

# The Lance



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Livingston High School

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## INSIDE THIS ISSUE



**Check out the One Direction Infection**  
Page 3

**Crazy about Frozen Yogurt?**  
Page 3



**Don't Catch Junioritis**  
Page 7



## INDEX

News.....	1, 3
Features.....	4, 5
Opinion.....	6
Lance Lite.....	7
Sports.....	8

## LHS Students Shine in Science Research Symposium

By Morgan LEVY '15 and The Lance Staff

At the 7th annual Livingston High School Science Research Symposium, students were poised to present their research discoveries to their peers, mentors, parents, and teachers.

Science Research is three-year course at LHS in which students conduct research on a topic of their choice; throughout the year, students participate in multiple research projects and participate in mentor programs with college professors in order to gain insight on their respective topics.

The Symposium is the culmination of students' yearlong dedication to their research. Students spend months developing their presentations in order to impress their guests at the symposium.

Standout presenters included senior Adam Lerman, who displayed his research of cells involved in Parkinson's disease. "[I hope my research] is the first step in something different," he said. Seniors Brigid McDonald and Tiffany Bair also impressed



The Upperclassmen in Science Research at a competition in Rutgers University.

Image Source: Sunny Sheth

with their presentations on therapeutic cells and diabetes, respectively.

Freshman Kerry Zak, who is interested in the Science Research program remarked, "Senior members of the program [were very impressive]; they each gave spirited presentations while entertaining questions from various professors." Underclassmen also gave informative presentations that

covered a broad range of topics, from cancer research to anti-depressants.

"The Symposium was a success," said senior Marlena Idrobo, who has participated in Science Research for three years, "The presentations are always incredible. I'm so excited to come back next year and see what all my classmates have accomplished!"

## New SGA Board Elected In Recent Elections

By Doug BRESNICK '13

As the 2012-2013 school year appears to be almost within reach, it becomes more apparent that a new student government will be taking over at LHS. Students voted for the candidates that they wanted to see at the head of their student body to make the important decisions regarding the everyday environment at school.

Consequently, candidates that ran for office for the 2012-2013 school year are making it their goal to pass effective legislature at LHS that students will notice every day they walk into school. Jennifer Wu, a junior and the only student who ran for president for next year's student government, aims at reducing stress levels to create a healthier school environment.

"I think our high school would be much more welcoming to students if we could lower stress levels. I have found that many students lose sight of long term goals and dwell on grades," Wu exclaimed passionately. "It seems as though some students see themselves as direct functions of their GPAs sometimes, and we need to remind students that high school is a haven for inspiration and guidance--certainly not just tests and report cards."

Some students at the high school are skeptical of the SGA's ability to make effective changes at school.



Incumbent Board Liason and Alternative, Jennifer Wu and Annie Rishty with their successors, Mo Pasternak and Spencer Silverman, respectively.

Image Source: Jenn Wu

Alex Tofel, a junior at Livingston High School, feels that the student government is lacking a voice to communicate with the education administration of Livingston.

"There needs to be a link between the administration and the students here at LHS," stated Tofel. "This is the only way to ensure that the voices of the students are heard."

"I haven't ever really paid much attention to any student government in past years," elaborated current sophomore Gab Gordin. "I just feel that they are unable to accomplish anything that will affect the everyday life of a high school student."

Wu, next year's SGA President, plans to

address these student's concerns; she feels that the only way to create the optimal school environment is for every student to communicate his or her ideas to the student government here at LHS.

"Though we spend a lot of time planning events and trying to improve the school on the students' behalf, we do have a lot of fun on the way and we become one big SGA family! I encourage everyone to get involved in the LHS student government."

Other members of the SGA executive board include: Jennifer Wu, President; Peter Webster, Vice President; Joey Rait, Secretary; Zach Gartenhaus, Treasurer; Mo Pasternak, Board Liason.

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## From the Desk of the Editors-in-Chief



There are 365 days in a year. That's 8,760 hours, 525,600 minutes, and 31,556,926 seconds. With all that time, you would think that each of us could take a few short days out of the year to honor our fallen heroes, our veterans, and our current soldiers. However, many people have forgotten the importance of the Armed Forces.

For instance, Memorial Day. Many use the three day, holiday weekend as an excuse to party on the beach, have barbeques, and celebrate the beginning of summer. People do not realize that their day off from work or school is an opportunity to remember our soldiers' selfless, courageous sacrifices. Our soldiers forfeit their time, their freedom, and even their lives—to ensure our safety and our liberties.

Some Americans do not truly understand these sacrifices. The aftermath of our soldiers' service leaves an irrevocable mark on their lives. Soldiers often suffer from depression, post-traumatic stress disorder, drug abuse, and alcoholism. According to the New York Times, 37% of veterans were diagnosed with a mental health problem; many others may have escaped diagnosis.

Did you know that one of three homeless Americans were former members of the US Armed Forces? The National Coalition for Homeless Veterans states that 67,000 veterans are on the streets on any given night. Furthermore, 1.5 million veterans are "considered at risk for homelessness" due to poverty, dismal living conditions and lack of support networks.

Is this the way we want to treat our true American heroes? Why are we actively neglecting those who protected our freedom? Why are we ignoring our soldiers when they desperately need our support, our time, and our love?

