



Robinson breaks records

By Trevor

Before this year, Sophomore Becca Robinson was known for being a stand-out on the soccer field. This winter, however, Robinson made a name for herself in another sport: indoor track.

Robinson broke records in the coaches' invitational meet and state meet. She also broke the school long jump record with a longest jump of 16'9 and the 300-meter school record with a best time of 39:48.

"I just started running Freshman year and I honestly didn't think I would be this successful at it," said Robinson. "My parents encour-



Robinson and Taylor smile after a victory. Photo by Steve Taylor

knew I was fast because of soccer so they knew I would be naturally talented at track."

On February 28, Robinson competed in the all-state competition. Unfortunately, the competition didn't go as planned, because she got disqualified in the race.

"The all-states went terribly," Robinson said. "There was a crash in our heat and a total of three girls fell. In order to avoid the crash I had to step off the track so I was disqualified." (Continued on page)

Taylor trumps track

By Miles

Since the days when the hockey team was a powerhouse in the state, AHS has had a hiatus in the realm of producing division one athletes. However, the graduating class of 2010 is in the midst of finally farming one: meet Antony Taylor, a track star in the making.

Taylor, a top runner in the state and one of the best in the country, has participated in meets all over the United States and hopes one day to be competing around the world. "It's always been a dream of mine to go to the Olympics. I feel like every kid dreams of that. I think that with enough hard work, dedication, and commitment, any kid can go there. I will work hard to be one of them. There's a lot of competition so

so it's going to take some work," says Taylor. "I need to improve my race times."

He has been a star on the Indoor and Outdoor Track teams throughout high school, and after switching over from soccer, he shined on the cross-country team as a senior. He proved to be the best runner on the squad in his first year and dominated most of the competition. "I missed playing soccer but I had a great time," Taylor said. (Continued on page 8)

AHS Hopes for Haiti

By Jackson

Since the ravaging earthquake that occurred on January 12 in Haiti, the entire world has done everything it can to lend support to the already impoverished nation. And now, AHS has taken action to help the devastated country.

Everything that has been done has been under the direction of the new school club, Hope for Haiti. The club was founded by junior Anna Glina as soon as the earthquake virtually destroyed the city of Port-au-Prince. "I organized the group the day after

this happened because I understood immediate action needed to be taken," says Glina.

The club has worked with numerous programs such as the music, drama, and international groups to "bring in a constant money flow," according to Glina. They have been making this possible by setting up donation deposit containers in the school, running bake sales and canning at lunches.

To date, their donations have totaled "about \$7000 plus," reports Glina, exceeding their initial goal of \$5000. (Continued on page 2)



The Tiki Bar at the Beach Bash. Photo By Anna Glina

Hope for Haiti Shirts for sale-\$12



All money goes to Partners in Health In Room 330 (Make checks out to Hope for Haiti)

MJ resurrected

By Amy

The red gym, filled with people of all ages, was hot and sticky. Students tuned their instruments, anxious to start while audience members sat and waited.

"It was a packed house," said Freshmen Alice Lee. "There were people filling up the whole room and even sitting on the floor."

This was the scene at the All-Town Band Concert, which took place at the Ottoson Middle School on March 16th at 7pm. The band played a tribute to the King of Pop, Michael Jackson. The crowd's enthusiasm for the concert was overwhelming. (continued on page)

Anna Glina; Editor in-chief
Co-layout editor
Jen O'Boyle; Co-layout editor
Kim Eudenbach; Advisor

Pantry plays its part

By Justin

Hidden away on 300 Massachusetts Avenue stands a small, humble building which is known as the Calvery Methodist Church.

This church helps feed hundreds of people each month. It is the home of the Arlington Food Pantry, where volunteers have been providing services for over fifty years.

People in need of these goods can go there for non-perishable food on the first Tuesday and last Saturday of every month. It opens at 9:30 am and closes at about 11:30 am. many people have to do without the bare necessities of life. (Continued on page)



Mediation Poster Contest

Illustrate how modern technology can be used as a dangerous tool to spread negative messages

Two winners will have their designs made into a professional poster that will be on display at AHS and OMS

Official Award for college applicants

Top 12 Entries earn 10 Community Service Hours

Entries must be in a black and white or a reproducible medium on size 8 1/2 x 11 paper or up to 12 x 18 paper

By March 17th, to Ms. Mahoney via Fusco House

Mediators resolve conflicts

By Marcus

Not many students at AHS know about Peer Mediation or what it is. Peer Mediation is a program where students can meet with other students that have been trained to ask questions to get students to talk aloud about their problems in order to help them resolve their interpersonal conflicts. "Mediation is a skill that students learn. Mediators do not solve problems or take sides, they help the two parties help each other," says Ms. Mahoney.

Conflicts that a student might have and need help with are name-calling, bullying and harassment.

If a student wants to become a mediator, they will be informed of the upcoming training and if they would like to participate, they need to obtain and turn in an application form. The student must have two faculty signatures verifying approval and seriousness of intent. Applications are reviewed by a variety of staff at AHS to determine who might make a good mediator. Mediators are all chosen by, gender, grade and a variety of backgrounds to meet the diverse population of students at AHS. The requirements of becoming a peer mediator are; someone who is a good listener and someone who is capable of complete confidentiality. There are approximately 25 mediators selected each year.

Former student and peer mediator Kat Hronas says, "I think if more people knew about it, we could help more people but it doesn't have a big buzz so we don't get many cases."

Most students are referred by their house deans, guidance and teachers to attend peer mediation. "We would like kids to refer themselves and each other," says Ms Mahoney. A mediation meeting is set up by student's schedules. If the students feel they need more than one class period, arrangements can be made. Also, follow-up meetings can and have been set upon request. When asked has mediation helped you resolve your problems, a former student Jade who attends the program said, "Yes, it has helped us because we got our problems out there and we resolved them." Another student Sally, who also attends said, "Yes it has helped because we all had our time to talk to each other without being interrupted. It helped a lot."

All mediators must keep their vow of confidentiality. A mediator once told one of the parties that they knew of the pending mediation. Although this did not violate the true confidentiality rule, because they discussed anything about the mediation, they were never given mediations again.

