



## International Delights

By Grace Howard

Have you ever wondered what the best thing to eat when traveling throughout the world? It can be challenging to embrace different cultures and lifestyles, and sometimes eating their foods is the hardest part. Traveling throughout the world is one of the most eye-opening things anyone can experience.

Whether you're in the United States, Europe, or Southeast Asia. The opportunity to experience different foods, including home-made dishes and simple platters is present. Australia's Meat Pie is one of the favorites among many tourists. Consisting of minced meat, gravy, onions, mushrooms, and cheese, it's easy to heat up and pack away-- whether you are on the road for work, or simply just hungry throughout the day. Not only is it convenient to travel with, but it is also sold at a reasonable price at local markets.

Sometimes cultures have a habit of overlapping food habits. Austria's Mussels and Frites are equivalent to the United States's Burgers and Fries. Emily Dauth, a senior who loves to travel comments that "My favorite food is a typi-

cal American cheeseburger". Very popular and a must-have while traveling in Austria, it is one of the only dishes that can be bought at any store.

Poland's Chlodnik is a beet-soup consisting of cucumbers, radishes, plain yogurt, and topped with hard-boiled eggs. This especially cold soup paves the way to eating healthy with nutritious supplements, like iodine and vitamin b12 for energy.

Beef Jerky is the inspiration for South Africa's Biltong. Eaten as a snack and even saltier than beef jerky, it is a favorite among many South Africans and tourists. Like potato chips in the United States, you can enjoy dips or toppings on this special meat.

These are just a few foods you should try the next time you travel. With an open-mind, you'll be able to experience the best of the must-eat, must-haves, and must-try options throughout the world.

## Music and Its Influences

By Alexandra Palmieri

Many people listen to music, and the amount of genres out there are highly extensive. From indie to alternative, and country to pop, there are many options for everyone's particular interests. Of course, pop music is the first genre most would likely think of, since it is most often on the radio.

However, artists like Twenty One Pilots — an alternative duo from Columbus, Ohio — have been getting recognition on many stations, as they rise to fame. They received their first Grammy award last February, and have been doing very well for themselves. Fans are waiting for their next album, and are really excited to see what they do with their music style next.

A British singer/songwriter named Dodie Clark — who goes by the name Dodie — released her most recent EP, "You", this past August. She started out on YouTube, and has luckily gotten the chance to continue to thrive in the music industry.

Musicians today are often found with the help of the internet, and as a generation who is constantly on their phones, it makes it easier to find these up and coming artists. It used to be hard for people to get discovered, and now, simply posting a cover onto YouTube could be that step closer to fame that people are searching for.

As an avid music listener, finding new artists is one of the things I personally enjoy. Spotify, a music streaming service is very helpful with this. They have playlists dedicated to new releases, as well as new artists. It not only attracts new listeners, but it gives these new creators an outlet

to share their content on.

Belinda Huang from the blog Sonicbids believes, "...that those who really love and care about music are the ones who grew up listening to songs that touched them and spoke to them in a profound way." Her statement does have truth to it. People are often listening to songs that have some emotional connection to them.

Sam Smith has recently come back to the music scene, after taking a break. His hit, "Stay With Me," was popular back in 2014, and people still listen to that song three years later. Tori Lanner, a sophomore, has recently been enjoying Sam Smith's new album, "...because I really like him as a person and that he composes good music." She also likes Lady Gaga and had the opportunity to see her in concert. "She writes other people's music, as well as graduating from Juilliard, so she clearly has talent.", says Tori. Lady Gaga is a more eccentric artist, but with her more recent album, Joanne, she has taken a more mature and serious route in the music industry. It truly suits her well trained voice.

According to the website, Quora, "...our brains actually respond differently to happy and sad music." This is one of the reasons people connect so deeply to an artist or song.

With so much new music constantly being released, and so many outlets to access them with, many people are able to listen and resonate with so many songs. Expression is shown in a majority of ways, and music is just one creative outlet to use as an outlet.

## THE OLD TWA BUILDING STILL STANDS

By Max Pelkonen

New York has many historical sites, especially on the island. Everyone has heard of John F Kennedy International airport (ranked the 5th busiest airport in the US). This airport contains a historical site that you might not even know about. Being the first of its kinds, the old TWA terminal still stand (now owned by JetBlue).

