



Out of the Darkness
A community coming together.

News - Page 10



The Falling H
“The H falls when our civilization does.”

Off Topic - Page 12



The Spectrum

◆ e cineribus et ad abstra ◆

JUNE • VOL. 37, GRADUATION ISSUE

ACTON-BOXBOROUGH REGIONAL HIGH SCHOOL

www.thespectrumabrhs.com

Headlines

Good News

A great way to end the school year!

Introduction - Page 2

Superbad Review

It's not super bad.

Forum - Page 3

Hacking: Its Current Consequences and Future Ramifications

What is the NEW definition of a hacker?

Forum - Page 4

Promposals

The Cutest Promposals!

Graduation- Page 6

Senior Speeches

Check out the Senior Speeches!

Graduation - Page 7

Teachers and Students

Unexpected but meaningful friendships.

Graduation - Page 8

Senior Project

How Seniors are changing the community around them.

Graduation - Page 8

Graduating Athletes

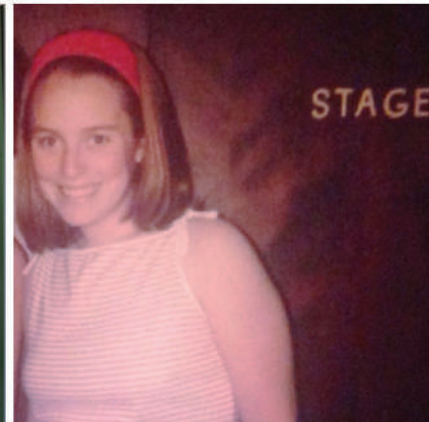
Some of the star athletes that deserve recognition.

News - Page 11

Love Nest

These love gurus have the answer to some common love confusions.

Off Topic - Page 12



Trends Through the Years at ABRHS

By OLIVIA OLAYIWOLE
Fashion Columnist

As graduation approaches, it is time to enter the wonderful and frightening world beyond Acton-Boxborough. You have donned the blue graduation caps that represent a long-held tradition—in a way, they reinforce conformity. Personal style and personal feelings are forgotten; each senior walks the stage as part of a greater identity, that of the Class of 2017. All the same, our individuality must be remembered. On days that we did not have stressful exams or psychs for a game, we expressed ourselves through what we wore just as much as through what we said. Likewise, the teachers of AB once did the same during their high school careers. So, before you toss your cap and bid farewell to AB, take a look back at the trends

of last year and the trends of many, many years ago.

Students have certainly been bold in their fashion choices: Chris Taylor rocks a muted-tangerine Hawaiian shirt and cyan shorts. Nala Wu pulls off extravagant patterns with a bright bumblebee tee, a pleated black and blue spotted skirt, and a pale floral cardigan. Natalie Jacobs wears a light-wash jean jacket with dark-wash distressed jeans, Sydney Thomas displays the recent trend of plaid outerwear, and Fiona Miley sports a choker, a longer necklace, and a remarkable coat in autumn colors. These girls observed that, with fashion, “you can communicate who you are to another person, and you don't even have to speak.” Julia Rowland indicates the same with her athleisure outfit—white sneakers and a backwards cap—showing her interest in

sports. Her “Colonial Crazies” tee screams school spirit; it's a small step in changing AB's reputation as a spiritless school.

Though self-expression is an important aspect of fashion, looking at other people's style can cause us to judge and impose arbitrary expectations upon ourselves. Margaret Kaplan-Earle wrote that during freshman year, she was a “conservative dresser” believing she “was fighting femininity because in [her] mind, wearing anything but straight-laced t-shirts and jeans was in line with the patriarchy.” She suppressed her style out of a desire to resist gender norms, but eventually realized “that fashion and feminism go hand-in-hand, and in the end, it's all about choice, whether it's the amount of skin you show or don't show, or the amount of makeup you wear or don't wear.” Just as we judge—

often wrongfully—the appearances of others and ourselves, we judge what previous generations wore. But we must also acknowledge that what we call fashionable today may be called atrocious years later.

The trends of yesteryear definitely lack bright colors and patterns in comparison to the trends of today. Maybe this indicates some profound societal difference, but it is likely because several of the photos teachers submitted are in black and white. In many ways, the teachers' outfits are very similar to what we see walking around school. Ms. Telicki wore elegant, feminine dresses that would not be out of place in a school dance. Ms. Buffum sports an oversized sweater with a collared shirt underneath;

See Graduation / page 6

Intro

Letter from the EIC

By JASMINE, NITHYANI, POOJI
Editors-In-Chief

The Spectrum hasn't just been a "club"; it's been my family. My crazy, dysfunctional yet scrappy sitcom of a family that somehow pulls it together every night before the end credits. We've got all the characters: Olivia, kind yet tenacious, the only one brave enough to make our phone calls. Sam, the punk-rock-baker, who is so much more than just an incredible editor (ask her about her sick dancing skills). Of course, there's also Jonathan, the family dog—just kidding! He's sweet, constantly tired, and the butt of all our jokes. Megan is a force of nature, full of personality and grammar rules: she reminds you to put the comma there. there. there. and, there. And Geo, my compadre, cool as ice, sugar and spice. She gives perspective and balances my intensity with bad jokes. Together, we have gone to hell and back, have resurrected a paper long ago pronounced dead, and nothing would be possible without their hard work. I am incredibly lucky to have met and worked alongside these talented, passionate students. They have made me better as a person, leader, and friend.

I also must thank Ms. Hammond, who has consistently supported and encouraged the club and myself. Ms. Hammond juggles professional obligations while somehow always having Trader Joe's snacks waiting at every meeting. I cannot think of anyone so influential in my high school career as her, and I refuse to say goodbye because I know we will stay in touch. Ms. Hammond is kind and bright and always sees the best in people. Though I was a terrible writer as a freshman, she sat with me and worked through every horrible draft. I will never forget nervously approaching her desk for advice. Contrast that to now: I barge into her room, make a cup of tea and begin chatting with her, and then I realize how dearly I will miss her. Ms. Hammond has helped me with college, The Spectrum, and even landing my first job!

Thank you for being the Mr. Miyagi to my karate kid.

Leaving The Spectrum is unthinkably painful. My senior quote was, "Please join Spectrum". As a freshman in high school, I was lost beyond measure. I wasn't doing well in my classes, I was realizing for the first time that maybe I wouldn't become a doctor, and I felt isolated and alone. Finding the paper also meant finding myself. I found out who I was and who I could be, as a writer, editor, and, finally, a leader. It has been a joy. The staff that replaces us next year is incredibly capable and I have complete trust in their capabilities. They are smart, hardworking, and not jaded like us. I wish them all the luck and perseverance needed for another successful year.

Pooji signing out.

Jasmine and Nithyani signing in.

Over the past few weeks, we have spent countless hours revising and editing articles, whether in Mrs. Hammond's quaint, cozy room or the Mac Lab. We have learned about leadership and time management, but, above all, we have learned the meaning of patience. Very little goes as planned; we consider ourselves very lucky when the plan doesn't crumble beneath us. Adaptability is very much part of the job.

Of course, we have our wonderful, bright-eyed, diverse New Chief Staff. We've gotten to know them almost too well. Sydney entertains us with her unnatural knowledge of grammar and K-Pop. Max can associate any flag with the appropriate country. Jessica is a genius at taming the beast called InDesign. Kirtana and Serena are about as diligent as anyone we have ever met. Vera has a strange but harmless addiction to the Beatles. Anjali has settled into her niche as a figure of consistency and stability. And Michael, though outwardly innocent, is filled to the brim with sassitude.

We look forward to the coming year as we continue to grow as a paper, improving in both efficiency and content. Here's to another year at *The Spectrum!*

The Spectrum

Founded 1982

e cineribus et ad abstr

Nithyani Anandakugan

Jasmine Mangat

Editors-in-Chief

Jessica Luo

Chief Layout Editor

Sydney Smith

Chief Copy Editor

Kavya Uddaraju

Columnist Editor

Vera Tsang

Forum Editor

Anjali Raman

News Editor

Michael Xu

Off Topic Editor

36 Charter Road

Acton, MA 01720

www.abspectrum.com

Max Kim

Website Editor

Serena Han

Kirtana Krishnakumar

Publicity and Finance

Genevieve Hammond

Faculty Advisor

Copy Editors:

Mira Mulgund, Megan Zhou*

Photographers:

Luka Ilic*, Olivia Olayiwole

Layout Editors:

Grace Du, Jonathan Liu*

Columnists:

Katherine Chen, Olivia Olayiwole, Mila Rushkin, Niraaji Shah, Anjana Srivastava, Jake Verilli

Staff:

Thanoshi Balasuriya, Siena Brolin, Annabella Chen, Michael Cheng, David Damiano*, Sonali Deshpande*, Ana Escobedo*, Matt Fleming, Matt Jarvis*, Pooji Jonnavithula*, Daven Lagu*, Geo Lee*, Olivia Marble*, Ethan Murphy*, Daniel Poulton, Akansha Pandey*, Shaina Sikka*, Serena Verma*, Samantha Whittle*, Alicia Wong

*Graduating Staff

Good News From This Year

By OLIVIA MARBLE
News Editor

Classmates Fly Mom From Nigeria To Graduation

Students at the University of Rhode Island raised money so that their classmate could see his mom at graduation. Michael Tertsea had received a scholarship for basketball, and since his family struggled to make ends meet, he could not visit them throughout his years at college. The college's newspaper featured him in an article, and his fellow students secretly raised \$1,600 so that his mom could visit him from Nigeria for his graduation.

Marching with HS Band at 80

For her 80th birthday, Mary Sue Carnes from Michigan got to relive high school. Her daughter, knowing how much she had loved playing in the high school band, talked to the band director, who let her mother march with the band once again. Carnes had been a drummer, and in this parade, she rocked the cowbell.

Nicki Minaj Paying Student Debt

Are you terrified of the crushing debt facing you after college graduation? You could be a tweet away from having your problems solved. Nicki Minaj has paid off student loans for over thirty fans after they sent her proof of enrollment. In total, she has donated \$30,000, and she plans to donate even more in the future.

Yearbook in Braille

The yearbook staff at Windsor High School gave their fellow student Maycie Vorreiter a yearbook that, for the first time in her life, she could read. After winning a \$500 prize at a summer yearbook camp, the editor-in-chief decided to use the money to print a yearbook in braille for Maycie, who has been blind since birth. The total cost was \$4,000—which was split between the publishers and the yearbook club—and the book was split into four volumes. In addition, every yearbook's cover had the theme, Finding Our Way, printed in braille.

High School Sweethearts Marry

Will you marry your prom date in sixty years? This seemingly impossible event recently occurred after high school sweethearts Joyce Kevorkian and Jim Bowman were reunited at 81 years old. They had both been married, but their spouses had died. On a whim, Jim sent a letter to Joyce about the upcoming reunion, and as a result, the spark between them reignited. They got married weeks later. True love never fades.

Open Source Textbooks

College textbooks are notoriously expensive, but students in New York and Maryland may not have to pay the ridiculous prices. Both states have programs that aim to incorporate open source textbooks,

or textbooks made freely available, into college curriculums. The University Systems of Maryland will award mini grants to colleges for converting their reading materials to open source platforms, and the New York state governor plans to invest in open source materials. Currently, college students spend an average of \$1,200 on textbooks in the United States, so these initiatives are a welcome change.

College Students Free Healthcare for Homeless

In New Brunswick, some college students are providing free healthcare to low-income residents of their community. The Promise Clinic employs local college students and provides free primary care for the uninsured clients at the local soup kitchen. In addition, they have raised over \$30,000 to cover healthcare costs. The clinic has served over 600 clients since its inception in 2005.

Senior Pet Prank

And, last but not least, the AB seniors are a source of good news! For the Class of 2017 senior prank, students brought their pets to school. There were lots of dogs, cats, guinea pigs, hamsters, and even turtles roaming the halls on Friday, May 5th. They joined classes and received many pats from passing students. Thank you to all the seniors for creating a wonderful day!



Congratulations Seniors!

Visit Our Newly Renovated Theatre This Summer To Catch Some Great Movies!

For Limited Time, Show Your Student ID At The Ticket Counter and Receive A Student Discount!

19 Summer Street, Maynard MA | fineartstheatreplace.com



ACTON COFFEE HOUSE

West Acton Villageworks
525 MASS AVE 0103
ACTON, MA 01720

Monday - Friday
6:30am - 5pm

Saturday
7am - 5pm

Sunday
7:30am - 5pm

978.263.3700 WWW.ACTONCOFFEEHOUSE.COM



Sal's Auto

COMPLETE CAR CARE

Quality. Trusted. Local.
Family Owned & Run for 40 Years!

Call Today! 978-263-2614

5 Willow Street • West Acton, MA
SalsAutoTruckRepair.com

Forum

Resilience: Personal Growth

By KIRTANA KRISHNAKUMAR
Publicity and Finance Manager

Current status: stress levels are over 9000. The infamous area test has come and gone, but the real struggle has clearly only begun. In the coming weeks, I am facing at least three long-term projects, an essay, and two good old tests. It's as though my teachers have made a secret pact to overwork me to the point of zombiehood. Free time: never heard of it. The feeling of unbearable stress is my old friend; I know that I will somehow rise to the occasion. However, all those like me who, against all odds, make it through these tough weeks without injury exhibit resilience, a valuable skill allowing us to face difficult scenarios.

Developmental psychologist Norman Garmezy encountered many children who grew up in unstable homes. He recalled one nine-year old boy who lived with his alcoholic single mother. Every day he took the only food in his house, two slices of plain bread to school so that “no one would feel pity for him and no one would know the ineptitude of his mother.” This boy's adaptation to his situation labels him a resilient individual. Garmezy noted that despite adversity, children like this boy still managed to succeed in school and other aspects of life. Hardships have the potential to benefit one's mental strength. Joshua Mishrikey, a history teacher at AB, agrees, explaining that “the students who have done well in the past are not necessarily the students who have had the highest scores, the best outcomes, the best performances, but really the students who were able to grow from the experience of failure.” Psychologist George Bonanno elaborates that those who view events as opportunities to learn and grow maintain their resilience more than those who perceive situations as stressful.

English teacher Carolyn Smiley says that we learn to develop this positive perception best in middle school and high school because when “failing” you're doing it in a safe place where you can learn from those mistakes.” She further explains how high school is “a time where you can take risks in your thinking [...] knowing that you'll have people there to support you when it doesn't work, and so you can grow from it.” Finding out what learning method works best contributes to one's mental strength, and it provides a standard thinking path to conquer adversity. Regarding outside support, Mr. Mishrikey agrees that students who cope better “have very supportive networks, supportive friends, supportive parents.” Although we need some luck to have such people in our lives, Ms. Smiley explains that having any outlet that provides us with “hope and happiness” can ease our stress, and gives us a way to rise from our difficulties. I can attest to this; playing my violin calms me and clears my mind in the midst of stress.

Psychologist Emmy Werner discovered that naturally tough individuals can lose resiliency, but many people who initially lacked it develop it. From a geometry teacher's perspective, Jessica Janus explained how math helps develop perseverance. She describes that “learning how to do proofs just inherently is disappointing because you're going to get stuck, you're going to get frustrated.” She continues to explain how “you can extrapolate that; [...] no one's going to stop you when you're 35 and ask you to do a two-column proof, but problem solving and working with others for problem solving” is a useful tool when faced with an issue.

Perceiving tough situations as an opportunity to grow, creating outlets for ourselves, and developing problem-solving skills are all chances for improvement that we should take to heart if we want to feel less emotional pain the next time we're stressed and overbooked. By building resilience, not only can we get through jam-packed school weeks, but we learn to deal with future challenges in the real world. Ms. Janus observes that, unfortunately, “there's not enough recognition for really struggling with something and being proud of yourself for persevering through that struggle.” Students need to change their perception of success because speaking from personal experience, the sweetest form of success comes through resilience.

as though Seth selfishly focuses on losing his virginity. He comes off as completely unlikeable to the audience for most of the movie, only redeeming himself in the last ten minutes.

