



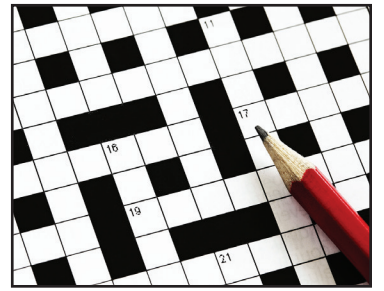
Letter from the Editors-In-Chiefs

What could they possibly say this time?

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Back-to-School Crossword
Get mind-freaked with this word puzzle.



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The Spectrum

◆ e cineribus et ad astra ◆

SEPTEMBER • VOL. 38, BACK-TO-SCHOOL ISSUE

ACTON-BOXBOROUGH REGIONAL HIGH SCHOOL

www.thespectrumabrhs.com

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Ahhh... the essentials to going back to school: new school supplies and copies of *The Spectrum*
Grace Dul Co-Chief of Layout

Meet Our School Newspaper: *The Spectrum*

By Somya Prabhakar '19
Chief Copy Editor

There are a variety of ways that students at AB might describe *The Spectrum*. To some, it is the school club where students gather to write about major events throughout the year. Spectrum staff members might consider it a sort of cult where they work manically to publish a cohesive issue that focuses on current events and important parts of life at AB. Some may even summarize it as a group of students getting together and goofing off for an hour or two every Thursday afternoon. *The Spectrum* is all of these things, but most importantly, it's an opportunity for anyone interested to see stories and issues through different lenses, surrounded by a community of talented individuals pursuing their passions.

The Spectrum is the student-run, self-funded school newspaper where students cover stories not only about national or international events, such as politics, but also

about local events like Senior Project Expo Night. Articles on topics like Western Morocco and AB sports highlights are eye-catching and engage a wide range of readers. By writing about the local news, we connect to the AB community in a way that national news corporations never could. At *The Spectrum*, you can find satirical and random oddities written by students as well: for instance, "Love Nest" is a beloved column that humorously navigates the complexities of high school romance. You can always find something to suit your tastes in *The Spectrum*.

During meetings, students explore journalistic genres and learn how to write like both journalists and grammar freaks. Students polish their writing skills and express their views on a platform that reaches hundreds of their peers. While English classes in school are focused on analytical writing and using evidence to prove a thesis, articles in the newspaper are mainly based off of research and hard

facts, allowing writers to focus on investigative work.

Students attend journalism conferences to improve their writing abilities and to meet people in both high school and professional journalism. Other opportunities include attending movie screenings, plays, concerts, and occasionally even getting a chance to interview performers and politicians.

Students improve their networking skills by learning the importance of writing good emails and communicating with other staff members. During the writing process, there are several stages where the writer must work with an editor or a source. In this process, sending timely emails and responding quickly is essential to staying on top of article deadlines.

Writers make up the majority of the club; without them there would be nothing to publish. Editors work behind the scenes to polish articles by correcting grammar and helping writers narrow and enhance stories. However, *The Spectrum* in-

cludes more than just writers and editors. There is also the Publicity and Finance team, which takes care of the business side of publication and marketing. They call local businesses to sell ads for print issues, organize fundraisers, keep track of our expenses and earnings, and brainstorm ideas to raise awareness of our club. Finally, publishing print issues and posting articles on *The Spectrum's* website would be impossible without the Layout Team, which creates graphics for articles, manages the website, and makes the print issues look "aesthetically pleasing."

All of these teams work together to make *The Spectrum* amazing. Without students' hard work and dedication, this paper could not meet its full potential. It is thanks to the late nights spent in the Mac Lab writing, editing, and designing the paper that we can give students a voice in journalism, so they can share stories that are important to the community.

Intro

Letter from the EICs

By JASMINE MANGAT '19 AND
NITHYANI ANANDAKUGAN '19
Editors-in-Chief

The Spectrum staff has kept busy this summer. Like all Acton-Boxborough teens, we've been juggling quite a bit: for the better part of the summer, we ventured across the world for vacation, across the country for college tours, across the region for summer camp, and into the basement for Netflix. Of course, at *The Spectrum*, we've also busied ourselves with the Back-to-School Issue.

