

The Lion's Roar

Volume 17-07 Lincoln High School, Lincoln, RI December 2017

A New Lincoln High School Voters Approve \$60 Million Renovation



RENDERING: TOWN OF LINCOLN

By Mary Lind
Lion's Roar Staff

After years of planning, discussion, and disagreement, the plan to add to and renovate Lincoln High School is complete. Residents voted overwhelmingly on November 7th to approve the bond (up to \$60 million dollars) “for the purpose of the construction, renovation, rehabilitation, repair, improvements, furnishing and equipping of and/or additions to Lincoln High School, relocation of School Administration Offices, and school facilities in the Town of Lincoln,” as quoted directly

from the ballot. The town held informational sessions at various places around town (including Town Council and School Committee meetings) describing all aspects of the plan in great detail, from timelines to taxes to traffic patterns.

The plans were designed by Massachusetts architectural firm SMMA. According to a powerpoint presentation from the firm, a long-term solution was needed to fix the “aging” building. The space also needs updates to make it better suited for twenty-first century learning, to make it more eco-friendly, and bring

it up to code. An improved building, according to the presentation, will also “preserve a valuable community asset.”

Currently, LHS has many classrooms that are undersized, despite the building having “excess capacity.” The science classrooms aren’t as up-to-date and state of the art as many would like, and most classrooms in general aren’t laid out in a way that supports “project based learning.” There’s also not enough space for the music programs and the technology throughout the building

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How do we treat this social ill? Sexual Harrassment in US Comes Into Focus

By Randall C Hien, Jr.
Lion's Roar Staff

Have you been put into a situation that made you feel uncomfortable and even trapped? According to the National Sexual Resource Center, in 2016-2017, about 46 percent of lesbian women, 75 percent of bisexual women and 43 percent of heterosexual women reported sexual violence other than rape in their lifetime. At the same time, 40 percent of gay men, 47 percent of bisexual men, and 21 percent of heterosexual men reported sexual violence other than rape in their lifetime. Since then, the amount of sexual harassment cases has steadily started to rise.

Not only are cases of sexual harassment taking place around the world, it is also occurring in Rhode Island.

Every ninety-eight seconds, an American is sexually assaulted or harassed. That means that during the span of one LHS class period (62 minutes), 38 people somewhere in the United States have been sexually assaulted.

Since the reports of alleged sexual harassment by movie producer Harvey Weinstein back

in October, many women have started to come forward with similar claims regarding incidents of sexual harassment or assault. Numerous news stories appearing since the Weinstein scandal, one of the most recent dealing with Today show host Matt Lauer and many others in entertainment as well as high powered political circles.

Some may think that sexual harassment victims are only females. That is categorically untrue. Both males and females are subject to situations in which they feel uncomfortable in a sexual way.

Sexual harassment is characterized as any unwanted and unapproved conduct of a sexual nature which has the purpose or effect on violating someone’s dignity, creating an intimidating, hostile, humiliating or offensive environment. It can include anything from sharing sexually inappropriate images or videos with another person, sending suggestive letters, notes, texts (sexts) or e-mails, displaying or illustrating inappropriate sexual images or posters in the workplace, or sharing sexual anecdotes,

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All that glitters is not good

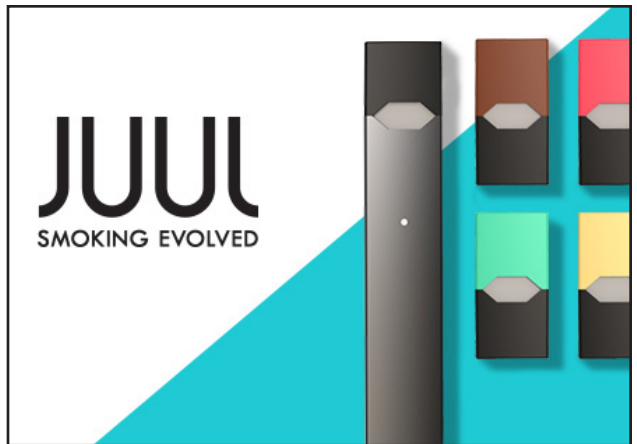
The Problem with Juul In School

By Riley Riendeau
Lion's Roar Staff

A Juul is commonly used as a smoking alternative for adults. Its miniscule size makes it easy for travel and hard to detect, which makes it extremely challenging for teachers to stop students from using the e-cigarette in school. Many teachers cannot recognize it for its similar look to a flash drive. Its

potential dangers associated with Juuls and vaping. Those include, gateways to other risky activities, exposure to cancer causing agents and neurodevelopmental dangers.”

Nicotine is a gateway to other



concealability is becoming a major issue for the use in school.

Juul’s are mainly known for delivering more nicotine or more of a nicotine buzz than any other e-cigarette that is available on the market. Juul pods come in many different flavors such as Mango, Fruit Medley, and Mint, and each contain approximately five percent nicotine. Every pod that can be bought is equivalent to roughly one packs of cigarettes or 200 hundred puffs.

Nicotine is not one of the most harmful chemicals to be ingested, but Mrs. Sara-Jean Stevens, LHS School Psychologist, says that there are substances that, “We are unsure about or that are not regulated, are dangerous to our bodies. There is a variety of research pointing to the

drugs. This means that when one is exposed to Nicotine, it can eventually lead to the exposure and addiction of other drugs. According to Dr. Eric Kandel, a Drug abuse researcher at Columbia University, “In a recent national survey, over 90% of adult [drug] users between the ages of 18 and 34 had smoked [nicotine] before they began using cocaine. Researchers suspected that nicotine exposure might increase vulnerability to cocaine.” With teens using it in high school, the severity of nicotine’s addictive potential could lead to other very harmful drugs. Teens could feel as if the Juul, or e-cigarettes are not giving them the “buzz” that they want, so they turn to something stronger.

While none of the Lincoln High School students will be identified by Turn to ALL THAT GLITTERS page 3



At press time, directors and choreographers, as well as emcees, have begun the epic process of preparing for another colorful show of comedy, music and dance. PHOTO ILLUSTRATION BY HANNAH LEOPOLD-BRANDT

Directors Prepare For 52nd Annual Variety Show

By Hannah Leopold-Brandt
Lion's Roar Staff

It's not really November until the buzz around Variety Show starts to dominate discussion. This year is no different. The directors for the 52nd Variety Show have been chosen, and the level of excitement has started to intensify as they are preparing to produce another phenomenal spring performance. Directors include a mix of juniors and seniors who are highly qualified in each aspect of their jobs

and are prepared for the hard work to come.

Leading the cast as Directors of Show are Daniel Hasegawa and Jordan Souza, with Souza also choreographing Girls Chorus Line. Both Hasegawa and Souza have wanted to be in this position for a while. “I’ve wanted to be director of show since I was in 7th grade, so it really is a dream come true,” Hasegawa said.

Souza also sees this a dream

come true stating, “I saw my first Variety Show in 8th grade. After the opener, the directors were introduced and a girl named Nicole was introduced as the Director of Show, and then Jordan Hamilton was introduced as Assistant Director of Show, and I told myself that that was going to be me someday.”

The Comedy Ensemble will be led by the comical duo of Mary Lind and Zachary Heineman. Two-

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opinion



Fact of the Matter

By Rachelle Bousquet
Lion’s Roar Staff

A rush to the finish

As I was rushing past the center on the second week of November, desperately trying to get to AP Calc on time, I noticed something; there was a Christmas tree standing behind the glass. I paused a minute to admire the twinkling colorful lights, briefly forgetting I had somewhere to be, and then continued on my way. As the week continued, I passed by the center often. Each time my eyes never failed to land on the tree, captivated by the sparkling lights and shiny ornaments it wore. This was not all I noticed, however. With each passing by, my ears were constantly affronted by the voices of various students moaning and griping about the tree, complaining, “It’s only November,” and asking, “What about Thanksgiving?”

I am no stranger to this mentality. For as long as I can remember, I have listened to people grumble about those who enjoy getting into the spirit of the holidays earlier than most see as socially acceptable. I have witnessed eye rolls directed at people who start decorating their houses with lights soon after Halloween is over. I have observed others getting judged and chastised when they admit to the supposedly heinous crime of listening to festive music anytime before December 1st.

This, however, is not another rant condemning these individuals who partake in the “premature” celebration of the holidays. Rather, this is a denunciation of the people who each year find the need to express their antipathy towards them.

Now, this may seem like a silly

thing to get annoyed over. Why get all bent out of shape just because some people feel the need to complain about others having the AUDACITY to eagerly prepare for their favorite time of the year?

The fact of the matter is, the holidays are often a pleasant and joyful time for many people. A time where they are able to gather with the people that they love most and simply appreciate their company. Because they fall at the end of the year, the holidays can also act as the metaphorical bright light at the end of the tunnel for many. After having a tough year, it can be lifesaving to have something so positive and merry to look forward to.

When people complain about others preparing for the holidays “too soon,” they are essentially telling those people when it is appropriate for them to be happy. This situation is truthfully just another example of how people feel entitled to comment on other’s choices despite it not affecting them in any way whatsoever.

So, the next time you find your inner scrooge starting to come out, remember that the holidays may mean something different for other people than it does for you. When you feel the impulse to make that unnecessary and dispiriting comment, don’t. Instead, put some comfy holiday pajamas on, pop a candy cane in your mouth, and settle down to watch your favorite holiday flick. Because, who knows, maybe you will enjoy a little premature holiday celebration more than you would think.

Time to Shatter the Silence

By Hannah Kramer
Lion’s Roar Staff

responsibility to speak out when we see and hear domestic violence. We can control what we see and hear by addressing it. We can interfere with the silence that is so often associated with this horrible situation by speaking out. We can shatter the silence by making that choice.

Domestic violence is abusing a partner in a relationship in order to gain control over them. This social injustice is a worldwide issue that continues to grow, as well as a national health concern. Anyone can be a victim of domestic violence, no matter what race, age, gender, or sexual orientation. Domestic violence regards violence and abuse occurring in relationships, but the partners are not always the only ones affected.

Children with ages ranging from 3-17 are at risk of being exposed to domestic violence in the United States. If the victim or aggressor has children that witness or are also the ones being abused, they can also be greatly affected both physically and psychologically. Children witnessing a parent using violence and abuse to gain control of the other may convince them that abuse is the appropriate way to get what they want. The responses of these children can be either emotional or behavioral. These effects can be either short-term or long-term.

Emotional and behavioral effects of domestic violence on children are usually short-term. Some emotional effects can include fear, guilt, depression, or shame. Some behavioral effects include acting out or withdrawal. Children may even show signs of anxiety or short

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An Open Letter to Everybody, Because we All Need to Listen

By Alexandra Theroux
Lion’s Roar Staff

Dear everyone,

When they say it happens to everybody, they’re not kidding. I’ve been trying to write this letter a number of times now, going back and forth about how I personally should approach an issue that has gained massive media attention over the past month and a half. You might be wondering what an eighteen year old girl knows about sexual harassment.