So, LHS, let's start supporting our troops. In every community, there are families whose loved ones are active members of the military or veterans. In fact, many of our parents and grandparents may be former soldiers. There are five veteran affairs facilities within 10 miles of Livingston. These agencies need volunteers to work at hospitals, readjustment counseling centers, and cemeteries. You could donate to the US Department of Veteran Affairs, an organization that funds a multitude of veterans' charities. In reality, there are countless ways that an ordinary citizen can make a huge difference in a soldier's life.

This summer when the fourth of July rolls around, take some time to volunteer or donate to a veteran's home or charity. Or, simply take a few short minutes to remember the brave, bold, and fearless soldiers who have risked their lives so that we can be free.

*-Bae and Gilberg*





# News / Features



## One Direction “Infection”



One Direction bandmembers: Niall, Zayn, Liam, Harry and Louis.

Image Source: Mr Styles' Tumblr

By Joan SHIRA '14 and The Lance Staff

One Direction, the European group featured on “The X-Factor UK” in 2010, has begun to infiltrate the music industry and bring back the boy band image equated with pop music. With their charming faces, angelic voices, and European style, Liam Payne, Harry Styles, Louis Tomlinson, Niall Horan, and Zayn Malik have taken America by storm, capturing the hearts of teenage girls around the country...the British and Irish accents don't hurt either.

Celebrities such as Taylor Swift, Selena Gomez, and Rihanna are well-known fans of the UK band. “Directioners”—the name fans have given themselves—have spread the One Direction “infection” through networking sites such as Twitter, Tumblr, and YouTube. “We would be nothing without our fans,” says Liam Payne. “We owe it all to the fans.”

After being eliminated on the X-Factor UK, the five young boys between the ages

of 16 and 19 were given another chance to continue forward together as a group. One Direction placed third on the television show and later performed during the sold out X-Factor Live Tour; it was only the beginning. Producer Simon Cowell, their mentor on the X-Factor, offered One Direction a recording contract in 2010.

Since then, they've released their first single “What Makes You Beautiful” and their album *Up All Night*, which debuted at number one on iTunes and the Billboard Top 200 in America, the first British act to do so.

“We're just five normal boys from the U.K. who've been given this massive opportunity,” said Harry Styles, the curly haired band member. One Direction's 2012 headline tour sold out within minutes and at the end of the year, they're performing to a sold out crowd in Madison Square Garden. It seems like the only direction this band is going is up.

## Choral Ensembles at LHS



Mr. Salzman directing the LHS Concert Chorus at their Spring Concert.

Image Source: Mr. Salzman

By Talia ROSENSTAUCH '12

The Concert Chorus, Chamber Singers, Notations, and Voicemales are groups that are part of the vast selection of classes and clubs available to students at Livingston High School. However, members of these groups do not participate in typical club or classroom activities; students who are a part of these ensembles make music.

Concert Chorus is a class at LHS that is open to the entire student body; chorus members learn and practice vocal repertoire during regular class periods. The Chorus performs two concerts in the winter and spring; additionally, senior members perform each year at graduation.

Chamber Singers is a women's chorus, whose members tend to study traditional material, including classical and foreign language pieces. Notations is a mixed chorus, in which members perform musical theater, popular music, and jazz. Students are selected to Chamber Singers and

Notations based on an audition process; both groups meet for practice sessions after school on Tuesdays. Voicemales is an all-male, predominately student-run vocal group. Members participate in informal club meetings on Thursdays after school.

These ensembles participate in a multitude of community events throughout the year, such as the All Township concert, the Teacher of the Year breakfast, performances for the Old Guard, and the annual 9/11 tribute ceremony.

The students involved in these groups are some of the most accomplished and dedicated at LHS. “I love being in LHS Choral Ensembles,” said Junior Emily Bae, who participates in Chorus and Chamber Singers, “It's amazing to be a part of such talented groups.”

If you are interested in joining the Chorus or auditioning for the select groups, contact Mr. Salzman, the chorus teacher and director of the select ensembles.

## A Froyo Review for You

By Tiffany HONG '13

The temperature is not the only thing that has been getting hotter these days; new self-serve frozen yogurt franchises have been flourishing, extending business throughout Livingston and nearby towns. The surging trend began with Red Mango in Florham Park, followed by CUPS in East Hanover, Twist It, and Swedes in Livingston.

Among all the popular “fro-yo shops”, I constantly find myself returning to Red Mango. Not only is it refreshingly satisfying, but the yogurt is also all-natural and features “live and active” cultures that have countless health benefits. Although Red Mango is based on self-service, the workers never cease to generously give the customers free samples of their new smoothies and other products.

Personally, I prefer the flavors at Red Mango more than those at CUPS or Twist It simply because I like modestly sweet and tart flavors. CUPS and Twist It offer



Two cups of Red Mango Frozen Yogurt with toppings.

Image Source: christiancari.blogspot.com

more sweet “ice-creamy” flavors, such as Cake Batter, Dulce de Leche, Red Velvet, etc, and offer only two tart flavors, Euro-tart and Very Strawberry. I have tried most of the flavors available at CUPS with the

help of the “free sample cup,” and I can say that flavors like Irish Cream, Peanut Butter, Madagascar Vanilla, and Raspberry Cheesecake don't really suit my taste.