First off, a bit of history is needed. When JFK was founded it was named Idlewild airport after the town that sat next to it. In 1948 the name changed to New York International yet for the locals the name never stuck. In 1962 the airline TWA (Trans World Airlines) had opened up a new terminal at the airport which had the distinct shape of a bird as the outer edges of the building stretched upward and the middle stretched outward. The architect that designed and built the terminal was Eero Saarinen. It was the first of its kind with a brand new approach with the build.

Before TWA, United Airlines, Eastern Air Lines, American Airlines and Pan Am had already built their own terminals but had used hard concrete shells which was the usual design back then. TWA's terminal on the other hand had a fluent shape using concrete and was the first one to have fully enclosed jetway for passengers. These new innovations have shaped airports as we know today.



Source: ny.curebed.com

## DUNKIN' VS STARBUCKS: THE ENDLESS CAFFEINE DEBATE

By Tori Lanner

For many people here in HF, their morning starts out with a cup of coffee. Whether it does or doesn't, everyone has heard of the two major coffee chains, Dunkin' Donuts and Starbucks. So which one is better?

Between the two huge coffee chains on Long Island, it seems like everyone has an opinion on which one is tastier. According to Huffington Post, the majority of New Yorkers favor Dunkin' Donuts over Starbucks. However, New York City favors Starbucks. There is also a debate on the coffee market industry itself. It seems

that Dunkin' is marketing towards solely their coffees and donuts, meanwhile Starbucks is taking a different approach and is marketing towards all their specialty drinks, food, and comfortable environment.

Researchers from Investopedia have calculated that, "Despite being founded 20 years after Dunkin' Donuts, Starbucks grew aggressively and is a substantially larger company. In 2016, Starbucks generated \$16.8 billion in revenue, while Dunkin' Brands reported sales of \$828.9 million." With this information from Investopedia, one can see that the price of Starbucks is shown through their profits. But does that making more money really make them better?

Dunkin' Donuts' approach is more so geared to the "daily customer". With their

slogan being, "America Runs on Dunkin'," it makes it obvious to who they are selling to. Many people cry out in frustration that Starbucks is overpriced and they don't get enough for their money. People also claim that Starbucks tastes artificial because of all their add-in ingredients.

Harborfields students were now interviewed to actually see which is better, Starbucks or Dunkin', and here is what was found: "In my opinion, Starbucks better. The one thing that I like to get is an iced caramel macchiato and it's just better at Starbucks," exclaimed freshman Maya Bielawski, "Yeah Dunkin' Donuts gets watery," added another freshman Steven Canavale.

However, sophomore Skya

Theobald stated, "Dunkin' is better because it's cheaper and tastier." But yet again, Sergio Aguilar said, "I like Starbucks better," and, "For no particular reason I just enjoy the coffee better. The service is also better." Sammi Lustig, a sophomore exclaimed, "Dunkin' because Starbucks doesn't have munchkins. Starbucks coffee also tastes artificial."

Finally, junior, Daniella Deceglie has stated, "Starbucks is better. I like the food they have there like the lemon loafs. Their drinks are also just better."

So in conclusion this battle is going to be a draw and will be left up for discussion. So, what is better Dunkin' Donuts or Starbucks?



Source: Youtube

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## The 'Women in Technology' Crisis of the Millenia

By Gabby Gagliano

It's 2017. The feminist cotiere is making exceptional strides in their race towards equality. You can visibly see how comfortable the LGBTQ community is in their own skin now that they are largely accepted by the general population. Culture has changed. People's morals and beliefs have changed. We, as humans, are modernizing necessary parts of our lifestyles in order to attain our goal of acceptance and harmony. Though, there's one thing that seems to be moving backward in its development: women in fields of work largely dominated by men- technology and computer science in particular.

The top five most successful and powerful female CEOs are all in charge of companies that are common in our everyday lives: Sheryl Sandberg of Facebook, Susan Wojcicki of YouTube, Ginni Rometty of IBM, Meg Whitman of HP, and Marissa Mayer of Yahoo.

According to techrepublic.com, in 2013, women only made up 26% of the computing workforce in America, while in the 1980's, 37% of computer science majors were women. Female computer science majors plummeted to a mere 18% in 2012. Also, only 7% of venture capital goes towards women-owned businesses. The website goes even further in saying that venture capitalists, as well as the average person, would choose a male over a female if both sexes came into a meeting and pitched the exact same idea.

