



#MeToo: The Silence Breakers
 Breaking years of oppression with stories and hashtags
Forum - Page 5



InterAct Club
 Supporting our own community and those around the world.
News - Page 9



The Spectrum

◆ e cineribus et ad abstra ◆

FEBRUARY • VOL. 37, WINTER ISSUE

ACTON-BOXBOROUGH REGIONAL HIGH SCHOOL

www.thespectrumabrhs.com

Headlines

Humanitarian Crisis in Yemen

A country facing potential diaster.

Forum - Page 3

Kanye West and His Music

We love Kanye like Kanye loves Kanye.

Expression - Page 6

Expression Through Social Media

Finding your own niche in a crazy vortex of internet content.

Expression - Page 8

Evolution of Disney Princesses

From the damsels-in-distress to the heroes.

Expression - Page 8

Super Bowl LII

Is this a Tide ad?

News - Page 10

Marijuana in Acton

The latest 411 on Acton's 420.

News - Page 10

The Holocene Calendar System

Welcome to the year 12018.

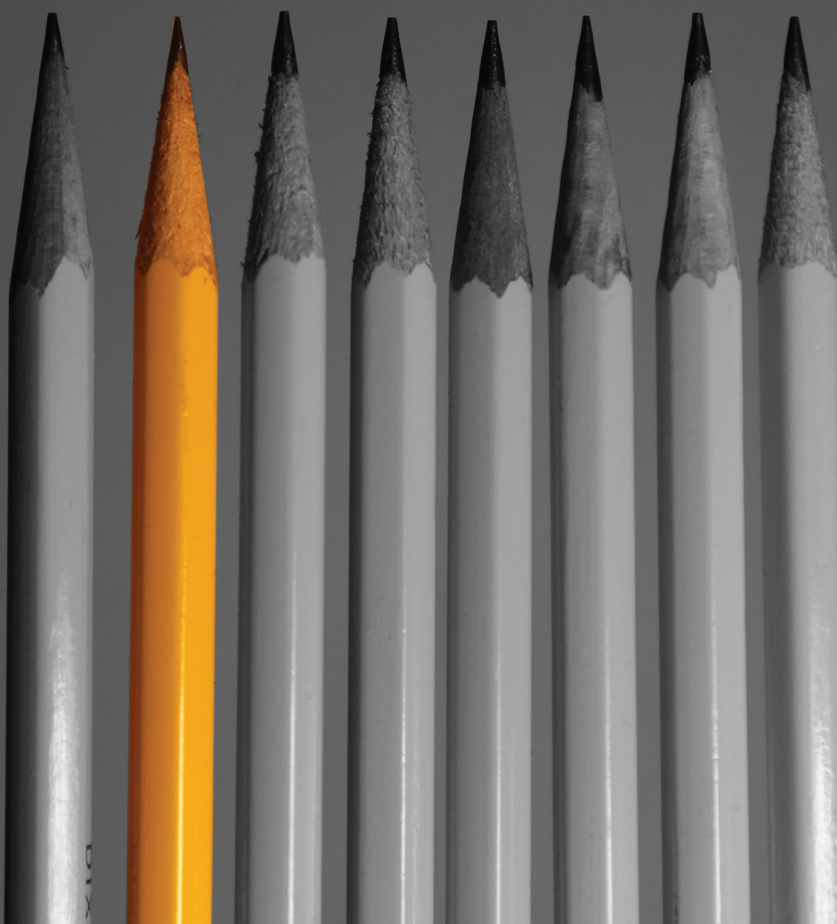
Off Topic - Page 11

Love Nest

The Love Doctor is back again and here to teach you how to properly act around your crush.

Off Topic - Page 12

express.



Expression at AB and the world beyond.

David Kwon / Correspondent

Expression Through Protest

By NEHA VIJAY
 Correspondent

Since Trump's inauguration, activism and protest have become commonplace in the United States. In just one year, we have seen two Women's Marches, protests against the travel ban, the Science March, the Resist March, Charlottesville, and the NFL protests. In all of these cases, protesters fought for equality, awareness, and universal rights. Although impactful, these protests are in no way novel. Historically, protest has been a catalyst of progress in the United States. For years, Americans have voiced their concerns through demonstrations and marches. And they have changed the nation in the most extraordinary ways.

As of today, public demonstration has become a familiar means to display discontent and dissent. Citizens have used this form of protest to overthrow legislations that they feel have become dishonest or

tyrannical. Whether for something small or agreeably unjust, these actions ultimately lead to a more stable and free society.

The women's suffrage movement, for example, used civil disobedience to weaken the heavily patriarchal hierarchy. Before and during the movement, society considered women too emotional and too uneducated to vote. In fact, at the time, the notion of women voting seemed almost frivolous. Women were expected to care for the children and the home. They had few career options, and for the work that they could find, their salaries were much lower than those of their male counterparts. Married women also lacked legal control over their finances, and they could not own property. Women seemed to be a mere accessory to their husbands.

But the women put up a fight. In the United States, the ladies protested for equal rights by writing petitions and marching in the streets. It took one hundred years of protest-

ing to finally pass the Nineteenth Amendment in 1920, which prohibited voter discrimination on the basis of sex. Since, the status of women in America has drastically changed: women can now run for public office, pursue an education, and work in whatever field they desire.

The Civil Rights movement from 1954 to 1968, similar to the women's suffrage movement, advocated for equal rights between African Americans and whites through civil disobedience. Before the movement, public areas were segregated: there were separate restaurants, schools, and even water fountains and bus seating areas. Black history icon Rosa Parks is famous for refusing to surrender her seat at the front of a public bus to a white passenger. She was arrested, but her simple protest inspired so many. Both black and white Americans would later take to the streets of Washington to advocate for equality. These protests paved the way for the Civil Rights Act, which condemned seg-

regation, and the movement ultimately resulted in the Voting Rights Act of 1965. Today, the necessity for racial equality continues, but African Americans are afforded many more rights than just sixty years ago.

These protests are not isolated in the United States. In 1947, the Indian Independence Movement ended British colonization in India. In 1978, the Iranian Islamic Revolution overthrew its unjust dictator in 1978. Even when knowing the potential dangers associated with their revolts, global citizens participated in these protests anyways because they believed that their cause could change the world for the better. Many even sacrifice their lives for progress.

The definition of protest has expanded and evolved through time. The First Amendment of our constitution states that "Congress shall make no law....abridging the

See Expression/ page 6

Intro

Letter from the EICs

By JASMINE MANGAT AND
NITHYANI ANANDAKUGAN
Editors-In-Chief

Winter is always difficult. The days are short. The mornings are cold. Classes get tougher. We get busier. We win some. We lose some (#SuperBowl). And so it goes. The Winter Issue was much the same. With the chaos of school around us, we carved some time out of our weeks to meet with our Chief Staff every Monday and with our General Staff every Thursday.

At one particular Thursday meeting, the *Spectrum* staff sat down to brainstorm for the Winter Issue. The theme we chose reflected not only the current spirit here at AB but also the general sentiment that currently exists in the nation: "Expression."

This winter, we saw all sorts of expression in the news. In the #MeToo movement, victims of sexual assault expressed growing frustration and retaliated after years of oppression from their abusers. In the NFL, players expressed their disenchantment with this nation and its lack of response to the systemic racism that many young black men face. The list goes on. More and more Americans have begun to voice their concerns to create the change they wish to see in this country.

In many ways, students at *The Spectrum* found a outlet to express

themselves too. It felt fitting that, in this social climate, the *Spectrum* would get an opportunity to speak its mind too. In the Winter Issue, *Spectrum* members explored the foundation of expression in this nation in our school, and they considered its different manifestations in society today.

Expression is particularly important—now more than ever before—because we, as high school students, are at a point in our lives in which we are beginning to understand who we want to be both now and in the future. For impressionable teens like ourselves, expressing the ideas of self and others that we have in our heads can often be difficult. But it doesn't have to be that way.

In the age of social media, we confine ourselves to expression through Instagram selfies and 280-character tweets. Our expression becomes limited.

For the Winter Issue, we chose to write about "expression" only partly because there is so much to say about the topic. With the current social situation both here at AB and in the world around us, the list of articles that the *Spectrum* staff brainstormed seemed endless. More importantly though, we chose Expression because it is so very important, especially now, that we find a way to say the things we want to say.

Cheers!

Nithyani and Jasmine

Good News

By ANJALI RAMAN
News Editor

We live in a world filled with tragic, disheartening, or even horrifying news. Thankfully, in such a dark world, the many acts of pure kindness and inspiration that are often removed from our news cycles show us that progress is always happening.

After forty-two years of apparent extinction, the Jackson's Climbing Salamander has been found again. On his lunch break, twenty-seven year old Ramos León-Tomás spotted the black and yellow amphibian outside of the Finca San Isidro Reserve in Guatemala. The accidental discovery is slightly ironic as many unsuccessful expeditions have been led through the reserve searching for the creature since 1975. Surveys are currently being conducted to see how many more still live in the forest.

The Indian Environment Ministry Panel has decided to preserve its tiger populations in the Madhya Pradesh region instead of allowing a private company to mine \$330 million worth of diamonds. The project proposed by the mining corporation, Rio Tinto, was supposed to take place between the Panna Tiger Reserve and the Nauradehi Wildlife Sanctuary. In 2011, there were only 1,700 tigers left in the country, and this refuge has provided a haven from poaching. Clearing that land for diamonds would have amounted to the loss of 1,800 football fields of habitat and 130 million pounds of oxygen by next year. Conservation was definitely the right decision.

Another project to protect endangered species threatened by the loss of their habitats happened in Mexico in August 2017. In an effort to preserve dwindling monarch butterfly populations, the Mexican government imple-

mented an environmental police force as a sector of its World Wide Fund for Nature (WWF). One thousand officers are now tasked with enforcing strict protective protocols over 140,000 acres, part of the Monarch Butterfly Biosphere Reserve.

With some extraordinary news, a study published by *BMJ Journals* has indicated that regularly eating chocolate has been linked to lower rates of cardiovascular disease. The study, conducted on 20,951 middle-aged subjects, certainly provides a good excuse to devour that chocolate bar.

The Supreme Court has ruled in favor of a law student who was denied the opportunity to take the bar exam because of twenty months in jail on drug charges. Tarra Denelle Simmons, mother of three, fell into a deep dependency on drugs following the death of her father in 2010, but she decided to pursue a degree in law from Seattle University after her release. During her time at the university, she made it onto the Dean's List and even received the Sadden's Fellowship, the first student to receive the honor in thirty years. When she was later denied the opportunity to take the bar despite her academic success, she appealed her case to the Supreme Court, which unanimously voted in her favor.

Last Thanksgiving, shelter dogs in Georgia who were still looking for a permanent home were able to spend the day with a loving family. This heartwarming tradition comes as a part of Lifeline Animal Project's first annual "Home for the Pawlidsays." The chosen dogs were those who had been at the shelters the longest, according to Lifeline Animal Project spokeswoman Karen Hirsch. It appears as though one lucky pup was even adopted as a result of this new Thanksgiving tradition.

The Spectrum

Founded 1982
e cineribus ad astra

Nithyani Anandakugan
Jasmine Mangat
Editors-in-Chief

Jessica Luo
Chief Layout Editor

Sydney Smith
Chief Copy Editor

Kavya Uddaraju
Columnist Editor

Anjali Raman
News Editor

Vera Tsang
Forum Editor

Michael Xu
Off-Topic Editor

Maxwell Kim
Website Editor

Serena Han
Kirtana Krishnakumar
Publicity and Finance

Genevieve Hammond
David Brusie
Faculty Advisors

Contact Us
36 Charter Road
Acton, MA 01720
www.thespectrumabrhs.com
theabspectrum@gmail.com
Facebook and Instagram @theabspectrum

Copy Editor

Sam Chen, Katherine Gu, Mira Mulgund, Somya Prabhakar, Sam Qiu, Teagan Smith

Staff

Bri Baang, Siena Brolin, Anna Charisse, Annabella Chen, Michael Cheng, Akash Choudhury, Natalie Dawn, Matt Fleming, Ananya Gade, Paulina Garro, Pratik Gazula, Grace Gong, Michelle Gong, Swetha Hariharan, Nithya Jonnavithula, Ritika Koirala, Divya Krishnan, Rohan Muralidhar, Lizette Sta. Maria, Srija Nagireddy, Kam Narra, Julia Olney, Daniel Poulton, Sonali Rai, David Tsitrin, Aadhiti Vallatharasu, Neha Vijay, Emily Xu

Columnists

Katherine Chen, Olivia Oliyawole, Mila Rushkin, Niraagi Shah, Anjana Srivastava, Jake Verilli

Layout Editors: Kaitlyn Chen, Grace Du, Adam Ford, Isaiah Lee, Amber Li, Trisha Raman

Interview With Mr. Manning

By KIRTANA KRISHNAKUMAR
AND JASMINE MANGAT
Spectrum Staff

Glenn Manning, an English teacher at ABRHS, left his position at the end of December 2017 for a new pursuit: the Making Caring Common (MCC) project at the Harvard Graduate School of Education. Before he left, Mr. Manning sat down with *The Spectrum* to discuss his new job and AB's progress with "making caring common" in our own community.

According to the Harvard website, MCC is a project that "helps educators, parents, and communities raise children who are caring, responsible to their communities, and committed to justice." Mr. Manning explained how MCC uses data from surveys and focus groups to create different "buckets" or "avenues" to fulfill these goals. Some examples include: implementing strategies that "encourage people to take care of one another," "give back to their community," and "become a global citizen." MCC focuses on implementing these programs in schools through community outreach by helping schools integrate "low burden and low cost strategies that promote positive school culture." For example, to help students accept different perspectives, the MCC team suggests schools organize debates in which students take opposite political views. Simultaneously, to teach students empathy, the team recommends mandating long term community service projects so that students can reflect on community obligations with peers and mentors. Depending on the results, schools can continue modifying these methods as needed. The MCC team strives to constantly improve their strategies and find what helps different schools develop a caring community.

