



The Student Publication of Arlington High School

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Ms. Glidden says “Goodbye” to AHS

James

“Don’t put it down, put it away.” “Think ahead.” These are two of many sayings Ms. Glidden has bestowed upon this school. After twenty-seven years of teaching Culinary Arts in the Family & Consumer Science Department of Arlington High School, Ms. Glidden has decided to retire after the 2008 school year. Throughout her memorable career, she has always been full of energy and very passionate about her occupation. She has brought great experiences to her students and established many unique activities.

“Ms. Glidden is the hardest working



Ms Glidden and Sean prepare a batch of cookies
Photo by Jon

teacher, an extremely dedicated, giving and charitable person. She is going to be very sorely missed here,” said Mr. Tassone.

Ms. Glidden was involved in the education career for a total of thirty-six years, twenty-seven of which were spent at Arlington High School teaching Culinary Arts. The course has dramatically changed over the years. When Ms. Glidden first arrived, she and the students had to work with minimal equipment. Over the years, more equipment was purchased, which in turn provided more opportunities and experiences for students

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Tassone’s legacy

David

The Pops Concert, Arlington High School’s annual spring music festival, was the last for many people. The performing arts are losing over fifty seniors this year and in addition, they are losing the program’s director. Pasquale Tassone announced that this would be his final concert in his AHS tenure.

Tassone has had a long, storied career at Arlington High School. A graduate in the class of 1968, it took him little time to reunite with his alma mater. In 1972, four years after he had graduated, Tassone returned to join the program that he had enjoyed so much while he was in high school. Ever since he began working, he has left an important mark on the program.

As the Performing Arts director, Tassone oversees which songs the groups play and does administrative work that is invaluable. A little-known responsibility of his job is that he is in charge of all the arts in the school. While many

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Pops plays its final chord

Nick

As the last note is held, and the classically designed town hall rings with music, everyone sits in awe, seconds away from applauding the last concert of the year. For many, the last concert they will ever perform in as a member of a high school ensemble. The pops concert is the biggest concert of the year on May 3rd and 4th and is designed to showcase all of the high schools’ performing groups playing only pop music.

Arlington has many performing groups

which made for a long night, clocking the run time in at around three and half hours. “It went on and on and on,” said parent Marianne Adams. “But as usual it was worth it.” Each group played two or three selections, ranging from the concert band playing *Malaguena* to the mixed chorus singing *Ease on Down the Road*.

To give students the opportunity to work with professionals, the department brought in vocalist Jennifer Truesdale, who managed to

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Dukakis shares his knowledge

Justin

On May 2nd, former Massachusetts Governor and the 1988 Democratic Presidential candidate, Michael Dukakis, came to Arlington High School for a brief symposium with some of the senior history classes. Dukakis, 74, whose prolonged career as the 65th and 67th Governor of Massachusetts and experience as the 1988 Democratic nominee gave him a lot knowledge and interesting stories, shared some information with the students.

Dukakis first began his political career as a member of the Town Meeting Board in his hometown of Brookline during the late 1950’s while attending law school at Harvard. Following his graduation from Harvard in 1960, Dukakis was elected to the Massachusetts House of Representatives in 1962, where he stayed for four terms until 1970.

Later, in 1974, Dukakis was elected the 65th Governor of Massachusetts, a position he filled until 1979. In 1983, Dukakis successfully ran for Governor again, and won re-election in a landslide 1986 contest.

Throughout the meeting, Dukakis shed light on the current election, past elections and commented on the remaining Democratic candidates in the Presidential race. “Democrats,” says Dukakis, “are like cats fighting in the night, except when you wake up in the morning, they just made more democrats.”

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Multicultural Festival enlightens students

Yujia

This year’s Multicultural Festival was held on May 1st to celebrate and appreciate the diversity of various cultures. Unlike last year’s festival, which was held for a full day on April 13, this year’s festival went on for only two hours, starting at 12:30 and ending at 2:30p.m. Though this year lacked many activities such as music lessons, Anime, or Chinese rice dough, students still felt content as they participated in many interesting activities.

The Food Bazaar, an essential part of the festival, occupied half of the cafeteria, as it did last year. Interestingly, the other half of the cafeteria was filled with activities at distinct stations that were decorated with posters. Each station had several student leaders, as well as teacher volunteers, who all took part in the planning process that had started weeks before the festival. This year, there was food that represented more than twenty countries. Thailand’s sweet jelly dessert, Sudanese fresh homemade bread with tomato and onion dip, Chinese rice cakes, and Lebanon’s pita bread were just a few among the myriad of delicacies. Of course, there were also traditional American blond brownies and ice cream, which many students were encouraged to sample. While students

got to sample such a variety of food, the international club raised \$600 for the charity organization Pennies for Peace.

One AHS student thought the festival was very similar to last year’s, regarding food choices. “This is awesome! It’s good to see everyone trying to

do things,” exclaimed another student.

While some tasted one cultural dish after another, others enjoyed themselves at the different activity stations. One typical game occupied two tables, allowing approximately fourteen pairs of students to play. For instance, Mancala, an

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One student designs a creative flower henna tattoo on a girl’s arm

Photo by Yujia

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Symposium's finest

Eric

As seniors, electives are essentially our only choice for a history class. Some electives cover world history, American law, racial issues, and then there's Symposium, a class in which both juniors and seniors research current events both nationwide and worldwide, while also frequently debating potential solutions to issues or discussing how worldwide issues can affect us. With the spirit of College Basketball's March Madness tournament among us, Mr. Pei, the Symposium teacher, decided to have a tournament of debates ranging from serious issues to social issues. Only one student could be crowned the champion of the tournament.

In the second period Symposium class, a class of all boys, there were eight pairs for the first round of debates, with one student judge and Mr. Pei as another judge. The debate topics were predetermined by Mr. Pei and drawn randomly from a hat,

ranging from 'Is downloading illegal music immoral?' to 'Should we invade Canada?' There were many intellectual topics throughout the first couple rounds, as well as several subjects that relate to high schoolers. Topping the intellectual list was 'Which influences our decisions more, nature or nurture?', while 'Should there be random drug testing for high school athletes?' was a relevant question to us teenagers.

"Can money buy... happiness?"

After each topic was selected, the participants got one minute to prepare their arguments and then two minutes to defend their side. In past debates, each student was allowed at least one night on his own to research and prepare a case for the class, so the amount of spontaneity provided a real shock to the competitors and added to the audience's excitement.

Before long, only two competitors were still standing: Jason Young and Nick Jackson, both seniors. With two very diligent workers and profound speakers that had developed completely opposite views on politics, the championship round looked to be the best matchup yet. Although there had been many political topics discussed in the past, Mr. Pei decided to throw a curveball at the two contestants: 'Facial hair or clean shaven?' After one minute of preparing notes to relay to the audience and judges, both competitors stepped to the front of the class and explained why one is better than the other. Both arguments were so in-depth and convincing, the judges decided another topic was needed to decide the winner.

After hearing some various ideas from the class, Mr. Pei then asked Jason and Nick the ageless question 'Can money buy happiness?' Jason took the side that money does not buy happiness, that only true love

and success can bring contentment, while Nick referred to the numerous things in life that you can purchase, which in turn can make you happy. After a fierce four-minute debate, Jason and Nick left the room as the judges deliberated amongst themselves to determine a winner. In the end, Jason was crowned the champion, and offered a handshake to his runner-up for providing some stiff competition.

"It was an honor to be named the debate champion of Symposium 2/1, and it was a privilege to compete with the best debaters in the school," said Jason after receiving notice of the judges' decision.

The spontaneous debates proved to be very entertaining and educational, and will also undoubtedly help the students of both Symposium classes as they prepare to take part in Model Arab League, which discusses a series of international issues and debates next month at Northeastern University.

Budget cuts and expensive lunch The rising cost of public schools

Andrea

As the value of the American dollar goes down, up go the prices of nearly everything, including common food products. For example, the price of milk has soared and a carton of 140 apples has risen to \$25.50, up more than five dollars from last year. Not only are food products expensive, but napkins, cups, and other utensils have gone up in price as well. Public schools are in more trouble than ever because of the new efforts to reduce the waistlines of students. With healthy lunches comes a greater expense; fresh produce replacing processed foods increases the cost of producing the lunches. With the expensive produce comes a hefty price on school lunches for the students.

A number of factors contribute to the increased prices. The most obvious is the decrease in the value of the American currency, but also the rising fuel costs, the need for corn-based ethanol and the increasing wheat demand around the world due to the poor harvest this year have helped to heighten prices. Transporting the food seems to be the biggest issue, since fuel is incredibly overpriced and the corn supply is funneled towards the fuel industry, affecting the corn based food products.

The Arlington public schools system recently made numerous budget cuts and price hikes, including an increase in school lunch prices. So does this mean that lunch will go up even more than the proposed increase of 25%? This is cer-

tainly an issue that Arlington Schools will face. Seniors can already sense that next year can only go down hill with the minimal budget.

"I'm so glad I won't be [at AHS] next year. The cost of attending school is going to increase so much. Playing sports and participating in extracurricular activities, even buying a lunch is going to be a burden on families," exclaims James Murcko, a senior at Arlington High. "College is ridiculously expensive, but now high school? I feel like we're headed for trouble."

Another issue schools are facing is the number of students receiving free and reduced lunches, especially in the Boston Public School system. "There is very little, if any, room to increase costs and pass that on to the students. So, any increases in costs have to be realized by the district," says Jonathan Palumbo, spokesman for Boston Public Schools.

As we see increased pressure for schools to turn out healthier, more exciting lunches for their students, parents seem upset to foot the bill. A number of comments made on the Herald's website exclaim that "we're busy spending money on unnecessary wars" and "baseball worship". One comment brings up the topic of illegal immigrants and how they "shouldn't be given free/reduced lunch" nor should they be offered "the ability to attend public education".

Couldn't we all just pack a lunch?

Students enter the Arab world

Nick

Arriving at Alewife at 7:30 in the morning on the 26th of April, a group of around 30 students from Mr. Pei's symposium classes, along with a handful of students who had taken the class the year before, boarded the red line and began their day as Arab diplomats. Their destination was Northeastern University (NU), host of one of four Model Arab League conferences for high school students across that country.

Should Palestinians have the ability for The Right of Return? What can be done about Iranian nuclear development? How will the trade relationship with China affect the Arab world? Arlington High students attempted to answer these questions and more at the conference.

The event, which Arlington High has participated in for the past five years, played host to four other schools: two local; Reading and Dana Hall, and two from out of state: The Hill School in Pennsylvania and Cranston High School West in Rhode Island.

With diplomacy on their mind the students began their day enjoying a nice breakfast while listening to guest speaker, and Arlington resident, Dennis J. Sullivan, a NU professor of Middle Eastern affairs, speak about his experiences as an American in the Middle East. He talked to the students about "The importance of educating Americans about other parts of

the world," and "how diplomacy works outside our borders."

NU students, playing the role of moderators and administrators in the councils, organized the entire event. The conference is structured so that each school is assigned multiple countries that they will represent in the mock councils. Usually paired up, students from each school are placed in councils with other schools delegations. The councils follow the exact structure of the Arab League; each one debating one of the two topics assigned, then coming up with a comprehensive resolution to the problem.

Prior to the first day, the Arlington Students were optimistic about their chances. "We're gonna take them down" were the words of Senior Frank before the conference. After day one of the two-day event, he only had this to say; "I was expecting these kids to take things a lot less seriously. They're really getting into it. I don't like it."

While many like Frank were a little intimidated by the competition, others rose to the challenge and won individual awards voted on by other members of their councils. Three AHS students won outstanding delegate awards Justin, Steven, and Adam. Arlington's delegations fought hard, but in the end the chair's of each council voted and decided that the Dana Hall School was the most outstanding delegation.

Over the two days, the students improved their debating skills, learned how the Arab League functions, and left the conference as better informed individuals. Mr. Pei was pleased with his students work. He says, "I was very impressed by the effort they put in, and I think that we proved we can compete with the other schools." All in all the last weekend of vacation was not put to waste.



The delegates from their respected Arab nations stick together

Photo by Nick

GSA keeps silent for a day

Grace

The Day of Silence occurs at Arlington High School the Wednesday after April vacation every year. AHS has been participating in this event for at least six years, according to Abbi Holt, the head of the GSA. Anyone is allowed to participate no matter what his or her gender or sexual orientation is. All the participants are required to do is remain silent for the whole school day, but this is easier said than done.

The Day of Silence is supposed "to show the world, through the silence of the participants, a tiny snippet of what it would be like to be gay or lesbian," GSA member Miranda Forman comments. The purpose of this activity is to show the participants how stressful it is to keep silent about their personal life, as many gay, lesbian, bisexual, or transgender people must do. It also brings attention to all of the GLBT (gay, lesbian, bisexual, transgender) issues that are faced in our community everyday.

The day of silence started in 1996 when the University of Virginia students were assigned to organize a non-violent protest. Over 150 students ended up participating at this university and remained silent for the whole day. The organizers then tried to take this effort national and nearly 100 colleges and universities participated the following year.

Since then, the Day of Silence has been known as a countrywide event held annually in April.

Teen Job Crisis

Nadia & Andrea

Massachusetts was previously the national leader in the employment of teens. Today, the number of jobless teens is greater than anytime in the past 60 years, and this summer will produce a new record high, according to the *Boston Globe*. The teen job market has been on a steady decline since the late 1990s. The state's teen employment rate of last year was 38%, a thirty year low.

There are large racial gaps in the teen employment rates. During an average month, 20% of black teens across the nation have jobs, versus 30% of Hispanics, and 40% of white, non-Hispanics.

Why is teen employment important, not only for the individual, but for society? For one, path dependency is a strong teen behavior. If a teen works this year, he is more likely to work next year. Less work experience today leads to even less tomorrow, which means lower earnings down the road. In addition, disadvantaged teens that work in high school are more likely to remain in high school than their peers that do not, according to the *Globe*.

What are some of the reasons that employment rates have plummeted? Congress attempted to boost the employment rates of teens when they passed a stimulus package to boost consumer spending, but despite their efforts, the White House killed the proposal to add \$1 billion to create jobs for teens and unemployed young adults. Senators who have been pushing for teen employment have been relying on evidence that job creation programs have been found to be most effective in creating new jobs for low-income teens, according to the *Boston Globe*.

There are many workforce development strategies that can be used to boost teen employment opportunities throughout the year. One, the summer youth program, which was funded by Congress, should be reinstated, with additional funding to get a youth employment program back in motion. Governor Patrick's efforts to create year round jobs for youth should be considered a priority and expanded in every part of the state. Finally, state funding for school to career connective activities should be better supported locally. Schools should have a place to develop summer or intern jobs to boost variety, to get students out into the working world, and try to help teens get a foot in the door.

Recently, I conducted an interview with two teenagers, regarding their employment status. It seems as if rather than teens being lazy, the opportunities just aren't readily available. Lauren, a senior here at Arlington High, speaks about her experience applying. "I applied at the Capitol Theatre, but they never called me back. I also applied at Monroe Salt Works but they said I was too young at the time," says Lauren. "When I initially tried to apply [to Monroe Salt Works], I didn't have too much going on after school but I

began to get more involved and sports filled my schedule." For a source of income, she baby-sits whenever necessary and in regards to a summer job, she'd rather spend the months with her friends before leaving for college.

As for sophomore Kai, he makes his income selling sneakers. "Get hard to find [Nike] Sb's and Jordans, pack 'em with silica gel packets in the back of my closet, wait a month or year, resell 'em on eBay, and make profits," he says of his business strategy. As for a more legitimate job, Kai speaks about his three attempts at getting hired. At Quizno's Subs, he says he "caught a glance of a help wanted sign, walked in, asked for an application, was told that they really needed help and would almost definitely get the job, brought the application back later that day and never heard from them again." He also applied for a job at iChef as well as Foot Locker to no avail.

