

HOW TO EFFECTIVELY BALANCE YOUR EXTREMELY PRECIOUS TIME

By Johnny Gadamowitz

High school can be stressful, there is no denying it. Managing time throughout your high school career is a skill that is extremely valuable. Many students feel that they work hard enough during the 6 hour school day, 5 days a week. Just imagine how nice it would be to come home on say a Tuesday, with absolutely nothing going on, and no assignments to work on. For us teenagers, that seems like a near impossibility.

According to a study conducted by the LA Times, the average high school student spends 3.5 hours on homework per night. While this may seem excessive for us here at HF, it goes without saying that workloads are increasing. Then, throw in any sort of clubs or teams that one can be involved in and a student has a full day of objectives and goals. Majority of sports teams have daily practices that don't wrap up until 5:00pm or even later. While it is crucial to get involved in high school, be careful that you don't bite off more than you can chew.

While many students are trying to get involved in anything they possibly can in order to stack up high school transcripts, one may find that it is better to find one or two clubs and devote a lot of time and effort, as opposed to being involved in 6 or 7. I got a chance to speak with sophomore Adam Marino, to see what his strategies were on how to manage his after school hours. I asked him how he would describe his basic strategy in terms of how he manages his time. He gave me a detailed response to say the least. The most interesting facts I got out of his answer was him saying ; "On average I would say I work from 3:30-5:00, with a few breaks embedded here and there. However, the weekend is a different story. I usually recuperate from the long week by hanging out with friends on Friday and Saturday, and spending majority of the day Sunday banging out anything that needs to be done."

So when you come home on a Friday afternoon to a pile of textbook readings and 3 tests on Monday, remember this: YOU'RE A TEENAGER. Live a little. Yes, schoolwork is crucial to success, that goes without saying, don't let it dominate your life. Don't be the kid that passes up on hanging with friends on weekends to stay home and do hours of necessary studying. Have self-confidence. Now, I am not advocating simply avoiding homework altogether. But do not make homework your life. You work hard, and sometimes you deserve to give yourself a break.

Apple vs. Android

By Samuel Lellis

"But first, let me take a selfie." This might just be part of a popular 2013 song, but it applies more today than it ever has in past years. Wherever you go, students are always engaging in frivolous activities on their phones such as Snapchat, Instagram, and Tinder.

The only difference is what students are using when they are confronted by a teacher. It is a battle between Apple's iPhone and Samsung's Android!

When looking for the perfect phone, it is a race for the perfect amount of storage, RAM, price and overall sleekness along with convenience. Which offers more bang for your buck?

Junior, Luke Verdon, said the following, " I say an iPhone, because I don't have an Android. If given the choice between the two, I'd still go with an iPhone. It has much better performance than what I have seen from my friends Androids."

Performance might be an important characteristic, but what about the price? Not all of us have Snoopy's doghouse of cash in our pockets. Right now the two competing high-quality devices are Apple's iPhone 7 and Samsung's S7, both of which can go for \$700 or higher!

What do our consumer-students think about this? "It's a tad expensive; most small time companies will give you a better deal on your phone if you agree to use their service," says junior John Cava.

What do Android users have to say about this though? "Android is superior. Everything about it screams quality from screen size to storage space," says junior Tim Coventry. At the end of the day this comes down to a matter of preference. It doesn't matter what we use but who we are as people. We are children with a hand in our parents' wallets.



What Exactly are "Kids' Shows" Today?

By Simrah Ali

TV media is changing everyday. There are many things on your television that you wouldn't want kids seeing. But what about what you are okay with them seeing? And are kids' shows today much darker than you remember?

Shows that teenagers today remember from their childhood include Spongebob, Fairly Odd Parents, Drake and Josh, and The Suite Life of Zack and Cody. Like most generations before them, most people also say that the quality of kids' shows has gone down. Toni Moliari, a freshman attending Harborfields, says, "When I watched something as a kid, it became a worldwide trend. It's different now."

What many people also seem to agree on is that today's kid shows also have much darker undertones than shows once did. Spongebob may have had the occasional adult joke that flew over children's head, but Gravity Falls (a show that kids and teenagers alike watched enjoyably before it ended in the February of 2016) portrayed a demon terrorizing the people of a town by turning them to stone. Does this really mean they have a darker tone? Or have they "always had darker meanings", asks Keren Flores.

