

Arlington High School

June 2005

Dane Cook returns

By Christian and Meghan

When Friday, April 29, arrived, Arlington High School was a buzz about mega star comedian and alum of Arlington High School Dane Cook coming to our school to speak to the seniors. During lunch, Cook's tour bus rolled up to the high school. Students lined up against windows and doors at the entrance to the auditorium just to get a glimpse of him. When Cook finally emerged from his bus, every student erupted with excitement.

Cook came into the school with his camera crew to shoot a segment for his new DVD "Retaliation" and students flocked to the comedian as he walked in the door. Students asked him to sign everything from pieces of paper, faces, backs, and even butts. The halls echoed as fans swarmed the comedian. Opting to miss lunch, students followed him from class to class instead of eating.

After leaving the auditorium section, Cook roamed around the school with his camera crew stopping at his old locker, the cafeteria, main lobby, the AIDS blanket exhibit, where Cook made a donation, and old classrooms with almost the entire school tailing him.

While following him, Meghan

and I being the journalists that we are, asked Cook if we could get an exclusive interview for our school paper, *The Ponder Report*. After speaking with his publicist, he said Cook may not have time to do one but if he could fit it in, he would.

After being inquisitive, Meghan and I still followed Cook until he entered the auditorium to get ready with the entire school outside its doors. Everyone around was so excited and anxious to see Cook perform and just to get yet another look at him. When they finally let us in the auditorium, Megan and I took our seats waiting impatiently for an interview. While doing this, Cook's publicist pulled Megan and I out of the audience to go back stage.

As Megan and I waited for our term to speak with Cook, we frantically wrote down questions we wanted to ask. My hands were shaking and my heart was racing the whole time. After getting questions down and a pen ready for the answers, we walked towards Cook. He looked very casual and inviting, dressed down in jeans, black button down shirt, sneakers, and an AHS maroon hat.

He looked like a normal

person except he's not. He's Dane Cook. Walking towards the comedian who leaned against the piano in the center of the room, he smiled and shook our hands.

Q: *What's it like being back at AHS?*

A: It hasn't really sunk in yet, but it's really cool and overwhelming. I didn't know what to expect and it's really cool that there is such a reaction to me coming back here. I didn't expect the outcome to be so big.

Q: *How is your tour going?*

A: The tour is going good. It ends tomorrow night (April 30) at BU, but it was fun.

Q: *Your comedy is cult like.*



How do you feel about this and how it has such a cult following surrounding your career?

A: Cult? Wow, that's really cool. No one has asked me that before. Great question, thank you. It's a cool feeling. No one has ever said that before being 'Cult Like', I didn't realize it till just now when I was walking down the hall and everyone was supporting me. Good question.

Q: *What made you want to come back to AHS?*

A: I was getting all these E-Mails. I kept getting E-Mail's and IM's saying 'AHS'. I thought that was cool and kinda funny and it really wasn't a great time before when I was asked to come back because it didn't fit into my schedule, but a lot has happened this year and I thought I was ready to come back.

Q: *What was it like being in high school?*

A: I went to Minute Man my freshman year. I came to AHS my sophomore year 'cause I wanted to do drama and become a comedian. During lunch, my first girlfriend Jennifer and I would sneak into that closet (Cook points at the

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Taketomo sells his own DVD

By Jessica

High school junior and budding filmographer Zander is met with a success foreign to many newbie's first venture into the film world. At the age of seventeen Taketomo has already produced a skateboarding DVD, *City People*, which is currently being sold in skateboarding shops across the country from San Antonio, Texas to Providence, Rhode Island.

The DVD, titled *City People*, showcases local skater's talents and was filmed in and around Boston. The skaters range in age from 15 to 23 and include Arlington residents/brothers John and Tommy Wisdom. The soundtrack is laced with hip-hop tracks and features small vignettes that emphasize each skater's skills. The video was filmed behind what will be a familiar Boston back-

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Boys & Girls Club recognizes AHS student

By Tierra

The Boys & Girls Club recognized one of Arlington High's own, Shalaya, at the 29th Annual Recognition Dinner for the Boys & Girls Clubs of Boston on May 11, 2005, at the Sheraton Hotel.

The recognition dinner was to award 125 members all together, 5 members from 5 different Boys & Girls Clubs. The participants were The Blue Hill Club, The Charlestown Club, The Gerald & Darlene Jordan Club, The Roxbury Club, and the



South Boston Club.

Some award categories were the Church Award, the Brickley Award, the Bunkley Award, the Kraft Award, and the President's Award / Youth of the Year Award.

Shalaya, a junior received the Howard Bunkley Award for "the member who displays Great Spirit, concern for others.

Since Shalaya is involved in so many activities at the Roxbury Boys & Girls Club the

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New flavor opens in Arlington

By Jeremy

Aside from all the banks and Dunkin' Donuts that have been opening all over Arlington, there lies some hope along Mass Ave in east Arlington. In between Melrose St and Milton St is a new store that has opened up with a whole new theme.

"Movies on a Menu" is the name of this new store and at first, people might not get what the name means. The store offers an array of movies and baked goods at a reasonable price. The baked goods are amazingly delicious compared to the common donuts everyone buys at Dunkin' Donuts. This is a place to relax.

The two owners (Eddie Shaw and Brad Chapman) have put a lot of time into building this new store. Eddie has worked for fifteen years as a manager at City Video, a video rental store in Porter Square. His involvement with videos has given him a real talent in knowledge of movies. He incorporates this into the store to provide an elaborate layout. Brad (co-owner) has owned his own handyman business and will be taking care of the finances, sales marketing, and logistics.

The idea came to him about a year ago, after he and a friend watched a movie together while they ate pastries and discussed a movie. His friend told him to bring together the baked goods and movies and open a store that

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Coffee prices increase

By Jamie

As I walked into Dunkin' Donuts a couple months ago when my \$1.67 in hand, I was glad to see the line was short. It is a rare occasion where the store is not crowded. I ordered my medium iced coffee and am one step away from the enjoyment of caffeine. The quiet employee rings me up. I hand her my exact change and she replies, "It's not \$1.67 anymore; it's \$1.78." I think to myself, "What is this? Starbucks?"

Now, the eleven cents really isn't what bothered me. It was the fact that coffee prices, and the price of almost everything else, keep rising. And really the more the prices rise, the more I, along with many others, seem to want coffee.

And then, once I finally get used to paying \$1.78, coffee prices once again increase to \$1.98. At first, I am shocked by this sudden jump because that's an extra 20 cents. And now once again, coffee prices have increased to whooping \$2.09 for a medium iced coffee. Now it may be just me, but \$2.09 for a coffee with a few ice cubes in it seems a little crazy.

The National Coffee Association found in 2000 that 54% of the adult population of the United States drinks coffee daily. They also reported that 18.12% of the coffee drinkers in the United States drink gourmet coffee beverages daily, which explains why Dunkin' Donuts jumped on the wagon

and started serving Starbucks like beverages for a cheaper price.

This brings up the question, which is better, Dunkin' Donuts or Starbucks? I asked a class of 13 students and 2 teachers, and thirteen of them said they overall preferred good old Dunkins. Is it just me, or can Starbucks be somewhat confusing? Not only is there hot, iced or frappachino but then there's mild, smooth, and bold, all the more confusing for all us caffeine cravers.

Fifteen seniors took a survey with 10 questions about coffee and their coffee habits. Out of the fifteen, thirteen of them said they preferred iced coffee, and a majority of those thirteen (9) favored French vanilla flavored. Surprisingly, eleven of those fifteen seniors buy coffee 4-6 times a week! Let's just say that one person goes to Dunkin Donuts six times a week, multiply that six by the new \$2.09 price and that person spends \$12.54 every week! That eventually totals up to \$50.16 each month and \$601.92 a year! Imagine what we could all do with our extra six hundred dollars each

Opening of the Postal Mural

By Kristin

During the course of this year, two of Mrs. Muise's pottery classes having been working on a mural to put in the post office. Finally we are finish!

Art students created this Postal Mural as a Commemorative Public Art Work to recognize the service that the postal workers perform on a daily basis. Observers will be able to appreciate the difficulty of the postal workers job and their dedication to the job.

During the planning and creating of this mural, 25 students incorporated many ideas and pictures to think of one design. The mural is on a 4' by 6' design and will be in the lobby of the post office. There were over 1,500 pieces of hand made tiles and glass tesserae put into this mural.



Illustrated by Noah

There will be an opening for this art mural on Sunday, May 15, 2005. Opening for this mural will be at the Post Office, 10 Court Street, at 1:00 p.m.

This years project was made possible by a grant from the Arlington Educational Enrichment Fund. Inc.

Students involved in this mural: Ashley Azar, Sophie Baboin, Barbara Beucler, Jessica Bravemen, Susan Cotroni, Kobi Cummings, Amber Duet, Alexander Fach, Brendan Fraser, Korinna George, Tianna Groves, Kristin Keohane, Julia Mezer, Laurel Mitchell, Debora Reis, Tierrah Reynolds, Matthew Roberts, Daniel Russo-niello, Robert Sousa, Steve Stathopoulos, Gina Sullivan, Eliza Thoresen, Haben Tsegai, Vanessa Wilder, and Jasmine Young.

Other artistic creations that were created over the years can be viewed in the Police Department building and in the lobby of our school.

Movies on a Menu

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has both of them. With this in mind, ideas began to flow with the thought of a place where people can come in and buy some food or coffee and watch movies.

The "café" has couches and chairs where customers can sit down and watch a 50" plasma TV, on which there is always a different movie playing. Up a few stairs are all kinds of movies on DVD that people can buy.

"Movies on a Menu" is for people to come in and look at a menu, which will have all kinds of information on it. The menu will include the releases of new DVDs and older movies just coming out on DVD. Also Eddie and Brad hope to eventually have "Movie Nights" where people can come in and sign up to watch a movie after the store closes. They hope to have about eight or ten people attend, and they will show a different movie every week to a different audience.

Coming soon to the store will be a section with movie memorabilia; posters, film books, and other movie merchandise. Also there is hope of a "movie discussion" sometime in the summer where people can come in every week. There will be a new topic to discuss, just like a book discussion.

