be found for great prices as well. Fancy halter or strapless tops are about twenty and basic tees or sweaters are about ten to fifteen dollars. Charlotte Russe also has a variety of shoes pumps, open toed heels, fur boots, cowboy boots all for under fifty. Forever 21 carries the latest trends and styles as well. Carrying vests, long, lacy tank tops, cowl-neck sweaters, leggings and skirts all for under forty dollars. Fancy party pieces such as silky pants and beautiful sparkling dresses can be found for prices ranging from forty to sixty. Accessories are a great buy at Forever 21 with tons of cute jewelry, head bands and fancy hand bags for under twenty

"You don't always have to have top of the line designer clothing for it to be fashionable."

dollars. Charlotte Russe and Forever 21 have great party clothes or everyday pieces for reasonable prices.

For bolder bargain hunters, there's thrift shops and trips to the city. Downtown Manhattan is a perfect place to shop. Skip Macy's and head over to any of the tons of cool vintage shops and flea markets. They have trendy pieces for insanely cheap prices. Another alternative are local thrift stores where cool vintage clothes and accessories are found at a reasonable price.

There are many alternatives for buying affordable fashionable clothing. When you want to splurge on an item, make it something you know you can wear with everything and that you would make good use of. These may include jackets, shoes or bags. You don't always have to have top of the line designer clothing for it to be fashionable. These days, stores like Target and Old Navy have greatly improved the quality of clothing they carry. Match expensive items with cheaper items for a perfect combination.

Four perfect pebbles

Continued from pg. 4

gorged themselves to death. At this early age Marion weighed thirty pounds, and her mother weighed just sixty. Marion went to a nearby clinic for burns, and they were able to save her leg.

In the spring of 1945, just six weeks after liberation, Marion's father died of typhoid. Her brother helped dig his father's own grave. Marion and her brother went to live in a secular home for children where she learned Hebrew and was fed well. On April 23, 1948, three years to the day after they were liberated, they arrived in Holbrook New Jersey. Marion learned her third new language in three years. She was placed in the fourth grade at age thirteen. Five years later, Marion graduated from high school at

the age of eighteen. She married her longtime boyfriend, Nathaniel, two weeks later. Nathaniel and she celebrated their 53rd wedding anniversary last August. They are blessed with three children and nine beautiful grandchildren.

Her book is translated into German, Dutch, Japanese, and English. Students gave her a respectful silence as she told her story and really appreciated her coming. Marion offered advice for removing hate and prejudice from our lives. She said "Never generalize. Do not judge an entire group because of the actions of a few people in the group." Nick Papetti (08) said, "Her first hand account showed us how her experiences really were, as opposed to how textbooks describe them."

Help a Lindy family in need

On Thursday morning, a house fire destroyed the home of two families from the Lindenhurst School District. Any donations of the following items would be greatly appreciated:

- Mens' size large clothing for 4 teenage boys
- Ladies' size medium clothing
- Non perishable food (snack-type items)
- Gift Cards (Walmart, Target, Hess, KMart)

These items along with cash donations are being accepted in the main office.

Thanks in advance!

LHS grafittied overnight

continued from pg. 1

"for drugs." The last type, malicious break-ins, is when permanent or long-lasting damage is dealt to the school's interior and/or exterior.

"It's disrespectful and very inappropriate and sad that kids have to do that" stated Donna Deptuch, Administrative Assistant of

Discipline at the Lindenhurst High School. Although building administrators quickly began an investigation of the event, the reasons behind the vandal's or vandals' graffiti may not be known, or even the person's identity may not be discovered, but what is made clear and apparent is the ignorance and immaturity of the person or persons involved.

Joke Corner!

Submitted by Megan Stanton

Q: What do snowmen eat for breakfast?
A: Frosted Flakes!



Q: What did the math teacher have for dinner?
A: Pi

Q: How do you make cool music?
A: You put CD's in the fridge.



Q: How do you get straight A's?
A: By using a ruler!



January 2007

Varsity cheerleaders are on the rise

By **Stephanie Moss**

EDITOR-IN-CHIEF

This year, the Varsity cheerleading team worked their hardest through the summer months up until the very last second before their first competition. After much blood, sweat, and tears, it was all worth it when that first competition came, and they were beyond ready.

On December 10th, the Lindy cheerleaders competed at Walt Whitman High School. In a full competition, they faced off again some of the toughest teams on Long Island including Sachem North, West Babylon, and Kellenburg. However, the girls were prepared and willing to do whatever it took to go home with a trophy, which was obvious in their performance.

