

The Lance



March 2012

Livingston High School

Volume 54

Issue Three

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Mr. Cohen Named LHS Teacher of the Year for 2011-2012



Image Credit: Daniel Stein

By Emily BAE '13

Mr. Cohen, a dedicated technology teacher and esteemed coach, has been named Livingston High School's Teacher of the Year for 2011-2012.

"I was honored after hearing about it," he said. "Maybe a little embarrassed—but honored and humbled."

Mr. Cohen currently teaches Career Internship Program (CIP), a class that aids students in developing job readiness skills.

"My students create many of the plaques and signs that are featured around the school," he said. "By junior or senior year, we hope to prepare them for employment."

Aside from teaching, Mr. Cohen has a passion for sports and competition. "I love it," he said, "I played basketball in high school and in college at Virginia Wesleyan." Mr. Cohen, who was recently inducted into his high school's Athletic

Hall of Fame, combines his love of sports and teaching through coaching boys' basketball, girls' soccer, and girls' lacrosse.

"It's extremely challenging balancing both," he revealed, "but it's definitely rewarding. Through coaching, I'm able to meet new students who I would not have met in my classes."

Above all, Mr. Cohen values his relationships with his students. "I have trust for them and they trust me," he said.

After studying recreational therapy as an undergraduate, Mr. Cohen was unsure of his future career path. "My whole family is involved in teaching, and they encouraged me to pursue teaching," he said. Eventually, he earned his education degree at New Jersey City University.

Mr. Cohen emphasized his great deal of respect for his fellow teachers and staff. "We have a tremendous group of teachers here," he said. "It's important to take advice from your peers, especially veteran teachers."

Mr. Cohen tries to spend his free time with his family. "I want to spend as much time with them as possible—[my hobby is] being a good dad to my three children."

In addition, he acts as an adjunct professor at Kean University teaching night courses in Special Education. "Between kids and work, I hardly ever have time to shave," he joked.



Image Credit: Daniel Stein

Mr. Cohen, who has gained invaluable experience in his 14 years of teaching technology, has straightforward advice for his fellow teachers. "I learned that keeping a low profile is important," he said, "When things get tough—ride the storm out. When things are great, share it with as many people as you can."

LHS Safety Team Presents Anti-Bullying Assembly



Image Credit: Daniel Stein

By Tori KARKGMAN '13

A group of concerned members of the school community known as the Safety Team organized assemblies for the freshman, sophomore, and senior classes on

March 7th and 8th. The assembly, entitled "We Don't Stand By, We Stand Together," calls attention to the widespread issue of bullying within the community.

The assemblies featured live performances by the band Taylored, whose members include LHS students Austin Zudeck ('13) and Gregg Greenberg ('12). At the heart of the student-run program were true testimonials written by students in LHS, read anonymously by student members of the Safety Team.

"The goal for this assembly was to begin the change of the culture of our high school. Nothing will change if no one stands up for each other," stated Greenberg.

The Safety Team, run by Student Assistance Counselor Mrs. DeGennaro, hopes to create a secure environment for students in Livingston by not only preventing bullying from happening in the future, but by also consoling victims and ensuring that support is given to anyone who needs it.

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From the Desk of the Editors-in-Chief