As MCC's Senior Program Coordinator, Mr. Manning will organize various programs, including "Turning the Tide," a campaign that helps college applicants by

working to reshape the college admissions process. This campaign emphasizes community service, ethical engagement, and leveling the economic playing field. Other programs include the "KIND Schools Challenge," a competition in which students create a project to make their schools more inclusive and of course, more kind. Additionally, for the past few years, the United States seems to be increasingly partisan, creating a culture where people lack common understanding. Through his position at MCC, Mr. Manning hopes to "help people come together as opposed to feeling as though they are in opposition to one another." Above all, he hopes to provide the tools people need to become moral citizens, so "they can make decisions and impact the world in a positive way."

After all of this talk about kindness, we had to ask: Is AB kind? Mr. Manning responded with certainty: "we are a pretty caring school after all said and done." Data collected from students shows that although bullying still exist, the number of instances at AB are low overall. Most students here care about one another and have a person they can confide in. To individual students, AB may not seem like a caring place due to the competitive environment. However, this happens in every high school. Mr. Manning applauded the various efforts AB has made to create a positive en-

vironment for its students, commenting how they "have gone a long way, pushing us into the right direction." He described the importance for students to explore methods that help them improve their own well-being. This is why Mr. Manning conducted mindfulness exercises his own classroom. He explained that these are ways for students to "practice" destressing or self-reflect. Although he did not expect these exercises to significantly impact students' mental health due to time constraints, he wanted to introduce it to his students and encourage them to do it on their own when they need it.

When reflecting on his four and a half years at AB, Mr. Manning described his time here as a learning experience in which he learned to "create environments that enable students to test out new ideas and reach their full potential both inside of the classroom and outside." He also discussed how he will miss his students, colleagues, and of course, dressing up in his Colonials gear. But before saying goodbye, Mr. Manning had a few words of advice for AB students according to MCC: "Take care of each other."

But before saying goodbye, Mr. Manning gave AB students one last piece of advice in light of his new focus to bring people together: "Take care of each other." Hopefully, in the future, Mr. Manning can look back at AB with pride when we heed his advice.



After four and a half years of teaching, Mr. Manning has left AB for a new pursuit. ONLINE SOURCE

Forum

The Vegan Lifestyle

By MILA RUSHKIN
Food Columnist

Veganism, a diet and lifestyle in which no animal products are used, has recently become popularized in western culture. It prohibits the consumption of dairy, eggs, and other animal-based products. Veganism helps not only animals but human health as well; the dietary plan has thus become synonymous with all things involving increased well-being. Culinary magazines and websites have begun to share typical recipes modified for the vegan diet. This lifestyle has gained acceptance by many, and more people commit to it every year. Numerous restaurants have popped up all over Massachusetts, and I thought, “What better way to try an authentic vegan meal?”

I stumbled across Life Alive, a restaurant well-known to the vegan community. Right as I walked in, I felt as though I were entering a sanctuary. The dim lights, quiet music, and cozy furniture made me feel tranquil. Still, I questioned whether a genuine vegan lifestyle is truly possible.

Many argue that vegans omit some necessary nutrients from their diet, especially protein, due to the lack of meat consumed. According to a worker at Life Alive, however, vegans mainly obtain protein through tofu, beans, legumes, and hummus. They also vary their protein source depending on the season. Most workers at the restaurant are vegetarian, rather than vegan, but to my surprise, many said they could easily go vegan. The main aspects of a vegetarian diet—namely legumes, tofu, nutritional yeast, garlic, and ginger—overlap with the key elements of a vegan one. However, to go vegan, a vegetarians would still have to forego eggs, dairy products, and honey.

Though I understood the compelling ethical rationale behind veganism, I wondered whether a restaurant based on the purpose of serving vegan dishes could truly be successful. For me, the real test was if I could feel the same satisfaction as that of eating a burger with just a salad.

I ordered what was known as the best on the menu: a miso and udon soup, a corn and tofu salad, and two smoothies. Though these items were delicious and flavorful, they just did not fill me up. I was hoping for a meal that would make me feel as though I wouldn't miss anything if I went vegan. The dish thus lacked what is, in my opinion, the most important thing: satisfaction. I must admit, however, the smoothies were incredible. I may even recommend them over ice cream because of their creamy texture and rich flavor.

Life Alive offered me a taste of this new vegan craze. My experience there answered many of my questions about the vegan lifestyle, but at the end of the meal, I was not sure if it was worth the price. I felt that I was being overcharged after paying around seven to eight dollars for a small-sized smoothie. With these high prices, eating out would be more burdensome than cooking a meal at home.

I still have my doubts about veganism. But I do believe that helping the environment and not harming animals are indeed compelling reasons to become vegan: the amount of resources consumed and pollution created to produce meat is undeniably an issue. My experience at Life Alive has taught me that veganism is not impossible, but it is a challenge that requires a level of passion that the average person may lack. I thus believe it will take time for more people to adopt the lifestyle. Even though it certainly is a valuable ethical decision to make.



A salad from Life Alive, a vegan restaurant.
ONLINE SOURCE

Humanitarian Crisis in Yemen

By VERA TSANG
Forum Editor

Yemen has undergone a humanitarian crisis since Spring 2017, and perhaps Saudi Arabia is responsible.

Since 2015, Yemenis have been engaged in a civil war against Houthi rebels. In this politically-charged conflict, Egypt, Jordan, the United Arab Emirates, and Saudi Arabia have chosen to back the Yemeni government. Recently, the Iranian-backed Houthis retaliated by firing a missile aimed at the capital of Saudi Arabia. The missile hit an airport near Riyadh, prompting Saudi Arabia to close all ports in Yemen.

Saudi Arabia says that these actions are “necessary” to prevent the Houthis and their allies from illegally trafficking weapons; however, these supposedly temporary blockades have only exacerbated matters. Yemen, already among one of the poorest Arab countries, has experienced rising prices in essential items like food and fuel. Even worse, almost all humanitarian assistance has been averted: three airplanes sent by the United Nations filled with emergency supplies were either turned away or halted.

With severe damage from war, essential resources are dwindling, and core infrastructure is deteriorating: water has become vulnerable to pollution, and sewage systems are failing. According to the *New York Times*, in addition to

death from famine, the country is suffering one of the largest cholera outbreaks in the past fifty years—fifty thousand children were expected to die of starvation and disease by the end of 2017. Though cholera can be cured with antibiotics, the situation in Yemen has made access to healing far more difficult. Between malnutrition and expensive treatment, containing the disease is a challenge.

Yemen is in a crisis that the rest of the world has somehow ignored. Ideally the media would focus on covering an issue as pressing as Yemen's to draw attention to the situation. But the media in the United States tends to cover western news, through reports on topics regarding Brexit or the Trump presidency. Of course, these are important topics that affect global politics. However,

news regarding events in developing areas such as Africa, the Middle East, and parts of southern Asia go unnoticed or are forgotten. Because of this, few citizens are aware of efforts made against the issue, and even fewer know how to help.

Recently, the United States, United Kingdom, and Germany have come together to offer 80% of funding to the United Nations World Food Program to help Yemen. The United States offered the largest amount of 386 million dollars. Ireland announced that it would donate 500,000 Euros to Yemen, planning to give this aid starting in 2018. Yet, these efforts have created little progress. With a public so oblivious to the situation, it seems that the Yemen's condition will worsen before it can get any better.



Yemeni children suffering from the Saudi Arabian blockade.
ONLINE SOURCE

Growing Importance of STEM

By PRATIK GAZULA
Correspondent

Unless they are referencing Boxborough, students usually don't think about farming. At a predominantly STEM school, we surround ourselves with science, but we rarely consider its real-life applications. For instance, STEM innovation has transformed the agricultural industry: machinery has reduced the amount of energy exerted in physical labor. But the transformative nature of STEM doesn't stop there.

Currently, humans have smartphones to assist them through their daily routines, and soon enough, they will have the technology to do even more. The United Kingdom has already produced its first robotic farm; capable of accomplishing all the tasks normally designated to humans, robots on these farms sow seeds, fertilize, and even

harvest crops. Farmers simply set up their equipment, and the robots navigate the field through GPS.

The idea of robotized farming is a huge advancement in the fields of STEM. Standing for Science, Technology, Engineering, and Math, STEM encourages kids to discover and to educate themselves in these four disciplines. It also opens new avenues: STEM researchers develop new technologies, but they further apply their innovations to society, seeking to expedite everyday processes. Most importantly though, STEM connects diverse peoples with a unified way of thinking about the world around them.

These are all things that most students have heard before. But the STEM fields goes deeper. Though many believe that they need a degree or inordinate intelligence to secure a STEM job, the field has become increasingly accessible.

The U.S. Bureau of Labor Statistics also finds that, in 2018, most STEM jobs will be in the computing field.

Growing popularity aside, the STEM field has worked to equalize the ratio of men and women in its workforce. Historically, women have not pursued careers in computer science or engineering while men have dominated these disciplines. However, a recent push for “girls who code” and women in engineering have broken these barriers.

As STEM careers become more common, more educators introduce elementary school students and even preschoolers to STEM-related topics. Higher-level schools implement more technology-based learning as well. Though STEM is not for every student, it serves as a universal connector, a language that anyone has the potential to speak.

Gallant Insurance Agency, Inc.

open door education

- 1-on-1 tutoring for SAT, ACT, & academics
- Flexible scheduling for busy families
- Free consultation and diagnostic testing

Call or email us to set up your initial consultation!

OpenDoor.education | info@OpenDoor.education | 978.263.6387
492 Main St, Acton MA | 97 Lowell Road, Concord MA

Forum

Ratko Mladic in Today's World

By JAKE VERILLI
Politics Columnist

On March 12, 1943, a man named Ratko Mladic was born in Bozanovici, Bosnia and Herzegovina. Mladic came into the world at a time when eastern Europe was experiencing great strife. Fascist Italy and Nazi Germany had recently invaded and installed a puppet ruler in Serbia, where Mladic lived. Both of Mladic's parents were killed in the resistance against this ruler.

From the very beginning, Mladic was immersed in war. As soon as he was able, he joined military school. Mladic consistently performed at the top of his class and, after graduating, immediately earned a commanding position while being the youngest man in his new unit. Even at this young age, he managed to command respect from his men, and his military prowess became evident. Mladic quickly rose through the ranks of the Serbian military, which at that time was involved in the Yugoslav wars. He was a brilliant military commander

and, though utterly ruthless, was very well-liked by the men he led. Eventually, Mladic headed the military. It was at this time that he led his troops in the siege of Sarajevo and the massacre that followed.

At the time of the siege, the city of Sarajevo was controlled by the Bosnians, who had recently declared their independence from Yugoslavia. The Yugoslavs, predictably, were not too happy about this and subsequently laid siege to the city. The siege was one of history's longest and most brutal. It lasted three years, with tank shillings and sniper fire being common occurrences. The rest of the world was disgusted by the Yugoslavs' actions. Still, the siege continued. After three long and brutal years, Mladic finally took the city.

The takeover should have signaled the end of the horrors for the Sarajevo people; instead, it began one of the worst atrocities in modern history. When Mladic gained control of the city, about forty thousand people should have been protected. Unfortunately, a portion of those refugees

were Muslim Bosnians, a group against whom Mladic and his superiors harbored deeply rooted prejudices. In an act of brutal and revolting hate, Mladic ordered his soldiers to murder over eight thousand innocent people.

The horror of Mladic's actions may seem like a distant and ancient kind of evil, but this massacre happened only about twenty years ago. The historical events that we learn about at AB seem to be relegated to the distant past: we learn about how the United States and the rest of the world moved from a sort of savage, pre-industrial state to what exists today. We learn about massacres and genocides that occurred almost a century ago, during the world wars. What might not be as clear is that these instances of violence that we hear about are not always isolated in the past. Living in a place like the United States, and especially at Acton-Boxborough, it is common to ignore or forget how some people in the world live. Our peace and routine blind us to horrors that exist outside of this bubble that we call home.

U.S. National Security

By ANJANA SRIVASTAVA
Politics Columnist

As the media covers more controversial topics, the country becomes more polarized: Americans have begun to develop strong opposing opinions that divide the population, often along party lines. However, even with this division, one topic concerns nearly every citizen: national security. Many Americans feel threatened by foreign countries, but President Trump's conference with five branches of the military has given us an update on the military's condition—an update that should put us at ease.

According to *CNN*, President Trump was the first president to deploy an airborne division in Afghanistan—the U.S. 82nd. The president applauded himself for his aggressive intervention: he noted that he “turned [the state of Afghanistan] around in the last three-to-five months like nobody has seen.” As part of his international strategy, Trump has assisted troops with the growing insurgency in Afghanistan and deployed additional Marines to Iraq to fight ISIS. He also plans to develop new strategies with an airborne division. At the conference, President Trump also took a moment to praise the efforts of American soldiers. He thanked them: “What you are doing with ISIS is again being talked about—with armed forces, we're really winning. We know how to win, but we have to let you win.”

However, to “let [them] win,” the Marine Corps and Trump's numerous other deployments need ample supplies. Thus, Congress' excessive military spending is expected: the Senate has proposed a \$700 billion defense policy bill, and the House has suggested a military budget that is \$37 billion dollars over Trump's original proposal. Increasing military spend-

ing has bipartisan support as both houses passed the aforementioned defense policy bill by a wide margin. All of this money will go towards Trump's massive rebuilding of the military. The White House website states, “Our military needs every asset at its disposal to defend America. We cannot allow other nations to surpass our military capability. The Trump Administration will pursue the highest level of military readiness . . . We will provide our military leaders with the means to plan for our future defense needs.” However, this reconstruction comes with its own consequences. A number of Democrats are upset with the bill because it cuts domestic spending to compensate for increased security funding. In addition, some Americans raised concerns about increased taxes to fund the budget. However, the “war hawks” in the Senate claim that tax reform and increased military spending can coexist.