The other thing that students debate is whether kids' shows should focus on morals or comedy. There has been an equal amount of both answers. Marissa Bonk says they should focus more on morals because "children absorb everything they learn when they are little." Some say both, because if there is no comedy, kids may lose interest and not learn anything.

Shows today, like Steven Universe, or Miraculous Ladybug, are being enjoyed by people far above the age group that the creators target. When asked if teenagers watch shows such as those mentioned above, many responded that they did. It is easy to see that even as people get older they will still go back to their original favorite shows for enjoyment.

Almost all teens would not hesitate to tell their friends they watch Voltron, or old reruns of Scooby Doo. Jacklyn Dash reasons that "if they are your true friends, they would not care about what you watch," which is absolutely true.

Whether or not you think kids' shows are better or worse, darker or dumber, moralic or comedic, the fact is that millions of kids around the world are watching them.

So is it really the shows that have changed? There will always be good shows and bad shows, but our perception of them is constantly changing. Maybe it's not the media that is changing, but rather, our view of it.

Harbinger 2016-2017 Issue 4



@tornadonewsteam

Should Harborfields High School Have an Open Campus?

By Sarah Leveque

Like many public high schools on Long Island, Harborfields High School is a closed campus. This means that students are not to leave campus at their leisure during their free periods, not even for lunch.

However, many students at Harborfields would prefer an open campus and are not happy with our school's policy. When asked about the topic, junior Lily Lockwood said, "Honestly, it'd be amazing if our school had an open campus. A lot of us don't even eat lunch at the cafeteria and we have to pack our own lunches anyway so having the choice between eating out too is nice, especially since Greenlawn town is so close by too, you know."

With an open campus, students would be able to leave whenever they are not in class. Students like this because it gives them more freedom. If the school made it clear to students that this was a privilege, students would know that they have this liberty, and it could very well be removed and will act accordingly and will not misbehave to avoid losing the privilege.

It's important for students to be able to learn responsibility, and for parents and teachers to trust students on making smart decisions and being able to handle such a concept. When schools will put their full faith in their students, they will feel empowered to make the right decisions for their future.

But on the contrary, sometimes the idea of an open campus seems daunting to parents and faculty. They fear that this creates unnecessary risks. Students should be at school during the school hours of the day and it is the school's job to keep track of them. If students can just leave, who is supervising and who is accountable?

Junior Christina Abeltin said, "I understand the concern of the school being nervous about kids being able to leave school. But we're almost about to go to college and we're going to have complete freedom there, so it's better that they give us some responsibility and freedom now."

This can also become an issue because it can become an opportunity for children to feel as though they can cut school or class. This also gives them more of an opportunity to make bad decisions and to be at risk. If students are forced to spend the whole day at school with a closed campus, risk goes down.

Some schools resolve this conflict by having an open campus permission form. Students are required to have their parents give permission for them to leave. This works because parents have to agree to let their kids leave, rather than the school deciding for each student. Junior Riley Engelmann states, "I think Harborfields should have an open campus. There's really no reason we can't. We are a Blue Ribbon School and as long as we have our parents' permission, we should be able to leave when we're not in class."

Another simple way to find a middle ground and handle open campus lunch is to place some restrictions upon the time provided.

At the end of the day, Harborfields remains a closed campus. However, high schools should keep an open mind on an open campus policy. Much like the closed campus policy, it has its pros and cons. Based on the pros and cons, what do you think about such a policy?



Have an interest in writing?
Want your writing to be known throughout the school?
Then join the Harbinger News Team!
Contact Mr. Ambrosio for more details.



Join the Model United Nations

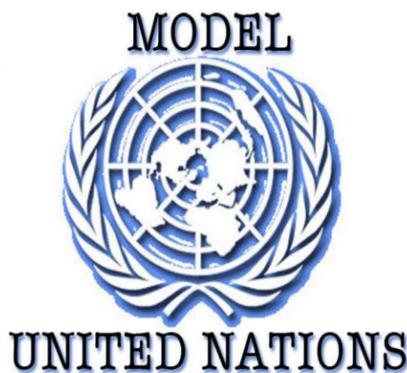
By Sarah Leveque

Harborfields High School has its very own Model United Nations club. Many students are unaware that our school offers this great opportunity to join this club.