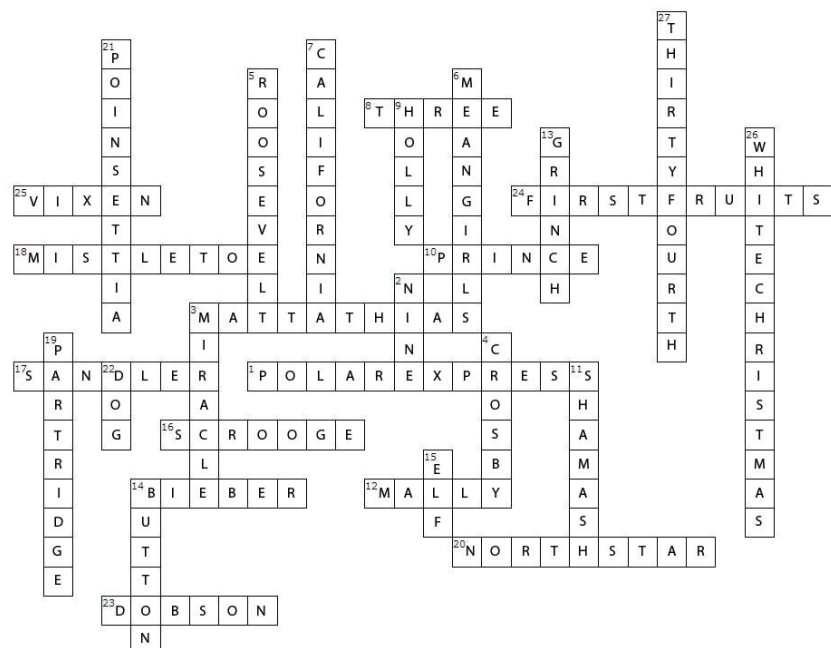


Last week, the viral video KONY 2012 made headlines, generated controversy, and had us all confused about whom to believe in a situation where the truth is ambiguous. The video, created by nonprofit organization Invisible Children, aims to raise awareness of the atrocities committed over the past 25 years by rebel leader Joseph Kony, who has abducted over 30,000 children from Uganda and Central Africa and forced them to become soldiers in the Lord's Resistance Army (LRA) and work as sex slaves. Within a day of being released, the video received over eight million views. However, then critics began to lash out against the video and the organization that created it. They argued that the video oversimplified the issue, misled viewers to believe the LRA was still active in Uganda, and was produced by a group that allocated more of its profits toward creating media and raising awareness than to its programs in Africa. Soon, the very social media users who had been so adamant about spreading the message of the campaign reversed their opinions and renounced their support of Invisible Children. Most of us remain conflicted: should we trust Invisible Children or its many critics? What really is the best way to stop Kony and help the children who were exploited?

This isn't the first time social media has played a powerful role in sparking a movement. In 2011, protesters in Egypt first used Twitter to gather a group of people that resulted in the overthrow of president Hosni Mubarak. In a First World country such as ours, social media allows otherwise sheltered individuals to quickly find and spread information about worldwide issues. But with easy access to a diverse array of viewpoints comes a need for critical thinking. Just because a website states something doesn't mean it is completely true. We cannot take what we read or hear at face value; we must seek out multiple sources on an issue and recognize bias. Let KONY 2012 be a lesson to us all that we should not be passive recipients of information. Rather, we should be proactive and responsible in utilizing the Internet as a tool in our quest to make a difference in the world.

-Idrobo and Abenstein

Answers to *The Lance's* Winter Crossword:





Lance News



Club Update: LiNK



Image Source: www.linkglobal.org

By Talia ROSENSTRAUCH '12

Livingston High School's chapter of Liberty in North Korea (LiNK) works to spread awareness about the human rights crisis in North Korea.

"We fundraise money in order to provide help to the refugees," says Anne Yu, a member of the LiNK board.

The purpose of LiNK is to educate the public and to directly assist and protect North Korean refugees, writes LiNK on its website.

Activists work to spread refugees' inspirational stories of survival and help them to "find freedom and find freedom in their new lives."

Last year, the LiNK club had a successful documentary screening and invited North Korean refugees to talk to the club. Due to the events' popularity, the club plans to have another showing and an apparel sale.

LiNK meets monthly in room A110 with club advisor Mrs. Alvich.

Yellow Dominates Senior Games



Yellow Team seniors Jessica Glasser, Allison Dinar, Gabby Levy, Luna Hwang, & Gabi Salerno
Image Credit: Daniel Stein

By Madan ATREYA '12

The Yellow Team emerged victorious after an unforgettable night of competition and spirit at LHS's annual Senior Games on Friday night. The class of 2012 and parent and teacher volunteers participated in relay races and other cooperative games.

Among the many events showcased that evening were Crabby Volleyball, Hip Hop Scoot Scoot, Tug-of-War, Balloon Bango, Fowl Play, Hula Hoops, and Dizzy Izzy. The games were followed by a group cheer lead by the team captains.

While the Blue Team prevailed with their "blue team swagger" cheer, the Purple Team won Tug-of-War and the Red Team placed first in Crabby Volleyball. However, the Yellow Team ultimately took the top prize and their celebrations echoed throughout the gym.

The goal of Senior Games was to raise money for the graduating class' upcoming Project Graduation in June. Funds were collected through the purchase of team shirts and tickets sales to spectators.

Fashion: From the '80s to Now



Image Source: Bliss & Pumpkin Blog
By Rachel GEFFNER '14

At first, it may seem that styles in the trendiest stores are completely new and original. At second glance, the leather jacket and shiny leggings you wore to school a few days ago are blaringly similar to the ones that your mom rocked in the hallways of her high school. Make no mistake: the '80s are a huge contributor to modern style.

Sequins, blazers, leggings, and oversized shirts are just a few of the trends brought forward from the edgy eighties right into your closet. In her heyday, Madonna was a style icon. She often sported stylish black pants and metallic blazers: quintessential pieces from '80s fashion.

Many trendy, youthful stores, such as ZARA and Forever 21 offer simple black



Image Source: Lookbook
pants and metallic blazers in their stores.

Other styles from the '80s are still very much in vogue. Another '80s fad that's popular is leggings with an oversized shirt or sweater. The casual off-the-shoulder look originated in the flash dance days and has evolved from bright color blocking and blaring neons to a more polished look. It can be mixed and matched with different patterns, colors, and textures to achieve a grungy yet sophisticated look. Mismatched colors and gaudy glitter can become modern when they are combined with artfully paired prints and accenting accessories. Without '80s fashions to guide and inspire current designers, stylists, and fashion enthusiasts, who knows what contemporary fashion would look like?