We've focused this year's issue on our lives here at AB and in the local community. Writers have produced articles recounting their own vacations, describing their favorite local food spots, and perhaps my favorite, reviewing the school bathrooms. In fact, our goal this year is to report more heavily on this community. For instance, many of our writers have spent some time this

summer reporting on our 3rd District 2018 Midterm Elections. They scheduled interviews with everyone from Dan Koh to Alexandra Chandler, and they reported their findings too. We've posted the in-depth articles on our website, but we've included in this print issue a brief interview with a number of campaign volunteers. We hope that our more local emphasis will make this paper more relevant to us students and our community. More importantly though, we've found it rather rewarding to engage with our environment in this way, and we hope to include our entire staff in these efforts as well.

This year will be just as busy as last and perhaps even busier with our new goals and senior schedules. But we are also just as excited about another year at *The Spectrum*—perhaps even more so than last.

Cheers,
Nithyani and Jasmine

Women in Politics

By KATHERINE CHEN '20
Politics Columnist

Ranked 102nd in the world, the United States stands between Indonesia and Kyrgyzstan for female representation in government. Currently, only 104 women, or 20% of Congress, are in the House or Senate. Although women are just as likely as men to win once they are on the ballot, they are much less likely to run. Even today, many barriers prevent women from entering the political sphere.

A study by American University reveals the most prominent factors driving the gender gap in running for office: women are, as a whole, less confident and view themselves as less qualified. They are more likely to "perceive the electoral environment as ... biased against female candidates." Additionally, the 2016 presidential race and Hillary Clinton's nomination negatively impact the public's view of females running for office: some Americans continue to view women as less fit for political roles. It may even seem like the country is regressing in its perception of female political involvement.

However, leading up to the 2018 midterm elections, the country is currently experiencing a "pink wave" in politics. An unprecedented number of women have decided to run for political office: so far, a record-breaking 309 House and 98 gubernatorial candidates are women. This growth is, in part, a response to Donald Trump.

NPR dubs him the "gift that keeps on giving." The president's long history of sexism and misogyny spurred hundreds of women to use the national backlash against the administration in their campaigns and "turn grief into action."

The influx in female candidates is also driven by a shift in campaign strategies and how the public receives them. Social and mass media have become influential in political elections: according to the *Washington Post*, young women in particular have been using viral video campaigns to publicize their personal stances through "blunt talk and compelling stories." Generally needing less funding and appealing to younger voters, progressive grassroots campaigns open up

opportunities for a different demographic of candidates, encouraging women to run for office. These platforms give unconventional candidates opportunities to run for office and win. There seems to be a general trend in Congressional diversity where nontraditional candidates win seats with atypical campaigns.

For example, twenty-eight-year-old Latina and Bronx native Alexandria Ocasio-Cortez unseated Joe Crowley after becoming the first to challenge the powerful House Democrat in fourteen years. She will be the first woman in her twenties to serve in Congress, representing the 14th Congressional District of New York. Later, she unintentionally won the 15th District's primary as a write-in. Not only did Ocasio-Cortez's victory make history, it also proves the potential of a progressive grassroots campaign to turn previously unknown political figures into popular Congressional representatives. Election victors are no longer just individuals with familial histories of political fame and power. Other prominent examples of candidates during the 2018 include a Lebanese-American named Fayrouz Saad of Michigan's 11th District, who could be the first Muslim woman in Congress.

This is good news: aside from political and Congressional representation and breaking gender barriers in the political sphere, women in politics can advocate for women's health legislature. Governmental policies continue to violate women's personal autonomy, and, particularly under the Trump administration, the "war on women's health care" is fought primarily by men. A photo of an all-male White House health bill boardroom sparked controversy regarding why there was not a single woman present at a GOP meeting about maternity and reproductive healthcare.

Female involvement in politics not only empowers women to make their voices heard, but also enables all people to be represented regarding current events and government legislature. Insofar as women continue to be excluded from important political decisions, especially those regarding female health autonomy, we must break down barriers preventing women from pursuing a career in politics.

The Spectrum

Founded 1982

e cineribus et ad astra

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Peter Light: New Sheriff In Town

By MICHAEL CHENG '20
Spectrum Staff

As he transitions into his new position as the superintendent of the Acton-Boxborough School District, Peter Light hopes to "make every student feel valued, ... challenged, and supported." Light looks forward to learning everything he can about the district while simultaneously leading it. Light believes it's a bit early to discuss specific actions he will take as a superintendent, but he hopes to help create an environment in which students feel like they matter and a place where they can grow until they receive their diplomas. Additionally, he commits to "being visible" to students.

