

# The Lance



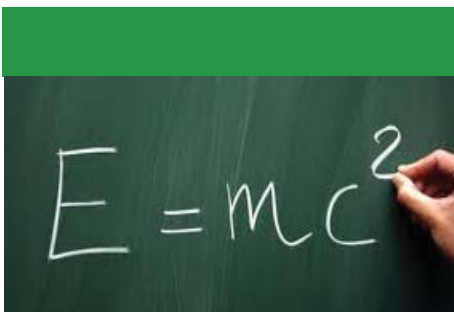
November 2012

Livingston High School

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## Hurricane Sandy Demolishes the Northeast



*U.S. Air Force Photo of Hurricane Sandy Crashing into the Jersey Shore*  
Image Source: National Geographic

By Jesse KIRSCH '13

A combination of eighty-five mile per hour winds and scattered rain swept through the East Coast late Sunday evening. By the next morning, the majority of the Northeast had no power. Towns were devastated by the vicious Hurricane Sandy—roads were completely blocked off by downed wires, homes were crushed by fallen trees, and coast lines were destroyed by monstrous waves.

For the majority of the week, victims of Sandy suffered in frigid, powerless homes. Often times, people had nowhere to go—many restaurants and shops were closed due to outages. Public places that remained open were desperately crowded—cell phones chargers and power cords came out of every crevice in the hotels, libraries, and pizza parlors that were fortunate enough to

have power.

Millions of homes remain powerless more than a week after Sandy devoured the Jersey Shore. Cities are underwater, and much of the Eastern coastline is unrecognizable. With continued power outages, gasoline has become very scarce.

Reminiscent of the oil crises of the 1970's, Governor Chris Christie has set up a rationing plan—NJ.com reports that cars with even numbered license plates fuel up on even days of the month and vice versa. All week, lines wrapped around multiple blocks as people brought their cars and gas cans to the few stations that had power or ran on generators.

Another victim of Sandy was the internationally recognized New York City Marathon which was cancelled late in the week. NYC's Mayor Bloomberg pushed

for the race to go on, but with some of the marathon's route still underwater and major pressure from the public, a cancellation could not be avoided.

Governor Christie postponed Halloween through an executive order to keep children safe in the many dangerous areas that were still covered with debris. For college applicants, this was not the only event to be postponed. Many Early Decision and Early Action deadlines, originally scheduled for November 1st, were pushed back to a later date.

As of November 5th, the majority of Livingston has power. However, another snow storm is being forecast in the upcoming days. As the temperature drops, this could have a frightening effect, as many are already experiencing hypothermia in the aftermath of Sandy.

Despite this, Governor Christie announced the re-opening of 2,400 schools and encouraged New Jersey residents to return to work in attempt to re-establish normalcy in the state.

Relief efforts have continued to restore homes and aid storm victims—the government relief agency FEMA has over 4,400 personnel in New Jersey working to provide aid to victims and rebuild decimated cities and towns. "The goal is to build an even better New Jersey," said Homeland Security Secretary Janet Napolitano.

## The Arguable Attack on Affirmative Action

By Jillian GAIER '13

The University of Texas took the heat on October 10th, when rejected applicant Abigail Fisher argued against affirmative action before the country's highest court.

Fisher claimed that her rejection from the University of Texas was due to her skin color, and not her test scores and grades. She believes that the school is biased towards minority groups.

The court focused its decision on just how heavily weighted race is part of the admission process at the University of Texas, and whether the institution's goal of "equal opportunity" is in fact constitutional.

While affirmative action is intended to ensure that admissions offices do not discriminate against minority applicants, many Americans believe the concept to be counter-productive; they claim that it puts applicants who are more qualified, but not part of a racial minority, at a disadvantage.



*Abigail Fisher outside the Supreme Court.*  
Image Source: Associated Press

Advocates of affirmative action argue that it is a necessary policy to fix years of blatant racial discrimination and ensure equality.

According to the University of Texas, the race of the applicant is acknowledged only after the total number of applicants

has been narrowed down to a top 10%.

Despite Fisher's evidence of personal discrimination, the court was divided. The liberal justices supported the University of Texas's cause, while the conservatives sympathized with the plaintiff.

Only eight of the justices will be deciding the verdict of this case, and Anthony Kennedy, the justice who could be the swing vote, has become the center of focus.

Kennedy expressed his opinion that schools must strive to ensure that "race does not become a predominant factor in deciding who gets in," but did not completely reject the idea of affirmative action.

If Justice Kennedy sides with the liberals, the 4-4 tie vote would affirm a lower court decision that upholds the Texas program.

However, a vote for the conservatives could revolutionize schools all over the country.

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# From the Desk of the Editors-in-Chief “Frankenstorm” Unites?

## How Devastation Forces Us to Come Together



Hurricane Sandy ravaged the Northeast leaving millions without power, thousands of families without homes, and hundreds dead. Shocking photographs of the destruction and its aftermath—the Jersey Shore decimated, trees strewn across sidewalks and buildings, the Lower East Side underwater, and hordes of cars waiting on five-hour long lines for gasoline—have flooded the news and stunned observers worldwide.

America is not known to respond promptly to disaster. Many were appalled by the American government's slow response to assist victims of Hurricane Katrina—aid and rescue attempts were often short-staffed and lacked the funds and leadership crucial to provide relief to those affected.