Club Update: Crafts for a Cause



Cake-shaped keychains created by club members at a recent meeting.
Image Credit: Nan Zhong

By Julie KESSELHAUT '14

Crafts for a Cause is just one of the new and exciting clubs at LHS. Members meet after school to make a variety of crafts, including keychains and edible treats. The crafts are sold and afterwards, the club donates the proceeds to a charity of its choice.

"In the fall, we held a bake sale for Halloween," said the club teacher advisor, Ms. Felon-Diaz, who teaches metal arts, sculpture, and AP Art History at LHS, "Students made themed cake pops in honor of the holiday." According to members,

the pops were sold out in 20 minutes!

In past years, members have created chocolate penguins for Christmas and Easter and cherry flower hair pins that were sold to help people in Japan after the country's disastrous earthquake. Currently, they are making polymer clay charms which will be attached key chains. "Membership for our club has increased rapidly from its original 10 members to over 30 members!" said President Nan Zhong. New members are always welcomed and encouraged, especially those with a love of crafts.



Environmental Awareness at LHS

What's Green at LHS? Not Just Our School Color!



Jason Lombardi, Minhui Zhu, and Alex Li at SNHS's litter pickup. Image Credit: Angela Zhu
By Marlena IDROBO '12

For Talia Rosenstrauch, each day is a (green) step forward in conserving energy and other valuable resources. "I drive my family insane telling them to turn off lights they're not using," the senior said at lunchtime, zipping open her reusable cloth lunch box. As she snapped open the sides of a plastic container and proceeded to butter a bagel with a stainless steel – not plastic – knife, she rattled off a list of environmentally-friendly measures she takes. "I recycle, do not throw away paper until it's totally used up, and use environmentally friendly conditioner and shampoo."

Senior Eliana Gassman and her family are similarly proactive in practicing sustainability. "I ride my bike everywhere, my mom recycles everything, and she has every environmentally-friendly appliance known to man, including an Energy Star washer and dryer."

For these LHS students, being environmentally friendly is an ordinary part of their lives. But for others, it's a challenge. The questioning of several students revealed that many believe they are "too busy" to be environmentally conscious.

"I don't think we really care about the environment as much, especially because we do come from a wealthy town and we care a lot about our school work," one senior said. "I guess I'm just saying we have more 'important' things to care about."

The outlook of these students reflects an attitude that is widespread across the nation: in a recent Gallup poll, Americans cited the economy as being of greater concern than the environment. In a time when environmental concerns are frequently overshadowed by the current economic situation, students may see the short-term struggles of getting good grades, getting into college, and eventually having favorable job prospects as more important than saving the environment for posterity in some distant, hazy future.

Fortunately, a number of LHS students and teachers believe strongly in protecting the environment and are actively taking measures to help slow down degradation. AP Environmental Science teachers Dr. Walsh and Mr. Weis urge students to join in.

"If one considers the speck of environmental degradation associated with an individual's end use of a resource such as electricity, disposable packaging, or factory meat, one must also consider the additive effect over the entire population. The earth is finite," said Dr. Walsh.

One of the most effective ways to encourage environmental consciousness is to be part of a "green" community, whether it is a professional, recreational, local, or online community, explains Zachary Shahan of Planetsave.com.

Various student-led organiza-

tions, such as the Environmental Club, the Green Club, and the Science National Honor Society (SNHS), have sprung up in an attempt to raise awareness about important environmental issues and promote sustainable living.

Green Club "isn't your average 'make posters, save the planet' club," explains junior Sachi Chandiramani, President. "We do things a unique way." Last year, club members tie dyed reusable grocery bags. So far this year, they organized Reduce Your Waste Day in which they asked the town to bring their clothes, shoes, toys, and electronic waste to be recycled and donated.

SNHS tries to reduce waste in the community as well. At lunchtime in

Mr. Weis continued, "A second concern is what happens to organic waste if we don't compost. The material is placed into a landfill in which it will not decompose, thereby removing it from the nutrient cycles mentioned above."

In addition, SNHS has recently begun an endeavor to calculate Livingston's carbon footprint. Members collect data from power companies such as PSE&G and JCP&L, which they enter into spreadsheets containing calculations to determine total carbon emissions, explained senior Julia Riccardi, who is in charge of the project.

Senior Anne Yu believes that LHS science classes helped her to become more aware of environmental issues. "In Organic



A recyclable plastic water bottle in the trash bin in a classroom.

Image Credit: Dr. Walsh

prior years, SNHS collected food scraps such as fruit peels, seeds, and pits for composting in the courtyard. The group hopes to restart the composting collection this school year.

"Composting serves a couple of important functions," says Mr. Weis. "First and foremost, it permits a closing of the biogeochemical cycles. Autumn leaves, for example, composted into a soil amendment and reused on the same property allow the nutrients to support plant growth multiple times."