When I go to Red Mango, I usually

get the same flavors with the same toppings, varying my choices every so often. My typical yogurt cup contains Original, Pomegranate, Sonoma Strawberry, and Mango yogurts topped off with a couple fresh strawberries, juicy mango cubes, and chewy mochi to create a wonderful combination in which the fruity, tart flavors join in perfect matrimony. I guess I am a bit conservative when it comes to choosing flavors and toppings, particularly when I see other customers with cups piled high with different flavors and plethora of toppings varying from fresh fruit to original ice cream toppings like cookie crumbs, M&Ms, granola, chocolate morsels, nuts, sprinkles, gummies and chocolate and caramel syrup. Nevertheless, all patrons seem to enjoy their yogurt, no matter what medley of flavors or toppings are chosen.

I suggest visiting Twist It, CUPS, and Red Mango, trying the flavors, and deciding for yourself which you prefer—tangy and tart or sweet and decadent.



## Teacher Spotlight: Mr. Rosamilia



Mr. Rosamilia participating at a Livingston Education Association event.

Image Source: leanj.org

By Emily BAE '13

Many students know Anthony Rosamilia as their energetic, FDR loving, politics-obsessed history teacher. Rosamilia is known for his dry, sarcastic humor, self-deprecating jokes, and his passion for fishing and the Democratic Party. Outside the classroom, Rosamilia is heavily involved in the school community; previously, he acted as an advisor to the Armed Forces club and the Class of 2006. Students may have spotted him at Livingston High School hockey games or wrestling matches, manning the score board.

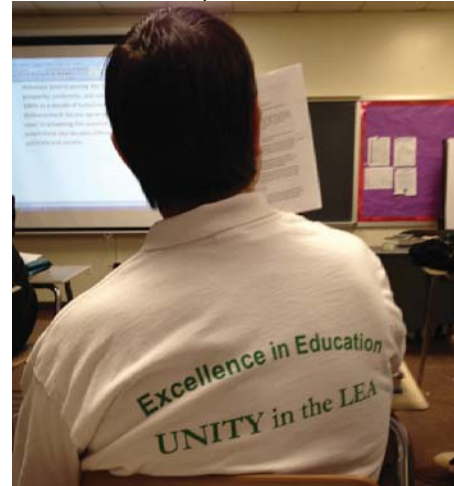
When Mr. Rosamilia is not donning

his trademark jacket and tie ensemble to school, he is sporting his white Livingston Education Association (LEA) polo. Rosamilia, who has taught at LHS for 11 years, is notoriously known for his outspoken support for teachers' unions. As Vice President of the LEA, he plays a key role in making decisions for the all-inclusive organization, which is comprised of teachers, bus drivers, guidance counselors, and other staff members.

"The presence of unions is vital to middle class life," Rosamilia said, "The LEA is fighting for a strong public education; democracy is dependent on an

educated citizenship."

Rosamilia was recently elected President of the Essex County Education Association; his primary goal is to fight for teacher equality. "Unionism is on the decline," Rosamilia explained, "I know that [compromise] won't be easy, but it wasn't easy turning teaching into career that teachers could be proud of."



Mr. Rosamilia wearing his LEA shirt.

Image Credit: Emily Bae

Most of all, Rosamilia wants to fight myths regarding teaching. "Teaching is different than other professions," he said, "There isn't instant gratification. Students may not realize the positive effect their teachers have had on them until years after they've graduated. However, it is so rewarding when students do come back and share about the knowledge they gained while learning with us."

## SHS Fundraises for Cell Phones for Soldiers



An advertisement for the program.

Image Source: Alyssa Posklensky

By Alyssa POSKLENSKY '13

and Mo PASTERNAK '13

Cell Phones for Soldiers is a non-profit organization dedicated to provide cost-free methods to deployed and returning troops in an effort to communicate with family while serving in the United States military. The Livingston portion of this drive is another example of the community service performed by Science National Honor Society (SHS) members.

Even though the wars may be winding down, soldiers are still serving overseas, and it is important to stay involved and support the troops.

Thank you to everyone who has already donated and volunteered their time; there is still time to search your house for old phones! Red, white, and blue collection boxes are located in the library, the main hallway, S10, and E182.

## Club Update: Model United Nations



The LHS Model UN Team debating at the St. Peter's Model UN Conference.

Image Source: Lauren Vaca

By Vidita GAWADE '13

Model United Nations, also known by its initials MUN, is an organization in which students see through the eyes of UN ambassadors. Members of this club gain a global perspective by debating international issues, negotiating with supporters and adversaries, and by making speeches and drafting resolutions with other students who share similar interests.

Model U.N. began the year by taking a private tour of the United Nations headquarters in New York. The members were able to see the General Assembly and offices, places where the actual debates take place. The club competed against nearly

300 delegates in the Academy Model United Nations tournament at Bergen County. LHS students represented several countries at the mock meeting including Yemen, Saudi Arabia, and Djibouti. The team collectively won the award for best large delegation; other members also won for individual awards for "best delegate."

Although a mock United Nations meeting may not seem to be the most exciting thing in the world, the students were able to participate in several extreme scenarios. President Lauren Vaca explained how the members in fact simulated an actual international crisis, "some delegates were even taken 'hostage.'"