At the Arlington High School, the peer mediation office is located on the fifth floor in room 511. This program has been in AHS since 1994.

AHS hopes for Haiti

(Continued from page 1)

All the money raised goes directly to Partners in Health, an organization with pre-established ties to health care in Haiti. "They've been specializing in medical care in Haiti for years. Our money is going to the on-the-field medical care," says Glina.

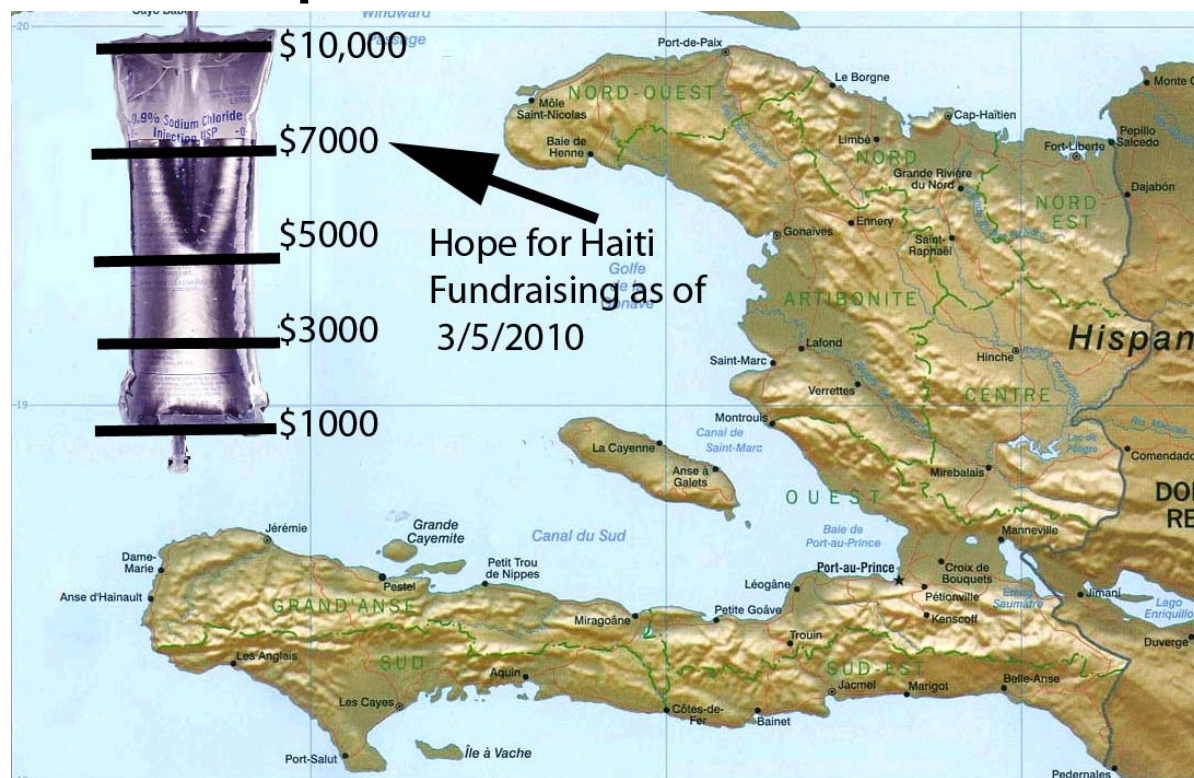
The club of about thirty regular attendees is broken up into three groups: Actions, Fundraisers and Communications. They meet in Room 406 on Tuesdays and Room 304 on Fridays. The most ambitious fundraising project they have undertaken was a Beach Bash themed dance held on February 12th in Old Hall.

The most recent project they undertook was a beach-themed dance, held on January 12th, which raised about \$1000 and featured a student-run Tiki Bar.

Another goal of the club is to send boxes that contain tents, water purification tablets, non-perishable food, toys, survival kits, etc. directly to Port-au-Prince once acquired. Glina also has the long-term goal of setting up a continuous support system to five Haitian families, communicating with them and fulfilling their specified needs during the long road to recovery.

But the group is not limited to raising money. Raising awareness in the school and all over the town is on their agenda as well. The group's final goal is to "make this a statewide program," with divisions centered in schools throughout Massachusetts, Glina plans.

The club is already astounded at the progress that's been made. "I was so happy and surprised that students were able to step up and really take up this cause. There is a selflessness that is simply amazing, and I look forward to working on new projects next year," says Glina. "Just because the earthquake may no longer be front page news, does not mean we cannot continue to help."



Cash in your pocket, dress on your back

By Anna Glina

Right around Junior and Senior proms, most kids start going money-crazy. With the tickets alone being upwards of \$50, a dress at least \$100, and the limos, dinners, and corsages totaling more than many teens get for Christmas from their crazy Aunt Sue (of no relation), many start saving well before the actual event. But wait! What if someone told you that you could save tens, maybe even hundreds of dollars on a prom dress? Well, now you can!

The Journalism Club will be hosting a Prom Dress Drive throughout the months of March and April. Students with last year's dresses hanging in the closet are asked to bring them in to room 406. Summer dresses, gently used clothes, tuxedos, heels, ties and dress shoes are also accepted.

Once enough items are collected, the Club will host an in-school boutique, selling dresses starting at \$15 (compare that to \$400). Everyone who donates a dress or clothing article will receive \$10 off in the boutique. All funds benefit the publication of the *Ponder Report*.

Listen to announcements and watch for posters around the school to stay updated on the opening day of the boutique.

Coco makes commotion

By Jen

As this year is more than half over, students, especially seniors, start to realize who their real friends are and who they will never forget. Regardless of grade, students will always remember Daniel Paul.

A senior now, Daniel relocated from Haiti to Arlington the summer before his sophomore year. He moved here to live with his aunt, uncle and cousin so he could have a better education and have a better life, while his half brothers and sisters, who are in their thirties, moved to New York City. He admits he loves it here because "Everyone understands me and they take care of me like I've always lived here." Speaking minimal English, and carrying a very strong Haitian Creole accent, Paul McCarthy says about Daniel, "He was so funny, he immediately wanted everyone to call him Coco," a nickname that has stuck with him ever since.