Chem, we learned how long it takes certain plastics like polyester to degrade, and we saw a lot of pictures of landfills, and animals getting stuck in the plastics because people don't recycle," she said.

Similarly, the AP Environmental Science course provides students with a wealth of information regarding the environment and the earth's natural processes. However, Mr. Weis points out, "This doesn't mean that a given individual will actually use the ideas presented in class to inform their own life and choices."

Roving Reporter: Do you think the LHS community is environmentally-friendly?

"It's not that students don't care about the environment but more that they don't believe that one person can affect it. The environment is something we all take for granted, and that's mainly why we lack appreciation." - Anne Yu '12

"Could the LHS community do more? Certainly. Conservation of electricity could easily be improved on here at school; very likely people could do even better at home, conserving and using resources more efficiently." - Mr. Weis

"I can't say with satisfaction that I feel a strong environmental awareness in our community." - Dr. Walsh

"No, I don't think the school is environmentally friendly. I think that some people care a lot, but the majority couldn't care less." - Francesca Agnello '14

"It's nice to see so many clubs putting forth an effort to make our school more 'green.'" - Jenna Heaslip '14

Will the Real Rappers Please Stand Up?



Rapper Marshall Mathers (stage name Eminem).
Image Source: fullpoundrecords.wordpress.com

By Ari GILBERG '13

For years, the freedom to express oneself has been the staple of the music industry. However, today in the rap world, corporate moguls and greedy producers are transforming what was once a prosperous and lyrical music genre into, simply put, mainstream trash.

The days of emotional lyrical geniuses such as Eminem, Lupe Fiasco, and old school Jay-Z seem to be numbered. Now the music industry is making way for artists whose lyrics are so poorly written, even an elementary school dropout could write more powerful songs.

I'm talking about you, Soulja Boy, Waka Floka Flame, Flo Rida, and many others. Congrats Tamar Dillard, you know how to hit the space bar in between the name of our "Sunshine State," Florida. What a clever stage name you've got there!

Not all mainstream rap is bad, but when two of your top songs on YouTube are named "Kool Aid and Frozen Pizza" and "Nikes on My Feet," please excuse me if I don't consider you, Mac Miller, to be a true rapper. Real rappers talk about a little more than what they just had for lunch, or what shoes they're wearing.

Real, true, emotional rap is about strug-

gle, the hardships one has to overcome, and the angst of society as a whole, not about doing drugs, having sex, or eating some pizza.

The rap industry is spiraling downward; it has gotten to the point where record labels are forcing artists to conform to the simpleminded style of mainstream rap. Wasalu Muhammad Jaco, more commonly known by his stage name Lupe Fiasco, has had several run-ins with his record label, Atlantic Records.

Before releasing his last album, *Lasers*, the executives at Atlantic Records threatened to make sure *Lasers* would never see the light of day unless the Chicago based rapper dramatically changed his style and wrote less complex rhymes. Fiasco told the *Chicago-Sun Times* he felt he was being "held hostage."

"That was a specific order from the top. 'You're rapping too fast or too slow, or it's too complex.' ...There are consequences and combat that come from that process," Fiasco said.

"With me, though, I'm not writing about someone else. I'm writing about me. This is my life. It's very personal for me. So for somebody to kind of put their fingers in that and play with that, it becomes more damaging...I gave them what they wanted. If I didn't, at the end of the day the album wasn't coming out."

Rap is about the freedom to express yourself; it is poetry of the street. It's the

complex rhymes and the deep emotional lyrics that made people fall in love with the genre in the first place. Marshall Mathers, better known by his stage name Eminem, talks about his early years as a father and living in the harsh parts of Detroit in his song "Mockingbird."

He raps, "Cause Daddy felt like a bum, see Daddy had a job. But his job was to keep the food on the table for you and Mom. And at the time every house that we lived in either kept getting broken into and robbed..."

Now let's look at the lyrics from Soulja Boy's former number one hit "Crank Dat Soulja Boy." The following lyrics are from a song that spent seven weeks – yes, seven -- at number one on the U.S. Billboard Hot 100 in 2007: "Soulja boy, I'm the man, they be looking at my neck, saying it's the rubber band man (man). Watch me do it (watch me do it). Dance (dance). Let get to it (let get to it)"

I, like many others, didn't fall in love with rap to listen to meaningless lyrics about a "rubber band man;" we fell in love with the rhymes, the passion, and most importantly, the lyrics.

Alan Vegra, vocalist from the band "Suicide" said it best, "I've liked rap for a long time, especially when it got out of its first period and became this gangsta rap, ya know this heavy rap thing? That's when I started to fall in love with it. I love the lyrics. I love the beat."

I Would Like to Thank the Academy...