Why? Why is it that even though women have proven their acumen throughout history, with their prestigious positions within very large and successful companies, they are still discouraged and looked at as inferior when it comes to science, technology, engineering and math (STEM)?

Bella Daidone, a sophomore, had a few things to say on the matter. She said, "I myself have no firsthand experience with being a woman in technology, seeing as how I am only in high school, but I do feel as though women are discouraged from pursuing careers in STEM fields. I read an article a while ago that said that women have more self-doubt and tend to underestimate their abilities, therefore straying away from careers in fields of math or science, and not striving towards higher paying jobs. They are then more encouraged to pursue careers like teachers. Men, in comparison, have more confidence and tend to overestimate their abilities and shoot for the highest paying jobs, despite whether or not they are qualified. I do not intend to go for a career in computer science, but I would like to see more female representation in STEM fields during my lifetime."

That lack of representation is present here in our own school. The Robotics Club, run by Mr. Pinto, is made up of roughly 50 students: forty-six of them are male, four of them are female.

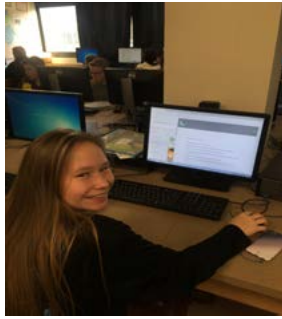
When asked why that may be, Jack Talierno, an active club member, stated, "I think that it's something from our childhood. I feel like boys are more exposed to technology through things like video games (at least I was) and develop an interest in that way. I think for that reason it's important to try and expose girls to technology and engineering more when they are younger. Also, sadly I think there is a stereotype that suggests only men can be interested in robotics and engineering. I couldn't tell you where that stereotype came from, but it's certainly one that should be addressed and overcome."

Mr. Ambrosio, the club advisor for Yearbook and Journalism, noticed a pattern when it comes to girls and their presence in these clubs. He said, "In past years, the Journalism Club has always been male-dominated while the Yearbook Club has always been female dominated. To me, those clubs are the same thing; both are centered around editing words and pictures for publishing. But I feel as though historically our female students see kids like Tim Coventrys and Alec Dobler walking around with headsets in their ears and walkie-talkies in hand, scrambling to edit the morning announcements, and they get the idea that Journalism is about being good at computer software, whereas in yearbook, it is perceived that you are encouraged to be very creative in choosing colors, fonts and layouts."

Mr. Ambrosio and I discussed that perhaps, girls have been more attracted to being involved in things that allow them to be creative; they don't realize that Journalism, being very close in relation to yearbook, allows them to express their creativity as well. The past couple of years though, the male to female ratio in journalism has balanced out a bit and Mr. Ambrosio expressed that it could be due to the fact that last year on the morning announcements, Medora Benson and Hannah Bartfield were our anchors, which may have inspired our female students to join journalism.

"We have had more female names in bylines and listed as editors in the paper and on our website. When girls see Sarah Leveque, Emily Dauth, Olia Lantier, Erin Tesoriero, and Maia Noah writing articles, creating and publishing webpages on our site, and running cameras and editing videos, they hopefully say 'sign me up.' Once in the program, girls are being given those walkie talkies and headsets; they will experience all facets of the modern multi-media journalism."

Skya Theobald, a sophomore, had an interesting answer to the question "Why are women uninterested or seemingly discouraged from going into STEM fields?" She said, "I think that we have to look at it



Olia Lantier hard at work, as usual, punctually posting daily announcement transcripts to HFTornadoNews.org website.

from a psychological standpoint; what makes engineering seem like a male-only occupation? During times of war, particularly throughout World Wars 1 and 2, the women who stayed at home had to take over the family's business or medical and law practices, considering that the men in their lives were overseas. But, the military still employed all of the engineers into the army in order to maintain and invent new wartime technology, so women were never exposed to that field of work. Over time, that exposure never came and it continued to be a male-dominated occupation."

Forbes.com has a different idea as to why women aren't encouraged to go into STEM. Gene Marks, author of the article entitled, "The Real Reason Why Women Don't Go into Tech," said, "It's likely because many women, per a recent Pew Research Center report, choose to be stay-at-home moms and these careers offer more flexibility than the typical technology job. Are they better mothers than the women who do spend more time at work? No. But more just prefer to make that choice. A choice."