On the other end of the spectrum is Josh, a senior at AHS and presently an employee at Media Electric, Inc. "I'm presently on work hiatus for the musical," Josh comments. He believes the low employment rate in teens is mostly due to the laziness of teenagers. "I guess you have to be industrious if you want a better job than Johnnie's or Stop and Shop. Kids would rather play Xbox than be industrious. The jobs are out there, but they won't come to you," Josh muses, and many seem to agree with Josh on this. Senior Molly, however, believes that it's hard to generalize the teenage population as being lazy. "I think because teenagers have enough stuff to deal with in their lives like school, friendships, relationships etc. and they don't always want to have a job, although it's nice to have some extra money," she says. It's difficult to branch out through working at a supermarket as a teenager, and Molly would know that, as she works at Johnnie's Foodmaster, just across the street from AHS. "I got a job because I wanted money, but I did not expect to be working as much as I have. I recently just asked my boss for drastically less hours due to my grades suffering, and hopefully he'll listen to my request. I think it's important for teens to, at some point, have a job just to understand what it's like to be employed and have that sort of responsibility. You learn time management and how to keep balance in life. The main reason I keep the job is to keep me busy and have a steady income before I go off to college."

Employed or not, teenagers have a full schedule. Planning for college, homework, sports, and various extracurricular activities are all very important to teenagers, and while money is very necessary, it's sometimes hard to find the time or the opportunity to make some.

Multicultural Festival enlightens students

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African board game, absorbed students, making them think strategically about the next move. At other stations like Crocheting, God's Eye, or Origami, students eagerly stretched their cultural knowledge.

At the henna tattoo station, student leaders used their creativity to decorate hands not only with traditional mehndi patterns, but also with horoscope signs, English letters, and Chinese characters. One student was happy to try out the Sumi brush painting. She really enjoyed this type of painting, because "it focuses more on simplicity than dramatic strokes".

Students also had the chance to make Asian flying gizmos from bamboos, read international comic books, participate in the Amazing Race Race, the geography show, and get prizes by playing the ring toss or whacking the giant piñata.

Another highlight of the festival was the Talent Show. Whether singing with expressions, dancing with emotions, playing the instruments with perfection, or eloquently presenting a written poem or monologue, all the performers were received with enthusiastic applause and praise.

Many students even chose to stay in the auditorium to finish watching the Talent Show after school had ended at 2:25 p.m. A regular festival like this can truly help students better their knowledge about differences that exist not only among peers but also among countries.



Eva sings a song for the Talent Show

Photo by Yujia

Pops plays its final chord

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amaze every time a note bellowed from her throat. To give everyone a chance to experience her talent, the concert band, chorus, madrigal singers, honors orchestra, string orchestra, and jazz band all played at least one song with her. Kenneth, a freshman, who played the violin solo in Autumn Leaves, delivered one particularly outstanding performance. Ms. Truesdale was impressed by all of the young musicians and the attitudes they commanded. She says, "All of the kids were unbelievable, they were focused every second, sometimes I felt less prepared than them." A graduate of Arlington High, Truesdale understands how vital music is in education and teaches lessons out of studio in Arlington.

Also contributing to the show were student interns Patrick Pate and Derek Atkinson who have been working with the students all year, getting classroom experience before going on to be music instructors.

As usual, directors Cheryl Christo, Sabato D'Agostino, and Pasquale Tassone were in good spirits gliding through the show, appearing as if they were not the least bit stressed about an entrance or note.

While the night was filled with the joy of music, it was a bit of a bittersweet situation; for the seniors of the groups, it was the last big concert they would ever perform while at the high school. To leave their mark, a number of seniors showcased their talent with solos or guest performances throughout the show.

Claire, Julia, Mary, Ellen, Paul, John, Emily, and Miranda all stepped into the limelight at some point. The seniors of the madrigal singers also left their stamp singing *signore delle chime* as a thank you to everyone who had ever listened to them in the time they were with the group.

Yet the seniors are not the only ones moving on after this year. Pasquale Tassone graduated from Arlington High School in 1964 and has taught at the school since 1986. It was announced on both nights that Tassone will be retiring after this year. On both nights, he received a standing ovation with applause lasting until he picked up the microphone and in his typical fashion said, "It's nice to see that you are all so happy to see me leave."

For the past nine years, he has been the head of the Arts department for the town while still directing the Honors Orchestra. "I'll still be around. I live right around the corner," said Tassone following Saturday's concert.

His departure, coupled with that of the seniors, brought many to tears during the show as the music influenced the emotions of the listeners.

The final number was a combined one, the 1812 Overture, which was performed by the Symphony Orchestra and Mixed Chorus, a perfect ending for the concert that needed a bang to conclude. As usual, pops was a delight.



Mr Pate directs the band in Maleguena

Photo by Lindsay

AHS goes digital

Jon

Arlington High School will be adding a new digital photography course for the next school year. "This is something that I hoped they would have added while I was here," said a senior. AHS will offer this as an honors course in order to provide the possibility of further enrichment.

Mr. Moore, who will teach this class, feels that "we have needed a digital photography course for many years". He believes that digital photography is a very

important part of art education and offers many practical career opportunities, such as advertising and film.

Students will have a lot of choices in the realm of what they photograph, but all types of photography will be covered. The two main parts of this program consist of learning how to use a digital camera and how to manipulate images. "The main idea of this course is to apply fine art concepts in all aspects of photography," said Mr. Moore.

According to the AHS course catalog, students will learn how to carefully compose, craft and print photography through digital imaging processes. Students will also study basic film and digital camera functions such as aperture, depth of field, ASA, shutter speed, and exposure controls. Mr. Moore hopes that students will have developed a portfolio of their work and participated in a few exhibits after the completion of this course.

In addition, career opportunities in

commercial photography, such as sports photography, journalism, fashion design, art photography and film, will be explored. Mr. Moore explained that, throughout the year, he would have professional photographers come to visit his photography classes in order to enrich the curriculum.

Mr. Moore has extensive hopes and goals for the future of this course and he hopes that AHS will find grants to support the addition of a new digital imaging studio one day.

Buyer beware: Chantix changes behavior

Amanda

Many of the millions of Americans who take prescription pills do not know the possible side effects of these drugs. The anti-smoking drug Chantix has been causing speculation due to its 165 possible side effects, despite the fact that the U.S. Food and Drug Administration (FDA) approved the active ingredient Varenicline, found in Chantix in May 2006.

The company maker of the drug, Pfizer, has "Full Prescribing Information" listed on a sheet found on the company's website. On this list, Pfizer's "Patient Information" page mentions the common side effects, such as vomiting, nausea, constipation, sleep disturbance, and abnormal dreams. Interestingly enough, it fails to inform smokers of more serious risks like arthritis, kidney failure, psychotic events, hallucinations, and suicidal thoughts.

On November 20, 2007, the FDA announced it, "has received reports of suicidal thoughts and aggressive and erratic behavior in patients who have taken Chan-

tix", and was to investigate further. The FDA also failed to release that Chantix was implicated in a minimum of 55 suicides reported by a Dallas television station. The Pfizer company boasts that "one-in-five" users quit smoking when their product is taken regularly. Today, Pfizer advertises Varenicline as having a 44% success rate over a 12-week span.

Pfizer does not explain to a present and a future customer that Chantix replaces the chemically enhanced flow of dopamine. When someone smokes a cigarette, the nicotine inhaled causes a temporary "smoker's high". This feeling lasts only a few minutes, but the substance boosts levels of dopamine to help regulate feelings. The affected parts of the brain include processes such as movement control, the ability to experience pleasure or pain and emotional response. The same flow is influenced when someone uses Chantix. Pfizer does not state that ending the use of Chantix will have some withdrawal symptoms. Most of the trial users of Chantix

relapsed after ending the 12-week trial period, according to www.whyquit.com

One of the most famous deaths associated with Chantix was that of Carter Albrecht, the singer of rock group Edie Brickwell and the New Bohemians. Albrecht, when beginning a solo music career, was advised by his doctor to stop smoking in order to save his voice. Albrecht began taking Chantix one week before his death, and was unaware of the potential side effects of the drug when mixed with alcohol, one consequence that Pfizer left out of their common side effects list.

According to the Dallas Morning News, Albrecht's girlfriend said he began to experience "vivid dreams", where he would wake in the middle of the night and unsure if what happened to him was real or fantasy.

Albrecht had a few cocktails one night while taking Chantix and started to lash out against his girlfriend, something she says, "never happened before". Confused

and terrified, Albrecht wandered into a neighbor's yard. The neighbor fired two warning shots, one that accidentally killed Albrecht, as reported by the Dallas Morning News.

Chantix has been on the market for a few years and studies show that after abruptly stopping the use of Chantix, three percent of people experience irritability and sleeping problems, according to www.lungs.com. Chantix does have some withdrawal symptoms but they are expected to be slight, even nonexistent. If severe symptoms occur, health care providers return a patient to the previous Chantix dose.

The health benefits of quitting smoking immediately can help save your life, but is Chantix the right way to quit? Serious side effects and common side effects are not worth the trouble with this pill. As is the case most of the time, and even more so when considering Chantix, the best way to quit is to never start.

Disabled scientists push strengths beyond limits

Alex

At EntryPoint!, a program that supports scientists with disabilities, there is no such thing as a limit. A disability such as being blind, deaf, paralyzed, or even mentally disabled is a mere obstacle that can be overcome.

EntryPoint! was established in 1995 by the American Association for the Advancement of Science (AAAS). It is a program for students with disabilities who are interested in science as a basis for their careers. EntryPoint! provides internship opportunities for its students at science-related organizations such as IBM and NASA. One of the goals of EntryPoint! is to teach the world of employment that people with disabilities are just as likely to qualify for a career as people without.

On Friday, February 15, 2008, Entry-

Point! held a luncheon in which current EntryPoint! students and alumni spoke to an audience about their experiences, current positions in their careers, and how they achieved these positions. They also mentioned their disabilities and how they affected their paths to success.

One of the speakers was a man named Christopher, who works as a mechanical engineer at Lockheed-Martin in Orlando, Florida. Christopher has Asperger's Syndrome. Asperger's Syndrome is a mild form of autism in which individuals tend to develop social skills rather slowly but develop high interest and intelligence in certain areas.

Christopher spoke of being bullied frequently in school. Of course, bullies are a problem for pretty much everyone, but if someone with Asperger's is around, he or

she tends to be seen as an easy target.

Christopher's message to people with disabilities is to speak up and to advocate for oneself.

Another one of the speakers, David, was legally blind. He could see anything that was really close to his face, but that was it. He attended St. Michael's College, where he got around his obstacles with some accommodations. He always sat at the front of the class, and he read large-print books specifically so that he could actually read them.

David now works at IBM as a software engineer. During the luncheon, he described an acronym for DISABLED that he made up: Driven, Inspirational, Sincere, Adaptability, Belief, Listening, Encouragement, Dreaming.

Another blind speaker, Marco, was

born prematurely with his twin. Marco grew up with a fascination for communication. He interned at NASA in 1997 while in his second year at EntryPoint!. At first, his boss was doubtful that he would be able to find his way around the lab with no eyesight whatsoever, but Marco decided to prove him wrong. He invited his boss to his house. When he arrived, Marco was on the roof adjusting his antenna for a radio that he had designed himself. He had conveniently timed this so that his boss would arrive to see him doing it. If Marco could find his way around the insides and outsides of his house, he could easily find his way around the NASA lab.

Marco's message to his boss embodies the philosophy of EntryPoint!: Never underestimate the abilities of the disabled.

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AHS junior joins Earthwatch research team

Piyawat, better known as Paul, the junior class president, is joining the Earthwatch Institute bison research team for a 17-day trip to investigate the history of ecological relationships between bison and the local Native Americans. The student's name was among those of more than 86 high school students chosen from more than 300 applicants to join this summer's Student Challenge Awards. The program is part of Earthwatch Institute, the world's largest environmental volunteer nonprofit organization, founded in 1971.

Students will participate in field research expeditions that range in discipline from astrophysics to paleobiology and span North America, the Caribbean and Iceland. The program aims to expand the potential of high school students and to stimulate their curiosity about science and technology.

This summer, teams of six to ten award winners will spend up to three weeks on one of eleven research projects. The research and other project activities developed by the principal investigators expose students to important scientific questions and methodologies. Students are engaged in exciting hands-on learning.

The awards program has personal and educational benefits for the awardees. Impacts on the students' range from heightened self-confidence and interpersonal skills to enhanced scientific knowledge and interest in career paths that may have not been previously considered. Most importantly, the program demystifies science and reflects the role of creativity and imagination in research.

The awards cover all travel and field costs. In order to apply for this program, students 16 and older must be nominated by a teacher. A strong background in science is not required. For more information regarding this program and details about teacher fellowships and volunteer opportunities, please visit www.earthwatch.org or call 800-776-0188.

Earthwatch engages people worldwide in scientific field research and education to promote the understanding and action necessary for a sustainable environment.



Public neglects hundred year-old law

Yujia

People who drive and people who plan to drive should all know the basic law of "yield to pedestrians". When a person walks on a crosswalk, drivers are required to stop voluntarily to protect the pedestrian's safety.

According to Lieutenant Hughes, the crosswalk law has been in effect for 80 or 90 years, and since automobiles were invented. The biggest advantage of the crosswalk signs is that they make drivers open up their vision and pay attention to what is in their field of view.

A crosswalk law survey answered by 51 AHS students showed some surprising results. Among the 51 students, 63% drive. 98% of the students claimed they know a driver is required to stop for a pedestrian crossing the street. However, only 22% of students responded they know what the fine is for a driver who does not yield to pedestrians at a crosswalk.

Students who thought they knew the fine amount wrote down various amounts, ranging from \$25 to \$500. Only two students offered the correct response of \$200. According to Lieutenant Hughes, the fine for violations has been increased from \$100 to \$200 recently in Massachusetts.

Of the 51 students, 82% said drivers who do not stop for pedestrians get fined at least once in a while. Lieutenant Hughes responded that a driver is fined usually only after traffic complaints have been filed at the Police Department; there is a specific traffic unit called "complaint unit" in the department.

Also, only 8% of the students replied they stop every time a civilian crosses a street. 92% of the students said pedestrians complain about drivers.

On March 20, 2008, five pedestrians were interviewed near Food Master about their views on the crosswalk law. All five of them said they know that drivers are required to stop for pedestrians at the crosswalk. Four of them said the fine for violations of the crosswalk law is between \$25 and \$100.

When one of the pedestrians learned the fine is now \$200, she was a little surprised, but said, "I think it should be kept that high."

Almost all of them find it frustrating to wait a long time for cars to stop at the crosswalk, but one man thoughtfully suggested, "Some good drivers stop; some just don't do it. I wish it [stopping for pedestrians] was more observed here." This man said drivers are much more careful about the crosswalk law in California than they are in Massachusetts.

Four of the pedestrians find themselves being hurried while crossing a road. One woman complained that she finds herself running when she crosses a street. "The town should put stoplights near crossing, because more often than not, people ignore the crosswalk signs. Once, a police officer didn't stop for me," the woman said. She also thinks people see lights much better and that will probably make them feel obligated to stop.

"Absolutely. Signs don't help [drivers]," another woman said determinedly. She complained that the signs could not really make drivers stop. On the other hand, she said the town should have speed bumps near the Town Hall and the library, where traffic is heaviest.

One man thinks crosswalk signs help, but he said some signs just aren't visible enough for drivers to see. He commented that the crosswalk signs sometimes disappear, and when signs are not up, drivers usually become unsure whether or not they should stop.

According to Lieutenant Paul Conroy, the crosswalk signs in the middle of the street are usually removed in the winter to prevent

destruction from snow plowing operations and other damages. The signs removed in early January will be put back around April by the Department of Public Works.

Also, 126 tickets were issued to motorists for violations of the road law last year, but the number of those who violated the crosswalk law in Arlington is unknown. Even though 57% of the students answered that drivers don't stop for them more than 50% of the time, just like the five pedestrians, they never tried to file a complaint.