Some of the jokes are great—like when a nineteen year old who is trying to buy alcohol tells the cops he is “old enough to party.” But most of all, the friendship between Evan and Seth is what really makes the movie. Although *Superbad* is an awkward high school comedy, it is unexpectedly heartwarming. The underlying joke is Seth and Evan denying that they will miss each other when they leave for college, too afraid and immature to admit their feelings. Tension grows

between them, and many situations spiral out of their control from their reluctance to communicate.

“Superbad” tells us that communication in friendships is key. The characters struggle with expressing their insecurities about themselves and their relationships, leaving the audience frustrated with everything left unsaid. But self-consciousness and dishonesty are topics that are all too relatable to high school students.

The film's overall portrayal of the high school experience is startlingly truthful. Movies or TV shows tend to completely miss the mark when it comes to writing “realistic” teenage experiences. Few movies about high school successfully cover quintessential aspects of adolescence: jealousy, the transition between high school and college, party culture, and the typical desire to seem cool. Often, the biggest obstacle for movies that focus on high school students is the dialogue. In some movies, dialogue does not always feel like a conversation between teenagers, but instead like something crafted born out of an adult's perception of teenagers. *Superbad* manages to pull off the dialogue because it was developed by teenagers. Seth Rogen and his best friend Evan Goldberg wrote the script to “Superbad” when they were thirteen. Numerous events in the movie were inspired by similar antics that Rogen and Goldberg experienced in their teenage years.

As graduating seniors, “Superbad” validates how we feel during this convoluted time. By addressing our fear of change and separation from friends, the movie reminds us that, in the end, everything will be alright.

“Crashing”: A Review

By ANA ESCOBEDO
Entertainment Columnist

“Lovely low ceilings, very little light. Four floors, 12 rooms on each, every one occupied by a different flavour of lunatic.” - Sam from “Crashing”

“Crashing” is a new British comedy drama that takes place in a disused hospital that is rented out to an unruly group of twenty-somethings. It is written by and features Phoebe Waller-Bridge, who previously starred in the British TV show *Broadchurch*.

“Crashing” is like pineapple pizza: funky and not very traditional. Some people swear by it; others find it over-the-top. I personally believe that its comedy is the kind of modern TV that many people have been scouring endless Netflix categories for. Though there are facets of the writing that fail and comedy bits that fall flat, “Crashing” is a fast-paced original show that will make you laugh at the endless banter, cringe at the raunchiness, and squirm at the emotionally charged confrontations between characters.

This show is grounded in a sense of reality. Not only does the poor cast of characters live in a dilapidated hospital instead of the typical roomy apartment, it includes characters who represent multiple minorities—groups who have been ignored in TV for so long. Amit Shah plays Fred Patini, a gay Indian tennant madly in love with Sam, the resident jerk. The series features two main romances: the love triangle between the showrunners, and an equally important gay relationship that isn't at all tragic. The show even has a recurring character

named Jessica who is black and openly bisexual. Sometimes it's great to watch two gay characters fall in love and find themselves a happy ending.

While I can give representation an A+, other aspects of the show are lacking. Julie Dray plays Melody, a hedonistic French woman who desperately wants to have a romantic relationship with an older man. She's similar to April Ludgate from “Parks and Rec”: straight-faced, intense, and slightly intimidating. Her character seems to be purely based off a French stereotype, and while she does provide some good one-liners, she seems to have little to no character growth. The main male protagonist Anthony, played by Damien Molony, falls into a similar trap. He is spineless and one-dimensional. He is too scared to admit his feelings to his best friend, Lulu, and he doesn't feel guilty about emotionally cheating on his actual girlfriend. He's funniest with Lulu, but not compelling enough to carry any of the scenes on his own.

The real accomplishments of “Crashing” are the stunningly lifelike moments between the characters. In the very first episode, Lulu and Anthony dance around each other, jokingly flirting until a light prank ends with Anthony almost declaring his love for Lulu, but both are too scared to admit their feelings. Phoebe Waller-Bridge perfectly constructs their friendship and interactions in a manner that is both relatable and chilling to viewers. With their various fears, failures, and embarrassments, everyone can see themselves in the duo. Ultimately, the outlandish comedy is paired with deeply moving moments that keep the show grounded.

“Superbad”: Actually Pretty OK

By ANA ESCOBEDO AND
THANOSHI BALASURIYA
Entertainment Columnists

“I mean, it's up to you Fagell. This guy's gonna think, ‘Oh, here's another kid with a fake I.D., or here's McLovin, the 25 year old Hawaiian organ donor’” - Evan from *Superbad*

Starring Michael Cera and Jonah Hill, “Superbad” is an underrated comedy movie. But, you need to be in the right mood to watch it. Though Cera and Hill, playing high school seniors Evan and Seth respectively, seem to form the perfect main cast, their humor can be overbearing. To some, it may seem



“...their humor can be overbearing.”
ONLINE SOURCE

Internet Activism

By SRIJA NAGIREDDY
Spectrum Staff

Bernie Sanders supporters on Reddit raised \$2.3m for his campaign over the course of a year. To support Dakota Access Pipeline protesters, more than one million people set Standing Rock as their then-current location on Facebook. The Black Lives Matter movement was born out of a single Tweet. As the center of these movements, the Internet has undoubtedly been a major catalyst for social change: it is one of the largest platforms to spread a message. However, supporting a movement online and taking action in real life are very different things.

The Black Lives Matter movement would not have existed without social media. Founded by Alicia Garza, Patrisse Cullors, and Opal Tometi in response to the acquittal of George Zimmerman, the movement rose with the hashtag “blacklivesmatter.” The phrase gained momentum, proliferating through the media until it soon became a household name. It has been used in protests against police brutality and as a way to raise awareness of the racism still ingrained in our society. In this case, the Internet served as

a means to directly effect change.

On the other side of the spectrum of Internet activism is the “armchair activist,” a person who backs a movement online but makes no concrete action in real life to support it. With social media, it has become increasingly easy to make statements of solidarity and never act on them. A study published by the “Journal of Sociological Sciences” found that most people who signed up for an online cause never followed through—in this case, with donations. In fact, the offline branch of the organization they looked into received much more than the online one. Publicly supporting a cause was enough for most people, deterring them from making any real change.

Internet activists have created lasting movements, lobbied political figures, and lent critical support to presidential campaigns. With this knowledge, it is easy to press “like” on Facebook and move on with your day: someone else will put in the work, right? But it is more important now than ever, under the current administration, to take concrete action. Write a letter to your representative, donate to a political candidate, march for women or science or black lives. Then you can post on Facebook.



Social media makes activism easier to promote and organize.
ONLINE SOURCE

Forum

Your Vote Matters : Notes on 2018 and 2020 Elections

By SYDNEY SMITH
Chief Copy Editor

It is safe to say that, in a high school in Massachusetts, a lot of us are a bit discontent with the results of the 2016 election. Most of us could not vote, and those who could vote simply contributed to Hillary Clinton's massive popular vote lead. But seven months have passed since November 8th: time to stop wallowing in the past and look to the future.

Get ready to cast your vote in the congressional elections on November 6th, 2018. All of the seats in the House and 34 of 100 in the Senate will be up for grabs. Are you going far away for college, like to UMass? Vote for or against Elizabeth Warren. Studying in Vermont? Why not feel the Bern? As a college student, if you go to school away from home, you can register to vote in either state, so feel free to cast your vote where it will be most important. However, remember that, if you are studying in another state and you want to vote in Massachusetts, you will need to apply for an absentee ballot in advance.

In 2018, Democrats are hard-pressed to gain a majority in the Senate—most of the seats up for replacement are currently occupied by Democrat senators. However, the opposition party historically wins big in midterm elections. In 2010, Republicans took back both chambers of Congress, capturing sixty-three previously-Democratic seats in the House and six in the Senate. So, Democrats should try to regain the House and hold their ground in the Senate, while Republicans should beware of a possible liberal opposition wave.

Maybe the 2018 gubernatorial elections are less sexy and therefore less publicized than the congressional elections, but your vote there is equally important. The governor signs off on all legislation that passes through the state legislature; they arguably influence your daily life more than President Trump does. As it stands now, Republicans hold the vast majority of governorships—even in Massachusetts, where Charlie Baker represents the Grand Old Party. Republicans, keep it up! Democrats, vote harder.

No matter how much we are told that voting in local elections is essential, I'm sure that most would maintain that the presidential election reigns supreme. November 3, 2020 is the day to grab Donald Trump . . . by the ballot. Trump

declared his candidacy for reelection immediately after assuming office. If Trump does not last a full term, the Republican candidate might be Mike Pence or Paul Ryan. However, it is hard to predict which Democrat will challenge the incumbent—in 2012, who would have guessed that a reality TV star would be sitting in the Oval Office today?

Hillary Clinton will not run again, and if she does, I doubt she will win the primaries. Bernie Sanders needs a break from fighting for the middle class; I recommend he retire instead of running for president. Other possible contenders include Elizabeth Warren, our very own senator, Cory Booker, the amicable, centrist New Jersey senator, Julian Castro, secretary of

Housing and Urban Development under Obama, and Kamala Harris, former California attorney general and senator-elect. If Donald Trump's approval ratings continue to stagnate or fall, expect a Democratic win.

But even if a Democrat wins the White House in 2020, liberals face hard times. Republicans are dominant on every level of government: if we look past Congress and governorships, thirty-two state legislatures are Republican-controlled, seventeen of which represent veto-proof majorities. This dominance is critically important because the state legislatures redraw district lines every ten years after the census. Districts are in theory drawn so that specific groups get the representation that they deserve—for

example, African-Americans or rural farmers—but in practice, the motives are more partisan. Republicans, who usually draw the lines, pack Democratic voters into a few heavily blue districts and make the rest of the districts narrowly Republican and very squiggly. So, it is common to find that, after all the ballots have been cast, gerrymandering won: one party got more votes, and the other party got more seats.

The next census and district redrawing will happen in 2020. Democrats need to get their collective act together and vote in state elections if they want a chance at regaining power. Republicans, though dominant, should not get complacent.

So, now we know to vote in presidential elections, congressional elections, gubernatorial elections, and state elections. What's next, you might ask—voting for the library trustee in a town election? Sure, if you want, but if you're not registered to vote in the first place, you cannot even vote for the library trustee, much less the president.

It is surprisingly simple to register to vote: swing by the DMV, check out your local election office, or just fill out a form online. The ability to participate in democracy is worth the short time that registering takes.

Young people are generally perceived as a voting block that just doesn't show up to the polls. There's a reason why politicians do not often campaign with promises of affordable college or student debt reform—it alienates older voters and does not garner a vocal millennial response where it counts. By voting, and voting often, politicians will be forced to address the issues that matter to us.



Vote in 2020 to help shape our nation's future.
ONLINE SOURCE

Hacking & Cyber-Terrorism Make Me "WannaCry"

By SRIJA NAGIREDY
Spectrum Staff

A few years ago, a hacker might have been portrayed as a single, anonymous man, living in his parents' basement, who would steal credit card information or email passwords. But, thanks to recent events, the public is much more aware of hacking, its enormous consequences, and how widespread it is. Governments, major organizations and extortionists are all taking advantage of the increasingly technological lives we lead, putting some of our most important institutions at risk.

It's more than a little concerning that governments are taking part in hacking, but it has become a pervasive method for countries to press their agenda on other governments. We in America are familiar with this, having experienced it during the recent election. According to CNN, the CIA determined earlier this year that "Russian hacking was conducted to boost Trump and hurt Clinton during the presidential campaign." Russia started by hacking and releasing emails pertaining to the Clinton campaign. Its arguably most effective tactic, however, was a campaign of disinformation. Using fake accounts on social media, Russia was able to

effectively communicate targeted messages and news with the goal of furthering its own political agenda. It is clear that some people's opinions were affected by the sheer mass of those fake news stories, which is one reason why the Russian hacking is so concerning.

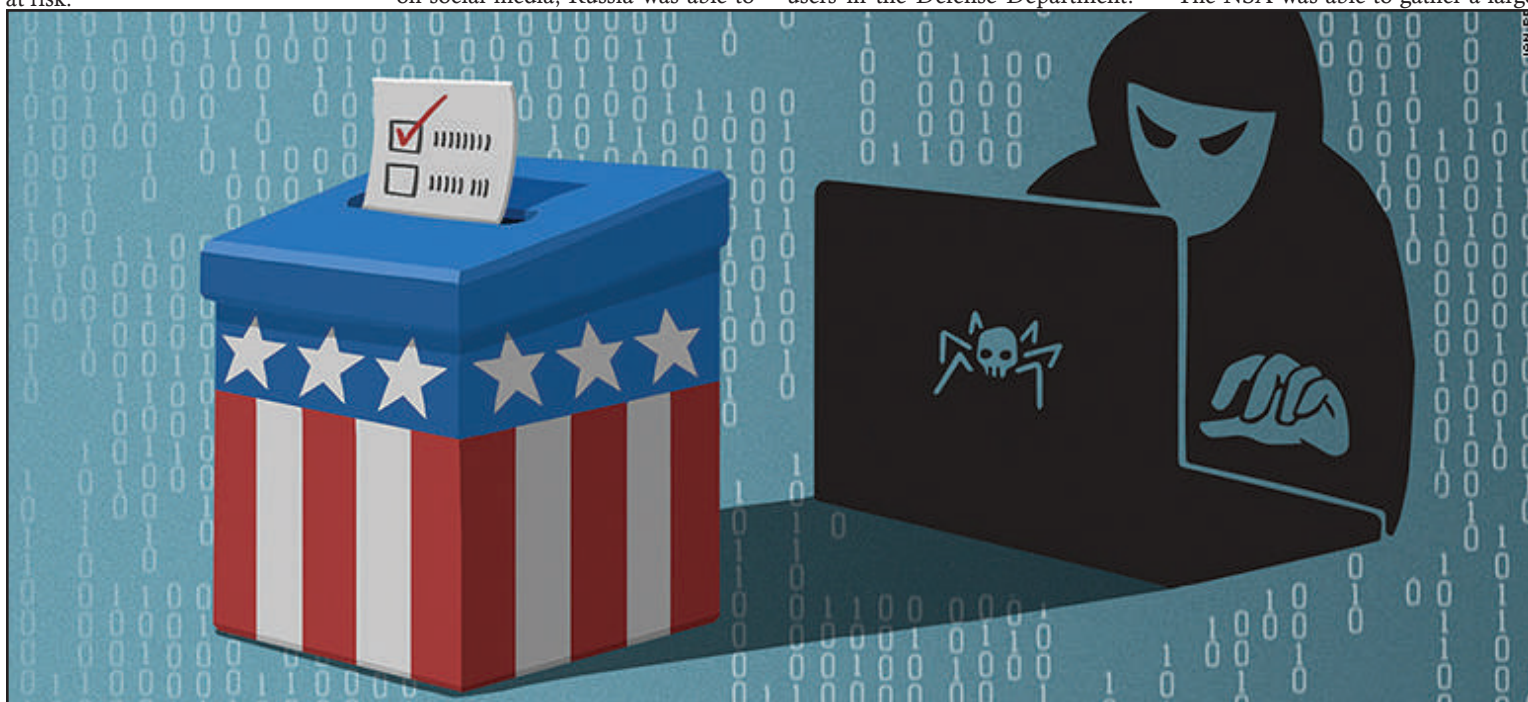
Furthermore, on March 2, U.S. Counterintelligence officials were informed that Russian operatives managed to hack thousands of Twitter accounts belonging to government officials. TIME reported that "Russians had sent expertly tailored messages carrying malware to more than 10,000 Twitter users in the Defense Department."

Opening these messages, often hidden behind innocuous news stories, would download a program on their devices. This program would give the Russian hackers control "of the victim's phone or computer—and Twitter account." Russia has powerful tools in the world of cyber warfare. Its involvement in this year's election begs the question of how our democracy is to stay strong in this digital age.

An example of the consequences of hacking comes with the WannaCry ransomware attack that occurred May 12, which also began with the hacking of a governmental agency. The NSA was able to gather a large

database of key software flaws after "research into computer exploits," according to NPR. However, the Shadow Brokers, a hacking group, managed to steal these tools from the NSA and has been steadily releasing the information online. The Shadow Brokers is suspected to have an affiliation with Russia, but nothing has been confirmed. The perpetrators of the WannaCry attack used this information to create ransomware that locks users out, demanding \$300 to restore access. Luckily, an English security expert was able to stop the initial version of the ransomware attack from spreading by registering a domain name that acted as a kill switch. However, the attack has had major ramifications in England, where NPR reported that it "threw parts of the health care system into chaos." In order to protect their computers from the attack, all Windows users should update their software.

