

What Will You Accomplish In 2017?

By Maia Noah

The year 2016 is off to an end. A brand new year is quickly approaching. And, with this new year of 2017, set goals, aspirations, desires. What do you want to do differently? What do you want to improve? No matter who you are, you can always change something. Reevaluate your life decisions this holiday season.

Make a firm decision that you are capable of going through with on whether or not to do something. Set standards this year that you will live by. For instance, some popular resolutions used frequently include goals on eating healthier, getting better grades in school, or even being a better person overall.

Junior Emily Dauth comments, "Setting goals is a very important part of a new year. It allows you to become the person you want to be, if you didn't happen to achieve that in the previous year. That is my goal, to become a better person. I think that is the best resolution anyone can reach for."

Little things that you can alter can make a big difference. Another common resolution that majority of people can jump on is to stop procrastinating. Stop leaving everything off to the last minute. Procrastination is a major obstacle when it comes to achieving a goal. People have a tendency to put off their mandatory work due to a desire to just sit back and relax. Change this. Do your work first so you don't have the stress of it floating over your head while you are relaxing. If this is followed, stress levels can decline dramatically. It is proven that procrastination is a main source of stress.

When Harborfields High School students were asked what their new year's resolutions for 2017 would be majority of students said to get better grades and to be a better person overall. Eating healthier, more nutritious food was of course still a prominent resolution.

So, what will your New Year's resolution be? Come up with something great and stick by it. That's all a new year is about. Change in a positive way.

Becoming a Better Person This New Year

By Sarah Leveque

Typically, the most common New Year's resolution is to get healthy, exercise more, and/or to lose weight. The fact that they tend to be mostly health related is not surprising. They are often found on the top of people's lists. It makes sense since staying in shape and looking your best is such an important concept in most people's lives.

Honestly, what time of year is better than the New Year to pledge to eat healthy and exercise? Everybody gets a clean slate to start eating clean plates! The most popular resolutions following usually include getting organized, living life to the fullest, taking up new hobbies, and spending less and saving more.

But surprisingly so, for 2017 there was one more resolution that happened to be more popular than eating healthy, staying in shape and exercising!

What was this shocking, popular resolution? According to the Marist College Institute for Public Opinion, it was being a better person! It topped weight loss for the first spot since 2014! This comes as a surprise when typically the most popular resolutions tends to be focused on the exterior rather than what's inside. Harborfields junior Lily Lockwood had a lot to say on the topic. "Becoming a better person was actually the first thing on my list. A lot of problems in high school start because of people just not being as nice as they could be or not being a better person. I like this resolution because it can include a lot of things and is open to anyone's interpretation. It can mean being nicer or exercising more or anything. Just being better overall." It looks like a lot of people are going to be examining what's within themselves and becoming better. Don't be surprised if 2017 becomes a year of kindness, charity, and good vibes!

2017

THE BYTE OF THE APPLE

By Alec Dobler

Apple is a secretive, outdated, innovative company that is not afraid to defy the industry. A few of Apple's products are using outdated hardware, features which were the first implemented in the industry. Many of their new technologies are never implemented into their products. With that said, why are they one of the richest and most powerful companies in the world? Their clean designs and rigorous marketing and presentation strategies are what draws in the customers; and with customers, they have a lot. So what have they accomplished? What are their plans? How are we to predict what the future will hold for the Apple product line? Well, it is actually simpler than you think. Apple files patents very often and these patents give hints as to what the next iPhone, Apple Watch, MacBook, iPad and other products will hold. All of these patents are public via the United States Patent and Trademark Office website. Also, Apple tends to hint new features in their current products, allowing you to follow the industry and pretty much guess what is up Apple's sleeve. So what does Apple have to offer in the future? In order to predict it, you have to analyze their past.

Let's talk about Apple Watch. When first announced in March of 2015, it was the new hit product of the future that everyone was talking about. Being able to take phone calls and send texts from your wrist was amazing, but you could also measure your heart rate, send health data to doctors, track your exercise, and even play games. But a lot of people were skeptical because of the tiny screen and the mere two buttons. Not to worry, Apple already thought of this. Force Touch introduced a virtual button using the OLED display. After people took delivery on their new \$400 watch, people found out that apple forgot to mention the water resistance the watch had. It had an actual water resistance for the first time on an Apple product. There was still an issue: Apps took forever to load! This was semi-eliminated with software updates but was later upgraded to a new lightning fast dual-core on Apple Watch Series



