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 Understanding mental health at our school.
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FEATURED ARTIST
 Julia Evans- the new Frida Kahlo in town.
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The Spectrum

◆ *ut omnes te cognoscant* ◆

NOVEMBER 2016 • VOL. 36, NO. 1

ACTON-BOXBOROUGH REGIONAL HIGH SCHOOL

www.thespectrumabrhs.com

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Letter from the EIC

By Pooji Jonnavithula
Editor-in-Chief

From the Editor-in-Chief:

The Fall Issue is a sum of AB's diverse student body contributing their voices on issues that they feel matter. Thus, the greatest lesson I've learned this year, and from this issue, is how constant collaboration leads to an admirable final product. Our range of articles span from the 2016 election results to a debate over the revival of Crocs – footwear that surely should be banned.

Journalism doesn't have to be "stuffy" and "boring" to make serious claims. We can write meaningful pieces while still keeping heart and laughter close by, and after the recent tragedies that this school faced, The Spectrum felt that it was our responsibility to cover the

news appropriately. We dedicated our time and effort to creating a two-page spread on mental health and had our writers discuss some of the problems and solutions faced within our community. We hope our take on these issues is respectful and leads to thoughtful discussions in the future.

The revival of print after a two year hiatus was tedious, and I don't think anyone can say otherwise. Now, our seasonal issues will continue to cover a variety of subjects related to the AB community. We will strive to include as many perspectives as possible. I don't see the printing of this paper as a personal victory, but rather it epitomizes the success of many motivated and bright students coming together to create a product they truly believe in. So yes, The Spectrum IS in fact still a thing. Thanks for asking.



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Good News is Here!

By OLIVIA MARBLE
Chief Staff

Starbucks, more like Gold Bucks

Earlier this year, Starbucks teamed up with the Food Donation Connection and Feeding America for a program called FoodShare that will donate all its leftover food to food banks across the country. They have found a way to preserve the food so that when it arrives at the food bank, it has maintained its quality. Starbucks estimates that it will have donated almost 5 million meals by the end of December.

Dumbo is Saved

In July, the largest elephant migration ever attempted in Africa was a success. Surrounding developed areas threatened to expand into the elephant's territory, so the non-profit organization African Parks decided to relocate them 185 miles away in the Liwonde National Park, where they will have acres of undeveloped land to roam.

Get Educated

During the 2014-2015 year, high school graduation rates reached a new high. Minorities, low-income,

disabled, and English-learning students have also shown promising gains, reaching an astounding 82% graduation rate. The rising rates are partially due to the Obama administration's dedication to education reform.

Turkey with the Fam

For the first time ever, the Mall of America will close on Thanksgiving. While this is bad news for all the last-minute shoppers, fifteen thousand workers will get to spend the holiday with their families. This gigantic mall has historically stayed open throughout the Christmas-shopping season, but this year, the employees will have a chance to rest.

Sunny California is Using that SUN

California broke the solar energy record this summer. On July 12th, seven large solar plants briefly produced 8,030 megawatts of electricity. The San Francisco Chronicle later calculated that they produced enough energy to power 6 million homes. This record-breaking feat demonstrates California's ongoing determination to depend on 33% renewable energy by 2020.

The Spectrum

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Virtual Reality: Future Tech

By Srija Nagireddy
Spectrum Staff

If you are reading this, you most likely have never experienced virtual reality. While most people are aware of it, VR is often something that only crosses the mind of the technology-obsessed. Sure, you might see an ad for the HTC Vive and look it up, only to see the \$799 pricetag and dismiss it as some generally unneeded technology. However, VR is far more accessible than most people think.

VR headsets can be divided into two groups: headsets which use phones and headsets with their own displays. Headsets that use phones are generally much cheaper, but headsets with their own displays have better resolution, better head tracking, superior controls, and additional features. However, they also carry a huge price tag and need to be connected with a PC, which is bad news for us laptop users.

Ever since I first heard the phrase virtual reality, I lobbied my parents to get the Google Cardboard. Due to the simplicity of its materials (cardboard), it only costs \$15. In fact, you can look up the instructions online and make your own, only needing a trip to the hardware store to buy the lenses. It is the most basic VR headset, lacking any controllers or the straps required for hands free usage. There is no real way to interact with the virtual environment with the Cardboard. However, it is perfect for those interested in diving into the VR world.

My lobbying for a VR headset did not go to waste. My parents bought two Samsung Gear VR headsets this April. The Samsung Gear VR uses a phone as its display, cutting costs dramatically to only \$99 each. However, this does cause the image to become quite pixelated. The Gear VR has a touchpad on its side, allowing you to interact with the virtual world. It's fairly easy to use, but I would use a wireless controller for increased functionality.

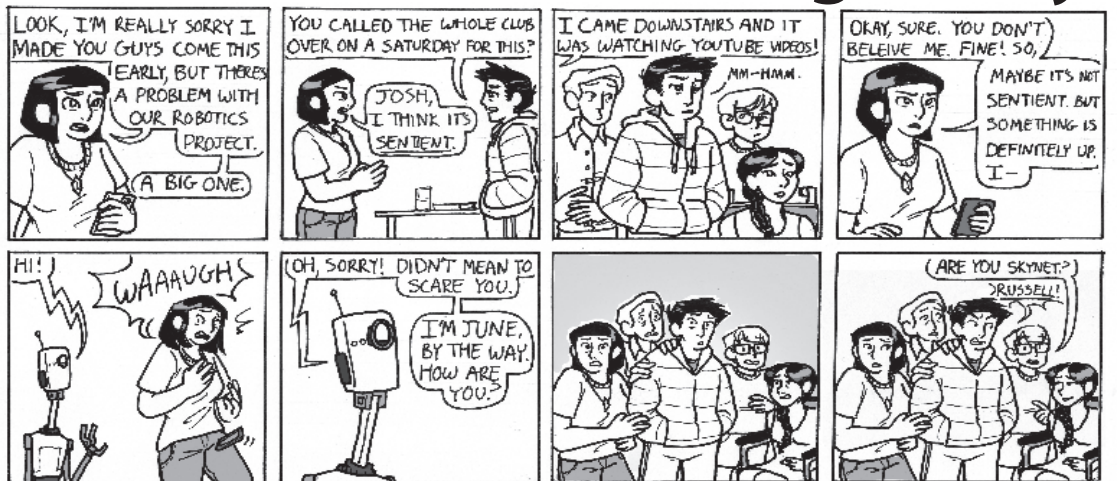
Stepping into the world of VR is exhilarating. You truly believe you are in a new place, so it can be disconcerting when you look down and not see your body. Some of the games in VR require movement, causing motion sickness for many,

as the disconnect between what you see and how things are can be hard to stomach; one of the difficulties facing VR developers is solving this. When I use VR, my stomach gives a jolt when I virtually move, but it's nothing too serious. Virtual reality is truly amazing. It will definitely be improved in the future, and someday it will be ubiquitous. Virtual reality has spawned many other technologies, most notably augmented reality, in which virtual objects are overlaid onto the real world. The most famous example of this, the Microsoft HoloLens, is not available for developers. When it comes out for consumers, I'll be sure to start lobbying for one. After all, it can't be too hard, right?