MUN also competed at St. Peter's Col-



M.U.N member Spencer Silverman debating at a Model UN Conference

Image Source: Lauren Vaca

lege High School for the third time, representing the countries of Russia and Saudi Arabia respectively. Of the thirteen delegates that competed, six won awards. MUN also expanded their enrollment from thirty-five to forty students in order to allow more student participation.

Hillary Schrenell, a presidential appointee by the Obama administration to the United Nations and a LHS alumnus, came

to speak with to the devoted students about her job and what it entails. Schrenell even offered to give MUN an inside tour of her office at the UN Commission.

Model UN provides a valuable, hands-on experience to students who are seeking involvement in debate. If you are interested in international diplomacy or a career in international relations, be sure to contact MUN president Lauren Vaca.



# Gay Marriage: Why the Controversy?



Neil Patrick Harris and Ellen DeGeneres, two openly gay celebrities, chat on Ellen's award-winning talk show.

Image Source: greginhollywood.com

By Annie RISHTY '14

If a man and a woman love each other, they can get married and start a family without much difficulty. However, if two men or two women fall in love, it is not as simple as that.

I do not understand why the public finds it morally wrong for two people of the same gender to love each other. Some would say it is because it undermines the "sanctity of

marriage", but you can't change someone's orientation.

Why is everybody expected to be straight? Is that how it's "supposed" to be? There are so many parents in today's society that reject their children after they "come out." Imagine your mom or dad kicking you out of the house because of your sexual orientation. Is that fair? Is that how children should be treated just

because they are a little different from everyone else?

Since when did marriage become so "classified"? I believe that gays and lesbians should have the same legal rights as straights; nothing more and nothing less.

the stereotype that being gay prevents a person from success or being intelligent.

Additionally, heterosexual marriage is not always perfect or lasting. According to the divorce reform, nearly 50% of opposite-sex marriages end in divorce. In fact,



New Yorkers celebrating the passage of a law legalizing Gay Marriage in their state.

Image Source: kcet.com

People must understand that we should be able to love whoever we want to love. If people can wrap their heads around that idea, many more would be open minded about homosexuality.

Many gay celebrities, such as Ellen DeGeneres, Jane Lynch, Neil Patrick Harris, and Elton John, are successful, well respected, and open about their homosexuality. These important figures crush

a study last year found that the divorce rates in gay marriage legalized states are, in fact, lower for same-sex marriages than traditional marriages. Does this mean we may see less divorces in the future?

If two people truly love each other, they should be allowed to marry one another. Together we can change the country and allow all states to legalize gay marriage.

## Inside the Natural Born Citizen Clause: Should the President Have to be Born in the United States?

By Katherine LEE '13

Ever since the drafting of the Constitution, it has been stated that any person who ascends to the presidency must be born in the United States, and have lived there for fourteen years. While some may decry this requirement as discriminating and unfair to immigrants, the necessity for this rule is

natural born citizen and living in the nation for fourteen years simply ensures the well-being of the nation and to guarantee that the man or woman at the reins has a full understanding of the country that he or she is governing.

This is even further justified when one thinks of the power that modern presidents

*It is only right that the person with so much power is a "True American" and have the interests of the American people at heart.*

clear to those who thoroughly analyze the "natural-born-citizen clause."

It is only in the best interest of the nation that the person who assumes the office be someone who fully understands the nation's people and its corresponding issues. The entire reason for the revolution of the colonists against Great Britain, was because of the sentiment that the British government did not truly understand the nature of the people it governed in America, and thus were unqualified to make decisions for them. The requirement of being a

have in their hands. Through several court cases and "justified" actions, the presidents of the United States have slowly wrestled more power into the executive branch than was originally intended for that sector of the government.

It is only right that the person with so much power is a "true American" and have the interests of the American people at heart. Without this rule, the chance of electing a president whose main goal is not truly the welfare of the United States puts the welfare of the American people at risk



Donald Trump has accused President Obama of not being born in the US.

Image Source: Huffington Post

of being tampered with or disregarded.

This issue has been highlighted recently in the press, with many, including Donald Trump and others, accusing President Obama of lying about his birthplace. Some have demanded that the President release his birth certificate; he did so in April of 2011, to quell the speculative rumors. Obama, whose parents are from Kenya, was born in Honolulu, Hawaii.

While others may argue that not all foreigners are such fraudulent people, without this rule, those who do not have

the nation's best interests at heart will slip through the cracks and endanger the nation, a risk that cannot be taken.

The object of the Constitution is to ensure that the most equal and fair system of governance is maintained in the United States, and such a rule would not have been added had it endangered the balance that the Framers of the Constitution sought. Therefore, it is only prudent to adhere to and not challenge this clause, since it can only benefit the American people, not harm them.





# Opinion



## Neighborhood Watch: The Unruly Watchdogs

By Oriana TANG '15

If you walk through any one of about 25,000 neighborhoods in the United States -- Hillside Heights, for instance, in Livingston -- you'll likely see a sign: WARNING. WE REPORT ALL SUSPICIOUS PERSONS AND ACTIVITIES TO OUR LOCAL LAW ENFORCEMENT AGENCIES. In other words, take caution: you're being observed. There's a Neighborhood Watch program up and running in this part of town.

The pretense behind a Neighborhood Watch isn't a bad one -- the purpose is to prevent crime. By coordinating the actions of residents on a block, not only do citizens get to know each other better, but also suspicious activity is reported more efficiently to the authorities. Multifarious illegalities, like vandalism and theft, can then be avoided more effectively.