When the music switched on, so did the smiles. With unwavering confidence, the Lindy cheerleaders proved they have both spirit and talent. The girls brought everything they had to the competition, from the most challenging stunts to incredible tumbling passes.

While many of their other teams experienced falls and safety infractions with girls hitting the mats, Lindenhurst hit every stunt and stuck it, with only two mere bobbles, an amazing feat. The only slight mishaps were one stunt group not coming all the way around on a double down and one not being able to arabesque and instead keeping a dead leg. The girls delivered an otherwise perfect routine. The judges had only positive comments on Lindy's routine including that they made good use of their signs, had good variety, and were very clean. The girls could not have hoped for a better end product.

When the cheerleaders left the competition to return home, they carried with them a well deserved trophy. The girls had come in fourth place, earning them a much desired bid to the Large Varsity Finals on February 4th.

For a large majority of the team, this was their last first competition. This year's seniors included captains JoAnne Palmieri,

Brittany Logan, and Lauren Gustavsen, along with April Dessimini, Danielle Digerlomo, Nicole Dobert, Gina Donato, Sara Freund, Courtney Guilfoyle, Stephanie Moss, Jaclyn Napoli, and Danielle Reddington.

The Lindy cheerleaders' second competition of the season took place at Hauppauge High School. Sachem East and Smithtown West made for some fresh but equally tough competition. However, the girls were unaffected and once again delivered a near perfect routine. Interestingly enough, the same two mishaps occurred once again, but this time in different stunt groups. The girls received cheers from the crowds in addition to accolades from the judges. The judges reported that they had strong voices and nice jumps.

The results of their second competition did not leave the girls nearly as happy as the results of their previous competition. While circled on the mat, waiting for the awards, the girls linked arms and held their breath. They had received numerous assurances from onlookers that they had definitely placed and were expectantly waiting.

To their disappointment, however, they did not receive a trophy that night. This news was met with frustration and outrage. Lindenhurst had come in sixth, behind teams who had had numerous serious falls and deductions. Fans from other schools were even noted making comments that Lindenhurst deserved to have been scored higher.

One new rule that worked against the Lindy cheerleaders was that if any one girl did not properly complete her back handspring, the team would receive a zero for team tumbling, a necessary element in every routine that is scored out of ten points. This, combined with a few other minute mistakes such as momentarily stepping off the mat, cost the girls a trophy that had been well within reach.

With one more competition approaching on January 13th at Freeport, the girls are pumped and ready to win. They have made themselves a threat and a real player this competition season and looking to hold onto this position. They have high hopes for the rest of the season and firmly believe that this is Lindenhurst's year.



Lindenhurst cheerleaders perform their routine at Walt Whitman competition

Girls winter track starting strong

By **Jemibayo Agunloye**

BUSINESS MANAGER

Girl's winter track has started on a promising note this season. A major addition has been made to the team with the help of Lindy's Physical Education teacher Mr. Cioffaletti. Casually known as Coach C, he has been a runner for five years and has proudly participated in various marathons such as the Philadelphia and New York Marathons. After finishing up the season with Lindenhurst's own cross country team, Coach C has joined Mr. Gosline in guiding this season's team to victory. Mr. Gosline states, "I'm happy to have an experienced runner help out like Mr. C."

For the winter season, this year's team consists of returning players who have brought mind blowing times in the past. Ariel Wharry ('09'), Amanda McKenna ('09'), and Sarah Boujida ('09) who has unfortunately not been able to run this season due to her healing knee injury. The team has grown this year and the competitive level has done the same.

At the team's first track meet, Maureen Byrne (Moe '07) brought in a great victory running the 300 meter dash in 48 seconds. Her headstart towards victory also led to the team's second open competition on Dec. 9th. With Lindy up against various schools, there were some remarkable victories. Rachel Blum ('10) and Rihanna Conger ('10) showed dedication and effortless speed in their events. Rachel took second place in the 400 meter dash with a time of 70 sec. Rihanna came in second as well in the 55 meter dash coming in at a time of 10.6 sec.

The team's major highlight of the day was their win in the 4 by 1 relay. The four runners were, Jemibayo Agunloye ('07), Rihanna Conger, Amanda McKenna, and Ariel Wharry who flew into first place. During the relay Rihanna headed off an amazing lead against the other competitors. With Ariel running the last leg of the relay, the pressure turned up. It appeared as if she slowed down, but with the jeers and shouts of encouragement from the team, Ariel stirred up the energy to finish first. These girls ran this relay in the time of 1.58 seconds. Other victories in the team's third competition came from Lauren Salvia ('07) who completed the triple jump reaching 6'24" and Dana Spaeth ('08) running the 3000 meter in 12 minutes 8 seconds.