Gamer girl uses HTC Vive for virtual reality gaming
ONLINE SOURCE

Jane and Jude - The Singularity



Check out our website www.thespectrumabrhs.com for more comics by Olivia Blaufuss!
ONLINE SOURCE

News

Popping the Bubble: My Reflection of the 2016 Election

By DAVID DAMIANO
Spectrum Staff

The abrupt conclusion of such a long and arduous campaign can be difficult to comprehend, especially for those of us who were convinced that a Trump presidency was impossible. It only dawned upon me once the election was over just how confident I had been that a Democrat was going to win. Therefore, when I watched Florida and Michigan painted red and the inconceivable notion that Donald Trump would be the President of the United States become reality, I was completely caught off guard. The immediate emotions were fear and indignance – I could not comprehend why millions of Americans had chosen to ignore Trump's disgusting racism and sexism. Yet amidst my indignation, I came to a realization about the nature of our lives here at AB.

We often refer to our school as a bubble, shielded from the outside world. In the aftermath of this election, I have come to dislike that term due to its accuracy. Its implication is one that none of us choose to acknowledge: it comes from a pretentious point of view. It assumes that the outside world is full of hate and ignorance, and thus AB must close itself off for the sake of

self-preservation. The legitimacy of this assumption is irrelevant – the choice of distinguishing ourselves from other Americans is an act of elitism and deepens polarization.

Yet what happens to us when this bubble pops? While this question may have been academic a week ago, it is now our reality. We have no more justification to separate ourselves from the masses, as now the masses, and not the elite, have elected the new president. Now that the bubble has popped, it is in our best interest to keep it from returning.

A functional nation cannot be comprised of bubbles – segregated groups that have little to no interaction with their surroundings. The result is deep polarization and disdain towards one's opponents. However, we do not need to be unified in ideology or even in intent, as that would be impossible and contradicts the fundamentals of our democracy. Nor do I suggest that we even try to reconcile our differences: it is our differences, whether they be ethnic, religious, socioeconomic, or political, that ultimately make us all Americans. Rather, I simply ask that we take a moment to reflect upon ourselves and our community and conceive a way to destroy the bubbles that protected us before.

The Return of Brady

By NIRAGI SHAH
Correspondent

On October 9th, Tom Brady, the famous quarterback for the New England Patriots, returned to play after a four-game suspension due to last season's "Deflategate." Suited up and ready to go, he came out on top with a 33-13 win over the Cleveland Browns.

After an injury to Drew Bledsoe, Brady took over as the starting quarterback in his second season, and he eventually led the Patriots to victory in Super Bowl XXXVI. Although the Patriots would miss the playoffs the following season, they won back-to-back titles in Brady's fourth and fifth years as a pro. While Brady and the Patriots continued to be highly successful, they did not return to the Super Bowl until the 2007 season. That season, Brady set a NFL record for touchdown passes, won his first League MVP, and led the Patriots to an undefeated regular season record.

Last season in the 2015 AFC Championship game, the Patriots won an incredible game against the Indianapolis Colts, and they eventually became the Super Bowl

champions. Their almost too-easy win led conspiracists to make allegations that Brady tampered with the footballs he supplied to the referees. This fiasco is referred to as "Deflategate." In the initial release of this information, the media went crazy, going as far as demanding Belichick and the Patriots be suspended for their actions. However, Brady has come back, determined to right his wrongs.

Jimmy Garoppolo, the second-string quarterback, took over for Brady. Garoppolo became injured after two games, so Brissett, the third-string quarterback, filled in for the next two. Commenters believed that a 2-2 record would be good enough for Brady to come back to. But against all odds, they gave Brady a more-than-comfortable position in the standings – leading their division with a 3-1 record.

October 9th proved to be a spectacular season debut for the experienced quarterback. Although Brady's career may be tainted from last season's mishaps, his legacy lives on through the endless support from his teammates, coaches, and fans.



Brady catches a football. Good one, Brady!
ONLINE SOURCE

Rehearsal Magic: Mary Poppins

By KATHERINE CHEN
Spectrum Staff

Since August, a team of dedicated students and staff have been putting together ABRHS Proscenium Circus' Fall 2016 musical, *Mary Poppins*. Adapted from the renowned Disney film, *Mary Poppins* opened on Friday, October 28th, and ran for two weeks, closing on Saturday, November 5th, with a total of seven dazzling performances.

Although many of us go to the shows, we often do not know what actually happens behind the scenes of Proscenium Circus (PC). The Spectrum staff followed the cast and crew of *Mary Poppins* during their final days of rehearsal to see what really goes on before the curtains

open.

PC is AB's student theatre program, presenting a variety of productions over the course of the school year. In addition to being an extraordinarily talented group, PC is also a very close community. Gabriella Ricciardone (*Mary Poppins*) says, "My favorite thing about PC in general is the family that I've been so blessed to be a part of over my four years of high school." Ms. Harms, director of Proscenium Circus shows and theatre teacher at ABRHS added, "We are a family, and there is a home for everyone in PC." A sense of energy and inclusiveness is obvious amongst cast and crew alike.

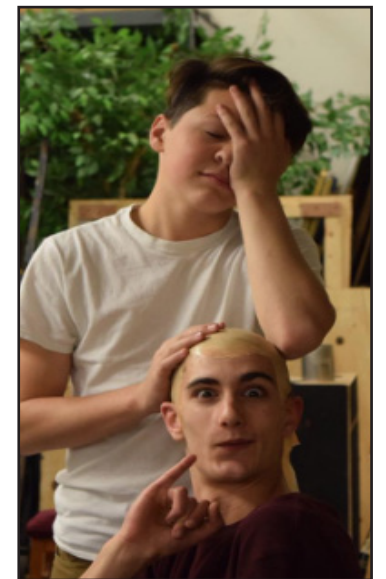
So how did *Mary Poppins* come together? Typical rehearsals occur

after school and last for three hours. During these rehearsals, students work on dance, music, or blocking scenes. While this time is critical for the actors, the actual execution of the play depends on technical work, mostly completed during tech week. Sophomore Alison Rutyna (Mrs. Corry) explains, "Tech week, in one word, is insanity. During tech week, all of the elements of a show are put together – including costumes, makeup, sound, lighting, props, sets, and of course, the acting, singing, and dancing."

Congratulations to PC for another fantastic musical!



The cast enjoys a break from rehearsals
Julia Holt / Correspondent



Hair gets exasperating
Julia Holt / Correspondent

Athlete Interview: Anna Rychlik

By TOM PEDUTO
Correspondent

AB Spectrum sat down with senior Anna Rychlik to talk about the field hockey team and her experience on being part of the team. Off the field, Anna is also a Varsity Track athlete, head of AB Buddies, a leader in the AB Ambassador program, and a member of Peer Leaders.

When did you start playing Field Hockey?

I started playing the summer before 7th grade. It's kinda funny because I was planning on continuing with gymnastics, but Sarah Bentley (now a field hockey goalie at Saint Anselm College) convinced me to tryout for field hockey three weeks before the tryout date.

What position do you play?

I play center forward. Basically, I work with the two inners and the wings. I'm a playmaker in the sense

that my shots are supposed to be tipped. I set up the framework for others to score.

Are there any life lessons that you have learned from field hockey?

I have learned how to be confident in myself. When I made Varsity my junior year, I was stuck on the bench... now I don't come off the field for the entire game. My coach, Mae Shoemaker, had been preparing me for success during my senior year. Learning to face adversity and to never give up has given me confidence and is a lesson I will take with me for the future.

What has been the greatest moment for the team this year?

I think there have been two key games for ABFH this year, both against the same opponent. When we first tied LS, we started to question our abilities and level of play. However, when we had a rematch later in the season, we were deter-

mined, both mentally and physically. We were down at one point and then ended up winning the game. It proved our worth and gave our team confidence which has carried over since.