Or at least, that's how a Watch is supposed to operate. Just like how Communism was supposed to create an egalitarian society and the League of Nations was supposed to prevent further warfare. But as was evidenced with both those cases, the idea, however good it may be, doesn't quite translate properly to reality. There are several detriments to Neighborhood Watch that make the program less than successful as people would have you believe.

To start with, the very foundation of the program is flawed. Neighborhood Watches may be coordinated by police of-



An example of a typical Neighborhood Watch Sign.

Image Source: crimewatchsigns.com

ficers, but they only "assist -- they don't run it," according to Christopher Tutko, the nationwide director of the program. Thus, you end up with untrained citizens trying to do the right thing but with no idea how to proceed.

Neighborhood Watch is not meant to be a vigilante program in any way, but many towns do not properly educate volunteers on what to do, often providing no more than an information packet. While the police department may need people's help in order to catch criminals, giving them the responsibility, but not teaching them what they are supposed to do is like putting a child in the driver's seat of a car -- a situation doomed to end in disaster.

Neighborhood Watch also fosters paranoia. To use a historical analogy, under Communist dictator Joseph Stalin, the Russian secret police system involved

neighbors reporting any actions they found suspicious. Everybody had to be wary of what they said or did around other people for fear of being reported and apprehended.

Although the modern Neighborhood Watch program does not have results that are nearly as drastic, the idea is in fact very similar. Citizens become so wary of any strangers they see in the area, regardless of what they may be doing, that any action has the potential to be called out as questionable.

Both of these problems with the program were pretty effectively demonstrated with the recent Trayvon Martin case: George Zimmerman, the captain of the local Neighborhood Watch, decided to tail seventeen year old Trayvon Martin, somebody he believed to be "suspicious" because Martin was walking through the streets and looking around. Instead of

waiting for the police to arrive and handle the situation, Zimmerman shot at Martin, killing him. Zimmerman wanted to do the right thing and protect his neighborhood. In return, he got arrested and is now currently being tried for murder.

These shortcomings can be overlooked if Neighborhood Watch was proven to have some use in stopping transgressions against the law. However, a 2002 review compiled by criminologists Lawrence W. Sherman and John Eck showed that there is in fact little benefit. Sherman and Eck concluded that "the oldest and best-known community policing program, Neighborhood Watch, is ineffective at preventing crime."

Of course we all want to keep our neighborhoods safe, and having a Neighborhood Watch gives us the illusion of doing so. But no matter how much better it may make people feel about their community, the sense of security that they experience is false. The program does nothing but induces paranoia and increases the rate of wrongful arrests.

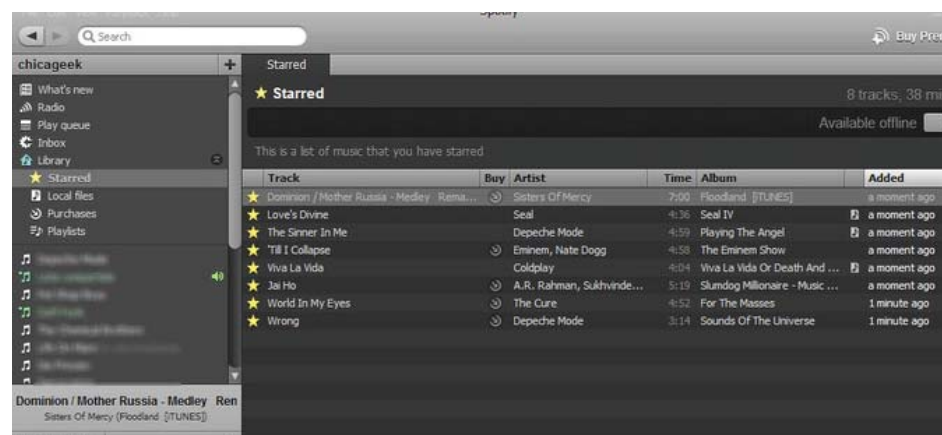
USAOnWatch.org, the official website of Neighborhood Watch, states that "it takes all of us to work together." Yes, it does -- crime cannot be prevented if nobody speaks up. What it does not take is a specific program to get citizens to report suspicious activity. Neighborhood Watch isn't a necessity for safety. If each of us kept an eye out, we would prevent crime without the failings of a coordinated patrol system.

## Spotify: A New Way to Download Music

By Shivangi KHANNA '13

The pervasive internet culture has produced an unintentional trend: piracy. File sharing is so simple that the Recording Industry Association of America reports that in 2009, only 37% of American music libraries were actually paid for. The entertainment industry is scrambling to stop this crime as shown with the recent Stop Online Piracy Act—commonly referred to as SOPA. The bill spurred widespread opposition that resulted postponing its vote in Congress. While using all of their time and energy lobbying for a bill that keeps hitting wall after wall, music companies have ignored what can potentially be their perfect solution: Spotify.

Spotify, essentially an unlimited music library with a similar user interface as iTunes, allows listeners to enjoy their favorite music for free—as long as they put up with a few advertisements here and there. Or, for ten dollars a month, they can



A playlist made in the Spotify Program.

Image Source: Spotify Screenshots

eliminate all ads and use their Spotify accounts on any device. Goodbye long hours downloading songs, updating iTunes, and reloading my iPod.