We have recently been forced to redefine our idea of a hacker—it's not only a guy working alone from his parents' basement. Entire hacking organizations exist, and of course, as Americans know all too well, governments hack, too. By moving everything online, we are now dealing with the possibility that our most important institutions may be at risk—our lives, our governments, and our world. What matters now is that we as a society take steps to prevent this from continuing, whether that means improving cybersecurity, leading an independent investigation on Russian election hacking, or just choosing secure passwords and avoiding sketchy emails.



How do hacks affect votes?
ONLINE SOURCE

Forum

U.S. Political Wealth

By MATT FLEMING
Spectrum Staff

Forget the Russians—the rich undeniably possess considerable sway over elections in modern-day America. Through donations, super PACs, and lobbying, the upper class makes our political system seem more like an oligarchy than a democracy.

In the past thirty years, the United States has failed to see a president leave office without a multi-million dollar fortune. Since 2008, President Obama has reportedly made \$20 million, primarily through book deals. Former Vice President Dick Cheney made at least an estimated \$2 million through bonuses from Halliburton, a company that received \$5 billion to provide services for American armed forces in Iraq and Afghanistan. The Clinton dynasty holds approximately \$110 million in net worth.

Such wealthy people are of course supported by the Democratic National Committee (D.N.C.) and Republican National Committee (G.O.P.). However, almost 250 years ago, James Madison wrote that “the great object [of political parties] should be to combat . . . evil” by “establishing a political equality among all” and by “withholding unnecessary opportunities from a few, to increase the inequality of property, by an immoderate, and especially an unmerited, accumulation of riches.” In other words, parties should exist to prevent excessive wealth that gives its members a political advantage over other citizens. In modern-day America, both the Democratic

and Republican parties benefit from wealthy upper class donors. No matter the party, donors favor candidates that reflect their economic interests and will permit them to continue to accumulate wealth. The current party system possesses clear flaws: political parties arguably fail to provide political equality and prevent certain individuals’ selfish gains.

Betsy Devos, the Secretary of Education, exemplifies the political advantages that the rich enjoy. Devos comes from a family with an estimated \$5.1 billion net worth. She admits to have donated \$200 million to the Trump campaign. Many believe that this donation led to her nomination for Secretary of Education.

Although there are issues with wealthy politicians using their power for personal gain, many politicians have worked to lift underserved Americans out of poverty or to aid the general public. Programs offered through the government provide assistance to lower wage earners. President Obama has granted nearly 30 million Americans across the political and economic spectrum access to health insurance through the Affordable Care Act, all while maintaining a sizable fortune. Politicians can do immense good through, or despite, their fortunes, but there are still opportunities for them to neglect the country’s well-being and instead focus on their own wealth. The question remains on whether the United States will ever have a truly representative democracy if candidates are almost always in the top income-earning groups.

Student Political Clubs at AB

By JAKE VERILLI
Politics Columnist

For most adolescents, politics can seem daunting and confusing, out of reach and out of control. However, when they enter high school, things begin to take shape, and many of the opinions that people carry into adulthood start to develop. Democrat or Republican, teenagers may feel an urge to get involved. Unfortunately, the minimum voting age is eighteen, so people have to try and find their own ways to make an impact. This is where the Young Democrats and Republicans come in.

These clubs are the perfect jumping-off point for high schoolers who can’t wait until their eighteenth birthday to start participating in democracy. In addition to allowing students to be more politically active, they permit them to express themselves in a new way. At AB, this is especially true for the Young Republican’s club. AB is known for being a very liberal school, and so people like the Young Republicans club leader, Cameron Page, feel like their club is a place “where right wing students can express their opinions without being silenced in an otherwise liberal dominated school and district.” This kind of atmosphere is very important at a school as large as ours, where differing opinions and voices abound. It is very easy to see how a young Republican at AB could feel left out or isolated—especially when even teachers make it clear that they are liberal.

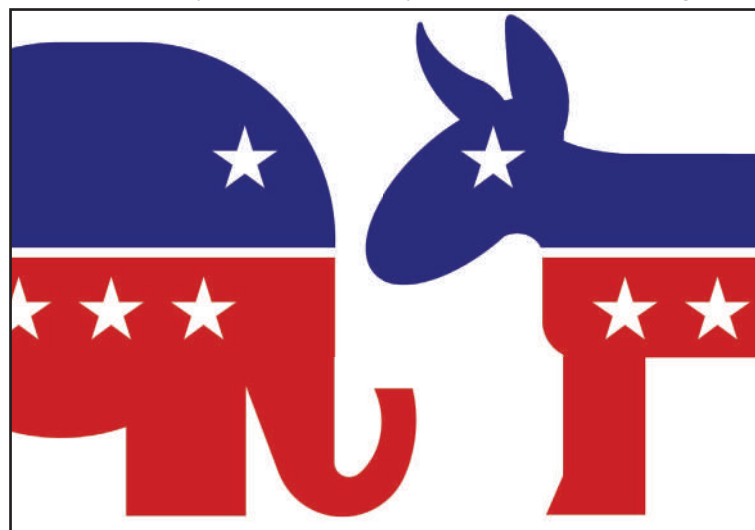
While first and foremost being

a place for open discussion, the Young Republicans Club has hosted drives for homeless veterans in which they collect soap and socks, among other personal care items. The club intends not just to discuss politics, but to serve the community. This drive is a very important part of what it means to get involved, and in the words of Cameron page, “made us feel really good that we were able to give back to the ones who need and deserve it most.” So the clubs’ impact extends beyond the high school.

Being on opposite ends of the spectrum, one might expect that the Young Democrats and Republicans clubs would be at odds, but that is not the case. While the clubs both serve a similar purpose, they do not interact. It might be interesting if the clubs met to have debates, or otherwise politely disputed, but it is understandable they do not. In fact,

the Young Democrats Club leader Matthew Fleming says that “the Young Republicans Club serves as a model and goal for [their] newer club.” He also says that after attending some Young Republicans Club meetings, he understood how to format the Young Democrats Club. So, while the two clubs do not interact directly, the Young Republicans was able to help the Young Democrats become what they are today.

In the future, the club leaders said that they want to continue to create a place where high schoolers can get involved with politics and discuss their beliefs. They want to continue to help the community and the school and to make sure no one feels excluded. These clubs are a vital part of the AB community, and it is extremely important that they continue to exist—particularly because we’ll all be voting soon.



These clubs let students become politically active in highschool.
ONLINE SOURCE



Acton Medical
ASSOCIATES
Adult & Pediatric Primary Care

Job Markets in STEM

By ANJANA SRIVASTAVA
Politics Columnist

With the whirlwind of madness and surprises that 2017 has brought so far, one thing may be comforting to you graduates: the job market, contrary to popular belief, is actually in your favor! This may be jarring, considering how often we hear about the failing economy and “lost jobs,” but the reality is that your potential is highly valued in America. Contrary to Trump’s comments on jobs leaving the States, the job market is predicted to see an increase in jobs in several fields over the course of the next years.

The highest growing job market, according to Forbes, is the “gig economy.” This highlights freelancing and contracting work. If you enjoy freedom with your work and being your own boss, then this will excite you. Furthermore, construction and manufacturing occupations are currently on the rise, and are projected to continue to rise in the future.

On the other hand, if your passions lie in improving the world for everyone, clean energy jobs may be up your alley! People want to invest in the future, according to Sienna Beard, which is leading to a burst of jobs related to clean energy. The field of renewable energy—wind turbine work, for

example—is increasing its workforce to clean up the world for the future generations. Physical therapy is also another growing field according to Beard; She notes that the P.T. market has increased hiring. Beard also emphasizes that a strong mathematical background is becoming increasingly valued. The demand for jobs in statistics and economics has risen, and research and analysis positions are increasing in number.

Science and technology related jobs are also expanding daily, and according to the Board of Labor and Statistics, this growth is likely to continue until 2022. In 2012, STEM jobs were projected to grow in number up to 13% over the course of ten years. Science, engineering, and economics, are the three backgrounds that are likely to be successful in the future, according to Bill Gates. For those interested in business, computer software, or other STEM-related fields, the possibilities are limitless.

With overall unemployment rates dropping and new opportunities on the rise, it is easy to see how the world is opening up for your futures. There still is much to be learned, but you can be confident that little will be in your way when obtaining work out of college. To the Class of 2017, good luck in your postgraduate plans.

Morocco and the African Union

By DAVID DAMIANO
Politics Columnist

In January of this year, Morocco rejoined the African Union after a thirty-three year absence during which time it was the only African country not yet in the Union. While this may seem like progress, Morocco’s successful bid to join the Union is indicative of the latter’s abating interest in a region called Western Sahara, which has been occupied by Morocco since 1979.

As its name might suggest, Western Sahara is a region on the West African Coast that is largely desert. After the Western Sahara gained its independence from Spain in 1975, the new nation’s lands were quickly contested by its two major neighbors, Morocco and Mauritania, which resulted in its eventual annexation by the former. The African Union, under a different name at the time, condemned the invasion, maintaining the position that Western Sahara is an independent nation, and, as a result, revoked Morocco’s membership. Given the severe consequence of this occupation, Morocco’s position—that Western Sahara ought to be part of their Kingdom—is hard to comprehend. Firstly, the people, the Sahrawis, are culturally closer to Mauritians than they are to Moroccans. Sahrawi leaders known as the Polisario Front control Western Sahara and strongly oppose Moroccan control, citing both cultural differences and the brutality of the Moroccan military. Furthermore, there does not appear to be an advantage Morocco could gain by controlling a overwhelmingly desert region. The two main resources in the Western Sahara, fish and

phosphates, are lucrative industries that make up a significant portion of the national economy; the latter, in fact, accounts for a third of Morocco’s exports. However, these industries putatively fail to justify the enormous expense Morocco is burdened with in the region. According to a study in 2007, Morocco spent \$2.4bn (£1.5bn) on basic infrastructure over thirty years and was spending about half its military budget in the region. The study concluded that Morocco had “to shoulder an exorbitant financial cost that has hampered national development”. Western Sahara caused Morocco to be removed from the African Union and, if anything, a steep loss in net profit that could improve the country’s economy.

A major aspect of the enormous military expenditure is the vast system of walls that have been erected in Western Sahara, colloquially referred to as the ‘Wall of Shame.’ The Wall of Shame, paralleling the hypothetical wall between the United States and Mexico, is a real construction that has serious present day consequences. Collectively, the wall is 2,720 km long, making it the second longest wall in the world and the largest functional military barrier. In addition to the physical boundaries, the region is also scarred with more than 7 million land mines. The mines have claimed at least 2,500 lives, making it the most heavily mined region in the world.

In light of the atrocities committed by the Moroccan military in the region, Morocco’s admittance into the AU is all the more puzzling. It indicates of a loss of interest in the conflict, one that previously

warranted an expulsion from the Union. The AU’s philosophy on the matter is that “it was better to have Morocco inside the house, inside the family, and to try to reach African solutions to African problems.” Although Western Sahara will remain a member state of the AU—giving its leaders, known as the Polisario Front, a vital source of legitimacy—a lack of international interest in Western Sahara will probably allow Morocco to continue their ways for the foreseeable future. It does appear however, that perhaps Morocco’s bid acceptance may be a continental attempt to mediate the situation by providing legitimacy to both regions.

Once again, this issue boils down to the externality of nationalism: this conflict would never have begun in the first place had Morocco not deemed Western Sahara an integral part of their nation; it would not have continued for so long had the Polisario Front so vehemently opposed the Moroccans. Of course, this is a simplification of the issue, but perhaps thinking in the broadest sense has merit. While it is certainly true that both sides have legitimate claims to justify their positions, it is also true that neither side will be able to get what they want in the current scenario. While the patriotic Sahrawi might be aghast at the suggestion, it is probably most prudent for the Polisario Front to concede the fight for independence and attempt negotiation. It is undeniable that an autonomous Western Sahara under Moroccan rule would be a superior circumstance for the Sahrawi people than the current one. Thus, the ultimate question is this: will it be logic or nationalism which prevails?

Graduation

Fashion (cont. from pg. 1)

it is a style that is still fairly commonplace. The same is true of Sra. Savukoski's jeans and tee combo.

Meanwhile, the young Mr. Lewis looks like he just stepped out of AB in his pink polo and khaki shorts. In fact, Mr. Lewis claims that his "style has changed [minimally] but only because of what is available / in-style, not [because of] personal preference." Ms. Mann similarly explained that her taste has remained fairly consistent: "I have the same inexplicable aversions (e.g., I absolutely cannot deal with frilly necklines, bows, ribbons, poofy sleeves, rhinestones, or 3D flowers attached to my shirts)." She does, however, note that she "feel[s] more comfortable dressing up and wearing 'fun' clothing now." For Ms. Mann, this is because she "[feels] generally more comfortable with [her] place in the world." As we mature and gain freedom, our fashion evolves to reflect our personal growth.

Fashion has undeniably changed since our teachers graduated high school. Though Mr. Dempsey successfully pulls off a blue jean vest in his photo, you would be hard-pressed to find someone in this style around AB. Fashion choices like Ms. Smiley's thick red headband, on the other hand, have become popularized once more by brands such as Lululemon.

Yet, fashion trends today will also fall out of style and evolve. Who knows—maybe, in twenty years, young people will eschew skinny jeans and chokers and bring back vests and overalls.

In tossing your graduation cap, you officially bid farewell to the familiar halls of AB and step into the wider world of higher education, where cute jeans and tank tops are frequently cast away in favor of sweatshirts and lounge pants—there's no need to look good when cramming for a test. Not so long after that, you'll graduate college and join the workforce. Cautiously expect a dress code, whether business-casual or suits. All through our academic careers, we've been able to wear nearly anything we wanted. Fashion has served as a way to indicate our opinions and interests, whether we're sporting a Colonial Crazyes tee, a band shirt, or a MAGA hat. If we are suddenly deprived of the choice of what to wear, we will likely feel creatively stifled, but it is more important to remember that fashion is only one form of personal expression. In any case, a style of conformity, like our graduation gowns and caps, can prevent us from judging others too quickly. It reinforces that what ultimately matters is not what we wear, but who we are. Keep being you, Class of 2017.



Fashion at our school. Correspondents



Promposals at AB 2017



By SIENA BROLIN Spectrum Staff



In a nutshell, promposals are simply an extravagant, theatrical way to pop the seemingly insignificant question: "will you go to prom with me?" Despite the additional effort, planning, and thought required to execute even the most basic promposals, we have long valued this senior tradition here at AB. Excited for student ideas and creativity, we look forward to these moments of subtle romance.

We continue to embrace this classic high school experience that seniors have come to celebrate and cherish. Through playful scheming and plotting with friends to create the most memorable promposal, seniors end their year on a sprightly and carefree note. But, most importantly, promposals are highly appreciated gestures in the greater AB community—whether roman-

tic or simply between friends, these promposals give us all something to smile about.

This past year Corinne Marble proposed to her friend Charlie Baleno: she used a sign stating, "You're gay and I'm gay, but Prom?" Though it challenged traditional ideas of what a promposal entails, Marble's promposal aligns with AB's tendency to modernize prom-related traditions.

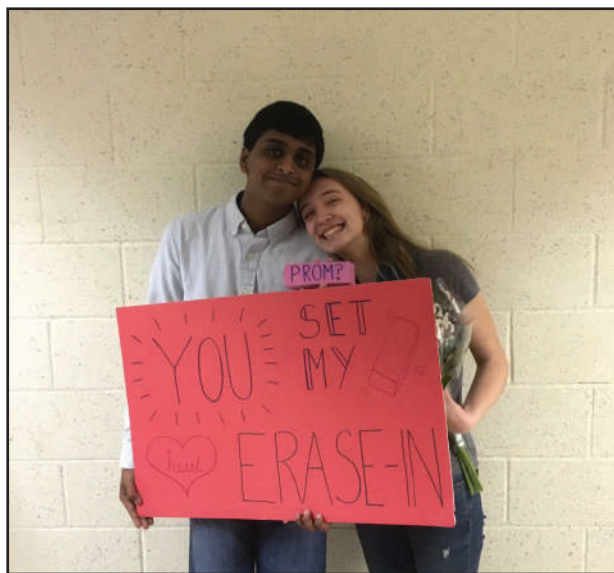
Becky Nitschelm similarly proposed to Teague Neschke by performing a parodied version of Biz Markie's "Just a Friend" with her own friends. Nitschelm's promposal exemplifies a fun way to get lots of people involved. It captures the essence of senior year: a time to step back and relish in your high school experience with friends after years of hard work and sleepless nights.