"Civilians can send a note of complaint, but plate is the biggest identifier," said Lieutenant Hughes. If a person does not get hit during the incident, then the driver usually does not get fined. This occurs because it is difficult to solve a case where it involves only "he said or she said".

When drivers don't obey the law, pedestrians not only complain, but their safety is also at risk. It is therefore important for drivers to understand that a short ten seconds of waiting can make the difference between life and death. Also, out of the 32 students who drive, only 53% said they stop every time for a person crossing the road. In the future, it would be a good idea to learn and understand the crosswalk law before paying the consequences.



Only 8% of the students replied that drivers stop every time they cross a street.

Photo by Yujia Xiao

Lose the phone, not your life

Rebecca

State Representatives have been working hard to restrict the use of cell phones while driving. The idea of not being able to make calls in the car upsets many people. As a compromise to this problem, a bill has been passed to ban hand-held cell phones and text messaging, which causes drivers to take their eyes off the road so frequently. Police officers will now have the right to pull over drivers they see text messaging or using a hand-held cell phone.

Instead, drivers will be able to only use hands-free mobile devices. This bill will provide a \$100 fine for first offense, \$250 for the second offense and then \$500 for the third and any other following transgressions.

Junior operators will be obliged to pay this fine as well, except more consequences would apply. On a first offense a junior operator could lose her license or permit for 60 days, 180 days for the second offense and a year for the third offense. Many State Representatives are currently supporting this bill simply because it would help prevent accidents and deaths on the road.

With text messaging becoming such an epidemic in today's society, it has also become a major distraction on the road. Young teens, especially those who text message their friends back and forth throughout the day, continue this habit while driving. This quick way of communication causes people to take their eyes off of the road, busily typing statements or even whole conversations rather than making a call.

Of teens surveyed by Liberty Mutual Research Institute for Safety and Students Against Destructive Decisions (SADD), texting was found to be the most frequent on-road diversion. Teens distracted by emotional states of mind comprised 20% of the answers. 19% of teens said driving with friends in the car was the most distracting. Texting while driving, however, seemed to take the cake, as 37% of teens deemed it the biggest disruption.

According to the Cellular Telecommunications & Internet Association, as of May 2007, 236 million Americans had cell phones. While cell phones are extremely convenient and have become a major necessity for Americans, they have also been one of the main causes of car crashes nationwide. The Registry of Motor Vehicles has compiled the number of car crashes in Massachusetts during 2007 along with the causes of these accidents. In total, there were 16,905 wrecks. 13,742 were due to inattention, 1,934 were from being distracted, 875 were attributed to fatigue and 399 were caused by cell phone conversations.

Recently, California became one of the fifteen states to pass a law against young drivers using cell phones. The law in California bans anyone under eighteen from using a cell phone while driving.

There are already forty countries that have made restrictions against using cell phones while driving. This list includes a diverse group of nations, including Australia, Austria, Egypt, France, Greece, Germany, Ireland, Spain, Poland, Russia, South Africa and the United Kingdom. They have similar laws, all of which exclude hand-held phone usage. Most of these countries prohibit using hand-held phones while driving. According to Nationwide Mutual Insurance Co, a survey from January 2007 found that out of 1,200 drivers, 73% talk on their cell phone while driving. It is no surprise that cell phone use was the highest among young drivers who are constantly communicating with friends.



Some pedestrians complain that crosswalk signs are not visible enough for drivers to see

Photo by Yujia

Symmes site transforms

Evan

The day after Christmas in 2007, the demolition of Arlington's former Symmes Hospital commenced. Since 1912, Symmes Hospital provided emergency and ambulatory care to Arlington residents. But in 1999, plagued by financial troubles, the hospital closed its emergency room permanently. For the next seven years, the hospital housed an assortment of medical offices, while the nearby nurses' quarters lay abandoned. Now, the only reminder that a hospital once existed there is a cement wall. All other debris has been carted away or recycled for use during construction of the more-than-250 unit housing.

During Town Government Day, a field trip in which AHS upperclassmen get a hands-on opportunity to learn about the daily tasks of government officials, I had a chance to visit the Symmes Hospital construction zone. The site is not open to the public, and its location atop a tall, wooded hill makes it nearly impossible to catch any glimpses of the construction process.

JB Ramaseshu, the town building inspector, and I drove partway up the Symmes Hill in a town-owned Toyota and parked at a temporary office building the size of a large home. We walked inside and were greeted by an engineer, who showed us a book full of site maps and building plans. Each of the hundreds of pages was at least two feet in length and width. In the construction zone, however, the current progress looked far less complex and meticulous.

The top of the hill was barren. All debris was removed, the foundations filled, the pavement torn up. Medical facilities that once stood prominent atop one of the town's tallest hills were replaced by a variety of construction equipment ranging from a backhoe to a rock-crushing machine.

Despite the site looking nothing like the grounds of the former hospital, the hilltop was hard to imagine as an apartment complex. The land was uneven, and one could see upon first glimpse that the hilltop would have to be leveled before the buildings are constructed. At the time we visited, the construction crew was focused on this task.

Because much of the hill consists of bedrock, dynamite was inserted into the ground through predrilled holes to blast the rocks apart. In order to ensure that rocks would not fly out and dust would not spew towards the neighbors, the crew used a backhoe to lift mats weighing several tons to cover the area prepared for blasting. These mats were made from recycled tires, showing that even a gigantic construction project can do its share to preserve the environment. When the backhoe finished moving all of the mats, which num-

bered fifteen or twenty, we had been at the site for nearly an hour.

Finally, the explosives engineers sounded the five-minute warning, a loud whistle used to warn neighbors about the impending blast and possibility of dust clouds. A second whistle was sounded four minutes later, and then an engineer detonated the dynamite by connecting two wires at a remote location.

The blast was great enough to lift the mats a foot or



Rubber mats getting removed from the construction site

Photo by Evan

so into the air. But there was no violent reaction. All debris was contained, except for a cloud of dust that quickly dissipated. At times, like when the Symmes building was being razed, a contractor-owned fire truck would spray water to keep the dust clouds from rising.

On the way back to town hall to participate in our mock town meeting, I asked the building inspector a question that had been lingering in my mind. With our nation being in a housing crisis, will these units be able to sell? The answer: absolutely. "Arlington is completely exempt from the nationwide housing crisis," the inspector explained.

The demand for housing in Arlington is so great that there are not enough houses on the market to show potential buyers. This is not surprising considering Arlington's prime location and high-quality schools. Furthermore, our town is almost completely developed. When the 250+ unit project is completed, Arlington, which seems eager to maximize its income tax profit, will unveil its largest-ever housing development. Will the town actually profit from a development that will house children and otherwise draw upon our town's services? Only time will tell.

Be sun smart

Nadia

One of the easiest, most beneficial ways to protect your skin from the sun is to lather on sunscreen, wear tight weave shirts and broad brimmed hats with good sunglasses. We have all heard that numerous times from commercials and other forms of advertisements.

As Americans, we have the resources to inform ourselves about the dangers of the sun, and we have the means to buy sunscreen, sunglasses and hats; yet somehow, we top all nations in contraction of various forms of skin cancer, which is currently the fastest growing form of cancer in the United States. It is predicted that more than one million Americans will be diagnosed with skin cancer in 2008, according to *The National Cancer Institute*.

For children, popular sun block brands advertise "fun" ways to apply sunscreen. These mechanisms include foam sunscreen, spray on, and even color changing sunscreen. But the question remains: is it really protecting us?

One of the best ways to avoid skin cancer is to protect your skin early on by using sunscreens, sunscreen is intended to protect the skin from the sun's ultraviolet rays, more commonly known as simply UV rays. To be fully protected, make sure that sunscreen protects against UV-A and UV-B rays; this will result in a protective effect against melanoma too. UV-B rays are the rays that cause sunburns and long-term aging. UV-A rays were once thought of as "safe rays", but after further research, doctors have found that overexposure to UV-A rays does not result in sunburns, or any physical change. Instead, UV-A rays age the skin, and since there is not a visual effect, like dryness or sunburn, UV-A aging can go unnoticed for years.

There should be at least one ingredient for both types of rays in the sunscreen you purchase:

- UV-B should have PABA derivatives, salicylates and cinnamates
- UV-A should include benzophenones, avobenzone (Parsoll789), zinc oxide/ titanium dioxide
- A water resistant protection for at least 40 minutes or a waterproof one for 80 minutes

The SPF, which is featured on all sunscreen bottles, is a laboratory measure of the effectiveness of sunscreen. The higher the SPF, the more protection a sunscreen offers against UV-B. As a benchmark, an SPF of 4 blocks out 75% of UV-B rays and an SPF of 15 blocks out 93% of UV-B rays. An SPF of 30 is recommended (blocks out 97%) by dermatologists.

The SPF indicates the time a person can be exposed to sunlight before getting sunburned with a sunscreen applied relative to the time they can be exposed without sunscreen, according to *The American Cancer Society*. For example, someone that normally burns after 20 minutes of being exposed to the sun would be expected to burn after 3 hours and 20 minutes (200 minutes) if protected by a sunscreen with the SPF of 10.

It is important to do personal, physical examinations about once a month. A full exam is best done in a well-lit room and in front of a full-length mirror. A friend or family member might be needed to check hard-to-see areas such as the back. During the first exam, moles, freckles and blemishes should be noticed. Getting familiar with skin patterns will speed up the time for any exam. Also, hidden places like the scalp must be checked, because these places are often forgotten.

Basal cell cancers and squamous cells are most often found in areas that are constantly exposed to the sun, such as the head, neck, chest, and arms. Look for new growths, spots, bumps, patches, or sores that do not heal after 2-3 months, as recommended by the *American Cancer Society*.

Basal cell cancers often look like flat, firm, pale areas or small, raised, pink places or red, translucent, shiny, waxy areas that may bleed after a minor injury. They may have one or more abnormal blood vessels, a lower area in their center, and blue, brown, or black areas. Large basal cell carcinomas may have oozing or crusted areas.

Squamous cells may look like growing lumps, often with a rough, scaly, or crusted surface. They may also look like flat reddish patches in the skin that grow slowly. All of the above descriptions and exam instructions are borrowed from the *American Cancer Society*.

Most dangerous among these cancers is melanoma. In the early stages, it is a freckle or mole that starts to change shape, size or color.

It is clear that wearing the proper protective coverage against the sun's harmful rays can make a big difference in reducing the risk of getting skin cancer. Being "sun smart" over a period of time is the first step to keeping yourself safe and healthy.

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The juniors and seniors at Arlington High School were asked to participate in a Sun Safety Quiz sponsored by Mt. Auburn Hospital. The purpose was to try to understand what knowledge students had about protecting themselves from tanning rays.

They were asked to answer four true or false questions and in exchange for their efforts, their names were put into a drawing for two free prom tickets for both proms.

Many teachers also took the same quiz. Results are compared below each question.

Q.> There is no safe way to tan...A.>TRUE Both the sun and tanning booths use ultraviolet rays that damage the skin. Tanning is NOT a sign of skin health! The use of a sunless tanner with an SPF factor of 15 can give you a safer tan look.

(70% of the staff vs.60% of the students answered correctly).

Q.> You can get sunburn on a cloudy day. A.>TRUE 80% of UV rays come on a cloud day. (100% of the staff vs. 92% of the students answered correctly).

Q.> Tanning beds do NOT cause skin cancer. A.> FALSE They increase the risk of skin cancer. Tanning bed users are 1.5 times more likely to develop basal cells and 2.5 times more likely to develop squamous cells.

(90% of the staff vs. 96% of the students answered correctly).

Q.> Skin cancer only affects the elderly. A.>FALSE Skin cancer affects both young and old. Melanoma is the third most common cancer in women ages 20-39.

(95% of the staff vs. 97% of the students answered correctly).

Q.> Have you ever tanned in a booth? (16% of the staff vs. 19% of the students said they had)

Winners of the free prom tickets were : Seniors - Madeleine Kotuga and Junior Mark Regan. Congratulations!

THE SHADOW RULE...

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When your shadow is shorter than you are, the sun's rays will cause the most skin damage!

Nadia skips around

Jonathan

Nadia came to Arlington High School in the fall of 2006 for her junior year. Three years ago, she attended a public high school in Cambridge and the year after that she moved to Long Island, New York, to live with her mother. Now, she lives in Arlington with her dad.

For the last two years, I have been lucky to enjoy her calm, nice and friendly personality in my English class. Nadia's expresses her experiences with switching high schools and her future plans for college with coolness and deliberation.

Although Nadia enjoyed living with her mom in New York, she felt that she was too dependent on her family. She expressed that even when she had some good friends, she still missed her old relationships back in Cambridge. In New York, though, Nadia was not bound by friendships and did not have to take part in the daily drama, which was a big highlight for her.

Nadia says that there were positives and negatives about living in each town. In Cambridge, she enjoyed being with her close friends and how everything was so familiar. In New York, however, she liked being with her family, but found her school to be way too materialistic and cliquy.

When asked whether she was glad that she came to AHS for 11th and 12th grade, Nadia responded, "Yes, but I'm still very close with my friends in Cambridge. It's nice not being part of both the Arlington and Cambridge drama."

Nadia wants to pursue a career in medicine. In college, she plans to specialize in dermatology because "it's something that can be treated easily but can help lives." Nadia also comments that, "The hours are good and I would have new clients everyday. I also like the fact that I will be working with people one on one. The skin industry is very popular. It seems like it would be a promising career. Also, it's something that I'm very interested in."

After attending numerous schools and living in two different areas of our country, Nadia Belkiz has learned some vital skills that will help her succeed in college and throughout life. Being able to quickly adapt to new environments and become acquainted with new friends

Sunglasses save eyes

Jennifer

Most people don't realize the importance of protecting one's skin and eyes from the Sun. As we all know, summer is quickly approaching. It's almost time to put away our windbreakers and pull out our tee shirts, shorts and fashionable sunglasses. Although sunglasses have become a recent fashion trend, they are actually a must-have! Not protecting one's eyes and skin can result in cataracts, skin cancer and early stages of wrinkling and aging of the skin. Cataracts, which are small clouds that cover the lens of eyes, can be extremely dangerous to an individual unless they are detected and properly taken care of. At first, a person's eyesight might blur, colors may look a little different and glare from certain lighting will become brighter and make it difficult to see. Over time, these symptoms will worsen and become more problematic.

According to shootingglassesguide.com, there are three types of cataracts. The first type is nuclear cataract; this forms in the nucleus and thus in the center of the eye and is caused by natural aging. The second form of a cataract is a cortical cataract, which forms in the cortex of the eye's lens and develops away from the center of the lens. A person suffering from this form of cataract is also frequently suffers from diabetes. The last cataract is called subcapsular cataract, and it forms in the back of the eye's lens and is most commonly found in those who suffer from diabetes, high farsightedness, retinitis pigmentosa or abuse steroids. Cataracts gradually develop and worsen over a period of time and can eventually ruin an individual's eyesight. Each type of cataract will have different effects, different symptoms and will progress differently over time. Having cataracts can also be deceiving. The eyesight of a person with cataracts may temporarily improve, but this improvement never lasts for long and will soon deteriorate. As researchers continue their studies, it still hasn't been determined what causes cataracts. Aging and exposure to Ultraviolet Light, also known as UV rays, is most commonly believed to cause cataracts.

According to allaboutvision.com, once cataracts are diagnosed, there are ways to temporarily improve eyesight. Some of these include using different lighting, magnifying objects, and the use of stronger lenses in glasses. These options will work for some time, but they won't completely fix or permanently help cataracts. Surgery is the best solution, but only when one's eyesight has been impaired greatly. Cataract surgery is one of the most common, easiest procedures performed in the United States. During the removal of the cataracts, the surgeon removes the clouded lens that causes such poor eyesight and replaces this with a clear plastic lens called an "intraocular lens". As these procedures become more and more widespread, doctors are coming up with different replacement lenses. More than three million Americans undergo this surgery each year. After the clouded lens has been replaced with a clear one, eyesight improves dramatically, and in some cases develops into even better sight, ranging between 20/20 and 20/40.