Moreover, I no longer have to choose between which songs to spend my money on—although Spotify does not have every

album as soon as it comes out, its library is as current as Netflix and Redbox are to On-Demand. Spotify is a simple price to pay to support my favorite artists without breaking bank and eliminating the risk of imprisonment or fines for those of us who take the less-than-legal road.

The service helps new and old artists alike. Established artists prosper as users stay updated on their new albums. Meanwhile emerging artists have a platform to gain fans if they are featured in each user's personal recommendations, related artists lists, or if they appear in one of Spotify's many third-party applications. Artists, similar to the music labels, benefit when they earn revenue for their hard work. Spotify allows this to happen more frequently when it eliminates piracy.

App-developers have a new platform to experiment and create with Spotify; the company offers a market of third-party extensions to its users to enhance their music experience further.

Spotify has revolutionized my music experience. It satisfies the needs of the artists, listeners, and music labels, and even goes a step further to include developers in its path to change the way the music industry operates.



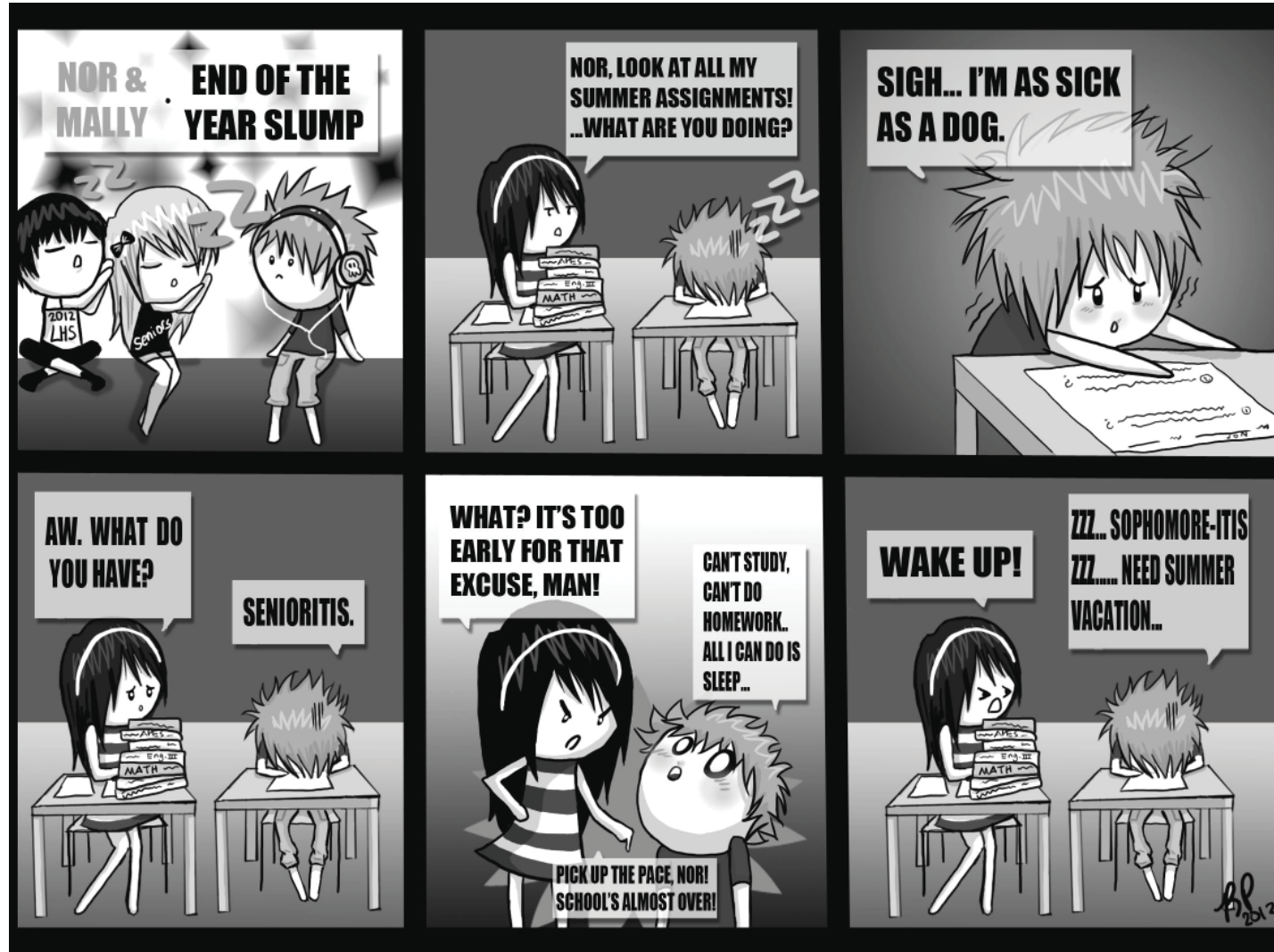


# Lance Lite



## Sophomore Perspective

By Rebecca POPPER '14



## Summer Horoscopes

By Chloe SELTZER '14

Start your Summer with some fun horoscopes! What will your summer look like?