Senior Jack Amaral proposed to Anna Cataldo-Holmes with a play on words. He outlined his

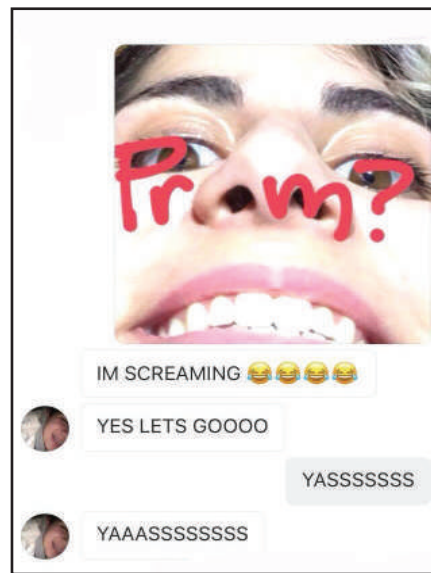
body in chalk in the Senior Parking Lot and wrote, "I'm dying to go to prom!" Amaral completed this gesture with flowers and caution tape.

Though they stem from years of tradition, promposals break social barriers. Abandoning all judgement and stigma, students watch and enjoy these promposals on different social media platforms. They see women promposing to men, friends promposing to friends, and students of the same gender promposing to each other. Regardless of the untraditional nature of these promposals, students appreciate them; a culture of acceptance thus emerges.

All kinds of promposals are embraced at AB—whether they involve large groups of people or whether they simply connect two people, whether they're traditional or whether they're modern. Perhaps next year will bring us even more of these special moments.



Some promposals that were seen this year. Correspondents



Timeline of events from 1998 to 2008:

- 1998: Jan. 1998: Monica Lewinsky scandal came to public light; Feb. 1998: Elton John is knighted by Queen Elizabeth II
- 1999: May 4th 1999: Smash Mouth releases "All Star"
- 2001: Oct. 12th 1999: 6 billionth living human is born; Sept. 11th 2001: Terrorist Attack on NY's World Trade Towers
- 2002: Apr. 1st 2001: The Netherlands becomes the 1st country in the world to legalize same-sex marriage; Feb. 3rd 2002: The Patriots' first Super Bowl win
- 2003: Nov. 14th 2001: The release of the first Harry Potter movie; Apr. 14th 2003: The Human Genome Project is completed with 99% of the entire genome with 99.99% accuracy
- 2006: Oct. 9th 2006: North Korea launches their first nuclear test; Dec. 6th 2006: NASA reveals photos suggesting liquid water on Mars
- 2008: Aug. 16th 2008: Usain Bolt sets a new record for the 100m sprint of 9.59 seconds at the Beijing 2008 olympics

Senior Speeches

Be Brave

By JORDAN BLOCHER
Class of 2017

I remember that on my third day as a high school student here, I was walking down the hallway during passing time, and behind me I heard an upper classmen yell at me, rather frustratedly “stay in your own lane freshman”. I very quickly realized that I was literally walking on the wrong side of the hallway, and believe me that was the last time that I would ever be caught dead making such a freshman mistake, but as my high school years progressed I realized that that comment, which was certainly not intended to empower me, actually helped to shape the person I would become during these four years. Because he helped me realize that the purpose of high school is not to trap our minds in a box, force us into one objectively correct way of being, but the purpose of these years has been to help us create our own lanes, a path unique for each and every one of us as individuals.

Many of my peers probably know me as one of the more vocal and opinionated students in our class, as debate and argumentation are not things that I like to shy away from. I will be the first to admit that the views that I have expressed were not always popular, and I would sometimes hear students gossiping in the halls about me, and it made me wonder, “is it worth it to speak out and advocate for yourself, when it can sometimes feel so purposeless, so futile?” One day during sophomore year we had a big debate about some political topic in one of my classes as we often do, and as usual I felt as if it

were me vs. the world and that all I had accomplished by bothering to speak up in the first place was further alienating myself from the rest of my peers. But that day, as I was dejectedly packing up my books at the end of the period, a quiet student approached me. I hardly knew him, we were just acquaintances, but he thanked me for speaking up. He explained to me that he would have spoken up himself in agreement with my sentiment, but that he was too worried about what other people would think and what other people would say, had he expressed himself. I now had my answer. It is always worth it to speak up. To advocate for your beliefs, to advocate for who you are, because even when you might not think so, there is always someone listening.

As we take this critical step in our lives, leaving behind, but never forgetting the community and bonds which we have kindled together, venture into an unknown world of decisions and possibilities, perhaps the greatest decision, that each one of us will face, is the decision to be vocal, to express ourselves when we wish to be heard, to be visible when we wish to be seen. Diversity is a beautiful thing. Diversity in each of its many forms. Whether it be the color of your skin, your sexual or gender identity, your religion, or even your political affiliations, as our class moves on to bigger and better things, we need to continue to cherish the elements of who we are that make us unique... the parts of your identity that makes each and every one of you different from the peer or member of the audience you are sitting next to right now. It is easy to get lost in the su-



Jordan Blocher
Class of 2017

perfluous benefits of blindly following the crowd. You will avoid a lot of conflicts, you might make a lot of friends, but most importantly... you will look as if you fit in. You will look as if you do, but you as an individual, will know who you actually are. And so as we graduate together today, as the class of 2017, I implore you, be loud. Be proud. Be brave. It is ok to be different. It is ok to sometimes feel like you are alone. But the truth is... you never are. Because somewhere on the stage, on the athletic field, in east commons, in west commons, or even in the back of a classroom, there will always be someone who feels exactly like you do. Never be afraid to use your voice, because you are never alone.

And so in honor of us having completed our four years of high school, and beginning the cycle again anew as freshmen, I offer you the same advice that an upperclassman once offered me in the hall almost four years ago but... with a slight twist. “Create your own lane freshman”!

Treading Softly

By Julia Evans
Class of 2017

Sometimes, it's easier to stay in bed. It's easier to not write the paper, to blow off your friends, to become paralyzed by the prospect of living, rather than finding the courage to continue. And it's okay. Moments of weakness do not make us fundamentally weak, only fundamentally human. And if I've learned anything in my four years here, it's that there are people who will stand up for you. And there are people who need you to hold them. I've watched in gratitude this year as our senior class created a precedent of love. The kind we all wish we were shown when there was no hope, when the night lingered too long, or we said goodbye forever. This fall, I watched students who were crying in the hall embrace each other, only to introduce themselves moments later. I watched groups of five and ten standing outside everyday in the November rain, just to greet the rest of us as we walked in.

And yet. There were moments when empathy was not marked by tears, but by euphoria. As a class, we shared in a kind of togetherness that I have never experienced before, and that I am most afraid of losing tomorrow when we all pack up and walk away. It's the feeling that an individual's glory is a vicarious victory for the rest of us, that in some way, we are all a part of something. If this year is to be marked by empathy, it is this collective kind of joy, of love, that matters above all. I'm not saying that we've all become each other's best friends. I'm not saying that isolation and loneliness have been put to rest, or that strangers now miraculously understand each other. But I think to some extent we all

realized our lives are connected at the roots, that our lives overlap with each other so subtly it often goes unnoticed. But this year, we did notice. And these overlaps led us into the secret lives of our peers who we previously thought we had nothing in common with. I had the honor of befriending people I never expected to know in high school. And I was proud to see so many of my peers doing the same. Unlikely friendships began appearing all around me: athletes and artists, introverts and extroverts, math-lovers and future English majors. And we learned that so much of what had kept us apart all these years was trivial. And suddenly, we were united in the possibility of knowing each other. It was freedom. It was surprising and it was wonderful.

But then, I'm not sure I was really surprised at all. The more I thought about it, the more fitting it seemed. Because what makes me so proud of our class is the way that we have intertwined learning with loving. This began long before this year. We absorb so much information in school, but the more knowledge we gain, the more we understand that being there is the most important lesson we've been taught. Empathy. It's the corridor curriculum. It's the reason we are unbound in our ability to understand each other. It's the reason I am certain that when walk off this field, and we leave this town, we'll be ready. Because over the years we've learned that together, we are a culmination of strength-- a group of bodies who are in this together, who are looking out for the ones who have fallen, and celebrating the brilliance of those who are thriving.

The last four years have not always been soft, they have not always been gentle. But class of 2017, it's been an honor.



Julia Evans
Class of 2017

Boxborough Insurance Agency
650 Massachusetts Ave. Boxborough, MA

Call Us At:
(978) 635-0044

Open 9am - 5pm
Mondays-Fridays

Hansen Auto Body
QUALITY, AFFORDABLE AUTO BODY REPAIR & PAINTING
SERVING THE AB COMMUNITY SINCE 1995

- Handle Insurance Claims
- Environmentally Friendly
- Towing Available
- Satisfaction Guaranteed!

3 Willow St. Rear, West Acton
978-263-6606
HansenAutoBodyActon.com

STOP BY HANSEN AUTO BODY TODAY FOR A FREE ESTIMATE!

Timeline of events from 2009 to 2017:

- 2009: Jul. 19th 2010: "Despicable Me" is released
- 2010: Jan 19th 2009: Barack Obama becomes the first African-American US president
- 2011: May 2nd 2011: Osama bin Laden dies by US special forces
- 2012: Jul. 18th 2012: Kim Jong-Un becomes the official Supreme Leader of North Korea
- 2012: Jul. 15th 2012: Psy releases "Gangnam Style"
- 2013: Apr. 15th 2013: Boston Marathon bombing
- 2013: May 16th 2013: Human stem cells are successfully cloned
- 2015: Jun. 26th 2015: USA legalizes same-sex marriage nationwide
- 2015: Sept. 9th 2015: Queen Elizabeth II becomes the longest reigning monarch at 63 years and 9 months
- 2016: Nov. 8th 2016: Donald Trump wins the 45th presidential election
- 2017: Jan. 12th 2017: Joe Biden receives The Medal of Freedom

By GRACE DU
Layout Editor

Graduation

Teachers: Your New Best Friends

By SRIJA NAGIREDDY
Spectrum Staff

Most of us have had few, if any, genuine conversations with our teachers. Interactions between teachers and students are often limited to the class period and hallway greetings. As a result, students lose out on meaningful friendships. Like anyone else, teachers can be funny, kind, and overall profoundly human. Most teachers are passionate about their subject material, making them goldmines of information. Striking up friendships with teachers can thus be extremely worthwhile. Still, they are relatively uncommon.

Perceived approachability is a huge factor in teacher-student relationships. In order to forge relationships with teachers, students need to initiate conversations with them. This is made much easier if students perceive their teachers as approachable. Nina Olney, a senior at ABRHS gives her take on the matter: "I would probably say that a lot of it starts with the teachers themselves, and them extending their hand and really offering help to students." Teachers have the important job of making the first step: inviting students to drop by to talk whenever they are free. Pamela

Yan, an ABRHS alumnus, brought up that "some students are still cowed speaking to teachers one-on-one." Often, students' perspectives of their teachers are limited to the classroom. They view them only in terms of how harshly they grade or how many tests they give. This mindset is problematic, as it limits teachers only to their job, causing students to ignore the fact that their teachers are, in fact, human. With this limited perspective it is extremely easy for students to simply avoid approaching their teachers in the first place.

Contrary to popular opinion, approaching teachers is not hard. According to Natalie Jacobs, a senior at AB, "teachers are super accessible through extra help and email." If approaching a teacher in person is hard for you, sending an email is always an option. Olney recommends emailing teachers in order to schedule a meeting "to introduce yourself, and say why you like the class." Even though this might seem unusual, it is "not unheard of." Introducing yourself to teachers gives you an opportunity to forge connections with them and provides them with more insight into who you are as a person. This can ensure a better year for both students and their teachers. If emailing a teacher does

not work for you, Jacobs asserts that "participating in class can lead to a valuable intellectual relationship with your teacher." Additionally, genuine relationships with teachers are not always planned. Yan describes how she bonded with Mr. Hohn over having to "repeatedly petition him over changing the name" of the turtle in his room. Bonds with teachers can also form organically—being friendly is just as effective.

One of the most important things for students in high school to do is befriend their teachers. As Olney puts it, "there are a ton of amazing teachers at our school, and one of the most important things is taking advantage of that resource." Being close with your teachers can lead to lifelong friendships that impact you as a person. Having a close relationship with a kind, smart person with your best interests at heart is incredibly helpful. Jacobs says, "Being friends with my teachers has empowered me to become more passionate about academic subjects." Ultimately, there is no legitimate reason not to approach and try to befriend your teachers. When asked about whether a teacher impacted her life, Yan replied "Probably." So why not try?

Wellness At Its Best
REVOLUTION COMMUNITY BODYWORK & YOGA

Are you truly taking care of yourself?
Wellness of Mind, Body & Spirit is not a luxury item... it's an **absolute necessity!**
Massage • Bodywork • Yoga

NEW CLIENT SPECIAL! \$5 Off Your 1st Massage Service (Valid 7 Days Only)

NEW STUDENT SPECIAL! \$30 for 2 Weeks Unlimited Yoga!

Revolution Community Bodywork is located within Wellness at VillageWorks at 525 Massachusetts Ave. in West Acton.
Revolution Community Yoga is right next door at 537 Massachusetts Ave.

MASSAGEACTION.COM • YOGAACTION.COM

Acton College Consulting
Sue Wachter BS, MS
Personalized College Counseling for All Academic Levels

Jump-start the College Admissions Process

- ◆ Create a Tailored College List
- ◆ Prepare for College Visits and Interviews
- ◆ Succeed at College Essays and Applications
- ◆ Keep Focused, Organized and On Track

Let's Find the Right College Fit for Your Student!

978.263.8293 (Phone) www.actoncollegeconsulting.com
978.821.2464 (Cell) sue@actoncollegeconsulting.com

Senior Interviews



The Seniors crowded into East Commons...as Freshmen!
ONLINE SOURCE

By MATT FLEMING
Spectrum Staff

What will you miss the most about AB?

"In terms of AB, I think I'm probably going to miss some of the diversity of people here. I just think there's a lot of different personalities and different types of people I'm not probably going to see in college."
- Patrick Xu

"Definitely my friends."
- Sarah Jackman

"The loving community here. I had a lot of friends, even people I didn't really know that well. Everyone here is just really nice and kind, so I'm really going to miss that community."
- Anonymous

"I'm going to miss f***'in learning. I'm going to miss the delicious lunches, that's what I'm eating right now."
- Anonymous

"I'll probably miss the sports the most, I would say."
- Nick Giaconia

"The awesome sandwiches in the cafeteria."
- Pooji Jonnavithula

"Acton Coffee House."
- Sonali Deshpande

Any teachers you're going to miss in particular?

"I would say Glenn Manning, my sophomore English teacher, Mr. Lewis, my senior IR teacher, and some of my math teachers too. There's so many, I can't list them all."
- Anonymous

"Ms. Green the Art teacher, Profe Kerzee, my Spanish teacher. Great time AB, highly recommended, five stars on Yelp."
- Anonymous

"I'll miss Ms. Drowne and there are some others, I just can't think of them right now."
- Nick Giaconia

"I'll miss Mr. Green, and Ms. Mann, and Ms. Hammond."
- Pooji Jonnavithula

Are you going to miss any freshman in particular?

"I don't think so, I don't think I know any freshman! I don't think there's any freshman, especially not the one who's interviewing me."
- Pooji Jonnavithula

Are you going to miss Matt Fleming?

"Yeah, I think I'll really miss him. We had a great time in high school together."
- Sonali Deshpande

Senior Projects: A Community

By ALICIA WONG, CORINNE MARBLE
Correspondent

Senior Project. That's the class for slackers, right? Wrong. Senior Project is a class where students "take charge of their own learning." This idea is revolutionary for students who are motivated to affect change in their own communities. Not confined to a strict curriculum, they explore their own essential questions and search for answers. This year, the school added a new course requirement: the project must relate to community service. Maybe this is how they will throw off that lazy class reputation, since after all, you can't make a project about just anything anymore!