Anna Rychlik
Bob Little / Correspondent

Putting Joy Back Into Learning

By JASMINE MANGAT
Spectrum Staff

Ken Robinson, a British author and speaker, claims that the education system is "educating people out of their creative capacities." Over the years, it has shaped students' minds to have a more 'linear' mindset for their future. Instead of producing students with a genuine passion for the pursuit of knowledge, schools are creating one dimensional "university professors." Schools make it difficult for students to learn at a deeper level without being worried about their grades or future. Even if they are interested in specific subjects, students are unable to pursue these subjects due to the stress of studying what is perceived to be most

important. Subjects that 'use the brain,' such as math and science, are prioritized because they lead to the most jobs, and students who deviate from this plan of education are criticized for 'wasting their time in the arts.'

The school system teaches pupils the single path to success: a student must go to the best university possible to get a job with a decent income. Therefore, students' minds are shaped to think that their life is 'linear' and their options are limited; conformity rules their decisions. Robinson argues for an 'organic' environment where "[we] explore our talents in relation to the circumstances they help create for us." However, the education system has created an environment where students are obsessed with college, taking the joy of learning out of the

equation.

Attending a STEM-driven high school like AB can be difficult for many students as they spread themselves thin by taking as many Honors and AP classes as possible. They have the mindset that this is the only way they will attend a good college, get a good job, and ultimately be happy. This culture has been ingrained into students through the attitudes of the community. Education should give students the tools needed to reach success throughout life, not just for college. When students are too caught up in their grades, they are unable to grow to their maximum intellectual potential. Having a school system where a student is able to develop their various interests can shape more successful and happier individuals in both the present and the future.

Mental Health

School Leadership Interview

By *Spectrum Staff*

We at *Spectrum* feel that in order to have a fair discussion on mental health and its effects in our school, all voices must be heard. In this spread, the pieces chosen depict a variety of perspectives on the recent tragedies. To further expand our point of view, we met with Dr. Campbell, our Principal, Ms. Baker, Associate Principal, and Mr. Chicko, Counseling and Psychological Services Chairperson.

We began by asking just who makes up “admin,” learning that the administrative team includes Dr. Campbell and Ms. Baker, as well as Mr. Dorey, Associate Principal, and Ms. O’Grady and Mr. Cavanaugh, Deans of Students. There is also a high school leadership team which includes the administrators as well as all of the department leaders and the K-12 leaders (Performing Arts, Visual Arts, and PE & Health).

We asked about the role the administration sees for itself in facilitating helpful discussion among students when tragedy occurs. They reflected that, “post tragedy, there needs to be a shared partnership between parents/guardians, the school, and community agencies/faith-based organizations to respond and support all involved. We expect parents/guardians to take a lead support role in helping their children to work through the complicated emotions following a death.” The school’s role is to provide supports through our counselors and psychologists; students are also encouraged to talk with other trusted adults in the building. Administrators also see an important role for community agencies to provide opportunities to help with grieving and raising awareness. They added, “We ask our teachers to be accessible, supportive, and to respond to students’ needs as well.”

We learned that faculty and staff have been “committed to professional learning and awareness of

mental health, wellness, and learning” for three or more years. They have helped facilitate a process of making mental illness okay to talk about, learn about, and to bring our parent/guardian community to a place where they are comfortable seeking support outside of school when students need it.

We moved to discussing the recent deaths in our senior class. Students should be aware that school leadership followed the same protocol in both instances. A protocol is a set of guidelines developed based on research and experience. In this case, the “Good Grief” protocol developed at Boston Medical Center, was followed. The protocol included reading a statement in class so that students would hear a consistent message and teachers could be responsive to student needs. The administrators pointed out that they “consulted throughout both processes with professionals who help schools in supporting students, staff, and families following student deaths.”

Administrators were definitely “aware of the impact that social media had in both cases.” Concerns about the influence of social media included “additional stress, distraction, and the spread of misinformation during an already difficult time.” Social media gave users an outlet to say whatever they wanted,

often forgetting the consequences of their actions such as hurting the families of the deceased.

However, Dr. Campbell and the rest of the leadership team were encouraged by the fact that several students and student groups “stepped up in incredibly appropriate and respectful ways to model positive leadership in collaboration with [our] team.”

Administrators are committed to helping the school to move forward in a positive, healthy way, alongside parents and community members who offered their help throughout the process. They have shared information about productive vehicles for students to express their thoughts and ask questions, including talking to their counselors, deans, Advisory leaders, student council members, and class leaders. There will also be ongoing education throughout the year for students and families as well as access to mental health referral services outside the school and a family learning lecture series focused on social and emotional learning.

In closing, the administrators expressed their appreciation to *The Spectrum* “for taking on the topic of mental health and for your willingness to work together with [us] to help everyone be more educated and to move forward in a healthy way as a school community.”



The AB Love poster located in the cafeteria

Geo Lee / Chief Staff

Mental Health at AB

By KATHERINE CHEN AND OLIVIA MARBLE
Spectrum Staff / Chief Staff

Due to recent events, depression has become an important issue at our school, and despite many conversations, some misconceptions about depression prevail. Thus, it may seem as though students and administration misunderstand each other’s thoughts on depression and visions for change.

Establishing a definition of depression can begin to help the AB community understand the responses of all people involved. Depression is a biological mood disorder that affects more than one out of twenty Americans over the age of twelve every year, according to the Center for Disease Control and Prevention. People who experience depression have a chemical imbalance in their brain which causes a persistent feeling of loss or sadness that affects their ability to function normally. In serious cases, people can lose the will to live.

After the suicides of two AB seniors, blog posts circulated about what the administration should have done to help the students. But most of these blog posts were based on the misconceptions that stress and depression are the same thing, and that reducing stress will cure depression. Stress can lead to depression, but it is not a disease itself. While reducing stress can help a person function better overall, it cannot cure depression. A depressed person needs outside resources, such as counseling or medicine, to help them.

So what can the school do to help? Unfortunately, there is no “perfect solution.” mental illnesses cannot be cured through the actions that the administration, or even the student body, takes. However, that does not mean that there is nothing that we can do to assist students

and staff in our community.

The first step is providing a sense of community in our school. This feeling of comfort and trust could help break the negative stigma surrounding mental illness that makes students reluctant to seek help both in and out of our AB community.

Another crucial piece of the puzzle is communicating with your teachers. Being in a perpetual state of stress and neglecting personal needs should not be the norm or the standard of high school life; teachers do not want their students to feel this pressure. Ms. Buffum, an ABRHS history teacher, says, “I urge both students and parents and guardians to communicate. The other day, I told you guys, ‘If you have three tests due on the day I assigned [homework], tell me.’ to try to give a sense to students that I’m aware that there is a bigger world that you inhabit, and that my class, or any one class, is not the center [of your life].”

Aside from support from teachers, our school continues to provide more accessible resources to students who are looking for outlets and seeking help. Programs designed to educate all members of the AB community are being put in place, and there are mental health professionals that are ready to help. Other organizations at our school include the Wellness Club, a student-led organization committed to supporting students and raising awareness about mental health and illnesses.

It is impossible to find a “perfect solution” to mental illness. However, that does not mean that as a community at AB, we cannot draw closer together as a family and be there for each other. Mental health is incredibly important, and it is something that we should not be stigmatizing. We should all try to make a difference, no matter how seemingly small that difference might be.

Emotional Side of Social Media

By OLIVIA MARBLE
Chief Staff

After the deaths of two of our seniors, Facebook exploded with posts ranging from heartfelt remembrances to harsh critiques of the administration. From a modern perspective, this discourse feels inevitable, but communication through social media can have a wide range of consequences and should be thoughtfully considered.