By Robert FIDLER '12

The Academy Awards recognizes that it is "an election campaign that rivals, at least in Hollywood, the passions and sometimes the excesses of the quadrennial race for the nation's presidency." Similar to the presidential race, a film can't get anywhere in the Academy Awards without the financial backing from a large studio and without conforming to the conventions of Hollywood.

My favorite movie of the year, and possibly of all time, *Drive*, was critically-acclaimed (93% on Rotten Tomatoes). But



because it was edgy and produced on a \$13 million budget by a studio called FilmDistrict that had no money for a large campaign, *Drive* was ignored in the Oscar nominations. *Extremely Loud and Incredibly Close*, a film about September 11th, was poorly reviewed (45% on Rotten To-

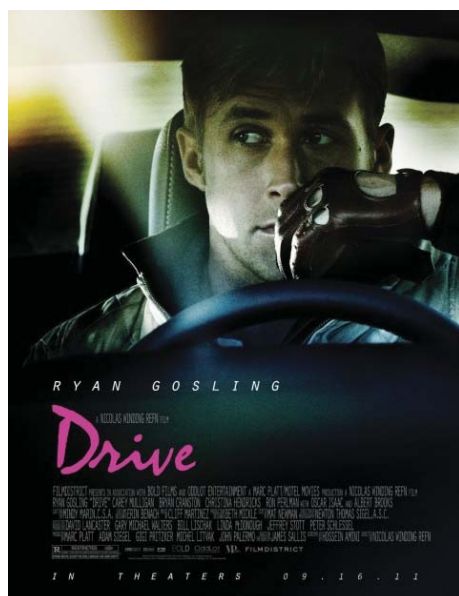


Image Source: empiremovies.com
matoes) and widely-regarded as overly sappy, but was produced jointly by two wealthy studios: Warner Bros. and Paramount Pictures. It received a Best Picture nomination and a Supporting Actor nomination that knocked Albert Brooks' superb, out-of-type performance in *Drive* out of the category. Brooks received a nomination at the Golden Globes and was assumed to be the runner-up at the Oscars in the Supporting Actor category after Christopher Plummer for *Beginners*. Just as irritating as Brooks' absence from the category is the presence of Jonah Hill for his

work in *Moneyball* as the same character he plays in every movie. Although *Drive* was snubbed by the Oscars, it will go on to be the next *Fight Club*. Like *Fight Club*, *Drive* is critically acclaimed, only recognized by the Oscars with a nomination in the Sound Editing category, and has a cool "rules" speech that will be regularly quoted for years to come.

The Best Picture category this year strangely contains only nine nominations, although ten are allowed. This means that excellent but edgy films like *Shame*, *Drive*, and *The Girl with the Dragon Tattoo* were deliberately left out. Unfortunately, honoring films and actors that are true models of achievement is not the way of the Oscars. Rather, if you bare your breasts to Ralph Fiennes in a bathtub, you get an Oscar (Rachel Weisz in 2005's *The Constant Gardener*); if you make a movie about the Holocaust, you get an Oscar (*The Pianist*, *Schindler's List*, etc.); and if you bare your breasts to Ralph Fiennes in a bathtub in a movie about the Holocaust, you get an Oscar and your movie gets nominations in all of the major categories despite average reviews (Kate Winslet in *The Reader*, 62% on Rotten Tomatoes).

It's time for the Academy Awards to recognize truly inspiring films instead of awarding mediocre movies backed by dollar signs and flashy names.

Roving Reporter: Should *The Artist* Have Won the Oscar for Best Picture?

"I completely believe *The Artist* should have won. It is a cinematic masterpiece, and it brings back the true essence of the motion picture."

- Austin Zudeck '13



"No, because Ryan Gosling was not in it."

- Roth Bernstein '12



"Yes, because it revived a very unique style of movie-making."

- Meaghan Annett '13



"*Midnight in Paris* deserved it more; however, I'm glad to see a foreign film honored."

-Abhi Shah '12

Genetically Modified Insects: Are They Helpful or Harmful?

By Priscilla JENQ '13 and Lori SHAPIRO '13

One of the major insect-borne diseases in the world is malaria, a life-threatening ailment that causes nearly one million deaths annually. Another is dengue fever, which is caused by viruses and is transmitted by mosquitoes as well. According to the World Health Organization (WHO), this often fatal disease infects 50 to 100 million people annually with 2.5 billion worldwide at risk.

Scientists have recently developed a new way to prevent the spread of insect-borne diseases that plague the world: by genetically modifying the insects that usually carry the diseases. A brief on genetically modified insects by the UK Parliamentary Office of Science and Technology states that scientists “modify” the insects by introducing specific genes that will alter the insects’ biology. These specific genes, also known as transgenes, are inserted using short sequences of DNA that integrate themselves (along with the transgenes) into the insect’s genome. There are a number of different transgenes through which insects can be modified. Marker genes, which make the insects fluoresce, allow the modified insects to be distinguished more clearly from those who



Image Source: councilforresponsiblegenetics.com
Are genetically modified insects beneficial to society?

are not. Lethal genes can cause insects to die or render them unable to reproduce. Refractory genes in insects aid in resistance to particular pathogens, which prevent the insect from transmitting the disease.