With many ideas in mind, the new and bold taste of "Movies on a Menu" is a cozy place to go for a good movie and good food. To check out the new store you can visit them at 148 Mass Ave in Arlington or visit their website at www.moviesonamenu.biz.

MOVIES ON A MENU

"We Satisfy Your Hunger For Movies"

- Sales of DVDs and Movie Memorabilia
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Students' Art Show



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Virtual battle against post traumatic stress disorder

By Joshua

The project started up by the Naval Medical Center in San Diego called "virtual Iraq." Project virtual Iraq is a project in which is suppose to give soldiers who have toured in Iraq who have post traumatic stress disorder a chance to gradually cure the psychological problem.

At least 16 to 20 percent of thousands of soldiers who have come back from Iraq have shown signs of post traumatic stress disorder. Post traumatic stress disorder is when the condition is often characterized by flashbacks, anger, isolation and

depression that can last for decades.

"Virtual Iraq" uses state-of-the-art technology. It's based on a virtual reality video game. The project aims to re-create the traumatic events that triggered post traumatic stress symptoms by using wartime images, sounds, movements and smells typically found in Iraq. The project will track 120 sailors and 20-40 marines over a 6-month period. Virtual reality also used on Vietnam veterans and world trade center victims and has progressed and worked well.

The naval medical center is hoping that this project will work superbly, and be able to distribute to U.S army and naval bases around the globe.

Police take justice too far

By Clinton

In the past few years, police brutality has been an issue in many urban communities. The worst case as of lately has been the case of Esteban Carpio. Esteban is accused of murdering Detective Sergeant James Allen during the questioning of a robbery investigation.

During the investigation, Carpio got into a scuffle where Carpio ended up grabbing the sergeant's gun and shooting him, and then jumped from the window, which was three-stories high.

After a chase, police said that an aggressive takedown was in order to control the suspect. Carpio was later taken to the hospital for leg injuries. Police said that they were not allowed to talk to the suspect while he was still in police cus-

tody.

The following day a hearing was held for Carpio, which would decide a court day for the 26-year-old accused of murder. When he was led into the courtroom, those in the courtroom were appalled at what they saw; Carpio's face was swollen to the point that it looked like he had been beaten with billyclubs over and over again. Carpio was also wearing a facemask that was said to protect the spectators from him spitting up blood, while his eyes were dripping with blood.

Carpio's mother and grandmother began yelling about police brutality, and they were removed from the courtroom as Carpio began yelling back, "I love you mom".

The NAACP has now spoken out against the treatment of Carpio and said that even though he is a cop killer, he should not be treated nor handled with brutality. The FBI is looking into the matter. The NAACP is also looking into how this can be prevented in the future.

Like father, like son

By Jeremy

Dane Cook has been making people laugh for more than 20 years now. With the support of his fans and family, Dane has made a great impression in the comedic world. Most supportive of Dane is his father, George Cook, who is also an Arlington resident.

George has lived in Arlington with his family for more than 34 years, raising Dane and his five sisters and brother. George was a radio broadcaster for WCSA in Cambridge for more than twenty years. When George would interview someone, he used a tape recorder that he passed on to Dane as a kid. Dane would then use the recorder to record his jokes and play them back to try to improve them.

As a kid Dane was a good athlete but soon started to move away from sports to pursue his love of making people laugh. Around the time Dane was going into high school, "he really started to get into comedy," according to his dad. He first attended Minuteman High School to take drama class.

As a sophomore, Minuteman got rid of their drama program so Dane begged his father to let him go to Arlington High School. At first, his father thought that he just wanted to be with his friends, but soon realized that his love for comedy was real.

With all his free time, Dane

would try to go to any place where he could get on stage for a few minutes to practice his act. In the beginning, he performed for free. In the remaining time he had left after homework, Dane would watch sitcoms like Seinfeld. "Even when his friends were outside, Dane was working hard on fulfilling his dreams."

"Most of Dane's acts revolved around his family and real life situations. Dane would try and find humor in anything he did- homework, schoolwork, and even his job. Dane would make every situation funny."

As every good father, George passed on the respect that he was once taught. George said to Dane, "Try not to single out minorities, and always think to yourself that it may be funny to you but hurtful to others."

In addition to the help that Dane got from his father, there were many others that helped Dane move up in the comedy scene. "Mr. Roberts was Dane's favorite teacher and really took time out to work with Dane on his presentation, which was not part of his course, and even today Dane keeps in touch with Mr. Roberts all the time."

"I'm very proud of him and hope that he can continue with his career and make people laugh and enjoy his shows," smiled his father.

Raw fashion show displays talent

By Tierrah

R.A.W., Revealing Artistic Works, a program for the youth and young adults with interest in the arts (drama, fashion, music, modeling, etc.).

Raw is putting together an urban fashion design competition. Fashion designers will compete with other local designers in the New England area. Competitors have to be between the ages of 11 and 21 and will have to pay a small entry fee.

"The show is being put together to inspire young people with gifts and talents and to also wake up their creative juices." Says founder of Raw, Susan Flint.

Roxbury Community College is where the competition will take place on June 25, 2005.

Fashion designers will be judged on certain designs based on the criteria and standards of the show. Judges will be professional fashion designers such as Antonio Ansaldi. There are plans to have a famous designer make an appearance.

When I asked Susan Flint if the event was to raise money or to find a

new act in the New England area, she responded, "Both! This will be one of our annual fundraising events but we also, want to promote local up and coming designers."

Competitors will not be modeling their own designs. They will be backstage assisting their models.

Male and female designs and designers will be displayed at the competition.

There will be an admission between the prices of \$12.00 and \$15.00.

"Proceeds from the competition will go to the RAW program for trips and other supplies, also some will go to scholarships for youth who would like to attend college in the arts." says Susan.

Cash prizes and trophies will be awarded to competitors and all will view the competitors' designs.

The RAW street team will be putting out promotional call flyers.

Tickets will be sold at Mattapan music, Hip Zepi, Antonio Ansaldi, other locations, and also at the door.

If anyone is interested in volunteering to help out for the show contact Susan Flint at 617-416-0284.

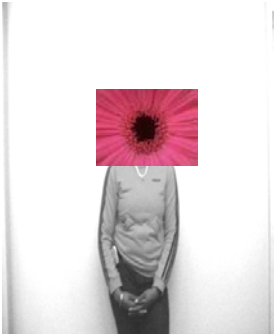
Shalaya

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award was very much deserved.

Some of the activities and programs she is involved in is, a member of the junior staff during the summer program and throughout the school year as a lifeguard and lifeguard trainer. She participated in the Young Leaders Program, and college club, and is a member of the Boys & Girls club's Keystone.

Shalaya continues to be such a positive and motivated role model for the younger children at the Roxbury Boys & Girls Club in Boston.



Shalaya West

Taketomo

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ground including multiple shots from Copley to Back Bay and everywhere in between.

Taketomo said the video was created because he wanted to get the names of his friends and fellow skaters out there, so that they might have an opportunity to be sponsored. If an interested company acquires Taketomo's video and is impressed with the skater's performances, a company might offer to sponsor him or her. When a skater is sponsored the company will provide various degrees of involvement in the skater's career depending on his or her abilities. It is every skater's dream to be sponsored. The sponsorship could help launch the skater into relaying his talents into a professional career.

Taketomo is a skater but is not featured in the video. The video is filmed and edited by Taketomo who shot the film on his hand held camcorder and can be purchased from Taketomo himself or online.

Dane Cook

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drama room closet hidden strategically in the corner) and make-out. My drama teacher Mr. Roberts, Frank Roberts, asked if I would come in early and read plays on the stage with him. In high school, I was not in a clique and I felt like a lot of the time I was a ghost sort of walking around the halls by myself.

Q: Dane, thank you so much for doing an interview for our school paper. It means a lot to us.

A: Sure! You're welcome, no thank you. Great questions!

While finishing this interview, subconsciously I'm smiling just as wide as I did the day Cook came to our school. Meghan and I would just like to say thank you again to Dane Cook for coming to our school and for being so amazing.

Bid farewell to Dr. Gurry

By Rachel

Changes happen all the time in the world, even here at AHS. At the end of this year, many changes will occur, including the departure of the current superintendent and assistant superintendent.

Kay Donovan's retirement has been made public and has been discussed in [The Arlington Advocate](#) for many months now. However, Dr. Joanne Gurry, the assistant to Donovan, is leaving as well this year and her bon voyage has hardly been mentioned.

Dr. Gurry has had a big role, not just behind the scenes, for the past twenty-five years in the Arlington school system. She works mostly with department heads to help produce the best curriculum from which the students will succeed. Aside from assisting the superintendent in any way needed, she helps to set standards and challenges for the students.

Seeing that the students who go through the Arlington Public Schools thrive is important to Dr.

Goodbye, Ms.

Donovan

By Christian

Ms. Kay Donovan has been the superintendent of Arlington for eleven years and has done her job proudly. Though she is leaving, she isn't going to stop caring about Arlington. She already has more plans to help Arlington. I sat down with Ms. Donovan and learned a little bit about her stay at Arlington High and asked her what is in store for the future.

Q: What are your plans for the future?

A: I'm going to take it easy. I'm going to travel, taking a cruise to the Mediterranean and relax. I don't have any important plans just yet.

Q: How do you feel about the job you have done at Arlington High?

A: I had a wonderful eleven years here. Much was accomplished like rebuilding schools and we still have plans for Stratton and Thompson. New fields were made. The school has been honored many times and at one point, we had the number one MCAS scores. Students have excelled in the arts and in sports. The staff is extraordinary and the students have excelled in their education as well. It's been a successful tenure.

Q: How long have you been a Superintendent?

A: For eleven years at Arlington High, five years in Maine, and six years in Everett.

Q: How do you feel about the future of Arlington High?

A: It has a wonderful future ahead. The student body will grow; staff will have an opportunity for professional growth, and the students will enjoy education.

Q: What do you feel needs to get done at Arlington High?