You may think I have not had enough life experience to speak about an epidemic that has plagued so many men and women. But maybe that’s the problem right there. We’re saying I haven’t lived enough to speak for the number of times I am sure to be sexually harassed in my lifetime? As if getting catcalled on the street is more of a certainty than owning your first house, or getting your first promotion? When adults tell you that you have so much ahead of you, they’re usually referring to the possibilities that await you, the goals you will achieve and the dreams you will follow. Funny, the unwanted propositions from men sometimes twice your age seem to get excluded from that conversation.

I’m not going to throw out a bunch of statistics that are merely going to serve as a few numbers with no names to faces. These days, all you have to do is turn on the television. Harvey Weinstein. Al Franken. And most recently, Matt Lauer. These are the faces of people who make a living from being on our screens, some almost every day. We have worshipped some of them, glorified them due to their contributions to the entertainment industry and American culture itself. And yet here they are, on our screens once again. But this time, it is for a different reason. They are visual representations of an issue that is no longer just a bunch of numbers and anonymous stories.

Contrary to what some may believe, this epidemic is not just happening in Hollywood. Talk to any woman with enough life experience and they will tell you at least one story of a time when they faced harassment from a co-worker, a family friend, or someone just walking down the street. And I know that it is not just women who have fallen victim to sexual harassment, but the fact of the matter is that they tend to bear the bulk of it.

For those of you who say that people are overreacting, that this doesn’t happen, I envy you. I envy you because clearly you have never felt uncomfortable in a situation where all you desire is to feel respected. I envy you for never having to question whether or not someone would have treated you differently if you were not wearing a skirt. Because these are things that I, along with probably every other woman in America, have thought about at one time or another. I’m aware that in spite of all this, there are still great, caring and respectful people out there. To them I say thank you, and keep up the good work. To the others though, know that your time has come. Women are done being polite. No longer will we stand for things that have been tolerated for years. Hope you had your fun, but the show’s over. And sorry Harvey, but I don’t think you’ll be making money off of this production.

Thank you for listening.
Alexandra Theroux



The Wordsmith

By Alexandra Theroux
Lion’s Roar Staff

The average person speaks about 7.3 million words per year, which comes down to approximately 20,000 words per day. Here we are, at the end of the year, most of us nearing that 7.3 million mark. And boy have we had a lot to say. The word on the tip of everyone’s tongue this year? On November 27, Dictionary.com announced that the 2017 Word of the Year is dun dun dunnn... “complicit”. Gee, I wonder how they came up with that one.

According to the website, complicit is defined as “choosing to be involved in an illegal or questionable act, especially with others.” This little adjective produced spikes in the number of times it has been looked up on the site within the past year. Even I remember having it as a vocabulary word in English during my junior year. A word like complicit is not necessarily a word that commonly rolls off the tongue in casual conversation. That being said, in years past, there was no need for a word that so aptly encompasses the political and social turmoil that has occurred in 2017. Between the ongoing Russia investigation, sexual harassment allegations in both Hollywood and Washington, and countless mass



shootings, America has certainly been involved in some illegal and or questionable acts.

But here’s the thing: Dictionary.com didn’t choose the word complicit to represent those who did wrong, but rather those who did right. Upon

COMPLICIT

announcing the word, the website said, “We chose our Word of the Year, in part, because of noteworthy stories of those who refused to be complicit. In the face of oppression and wrongdoing, this refusal to be complicit has been a grounding force of 2017.” With every bad situation, if you look hard enough, chances are you will see at least a sliver of a silver lining. And the events that

took place this past year are no exception. In the face of the deadliest mass shooting by an individual in the United States, there was Marine vet Taylor Winston, who used a stolen truck to shuttle victims to the hospital. In response to the realization of what a problem sexual misconduct is in our society, the #MeToo campaign was born. And even after the bitter truth that dozens of politicians are being investigated for collusion, we can only hope that it will prevent future tampering in elections.

After a year like this one, it is normal to wonder where things are going to go from here. Unfortunately, I, nor anyone else for that matter, has an answer. That being said, all we can do is try and do better than before. From now on, we should strive to be like Taylor Winston, and those who were brave enough to share their stories of sexual harassment with the world. They are the people who decided to do good in spite of other people’s complicity. For now, it seems my word count for the year is nearing its 7.3 million mark. I’ve said a lot this past year, and although there is still much more to say, it will have to wait until January, when the clock on our yearly word count resets again. See you next year.

The Lion’s Roar

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The Lion’s Roar

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news

WHY DO WE BUY SO MUCH STUFF?
American Consumers Only Want More

By Rachelle Bousquet
Lion’s Roar Staff

You’re walking down the aisles of your local Target at 9 p.m. on a Tuesday. The fluorescence of the overhead lights washes over you from above, giving both yourself and your carriage full of commodities a sickly glow.

You had originally set out on this excursion to purchase a glue stick that you need for your Spanish project that is due first period tomorrow morning. However, as you approach the line for the checkout area, you realize that your carriage has become a dumping ground for a plethora of miscellaneous items, including, but not limited to, the Camp Rock soundtrack.

As you begin to place your items on the conveyor belt beneath the judgeful gaze of the cashier, you begin to wonder how it all came to this. How did your simple mission to buy a single glue stick transform into you making the walk of shame in the middle of the Target Parking lot?

Americans today are buying more than ever before. Homes are filled with an endless litany of possessions. From flat screen tvs and cellphones, to microwave ovens and throw pillows, the average American household is brimming with -- and there is no better way to put it -- stuff.

This evolution owes much to the ever changing consumer culture of America. It all started with the creation and popularization of mass

production, allowing manufacturers to produce goods at an alarmingly fast rate for an even lesser cost. Then came the introduction of the credit card. Suddenly, Americans had the ability to purchase more than they could previously dream of, slowly sinking themselves into debt.

Transformations and advances such as these that have taken place over the years have culminated in the consumer culture we know today. Presently, all you need is internet access in order to have an entire world of online shopping right at your fingertips. It would certainly be a challenge to find something that is not able to be purchased via the internet, especially with platforms such as Amazon that are so easily accessible to anyone and everyone. Gone are the days when Americans had to put the extra effort of actually getting off the couch in order to satisfy their consumer needs.

The growing influence of advertising in America’s culture is also a major contributor. Advertisements encouraging people to buy more are everywhere. They can be found on billboards as you cruise down the highway, in between jams on your favorite radio station, commercial breaks during your latest television obsession, and sprinkled anywhere and everywhere on the internet. Nowadays you can even find advertising in odd places such as bathroom stalls and, for some reason, eggs. Being constantly surrounded by ads telling you that you



Americans save too little, spend too much and borrow excessively, as the opportunities to buy and buy more become more and more accessible. PHOTO BY AVERY POTEMRI

absolutely NEED this product and that, it is understandable that many of us are purchasing things that are actually quite unnecessary.

Although the consumer culture of America is definitely at fault for this seemingly endless thirst for more, it is not the only culprit. In fact, much of the blame can be placed on us ourselves. According to the American Psychological Association, much of our spending can be attributed to a lack of willpower and self control. While the neverending stream of advertisements and societal expectations are certainly suffocating, the

fact is that they cannot actually force us to buy anything. Instead, it is up to us to give into the voices in our own head telling us that yes, we definitely do need that Snuggie.

According to the Huffington Post, another reason why you may continuously purchase things you do not need is a deep desire to impress those around you and, as a result, make yourself feel better about where you stand. We often perceive people who have more material possessions as living a more successful life and being superior to us in general. Because of this, we tend to buy as much as we are capable of so that then people can look at us and think, “Wow, that person is doing something right. Look at how much stuff they have!”

Essentially, the only reason you actually bought that full length body pillow of Ryan Gosling is to entertain your insecurities and make yourself look more put together.

Perhaps one of the most influential reasons why people tend to spend a lot of money on things they do not necessarily need or maybe even want is because they believe

that it will make them happier. Research reported by the American Psychological Association suggests that although people today own much more than those who lived in the 1950’s, they are not any happier. In fact, research shows that people today are at a much greater risk for depression and other disorders.

It has also been found that people who put a lesser value on affluence and consumption are often much more satisfied with their lives than those who are constantly chasing after wealth and the acquisition of ‘more’.

We live in a society that promotes the idea that “more is better” and places a high value on financial success. This pressure combined with the overabundance of advertising and our personal insecurities all add up to the perfect recipe for debt with a side of a dissatisfaction.

So the next time that you are walking down the aisles of Target or scrolling through the digital aisles of Amazon, try to remind yourself that although you may think you want yet another mug with a quirky saying on it, you most likely don’t need it.

Our classrooms today aren’t what they used to be

By Hannah Leopold- Brandt
Lion’s Roar Staff

Elementary school is usually characterized as a place where children learn in more fun and engaging ways. It is a place where our educational paths begin. Over the years, educational standards have improved, and if you walked into an elementary school class today, it may not seem like the class you remember.

All schools within the United States are required to follow the Common Core standards for each subject within their grade level. These standards are revised and updated every so often in order to keep the country’s education up to par with the rest of the world. Common Core standards are broken down by grade and subject in order to provide clear standards as to what each student should be able to do.

There are a few College and Career Readiness Anchor Standards for every subject that outline the ultimate goals that each grade level takes steps towards achieving. This is then followed by the individual goals that students should be able to achieve once they complete their current grade level. For example, by the time they graduate, all students are expected to “read closely to determine what the text says explicitly and to make logical inferences from it; cite specific textual evidence when writing or

speaking to support conclusions drawn from the text” as one of the reading College and Career Readiness Anchor Standard. By the end of the school year, a kindergarten student is expected to be able to “with prompting and support, ask and answer questions about key details in a text” in order to lay a foundation for the ultimate goal they will achieve at



Kindergarten students at Northern Elementary last year work on their assignments. PHOTO BY MARY LIND

the end of their schooling. Of course, these standards have not changed very much from when we were all in elementary school, but the ways in which teachers achieve these standards may not seem similar to the ways in which we were taught. Kelly Marini is a first grade teacher at Lonsdale Elementary school. She comments that “there are some aspects of [her] teaching style that have changed, but [her] philosophy has remained quite steady since [she]

began teaching in 1998.”

However, she finds that the biggest challenge is the testing that accompanies the new standards. “As an early childhood educator, I believe in play and a child-centered approach. We don’t have time for play and the arts like we used to,” states Marini. “We assess much more now. Early childhood teachers have to think about preparing students for standardized testing in the older grades, which is something I never thought I would have to do.”