The goal of the club is to educate students, whether it be at a college or high school level, about international affairs. Students discuss and debate affairs that the real United Nations would, acting as delegates to a nation they would represent for the event. They create resolutions and work with their "allies" to end theoretical conflicts. These events are called conferences. There are thousands of conferences schools can attend, some even being out of the country.

When asked to describe the club, Junior Ben Ciprios said, "Model UN is a group for those passionate about global politics who want to diplomatically resolve international issues."

Harborfields hosts their own mock conferences, where students come together on a Saturday morning and discuss current global issues. They discourse topics revolving around peace and security, human rights, the environment, food and hunger, economic development and globalization. Schools put their knowledge about international affairs to practice at these conferences. This year, the club will be visiting the United Nations Visitor Centre in New York City. Advisors Mrs. Greening and Mrs. McCullagh organized this trip to the city in April. If this club interests you, get in contact with the advisors because it's never too late to join!



Are You Addicted to Coffee?

By Maia Noah

Without coffee, how would one be able to procrastinate and have late night study sessions? Would it even be possible to wake up and not have a morning cup of coffee and yet somehow stay awake the rest of the day? This seems unimaginable.

No matter how you slice it, people worldwide just so happen to depend on coffee to get them through their day. Coffee fuels people. Statistics show that Sweden consumes the most caffeine (majority of the time from coffee) with a grand total of an average of 388 mg/day of caffeine. People additionally tend to become even more dependant on this caffeinated drink as they move through their years of education. How would someone even attempt to get through high school (let alone college) without coffee?

Finals without coffee? It seems impossible, so it is a good thing that majority of colleges world wide have on campus coffee shops? Now we just have to get high schools nationwide to have coffee shops on campus.

Now, if you want to know if you are addicted to this delicious beverage answer these questions:

- 1.If you only get out of bed in the morning because you know a nice cup of coffee will be waiting for you, turns out you are addicted.
- 2.If you have ever had the idea of brewing coffee with coffee, turns out you have an addiction.
3. If you've ever had a "I think I'm going need some more coffee" moment, you are again, most definitely hooked.
- 4.Ask yourself if you ever lost track of how many cups of coffee you've had by a certain point in your day.
- 5.Do you ever turn into a complete monster if you somehow get deprived of coffee?
- 6.Do you get a massive headache if you don't have at least one cup a day?

If this has ever happened to you and the answer is yes, sorry to break it to you, but you have a problem.

Junior Josh Matthews admits to having an addiction. He claims "I can't live without it! Good thing I can drive myself now to get as much coffee as I want at anytime. Whether it's 7 am, 5pm, or even 1 am. Coffee will always be there for me now. Perks of driving!" Josh is a little energetic, because he does have a problem.

But how can people improve their ways of life? The answer is not to stop drinking coffee completely, but maybe cut down. A good option is drinking tea as a substitute. Tea is still caffeinated. It is, however, calming too. Olivia Ottaviano adds to this by stating, "I used to depend on coffee so much. We were inseparable. Coffee and I. But now, tea and I, we have an even stronger bond. I drink tea all day long. I even keep a jumbo pack of Lipton Tea in my locker at school and make my tea in the cafeteria. The hot water is free!"

This does appear to be another addiction, but it is a healthier, better choice. Additionally, wean off of coffee slowly. Getting rid of caffeine completely and abruptly can have harsh effects. That is another reason why substitutes are always good.

So, clearly, if you turn out to be addicted to coffee, you are not alone. People of all ages are addicted as well. Stats from the Huffington Post claim that "the United States imports more than \$4 billion dollars' worth of coffee each year." They also claim that "Americans consume 400 million cups of coffee per day, equivalent to 146 billion cups of coffee per year, making the United States the leading consumer of coffee in the world." Those values are obviously made up of a lot of people with an addiction! Clearly, coffee is simply a great beverage and there is no way of changing that known fact!



Harbinger 2016-2017 Issue 4



The New SAT

By Rebecca Interdonati

You will hear this all throughout your high school experience and it is a reoccurring topic, the SAT. Although the sound of it may be a little daunting, with preparation and dedication you will get through it just fine. The SAT consists of 3 very important topics with which you will need to familiarize yourself.

Those 3 topics are Math, Evidence-Based Reading, and Writing. There is an optional essay as well, but based on your writing skills the decision is up to you whether or not you want to do the essay. The test is 3 hours and 50 minutes but those who get extra time will be placed in a separate room and proceed with their extra time as they would with any other test.

