



'Beauty and the Beast' Secures the Highest March Opening of All Time

By Ava Mock

This week Disney's remake of "Beauty and the Beast" made a record-breaking \$170 million during its opening in American theaters along with \$180 million overseas.

"Beauty and the Beast" topped "Harry Potter" as the seventh-biggest domestic box-office release of all time, making Emma Watson the biggest opener in history. The movie also has the most advanced ticket sales of any family movie in Fandango's history, according to CNBC.

According to Greg Foster, the chief executive of IMAX's filmed entertainment, the reason so many people love the movie is because "the world is in a pretty cynical place right now, and 'Beauty and the Beast' gave audiences a chance to go back to a time of innocence."

He also thought that the remake made people nostalgic of Disney's 1991 animated version. Emma Watson and Dan Stevens are also a reason why the film is so successful. Watson's appeal in the "Harry Potter" movies as Hermione Granger made many people excited to see her performance as Belle in "Beauty and the Beast". Dan Stevens who starred in Downton Abbey, also attracted Downton Abbey fans to see "Beauty and the Beast."

The movie did create some controversy among conservatives in countries like Russia and Malaysia for including a gay character. However, that did not seem to affect the results. According to PostTrak, 84 percent

of parents who watched the film said that they would "definitely" recommend it to other families.

Many students at Harborfields High School who have seen "Beauty and the Beast", enjoyed the movie. Rebecca Wong said, "the movie ['Beauty and the Beast'] was so good. I thought that it was better than the original."

Lila Pomerantz said that "Beauty and the Beast" was such a great movie and it made me cry." Taylor Mantel also saw the movie and said "I don't usually like Disney princess movies, but 'Beauty and the Beast' was really good."

In the last year, Disney has been towering over its Hollywood competitors.

The five movies that Disney released last year

made over \$300 million each at the domestic box office. According to Foster, he has "never seen a studio on a roll like this."

The huge success of "Beauty and the Beast" also confirms Disney's decision to remake their other animated classics, like "Dumbo", "The Little Mermaid", and "The Lion King."

If you haven't seen beauty and the beat yet, don't miss the chance to do so while it is still in theatres!



Source: Eonline.com

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Recovering From ACL Reconstruction

By Erin Tucker

It is a scary thought that you can go from being a full time athlete to sitting out for possibly six months of your career. With technology becoming so much more advanced though, it is taking less and less time to come back from what would have once sidelined an athlete for a year. Still, no matter the amount of time that you are out, it can be devastating emotionally and mentally. So, it is important to remember that there are always people to turn to.

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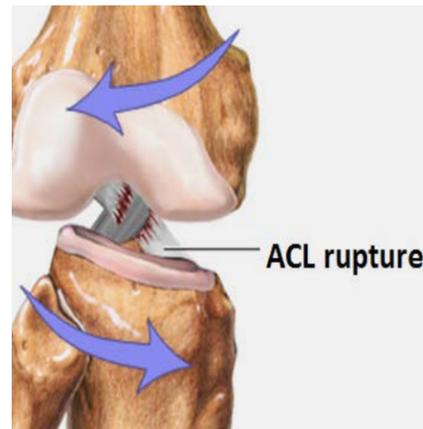
The those who have You can talk to all therapists that them haven't gone you go through around there is has suffered the that is the best person to talk to about what is going on. They can tell you about their recovery which will only help you with yours.

In Harborfields alone there have been five female athletes that have suffered this injury in the past four years and each of them says how much easier it is to be able to have someone to talk to about what is going on. Celia Argiriou, one of the athletes who is still going through her recovery says, "It is so nice to have someone that can answer your questions. It makes everything less scary."

The most important thing to remember when going through their ACL reconstruction recovery is that the moment that you wake up from surgery, you're already getting better. As long as you have that mindset, it makes the whole process easier to get through. Suddenly all those hours of physical therapy don't seem as long or as hard. Sometimes you might even find yourself looking forward to going to PT.

Every person that has gone through ACL recovery has said that the first day of physical therapy is the worst. As soon as you get through the first session everything gets easier and you get one step closer to getting back to normal life. Everyday that you push through the pain is one day that you'll be happier that you went through everything.