Daniel Paul is an extremely talented nineteen-year old. Being known for his outrageous phrases and unbelievable dance moves, he won the vote for the superlative "Most Unforgettable" by the senior class.

In addition to being a member of the Boys Varsity Soccer team this year, Daniel fluently speaks Haitian Creole, French and English. Daniel wants to graduate this year, go to college, get his master degree in nursing and try to find a job at the Red Cross Association. He got this inspiration from his two favorite teachers Ms. Monahan and Ms. Burns and his best friend, Matt Leone,



Daniel showing off his moves at Junior-Senior Semi last November Photo by Farhan Quereshi

who he met through being on the Varsity Soccer team with. He plans to stay and live in the U.S. after he gets his mom from Haiti to come and live here with him.

After living here for the past three years, Daniel admits it's been "very hard" to experience this new fun and exciting life without his mother. "I miss her so much and I think about her everyday," Daniel says.

When the earthquake tragically struck Haiti in mid-January, Daniel wasn't sure what kind of condition his mother or the rest of his family were in, or if they were even still alive. When he heard about it, he said, "All I wanted to do was go there and make sure my friends, my mom and other family members were safe." After a few long days of praying and hoping for the best, everyone in his family ended up being all right. Daniel heard back from them and all of his family ended up being healthy and safe.

Daniel is beyond happy that he moved and has had great experiences here. Daniel admits that if he hadn't moved here, he wouldn't have had the ambition to try hard in school and get a better education.

Battle of the Bands brings out best

By Anna Glina

Against the fresh backdrop of the towering "Stop Genocide" mural, seniors Nick Chvany and Mary Beth Madden stand, microphones in hand. The crowd of 300 plus people, made up of students, parents, teachers, friends and siblings, contrast the past three hours of noise with an excited silence. Hindered by slight feedback, Chvany brings the microphone to his lips; "And the winner, of the fourth annual Battle of the Bands is..." The audience collectively prepares to cheer for the winner. "For the second time in a row, it's Spare Change!" finishes Madden. Erupting shouts fills spacious Old Hall and for a moment, heat and tiredness are disregarded as students show support for their victorious classmates.

The STAND club's fourth Battle of the Bands became yet another success under the club's belt. Held on Saturday, January 30th, the event saw a bigger turnout than ever before, both of bands and audience. "Subtracting expenses, we were able to donate close to \$3000 from ticket sales," says Paul McKnight, the club's supervisor and AHS English teacher. The money goes to the Valentino Achak Deng Foundation, a group that builds schools and other education complexes in remote and war-torn areas of genocide-ridden Sudan.

Bands have the possibility of winning three different honors: Judge favorite, second place, and audience vote. Spare change won both 2nd place and audience favorite, receiving \$75.00

Matt O'Rourke, Matt Ober, Graham Opie and Sky Segal-Wright, opened the show with well-put together covers, rearing guitar solos, and a few original songs of their own. Succeeding them were To Be Announced, another freshmen band consisting of Ethan Reilly, Adam Kaminski, Bart Burrman



Cut Clarity poses Photo by David Kim

and Ian Smith. Opening with a cover of U2's "Vertigo," TBA were well recognized by the audience, who cheered consistently throughout the set and even began dancing.

The surprising standout of the night was newcomer Dethzone, a heavy-metal cover-band of the cartoon band Dethklok. Drummer Eli Finn, lead guitarist Zack Zweibel and rhythm guitarist

Steve Hinckley were the only AHS students in the 5-person group, with lead singer Nick Gallop hailing from Winchester and bass player Will Hall attending college. "We spent two to three months preparing," says Zweibel. "We went for a little bit of a shock value,

but...nobody likes death metal." Music-taste aside, it is hard to say Dethzone did not play to the audience; the lead singer's screams could be comparable to jungle-beast roars, and the band showed an interactive chemistry rarely seen between young, nervous teenagers. "They really had fun with it,

and I respect them for it," says Junior Kiera Sarill, who admits to being surprised by the performance. "The diversity of the bands was better this year than prior years."

Cut Clarity, who performed last year under the name of Creepin Moses, succeeded Dethzone. Nate Friedman, a recognizable former student of AHS, once again joined the group consisting of Seniors Kai Mitchell, Dan McDonald and Junior Eric Candilore. Playing a completely original set, Mitchell's vocals and sporadic stunts (including a close call of falling off the stage while running in circles and beating the drums with his hands) were accompanied by mellow and melodic instrumentals from the other group members, who interchanged between drums, bass and guitar throughout the set. "This is such an improvement on last year," says Candilore. "I wasn't nervous at all."

Plan Z, a group that gained fame through Facebook advertisement prior to BoB, had the most intimate band/audience connection, even allowing students to get onstage and sign their newly iconic "Z" hand symbol. The plethora of students and technology included Seniors Matt Leone, Mike Borthwick and Justin Correll. Daniel Paul, also a senior, took the stage in order to "hype" the audience. Headed by Seniors Oscar Cruz and Hank Texiera, the group rapped to a backdrop of beats and enticed the crowd that had been cheering for them before they even took the stage.

The eventual winners, Business Usurpers Inconglomerates, followed Plan Z with a mixture of funk, jazz, and all around awesomeness. Hamblin, who is famed throughout the school through various jazz band performances, did not fail to excite the crowd with out-of-this world keyboarding skills. Matlack delivered trumpet solos, and Briner's bass rhythmically echoed throughout the hall.

When Spare Change finally took the stage, the audience was riled up, dancing and even singing along throughout their set. Following them was the long-awaited time to vote.

Providing entertainment during the voting process was the highly anticipated ensemble of Mr. McKnight, Mr. Bourassa, and seniors Charlie Ekhaus and Will Seligson. Covering the Foo Fighter's favorite "The Pretender," the song was intended to surprise the audience, but word had already gotten out. "Someone had told me about it," says Sarill, "and I was waiting for him to play the entire night! It's not often you get to see your AP English teacher rock out."