The fun has not been totally lost though. Many of the programs we remember are still there such as theatre, book buddies, and pen pals. There are also new programs that technology has produced such as computer programming. Senior Alexa

Labossiere has a sister who is a fifth grader at Central Elementary. Labossiere finds herself jealous of some of the opportunities that her sister are presented with that she never had. “My sister has done some cool history assignments which have been interactive. She had a day where they dressed up as colonial people which I never did,” commented Labossiere. “Also, she went to Slater mill, took a milling class, and then did some

All that glitters is not good

From Page 1

name, students had a lot to say about the use of Juul’s coming to Lincoln.

A junior at LHS added that they have seen many of their friends using them, “the amount of kids at our school that have a Juul has increased tremendously over the past couple of months.” They continued by saying that they “truly don’t understand everyone’s need to have one when a lot of people know the affects of them”

Another student, a sophomore here at LHS adds to the discussion of Juul’s, admitting that they have seen people hiding their juuls from teachers. “I have seen many people use their Juul’s in the bathroom and almost any time when not under supervision.”

This is becoming very common among high schools. According to USA Today, a suburban high school’s principal in Washington D.C. decided to remove all the doors off of the stalls in the bathroom in order to keep kids from using any sort of drug- mainly the Juul.

Although this can be harmful with getting teens addicted to nicotine, this is not the only concern of teachers. In fact people are now using Juuls to vape other chemical compounds such as hash, cannabis, and butane hash oils along with other THC products (Tetrahydrocannabinol).

Lincoln Principal Mr. Kevin McNamara adds his view on students using Juuls with cannabis oils. He says, “We are worried about student safety. We are worried about the students who may present one way normally, and may present very differently under the influence and may not be as rational, reasonable, or able to deal appropriately with situations.” Being under the influence of nicotine or other drugs during school hours can negatively influence the focus and learning of a student.

Mr. McNamara continued to say how handbook policies and procedures will need to be adjusted as the new technology develops in order to keep LHS the most safe and productive learning environment possible.

One piece of advice: *Don’t Juul in schuul it doesn’t make you cuul, abide by the ruuls.*

Americans need answers to mass shootings

By Rachelle Bousquet
Lion's Roar Staff

On Sunday
November 5,
26-year-old Devin

Patrick Kelley approached the First Baptist Church in Sutherland Springs, Texas. It was only a short while after 11 a.m., the time of the Sunday morning service, when Kelley stood outside of the Church, cloaked in an all black garb complete with a mask and a ballistic vest strapped to his chest.

Armed with a Ruger military-style rifle, Kelley entered the church and began methodically shooting at terrified patrons. For several minutes, Kelley continuously fired off shots into the heads of his victims. Only taking time to quickly reload, it was clear that Kelley had one goal in mind - to kill as many people as possible.

When Kelley was finished inside of the church, he exited the building and found himself in an exchange of fire with Stephen Willeford, an armed citizen. After being struck twice by Willeford, Kelley sped away in his vehicle. Once the situation was explained to fellow citizen Johnnie Langendorff, the two began to pursue Kelley in a high speed chase.

After about ten minutes, during which Langendorff and Willeford called 911 to assist in giving directions, the chase ended when Kelley's car hit a stop sign and veered off into a ditch.

Police later found Kelley dead inside of his vehicle with a self-inflicted gunshot wound to the head.

In the aftermath of this tragedy, 26 of Kelley's victims from the church were reported dead and another 20 wounded. The ages of the victims ranged from 18 months old to 77 years old, and among the dead were the 14-year-old daughter of the pastor, Annabelle Pomeroy, as well as eight members of the Holcombe family. This deadly and heinous crime has been the worst mass shooting that the state of Texas has ever seen.

One of the most chilling aspects of this tragedy is the question of how Kelley was able to obtain the weapons he had on him in the first place. Kelley was a member of the United States Air Force until the year 2014 when he received a "bad conduct" discharge. Kelley had served a year in confinement after pleading



PHOTO: FLIKR CREATIVE COMMONS

guilty to multiple charges of domestic abuse against both his wife and infant stepson. It has also been reported that during his time in the Air Force, Kelley was placed in a psychiatric hospital after making death threats towards his superiors and attempting to smuggle in weapons. Kelley supposedly escaped the hospital only to be later caught by local police.

With this background, Kelley legally should not have been able to purchase any firearms. However, due to the Air Force's mistake of not reporting his case, Kelley was able to pass multiple background checks and therefore acquire the multiple guns he had with him during the shooting.

This tragedy is not one in isolation. Back in October, Stephen Paddock had fired over 1,100 rounds of ammunition on a crowd of country music fans attending a festival in Las Vegas. Paddock had killed 58 people and injured hundreds more before taking his own life. This shooting, which occurred only a month prior

to Kelley's, has been recorded as the deadliest mass shooting in the history of the modern United States. Similarly, the U.S. has faced other horrifying tragedies such as the mass shooting that left 49 dead at Pulse nightclub in 2016, the shooting at Virginia Tech in 2007 that left 32 dead, and the shooting at Sandy Hook Elementary School in 2012 that had a death total of 27.

Many people worry that the surge in mass shootings and other acts of gun violence have desensitized us. Even though tragedies such as the First Baptist Church shooting continue to produce feelings of confusion and anguish, it is also true that such acts of mass violence have become less of a shock than they used to be. Still, this church shooting and the recent Las Vegas shooting have left people asking "What now?"

In response to the most recent massacre in Texas, President Trump has commented that the events of November 5 reflect a growing problem with mental illness rather than a flaw in the gun laws of the United States.

While some citizens do agree, there are still many lobbying for stricter gun regulation in an effort to prevent such monstrosities from occurring so frequently. The Economist recently reported that gun violence killed 34,000 people in America in 2014, the most recent year for which data is available.

The death toll rivals that of traffic fatalities. That is about the same number of people who died in traffic accidents. Although the needed course of action for the United States continues to be debated, one thing that is not up for debate is that something must be done.

Whether the answer is a change in gun control legislation or some other solution, the people of the United States have a responsibility to do something to try and assure that this appalling and heartbreaking pattern of mass violence ends.

Are administrators and teachers always in danger?

By Sadie LaFleur
Lion's Roar Staff

Thursday, November
16 was none less than
terrifying at the home

of Bellingham High School Principal, Lucas A. Giguere. A homemade explosive device,



Bellingham Principal Lucas Giguere of Blackstone Massachusetts. PHOTO: LUCAS GIGUERE TWITTER PROFILE

possibly a pipe bomb exploded beneath his Jeep parked in his driveway at 6:15 P.M. Left uninjured, Giguere remains horrified and confused, not

knowing who did such a horrible crime.

Giguere's father, Oliver, lives next door to his son was watching television like any normal day as the sound of a bomb went off. Oliver was quoted by the Boston Globe stating "It wasn't like a firecracker, It was a good hit. You could feel it." Being a Vietnam War Veterans, "We know the sounds" of explosions, Olivier Giguere said of himself and his neighbor. "You could tell it was no joke"

Lucas Giguere came home from school early Thursday to his home where he lives alone after not feeling well. Oliver claimed to the Globe that he did not see any suspicious actions in his neighborhood or around his son's vehicle before the bomb went off. Lucas Giguere was not able to be reached for comment Friday. Lucas went to work as scheduled the following day, however his mind certainly was not straight.

According to the Boston Globe, Bellingham School Superintendent Peter D. Marano said police were deployed outside the high school Friday. Bellingham police said there was an "open investigation" and would not comment any further.

With no arrests so far, the investigation is still ongoing. Blackstone Police Chief Ross. Atstupenas told the Globe that the bomb was homemade and that investigators, including the State Police bomb squad and the federal Bureau of Alcohol, Tobacco, Firearms and Explosives, recovered evidence from the scene and the Jeep. Atstupenas seeked help from the community asking anyone who saw or heard anything on Lakeshore Drive to call police.

Maurice Dubeau, a neighbor of Lucas, told the Globe "He was terrified because of what has just happened to his vehicle, he said he never expected anyone would do that to his vehicle. He was very controlled, and he immediately called the police."

Many students of Bellingham High School made statements showing full respect and support of their principal, stating they have no clue who would ever do that to him.

Although the creator of the bomb is unknown, assumptions and horrific thoughts of a student committing such a crime are possible. Gering High School of Nevada went through a scary situation before school, a student attempted to assault a staff member. According to scanner traffic, the teen was armed with a knife. The Gering Police Department released that the 16-year-old boy was arrested about two blocks from the high school on charges of terroristic threats and use of a deadly weapon.

In an even scarier case in 2013, a teenager who raped and killed his high school math teacher was sentenced to life in prison with eligibility for parole in 40 years of his imprisonment. Philip Chism was 14 when he followed his teacher, Colleen Ritzer, who was 24, into a school bathroom, strangled her, stabbed her at least 16 times and raped her. Yeah yeah that's

Although these situations are extreme, teachers are often vulnerable to dangers within their job. Although it may seem unrealistic, you never know what can happen.

"Any workplace environment, the larger and type of work you do, can expose you to different threats,"

LHS Principal Kevin McNamara said when asked to comment. "However, what happened in Blackstone is very extreme. I think people, whether it's a doctor in hospital, an attorney in family court, teachers and administrators, everyone needs to take proper awareness wherever they are."

A Trinity Rep Classic Turns Forty

By Mary Lind
Lion's Roar Staff

It's a Rhode Island
tradition to see *A
Christmas Carol* at

Trinity Repertory Company in downtown Providence. And once again, it didn't disappoint. For the fortieth anniversary of the show, Trinity Rep pulled out all the stocks to make it more magical than ever before. Directed by dynamic duo Angela Brazil and Stephen Thorne (a married couple who are both resident actors at the company), this year's show is headlined by Joe Wilson, Jr., who brings humor and humanity to the usually unlikable character of Ebenezer Scrooge.

The show is performed in the round, with the actors coming in from all sides and interacting with the audience throughout. There are also some more modern twists on the classic tale this year, with one example being that Scrooge's former boss, Fezziwig, is in this year's show is Mrs. Fezziwig, and she has young adult daughters. Mrs. Fezziwig, played by Rachael Warren, enters from the floor on a large bell. While the whole cast is exceptional, stand-out performances include John Noble Barrack as Bob Cratchit and Orlando Hernández as the tap-dancing Ghost of Christmas Present.

Perhaps the most incredible part of this year's performance, however, is the participation of various community groups as cast members.

"A big part of this story is about actually connecting with the world around us," says Thorne in a feature for the Onstage at Trinity Rep section of the show's program, adding that "Dickens suggests that Christmas is one of the only times of year when we make an attempt to think about the people around us...so it seems natural" to include the community in "this amazing yearly community event that is *A Christmas Carol*."

Brazil agrees, also saying that the Dickens classic "couldn't be a more timely story" and that, "in our current fractured landscape, the

importance of community, of looking at and really seeing each other, is critical."

Over a dozen community groups are

goals.

