



## Acai Bowls: Friend or Foe? By Gabriella Gagliano

They're trendy. They're aesthetically pleasing. They're all over our home pages on Instagram with hundreds of likes. The question is, are they as healthy as social media has made them out to be?

Supposedly, this amazonian berry is a good alternative to chemically based skin care products, is extremely high in antioxidants, and contains a whole slew of other nutritional benefits, according to Dr. Edward Group of Global Healing Center.

So how could they possibly be unhealthy? 560 calories, 7 grams of fat, 92 grams of sugar, and options like "Power Size" at Jamba Juice, that's how. For reference, the average amount of sugar that can be consumed daily to maintain a healthy body weight is 25 grams (according to the American Heart Association), a chocolate frosted donut at Dunkin' Donuts has 13 grams of sugar, and there are approximately 454 grams in a pound (that means you are ingesting roughly 1/4 of a pound of sugar when you eat an acai bowl from Jamba Juice).

That's excluding the sugar in toppings available at most acai chains. Options like nutella, honey, chocolate chips and cookie butter all come with their own health issues as well as added sugar. When asked about her acai bowl habits, Olivia Freiburger says, "I really don't eat acai bowls that much, maybe once a month. I usually get mine with nutella, coconut and granola. They are amazing though; they taste good and they're



Source: Dr. Aze

healthy. It's awesome!"

Brooke Carney said something quite similar. She said, "I usually eat acai bowls in the summer, and even then I don't get them a lot. To me it's kind of a dessert type thing, so I put peanut butter and chocolate chips on it. I also know that the acai is somewhat good for you, so it's like a win-win."

Chloe Macarthur takes a different approach to the frozen treat. She says, "I love acai bowls! I usually get mine from LI Beach Bowl or Urban Coffee with almonds coconut and honey, sometimes nutella. I know that the coconut is coated in sugar and so is the frozen fruit, but they are so good that since I don't eat them a lot, I don't care how much sugar there is. It's dessert for me."

When told how much sugar is actually in their beloved snack, their jaws dropped.

Never fear! There is a way to make your acai bowls healthy. Consider making them at home, so you can regulate what goes into them. Instead of apple juice, try unsweetened almond milk or water. And instead of caloric toppings like nutella or peanut butter, stick to fresh fruit or nuts. Everything in moderation!

If you're craving an acai bowl chock full of chocolate and peanut butter, by all means go for it. But maybe don't eat them all the time, and recognize that they are more of a treat rather than a healthy breakfast!

## The End of DACA, or the Beginning of a Political Battle?

By Julia DeVita

Jeff Sessions recently announced President Donald Trump's anticipations to end Obama's DACA program at a Department of Justice news conference. Leaving many Americans who are undocumented immigrants facing the possibility of being deported. Donald Trump and his administration are at a loss of control over the issues with illegal immigrants, and deportation is his way of fixing this issue. Sessions claimed the Obama Administration of disrespecting the legislative process by calling DACA, "an open-ended circumvention of immigration laws."

The US has lain its foundation on all backgrounds, ethnicities, religions, and has always been known for being a home to immigrants and a place for people to come with the goals of bettering their lives. Many of us at HF know this personally to be true,

as some of our great-grandparents and grandparents have legally emigrated from other countries, building a life of opportunity for their families. While many immigrants have a positive experience, not all are lucky enough to have that, as a result of being an undocumented, illegal immigrant. Many of these people undoubtedly call America their one true home, despite the legal issue. For example, Cesar Vargas, the co-director of the Dream Action Coalition said in a statement, "with or without DACA, I am an American, I am an

attorney, and this is the country I call home."

According to the one of the US constitutional principles, civil liberties, there is a "delicate balance between the civil rights of the individual with the security, welfare and needs of American society as a whole," and this is shown exactly with the people who consider themselves to be Americans, but as an illegal immigrant our country is only responsible for protecting the rights and needs of legal American citizens. Junior student at

HF, Sophia De Matteo, does not support Trump's decision to end DACA, as she exclaims, "I believe that there are many ways Trump could have handled the situation more effectively, and he is unfit to be president. This is a scary time for not only immigrants, but Americans as a whole. We should all learn from this and use our differences to bring us together." With the basis of our constitution, our government officials, immigrants and with everyday Americans, we can find somewhere to meet in the middle to satisfy the needs of all Americans.