It is most crucial to wear sunglasses and keep one's skin protected between 10 am and 3 pm. During these hours, the Sun is at its hottest and most dangerous according to allaboutvision.com. Not only is it important for adults to wear sunglasses and Sun block, but children should also be protected. Children today are outdoors playing sports, going to the beach or just at the park for the majority of the time during the summer season. If both parent and child are aware of the effects later on in life caused by not wearing sunglasses and

proper amounts of Sun block then they can help decrease the amount of cataracts and certain cancers that afflict society. Age is not a factor in how important it is to protect one's eyes and skin from the Sun. Skin cancer, cataracts and other damaging long-term effects that the Sun has on humans aren't discriminative.

Purchasing the right sunglasses is very important. There are five different types of lenses, and each work differently. Mirror coated lenses are used to block light for the most part and keep your eyes comfortable. Photochromic lenses change and are used to block UV light depending on the amount of light that is present. Polarized lenses are most frequently used by those who play water or snow sports because they cut down reflected glares. Gradient lenses are most helpful to drivers; they are tinted from the top down, and Double Gradient lenses are tinted at both the top and bottom, leaving the middle of the lens clear. Blue Blockers are most frequently used by skiers, pilots, boaters and hunters, but the danger that "blue light" poses to the eye has yet to be determined.

Contact lenses can be helpful to a certain point, but it has been proven that contact lenses do not protect the eye from the Sun nearly as well as sunglasses do. "Wraparound" sunglasses offer the best protection because both the frame and the lenses block UV rays. According to shootingglassesguide.com, sunglasses that are most protective will be labeled "UV 400", and these lenses block all rays. Coloring of the lenses has no effect on how well the sunglasses protect ones eyes, and different colors of lenses are for fashion purposes only. For athletes, there are special types of sunglasses that are made out of nearly unbreakable material. Colored lenses do, though, have an effect on how well an individual can see. Certain colors enhance visual surroundings and areas where sports are played.

Heavy exposure to UV-B rays can damage both eyes and skin. allaboutvision.com states that UV-B rays are the rays that will cause cataracts after years of exposure to the Sun. UV-A rays have not been found to distort vision, or damage the human eye in any way. If an individual wears sunglasses the majority of the time he is outdoors, then the chance of developing cataracts or other eye dam-



Protect your eyes. You only have one pair.

age is significantly lowered. Children are outdoors for long periods at a time, and if their eyes are protected and they are aware of the damage the Sun can cause, they are more likely to wear sunglasses and save themselves from eye damage later in life.

Sunglasses block at least 60-70% of UVA and UVB rays. Shades made out of materials such as glass and plastic claim to block 98-100% of the UV rays that reach the Earth's surface, so protection is accessible and sensible. Not to mention, sunglasses look pretty cool, too. There are plenty of locations that sunglasses can be purchased at, such as any local mall or sunglasses hut.

will help Nadia make changes more easily. She feels that students assume that new classmates do not have any personality or will not make good friends. As a result, she wants people be more conscious of these new students and make a good effort to get to know them. You never know, they might become your new best friend.

Currently, Nadia is planning to return to New York next fall to be closer to her family and to attend Stony Brook University. This New York state school is close to the city and focuses on science, which would help Nadia reach her goal of becoming a dermatologist.

Ms. Glidden says “Goodbye” to AHS

(Continued from page 1)

taking the course today. The course has also changed based on the fluctuations of the economy. In the past few years, the price of goods such as flour, eggs and cheese has skyrocketed, causing financial struggles.

“I totally love teaching and I’m ending my career loving teaching,” says Ms. Glidden. She is proud of her students, seeing how engaged they are in class. Ms. Glidden believes that teaching students how to work with peers is extremely important, especially in the upcoming future. She enjoys being with the students, watching them grow, mature and develop. She loves seeing people outside of school. No matter how long ago she taught some students, seeing their faces always brings back the old memories.

Ms. Glidden’s most memorable activity was running the Chocolate Chip Café with her students. The Chocolate Chip Café was a restaurant run by the Culinary Arts students when there were double periods. The restaurant ended three years ago, when the students required more credits in their core subjects, allowing less time for electives such as Chefs. She felt that everyone was fully engaged and really enjoyed their experience; it was a shame that it had to end.

Throughout Ms. Glidden’s career, she felt that her biggest accomplishments were starting the Treats for the Troops and the Tempting Take-Out Program. She feels that it is really rewarding to provide care packages for our troops who are protecting us, serving our country. It is very important to her that people show appreciation for these brave people. The Tempting Take-Out Program allows both teachers and students to purchase food, such as cookies, pasta dishes, soups and cakes during the school day. In many circumstances, students and teachers run out of their classroom to get a taste of

these treats. The question of who will take over after she leaves still remains, because it requires so much extra time and effort.

Ms. Glidden says she does not see any other staff members taking charge of the programs after she retires.

Retiring will not be an easy process emotionally for her. Ms. Glidden says that she is going to miss her daily routine of the past twenty-seven years, but mostly she will miss the people that she has been working with through the years. “I’m going to miss the students and other teachers that I have become close friends with. Seeing the kids everyday, how involved they are and how much they can accomplish in fifty-five minutes,” comments Ms. Glidden. Students are learning skills in Culinary Arts that they will use throughout their lives.

After retirement, Ms. Glidden’s future is filled with big plans. She would love to travel, which is one of her joys. She still hopes to teach part-time and be involved in the educational system at some capacity, because it has brought her such great satisfaction.

In 2007, Ms. Glidden ran and finished the Boston Marathon. In her spare time after she retires, she hopes to train and pursue the goal of running the Marathon again.

As she looks back at her career as a Culinary Arts teacher, Ms. Glidden hopes that students she has taught over the last thirty-six years will recall as many fun memories of her class as she has of them. She has seen students that she has taught over the years again, and they are still using some of her recipes when they cook with her children. That, to her, is the ultimate accomplishment and that is what makes teaching such a rewarding profession. Ms. Glidden is going to miss this profession and the students and teachers of Arlington High School will certainly miss such a wonderful person.

Jon moves towards fame

David & Nadia

Jonathan Feinman, a senior at AHS, has his own style and many interesting hobbies, such as filming ski videos, which he has done for years. Jon lives by the acronym “LLL,” which means living life large, and often acts on the spur of the moment. Jon is fearless when it comes to skiing and just living life. One time, Jonathan Feinmann was running a little late to his English class. He casually swaggered to the door to exit the cafeteria with his bag slung over his shoulder and a bag of popcorn in his hand.

Usually Jonathan takes the stairs down to the hallway, but that day he decided to take the ramp. On the ramp exiting the lunchroom, down to the art hallway, Jonathan gets a spur of the moment idea. He describes it as, “attempting to let out a burst of energy”.

Instead of following the crowd, Jonathan decides to jump over the ramp, past the mob. He puts both of his hands down on the ramp and sort of catapults his legs over the railing. In the middle of the jump, the toes of his flip-flops get caught on the railing. Jonathan was not able to recover from the spill, since his arms and legs were entangled in the mess of his fall. Jonathan landed flat on his face. After he lifted his head, he realized that he had made quite a scene.

All of his classmates saw his spill, including a herd of girls. It seemed as if everyone just stopped what they were doing, turned and laughed. Jonathan considers this one of his most embarrassing moments to date. He says, “not only was it a bad move, but it was in front of all the ladies.”

Jon also has a serious side and began skiing at a young age. From there, he became interested in cinematography to capture what he and his friends were doing on skis. Here’s a little insight into Jon’s film career:

Q: When did you realize that you wanted to start doing film?

A: I never realized it, I just gradually went into it. I first bought a digital camera in seventh grade to film my friends and I doing ski jumps. At the end of the

year, I had enough clips, so I made a little movie.

Q: When did you start skiing?

A: When I was five.

Q: By the time you were in seventh grade, how far had you progressed?

A: By seventh grade, I had started getting into park, doing rails and spins.

Q: How far have you come in your film career?

A: I’ve progressed a lot. Every year my movies have improved.

Q: What do you plan to do in the future?

A: I have no idea.

Q: Are you planning to go to college for film?

A: I’m either going to major or minor in digital media studies. I don’t want to just focus on filming because I don’t know whether I’ll pursue a career in that area.

Q: What other medias are you interested in?

A: I’m into photography. I also like web design.

Q: So you plan on doing something related to media?

A: Yeah, I’m definitely going to own my own business, so I’m also going to major or minor in entrepreneurship.

Q: What is your best film to date?

A: Probably my most recent film, “Hang Loose”.

Q: I hear you have a website?

A: Yeah, it’s still kind of in progress. My trailer for my latest movie is on the site.

Q: What’s the URL?

A: www.ecrfilms.com

Q: How many films have you made in total?

A: Five.

Q: What are your plans for your next movie?

A: Because I didn’t get enough footage for this year’s movie, I’m going to make my next film a two-year movie.

Jon has definitely pursued his hobby with a passion. I hope he is successful in finding his own niche in media.

Seniors Remember

Mrs. Orlando’s stories in class

Going to see Hotel Rwanda freshman year

Anthony’s hair sophomore year

Mr. Moore playing the guitar saw

Dane Cook came and did an act, last two periods

K&J during Auto

When Ashleigh got pied

Group hugs for Rizzo

JACOB BAEZ

The one ice cream social freshman year

Talib Kweli came with MTV Made

Arlington Lax 2008, jumping into ball pit in mall

Whole Auto class in Cronin’s NZNSI

Boogaloo

Dan Malo

Fire alarms every 10 minutes freshman year

Mr. Prior

FRESHMAN FOOTBALL

Chris pushing Leary into a wall and making a big hole

My "Sweet 16" but it wasn’t even close to my birthday

YMCA, The Village People

Joe stealing rotisserie chickens and protein shakes

Bill & Bobs

Japanese fighting fish

Cord helping people get they’re stuck treats from the vending machine

Justo Llamas

"The game"

Scott Rod

YOU GOT REPO!

Dever’s

Richardson’s Freshman English class, the story of "Sheamus"

Joe opened the moon roof instead of, turning on the head with

snow on the car. The snow fell inside

LOUD MUSIC! Systems!

Game Day

AC Hate Shirt

A lot has happened since we first walked through the doors of Arlington High School. These are just a few of the memories your fellow, seniors have thought of. Looking back now, we realize all the fun times we had. But, its not over yet there are many more to come, in the next chapter of our life. Good luck class of 2008, see you all at the reunion.

Joe offers a new pitch

Jennifer

A recent left-handed transfer student Joseph Attanasio has succeeded in making new friends easily and becoming a stronger baseball player here at Arlington High School. Joseph, known as Joe to most students and faculty and as Joey to his twin sister Jennifer, transferred here to AHS this previous September as a senior. Although transferring to a different school can be difficult, especially during senior year, Joseph has made the best out of his situation and has actually said, “I wish I was here in Arlington all four years of my high school education.”

Most students at AHS know Joseph as “the dude who looks like a man” or “the kid who has a new pair of sneakers every other day”. However, what Joseph is most known for is his amazing ability as a left hand pitcher. Since Joseph was three years old, he hasn’t put his baseball or glove down.

Joe started out playing for the youngest teams in Cambridge, called “t-ball and farm league”, and with each passing year he has moved to higher teams. He first moved up the minor and major leagues, which were then followed by Babe Ruth. Freshman year of high school for Joe wasn’t a great academic experience, but he had definitely paved the way and proved himself as a player to not only his fellow teammates but to the coaches as well.

Currently, Joe is pitching at about 84 miles an hour and has a pitching coach that he goes and practices with up to twice a week. He has been working with this coach for almost two years now. Lefty pitchers are pretty difficult to come by. It is also a little bit harder to pitch to right handed batters due to the angle the ball has to be thrown, but Joe has the ability to pitch well and accurately to both left and right-handed batters.

Thanks to Joseph’s pitching ability, he has earned himself further education at the University of Bridgeport Connecticut, and will be moving there and attending as a freshman in early September.

Being accepted to the University of Bridgeport Connecticut is by far Joseph’s biggest accomplishment this year. He says, “I don’t know what I would be doing next year if it wasn’t for baseball.”

Although pitching can become discouraging at times if the ball is being hit constantly or batters are being walked, Joseph rolls with the punches and realizes that not all pitches are perfect.

“I want to see my last name Attanasio on the back of a Red Sox jersey one day!” Joseph says with a huge grin.

Phil follows his own beat

Jennifer

Philip is a laid-back senior who walks slowly in the hallways and is often caught cracking jokes and laughing during and in between classes. Phil has also been a member of the Arlington High School basketball team during all four years of his high school career, was born in Ghana, Africa and is an unbelievable drummer. Phil's first drum set was given to him by his father, who also plays the drums, when he was three years old, and ever since then, he has learned not only how to play, but how to teach others how to play.

All throughout the years, Phil has taken drum lessons at Berklee College in Boston. His father has been his inspiration. Although Phil used to complain and didn't always enjoy playing the drums, especially when he was younger, he claims to appreciate his father and his passion for wanting his son to play so well. Phil maybe even wouldn't have gotten accepted to college without his musical talent, but next year, Phil is going to be a freshman at Berklee, the college where he has taken lessons and learned so much from.

Now, during his senior year, Phil gets paid to teach children and even adults how to play the drums at Berklee College and even from the studio in his own home. At home, Phil owns about 7 drum sets, each set includes three symbols, three toms, one snare, one base drum, and one hi-hat. Bob Marley's "Mind Control" is Phil's favorite song to play on the drums, and he learned how to play this song over the summer while attending a five-week summer program at Berklee.

Playing the drums has always been a way of releasing stress and just relaxing for Phil. "Music is important and plays a major part in my life. Everybody wants to be famous, so why not me?" Phil responded, laughing, when asked if one day he plans on becoming famous for playing the drums. Playing in front of an audience can certainly be a very scary experience, but not for Phil. He has been playing the drums in front of thousands of people since he was only six years old. "I love it, the rush is crazy." Phil says. Who would have thought giving a three year old a drum set could take an individual so far, and change his life all for the better?



Phil sits at his set

Photo by Jennifer Attanasio

Laxing it up

Eric

Cord, a senior at Arlington High, is currently having an outstanding final season playing high school lacrosse. As of May 7th, he had 27 goals and 19 assists for the Spy Ponders.

Eric: What sports do you play here at Arlington High School?

Cord: I played lacrosse and football all four years here.

Eric: What do you most enjoy about lacrosse?

Cord: The hard hits, how fast it is. I enjoy getting lit up too.

Eric: Where do you plan to attend college next year and what do you plan to major in?

Cord: I'll be going to Endicott College in Beverly, Massachusetts. I'm probably going to be a business major. It seems pretty popular now.

Eric: Do you plan to play lacrosse in college?

Cord: Yes I do. Endicott is currently ranked 13th in Division III lacrosse.

Eric: When did you start to play lacrosse and what made you interested in it?

Cord: My freshman year. My brother had been suggesting to me to play it for about two years. I said why not, it's high school and it is a new beginning.

Eric: What position do you play and how many minutes per game do you typically play?



Cord runs the field

Photo by David Kim

DID YOU KNOW?

- Mr. Brown was filmed on *America's Funniest Home Videos* and is part of the theme music montage.
- Ms. Holt worked as an archaeologist for four years.
- Mr. Mullenmeister's electric bill at home is \$30 a month.
- Mr. Blakely has traveled to India as part of the Peace Corps.
- Mrs. Kfoury has acupuncture done on her.
- Ms. Monahan has traveled to 26 different countries.
- Mr. Duranceau was on a team of three that won the Japanese Karate Collegiate Nationals in fighting.
- Ms Richardson had open-heart surgery when she was eleven due to an atrial septal defect.
- Ms. Robinson lived in Colombia for three years teaching sixth graders in an American school.
- Mr. Ezzy makes short films in his spare time.
- Ms Scharf went to England with a traveling choir when was fifteen.
- Mr. Pei has learned to play the acoustic guitar from the radio and is passionate about music. While performing at wedding and coffeehouses as well as being a part of the worship band at his church, he awaits the day someone pays him to perform.
- Ms. Orlando was a biker babe. She used to ride on the back of motorcycles when she was a teenager.