### Gemini 5/21 – 6/21

You really are a sweetie pie. That's especially true when you see someone in need. Hectoring is nearly never effective, you know. The 10th, 11th and 12th are potentially fraught with miscommunication. Do your best to clear up any problems that arise with panache and grace. Whether you're talking about globalization or what to cook for dinner, you get right to the point. Everyone is impressed! Take things slow on the 29th and 30th. Sure, you might decide to pack everything up and hit the road, but you want to make sure you've thought it all through, first.

### Cancer 6/22 – 7/22

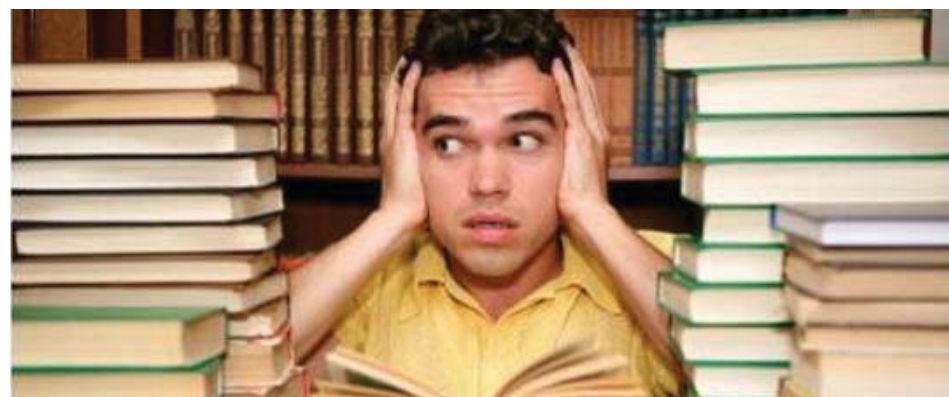
There are just those months that, no matter how sunnily the sun is shining, start out with a couple of little bumps. Don't let setbacks cloud your sunny day, though, particularly on the 1st. Do your best to ride the bumps out. Stay loose, stay cool, stay flexible. Be glad it's just a little bump. Be glad you spotted the problem early. Be glad you can take a bump and keep going. By the emotionally intense 2nd and 3rd, you're going in deep. You're getting to the bottom of things. You know what you need and you know how to get it. You have a crazy idea on the 15th, 16th and 17th. Go with it! The crazier, the better, in fact. Everything you want, you have in your power to get, on the pretty fabulous 20th, 21st and 22nd. Watch out for conflicting interests on the 26th and 27th. If you have doubts about the wisdom of a certain course of action, listen to your concerns on the 29th and 30th.

### Leo 7/23 – 8/22

When you are feeling good, it is easy to have fun. And when you are having fun, it is easy to have a happy, healthy, easy romantic connection. And when you have a happy, healthy, easy romantic connection, it is easy to feel good! Yep, you are likely to be in just exactly one of these felicitous circles as the month gets going on the 1st. Be sure not to let yourself get too sleep deprived. Your sense of pride gets a real boost on the 15th. And on the 16th. And on the 17th. You are in super great shape on the extremely lucky 23rd and 24th. Look for good news! You do need to be a little bit cautious on the 29th and 30th. If you aren't sure about someone's motivations, ask.

## Junioritis: The Plight of the 11th Grade

By Tori KARGMAN '13



Juniors are the most stressed students at LHS.

Image Source: UBC.com

With less than a week left of school, everyone has mixed feelings: seniors are relieved to be finished with high school, freshmen are looking forward to not being "froshies", and sophomores are looking forward to being upperclassmen. Juniors, however, regardless of the impending vacation, can't help but feel miserable. I'm stuck here another year.

Imagine the sun shining through classroom windows, everyone is finally

wearing shorts, and people are walking into school on Mondays with tans and sunburns. All of this builds up to a sudden crash even though summer is near: college applications.

While the sun is blistering away this season, juniors are set to conquer the formidable task of asking for teacher recommendations. Add finals on top of that and you've got a seriously stressed out junior class. "I just feel like not trying anymore,

knowing the whole high school world is rooting against me," says junior Alyssa Posklensky.

Symptoms of "junioritis" include headaches, work complaints, mood swings,

***“Abandon all hope, ye who enter here!”***

and disinterest in schoolwork. Inhabiting the minds and bodies of students with rigorous schedules and ambitions for college (which aren't rare at LHS), junioritis targets the willingness to do schoolwork. Snow days and vacations seem to alleviate these symptoms; however, as summer nears, there are fewer and fewer of these days.

There is no known cure.

To the class of 2013, as Dante says, "Abandon all hope, ye who enter here."



## Lancer SportLight: Anthony D'Aloia

### On His Final Season of Lacrosse at LHS



Lancer attackman Anthony D'Aloia

Image Source: The Star Ledger

By Randy POSNER '14

Anthony D'Aloia has been playing lacrosse since the age of 10, and has been an all star ever since. A three year varsity letter winner, D'Aloia was the top scorer of the 2012 season and was named one of the varsity captains. D'Aloia received a

scholarship from Widener University for his performance. The lance had a chance to catch up with the senior attackman, after a remarkable season.

**Posner:** Your senior lacrosse season ended with a record of 13-5, a huge step

up from last year's record of 7-11. What changed from last year to this?

**D'Aloia:** With only six seniors, we felt a sense of urgency to win. We needed to come together as a family in order to achieve that goal. Each and every member of that team is like a brother to me, and I will miss them when the season is over.