Spare Change performs their set Photo by David Kim

in prizes each. The Judge's favorite and recipients of \$100.00 gift cards to Daddy's Junkie Music were newcomers Business Usurpers Inconglomerates consisting of widely known school musical talents Ben Matlack, Otto Briner, Chris Hamblin.

Method, a group composed of freshmen

Ceramics sculpts future artists



Works by ceramics students Photo by Emily

By Jude

Here at Arlington High School, Nancy Muise, recipient of the 2010 Alan McClennen Community Arts Award for her work with teens, offers a great opportunity to students. She is the only teacher of the Ceramics classes. Ceramics is a full year course that is available to all students as Ceramics I, and afterwards as Advanced Ceramics.

One makes 3-D pots and sculptures both hand and wheel based. A lot of times the student draws his or her project first, then sculpts it. Students build the clay project, let it dry, fire it in the kiln at around 1800°, then either put underglaze and a clear glaze and refire it, or use acrylic paint and no glazes.

Firing projects in the kiln can be expensive because of the amount of electricity it takes, and the materials and supplies are shared with her art classes.

The class is a great deal because it's free, and classes outside of school run around \$500-\$800 at professional places. This course falls under the one year of Fine Arts graduation requirement.

Every year, the advanced class does some kind of project that is also worth Community Service, and this year it is a mural of mosaic tiles of a garden for the Senior Center.

Advanced classes are much smaller than the beginners' classes, which have about 20 students in each, which can be a lot considering all of the different things that can be going on in the class, such as using the wheel, molding, painting, drawing, etc.

There are 9 wheels to use in the classroom and 2 kilns. Students can keep every project they make, and some are put in the display case in front of room 206.

Muise also enters students' work into the Boston Globe Scholastic Art Awards contest and the Lexington Arts and Crafts Society fall gallery.

Blood drive draws donors

By John

On Wednesday, March 10th, Arlington High hosted its annual blood drive in the Blue Gym from 8 am to 1 pm. The drive is for the American Red Cross, the country's premier emergency response organization. Every year nurses and technicians work with student volunteers and Ms. Briggs to help set up and run the drive.

Students and teachers sign up to donate in the week prior to the actual drive. Students can donate without parental consent if they are 17 or older.

The day of the blood drive, students headed down to the Blue Gym during the time slot that they had been assigned. While they waited, students read through an informational packet and were made aware of the restrictions for donors. These restrictions included a minimum weight, previous or current disease, and any recent international travel. This is to prevent infected blood from being collected.

Students were then screened by a nurse to see if they were in good enough physical condition to donate. They recorded pulses, blood pressure, and took a small blood sample to determine any iron deficiency that would make the donor unsuitable to give.

Donors were then instructed to lie down on a table by one of the nurses. There, they had their blood drawn for several minutes, depending on how long it took for the bag to fill.

After donors were finished, they were escorted to a snack table where it was mandatory for them to stay sitting for 15 minutes. Food and beverages were available and it was strongly encouraged that they be consumed. This was to avoid students feeling dizzy.

To ensure that no diseases are spread, each pint collected is tested to make sure it is clean and would not harm whoever receives it.

Each pint of blood could potentially save three lives. At the end of the day, 103 people had signed up; of those, seventy-eight passed through registration. In total, sixty-nine units of blood were taken. This is due to several reasons, varying from donors' veins being too small to them having any kind of cold symptoms.

The student volunteers were made up of student advisory, student council, and senior class officers. The group was lead by Ms. Briggs, who has worked the blood drive for years. Comparing this drive to years passed, Briggs said, "Overall, this blood drive was a success. I feel bad that so many of our girls were turned away due to their weight."

Years ago, an Arlington student gave blood at the blood drive. After her donation, her blood was tested. The Red Cross found an abnormality in the sample. They contacted the girl's parents and told them to take her to see a doctor. Her blood tested showed that the girl had leukemia. Fortunately, it was diagnosed early enough to be treated and the girl made a full recovery.