Tassone's legacy

(Continued from page 1)

believe that he only organizes the Band, Chorus and Orchestra, he also runs the arts and the drama department.

Tassone has a busy job, but in his spare time he has always been able to compose pieces. When asked about how many works he has composed, he answered, "Over one hundred pieces." In recent years, Tassone's work has been exhibited at concerts when the Band played "Grotto D'oro" and the Jazz Band played "Jazz Suite".

When Tassone finally announced his retirement, it was a shock to many. When asked his reason for retiring he said, "I am doing it because I can. Right now I really love my job and I want to leave remembering that feeling." After being asked about what is in store for the future, he responded that it was unclear at this point, but replied that he would continue composing music.

Tassone leaves behind an open administration chair and the Honors Orchestra class, the one group that he personally teaches, behind. There is no replacement in view, leaving the future of the performing arts unclear. An anonymous senior wished him farewell, commenting, "Mr Tassone has made a huge impact in my life and changed the way that I view music. I wish him well in the future and hope to see him around in the future."

Pasquale Tassone is a mentor, a composer, a teacher and will be dearly missed by all of those who have known him.

Cord: I play attack this year. I played attack my freshmen year and sophomore year, but my junior year I gave middle a try. I didn't get a whole lot of playing time, but now as a senior, I play all the time, especially if the game is tight. I will then stay in the whole game. But if we have a decent lead the coach will sub random attackmen out.

Eric: Who are the captains this year?

Cord: Matt Willey, Brian Flynn, Ryan Murphy, and Matt Mezer.

Eric: What has been your most memorable moment playing lacrosse for Arlington High School?

Cord: My sophomore year. Coach Chad Minervini. Best Coach I have ever had.

Eric: How many goals and assists do you usually rack up in the course of a season?

Cord: My sophomore year on the JV, I had a combined 52 points; 27 goals and 25 assists. My junior year I did not play much, I had two goals, two assists. My senior year, as we are 12 - 1, I have 27 goals and 19 assists.

Eric: Is the lacrosse team very close with each other off the field or do you choose to hang out with other people?

Cord: Well... a few groups of kids on the team are good friends. I have three good friends on the team that I hang out with all the time. Other kids seem to be similar. There normally is no problem when I randomly call another teammate to hang out.

Eric: Do you ever think of coaching high school lacrosse later on in life?

Cord: (Laughs) Maybe Freshmen or JV, I don't know if I could handle the stress of being a varsity coach.

Eric: As graduation approaches, is there any advice you would like to give to the new seniors, the class of 2009?

Cord: Just make better and smarter decisions, PLEASE.

Satiating a homeless hunger

Nadia

Homelessness seems to be an endless cycle of shelters without rooms and homeless people walking the streets. The government relied on organizations and town shelters to give the local homeless hope and a place to stay at night. Deval Patrick has decided to follow trends set by other states and is proposing a radical change in the way that the government would approach the homeless situation: actually giving the homeless homes. more stories like this

Deval Patrick is proposing a plan to spend \$10 million to build apartments for the homeless over the next five years, according to the *Boston Globe*. The basis of the plan is to take the homeless out of the cycle of going to jail, the hospital, and back out on the streets with the same problems.

For Massachusetts, Deval Patrick is planning to pay for numerous services to help low income renters stay in their apartments, which will help newly housed individuals. It will also reduce the number of individual and family shelter beds by 20% over the next five years. At the same time, the plan's encompassing goal is to provide 1,000 apartments for individuals and 800 homes for families.

But why should taxpayers have to put millions of dollars towards people that have been involved in this vicious cycle over and over again, without any changes? According to pilot programs, officials reported declines in costs for many services, including hospitalization, detox and imprisonment. New services would be paid for with tax money.

Is it possible that these homeless people can take this opportunity of an apartment and use it to get their lives back together? Research was done in the Boston area to answer that question. Mr. Tainter is a longtime homeless man, a 61-yearold alcoholic that lived on the streets for years behind the Boston Public Library. He was given the keys to his own apartment in North Quincy. This was an opportunity for change and a chance for a new chapter in Tainter's life. Recently, after moving in, Tainter was not sure if he wanted to stay. He felt alone and these depressing feelings paved the way for even more drinking. Tainter was lured back to the streets where he had the company of other homeless people. Tainter would also leave the apartment for weeks at a time and resume his homeless life behind the Boston Public Library.

Tainter is not the only one that seemed to abandon the apartment that he was given so that he could go back to his familiar ways. According to the *Boston Globe*, officials discovered that some who had been relocated to apartments slept on the floor or in chairs instead of their new beds. Others continued to panhandle, horde canned food, and urinate in bottles. Many had trouble coping with the boredom and isolation of living alone, and some returned to the streets.

This is one unsuccessful story, but the according to the *Deval Patrick Watch*, the goal of the initiative is to come up with better ways to detect when individuals and families are on the verge of falling into homelessness – and move in swiftly with aid and support. Another goal is to quickly relocate those already homeless into permanent housing, with an increase in housing vouchers. This plan is proposed to aid, prevent, and hopefully eliminate homelessness.

The idea of giving homeless people homes has been growing more popular nationwide because of the cost cuts that a plan like this would bring to the state. But if people like Mr. Tainter and the other homeless people were "living" in an apartment but were also still living on the streets, wouldn't it be a double hit to tax payers' wallets? Would it be possible to kill two birds with one stone and pair up lonely homeless people to live together? This would eliminate the problem of people being lonely and might help combat alcoholism as well. By having these people room together, it would cut costs and give them a support system that they need. The only way to know would be to watch these plans pan out and see how the homeless responds to the new changes made for them.

Dukakis shares his knowledge

(Continued from page 1)

Dukakis is optimistic that the next President of the United States will be a Democrat, but he added, "[The democrats] have to get serious about it".

Much of what the former Massachusetts Governor spoke about was how he won his elections, and how he taught others, like Deval

Patrick, how to win elections as well. Dukakis promotes traditional campaigning and advertisement, but he admits, "Traditional advertising is no longer working." Therefore, like many of the candidates in the current Presidential election, new hopefuls are using the Internet as their primary source for advertisement and revenue.

But as Dukakis continued, he introduced his way of campaigning, and although it may seem outdated, it is still effective. While Dukakis was running for office, he rang every doorbell in his precinct and promoted himself and his campaign. Following this, he shared a story on this method that, in the end, got him in office. Dukakis's "grassroots" campaigning method helped Deval Patrick win the Gubernatorial election in 2006.

Since his departure from the Governor's chair in 1991, Dukakis has been a professor of political science at Northeastern University and at UCLA. Dukakis is a visiting professor at both universities, splitting his time between the two. He spends fall and winter at UCLA and the remaining spring and summer months at Northeastern.

As Dukakis ended his conversation, he stressed the importance of public affairs and relations and gave advice to those who wished to pursue a career in such an area. "You won't make a lot of money," explained Dukakis, "but it is the most rewarding job".



Former Massachusetts governor and presidential candidate Michael Dukakis poses for the camera

"You won't make a lot of money, but it is the most rewarding job"

Hole in the wall gives hope

Rosie

It was a shock to Lauren, now a senior at AHS, and her entire family when her little sister Jacqueline was diagnosed with acute lymphoblastic leukemia when Lauren was in fourth grade.

Between doctors' appointments and treatments, their family heard of a camp Jacqueline could attend. Nestled in rural Connecticut, far from paved roads and civilization, is a safe haven for children to find peace and calmness. Those who are suffering from life threatening illnesses or who have overcome them, come to this camp to find hope and a reason to keep fighting.

Hole In The Wall Gang Camp was founded by Paul Newman and was initially funded by a 5 million dollar gift from Khaled Alhegelan from the Kingdom of Saudi Arabia. The camp runs on donations and uses its funds to send hundreds of children and their siblings to their summer sessions free of charge. Along with summer sessions for hospitalized children who can't physically journey to the camp, "Camp-In-a-Suitcase" visits them, to provide assurance and support at their hospital beds.

Since the camp is free, not everyone who applies may be accepted. To be accepted, the child must be 7-15 years old, fill out an application, have a diagnosis of cancer, HIV/AIDS or a serious blood disease, live in the New England/New York/New Jersey area, and be medically unable to attend any other camp. If the child has a unique medical condition, the camp can be contacted to find out if the child can apply. The camp has nine sessions during the summer, some of which are "general", and some of which are for specific diseases. Each session is a week long and campers may only attend one.

"We first learned about HITW at the Jimmy Fund Clinic where my sister was under treatment. Before Jacqueline applied to be a summer camper, we stayed at the camp for a family weekend for free, which was great. We met other families who were in the same situation and had a great time at camp, enough so that Jacqueline felt comfortable enough to think about being an overnight camper on her own during the next summer," Lauren said.

"Jacqueline, just like the thousands of campers who had been through the Hole in the Wall Gang Camps, got to escape from the normal routine of hospital stays, chemotherapy, and transfusions," she explained. At the camp, it doesn't matter to the kids

who has hair and who doesn't. They all come together and create a space safe for everyone to be who they are, sick or not.

Jacqueline loved the family weekend, so she decided to attend a summer session. Jacqueline was able to fit in with these kids who were just as sick as her, and she loved it so much that Lauren decided to apply to be a Leader In Training (LIT). "The program involves staying at camp and working with campers in their cabins and at program areas while simultaneously completing a leadership program." This summer, she will be working as a LIT II, where she will spend more than two weeks at the camp, working in a cabin as a leader, as well as overseeing a program area.

The average day at HITW is very busy. The campers have morning activities and afternoon activities that consist of crafts, theater, and swimming in the lake, as well as a camp-wide activity in the evening, followed by a campfire. They also have all of their daily meals and some down time in the morning. "In the past, campers have met Paul Newman himself, who is known for sliding into the dining hall door and sitting down with campers for lunch." The campers also usually get to do other exciting things, such as watch a sneak-preview of movies such as Spy Kids, meeting the cast and seeing a special performance of Disney's High School Musical, or even meeting race car drivers. Kids have even gotten into hot-air balloons and have had visits from various circus groups.

While a medical center at the camp is a necessity, they avoid the average hospital experience as much as possible. The medical center is called the OK Coral, and was designed to look like a 19th century mill. The camp has a field where a helicopter can land in case of an emergency and each cabin is equipped with a golf cart for emergency transportation, and there are even ramps everywhere for handicap access.

"For councilors, the camp is just as rewarding because they get to provide that experience for the campers and see the results of their hard work and effort in the smiles and laughter of the brave children who face life-threatening illnesses. I remember all of the campers I worked with for different reasons. The children amazed me with their stamina, energy, bravery, and big smiles."

Anybody interested in this camp can go to www.holeinthewallgang.org for more information as well as the application.

Literacy Lab helps students prepare

Evan

Since its conception in 2004, the literacy lab at AHS has helped improve the report cards of dozens of teenagers. Located on the fourth floor across from Mr. Vatan's room, the lab is used to assist students who are in danger of failing either the English MCAS or their English class. It is scheduled in addition to regular English classes and students in all four grades can be referred by parents, guidance counselors, teachers, or can even enter themselves into the program.

Mrs. Frangos, the English Department Chair, describes the literacy lab as "an opportunity for students struggling with reading and writing to get help during the school day with a highly qualified teacher." She believes that writing is the basis of all academic success because "writing is thinking."

When Nate Levenson took over as Superintendent of Arlington Public Schools, one of his main objectives was to raise MCAS scores. While brainstorming ideas as to how to accomplish this, he came up with the idea of the literacy lab. Our school system currently has two such labs: one at the middle school and one at the high school. The labs feature professional-looking furniture, desks, and carpeting; the rooms, along with the class sizes, are much smaller than the average classroom. Rarely are there more than 2-3 stu-

dents at a time working with one teacher in the lab. Walking into the AHS literacy lab feels like entering an office more than a classroom.

To ensure that the proper kids are being placed into the lab, Mrs. Frangos tracks the MCAS scores of middle schoolers as well as the English grades of high schoolers. If she sees a negative pattern, she will recommend that the student consider spending time in the lab.

Students who wish to participate in the lab must have free periods. Once in the class, they receive a quarterly grade. If students show effort and improvement, they will receive a high mark.

According to Mrs. Frangos, "the goal of the literacy lab is to get students out of the literacy lab." It is considered to be an intervention program. That is to say students who are in danger of failing enter the program. If they prove successful in this class, their performance in English class has been shown to also improve. "Cutters will attend class, and students will raise their hands because they have done their reading and are prepared," Mrs. Frangos says.

Mr. Dangel, who teaches in the literacy lab, agrees. "[The lab] really helps students to focus, remain organized, and pursue higher achievement." During an average literacy lab session, students indicate what they need to do academically and



Mr. Dangel assists a student

-Photo by Jon

work to achieve their goals.

Upon entering the literacy lab, even those students who had previously been apathetic put 100% effort into their work. They are rewarded by seeing themselves become more productive in class and better prepared to produce high quality work.

The literacy lab helps students help themselves. Teachers provide moral and emotional support along with tutoring. Students who previously felt hopeless now feel like they can accomplish anything. All a student must bring to the lab is a positive attitude and the opportunities are endless.

Driving safely to auto

Steven & Frank

The auto program at the school has been hidden from new students at Arlington High School, but those who do see the auto classes in their course selection sheet could be in for a treat when they take the class. The auto room, otherwise known as "Rizzo's cave" or "Bat-cave", is accessible through a tunnel at the back of the school, to the left of the gate.

Frank W. Rizzo is the auto tech teacher, and he greatly enjoys teaching and showing the students how to fix cars. Mr. Rizzo has been a nearby resident of Arlington for his entire life. Having lived in Belmont since he was young, Rizzo states, "the students at Arlington High are just wonderful and a bundle of joy and fun." Rizzo has been involved with Arlington High Auto for four years, and "every year has been great". Before working in the Arlington High Auto department, Mr. Rizzo worked as a full-time Auto tech teacher in Watertown.

Rizzo feels that the school cares about the auto class and his teachings because AHS gives him a budget of at least 4,200 dollars a year. Most of the money goes to the gas needed for the torch and energy needed to produce working lifts, lights, air guns, and miscellaneous car necessities.

Starting the first day of class, the students in auto shop learn how the car works. As the students build up their knowledge, they begin to do more advanced things, such as re-

place brake pads and rotors in a car and change the oil. The students also learn how to solve any type of problem they may be having with their vehicle. The students help out the faculty and administration's cars as well. The labor of fixing the car is free, but the owner of the vehicle must pay for the parts that go into the car. With the supervision of



Cord Tocci drains a customer's oil

Photo by Jon

Frank Rizzo, the students can fix just about anything. Last year, for example, the students of the auto classes repaired Mr. Fuist's Infinity. There was a problem with the clutch, but the auto shop students were able to fix the problem.

The auto class's students fix a wide range of vehicles. Students learn the automobile under the supervision of Frank Rizzo, but they also learn how to fix many other motorized things, such as snow blowers and lawn mowers. Along with all these different motorized machines, Rizzo lets his more advanced students build their own go-cart or mini-bike starting from the ground up. Billy, when asked about one of his projects, commented, "Not just anyone can fabricate a customized machine such as my mini-bike. It takes tedious work, talent in fabrication and general mechanical knowledge." Billy has been working on building a mini-bike for over a year.

Scott Rodilico is one of the star students of the period three auto class. From putting head unit into Dave Lipinski's blazer and doing work on the clutch in his CRV to his present project, finishing up his 10 Horsepower (HP) go-cart, Scott has done a wide range of work. "This [go-cart] is going to pop wheelies when I'm done, we might have to put a wheelie bar in for protection" Rodilico said with a big smile across his face.