While many believe that these genetically modified (GM) insects will be hard to monitor, scientists have developed possible methods to control them. One of the techniques, developed by Oxitec, a

British biotechnology company, aims to suppress the population by inserting a lethal gene into the insects. This gene causes the organism to die prematurely; therefore, when the GM insects mate with wild insects, the lethal gene is passed on and will eventually cause the offspring to die. If enough GM insects are released into the wild, the insect population in the area could possibly be eliminated.

However, this poses other problems that could be potentially dangerous. An example of this is the absence of the population would leave a vacuum in the ecosystem that could be filled by another insect species that may introduce new diseases.

Although these techniques of modifying insects may prevent, to some extent, the transmittance of deadly diseases, many dangers and obstacles are still unaccounted for. First, these methods for transforming the insects are not foolproof: about 3.5 percent of insects survive to adulthood despite carrying the “lethal” gene, according to a *Nature Biotechnology* article. It is also impossible to know if there are any random mutations already present in any given insect that would make it resistant to the genetic modification, explained Dr. Alfred Handler, a geneticist at the Agriculture Department in Florida. There is a chance that the modified insects could actually spread disease more effectively and carry human diseases they were never able to transmit, which would exacerbate the problem. In addition, the different viable methods to modify the insects are also very costly, which makes modification impractical in developing countries that are often the most affected.

Opinion: Freedom to “Surf” Censored

By Oriana TANG '15

The Stop Online Piracy Act, or SOPA, is a bill designed to police websites for piracy in an effort to reduce copyright violation and sale of counterfeit goods. Under SOPA, the government will be able to pursue court orders against websites accused of online trafficking. Consequences can range anywhere from prohibiting the processing of online credit card orders to blocking certain sites entirely. Stopping plagiarism and piracy – that sounds like a good thing, right?

The problem here is, passing a bill like this puts the U.S. on a slippery slope toward further censorship. America is known for its freedoms, especially that of speech. But if the government can censor our web, what will they censor next? Will American internet censorship turn into one like China’s firewall, where sites with content that may provoke the people to act against the government are shut down?

There are other negatives as well, as outlined by founder of the website Dysfunction Junction, Kent McCarty, “New websites will be reluctant to start up in the United States when they have other countries with fewer restrictions to choose from. Websites currently accessible in the U.S. may choose to relocate elsewhere,



Image Source: www.photogallerycms.com

NY Tech Meetup, a group of technology enthusiasts, gather in NYC to protest SOPA.

taking thousands of jobs with them.”

The English version of the online encyclopedia Wikipedia protested SOPA on January 18 by blacking out its site for twenty-four hours; instead, the website re-directed users to a link where they could contact

their state’s representatives to protest. Wikimedia Foundation board member Kat Walsh writes, “We depend on a legal infrastructure that makes it possible for us to operate...where it can be censored without due process, it hurts the speaker,

the public, and Wikimedia. Where you can only speak if you have sufficient resources to fight legal challenges, or if your views are pre-approved by someone who does, the same narrow set of ideas already popular will continue to be all anyone has meaningful access to.”

In addition, a Christian Science Monitor article states, “Wikipedia...relies on a network of volunteers to update its website through its open-source platform. If SOPA were to pass, Wikipedia could be held responsible for any information added to its website.” In other words, if an instance of plagiarism was discovered, the volunteer who plagiarized would not be blamed – Wikipedia would be, and the website would have to face consequences like being completely shut down or blocked, inconveniencing millions of people all over the world.

It may be important to stop online piracy and copyright infringement, but SOPA goes about it the wrong way. In theory, this bill will help companies regain profit from pirated goods. In reality, we will end up one step closer to a severely censored, monitored U.S., lacking the freedom of speech guaranteed by the Bill of Rights. Keep SOPA from passing. This isn’t the kind of future we should want.

Sophomore Perspective

By Rebecca POPPER '14



PICK UP LINES

Need a Prom Date?
Give These Lines a Try!

Compiled by the *Lance* staff and "Special Legal Consultant" Ben LEFF '12

Before you, my life was like watching a Knicks game without Jeremy Lin playing.

You're the top trending topic in the Twitter feed of my heart.

Baby, I know my chemistry, and you've got one significant figure.

I asked Barack Obama if we could get together later, and he said Yes We Can!

Are you an earthquake? Because you just rocked my world.

You defy Newton's Laws. You make me stop in my tracks with just a look.

I hope you know CPR because you take my breath away!

Are you on the track team? Because you've been running through my mind all day.

If looks could kill, you would be a weapon of mass destruction.



Image Source: PicturesOf.net

Are you using the Confundus charm or are you just naturally mind blowing?