A: The School needs more fi-

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Gurry. In fact, all the fiscal downturns Arlington has suffered have been the lowlight of her career. It makes her heartsick to have to "plan to take away from our students."

Growing up in Cambridge, Dr. Gurry knew she wanted to be a teacher since fifth grade. Her teacher in that grade was dynamic and inspiring, a real gifted teacher, and she became excited about teaching. Her class was always interesting; it was a real learning community. To the students, learning felt like the most important thing in the world. It was a life changing experience for Joanne.

After attending Boston College as an undergraduate and UMASS Amherst for her Masters degree, she continued on to Boston University to receive her Doctorate. She was the debate coach at Whitman-Hanson Regional High School while she taught English for two years, after which she held the same positions at Marshfield High School for nine years. In October of 1980 she came to Arlington as

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Senior Assassination

By Manny

Senior assassination is something that seniors have been doing for about two years now. It's something that the students have put together to make the end of senior year a little bit more enjoyable. As long as you're a senior you could join, the fee was 5 dollars per person. About two hundred kids signed up for senior assassination and the winner will win close to a thousand dollars. The money is usually collected by designated students before the game.

The rules are simple after you sign up and pay your fee of 5 dollars, you would get a little note card in homeroom that has one of your classmates' names on it. That is who you try to "assassinate." You have to squirt him or her with water; senior assassination is basically a large water gun fight. Senior assassination has strict rules. Every person is on his or her own. You can't

squirt anyone on school grounds, and you need a witness with you to verify the assassination. After you assassinate your person, there is a hotline that you call right away and report who you are, the person you assassinated, when and where you assassinated them, and the names of your witness.

You have a period of a week to assassinate your person. While you're trying to get your person, there is somebody that you do not know who is trying to assassinate you. If you last the first round, you move on to the next one until it comes down to one person who wins the prize of a thousand dollars in cash.

Senior assassination is something that seniors take very seriously. I have seen some of my fellow classmates even try to disguise themselves so they don't get assassinated. Others wait for their person for several hours under their car just to get them or even go to their work to wait for them outside. This game has become a tradition and a lot of fun.

Israel visits Roxbury

By Shalaya

Israeli students came to visit the Roxbury Boys and Girls Club in April. I am a junior staff lifeguard at the club, and I was involved with the discussion that we had. We talked about stereotyping and the status quo of Israel and Massachusetts. Many personal things about their lives and our lives were shared.

Many new technological things have come from Israel. The country produced Windows Xp and Intel Pentium for computers and cell phones.

They are a very religious country. Their main religions are Muslim, Judaism and Christianity. They are very open with the religions, and people are not judged by what they believe in.

They talked about how after students get a high school diploma or turn 18, they must go into the army. Males must go for three years, and females must go for two years.

They are all trained to prepare for war, but that isn't the only purpose. They can also gain a lot of skills in different professions or skills in computers.

After the army, students get money to attend college. This is similar to the United States Army. The money stays in the soldier's bank for five years before it is open to use it for anything that they want. Some people use the money for studies, but some people wait for their five years and then use it for whatever they want.

The students that visited were Soshi 22, Uri 21 and Sari 27. They all went to high school and got their diplomas. These students are a part of a non-profit organization called Israel at Heart. The program is mainly focused on the well being of Israel and its people. They are not a part of any religious organization; they are just trying to help promote Israel in a better way. They want to educate people about Israel and how good the country is. The mentors involved in this program are 21 to 27 years old.

Having this experience to talk with students of another country and hear how things are there and compare them to the way things are in the United States was great. I was very honored to be in the atmosphere of

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AHS Volunteer Club Awarded for Efforts

By Jessica

The Arlington High School Volunteer/Interact club has been working in the community since its formation, nearly a decade ago, and on May 9th received an award from the Salvation Army at The Cambridge Hyatt. The Club participates in a variety of community service endeavors, and members can choose from a range of activities. The club tries to choose one project per month to parlay its efforts. This past year it helped fundraise for the USO and participated in more hands on activities like a visit to Rosie's Place (a shelter for battered women) to serve lunch. The club also brought valentines to the elderly.

The Interact Club received the Holiday Service Award for its annual work with the Salvation Army. Each year, the club heads to the Salvation Army in Central Square, Cambridge where members serve dinner. This past year,

with the help of the Arlington Rotary Club, created small gift bags to pass out to the men and women staying at the shelter. The bags included items the men or women might need such as deodorant, razors, soap etc.

Along with annual visits, the club also takes part in the dressing of teddy bears where each person takes a teddy bear and dresses it for a young child to be given at Christmas. Members of the club are also given the option of volunteering on his or her own time to ring bells at red kettles to help raise money and/or to help sell Christmas trees.

During the luncheon, awards were passed out to various companies for their charitable work over the past year. The luncheon was attended by the club's supervisors Mary Villano and Mr. Minear. Both who selflessly devote much of their time to helping the club stay afloat and organize activities.

A Roaring Good Time

By Christina

English teacher, Ms. Eudenbach, and her Junior American Literature classes recently created their own version of a Speakeasy straight from the "Roaring Twenties". Subsequent to exploring culture and events, which comprised this American time period, it was time to bring the discoveries to life and experience them first-hand.

Aside from Speakeasies and jazz playing a pivotal role in 1920s culture, they were also important in F. Scott Fitzgerald's *The Great Gatsby*, a novel read by Junior English classes all around the nation.

Speakeasies served as illegal establishments where alcoholic beverages were sold and consumed during the Prohibition era. Throughout Prohibition, alcohol was not permitted to be sold, consumed, created, or transported in the U.S. Consequently, the popularity of such institutions was immense. Speakeasies resembled modern-day nightclubs, the exception being their illegality. People danced and drank just as they would today.

On the day of the class' event, the once dull Little Theater transformed into a colorful, yet dimly-lit club. Remaining true to history, tables and chairs were set up, along with lanterns to illuminate the room, instruments, and various foods to serve to the speakeasy's "patrons". In place of alcohol,

teas and soft drinks were supplied.

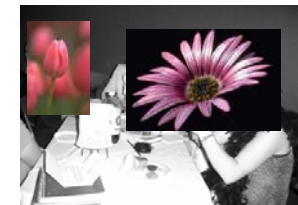
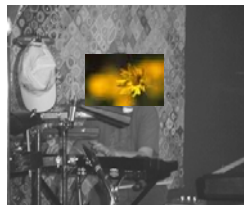
Some participants chose to actively become engaged and went so far as to dress up for the occasion. Formal suits, hats and fedoras, flapper dresses, old pocket watches and pearls all true to the time period further authenticated the affair.

Fellow classmates served as the resident musicians and jazz experts. Paul , Zach , Seth , and Justin shared a vast knowledge of the period's musical styling and provided their spectators with lively renditions of formerly popular pieces.

Their audience was educated about music of the time and learned that jazz and swing were all incorporated into the "Big-Band" Era. A medley of woodwind instruments, such as saxophones, and rhythmic beats and patterns, such as riffs, filled the numerous and diverse compositions. Musician, Duke Ellington, and singer, Bessie Smith, were two of the many that helped popularize their musical genre and spread it throughout the entire nation.

As Music teemed from the live drums and keyboard, the Little Theater filled with enthusiastic melodies and attracted a number of intrigued passer-bys. A few were animated and energetic enough to swing dance to the music as a genuine Flapper would have done.

Ms. Eudenbach's classes' speakeasy was overwhelmingly successful and managed to delight and captivate all of its participants. Recommendations have already been made to continue the event on as a tradition for future classes. The "Roaring Twenties" and its social culture came alive in the entertaining, enlightening and interesting class activity.



1920's speakeasy in the Little Theater

SADD promotes awareness

By Kristin

On May 11, 2005, about two dozen Arlington High School students, wearing black T-shirts and white makeup on their faces silently sat through classes and spoke to no one in the hallways. They were "Dead".

Every 33 minutes, someone in the United States dies due to an alcohol related car crash. A Grim Reaper walking around the school randomly selected members of the AHS Students Against Drunk Driving club, or SADD.

Once students were selected, they left the classroom, and returned wearing a black t-shirt. Their faces were painted white with dark circles around their eyes. Then once back in class, they sat in silence. All the "dead" people sat together at lunch too. Even though some people at the school thought they were mimes, SADD was

definitely trying to get the message across that a drunk driving accident can happen to anyone.

SADD typically hosts a large event for AHS each fall. This event was the first of its kind at the school.

When it comes to drinking and driving, 23 percent of AHS students report having ridden in a car or other vehicle driven by someone who has been drinking alcohol on at least one occasion during the 30 days prior to the survey. Additionally, 10 percent of students said they had driven a car or other vehicle after they had been drinking alcohol on at least one occasion during the 30 days prior to this survey. Both percentages are below 2000 statistics and the state average.

The "Day of the Dead" was funded by a one thousand dollar grant from the Governor's Highway Safety Bureau. This money is also to support the seat-belt campaign at our school. Hopefully this day made an impact on most of the students' lives, and they will think about losing a friend or even their own lives before getting into a car with a drunk driver.

Reviews

House of Wax

By Kristin

What begins as a weekend road trip for six friends becomes a terrifying fight for their lives in an exciting re-imagining of the 1953 horror classic House of Wax directed by Jaume Collet-Serra.

A road trip to one of the biggest college football games of the year takes a bad turn for Carly (Elisha Cuthbert), Paige (Paris Hilton), and four other friends when they decide to camp out the night before heading to the game.

While partying around the campfire, a mysterious trucker appears and stares at them for a few moments before taking off, which leaves everyone unsettled. One of the main characters, Carly, is very scared and also has to deal with keeping the peace between her boyfriend Wade (Jared Padalecki) and her hot-headed brother Nick (Chad Michael Murray), over the weekend.

Haloburn is burning it up

By Christian

Local bands have always been an interesting subject and sometimes make it big after humble beginnings. Indie-Rock has a large fan base and lots of times get picked up by record labels. The rock band Haloburn is no exception; with hard rock and meaningful lyrics this band has what it takes. Haloburn is a local band made up of members from surrounding Boston towns. After checking Haloburn out in concert and after sitting down with all the members of the band (Ennito, Sully, Eric, Micah, and Alex), it's no wonder why they are so talented. Though each member is unique and different, their personalities and creativity combined make a fresh sound.