To work towards that outcome, he wants to start by building strong relationships with staff and community alike, something he considers "urgent and important" to his work here. Through his first few months, Light plans to reach out to various entities through forums, both formal and informal. Examples include forums geared towards "student experiences." While he has worked on issues such as equity and wellness before, including Challenge Success, Light has spent his entire career in one community. As such, Light wants

to understand what makes AB different and unique and to familiarize himself with the strengths and the challenges that arise as a result. He hopes to use what he learns to plot a direction for the district going forward.

While it "starts with the schools," Light recognizes that there are boundaries to how much a school can support its students, in areas inside and outside the traditional "purview of schools." For example, in situations involving medical, mental health/substance abuse and economic needs, Light believes that it is best if the school "refers" students to more capable hands where appropriate.

"We can't possibly have someone for every profile and need...I think it's really making sure that we have a really good network to be able to connect students, where our line ends, and there's overlap into the community, so that it doesn't end with the school."

Ultimately, the goal is to give every student their full "school experience," academic and otherwise.

Light was first an assistant and head principal of Franklin High School before spending last year at the district level. Regarding the differences between his old and new position, Light believes that there is a difference in focus. The

superintendent is an overall manager and organizer for all the different facets of a school, across all the schools of the district, putting him in conversation with many different areas. While Light is ready for this challenge, he does admit to missing the ability to "focus on the needs of the students and staff in front" of him. Now, Light is the person who is most responsible for keeping administrators with different focuses on the same page, instead of being very knowledgeable in one area in particular. Light knows that he no longer can be the person to solve the problems and concerns of five thousand individuals. Even if he would want to, it isn't realistic. But, it's his job to "make sure there is someone there for" everyone.

The superintendent is directly accountable to the School Committee and is also the public face of the school in its relations with the broader community. Light appears to understand the importance of communicating and maintaining his relationship with both of these groups. Regardless of the specific circumstances, it is clear that the last administrative change involving former superintendent, Glenn Brand, can be attributed to at least somewhat to a breakdown in the relationship, causing unwanted turmoil in the district. This turmoil is still present with some people expressing their deteriorating confidence in the community. This lack of confidence is present in the district staff as well; last March, a longtime AB teacher expressed that the instability they witnessed within the district has caused "low staff morale." Not helping the issue of continuity, an unusually high number of teachers and administrators left the district this past summer compared to years past. During his interview process, Light said that "cultural healing" would need to take place as a result, and part of addressing these cultural concerns is focusing on communication and transparency.

WE NEED LAYOUT EDITORS.

AS YOU CAN TELL.

PLEASE.

Contact Grace Du at 19dug@abschools.org for more information

Ad: If interested in joining *The Spectrum's* layout team, email!
Amber Li / Layout Editor

Back-to-School

Restaurant Review

By GRACE GONG '19
Spectrum Staff

With the rising popularity of fast food chains such as Subway, McDonalds, and Shake Shack, enjoying smaller, more intimate delicacies with friends and family is becoming increasingly rare. Although hunting for these restaurants can be a challenge, there are a few hidden gems in the Greater Boston Area that will surely make you salivate.

Oscar's Burritos, Boxborough, MA:

Located right outside West Acton Center, near the Nashoba Valley Skating Rink, Oscar's Burritos is an unassuming, welcoming restaurant that serves wonderful mid-priced Mexican options, including burritos, tacos, soups and salsas. Although some say it functions as a local Chipotle, several aspects of this restaurant make it distinct from and possibly better than the largest Mexican fast-food chains. At first glance, nothing in particular seems special about the food preparation. With swift motions, the Oscar's employees wrap meat, rice, and beans into a tortilla, package it up in foil, and hand it to you in a brown paper bag. Wait—rewind. I've been to Oscar's numerous times, and many more steps go into making a burrito the delicacy it is. Oscar's ensures that each ingredient is fresh. The rice is flavorful and fluffy, the meat charred and seasoned, the beans creamy and rich. If you go, I highly recommend getting a burrito, which ranges from \$5 to \$8. However, if you insist on getting something else, you really can't go wrong.