However, unlike its response to Katrina, the government has acted swiftly in its effort to help support those impacted by Sandy. In fact, President Obama himself took a break from his busy re-election campaign to visit the remains of the New Jersey coastline. His timely visit boosted morale in the devastated New Jersey, and in other places affected by the storm. “We don't have time for bureaucracy,” said Obama, “There's nothing more important than getting this right.” The President, along with New Jersey's Governor Chris Christie, a vocal critic of Obama's policies, came together to enact a plan of action to return New Jersey to a “state of normalcy.”

Christie, a Republican and Romney supporter, joked about his previous comments about the President, “I've said plenty of not-nice things about [Obama] over time — he knows that. And we joked about that when we were together this week,” Christie said.

Christie tactfully responded to critics who accused him of abandoning his party days before the November 6th election, “The fact of the matter is that if the President of the United States comes here and he is willing to help my people, and he does it, then I'm going to say nice things about him because he's earned it.”

Throughout the Presidential election, the American public has seen its country's leaders resort to vicious and personal attacks on one another. Since the birth of our nation's first two political parties, politics have become increasingly polarized.

However, crises force even the worst of enemies to work together in order to persevere through the heartbreak and tragedy—to accomplish a common goal: survival.

*-Bae and Gilberg*



# Features



## How to Survive Freshman Year



*Moving Up: How are Freshmen dealing with their first year at the high school?*

*Image Source: www.myhighschooljournalism.org*

By Ramita GOWDA and Safiya LOCHAN '16

Going through high school isn't easy, especially if you're freshmen. Being in a school—a new environment—and being new to rest of the students here at LHS is a struggle for the majority of freshmen. Some freshmen find that the last eight years of school to be a breeze, but when high school comes, the breeze will become a storm, the pressure rises.

This pressure is felt in sports, academics, or in balancing relationships. Or all three at the same time. But despite the pressure, for some, their high school years are some of the best ones of their lives. This should be the case for these freshmen who make the best of their years by keeping a confident outlook while setting definite goals. Focusing on school is crucial for those continuing onto college.

A lot of times people are worried about

other people's perceptions which only brings them down. You should be the only one you're worried about: this will make high school a much easier journey. The first few months won't be an easy change, but time will go by in a flash and everything will fall into place.

An equally important thing to remember is the following: just because it's freshmen year, it doesn't mean you can slack off. In fact, kids should focus more on their high school grades. Be sure to become involved: join clubs, play sports, or volunteer after school. Don't be afraid to develop your own interests.

At the end of the day, surviving freshman year is definitely not brain surgery, but at the same time it's not as easy as pie. Be prepared for a big change. Only you can decide whether that change will be positive or negative.

## School Spirit In Style



*Seniors Tori Kargman, Margo Fleishman, Jesse Kirsch, and Julie Berman.*

*Image Credit: Emma Siegel*

By Daniella NAAMAN '14

Coming back to school means a few things: homework, teachers, waking up early, but most importantly, football season and pep rallies. With football season in full swing, so is Lancer spirit. Come Friday night football games, you can spot every Livingston High School student showing his/her spirit, decked out in green and white.

The most important accessory for football games is of course, beads. Green and white beads, black beads, gold beads—it's all fair game. To any freshman who is unsure of whether or not to get spirited: just do it.

Over time, underclassmen begin to realize that people go to football games because it is a social event, as well as a chance to watch and support the football team. Of course, everyone wants to dress

the part.

In addition to football games, comes spirit week. One of the issues with spirit week is that most freshmen are uneasy about the idea of going "all out" for the spirit days. All you need to know about dressing for spirit week is one thing: Party City is your new best friend. You are not only expected, but also encouraged to deck yourself out in your class color. By the time you reach your senior year, wearing anything but full green to these events is unacceptable.

These events are the time to show that we as students take school spirit seriously, and it's the time to prove to other towns that Livingston is NOT messing around. So don't be afraid to get in the spirit and rush over to Party City to stock up on school and class colors. You can never have enough spirit.

## Fall TV Show Round-up: Hits and Misses

By Joan SHIRA '14

All of the top viewed and rated shows are coming back this fall with new seasons, new plots, new contestants, and new perspectives. As school begins, students are looking for ways to procrastinate, and television is definitely one of the many ways to do so.

Fall 2012 kicks off with new episodes of "New Girl," "Modern Family," "The Vampire Diaries," and "The X-Factor" along with series premieres of "The Mindy Project" and "Nashville."

"The X-Factor" (TXF) begins with two new judges Britney Spears and Demi Lovato, and so far, it seems the audience loves them. According to Simon Cowell, the creator and judge on TXF, they "reflect the younger audience" as opposed to the last season's female judges Paula Abdul and Nicole Scherzinger. Ending Season 3 with a cliff-hanger, "The Vampire Diaries" starts this fall with Eleana as a vampire,



*The Mindy Project starring Ed Weeks, Mindy Kaling, and Chris Messina*

*Image Source: E! Online*

a creature she never wanted to be. This season centers on her conflicting feelings for the two Salvatore brothers, Stefan and Damon. And who can resist the charm and quirkiness of Jess, played by Zoey

Deschanel, in "New Girl?"