<p>SOUPS</p> <p>Avgolemono: Cup \$2.75 Bowl \$3.95 Chicken Soup with Rice & a touch of Lemon</p> <p>Soup of the Day: Cup \$2.75 Bowl \$3.95 Clam Chowder: Cup \$2.95 Bowl \$3.95 Friday-Saturday Only</p>	<p>APPETIZERS</p> <p>Tzatziki \$4.25 Natural Yogurt blended with garlic & cucumbers topped with olives</p> <p>Hummus \$4.25 Crushed Chick Peas blended with Tahini, Garlic, Lemon & Herbs with a touch of Olive Oil</p> <p>Homemade Spinach Pie \$4.25 Spinach & Feta Cheese baked in layers of Filo Dough</p> <p>Fried Calamari \$6.25 Loukaniko - Smoked Greek Sausage \$6.25 Grilled over charcoal</p> <p>Mozzarella Sticks With Marinara Sauce . . . \$5.95 Buffalo Wings Served with Blue Cheese Dressing \$6.50 Chicken Fingers Served with Honey Mustard Sauce \$4.95 Dolmades Stuffed Grape Leaves with Rice & Spices \$4.75</p>	<p>PLATES</p> <p>*Gyro Plate 9.25 Ground Beef & Lamb seasoned with Herbs & Spices, Garlic & Onions</p> <p>*Souvlaki Plate 9.75</p> <p>Moussaka 9.95 Layers of Eggplant, Ground Beef & Potatoes w/ Herbs & Spices topped with our special Bechamel Sauce</p> <p>Pastitsio 9.95 Baked Macaroni with Ground Beef in Tomato Sauce & Spices topped with our special Bechamel Sauce</p> <p>*Chicken Kebab 9.95 Delicious marinated Chicken Breast on a skewer with Green Peppers & Onions, cooked on charcoal</p> <p>*Beef Kebab 10.25 Delicious marinated Beef on a skewer with Green Peppers & Onions, cooked on charcoal</p> <p>Lamb Kebab 10.75 Delicious marinated Lamb on a skewer with Green Peppers & Onions, cooked on charcoal</p> <p>Baked Lamb (when available) 10.75</p> <p>*Pork Chops 10.95</p> <p>Smoked Sausage 9.95</p> <p>*Angus Sirloin Steak 12.95</p> <p>*Grilled Chicken Breast 9.95</p> <p>Chicken, Ziti & Broccoli 12.95</p> <p>Hot Open Turkey 9.95</p> <p>Hot Open Meatloaf 9.95</p> <p>Chicken Cutlet Parmigiana 10.95</p> <p>Eggplant Parmigiana 9.95</p> <p>*Chop Sirloin Steak 9.95</p> <p>Spaghetti & Meatballs 8.95</p>
<p>SPECIAL GYRO PITA</p> <p>*Beef & Lamb Gyro 5.50 seasoned with Herbs & Spices. Served in a hot Pita Bread with Lett., Tom., Onions, Parsley & Tzatziki</p> <p>*Souvlaki (Pork or Lamb) 5.50</p> <p>*Chicken Gyro Marinated Chicken Breast cooked on charcoal. Served in a hot Pita Bread with Lett., Tom., Onions, Parsley & Tzatziki</p> <p>Feta Melt 5.50 Veggie Melt 5.50 Falafel 5.50</p>	<p>SALADS</p> <p>Greek Salad Garden Salad Village Salad Chicken Salad Chef Salad Caesar Salad Greek Salad w/</p>	<p>VEGETARIAN PLATES</p> <p>Spinach Pie Plate 9.25 Grape Leave Plate 9.25 Falafel Plate 9.25 Combo All Three 9.95</p>
<p>BURGERS</p> <p>*Hamburger 4.25 *Cheeseburger 4.95 *Deluxe (w/Fries) 6.25 *Bacon Cheeseburger 6.25 *Mushroom & Swiss 6.25 *Patty Melt 7.25</p>	<p>REUBEN</p> <p>Pastrami on or Turkey w/ Sauerkraut, On Rye and Swiss Deluxe 7.25 w/ Fries, Cole</p>	<p>SANDWICHES</p> <p>B.L.T. 3.75 Grilled Cheese 3.75 Fresh Turkey 5.95 Tuna Salad 5.25 Fresh Chicken Salad 4.95 Hot Pastrami 5.95 Corn Beef 5.95 *Meatloaf 4.95 *Egg Salad 5.95 *Fish 2.60 *Hot Dog 0.75 Add Cheese 0.50 Add Bacon or Ham 1.25 Served with Cole Slaw and Pickles</p>
<p>FISH PLATES</p> <p>*Broiled Scrod 10.95 *Broiled Shrimp 11.95 *Grilled Swordfish 11.95 *Fried Calamari 9.95 *Fish and Chips 8.95 *Shrimp Mykonos 11.95 Shrimp w/ Feta & Tomato Sauce over Linguini or Rice *Shrimp Scampi 11.95 Shrimp in Garlic Lemon Sauce over Linguini or Rice</p>	<p>WRAPS</p> <p>Fresh Turkey Wrap 6.75 Tuna Salad Wrap 6.25 Chicken Salad Wrap 6.25 Greek Salad Wrap 5.75 Caesar Salad Wrap 6.25 Veggie Wrap 6.25 Buffalo Chicken Wrap 7.25 Add Chicken 1.75</p>	<p>CLUB SANDWICHES</p> <p>*Turkey Club 7.95 *Tuna Salad 7.95 *Chicken Salad 7.95 *Hamburger 7.50 *Cheeseburger 7.95 Served with Cole Slaw and Pickles</p>

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Not all cheerleaders wear skirts

By Stephanie

When people think of cheerleaders, they normally think of preppy girls jumping around in their tiny skirts, cheering on their team. This is not always the case. Arlington High School now has a male cheerleader, junior Steven.

He began cheering his sophomore year as a basketball cheerleader. When asked what made him want to do cheering in the first place he responds, "A lot of my friends encouraged me to do it and I wanted one of those team jackets." After a year of basketball cheering, he decided not to stop there.

This year he joined the football cheerleading squad. Steven started off with tons of struggles. "Being a guy cheerleader you are expected to be able to lift more weight than everyone else," he explains. He has worked to strengthening his body so he is able to lift more weight. "Working out has its advantages, now I can beat foot-



Steven shows his spirit Photo by Paige

ball players in arm wrestling," he says. Steven stepped up and learned how to become a back spot quickly and he has made some improvements. When people first glance at Steven, they underestimate him but he has proved himself so much. "I feel like a 'stunna'," Steven says when asked how it feels to be the only male cheerleader. He hopes to start the trend of keeping AHS cheering a co-ed team. The AHS cheerleaders now have to face different teams in competition. Some of them are very difficult for the team to conquer; they have a lot of gymnasts. But that does not bother Steven one bit he believes in himself to help lead the team to victory.

Last year Steven helped bring the cheerleaders all the way to states. His advice to any future cheerleaders is, "If cheering is your calling, then don't let typical stereotypes tell you otherwise. Just get ready for a lot of moody girls." Steven helped lead the way this football cheering season to placing third at their first competition, first place at the next competition, and then second place at their league competition. The team then went on to the regional competition where a team injury put them in a tough situation but they managed to place fourth. The fall cheering season has now ended but Steven will be moving on to the basketball-cheering.

Hypnotist puts students under trance

By Breanna

On November 19th, 2009, Mr. Mark Hall, a hypnotist visited AHS to give a free hypnosis session for any student who wanted to attend. Mr. Hall has an undergraduate degree from Skidmore College under his belt, along with a double major in science and psychology. He also has a master's degree in social work from the University of Connecticut, specializing in child and family therapies.

On his visit to the high school, he taught the students who attended this session in the Lowe Auditorium how to do "self therapy" and taught them several ways to relax and de-stress.

Two students that were interviewed after being hypnotized were seniors Shanetta and Loretta. Shanetta was asked how it felt to be under hypnosis (she was the student that was most under the trance). She answered, "It felt like I had no control. I could hear everything [the hypnotist] was saying, but it was like a dream. I heard everyone laughing but I didn't really care. I felt like I was on a beach, it was so peaceful."