Disclaimer:
The *Lance* does not guarantee the success of these pickup lines. By attempting one of the above lines on a woman and/or man, the user agrees not to sue the *Lance* or its writing affiliates in a court of law. Possible risks include being laughed at, being slapped, having the police called on you, and losing your dignity.

WINTER SEASON SPORTS WRAP-UP

Congratulations to all of the winter sports teams on another amazing season.

ICE HOCKEY

By Logan GROSSMAN '14

The Livingston Lancers ice hockey team completed their season placing fourth in the Super Essex Conference. The Lancers, coached by Dave Conklin and Ken Lilien, have mustered a respectable 12-11-2 record, which qualified the team for the state playoffs where they were seated 20th in the public schools A bracket.

Junior Johnny Garfinkel, recognized as a member of the Super Essex Conference first team, led the team in both goals and points. Also a junior, Cameron Friedfertig was a key player throughout the season, especially after scoring an important goal with just minutes remaining in the Lancers' final game of the "Holiday Tournament" against Nutley. However, the overall success of the team is not the result of the several individual players, but can be attributed to the consistent skill of the entire lineup. There was a tremendous effort from talented goaltenders sophomore Brian Lilien and freshman Brendan Flaherty.

On Saturday, January 28, the Lancers held a fundraiser at the home game against Millburn to raise money for the Susan B. Komen Foundation and promote breast cancer awareness and research. Spectators were encouraged to wear pink in support of the event, as well as to donate to the foundation.

BOWLING

By Ari GILBERG '13

The Lancer Varsity Bowling Team shocked everyone by defeating top tier teams, winning multiple tournaments, and falling just seven pins short of the overall Group 3 championship. No Essex County team has won as many County Bowling Championships as LHS, which earned five.

Senior Brandon Gershon finished the season off strong bowling a 279 with 11 strikes in a row on the last match day. The Lancers won four titles this season, a new Livingston record.

BASKETBALL

By Madan ATREYA '12

Captained by seniors Bri Padilla and Carly LaGrotta, Girls Varsity Basketball became more than a team this season, but rather like a family. Senior Mallory Breg provided the team with essential rebounds and sophomores Katie Horiuchi and Sam Rothenberger put up big numbers for the Lancers. The Lancers hosted an autism awareness night benefit game in February.

Captained by seniors Marc Schofel, Sam Abam, and Alex Kalmus, the Boys Basketball Team proved to be a well-rounded team with much success this season. Their final record was an impressive 21-4.

FENCING

By Madan ATREYA '12

Captained by Julia Riccardi, Shirley Shen, Jeanette Ng, the Girl's Varsity Fencing excelled beyond the expectations of the coach and had an outstanding season, finishing with a mark of 13-3. The girls placed fourth in the state tournament and succeeded in taking the top spot at the Santelli Tournament and District III.

Captained by Daniel Tracey, Louis Rosenberg, and Jason Cai, the Boy's Varsity Fencing Team managed to pull off a record of 6-5 at the end of the season.

WINTER TRACK

By Carly ABENSTEIN '12

The Boys Winter Track and Field Team had a strong season, where they competed at a high level at the county, sectional, and state level. The team was led by Nick Fogarty, Kieran Toner, and Zac Brower.

The Lancer's competed well at the Essex County Relay Championships in early January. The Distance Medley Relay team which included Mark Battista, Shane Molzer, Seth Goldstein, and Nick Fogarty finished in a time of 11:06 and captured a third place finish.

The girl's track and field team had another remarkable season. The team was led by captains Tess Ehrlich, Eloisa Cusi, Abbey Eglow and Shannon Kelly.

The team's success was highlighted by earning numerous honors, qualifying five athletes for the State Championship, along with setting an amazing six new individual school records and four new LHS Relay

Records. With such great performances at the state level the team qualified four athletes to the prestigious Eastern State Championships.

In the Meet of Champions, Shannon Kelly continued her standout season by lowering the school record in the 3200m, with a time of 11:05.

SWIMMING

By Morgan LEVY '15

Captained by Nancy Yang, Eeshin Chang, and Brian Lee, the LHS girl's and boy's swim team had yet another successful season. The boys finished with a record of 4-7 and placed 9th at the SEC/Essex County Tournament. Nitay Caspi was an honorable mention all conference while Kaitilin Farinella was honored as February Athlete of the Month. The girls finished with a record of 6-5. Nancy Yang and Eeshin Chang were both awarded All Conference titles.

WRESTLING

By Morgan LEVY '15

Captained by Jason Estevez and Brett Ratner, the LHS Wrestling Team had a strong season. The seniors include Brett Ratner, Joe Fede, Abel Amare and Garret Guisto. They wrestled in the Neptune Classic Tournament and the Hunterdon Central Invitational Holiday Tournament. At those tournaments, the place winners were freshman 113 pounder Tommy Heller, junior 152 pounder Brad Kosser and junior 132 pounder Jason Estevez.