To indulge your procrastination tendencies, Mindy Kaling from "The Office," stars in a new sitcom for FOX, "The Mindy Project," where an Ob/Gyn doctor

tries to balance life and work. Created by the producers of NBC's "The Office," this new series is already receiving praise, and has much credibility to its title. If you like, "Jersey Shore" and "Suits," then "Made in Jersey" is really the show for you. The show follows Martina Garrett, played by Janet Montgomery, who is a Jersey girl attorney trying to make it big at a Manhattan law firm. For all y'all country lovers out there or even music drama lovers, "Nashville" centers around a burn out pop star, who teams up with a young teen sensation, played by Hayden Panettiere, to help her career. Many television critics say that "Nashville" is the show to watch.

Whether you're starting a new series or anxiously waiting for a season premiere, remember that DVR does exist and everything can be found online through Netflix or Hulu. So if you have a huge history test the next day, stick with your better judgment and watch the episode later.

# Teacher Spotlight: Mr. Tabachnick



Mr. Tabachnick visiting Yellowstone National Park  
Image Source: Mr. Tabachnick

By Brianna BACHNER '14 and Samantha SILVERMAN '13

From a student who once hated physics to a high school teacher of the same subject, Jeff Tabachnick, a new teacher at Livingston High School, grew into a man who cannot get enough of science. Whether it's his daily lessons in physics or hiking and camping in his spare time, Tabachnick has certainly developed his passion for science.

Tabachnick grew up in Westfield, NJ, and attended Wesleyan University, where he met his now pregnant wife. "I have one

and a half kids," Tabachnick jokes. His two year old son enjoys sports and being outside, Tabachnick explains as he pulls up a picture of his son playing baseball on his computer. Tabachnick feels that pictures of his family represent him and who he is because his family, especially his son, is very important to him. Tabachnick does everything he can to keep his work and home life separate. "It's the safest play. I can't have a family without a career. I can have a career without a family, but I wouldn't want that."

During his time at Wesleyan, Tabachnick declared he would study anything ex-

cept physics. After fulfilling his science requirement with a basic level physics class, Tabachnick decided that it wasn't as intimidating as he remembered in high school. "I realized that there were actually no numbers in it." Tabachnick became a Teacher's Assistant in the topic, which prompted his future dream of becoming a teacher.

In a button-down shirt, tie, and green

*"I don't have a smart phone, that's my biggest challenge."*

zip-up sweatshirt, the scruffy Tabachnick looks very at home at the lab table in his physics classroom. When asked what he does outside of school, Tabachnick says he spends most of his time doing "home-improvement" projects right now but would rather, "go to a national park, go hiking, or go camping." Ironically, Tabachnick says he was a lazy child who didn't like to do much. His friends would describe him as laid back and easy-going.

Likewise, when describing himself, Tabachnick asserts that he is very calm and relaxed, consistently trying to avoid unwanted stress. "I mean, I have a beard and long hair; those aren't usually associated with people who are very strict," Tabach-

nick says as he strokes his beard with a humorous smile. This is reflected in his advice to students, as he tells them that they need to relax because they get too nervous and anxious. Tabachnick understands that a lot of students get too "worked up" and he always hopes to help alleviate teenage apprehension.

Despite his carefree attitude toward school as a teenager, this young teacher has had multiple years of experience in education. After working at Dayton High School in Springfield, Tabachnick moved to Livingston High School. "I feel things going well but it has only been two weeks," he laughs.

Tabachnick looks forward to meeting other teachers at LHS both in his department and across the entire school system. Unlike his last school where Tabachnick felt isolated, as he was the only one teaching physics, he looks forward to "having colleagues to bounce ideas off of" at LHS. Tabachnick still feels connected to his old school though, as he jokes that everyone in Livingston seems to have a connection to someone at Dayton High School.

When asked what his biggest struggle has been, Tabachnick again jokes, "I don't have a smart phone, that's my biggest challenge." On a more serious note, he adds, "I've been pretty fortunate; anything that has happened to me really pales in comparison to other people."

Mr. Tabachnick can be found in S13 before and after school and always greets students with an open door, ready to help.

## iPhone 5: Bigger and Better

By Annie RISHTY '14

Apple recently came out with its new model of the highly distinguished mobile phone, the iPhone 5, mainly to keep its customers interested and excited to purchase the new model once their contract is up.

Critics have proclaimed that Apple's most remarkable upgrade in the iPhone 4 is the addition of Fourth Generation Long Term Evolution, or 4G LTE. For the past year, consumers have been wondering what Apple has in store for its newest model.

The iPhone 5 was released on September 21st, going at its standard price of \$199 for a 16 GB device. But what could possibly be the difference? How could Apple get any better than having Siri attempting to tell you a joke, the incredible 8-megapixel camera, and its fresh, new sleek look?

According to ABC News, the top five features of the iPhone 5 are:

### 1. The new design

A subtle but definite change from iPhone 4 and iPhone 4S, the iPhone 5 is thinner and lighter than the previous models. The back of the phone is constructed out of aluminum, so you will no longer see those icky finger prints on the glass. NBC News



iPhone 5

iPhone 4 S

iPhone 4

The Evolution of the iPhone 5.  
Image Source: [www.knowyourcell.com](http://www.knowyourcell.com)

depicts the new black and slate version as masculine and tough, while the white and silver version looks chic and elegant.

### 2. Bigger Screen

Although it may not seem like a huge difference from the previous models, the new model has a 4-inch screen, 3 inches larger than before. With the wider screen comes an extra row of icons, the ability of seeing more images at a time, and for movie and TV watchers, a larger screen display. Al-

though the Retina display has remained the same from the previous model, the color saturation has improved.