Each member of the band be-

Xbox releases 360

By Clinton

Recently Microsoft released the second edition of the Microsoft "Xbox 360" which is the second installment of the original Xbox. The world got its first sneak preview of it on MTV on Thursday, May 12, 2005. The new enhanced graphics give many gamers a better and more realistic experience. It is said to hit shelves at the end of this year in North America, Japan, and Europe.

The system has similar storage and memory to a PC, according to Microsoft, with 512 MB of memory, which is eight times that of

They wake up the next morning to find that Wade's car might have been deliberately tampered with, because a part in the car randomly broke. They accept a local's invitation for a ride to Ambrose, the only town for miles.

Once they get to the town, they are drawn to Ambrose's main attraction, Trudy's House of Wax; a huge house that is filled with life-like wax sculptures. Soon after being in the town, they start to figure out there is a shocking reason why the exhibits look so real.

As the friends uncover the town's dark secrets, the six friends are mysteriously hunted one at a time and find themselves in a bloody battle to survive. The group of friends must find a way out of Ambrose, or they might become permanent additions of the House of Wax.

This movie for those who like blood and gore.

3 out of 5 stars

longed to another band at one point in time (Including local bands 7th Rail Crew, Indesit, and Headshot). When answering a want ad for bands, they eventually formed Haloburn, creating a whole new sound. This sound is described by the band as "Rock, Metal, and Mellatic." Haloburn's sound is something unique, almost a cross between Evanescence's bass and Nine Inch Nails lyrics and beats. It's not standard rock; it has more edge and more meaning. Eric, the band drummer, has a whole different perspective on the sound saying, "It's like Satan running through a field of tulips."

On Saturday, May 7th, I saw Haloburn live in concert at an all ages show at "Club De Niro". Although I had to sit through two not so great bands before Haloburn, it was worth it. After taking photos and

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original, also three 3.2GHz processors, far more than the single 733 MHz processor of the Xbox. The new system is also equipped with a 20GB non-removable 8 GB drive for it predecessors.

This console was released earlier than the other competitors for the reason that everyone else releases new consoles every five years while Microsoft released it in four. The price of the 360 has not yet to be announced; more details about the system will be revealed at the Electronic Entertainment Expo in Los Angeles.

Getting to know famous people

By Naomi

On April 6th, two well-known underground Hip Hop groups came to Boston and performed in the basement of the Middle East Restaurant and Nightclub. The Living Legends, originally from LA, opened for The Jedi Mind Tricks, who are originally from Philadelphia.

This show being the first Hip Hop show I attend, I was a little uneasy and uncomfortable at first, but being with a friend that has been to shows and was used to being at these occasions made it a lot easier for me. I was expecting it to be similar to big concerts, but it is a lot smaller and the performers get into the audience a lot more.

Throughout the performance by The Living Legends, my friend and I were standing on the side where we were very visible to the performers. The rappers in the group often made eye contact with us while rapping, and one of them sang me a love song at one point. The show began to be lots of fun for me, and as I completely passed the uncomfortable stage, I began dancing with the music.

The Living Legend's performance went on for a little bit over an hour, and as soon as they finished the group members began walking back and forth, passing us multiple

times. Finally one stops in front of us and begins a small conversation, until other group members came. They invited us to go chat with them on their tour bus, and we gladly accepted the invitation. We thought of this as an once-in-a-lifetime situation.

My friend and I walk onto the stage and past it to the back door with The Living Legends members. They lead us up the stairs and into their tour bus. The members were all sitting down, relaxing, and having a few drinks, and we joined them and began chatting with them. I observe them carefully because I felt that they were well known and because I enjoyed their show a lot.

The more I talked with them, the more I began to realize that they are just like every other humans I know. I felt that people look cuter or better on stage, not necessarily because of their looks, but how the performance is. Sitting around talking to them after they finished on stage made me realize that no matter who a person is, or how famous a person is, in the end they are just regular people like me. When I first stepped onto the bus I felt special, and excited because I was communicating with a Hip Hop group who were well known and liked around the U.S. But when I was stepping off the bus, back into the Middle East Nightclub, I felt that everybody, famous or not, are just the same.

Hottest Tours Coming this summer

By Kelsie

This summer time is a great time to attend a concert. The energy is up and the weather is nice for those outside concerts. This summer is a promising one with some of today's hottest bands coming to the Boston area.

For those rockers out there, Ozzfest is coming to the Tweeter Center on July 15. The main stage acts will include: Black Sabbath, Iron Maiden, Mudvane. On the Hot Tropic stage, Rob Zombie, Killswitch Engage, and The Haunted are among the acts. There is still a mystery band to the hot Tropic stage.

This one's for the pop people. This summer, some "Idols" are coming to Boston. "American Idol's" Top Ten singers will be going on tour. Your favorites including Bo Bice, Carrie Underwood, Nadia Turner, Vonzell Soloman, and Boston's Constantine Maroulis will be at the DCU Center in Worcester on July 30. Tickets for this event range from \$35.00 to \$45.00. Who knows, maybe some past winner will show up!

Oldies but goodies are coming

full swing this summer. John Mellencamp and John Fogerty are hitting the road together. They will hit the Boston Area on July 7 at the Tweeter Center. Tickets range from twenty-six to sixty-five dollars. Edwin McCain is hitting the road this summer with some new tracks. He will be performing at the Paradise Rock Club on June 11. Santana will also be touring through Mansfield with his tour featuring Los Lonely Boys on June 17. Ticket prices range from \$23.00 to \$56.00.

Hip-hop stars are set to have a big summer with radio stations and tours on their own. Jamn' 9.45 is having their annual summer Jam concert. Snoop Dogg, The Game, Amerie, T.I., Pretty Ricky, and more are expected to show. Tickets are available only through winning on the radio station because they are sold out! Listen to Jamn 9.45 for your chance to win tickets. Tours that are in the works include Eminem, 50 Cent, Snoop Dogg and many more.

Comedians also entertain. A-Town's own Dane Cook will be doing shows in New Hampshire at the Hampton Beach Casino Ballroom and in Hyannis at the Cape Cod Melody

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Editorials

Surgery replaces parts

By Jamie

Many of us have watched the show I Want A Famous Face on MTV and thought about it. I Want A Famous Face is an MTV show where young people have chosen on their own to get plastic surgery, in attempt to look more like their celebrity idols. The show documents the whole process of plastic surgery, from the first trip to the plastic surgeon to six weeks after surgery. Most of the time, the participator is happier with him/herself at the end of the show. What you see is basically the good effects of the surgery. Sometimes, there is also someone who provides the watchers with a more cautionary tale of how they encountered disastrous results.

From face-lifts to liposuction, there's a price to pay for it all. Not only are most types of cosmetic surgeries very expensive, but they also can have side effects. Plastic surgery is generally safe. Although like any other medical procedure, there are associated risks. Gathering from the increasing amount of men and women who are willing to undergo operations, the benefits from the plastic surgery are multifaceted. On one hand, the person comes out looking amazing. On the other hand, one can have horrible scarring or even worse, one's body can have a reaction to surgery sometimes causing terrible illness.

According to the American Society for Aesthetic Plastic Surgery, there was a 48 percent increase in cosmetic procedures in the U.S. between 2002 and 2001, and in 2002 alone 41,000 boys and girls under the age of eighteen had their noses reshaped, purely for cosmetic purposes. After talking to a plastic surgeon that would like to remain nameless, I found out that more and

more teens are getting plastic surgery. He told me that teenagers are having procedures such as neck liposuction, buccal-fat-pad excisions (that "chubby cheek" fat), collagen injections, botox injections, gynecomastia (male breast reductions), eyelid surgery, otoplasty (pulling ears that stick out back in), and laser hair removal. After talking with this doctor who has a high well-rated cosmetic surgery practice, I found out that teens in search of medically enhanced beauty are becoming more and more common.

For anyone under the age of eighteen, parental consent is required to operate. It is also up to the surgeon to evaluate whether or not the child is mature enough for surgery, and they also have to figure out why someone wants his/her surgery and what the motivation behind the surgery is.

Recently on the rise, along with many other types of plastic surgery, is liposuction. Liposuction was traditionally a procedure for the extremely overweight but now is used just to change shape. Another plastic surgeon that I talked to said he sees about 15 to 20 teenagers each week wanting only liposuction. Liposuction today is not as big as a procedure as it used to be though. In micro (also known as designer) liposuction, thin metal rods the size of small straws are used to remove the excess fat. Micro liposuction is commonly used on the neck, hips, thighs, chin, arms and even ankles. The doctor I spoke with said he has had kids wanting something don't about there ankles starting only recently. They have the kind of calves that just kind of turns into an ankle, known as "cankles" to most of us, and they get teased at school because of them.

Getting by at Arlington High

By Rachel

It's getting close to the end of the term, and students begin to realize they haven't done any work. So by bargaining with the teacher, some of them manage to hand in all the make-up work by the end of the term to get a passing grade. From failing at mid-term to passing, or sometimes even an above average grade, they did well. However, there are others in the class who are pretty mad right now.

For those who do their work on time and actually care about a class, it's unfair. Some kids at AHS just slide by week after week and make everything up in the end. They get a decent grade while others do as they are asked.

If teachers are going to allow for this, then why shouldn't everyone just wait until the last week of the term to do all the work? Of course, if everyone did that then the teacher would get mad and not allow students to make up the work. So, why should they allow some students to do it now?

For some teachers, it's hard to watch seniors have to stay back because of a failing grade. However, to let them sink by with a D- isn't helping them any more than making them repeat

the year would. If they get by without doing the work, they'll think they can do this in college. Students who don't follow guidelines or meet deadlines will never make it in college, let alone the real world.

High school is supposed to prepare students for college, which in turn prepares them for the real world. However, if the teachers are permitting students to glide by, they aren't doing the students a favor.