Online commentary often contains misinformation which can then spread like wildfire, thus skewing attitudes and perceptions of a situation. Students who were not originally angry about how the administration handled the deaths may have gone on Facebook and suddenly be filled with rage as a result of other people’s (sometimes misinformed) remarks. Furthermore, competitive grief is also prevalent online and in the classroom. When people, especially teenagers who are not fully emotionally developed, are constantly bombarded with mourning posts on their newsfeed, they may search for reasons why they feel worse than others. Constant comparison prevents an efficient healing process.

For the administration, responses on social media are a distraction

from the situation at hand. In a statement written by Dr. Campbell, Ms. Baker, and Mr. Chicko, the administration felt that “Not only did [they] have to face the sadness and shock of losing two of our own students, but also [they] witnessed the community divide itself on social media.” While the administration is always open for feedback, posts that read like emotional outbursts do not provide a constructive cri-

tique that they can consider.

We live in a technological age where social media rules our communication. In a confusing and heartbreaking moment, it is often difficult to think about how this form of communication may be affecting an emotional response. Now that we can step back from the situation, we must reconsider how we can be helpful rather than harmful in tough times.



Facebook
ONLINE SOURCE

Election Anxiety

By ANJALI RAMAN
Correspondent

As Oliver Kemper once said, “The foundation of freedom is unity.” Yet the 2016 election demonstrates a schism among US citizens that has not only impacted its nature of cohesiveness, but also the one thing people never expected would be hurt – their mental health. The very real ailment of “Election Anxiety” is at an all time high amongst people who have ever cast a vote in an election. This is primarily attributed to the two candidates who appeared at the top of the ballot. People were left to predict the future of this country and ruminate over the effects it would have on the rest of the free world.

According to a Huffington Post survey, 52% of Clinton supporters openly claimed that they were suffering from Election Anxiety. Certain demographics that normally lean Democratic chose not to vote, as people were generally unenthused by her campaign. With problems arising from email servers and legitimacy of donations, Clinton was seen as untrustworthy. People’s lack of faith in their candidate created a plethora of anxiety, leaving voters feeling trapped because

the huge difference in Trump’s platform and her ideas did not provide an option of switching candidates. This sense of entrapment, when replicated on a scale as large as a national election, overwhelms people.

Furthermore, despite his apologies for some statements, Donald Trump regularly used fear-mongering techniques. His rhetoric about a rigged election generated fear among his supporters where their votes would not count, and his supporters’ hatred of Clinton moved them to audacious actions. Trump’s words augmented an understandable doubt amongst his followers, leading to paranoia, a dastardly condition and one that also feeds on anxiety.

Presidential elections have never been easy, but this year in particular, the anxiety levels for the country have spiked. With stakes in both parties unusually high, regular Americans were faced with a historic decision. Looking to the future Trump Administration, many worry for domestic and foreign affairs; the anxiety felt for a single decision now has expanded for at least another four years. However, economic surges and democratic rioting make it difficult to predict the future health of the nation.

Mental Health

Food and Happiness



Foods to keep you happy and healthy
ONLINE SOURCE

By JANE KIM
Spectrum Staff

We have all seen those images of people stuffing their faces with food after a bad breakup or becoming extremely happy after having a good meal. But can food actually make you happy? Supported by scientific evidence, food does have a positive effect on happiness and one's mental health in general.

Ever heard of "happy food?" That is the informal term for foods that are high in chemicals that result in feelings of happiness. The excitatory and inhibitory neurotransmitters in our brain are responsible for our moods, and as long as there is a balance between the two, we stay happy. These mood-affecting chemicals are created by the compounds that we gain from eating food. Common foods that create these "happiness chemicals" are spinach, turkey, and bananas. These aid the production of serotonin – the chemical most commonly linked to happiness. Some other "happy foods" include pork, beef, and sesame seeds, which contain a chemical that regulates and stabilizes moods, and fish, as they contain DHA, a chemical that, when in deficiency, can actually lead to sadness. Comfort foods

have been proven to make people happy as well, simply because they psychologically trigger memories of our past and happier times. In other words, comfort foods technically can be a whole range of foods unique to each person.

In addition to making you happy, food can aid other aspects of one's mental health. Studies have shown that people who eat lots of fruits, vegetables, nuts, whole grains, fish, and unsaturated fats (such as olive oil) are actually an astounding 30% less likely to develop depression than people that mainly eat meat and dairy products. These foods can also help improve your mood. Ultimately, food not only affects depression but also young people with ADHD. Studies have also shown positive effects from eating foods such as oily fish that are high in omega 3 fatty acids.

With all of these underlying benefits, it is no wonder that everyone loves food. Whether you realize it or not, the foods that you eat everyday are affecting both your mood and mental health. So with this in mind, go and try to eat the foods that will help you in the long run. If you ever run into a situation in which you feel down in the dumps, know that eating your sorrows away might not be as ineffective as you think.

Lana Del Rey's Sirenic Sadness

By MEERA JOSEPH
Spectrum Staff

The first time I heard Lana Del Rey's "Carmen," I was thirteen years old, and I thought I had found out who I was. Storming through the hallways of RJ Grey with my leather jacket, I told myself that my mind "was like a diamond." Her song was sirenic. It was all about decay- she was "[l]ying to herself," she was "dying," she was "famous and dumb," but still "the boys [and] the girls...all like" her. I, a lonely thirteen year old, was immediately ensnared. If the cost of being beautiful and desirable was depression, then perhaps it was a sacrifice worth making.

Was I really depressed? It's a hard question to answer. Depression is often seen as a binary- as if there are those who are depressed and those who aren't. I believe depression, like most mental illnesses, should be viewed as a gradient. I was somewhere gray. But after I hearing Lana Del Rey, I started to worry: was I not depressed

enough?

LDR had already inspired a new culture: 'sad girl.' Most of it was low-quality black and white pictures of scars and suicide notes on Tumblr. I immediately printed and hung them on my wall. I was sad, and I wanted everyone to know that I was sad. Photographer Kelsey Weaver created "Romanticization of Mental Illness," a series with pearls in pill bottles and blades next to makeup. Now I know she meant it as a criticism of the rose-tinted-glasses way we see mental illness; back then, I took it seriously- her photos also found a home on my wall.

Everyone deals with depression in a unique way. And defining myself by my depression was a risky move to make. As an aspiring writer, LDR gave me the impression that to be any type of artist, one must be depressed. In "Ride," Lana sings that "dying young and...playing hard" was "the way [her] father made his life an art." She was not the first to suggest the 'depressed genius' narrative. The 'Sylvia Plath Effect' has its own *Wikipedia* page

suggesting that "poets are more susceptible to mental illness."

I think the 'depressed genius' narrative insults those who suffer from mental illness. Depression is a debilitating, painful part of life; it can inhibit creativity as much as, or even more than it can potentially inspire it. It's worth asking: is art worth the mental pain it might create? Was *Starry Night* worth Van Gogh's ear? To me, the answer is no. What makes an artist admirable and respected is not his art but the artist himself. His art is static, his intentions crystallized. Though the reader may create new meaning, the work itself is inflexible. The artist alone may develop his philosophy to create more sophisticated art. Nevertheless, I'm glad that I started listening to Lana when I was young, as her romantic lens inspired much of my self reflection. Perhaps her most revealing lyric occurs when she sings about Carmen "bat[ting] her cartoon eyes;" LDR promotes depression like a cartoon. How we react to it reveals as much about our own sadness as it does hers.



Lana Del Rey
ONLINE SOURCE

The Dangers of a Fake Smile

By KIRTANA KRISHNAKUMAR
Correspondent

"Smile, you'll feel better."