By the end of the conference, two themes became clear: Trump's commitment to defense and, perhaps less evident, his commitment to veterans. Certainly, veterans deserve more benefits after their service; however, 23% of homeless Americans are veterans. Trump has promised to care for these soldiers. He signed a bill that allows veterans to challenge rejections of veteran benefits and he has refused to shift money away from support systems for homeless veterans to other sectors.

Though the president's policies often feel arbitrary, it seems that in the case of national defense, his strategies involve a clear premise. Trump intends to solidify national security by funding soldiers in combat and by aiding them once they come home. Still, he faces a challenge: despite his confidence in his strategies, actually finding the funds will be difficult. Money never comes easy, and this is no different.



Supporters for Mladic's conviction outside the Yugoslav War Crimes Tribunal.
ONLINE SOURCE

Humanity's Attack on the Environment

By NITHYANI ANANDAKUGAN
Co-Editor-In-Chief

“At Tesla, we don't make slow cars,” said CEO Elon Musk as he revealed his production plan for the Model 3 Sedan March 2017. After his announcement, it appeared as though technology alone could solve Earth's climate change problem. The prospect of a relatively-affordable, mass-market, and—perhaps most importantly—fast electric car inspired hope that individual efforts could, when considered together, drastically alter current environmental trends of exploitation and unsustainable resource use. Realistically, however, Musk's technological develop-

ments are almost inconsequential in the greater fight against global climate change.

Humans have historically ignored Earth's warnings. Trends of exploitation and overconsumption continue to damage the planet. Easter Island, which lies in a region of the Pacific Ocean known as Polynesia, exemplifies these alarming trends. Many associate the island with its famous head-shaped statues called moai, but they neglect the island's darker past. Easter Island once sustained a thriving population of indigenous peoples, but after years of overpopulation, natural resources became scarce. The island's population soon dropped to one-fifth of its original number.

Easter Island's history may appear an isolated example of overconsumption. However, this same resource exploitation caused the Great Depression—a major challenge in American history. Leading up to the depression, Americans used industrialized agricultural technology to over-farm their lands. The resulting nutrient-depleted soil contributed to the subsequent Dust Bowl and, in fact, exacerbated its harmful effects. This exploitation did not go unnoticed. With the large-scale displacement and poverty that ensued, Americans certainly paid the price.

These patterns seem cyclical, even inevitable. Yet, they result from a mindset of invincibility that has set back humanity. With tools of science and innovation, humans have repeatedly attempted to override nature's limitations.

For instance, during the urbanization following the Civil War, architect William Le Baron Jenney designed a structure rather extraordinary for its time. The Home Insurance Building rose ten stories high, far above the Chicago skyline, and stood supported by a metal frame. Jenney designed the first of many skyscrapers. His structure, a novel technological innovation at the time, ultimately contributed to troubling patterns of unsustainability. Skyscrapers essentially circumvent spatial limitations and

land scarcity. As engineers exhaust horizontal space, they build vertically. Thus, humans ignore obvious indicators that certain areas of land can support only limited populations.

Indeed, this attitude becomes rather commonplace during periods of urbanization. As people flock towards cities, urban planners must develop ways to manipulate the environment to allow for massive population influxes. Realistically, however, urbanization functions only as a micro-example of population issues. The real dilemma exceeds the scale of a singular city. Rather, it exists on a global level.

The human population, as a whole, has grown exponentially since the industrialization of the 1800s. The immediate consequence, a phenomenon called people overpopulation, forces a space to house a certain number of people that it physically cannot sustain. This remains an issue in developing countries. Developed countries on the other hand override the planet's apparent limitations through technology and innovation, and their birth rates subsequently stabilize. However, consumption only increases. A new issue thus emerges: consumption overpopulation. The land in a given area could theoretically sustain its population, but a culture of opulence becomes prob-

READER'S CHOICE AWARD
2016

1st PLACE AWARD
2016

READER'S CHOICE AWARD
2016

Sal's Auto

COMPLETE CAR CARE

Quality. Trusted. Local.

Family Owned & Run for 40 Years!

Call Today! 978-263-2614

ASE

ANGI'S LIST
SUPER SERVICE PLUS
2016

BBB

5 Willow Street • West Acton, MA

SalsAutoTruckRepair.com



The impact of growing industry on emissions and the environment
ONLINE SOURCE

lematic. Very few would willingly compromise their lifestyles, and the seemingly fixable issue becomes a major threat to the earth's health. At this point in time, the Spaceship Earth analogy seems especially fitting: seeing Earth as a spaceship with limited resources, managing these resources appropriately becomes essential to progressing more sustainably.

Though Elon Musk and the Tesla team cannot single-handedly resolve the environmental issues that Earth faces, perhaps they are oriented in the right direction. Innovation and technology can certainly help to solve even the most pressing environmental issues—but only when used wisely.

Forum

The Threat of Gerrymandering on American Voters

By SRIJA NAGIREDDY
Spectrum Staff

In his concurring opinion for the 2004 court case *Vieth v. Jubelirer*, Justice Anthony Kennedy stated, “[I]t is unfortunate that our legislators have reached the point of declaring that, when it comes to apportionment, ‘We are in the business of rigging elections.’” Thirteen years later, our country still suffers from the very practice Kennedy condemned so long ago: gerrymandering.

Gerrymandering refers to the practice of drawing congressional district boundaries to ensure a political advantage for a certain party. State legislatures divide districts by considering the political leanings of different regions within a state. Using software and analytics, politicians draw district lines around communities that typically support a certain candidate. If they draw these districts right, politicians can artificially secure a majority vote for their party, even if most people within the state vote for another party. Now, gerrymandering has become commonplace in American elections. Though members of both major political parties have historically gerrymandered to manipulate elections, the Republicans’ recent use of gerrymandering has led to scrutiny surrounding the practice. In fact, the GOP launched REDMAP—the RSLC’s Redistricting

Majority Project—as an initiative specifically focused on using gerrymandering to win seats for GOP candidates. REDMAP has been quite overt about its goals, proudly stating on its website, “The party controlling that effort controls the drawing of the maps – shaping the political landscape for the next 10 years.” The project also provides detailed information on its redistricting efforts in each state. Americans often pride themselves on their country’s democratic ideals; gerrymandering has thus received widespread criticism for allowing lawmakers to taint the purity of American democracy.

Recently, we have seen increased scrutiny over the legality of gerrymandering. New software lends increased accuracy and efficacy to the process, encouraging even more blatant attempts by politicians to manipulate the vote. This begs the question of whether misrepresenting the public’s vote is illegal. In *Vieth v. Jubelirer*, the Supreme Court debated the constitutionality of gerrymandering for political purposes. The court decided to forgo taking any action because it failed to find a solution to the problem of politically-motivated redistricting. However, in May 2017, the Supreme Court declared racially-motivated gerrymandering to be unconstitutional. The case, *Cooper v. Harris*, struck a major blow against the practice and

demonstrated the court’s willingness to limit aspects of it.

Currently, another consequential gerrymandering case awaits a decision. On October 4th, 2017, the Supreme Court heard arguments for *Gill v. Whitford*, a case that could redefine America’s political system. This case emerged from the redistricting efforts of Wisconsin’s new majority Republican legislature. The redistricting plan was challenged for violating the Fourteenth Amendment’s Equal Protection Clause. According to *Cornell’s Legal Information Institute*, the clause declares “that a state must treat an individual in the same manner as others in similar conditions and circumstances.” Therefore, the clause could be used to argue that district divisions meant to optimize support for a particular party give particular constituents’ votes an unequal value compared with votes from constituents in a different district. The opposing argument questions the arbitrary standards that a court must follow when determining the legality of district lines. While the justices heard the arguments, conservative members of the court showed a strong disbelief that these standards could be determined and enacted effectively. The decision for the case is still pending and, while the court seemed to be mostly split along party lines, Anthony Kennedy, a Republican justice, has

expressed interest in ending politically-motivated gerrymandering by creating proper standards. His eventual decision appears to be the deciding factor for the case.

While the issue may seem distant from our liberal-leaning state, there is no doubt that Massachusetts’ districts have been gerrymandered before. A cursory look at any map of Massachusetts’ congressional districts will reveal this. In fact, the term “gerrymandering” was named after a former Massachusetts governor, Elbridge Gerry, after he redrew state districts to provide his party with an advantage. As a result, it is important to acknowledge the effects that redistricting had on the votes of Massachusetts citizens,

as well as the effect it will have on future elections.

Most ABRHS students will vote in upcoming elections, supporting the candidate whom they believe will best represent them. Ideally, the candidate with the most support will win and serve the majority’s best interests. However, state legislatures can redraw district lines to ensure a victory for any particular candidate—perhaps even someone whose views do not align with the majority of voters. It is therefore our responsibility as citizens and future voters to consider the power that our respective votes carry, for gerrymandering certainly poses an imminent threat to America’s democratic institutions.



Protestors against gerrymandering in Virginia
ONLINE SOURCE

#MeToo: The Silence Breakers

By NITHYANI ANANDAKUGAN
Co-Editor-In-Chief

Since 1927, *Time* magazine has recognized what it calls a “Person of the Year”: an individual—or sometimes a group of individuals—that has, “for better or for worse,” significantly influenced the year. The magazine first featured Charles Lindbergh, the first aviator to traverse the Atlantic by plane. *Time*’s Person of the Year has since become a cherished tradition. It serves as a means to reflect on the year before it passes.

In the years since Charles Lindbergh, *Time* has featured activists like Mahatma Gandhi and Martin Luther King Jr, presidents from Franklin Delano Roosevelt to Donald Trump, entrepreneurs like Amazon’s Jeff Bezos and Facebook’s Mark Zuckerberg, groups like the whistleblowers and the protesters, and, in 2006, it even featured “You,” to honor content creators for bringing “together the small contributions of millions of people and making them matter.”

This year, *Time* magazine’s nominee for Person of the Year certainly captured the essence of our year. It is a group both timely and timeless: timely because it has consumed the media in recent months and timeless because the issue that affects this group has existed—and likely will continue to exist—over time. On the cover of *Time* Magazine’s 2017 Person of the Year issue is a group that has suffered from sexual harassment, a group whose members have—even more importantly—spoken up about their traumas: the Silence Breakers.

During a time in which technology appears the culprit of so many problems, Twitter has functioned as a force of good. Men and women whose voices went unheard for so long shared their stories with two simple words: #MeToo.

The Twitter campaign may seem somewhat inconsequential to many. However, in reality, it represents a pivotal culmination of historical events that have confined men and women to silence. Though men have certainly suffered from sexual assault, the oppression that women have faced is far more systemic and institutionalized. Thus, the history of sexual harassment closely parallels the history of female oppression, and the fight against one of these issues largely influences the fight against the other.

The movement for women’s rights began in the United States at the 1848 Seneca Falls Convention, at which women began to voice their grievances and push for equity. A little less than a century later, in 1920, the United States government finally amended the Constitution to secure women’s suffrage. At the time, many doubted whether a constitutional amendment would change women’s societal role. Perhaps these skeptics expressed legitimate concerns, for only necessity truly changed women’s social standing. For instance, during World War II, necessity pushed women

from the home to the workplace while men fought in the army. Since then, working women have indeed become more commonplace in America. However, the oppression that they once faced has lingered. Thus, the fight for women to escape subservience and silence continues, and because sexual harassment is a largely gendered issue, victims continue to suffer from this oppression as well.

The Silence Breakers therefore epitomize the continued zeal behind this enduring fight. They represent the women who have broken the silence that has trapped them for so long. The publicized cases of sexual harassment in the news have certainly empowered more women to share these incredibly personal experiences. Still, though the silence is broken, there is much left to be heard. At the corner of the *Time* magazine cover, a faceless shoulder appears. It represents those who have yet to speak out. It represents those still afraid. And it represents those who are still silenced by their oppressors. The shoulder represents the distance we have left to go. Only time and progress can get us there.



Silence breakers identified as *Time* magazine’s Person of the Year
Kaitlyn Chen / Layout Editor

Impacts of Vacation

By PAOLINA GARRO
Correspondent

Students often complain about how tired they are, but they refuse to do anything about it. Sometimes, though they are frustrated by the hours and hours they spent studying, they refuse to fix the problem, by finding more efficient ways to study. This tendency can be explained by the results of a recent survey that shows that Americans only take half of their vacation time off. As a result, many do not have enough time to relax and return to work even more stressed-out. Even while on vacation, 25% of Americans are contacted by co-workers during their leave, and 20% are contacted by their boss about a work-related subject. American workers clearly need a break.

Going on vacation is full of benefits, including stress reduction, health improvement, better sleep, and a boost in productivity. Schools give vacations so students can relax, away from an environment that they associate with stress and anxiety.

From a health perspective, a small study at the University of Vienna found that, after taking time off work, people suffered fewer minor physical illnesses such as headaches or backaches. In fact, it discovered that the heart needs rest to function properly. Thus, men who skip vacations are 30% more likely to suffer from heart attacks than

those who take some rest. These findings are true for women, too.

After taking a vacation, people are certainly more productive. For students, going back to school means that they will have a lot more to do in much less time, but the vacation beforehand can help them focus. Studies have even shown that, when employees take breaks, their end-of-the-year completion ratings improve by up to 8%. Psychologically, when a person is on vacation, they are happier, which later helps their engagement in work after the break is over.