Another example of how Arlington High seems like a joke is the attendance. Each term students are allowed six unexcused absences and the seventh absence constitutes failure for the term. Some teachers take this seriously, while others just focus on the student's academic component.

There are plenty of ways around failing a class due to absences. Many of the students who just skip class have a connection with house deans or other teachers who get their absences excused.

Those students who should up to class ever day and do their work on time inform some teachers of both of these ways of getting by. Administrators surely know what goes on at Arlington High. However, nothing is done about it. Perhaps now they will.

Police arrest grandma

By Adam

An elderly Arlington resident was arrested a few weeks ago after her granddaughter was having large amounts of pot delivered to her grandmother's Arlington home. While the woman was receiving the UPS packages for her granddaughter, it was believed that the grandmother was not aware of what was going on. When UPS delivered her package last week, the police delivered a warrant for the granddaughter's arrest.

Although they do not believe the grandmother will be charged because she wasn't aware of what was going on, the police placed her under arrest at the time.

While the granddaughter was

singing for her packages, police rushed from the bushes behind near trees and to make their arrest. The woman allegedly was having large amounts of pot delivered through the mail to her grandmother's home. She would then take it back to her home in another town to distribute.

The government has been cracking down on the movement of drugs through the mail. There have been several more cases like this one in the surrounding areas around Arlington and Boston. Trafficking of drugs through the mail is becoming the easiest way to move it. This needs to be cracked down on because innocent people like the poor grandmother are being used then arrested.

Top 5 reasons to avoid the beach

By Josh

With spring having just finished hunting the earth and summer about to steal the kill for itself, seniors are sure to soon be skipping school to go to the beach. Unbeknownst to many, however, the beach is one of the worst possible places to spend your summer days. Here's why:

5) Have you been to a beach lately? Trash is *everywhere*. I go to the beach to relax (actually I don't go to the beach at all, but hypothetically...) and to swim in the water, not wade through the garbage. If I want to see trash, I'll take a drive down a state highway.

4) The ocean is too cold, too salty, and it can drag you under to your death if you aren't careful. Not to mention all the deadly creatures waiting for you to lower your guard.

3) Sand is the most useless invention since hip-hop. If the sun is out, the sand is too hot. If the sun isn't out, the sand is too cold and hard. You can't go in the water, because when you come out sand will stick to your entire body. Sand gets in your swimsuit, making your skin itch, it gets in your hair, making your scalp itch, it gets in your teeth, leaving you unable to enjoy

anything you eat for the next three days, it gets on your blanket, rendering your blanket useless for the duration of your stay at the beach, and to top it all off, sand *also* gets in your shoes, making your feet hurt during the walk back to the car. Then when you go home you have to take a shower immediately to wash all the sand off, which is such a bother.

2) Fellow beachgoers are annoying, have their screaming kids with them, and throw their foot-balls over your blanket, getting sand on it (see point about sand). Sartre said that hell is other people, and, in the case of the beach, he was right.

1) Going to the beach is bad enough on its own, but the sun leaving its crimson calling card on your skin afterwards is just too much. Sunburns hurt quite a lot, and are too big a price to pay for a few hours of enjoying the hassles listed above. Besides, tanning can lead to skin cancer, which would *definitely* ruin your summer. I rest my case.

With all of these reasons not to go to the beach, it's a wonder that so many people do anyway. Stick to a swimming pool if you know what's good for you.

Sidewalks pose threat

By Nick

A woman from Nahant was going out for her afternoon jog and ended up falling into a manhole that collapsed and fell on wires that were not live. She broke her wrist. Police say there have been no legal actions taken in this case yet.

At Brighton High School, the walkway up to the school collapsed, and a student fell about 8 feet into a hole and broke his leg. The walkway at the school was due for repair in the summer.

Live wires have electrocuted countless dogs. Recently in Chelsea, they found live wires, coved by a cone, right near a school.

All of these accidents could have been prevented. Our sidewalks are supposed to keep us from walking on the streets but now some people are afraid to walk, run, or even ride a bike because sidewalks seem to be a danger now to most of us.

It's been real

By Liane

Well, I can definitely say it's been real. But what isn't real when you're living the life of a teenager nowadays when times have changed way beyond what anyone could really expect. Times are definitely different, although there are still the many things that are still the same. And there are definitely things that I still remember, and hope most people keep in mind after graduating from Arlington High.

From the best to the worst, the good times definitely overpowered the bad ones because it's those times that I lived for. I live for the nights with my girls that I never could have spent with anyone else. The times when even though the weather here may not have been so great, we made a way to make it great. And who forget that one last crazy vacation before school ending. Now that's what has made it all worth it. The people who have tried to keep me down have failed, because I have made it. We have all made it. It just goes to prove that people who try to keep others down cannot succeed unless we let them. But we are all stronger than that.

If there is one more thing I have come to realize about high school, or at least school at Arlington High, it's really not that bad. All the drama is going to happen no matter where you go, and what would high school really be without drama? The best advice I can give to you, underclassmen, is don't get caught up in anything you feel isn't right. The longer you get entangled in the mess the harder it is to get out. Just follow

your heart and you will get where you want to be.

There are still more people to thank that I believe deserve a good amount of credit as well. The teachers. If it wasn't for the teachers, I don't know how far I would have made it. For all the teachers who also taught common sense to classes, it is many of those things we are going to remember because we have learned something we can use in the outside world. The teachers who have pushed me to do well, who knew I could do it, it is you I thank because I wouldn't be anywhere to day without you. I wouldn't be graduating if I didn't do what I had to do in my classes, but I deserve some credit because I wouldn't even have tried if I didn't think the class was necessary. But they were all necessary. Even in the classes that were challenging, I tried to do my best because I knew that I wasn't going to be great at everything in life. Even that still didn't stop me from succeeding. What almost stopped me from succeeding was paying too much attention to what really wasn't important, and not a lot of attention to what really was.

I have finally realized that my education is important, my friends are important, and all the experiences that have made me who I am have been important, because my life as a young adult is just beginning, and there are still four years of college that I am looking forward to ahead of me. So get ready, because some good times have just ended, but the greatest times are just about to begin.

Stephanie's Courage Inspires All

By Liane

When asked multiple questions about what it's like to have cancer, Stephanie replied to all the questions with truthful and dignified responses. Talking about such a personal issue, she shared the reality of a valiant, strong teenager who has made it more than halfway through her journey of cancer, and what it's like to live with cancer.

Stephanie was diagnosed on July 11, 2004 with a desmoplastic small round blue cell tumor. The tumor was growing in her abdomen and has since been removed thanks to a surgery that she has undergone. Then she began chemotherapy.

Chemotherapy for Stephanie was every three weeks. As an inpatient, she was in the hospital for anywhere from 2 - 5 days and then there was an additional two days or so for some recuperating. For those who are unaware of what chemotherapy does, it's quite simple. Also known as chemo, chemotherapy is a safe kind of medicated poison designated to attack areas of various cancers in the body. There are many different types of chemo, and although it is medically safe, poison is still going into the body. It's easy to see how rest is completely needed during the days following this kind of treatment.

After asking how she feels about having cancer, she replied that it is only going to make her stronger as a person and that God puts the people he loves through different

challenges, only to make them stronger in the end.

As a full time student at Arlington High through all of the treatment, it was obviously hard to get the work done. In order to graduate in 2005 with the rest of her class, Stephanie triumphantly pushed her way through this year getting what she had to get done finished and working as hard as she could to complete everything. As challenging as many students at the high school think it is just to come to school, imagine having to come to school exhausted not only from the chemo, but also from the physical and emotional impact that cancer has.

Constantly being asked questions about it, she faced the questions with the confidence and pride. With no doubt, this girl deserves the utmost respect after undergoing the amount of pain and stress she has endeavored through the whole ordeal. It's really uplifting however, to know that there really are people out there with the integrity that she has. Personally it seems amazing how she can be so determined to succeed and do well even with something as large as cancer practically taking over her life. It's an unbelievable accomplishment that she has done so well through it all.

Stephanie has also proved to be thoughtful and caring as well as bold and courageous. When asked what the hardest part about

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Dear Mom,

I would like to thank you for not only being the greatest mom ever, but also helping me through all of my years of high school. I'm graduating this year, because of your love, care, and all the support that you have given me through the years. You are the greatest parent, teacher and person that anyone could dream of having. I am incredibly lucky to have you as my mother. You don't know how many times I hear people say what a great person you are. You have always given me what I wanted to make me happy because you always cared about my happiness, and I really love how much you care. I know mothers are supposed to care and support their children, but

Goodbye

By Jonathan

As the end of the year narrows down, it becomes more and more emotional. It's finally beginning to sink in that we will all be "going our separate ways" very shortly. We have spent most of our childhood and teenage years with the same group of friends here.

In a way, I'm excited to embark on a new journey in life, to see new places, meet new people, and experience different things. However, the other part of me is filled with sadness and at the memories that will be left behind. Although I do understand that graduating high school and leaving friends and family is part of growing up, I don't like leaving such important things behind.

Recently, I decided to enlist in the United States Marine Corps as a rifle-

man. It isn't quite what I was expecting it to be. I figured because I was in good shape athletically that it would be easy for me, but what I failed to realize was that there is a lot more to it than athletic ability.

The part that I find most difficult is the verbal aspect of the Marine Corps, like how to address your drill instructors and people above you in rank. I also found that marching in sync with a large number of kids it is not half as easy as it may look. If one person misses a step, it can throw off the whole group. Another part that a lot of recruits find challenging is the mental part which involves a lot of memorizing orders, Marine Corps history, and so forth.

No matter how well prepared I may think I am now, the thirteen weeks of boot camp will tell me just how prepared I truly am.

Love always,
Robert

High School Memories

By Barbara

Four years at AHS teaches every student who attends many important lessons and everyone leaves with many memories that they will never forget. Through out my four years here there have been so many things that have happened at this school and around the world that can never be forgotten. There are two classes that I will never forget; a French class freshman year and a math class from junior year. In these two classes two of my fondest memories took place.