This is what we are constantly told before receiving a condescending pat on the back. It is a simple enough idea, and supposedly a "marvelous" solution that has been backed by studies from the *Scientific American*. But really, can forcing yourself to smile dissolve disappointments? While no one should suppress a smile, I cannot imagine faking one to make me happier. To me, fake smiles are insincere and only cover up negative emotions momentarily. The only smiles worth smiling are genuine ones because they can truly repel disappointments. The trick is to have these smiles all the time. However, genuinely smiling is easier said than done.

It is difficult to cope with sadness and naturally, people do not smile when they feel upset. It becomes even more difficult to smile as the burden of sorrow gets heavier, and we bury our feelings deep within. This is detrimental, and therefore talking to others is advised. It is reasonable advice, but realistically, most of us do not know why.

One argument is trust, so difficult to build, and when broken, irreparable. It is one of the reasons why people do not express them-

selves: telling another person about your problems can teach them how to hurt you. While this fear may be valid to an extent, sometimes it is better to risk trusting someone because it will make you feel better. Holding in the stress of emotions is more damaging than voicing your troubles and getting hurt. Besides, people are smart; you can usually tell when a person is not sincere.

While some people fear intimacy, others feel they are not entitled to their anger or sadness. This often comes from the notion that they are not "worthy" enough to have feelings. This is unjustifiable. The mere idea of a person not being "worthy" enough to have feelings is wrong. All people are entitled to their emo-

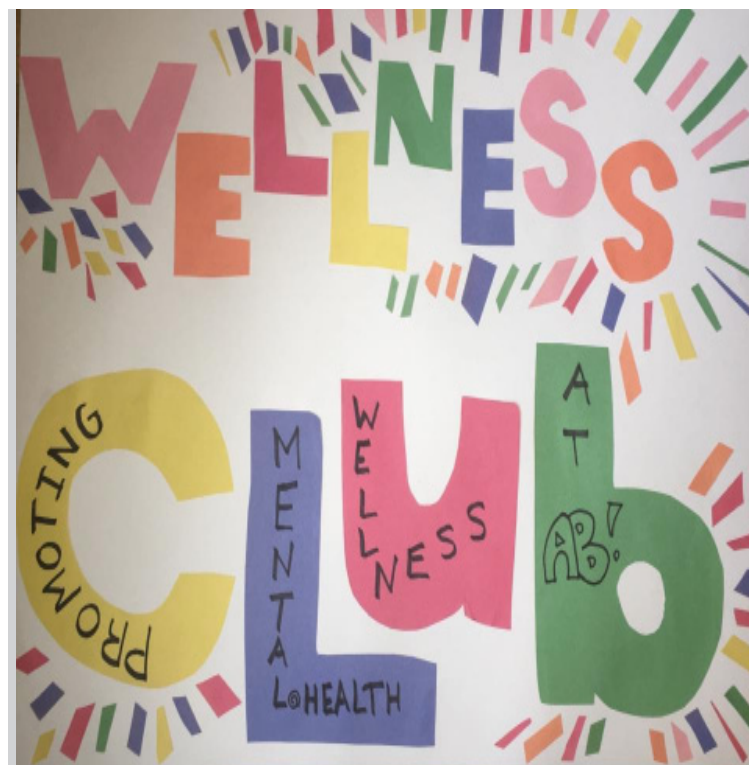
tions, whether they be positive or negative. It seems that the majority of people who do not speak up do so because they feel needy and annoying. This is a huge misconception. People actually feel special when someone tells them about their problems; they feel closer when speaking intimately.

In order to overcome insecurities and fears, we must recognize why we feel uncomfortable talking to others. Knowing this, we cannot fake our smiles. It is not as easy as it is made it out to be, but knowing the reasons why one fears talking with people is the first step to turning those fake smiles into genuinely happy smiles, something truly worthwhile.



Fake smiles
ONLINE SOURCE

Wellness Club



The AB Wellness Club is always open for anyone to join!
ONLINE SOURCE

The Wellness Club focuses on how we can unite the community to promote mental health wellness and destigmatize mental illness. We want to leave AB knowing that we did everything in our power to give the community a kinder and more caring environment. We organize prosocial events that promote

kindness and community building, work together to increase our own well-being, and raise awareness surrounding mental health and wellness. Join us in 264W after school every Tuesday for helping us organize our major school project or partake in mindfulness activities!

- Cat de Rege

Forum

A Love Letter to Barack Obama

By NITHYANI ANANDAKUGAN
Spectrum Staff

In his 2008 campaign, Barack Obama promised change. He inspired hope in the American people with his words, “Yes, we can.” During his two terms, President Obama certainly reformed the country. Ultimately, his most significant contributions to the United States of America relate to social change. Under the Obama administration, issues like black rights, women’s rights, and LGBTQ+ rights have surfaced to the forefront of the American conscience.

Contrasting the country’s historic pattern of racial oppression, Barack Obama became the first black man to take the oath of office in January 2009. As the first African-American to sit in the White House – a house built by slaves – he became an icon for young people of color. For the first time, “equal opportunity” became a reality.

Thus began a ceaseless pursuit of social justice. Under the Obama administration, the Black Lives Matter movement expanded. Following many cases of police brutality in the past few years, protesters around the country have voiced their outrage. Likewise, popular

American figures spoke out about related social issues. This year, Beyonce Knowles released her “Formation” video, documenting and reflecting on the black experience in America. She too urged a change in the status quo regarding racial issues. More recently, the media has covered 49ers’ quarterback Colin Kaepernick’s protests, as he sat during the American National Anthem prior to his football games. He refused to stand for a flag that, to him, represented the oppression and discrimination that have confronted his community. Obama’s presidency has thus stimulated a culture in which individuals fearlessly advocate racial equality.

This progressivism that the Obama Presidency has inspired affects other American civil rights issues as well. During his time in office, the women’s rights movements has gained momentum. In 2009, President Obama signed the Lilly Ledbetter Fair Pay Act and supported “equal work, equal pay.” While American women have been working since the 1920s to secure their right to equality, gender disparities have remained intact. With this Act, Obama hoped to dispel attitudes of female inferiority and the notion that “the woman’s place is

in the home.” Barack Obama continued this endeavor by appointing two women to the Supreme Court: Sonia Sotomayor and Elena Kagan. He encouraged female access to authoritative positions to ensure that the government fairly represents all Americans.

Obama’s emphasis on equality and fairness further extended to the LGBTQ+ community. Under his administration, the Supreme court passed a landmark decision with *Obergefell v. Hodges*. With a 5-4 vote, the Supreme Court legalized same-sex marriage in all fifty states. This decision dampened the bigotry that the LGBTQ+ community has endured over the past few decades. The liberal attitudes that the Obama presidency left among the American people replaced traditional mindsets that previously characterized the nation. Progress transcended the country.

Under the Obama administration, Americans have conquered many civil rights and social justice frontiers. They pushed forward, inspired by the change that President Obama promised for this nation. But most of all, the Obama presidency left the American people hopeful. Barack Obama showed the world that “Yes, we can.”



Obama Out *mic drop*
New York Media, 2016

Galavant Review

“I’m not an animal. I mean sure, I’ll kidnap a woman and force her to marry me. But after that, I’m all about a woman’s rights. I’m a modern 13th century man.”
- King Richard from ABC’s *Galavant*

By ANA ESCOBEDO
Spectrum Staff

I’m secretly in love with musicals, especially the amazing concept of “musical movies.” *Galavant*, created and written by Dan Fogelman, goes one step further. It’s a musical comedy fantasy television show. It follows the story of a handsome young knight named Galavant as he tries to save his true love, Madalena, who was kidnapped by King Richard. It sounds cliché, but the plot is as unconventional as the idea of a musical TV series.