Though the lack of encouragement could quite possibly come from the "stay-at-home mom" societal expectation, businessinsider.com seems to think that the psychological barrier could come from events that occur as early as middle school. Jennifer Walsh, author of the article, "7 Things Keeping Women out of Science Careers," talks about how peers and even teachers stereotype girls who are good at math and science, calling them "weird" or "geeks." She talked to Yale physics undergrads about it the teasing issue and she recollected, "One young woman had been disconcerted to find herself one of only three girls in her AP physics course in high school, and even more so when the other two dropped out. Another student was the only girl in her AP physics class from the start. Her classmates teased her mercilessly: 'You're a girl. Girls can't do physics.' She expected the teacher to put an end to the teasing, but he didn't."

Karen Strauss, from the Oregon department of transportation, was asked on engineergirl.org why she believes women are discouraged from engineering occupations. Her thoughts were, "my thinking is that it's mostly because women before them never chose it. To me, it's like why most men don't go into nursing. It's viewed as a field for the opposite sex, so most people don't even let it enter their considerations when choosing a major in college. It takes a strong, inquisitive mind to fight against these built in stereotypes and ask why CAN'T I do engineering? That's what so many of us did, and what we try to encourage other women to think."

There are women out there who recognize that this is a cultural problem that needs to be fixed immediately. AnitaB.org is a website and foundation that works with technologists in over 80 countries, and partners with academic institutions and Fortune 500 companies worldwide to educate young women and inspire females of all ages not just to consider computer sciences and engineering as a career path, but to encourage them to be trailblazers. Their mission states, "At AnitaB.org, we envision a future where the people who imagine and build technology mirror the people and societies for whom they build it. We connect, inspire, and guide women in computing, and organizations that view technology innovation as a strategic imperative. Our social enterprise supports women in technical fields, as well as the organizations that employ them and the next generation. A full roster of programs help women grow, learn, and develop their highest potential."

The AnitaB.org foundation travels across the country and calls for women from every technology company around the globe to be keynote speakers, and give presentations about how easy it is to be creative when you are an engineer.

Similarly in India, they noticed how large their gender gap is within computer science fields (14% of businesses there are led by women, with only 9% of startups being created by women); wanting to increase these numbers, women entrepreneurs in India are launching initiatives to support, promote, and highlight other women trying to start and run their own companies. The Forbes.com article, entitled, "Female Leadership Programs Are Helping Bridge The Gender Gap In India's Startups," written by Sindhuja Balaji, talks about the organization (the SAHA fund) that is tirelessly working to bridge the gender gap. She states, "SAHA Fund is a first-of-its-kind venture capital that promotes women's leadership, employment, and women-focused products and services. It organizes core mentorship interactions for female entrepreneurs, connects them to venture capitalists, and helps businesses scale up. The fund invests in companies leveraging digital platforms to grow in fintech, e-commerce, data, artificial intelligence, analytics, healthcare and food tech."

With all these organizations and companies working together to try and educate young girls and bring them into the age of computers, there is hope for women in the future of technology. If you are a girl who loves to be creative and design new things, consider joining the robotics or journalism club here at Harborfields, so you can learn how to turn your ideas into a reality.



Alex Palmieri and Julia DeVita in Journalism class editing a promo for the HF Pet Awareness Club to be aired on the morning announcements.

## Steroids in the Classroom: The Adderall Project

By Jack Blich

The steroid debate hinges around a key question: Do performance enhancing drugs represent an unfair advantage and a well-planned strategy? In 2017, this debate has made its way from professional athletic fields to our high school and college classrooms across the country. In our hyper-competitive academic environment of today, dieting and personal one-on-one teachers have become are paltry sources of help to students seeking an edge compared to pharmaceuticals, according to Webmd.com.

Adderall was first introduced in the early stages of the 20th Century. Hitler was well known for ingesting it for 3 years via needle, as reported by Businessinsider.com. However, the German Reich was not the only force to use a form of amphetamines. It was reported that by the end of 1945, the U.S Military and allied forces had sent out more than 100 Million "Power Pills" to soldiers, as extolled by Theatlantic.com. The pills were known for boosting morale and giving focus to troops who were lacking.