### 3. LTE

The one aspect of the iPhone 5 that no other iPhone can beat is the new 4G LTE. It now supports the main U.S. carriers: Verizon, Sprint and AT&T. Customers do not care about 3G anymore, when you can have a browsing speed faster than the speed of light. The iPhone 5 guarantees no

more waiting for apps to download, or getting to an online site; 4G is the way to go.

### 4. Camera

The iPhone has been known for its fantastic camera that takes professional-like photos. The iSight camera now has the ability to capture photos faster with a better low-light performance, as well as the ability to take panoramic pictures..

### 5. iOS 6 software with Maps and Passbook

The iPhone 5 will have the new iOS 6 software, which has been available to iPhone users since September 19th. The most renowned feature of the new iPhone is the advanced Maps app, where you can see features of turn-by-turn navigation and 3D renditions of cities and buildings. A new "Passbook" application was also created to collect all coupons, tickets and boarding passes to make a vacation as easy as possible.

Apple never disappoints its anxious customers. For those of you who still have a phone that isn't due for an upgrade right now, don't fret! Apple will most likely come out with its next new model in the Summer/Fall of 2013!

# Opinion

## Head To Head

### Election Alert: National Conventions

#### Republican



Clint Eastwood addresses an empty chair symbolizing President Obama.

Image Source: gossiponthis.com

By Lauren VACA '13

The Republican National Convention—and all political conventions for that matter—are glorified parties where delegates from each state convene in some swing state and officially nominate the party's candidate for president. In today's political culture, most Republicans know who will be the party's nominee prior to his or her official nomination. Therefore, the RNC serves as an opportunity to unify the Republican Party rather than to officially nominate a candidate.

At this year's convention in Florida, a swing state with 29 electoral votes, Republicans used their convention to "humanize" Mitt Romney. Critics have described the candidate as robotic or emotionless, but the RNC attempted to erase this perception.

The convention opened at primetime with Ann Romney's testimony about her husband's compassion and character as a father and husband. Commentators from a

gamut of media outlets commented that her speech was heartfelt, fiery, and likely to relate to women, a demographic her husband is struggling to appeal to.

Then, LHS alumnus Governor Chris Christie, ended the first night with a speech about his mother and President Obama's failures. Despite the first night's success, Clint Eastwood's infamous "talking to a bar-stool" stole most of the media coverage. According to the Romney campaign, Eastwood's speech was ad-libbed and not cleared with campaign officials beforehand. With that being said, the Romney campaign and the Republican Party should be happy that Eastwood only talked to an empty stool.

But, did the RNC do the trick? Did it successfully convey that Mitt Romney is a compassionate man, who, despite his fantastic wealth, is eager to work for the middle class's benefit? Only the election will tell.

#### Democratic

By Jessica LI '16

From September 4 to September 6, rallying cries could be heard all the way from Charlotte, North Carolina. Was it a cry for hope? A cry for unity? A cry for the future? Or perhaps it was a cry for all three? Cries for a renewal of an America with every hand and mind of our great nation coming together. The Democratic National Convention was a step in the right direction. Themes of the Convention ranged from healthcare and higher education to the economy and same-sex marriage.

However, the main theme was this: Obama is the solution, and Mitt Romney is not. Speakers criticized and questioned Romney's values and views, stating he would simply bring America back to economic downfall, and that he was "out of touch" with the middle class. According to Michelle Obama, Barack Obama was just the opposite. Her speech stole the show, with her amusing but nostalgic glimpses of her memories and life with the president.

Despite being a powerful man that oversees a nation, when she met him, she discovered that she'd found a "kindred spirit" in him: "[Barack] simply believed in that fundamental American promise that, even if you don't start out with much, if you work hard...you should be able to build a decent life for yourself...for your kids." And that, to the eyes of many Americans, is what the American Dream is all about.

Crowds erupted in joy when former President Bill Clinton addressed the public officially nominating Obama. "If you want a country of shared prosperity and shared responsibility—a we're-all-in-this-together society—you should vote for Barack Obama and Joe Biden." Republicans and naysayers may believe that Democrats want an over-ruling government, or that Democrats believe in government officials more than the people. What they really want is unity, a society in which the public and the government work together to build a better America.

On the final day of the Convention Vice-President Joe Biden summarized what Obama has achieved, and the goals they still hope to achieve. "We're on a mission to move this nation forward – from doubt to downturn, to promise and prosperity," he stated firmly. Obama later took the floor, officially accepting his candidacy.

He looked back, on those days of 2004 and 2008; he has been tested, tried, and pressured since then, but kept his face through turmoil. "We've doubled our use of renewable energy...I've signed trade agreements that are helping our companies sell more goods to millions of new customers...help give two million workers the chance to learn skills at their community college that will lead directly to a job...". Throughout his speech, Obama never faltered in his message: that together we can recreate a nation that is outstanding

## Dishonest Campaigning Harder to Identify

By Priscilla JENQ '13

It is not accurate to say that campaign exaggerations are uncommon; in fact, the opposite is true. These distortions, a slew of half-truths and vague statements among a few blatant lies, play a major role in campaigns this year. It seems that the main strategy is to "throw stuff out there and see if it sticks, and if it doesn't, try something else," as noted by CNN's article, "Campaign 2012: Smoke and Mirrors or Out-right Lies." The political campaigns have been reduced to a desperate mud-slinging battle, said Professor Ron Riggio in the article, with each side trying to destroy the other candidate's credibility and image in order to cover up their own weaknesses.