The already incredible show was made even more moving by seeing these strong



PHOTO: TRINITY REPERTORY COMPANY

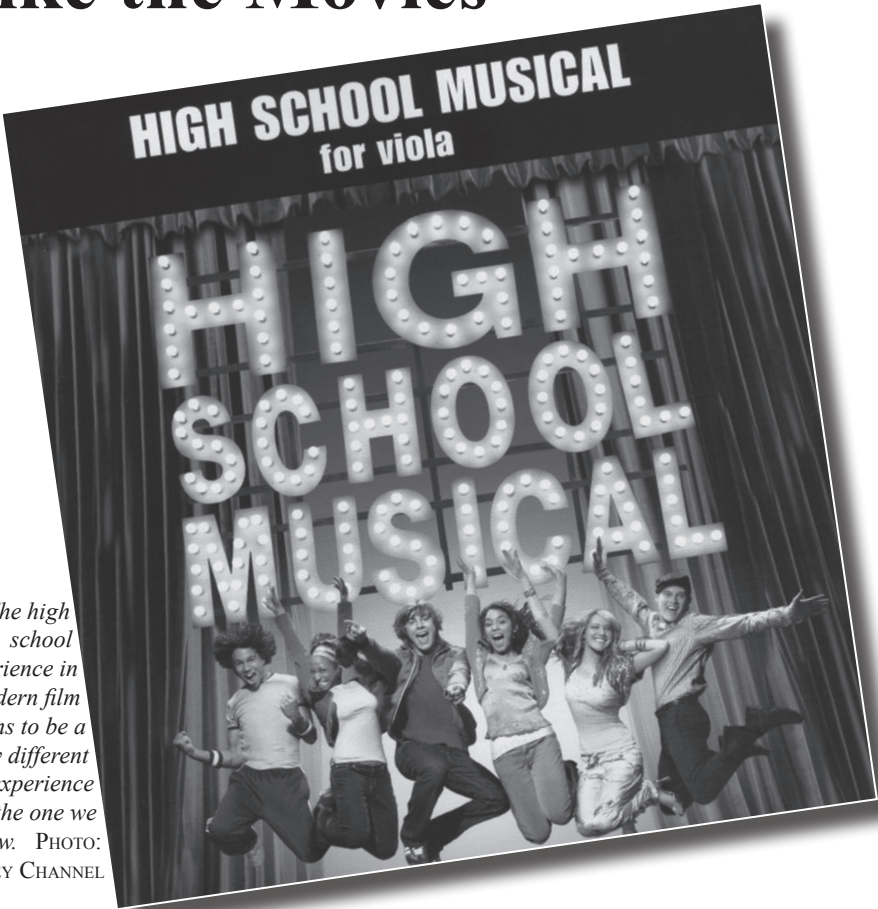
performing in *A Christmas Carol* in three shows each over the course of the show's nearly two-month run, including: The Boys & Girls Club of Woonsocket, Girls Rock! Rhode Island, Progreso Latino, The Providence Veterans Administration, and Youth Pride RI, along with several others.

The group that performed the night I went was SOAR (Sisters Overcoming Abusive Relationships), a group started in 1989 by a group of domestic violence survivors to advocate for legislation protecting the victims and children of the victims of domestic violence and their children, educate the community about domestic violence, and empower their members to achieve their

women and their children onstage, sharing in and spreading the holiday spirit that was so abundant in the theater. Trinity Rep has a long history of providing both quality entertainment and giving back to their community, and with this year's *A Christmas Carol*, they managed to do both once again.

A Christmas Carol runs through December 31 at Trinity Repertory Company at 201 Washington Street in Providence. Tickets start at \$25 and can be purchased in person at their box office, online at trinityrep.com, or over the phone at 401.351.4242. For more information about SOAR, please visit their website at soarinri.org

High School Is Nothing Like the Movies



The high school experience in modern film seems to be a very different experience than the one we know. PHOTO: DISNEY CHANNEL

By Rachelle Bousquet
Lion's Roar Staff

Movies, especially the ones viewed during adolescence, can have a major impact on a person's life. They can influence a person's aspirations, expectations, and even their perceptions of the world around them. Young children often have not garnered enough life experience for them to make appropriate hypotheses about life on their own. As a result, they look to movies to conjure up their views on life.

One of the most significant changes that a young person undergoes in their lifetime is the transition from middle school to high school. Students trade in the comforts of uniformity and structure for the thrills of variation and freedom. While this is all very exciting, it can also be absolutely terrifying. Students must prepare to chart personally unknown territory, a daunting task for the general human population who fear what they do not know and understand.

One thing that does not typically aid in alleviating the anxiety that comes with the transition into high school is the excess of movies that portray high school in an overly theatrical, and frankly, unrealistic fashion. These movies paint pictures of the high school experience that can be largely inaccurate and extreme in ways that are either exceptionally positive or remarkably negative. Movies that do so frequently set kids up with expectations for high school that either lead to them being unnecessarily anxious or let down by the lack of commotion.

Take *High School Musical*. This immensely popular movie franchise centers on the lives of high school students Gabriella Montez and Troy Bolton. The characters in these movies do go through many of the trials and tribulations that the majority of ordinary high school students endure. They have boy trouble, get detention, and play typical high school sports. However, there is one major aspect of this movie that causes it to cross the line between reality and fiction: the singing and dancing. Not only do the characters break out into song and dance sporadically, they also do it in sync. Everybody knows all of the words to all of the songs and are able to perfectly execute the choreography. Mr. Jeffrey Bitton, a math teacher at LHS, claims, "In my 21 years teaching at Lincoln High School, I have never seen a large group of students spontaneously break out into synchronized song and dance."

Mean Girls is yet another movie that over dramatizes the whole high school experience. In this film, the high school is divided into a clear and harsh hierarchy with a trio of mean girls ruling at the top of the social pyramid. The groups introduced in this movie are both

exclusive and stereotypical with no room for variation. In reality, cliques are not nearly as strict or as significant in high school as movies such as *Mean Girls* make them out to be. Sure, there are different groups that are often made up of students with similar interests. The difference, however, is the social structure at typical high schools is not dependent on who is in which group. Instead, students of all groups mix and socialize as they please without making a big deal about it.

When someone from the lacrosse team hangs out with someone who does theater, nobody even bats an eye. "In high school cliques don't even really matter anymore" claims Savanna Colpitts, a senior at Lincoln High School. "Everybody just kind of does their own thing."

The misrepresentation of high school in the media does not stop there, either. Television shows such as *Gossip Girl*, *Pretty Little Liars*, and *The Vampire Diaries* all feature characters that are supposed to be students attending high school. According to the Los Angeles Times, the average student in high school is given around 3.5 hours of homework each night. While the amount varies, many students are forced to take a significant amount of time after school to complete their homework assignments.

Students also get stuck with other school related tasks such as studying extracurriculars. "I have about four hours of homework each night and even more on the weekend" expresses senior Alexa Labossiere. "I don't even know what free time is anymore."

Despite this, the characters in the shows listed above all seem to have an unnerving amount of free time on their hands. Viewers watch episode after episode of these characters managing their own nightclubs, investigating murders, and running around with supernatural beings. How these characters manage to have such crazy adventures while keeping up with the numerous and stress inducing demands of high school is the real question. In retrospect, the average high schooler may want to take notes from these characters.

It's possible that having enough free time to embark on such endeavors is simply a product of not procrastinating, a skill that continues to remain a mystery for many students.

High school, in reality, is not anywhere near as eventful or tragic as it seems in the movies. The vast majority of students make it through high school without breaking out into song and dance in the middle of the cafeteria or being shoved into a locker by the resident bully.

Instead, the typical high schooler goes about their day cramming for the calculus test they have next period and fuming over people who walk slowly in the hallway.

Can Music Negatively Impact Our Lives?

By Dan Crowley
Lion's Roar Staff

The phrase "sex, drugs, and rock n' roll" was once used to establish the style of music as an unpleasant part of society and culture.

The phrase has been virtually vacated from modern speech, while "rock n' roll" has grown into the new "golden oldies" while our parents, the original rock n' rollers have become the new critics of youth culture.

However, can music be a negative influence on the lives of listeners? Is it a gateway to crime and obscenity which corrupts the minds of the youth? Popular music is flooded with songs about sex, drugs, blowing off your responsibilities, and violence. Modern music is emotional, talking about subjects of rage, sorrow, and love. What do these factors do our mental states as listeners?

Popular music in America is made up of two main genres: rock and roll and hip-hop and R&B. Rock and roll has no real "official" definition, and it comes in many different sounds. However, the basic definition is lyrics being paired with beats which are made from instruments (usually guitar, bass, and drums are staples). The instrumentation is usually heavily emphasized, being either as important to the meaning of the song as the lyrics, or even more important to the meaning. The instrumentation typically has moments in which it is being played alone for long period of times, which is where the popular concept of "guitar solos" comes into play.

Hip-hop and R&B is a very different category, albeit with similar origins. In reality, Hip-hop and R&B are two different styles, but they both share one quality. The lyrics rely on much more than the instrumentation for the meaning. Instrumentation can establish mood and tone for the song; however, it is not as important to the song as the instruments in hip-hop are. Both genres are also closely related to the style of delivery known as rap. Rap is essentially just spoken word poetry paired with complex (or in some cases simplistic) rhythms. R&B on the other hand more heavily incorporates singing.

In hearing those simplistic descriptions, it is clear that those genres make up a massive percentage of musical consumption in the US. However, can the songs you hear alter the way you behave, and more importantly, can a negative song promote negative behaviors in a person?

This is a very hard question to research due to diversity of human experiences and mental states, as well as the diversity of music itself. There are so many contributing factors which shape human behavior that at the end of the day, the music we listen to is one small spec in the ocean of influences which apply to the human psyche.

However, there is some research that the music you listen to can actually shape who you are as a person. Even though songs may

talk about negative aspects of life, with drugs, crime, and violence being common topics, what is more important for how music shapes how we live are tone and emotion.

Studies have found that music can serve as an outlet for emotional expression and management. People are able to relate with emotional content of some songs and through that be able to lose the hopeless mentality which comes with mental states such as depression and anxiety.

A rapper making recent buzz in the hip-hop scene, XXXTentacion opened his album 17 in late August. With the words, "here is my pain and thoughts put into words/ I put my all into this, in hopes it will help cure/ or at least numb your depression," the album brings up topics from the personal experience of the rapper, bringing up the struggles of the people in his life, as well as the his own personal run-ins with mental illness.

While emotional rap has existed for a while, it is only beginning to become a very popular form of the genre. However in the world of rock and roll, emotionally charged songs have had a place for a while. 'Emo' rock became name grouping together a majority of what was popular for teens in the 90's and early 2000's. One of the most notable of these bands is the grunge band, "Nirvana", led by the late singer Kurt Cobain, who, through his own tackles with depression, killed himself on April 5th, 1994.