DACA protestors unite to stand up for their rights.

Photo Credit: Google Images



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Layout/Copy Editor: Maia Noah

## Do You Have Problems Sleeping?

By Max Pelkonen

Imagine this. You're in your room talking to your friends on Facetime and your parents walk in telling you to get some rest. You're forced to stop and get some sleep even though you don't feel the slightest bit tired. It takes an eternity to fall asleep, and eventually you wake up in the morning feeling drowsy and tired. In school you're unable to focus and try hard not to fall asleep in class. Once school is over the cycle repeats. If this relates to you, then you're one of the 85% of teens worldwide that share the same problem.

Schools worldwide expect students to wake up before dawn to get ready for school and learn. This expectation is rarely made true since most of us are too tired in the morning to concentrate. Studies have shown that going to school later on in the day is much healthier for teens than getting up as early as they do.

A solution that many point out is that teens should go to bed early, yet many of us are unable to do this. The reason isn't because we don't want to, but as Nemours explains, is because of the body's circadian rhythm (the internal biological clock). It resets during adolescence, causing the brain to work on later schedules than usual. This causes a teen to fall asleep later at night and wake up later in the morning. The reasoning behind it is that the brain hormone melatonin is produced later at night compared to kids and adults which causes a harder time to fall asleep.

In the UK this theory has been of big interest. The University of Oxford has been testing it out using 32,000 students in 100 schools.

One of these schools has shown that students 15-16 years old starting class at 10am had a 19% improvement on exams compared to students who started earlier in the day.

During an interview with Professor Colin Espie on the BBC, the professor had stated that, "Science is telling us, in fact there are developmental changes during the teenage years, which lead to them actually not being as tired as we think they ought to be at normal bedtime and still sleepy in the morning."

Our own school suffers from this problem too. Fellow HF student Simon Kapen has told us that, "I normally only get about 7 hours of sleep." The healthy amount would be 9 hours, but with all the homework given he has to stay up late. Another HF student Michael Dolinsky had told us that, "I believe that HF should give us more time before school starts so we can get the rest that we need."

Until the school starts later you might be asking what to do to get proper rest. The best thing to do is to make a new schedule and have routines done earlier in the day so when it comes time to sleep, you feel less energized. Another step is to try your best to have the same sleep schedule all week to keep your body in the same sleep pattern. Eventually schools will find out sleep is a serious problem in their system, but until then keep these tips in mind.

## ONE LAST RUN

By Maia Noah

After a long twelve years together, the class of 2018 has made it to senior year. With college applications on the agenda, it is an exciting but stressful time for all. It's crazy to think that in as early as three months a lot of us will be committed to college. All of our hard work throughout our high school careers will have paid off.

In less than six months we will be at our bittersweet graduation, getting our diplomas, and moving on to greater bigger things. We will have to say goodbye to the friends that many of us met at the start, kindergarten, and make all new college friends. We will have to say farewell to those teachers that have believed in us and that have helped us accomplish the greatness that you have gained in high school.

But for now, the class of 2018 should cherish these last moments. They should live up their senior year while still being ambitious and diligent. Before we know it, we will each be at our college orientations or off to the other endeavours we so choose.

So, let's make the most of our senior year! As senior Olia Lantier would say, "Let's make this a year to remember!"

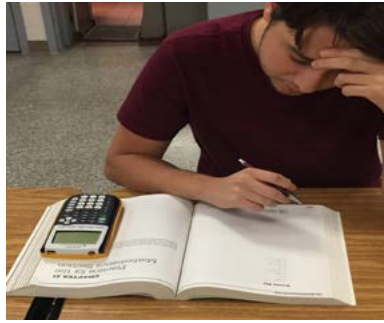




## Unearthing the Beauty of the Scholastic Aptitude Test

By Jack Blitch

Nearly 1.7 million nervous teenagers took the SAT in 2014, with scores ranging all the way from the minimum 750 all the way to a "perfect" 2400. 583, smart and lucky (depending on how you look at probability) teenagers scored a 2400. The test is so full of bias that movies, television, and even professional comedians have referenced its thoroughness and it's highbrow stereotypes. Comedians, songwriters, and actors have referred to it. For Example, in the 2011 comedy "Friends with Benefits" Mila Kunis is mocking her soon to be ex boyfriend's outfit by saying "What? Are you going to take the S.A.T's after this?" Others, like this journalist believe that there is an unseen beauty to this test.



never would have had with the 1020.