Days later, Senior Loretta stated, "[the hypnosis] made your head feel heavy. It also made my body weak and it was hard to hold myself up. I felt really peaceful and calm. However I wasn't fully hypnotized I could still hear everything around me, especially the kids laughing." For anyone who missed Mr. Hall's Hypnosis or would like to experience it again, he will be at the Robbins Library Community Room on January 14th, 2009 from 7-8:30. No pre-registration is necessary, and remember, it is free!



AHS kicks the habit

By Marcus

Arlington High School has posted new signs this year around the outside perimeter of the school, stating that there is No Smoking on public school property by order of the Arlington Board of Health. The smoking ban states that anyone who violates this law will be issued a fine.

The town of Arlington is in compliance with the Massachusetts general law, (chapter 71, Section 37H) which states... Any person who uses tobacco products in a non-smoking area will be subject to a fine of \$100 for each violation. This law is in effect for people of all ages. If this fine is not paid, the town of Arlington can issue a warrant to the DMV and a violator can end up having his/her license suspended until the ticket is paid.

Arlington High School encourages their staff, students, and visitors to take responsibility for their own behavior. Allowing anyone to use tobacco products in or around the schools of Arlington violates all the local and state codes. Second-hand smoke causes about 3,000 deaths each year from lung cancer in people that don't smoke. It causes irritation of the eyes, nose, and throat. It can also irritate the lungs, leading to coughing, excessive phlegm, and chest discomfort.

Third-hand smoke is tobacco smoke contamination that remains after the cigarette has been extinguished. Third-hand smoke has many toxins that linger in carpets, sofas, clothes and other materials hours or even days after a cigarette is put out. Children are uniquely susceptible to third-hand smoke exposure.

Stop Smoking



through

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EDITORIALS

School spirit...hear it?

By Jen

On the popular Disney Channel movie, *High School Musical*, school pride is shown vastly throughout the entire school, with giant posters all over the walls, a mascot almost always in costume, and announcements regularly about the next big game. Mainly focusing on boys basketball in the movie, each one of their games has the bleachers filled with students and faculty members cheering on their fellow "East High Wildcats".

However, at Arlington High School, this rarely ever happens. School spirit lacks tremendously throughout the halls of our beloved Spy Ponders. If you take a walk around the halls of AHS, you will notice very few posters signaling sports, even around the athletic office. The only posters that are ever posted for a period of time are during the end of the year and people are campaigning for Student Government.

"I am going to start a campaign to bring back school spirit. The name of



Slogan outside of Ms. Ortwein's room pursuing school spirit. Photo by Jen O'Boyle

it is "RED AND GRAY SPIRIT, LET'S HEAR IT!" You guys are missing so much - when I was here as a student, there was a lot of school pride and spirit," says Nanci Ortwein, a teacher and former student at AHS.

School spirit is not just needed inside the walls of our high school, it is lacking at some sports games. Football and boys basketball seem to have the most spectators at each game. Zach Lee, a player on both Varsity teams, loves having a large number of fans at his games because "it gets me more excited to play because I wanna put on a show for the people there."

As the captain of the Varsity Hockey team, Dave Largenton shares, "I think we play better when the crowd is loud and we get more pumped up so we hit more

and have a lot more energy."

Athletic passes are offered for free in the Athletic Office so students don't have to pay to go to home games for any sport, so having to pay for a ticket is no excuse not to go to the games. So, pick one up from the Athletic Office and cheer on your fellow Spy Ponders!

Stress puts on new face

By Brittany

Let us run through the day of the "average" teenager. One hour to get up and get ready for school, one-half hour to get to school and get settled, 6 ½ hours in school, 3 hours left to sports/clubs or both for many, ½ hour to get home and get settled, ½ hour to shower, ½ hour to eat dinner, then the average three hours of homework teachers expect. If my math is correct, this day is 15.5 hours. Note that this does not include the part time job that hundreds of high school students hold, the extra club meetings, sports games and competitions, doctors' appointments, dentist appointments, plus the recommended 9 hours of sleep. This schedule also lacks a fundamental requisite of growing up, a social life. High school schedules have become so packed in the last decade that many things must be given up just to hang out with friends. Has an adult ever used, "oh you are just a kid; you don't have things to worry about." If so, run through your day, just once.

Numerous years ago... Teenagers truly didn't have much to worry about. Unless our grandparents had a job, the only rule they really abided by was to be home by the time the street lights came on. College was so far fetched for more than 75% of the population, that it was not a daily struggle. Today, the classes of the 21st century live their junior and senior year preparing for college, and the competition that comes with it. High school has shifted so drastically that high school is really just preparation for college. Most high school classes are even called "college prep" classes. High school is no longer a milestone, but rather a checkpoint before the real world.

Teenagers are expected (by colleges and parents) to uphold high grades in honors and AP classes while maintaining a part time job and

friendly relationships with those around them. To be remotely considered for a high end college you must also be a dedicated member of a team, whether it is a club or a sport. Now, all this does not even guarantee you a spot in admissions because you are up against 80% of the teenage population in the country. There is no promise that you will get into the college of your choice, no matter your SAT scores, your grades, or your activities. All one can do is try and try harder.

Stressfocus.com, a stress-relieving internet resource accounts that in the 1980's the four biggest sources of stress for high school students were school, parents, romantic relationships, and relationships with friends. Today, relationships barely make the cut, let alone our parents. The 2000 count for stress includes college, school, extracurricular activities, and relationships. The pressure that colleges put on high school students is becoming excessive and unbearable. Students' brains are not physically grown to full potential at age 18 nor are hormones done fluctuating at an incredible rate. Hormones do not stop fluctuating and brains do not stop growing in females until age 20 or 21, and for males 23 or 25 (Brain&Wellness.com). With this information it is no surprise that more teenagers are suffering from this overwhelming stress each year.