These songs and genres as a whole have been able to give people a platform for their emotional release and expression, which is a great way to cope with personal issues and can actually help deal with problems such as depression, suicidal thoughts, and anxiety.

Some songs also serve as to promote activism for these issues. Rapper Logic, the most notable example of recent memory, has a new song from his album, *Everybody.* The song in question, 1-800-273-8255, brings up not only personally struggles from the perspective of an explainer but he also tries to reach out to his fans to seek help, and to send them his best hopes in their times of need.

Clearly music can be a force that actually improves the mental state of individuals. It can assist with the management of emotions which are considered negative such as rage and depression. However, there have been some studies which critics of the genres mentioned above bring up.

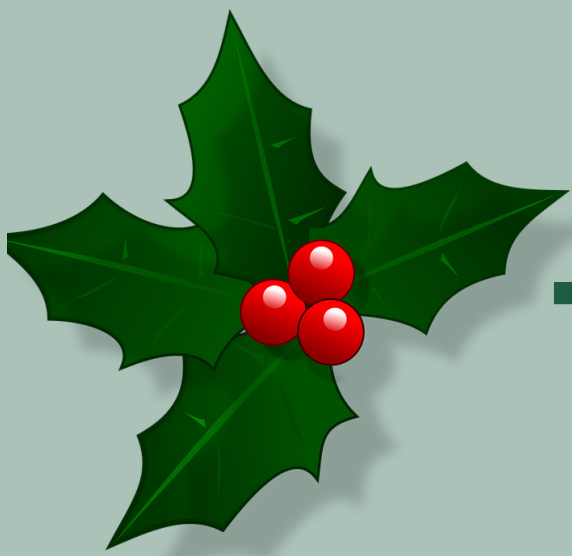
The University of California, Los Angeles, for example came out with a study which stated that the has been an association with criminals and listeners of hip-hop. However, that study and studies of similar degrees have been criticized for making conclusions of stating that there was a correlation between the crimes and the fact the people listened to the music, same with older studies which made the same connections to rock and roll.

At the end of the day, it must be known that music could very well trigger listeners to do bad things. However, that is the case with any medium of entertainment, from TV all the way to books and other forms of literature.

With so many of the American people listening to these songs it is clear the songs themselves cannot be blamed for the actions performed by the listeners. Music is something you cannot avoid in modern culture; it is ingrained in the firmament of society. It is no more influential to the minds of the people than any other aspects of life consumed by the mass populous.



NIRVANA
ALBUM
COVER,
1993
Geffen
Records



This is What The S

By Alexandra Theroux
Lion's Roar Staff



Friendships grow stronger every day, particularly during the season when college acceptances start trickling in and the reality ahead comes into focus. These seniors (l to r) Carter White, Evan Thompson, Kiran Thakur, and Kyle O'Hern may be separated next year, but will remain friends forever. PHOTO BY GIAN PROTANO



With the air now chilly and Christmas music playing on the radio, it is safe to say the holiday season is officially here at Lincoln High School. Classes are in session as usual, and while not much has changed, if you look closely enough, you might see the little nuances of the holiday spirit in the most unlikely of places. Whether it be the twinkling Christmas tree in the main office, the lights adorning some of the classrooms' whiteboards, or even the holiday themed artwork hanging in some of the hallways, it's beginning to look a lot like Christmas everywhere you go.

Aside from the pretty decorations and festive parties sure to come as the holiday nears, students are also remembering what the holidays are really about: giving back. For FBLA, it involves a winter coat drive, where students and faculty have been donating old winter coats for those in need. Additionally, Mrs. Cardarelli's students continue to collect canned goods, with a special emphasis on it at this time of the year. Outside of charity, we have been giving back in other ways as well. Through engaging in unifying activities, helping each other with schoolwork, or simply just spreading a bit of kindness, students have become living examples of the core values of this season.

Without further ado, this is what December looks like.



Matthew Carvalho collaborates with Sarah Leonetti during Honors 10 English with Mrs. Robidoux. PHOTO BY MOLLY THIBAudeau



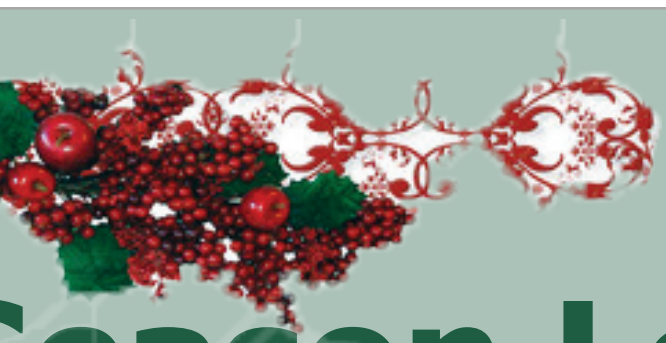
Kate Swanson celebrates LHS generosity as she admires donations to the FBLA Coat Drive, which will continue through December 15. PHOTO BY RILEY RIENDEAU




Signs of the season are everywhere, even on your morning coffee! PHOTO BY HANNAH LEOPOLD-BRANDT



Mr. Marc Cobb puts the final touches on an office tree. PHOTO BY AVERY POTEMRI.



Season Looks Like





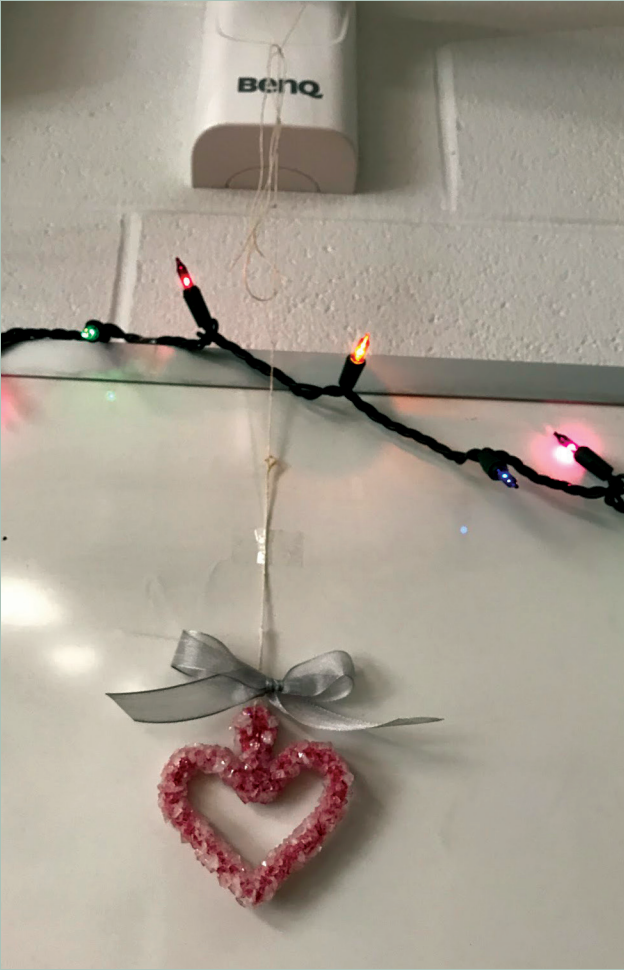
Left, Field Trippers Amanda Ryan and Kristen Laliberte view the Patriot Place Holiday Giving Tree in November as cups of cocoa and rays of light warm their spirits, despite near-freezing temperatures. PHOTO BY MARY LIND.



Above: Every season, Ms. Corrie Rosa shows her love and support for her students. PHOTO BY MAYA ESTEPHAN.

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Mrs. Denise Collins demonstrates that Beryllium, Nickel and Cerium are essential elements for the classroom. PHOTO (ABOVE) BY NEVAEH CHITO. Many say the beloved science teacher wears her heart on her... BenQ. PHOTO (BELOW) BY NATALIA CARBONE.



Below, Mr. Brian Grant assists Julie Albanese making a game board in wood shop. PHOTO BY ERIN MCGINNESS

Faculty Fast-Talk

Mr. Conor McCloskey



Do you have any siblings? *Three, two sisters and one brother*

What is your favorite ice cream flavor? *Cookies and Cream*

Favorite holiday movie? *The Grinch, not the Jim Carrey one*

What is your drink of choice in the morning? *Coffee*

Last movie you saw at the theater? *IT*

Middle name? *Joseph*

Oreo: cookie or cream? *Cookie*

Does pineapple belong on pizza? *No*

What is your favorite place in the whole world? *Acadia National Park*

Do you believe that aliens exist? *Yes*

Do you own slippers? *No*

Do you sleep with socks on? *Absolutely not*

Do you sleep with the door open or closed? *What kind of person sleeps with the door open?*

If you could change your name to anything, what would you choose? *Tikki Tikki Tembo-no Sa Rembo-chari Bari Ruchi-pip Peri Pembo*

What is the last thing that made you laugh? *Ms. Medeiros*

Worst injury you have ever had?

Sprained Ego

What is your favorite thing about where you live? *The Ocean*

What is your least favorite thing about where you live? *No Mountains*

What is your biggest fear? *Ms. Medeiros*

What is the last book you read? *Into the Wild*

Favorite quote? *“Darkness cannot drive out darkness, only light can do that...” MLK Jr.*

What song would you want played at your funeral? *“Into the Mystic” - Van Morrison*

What is your favorite conspiracy theory? *Ms. Medeiros, in the Conservatory, with the Wrench*

What's one thing that you're obsessed with that you could talk about for hours? *Teaching and Music*

Who, alive or dead, would you most like to throw cold spaghetti at? *Is cold spaghetti an insult or a compliment?*

What is your favorite movie? *The Dark Knight*

Which instrument do you wish you could play? *Piano*

Turn to FAST TALK, page 11

Unique and Colorful Ways to Celebrate Around the World

By Sadie LaFleur
Lion’s Roar Staff

The most wonderful time of the year for spirit, expression, and happiness. All over the world, Christmas celebrations reflect local culture and traditions. The festivities can be drastically different from country to country, focusing on different aspects of the nativity story. Whether you’re celebrating a religious festival, like Hanukkah or Christmas, or a more secular occasion, you’re sure to have your own selection of rituals or customs that make the holiday season unique and special. Traditional Christmas decorations and festivities are often admired and are to be celebrated in most countries, even in many of the countries where Christianity is not the religion of the majority of people.

In Japan, KFC is a traditional Christmas meal. According to The Fortune, the holiday is typically seen as a day of happiness and romance, not religion. Many couples even celebrate the day like an American Valentine's Day. The anticipated Christmas dinner in Japan is a bucket of fried chicken for the family to share.

In the Philippines, The Giant Lantern Festival is never missed. The festival attracts spectators from all over the country and across the globe. The Philippine Primer describes that eleven villages take part in the festival and competition is fierce as everyone pitches in trying to build the most elaborate lantern. The grand festival is held each year on the Saturday before Christmas Eve in the city of San Fernando, known as the “Christmas Capital of the Philippines.” The lanterns are made from a variety of materials and have grown to around six metres in size, each lit up with bright and colorful bulbs. The finished lanterns display intricate designs and patterns, an event too beautiful to miss.