As one of the teachers, Ms. Fishkin, says, "[the students] connect their individual work with an authentic community need. The community service element has enabled students to think about themselves in relation to their surroundings."

The new projects came to life in a whole new fashion. Projects focused on technology, mental health, and community work sprang up, all effecting a positive change no matter how large or small.

Some projects addressed larger social issues, such as Mayank Mali's project on women in STEM. By leading a workshop that taught

women how to code, he contributed to the fight for gender equality. Others, like Luka Ilic, whose project you may have seen hanging in South Commons, sought to, as he said himself, "diversify people's meaning of success through photography." After all, a picture is worth a thousand words, and in a competitive school like AB, we forget that success comes in many diverse forms.

More traditional social help projects also sprang up. However, even then, a different approach was used to help improve the issue. Instead of a homeless kitchen, Jane Kim set up a homeless restaurant in Lowell, remarking, "My goal was to give some respect to the homeless as many people just stare right through them or toss them food, not giving it to them... Respect [is] a huge part of it."

Another project that impacted the high school community directly was Connor Cates and Steven Wood's project to build a portable musical staircase. Their goal was to "spread joy through functional art," and they certainly did so for whomever walked on the Senior Staircase on April 13th. Meanwhile, Nicole Donahue, a competitive figure skater and coach at the Sharper Edge Skating School, used her own experience to "help visually impaired skaters gain more freedom and independence on the ice." Inspired by echolocation, Nicole taught herself to code Arduino hardware and, with a bit

of help from her family, she created the Sonar Skating helmet, which pings at varying frequencies to indicate how close the skater is to the rim. Nicole also interviewed the founder of a skating school for the blind for her project. As she puts it, "It really opened my eyes to the special needs skating community."

All of these projects and many more managed to merge a student's interest and raise awareness for those in need. From Daven Lagu's project on raising political awareness, to Brendan Cron who programmed an app for the visually impaired, each project taught us something that many pass by in their daily lives without noticing. They pointed out the flaws in our society and at the same time gave hope and plans for how each of us could help. By actively looking for parts of the community to help, each student brought awareness and change in a fresh and unique manner, propelled by the community service portion.

Overall, the students left the classroom with new life skills that could help them. Luka mentioned adaptability, while Jane pointed to budgeting. Most importantly, the students left the classroom empowered, knowing that they could take charge and lead the fight for change in global issues. It is not about what change a single person can do for others, but what we can do together for each other, and the community overall as one AB.



Senior Project Class
Mrs. Fishkin / Senior Project Teacher

Graduation

The Freshman 15

By MILA RUSHKIN
Food Columnist

Chips at 3 am, ramen for breakfast, cookies with every meal: the diet of a college student. Crazy diet plans are all due to the famous phenomenon known as the “Freshman Fifteen.” Being a freshman in college gives many a newfound sense of freedom; no more family dinners, planned-out meals, and no parents constantly telling you to eat your vegetables. For freshmen in college, the ability to eat whatever you want whenever you want is overwhelming, and it can lead to an extra pound, or two, or fifteen.

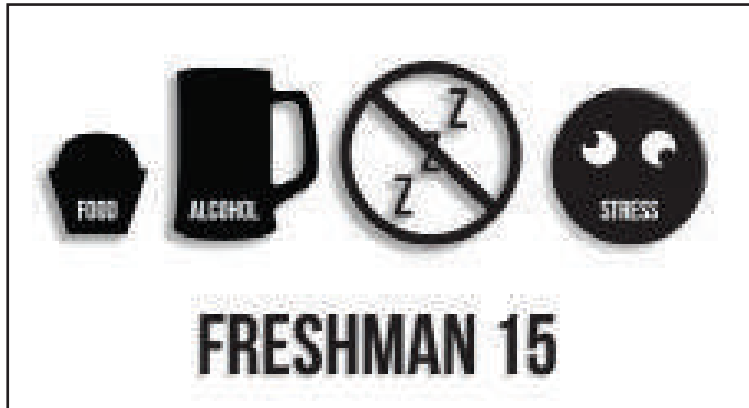
The main cause of the Freshman Fifteen is a change in eating environment. Most freshmen in college have a meal plan, allowing them to eat anything at any time. A college student could dine on pizza, chips, and ice cream every day! It’s a delicious idea, but we can’t always eat this way. With an increased consumption of foods filled with sugar and oil, our metabolism cannot keep up, causing our bodies to store excess food as fat. Even a few weeks of the freshman dream diet can cause a major increase in weight.

Newfound difficulty with more challenging coursework and studying habits also contributes to these unhealthy eating patterns. For many, studying and snacking go hand-in-hand. An increase in studying during college also prompts an

increase in snacking. Studying can even result in the mysterious appearance of a fourth meal because of the late nights that college students spend learning or partying. If you’re up at 2AM, before you know it, you may find yourself digging into a cheeseburger, chowing down on a classic PB&J, and dripping ice cream all over your papers.

Binge eating is another cause of the Freshman Fifteen. The endless stream of papers and exams can be stressful; college students often cope by eating. Studying and eating, along with a lack of exercise, can lead to an unhealthy lifestyle. Most people in high school participate in at least one sport or form of exercise, whether casual running, varsity football, or yoga. Sports programs in college, on the other hand, are much more exclusive, and many people do not see the need to continue with their athletics. The exercise portion of a healthy lifestyle for most college students is completely forgotten, and therefore leads to an increase in weight.

The Freshman Fifteen seems like a phenomenon that you are unaware of until you step onto the scale. Therefore, it is essential for every college student to take control of their diet and watch what they consume. As long as they put in the effort to stay healthy, exercise regularly, and eat a slice of cake only in moderation, the student will steer clear of the Freshman Fifteen.



Avoid the Freshman Fifteen!
ONLINE SOURCE

Get on Tap: A Movement at AB

By MICHAEL XU
Off-Topic Editor

Students in the 2017 Senior Project English classes created a vast diversity of end products, but unlike past years, this year’s project curriculum had an extra facet: the projects had to comprise some element of “service to community,” according to Project teacher Dan Goldner. Seniors Anna Rychlik and Chantal Raguin decided very early on that the service they wanted to provide was to try to minimize or even eliminate the presence of bottled water from the high school, and even the school district. At a School Committee meeting held on May 18, the same night as the Senior Project Exposition, a vote was taken to do just that, bringing their project to a successful conclusion.

A movement started in 2012 in Concord officially banning sales of bottled water inspired the two seniors to start “Get on Tap,” a program whose main focus of minimizing or eliminating bottled water has been conveyed through two steps: Promotion and Prevention. A moment that was especially frustrating, and which helped get them going, was seeing classmates go the cafeteria to buy bottled water to then pour into their own personal water bottles. In their senior project presentation in their project English classes, they told that story, and then cited a recent study of town water that reflected the extremely high quality of that water. Inspired in part by the documentary Tapped, Rychlik and Raguin’s goal is to promote the further use of reusable water bottles and maintenance of safe systems for drinking such as water fountains. They met with many local officials to seek support for this goal, including Jill Appel, the founder of the Concord movement, Superintendent Glenn Brand, Kate Crosby, the school district’s energy expert, and Matt Mostoller, from the town Water Department.

As part of their efforts, the seniors screened Tapped for an audience of around thirty-two students, who

came to express their interest in lessening the impact of plastic products. In addition, those who were interested and wanted to make a further impact on our school district attended an informational night discussing the pros and cons of plastic products; Jill Appel from Concord was a featured speaker.

Next, the seniors brought their idea to a younger audience. They toured around the elementary schools in the ABRSD, further spreading their message about the consequences of bottled water. Schools such as McCarthy-Towne, Merriam, and Douglas especially took matters into their own hands by researching the problems that bottled water and plastic products present to humans and the environment. After reaching out to the middle school, Rychlik and Raguin’s efforts have also led to the grant for a water filler to be implemented at RJ Grey.

Finally, they reached out to The Beacon and the Junior Scholastic newspapers to spread the message. They cited interviews with reporter Molly Loughman from The Beacon and Stone Xiao, an 8th grader at R. J. Grey who reports for Junior Scholastic as very helpful in getting the word out about their program and its priorities. These efforts were not their only attempts at publicity; they also started a pledge for people to “Get On Tap” until Earth Day to exercise their point about plastic bottles and how tap water could be

a viable solution.

These accomplishments were not achieved without problems. The seniors experienced many problems with scheduling, especially trying to work with the schedule of School Committee meetings, which usually take place just twice a month. Also, no work comes without some disagreements, which the pair — who have been friends since kindergarten — definitely had to deal with. In the end, that long friendship and getting more sleep helped smooth things over.

After many months of frustration and perseverance, Raguin and Rychlik created a successful movement in the ABRSD. At the May 18 School Committee meeting, committee members voted to adopt language to be added to their Sustainability Policy, language that was originally crafted by the Get On Tap seniors: “The District will promote consumption of local water and other goods, minimizing the importation of resources already available to the community. The District will encourage students to do the same through example and outreach.” With this vote, Raguin and Rychlik achieved success that has inspired many. Their project is a great example of a meaningful senior project, and their excitement in presenting their results was evident in their last class on May 19. They look forward to returning to ABRHS when it will have successfully removed as many plastic products as possible.



Anna Rychlik and Chantal Raguin, heads of the Get on Tap program.
ONLINE SOURCE

Where Are Our Seniors Headed Next Year?

By OLIVIA MARBLE
News Editor



News

Out of the Darkness March



A banner from the Out of the Darkness walk.

Lucy Niyazova / Correspondent

By KATHERINE CHEN AND
OLIVIA MARBLE
Spectrum Staff

Molly Durand and Anna Papalia only expected about 250 people to participate in their Out of the Darkness walk on April 29th, 2017. In an interview with *The Beacon*, Molly expressed that “[they] want[ed] [the] community to come together—kind of like a celebration and not like dwelling.” And the community did indeed come together. To their surprise, 200 people registered on the day of the event. In total, about 450 members of the Acton-Boxborough community made the walk around the Minute-man Ridge neighborhood, coming together to heal from tragedies and raise money for the cause.

After her sister died by suicide, Molly Durand, a senior at AB, decided to take action. She “wanted to do something about it ... and have power in a situation where [she] felt very powerless.” She and her friend, Anna Papalia, who is also a senior at AB, discovered the Out of the Darkness walk, which was established by the American Foundation for Suicide Prevention (AFSP), at UMass Amherst. According to

its website, AFSP supports “funding scientific research, educating the public about mental health and suicide prevention, advocating for public policies in mental health and suicide prevention, supporting survivors of suicide loss and those affected by suicide.” These resources include a documentary called *It’s Real: College Students and Mental Health* which features the stories of six college students who struggle with mental illness.

The Out of the Darkness walks are the organization’s most popular events. The name comes from a specific type of walk that starts at sunset and goes until sunrise, giving the participants the feeling of literally and metaphorically walking out of the darkness. In addition, at the end of the path, there are thousands of lamps; each one represents someone that has had a family member who has died by suicide. People wear beads of different colors, each representing a different connection to the cause. For example, white represents losing a child, gold represents losing a parent, and green represents struggling personally. In 2016, 240,000 people participated in these walks, raising \$20.8 million for the cause.

Inspired by their participation in the UMass Amherst Out of the

Darkness walk, Molly and Anna decided to make a bigger commitment to the cause and launch a walk at AB.

The walk became Anna and Molly’s senior project so that the work they put into it would not interfere with their academic work. Then, they reached out to the AFSP, which assigned them a coordinator to help them organize the walk. Many of the girls’ friends, as well as other members of the community, volunteered their time and energy to support the walk. Acton police helped by blocking off the roads in the neighborhood being used for the walk. The day of the event was hectic. Because they did not prepare for the 200 people who registered on the day of the event, they did not have enough water for everyone or enough beads for the bead ceremony. Overall, Molly says it was “just amazing, everyone coming together ... we had a great time and I think people really got help from it” because they realized that “other people struggle too and that it’s not just this one thing we shouldn’t talk about.”

The team raised \$5,000 at the walk and \$40,000 online, an amount Molly says is “crazy” and she “doesn’t understand how that happened.” The money raised from this event will go back into the Acton-Boxborough community, hopefully funding programs that will educate students and faculty about suicide in the future. Molly said in an interview with *The Beacon*, “I started this walk because I needed to feel like [my sister] Megan’s death wasn’t just some sad thing. And now look what it has turned into. You all are amazing people and I feel for you all. You have lost loved ones and gotten through it and are standing here today. All I can say is thank you. For everything.” For Molly and many others who have been directly affected by the tragedy of suicide, the impact of the event was lasting and important: it was an opportunity for people to come together and heal.

Teen Driving



The Teen Driving Truck that visits AB once a year.

Jessica Luo / Chief Layout Editor

By JAKE VERRILLI
Politics Columnist

Driving under the influence is one of the main causes of death in the United States, having led to over 10,000 fatalities in 2014 alone. Thankfully, that number has been steadily decreasing since the 1980s due to the efforts of activists and awareness movements. New knowledge of driving under the influence has led to an increase in safety precautions, including seatbelts and improvements in airbag technology, along with other car safety measures. In the best of all possible worlds, the number of DUI-related deaths will continue to decrease, ideally reaching zero in the near future. Unfortunately, this change will not happen immediately, since driving under the influence continues to be a significant problem.

New York was the first state to implement DUI laws in 1910, around the same time as the introduction of automobiles to the mainstream market, with the production of the famous “Model T” created by Ford Motor Companies. New York’s law did not define levels of intoxication but rather stated that it was illegal to drive while “intoxicated.” In fact, levels of intoxication were not defined until around the 1930s, when two committees were asked to perform surveys to help prevent DUI-related deaths. The American Medical Association attempted to determine the most common problems associated with vehicular accidents and the National Safety Committee developed a test to determine at what blood alcohol level, or BAC, someone should be considered intoxicated. They decided that someone with a BAC of .15 or more “could reasonably be considered intoxicated” and should not be allowed to drive. Subsequently, numerous states began to create laws that would prohibit driving with a BAC of .15 or more.

This BAC limit was in place in most states until around the 1970s, when organizations like Mothers against Drunk Driving (MADD) and Students Against Drunk Driving (SADD) began to call for lower limits. The BAC levels instituted today are a direct result of MADD and SADD efforts to prevent students from driving under the influence. In Massachusetts, along with all 49 other states, the legal limit for BAC is now .08, which is noticeably lower than the original level. The realization that alcohol affects individuals dif-

ferently—that someone could be driving under the influence at a BAC lower than 1.5—was another major factor that led to the lower BAC levels. Acknowledgment of the danger of drinking and driving at high speeds also began to become a more serious issue after this revelation. Even though there have been significant efforts against driving under the influence, drinking and driving continues to affect communities around the world. Driving under the influence may seem like a smaller problem in Acton compared to other places; however, this is not because the rates are lower, but because people get away with it. According to a national survey from the University of Michigan, 40% of all 10th graders drink alcohol, and because most students are able to drive by 11th grade, drinking and driving is a potential reality for high schoolers. According to the Center for Disease Control, one in ten teens drink and drive. It may be hard to tell whether this ten percent reflects AB, since many of the students who do drink and drive are never caught. The percentage has significantly decreased in the past thirty years, but driving under the influence is still something we need to take seriously within our small community.

The minds and lives of teenagers in the United States are constantly changing. The way one generation feels and acts could be completely different from the one that came before or the one that comes after. This makes the future of driving under the influence uncertain and raises many questions on how to protect not only the students on the roads, but also other drivers and pedestrians. It is undeniable that this issue has plagued our nation for generations and continues to currently. Thirty years from now, the rate of teens who drink and drive might be five percent, or perhaps even less than one percent—it’s difficult to predict. Thus, it is up to our generation and the next to take initiative and change our attitudes towards drinking. Instead of trying to avoid the topic, it should be openly discussed with both teens and adults. People must be taught how to keep themselves and others safe when they themselves have consumed alcohol or are in a vehicle with a drunk driver. We cannot remain complacent and assume that teens will drink and that DUIs will remain the status quo. We need to tackle this problem directly.