Senior, Alessandra Deminico who has eyes on attending Oneonta University next fall says, "I am just trying so hard to get the highest score possible. I met with a rep from there and they said that it all comes down to who has the higher score!" This statement is supported in an article in Veritastprep.com, "Ultimately, for students looking to attend competitive universities, your SAT score is valued more than your GPA." In 2012 Veritastprep claimed "You spend over 4,000 hours in a high school classroom working on your GPA. You spend 4 hours taking the SAT. This is a grim reality of the educational system that high school students face today. But instead of quitting, learn how to play the game." This article is so well informed because it captures how we live in a "dog eat dog world." Nobody cares how much effort you put into something sometimes, it all comes down to who is smarter than who.

Consider a situation for a moment. Suppose a senior at Harborfields has not worked to her potential through high school. She has taken some easy and some semi-hard classes, and has always found herself to be around the 85 average mark with a mediocre SAT score. This student can get into a less than competitive college, and has a limited amount of careers waiting for her, if and when she earns her diploma.

Now consider the same situation, but with a slight alteration. The student still hovers around the 85 line, but this time she earns a 1480/1600 on the SAT compared to the 1020 she had before. This student would have a completely different life. She could get accepted to a more selective college, which most likely will offer many more prestigious programs that have more challenging course load. This would nevertheless bolster her resume and provide improved jobs and experiences she

The beauty of the SAT is that all you need to do is work hard for a little bit, get some good strategies and you can outperform a person even if they have a better GPA! This isn't meant to discourage those who have worked hard to give up, it just goes to show that everybody has a shot at the big leagues!

The SAT is an assessment which measures someone's college readiness and ability to perform. There is an unseen beauty to the test that most people can't see. You could be sitting on a winning lottery ticket, so just cash it in.

## 3 Costly Mistakes to Avoid with FAFSA

By Erin Tesoriero

Now that the Free Application for the Federal Student Aid (FAFSA for short) form has been released, you should fill it out as early as possible. However, keep in mind these three tips. The first tip is to complete FAFSA early. The easiest way to ensure that FAFSA gives you the largest sum of money for your education is to simply complete the application early. The earlier you complete the application, the earlier you will receive your financial aid package. Waiting until the last minute ensures that you will be stressed out. There are often problems with FAFSA applications that must be addressed before any money can be given. If you procrastinate until the very last second, there will be absolutely no time for possible mistakes on your application.

The second tip is to be honest on your application. Everyone has experienced some sort of financial obstacle in life that holds them back in one way or another; however, some are more fortunate than others. Don't lie on your application to receive a higher sum of money. Believe it or not, filling out a dishonest FAFSA application can be considered fraud if brought to the attention of the government.

The third tip is to not rely entirely on FAFSA. While FAFSA is very helpful in providing grants and loans, FAFSA doesn't take into account any of your many talents and accomplishments that you may have achieved over the years. Do yourself a favor and fill out some scholarships!

According to Senior Olia Lantier, "the whole process is extremely scary for me. I get very overwhelmed just by thinking about it."

Yes, FAFSA is scary, but we're all in this together and there is always help available if you get stuck on your application. Do not let FAFSA take control of you this year, be knowledgeable about the process and fill it out with confidence.

## Opinion: AC or the Heat?

By Max Pelkonen

A common sight in Harborfields High School is going into a classroom and finding that the AC is missing from the window. During hot days in the school year we find ourselves sweating through our shirts because of this problem. For what reason do many classrooms have no AC? The reason would have to be the cost. An AC can cost up to \$400 to run per month, and many schools can't afford that. In fact, most schools in the US don't even have an AC in their building. They say that they don't have the money or funds to get or maintain one.



SOURCE: OHIO HEATING

Yet, a study has even shown that having no AC in a school can affect a student's ability to learn. As Will Housh from HVAC said, "Studies have shown that children's academic performance declines in higher temperatures."

In hotter classrooms, headaches and heat exhaustion symptoms develop. These physical symptoms can hinder academic performance. Warm classrooms also decrease interest and alertness, distracting students."