In Sweden, Since 1966, a 13-metre-tall Yule Goat made out of straw has been built in the center of Gävle’s Castle Square for the Advent. However, The Huffington Post says this Swedish Christmas tradition has unwittingly led to another tradition of people trying to burn it down. Since 1966 the Goat has been complete-

ly burned down 29 times, including the most recent destruction last 2016 Christmas. While here in America, Christmas is often celebrated with elves and Santa Claus, the face of the holiday in Austria is the terrifying Krampus. According to National Geographic, Krampus is St. Nicholas’ evil accomplice that is known to capture the naughtiest children and take them away in his sack. Thousands of people gather in Hollabrunn Market Square, Austria, to watch more than 120 Krampus impersonators take to the streets. For 47 years, the Cavalcade of Lights is a beautiful event marking the start of the holiday



PHOTO: CALVADE OF LIGHTS/CITY OF TORONTO

season in Toronto, Canada. CBC News claims that over 525,000 shining LED lights and a giant Christmas tree bring joy and light to Nathan Phillips Square, attracting all kinds of tourists. Live musical performances and firework display entertain the audience, while the opening of the Square’s winter ice rink is available for more entertainment.

In the Ukraine, people hide a decorative spider inside their Christmas tree and decorate their trees with webs. The LVIV Today describes it as a long-standing tradition derived from a story about a widow who found a spider had spun a web around her tree and it turned to threads of silver and gold. Whoever finds the spider in the tree is said to have good luck.

Christmas has a different meaning to everyone; that may be depending on your family, your hometown, or your religion. No matter where you may live, Christmas traditions are a big part of the holiday season.

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sports

Cheers and fears: The joy and challenge of Lions cheerleading

By Rachel Smith
Lion’s Roar Staff

Frozen, mind churning with cheer counts and anticipation of the next move. Everyone in sync, moving together as one whole body of individuals. Pom-poms glittering underneath the field lights ; heart-beats pounding, filling up the girl’s ears.

Music vibrating the field and increasing in speed as the beat picks up for the stunts and moves taking place on top of the Lincoln Lions fierce and brooding head during the cheer squad’s halftime show.

Coach Carrie Lyne is the brains behind the cheer squads on-field magic. She chooses the



Halftime show on Ferguson Field. PHOTO/VIDEO BY HAILEY JOYCE

songs, produces the cheers, and coaches the girls to perfection. “I love her, she’s so nice!” Angelina Bairos expressed with a smile. “She’s the best coach you will ever have, she’s so nice.” In order to ensure a smooth and perfect performance, the cheer squad’s coach teaches the girls their dance, the girls listen and learn it, and then they all disperse into small groups to practice it. “Literally you have to be very focused. We take videos so that we can go home and practice because once it’s game day you can’t mess up,” she explained. Angelina Bairos is a back-spotter, which is the position on a cheer squad where the girls launch and catch the cheerleaders going up into the air for stunts. She is a strong leader for this role because it requires much strength and precision, both of which Angelina is skilled in.

“When it’s a home game and the whole school is there: freshmen, sophomore, juniors, seniors, parents, graduated seniors that come and it’s halftime, to pump everyone up, it’s so nerve racking,” explained Angelina, describing how she feels on the field during an LHS football game. The emotions that she feels are very common for most cheerleaders, as is the enormous impact that their cheering creates for the moral of the football team and onlookers. “If it’s an away game I’m like ‘I don’t know these people’ and there isn’t as much pressure,” Angelina said.

This feeling is reverberated through an abundant amount of girls playing other sports and creates a more larger sense of ease among the cheer squad. Angelina feels that as the girls progress in their cheer the girls all gain a sense of ease after they have passed the starting point.

All of the girls must be prepared for things in their cheer to become jumbled. “We start dancing and, like, Ainsley’s pants ripped the other day!” Angelina exclaimed. “It was so funny!” Incidents like this happen to everyone, even in their best moments, but do not prohibit the girls from performing and doing what they tirelessly prepare for. If someone is hesitant to go up into their stunt, back-spotters, like Angelina, push them along and keep the cheer consistent. The weather conditions, mishaps, and missteps do not head the girls from cheering on their team and pumping up their peers.

Quadree Smith teaches by example: hard work pays off

By David Leonardi
Lion’s Roar Staff

Almost every high school basketball player dreams of playing division one collegiate basketball. For some, this dream may come true, for others they may play at a lower level or their career may fall short and end after their senior year of high school.

If a player is righteous enough to play at the top collegiate level, they must then commit hours upon hours working at their game, and continue to improve. They must also be able to mix academics into their already busy-schedule in order to stay eligible to play in the next game.

Quadree Smith was one of those players. Smith played his freshman season at Providence College, played 19 games, and was able to score 33 points and grab 20 rebounds for the Friars before transferring to Gulf Coast State College Commodores in Florida to pursue his academic aspirations. He now plays for their basketball organization.

Smith describes his time with the Friars and playing division one basketball as “I felt like I accomplished something> Now I’m shooting for the next level...my time at Providence was great, met a lot of people, made brother’s for life. If i could go back just to be around those guys like Kris, Ben, and I can’t forget my OG junior. Them three guys were the main reason I learned anything that year. And now great things are happening for all of us.”

The best part of the NCAA, is being apart of March Madness, the NCAA tournament. Something Smith had experienced in his time at Providence. Smith recalls the “atmosphere is like no other!! To be honest you can’t hear anything, when you are playing coach had to



Quadree Smith PHOTO: GULF COAST STATE COLLEGE

use hand signs to let us know what to do some times.”

Smith was also teammates with Kris Dunn, now in the NBA with the Chicago Bulls. Smith states that “he is a hard worker, he is one of a kind if you ask me. Great teammate always pushing me trying to make me better. He helped me through a lot of things. Just a great person overall.”

Smith also transferred schools and basketball programs. This move was tough for him because of the friendships and connections he made in his time at Providence. “Providence is my second home.”

The NCAA experience is a tough one. Every day is a mental and physical battle to see if a player has what it takes to progress, make the team better, and work hard to one day move on to the next level.

Pawtucket Red Sox Are Going Places



Will the “PAW” be taken out of Pawsox? PHOTO: WIKIPEDIA/CREATIVE COMMONS

By David Leonardi
Lion’s Roar Staff

The Pawtucket Red Sox just finished their 75th year at McCoy stadium, but their days at that ballpark could be their last. McCoy Stadium has housed so many memories of the Pawsox, from the longest game in baseball history (33 innings between the Rochester Red Wings and the Pawtucket Red Sox in 1986), to winning two governor cups in 2012 and 2014.

Going to McCoy is also a family tradition for many families. The seats are cheap, and the prices of merchandise and concessions being so reasonable keep families of all classes coming back to enjoy a Pawsox game.

The Pawsox staying in Pawtucket would keep these traditions, as the Apex in Pawtucket is the ideal relocation spot for the team. President of the Pawsox Charles Steinberg, believes, “[The] Apex emerged as clearly the most vital for the rejuvenation of Pawtucket.”

Besides the Apex, many other locations have contacted the Pawsox regarding them becoming the team’s new home, with all being in Massachusetts. The most public city that has contacted them about possible relocation is Worcester.

Charles Steinberg has his eyes set on the Apex, and the proposal to the state is that the Pawsox would pay the majority of the investment (45 million). The city of Pawtucket would pay \$15 million and own the ballpark, while the state pays \$23 million. However, the state would make money on the investment, as they would pay \$1.4 million a year towards

the ballpark but earn \$2 million in revenue, meaning they would make \$600 thousand in profit a year. Steinberg states, “I hope the state of Rhode Island chooses to keep us, I believe we are a community asset.”

The Pawtucket Red Sox is also not like any other organization. Everyone is accounted for; you are a person rather than just a number. Employees are treated with respect and feel a sense of unity, while the players participate in many charitable events and meet kids all over the state. The ballpark additionally hosts many events that unite the city.

Director of marketing and merchandising Brooke Coderre, describes her favorite memory in her few years while working for the Pawsox. In the 2016 season she had just started working full time with the team. At the time, she was at Rhode Island College to get her masters degree. On Sunday May 14, Brooke had her graduation. However, with work being busy that day, she had decided to skip and come into work. Charles Steinberg gave her a call into the owner’s suite for help, but it was really a decoy to get her out of her office. She was then taken out onto the field to throw the first pitch and was honored for becoming a full-time worker and graduating college and achieving her masters degree. “It was a testament to who the Pawsox are... make everyone feel special.”

The Pawsox move won’t be for a few more years if the proposal is accepted to move to the Apex. But as for now, the Pawsox are at McCoy Stadium and are focused on business as usual.

Athletes aren’t always the best role models

By James Trant
Lion’s Roar Staff

A lot of people, adults and kids, have athletes as role models. Whether it’s a football player or baseball player or basketball player a lot of kids look up to professional athletes and adults try to model themselves after them. Recently superstar athletes such as Kyrie Irving and Aj Green have done some things that role models for little kids should never do.

On October 20th superstar basketball player Kyrie Irving yelled something to a fan that should never be said. The fan yelled at him saying, “Hey Kyrie! Where’s Lebron?” In response to this comment Kyrie Irving yelled back with profanities. Kyrie should have ignored that fan or at the very least laugh it off, but instead he yelled back at the fan and said something that not only the fan could hear but children that look up to Kyrie could hear as well. Not to mention someone was recording a video and the video heard Kyrie yelling at the fan. When asked by a reporter if he regrets saying it he said, “Hell no. Man enough to record it on video, that’s on him. I’m glad he got his ad name out there, and his five seconds of fame and it’s gone viral. That’s the social media platform we live on.” Kyrie then added, “I take full responsibility for what I said. You move on.” (www.nbcsports.com) Kyrie was fined \$25,000 for what he said to the fan.

On November 5th superstar football player AJ Green got into a fight with fellow football player Jalen Ramsey in which Aj attacked Jalen from behind. Jalen says he was calling Aj “weak” and “soft” but that is not an excuse to attack someone from behind. Aj ran up behind Jalen and wrapped his arm around his neck and drove him head first into the ground and threw several punches into his helmet before pushing him to the ground again. Before even being asked about the fight Aj had this to say, “As a player, as a man, as a father, it’s a reflection of me,” Green said, after totaling one reception for six yards before being tossed. “I should have just walked off in that whole situation. It got the best of me today. But I’ll definitely learn from the experience. It’s never going to happen again. I regret my actions.” (www.cincinnati.com) When asked about the fight Aj said this, “I let it slide, let it slide, a couple of plays,” Green said. “It’s football. Things get a little rough up there. I didn’t mind that. But when you start trying to take cheap shots when I’m not looking and stuff like that, then that’s when I’ve got to defend myself and I’m not going to back down from anybody. I have a son, and I’m not going to teach him to back down from anybody. It’s a respect thing. I respect all my opponents ... but when it gets to a level, when I’m not looking, and I’m putting myself in danger, I’m going to have to defend myself.” (www.cincinnati.com) Even though a suspension was possible the NFL decided only to fine Aj Green \$42,000.