University Travel

Call us today at
978-263-3100
or **1-800-287-8728**

Custom Tailored Travel for Europe & Beyond

University Travel is a locally owned family business, we offer distinctive itineraries with unparalleled, personalized service.

505 Nagog Park, Acton, MA 01720

Monday–Friday, 9am–6pm, Saturday by appointment

petra@u-trav.com

News

Athletes at ABRHS : Community and School Spirit

By DANIEL POULTON
Spectrum Staff

Each year, hundreds of student athletes participate in twenty-three different sports at Acton-Boxborough Regional High School. These athletes put in hours of hard work and dedication behind the scenes to play for their school. In addition to off-season training, students are presented with the challenging task of balancing athletics and schoolwork. Have you ever been faced with three tests and a ski race on the same day? It isn't an unfamiliar experience for an AB athlete. They show outstanding commitment, and for this reason we must thank the ABRHS student athletes in the class of 2017.

Despite all of the sacrifices they must make to represent their school, the vast majority of stu-

dent athletes at AB firmly believe that sports are an important and worthwhile component of their high school careers. Senior golf captain Bailey Hurley agrees: "Sports at AB have been a huge part of my high school experience, and having the opportunity to meet and bond with teammates from all grade levels was really cool. I think just representing the school in the DCL having that school pride was something I always wanted, and AB sports gave that to me." Sports bring out the school pride in all of us, whether athletes or fans. The boys' varsity basketball game in Franklin attracted hundreds of bright yellow-shirted Colonial Crazies who cheered on an incredible effort by the team. The AB fans even outnumbered the home fans due to the excitement over AB's first postseason run in years. Also,

the Colonial Crazies Club did a fantastic job to hype up fans for AB athletic events—in the away game, they provided pizza to all who showed up prior to tip-off.

As students at AB, we are divided by class level, political ideology, friend group, and a myriad of other associations, but sports unite us. We all must extend our personal gratitude to AB's senior athletes, on every team from cross country to tennis, for giving us a reason to cheer. It's often noted that the AB community lacks spirit. Students haul themselves from class and rarely have anything to be excited about. But this changes, at least a bit, the night of the big game or meet. Student athletes wear all gray, or their uniforms, or carry Pillow Pets around, or even dress as Hogwarts students. Passersby wish them luck or ask what the psych

is about. Fellow students cheer athletes on at the event, and some teachers offer congratulations the following day. For a short time, as students boldly sport Colonial Crazies shirts around school, AB seems more spirited. Of course, sports are great for the athletes, too. Cross country ski captain Jamie Monteleone says, "Sports at AB have had such a strong impact on me. AB Nordic has taught me to push my limits while showing me unconditional love, from both my teammates and my wonderful coaches. High school has its ups and downs, so having that constant source of acceptance and support makes all the difference." Sports not only provide a source of community, but they are an enjoyable and rewarding part of the student athlete experience. AB athletes this year have given the community a lot to celebrate. Just

take a look at the football team's stellar season and the fantastic spirit brought by the cheerleaders, the girls' cross country ski team's penultimate race that led them to take second in the state—and the boys' team won fifth—and the boys' indoor track team's second place in the state. Of course, these examples don't begin to encompass the countless athletic accomplishments achieved by the graduating class.

The entire AB community extends our thanks to you for giving us something to cheer for. Athletic Director Steve Martin aptly expresses his appreciation by saying, "I would love to thank the senior athletes for all their hard work and dedication to their programs over the past four years. I hope they have developed friendships and memories here that will last them their lifetime."



The Minor Chord
MUSIC OUTFITTERS
Your community music store since 1984

Please join us
in supporting
the arts in our schools

Instruments • Lessons • Rentals • Accessories • Repairs
80 King Street • Littleton MA 01460 • (978) 486-0112 • www.TheMinorChord.com



The athletes of Acton-Boxborough.
Anna Charissé and Stephanie He/ Correspondent

Competitive Clubs

By KATHERINE CHEN
Politics Columnist

The academically rigorous and overall intensive atmosphere of ABRHS is well-known to extend beyond just the classroom setting. In addition to a record of academic excellence, our school is also home to a slew of extremely successful competitive clubs and activities. Like sports or performing arts, academic teams at ABRHS are immensely popular amongst a large population of students and offer an enriching, exciting environment to grow. *The Spectrum* spoke to some of the leaders of our math team, science team, speech and debate team, and academic decathlon team to discuss the pros and the cons of participating in this world of competitive academic clubs.

Participating in these particular activities can offer a brilliant range of benefits for those involved. Friendships will inevitably build around common interests, and a strong sense of community can form within these teams. Daisy Yin, junior and speech captain, says that "everyone [on the team] was really inviting and friendly at the meeting" and that the team gave her a "home base for freshman year and the rest of high school." Similarly, Wendy Wu, science team captain, cites a "team bonding aspect that comes along with working with partners" as her favorite part about participating.

Students are also able to find and further explore their passions in a different way than classroom settings can provide. Yin explains

speech is about "seeing all these different issues that people feel passionate about [...] even in [acting] events, the different pieces people choose to perform reflects people's interests and passions." Speech and Debate in particular provides a platform for students to use their voices and express their interests through an academic competition.

On the other hand, participation in such vigorously intensive and academically focused activities can also come with its pitfalls. Teams and clubs that are centered around competition and a hierarchy of success inevitably come with a similar mindset. Students often feel pitted against each other or against other schools during a situation in which there are losers and winners. At AB in particular, a general culture of overachievement or striving to excel follows students out of the classroom and into these academic extracurriculars. This can sometimes bring further stress to an activity that is supposed to be about passion and learning beyond the boundaries of textbooks and tests. These academic activities become a matter of trophies and rankings on a sheet of paper.

Ultimately, AB's academic extracurriculars are not unlike so many other aspects of our school community: participating comes with both positive and negative aspects. For the most part, these extracurricular activities are really about extending learning and academic enrichment. However, these experiences truly come down to the student involved and what they can make of these opportunities.

Transitions : Stepping Stones

By SERENA HAN AND
ANJALI RAMAN
Spectrum Staff

Now that it is graduation season, seniors are bound to reflect on their growth: they began their journey as clueless freshmen and developed into successful seniors. Still, there is an amount of uncertainty as the graduating class anticipates its college experience. While students transition between middle school, high school, and college, each new phase of life ultimately provides a different opportunity for maturation.

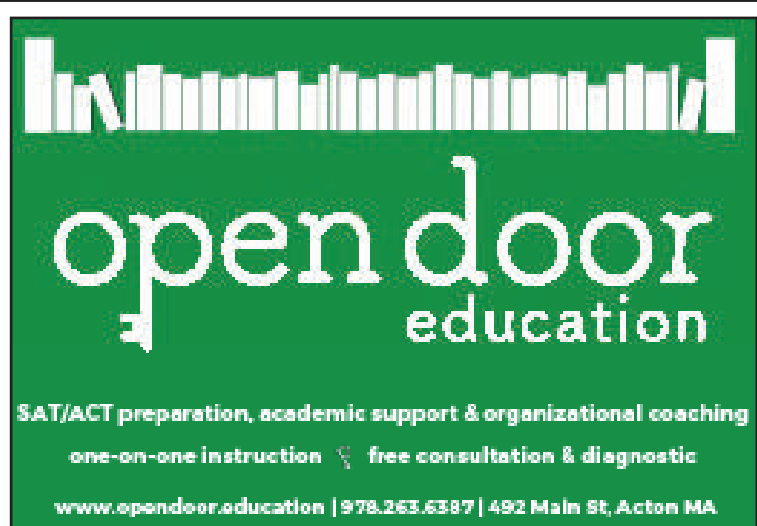
According to commercial media, high school is known to be the "best years of your life." Students often consider the journey down Charter Road from R.J. Grey to ABRHS a giant leap into the future—perhaps rightfully so. High school students must experience a certain level of growth before

becoming well-rounded. Though the amount of homework may have risen, pressure to get good grades and attain a competitive GPA has always been present, fueling young students to concentrate on perfecting assignments; such attention to detail is excessive in lower grades. However high school brings its own advantages: the taste of greater freedom grows as students progress in their academic pursuits. Free periods and eventual privileges introduce new high schoolers to the wonders of the outside world. Junior High students are confined to teams and strictly implemented schedules, so high school offers what at first seems to be limitless freedom. However, it is really college that is defined by the amount of freedom it provides. High school is a mere stepping stone.

As their senior year comes to a close, many students have already

begun their transition from high school to college. Unlike the anxious freshmen with twenty-two-pound backpacks, seniors have lost their motivation, knowing they can soon fly across the world, country, or state and live on their own. Though they think escaping their parents' roofs will be bliss, college students soon learn how much they rely on their parents. At college, the reinvigorated 18-year-old is essentially integrated into a new world, to encounter the issue of money. Eating ramen noodles goes from choice to a necessity. They learn that freedom is not so free after all. But to high schoolers, college offers the freedom that they could only dream of: a designable schedule, the ability to eat on a whim, and the chance to go where they please. This allows students to branch out of their comfort zones and try new things, like eating ramen with friends and deciding how early their classes take place.

Considering how many years of education are required by law, it is no wonder that educational milestones easily transition into personal milestones. Graduation, while a celebration of the hard work put in by the seniors, also marks the beginning of adult life, when support systems are cast away and a new freedom is gained. Even jumping from middle school to high school entails a new level of responsibility. But these new experiences, freedoms, and responsibilities are what create memories that last forever, and that is the beauty of getting older.



open door
education

SAT/ACT preparation, academic support & organizational coaching
one-on-one instruction & free consultation & diagnostic
www.opendoor.education | 978.263.6387 | 492 Main St, Acton MA

Off Topic

Love Doctors Signing Out

By FIONA MILEY AND ALVARO CHAVEZ
Spectrum Staff

Q: My boyfriend said he wants to "spice things up." What does this mean?

A: He thinks you're boring! You need to be more quirky and spontaneous. When he comes home from work, answer the door wearing only a beekeeper's outfit. If he tries to take it off you, he'll find that it's completely filled to the brim with spaghetti! Give him a fun tattoo while he's sleeping! Start talking in a racially offensive accent and refuse to stop! You get the idea.

Q: My parents won't let my boyfriend come over, UGH. Any tips on a good location to hang out with your babe?

A: Well gee reader, I'm not sure!

But you know what's NOT a good location? The eternal fires of hell! So wherever you and your acne-factory of a boyfriend end up, make it somewhere pure and safe! Some suggestions are the following: hospital bathrooms, the kids section of a Barnes and Noble, your step-mother's hot tub that she won't let you and your friends use, and the back row of a PTA meeting. As for your parents, don't be so hard on them! Loving your children is a mere SUGGESTION when parenting, not a hard-and-fast rule.

Q: My girlfriend and I have yet to have the "are we staying together in college" talk. How do I even bring it up??

A: You are scared, and understandably so! This conversation is a scary one to have, especially because oftentimes you don't even know what you want the answer to be. Because

of this, I suggest you avoid the situation entirely. If she ever seems like she's about to bring it up, shut her up by kissing her :) girls love that :)

Q: My little sister is gonna be a freshman next year. What advice should I give her about high school?

A: If she wants to be popular, which is what she should already be striving for, she should invest in a t-shirt that says "Cool story bro, tell it again" and wear basketball shorts year-round. If she's cold, remind her that it's the price of popularity. Nutrition is an integral part of being cool, so make sure she drinks a monster energy drink for breakfast every day before school. Last but not least, encourage her to comment "shoutout for shoutout" or "like for like" on the instagram posts of every senior.

Q: I am terrified about graduation

A: This isn't a question.

Love Nest - Dr. Olson Signing In

By JACK OLSON
Correspondent

Q: "Hey, I think my boyfriend only dates me for my pets. Whenever he comes over, he ignores me, and just talks to them. Help?"

A: A simple question indeed. You are obviously the problem! Here's the trick: dress yourself like a small, cute kitty cat and purr every time he comes near you. If he doesn't start noticing you then, well, he's into a different kind of tail. You should leave him and take your pets far, far away with you! I get it, girl—it will be hard but you CAN do it. And if that is just not an option for you, get yourself some kitty litter and a box and forget your bathroom because, if you really want him, you'll need to make some drastic life changes! Sweet dreams, pretty kitty.

Q: "I'm too popular and hot for anyone I've ever met, so what should I do?"

A: You're exactly right. It is hard to overcome this tragedy; I, too, am faced with this perplexing issue. The only thing you can do is shave off your eyebrows and stop brushing your teeth, which should lessen your appeal. Alas, popularity is hard to shake off, so I suggest telling all your friends, "No, get away from me NOW" the entire day. But, honestly, I think if you submitted this question, you are obviously not hot OR popular, just a measly little worm trying to emerge from the newly dampened soil this spring just gave us. Good luck, hot and popular atrocity.

Q: "My girlfriend only wants me to take her to Dunkin Donuts on dates. How do I get out of this relationship?"

A: You know, there are plenty of other exuberant and wholesome partners out there . . . for your girlfriend, because how dare you refuse to take her to the holiest place in all

of Acton-Boxborough land! Clearly, she is the one who needs out of this relationship since her simple yet devilish need for a flavored piece of dough is not being met. Be appreciative of what you have, kind sir, because most common girls would ask you to take them only to Starbucks, and nobody can afford a venti skinny mocha chai whatever.

Q: "How do I let someone know I love them before we leave for college?"

A: Stop this silly line of thought!!! Man, you're so funny, you should take up stand-up comedy!!!! You GET humor!!!!!! You're serious? Well, the only thing I can say is no. No. No. No. No. No. Don't start out your college experience on the wrong foot, let it be, let it fly, let the wind take your love to someone who you'll meet in college. Don't ruin your life right now, please. Think about all the new people you'll meet. Thanks.

The Legendary H of ABRHS

By MATT FLEMING, SIENA BROLIN
Spectrum Staff



Looking at the H with pride.
Matt Fleming / Spectrum Staff

Outside the wall near a door leading into the east wing, there is a legendary sign that reads "Acton Boxborough Regional High School." We look up to this sign for one reason: the H in "school" is falling down. This H means a lot to us here at AB. We see it hanging on by a thread every day and we think "Me too, H. Me too." Kids like to look at it and claim that they will be the one to take it home when it finally falls. It is an inspiration to us all. It has hung out there for so long—some say years—through snow, ice, rain, and some birds probably. We look at that H, and we know that we

too can get through the snowstorms that are our lives. But how long will it be until this H finally falls? We asked some students and teachers around the school what they thought.

After asking three teachers, seven students and one lost parent, it became evident not everyone was as familiar with the H as ourselves. So, we headed on over to take some pictures at the scene, then rushed back to ask some more. The predictions stretched over quite some time—one teacher predicted the H falls when our civilization does. Another student suggested it would last until sunset, granted he could get a ladder in time. We brought the confused parent to the scene and she gave it a few more years. The student body was unfortunately quite narcissistic and primarily gave whatever year they graduated. No, the H won't fall the second your graduation is over. Looking at you, Class of 2019.

We then decided that we wanted to make this already unusual survey even more confusing. The questionnaire was thus extended to include a question about what the falling H represents. Though our Math teachers said it means nothing, Social Studies and English teachers gave a broader diversity of speculation. Students often said that the H represents them leaving the school in however long. One said that the H means falling in love, to which we responded by refusing to follow-up the interview. Some claimed it meant environmental catastrophe, while oth-

ers cited decreasing American education standards.

So, between now and the end of your days, be sure to keep an eye on the H. We've yet to receive a response from *National Geographic* as to if they'll fund a 24-hour live observation of the letters, but we're not ruling that out as an option. The H has played a major role in our short year at ABRHS, but we truly believe it puts the H in AB. Best of luck to whoever snatches it first when it falls down. Just kidding, it's ours. We wrote an article about it, and you can sure bet we check it on the daily. We WILL find you in the unlikelyhood that you beat us there. So get the H over our dead bodies, Acton-Boxborough.



The H in its natural habitat.
Matt Fleming / Spectrum Staff

Historical Tweets

By DAVID DAMIANO
Politics Columnist



Elizabeth I
@Gloriana



Spanish ships can't even survive a little bit of wind. SAD.