As *Galavant* travels across the land to win back Madalena, he is assisted by his loyal squire Sid and Princess Isabella, whose family is imprisoned by King Richard. Its comedic musical numbers are written by Alan Menken and Glenn Slater. One of my favorites is “Jackass in a Can:” “That jerkface in a can / There’s nothing sadder than / Galavant: Some over muscled, chauvinistic, / Self indulgent, egotistic, / Stingy, prissy, narcississy / All: Jackass in a can! / Galavant: Oh, my God. That’s me.” Or “Togetherness,” where our heroic trio quickly become tired of each other. “All: But togetherness will see us through / Isabella: Unless I kill the other two. / Galavant and Sid: Or we kill her together.” Every song is light-hearted and comedic, and in some cases, the lyrics add commentary on our present world through the conflicts of the Middle Ages. In season 2, the peasants come together and “try something new,” exposing the contradiction of democracy: “Every person counts the same / except of course the lame and the lepers and the gingers and the bastards and the heathens and the witches and the gypsies and the commies and the hippies!”

Working against *Galavant* is King Richard, the new ruler of Isabella’s home kingdom, Valencia. Most of the time, his weak leadership skills and short-temperedness



Characters from *Galavant*.
ONLINE SOURCE

causes him to jumble up this relatively simple tasks. His character should be completely unlikeable after all of the extravagant executions, poor comedic stand up attempts, and kidnappings. Yet throughout the series, this misunderstood character tries to figure out who he wants to be, since he makes an awful ruler. Although he is the obvious choice for the evil character, Dan Fogelman develops King Richard from a spoiled child to a lost liberal arts college graduate. King Richard may act as the antagonist, yet the true villain is the last person you’d expect in a fairy tale.

Galavant takes the plot of a classic fairy tale and makes it original, hilarious, and exciting. While I wish Sid the squire was better developed and wasn’t just the third wheel, every character was wonderfully written in a way that makes them familiar yet creative. Isabella is the beautiful, ambiguously ethnic princess, yet she snores like a bear. Galavant is the kind of guy who creates his own destiny, but he is completely ruled by his love for Madalena. Although King Richard hates the peasants and does nothing to help them, his personal bodyguard and the castle’s cook are his only friends. With its fast-paced plot and finger-snapping musical numbers, *Galavant* is the satirical, witty and compelling comedy everyone’s been asking for.

and Nasim Pedrad. Many POC actors, such as David Oyelowo from *Selma* and Aziz Ansari from *Parks and Recreation*, have spoken out for representation in the media.

Hollywood should change this habit soon because I want future generations to react in the way I did when I watched *Mulan*. If the main roles continue to be given to white actors, people of color will unconsciously believe what is shown and not be aware of the amazing things they can do. For example, an Asian doesn’t have to be a math

genius with an accent. They can be the love interest. The black man shouldn’t always be a criminal. He can be the hero who saves everyone. Hispanics shouldn’t be shown as the illegal immigrants who work at Home Depot. They should be shown as educated scientists who make a miraculous discovery.

Representation is very important. When Hollywood gives actors of race more chances to play more roles, future generations will feel the spark of motivation they deserve.

Diversity in Film

By VERA TSANG
Correspondent

Since I was five, *Mulan* has been my favorite Disney character. I found her different from other princesses. She isn’t dainty like Cinderella. She doesn’t need a man to save her like Snow White. She doesn’t have the grace and sweetness of Belle. *Mulan* is clumsy, unladylike, and independent; she is everything I want to be. And best of all, like me, she is Chinese. Before, I had only seen white, European princesses. Seeing *Mulan* save China made me think: I could be her. I could be beautiful and strong like her. Cliché, I know, but this feeling of motivation is still inside me.

Here’s the thing: representation is important. For years, media has whitewashed roles meant for people of color. Yes, yellow-face and blackface are sort of gone (emphasis on sort of), but racism is still alive and well. For one, *The Great Wall* will be released in 2017. Surely we can assume the main character is Chinese. Seems pretty logical, right? However, the protagonist is portrayed by Matt Damon. Even the fact that the director himself is a native-born Chinese did not change this whitewashed role assignment. This unfortunately is mirrored in female roles as well. Angelina Jolie stars in *A Mighty Heart*, a film based on a true story in which the main character, Marianne Pearl, is a woman of color. This role could have been easy to portray – no actor would have to change their hair or undergo medications to change their skin tone – if the creators of the film had just chosen a person of color to play the role.

Whenever this problem is mentioned, opponents say that not enough money will be made unless the actor is well-known. Yet there are so many famous actors that are people of color, such as Joan Chen, Morgan Freeman, Lupita Nyong’o,

parties,” and the amount of time I spent with this group affected my social circle. Even when the opportunity to interact with different people arose, I gravitated toward those I had already met. Parents determine who they want their kid to have a play date with, what to have them focus on, and even influence their ideological views. Whether it be dance, math, or piano, many of these activities allow children to share interests with certain peers. Ultimately, these cliques are rarely broken due to the stigma of straying from social norms. Chinese girls who decided to befriend their Caucasian classmates or stray from the standard interests of their ethnicity have been labelled “white-washed Asians.” Such degrading terms cause people to avoid breaking stereotypes.

This unfortunate state of diversity, in which cultural differences are not fully embraced, is the easiest response to the diversity at AB. However, the easiest path is not the only path; we should work to break these habits because an enhanced world view is mutually beneficial. This first step must be taken as a community.

If we continue to deprecate those who do not fit their stereotypes, we cannot blame others for the state of AB’s community. The ideal of diversity does not come easily. It involves that one step forward and many more, for we cannot force people to make the decisions we believe in. In fact, the “melting pot” of America may not be fully achievable, but any step toward this goal will undoubtedly cultivate classrooms and help to unify the AB community.



Diversity at AB

By SERENA HAN
Correspondent

Often referred to as a “melting pot,” America prides itself on its diversity. When imagining the USA, many picture groups of people from different backgrounds living in one harmonious society. Yet the reality of diversity has become this: the more diverse a populace, the less involved its members are. Harvard political scientist Robert Putnam found that fewer people vote, volunteer, or participate in community projects in a more racially diverse community. When we find ourselves in a community of dissimilar people, we aren’t sure how to view others or how others view us. The unity falls apart, and the community can end up far worse than a neighborhood of no diversity whatsoever.

Acton-Boxborough is past this. We have overcome some differences, grown up knowing cultural sensitivity, and we have learned not to judge someone solely by their ethnicity. Still, AB is far from becoming a true “melting pot.”

Our neglect of diversity’s potential in the community hasn’t been addressed enough. The ethnic diversity of ABRHS, particularly its 24% Asian population, is a large part of the school’s identity. In particular, the racial cliques at ABRHS are easily noticeable the moment one walks through the doors. However, AB is not racist for having these social groups. Rather, factors such as one’s parents, interests, and classes play a large part in a student’s exposure to certain people.

From my experience, I have mainly attended only “Chinese

Off the Spectrum

AB Votes

By MICHAEL XU
Spectrum Staff

Nervously pacing back and forth, Steven waited in line, still undecided on which candidate he should vote for president. He considered his options meticulously, but he wasn't very informed on the subject. The more time he spent considering his options, the more he was dumbfounded. Chills went down his back as he thought about how his vote could make or break the lives of many in the USA.

When it was finally his turn at the booth, Steven consulted his inner conscience. He considered the major opportunities that the candidates have given the country. Although he had spent many minutes preparing himself for the stressful vote, he panicked and went with the write-in option. He walked out of the room with a grin on his face, but his choice still weighed heavily on his shoulder. For his vote in the election of the President of the United States, Steven wrote in Nill Boeth.

Art: Julia Evans

By FIONA MILEY
Spectrum Staff

How would you describe your style?