But the problem that most affects many students and adult workers is lack of sleep. A cluttered mind leads to unproductive nights and disrupted sleep. A lack of sleep leads to a troubled memory and an increased likelihood of accidents. Researchers have proven that vacations can limit the habits that disrupt sleep, like the tendency to work all night on a project or watch television before bed. Taking time off and learning to reset sleep patterns will help people when they feel stressed from work and find it hard to sleep because of anxiety.

As break approaches, rethink your idea of vacation. Instead of constantly studying, as you might feel pressured to do, take some time off and enjoy at least nine hours of sleep per night. When you return, you will be more productive, relaxed, and healthier than ever!

Expression

Expression Through Protest (cont.)

By NEHA VIJAY
Correspondent

...freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances." But interpretations of these words have changed.

Individuals now protest for all sorts of issues as they seek a better future for their families and their children. They respond to the more subtle forms of sexism and racism that persist today. For instance, Black Lives Matter is a movement founded about four years ago to end systematic racism against blacks following a series of police brutality cases based on racial profiling. The 2017 and 2018 Women's Marches occurred worldwide to protest for women's rights and equality. Both movements are reactions to lingering historical oppression.

Still, millions of global citizens protest to speak up for both themselves and others. They stand up for those who cannot find their voices. However, movements and uprisings—even peaceful ones—sometimes end in disaster. When about two hundred protesters gathered in Tottenham to demand answers about a police-caused death, the gathering led to looting and torching of property, which threw England into chaos for weeks. Even well-intended protests have ended or struggled before triumphing. The Soweto

Uprising, led by black students in South Africa, advocated against the use of their oppressors' language in education. This protest resulted in the death of 176 people, but it inspired the fight to end apartheid, the South African system of segregation and discrimination. These changes took years of hard work; it takes a great deal of passion to alter a widely accepted system or belief. Though we cannot change everyone's views

to align with our own, we can certainly defend our beliefs.

Over the years, various protests have changed laws and attitudes all over the world. This same passion and determination fuels change and progress, even here at AB. At this school, we stand by our peers and defend them. We overcome adversity by working together and supporting each other as we are one school and one community.



Protesters showing their support for the Black Lives Matter movement
ONLINE SOURCE

Fashion Expression

By OLIVIA OLAYIWOLE
Fashion Columnist

Fashion is more than what a person wears: it shows how one wants to be perceived and helps individuals express their creativity. Most people take these abilities for granted. The more subtle benefits of fashion are thus often forgotten.

We should take the opportunity to express ourselves through fashion because it gives us an option to show our identity and personality. We ought to be inspired by the many forms fashion takes, whether it be streetwear, haute, couture, or even avant-garde.

Fashion is flexible: it allows you to be innovative and try new things. Today's streetwear trends exemplify fashion's bold attitude. Layering, for instance, is a new, up-and-coming trend that has emerged in the realm of streetwear. More masculine looks for women like boyfriend jeans, distressed denim, and oversized clothing have also become more popular. And, as usual, fashionistas everywhere are finding new ways to wear old clothes and accessories. When you create your own unique look, you grow into a more confident version of yourself.

In haute couture, many famous and historic fashion houses have set trends and created exclusive outfits—typically dresses—made from the finest materials. The confidence that comes from wearing the newest and finest fashions can be emulated easily whether or not you can afford them. Wear your finest when-

ever you want; set the course of your fashion journey. In this way, you exclude true confidence.

However, just like any other art-form, fashion cannot come without creativity. Creativity can help to break barriers that once may have hindered you from creating a style that complements your identity. Avant-garde is an inspiring, imaginative fashion in which clothes are created in unconventional ways. At the latest Met Gala, Rihanna wore an avant-garde look created by design brand Commes des Garçons. It was a multicolored, sculptural, two-piece dress with accents of red and blue that was made of large, vibrant petals. Her look broke the internet: it consumed social media for days. Such images reveal the individualism and creativity that fashion allows.

These ways to express yourself through fashion shouldn't be neglected; they should be embraced. Fashion can truly create a bolder, more creative, innovative you.

Indo American Convenience Store



485 Great Road,
Acton, Massachusetts
Phone: (978) 263-0144

Come! Visit our store to shop for wide variety of spices, Dals, flours, Indian breads, frozen Indian food/dinner, Indian Sweets, Fresh Vegetables, Canned, Pickled items and more....

Persian Groceries Available too....

Open 7 Days A Week From 9:30 am - 8:30 pm

Kanye West's Impact on Music

By ARYAN RANADE
Correspondent

Music, to put it bluntly, is awe-inspiring. It transcends human emotions and sometimes even language. We respect artists' ability to dismantle the artificial barriers that exist in our society. Through their work, musicians help to complicate and deepen our otherwise simplistic understandings of the world. In many instances, music changes the way we act. It affects the way we love, dance, hurt, and think. It fills the void of silence as we drive. For many, music acts as an anchor that counteracts the chaos of everyday life. One artist in particular captures these qualities: Kanye West.

West is proof that artists who look to expand the horizons of mainstream music still exist. Whether or not people like his music or personality, they cannot deny his monumental impact on not only hip hop but on music in general. Born in Atlanta and raised in Chicago, Kanye Omari West is a polarizing figure responsible for some of the greatest hip hop masterpieces to date. He first entered the industry as a producer for distinguished artists like Jay Z, Cam'ron, Ludacris, Alicia Keys, and Janet Jackson. However, West gained popularity in the early 2000s after releasing his first studio album, *The College Dropout*. His album was revolutionary because of its contrast to many hip hop artists at the time. By incorporating "chipmunk soul" samples and by disassociating from "gangster rap," he became a profoundly groundbreaking talent. He rapped about living in Chicago, about school, about his insecurities, about his religious beliefs. It was an



Kanye West.
ONLINE SOURCE

instrumental step in the movement of hip-hop away from gangster rap.

Again and again, Kanye changed music in this way. For instance, he reinvented his third studio album, *Graduation*, and changed the aforementioned "chipmunk soul" style, incorporating into the beat synths that sounded like human voices. It was by far his most pop-sounding album, though it continued to follow its own distinct rules. *Graduation* even popularized auto-tune: unlike other artists, Kanye used autotune not to sound better but to distinguish his music. In 2008, he created *808s & Heartbreak*. On this record a sad, crooning Kanye uses autotune as well as a minimal 808s drum machine. His raw lyrics tell a story of hurt, anger, and pain. Initially met with mixed reviews, the album now influences newer artists like Drake and Kid Cudi.

2009 fared poorly for Kanye, from his outburst against Taylor Swift to his public slander from the media. He subsequently retreated to Hawaii for a much-needed break. In 2010, however, Kanye released his most critically acclaimed album to date: in *My Beautiful Dark Twisted Fantasy*, he used a maximalist ap-

proach to create a dense, thick, and grimy-sounding sonic masterpiece. To this end, he employed the "best of the best" in music, like RZA, Elton John, Beyonce, and Bon Iver. The lyrics were astoundingly dark, but the music was beautiful. It portrayed a deeply flawed yet admirable man and painted a picture of his life at that point. This album represented the peak of Kanye West's musical career. Then, in 2013, he released his most experimental and controversial album yet: *Yeezus*. It was hard, abrasive, and minimalist. He worked with legendary producer Rick Rubin to fully strip the album down in a novel way. His lyrics feature simple yet crude and callous language. The response to this album was mixed. Some, such as Paul McCartney, considered it an innovative experimentation, while others thought it grotesquely off-putting.

Kanye West is a musical genius: no one can deny that. Although I can't defend him when he says questionable things or acts audaciously, I will defend his creativity and music. He does not make music because he wants to be famous. He makes music for the sake of art.

Free Speech Today

By AADITHI VALLATHARASU
Correspondent

When AB students were asked what "freedom of speech" meant to them, their responses revealed the weight of such an important liberty: "Freedom of speech allows for the diversification of ideas, which leads to better solutions for world problems"; "without it people cannot advocate for change"; "freedom of speech lets people contribute to society." In the United States and many other democratic nations, freedom of speech is considered a fundamental right. These students certainly recognized the importance of free speech, but still, it is easy for Americans to forget how lucky they are to enjoy a freedom that is heavily restricted in other countries around the world.

The John Peter Zenger case represents a cardinal example of using free speech to voice an opinion against the government. Zenger, a colonial newspaper publisher, used his paper to criticize New York Governor William Cosby and his policies. He was later declared "not guilty." Zenger defended his ideologies with the argument that "truth is a defense against libel." This notion inspired our founding fathers when writing the U.S. Constitution to grant freedom of speech and freedom of press.

Though free speech has existed since this country's conception, its interpretations have varied through time. In the Civil Rights movement, for instance, many African-Americans peacefully protested against segregation—but they were often attacked by the police. Sometimes they were

even arrested. Though peaceful protest has become far more accepted and normalized in the current social climate, many debates revolve around the true interpretation of free speech and whether it may be restricted. These debates include whether we should allow free speech for groups that only spread hate, like the KKK. After reaching a general consensus that hateful words violate American values, Congress added certain restrictions on free speech to the Constitution. According to the Congressional Research Service Reports, "the First Amendment provides no protection for obscenity, child pornography, or speech that constitutes what has become widely known as 'fighting words.'" Slander and libel are two other examples of unprotected speech. The United States government ultimately sought to ensure that citizens would be able to use their right to free speech to create positive change—not to spread hate.

Free speech has undoubtedly grown into a tool that remains respected and valued among citizens today. It is important that, as Americans, we recognize the true value of free speech. In our so-called haven of liberty, we often forget that countries like Belarus, Somalia, and South Sudan are controlled by tyrannical governments, leaving their peoples no room to revolt or even simply voice their opinions. What Americans take for granted is cause for imprisonment in these countries. Ultimately, it is essential for us to use our voices to improve our country. As Martin Luther King Jr. once said, "Our lives begin to end the day we become silent about things that matter."

Expression

Society and Women's Fashion

By EMILY XU
Correspondent

Society is a harsh and unforgiving enemy of female fashion. Women are unable to wear what they want without other people commenting on it: "This is too revealing," "That's out of style," and so on. During interviews, the first question asked of female celebrities is often about clothing: "Who are you wearing?" or "What types of clothing are you into right now?" Yet, if the a male counterpart is interviewed with the woman, he usually is asked more substantive questions about his upcoming projects or livelihood. In the "Discover" section of Snapchat, the entertainment news stories from *Daily Mail* perfectly represent how society associates women with fashion and clothing. The story's thumbnail is often an influential female, such as Ariel Winter or Kylie Jenner, with a clickbait caption like, "Ariel showing the world her daisy dukes!" The article begins with a short description of the outfit. The rest criticizes it.

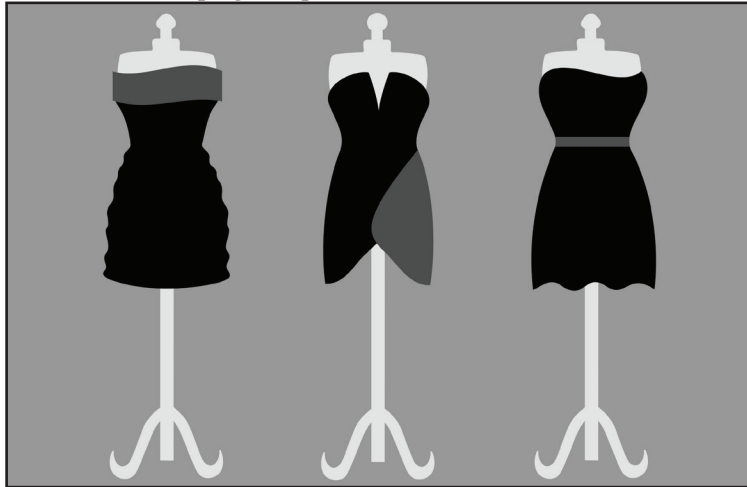
Fashion has thousands of definitions. To some, it means bright colors and unique designs; to others, it means sweats and hoodies. It is therefore maddening for so many articles to comment on whether a woman's outfit is "in" or whether her fashion choices deserve approval.

Criticism of women's fashion has undermined young boys and girls' right to express themselves through appearance. People create a specific mold for how girls should dress, but this singular idea of fashion represents only a fraction of the different types of clothing in the world. In addition, labeling some clothes as "feminine" and others "masculine" further limits people's ability to express themselves through fashion.

Clothing stores are always divided into a boys section and a girls section. Yet, to limit certain articles of clothing to only girls or boys warps the mindsets of young, impressionable kids. These stores continue to enforce the cookie-cutter mold of women's fashion. Keeping the pinks,

purples, skirts, and dresses in the girls sections leads young girls to think that they are limited to that type of clothing. Likewise, an overwhelmingly large part of society disparages men who like to wear more feminine clothing or makeup, even though there is nothing wrong with men expressing femininity. The same goes for the colors that young girls are expected to wear; as a child, I thought that boys weren't allowed to wear pink. Society raises children to believe that certain types and colors of clothing must conform to arbitrary ideas of gender.

When will we stop reducing women to their bodies, faces, and clothes? Mindset is key. Society must learn that women's capabilities define them, not their bodies and certainly not their dresses.