Reasons To Be Cheerful, Concord, MA:

Shhh! ABRHS Secrets

By SONALI RAI '20
Spectrum Staff

Welcome to high school, Class of 2022! You have reached a major milestone, and this is only the beginning. Being a freshman can be challenging, but to ease your transition into the next four years, here are a few secrets about ABRHS:

The Third Floor: To clarify, there are only two floors in the high school. There are no secret classes on any third floor; in fact, the only level above the second floor is the roof, and it's safe to say no one is going up there. At least, I hope not.

Senior Staircase: The winding, open staircase on the west side of the building, also known as "senior staircase," is not exclusively for seniors. Contrary to popular belief, upperclassmen will not yell at you for using those stairs. In fact, they're really only going to yell if you walk on the left side or stop abruptly in the halls like many lost-looking freshmen do. I avoided that staircase for over half of my freshman year before I realized seniors are not bullies. They just want their diploma and graduation robes. And some sleep.

Friend Circles: Over the course of high school, you will make new friends, and lose some old ones. Your friend circles will almost certainly change. However, by the end of high school, most people begin to have an idea of who their true

Although Reasons To Be Cheerful is generally considered an ice cream shop, it's truly much more than that. Besides its vast selection of ice cream flavors, it also sells coffee, lattes, and many other coffee shop essentials. I've personally tried and loved the Hydrox flavors, which are just Oreo-like flavors! RTBC is family-friendly, with a very cozy, cute setting. It has an area in the back tucked behind a ramp, which is my favorite spot to sit with friends and chat. The spot is also great to watch some local musicians and poets. Prices are decent for good ice cream, comparable to Kimball's prices. If you don't want to drive all the way to Westford for Kimball's or Maynard for Erikson's, swing by Reasons To Be Cheerful, and you won't be let down.

Lao Sichuan, Billerica, MA:

My family has returned again and again to this authentic Chinese restaurant, never to be disappointed by the wait staff, food, or experience. Lao Sichuan's interior has a bustling, yet cozy feel, with comforting decor and the smell of Asian cuisine. The food arrives soon after ordering. I usually order the meatballs in soup and at least one variety of spicy fish, and I can say from experience that this place is not afraid to give you the heat. While they are famous for their spicy dishes, they have a myriad of options for those who don't like the burn as well. One of my favorite appetizers is the scallion pancake, which is essentially fried dough with scallions and seasoning mixed in. For the level of authenticity that the restaurant provides, the prices are pretty reasonable as well. If you're looking to branch out and widen your palate, be sure to visit Billerica's Lao Sichuan.

friends are—the people they confide in and share similar interests with. It is not uncommon to start high school with countless friends, and end it with only a few close ones.

Bad Grades: This one's for the overachievers out there. You probably won't be getting all A's this semester. AB is rigorous, so don't be shocked if you receive a grade as low as a C or D at some point. It's natural. Just stay focused and remember that there are always more opportunities to improve.

Senior Slide: Many people perceive junior year to be the hardest, and admittedly, it is. From AP exams to SATs and ACTs, 11th grade is the most stressful—until you get to 12th. Many students assume they can slack off senior year. Do not make that mistake! Seniors who end the year with less than a 90% in any of their non-AP courses must take the final for that class. And taking finals doesn't sound like the best way to spend those last two weeks before graduation. Also, colleges do care about your grades, even after you get in. So just remember to finish strong!

Now that you've been keyed in to a few of AB's secrets, try to prepare for the years to come. Don't worry about the number of friends you have, don't stress over one bad grade, and most definitely, don't fall for the pranks or jokes upperclassmen tell you. Good luck!

Political Activism Interviews

By JASMINE MANGAT '19 AND
ANJALI RAMAN '20
Editor-in-Chief

On July 23rd, The League of Women Voters held a forum in Concord for the 14th Middlesex District State Legislator and 3rd District Congressional Election candidates. The forum allowed people to hear from the candidates themselves about their campaigns and their views on various issues. Although the forum was free and open to the public, much of the public couldn't even enter the building by the time it started; the room was at capacity. Citizens and reporters stood outside the doors to listen in on what the candidates had to say. Some even sat on the ground. Outside, supporters of various candidates, especially for the 3rd District Congressional Election, stood with their campaign signs and pamphlets. As we stood outside, waiting to see if we could enter the cramped room, something stood out about the candidates' supporters: most of them were pretty young.