**Posner:** How did being named captain boost your motivation to win?

**D'Aloia:** Being named captain by my teammates was a huge honor. Leading alongside Goose Liebes, and Dan De-Pasquale, being a captain pushed me to never give up and to never let my team down, ever.

**Posner:** Looking back on your lacrosse career at LHS, what is your best memory?

**D'Aloia:** In a 10-9 overtime victory over Old Bridge during my sophomore year, watching my brother score his seventh goal of the game to win it all still gives me the chills. It was an unforgettable game.

**Posner:** Where will you be attending college? Will you be playing lacrosse there?

**D'Aloia:** I am going to Widener Universi-

ty, where I will be playing lacrosse with my brother. Go Pride!



Widener University Logo

Image Source: Degree Connection

**Posner:** After losing you, and your fellow attackman Austin Liu, how will next years team have to step up to replicate this year's results?

**D'Aloia:** Although we are losing key players, like Austin and the other seniors, it should not make a difference. We have a lot of talent on our roster, from Freshmen attackman Tommy Heller, to Sophomore midfielder Billy Mandl. I have confidence that next year's lacrosse team will be a reflection of this year's team.

## MLB Update: Surprises and Disappointments



New York Mets' knuckleballer R.A. Dickey

Image Source: New York Post

By Jared GOLDSTERN '13

With the MLB season now in full swing its time to take a look back at this years surprises and disappointments...

### SURPRISES:

Baltimore Orioles:

The Orioles are usually the bottom dwellers of the AL East and the American League. However, this year they have experienced a nice turn around led by center fielder Adam Jones, who currently leads the team in all major batting categories, including rungs, avg. and RBI's. Jason Hammel has led the pitching staff with 6 wins and a 2.78 Earned Run Average (ERA), and closer Jim Johnson has the most saves

in the American League with 16. New York Mets:

The Mets were expected to be in a rebuilding year after losing Jose Reyes, but have surprised many and continue to play well after a strong start. David Wright has flourished after the departure of Reyes and the hitting of Lucas Duda and Daniel Murphy has been vital. The return of Johan Santana and the emergence of R.A. Dickey has led to a strong 1-2 punch in the starting rotation even with the injured Mike Pelfrey and inconsistent Jonathan Niese.

Although the Mets are very much contenders as of now, they will always be doubters. *New York Post's* Joel Sherman states, "I would still say the Mets are not

ready to be six-month contenders. They continue to lack depth, notably beyond the main cogs in the rotation, but really everywhere."

Los Angeles Dodgers:

The Dodgers have been rejuvenated after being sold by Frank McCourt to Guggenheim Baseball Management, a group led by former Los Angeles Laker Magic Johnson. The Dodgers got off to one of the best starts in baseball recording a 16-7 record to start off the season and have not looked back.

They have managed to remain hot, even after the loss of star center fielder and five-tool player Matt Kemp. Before Kemp got hurt, he was leading the National League and the MLB in most hitting categories. Since he was put on the disabled list, A.J. Ellis and Andre Eithier have picked up the slack. The starting rotation, led by the ever-dependent Clayton Kershaw, has received a huge boost from the rise of Chris Capuano. Capuano is tied for the most wins in all of Major League Baseball.

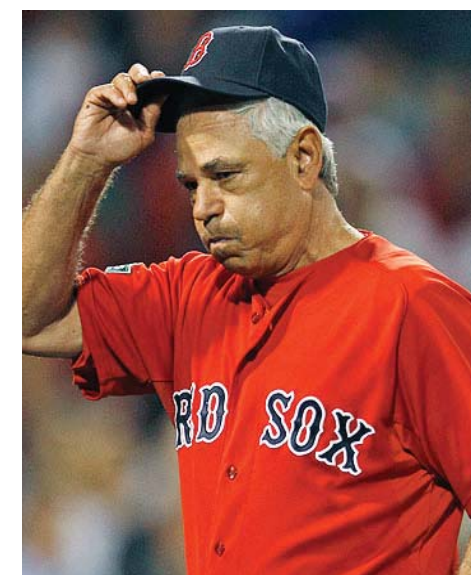
### DISAPPOINTMENTS:

Detroit Tigers:

After the off-season acquisition of slugger Prince Fielder, the Tigers were nearly anointed as World Series champions. However, their shaky defense and inconsistent offense has led them to a disappointing 26-31 record, hardly the performance of World Series contenders.

Delmon Young and Alex Avila are not nearly playing up to the standards they set last year as key components to the Tigers' success. The pitching, behind ace Justin

Verlander, has also been an issue with the young duo of Max Scherzer and Rick Porcello both not performing to their full potential.



Red Sox Manager Bobby Valentine

Image Source: ESPN

Boston Red Sox:

The Red Sox have seemingly picked up right where they left off at the end of last season's historic collapse. Currently in last place in the AL East, Boston has struggled under new manager Bobby Valentine. Adrian Gonzalez, the big left-handed first baseman for the Sox, has struggled to find last year's form and is underperforming.

Injuries to Kevin Youkilis, Jacoby Ellsbury and Carl Crawford haven't helped the Sox's quest to return to the playoffs let alone atop of the AL East. The entire Red Sox pitching staff has underperformed this season and has been extremely disappointing posting a 4.42 ERA, 27th in the MLB.