Fashion has an impact on how we perceive each other.
ONLINE SOURCE

Interpretive Dance

By MICHELLE GONG
Spectrum Staff

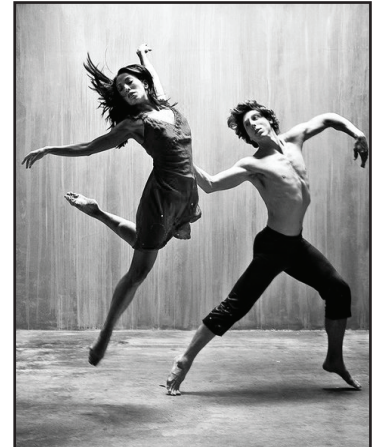
Dance is everywhere. It exists in almost every culture around the world, from classical ballet and ballroom to hip-hop and Irish step dancing. No two styles are the same. Some dances evolve by diverging from their origins, while others emerge through the combination of various styles. To properly execute most dance styles, dancers must learn and perform specific movements and steps like an arabesque or the Charleston. Along with these technical components, dancers use movement to convey emotions or stories based on their interpretation of the music. This expressive form of dance became known as "interpretive dance."

The *Merriam-Webster* dictionary defines interpretive dance as "a dance depicting a story or a definite emotion rather than following an abstract pattern." Unlike other genres, interpretive dance can be incorporated within other styles. It is thus hard to pinpoint exactly where it originated. Some sources indicate that the interpretive style roots from tribal dance, but others claim that it began to evolve from dance traditions in the early 1900s. Regardless of its origins, the dance provides an outlet for expression.

Today, interpretive dance comes in many different shapes and forms: lyrical, theatrical, and even ballet. Lyrical dances express strong emotions or a meaningful story that corresponds with a piece of

music. In theatrical performances, like those on Broadway, interpretive dance helps performers to convey the show's story. However, a lack of classical technique can limit one's ability to properly execute the dance. Even ballet can be helpful in interpretive dance: for example, at their core the most famous ballets like *Swan Lake* and *Romeo and Juliet* simply tell stories about love.

Interpretive dance allows dancers to use both their technique and creativity to express the same choreography or song in different ways, making each dance as unique and fascinating to watch as the next. The definition of interpretive dance is broad: it lists only simple requirements. Thus, it can be performed with or without music and it can express basic emotions or even complex stories. Ultimately, interpretive dance welcomes all those who are willing to try.



Interpretive dance is about emotion.
ONLINE SOURCE

NFL Celebrations

By Daniel Poulton
Spectrum Staff

Third and five deep in the red zone. The ball is snapped. Redskins quarterback Kirk Cousins throws a heater through the defense to hit tight end Vernon Davis for a game-changing touchdown. Afterwards, he innocently tosses the football through the uprights with a flick of his wrists, imitating a basketball shot. Yellow flags fly, and shrill whistles signal that Davis has been penalized for using the ball as a prop—a 15-yard penalty on the ensuing kickoff. Thanks to the added distance on the kickoff, Eagles running back Wendell Smallwood returns the kick 86 yards for a touchdown.

This touchdown celebration clearly did not deserve the same penalty as brutal headshots, which result in injury and long-term health risks. This all-too-common situation reflected growing frustrations expressed by fans, players, and officials toward overly restrictive celebration regulations. Mounting tensions came to a boil this past offseason, and NFL commissioner Roger Goodell consequently relaxed the rules. As a result, players now benefit from a gained freedom to express themselves following a touchdown.

After a conference with past and present NFL players, Goodell said that he wants "more room [for the players] to have fun after they make big plays" as well as to express "their individuality and, frankly, celebrate the game." Using the football as a prop, celebrating on the ground, and group demonstrations are now allowed. Offensive demonstrations, celebrations causing a delay in the game, and celebrations directed toward opponents still are not permitted. Through the first ten weeks of the season, players celebrated their

small victories in memorable ways. Here are the fun and humorous highlights:

In week two, after putting up six points, Lions receivers Marvin Jones Jr. and Golden Tate pretended to play a heated point in table tennis. After a back-and-forth rally, it appeared that Jones Jr. smashed a forehead to win.

During week five, following his second touchdown of the year, Vikings tight end Kyle Rudolph directed his offensive lineman, wide receivers, and quarterback to sit in a circle. The seven-year veteran proceeded to begin a game of duck, duck, goose. After Rudolph called "goose" on one of his linemen, the whole group leapt up and celebrated together.

In weeks seven and eight, Pittsburgh wideout JuJu Smith-Schuster, an emerging rookie star, brought a whole new element of fun to celebrating. During week seven, he and running back Le'Veon Bell played a hilarious game of hide-and-seek following a score. Later, following their victory over the Bengals, JuJu tweeted out that his bike had been stolen. After the next touchdown he scored, he sprinted to the sideline, grabbed a bike lock, and jokingly locked up the exercise bike.

During week nine, in one of the most unusual demonstrations this year, Chiefs tight end Travis Kelce corralled wideouts Demarcus Robinson and Tyreek Hill for a potato sack race. The three contestants held up the fake bags and hobbled along for a few yards. Hill and Robinson then tumbled down, making Kelce the winner.

The NFL's new policies regarding celebrations have allowed players a new form of fun and self-expression, creating stronger bonds with fans and viewers at home alike.

Relieving Anger and Stress

By SONALI RAI
Correspondent

School is stressful—that's a given. In a district where competition seems to surround students, it's only natural for tensions to arise within them. Large amounts of stress and anxiety, if not managed properly, may lead to anger and frustration. After this frustration builds up, it's easy for a student to lash out at others when provoked. These responses can range from something as simple as passive-aggressive comments to more consequential reactions like fighting. However, no matter how serious the issue, the tension can always be avoided. The following provides a few safe and healthy ways one can release their emotions without causing harm.

Meditation: Nowadays, it's hard for students to take a break due to their packed schedules. However, a mere five minutes of daily meditation can lower one's stress in the long run. Turning off all the lights, quietly sitting or lying down on a bed, and focusing on breathing does wonders for the brain. The amygdala, the center of the brain responsible for anxiety, stress, and rash decisions, tends to contain larger volumes of brain cells when one is under high amounts of pressure. Meditation decreases the volume of brain cells in the amygdala, lowering one's stress and anger levels. Once the mind is clear, careful evaluation of emotions becomes much easier.

Progressive muscle relaxation: Progressive muscle relaxation is an activity that can be completed anywhere at anytime. Throughout the day, people endure immense amounts of tension, often without even realizing

it. Progressive muscle relaxation is a method in which one tenses a certain muscle group for an allotted amount of time, making sure to build up pressure. After time is up, they relax these muscles to feel relief throughout the body. This not only helps one unwind but assists with temper control as well, making it less likely for them to behave aggressively.

Listening to music: Studies have shown that music helps to relax the brain and relieve stress. A song of around sixty beats per minute causes the brain to synchronize with the beat, creating alpha brain waves. These waves help to relieve mental stress, but they are present only when one is relaxed and awake. Unlike other remedies, listening to music doesn't yield long-lasting effects; it helps only temporarily. Regardless, it's an effective method for relaxing and controlling emotions such as anger.

While all of the given tactics of reducing stress and anger have proven effective, taking ideas from students around ABRHS also can be useful. Among the students interviewed, creating art seemed to be among the most common meth-

ods of reducing stress. Currently enrolled in the Advanced Drawing & Painting course, sophomore Emily Zhao mentions how "art helps [her] release pent-up emotions in a personal, memorable way." Similarly, sophomore Eileen Kou, a hobbyist artist who is also currently a sophomore, states that "making art takes [her] to a completely different world where [she] can draw without having to worry about deadlines or assessments." On the other end of the spectrum, another popular answer ended up being sports-related. According to Eric Son, "the feeling [when playing volleyball] helps me forget about almost all the problems [I had during the day]." Many others like Eric noted that physical activity helped them to relieve tension and unwind.

Expression is often about controlling emotion to appropriately respond to one's current environment. Managing emotions and stress levels through methods such as listening to music, creating art, and playing sports during tough situations can aid relaxation and ensure the right mindset to react to these situations.

Q Cleaners & Tailor
Dry Cleaner, Tailor, Shoe Repair, Laundry Service

Voted #1 in Acton

Environmentally-Friendly

Local, Independent Business

2017

2017

Mention this ad for 20% off Any Uniform Cleaning

QCleanerTailor.com | 159A Great Road | Acton

Call (978) 264-4005 and Ask for Kim!

Expression

Social Media at AB

By EMMIE OHNUKI
Correspondent

Since its creation, social media has influenced people's daily interactions with the surrounding world. Such a platform allows them to connect with friends, family, or even reach large audiences.

With over 600 million users, Instagram is the fastest growing social media site out there. It provides a platform for thousands of content creators who post about lifestyle, music, art, and more. These creators use the platform's large audience to share a part of themselves with the world. In fact, several AB students use Instagram to share their own unique talents and voices.

An anonymous AB student expresses his love for music and dance through the platform. He began his account by posting short dance videos and song covers and found a community that shares his interests: "I can't really express myself to the people around me because people are really quick to judge, so I choose to use social media to express myself instead." He also has a positive impact on his followers as he recounts heartwarming messages from people saying how his content makes their day. However, despite the positive experiences, he warns social media users not to neglect their original purpose—"Sometimes I might get too focused on achieving [followers and likes] and lose sight of my original purpose, which is to express myself."

Another AB student, junior Sarika Chawla, expresses her love for music through posting covers of her favorite songs and requests from followers on her account, @sweetsingingbird. Chawla notes her reason for creating the account: "I love to sing and my friends and family often ask me to sing for them, so I thought I would put myself out there." Chawla recalls a Spanish exchange student requesting the song "Despacito" and even commenting that she loves her covers. "It was pretty cool to see that, through my singing, I can connect with people across different cultures," says Chawla. Through sharing her passion for music, Chawla also hopes to spread positivity and awareness through songs that address important topics and convey inspiring messages, giving her motivation to keep going.

Nala Wu, an AB alumna, posts her artwork through her account @naladraws. Wu's art focuses on self-expression and the promo-

tion of diversity in the media. She hopes to educate people about current issues and discusses controversial topics through her page. In so doing, she aspires to create an environment in which people feel comfortable asking questions and expressing opinions. According to Nala, "my work is my self-expression, and by sharing it online, I feel like I'm sharing bits of myself as well."

Through her old art account, Nala had built up an audience of nearly 50,000 up until Spring 2017. She was even sponsored with well-known companies such as Polaroid, The Dole Fruit Company, and Serengetee in addition to private commissions for some of her followers. She also found a tight group of friends who helped her organize art contests for followers. Despite all of this, Nala has come across some negativities through Instagram. "It's been a rocky road," she admits, "I let it get to my head, and I would weigh the worth and quality of my work with how many likes it got. It was bad... I definitely cared way too much". This did not stop her, however. Instead of quitting, she restarted her account—starting fresh with a smaller following consisting of people who truly cared about her work.

Finally, junior Katrina Sousounis raises awareness about many issues personal to her, like women's rights, refugee education, and environmental risks. Through promoting fundraisers and inspiring videos, she hopes to educate others about these concerns. "I am really into creative ways to advocate...and always encourage others to express themselves through art to do something impactful," she says. Katrina reached out to senators, members of Congress, and professional policy makers, all of whom listened to what she, though a mere student, had to say. Katrina says, "Because of what I have experienced on Capitol Hill... with female role models who have all come together for this movement, I know that everyone could benefit from an outlet to show teens that they can really make a change."

Even with their differing talents, these students all share a common goal: to express themselves through their passions to a community of people with similar interests and to inspire others to do the same. These individuals demonstrate how expression through social media means taking a risk, making yourself vulnerable to judgement and, finally, being bold.

Taylor Swift's Reputation - Top 5

By ANJALI RAMAN AND
AADITHI VALLATHARASU
Spectrum Staff

Whether or not you enjoy her music or like her as a person, there's no denying that Taylor Swift is a lyrical genius. As she continues to draw from real experiences, it is evident that not only has her sound changed, but her songs' messages have also evolved. The old Taylor may be dead, but the new Taylor's sixth studio album, *Reputation* (stylized as *reputation*), possesses the same craft and artistry of her previous albums. The fifteen-song album is a rollercoaster of different genres and stories that somehow all flow together. The following are our favorite songs from the album.

5. Delicate

"Delicate" portrays the vulnerability that Swift feels about connecting with another person in the early stages of a relationship when her reputation has been decimated. She questions how the destruction of a social construct such as reputation could have a very real effect on her future: "Is it for the best? My reputation's never been worse, so he must like me for me." Swift reveals to her fans that it isn't easy for her to build close relationships with so much drama clouding her name. She realizes that those who have stuck by her in her personal life truly like Taylor for who she is. (Don't worry, Taylor; we think you're pretty swell as well.)

4. Getaway Car

"Getaway Car" depicts Taylor's love triangle with Calvin Harris and Tom Hiddleston as she jumps from one poisonous relationship to another that she is equally unsure of. Taylor describes the moment it all fell apart: "I'm in a getaway car, I left you in a motel bar. Put the money in a bag and I stole the keys. That was the last time you ever saw me." In order to see the entire story unfold, listen to "Getaway Car." Just trust us.

3. End Game (feat. Ed Sheeran & Future)

"End Game" has all the key components of a party anthem, from a roaring chorus to a booming backdrop. Combining elements of both rap and pop with the help of Ed Sheeran and Future, "End Game" not only draws from multiple genres but taunts those who question Taylor's reputation. She knows that her "Reputation precedes me, they told you I'm crazy. I swear I don't love the drama, it loves me." Taylor proclaims that her new reputation will not be her endgame. She suggests that all the celebrities that she feuds with may have big reputations, but only Taylor can define her own reputation.

2. Don't Blame Me

This song's lilting, thunderous synth beat makes you want to break out into dance. Taylor explains that her judgment is often clouded by love (so don't blame her for all the drama, folks!). She speaks on love and the powerful role it played in her life. She pleads for everyone

to see things from her side, saying, "Lord, save me, my drug is my baby. I'll be usin' for the rest of my life. Don't blame me, love made me crazy." This ridiculously catchy song echoes dark "Take me to Church" vibes, only better. In a deep voice, Swift's vocal talents are truly displayed.