The Romney campaign released an advertisement criticizing Obama for removing work requirements from federal welfare regulations, stating that Obama's plan would be just to "send you your welfare check" and that recipients "wouldn't

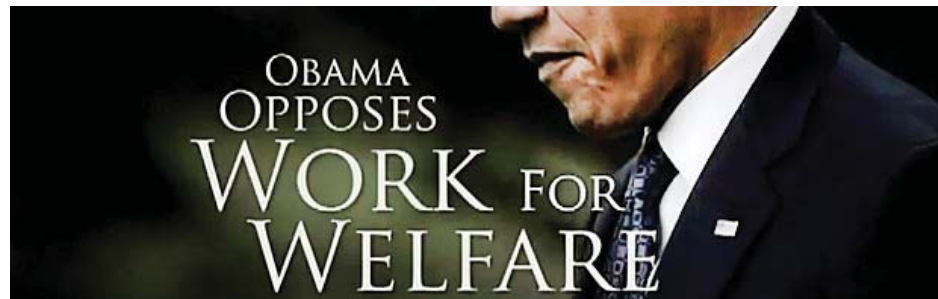


Image Source: Boston.com

have to work and wouldn't have to train for a job." The advertisement implies that Obama is just trying to "give the poor a free pass at the expense of the middle class," according to an article by the Associated Press.

However, the White House insists that the President is only trying to give states more flexibility in order to make the program more efficient and to encourage more people to work.

While attacks against Obama have centered mainly on how his policies over

the last four years haven't improved the economy, attacks against Romney have focused primarily on his wealth and supposed 'inability to relate' to the American middle class. One of the accusations against Romney came out in an ad released by Priorities USA Action, one of the main super PACs backing the Obama campaign.

The ad focuses on a man, Joe Soptic, who says that Bain Capital, the private equity firm headed formerly by Romney, bought out GST Steel. As a result, Soptic lost the job he'd had for many years, and

his "family lost their health care," Soptic says in the ad. Soon after, his wife became sick and died. Soptic's story suggests that his wife's death was a direct result of Romney's actions. This assumption, however, is not quite accurate.

CNN's "The Situation Room" points out that Romney actually left Bain in 2002. Even though Soptic had lost his job in 2001, his wife was still employed at another company and therefore had the health insurance that the job provided. A personal injury in 2003 caused her to leave work, and it was not until 2006 that she was diagnosed with cancer and died.

Voters have constantly been bombarded with the ads lobbying accusations against a candidate and the insistent denial that comes afterward. Because of the contradicting nature of these ads, voters have become wary of the information presented by either of the two sides as it has become harder and harder to separate fact from fact.



# Opinion



## Organic Food: Science or Craze?



Image Source: [davewann.com](http://davewann.com)

By Oriana TANG '15

Organic. Organic. Organic.

It's a word you see a hundred times a day, plastered in the windows of grocery stores and all over advertisements. As an industry, the organic market is growing at a ridiculous rate, raking in over 31 billion dollars every year (Organic Trade Association). And with good cause – organic food is healthier, not just for the consumer, but also for the environment.

The USDA defines organic as food that is “produced through approved methods... [that] integrate cultural, biological, and mechanical practices that foster cycling of resources, promote ecological balance, and conserve biodiversity” (National Organic Program). In other words, food that is certified as organic has been produced without pesticides or antibiotics. A product

must have at least ninety-five percent of its ingredients fitting these conditions in order to receive the label.

For the consumer, this means a healthier product. Although pesticide levels in conventionally grown foods has been shown to be safe for most adults, other studies, such as ones conducted by the National Academy of Sciences, indicate that even low levels of pesticides can be damaging to fetuses, children, and pregnant women due to their weakened immune systems. Pesticides have also been linked to headaches, birth defects, and even cancer. But even without these statistics, the level of chemicals sprayed on conventionally grown foods is pretty alarming: for one apple, up to sixteen times with thirty-six different chemicals is possible (Bio Fuels Watch).

The antibiotics used with animals are even worse. A report released by the FDA in 2010 stated that 29 million pounds of drugs were given to livestock on conventional farms in the U.S. in 2009 as a preventative measure (Organic Authority). Many of these antibiotics are similar to the ones used on humans, meaning that consuming them in our food increases the likelihood of antibiotic resistance. Bacteria develop a degree of immunity against the drugs which then lose effect when we actually need them to work (Redbook Magazine). Eating organically reduces this exposure.

Beyond the chemicals, some studies have shown that when produce is not sprayed with pesticides, they are forced to produce more phytochemicals – compounds that occur naturally in plants, like vitamins and antioxidants – to defend against bugs and weeds (Redbook Magazine). Thus, organic foods may carry greater nutritional value. In addition, the lower levels of pesticides keep pollutants out of the waterways and help enrich the soil, strengthening the topmost layer, the topsoil, and thus decreasing erosion and keeping the environment healthy (Bio Fuels Watch).

It's true that organic foods are expensive, sometimes up to three or four times more so than conventionally grown foods. But with the benefits that come from consuming them – not just for you, but also for the environment – it is well worth the cost.

## Six Minutes, No Difference



By Morgan LEVY '15

When students at LHS heard that the school day was being extended by six minutes last June, chaos ensued. They could not bear the thought of being at school for six more minutes. I initially doubted the views of my peers, until I realized just how little of a difference it makes.