During the year in Auto tech, students learn a wide variety of mechanical knowledge, which will come in handy if car trouble ever arises. And if any student has difficulty with his car, he can bring it down to the school and auto class can fix the problem.

Psychic?... Prove it!

An interview with James Randi

Sean

Since the beginning of time, people have claimed to be able to see the future, move objects with their minds, and talk to the dead. Many of these people, such as Uri Geller, Lisa Williams, and Reverend Peter Popoff, are around today but how do we know what they claim is true? There are some people who are skeptical about the paranormal world and want evidence. I was lucky enough to talk to one of these skeptics.

The man I talked to is James Randi, a former magician who is now an investigator of paranormal and pseudo-scientific claims. Randi and the James Randi Educational Foundation are also famous for the creation of the Million Dollar Challenge, a test that these so-called psychics take to prove if they actually are what they claim to be. If they pass, then they will get a million dollars. The following is an interview with Mr. Randi:

Q: Mr. Randi, what is it you do, in laymen terms?

A: Well, I go out and walk, I take care of the dog... Oh, you meant professionally. Well, I'm in the skeptic business.

Q: What is your motivation?

A: I feel that for far too long, people have been swindled by those who claim to speak to the dead, heal people from long distances, or give out quack medicine.

Q: You are called a "Psychic Debunker", but you disagree with the term. Why is this?

A: Because it is wrong. I don't debunk; I investigate. A debunker is a person who goes and says, "Psychics aren't real and I'm going to prove it." I simply investigate.

Q: You are the creator of the James Randi Educational Foundation. What is the foundation's purpose?

A: It exposes fake paranormal claims.

Q: You are also the founder of the "Million Dollar Challenge". Can you explain what the challenge is?

A: Well, as it says on my web site, it is a test to prove paranormal claims and if proven true, then the person tested will receive a million dollars.

Q: In 2001, a self-proclaimed psychic, Sylvia Browne, agreed to take the challenge, but has had nothing to do with the challenge since. Did she give you a reason?

A: She said she didn't know how to contact me. It is not that hard to go on Google and look me up, especially if she can speak to the dead.

Q: Psychic Uri Geller...

A: No, it's just Uri Geller. He has not proven he is psychic, so he is just Uri Geller. Anyways, back to your question.

Q: As I was saying, Uri Geller is hosting a new show called *Phenomenon* with Criss Angel. What are your thoughts on the show?

A: It's rather lame, because many of the acts on the show attempt to prove they are psychics and they fail to prove anything to me.

Q: What certifies you to be an investigator of paranormal claims?

A: I'm not. I simply say, "If you are a psychic, then prove it."

Q: Mr. Randi, you were originally a magician; what inspired you to choose that career?

A: I saw a magician named Harry Blackstone. After that I thought it was something I could get into, so I joined an amateur magician society and the rest is history.

Q: Well, our time is up. I want to thank you for the interview. I would also like to ask you one question. Is there anything you would like to say to the people reading this article?

A: Don't believe in what I say. Investigate it, and then you can come to the decision to either believe in me or not.

To this day, no one has won the million-dollar challenge



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Arlington meets to discuss youth safety

Colin

On May 8, 2008, the Arlington Youth Health and Safety Coalition (AYHSC) held its second annual town-wide summit on underage drinking, drug use, impaired driving, and other high-risk behaviors that youths have engaged in. The meeting convened in the Town Hall at 7 PM, and was chaired by Patsy Kramer, a local social worker and long-time community activist. Many prominent community members turned out to support AYHSC's mission, including School Superintendent Nathan Levenson, Police Chief Fred Ryan, Director of Public Health and Human Services Christine Connelly, Selectman Annie LaCourt, School Committee members Susan Sheffler and Jeff Thielman and Arlington Public Schools Court Liaison Ellen Digby.

After introductory remarks by Ms. Kramer and Ms. Connelly, a panel of experts spoke on their roles in supporting youth health and safety in Arlington. Detective Bryan Gallagher, who works as School Resource Officer at Arlington High School and Ottoson Middle School, spoke about his work in the schools, the relationships he has built with students, and what other school staff members can do to support student health and safety. Andrea Razi, a social worker for the Arlington Public Schools, addressed the need for open communication between parents and their children, the referral process for students to receive substance abuse services, and some of the more serious cases that she had dealt with, including a parent who denied that his child had a drug problem, and a student who turned to alcohol because he could not succeed in sports to the level he wanted. Finally, John Scheff, a local attorney and police consultant, gave a highly informative presentation regarding the social hosting law (about parents who serve alcohol to underage guests), the consequences for underage drinking and fake IDs, and the process that police officers will follow when they arrive at a home where underage drinking may be taking place.

After the panel of experts spoke, each table had a small group discussion. My table's participants included Ms. Sheffler and Mrs. Digby in a discussion about how the schools can combat substance use and how parents can support their children while preventing drinking and drug use. Suggestions included the installation of surveillance cameras in the High School and Middle School to record illegal drug sales and a new requirement that would make teachers refer students suspected of substance abuse to the School Resource Officer, their House Dean or the School Nurse.

Finally, after each table had presented its suggestions, Chief Ryan gave brief concluding remarks, urging parents to support their children and be ready to listen. The Chief said "If your child asks to talk to you... even if you have a meeting with the President of the United States, cancel it... because you might not get the chance again... and it might be too late." The audience seemed to agree.

Seniors cruise through school

Kevin

As the school days wane to their final moments, the senior activities grow. On Tuesday May 13, 2008, most AHS seniors attended the annual senior cruise around Boston Harbor. Thanks to Odyssey Cruise and the school's staff, all the formally dressed seniors had a night they'll never forget.

Around 5 pm, when students met in front of Arlington High, the festivities started. Everyone gathered into 5 buses waiting to depart to Boston, girls dressed in beautiful multicolored dresses, and guys looking sharp in shirts and slacks. After an enjoyable bus ride, the whole class was searched upon entering the cruise ship at the docks at the Harbor Hotel. The gargantuan boat looked even nicer on the outside than expected. When first entering the ship, everyone greeted each other, and then sat for a lovely meal on the first floor. A buffet was served, and everyone looked wonderful chatting over their meals.

Right above the floor where all the seniors ate dinner was an all girl's school from Masconomet, Ma - Our Lady of Nazareth Academy. After everyone ate and the ship departed, students met on the top deck where the socializing began. Everyone watched a beautiful sunset over Boston Harbor. The shimmering water, reddish orange sky, and glorious cityscape looked on par with something in from a painting. Soon after the sun went down, the dancing started.

The night was full of fun, friends, laughs, and dancing, even for the teachers/chaperones. The glowing skyline and hustle and bustle of the city served as a magnificent backdrop to the night of fun. Mrs. Kirkland, one of the teachers from the cruise said, "I really enjoy going on these types of events because it's also fun for me." All the staff was very pleased that there were no incidents or injuries throughout the night; everyone was on their best behavior.

As most seniors are looking back now on memories throughout school, this senior cruise has certainly made an interest on most, due to the amount of fun had by everyone. It was a great way to socialize and get to share your time with other classmates. As the night winded down, everyone tried to get that last picture in and say that last goodbye to whomever they were mingling with, especially if it was one of the girls from the other school.

The next day in school was a day for talking, everyone's first words were, "Hey remember... about last night?" Memories were sweeping the old halls of AHS. This is where memories are made.

Buddy Dog has a lot to offer

Grace

Buddy Dog Humane Society Inc., located in Sudbury, Massachusetts, is a nonprofit organization that takes in homeless or unwanted dogs and cats and tries to find new homes for them. This organization started in 1961, when the founder of Buddy Dog found an abandoned puppy in a paper bag. They then proceeded to add cats to their inventory in 1984.

There are many volunteer opportunities that anyone can take advantage of at this organization. The whole association counts on people to volunteer in order to complete various tasks. People under the age of fifteen are not allowed to directly volunteer, but they can still make a difference by doing all sorts of fundraising activities.

The dogs range from puppies to adults, from Chihuahuas to Dalmatians to Rottweilers, most of which are either spayed or neutered. Each animal has his or her own individual characteristics and personalities, making it easy to match them with many peoples' lifestyles.

For example, an eight month-old hound mix names Bandit is described: "I am a very sweet boy. I have never been taught to walk on a lead so I need someone who will train me with patience. I am a typical hound - very vocal when I get excited," on buddydoghs.com. There are nineteen dogs on the list online, but there may be some unlisted dogs that are at the shelter.

The cats also range from kittens to more mature adult cats. Most of the cats at Buddy Dog Humane Society are also either spayed or neutered. A one-year-old spayed female cat is described: "I may take some time to settle in, but when I do I will be gentle and sweet. I was rescued from a life as a stray living outdoors, and I am grateful for my warm bed and good food," according to buddydoghs.com.

Since Buddy Dog Humane Society is a nonprofit organization, they need to fund their business by charging people to take in their animals, but they are still much less expensive than buying from a breeder or a pet store. This also ensures that the owner is going to be serious about taking care of the new addition to their families. Kittens are \$125.00 plus a refundable \$25.00 spay/neuter deposit (meaning if they get their kitten spayed/neutered somewhere else, Buddy Dog will refund them \$25.00). Cats are \$125.00, puppies are \$325.00 plus a refundable spay/neuter deposit, and dogs are \$300.00.

All dogs are provided with a health examination, heartworm disease test, heartworm preventive (in season), distemper combo vaccination, rabies vaccination (three months and older), spaying/neutering (four months and older), fecal examination and worming, flea and tick treatment, and a complimentary leash upon adoption. Cats are provided with a health examination, feline leukemia/feline immunodeficiency virus test, distemper combo vaccination, rabies vaccination (three months and older), spaying/neutering (four months and older), fecal examination and worming, flea and tick treatment, ear mite treatment, and a complimentary car carrier upon adoption.

Learning to take care of animals in a professional environment is extremely exhilarating. It is particularly interesting to see how each creature reacts differ-

Symposium torch is lit

Dan

Something different is happening this year in Symposium. On May 25th, the first ever Symposium Olympics will be held. Mr. Pei, the Symposium teacher, is holding a competition between his two Symposium classes to determine which class is stronger. The Olympics has been in the developmental stages for about half the year.

The Olympics will be an entire day of events, including karaoke, an artistic challenge, a spelling bee, charades, sportsmanship, and many more events. Each class will select certain members to compete in each event. Mr. Pei is looking forward to the games. He says, "Each class has their own strengths, Symposium 3 is very studious, while Symposium 2/1 is quite clever. It should be a close competition."

The Olympics actually started months ago. The first event was a class brochure. The class that made the most informative and aesthetically pleasing brochure was awarded

the first event, and Symposium 2/1 won. However, they lost a couple points in the sportsmanship award for taunting.

This idea was sparked by the fierce rivalry between the two classes. In the beginning of the year, students from each class would jokingly remark about how their class was better than the other. However, the jokes soon became serious. One day after second period, Symposium 2/1 staged a sit-in. As Symposium 3 walked into Mr. Pei's classroom, they noticed that all of their seats were occupied by their rivals. Mr. Pei didn't support this and ushered the 2/1 students to their appropriate classes. The act did not go without response, though. One day during second period, a note was slipped under Mr. Pei's door reading: "Symposium 3 > Symposium 2/1." The culprit has never been found. Acts like these would continue throughout the year. Someone, allegedly from Symposium 3, was given a lift and flashed the Symposium 3 gang

signal in Mr. Pei's window one day. Accusations flew, but again, no culprit was apprehended.

Mr. Pei grew weary of the nonsense and promised that their differences could be settled at the end of the year, and the true champion class would be determined in the Symposium Olympics. The tomfoolery subsided and preparation for the games began. The classes are now preparing songs for karaoke and selecting people to participate in certain events. The kids are excited for the games.

Pat, an integral player for Symposium 3, had this to say about his opponents: "Symposium is about talent, perseverance, and having strive for greatness, Symposium 2/1 lacks in every one of those categories!"

Jason, who has become a spokesperson for the Symposium 2/1 class, said, "Our class has good diversity, we are confident we can match up with Symposium 3's players." However, one look at the Symposium 2/1 roster and you notice that they actually lack diversity. There is not one female in the entire class.

The games will be beginning soon and all the students will be bringing their best. Only time will reveal which class is the true Symposium Olympians.

Want to stop smoking?

For staff and students
Smoking Cessation Program
Contact Mrs. Mahoney
FREE!

Propelled car dives underwater

Steven

In 1977, James Bond took a Lotus Esprit for a swim in *The Spy Who Loved Me*. It's only fitting that Swiss company Rinspeed, known for its crazy concepts that often involve playing in the water, has based its newest creation on the Lotus Elise. During an interview about sQuba, Frank Rinderknecht, CEO of Rinspeed, admitted that the inspiration for this underwater car came from the Bond movie. They call this underwater car the sQuba: a submersible convertible.

The sQuba is an all-electric vehicle with three motors. One electric motor provides the car rear-wheel-drive on the road, while two other motors (propellers) located in the stern and two jet drives in the bow can propel the car up to 33 feet underwater.

A submersible convertible sounds like a submarine with a screen door, but Rinspeed has plenty of reasons as to why the car didn't come with a closed cockpit. Safety was a big issue. In an emergency, passengers may not be able to exit a closed cockpit vehicle underwater.

Buoyancy was another problem, because the vehicle would need two tons of extra weight to offset the volume of air inside the cockpit, which would create a problem for the car's handling on the road.

The question of breathing underwater was solved by an on-board breathing system placed in an easy-to-access position behind the seats, allowing the driver and passenger to breathe underwater.

The Rinspeed sQuba also has many other unique features that include salt-water resistant interior, super high-friction diamond abrasive materials that prevent ejection from the seat as it submerges, and an environmentally friendly engine with zero emissions, eliminating any pollution into the sea.

With a laser sensor system for DRIVERLESS motoring that has been field-tested at the DARPA challenge, Rinspeed, without doubt, has thought of everything by giving the sQuba more technology than Q gave Bond in that old Lotus Esprit.

The Geneva Motor Show, running from March 6-16, 2008, will be presenting the Rinspeed sQuba. The Rinspeed sQuba does not plan to mass-produce in the future and the price on the vehicle is not yet released, but is estimated to be over 1.5 Million.



Cue the James Bond Music

Think Outside the Bottle

Nadia

In an effort to save the environment, cut costs, and help the economy, many cities are stopping the use of bottled water. Restaurants in Cambridge, Somerville, and other local towns are ending their contracts with bottled water companies and are now serving regular old tap water instead.

Everyone has heard that most bottled water is actually from a tap, but this seems to be the first full force movement to eliminate the use and sales of bottled water. Does this concern seem out of the blue? Many organizations, one of which is Corporate Accountability International, have been working hard to get cities and restaurants to cancel their bottled water contracts and exclusively use tap water.

Not all businesses, however, support this idea. Some believe that the customer is always right, and if they ask for bottled water, they should receive bottled water. It is not uncommon to think that expensive meals shouldn't be washed down with regular old tap water, so why shouldn't customers get bottled water?

Water can be thought of as a temporary private source. This means that water is not privately owned and accessed, but also does not originate from an unlimited supply. Water is, in fact, a recycled resource throughout the world. If we then view water as a common resource, then it is, in economic terms, a rival in consumption. This means that one person's use of water reduces the ability of others to use it. In a society, this rivalry needs to be mediated and managed by setting public policies on the use of water to insure that all citizens, regardless of income, have access to water. In Massachusetts, this is set up by placing public water systems throughout the towns and counties.

Today, restaurants, public facilities, and homes house bottled water. To many, bottled water seems healthier than public water, so people choose to buy packages of imported bottled water. Because less people are drinking public water, towns are losing money to support the town and the water system. Even though personal water bills are not high, collectively and over time, the town is losing money.

By breaking contracts with bottled water companies, Somerville and Cambridge are hoping to keep tap water strong and to make some money come back.