Returning to sports might be the most nerve wracking part of the whole experience, but it gets easier. Take Christiana DeBorja for example, at first when she came back to basketball she was very cautious and a little nervous about getting hurt again, but by the last game she played as if she had never been injured. The one suggestion that every athlete with this injury makes is to not take anything for granted, you never know when it will be taken away from you.



rupturing of ACLs has be- that is unfortunately so if it can be helpful turn to someone who has same thing. It's extremely someone there for you actly what you are going knowing that someone the same pain that you gives everyone a sense of

best people to talk to are already gone through it. the doctors and physical you want but most of through the changes that after surgery. If you ask definitely someone who

same injury as you have and

Source: Southern Sports

A GREAT VOLUTNEERING OPPORTUNITY IN OUR COMMUNITY

By Maia Noah

The feeling you get when you know you're actually helping someone and impacting their life for the better is an incomparable, heart-warming feeling. There is simply nothing like it. Volunteering at huntington hospital is nothing like volunteering anywhere else. It is honestly a life changing experience. It makes you realize everything that you have and how fortunate you are to be healthy.

The junior volunteer experience at Huntington hospital allows teens ages 14-18 to directly help patients. By directly helping patients, this doesn't however mean medically. Obviously that is not allowed. However, the volunteers do get to fill the patients linens (blankets, towels, sheets, etc.), bring them their meals, bring them something to read, and just keep them company overall.

Also, besides carrying out these basic tasks, volunteers here can also grow in the program and be allowed to work in the pharmacy and discharge patients. So, if the medical field is something you are interested in doing in the future, it is a very good idea to get involved in this great program. But, obviously you don't need to be interested in being a nurse, doctor, pharmacist or anything else along those lines.

It is a great thing to get involved in for anyone. The elaborate list of tasks one can get involved in, as Northwell Health explains includes, "reception, working in the patient wing's, emergency department, nursing units, The Dolan Family Health Center, Food and Nutrition, Pharmacy, The Women's Health Center, the gift shop, and mail service."

For instance, Claudia Weitman says "I started volunteering here over the summer. No, i don't want to pursue a career in the medical field, but this program is just as influential to me as it is for someone who wants to become a nurse or doctor or something like that. It makes me realize how lucky I am to be healthy and it makes me want to help, in some way, those who are sick or not in their best state."

On another note, volunteering at Huntington Hospital is something that you can do in life, no matter how old you are. Northwell health says it themselves. "Anyone from student to retiree will be welcome to this service." Seriously, you can be 80 years old, and still volunteer at this facility if you are still able to. It doesn't have to stop when you go to college either. When you come home from college, you can stop on in, and help out. It is always needed.

Harborfields graduate, Tal Noah comments, "I started volunteering at the hospital in 8th grade. By the time I graduated high school I had about 500 hours. In those 500 hours, I must say it was a life-changing experience. I'm very fortunate to have known about this program. Many people don't even know it exists, so it's good to get it out there. I know people who volunteer on their school breaks, and I should look into it because I miss it."

Also, people in the hospital simply sometimes just want someone to talk to. They are stuck in hospital beds for whoever knows how long. Chatting with someone,

anyone, without a doubt brightens the patient's days. Many of the patient's families only visit for a few hours a day, so the rest of the time they are on their own. With volunteers to chat to they don't have to feel alone. They can feel cared for. They can get their minds off whatever is going on in their lives and focus on something else. Northwell Health adds to this fact and says, "Volunteers are an integral and valuable component of the hospital's staff, and often a source of comfort and cheer to those who are hospitalized."

Throughout the volunteer services and opportunities given in this hospital, direct sources from the Huntington Hospital itself state that, "More than 1,400 volunteers total, whether high school students or adults, provide services to 100 different programs and departments at Huntington Hospital." Clearly, the volunteers at Huntington Hospital do in fact contribute a lot in association to their numbers, and they do in fact make a difference; a big one.

Huntington Hospital also comments that "In 2014, 339 high school students representing 50 different schools donated 13,700 hours of their precious time." These numbers have only increased throughout the past 2 years and we can only hope that this program is will continue to grow. There can never be enough volunteers so if this interests you, and you are able to make the commitment of volunteering weekly for 2 hours a week really look into it. If you can't commit to it don't get involved because the program needs serious, responsible people who will be there to help.

Clearly, volunteering at Huntington Hospital isn't merely about getting enough hours to write on a quarterly hour sheet for Honor Society. It's about putting something out there in the world that will make you a better person. Wanting to volunteer at this facility should be because you want to feel a sense of fulfillment, or a sense that you are actually helping others, making others feel content, and all in all making a difference. Our community needs more people who are willing to help the sick or less fortunate.

So, volunteer for the purpose of lending a helping hand to those who are sick or in need. That's the purpose of volunteering. Therefore, if you want to help others not just get hours for volunteering, contact Huntington Hospital and apply to become a part of this amazing program that were are so fortunate enough to be open to.

"High school students 14-18 may pick up applications in the volunteer office"-Northwell Health



Source: Splenditi.com

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The Harbinger

It's Not too Late to Join Key Club!

By Emily Dauth

Harborfields has many clubs that not every student knows about; key club is one of them. It is run by one of the biology teachers here, Dr. Kalvar. In this club you participate in a lot of community service along with gaining a bunch of new friends in the club.