Once I took a moment to look at the new bell schedule, we realized that this change to the schedule only adds one minute to each class period. The question here is: what are we supposed to accomplish in one extra minute? One minute is only sixty more seconds, and these are not seconds that will be put to good use.

**“What are we supposed to accomplish in one extra minute?”**

One way they will be wasted is in packing up. Let's face it, a minute or two before the end of every class, everybody begins to pack up. No one is paying attention, thus, this minute will not add anything significant to class.

Students will also end up using this extra minute to socialize. Standing by the door and talking to friends is the least productive thing to do in class. Livingston High School is wasting our time by having us sit around in each class for an extra minute each day.

Samantha Spencer, a sophomore, explained, “I don't understand the point of it and neither does most of the school.” What we as students object to is not completely that our day has been made longer, but that it has been made longer in a way that does not accomplish anything.

An anonymous source reminds us, “Six minutes? I rest my case.” Simply put, yet so true. These six minutes have no impact on us, our education, or our futures as students. While it may seem to be extremely annoying to us students now, we must realize that it does not change anything.

## Public Shootings: Our Fault?



Image Source: [blogspot.com](http://blogspot.com)

By Crystal SONG '14

Stephen King once likened watching horror movies to “lifting a trap door in the civilized forebrain” to feed the alligators. Our society craves films that, in other words, release us from polite conventions into a world of blood and gore, no holds barred; however, we fail to consider the repercussions of this craving.

At a July 20 showing of *The Dark*

*Knight Rises* in Aurora, Colorado, twelve moviegoers were killed and 58 injured in a mass shooting. The gunman, 24-year-old James Holmes, dressed in all-black body armor and a gas mask with hair dyed bright red, claimed that he was “the Joker.”

While the shooting was an unnerving tragedy, this last fact is chilling. Why this movie? Why this costume and moniker? That Holmes identified himself as Batman's chief nemesis before gunning down victims while a movie about public mayhem and nuclear weaponry played in the background may say something about the effect of violent media on our actions.

Parents and religious groups have long raged over the explicit violence in today's movies and games, but evidence exists as well. A 2007 study by the Columbia University Medical Center reported that watching violent programs can cause parts of the brain that suppress aggressive behaviors to become less active. This effect was amplified by repeated exposure.

While studies are still in progress re-

garding the long-term effects of violent media on the brain, an experiment by two researchers at UC Berkeley suggests that violent individuals seek out violent movies as a short-term “substitution” for more volatile activities. This actually decreases the level of crime during a movie showing, but what about afterwards?

And who's to say that our overreactive parents aren't right? Perhaps James Holmes, whom friends and family identified as a quiet, intelligent student with no criminal record or possible mental illness, is also a sort of victim—of growing up submerged in violent media like the rest of us. As we look into criminals' pasts and personalities, we should also consider the effects of the society we all grow up in.

Of course, this does not mean you have to give up your Romero marathons. The evidence is inexact, and not every Saw-lover will become the center of a public shooting. And like Stephen King said, horror movies are also their own kind of catharsis—a way to keep the gators fed.