1. New Year's Day

One of Swift's best ballads, this is the only acoustic in the entire album. With soft piano notes, Swift proves once again that her lyrics have the ability to pull powerful emotions out of anyone—one of the skills to which her success may be attributed. Her gentle voice creates detailed imagery of the scene as Swift serenades, "There's glitter on the floor after the party. Girls carrying their shoes down in the lobby. Candle wax and Polaroids on the hardwood floor." Finally, Swift reminds us to "hold on to the memories, they will hold onto you." We personally hold onto the memories of listening to Taylor Swift's first album at seven years old, huddled around an old, broken CD player. Out of all the songs on this album, this one is truly worth the listen.



"Reputation" Album Cover
ONLINE SOURCE

A New Age for Disney Movies

By MICHELLE GONG
Correspondent

Disney is everywhere—in stores, on TV, and on the big screen. When someone mentions "Disney," people might think of the Sprouse twins from *The Suite Life of Zack and Cody* or the bunny cop from *Zootopia*. More likely, they will think of one of the more classic aspects of Disney: princesses. From *Sleeping Beauty* to *Moana*, Disney princess movies have managed to remain popular for many decades.

However, some see the Disney princess movies as sexist due to their portrayal of women as weak and lesser than men. Both *Snow White* and *Aurora* need a man to wake them up, and *Rapunzel* needs a man to free her from her tower. In fact, according to the *Washington Post*, in *The Little Mermaid* and the five princess movies that followed, men have approximately three times as many lines as women.

For young girls, these movies can also create unrealistic expectations surrounding body image. Princes repeatedly fall in love with princesses because of their beauty and appearance; Gaston obsesses over Belle because of her beauty and Cinderella catches her prince's eye at the ball because of her dress. Consequently, some Disney princesses change themselves for a man: in *The Little Mermaid*, Ariel trades her voice to be with Prince Eric. Moreover, most Disney princesses have unrealistically thin figures, leading young girls to think that a slim body is a "perfect body." Even researchers believe that Disney movies may be the early source of stereotypes that young children

develop about women.

Over the years, Disney has tried to improve and adjust its princesses according to modern, evolving views of women. Unlike *Aurora*, who was criticized for lacking work ethic or skills except singing in the forest, princesses since have become role models for young children: Belle loves books, Tiana works hard, and Merida succeeds without a love interest. By 2013, Disney released *Frozen* and completely changed the idea of princesses as "damsels in distress." Though Anna initially assumes that her only savior is Prince Hans, she is ultimately saved by her sister, showing the audience that women can be heroes too. In 2016, *Moana* was released. It seemed to follow the same storyline as *Tangled*—both have women who want to go beyond familiar territory, have a male guide to aid them in their adventure and, of course, have cute animal sidekicks. But many critics claimed that *Tangled* was more of an experiment lead-

ing to the perfect execution of *Moana*. Plus, *Moana* has no love interest, making it the only plot of a Disney princess movie, besides that of *Brave*, that does not involve a love story. Furthermore, animators designed *Moana*'s body based on her physical abilities: instead of looking thin and delicate, *Moana* has a fierce strength while being just as beautiful.

Since the premiere of *Snow White*, Disney has taken the criticism it received for films seriously. The personalities of princesses over the years have evolved to be more independent and courageous, and their need for a male savior has decreased as well. Audiences have responded positively to these new changes, and even though Disney still has room for improvement, if it continues to advocate for the modern role and perception of women, there is no doubt that it will continue to create movies that have a positive impact on young viewers, especially young girls.



Social media allows people to express themselves to the fullest.
Grace Du / Layout Editor

Hansen Auto Body

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

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

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

STOP BY HANSEN AUTO BODY TODAY FOR A FREE ESTIMATE!

News

More Than Just the Hours

By Kirtana Krishnakumar
Publicity and Finance Manager

It is far too easy for students to get caught up in their bubbles here at AB. Our preference to focus on the issues closest to us makes it difficult to keep in mind that there are 194 countries around us with bigger problems than the ones we occupy ourselves with here. In fact, recent surveys by *National Geographic* show that youth today are substandard in their global literacy. Although we read international news headlines, we rarely stop to consider the life of an individual in another country.

The ABRHS's InterAct Club strives to change this issue. A club devoted to international service, InterAct undertakes projects throughout the year to support both our own community and communities around the world. InterAct is sponsored by the Rotary Club, a global organization that addresses issues regarding health, education, and peace. The Rotary Club has over 1.2 million supporters who endeavor to enact local and global change; it created InterAct specifically to encourage high school student involvement in community service, collaboration, and development of unique strategies to improve lives for others.

This year, AB's InterAct Club has already completed two projects: a school supplies drive for Nigerian children and its annual food drive for the Acton Food Pantry. The first project was not as successful as the club had hoped. Although they hung posters around the school, urging students to donate new school supplies, few students complied. Ruiqi Luo, a co-leader of InterAct, points out that the club "[needs] everyone to participate. There's nothing we can do on our own." She thus hopes to involve more students and communicate the importance of everyone's contributions to fundraisers.

However, the food drive's success demonstrates the impact that student involvement can have. Even though the club still had more success last year, it provided the Acton Food Pantry with forty grocery bags of food. To build from this success, Ruiqi and her team aim to engage more students in their final project this year—a crutches drive. The idea is still in progress, but the team plans to collect students' old, unneeded crutches and send them to an international community that needs them. Although the club members are still working out the details, they aspire to make it a success.

As AB's InterAct Club expands its range of volunteer work, the members invite new students to join. Ruiqi explains that the club is a "nice environment for everybody at the school" and a way to channel stressful energy into actions that will help others globally. Anyone can join the club's Wednesday meetings after school and take part in future projects. Ruiqi feels that, although curiosity first pushed her to join InterAct, she found that she truly enjoys spending time with her fellow members and discussing ways to help both the local and international community.

Community service itself is a rewarding activity that helps not

only service recipients but the volunteer. Volunteer work has been scientifically proven to create positive health effects in individuals. Leading researchers in positive psychology and happiness Ed Diener and Martin Seligman found that "connecting with others in a meaningful way helps us enjoy better mental and physical health." They compared the brain activity of individuals giving gifts to others with the brain activity of individuals receiving gifts. Interestingly, neuroscientist Jordan Grafman found that both show equal signs of pleasure. Furthermore, those who felt happy upon finding purpose—for instance, in volunteering to help others—had low cellular inflammation levels and were thus less susceptible to cancer and other diseases.

Above all else, the InterAct Club gives students an opportunity to organize their own community service projects while "extending our community to the world." As new global issues arise, students require an understanding of different cultures and situations around the world to be able to address these problems. Participating in the InterAct Club's projects can help members to improve their perspectives and remind them of the larger, interconnected global community.



Inside the Acton Food Pantry
ONLINE SOURCE

AB Cross-Country Highlights

By NIRAAGI SHAH
Sports Columnist

On Saturday, November 11th, Acton-Boxborough's cross-country teams competed in their season's final meet: the MIAA Eastern Massachusetts Division 1 championship at the Wrentham Development Center.

According to Coach Owen, "So many personal bests were recorded today when it counted most." The team "ran tremendously well against some of the best in the state."

The AB girls placed ninth out of twenty-three teams. With the girls' top five runners contributing to the score, there was a thirty-eight-second spread between their first and fifth runners and an average time of 20:34 for the 3.1-mile course. First in for AB was senior captain Margaret Flaum (33rd, 20:19). Placing 37th and 38th were sophomore Findley Anderson (20:22) and senior captain Nicole Sedler (20:23). Junior Kirsten Forrester (57th, 20:52) and senior captain Lynn Rushkin (62nd, 20:57) rounded out the scoring. Seniors Madison Hora (21:42) and Julia Bartow (24:07) also competed in the championship race. The girls closed the season with Anderson, Forrester, and Sedler as three of the Dual County League all-stars. The girls' team also has a 2-2 record in dual meets—competitions between

two school teams and two opposing teams—and a fifth-place finish at the DCL championship. In addition, they have a third-place finish at the Coaches' Invitational Junior and Senior race and a ninth-place showing at Eastern Mass.

Competing against the other twenty-four Division I schools in Eastern Massachusetts, the boys team placed eleventh with an average time of 17:05 and a seventeen-second spread between their scoring runners. With 175 runners in the race, senior Jack Gardiner (50th, 16:57), junior Jackson Hamilton (52nd, 16:58), and junior Kevin Rubens (55th, 17:03) led the way for AB. Next in, both at 17:14, were senior captain Liam Smith and junior Otis Robbe. Senior captain Tim Davis (17:24) and junior Gabe Lundy (17:27) placed 84th and 88th. The boys closed their season with three DCL All-Stars (Smith, Hamilton, and Lundy), a 4-0 record in dual meets, a varsity fourth-place and a JV second-place finish at the DCL championship, and an eleventh-place showing at the Eastern Mass. championship.

Due to the differences between courses thanks to natural terrain, cross-country strategy does not simply include running steadily from start to finish. While some teams prefer individual competition by running fast in the beginning and keeping the lead, others prefer steady pacing to maximize

physiological efficiency, and others even emphasize running in a group to promote morale. However, the training beforehand is most important. Sophomore Findley Anderson proudly noted that "everyone is so dedicated," which "motivates [her] to be better."

Senior captain Lynn Rushkin originally joined the high school cross country team solely to be involved on an athletic team and to try out long distance running. She stuck with it because of her love of the sport and the team; she found the cross-country team to be "supportive to runners of all abilities," making her feel comfortable as a new runner. Despite students graduating and new ones joining every year, she feels that "the tight-knit atmosphere never changes." Rushkin plans on running on a club team in college next fall. When asked to offer advice to prospective cross-country athletes, she says simply, "enjoy the races." She went on to recall that she was always nervous before races during her first year but realized their true importance later: they not only "improve [her] times but also improve [her] mental strength as a runner."

After all the wins, losses, rituals, and speeches, teams inspire everyone to be better, and the memories remind them of how far they have come since the very beginning. Congratulations to the cross-country team on a successful season.

AB Ambassadors

By Sam Chen
Copy Editor

According to the Merriam-Webster Dictionary, an ambassador is an envoy, a representative, a messenger, a leader, a role model, and a builder. AB Ambassador Program leaders Aiyana Green and Alex Ewing built on this definition in a recent interview for *The Spectrum*. At ABRHS, the meaning of "ambassador" has grown over the years, expanding as generations of students fill in their predecessors' footsteps as leaders. Ewing recalled that, in past years, the ambassador program "was mostly about helping freshmen get used to and integrated into the school." Now, it's shifted, becoming "more about community building through small things like the sticky notes." The AB Ambassador Program advisor, Mrs. Dandridge, described the program's founding principle: it was "designed to contribute to the creation of a positive school climate overall...by pairing ambassadors with incoming students ... to help create a positive connection with current students ... and ensure they feel welcome here." Despite changes in the club's direction, its actions still stem from this initial motive.

Inspired by past occasions with smaller groups of students, the Ambassador Club's eight leaders planned an official sticky-note-posting event. One evening, around fifty students wrote and posted around two thousand sticky notes with small, encouraging sayings such as "Powerful dreams inspire powerful action," "Smile!," "You CAN do it!," and "Just go for it." The words' simplicity emphasized the fact that despite the relative size of each individual, AB students are capable of accomplishing their goals.

In reference to the ambassadors' goals, Mrs. Dandridge wrote that "the advisors and leaders have been

working to identify some small ways that...could have a positive impact on the whole school." Green explained that "in the past, there were maybe twenty sticky notes on lockers but something [they] wanted to do differently this time is to make sure there was a note on every single locker." According to Ewing, that's the difference: "Small actions add up to the equivalent of larger actions. Everyone appreciates things like the sticky notes in a different way...it's important because even if many kids don't care or pay attention to them, there's that one kid whose day was brightened up by that note, and that's why it matters." Green added "that it made an impact," because "you're walking down the hallway and seeing a small nice thing on every single locker." It conveyed the message to the student body that every person is cared for, both by those near them and far. Part of what makes the Ambassador Club unique is its ability to express its support for complete strangers. The hope is that the sticky notes showed passing students that as a collective body, everybody matters, but at the individual level, each person is just as cherished and valued.

Although Green and Ewing commented on how it was difficult to get complete attendance at club meetings, the number of members has been on the rise, reaching almost 110 students this school year. More importantly, the club has proven that, despite the size of such a group, positive expression is still possible. Both leaders hope that positive traditions endure after they graduate and that the program will continue to creatively express love and support for the student body. Spreading positivity and kindness is part of the core of what the Ambassador Program hopes to accomplish. Little by little, the ambassadors work to unite and strengthen the AB community.



Spreading positivity through sticky notes.
ONLINE SOURCE

Boxborough Insurance Agency

650 Massachusetts Ave. Boxborough, MA

Call Us At:
(978) 635-0044

Open 9am - 5pm
Mondays-Fridays



News

Muslim Student Association

By Miriam Bounar
Correspondent

I founded the Muslim Student Association (MSA) at AB after noticing confusion about the Islamic faith. The news constantly covers controversial events regarding extremist Islamic terrorist groups, but through misinformation, the news has led people to associate these events with Islam as a whole. Most people understand that the press inaccurately portrays the religion; however, they still internalize these faulty depictions.

In response, I established the MSA to give people a more accurate representation of Islam and to show what we as a society can do to inform others about the religion. At the MSA, students from different grades, backgrounds,

ethnicities, and cultures come to learn more about the Islamic faith. The club covers the basics of the religion, teaches Arabic mini-lessons, and gives members an opportunity to meet others with similar interests; it has even begun to plan a fundraiser for the club.