1 and 2. Also, there was a new implemented water resistance, ranging up to 50 meters. The iPhone 6s didn't have any design changes but gave us hints to what the future of Apple held. As we learned from Apple Watch, Apple is interested in water resistance. This was shown on the 6s with the extra gas kitting on the edge of the display. Apple is interested in virtual buttons with the addition of 3D Touch, an improved Force Touch technology. Instead of a push anywhere on the display, 3D Touch is on any specific area on the display; on the display, you can have more than one 3D Touch enabled feature, such as two applications with different 3D Touch specific actions. Now, the device was found to have hints as to what Apple has been developing. The iSight camera was upgraded to 12 megapixels capable of recording 4K at 30fps. There was also a brighter LCD display included. The biggest feature that was hinted during the iOS 10 beta stages was that if your iPhone or charger was wet, you got a warning. This was probably the biggest giveaway that proved Apple was striving for water resistance on the new iPhone 7. Again, there are no major design changes on the new iPhone 7. Yet, they made major improvements that made it on par with its direct competitor: Samsung. For more than two years, Samsung has had IP68 water resistance on their flagship Galaxy smartphones. iPhones now have an IP67 water resistance. Apple is utilizing their new quad-core A10 Fusion chip, making it the fastest phone on the market. Of course, Apple has made their LCD display brighter, but a lot of questions persist given that many other manufacturers have utilized OLED display panels, which can display darker, more enhanced colors. Now, the biggest change is the removal of the 3.5mm headphone jack. But what is the new solution? Apple - being the sneaky, secretive company they are - is now adding new wireless AirPods starting at \$159.



Being Safe on New Year's

By Rebecca Interdonati

Everybody is out and about trying to get in their last moments of the year. There are people partying and celebrating the excitement that the New Year has in store. While New Year's is an enjoyable day with friends and family, you also have to keep in mind that safety comes first and it is important that you stay safe. There is a lot going on and it is easy for you to get caught in the confusion of events. Whether you are at a venue, or at a simple social gathering, you are bound to be around of many people and things can easily go wrong.

It is very important that you stay close by friends and family. Especially if you are in the city watching the ball drop, you should definitely stick close by to people you know. If you are scrunched next to strangers, you can never predict what they will do. It is better to be with a friend to protect you than being by yourself. Another trick that is often used by party hosts is having a key basket. As each guest walks in, collect their keys!

The only way they can get them back to drive home is if they are able to. This can be very important on a large scale because it prevents accidents from happening and it stops them from having poor judgement and driving home. If you are under the age of 18, make sure you get your parents permission on where you are allowed to go and be aware of limits and consequences.

When asked if she tells her parents about her plans, Jillian McGuire replied, "I always tell my parents about my plans ahead of time so they know where I am in case I need them to come get me." If you feel uncomfortable, or if you can sense harm, then let your parents know and have them pick you up so you do not get hurt. So be safe this New Year's and have a good time and cherish all the memories you have made in the past year.

By Johnny Gadamowitz

January. It is finally here. A clean slate. However, many things here at Harborfields High School seemed to have picked up right where they left off in 2016. As we move deeper into second quarter, the year seems to not only be progressing, but moving by excessively fast as well.

Unfortunately, you can't have the good without the bad. The later portion of this month will be plagued with one word: Midterms. The halfway point of the year will as be feared for designated week where there won't be any classes, but instead tests will be administered Monday-Friday. Whether you are a freshmen new to midterm week, or a senior who has been around the block a couple of times, one thing is clear: Midterm week is NOT an enjoyable experience.

Outside of exams, there is a lot of buzz in the air, probably headlined by Playfest this upcoming weekend. Playfest is an event ran by the Harborfields Theatre Company, that very well may be the most attended production of the year that they put on. Each grade writes and performs their own play, and it is always a favorite of people around the building. Not only will there be 4 fantastic shows, but there will also be superlative awards as well as a senior skit put on by the leadership class.

Elsewhere in the world of extracurriculars, winter sports season is in full swing. Both boys and girls basketball are at the top of their game, neither of them with a league loss as of yet. They look to ride last year's momentum and hopefully get even deeper into the playoffs come March. Winter track is putting together yet another impressive campaign. Wrestling, as well, is making headlines. Spring sports are right around the corner, and some teams have already begun holding workouts.

On a bit of a broader view, the Harborfields PTA Variety Show is set to take place on the 26th and 27th of January. The Variety Show is always a fun community gathering where children and adults alike can display their diverse talents.