It was like any other first week at school at AHS. It was my freshman year and I was still confused with everything going on around me at this school. It was one of the first days of school and it was a typical day, sitting in class everyone thought that nothing could go wrong, it wasn't long until everyone in the school was informed of what happened in New York. 9/11 seemed like any other day, and it was a day that changed the world. This one day in history changed how the world worked and what many people thought about other cultures. Now, it seems like anything could happen but even only a few years no one would ever imagine something like this happening. It's weird to think that in years to come I can tell my children that when the Twin Towers were hit, I was sitting in French class.

Halloween is always a fun filled day, but one year a few kids had too much fun. The Pepper spray incident was one of the strangest Halloweens that I've ever had. I was sitting in math with Mr. Flanders when a fire alarm

went off. Thankfully I took all my personal stuff with me when I went outside. To everyone it seemed like any other routine fire drill until Am-bulances started to come and I saw some of my classmates coughing and being taken away by the EMT's. I later found out that some kids sprayed Pepper spray into the vents and it was carried all through the school, which was a dumb idea that ended up harming fellow students. It wasn't a good day for many because some were hurt and others left personal things in the school that they couldn't get back in until the next day. Every Halloween from now on my friends and I always mention this and talk about how this shouldn't have happened and how it was so much fun to go out to lunch after in our costumes. From now on Halloween will never be the same for students from AHS and this event was one of the most random things that has happened to many of the people at our school.

After four years of memories it's finally time for the Class of 2005 to say good-bye and start making memories somewhere else, maybe at a new school with new friends or with the same friends down at the diner. Wherever the new memories happen no one will ever forget the ones made here at AHS.

Congratulations,
Lee and all the
seniors!

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It all happens so quickly

By Pat

It feels like it was just yesterday when I was walking into Arlington High for the first time. I was very nervous, because it was such a big school and I never thought I would find my way from class to class. But very soon I found my way around.

I have had a lot of great memories in this building and have met a lot of great people. Every year I met new people. I believe that this school has made me who I am today. Not only the times I spent in class but also the times outside of school.

Everybody complains about

how bad the school is but really I wouldn't have wanted to go anywhere else. Up until this year, I never thought I would get out of this school, but now that it is only days away that I will be leaving school for good, I realize that my life is soon going to change. No longer will I be going to school for a couple periods then going home and sleeping for the day. I am not going to see everybody all the time. These are just a few things I am going to miss.

If I had to leave one message to the underclassmen, it is to have a blast while you can because once you leave AHS, you have no choice but to grow up and take on responsibilities.

A senior's last words

By anonymous

I remember the night before the first day of freshman year. It was just like any other school night. I was just sitting online talking to some friends. It was fine until one dreaded question was asked, "What are you wearing tomorrow?" I hadn't realized from that day on, I had to dress to impress. Naturally, a friend and I instantly had a parent drive us to the mall. First stop was Abercrombie and Fitch, where else? We're in high school now, we both thought, meaning parties, older boys, cars and being that much closer to graduating.

We walked into Abercrombie. Listening to loud music, it almost felt like a nightclub, not to mention the clothes. We, of course, grabbed all the skirts and tank tops we could find and ran into the fitting rooms.

The next day started like any other day over the next couple of years. I woke up at 6:30 a.m., washed my face, brushed my teeth and began the drudgery that I called getting ready for school. Like any other thirteen-year-old girl, I straightened my hair until it was completely flat and put on way too much makeup. By the time 7:45 rolled around, I quickly threw on my short plaid skirt and a white tank top. I grabbed my new Coach bag and walked out the door, to the beginning of the next four years of my life.

For the next couple of years, I began each day the same. As much as I am for dressing cute, it took me a while to realize that it's not the point of school. By the time junior year came around, the talk of college approached. Up until then, college was the last thing on

Stephanie Jean

Continued from page 7

chemo was, she replied that being in the hospital seeing the younger children and the little babies going through the same thing is the worst part about the process because they have no idea what's going on. It's a person like this who we all know will make the best out of life, because even during her time of need, she is still thinking of others, and that is one of the true qualities of someone who has the aspirations of becoming a shining star.

Senior Nightmares

By Jennifer

Senior year for students is supposed to be an exciting time and an easy year, so I thought... For me, it was a totally different experience.

In February of my junior year, my family and I moved to Lowell because of money issues in Arlington. The end of junior year wasn't that bad. I finished it with a ride to school in the morning and a ride home; the worst part was waking up at 5am and trying to find something to do until my mother got out of work around 5pm.

Summer came around, and it was pretty much the worst one yet. I couldn't drive, couldn't get a job and couldn't go anywhere on my own because there was no bus on my street and that street was way too long to walk especially in the hot summer sun. Luckily I had a pool. My summer was spent relying on other people. Can you say Drag!!

Senior year, I was excited to

finally get my license and get a job. Beginning of the year was ok. I got to school on time and was doing well. Halfway through the year, I began to get home late. Waking up early finally caught up with me. I got lazier and lazier. Things like missing school, getting sick and other issues were getting in the way and occurring way too frequently. I knew something had to happen in order to change my habits. I just couldn't get motivated.

March came around, and I got myself an apartment in Arlington. I was thinking ok since I work in Arlington and go to school in Arlington, I might as well live in Arlington. It was exactly what I needed. Getting a lot more sleep corrected a lot of problems. However, the things I did previously caught up with me. I asked Mrs. Freidman, "Will I still be able to graduate with my class?" She responded, "Jennifer, I'm sorry, but you will not be in the graduation ceremony." What a nightmare.

Senior memories

By Katie

As I come to the end of my last school year, I recall many moments and many classes; one particular class comes to mind. My eighth grade world history class taught by the one and only Mr. Hagar. Mr. Hagar had a very unique way of teaching.

He taught his students hands on. He made every chapter in the textbook come alive, right in the classroom. We learned from acting out different situations like world wars, and major courtroom trials.

If you ever fell asleep in Mr. Hagar's class he wouldn't come over and wake you up gently, he'd

slam his pointer right next to your head and if that didn't wake you up, he would scream as loud as he could right into your ear. After you were awakened you would have to stand on top of your desk and scream, "I LOVE HISTORY" as loud as you could several times.

Some students feared him, but I loved him. Before Mr. Hagar, I found history incredibly boring, but he made it come alive and made me realize how important history was. U.S. History is now my favorite subject, and I thank him for that. I had Mr. Hagar one of his last years of teaching, and I assure you he made a lasting impression.

Seniors, you're simply the best

By Heather

Seniors are the highest on the pyramid in the high school food chain.

Every year, the seniors are very special in one way or another, but this year they are simply the best, better than all the rest.

This year the seniors are very special for a number of reasons. They have had many firsts and many lasts.

The class of 2005 was the first group to be 6th graders at the Ottoson Middle School. They will be the first to graduate on the new field, if it doesn't rain. If they graduate on the field, it will be the first in 4 years, since 2000, that a class graduated on the field.

They were the last to ever have many teachers including Mr. Com-

mito, Mr. Coward, and JB. This class is the last of Ms. Eudendbach's 7th graders.

They have a record amount of snow days that don't need to be made-up. They were the seniors who got to see the Red Sox win the World Series, which hasn't happened since 1918 and to see the Patriots become a dynasty. The last big thing that happened to the Arlington High seniors was meeting Dane Cook.

The class of 2005 has had many memories, firsts, and lasts that they will always remember. They have truly been an incredible class throughout the years. As the song says, "You're simply the best, better than all the rest."

By Rachel

try to the gloomy fact that snow still falls down South. All the bad information doesn't bother me though. The good things about it far outweigh the bad.

Time is running out. It's just a short while until I graduate from high school. I worry that everything I've ever known will change as soon as I'm on my own, 800 miles away from my hometown.

I already know that college is going to be a lot harder than high school and the professors will be

(Continued on page 11)

Anxious to leave A-Town

If you were only able to bring one item in your uproot to a new land, what would you bring? I was asked this question in Genocide class here at AHS, and it got me thinking about college.

Everyday, I look around at the things I grew up with for the past 18 years of my life. I try to decipher what I'll miss when I go to college from what I can live without. People ask me where I'm going to school and when I say UNC Greensboro in North Carolina they give me a look that seems to be saying, "Aren't you

scared to live so far away from home?"

I am scared. The thought of four years away from all that I know and all that I'm used to, in a state that's almost completely different from Massachusetts, frightens and excites me. Ever since I decided to go to school in North Carolina, people have been telling me what they know about the state, even when I don't ask for their opinions.

I've heard all the bad things about the Tarheel State, from the slow pace of life to its reputation as Bible coun-

How to survive your freshman year of college

By Josh

College. For some, it's the light at the end of the tunnel; the nirvana they can't wait to reach once high school is done and they can escape the town that has imprisoned them since birth. For others, it's the dark cloud hanging ominously over their academic future, waiting until they're directly underneath before letting loose its drenching rain. Whether a student is counting the days until he moves into his dorm or is dreading the day he has to leave home, college can be a great experience. Just follow these simple rules for college:

1. Get involved. If it seems like no one else at college shares a student's interests, he's either not involved with any groups or involved with the wrong ones. Meeting people is as easy as finding a fun club or activity to join. Getting involved is highly recommended no matter what college a student goes to, so if a student hasn't found anyone who's interested in the same things he is, he has only himself to blame. If all else fails, he can start his own club and post flyers on the school's bulletin boards about it. If even that doesn't work, he should give up, buy a volleyball and talk to that.

2. Get a job on campus. Job = money. To college students, money is as valuable as air, and all the better if they don't have to leave campus to earn it.

3. Going to class actually matters now. Cutting Algebra wasn't the end of the world in high school, but if a student fails to show up for class, his professor will have no problem returning the favor in the student's grade. And since a student can count the number of tests he'll have each semester on one hand, it's fairly important to be present when the subject matter is being taught. Besides, students are only in the classroom for a few hours every week, how lazy can they get? Speaking of laziness, sleeping during class is also not advisable, which brings us to

4. Get enough sleep. Staying up until 3 A.M. partying once a week may not hurt some students very much, but if they have morning classes, they should make sure that they'll be conscious in them.