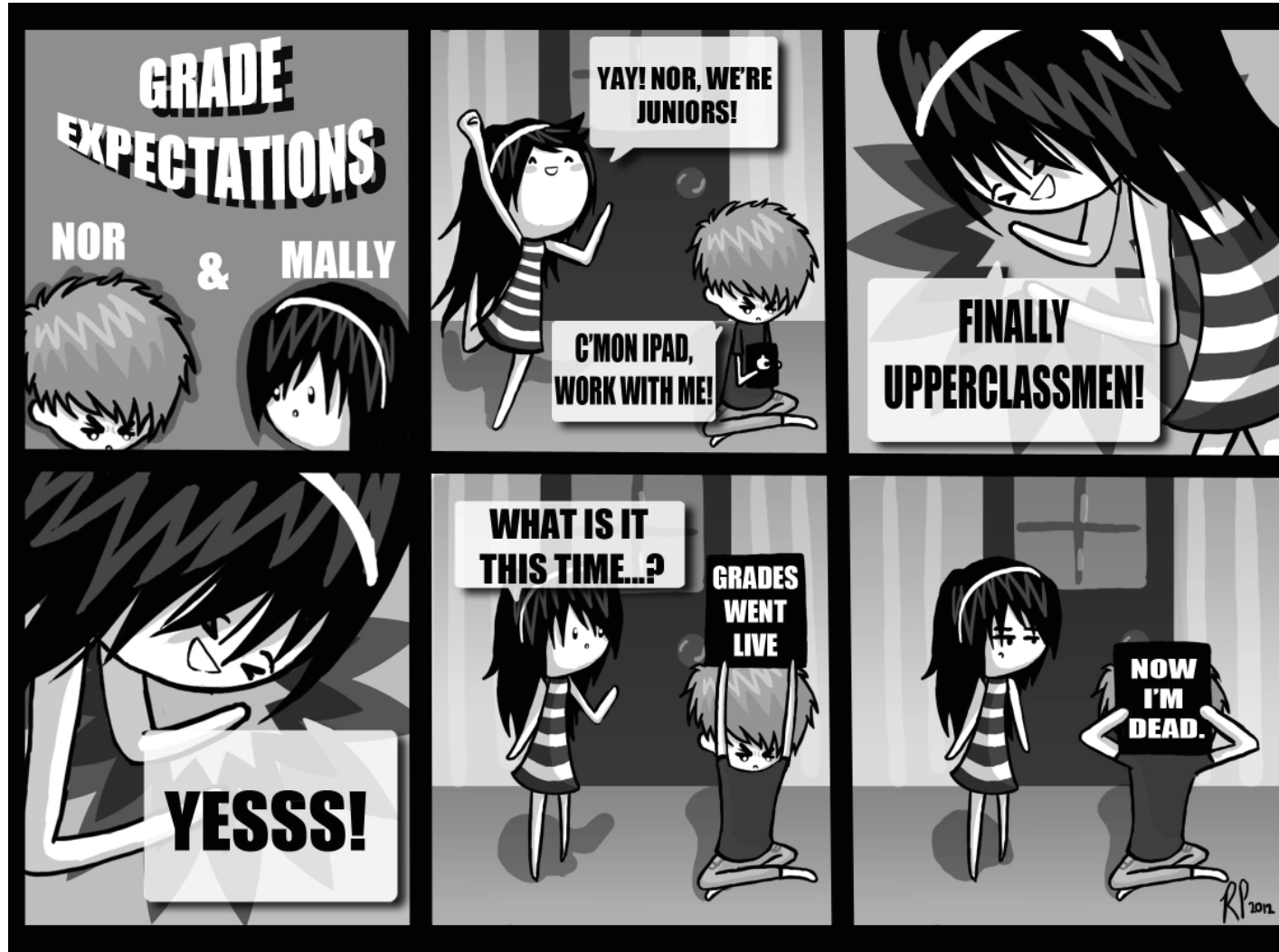


# Lance Lite



## Junior Perspective

By Rebecca POPPER '14



## The Best Thanksgiving TV Episodes



Charlie Brown, Snoopy, and Woodstock attempt to throw a Thanksgiving dinner for their friends.

Image Source: *The Dallas Observer*

Although Thanksgiving is fast approaching, many of us are not feeling the elusive “holiday spirit” yet. Grab a bowl or popcorn (or maybe a turkey leg or a bowl of sweet potatoes) and start off the holiday season with your family and friends!

**6. A DEEP FRIED KOREAN THANKSGIVING (FROM “GILMORE GIRLS”)**

**5. THANKSGIVING ORPHANS (FROM “CHEERS”)**

**4. THE MIRACLE OF THANKSGIVING (FROM “FULL HOUSE”)**

**3. SLAPSGIVING (FROM “HOW I MET YOUR MOTHER”)**

**2. THE ONE WITH ALL THE THANKSGIVING (FROM “FRIENDS”)**

**1. A CHARLIE BROWN THANKSGIVING**

## Oppa Gangnam Style!

By Amy Xu '13

Eehh—Sexy lady. Op-op-op-op-op oppa gangnam style!

At 32 years old and pretty normal-looking, South Korean rapper PSY (pronounced psy as in psycho) is not the usual face of K-pop. His song Gangnam Style has hit over 200,000,000 million views on YouTube, holds the top spot on the iTunes music-video chart. It has also been performed at the VMAs. The iconic horse-riding dance has spawned countless flash-mobs, celebrity covers, and even our own AM Wired opening.

Gangnam Style opens with PSY reclining on a beach chair, only to zoom out and reveal that his beach is in fact a sandy playground. As the video progresses, PSY does his iconic dance move throughout South Korea’s Gangnam District—complete with confetti storms, party buses, and TV personality No Hongchul hip thrusting in an elevator.

“What is this madness?” you ask, “Is PSY insane, a huge troll, or all of the



Image Source: *943maxfrm.com*

above?”

There is more than meets the eye. But there is more to this song than most people realize. While PSY sings about how he is suited for the perfect girl, Gangnam Style is really a social commentary on South Korea’s materialism. The Gangnam district is similar to a Korean Beverly Hills and is seen as the golden standard for luxury.

Korea has one of the world’s largest credit card debts and is home to several stereotypes such as scrimping on everyday essentials for the sake of being able to give off the appearance of wealth. The message

that not everything about Gangnam is as luxurious as it seems is referenced many times throughout the video, and the beach-to-playground transformation is only one example. As it turns out, the confetti storms that PSY dances through were really actually storms of trash, the party buses were buses full of senior citizens, and the hip thrusting in the elevator...well that was just hip thrusting in an elevator.

While the song carries a big message, its success is an achievement of its own. The secret? As PSY revealed on *The Ellen DeGeneres Show*: Dress classy, dance cheesy.

# Concussions: Shaking up the Game



Image Source: SB Nation

Josh Cribbs takes a vicious hit, ending in a severe concussion.

By Natalie KAHN '16

The Lancers' football team is playing a huge game against Millburn. The game is tied at 17 and the Lancers have the ball on the twenty-yard line. The play starts and the quarter back goes back to pass, he is knocked to the ground by an oncoming defender. The opposing player gets up, but the quarterback does not. The Lancers' trainer rushes on to the field and

tends to the quarterback who complains of a headache, nausea, and mentions that he feels like he's going to vomit. During an evaluation, the quarterback's headache worsens, and he finds that he's having trouble paying attention to what the trainer is saying. It is now apparent that he has experienced a concussion.

A concussion is a traumatic brain injury that is caused by some type of hit to

the head. When this blow occurs, the brain shakes back and forth inside the skull. This can lead to brain cells being damaged, as well as chemical changes inside the brain. These chemical changes can be dangerous, as they increase the sensitivity of the brain to any stress or wounds until it has completely recuperated. It is important to treat concussions right away in order to keep the brain healthy.