Disabling unemployment

Alex

Despite the American Disabilities Act (ADA), which forbids unequal treatment between people with disabilities and people without, many Americans with disabilities still have a more difficult time finding employment than other Americans. Companies who hire people with disabilities may need to pay extra to support that person's needs for accommodation. Therefore, the company reasons it may be better to hire someone else without a disability.

State Representative Barbara A. L'Italien (18th Essex District in the Merrimack Valley) recently filed a bill that she hopes will allow people with disabilities, in particular those with Autism Spectrum Disorders (ASD), to have more opportunities to find employment.

Autism Spectrum Disorder is a range of disabilities including Asperger's Syndrome (AS), Pervasive Developmental Disability – Not Otherwise Specified (PDD-NOS), autism, and high-functioning autism.

"There is a huge problem with AS adults finding employment – either acquiring and/or maintaining a job – despite the fact that many are highly intellectual and well educated and have much to offer," says L'Italien. "The unemployment rate is about 75%."

If House Bill 3908 is passed and becomes a law, then companies will actually benefit from hiring people with ASD. For each employee with a form of ASD, the company will receive a tax credit equal to half the gross income that the employee earned during his or her first year

of employment. The following year, the tax credit drops to 40% of the employee's gross income of that year, followed by 30% for the next year, then 20%, and then 10%. The drop in tax credits reflects a growing independence and productivity of the typical ASD employee.

Employees with ASD are still expected to be as productive as other workers during work hours. However, some may initially have trouble staying organized and focused without support. The tax credit should leave a company with more than enough money to hire coaches who will support employees with ASD and teach them how to gain the necessary focus and organizational skills.

Currently, people with ASD who are unemployed tend to get support from welfare roles and Social Security Disability Insurance (SSDI or SSI Disability), which already cost the government more money. House Bill 3908 offers a win-win solution for both the government and people with ASD – the government does not have to pay as much for SSI, and those with ASD can find a relatively "normal" job and live independently.

The next step to increasing employment opportunities is to provide support for people with other disabilities besides ASD.

"I believe that this bill could provide a road map to employing people of many disabilities, not just AS or ASD," says L'Italien. "The unemployment rate for the disabled in general is way too high."

Unique restaurants break the fast food mold

Evan

Most people consider fast food restaurants to be cheap alternatives to comparatively expensive eateries. Broke and hungry teenagers flock to fast food establishments in search of that satisfying \$10 or under meal. Drive-throughs also add the appealing aspect of convenience. But stepping into such restaurants often leaves something to be desired. They are usually dirty and poorly managed, but above all else, the restaurants are boring and have no character.

On the other end of the spectrum, anybody who has visited establishments similar to Hard Rock Café can attest to the atmosphere that pulls you in. The guitars on the wall and plasma television's blaring music videos make the customer feel as if he is dining in a famous rock-and-roll venue.

Recently, however, I have discovered that not all fast food restaurants are as spiritless as the ones frequented in Burlington, Woburn, Waltham and surrounding areas. The Solid Gold McDonalds, located in Greenfield, Wisconsin, is, according to its website, "A unique dining experience." It features MAC, a fully animated rock star who plays a full-sized grand piano. The rest of the restaurant is adorned with memorabilia from famous rock artists including Buddy Holly, the Beatles, the Doors, Jimi Hendrix and more. Nobody expects a fast food restaurant and a museum to go hand-in-hand, but in Greenfield, they do.

A variant of the average McDonald's restaurants has recently emerged, called the McCafe. Created in 1993 to compete with Starbucks, but introduced to the United States in 2003, this chain offers high quality coffee and an inviting setting. In the United States, McCafes, which can operate independently or within regular McDonald's restaurants, often feature leather seating, plasma TVs, and WI-FI connections. In addition, they offer a broader selection of salads, sandwiches, and deserts. The chain continues to expand and may someday successfully rival higher end coffee shops by offering lower prices.

Moving beyond McDonalds, a KFC in Marietta, Georgia, is famous for its architecture. Known as the Big Chicken, the restaurant's façade is literally a 56-foot tall chicken. Originally constructed in 1963, Big Chicken has served its purpose, attracting customers from around the United States to feast and marvel. In 1993, the structure was damaged by winds. KFC wanted to tear it down, but public outcry forced the company to rebuild. Much like the giant Citgo sign near Fenway Park, Big Chicken had become a local landmark. Oddly enough, pilots pressured for its reconstruction because it has been used as a reference point on the final approach to a nearby air force base. The structure was rebuilt and the original moving beak and eyes were preserved. Vendors have taken advantage of the Big Chicken to merchandize. One tee shirt features Big Chicken alongside the Eiffel Tower, Big Ben, and the Coliseum.

As Americans, we have always accepted fast food as a part of our culture. The unique restaurants listed above, however, show how fast food can even tie into the fabric of a community. Big Chicken and the Solid Gold McDonald's help define the cities in which they are located.

McCafes show how fast food restaurants can evolve from establishments serving tempting but unhealthy meals to ones not only offering wholesome salads and sandwiches, but also warm, friendly environments in which anyone can enjoy a cup of joe. And with today's impending recession, a discount coffee joint is sure to appeal to the masses.



Would you like fries with that?

Photo by Evan

Arts & Entertainment

Devil May Cry 4

James

The Devil May Cry series of videogames published by Capcom, while popular, is not as well known as mega hits Mario or Halo. So before the latest version, Devil May Cry 4, gets its review, let's give a brief background.

The original Devil May Cry was released on Playstation 2 in 2001. The game was a fast, stylish, hack-and-slash with an over the top storyline that was dark, but never took itself too seriously. What with its intentionally cheesy music and hilarious catch phrases used by the main character, the series has always been lighthearted. The first game followed a bounty hunter that fought the paranormal named Dante. To the average player, it was extremely challenging, but it also had a great story that paved the way for great game play.

In the years after that, two more games were made, one good (Devil May Cry 3) and one not so good (Devil May Cry 2).

Now, in 2008, a fourth installment in the series was made for the Xbox 360 and PS3. This time, the story follows Dante's brother Nero for the vast majority of the game. While in the past games Dante had a wide array of customizable attacks and fighting styles, Nero has a very limited amount. While this regression might make it seem like the game has worsened with age, this is not so. Nero has his own tricks up his sleeve, equipped with an extremely powerful arm that can be used to pull him around the levels and quickly grab and throw his enemies, readying them for all sorts of combo attacks that look like something straight from The Matrix. There is an overall level of polish and attention to detail that is not seen in many games these days.

The next-gen graphics are gorgeous and are a huge step up from the game's PS2 past. With the huge amount of over-the-top action going on screen, gamers might think there would be some slow-down and glitches, but there aren't. The game runs smooth as butter. Beautiful colors and elaborate backgrounds help to really make the game shine.

Another welcome addition to the series is a much more manageable difficulty level for newcomers that want to ease into the series, while still keeping the traditional soul-crushing difficulty for series vets. Devil May Cry 3 is known by gamers as one of the most difficult games for the last generation of consoles, which was great for seasoned players, but was very menacing to newbies. This time around, there is an "easy" setting that will help new gamers get fighting in minutes.

Devil May Cry 4 is a fantastic action game that doesn't take itself too seriously, but still brings all of the action that gamers crave. With some awesome boss battles and gorgeous graphics, this game is recommended to gamers of every skill level and age.

★★★★ out of 5 stars



Capcom's 4th installment of the series

Excursion to the middle of nowhere

Nick

When people mention that they are going to New York, it is automatically assumed that they are referring to the big lights, and loud noises of the city and not the suburban farmland-covered area known as "up-state." Unfortunately, or perhaps not, Arlington High School's performing arts department took a trip to the under-valued area often looked over for a vacation spot.

On Thursday, April 10, just before the beginning of sixth period, the group consisting of about 200 students loaded the three buses that would be a major part of their lives for the next three days. The trip was policed by band director Sabato D'Agostino, department head Pasquale Tassone, house dean Frank Tassone, Keith and Mary Denahy, and Elaine Langel.

The four plus hour ride was filled with movies, naps, and junk food as the students waited to see where they were going. With stiff legs and exhausted expressions, the tour arrived in Newburgh, found some food and proceeded to sleep as if they had been denied that right for the first part of their lives.

After a 5:30 wake up call and a little breakfast, the students were taken to Warwick High School where the three large groups, band, orchestra, and chorus, performed, along with the madrigals singers and the jazz band. The school itself was massive, with approximately 2500 in attendance, and the auditorium appeared capable of holding every student.

Equipped with security guards and metal detectors, the school welcomed the performers and escorted them to the performance space where the groups performed for a very select audience. While the number of people in the audience was small, the groups still performed to standard and received thanks for coming and performing.

Following the performance lunch was had at Woodbury Commons, a premium outlet center. With ample time to wander, many students shopped, while others played with bouncy balls.

One famous landmark near to where the groups were visiting is the Hyde Park estate of Franklin Delano Roosevelt, an 800-acre estate that was in the Roosevelt's family since 1866. Roosevelt was raised in the house and lived there until he died in 1945. Following his death, the family donated the property to the Department of the Interior, who turned it into a National Historic Site.

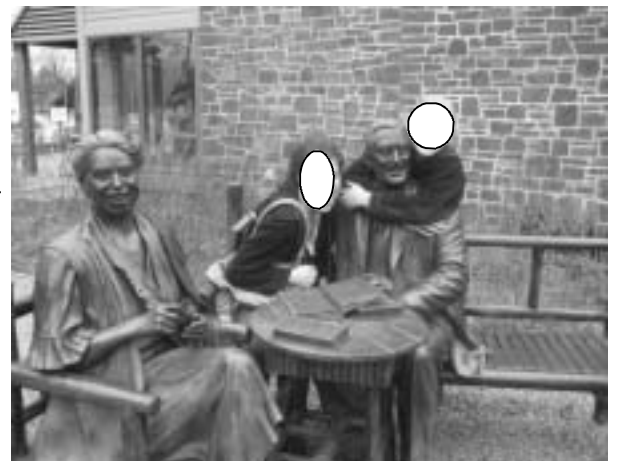
While the Roosevelt's had been in the area for awhile before FDR came along, another family came in and built lavishly: the Vanderbilts. After a tour of the Roosevelt estate, the groups changed course and went to see the extravagant mansion owned by one the richest families ever to live in the country. Students oohed and aahed at the mansion that cost \$2.5 million to build in 1895 and, with inflation, about 3 billion dollars to build now. What amazed the students was the story behind how the property came into the hands of the US government. After Frederick William Vanderbilt died in 1938, his niece Margaret inherited the property and tried to sell it three times, each time for far less than the house cost to build, but no one would buy because it was the middle of the great depression. FDR knew the family and the property and offered to have government buy it for the amazing price of \$1 million and a tax write off.

Dinner on the Hudson ensued after house shopping, followed by a much anticipated trip back to the hotel for swimming or whatever else desired. On the final day, a date with West Point and a trip to Broadway was all that remained, and all within a relatively small time frame.

After having the bus checked and ID's verified, the students were taken around the most prestigious military academy in the country; green lawns and gothic style architecture were major themes along with a long list of rules that most of the kids on the trip found ridiculous.

All that remained for the students was a trip to the theatre, where Andrew Lloyd Weber's The Phantom of the Opera was opening its curtain for the students. After two and half hours, some were astounded by the show, while others wished they could have skipped the show and roamed the city.

After many hours of bus travel, the tired out bunch arrived back home ready to go to sleep, satisfied with their adventure.



Band members pose with the Roosevelts

Photo by Nick

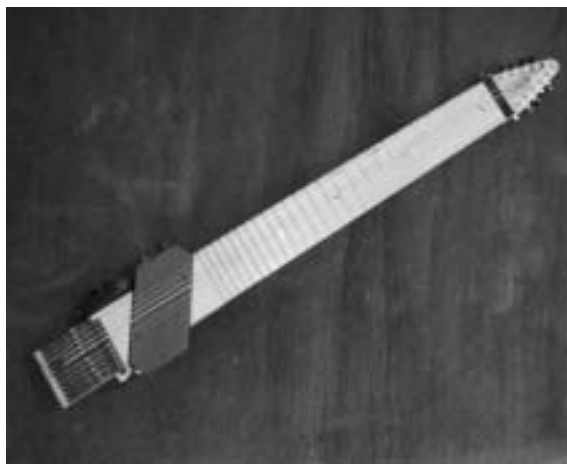
Chapman Stick combines bass and guitar

Evan

Ever wondered if it would be possible to play the bass and electric guitar at the same time? Well, it is—sort of. The Chapman stick, invented by Emmett Chapman in 1970, is based on Chapman's then-revolutionary method of playing a stringed instrument. Chapman introduced two-handed tapping, which allows instrumentalists to tap notes with all ten fingers. This produces a punchy sound, making the technique particularly effective while soloing. Also, since the musician does not have to pluck or strum notes, two-handed tapping can greatly increase note speed and ability to move up and down the neck of the instrument.

Some famous musicians that use this technique are Tony Levin of *King Crimson*, Les Claypool of *Primus*, and Eddie Van Halen (think *Eruption*).

Though this technique can be used on any type of fret board, Emmett started off using it on a modified guitar in 1969. The Chapman stick, which he invented a year later, quickly gained popularity. The instrument looks much like a bass guitar, but with more strings and no body. Towards the bottom, the instrument features a single pickup and volume control knobs on the side. Emmett created Stick Enterprises in 1974, which mass-produced and distributed Sticks. Around this time, Tony Levin, now the most famous Chapman Stick artist, picked up the instrument. When he joined the progressive rock band *King Crimson* in 1979, he effectively integrated the Chapman Stick into some of the band's music, producing



Two for the price of one

Photo by Evan Warrington

a unique sound.

Although the Chapman Stick essentially combines two instruments in one, it does have a different sound that does not work for all types of music. The progressive rock bands were very experimental, so this type of instrument fit in well with *King Crimson*. The Stick is best used by bassists who want to give a conventional bass line a unique sound or add melody to a rhythm.

When asked by Ram Samudrala of the University of Washington if all bassists should try the Chapman Stick, Tony Levin responded, "Each bass player has his own style and each bass player knows what kind of bass he likes. I use all sorts of basses: fretless, five-string, and even a three string bass since I didn't feel like I needed all those strings. When I hear a bass part, I think 'what instrument is it going to sound unusual on?'"

Emmett Chapman views the instrument's purpose in music similarly. "The Stick design is one of minimum means, but its function is for maximum performance. That's always been my ideal in the performing arts and sports. More strings, stereo string groupings, increased range... Add to this an optimal low-action, light touch set-up, and the capability of such a set-up that's built into the structure and hardware, and you've got a minimalist stringed instrument that can launch your complete musical conception in any direction you want."

Editorials

No two students are the same

Concetta

Many people believe that standardized testing is the best way to show success or failure within a school system. A standardized test is a consistent assessment that can be used to project and evaluate students' abilities nationwide. It is assumed that these tests allow teachers to make necessary appraisals of their students and create a curriculum that will improve necessary skills, but are these tests actually an effective way for teachers to assess students?

By having each student take the same test, it seems like everyone has a fair chance, when, in reality, students have different learning styles. Taking an assessment test for one person might be a breeze, while, for another student, it will take a lot of concentration and preparation to just barely pass.

Today, the No Child Left Behind Act is in place and federally mandates regulated state testing for elementary and middle school students. With many children taking multiple tests a year, teachers are now devoting a significant amount of class time to preparation exercises, starting as early as kindergarten. Teachers "try very hard to downplay the stress around the MCAS test, yet encourage each child to do his or her best," one anonymous elementary school teacher commented. These tests are becoming more and more important.

Looking back on my youth, I remember having fun learning about whales in third grade and going on the whale watch. Now, my younger brother is in third grade and has the same teacher. They are not focused on hands-on, fun aspects of learning, but rather the testing and preparation for the first MCAS test. A third grade teacher in the Arlington Public Schools shares, "I think we miss project based learning (plays, research, and presentations) and just enjoying reading. Many [students] will not take responsibility or pride in their work." Instead, their time is spent learning how to correctly color in the answer key bubble with a #2 pencil.