5. Everyone does laundry on the weekends. Students should plan accordingly, and wash their clothes at least twice a month. (More often than that if they have a boyfriend, girlfriend, any friends at all, or a working sense of smell. Students should keep in mind that they will probably be living with someone who will care when they have been wearing the same socks for five days.)

6. Students will not always get along with their roommates. Don't try to accommodate everything they do. On the other hand, don't be a jerk about little problems, but if there is a legitimate issue, deal with it, or a major conflict may arise later.

7. Network, network, network. It's all who you know. Meet as many people as possible- anyone could have a rich uncle that happens to be the vice president of a major company that a student could end up earning six figures a year for. Get to know professors also. Ask questions in class, go to them for help when necessary, let them see behind the student they know from class. A strong recommendation from a professor could help a student get a job working for that friend's rich uncle, or help him get into a top graduate school.

8. Don't put homework off. Obviously no one had a habit of this in high school, but if a student saves his homework for tomorrow, it WILL stack up and it WILL smother him. Who wants a tombstone that reads, "If Only He'd Done His Homework Instead Of Playing Another Game Of Halo?"

9. Be organized and manage free time. There's a lot to keep track of in these four years, and students will regret it if they don't put some effort into keeping everything straight. Also, time is limited, and it will go by faster than seems possible. Use it wisely.

10. Have fun. The next four years should be some of the best. Take the academics seriously, but don't be afraid to have a water balloon fight in the dorm or paint a favorite professor's BMW bright yellow.

Obesity scare changes too much

By Rachel

America is suddenly worrying about the weight of people and what the future will be like if drastic measures aren't taken now. At most restaurants nowadays there are "low-carb" meals offered. The governor of California, known to all as Arnold Schwarzenegger or "The Terminator", is considering

(Continued on page 11)

Tips for the trip to college

By Tierrah

As a junior, this is the time to start thinking about college if you haven't already.

A lot of the time when students go on college visits, they think about the obvious, such as tuition, food, sports, etc.

During April vacation, I was able to go on a college tour. One of the colleges I visited was Cheney University located in Pennsylvania. On my way to Cheney, I discovered there was a correctional facility nearby. It was only down the road! Before I stepped out of the van, I realized that Cheney was not for me.

It is important to not only look at the history and statistics of the school, but also to look at the surroundings.

Another college I visited was Coppin State University located in Baltimore, Maryland. The college was a decent size school, nice dorms, and accessible transportation. The only drawback was the poverty that surrounded the area.

Haloburn

Continued from page 5

watching their set, I got to sit down with the band and talk about their music and experiences. Though the band is well known for doing live shows at local gigs, they still "Get butterflies in our stomachs. We get nervous and sometimes nauseous on new songs and singing them live, but it's a great experience and we just try not to mess up."

Another interesting tidbit about the band is that they write all their own music by collaborating with one another on lyrics and beats. Micah, one of the vocalists of the band, said, "We just write music, don't talk about it, just write it." Something that resonates into their live performances. Haloburn is a unique name and when asked about it, the band commented on how it's difficult to find a name that wasn't taken. They did a lot of soul searching and Googling to find the perfect name.

Haloburn is actually a term given to an inmate who is on death row. After he/she put in the chair and shocked, there is a literal halo burn on his/her head. But beyond the gruesome meaning, there is an undertone of seriousness. The name also means the balance between good and evil, ying and yang, and balancing all that together.

The band has also released a CD on the CAPO Entertainment label. Their first CD *Unspoken* also had a deeper meaning. Though it was going to be the name of their band, they decided to change it because there were other bands with the same name and it fit the title of the CD better. When asked about why they named the CD this, they said, "The songs are about unspoken, not having to speak." Some bands don't perform to potential live as they do on their CD; Haloburn is just as good live as their CD if not better.

With an original sound and intricate lyrics, Haloburn is a fun local band that is hard rock and not for the faint of heart. For updates on Haloburn's performances and other events they will be doing, check out their website www.haloburn.com for further information.

When you visit a college, here are some things to consider:

1. What is the campus atmosphere?
2. Does it have religious affiliations?
3. Community oriented?
4. Public transportation accessible?
5. Parking accessible?
6. Campus safety?
7. Student support groups?
8. Internship availability?
9. Flexibility of majors/minors?
10. Quality of Faculty (PhD's, tenured, published, reputation for teaching)?
11. Importance of SAT's?
12. On campus housing?
13. Dorm security?
14. Opportunity to study abroad?

Rest In Peace

By Tianna

Proliferate Peace

How else is it supposed to be?

Baby Djade, Rest in Peace please

Because of this unexpected, my

mind, body and soul is

Dehydrated. There's nothing more

that needs to be debated.

Sleep.

Yeah, on your deathbed, no fluffy

pillows

Rest your head and just sleep.

Can't believe you're dead...

The many tears I shed while I pace,

reminiscing your

Beautiful face.

And I cry... and I cry...

But mentally and spiritually I rise

By and By

Even though I know, I'm still asking

the God above... Why?

If it is thy will, then let thy be with

thy will.

Because in thy will I was molded

with faultless skill

Ask and all will be fulfilled.

Thank you because everything you

do is for a reason

Day by day, season by season...

You are the reason

I will serve you in everything I do.

This is my prayer to you...

Amen

Israel

Continued from page 4

sharing and being positive. I felt we made a good impression on them about the United States. They helped me understand their lives more and for that I admire them.

"Never forget yesterday, but always live for today, because you never know what tomorrow will bring." **Page 9**

Sports

Tennis team keeps on rolling

By Jeremy

The Arlington High tennis team has been undefeated this whole season thus far. With sixteen wins and zero losses, the team only has one more match before the end of the season.

Returning captains Ben and Jeremy are really wishing for that one last GBL title before they graduate in June.

The first three matches of the season were nice practice for their biggest task against Cambridge. With an emotional win of 3 matches to 2 the team ran to celebrate the long awaited win.

With the win the team had the momentum going into every match from there on out. Beating every other team five to zero, the true task came when Arlington faced off against Cambridge for the last time of the season.

With only captain Ben winning and junior Kirby and the second doubles team Travis and Tom losing. Down two games to one the team started to see all there hard work drain away. At first Doubles

Jeremy and Nick had lost the first set (best out of three sets wins the match) 2-6 and began to lose hope. Not until their coach (Cody) came over to talk to them and settle them down. Senior David had won the first set and the second set by the time that First doubles went into a third set trying to hold on.

With the match all tied at two a piece, it was all up to the first doubles team. In the third set both teams rallied back and forth to go into a 6-6 tie breaker in the end. It was all or nothing as both teams had everyone cheering the 3m on from the sidelines. With Arlington's Jeremy and Nick up 6-3 in the tiebreaker, they only needed one more point to hang onto their undefeated title. As the point went on and one of Cambridge's men hit the ball over the head of Arlington and everyone watched the ball soar out of bounds Arlington's sidelines went into a roar of excitement.

With a recent win, the Boy's Tennis Team has not taken the GBL title.

Fenway frowns on drunken behavior

By Adam

Red Sox officials are demanding a "very strict crackdown" on the drunken behavior that takes place during and after Red Sox Baseball Games. According to *The Boston Globe*, officials feel fans are too wild and aggressive. In order to discipline these drunken fans, officials are willing to revoke season tickets from people that are not willing to keep their act together.

Red Sox officials say, taking effect immediately, there will be security and ticket takers on the look out for drunken and out of control behavior at the gates before fans enter the park. Red Sox officials released a statement saying, "We'll vow to you that you will see a very strict crackdown." A lot of Red Sox fans complain about underage drinking. Some fans are extremely out of control.

Yankees ask Giambi to head to minor leagues

By David

According to *The Boston Herald*, the New York Yankees have asked slugger Jason Giambi if he would accept being assigned to the minor leagues.

Giambi has not played recently like the player he is known to be. Part of his struggles at the plate might be from not using steroids, which during the off-season, he admitted using in the past. Yankee manager Joe Torre and general manager Brian Cashman held a conference with Giambi to see if he would accept a minor league assignment to regain his confidence

at the plate. So far this season, he only has 3 home runs and six RBL. The first baseman/designated hitter usually hits more than 20 or 30 home runs each season.

Normally players don't have any say on whether they will be placed on an assignment in the minor leagues, but players with five or more years in the major leagues must give their approval before they are assigned to the minors. Giambi has had well more than the 5-year minimum, so he would have to accept or decline Torre and Cashman's offer.

Pierce disappoints management

By Eric

According to *The Boston Herald*, there has been a lot of talk about the future of Paul Pierce's career with the Celtics, after a disappointing performance in the series versus the Indiana Pacers.

Pierce has averaged 21.6 points per game, 6.6 rebounds per game and 4.2 assists per game. He is 26-years-old and has not yet entered his prime in many sport reporters' eyes. Though Pierce is a good player, he has a tendency to breakdown in big games. As the team's best player, it is his responsibility to be the

team's leader, and step up in big games.

Many of the Celtics rookies and younger players didn't have anyone to look to for leadership during the series that the Celtics lost in game seven, when they were completely blown out by the Pacers. If Pierce were to be traded, the top candidates for the trade are Ray Allen, shooting guard for the Seattle Sonics, who is one of the NBA's premier shooters. Michael Redd, a shooting guard from the Milwaukee Bucks, is a rising star, or Ron Artest, one of the best defensive players in the NBA.

AHS senior athletes will be missed

By David

So far, AHS teams have won three Greater Boston League titles this year. The boys' soccer team won the GBL for the first time since 1999 with a 13-3-3 record. The wrestling team also won the GBL, and the gymnastics team won its first title since their coach was a competitor herself at AHS. The tennis team and baseball team also have excellent chances of winning GBL titles this year.

The following seniors at AHS were on Varsity teams this year:

Boys' Soccer: Steve, David, Rob, Jimmy, Vinny, Ben, Rich, Tom, Nick, Jonatan, Josh, Brendan, Chris, and David.

Girls' Soccer: Alyssa, Kathryn, Elly, Katelyn, Whitney, Holly, Amisha, Sam, Briana, Colleen, Jess, Erin, and Julia.