The girls winter track has proven they know the meaning of team spirit. The girls have made everyone on the team feel comfortable no matter where they place in an event. From the looks of things, it appears that everyone on the team offers their own special something.

NBA all star weekend to be held in Las Vegas

By **Eric Vaughn**

SPORTS EDITOR

For the first time in NBA history, the league's all star weekend will be held in a city without a major NBA franchise. Las Vegas was chosen to hold this year's all star weekend. Even though the city doesn't have an NBA franchise, it is an opportune spot for all star weekend. Millions of people are drawn to Las Vegas for its legalized gambling, popular dinner shows, and beautiful casinos. Now they will come for the NBA all star game. Las Vegas has held professional boxing matches before and is ready for the rush of tourists for this event. Even though the event has never been held in their city before, it is no stranger to professional basketball. It has held thirteen regular season NBA games since the Chicago Bulls and the Utah Jazz first played

there in 1983. Kareem Abdul Jabbar broke the NBA scoring record there in April of 1985.

The NBA all star game will start with the rookie/sophomore game on February 16th, 2007. The rookies of last year and this year will play representing either East or West. Some potential rookie all stars are Bob Morrison of the Charlotte Bobcats, Brandon Roy of the Portland Trailblazers, and Rudy Gay of the Memphis Grizzlies. Sophomores from last year who are eligible for the game include Nate Robinson of the New York Knicks, and Chris Paul of the New Orleans Hornets.

On February 17th, the smaller competitions will take place. No actual games will take place, but competitions in certain events will. There will be the Skills challenge, where the NBA's top guards will

be competing in a series of events including passes, long range shots, and agility drills. Afterwards, the three point shoot-out will start. The evening's grand finale will be the slam dunk contest. Last year's slam dunk competition was won by Nate Robinson of the Knicks, when he jumped over the 1986 winner Spudd Webb. The only other person to ever win the Slam dunk contest was none other than the man he jumped over, Spudd Webb.

All star weekend will end on February 18th with the playing of the 56th annual NBA all star game. Players can be voted on by visiting NBA.com and play representing either of the two conferences, either East or West. With all this classic excitement in a new setting, this has the making for the greatest all-star weekend ever played.

Attention Photographers!

If you have any sports photos from Lindy games, especially action shots, and would like to see them published in the CST, please submit them (digital files preferred) to Mrs. Truglio (Room 210) with your name and homeroom.

Boys Basketball 3-1
Girls Basketball 0-5
Bowling 4-1
Boys Track 1-5
Girls Track 0-6

The Charles Street Times
SPORTS

Var. Cheerleading
place 4th at Whitman
Competition
Var. Kickline 4th at
Half Hollow Hills East
Boys Swimming 1-2

Girls basketball season starts off rough

By Erin Donahue
MANAGING EDITOR

The girls' varsity basketball team has begun their season determined to improve scores from last year and focus on enhancing specific skills as well as overall unity in the team. Under the guidance of coach Gregory Flynn, one of the youngest teams in the league faces the challenge of adjusting their four sophomore and one freshman players to the varsity level, but the girls are certainly rising to the challenge. Due to two key injuries to older players, the team has to focus on integrating its younger players into the game. Flynn's experience as a player is a great advantage to the team, allowing him to "break down the game into specifics". "As a former player it's easier for me to see where things are wrong. I try to focus on the specifics as well as the overall game," he said.

The team's first game was on December 5th against Smithtown West, ending with a score of 57-26. Key players of the game included Stephanie Price ('07) and Christina Zajac with two rebounds and four points each. Megan Mehm had one rebound and scored two points, while Maggie Cronin ('07) made three assists and scored three points. Marisa Poggio ('09) had two rebounds, one assist, and scored nine points and Urana had two rebounds and scored four points.

The team is planning on maintaining their methods to continue to enhance the team as a whole. The girls are determined to win a few league games this year and are working extremely hard to reach their goal. Not only are they revamping the way they play, but the way they practice as well to help

with their skills and performance as a team. "Our team has very good chemistry, and the girls are all friends. They have positive attitudes and enjoy hanging out together. They present a united front, and that is key to the game," Flynn noted.

On December 7th Lindenhurst played West Islip with a score of 44-16. Price had two rebounds and scored five points. Mehm had two rebounds as well and scored four points. Christina Zajac had two rebounds and scored four points, while Urana had one assist and scored one point. Poggio had two assists and scored two points.

One of the best advantages of the team is the effort that they give. They play hard and teams know that they're in a game when they play Lindenhurst. The Lady Dawgs are not an easy win and make their opponents work for every point that they get. The girls have undeniable heart and determination.