Reply Retweet Favorite More

10:21 AM - 30 July, 1588 · Embed this Tweet



Herbert Hoover
@TheHoove



Stock market crash doesn't mean anything. Our economy is HUGE and will fix itself. #LaissezFaire

Reply Retweet Favorite More

2:28 PM - November 11, 1929 · Embed this Tweet



Napoleon Bonaparte
@NappyB



The Revolution has gone too far and has failed BIGLY. We need someone better in charge who can #MakeFranceGreatAgain!

Reply Retweet Favorite More

6:44 AM - 9 November, 1799 · Embed this Tweet



Qin Shi Huang
@TheRealQinEmperor



The Xiongnu want to cross our borders at will. Let's #BuildTheWall and make China great!

Reply Retweet Favorite More

4:46 PM - 221 BCE · Embed this Tweet



Mehmed II
@MehmedTheConqueror



@ConstantineXI left the gates open to Constantinople so I could conquer it. When you're an Ottoman you get tired of SO MUCH WINNING.

Reply Retweet Favorite More

2:02 PM - 29 May, 1453 · Embed this Tweet



Richard Nixon
@realRichardNixon



I DIDN'T TAPP THE WHITE HOUSE. THIS IS FAKE NEWS.

Reply Retweet Favorite More

1:44 AM - March 23, 1973 · Embed this Tweet



Ho Chi Minh
@therealHoChiMinh



I heard that @ljb has tiny hands. You know what they say about men with small hands? CAN'T TRUST THEM.

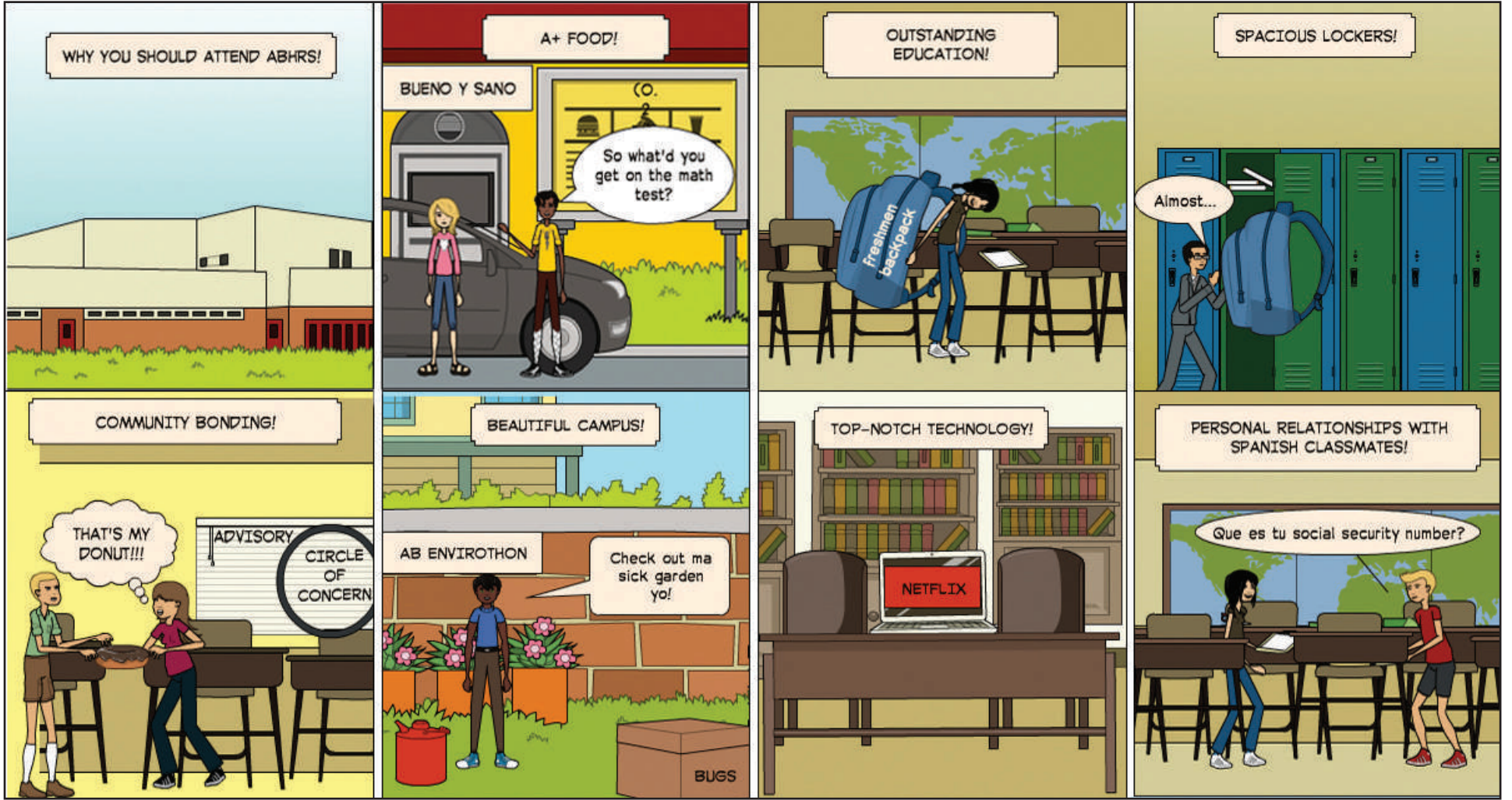
Reply Retweet Favorite More

9:24 AM - 26 Apr, 1968 · Embed this Tweet

Off Topic

The Squibbler

By SONALI DESHPANDE, SERENA DERMA, SHAINA SIKKA, AKANSHA PANDEY
Correspondents



The Top 5 Worst People at AB

By DAVEN LAGU
Spectrum Staff

The Try-Hard

“What’d you get on the test?”, “What’s your SAT score?”, “What’s your GPA?”. These are questions that the Try-Hard asks. Whenever a big test is approaching, they constantly pop up and rant about how they barely prepared. They simply took the Kaplan and Barron’s practice quiz, went to all of the SAT study sessions, and created a detailed 25-page review guide. However, they still just know they will do terribly. If you ever meet a Try-Hard whining about how they only got a 98 on the quiz and not the 100 they deserved, do everyone a favor and tell them they need to take a long, hard look at their life choices.

The Successful Slacker

Have you ever been terrified to take a test? Your friend, on the other hand, shows up an hour late to the study session with a burrito in hand and spends the rest of the time on their phone or napping. When it’s actually time to take the test, they show up and wing it. When you get the tests back, you let out a sigh of relief because you managed to nab a 70, then turn to your friend and see their ninety-nine percent. You try to figure out how they managed to pull that off, but they’re too busy

checking their SnapChat. They tell you they actually forgot to study because they went out to grab some midnight ice cream, and it is then that your heart fills with rage and you realize that your friend is simply an awful human being.

The Anti-Friend

You’re sure to form strong and enduring friendships with many of the interesting and supportive people you’ll meet throughout your high school experience. This person is not one of them. They constantly undermine, argue with, and insult everything you say. They never cease to brag about their successes, and if someone does better than them, they always find an excuse to cover their flaws. If a teacher gives you a compliment, this “friend” thinks it’s just hilarious how much the teacher favors you—what a teacher’s pet! Somehow this “friend” never manages to pick up on the intense loathing you feel for them, and they keep following you even while you actively try to avoid them. Do yourself a favor and let them leave your life.

The Attention Seeker

You’re in a class, having a good time, chatting with friends, taking notes, when suddenly you have to deal with this waste of space. They interrupt you, making a random exclamation or a bad joke, trying to

be funny—no one thinks they are. Maybe you don’t hate this person, but they’re definitely someone you don’t have the energy to talk to. In math, this kid shouts out a teacher’s mistake though everyone else understood and just went on with their lives. In history, this person interjects with a point that has no relevance. In English, they hijack book discussions to talk about themselves and how they overcame even greater emotional obstacles than Odysseus ever did in *The Odyssey*. They may not be downright horrible, but they are a constant pain in the neck, making them one of the worst people at AB.

The Academic Anchor

In every grade, there is a person who people fear being in a group with. Teachers sigh every time they show up to class late, but they gave up on this person months ago and say nothing. Socially, this person can be positive, gregarious, and passionate. But academically? They legitimately makes you wonder why they bother showing up to school at all. Why is this person called an anchor? They bring down the grades of everyone who has to work with them. The teacher may have to actively persuade groups to include them, because everyone else knows there is not a chance this kid will contribute in any way, shape, or form.

Playlist

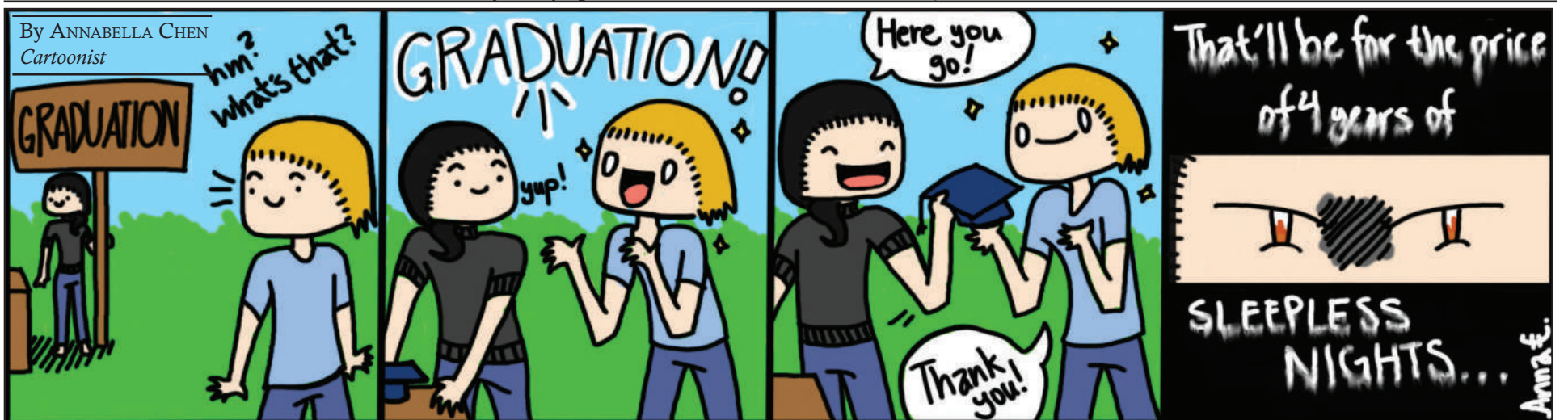
Top Singles Since 1998:

1. Too Close by Next (1998)
2. Believe by Cher (1999)
3. Breathe by Faith Hill (2000)
4. Hanging by a Moment by Lifehouse (2001)
5. How You Remind Me by Nickelback (2002)
6. In Da Club by 50 Cent (2003)
7. Yeah! by Usher feat. Lil Jon and Ludacris (2004)
8. We Belong Together by Mariah Carey (2005)
9. Bad Day by Daniel Powter (2006)
10. Irreplaceable by Beyonce (2007)
11. Low by Flo Rida feat. T-Pain (2008)
12. Boom Boom Pow by Black Eyed Peas (2009)
13. TiK ToK by Ke\$ha (2010)
14. Rolling in the Deep by Adele (2011)
15. Somebody that I Used to Know by Gotye (2012)
16. Thrift Shop by Macklemore and Ryan Lewis feat. Wanz (2013)
17. Happy by Pharrell Williams (2014)
19. Uptown Funk! By Mark Ronson feat. Bruno Mars (2015)
20. Love Yourself by Justin Bieber (2016)
21. Closer by The Chainsmokers ft. Halsey (2017)

Staff Recs.

Staff Recommendations

- Pooji:** Watch the show *Peaky Blinders*.
Geo: Watch the K-Drama “Strong Woman Do Bong Soon”.
Megan: Try Gigi’s Restaurant in Maynard- their Vietnamese food is great!
Olivia: Watch “The Get Down” on Netflix
Sam: Listen to an oldie but goodie band; Stone Temple Pilots.
Jonathan: Read “unOrdinary” on LINE WEBTOON.
Nithyani: Please drink Welch’s Mango Twist Fruit Juice Blend.
Jasmine: Try Gerardo’s Italian Bakery- their pastries give me life.
Anjali: Go to Sichuan Gourmet in Billerica you won’t regret it.
Jessica: Don’t play League of Legends :^)
Max: Listen to WWI marches
Serena: Listen to “Aftergold” by Big Wild!
Kirtana: Read All Our Yesterdays by Cristin Terrill (@SerenaHan :))
Michael: Listen to Mr. Brightside by The Killers / don’t get addicted to Modern Family.
Vera: Listen to “I Know (I Know)” By John Lennon~ always puts me in a good mood!
Sydney: Listen to Gee by Girls’ Generation -- the song that made them “the nation’s girl group”.
Kavya: Read *Throne of Glass* by Sarah J. Mass.
Ms. Hammond: Watch all of “30 Rock” in as close succession as humanly possible. Read *A Visit from the Goon Squad* by Jennifer Egan.



Off Topic

Your Middle School Self

By SIENA BROLIN
Spectrum Staff

Graduation is here, and so many emotions are rising to the surface. Looking ahead, questions about what to do and who to be enter your minds. You are likely filled with awe and fear of the world in front of you. But, now, I encourage you, graduating students, to take a look back at the past. Let your minds travel all the way back to a simpler, more enjoyable time when all of your problems concerned school dances in the cafeteria and the math tests ahead of you. In order to better yourself as you move on in life, try to keep in touch with your middle school self.

There are many ways to remind yourself of what it was like to live like a middle schooler. If you have long hair, you could style it so that your bangs cover half of your face. It was always fun having trouble seeing out of one eye. Unfortunately, this prevents people from being able to see your copious amount of eyeliner, so it is understandable to

opt out of this one. Another irresistible trend that clearly never went out of style is mustache-themed clothing. This throwback to the glory days is just as fashionable as other throwback trends like bell bottoms and hoop earrings. For a thrill, you can pair your mustache clothing with some shorts that do not go below your middle knuckle. If you are worried about college, you can also get into the middle school spirit by listening to some angsty teenage music that accurately expresses your problems. Or, to cure the loneliness of a new environment, you can go on one date and immediately start calling your poor victim your soul mate. Attracting new friends and new romance can also be aided by getting braces with neon rubber bands again. The colorful metal glinting across your teeth will take everyone around you back to the paradise that was middle school.

There were all kinds of people in middle school, each of them a masterpiece who seemed to almost glow with a lack of awkwardness.

Maybe you were the type of person who would hang out at the mall in Forever 21 with all of your friends. People would pass by the storefront and stare at you in admiration. Maybe you were into fandoms and all of your friends loved to hear you talk endlessly about fan theories for the most recent episode about that time traveling and ghost fighting British detective. I encourage you to embrace these parts of your middle school self. And even if you were terrible in middle school, it has to be better than how you are now.

Now, you may be overwhelmed with decisions that affect your future. So, if you are ever in a tough situation, and you feel like you need guidance from someone more wise and mature, just take a moment to ask yourself what your middle school self would do. Whether you are wondering what kinds of people you should make friends with or what snazzy outfit to wear to a party, you know that this is advice you can count on because, clearly, no one ever made a bad decision in middle school.



Free Studio Tours Available!
Come check out our state of the art TV Studio!

Great Resources available to You!