Considering that these two elections are happening during an off-year and are relatively local, it was a surprising sight. So, we talk-

ed with a few of these volunteers about their take on political activism, especially among the younger generation.

Aaditi, a volunteer from Dan Koh's campaign and a student at ABRHS, pointed out a misconception among young people about participating in elections: that it's "an adult problem." But, to Aaditi, even if a person can't help make a legal change by voting, it's still important to advocate. Aaditi used the March for Our Lives Walkout from earlier this year in which over one-thousand AB students walked out of the classrooms to protest gun violence and as an example ask legislators for stricter gun laws.

"The fact that so many [young] people gathered to protest gun reform shows the population that we haven't given up hope," said Aaditi.

Grace, a volunteer from Lori Trahan's campaign, discussed how even though millennials can be outspoken about certain issues, they don't really vote. However, for Grace, this needs to change because it's up to this young group to "restructure the world in a way that's fair and balanced."

Allison, another volunteer from the Trahan campaign, referred to President Trump for young people

to be politically active: "If we sit there and if we're complicit and we just let whoever is in power keep their power and don't challenge it and don't try to make the world better place, then it's gonna keep getting worse," she said.

Teja, a member of the Rufus Gifford campaign and a former AB student, tied together all of these different ideas about political activism: "We're unfortunately given a lot of issues that are up to us to deal with because of mistakes of previous generations." But, for Teja, it's not all about why it's important to be politically active. It's also about what happens if we aren't involved.

"If we want ourselves to have a bright future, if we want to take control of our lives, then [being politically active] is the way to do it," says Teja.

The phrases "taking control" and "taking the reins" came up a lot when we talked to the campaign volunteers. Observing a parking lot filled with young people speaking out about what they believe in and showing support for their candidates show how the younger generation is "taking control" to help shape the American political sphere and build the future that they want to see.

Coasting Through Costa Rica

By CHARLOTTE LI '20
Spectrum Staff

Green is everywhere as I soar through the sky. Below me are trees the size of lollipops; I am flying above the world. The wind wraps around me, rain sprinkles my face, and I pick up speed. The trees get bigger and bigger, and I frantically shake my legs, trying to loosen them from their holsters, but they're locked in. I screw my eyes shut, unable to look. Whoosh. I feel a sudden breeze. I open my eyes, and look back. There was a break in the mountains, and now I am flying right through the forest trees, nature encompassing me. I hear birds singing and monkeys howling. The sound of rain splashes down around me, and seeing the yellow-, red-, green-, and blue-billed toucans, I feel almost like a bird myself, soaking in the mist. "So majestic, yet scary how large they are when they're close up," I thought to myself.

Finally, I see a teenage boy in front of me waiting with ropes and a harness. Another burst of breeze hits me as my ropes hit the stopper, and I glide to a stop. "¡Hola! ¿Cómo estás?" the guy cheerfully asks. I reply, "excelente, gracias. La vista fue inolvidable." His expression changes, and I cannot tell what he's thinking. My palms are warm and sweaty but not from the ride.

"¿De dónde eres?"
"Los Estados Unidos"
"¡Hablas muy bien el español!"

"Muchas gracias pero mi acento es horrible y solo he aprendido español por cuatro años."

He chuckles, then helps me down from the zipline. He asks

if I want another ride. My heart skips a beat. Of course. "Claro que sí." He smiles and helps me out of one harness and into the next. "Adios, gracias." Back on the forest floor, I strain my neck in search of the birds I once flew next to, only to see black specs flying far away from me.

"The village of Bijagua in Costa Rica's Alajuela Province," my sister says. I stare at her: "I've never heard of it, but sure, let's go." We figure a little adventure couldn't hurt us. As we arrive in Bijagua, I notice there is not a single tourist in sight; this is the place to learn the authentic Costa Rican lifestyle.