Teendepression.com, an intricate site dedicated to teen stress and depression states that up to 20% of teens will experience depression before they reach adulthood. This statistic has skyrocketed since the teen years of our parents and grandparents. In 1980 less than 5% of teens experienced depression. This depression leads to poor life choices including substance abuse, more susceptibility to illness, and a decrease in the drive to become great. Depression also increases a

teen's likelihood to attempt/fulfill suicide 12 times.

College is pushing students to grow into adulthood at an alarmingly quick rate, and slowly but surely taking teenagers, and molding them to a plaster cut out of the perfect student. There is nothing you, or any student can do to stop this, and that is said to be one of student's greatest downfall. So... instead of ranting on, like I have in this article, doctors and psychologists around the country are telling students to just accept that life is changing; basically deal with it. Mentors and professionals around the country are attempting to inform students that the high school is only four years out of many more to come, and also attempting to let adults know that high school has become one of the most stressful times in a person's life. Many professionals in the field of teen years are attempting to persuade adults to realize that teenagers *do* experience incredible amounts of stress. This is largely debated because many parents criticize, saying that if children feel as if they have to right to be stressed, they will feel the right to disobey and lash out (teendepression.com). This is a point we, as teens, cannot argue because so many of our peers handle the stress of high school in negative ways.

So when your parents and grandparents tell you that you have no responsibilities simply laugh and shake your head, because you know that they are dead wrong. You have more weight on your shoulders than many adults in this day in age. Reward yourself for this. Treat yourself when you get good grades, and when you get into college... be as happy as physically possible. Acknowledge your accomplishments, and if others don't see them so what?

SPORTS

Arlington athletics in the fast Lane

By John

Over the past two years Arlington High has seen two different athletic trainers pack their bags and head on their way. This past August, the Arlington was graced with a new, youthful face.

Kristen Lane was hired as the athletic trainer this past summer. Lane has had a great deal of experience as an athletic trainer, but this year is her debut as a Head Athletic Trainer.

Lane can always be found on the sidelines of at least one Ponder home game. Lane specializes in keeping athletes safe. She does this by preventing and evaluating injuries, then help students recover afterwards.

Not only does she help in the athletic programs but she also has here influence in the students' academics. She welcomes students who want help or guidance in their science classes. Ms. Howell's Anatomy and Physiology class has an internship requirement in some sort of health field. Several of these students decided to fulfill their requirement with Lane. Students shadow her in her room and at some games. She teaches them basic procedures, including the taping of wrists and ankles. Not only does she teach them how, she also teaches them why.

Senior Zach Lee, who still struggles with taping wrists, admits, "It's a lot harder than I thought it was. I'm usually not used to this kind of challenge."

Lane also helps students with their school projects, such as reports on the dangers of concussions or the risks of adolescent steroid use. Stu-

dents agree that they would not have gotten this kind of help from trainers past.

Her education first started at Salisbury State University in Maryland where she received her

Bachelors in Science and Physical Education. From there she moved on to Bucknell University where she earned a Masters degree of Science and Education. She worked for the university as the graduate assistant trainer and was compensated with a free education. Lane would then be hired as the assistant athletic trainer at St. Peter's College where she worked for three years. Even after all of that her brain still remained hungry for knowledge. Soon after she was accepted into the prestigious Northeastern University where she would receive her Masters of Sports Leadership, Lane was eventually hired as an assistant athletic trainer there.

Fortunately for the student athletes of Arlington, this double-Master Bachelorette has chosen Arlington as her new domain. The first impression may be that this is a step down for her, going from college to high school. However, it is really a great step forward career-wise. Previously, she had been an assistant trainer to the head trainer. Now it's up to her to keep the student athletes safe.

Lane's experience is not just limited to high school and college athletes. During her time at Northeastern, Lane was put in charge of taking care of one of the greatest NBA superstars the world has ever seen.



Kristin shows her Ponder pride Photo by John

One day a tall, hooded figure came into the Northeastern trainers office. Assuming it was just another Husky basketball player she asked him what she could do for him. He wanted some time in the whirlpool to relax. Upon further interaction, Lane recognized who this stranger was. It was NBA All-Star Kobe Bryant. He had been working out in the Boston area and came to Lane for help.

It is a proven fact that Lane's work builds champions. Bryant would go on to become the Finals MVP, something he had previously been unable to achieve prior to his time with Lane. Arlington High is fortunate to have been graced with the athletic expertise of Kristen Lane this year, and hopefully for years to come.

Slopes turn students into teachers

By Anna Glina

Juniors Joey O'Sullivan and Zack Kuzmics use their love of snowboarding to instruct in Nashoba Valley, one of New England's favorite destinations for hitting the slopes.

Both work about four days a week, teaching everyone from beginners and children to fellow teens and more avid riders. "Over 400 kids tried out [for the positions]," says O'Sullivan. "I want to get serious about teaching, but right now I use the job to get cheap gear and free riding." Snowboarding is certainly not a cheap form of entertainment; it costs \$75.00 for lift tickets and hundreds more for equipment.

Kuzmics has spent four years intensively riding and developing skills he believes scored him the job. "Many instructors push us to learn new tricks and get better," he says. "I want to become that type of teacher myself."

"We make just enough to cover food and gas," says O'Sullivan, "but I would recommend this job to

anyone who loves snowboarding and wants to snowboard all the time." The perks compensate for the low rates; free lift tickets, introduction to others passionate about the sport, discounts on gear and a chance to snowboard daily.



Kuzmics doing tricks. Photo by Joey O'Sullivan

Boys basketball has up and down season

By Trevor

On Wednesday, February 24, over 100 Arlington High students crammed into the fan bus and journeyed 45 minutes to Topsfield. The rowdy crowd was expecting a Ponder win against the 17-3 Masconomet Chieftans. However, Masco beat Arlington 55-48, pulling away in the final minute of the game. Despite a loss in the first round of the state tourney, the season was still a successful one for the team, as they finished with a 10-11 record overall.

After an extremely tight contest, Masco managed to go on a 7-0 run to end the game. The abrupt end of the game marked the end of an electrifying season for the resilient Ponders. Even though the result in this game was not as hoped, the season was full of close games and intense finishes and the Ponders held their own in the very difficult DCL.