To conclude, there is certainly a buzz in the air with the new year coming in hot. The most important thing to take away from this: get involved! Regardless of what is, get out there and help, even if it means stepping out of your comfort zone. You never know what might happen.

Fresh Start

HYPE NIGHT

By Christina Kohl

While it is very true that plenty of school-spirited events go on here at Harborfields, sometimes we could use a bit more HF Pride. That's why the Leadership Class and Student Government have organized "Hype Night," an event that will bring the HF family together, even in the cold, dead of winter.

So what exactly is Hype Night? For the first time in a while, both the girls and boys Varsity basketball teams will be playing home games, on the same night, at home. This occurrence was a perfect generator of spirit, a great way to kick the school year back into excessive amounts of green and white.

In order to make students feel really a part of this night, leaders of HF have decided to turn it into something that can benefit everyone. Yes, not all students at Harborfields play basketball or like to watch it; but all students do like shortened periods during the day. What better way to raise HF Pride than to hold an event in the gym during the actual school day? During eighth and ninth period, all students and staff must attend the gym and take part in the first half of "Hype Night." Once again, what exactly will go on?

HF is taking a risk by starting this new tradition. The seniors especially want to make a mark on this school, so even if they have to explain their message and get people involved, they will do just that.

Students have the ability to sign up at the Wall of Scholars to play in a basketball-related game eighth and ninth period. Whether it is a \$100 shot, knockout, or sharks and minnows, this is a fun and interactive way for kids to take some time off from school. Better yet, the Leadership class has asked teachers to get involved as well. Imagine watching your favorite teacher dribble as fast as they can across the court? There's more; six staff will play in a three v. three game. Things are going to get really interesting and exciting, for both those

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is to bring why after all in the school to town. But town for a slice of pizza and then go home. We want them to come back and watch the Varsity girls and boys play. This migration to town acts as a break from hanging out in the gym - the goal is for every student at HF to come back, and support our players once they play East Islip!

Senior Maria Panettieri informs, "being a part of both Leadership and Student Government, I love watching as more and more students and staff commit to something new. I really want our school to keep running this event every year in the future, even if it doesn't work out that both the girls and boys teams play at home on the same night."

That is exactly the other important focus of "Hype Night." Starting something new, carrying out a lot of HF Pride, and generating school spirit. The seniors deserve to leave a significant mark on Harborfields High School after all the work that has been put in.



Harborfields boys' varsity Basketball team.



By Rebecca Interdonati

The most wonderful time of the year is almost here! The holiday season, is when the stores are busy, and sales are popping, and everyone is getting their last minute gift shopping in. The streets are lit up, houses have various decorations and blow ups and Christmas lights, and fake reindeer on the lawn.

But when you step into the building of Harborfields High School the festivity seems to vanish! Although the holiday season is here, the halls are empty! We can use a little holiday spirit to get everybody in that holiday groove.

"I think it would make a good change in everyone's day to see holiday decorations as we go through our long dreaded hallway walks," says Emily Dauth who agrees, that the holiday spirit indeed should be shown at school more. Aside from the holiday spirit, the decorations may boost people's positivity throughout the day and make everyone's rough day just a tad better, even on Monday mornings.

But what can we do to make the school more holiday spirited? To make it fun and more of a competition for everyone, just like for home-



coming / pep rally, each grade can be assigned a hallway and whichever grade makes its hallway the most festive wins a special prize. I think doing this would get everyone excited to join in on the competition and try their best to win, while also making our school look awesome.

Another crazy, but fun idea would be having a school Christmas tree. To avoid people's allergies, and any other crazy thing that can happen when having a tree we can get a fake one and keep it in the cafeteria. Each grade can have their own ornament for their class that will still remain every year as a memory of them. Also students should be

allowed and encouraged to put their own personal ornaments on if they please. Also, we should acknowledge other holidays since not everybody celebrates Christmas so we can have a menorah next to the tree. To put a finishing touch on all this wonderful spirit, the week before Christmas in between periods holiday music should be played in the halls. This would be a great way to spread happiness and lots of holiday spirit!

How Are We Doing?

By Samuel Lellis

Journalism means as much to the adults and students of Harborfields as much as it does to those who produce the show. It has made the transformation from the paper that you could usually find left behind on the lunch table to now streaming daily announcements for everyone's pleasure.

Haseeb Altaf has seen a considerable rise in fame here in our school due to his iconic role as a weatherman, keeping all of us safe from the possibilities of bad weather. Without his help, we would have all been wiped out by a tornado long ago!