Lance Spotlight: Sam Abam

Shootin' Hoops with Slammin' Sam



Image Source: Facebook

By Carly ABENSTEIN '12

Many may associate Sam Abam with his "famous dunk." However, with this Varsity Basketball Star, there is more than meets the eye.

When did you start playing basketball?

I started playing basketball in fourth grade when I moved to Livingston. I was formerly really into baseball, but at recess, the other boys were playing basketball so I joined in. I was actually pretty good for someone who had never played before and decided to join the rec team in town.

When did you first successfully dunk?

Freshman year, I was at a club basketball practice, and we were just fooling around. My teammates wanted to see who could dunk and after a few failed

attempts, I finally got it. It was really exciting at the time and I still think back to that feeling when I dunk now.

How was your final season at LHS different than previous years?

In my final year, I was able to accomplish a lot more because in the back of my mind I knew I'd never have the chance to do so in high school again. You have to make sure you have no regrets at the end of the season.

Describe this season in one word.

Historic.

Where do you see yourself in ten years?

In ten years, I could be playing basketball overseas. There's a lot of opportunities there that aren't available in the US.

How has your college process been different because of basketball?

I looked at colleges based on their basketball program which was a lot different than almost everyone else who chose where to apply to. As much as I cared about the basketball team, I still had to make sure I would get a good education. I haven't figured out where I'm going next year but a few of my top choices are University of Hartford, Iona College, Fairfield University, Wagner College, and St. Edwards University.

Who was your inspiration growing up?

Michael Jordan – on and off the court, he was a great role model for younger players. I admired the way he carried himself with such class and stature even when he was off the court.

Any pre-game rituals?

I really have no explanation for it, but I

have a banana before every game. It gives me energy and if I don't have one, I feel off – like something is missing.

What does Coach Cohen do to pump the team up?

Coach is really supportive of all of us. Before every game, he tells us how Livingston is known for being the "joke" basketball program in the league and even

rare in college basketball these days. I hope they go all the way.

What has been your worst moment playing basketball?

I had finally been given the chance to start a game sophomore year. I really wanted to impress the coach but ended up putting zero points on the board. We got smashed by Newark Central that game.



Image Source: Facebook

when we play well, the others are always going to say what they want to say.

Who's your March Madness pick?

I have Syracuse for the win. They have eight to ten guys that can start on any given day. They're a team of great experience and great talent, which is extremely

What has been your favorite moment playing basketball?

One hundred percent, it would have to be dunking at the state tournament game last Thursday to end my high school career. I left the court on such a high note despite our tough loss.

One Concussion Enough: Injuries on the Ice



Former Toronto Maple Leaf Nick Kypreos suffered a career-ending concussion in a pre-season fight with the NY Rangers' Ryan VandenBussche in 1997.

Image Source: The Star

By Amanda GLATT '15

Whoosh! A player races down the rink, gracefully weaving his way through opponents and teammates alike. He refuses to relinquish control of the puck as he focuses on the net before him. He is unstoppable -- until an opposing player slams into him, propelling him with such force into the boards that his stick flies out of his hands and his helmet flies off his head. He closes his eyes before slipping into unconsciousness.

Such a scenario is not as farfetched as one would think. Ice hockey attracts a plethora of injuries that can be crippling or fatal. According to estimates by The Exploratorium, professional hockey players skate at about 20-30 miles per hour in a game that revolves around physical contact between players. In addition, there are many dangers posed by skate blades, sticks, and the puck itself. Injuries are prevalent throughout the sport, but the most frequent and controversial ones are concussions.

Concussions, first reported in hockey in 1890, are not new to the game; however, modern medical advances have recently emphasized just how threatening they are to a person's health. As explained by the Mayo Clinic, a concussion is a trauma to the head that can "stun" the brain cells, leading to serious alterations in neurotransmitter function, potassium and calcium exchange, glucose metabolism, and brain blood flow. Repetitive head injury can lead to serious consequences such as degenerative brain disorders.

Sometimes concussions are not recognized if there are no obvious physical symptoms initially. For instance, Toronto Maple Leaf Colby Armstrong did not seek medical attention until nearly 48 hours after he was injured when colliding with another player. Although professional hockey leagues have specific protocols for diagnosing and treating concussions on the spot, none were used in Armstrong's case.

The ice is a breeding ground for injuries like concussions that may never be reported but still wreak irrevocable havoc on the body. Though hockey is an exhilarating sport to watch and play, the associated risks may be too high: bashed



Thomas Kaberle of the Toronto Maple Leafs after a hard hit by New Jersey Devil Cam Janssen

Image Source: Toronto Star

skulls, fractured bones, torn tendons, and more. Who do we blame? The rules, the NHL, the game, or the spectators? When we watch a game, our favorite players are at risk of fatal injuries, yet the only thing on our minds is which team is going to win the Stanley Cup.