The cost of the test is \$54.50 with the essay, but without the essay it is \$43. The test occurs 7 times a year and you can take it anytime you want, and however many times you want. Each section of the SAT is scored on a 200 to 800 point scale, making the "perfect" score 1600. To register for the SAT, you must register approximately 5 weeks before the testing date. You can register online on the College Board website or by mail.

If your school offers the PSAT, it is highly recommended that you take it. A PSAT is a practice SAT that does not actually count and it helps you get a feel for what the real test will be like and how you will do. This is strongly recommended because you can see your scores on each section and are then aware of what you need to improve on and what your SAT strengths and weaknesses are. "In the end I am glad that I took that PSAT because I was able to pinpoint what I needed to work on and once I improved on my weaker areas it made it so much easier when I had to take the actual SAT," says Toniann Rizzuto.

For the Evidence-Based Reading and Writing section, this will test your abilities of reading, writing, and grammar. This section is 65 minutes long, and consists of four separate passages, and one pair of passages that are linked together. It has 52 questions. The topics for the test include things such as classic and contemporary literature, U.S. and World history, and Social Sciences.

The Evidence-Based Reading section is 44 multiple choice questions and is 35 minutes. The topics for this section are career, social studies, humanities, and science.

In the math section of the SAT, there are two sections and all together has 58 questions. For the first section of the test, you are not allowed to use your calculator. This section is 20 questions and lasts 25 minutes. For the second section, there are 38 questions and you will have 55 minutes. Lucky for you, in this section, you will be able to use your calculator!

For the SAT, it is recommended to get a tutor to help you ace this test! The tutors will really make an impact and help you a lot in the long run. It really does make a big difference. "When I look back, my SAT tutor really helped me to understand the key concepts of the SAT and I am so glad that I had him as an option," says Mary Interdonati, a graduate of Harborfields High School. If you do not get a tutor you can also take an SAT class.

When asked how her SAT class was going, Ali Deminico responded, "The class I am taking right now is really preparing me for the test and it is a great resource to have." They generally run by your school and have them at the school, but if not, they have them at other schools.

If these options do not work for you, you can get online SAT help or buy an SAT practice book. If none of these options work out, you can always ask your English teacher for help and he or she would be glad to offer their help and expertise! The SAT will pay off in the end and all of your hard work will be worth it. So, study hard, work hard, and hang in there.

The Truth to Street Parking

By Olia Lantier

For years, students, mostly juniors, have been parking on the side streets. Since seniors are the only ones that are allowed to park in the parking lots with teachers, juniors are left to park on the side streets.

Erin Tesoriero, a junior, mentioned that when she started driving to school, she was a little nervous to park on the side streets. When asked why, she stated, "I heard people get towed, and we had an assembly talking about not parking on the side streets." Mr.Potter stated, "It's mainly an inconvenience to the people living there; when kids are half blocking or blocking the driveway. It's also a safety hazard, especially in the snow when the cars can take up half of the road and it's hard for cars to pass through."

Andrew Azzara, another junior stated, "I was never really scared to park in front of people's houses. Plus it's convenient for me because I don't have a bus and I don't have to walk as long of a walk in the cold." Parking on the side roads saves juniors a lot of time in the morning by not having to rely on their parents or the buses. It is also convenient for them in the afternoon, if they play sports, they can leave school whenever their practice or their club meetings are over.

Another junior, Jessica Cooley, said, "It is easier to get out after school and I feel like there's less of a chance to get into an accident on the streets than in the parking lot, because it gets very crowded before and after school." She also mentioned, "Yes it is farther away from the school, but it doesn't bother me." She also noticed that some days, residents do get a little annoyed, but they just put a sign out on their driveway saying "No parking here", so students don't park in front of their house.

The school's main concern, is the inconvenience and the safety of the students and residents, so students have to be careful. Although driving to school and parking on the side roads may be dangerous, there are many crucial benefits for students. According to the Bump, an online newsletter, "The time saved getting to school in the morning can mean a few extra minutes of valued sleep, so they'll be more rested and ready to study." It also helps parents when they don't have to drive their kids if they're late, and it makes the students more independent. It gives them more freedom and responsibility. The tradition of juniors parking on the side road has been here for years, but students still have to be careful driving to school and be respectful to the residents.