The hours students are spending in the classroom preparing for the assessment and learning required materials can cut into their already shortened physical education classes. This time is crucial, because it allows children to get outside. The limiting of P.E. classes is known to be a significant part of the increasing child obesity problem.

Some schools also cut art and music time to accommodate these elementary and middle schoolers' busy schedules. By doing this, they are taking away the opportunity for young students to learn in a creative and developmental ways. Standardized books are now teaching the basics with a timed schedule in mind.

The standardized tests also do suit students with different learning styles. At the young age of eight or nine, most students do not know if they have a learning disability that would need to be taken into account. The pressure and stress can be troublesome to a young student who just hasn't been taught the tools needed to learn. There are also students who have a solid understanding of math and reading, but when that test is in front of them, they freeze.

Standardized tests are generally thought to be an effective way to assess the school systems around the country to make sure that everyone is on track. The tests are there to help teachers see what they need to work more on and improve each year, but "the pressure is on to do better each year," as one instructor put it. Having the higher test scores within the school's district also creates pressure to do better and better. In reality, no two students are the same, developmentally and academically. While some learners flourish in a standardized environment, giving each student the same test does many a disservice by not producing the most fair and accurate assessment.

Peer mediation, good for AHS?

Meghan

According to a reference website, peer mediation is both a program and a process where students facilitate resolving disputes between two people or small groups. At Arlington High School it seems to be the fixer of all problems that the deans swear by.

The process of peer mediation is formal. When students have a conflict teachers think are interfering with what's going on in the classroom the parties are called into the deans office's to discuss meeting in peer mediation.

The process continues by meeting in the office located next to Ms. Begins math room with Mrs. Mahoney, who runs peer mediation. She is a very kind woman and is the only part that makes mediation a calm place. The parties involved are escorted down by their deans to sit with two trained mediators, whom the students involved "do not know". However, what are the chances that the people involved don't know their peer mediators? They are students from AHS, so the chances are slim to none that they know nothing about the people involved in the conflict. Because of this it puts students at a disadvantage. No matter how much you put your feelings aside it is human nature to judge people and favor your friends. When asked about the subject Tiffany Sabatino who is a senior at Arlington High said, "I wouldn't go because it's people our age and I wouldn't want them knowing my problems." When another male student who chooses to remain unidentified was asked about the subject he stated, "Peer mediation is a waste of time". The whole process is not thought out or followed the correct way.

Maybe adults should be the mediators? The sessions can turn into yelling matches that don't solve anything, or crying sessions that end to emotionally to fix any problems. After the session is over and everyone has a chance to speak and meet together for a final discussion, the students are expected to solve their differences by coming to an agreement. The agreement could be to never speak to each other again, or they could be friends all over again.

In a perfect world kids would stick to the agreement, however I can't remember the last time the world was perfect. Is a piece of paper with initials on it going to keep students from harassing, talking about or yelling at each other?

The school needs a new system to ensure keeping social problems and bullying to the lowest amount possible at AHS. Peer mediation is a nice thought, but it's not going to cut it.

College costs confound families

Lindsay

Word on the street is that college is becoming fairly expensive. Yes, this is a troubling revelation for many high school seniors, who are forced to account for yet another variable in the merry-go-round that is the college search process. This precipitous increase not only affects the lives of those who will go on to higher education next year, but it also heavily influences the students who intend to attend a university in the next couple of years. Up until now, there has been no end in sight for the climbing college prices, as they have steadily risen in the past two decades with no foreseeable dip. It turns out, though, that dip may be approaching faster than anybody could have imagined.

Harvard University, commonly known as a moderately prestigious location to receive schooling, has recently made a dramatic change in its tuition fees. The Crimson has altered its need-based financial assistance policy, which previously allowed a child whose family income is less than \$60,000 a year to attend for free, and upped the minimum requisite income to \$80,000. This means that any student whose parents together make less than a total of \$80,000 a year can enroll free of charge.

Furthermore, Harvard has extended this policy, and families that have yearly earnings between \$80,000 and \$180,000 can have their child attend for 10% of the annual income. This means that the maximum amount a family in the aforementioned range would have to pay is \$18,000 per year, which is a terrific price for any school, let alone one with the history and esteem of Harvard. There are no provisions for households that rake in over \$180,000 a year, but this is sensible, because money would not likely be a pressing issue in such a household.

While this alteration is certainly laudable and generous, it is neither revolutionary nor pure. Exeter, one of the preeminent prep schools in the country, has already adopted a similar procedure.

Harvard's intent is not just to help the applicants that might think twice about applying due to a hefty price tag. Harvard has a preposterous \$36 billion endowment, one that easily exceeds that of any other academic institution in the country. This move is as conciliatory as it is philanthropic.

All schools are technically listed as non-profit organizations that demand tuition to cover the considerable costs of housing many thousands of people per year. The U.S. government has long turned a blind eye to the ballooning turnover that schools like Harvard, Yale and Princeton have accumulated. With the economy starting to spiral downward, though, government officials have become increasingly incensed at universities that continue to charge their students \$50,000 annually despite enormous monetary endowments. Assuredly, Harvard should be praised for their system's newfound kindness, but they should not be sainted, because their motives to introduce such a policy are far from pure.

Although Massachusetts' most prestigious university (settle down, MIT) has initiated a novel and financially forgiving method, almost every other school in the country has not. This means that students will have to turn to the most storied and mainstream way of getting a university's assistance: scholarships. Scholarships are still handed out liberally to assist students in paying for college, but the way in which a scholarship's value is calculated is another troubling aspect of the higher education system.

Many universities take absolutely everything into account when deciding how much money should be awarded to a candidate for a scholarship. Up until the recent spotlight that was shined on the tuition methods of many schools, a family's income was often computed in an unfair way.

Several schools used to minimize the scholarship money they handed out by counting a family's house as an income-producing piece of property. The vast majority of colleges and universities still consider a house as a profitable asset today, which it certainly is not unless the owner is selling it.

Need-based scholarships have several flaws as well. Many schools base the financial aid they give a candidate on their family's income situation, often taking credit history into account. Obviously, there are cases where underprivileged children are rightfully given scholarships to assuage the fiscal assault that a college education poses.

There are other situations, though, where the children of people who have accumulated enormous credit debt are rewarded for the financial blunders of their parents with the attainment of a scholarship. Another middle class student, whose parents have carefully apportioned their money to pay for their child's education, is in essence punished with less aid because of commendable parental foresight. Although a learner whose parents do not possess sufficient assets for one reason or another certainly deserves help, should it really come at the expense of another kid whose only infringement was to be financially prepared?

The final and most insidious transgression that schools often make is the consideration of every single monetary benefit that a student acquires, including personal savings. If a high school student puts away \$4,000 during the years before attending college, that sum will be notated by the university and often subtracted from financial aid. This is not fair, because the assumption is such that every spare dollar should go to the school, subsequently leaving college attendees with no spending money. Also, it leads to a ridiculous game of asset cat and mouse, often pitting a family's financial counselor against the school as the accountant seeks to hide every cent that can possibly be obscured.

These complex and often frustrating aspects of looking at colleges only add to the angst than many feel when applying. The pressure that high school students experience can be heavily attributed to parents, peers and the students themselves, but in many circumstances, it is also safe to say that the universities aren't exactly making the process any easier.

Sports

Rivalry Yanks one out of the park

Kevin

Every time fans turn on news stations or just TV's during the week of April 17th, all they heard about was how the Boston Red Sox were playing the New York Yankees. This is considered the greatest rivalry in sports, dating back to when Babe Ruth was sold from the Red Sox to the Yankees. During the week of April 12, 2008, however, there were some odd additions to the rivalry.

On Tuesday, April 8, a red-tailed hawk flew over Fenway Park clutching a mouse in its talons. After hovering over the ballpark for a while, it decided to drop the mouse and make one fan the lucky recipient of a bacteria-filled surprise. During the game, the hawk dropped the mouse into the lap of a random fan in the crowd. The fan was sitting in the front row on the third base side of the field. Headlines swept through Boston the next day, saying that the hawk was just practicing for Friday's game against the Yankees, where the hawk could repeat its surprise but maybe on a New York player.

Ironically, on April 10, a student visiting Fenway Park for the first time was about to become a victim of the red-tailed hawk that hovers over friendly Fenway. During Thursday's game against the Detroit Tigers, a young girl was struck by the talon of a red-tailed hawk, causing blood to come from her head. She had to be removed from the game by a medical staff at Fenway Park. According to the Boston Globe, the student's name was Alexa Rodriguez, bearing an eerie similarity to that of the star third baseman for the Yankees, Alex Rodriguez. The student was 13 years-old, the same number that appears on the back of Rodriguez's jersey. Many fans throughout Red Sox

nation believe that the incident was a preview of Friday's game against the Yankees, predicting the hawk might also attack the star third baseman for the Yankees.

The biggest of these coincidental relations involved the construction worker, Gino Castignoli, who buried a David Ortiz jersey in two feet of cement inside the third base dugout of the new Yankee stadium. Hoping to curse the new stadium, Castignoli just couldn't keep his mouth shut and the jersey has now been removed. Along with the other construction workers, Yankee management went down to the dugout on Sunday, April 13, and jackhammered out the jersey. After five hours and \$50,000, they got the jersey out, and they think they got the curse out with it.

In good news, while the jersey broke out of the cement, David Ortiz may have broken out of his slump. While the jersey was under the cement, Ortiz's bat seemed to have been buried in cement as well. The power-hitting DH was batting a sickening .070 since the start of the season. When they dug up the jersey on Sunday, Ortiz came out and got his first hit in 10 games. So while the curse may be gone from the new Yankee stadium, at least we get back David Ortiz's bat.

These are just a few of the many coincidences this year, but there have been many over the years. It started back in 1919 back when Babe Ruth was sold to the Yankees for \$125,000 to finance a Broadway play. That's when the "curse" started. The Red Sox went 86 years with no World Series titles. Except for the Chicago Cubs, who haven't won a World Series title since 1908, that is the longest streak in the MLB with no championship victory. 2004 sure did change a lot.

AHS Produces NCAA caliber athletes

Justin

With the end of the school year approaching and many seniors making their final college decisions, some student-athletes at AHS have already made their commitments to Division 1 and Division 3 schools to play a variety of sports.

6 feet 7 inch senior Brian, perhaps the most recognizable student at AHS, made his collegiate decision this fall when he chose Division 3 Williams College. Brian, a four-year starter for the Ponders, broke Phil Barlow's scoring record, one that withstood 8 seasons, in the middle of his senior campaign and finished with over 1,700 career points.

During his four years, Brian drew interest from a list of schools, including University of New Hampshire and the University of Massachusetts-Amherst. The Globe All-Scholastic and GBL All-Star broke Phil Barlow's record during a victory over Malden Catholic in early February. Despite losing in the second round of the tournament to Westford Academy, Brian is excited for his freshmen year at Williams and he hopes his success at the high school level will carry over to his collegiate career.

Another Ponder who recently made

his college commitment is senior Pat Pat. He is an effective player in every sport he plays: he is a four-year varsity athlete in golf and hockey and a three-year

varsity player and captain for baseball. The dominant right hand pitcher will be heading to Worcester next fall to play for the Division 1 Crusaders of Holy Cross.

Last season, Pat was consistently on the leader board for the lowest ERA (earned run average) and wins in the GBL. Perhaps Pat's most pivotal win came last year during the first round of the tournament against Acton-Boxborough when he faced Clemson bound pitcher Scott Weismann. Pat got the win, as the Ponders shelled Weismann



Brian controls the ball against a Malden defender

Photo by David Kim

Boys tennis aces early tests

Lindsay

It's that time of the year again. As early April progresses to late April and May, spring officially arrives. With the changing of the season, spring ushers in the famed and common staples that make poets wax eloquent, like springing daffodils, grass turning green and more comfortable temperatures. Unbeknownst to many, though, spring also shepherds in another tradition, albeit one that is less heralded, but one that is as constant and reliable as the processes of nature: utter domination by the Arlington High School boys tennis team.

The Ponders boys tennis team does not receive great proclamations or glorious reviews the way other AHS sports teams do, but the squad has only lost four

matches in the past three years, discounting all state tournament contests. As of now, the team looks stronger than it has in years, and finally seems poised to unseat rival Cambridge at the top of the Greater Boston League standings.

The tennis team is off to a tremendous start, sporting an untarnished record even after early tests against Boston Latin Academy and Cambridge. Latin Academy, which beat the Ponder 3-2 last year in the state tournament, had the tables flipped on them earlier this year when AHS scored a 3-2 home victory. Cambridge went down in similar fashion, keeping the match close at Crosby Street for a while, but eventually succumbing by a 3-2 tally. With a couple of key victories already in hand, team confidence is sky-high, and a few new faces have helped to raise that self-assurance.

The Arlington squad is an experienced and battle-tested one this year, fielding seniors at the second singles, third singles and first doubles positions. The player garnering the most attention, however, has not even played a full year with the team. Matt, the younger brother of second singles player Dave, has established himself as a force to be reckoned with in the first singles slot. Matt's youth serves as no deterrent to his earth shattering forehands,

for their first win of the tournament. Unfortunately, in the second round, the Ponders were defeated by the Peabody Tanners in a close game. As Pat begins his senior campaign, he hopes that this season will be more successful than the last as he prepares for his career at Holy Cross.

Joining Pat in the Division 1 ranks is senior Matt, who will be headed to West Point where he will play Division 1 Lacrosse. Matt, a four-year starter for the Ponders and a second year captain, has played with the best throughout his Arlington High career. Names include Providence sophomore Jackson Fallon, who was

and his remarkable talent seems to give him an almost mystic quality. Will, a sophomore on the tennis team, reflects, "Matt's a freshman but he's still really good. It's like he's the chosen one. Kind of like Neo. Except in the matrix, Neo can stop bullets with his mind. They just bounce off of Matt."

The one problem that seems to threaten the team's promising season is an off-the-court one. Nick, Dave and Lindsay, three seniors who have played on varsity for four years, have all played first singles. On any other team, inflated egos and a sense of entitlement might combine to ruin the chance at a GBL title and more, but not on this team.

The boys team is fortunate enough to be under the guidance of an instructor that is often mentioned with the likes of Halas and Lombardi. John Cody, the legendary GBL tennis teacher and winning coach of over 500 matches, leads the tennis team into battle. Cody is an old-school coach, a veritable fountain of pristine, unfiltered wisdom.

Nick, a senior on the team who has yet to drop a set this year in match play, ponders, "Essentially, we're all slaves trying to escape the antebellum South. Cody is the North Star. He's our guidance, our inspiration, the source that offers us to chance to be more than we are right now. That's pretty much how everyone on the team sees it." Whether advising players on what shot best fits the last point's scenario or admonishing the entire squad for playing like princesses, John Cody is the guiding hand that shies the team's Titanic away from any possible icebergs.

The final and perhaps most crucial component to the team's success is the rise of its spiritual leader. Nishal, a senior and one half of the first doubles team, preaches gospel that the team steadfastly adheres to. When asked about the teachings and techniques of the tennis team's so-called "Shaman", senior Dave pursed his lips, raised his eyebrows and tersely responded, "The Shaman is wise."

Arlington High has by no means locked up the GBL title. Another match with Cambridge looms on the horizon, and a loss in that contest would split the league championship. Currently, however, there is no reason to assume that a Ponder loss will occur anytime soon, whether it be to Cambridge, Latin Academy or anyone else. The boys tennis team is right on track for another unblemished campaign. Spring is in the air.

an '06 grad at AHS, and Eric Preston, whose last two seasons at AHS were unfortunately plagued with injury, preventing an NCAA lacrosse career.

This season, Matt hopes he can lead the Ponders to their third consecutive GBL title as they begin their final season as a member of the Greater Boston League.

Clearly, AHS athletics has remained one of the top high school programs with the most skilled players, developing them into mature student-athletes capable of playing at the collegiate level with other elite performers.



Senior Nick returns a hard serve

Photo by Lindsay