Later that afternoon, my mom makes the reservation for our hotel, and of course, the confirmation email comes back in Spanish. We realize that we accidentally booked two rooms for that night instead of one, so I email back using the Spanish I learned in school, asking to sort out the situation at check-in. As my family drives down the dirt road to our hotel, I just stare. The entire hotel could fit into the space of that grass circle in front of the high school! It consists only of five rooms and an outdoor kitchen space. The owner approaches the car. By now, I have become more comfortable with my Spanish: words immediately rush into my head in response to his questions. I tell him about our error, and he is so generous as to let us use the better room of the two. We proceed to discuss local activities like hiking volcanoes and the best places to eat. As the only member of my family able to communicate with this man, I feel proud of my choice to stick

with learning a new language. Like some students at AB, I used to think Spanish would be useless to me, but this trip helped me recognize the importance of learning new languages. For one, learning languages helps you create cross-cultural friendships and connections. I never really imagined myself using Spanish outside of the classroom, especially with the seemingly random vocabulary we learned, but I found that the units centered around the environment and traveling really enhanced my speaking. I was inspired to keep practicing my new language as I tried to further integrate myself into the Costa Rican culture and lifestyle.

Forcing myself to speak in Spanish whenever I talked to locals helped me conquer many fears and hesitations people have when learning a new language. On the ziplining trip, for example, I found a harmonious balance between Spanish and English. Though I thought in English, I was still transitioned to Spanish seamlessly. Visiting another place where Spanish is the main language helped me further enhance my skills because I could speak in an authentic setting, surrounded by Costa Rican culture. With a new language, I gained the courage to form cross-cultural connections, understand the intimate link between culture and language, and visit Costa Rica's many attractions. English may be among the world's most common languages, but rather than expecting the world to accommodate to the monolingualism that Americans often have, it's made the effort to build a bridge between them and new cultures.

Back to School

School Bathroom Reviews

By KAITLYN CHEN '19, AMBER LI '20, PETER BI '19
Layout Editors

Finding the right bathroom for you is an important step forward in your high school experience. While there are many prime locations in the school, only one is truly fit for you. Graduating from Harvard University with a PhD in janitorial arts, working in the toilet paper industry for over fifteen years, and certified in "Going to School" and "Using Bathrooms," we experts have carefully reviewed each and every bathroom for your pleasure!

Upper East and South Bathrooms:

In addition to it being a good escape from the librarians, the South bathroom is a popular meeting space for both procrastinators and freshmen trying to avoid their Mishrikey World History Seminar. While there is usually overcrowding during passing time and the first few minutes of the period, it is generally an empty, clean, well-lit, and homey area. Yet, no bathroom is perfect. The gaps between the doors and the stall frames make it easy for bystanders to peek in. **3/10**

Lower East Bathrooms:

The women's six-stalled bathroom is often clean and empty, an excellent location for those longer trips. It also emanates female solidarity: in place of an actual lock in one of the stalls, a hair tie is used, demonstrating not only product efficiency but also user resourcefulness. However, the men's bathroom smells. **6/10**

Nurse's Office Bathrooms:

Has free feminine products. **12/10**

West Bathrooms:

The west wing is Mr. Noeth's domain, and like Mr. Noeth, the

bathrooms there represent intellect and precision. First, the location is optimal as it is situated right by the swimming pool (not a bathroom), the senior staircase (not a bathroom), and the senior lot (not a bathroom but debatable). It is within walking distance of the only classes that matter: Mr. Noeth's classes. Second, it is a hidden gem, only available to the worthy. During the day, students rarely use it, making it a private place to do your business. However, after school, it becomes a social hub, attracting all kinds of people, like student athletes. Our only complaints are that the women's restrooms lack paper towels and soap, while the men's restrooms only have boiling water, making washing your hands a painful experience. But, similar to the lower east bathrooms, the west bathrooms seem to be a prime study location, where the chemistry kids gather with their flash drives. **8/10**

Lower Fields Forest:

Most students, even upperclassmen, are unaware of the Lower Fields Forest and its potential as a bathroom. As freshmen, the ultimate power move against the seniors' "third floor" prank is to school them with your knowledge

of these hidden bathrooms. With its unlimited stalls and natural toilet paper, the Lower Fields Forest is the best item on AB's secret menu. It is also a great meeting place to say "hello" to those students walking to Dunkin' Donuts. Overall it's a great bathroom. Plus, you might even learn something from the Biology class nearby, which optimizes your educational experience! **10/10**

As kwekster123 of *Metacritic* states, "Pretty much everything I've ever wanted from a school bathroom. Excellent story, deep combat and great graphics. Great experience from start to finish."