With ceramics, I tend to create pieces for a specific purpose, and thus my work doesn't necessarily scream to be looked at. I guess I would describe my style as trying to make my ceramic pieces feel like home. For example, if I'm making a mug, I focus on creating something that I would want to use: I make the belly of it round so that it will fit into the curve of my hand, I make the handles thick with soft edges so that they will feel sturdy and natural to pick up, I smooth the rim to the width I'd want to place my lips on. Colors work the same way. There are a lot of bright, neon glazes that I never use. I'd describe my color scheme as either trying to blend into the forest or trying to mimic the ocean.

I do other types of art less frequently, and I approach them in an opposite way. I don't think I really have a set style when it comes to drawing and painting, but generally I like to experiment with different things- I love to paint with color!

What is your main source of inspiration? Is there a common theme that emerges among your pieces or a favorite subject or medium?

Since I mostly work with clay, I think that my work is mostly inspired by gifting. I make mugs for my friends who like tea and flower pots or vases for those who love flowers. I've made a lot of kitchen-type things for family: bowls, spoon rests, garlic shredders, soap dishes, and sponge holders. Glazing is one of my favorite parts. Blue is a motif: I basically have a blue era like Picasso. However, lately I've been working with earth tones and larger forms (7ish pounds of clay). I've also been experimenting with carving and leaf imprints. Earthy propaganda.

Why do you believe art is important?

I'm someone who is kind of all over the place - I love a lot of different things, and in some ways



On the Election
The Squibbler Crew / *Spectrum Staff*

Coworkers And Tech

By GEO LEE
Chief Staff

Trouble is currently brewing in the editorial department of *The Rosewood*. Tabitha, a new and enthusiastic editor, has been so inept in her use of technology that it has actually started to jeopardize her relationship with her coworkers as well as her position in the newspaper.

Milfred, a frustrated coworker, exclaimed, "She's so nice, but how does she always forget to attach the documents? Even when she sends emails just for the sake of sending the document?" Milfred, who was at first extremely fond of Tabitha's commitment and willingness to work as a new staff member, has found himself increasingly resenting her presence both online and in person. Through the constant miscommunications rendered by Tabitha's inexplicable inability to function with technical duties despite her normal excellence as a human being, Milfred's tolerance is in a state of steady degradation. However, when confronted in person, Tabitha is so apologetic and endearing that Milfred has so far been unable to directly criticize her

clear lack of skill.

At first, her clumsiness was quite endearing. She was such a talented writer that all of her errors were, to a degree, excused by the incredibly insightful content she created. However, what was first interpreted as a string of silly mistakes was later realized to be a fatal flaw as she accidentally wiped out the database, misplaced all the recovered articles within the dark depths of the archives, and then infected *The Rosewood's* computers with so many viruses that they were eventually blocked from their own servers. Knowing how difficult it is to find new members as young and talented as Tabitha, the chief staff is currently debating whether they should keep her for the sake of membership or annihilate her presence on the newspaper in order to salvage their publication. Further alarm has ensued at the realization that Tabitha has a younger sister who is also terrifyingly passionate about publication. They estimate that they have about a week in order to decide her fate before Tabitha absolutely demolishes the fake website they ordered her to work on in an effort to redirect her destructive tendencies.



Julia shows off her many pottery pieces in a ceramics class.
Julia Evans / *Correspondent*

all of these different passions don't necessarily lend themselves to one another. For example, I love writing analytical essays, but I couldn't care less about grammar. Similarly, I love how expressive and graceful sports can be, but I also adamantly hate competition. For me, art is a medium that seems to be made for exploration, and because of this, it somehow holds together contradictions in a way that I'm yet to find in anything else. Colors and textures and patterns and shapes and sizes can be paired in absolutely any way, and that kind of freedom is, for me,

such an incredible outlet. Acton is a bubble, and it's so hard to find ways to grow and discover the nuances of your ideal self; we are often chastised into feeling some kind of guilt for not being able to fit into the system that we are privileged to have access to. Art is important to me because it has, in a sense, been a way to feel like I can escape the confinement of this town as well as a way for me to find peace while I am still here. Additionally, art is a way to capture the beauty of this wonderful Earth and express the emotions we don't have words for.

Mom Tempted to Pick Favorite Child

By GEO LEE
Chief Staff

After discovering that her youngest child vandalized the walls of their colonial two-story with an array of Sharpies, suburban mom Stacy White is now resisting the urge to tell her four-year-old that she really does love her eight-year-old sister more. For several years, Stacy watched as her young troublemaker continuously sabotaged her unrealistic dreams of peace and tranquility during her child-rearing.

"I knew from the moment he was born that he would cause a ruckus," she claimed as she watched him stuff spaghetti into his bib and throw it onto the floor, "but I always tried to restrain myself from comparing him to my daughter Angel." At that moment, Angel was spotted attempting to pick up the remains of the food from the floor and cleaning up the sauce before being barraged by her brother's green beans. Stacy's mouth visibly twitched, but she remained silent.

"I mean, I'm not saying that Dennis is a bad kid. I'm just saying that when Angel was four, she was using pasta to make collages in school instead of tossing it around like some other kids."

Dennis has been spotted harassing Lucky, the family's golden retriever, demolishing the eggshell-white picket fence enclosing the home, and trashing his mom's minivan the day before she needed it to drive the soccer team to their game. Every time, Stacy would send Dennis to his room for a "time out" to "think about what he did," but it has surprisingly had no effect on his behavior. Unable to think of any other disciplinary measure, Stacy is out of ideas.

So out of self-proclaimed desire to "help Dennis," Stacy has enrolled him in St. Catherine's Academy, a "lovely and distinguished boarding school" in California.

"It'll be great for him," Stacy claimed, resting one hand on Angel's head and gripping Dennis' suitcase in the other, "It will be great for all of us, really."

The Love Nest

By DR. CHAVEZ AND DR. MILEY
Spectrum Staff

What do I do if he says that I'm "cute" and that he wants to see me, but he ignores me in public?

These are classic symptoms of a condition known as "insecurity" with a double dose of "not giving a darn heck about other people!" If I'm not mistaken, the youths have coined the term "duckboy" for just this type of person! I'm sure there are plenty of fine young men who are emotionally mature enough to be consistent and caring toward you. Good luck on the hunt, my dearest, and don't forget to bring your extra tall galoshes ;)

I want to take my girlfriend on a nice date, but I can't think of anywhere cool around Acton. Any advice?

Easy - the Most Romantic and "Cool" place in this fine town of ours is right here within the walls of the Acton-Boxborough Regional High School! According to extensive surveys, the most popular place in Acton is the beautiful and scenic West Commons. Be sure to make a reservation first, however—it books up!

How do you have the most epic kiss to end all kisses?

You remember that you're only in HIGH SCHOOL and kissing is a "thirties" thing. Go home and do it in *The Sims* like any other healthy adolescent. Watch those thoughts, little bird!

Why do I always feel like I am on the outside? Is there something wrong with me?

No, there's just something wrong with everyone else. Just kidding! Of course there's something wrong with you!

In all truthfulness though, there's something wrong with all of us. Dr. Miley and I like to joke, but we hope you find a group of people that also have something wrong with them and know that you're much more than your irreversible wrongness. Dr. Miley, for instance, doesn't really own any clothing that doesn't scream: "I'm sad, beat

me with a guitar." But friendship is beautiful. And chances are, my friend, you're beautiful too! As for the always feeling "on the outside" part, just go indoors more often, you silly bean!

I secretly have four fingers on one hand and nobody knows! I'm scared that if people find out they'll be freaked out.