Lead by Seniors Greg Moulton, Zach Lee, and Miles Powell, the team fought hard all season and managed to squeak into the state tournament by beating Weston in a thrilling 69-67 contest.

In the Weston game, Junior Rylan Spence made a shot with less than five seconds to play, as AHS received a tourney bid with the W.

With a starting lineup of Moulton, Lee, Powell, Sophomore Brandon Castro, and Junior Adam Zakaria, the team relied a lot on the three pointer, a shot that sparked huge runs, yet sometimes resulted in close losses, like against Masco.

"In big situations we live and die by the three," said Powell. "In the game against Masco they just didn't fall. All of it came to an end really fast. It was a hard thing to handle. Most of us have been playing basketball since we were really young, and just thinking how it's all over is awful."

During the season, Powell averaged 18 points per game, including a plethora of huge three pointers and ferocious And 1s. Lee contributed



Captains Miles, Zach, and Greg with Head Coach John Bowler. Photo by Tom Lee

with 12 points per game, exploiting the defense with his quick first step and lethal mid range jumper. Moulton provided a wide variety of offense for the Ponders, scoring 14 points per contest and adding six assists and six rebounds, using nifty dribble drives and spot up threes.

"Miles, Greg, and Zach have been playing together for a while," said Head Coach John Bowler. "They played hard every game. I couldn't have asked any more on and off the court. They gave their heart every game and played extremely hard. They were great role models for younger players on the team."

While the play of the "Big Three" group of Seniors was instrumental in the team's success, it was the spark from others that often made the difference between a win and loss. Point Guard Brandon Castro contributed 11 points per game, blowing by defenders with his lightning speed. Adam "Fluff" Zakaria took the daunting task of starting at Center in a league with lots of towering big men. Zakaria held his own, using superb fundamentals to spread the

defense by knocking down jump shots and grabbing 10 rebounds per game. In a 54-44 win over Lincoln-Sudbury midway through the season, Zakaria matched up against John Swords, a 6'10 force. Fluff held his own, as he did all season, playing consistent basketball when his team needed it most.

Considering that nine out of 12 teams in DCL made the tournament, an AHS bid is all the more impressive. On the DCL, Coach Bowler said, "Every team was pretty good. It was very competitive. I was very pleased this season overall. Eighteen of the 21 games we played were against teams that made the state tournament. We had a tough schedule and I thought we did very well and were in every game."

Some highlights to the season were a 67-65 win over Concord-Carlisle, a huge victory over in town rival Arlington Catholic, and a 70-58 triumph over a strong Newton South team. Out of a total of 21 games, 14 were within 10 points. Although the Ponders finished 0-4 in Overtime, the team managed to win big games

when they counted the most, finishing the regular season on a 4-2 spurt in order to qualify for the state tournament.

"Next year the team will rely on a lot of three point shooting, like we did this year," said the graduating Powell. "We'll have a small lineup just like this year and the team is going to need a lot of defensive intensity because they might be outmuscled and weighed by other teams."

Coach Bowler is optimistic about next season, saying, "We lost 7 Seniors this year, but we have a lot of talent in the program overall. JV and Freshman both had winning records. It should be a fun year next year. The league's still going to be strong but we have a chance to be pretty good."

On Coach Bowler, Powell adds, "He seemed to care about the games just as much if not more than we did. It's not like he was just doing it because it was his job; he cared about us as a team and it was fun being coached by someone who is really passionate about the team's success."

Taylor trumps track

(Continued from page 1)

"[Cross Country] definitely helped my money offers for colleges in terms of scholarship offers. I finished second in the state meet and it helped me prepare for the track season." Taylor was noted as an all-scholastic cross-country runner after his first and last season came to a close; a prestigious honor rarely, if ever, seen by a first year participant in any sport.

Last year, he finished 3rd in the state and 5th in New England, as a Junior, for the 2-mile indoor race. He then ventured to North Carolina where he finished 20th in the country in the 5K outdoor race.

During this year's Indoor Track season, Taylor broke two individual school records, finishing the 1-mile in 4:21:09 and the 2-mile in 9:19:37. He was also a part of breaking a team relay school record as well. Doing this, he won the division two, 2-mile race and finished second in that all-state meet in the same race. He accomplished that second place finish, running with a stress fracture in his right foot. Due to the injury, Taylor

was forced to pull out of two National races, the 5K and the one-mile. "It would have been great to compete in National's," says Taylor. "I could have challenged for the win at the 5K race. It's just frustrating."

Despite Taylor being unable to compete in the Indoor Track national competition, he was honored as an all-scholastic for yet another sport.

During the Outdoor Track season, Taylor hopes to both win a state championship and also fulfill his dream of becoming an All-American, the most esteemed award for high school athletes. In order to do so, Taylor must recover soon from his foot injury and keep in shape.

"Because I can't run right now, I'm going to have to keep in shape doing something else," says Taylor. "My coach recommended I constantly swim, so I guess I'll begin my search for a waterproof mp3 player. The young superstar, who was recruited by over twenty division one track schools, recently chose the University of Massachusetts Amherst, to run for, at the collegiate level. Taylor was given a full-ride scholarship to the school.

Robinson breaks records

(Continued from page 1)

Robinson was in the seeded heat and only one of the seeded runners placed in the competition. With a time that is first in the region, Robinson won't be able to compete at the New England Championships because of the crash.

Despite her struggles at the state tournament, Robinson still managed to have a spectacular season. Her 300-meter time was the fourth best in Massachusetts' history. Additionally, she recently got her own plaque at the Reggie Lewis Center for having the state meet record.

"She has loads of natural talent," said fellow track star Antony Taylor. "I think she can be one of the top runners in the country if she works hard in the next two years. She is ranked 11th in the country for the 300 at this point and can be ranked even higher next year if she improves."

"The thing I like about running is winning," added Robinson. "I get unbelievably stressed and nervous before every race, but the thrill I get after getting a personal record or winning an intense meet makes me feel incredible and makes it all worth it."



Robinson w. Runner of the Meet award