Fellow HF student Simon Kapen has even told us when asked that, "I can't concentrate on the lesson sometimes because of how hot it is. Even though the cost to run an AC is high, they should still think of adding a few more."

Even though the Board of Education says that they can't afford it, we can get a fundraiser going to eventually get every class an AC system. Until then let's stand through the heat and keep hydrated.

## Overlooked High School Lessons for Success

By Matthew DiDomenico

The four year long journey of high school can certainly be challenging. Whether you like it or not, you will have to deal with troubles coming from your life at school, as well as your life at home. Being at the end of my high school career myself, I can surely attest to all of these things. However, I can also say that my high school experience has taught me a lot, and has ultimately made me better as a person. With that being said, I believe that I should share some of my experiences, as well as the experiences of others, in the hopes that it will help those who are just embarking upon their high school journey themselves.

My first piece of advice is that one should explore everything that HF has to offer. Without a doubt, my biggest regret of high school is not looking around, and immersing myself in the school's clubs and programs sooner. It was only late last year when I joined journalism, and I can honestly say that it was one of the best decisions I've ever made. Former head member of the Tornado News Team, Emmanuel Berbari, expresses how joining the team shaped his high school experience. "Joining the Tornado News Team and enrolling in the journalism class completely shaped my high school experience. Over my four years, I was able to gain professional-level broadcasting experience, including a valuable skill-set both on air and in production, and discover a career path that I am very passionate about. In the process I made lifelong friendships in the process with members of the team."

Emmanuel is currently calling sports games for Fordham, and works in their radio department. So take it from him, trying new things can really help you in the long run.

If you are worrying about not having enough friends, or if you can't seem to find your niche, don't fret! As you progress through high school, you are going to change; you're

going to find new interests, and you're going to embrace your likes and dislikes. When this happens, you will begin to form friendships with new people before you know it!

Garrett Sebold, another graduate from last year's senior class, shares his experience with finding his niche. "I began to find my own niche during junior year. This definitely helped me become more comfortable with the school environment. Additionally I began to branch out socially- forming very strong ties with my group of friends and attending more social events."

Like Garrett, I also started finding my group of friends in junior year, and ironically, most of those friends weren't even in my grade. Since the grades are a lot less divided in high school, you have the chance to meet tons of new kids other than the ones you already know in your grade.

Below are some other pieces of advice from students of the class of 2017:

**"Be wild, keep yourself occupied. Make the most out of the time you have here."**

-Ben Rodriguez

**"Don't fall behind on your work, and keep due dates in mind. Try to get on your teacher's good side, you'll be with them for a while."**

-Joe Kelly

**"Keep working hard, balance your work time with your down time. Don't get lazy, and remember to hand in assignments."**

-Garrett Sebold

You don't have to follow these things to the letter, but it would help you to keep them in mind. As you progress through high school, you will be comfortable in no time!

## Science Saving the Sea Turtles in Trouble

By Julia Devita

On September 20, 2017, Science Daily displayed the American Association for the Advancement of Science's new statement on a study that could save the sea turtles. Despite the fact that sea turtles have historically suffered population declines for reasons that include accidental catch and harvesting adults and eggs, the study on the world's seven sea turtle species gives evidence that their numbers are growing overall, which is unlike many other endangered vertebrates.

In past history, sea turtles have had a history of populations decrease, so tactics like strict fishing regulations and beach protection measures were put into action.

Tori Lanner, a sophomore at HF, tells us that she "loves the idea that scientists are making progress in helping the sea turtles," and she hopes that this same progress can also be made with other endangered animals on Long Island. To analyze the current global status of sea turtles, Antonios Mazaris and his colleagues studied and

examined 4,417 annual estimates of sea turtle nests, based on specific time periods of nesting data collection that ranged in length from six years to fourty-seven years.

A sophomore, Skya Theobald, claims that "We should also protect the sea turtles and other marine animals by reducing pollution in our

oceans." Although there has been much progress regarding rises in sea turtle population and an increase in their survival as a species, they still remain an endangered species. As 9th grader, Melina Sandel bluntly exclaimed, "Don't hurt the sea turtles - It's common sense!"

Moving forward, there is still a need for more updated and continuous nesting site information, but scientists are definitely on the right track.



Source: Worldwildlife.org



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