When asked what the club means to them, MSA members shared their reasons for joining:

"I was so excited when I found out about the Muslim Student Association! Growing up, I didn't really think there was a significant Muslim community in Acton-Boxborough that I could be a part of. But, when I found out about the club, I realized I had the opportunity to get involved with others like me!" —Anika Mamoon

"The MSA teaches people basic information about what they

need to know about Islam so they don't have false impressions about Islam." —Rina Nisrin

"I like how the MSA is different from other clubs and how people can really learn new things from having clubs like MSA." —Louiza Tizi-Ougdall

MSA members also expanded on what they believe this club can bring to the AB community:

"A sense of diversity, and one can learn a lot of new knowledge from this club" —Louiza Tizi-Ougdall

"I also think it's pretty fun and interesting to learn about Islam and religion and to improve my knowledge about Islam." —Rina Nisrin

"I wanted to join the MSA because I saw it as a good opportunity to get involved in bringing change to our school. I see the



Advisor Mr. Brusie and student members of MSA.

Mr. Brusie

MSA as another way to bring together everyone at our school." —Aaron Mamoon

"I love how the club is really for everyone. It provides everyone with the opportunity to familiarize themselves with the true val-

ues of Islam like peace, charity, and gratefulness, and we all get to know true Muslims in our local community!" —Anika Mamoon

We meet on Tuesdays from 2:30 to 3:30 in Room 116E. We hope you'll join us!

The Art of Nordic Ski

By JACKIE SATER
Correspondent

Upon hearing the term "Nordic skiing," most Acton-Boxborough students need to look it up. Yet, these same students are likely classmates with an experienced cross-country skier and member of the school's own Nordic ski team; hoping to better understand the sport and Acton-Boxborough's team, the *Spectrum* interviewed AB Nordic.

Contrary to common misconception, Nordic is not just shuffling through the snow. A junior at AB, Santiago Rivero states, "Nordic skiing is a sport in which skiers must use a skating motion to push themselves forward among snow covered flats, up hills and down hills. Poles, as well as good endurance and technique, help make skiing more efficient and fast." AB Nordic ski captain and senior Natalie Nelson explains how competitions work: "Skiers line up in a single file line with their teammates behind the starting line. The fastest skier for each team is at the front of the line. So at the starting line, you will have every team represented... When the starting gun or whistle is sounded, you are surrounded by a pack of skiers, skis, and poles all moving at once!"

Skiing is not possible without snow so, until the first snowfall, athletes participate in dryland training. Dryland consists of a variety of activities such as yoga, running, roller skiing, and strength training. After the first snow, training takes place at the Leo J. Martin ski track located in Weston. Athletes train five or more days a week during the winter. Like any sport, injuries can happen with poor technique, but junior Sophie Bodager reassures that "the most common injury in Nordic is just bruising and soreness from when you fall." Nordic skiing is relatively easy on the joints, but without stretching, injury is more likely to happen. Another challenge skiers face is balance. Learning to skate on slippery slopes is a difficult task, and falling is bound to happen. Though falling is inevitable, the support and acceptance of teammates makes it easier. Rivero explains encouragingly, "AB Nordic is a family. The bus rides and pasta parties make it a really fun and so-

cial team to be a part of, with a really accepting and cozy feel to it." Indeed, no experience is necessary to join the team, and many members learn as they go.

The team also offers flexibility to its members; AB Nordic complements to other sports such as rowing or running. Senior Margret Flaum explains, "I also run cross country and track. Both of my coaches are very supportive. My running coach skied in college, so she understands that skiing is great cross training for running, and my ski coach has come to watch me run in track meets!"

Nordic ski events can impact the lives of skiers in substantial ways. Robert Watt, a senior, mentions the friends he made when he represented AB Nordic at MIAA states last year: I raced the closest, hardest race of my life there against Alex Burt. I followed him through the first half, then broke on him up the last major climb, at which point I built a considerable lead. He passed me after a spectacular wipeout on a downhill. I made up the time to only lose five seconds overall. Then, I trained with him all summer and now consider him to be a friend." Watt adds that there is definitely pressure from Nordic skiing and that he has "expectations from all sides. The most powerful are from coaches and teammates." He further notes that races "require both physical preparation [and] a psychological element... Different strategies work for different skiers in varying situations, [and] they definitely affect the success in competition one has."

His teammate Margaret Flaum brings up the joys of Nordic too: "I love going fast... at the end of the day what keeps me coming back to Nordic is that skiing fast is a ton of fun." Captain Nelson declares, "Nordic ski is definitely a team sport. An individual does not win the race for the team—it's the team that wins the race... Plus, we have epic weekly pasta psych dinners! Everyone attends—there's no division between varsity and JV. The Nordic ski team is like a very large family!" Nordic skiing is an undeniably hard sport that requires perseverance, determination, and drive, but the team's welcoming atmosphere leads the skiers to consider Nordic their second family.

Acton Marijuana Dispensaries

By ANJALI RAMAN
News Editor

On Monday, December 4th, 2017, Acton voters at a special town meeting passed legislation allowing the establishment of a recreational marijuana moratorium within the town. They did so by an overwhelming majority vote: 721 to 129.

A moratorium, or temporary prohibition of the drug's use, allows the state's Cannabis Control Commission to pass regulations on marijuana sales by March 2018 so that the drug can be sold as early as July. Brought to town hall on the basis of a petition that many residents signed, the debate centered around not only matters of marijuana safety but around basic ideologies related to the drug as well. The vote follows the legalization of recreational marijuana in Massachusetts based on results of the November 8th, 2016 election.

Despite Massachusetts' liberal bent, Acton and other affluent towns such as Winchester and Andover have found themselves divided on the issue of recreational marijuana. In Acton, Question

Four, regarding the legalization of the drug, narrowly passed with a 51.9% to 48.1% majority. This mindset may stem from a variety of ideologies, but perhaps the most influential at the town hall meeting was the notion that allowing a marijuana store that was not a "medical marijuana treatment center," as defined in the summary of the town hall meeting, did not exemplify many voters' rationales for passing Question Four. Additionally, many believe that a store would create an undesirable mindset: the normalization of a potentially dangerous substance in society. Matt Onken, a member of the Acton chapter of CARES, Community Against Recreational Marijuana Establishment Shops, addressed the commercial drawbacks of a marijuana store at the meeting. The group states that any tax returns from the shops would not compensate for the funds necessary to regulate the use of marijuana among minors.

On the other hand, an attendee expressed that there are not enough dispensaries to keep up with demand, so a store in Acton would

only help those who are in need. Countering the point on safety, dispensary owners must be specially licensed and otherwise generally responsible. Furthermore, some residents argued that the lack of a shop would simply encourage disreputable sales, which come with their own dangers. Most importantly, moratorium supporters' most pressing concern about the funds required to regulate a shop has little substance. Other "rich" towns such as Concord and Wellesley are on the growing list of 67 towns against the current implementation of recreational marijuana stores in Massachusetts; however, there is a high volume of tax dollars coming into the town from residents.

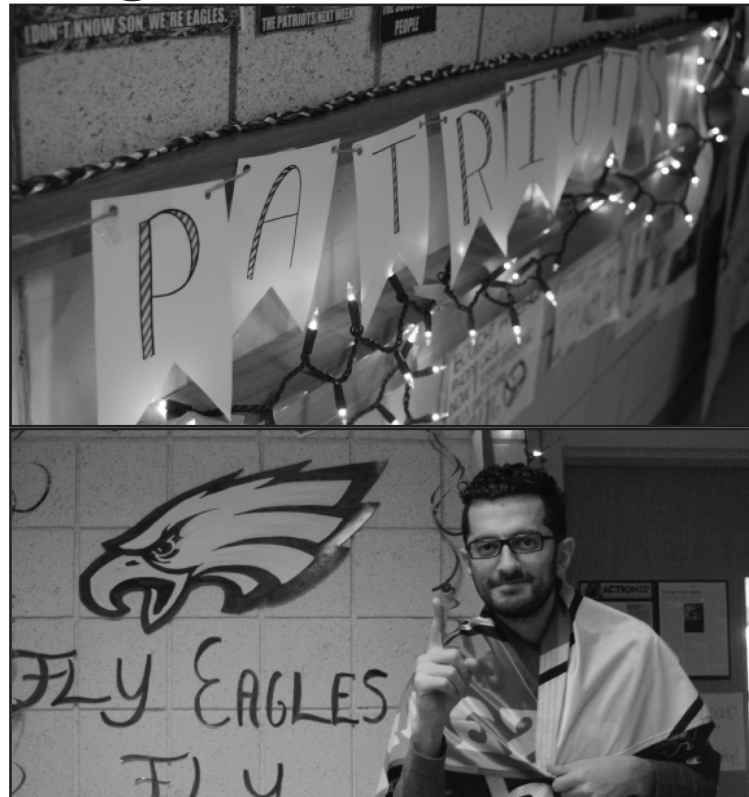
Ultimately, the moratorium passed on a matter of practicality. Selectman Chairwoman Janet Adachi said the moratorium allowed for the Cannabis Control Commission to create regulations for the shop that the town could review in order to make the most informed decision possible. It seems that, for now at least, Acton will remain marijuana-free.

Patriots vs. Eagles: A Silver Line

By JASMINE MANGAT
Co-Editor-in-Chief

On Sunday, February 4th, the New England Patriots lost Super Bowl LII to the Philadelphia Eagles 41-33. No Pats fan saw it coming. The underdogs had beaten the dynasty with their quarterback sidelined by an injury and the Eagles had never won a Super Bowl before. Still, Patriots fans across New England mourn the loss, but the weeks leading up to the game were filled with spirited anticipation. The situation at AB was no different.

On Monday morning, the week before the game, students began to notice the green decor and Philly pride radiating from history teacher Joshua Mishrikey's classroom. At first, they would simply walk by, smiling and shaking their head out of amusement. Soon enough, though, they responded with their own Patriots pride. It started when just a student hung up a poster reading "Patriot's Territory," claiming the wall opposite to Mr. Mishrikey's room. The wall soon became a shrine for the Pats. More students began to add their own Patriots spirit to the wall as the week progressed. By Friday, it was covered by memes, Lombardi Trophies, and pictures of



Top: The Patriot's Shrine Bottom: Mr. Mishrikey's Eagles Sign
Kaitlyn Chen/ Spectrum Staff

students came together to support their team. Although the Patriots lost, we move forward with a stronger community and hope for the next football season.

What began as a response to Mr. Mishrikey's Eagles shrine evolved into something much bigger. AB

students came together to support their team. Although the Patriots lost, we move forward with a stronger community and hope for the next football season.

Off Topic

Reasons for Procrastination

By GRACE GONG
Correspondant

Here are six reasons why that essay, worksheet, or project isn't worth your time—at least for now.

"I'm stuck in the 'YouTube vortex.'"

When you watch YouTube, you're doing something, right? From the "up-next" feature to the appealing videos in the sidebar, YouTube keeps its viewers hooked for hours. Why not let that homework wait while you take a tour of the YouTube universe? It's a life experience after all. Plus, it can be very educational.

"It's not like my teacher checks it anyway."

Depending on the course and teacher, you can use this excuse to

justify a lacking work ethic. In the real world, it's not like you're going to be accountable for doing your own work without a person there to constantly remind you. So why should you have to fulfill this unrealistic expectation in high school? But, if you want to be a try hard procrastinator, scribble down some unintelligible notes and triangles for homework check. Be careful though: triangles on your US History homework could raise some eyebrows.

"I'll just say that my pet tarantula ate my homework."

Teachers are tired of hearing the "my dog ate my homework" excuse. Your teachers are people too. Show them that you care and sprinkle some spice on your excuses. A tarantula eating your home-

work may not be practical or "real" but in this day and age, facts don't matter.

"I'm checking Snapchat/Instagram/Facebook."

Ah, social media: something that devours time like no other. Catching up with your friends' texts, messages, snaps and pokes are all great reasons not to start that nagging assignment. Even better: be that person that constantly posts about how much work he or she has while taking no further steps to finish that work.

"Huh, I'm hungry again"

This excuse seems all too familiar to everyone. When hunger strikes, it's really critical to satisfy that craving. You are a student and nutrition always comes first. When you eat those Spice Sweet Chili Doritos, remember that you are taking care of your health and not neglecting your duties as a student.

"I work better under pressure"

We all have that one friend who procrastinates until the last minute and still gets amazing results. Why can't that be you? Everyone knows diamonds are created under pressure, so why not test this theory on your next assignment and watch yourself shine? Feeling the deadline creeping up on you will only add to your motivation when it's truly time to get started.

Have fun "studying," kids.



Oftentimes, finding the motivation to do homework is the hardest part.
ONLINE SOURCE

The Holocene Calendar System

By MATT FLEMING
Spectrum Staff

I do not hesitate when I refer to this year as 12018 in conversation. To the teachers who circle dates on essays and tests, jotting down "typo?", my answer is a defiant "no." To the many students, parents, children I babysit for, grocers at Idylwilde, and anyone who has had the misfortune of being within a two-meter radius of me while speaking, I promise that I haven't gone off the deep end just yet. Allow me to explain.

Approximately two-thousand years ago, in the Roman province of Palestine, an easy-going rabbi and carpenter, Jesus Christ, was born. 2,018-ish years later, we record all of time based on his birth. Before anyone writes me any emails, I'd like to offer a few takes on our current calendar system. Recent estimates put Christ's birth approximately four years later than predicted. While I'm undoubtedly on Team Change-the-Clocks-to-2022, it is illogical to base all of time off of a rough guess of when one person was born. If our calendar were changed every time an earth-shattering event occurred, we would

currently be counting our years from the release of "The E.N.D. (the Energy Never Dies)" by the Black Eyed Peas.