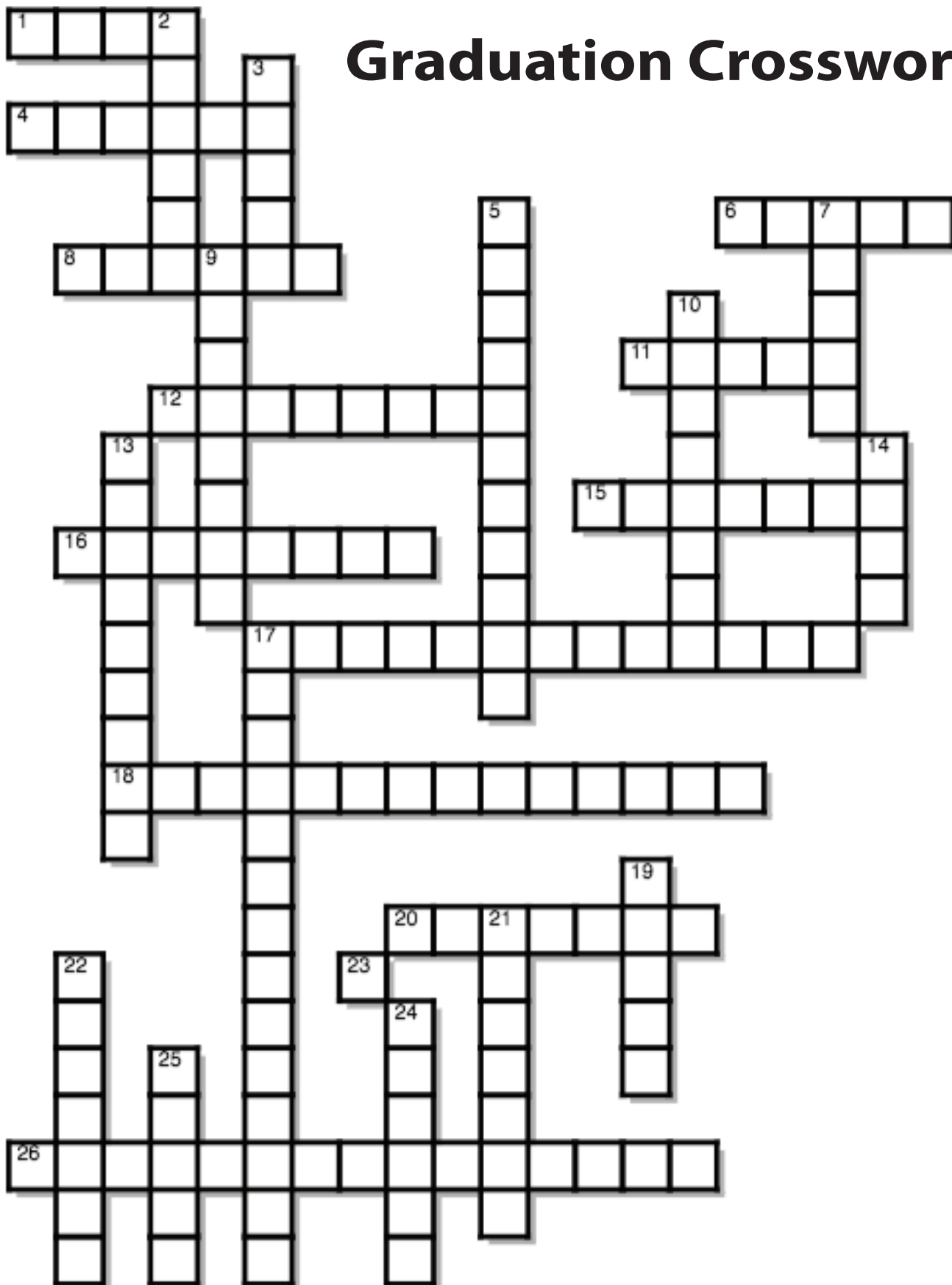
ActonTV is your local access TV Studio and Media Center. We are a non-profit 501(c)(3) membership organization that provides you with the video and audio equipment as well as education to help you produce your own videos and distribute them through our cable channels and online via our website and social media. For more information about ActonTV, please visit our website actontv.org where you can learn more about what we do, watch our programs On Demand or sign up for one of our media classes. Become a member today and take advantage of all that ActonTV has to offer. You do not need to be a resident of Acton to join in on the fun.

Please consider donating to help us continue to serve the Acton community.

ActonTV's Mission
Creating community through media by providing the technology, facilities and expertise to encourage free speech and inspire creative expression.

Become a Member Today!
16A Craig Rd. Acton, MA 01720
(p) 978 265 6033
(e) support@actontv.org
www.actontv.org

Graduation Crossword



ACROSS

2. Last name of the olympian that made a hilarious focus face during the olympics.
3. The acronym for the high school.
5. The local pizzeria with pesto pizza.
9. What a _____.
10. The location where all the speeches and debators meet for tournaments.
12. A perfect score on the new SAT's (2words, no dash).
14. The less severe version of finals.
17. The perfect location for sun tanning.
20. The one week that seniors pay to get a preview of the torture of college applications is called "College Application _____" (2words, no space).
21. The first name of the current Editor in Chief.
23. The last name of the APUSH teacher who is leaving.
24. A summer beverage in the phrase, "When life gives you lemons, make _____."
25. The graduation anthem is called "____ and Circumstance."
26. The letter that is dangling by a thread off the school building.
27. The pet that a senior brought in a colorful plastic capsule.

DOWN

- These make the spring more colorful.
4. The one day that all seniors look forward to (3 days, no spaces).
 6. The old name for the satire section of the Spectrum (3 words, no spaces).
 7. There is a rumor that freshmen can't go up this staircase (2 words, no space).
 8. College students need these to pay tuition.
 11. The last name of the teacher who loves to have a clean whiteboard.
 13. Prom was held at the _____ Yacht Club.
 15. The majority of seniors voted for this phrase to be the class motto (no numbers, no space).
 16. The first name of the former male morning announcer.
 18. The section of Off Topic that is a satirical Q & A (2 words, no space).
 19. The first name of the female morning announcer.
 22. The Disney character who wants to experience summer.
 23. The 23rd letter of the alphabet.

Graduation 2016

Favorite Memories : From Graduating Chief Staff

By Graduating Chief Staff
Spectrum Staff

Pooji Jonnavithula:

At this point, I've got favorite memories pouring out of my ears. Honestly, my favorite days were just the simple ones— Chief Staff meetings and General Meetings. Bonding with the Chief Staff over missed deadlines and shoddy articles, but also getting extremely excited with every ad sold and every article polished. We cried together and laughed together, and usually, at the same time. Printing the Fall Issue was also insane; it was the first professionally printed issue we had ever done, and it was our shortest deadline to meet. The process was nail bitingly frustrating and also an incredibly difficult period of time, but our team worked so hard, and not just rolled with the punches, but punched back. I had never been prouder of a group of kids, and it was probably at this point when I started

referring to my Chief Staff, and fellow peers, as “kids”. What can I say? I was a proud parent. I also loved the application process for this year, specifically during “Application Day Zero”. In an attempt to catch the interest of the younger kids, I invited a bunch of the staff to my house for a glorified pizza party. I got feedback on our club and one of our staff members lost his keys. It was an eventful night. But most of all, I'm excited for the new memories our staff will make. I can't wait for them to go through the same experiences we did and all new adventures in the future.

Megan Zhou:

The summer before this school year, our entire new Chief Staff got together in (not the Mac Lab) lab. Although it was stuffy, humid, and all around not my expectation of a fun summer day, it was an incredibly important meeting- we discovered that we had to completely make our website from scratch all

over again. Learning to use Weebly with these weebbs was a surprisingly entertaining time. Plus, the wonderful Ms. Hammond brought us lunch from Bueno, which, if you know me well, is my favorite.

Geo Lee:

Pooji and I were working together in the Mac Lab one day, and I noticed my caps lock was on every time I went to type something. Being me, I assumed I was accidentally pressing it over and over again. This actually went on for over half an hour until Pooji lost it and admitted that she was doing it the whole time to screw with me. Joke's on you, Pooji - I'm too stupid to fool :^)

Olivia Marble:

Our very first issue was a mess: we had no money to print, so we printed it on normal paper and stapled the pages together. It was hard to read because of the staples, and almost impossible to fold. But holding the finished product of something that we had worked

on for weeks gave me an amazing feeling, one that I still feel every time we print a new issue. Online articles are convenient, sure, and a whole lot cheaper to publish, but I hope the tradition of printing will never die because nothing can compare to that feeling.

Sam Whittle:

My strongest memory of this bunch of nerds is when the group of us met for the first time as *The Spectrum* staff. It was April of our junior year (not the happiest time, I might add), and out of everyone, I was only friends with Olivia and Pooji. I knew Megan vaguely but not genuinely, and I had never really met Geo or Jonathan. I was honestly pretty terrified about meeting everyone and being a disappointment. But when we got together at Pooji's house, we all ate the equivalent buckets of food. Geo teased Jonathan while the rest of us laughed and tried to bring us back to the topic at hand. Even though I had never met two of those people

nor was particularly close with any of them other than Olivia, there was such a sense of belonging and acceptance that I couldn't help but join in. These people gave me a home away from home in their stupid jokes and kindness.

Jonathan Liu:

My favorite memory of my tenure at *The Spectrum* was my first late night stay at school to finish my first hellish layout week as the Chief Layout Editor. Although it was a struggle, it was much more fun than I thought it would be. I was able to bond with other staff members I hadn't really known at all before. Talking over slices of pizza, playing tag and hide-and-seek in the darkness of the library, and the satisfaction of finally finishing the layout of my first paper were when I finally realized what it was like to be a part of *The Spectrum*. As much as it was work, it was also camaraderie and much like a second family to me.



Luka Ilic / Spectrum Staff

Ms. Hammond's Farewell to the Seniors of Spectrum

By GENEVIEVE HAMMOND
Spectrum Advisor

As advisor for *The Spectrum*, I have had the pleasure and privilege of working with our graduating seniors for up to four full years. As advisor, I should add, my job is mostly to get out of the way and let them do the work, and they do just that. This group of seniors has come together with a sense of mission unlike any I've seen in a long time; they don't just tend their own little patch, they help each other mulch and weed and grow the whole garden, and in growing the newspaper, they've grown so much themselves. I am immensely proud of all of them, and I hope they feel the same way.

Samantha Whittle and Olivia Marble are relatively new to their leadership roles, of our opinion and news sections, but they've taken to it quite naturally. Strong writers themselves, they have

worked patiently with their writers to develop the skills they need to be able to contribute meaningfully to the paper. At the same time, Olivia has also worked tirelessly to build up our Spectrum treasury - we are self-financed and operate without a journalism class - her work has been instrumental in allowing us to return to printing the paper after two years of web-only presence. I am so grateful to both of them for everything they've given *The Spectrum*, and for the solid foundation they've built for the paper going forward.

Megan Zhou and Geo Lee have brought spark and enthusiasm to the overall process of making the paper. Geo manages the comical sections of the paper with the driest possible sense of humor, as well as helping to lead the staff with a directness and firmness that are only a bit belied by that same sense of humor. Megan comes to the job of

chief copy editor with a keen eye for detail, and a great concern for overall quality. As with all these seniors, she projects an ownership of the paper that lets me know it's all going to work out - and it has, all year.

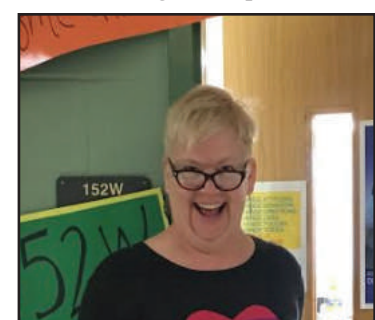
The job of chief layout editor is in Jonathan's blood. His brother Yang, who graduated in 2011, also held the position, and I remember Jonathan as a 10 or 11 year old coming to Spectrum layout, probably to learn the ropes. He has been with us since freshman year, and I've enjoyed watching him grow into the responsibility to the point where he is now confidently and comprehensively training new staff, who look up to him and appreciate his years of experience. I will miss having a Liu on staff, but he leaves us with a legacy that will help sustain us going forward.

And leading them all, leading us all, has been Pooji, our fear-

less, dauntless, relentless, joyous editor in chief. In “A Midsummer Night's Dream,” the character of Helena describes her rival Hermia, thus: “though she be but little, she is fierce.” In the play, this is meant as an insult, but I use it here to with genuine awe to describe this young woman. Fiercely, Pooji took a moribund publication and literally brought it back to life - and not single handedly, in a way that would only allow the paper to shine while she was still here, but by building the fierce team of 20+ staff members she has inspired, who working fiercely have created the graduation issue you hold in your hands today. Pooji set herself a goal, she worked tirelessly to achieve it, she marshaled all the resources she needed by setting an example of hard work and good humor, and she built a legacy that we will get to build on. She is the most naturally gifted leader I've worked with in more

than 10 years in this role, and I literally can't wait to see where it takes her. To say that I'll miss her is both an understatement and beside the point, because I'll have the paper to remind me of her every day. So to quote another great author, Stephen Sondheim, I'm sorry-grateful - sorry to say goodbye, but so grateful for everything we've worked on together.

Congratulations to Pooji and all these wonderful seniors for all these amazing accomplishments.



Mrs. Hammond
Spectrum Advisor

Graduation 2016

Thank You...From Us!

By 2017-2018 CHIEF STAFF
Spectrum Staff

Editor-in-Chief - Pooji:

Oh Pooji: you know all of the hard work, all of the late nights, all of the passion that you have put into making *The Spectrum* what it is today. But we know too. We know, and we appreciate everything that you have done so very much. Over the past year, you have worked with us and supported us. But above all, you have truly cared about each and every one of us. You made us into ruthless beings that will do whatever it takes to keep this paper alive. Be proud, Pooji. Because for all of time and effort that you have put into this paper, you are entitled to at least some pride. Good luck next year, Pooji. We know you will do great things.

Managing / Off Topic Editor - Geo:

We will always remember you, Geo Lee, for your *interesting* and dark sense of humor. Whether it be late at night at a Pho Restaurant after a Journalism Conference or just on a regular Thursday afternoon in 233S, you've made us all laugh, while you yourself have kept a straight face. You've made us laugh as you struggle to carry your large instrument (cello?) all over the school. You've made us all into stronger individuals by insulting us to the point that we began to agree with you. You're a funny kid, Geo. Keep being you.

Chief Copy Editor - Megan:

We always see Megan freaking out in the corner over our grammatical errors and syntactical mistakes. Through your hours and hours of reworking and revising, Megan, you make our writing more polished, less imperfect. If we have learned anything from you, it is that, even in our best work, there is space for change and room for improvement. We also learned that being a part of *The Spectrum* means crying on a regular basis. This is a task we are willing to take on to make sure that our grammar game is on point. We will carry this wisdom with us next year and always. Thank you, Megan, and good luck!

News Editor - Olivia:

We're not going to lie: we've always looked forward to emails from Olivia Marble. You've always been so supportive and helpful in the writing process, and you've replenished our once-empty bank account. We think of you sometimes as the designated "Mom" figure at *The Spectrum*. You always have answers to our questions and helpful hints to guide us along the way. Thank you, Olivia, and good luck next year.

Forum Editor - Sam:

Sam, we know you to be "the magic" behind the scenes. Truly, we are grateful to have met you and to have witnessed your incredible design skills. During layout, you are always cheerful and happy, always cracking jokes about the dark aspects of life. We have enjoyed the time that we have spent with you this year. Thank you, Sam, and good luck.

Chief Layout Editor - Jonathan:

As far as we can tell, you, Jonathan, have functioned as the communal *Spectrum* punching bag. Not literally, but figuratively (sometimes). You've been the butt of many jokes, but you've always been a good sport about it. It's all out of love! Then, of course, there is all the work that you have done for layout: the final (most important) link in our printing success! Thank you for starting the website from scratch and the work you've done to maintain it all by yourself. We'll work on keeping it updated (maybe). Thanks again, Jono, and good luck next year.

Ms. Hammond:

Ms. Hammond, what can we say but "thank you?" You have supported us endlessly, often in ways we do not even realize. On Thursdays you feed us. During layout week, you spend late nights with us when we need it. On any given day, you allow us to commandeer your room and provide us with tea and coffee. And even when things get rough, and hectic, and chaotic, you continue to welcome us with your warm and ceaseless cheer. For this, we are so grateful. Thank you.



Luka Ilic / Spectrum Staff

Farewell, Graduating Chief Staff!



Luka Ilic / Spectrum Staff

Welcome, New Chief Staff!

Introducing...Our New Spectrum Chief Staff!



Jasmine Mangat
Co-Editor-In-Chief



Nithyani Anandakugan
Co-Editor-In-Chief



Jessica Luo
Chief Layout Editor



Sydney Smith
Chief Copy Editor



Kavya Uddaraju
Columnist Editor



Michael Xu
Off Topic Editor



Anjali Raman
News Editor



Maxwell Kim
Website Editor



Vera Tsang
Forum Editor



Serena H. / Kirtana K.
Publicity and Finance