Even though both players apologized for their actions, they still did things that role models for children should never do. They acted in a way that is unbecoming of someone who is being payed so much money and is in the spotlight so often. So this begs the question: are athletes really the people children and teens should look up to? Are athletes really the people children and teens should try to model themselves after? If superstar athletes like Kyrie and Aj continue to act like this, then the answer should most definitely be no. But if athletes can turn themselves around then they should certainly be role models for children.

REFLECTION:

CYBER SPACE WARS
Dec 14 is important day for net Why Net Neutrality Matters

By Hannah Leopold-Brandt
Lion’s Roar Staff

You turn on your computer. As you wait for it to start up, you decide to use your phone to check Snapchat. Such a simple task that we think nothing of this. However, what would happen if your phone told you could not go on Snapchat because your internet plan did not allow it? Or what if your laptop would not allow you to log into your email account? You would panic, right?

Net neutrality simply protects our rights to communicate freely on the internet. This prevents internet service providers from limiting our access as well as partnering with other companies to push specific advertisements upon us while we browse the web. It also prevents these companies from controlling which websites we have the ability to access, as well as which ones thrive in today’s society. Depending on which internet service provider you have could determine what you are allowed to do on the internet.

Without net neutrality to protect us, the internet would become a mess of advertising guzzling our money, as completing simple tasks become a nightmare. Internet service providers will be given the opportunity to break internet access into separate packages, such as separating phone versus computer access or even separating which apps and websites you are allowed to access. Net neutrality helps to protect our freedom of choice on the internet.

In 2015, the Federal Communication Commission (FCC) used Title II in order to create the strong net neutrality rules we have today. Title II provides an even playing field on the internet in order to provide us with net neutrality. Internet service providers have fought hard against these regulations since their installation, but the courts have ruled in favor of free internet.

Currently, the FCC is headed by Republican chairman Ajit Pai, a former Verizon lawyer. He, along with the rest of the FCC, is planning on dismantling the net neutrality regulations. According to the New York Times, internet service providers argue that this plan will allow them to provide a wider option of services at both higher and lower prices. Pai comments that the FCC will still require the companies to be transparent about

their practices so that the consumers can choose the best package for them.

The FCC is expected to vote on this issue on December 14. Currently, the committee has a republican majority, meaning that net neutrality could be eliminated sooner than you think.

Internet service providers are lobbying for the removal of these regulations while many other industry groups lobby for the existing regulations to remain intact. Citizens themselves have also vocalized their opinions on the issue by submitting a comment via the FCC website.

Net neutrality is not the only thing that the FCC has strived to remove. Since Trump appointed Pai, the FCC has eliminated rules that protect the public interest in regards to televi-

By Dan Crowley
Lion’s Roar Staff

We live in a digital age in which almost every facet of life is influenced in some way by the existence of screens and programming. Perhaps the most important form of this digital world is the internet.

And who are responsible for this widespread use of the internet? That would be internet service providers such as Comcast, Verizon, and AT&T. They are the businesses which give individuals access to the entirety of the internet.

However, though such providers are private businesses, there are copious government regulations which prevent them from intruding on an equal internet for all, meaning equal

to pay another monthly fee to have access to social media apps and websites. And another monthly fee for music, and another for video. Even having access to email services could be charged separately.

In other countries like China, without net neutrality, the government implements firewalls to prevent its citizens from accessing particular websites. Net neutrality is a key part to America’s freedom of the press, without it a report by Fox News or the New York Times with exposing information on the government or on businesses could be hidden from an individual.

Clearly these laws are vital to an individual’s personal freedoms during the age of the internet, so why is it in the news?

That is because members of congress are attempting to remove such regulations, and they’re getting close to actually doing it. Republican party chairman of the Federal Communication Commission, the FCC, Ajit Pai has just had the approval of the FCC to move the vote forward to congress, which is currently a republican majority. It is rumored that the vote will be held on December 14th.

This will be a date that is critically important to basically the entire United States. Based on studies by Pew Research Center, only about 13 percent of adults in America don’t use the internet. And even still, those individuals are greatly affected by the internet because the government, and the future members of the government use the internet all the time. Yet, despite that there is direct action in congress to support the removal of these freedoms.

In 2014, members of congress’ Subcommittee of Communications, Technology, and the Internet, made a net total of almost 2 million dollars off of Telecommunication companies such as those mentioned above. That was during the Obama Administration’s instalment of net neutrality regulations, and the numbers are only expected to have gone up since then.

At the end of the day, this shouldn’t be an issue of politics. Every single person is affected by this, but politicians are willing to ignore their moral and occupational obligations of representing the citizens of America.

There isn’t anything to debate in this discussion, if fully educated it could be virtually guaranteed that every single American would want keep their net neutrality. However, corrupt politicians could very well be responsible for, quite literally, stripping Americans of their rights online. If net neutrality goes away, it is just another way for

Turn to NEUTRALITY, page 11



PHOTO: FLIKR CREATIVE COMMONS

access and connectivity. Such regulations are all implemented to assist with the idea of net neutrality, or the idea that all websites, which include apps on your phone, should be treated equally. It is the idea that government and private businesses must treat everything online as equal.

For an individual living in America, these regulations make it so you can’t be charged extra for getting better connection, you can’t have certain websites (which compete with Internet service providers) be purposefully slowed down, and that some websites aren’t directly silenced or hidden from you.

In America, we have net neutrality laws to make sure those such things don’t occur. However, nations who don’t have such protections deal with the consequences. Portugal for instance has internet service providers which are beginning to segment the internet into different packages.

There, as is the case with many other countries which lack net neutrality, an individual might have to pay a monthly fee just to have access to messenger apps and websites like Skype or iMessage. Then they would have

NEUTRALITY EXPLAINED

The idea, or principle, or requirement that interent service provides should or must treat all internet data as the same, regardless of its kind source or destination.

WITHOUT
Net Neutrality,
you pay for
each service
INDIVIDUALLY.

WITH
Net Neutrality,
you pay one
price to access the
whole internet.

Too late to procrastinate

By Riley Riendeau
Lion’s Roar Staff

It’s Sunday night at 9:00 pm. You have an AP Biology test, a 10 page English packet to annotate, two worksheets for Spanish class, and pages 13, 14, 15, and 16 in your Pre-Calc packet all due by tomorrow. You check your phone and all your social media accounts, text your friends, start watching Netflix, and start to fall asleep. But now it’s 10 pm and you still have not started. So, why do we procrastinate?

According to *Physiological Science*, procrastination is far more than just holding a task off until tomorrow. Researchers have found that procrastination is a “very complicated failure of self-regulation.” Self-regulation is someone’s ability to monitor and control their own behavior, emotions, or thoughts, and being able to act in their long-term best interest.

A combination of poor time management and the inability to manage emotions seems to be the very foundation for procrastination. Failing to self-regulate oneself dramatically increases stress and chances of being ill, resulting in an overall lower well-being.

Psychology Today says that often time perfectionists are procrastinators, due to their will to succeed, not tackling a task and waiting for later seems more acceptable than falling short on performance. The more one procrastinates, the larger the hole they dig for themselves. They will start to fall behind on their work or task, become even more stressed, become ill, and the negative emotions begin a downward spiral that in turn will deter future effort.

LHS junior Jessica Benun oftentimes finds herself procrastinating. “I do not understand why

Turn to PROCRASTINATION, page 11

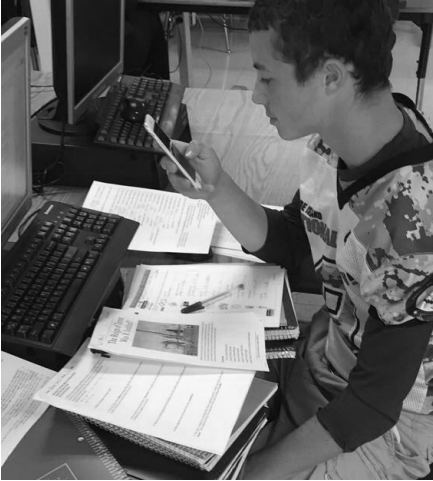


PHOTO: AVERY POTEMRI

continued...

Neutrality

From previous page

the rich to prosper over the poor, who wouldn’t be able to afford the increase of internet prices.

This is not a Republican/ Democratic issue that the country faces. Political philosophy should not be what influences people in this issue. To be blunt, these appeals are backed mainly by republicans, but that shouldn’t matter. If you’re a republican, don’t align with what the politicians are saying, take a stand and make it so they align with you.

Net neutrality is something which matters no matter what walk of life you come from. On the internet, your gender, sexuality, race, philosophies, and interests do not matter, and regardless of those, you will be negatively affected without net neutrality. It doesn’t matter what you do online or how often you do it, the loss of security and equality on the internet would lead to drastic and damaging causes to every single person in America.

Everyone needs to understand that if the battle for net neutrality is lost, each person, even if they don’t recognize it, is placed at some sort of inherent disadvantage. We can allow ourselves to be divided on building a wall, on creating universal healthcare, and on how we should deal with North Korea. What we can not allow is for us to be divided on an issue so influential for the future that is net neutrality.

V-Show

From page 1

time Comedy director Lind is happy to begin again.

“I am most excited to work with my boy Zach and all the other directors to make some funny and bizarre comedy skits that help make the 52nd Variety Show better than all the others,” Lind said. “Also I’m excited to become friends with and mother my ensemble.”

Heineman is proud to follow in the footsteps of his older brother, Luke. “Ever since I saw my first Variety Show, which must’ve been about 8 years ago, I knew that it was something I wanted to be a part of,” Heineman said. “Seeing my siblings and their friends make people laugh and have a good time made me want to do that.”

The dances will be directed by Avery Potemri who will also be choreographing Hip Hop. Tess Dwyer will be choreographing Boys Chorus Line while Ainsley Magliocco and Liza Laprade will be choreographing Boy Girl Chorus Line. Potemri is ready to direct the dances, stating that she is excited “to watch all the other dances and help out when they need [it].” Her goal is “to create the best hip hop that’s ever been in Variety Show.”

The Music Ensemble will be led by Ethan Williams and Ella Heal. Williams found his home here in Variety Show stating, “I made many bonds last year in Variety Show, and it was easily the best thing I’ve done in high school. I wanted to help other people feel the togetherness I felt last year and become a bigger part of it.”

The backstage crew will be directed by Amanda Ryan and Olivia Sales. Directing backstage for the second year in a row, Ryan is ready to go. “It feels significantly less scary,” said Ryan. “I have the advantage of going in knowing specifically what works and what doesn’t work for me as a director, so I will be better able to execute my portion of the show my second time around.”