This past weekend on Sunday, March 26th Dr. Kalvar and many of the club members were outside of the Northport stop and shop collecting food for a food drive. This club tries their best to try and participate in everything that the community does along with other things that they organize themselves.

Supervisor Dr. Kalvar gives back a lot to her community to help everyone in need and this club is just one of the many ways that he does so.

Junior, Lauren Hansen said "It's not a club i heard a lot about until this year. I had Dr. Kalvar for biology last year and she told me about it so this year i decided to join. We get to help people in need while having fun doing it."

Joining this club is one of the many things you can do as a Harborfields student. Juniors who are starting the college process and seniors who just finished it will both tell you that when applying for colleges they ask for many things, including the extracurricular activities you participated in in high school.

Adding key club to that list is a good idea. Colleges will see that you participated in school activities and helped out your community as well.

Book Review: The Red Queen

By Erin Tucker

Have you ever read a book that takes you into an entirely different world? That's exactly what Victoria Aveyard does in her novel Red Queen. After reading the book you'll be itching to read the rest of the series.

Victoria Aveyard does a fantastic job creating a dystopian society that the readers can relate to. She sucks the reader into a world that is separated based on the color of people's blood, silver or red. The Silvers rule over the Reds with the special powers that their blood gives them. But something has changed and it has the potential to spell disaster for the entire kingdom. Mare Barrow, a girl from a very poor family, has something very special about her, something that leads to her becoming betrothed to a prince. "Following Mare through her adventures definitely tugged at my heartstrings while I was reading," Kaitlyn Modica says. You really become attached to all the characters and their pain becomes yours.

"Aveyard packs a lot into a first novel: world building, court intrigue, caste divisions, superpowers, and a main character with multiple possible love interests," claims SandAngulo Chen of Common Sense Media.

If you are a romantic this novel is definitely one that would be recommended but even if you aren't there is enough action and adventure for everyone to enjoy.

Red Queen is the first novel of its series, and you will need to read the rest of the series in order to quench your thirst for revenge and closure. If you read this book, be ready for heart wrenching plot twists that will leave you wanting more.



Source: Victoria Aveyard's Blog

Addicted to Our Screens

By Alexis Tewskbury

Addictions are most closely related to chemical substances, but recent studies show that our generation has become addicted to our cell phones. On average, people spend three hours of their day on their phone.

If you put somebody in front of a slot machine, their brain will react the same as if they were on heroin. Another example is if you turn on a video game for someone who is addicted to that particular game, their brain will look the same as that of a substance abuser.

Jillian Mayer, an artist from Florida, explores the ways our phone affects our communicative behavior, social disposition, and our physical body. In a negative way, the phone industry has skyrocketed in the past twenty years, almost like a plague to society.

There are a few ways scientists say you can tell if you're addicted to your screen. Some of which are: looking at your phone while you're talking to somebody, charging your phone first thing when you get home, falling asleep holding your phone, having a huge phone bill, checking your phone first thing in the morning, or feeling anxious when your phone is not with you. It's a scary thing that a majority of people in modern society display all of these bad habits.

After asking Sophomore Olivia Mahr if she believes she uses her smartphone more than she should she responded, "I don't even realize when I check my phone anymore. It's a really bad habit that I need to break."

British psychologist, Dr. Richard House, declares how the impact of technology has led to a lack of awareness in human society. House stated, "It is quite shocking that on average, approaching one third of people's waking hours are spent using them, with phones being used on average five times an hour."

With Smartphones being constantly expanded and improved, the likelihood of addiction and phone over usage is increasing. There can be physical and psychological effects of addiction and this is why doctors are concerned. Physical effects can include digital eye strain, sore neck, increased exposure to germs, car accidents and male infertility. Psychological effects can include sleep disturbances, depression, OCD, relationship problems and anxiety.

Junior, Georgia Abrams said, "I started this new thing that I turn my phone off for one hour each day to get away from it. I believe this is beneficial to me."

Spending less time on your phone can be referred to as a "cell phone diet." As long as you can admit you have an addiction, you can begin to set goals and possible solutions to this problem.

You need to start by monitoring your cell phone use. After you see the normal habits you have, create a plan for the time you'd like to cut down to. You can offer yourself rewards for stopping cell phone use to give yourself an incentive to stick with your plan. Turning your phone's sound off can help to make it not distract you while with family, at work or studying for teenagers.

You're going to need to engage in other mood boosting activities. Cell phone use has been linked with increasing your mood, which now positively reinforces phone use. If you take exercising or drawing for examples, you can be benefiting yourself in multiple ways.