You came to the right person, little bird! I, too, have a birth defect in the form of a third nostril which resides in the pit of my knee! Fear not, for you are beautiful no matter how many digits your rosy hands are adorned with. What you must do is simple. Embrace your unique hands! Be loud and proud! Start romanticizing your finger endowments to the point where it's trendy to have fewer fingers! Soon enough, people will be cutting off their own fingers in pursuit of your unique Look. You're welcome.

Do you have any advice on how to get over the jealousy that your crush is dating someone else?

Ah, the classic conundrum faced by many a lovesick youth. Many will tell you that you should never give up the chase! Keep wooing! Don't take no for an answer! Tragically, this is indeed horrendous advice and will likely land you with nothing but rejection and a restraining order. The truth of the matter is that you should travel to the northern region of Canada known as Scandinavia, capture a wild musk ox, and extract the musk from the gland between the bunghole and the tail. Then dab this behind your ears and make sure your crush smells it. It will give you intense animal magnetism and render you simply irresistible. This is a powerful tool, however; use it wisely.

When should I ask someone to prom?

Everyone else should ask around springtime, but you? You probably shouldn't ask at all. That would just be embarrassing for everyone. Thanks for your question!

Why won't my dog love me?

The same reason the rest of us won't! That weird thing you do with your eyes! You know the one.

The Other Side

The Vibes is Right

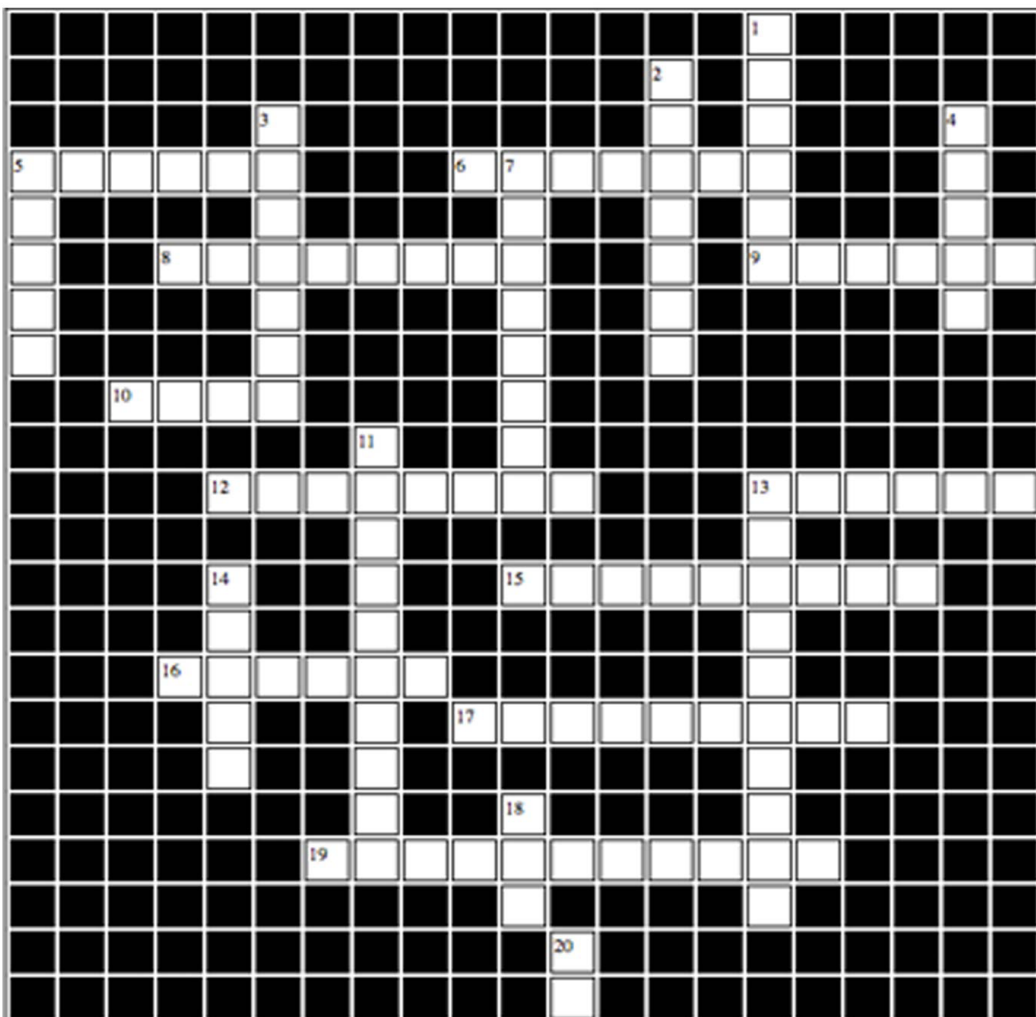
1. Consideration (feat. SZA) - Rihanna
2. Pink + White - Frank Ocean
3. Sober - Childish Gambino
4. 44 Bars - Logic
5. Alright - Kendrick Lamar
6. Mad (feat. Lil Wayne) - Solange
7. Holy - Jamila Woods
8. Baby Blue (feat. Chance the Rapper) - Action Bronson
9. Church / Liquor Store (feat. Noname) - Saba
10. Dang! (feat. Anderson .Paak) - MAC MILLER
11. Sunday Candy - Donnie Trumpet & The Social Experiment
12. Controlla - Drake
13. The Way (feat. Chance the Rapper) - Kehlani
14. Caroline - Aminé
15. Come Down (feat. T.I.) - Anderson .Paak
16. 24K Magic - Bruno Mars
17. Friends (feat. Bon Iver) - Francis and the Lights
18. Blessings (Reprise) (feat. Ty Dolla Sign, Raury, BJ The Chicago Kid & Anderson .Paak) - Chance the Rapper
19. Ultralight Beam - Kanye West
20. Shadow Man (feat. Saba, Smino & Phoelix) - Noname

Rockin Crocs

- Pros:
1. Can wear in water and land
 2. Crocs = cool athlete
 3. My toes can breathe
 4. I can twin with my grandma
 5. Pass on your vintage crocs to your children
 6. Options: backstrap or no backstrap
 7. You don't have to find socks in the morning
 8. When you can't keep a spouse, you can keep your crocs
 9. *trips majestically*
 10. We had to Google the cons of crocs
- Cons:
1. There are none.



Comic by Diana Willand
DIANA WILLAND/ Spectrum Staff



Across

5. Negative stereotypes surrounding mental illness
6. Last name of playwright who said "love is love is love"
8. The integration of physical, mental, spiritual well-being
9. An unofficial word describing the realization that each person is living a life as complex as your own
10. Mental health movement Demi Lovato supported called "_____ is Louder Than the Pressure To Be Perfect"
12. A type of depression related to the changes in seasons is called _____ Affective Disorder
13. An intense fear
15. Last name of German philosopher who lived in the 1800s and struggled with depression
16. Prominent color in Charlotte Perkins Gilman's novel about women's mental health
17. It's not gym, it's physical _____
19. Author of *The Bell Jar* (2 Words)

Down

1. "_____ of New York" by Brandon Stanton
2. First name of painter who painted *The Starry Night*
3. Last name of author of *Infinite Jest*
4. Last name of author of *One Flew Over the Cuckoo's Nest*
5. Try to get 8-10 hours of this every night
7. A common sleep disorder
11. The study of the human mind

13. The Body _____ Movement is a feminist movement that encourages people to adopt affirming attitude towards their bodies
14. Last name of psychologist who defined mental health as the ability "to work and to love"
18. Last name of school teacher and mental health advocate in the 1800s
20. Sprea_____ love

By MEERA JOSEPH
Spectrum Staff