But how do you, the audience, feel about us here in Journalism? Our main goal here is to deliver high quality, educational news, while maintaining a level of humor to keep your attention focused. It can be hard though to guess what interests such a wide variety of students here at Harborfields High School. We need your help to tell us what you would like to see!

When speaking with Junior, Matt DiDoménico, he said, "I feel as if they could improve - to become more professional instead of a laughing stock through glitches during streaming. They should also try to promote the Journalism club

since not that many kids know about it."

We want to be able to integrate Journalism into your life as seamlessly as possible. The transition will be much smoother if we have you guys to help us. Would you possibly want to see more of our weatherman Haseeb Altaf? How about more video content featuring all upcoming events in our great school?

It is good to know that we are not profoundly into the negative with our audience. Supported by freshman, Michael Dolinsky who said, "I enjoy them, but they can be boring sometimes." Is this prove that our morning announcements are too factual? Or proof that attention spans have declined over the last few generations?

When given the option to get rid of any part of our daily show, Alex Campbell said, "No, but I would make it so that it is easier to hear them in the cafeteria and get rid of the pauses during the morning announcements."

Mr. Ambrosio in Room T5 always has an ear open on new ways to improve his passion! You could also see him in room 105 during period 3! Feel free to drop by and give him any suggestions! All criticism, good or bad, is great!



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www.hftornadonews.org



A Great Volunteering Opportunity in Our Community

By Maia Noah

All around the world, there are kids out there who are sadly not fortunate enough to receive gifts during the holidays. Little kids everywhere don't get to play with toys that ordinary kids are given, simply because their parents cannot afford them. Life isn't just about making a living on what you receive. It is about building your life on what you give as well. So, if this concept hasn't been how you have been shaping your life, start now. Make a difference. Make a change.

This season, give back a little. Help those kids. There are many charities out there with the sole purpose of donating gifts to families that cannot afford them. Some charities also contribute to those who are sick and just need a little love. These charities help to put a smile on children's faces who won't be spending the holidays in their warm home, but instead in a hospital.

One major charity is the Unicef Inspired Gifts Organization. This organization donates to schools and also helps contribute to making healthy atmospheres for those in less developed countries. As Unicef states, "A better future begins with the chance to go to school." Education is so vital in life, and everyone deserves to go to school. For the most part, in this age, your life depends on what you learn. Sixty percent of job opportunities by 2018 will require a college or higher education.

As a response to the importance of education, Unicef's Inspired Gifts Organization allows people to shop on their website for gifts that will be given directly to people in need. For example, to promote education, you can buy backpack basics for \$27.86. Unicef says that "this gift includes 40 exercise books and 40 slates for children to practice writing and arithmetic and a box of 80 pencils." These little things can make a big difference and can allow children to live to their full potential.

Additionally, with Unicef's inspired gifts you can donate by buying gifts that will allow kids in less developed countries to live healthy lives. For instance, you can buy a gift that can impact and save

lives, anti-malarial drugs. "One million people die of Malaria each year. Most of these fatalities are young African children, lives that could have been saved." We should be saving lives through little things like donations. Why think about what could have been if we took action? All these "what ifs" are not what makes a difference. We live in such a developed and for the most part wealthy nation so, \$40 here and there is not a lot. Donate, save lives, and make the world a better place.

Along with this you can also buy gifts like deworming tablets (\$24), blankets (\$60), first aid kits (\$29), HIV test kits (\$117), mosquito nets (\$40), polio vaccines (\$56), therapeutic food (\$65), and many others. All in all, lives can be saved with a little help.



Another holiday charity that is really great to donate to is St. Jude. Donating to St. Jude's Children's Hospital this year can aid in finding cures and saving children. St. Jude's Children's Hospital states that "New partners Zales, Piercing Pagoda, 7-eleven, Lane Bryant and Toys"R"Us join Kmart, best buy, Kay Jewelers, ANN INC., HomeGoods, Domino's, Chili's Grill & Bar, New York & Company, others, to help end childhood cancer." So, now it is your turn to donate. While you are shopping, if you see a donation box near the register, take a minute, and donate. Every penny counts.

Additionally you can donate to Toys for Tots. According to About Religion, "Toys for Tots is a U.S. Marine Corps Reserve Program that collects new, unwrapped toys during October, November and December each year, and distributes those toys as Christmas gifts to children in the community in which the campaign is conducted."

So, make a miracle happen, save a life, and put a smile on someone's face this holiday season. Contribute today to improve a life.

Copy Editor: Haseeb Altaf