Cafeteria Bathrooms:

Although the free music coming from the band and chorus rooms might trick you into thinking it's a fine excretion location, the bathrooms are modest in size with only two stalls for women and one for men. On the other hand, it is one of the cleanest bathrooms for men in the entire school since it is far removed from both the east and west wings. **5/10**

Locker Room Bathrooms:

Bad. Nasty. The most public of the public bathrooms. Sound and smell are amplified by 2000%. **0/10**



Ad: If interested in joining *The Spectrum's* layout team, email! Amber Li | Layout Editor

Love Nest: Welcome!

By BALWANT SINGH '19
Spectrum Staff

After a nationwide search, *The Spectrum* has found a new Love Doctor, Balwant Singh, PhD. He will be following a long line of former Love Doctors including Dr. Jack Olson ('18). We would like to welcome Balwant and wish him luck on his mission to cure hopeless romantics.

I see my crush very often around school because we even have two classes together, but I can't get him to notice me. What should I do?

Listen, sister, I would say just "be yourself," but that mantra is so 2010. Studies show that one in every three teenage males responds positively to maternal behavior. So, naturally, the solution to your problem is to copy everything a kangaroo does. These nurturing animals carry their joey around for at least eight months after birth. If that isn't motherly, then I really don't know what is. Following these steps should make you 33% more likeable (don't worry, I took AP Statistics). Soon enough, you'll find him running after you.

"But what if he doesn't?"

Do not fear! Remember, you mastered the art of the kangaroo. The last step is to kick him.

I just got a crush on this cutie on the first day of school, but we have no classes together. What should I do?

Ah, yes. The infamous back-to-school crush. Been there, done that. I would say go to your counselor and try to change any and all of your classes, but schedule changes ended August 20th. Regardless of which grade you're in, please focus on your academics rather than on your shallow crush. There are plen-

ty of opportunities to stalk...wait, I mean get to know...this person outside of the classroom! You can try to find common extracurriculars or free periods!

Help me! I'm currently stuck in a love triangle with another girl over one guy! What do I do?

For starters, the number one rule for winning one of these love rivalries is establishing your dominance. Take peacocks, for example. The male with the more beautiful feathers will obviously win. You can mimic peacock behavior with your clothes. Start off with a bright pink jumpsuit. The color will 100% make you stand out far beyond your rival. Then, bedazzle any flesh that isn't painted pink with the most expensive diamonds. When you're in the sun, you will shine as bright as car headlights on high beam. The second step is to update your social media. Update any sort of username or names that have your generic birth name with something more extravagant. For example, if you have an "ait" in your name or any variation of that, change it to the roman numeral eight. So Kaitlyn turns into kVIIIItlyn. Be sure to emphasize all consonants that can be left behind. The boring Kaitlyn is now kVIIIItlynneh. The last step is to wear the highest heels you can buy. Trina Vega from *Victorious* once wore 10-inch heels, and look where she is now! Being tall will allow you to hover over your rival, making them feel intimidated. All of these steps will make you stand out and absolutely crush your rival, so you can take your trophy home. Good luck!

How can I tell if I'm in love with someone?

If you can imagine yourself successfully owning a dog with this person, you have your answer.

Crossword Questions

Across

- 6. What is the name of the sequence where the previous two numbers are added?
- 7. Who is America's namesake?
- 10. What is the most abundant element in the atmosphere?
- 12. How many buttons are there on a trumpet?
- 13. What is the password to the AB-Guest wifi?
- 14. Which author wrote *A Separate Peace*?
- 18. What day of the week is June 7, 2019?
- 19. What is the latin word for north?
- 22. In chemistry, "K" represents which element?
- 23. What is the new name of BuzzFeed's previous channel Boldly?
- 24. In what Olympic sport did Chloe Kim compete?

Down

- 1. Who was the second man to walk on the moon?
- 2. Who was the first woman appointed to the Supreme Court of the United States?
- 3. Who is the Spectrum's unofficial mascot?
- 4. What is the name of the Obamas' pet dog?
- 5. What is the most populated state in the U.S.?
- 8. Are you smarter than a fifth grader?
- 9. What is $\sin 30^\circ$?
- 11. What is bread in German?
- 12. What year did the dance move the nae nae come into popularity?
- 15. What food has the same amount of calories as it takes to digest it?
- 16. In 1904, what famous author was born?
- 17. What is the birthstone for January?
- 19. What is the Chinese character for water?
- 20. What is the president's middle name?