Concussions are among the many risks in playing contact sports. Make sure to seek help immediately if you or a teammate possibly suffered a concussion. Although it is unlikely, severe concussions may lead to a blood clot in the brain.

Although it seldom happens, repeated concussions in high contact sports can lead to serious and at times possibly deadly brain damage.

In fact, people who have played high-contact sports for a career die sooner than the average person, since their brain is damaged from all the concussions they endured in their sport. If you have a concussion, make sure not to play the sport again until you have completely recovered, and are cleared to play in order to minimize the risk of terminal brain injury.

Concussions are usually not life threatening and do not typically permanently impact the brain, but they are nothing to

pass over either. It is important to understand the risks involved in playing sports as well as the effects of concussions, to prevent lasting brain damage. It is also a great idea to take the proper precautionary measures before playing sports to decrease the risk of a concussion.

Remember that if you think that you or a teammate has had a concussion, you must seek help immediately, for this help may benefit you or your teammate in the long run.

## Concussion Symptoms

- Unconsciousness
- Nausea/Vomiting
- Post-Traumatic Amnesia
- Hard time concentrating and learning new material
- Generally slow processing
- Sleeping more or less than average
- Headaches
- Sensitivity to light and sound
- Moody, gloomy, anxious, or irritable

After a blow to the head, sports related or not, if you experience any of the symptoms above, seek help immediately.

## Lancers' Football Refuses to Quit

By Doug BRESNICK '13

An 0-8 record may not be pretty, but the Lancers have held their heads up high. Although it's not the season that many hoped for, the Lancers are still plugging away diligently to finish off the season on a strong note.

Injuries have taken a large toll on the team since day one, sidelining talented seniors Zach Wolkstein, Joey Fischer, and Ethan Cooperstein. Both the players and the coaches refuse to use that as an excuse and continue to remain positive about the upcoming schedule.

"We still have a lot of good senior leaders," said Offensive Coordinator coach Cirlincione. "Hunter Bushwell, Brett Birnbaum, and Cooper Weisman have all really stepped up to assume leadership positions."

During a scrimmage versus Basking Ridge in the preseason, quarterback Joey Fischer injured his hand, prohibiting him from playing until week seven against the East Orange Campus Jaguars. The Lancers turned to backup Matt Gibbon, a sophomore with no prior varsity experience.

"At first there were a few issues, but Matt has come a long way since his first start," exclaimed Cirlincione about his young quarterback. "He's the kind of kid that just soaks up everything we teach him."

Despite the fact that the team is disap-

pointed with its record, the mood around the locker room is still energetic. The boys continue to hit the field every day, attending daily intense and vigorous practices.

Senior Hunter Bushwell, starting end and cornerback for the Lancers, is very proud of all of his teammates. "It's been difficult to fill all of the gaps that the preseason left us with," Bushwell stated. "Everyone has been stepping up, and that just shows the kind of guys we have and what kind of team we are."

The Lancers have used that bravado and have left everything on the field, many believe their 0-8 record does not reflect who they are as a team. Spectators can see that even against the best of teams, the players refuse to give up.

Facing an undefeated Montclair Mounties' team, ranked top 10 in the state, Bushwell and his teammates held the surging Mounties' offense to zero points in the first quarter, an unbelievable accomplishment, leaving many in awe.

Although the Mounties walked away with a victory that night, everyone in attendance could no longer question this team's heart and dedication.

The Lancers aim to finish the season off on a high note, in hopes of achieving their first victory of the season over the West Orange Mountaineers, who are 3-4.

## Lady Lancers Soccer Continue to Dominate



Captain Joanna Scotti

Image Credit: Ari Gilberg

By Doug BRESNICK '13 and Daniel GREENSTONE '13

The LHS girl's varsity soccer team is 13-2-1 as of October 23rd and ranked eighth in the state of New Jersey. Head coach Paul Raiz took the time to answer a few questions regarding his team. Although Raiz and his team have had tremendous success so far this season, he still has four major goals in mind:

"1) win the SEC-American Division (toughest division) Conference title, 2) win the Essex County Tournament, 3) Win the North I, Group IV Sectional championship, and 4) win the NJSIAA group IV state title."

Those objectives have become more difficult due to the loss of Captain Clara Scher. Scher, who has committed to playing soccer at Lehigh University, was a tremendous force before going down with a knee injury.

Raiz mentioned that it has been difficult to replace the team's top scorer, but noted the team has done a great job of rising to the occasion, stating "Other individuals are definitely stepping up to help fill Clara's role: captains Joanna Scotti and Carly Swenson, forwards such as Erica Dippold and Ilana Bier, as well as reserves like Annie Werner."

Obviously in high school sports, players come and go as they graduate, but LHS soccer is continuously one of the best teams in the state. Raiz stated that the two main aspects to becoming a successful program is talent and team work.

"When you have talented soccer players, who play throughout the year on some of the best club teams in the state, and you mix them with other highly competitive athletes, it makes the process even easier."

Raiz continued, "Also, even more important than talent, is when a group of athletes come together to believe in each other and common goals of the team."

Raiz later proclaimed, "I am most proud of the program that we have built with the girls soccer program and the respect it has earned within our community and throughout the state."

With Coach Raiz at the helm, Livingston girls' soccer will be a threat to others for years to come.