Football: Shawn, Jordan, Joe, C.J., Mike, Derek, Sam, Neil, Evan, Alex, Jay, Jose, Doug, Mike, Andy, Todd, Sean, Moses, Alex, Jon, and Josh.

Boys' Basketball: Steve, C.J., Nick, Andy, Derek, Evan, Connor, Chris, and Sean.

Girls' Basketball: Whitney, Janah, Jackie, Jess, Michaela, and Jill.

Cross Country: Farid and Dan.

Field Hockey: Haley, Barbara, Catherine, Catherine, Jill, Brianna, Alyssa, Erin, Michaela, Kathryn, and Anne.

Golf: Jeremy, Chris, Andy, Brian, and Andy.

Swimming: Jon, Dee, Julia, Mike, Jessie, and Richie.

Volleyball: Jackie, Heather, Jessie, Alexa, Anna, Barbara, Lindsey, Karen, Rachel, and Jill.

Wrestling: Jose, Erik, Greg, Jon, Scott, and Lee.

Boys' Hockey: Alex, Rob, Reed, Brandon, Joe, Gary, Marc, Greg, Will, and Max.

Girls' Hockey: Liz, Julie, Alyssa, Leslie, and Julie.

Boys' Tennis: Travis, David, Ben, Tom, Noah, Jeremy, Jonatan, and Kirill.

Girls' Tennis: Elly, Anna, Alexa, Lydia, Tenzing, Pia, and Lauren.

Boys' Lacrosse: Alex, Todd, Rob, and Jarrett.

Girls' Lacrosse: Emma, Jess, Kathryn, Meredith, Erin, Colleen, Michaela, Jackie, Leslie, Jenna, and Katharyn.

Gymnastics: Caitlin, Holly, Jess, and Farid.

Boys' Indoor Track: Jordan, Chris, Jeremy, Jeff, and Todd.

Girls' Indoor Track: Sam, Elly, Tenzing, Catherine, Anne, Sara, and Liz.

Baseball: Joe, Sean, Connor, Sam, Reed, and Marc.

Softball: Stephanie, Alyssa, Jill, Sam, Whitney, Liz, Ashlee, Amanda, Karen, and Julie.

Boys' Spring Track: Chris, Nick, Jordan, Brian, and Bryan.

Girls' Spring Track: Katelyn, Alyssa, Liz, Holly, and Dee.

Maroon Squad Cheerleaders: Nina, Julie, Liane, Heather, Ashley, and Kim.

Gray Squad Cheerleaders: Kayla, Lauren, Liz, Kim, Caitlin, Casey, Karina, and Amisha.

Congratulations to all senior athletes for four amazing years on AHS' sports teams!

Sports

Fans are taking it too far

By Nick

Fans are becoming more violent every year. This past year there have been many altercations in the stands between players and fans. Fans throw stuff at players, which is un called for, and the players retaliate.

Baseball fans have had many incidents this season. Jason Giambi, who is a known user of steroids, was greeted by a nice cold beer being thrown at him while he was on the field. Giambi kept his cool and smirked as the fan was escorted out. That wasn't the first incident with the Yankees players and fans. At Fenway earlier in the year, Gary Sheffield of the New York Yankees was chasing down a ground ball, and a fan took a swipe at his face. Sheffield did retaliate taking a swipe back at the fan. The charges against Sheffield were dropped.

Recently, Albert Pujols of the St Louis Cardinals was chasing a fly ball and was grabbed by a fan. Pujols gave the fan a piece of his mind and burned him by giving the caught ball to the man right next to him.

All the fans that were involved in the confrontations were ejected from the game and arrested. Some fans also lost season tickets because the managers and owners believed that the fans may do this again. The fans do receive a full refund but may never get to view a game at the park again.

Anxious to leave A-Town

(Continued from page 8)

stricter than my AHS teachers, but what if it's even harder than I'm imagining? The thoughts of flunking out of college or finding out that UNCG isn't the school I thought it was make me worry. Right now, the thought of UNCG makes me smile, but I worry that I will discover many faults once I begin living there.

Right now I can't worry about the what-ifs that have crossed my mind. I haven't graduated yet and senioritis is a looming "disease". My acceptance letter came in November.

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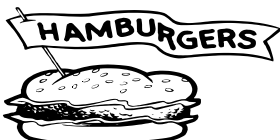
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Dr. Gurry

Continued from page 3

the director of Language Arts and Reading.

When she first began here in Arlington, she believed she would stay for five years and move on. Twenty-five years later, she is leaving after her career as teacher, department head, and central administrator. She believes this has been a "wonderful, enriching career" and she plans on continuing her calling in the education field.

Dr. Gurry would like to thank all the department heads with whom she worked closely. She wants to especially thank them for their collegue-ship and for their years working together to help make the schools better. She expressed they were "marvelous colleagues, inspiring people, and good friends."

Arlington has been the place she wanted to spend her career. Dr. Gurry said she wanted to "give what I had to give to this community". She is glad she made this decision, and she will greatly miss this school. "It has been a rewarding career here."

As for the future of AHS, she hopes the schools can provide more opportunity and more creativity for a broad range of students. She is confident that the school committee selection of the new superintendent was for the purpose of advancing the quality of Arlington schools.

As much as we'll miss her and all she's done for this community, we wish her well in her new career path.

Doug Flutie returns to Patriots

By David

According to *The Boston Globe*, quarterback Doug Flutie will return to New England for the first time since 1989- not as a Patriots' opponent, but as a player on the defending Super Bowl Champions.

Flutie signed a one-year contract with the Patriots in late April after being released by the San Diego Chargers in March. Flutie, a 42-year-old Natick High School star and Boston College legend, played three of his 11 seasons (1987-1997) with the Patriots from 1987-1989. He will try to earn the primary backup quarterback role as he enters his 21st season.

Flutie spent the previous four seasons with the Chargers, serving as the primary backup to Drew

Brees. Prior to playing for the Chargers, the former Heisman Trophy winner (1984 at Boston College) played three seasons with the Buffalo Bills, three seasons with the Patriots, and one season with the Chicago Bears. Before playing with the Bears, he spent a year in the United States Football League. Flutie also played eight years in the Canadian Football League.

The future Hall of Famer has been considering retiring numerous times in the past ten years to be with this family, but he has always returned to play more seasons. He is the oldest active quarterback in the NFL. Before signing the contract with the Patriots, he had considered joining the New York Giants or playing for the Hamilton Tiger-Cats of the CFL to play in the same league as his son.

Mrs. Donovan

Continued from page 3

financial support. We've spent way under the state average per student, and we need to be up to par. We may have financial restraints, but we are working on them. I feel the town and the parents and the teachers really want to support the students and not always wonder about what teachers are getting cut and what courses are getting cut.

Q: Do you have any regrets?

A: That I couldn't have done more in the time that I had and that I had more money so I didn't have to cut teachers. But overall, I'm very, very proud of the students and staff.

Q: What are you going to miss about the school?

A: The people. Work is enjoyable, but the relationships are what I will miss. The day-to-day things and working with these people is what I will miss most. The late evening meetings, I will not miss.

Q: How do you feel about the stadium they are naming after you?

A: I'm very honored having it named after me. We worked very, very, very hard to make this a reality. We can now provide track, lighting, and other factors to make it a real stadium. Parents had complained about conditions and now that's not going to happen anymore. Students have a great field now, and it can be used all year round not just on football.

Q: What's your best memory of Arlington High?

A: One of my best memories is when students, parents, and teachers went down Mass. Ave. protesting so we could re-build schools. The first time we did this, it was in 1998 and it was a memory that really stands out.

Obesity

Continued from page 9

changing things in schools to help cut down on the weight problems of kids. This isn't just happening in California though; in fact it's already begun to happen very close to home.

Arlington High School has vending machines in its cafeteria that used to have all sorts of snacks, from chips to chocolate. The company that provides those vending machines is now cracking down on not allowing teens to buy unhealthy foods. Slowly but surely, low-fat snacks are taking over the vending machines, and the school, to replace junk food. In no vending machine in the school will you see chocolate anymore.

The cafeteria continues to sell cookies and Pringles but even if it wasn't, this isn't the way to teach us

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Retirees

Thank you for your dedication, compassion and years of service.



Mrs. Donovan



Mrs. Gurry



Mrs. Kilday



Mr. O' Sullivan

Your colleagues and students will miss you.

News

Obesity

Continued from page 11

to eat healthier. It's a difficult process, as a teenager especially, to suddenly change what you can eat. After years of eating delicious chocolate chip cookies or creamy candy bars, you can't just quit eating those things cold turkey.

Also, teenagers need to decide for themselves what foods they should be consuming. That's what is going to help them learn to make smart choices in the future. Taking away all the foods that aren't good for them is not going to help them fight the temptation, especially when they are faced with those foods at the grocery store or at the mall.

Not getting the proper nutri-

tion can lead to serious consequences as the years progress, and we teenagers know that. Parents should start good teaching eating habits with their young ones from early childhood. However teaching someone to change lifelong eating habits is easier said than done.

Look at all the "diet" companies out there. Programs such as Weight Watchers and Jenny Craig are trying to make you change what you eat after all those years of free choice. Of course, a healthier body should be something we strive for, but forcing us to change is not the way to do it. For a person to take it seriously, the decision to do so must be made on his or her own.

Get the bug spray out

By Kristin

Having as many snow days as we did this winter was fun, but now we have something to worry about for the summer, mosquitoes. Boston is predicted to have the worst mosquito problem of any US city this year, according to an April 14 Boston Globe article.

Many experts are saying that they expect more mosquitoes than normal because of the heavy snowfall last winter. The superintendent of the Suffolk County Mosquito Control Project, Bruce

Landers, said "Snow is good for mosquitoes because they protect mosquito eggs from being exposed to cold temperatures. The snow is somewhat of an insulating blanket".

Sources say, the heavy snowfall also means that the gutters and drains will be filling up with more water and serving as a cesspool for mosquito larvae. However, it is difficult to forecast the mosquito population because breeding and survival rates depend primarily on the summer weather and rainfall.

Good Luck,
Class of 2005!!!