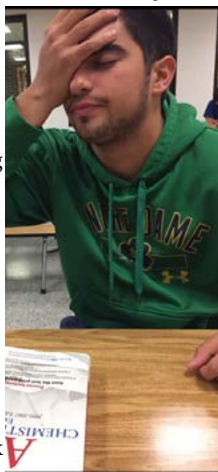
Smart Drugs weren't exclusive to the armed forces whatsoever; they have been both the topic of and motivation for entertainment and literature. In 2011, box office hit Limitless bounced into theatres; the movie followed a struggling writer who takes a drug that lets him access 100% of his brain which leads him into a career in finance, a relationship dating the most beautiful women in the world and, a fight for survival against other people chasing the drug.

Jack Kerouac's famous novel, *On the Road*, was written over a span of less than three weeks while he was constantly ingesting a form of Adderall and drinking lots of water, as evident in Nyupress.org. These pills were not difficult to obtain, but in 1970 this all changed when the drug was questioned in regards to the "Comprehensive Drug Abuse Prevention and Control Act of 1970," which would then require a prescription to obtain the drug.

The amount of people in America today who have prescriptions for drugs that focus attention and improve performance is astounding. Courtesy of the Centers for Disease Control, a 2012 study determined that 11% of children aged 4-17 have Attention Deficit Hyperactivity Disorder. That's nearly 1 in 9 people, more numerous than the number of Americans that have served in the Armed Forces between World War II to the present, as evident in Enotes.com.

As of now the pill is only available to individuals who have been diagnosed with a disorder that causes a lack of focus. It is supposed to make people who have attention problems "level off" normally; therefore, someone who has no attention problems would have heightened abilities while on the pill, as chanted by slate.com

After having the privilege of questioning multiple students who continuously use the drug (some prescribed, some not), much information was gained. Speaking with an anonymous senior who uses the pill for studying purposes, they said that, "You focus on everything that is going on around you, it's all interesting and you want to study."



The pill makes ordinary people feel like they're Superman, anything academically is possible. Another student who had an old prescription of Adderall, picked up the pill bottle for a marathon Regents study session last year; they came out with a 92 in U.S History and a 94 in English and attribute much of their success to the drug! The student later would say "I am normally a 70's kid, occasionally an 80, but that drug changed me."

On the other hand, two HF students who have diagnosed ADHD said that at first the drug was very useful and powerful; however, after about a month of continual dosage, the tolerance built up and they didn't feel it anymore. This concept shows the dangers of the drug. An article found at "jsonline.com" (a journal of USA Today), followed the story of a middle-aged man who began abusing Adderall. He was taking four times his original dosage and when he ran out of the pills, "he turned to something stronger, cheaper and easier to find: street methamphetamine."

This is a major problem with Adderall; it bears a significant resemblance to methamphetamine which is an illegal drug as powerful as cocaine. When a doctor doesn't write another prescription, certain steps are often taken to replace it. This is not to suggest that Harborfields High School has illegal activity running through it, but like most schools in today's academic climate, students constantly seek that academic edge.

Like most schools, Adderall is consumed by students to survive intense academic situations. A quick 20 mile trip to Merrick, New York, Calhoun High School sits with approximately 1,300 total students enrolled. Dylan Barry, a current high school senior and decorated varsity athlete had reported much information of drug abuse in the school.

"There are definitely a lot of students who use it, some of whom I am friends with," Dylan abjured. Not to say he hasn't been offered; "It has happened, but I always say no, I want no part of it," said Dylan in an interview. An article in the Washington Post gave an estimate of roughly 30,000 high schools in America in which stories like this are a dime a dozen. Accordingly, schools have become vigilant in their attempts to stop student abuse of the academic performance enhancers and to identify students who need help.

In fact, the University of Colorado has a strict policy on study aids. A newsletter that was sent out to all current students during finals week said, "While perhaps tempting, it is against the law to use or possess study aid drugs that are not prescribed to you," said Corporal Matthew DeLaria. "It is also illegal for those with legitimate prescriptions to provide their drugs to others." The punishments vary for the students that have been caught with them, but it's still a very serious matter.

The drug is one of the most widely known and abused prescription drugs in the world, according to Newlifestyle.com. It has worked wonders for individuals suffering from focusing disorders. However, students, busy mothers, and even successful military leaders have used the drug for its enhanced capabilities on the human mind. The unlikelihood of getting caught with the drug isn't the deciding factor for many people; it often comes down to their personality and sense of ethos: Should I work at something or take a shortcut. Should I sacrifice my body for a chance at academic glory?

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