Alexa Labossiere and Michael Brassard will be directing the Tech crew, and Labossiere agrees with Ryan. “I’m excited, and I think going in I’m less intimidated by the idea [of directing],” she said. “I kind of know what’s going on, so I can fix my mistakes from last year a do a better job.”

Reno

From page 5

is, according to SMMA, “inadequate in supporting educational needs.” In addition to these there are also other physical problems with the circa 1966 building, including leaking roofs, deteriorating bricks, and outdated heating and cooling systems.

This project will be adding around 68,000 square feet and renovating a further 101,000

square feet. Optimised to hold around 800 students, highlights of the new building will include new STEM (science, technology, engineering, and math) labs, a new dining commons and media center, and new “high bay technology” spaces, for the automotive and technical classes.

Set to be fully completed in August of 2021, this project consists of 9 different ‘phases,’ covering everything from design to construction to cleanup. Should the voters approve, the first phase (‘Design’ according to SMMA) will begin in December 2017, and will include early designs and different design packages. The second phase (‘1A’) will begin this summer, in which the front office, library, and some classrooms will be moved to the old middle school wing. The building will be prepared for the work and the bus entrance will be moved. Phase three (‘1B’) is set to begin in or around September 2018, with the major change then being the demolition of the connector, front office, and library. In phase four (‘1C’), the design package will be finalized, and the new dining commons, media center, guidance office, nurse’s office, and some new classrooms will be constructed. Starting in January 2020, the fifth phase (‘2A’) will begin, with the administration, guidance staff, media center, nurse, and some teachers moving into their new workspaces. The wing of classrooms built in 1994 (the C200s) will be vacated for renovations, as will the kitchens and loading docks. Phase six (‘2B’), which will begin in April 2020, will see the renovations of the auditorium, stage, and the music and art rooms. From June to December 2020, phase seven (‘3’) will see the construction and renovation of the band room, ‘high bay tech labs,’ gymnasiums, locker rooms, and the culinary areas. Phase 8 (‘4’) will see the demolition of the front classroom wing and the renovation of the central classroom wing and, if approved, the district offices. Finally, the final phase (‘5’) will see the demolition of the old middle school wing and extra site construction, and is set to be completed in August 2021—just in time for the class of 2022’s senior year.

The project is estimated to cost around \$60,000, which is the amount of the bond that the voters will approve. Most of that money is for the construction itself and just around \$10 million will go to fees, testing, expenses, furniture, technology, and contingencies, according to SMMA. RIDE (the Rhode Island Department of Education) is expected to reimburse between 35 and 38% of the cost. The current tax levy supports a cost of around \$30 million, so in order to finance the project, a 2.75% tax levy would be imposed on Lincoln residents. Depending on the size of your tax bill, the increase would range from roughly \$82 to \$137 per year.

Principal Kevin McNamara is “very excited that the bond passed,” and feels “tremendously grateful to the community for its continued support of its children and the work done by the renovation committee to steer it towards successful passage.” While he mentions that the current building has “done a good job for the last fifty years,” it “needs an update to accommodate today’s learners and to be really the flagship that the community can be proud of,” adding that he considers it “really important that Lincoln High School make plans to educate students for the next 50 years.” The upcoming renovations, in McNamara’s eyes, are the beginning of a “new and exciting time in Lincoln High School’s history.”

Harrassment

From page 1

making inappropriate sexual gestures, staring in a sexually suggestive or offensive manner, whistling, making sexual comments about appearance, clothing, or body parts, inappropriate touching, including patting, rubbing, or purposefully brushing up against another person, asking sexual questions, such as questions about someone’s sexual history or their sexual orientation, making offensive comments about someone’s sexual orientation or gender identity.

If you have ever experienced any of these situations, you are a victim, and should report it. By reporting it, you could be saving another person from going through the same trauma that you did. Obviously, it is unlawful to

torment another person in any shape or form, especially in a sexual way. In today’s society, sexual harassment is taking a toll on the ability for citizens to be worry-free while living their everyday life.

Over recent years, the amount that people text has increased drastically. In 2017, roughly 18.7 billion texts are sent worldwide every day. That is roughly 560 billion texts a month. A newer form of sexual harassment is “sexting” a side effect of the widespread increase in texting. “Sexting” is when someone sends or receives sexually explicit photographs or messages via text or media. According to Melissa R. Lorang, a psychiatrist of children and adolescents studies throughout the entire United States, she is concerned with the growth of sexting over recent years. She states, “Studies indicate that text messaging is the preferred means of communications, because transferring and viewing sexually explicit material of a minor subject is considered to be child pornography in many jurisdictions, there can be serious legal consequences.”

As of recent, sexting and, of course, sexual harassment is forbidden in Rhode Island. The distribution or possession of a minor’s sexually explicit images can be prosecuted under the state. Some consequences for the harasser of this act of injustice may include registering as a sex offender, referral for an education program, referral for counseling, written and/or verbal reprimand, probation, suspension, or even expulsion. Not only does the harasser have to deal with consequences, the victim also has to deal with issues following sexual harassment. Suffering from psychological effects, anxiety, depression, headaches, flashbacks, sleeping issues, nausea, and lowered morale and self-esteem.

The problem? It is extremely hard to put a stop to a crime when very few people report it. According to the Equal Employment Opportunity Commission, roughly three out of four individuals that are sexually harassed do not report it. This allows many predators to get away with it and they may never stop.

Sexual harassment can really take a toll on a victim, and due to the secretive response to these matters, communities as a whole can only encourage reporting by taking steps to uncloak such activity as a means of prevention.

Abuse

From page 2

attention span, which will most likely result with doing poorly in school. Children may also express their feelings with violence.

One very significant long-term effect of witnessing or being a victim of domestic violence is Post-Traumatic Stress Disorder (PTSD). Whether a child is abused or even just witnessing the physical abuse of their parent, they suffer both emotional and psychological trauma from living in a home where one parent is abused by the other. Children living in homes where abuse is present may end up resulting to things like alcohol and drug use, juvenile delinquency, as well as Post-Traumatic Stress Disorder.

There are many ways to assist in helping prevent domestic violence around you. One way is to know the signs of domestic violence. Some red flags an abuser may exhibit is physically intimidating their partner, especially with weapons, as well as embarrassing or shaming them and making them feel guilty for all the issues that arise in the relationship. Another way to help prevent domestic violence is to be available for a victim or even an aggressor. If they feel as if the abuse will escalate, be available to comfort them and help them through the situation, or even helping them find professional help.

If you hear or see a situation regarding domestic violence, you should not ignore it. Getting involved in situations involving domestic violence could potentially save someone from constant abuse or even save a life, as domestic violence often gets worse over time. Even lending an ear will help someone get through their situation. Being there to listen to them helps them to realize that they are not alone.

Although the psychological trauma of being a victim of domestic violence may be left behind, escaping the abusive relationship and overcoming this social injustice is doing what is best for both the victim and aggressor.

Roslyn Kramer, a mother and survivor of domestic violence, says “Although sometimes it does bother me knowing that someone that supposedly cared about me treated me that way, I feel strong and courageous knowing that I was able to walk away to protect myself and my children. Domestic violence is a traumatizing and serious issue. No person or child deserves to be treated that way.”

Education

From page 3

tasks in class for the next couple weeks that were similar to what children in mills would do. She played field hockey in gym recently which I was jealous of. “

The biggest change Labossiere found between her and her sister’s education is that of their accelerated groups. “When I was in elementary school, I was in Challenge and then the Academically Talented (AT) program where I was taken out a couple times of week to have personal projects, extra reading, or lessons,” comments Labossiere. “I also was in harder spelling and reading groups. The elementary school doesn’t have Challenge or AT now. The accelerated group now is taken out to do accelerated math. There are still accelerated reading groups, but they don’t do spelling anymore.”

The world of education is ever changing in order to keep up with the modern world. While some things do change, at the heart of it all, the goal is to continue educating to achieve their greatest potential.

Procrastination

From previous page

I push all my work back when I know that I need to get it done. It is like I just cannot find the motivation, so I do not do it until I ultimately have to,” she said.

This is very common among people. After all, procrastination feels good until it catches up to you. It is like a game of tug-of-war in our mind. The prefrontal cortex is the part of the brain responsible for taking in information and making decisions. Timothy A. Pynchl, a psychology professor at Carleton University told *Psychology Today*, “This decision-making process is voluntary. If we are not conscious of the moment or focused on the task at hand, our limbic system — one of the dominant parts of the brain in charge of immediate mood repair — begins to take over. The result: We give in to what feels better, which is usually that kick of dopamine that comes along with procrastination.”

Students struggling with handling the stress and trying to overcome the need to procrastinate can benefit from some helpful tips provided by LHS business educator Mrs. Cheryl Murray. She recommends that students make a list and prioritize. When you have done something on that list, cross it out so that you can feel accomplished. Some may benefit from making two lists, one with things that you do not mind doing and one with things you do not desire to do.

Try to conquer something you really do not want to do first, then something you do not mind doing. Reward yourself when you complete a task with dessert, coffee, shoes; anything to keep yourself happy and motivated. Lastly, block off times in your calendar. If you see something on your schedule a few days prior, you can get yourself into the right mindset to get it done.

Procrastination is a daily problem that undermines and restricts the potential of many people. It is one big cycle that only gets worse the longer you let it linger.

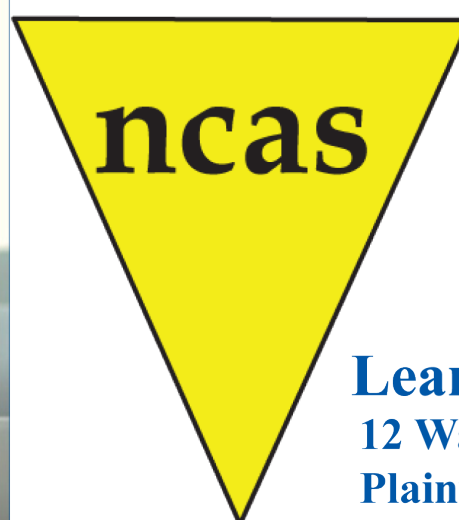
Fast Talk

From page 8

If your life story was a book, which genre would it be? *Non-Fiction*

How long is the longest friendship you have? *My current age, plus 9 months*

If you could get rid of one season, which season would you get rid of and why? *Spring. “Love is in the air, spring is all around,” that isn’t love, it’s allergies-- either way you feel sick.*



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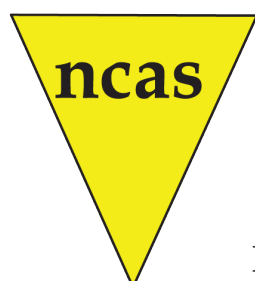
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