A quick side note about the Black Eyed Peas' record-smashing, gravity-defying, thesenailed-into-the-church-door masterpiece we call "The E.N.D": the album contains hits like "Imma Be," "Boom Boom Pow," and "I Gotta Feeling." This album was the bar mitzvah anthem of our generation.

In the year (1)1993, over a decade before the Black Eyed Peas changed western civilization, Italian extraordinaire Cesare Emiliani proposed a new calendar for humanity. Instead of revolving around that one great guy from then-Palestine, the Holocene calendar is based on the dawn of civilization. According to a video by Kurzgesagt, approximately twelve-thousand years ago, humanity made the choice not to hunt and gather. In what constitutes modern-day Turkey, our species began to build. The first temples were constructed, agriculture emerged, surpluses were yielded, cities were built, and humans started writing using Cuneiform in Sumer. But our calendar

system fails to represent such a feat. This is rectified so simply—by slapping a one in front of the current year.

My research has indicated that I may be the sole person on this side of the Mississippi to use the Holocene Calendar. My advice to those now considering making the switch: baby steps. Try writing the year as '12018' on assignments and work your way up from there. Is it considered blasphemy in your family to follow my calendar recommendation? Goodbye to those fools, hello Cesare Emiliani! Start writing to your senator and representative: tell them to make the switch too. Such a pointless bill would easily pass through Congress as it is barely keeping itself and the country afloat when it comes to other pressing matters.

This calendar does more than just represents western civilizations that have developed over these twelve-thousand years. It respects the nature of our current calendar and it would not require any drastic change to the system. Jesus was born in the year 10,000, which is still a pretty respectable year. So, welcome to the new human era. Join me in this new year: 12,018.



"This calendar represents more civilizations and cultures that have developed over these twelve-thousand years."
ONLINE SOURCE

SHE's the Man Review

By SIENA BROLIN
Spectrum Staff

We all know the beloved early 2000's film *She's The Man*. We've all laughed along with Amanda Bynes sticking a tampon up her nose, and we've all swooned at Channing Tatum showing his soft side. It is important to note, however, that a great portion of this movie's five-star quality lies within its political statement.

Throughout the film, a very important message is communicated to the audience: girls can do anything boys can. Viola Davis, played by Amanda Bynes, switches places with her brother Sebastian, setting up situations where Viola must prove herself to be just "one of the guys." The whole switcha-tion begins because Viola believes that she can play soccer just as well as the boys' team can, and she is determined to demonstrate this to the skeptical men that surround her. There are many other points during the movie, however, which may seem less significant to the plot but perhaps do an even better job of communicating this important message. When Viola gets paired with Duke's crush for science class, she proves that females can garner respect in the friend group by flirting with hot girls as well as—if not better than—any boy. In fact, on more than one occasion, Viola objectifies women with all of the skill and finesse expected from a man.

One could argue that Viola even makes a better man than the men do. Olivia, another student in the film, falls for "him" immediately. Viola woos her without even try-

ing with the sensitive and friendly nature that is naturally present in every girl. Viola's incredible job of pretending to be a boy is evident through Olivia liking her in the first place because, obviously, Olivia could never like another girl, since she is clearly straight. This plotline suggests that women are better than men and that perhaps the world would be a better place if we replaced all men with women dressed as men. These kinds of ideals are the founding principles of feminism and encapsulate exactly what the movement is about.

Viola even exhibits masculine traits whether or not she is currently pretending to be her brother, showing us that stereotypes about women are false generalizations. At the very beginning of the movie, she expresses distaste for wearing a dress, just like any upstanding, right-minded boy would. In addition, she shares one trait in common with every male individual across the globe—an attraction to Channing Tatum. From the moment she meets his character, she falls under the spell of those beefy biceps and that jawline. The rest of the male population falls for him with her.

There are many films that have played a vital role in feminism through the ages—*Hidden Figures*, *A League of Their Own*, the 2016 *Ghostbusters*—but none quite say "progress" like this quirky comedy. No matter how sexist a person is at first, by the time the credits roll to "Move Along" by The All-American Rejects, one cannot help but believe that women really can do anything.



She's the Man—the ultimate feminst movie.
ONLINE SOURCE

End to Endless Debt

By MICHAEL XU
Off Topic Editor

Money, power, and success: these are all things that the United States is beginning to lose one by one. According to the U.S. Debt Clock, the country's status is slowly declining. The trillions of dollars of debt are enough to make a person want to rip their hair out, which begs the question: how did the United States' debt get so dangerously high in the first place, and why isn't President Trump doing anything to stop it?

The solution? Easy. Just become China. Of course, we might run into some slight language barriers, but when has that ever harmed anyone? We could also try the easy option of trying to implement child labor, but that would be silly. Child labor is illegal. Even if we tried to make things cheaply, we would get caught, and our ties with foreign countries would be cut immediately.

Okay, nice try. What else can we do to lessen the debt that is creeping over our shoulders and making kids check under their beds at night? Well, we could try

to decrease our workers' salaries. But there's a catch: it would devastate the high class Prius drivers who live off of a Starbucks Venti Chai Latte and avocado toast every morning and a shiny new iPhone each year. What will these poor, hard-working Americans do?

New tactic: raising taxes. That should solve the problem, right? No. Teenagers won't be able to blow all the money paid for by their minimum-wage job all in one store anymore, because they'll be too busy learning what TurboTax is or whatever iCloud that came from. Also, it violates the whole "no taxation without representation" concept that students in USHI still have PTSD from.

After considering all of these tactics, can you still not figure it out? After spending countless years building up its debt, it seems like the United States has no hope to get rid of it. Maybe we should ask that Donald Trump guy for some advice. After all, he is the president. Or we could move to Canada. I heard they have free healthcare and moose... sounds nice.

Off Topic

The Love Nest: Valentine's Week

By JACK OLSON
Love Doctor

Why do I always fall in love so quickly? It usually happens after about 4 days. I feel like it's a problem, but I'm just a hopeless romantic. Any suggestions to help me fall in love less?

Let me tell you a little tale: it was a warm fall day in seventh grade. This girl, let's call her Dandy, was sitting in the library, texting as usual. I instantly fell in love with her. Her golden hair, beautiful smile, and her new iPhone 4S never failed to catch my attention. But then I heard from a little birdie that she was crushing on my best friend. My love was instantly broken. I couldn't move on; I thought I would never be able to love again. But the next week, I got a new crush, so keep falling in love; it will only last a few days anyway.

I can't help but stare at my crush during all of English class and, sometimes, I even start to drool. The worst part is that he noticed me drooling today! Do I say anything to him about it?

First of all, how dare you drool in front of innocent people, let alone your crush. I have no hope for you. This mistake can never be cleaned up, just like your drool, and there is no way to come back from this. Drooling on school property is just unacceptable and yucky. On the other hand, yes, you should absolutely say something about it to him. It should sound something like this: "I am so sorry and ashamed of what I've done. I'm so sorry your eyes saw this... my heart, mind, and soul are ready to make it up to you. Please forgive me, my big mac." And maybe that will buy you a little time to pursue this boy. Good luck, but don't get too excited.



The Love Doctor's rustic cabin.
ONLINE SOURCE

This girl I like just added me on Snapchat, and I was thinking about asking her to start a streak, but I'm extremely nervous. Should I just be a man and snap her?

Let me answer this in a simple, engaging, and slightly humorous haiku:

Never start a streak.
Girls think that it is creepy.
Snapchat is bad news.

So my best friend is a BIG gossip, and she just told me that seven boys like me! That's so crazy, but how do I know which one to pick as my boyfriend?

Okay... your friend is not only a big gossip but a big liar. How dare she tell you that seven boys like you? Does she have no decency? Everybody knows you shouldn't boost someone's confidence like that! My lemon pie, if your dilemma is which boy you should pick to be your boyfriend, you are majorly wrong: your biggest problem is who you should pick as your best friend! The compounded lies spewing out of her mouth make me want to throw thirty of my favorite clothing items into a burning fire. And if anyone knows anything about receiving too many compliments and too much love, it's me. Let me tell you, it is very unhealthy. Look at how cocky and absurd I've become!

You don't want people to see you that way, too, my darling cheesecake. Remember to keep your boyfriends close and your "best friends" even closer ;)

This is very strange, but sometimes I like to dress up as my crush and dance around my house when I'm home alone and sing his favorite songs. Should I stop doing this?

As someone who considers himself the best dancer in the school, I say you should stop because nobody can match my hot moves. But as a humor-loving, snarking drama queen, I say no. I say no because I, and many others, LIVE for quirks and fetishes like this. Nothing makes me happier than dancing, and this is obviously your way of being happy too! Sweet duck, I suggest you post these dancing videos of you online and become a megahit sensation! I would love to get to know you and all of your dance moves, so please feel free to visit me at home; all I do is sit in my dark, musty basement and answer love-related questions. We all know that I can only find happiness and love through everyone else's love life, okay! My address is 1600 Pennsylvania Ave NW, Washington, DC, 20500. It's a pretty big house; you can't miss it. Sending lots of love, my dearest!

Dog Therapist

By MICHAEL XU
Off Topic Editor

In your head, you run through the list of all the work you have to do before 7:23 tomorrow morning. Sweat rolls down the sides of your face as you try to calm yourself before you absolutely lose your marbles. Nothing seems to take the stress off of your shoulders. Are you doomed to cry yourself to sleep again tonight? You hear heavy panting and wonder what the sound is. Then you realize that you have a dog to whom you can spill all the deets about your day.

Every dog owner has had those intimate, one-on-one sessions with their dog in which they can pour out their secrets. So why haven't dogs been marketed as professional therapists? Imagine this: you've had a particularly bad day. You come home after eight hours of pretending to actually care about what goes on during school and bottling up all your emotions about the people you put up with. Welcome to the world of dog therapy where, for just twenty-four simple payments of \$9.99, you can video chat with the dog-therapist of your choice! We have Golden Retrievers and even Pomeranians!

Lying down in a plush chair, the doggo named Goldie breathes heavily after returning from an exhausting walk outside. His hair flows lushly from side to side as his tongue sways. You seriously contemplate confiding in your dog to relieve the weight of your freshman backpack and the emotional crisis that is school. And you give in. You approach your dog as if he were some sort of godly figure and kneel beside him. His mouth opens slowly and like a majestic monk, he adjusts his sitting position so he can speak. "My life advice:

Snips and snails and puppy-dog tails. Don't forget that everybody has flaws. Make sure to start every day with a smile.

Life is going to be ruff. You don't have to stay in one place for the rest of your life. Get up on your paws and instead of dog-sitting, you need to dog-go.

If you put in effort, life should be a walk in the park. The effort you put in will eventually pay off. Going to school certainly isn't easy. You ought to appreciate all that you've accomplished."

*Disclaimer: Dog therapy may exist in the world, but local pet stores may or may not offer these services.



The best therapists at guiding patients to per-pet-ual happiness.
ONLINE SOURCE

THIS YEAR,
BE GREATER THAN
My fear of geometry!

Tae-Ho K., Freshman

MATHNASIUM
The Math Learning Center

707-709-MATH (6284)

ENROLL NOW
707-709-MATH (6284)

Mathnasium Acton acton@mathnasium.com mathnasium.com/acton
Mathnasium BurlingtonLexington burlingtonlexington@mathnasium.com mathnasium.com/burlingtonlexington

The Minor Chord
MUSIC OUTFITTERS

Littleton MA - (978) 456-0112 - www.TheMinorChord.com

How I Express Myself

By ANNABELLA CHEN
Cartoonist



A Playlist for Self-Expression and General Enjoyment

- "Express Yourself" by Labrinth
- "Read All About It Pt III" by Emeli Sande
- "Say" by John Mayer
- "Born this Way" by Lady Gaga
- "What About Us" by P!nk
- "Titanium" by David Guetta and Sia
- "Say Something" by A Great Big World and Christina Aguilera
- "Roar" by Katy Perry
- "We R Who We R" by Ke\$ha
- "Confident" by Demi Lovato
- "Wild Things" by Alessia Cara
- "Beautiful" by Christina Aguilera
- "Just Give Me a Reason" by Pink and Nate Ruess
- "Stargazing" by Kygo
- "Radioactive" by Imagine Dragons
- "Stitches" by Shawn Mendes
- "Glow" by Stray Kids
- "Georgia" by Vance Joy
- "Here's to Never Growing Up" by Avril Lavigne
- "Ho Hey" by the Lumineers
- "Renegades" by X Ambassadors
- "The Man Who Can't Be Moved" by The Script
- "Wasted Love" by Matt McAndrew
- "Wavin' Flag" by K'NAAN
- "Spirits" by Strumbellas
- "For My Help" by Hayden Calnin
- "Sloane's Song" by Macklemore and Ed Sheeran
- "Sour Patch Kids" by Bryce Vine
- "Viva Mi Vida" by Marc Anthony
- "Just Like Fire" by P!nk
- "Lover of the Light" by Mumford & Sons
- "Secrets" by OneRepublic
- "I Want to Hold Your Hand" by the Beatles
- "Water Under the Bridge" by Adele
- "Three Days" by Luke Wade
- "Many of Horror" by Biffy Clyro
- "Charlie Boy" by the Lumineers
- "Light the Sky" by Grace VanderWaal
- "Burned it Down" by Clinton Washington
- "Banana Pancakes" by Jack Johnson
- "River" by Leon Bridges
- "G Train" by Thirdstory
- "Pristine" by Mantaraybryn
- "Happiness" by Needtobreathe
- "Cough Syrup" by Matthew Schuler
- "Sunday Candy" by Donnie Trumpet and the Social Experiment
- "Electric Love" by BORN5
- "El Mismo Sol" by Alvaro Soler
- "Tongue Tied" by Grouplove
- "Grown" by Chloe x Halle
- "Supernova" by Ansel Elgort