Accomplishing social tasks in a different way can be very important to your social life. Junior at Harborfields High School, Hope Staib said, "I joined the YMCA gym so I can go after school. This has changed my life in a really positive way and i see a direct decrease in my phone use." Junior Stefanie Walsh said something very similar. She claimed, "playing lacrosse this spring season has made me more physically active and been off my phone much more. I'm happy for how busy sports are keeping me."

Too many people have cell phones nowadays, 90 percent of American adults own a cellphone and too many of these people are abusing their cell phone use.

Alumni, Whitney Gardner's Published Book

By Olia Lantier

Whitney Gardner, a Harborfields Alumni, and now a recently published book author took a visit back to where it all started and we got the inside scoop. Whitney was a very enthusiastic art student and took every available art class. "I took photography one, two, three however many there were. I took art studio one and two, drawing and painting, computer art, and sculpture with Mrs. Ritter."

She explained that she was always interested in drawing, but writing was a new step for her. When she started writing in 2010, she explained in an interview the process and hard work that she put into writing her book, "You're Welcome, Universe".



Source: Pinterest

First, "you have to write a book, a whole book from start to finish. You can't just have an idea, you have to try and make the best version of that book as possible." Then, "you have to try to find a literary agent, which is a representative who goes around to the publishing houses and advertises the book. He shows it to editors and then an editor will decide if the book is great, and then if they like it they take it to their boss... who then has to agree on the book and finally it has the ability to get published."

Gardner advised that, "you have

to go through many people who will not be in favor of your book to finally get one person who says they love it." Her published book took her seven years to make and finally get published!

Her advice to students is, "don't give up, because it took me seven years and if I have given up, it never would have happened... you have to finish projects that you start. You can't just show people something that's unfinished and say that it is going to be great when it's finished." She continues to say that, "learning how to finish something is really important."

Whitney Gardner is a perfect example of hard work. She never gave up even though she had written three other books besides this published one. Although those other books will "never get to see the light of day", that didn't stop her from going after her dream.

The advice and lessons that she gave to students is very important because she explains the process and the determination that it takes to accomplish your goal. It's not about the first great idea that pops into your head, it's the other ideas that help evolve that main one. She sets an example. If you strive toward your goal and never give up, it will one day come true, as shown with the publication of her book, "You're Welcome, Universe".

The "Humanitarian Crisis" in Latin America

By Maia Noah

Regardless of race, gender, or ethnicity every single person deserves equal opportunities at success. The United States is a place of opportunity. It's a democratic state, where everyone has a voice, and where everyone can reach high for their dreams and live to their full potential. Every kid whether they are from El Salvador, Guatemala, Honduras, or Mexico should be able to get a full education, ultimately move on to a higher education, and make a living. Unfortunately, that is not the case.

These kids are the same as you and me. They are "Dreamers" just as the 44th president Barack Obama has referred to them as. They want their dreams to simply come true. With education not being a mandatory in Latin American countries, disadvantages in many walks of these kids lives' emerge. In Honduras, only about 32 out of 100 students complete primary school. Primary school being kindergarten through second grade. Imagine growing up and never exceeding past a second grade reading level. Education is crucial. Without it, what success is really even possible?

Aside from education disadvantages in Latin American countries, kids have to witness high gang and crime rates at such young ages. Latin America has been ruled with the highest rates of violence. According to Insight Crime "Some 350 people die violently in the region". These people are experiencing a "Humanitarian Crisis" as Barack Obama has called it.

While there is much attention on refugees from the Middle East seeking safety, Latin American countries along with Mexico are experiencing their own refugee crisis in hopes to escape this violence, and lack of educational opportunities.

In 2014, women and children fled Mexico and Central America and came to the United

States in great numbers. They ran for their lives, away from domestic violence and in search of refuge appointing the United States as an asylum. In 2014, more than 66,000 children traveled alone or accompanied by their families from the Northern Triangle region of El Salvador, a region with the highest rates of murder. That strikingly high number is only increasing.

Kids have been threatened in regions like El Salvador, to join gangs as a drug mule. This is someone who transports illegal drugs. When kids refuse, the gangs threaten to beat these innocent kids. Thus, they surge to the U.S. to escape threats similar to this common one.



Asylum Seekers.

Source: the united nations

This Latin American Crisis is something that is crucial to understand. A common question is, "why are crime rates so high in these latin American countries?" A major factor is the lack of security. Governments have not been promising in these regions when it comes to state services. Along with the government's lack of security, the police and criminal justice systems in this areas are making light of the circumstances. They are not revising their methods and reevaluating their ways of law enforcement, thus creating a hopeless state among the public.

Latin American children need a place where they can thrive. They are in search for an asylum, and they deserve one.

Layout/Copy Editor: Maia Noah