On December 12th Lindenhurst played Wantagh, finishing with a score of 49-24. Price had two rebounds, made one assist, and scored five points. Zajac had one rebound and scored two points. Urana had two rebounds, made three assists and scored seven points. Rebecca Gumowski ('08) had one rebound, made one assist, and scored three points. Poggio had three rebounds, made one assist, and scored seven points.

On December 14th the girls played Roosevelt with a close final score of 41-39. Price had four rebounds, made five assists, and scored fourteen points. Mehm had one rebound and scored two points. Zajac had one rebound, made two assists, and scored four points. Urana had four rebounds and

scored eight points. Gumowski made two assists and scored two points. Poggio had two rebounds, made four assists, and scored nine points. Three-pointers were scored by Price and Poggio.

On December 18th Our Lady of Mercy competed against Lindenhurst with a final score of 57-29. Mehm had one rebound, made one assist, and scored three points. Urana had one rebound and scored two points. Gumowski had six rebounds and scored twelve points. Hoscke had one rebound and scored two points. Poggio had three rebounds and scored six points. Kristen McGloughlin ('08) had two rebounds and scored four

points.

Under the guidance of the older players, the younger members of the team are learning a lot about the game. Captain Price provides great leadership. Center Gumowski protects the basket and rebounds well. She has wonderful enthusiasm and spreads this to her teammates. Poggio handles the ball well and controls offense. With improvement, they will have success on the scoreboard. "They are a work in progress and improving every day. For many of them this is their first experience on the varsity level. These girls are hard workers and I know that they will succeed," said Flynn.



The girls hustle the ball on offense.

Kickline keeps on kicking through injuries

By Brittany Warde
STAFF WRITER

Kickline is a sport that requires the team members to be able to come to practice and want to win. Nothing ever gets accomplished if you doubt it will happen. The girls on this year Kickline team believe just that. You must strive to win, not think that you are any less of a team than your competition. In past years, the hardest competition for this team has been Commack. This year Commack is not in the same category as our team. This year, the team hardest competition in their division was Hills East. Coach Ancona, along with this year's captains Dhalia Puri ('08) and Nicole Giovaniello ('07) have drilled the girls and worked them harder than ever. This year's team has 16 girls,

a lot less than the previous year's. This year's team includes Lisa Castellano ('08), Melissa Coffey ('10), Gloriann Coziere ('09), Heather Creegan ('09), Kristen D'Altorio ('08), Kaitlyn Gallagher ('08), Nicole Giovaniello ('07), Danielle Leone ('09), Gabrielle Marino ('10), Crystal Marrocco ('08), Dhalia Puri ('08), Nicole Rizzo ('08), Arielle Stephenson ('09), Brittany Warde ('08), Kristen Whelan ('09), and Stefanie White ('09).

This year's Varsity Kickline team has been working their hardest to prepare for the earliest competition the team has ever entered. The team has never entered a competition before mid-January. Prior to their first competition, the girls went through rigorous practices and had to change several things in their routine, despite many injuries the week

prior to the first competition. The girls have worked extra hard at practice making sure everything was accurate and precise to please this year's competition judges.

The girls' first competition was on December 17th. The girls put their time and effort into the routine the week prior to this competition although this was quite a small competition compared to past ones, considering how early it was in the season for many teams it was but a very hard one to say the least. When the day of the competition came, the girls' were ready to show off what they worked so hard for. Unfortunately, the girls dream was shot down. They came in 4th place and were less than a point away from placing in their first competition ever. The Lindenhurst Kickline

team has never placed in a competition before, but this year's team looks like a very promising one to break the streak. They now know that in order to beat the competition, they have to have precision, sharpness, energy and be so together that they are like one. Competition is a test of what the girls have worked so hard on and to show the judges that they can be the best. They are back and more prepared this time to take on the competition. All the girls are back and well. This time the girls will have a better chance because this time they are all together. Through all the injuries, drama and disappointment, this team has sure pulled together nicely. They have had three months together and they are already acting as a close knit family.

Lindy Home Games

1/11 - Girls Basketball vs. Ward
Melville
- Boys Swimming vs. Harborfields
1/12 - Wrestling vs. Longwood
1/16 - Boys Basketball vs. Pat-Med
- Bowling vs. Copiague
1/18 - Bowling vs. West Islip
- Boys Swimming vs. Deer Park/ NB

1/19 - Girls Basketball vs.
William Floyd
1/25 - Boys Basketball vs. Brentwood
Bowling vs. North Babylon
1/26 - Swimming vs. Sachem
- Wrestling vs. Ward Melville
1/27 - Wrestling vs. Newfield
1/30 - Boys Basketball vs. Longwood