

The Lion's Roar

Volume 17-02

Lincoln High School

March 2017

AMERICA'S GROWING RESURGENCE OF DEMONSTRATIONS AND MARCHES

Are we the new generation of activists?

By HANNAH LEOPOLD-BRANDT
LION'S ROAR STAFF

I recently read an essay in English class that discussed why social media would not lead to the next revolution. The author believed that those who used social media as a means to fight and make a change were not actually involved in activism. While he made some valid points and I could see where he was coming from, I didn't think everything he said was true.

Some acts on social media will not actually change much. Sharing inspiring stories and forwarding chains of sob stories gets the word out about what needs to be changed, but it doesn't necessarily make you an activist. These acts alone will not make much of a difference in the grand scheme of things. However, these can spark a revolution. If enough people hear about these tragedies, it can make people want to make a change. Social media can be the uniting force of people all around the world that makes them want to stand up and fight. We are a new generation of activists and in the ever changing world of technology around us, social media can be our gateway to make a change.

Today, we see protests and riots happening all



PHOTO BY GABBY CARSON AND MARY LIND

around us. The largest movement that happened recently was the Women's March. Women from all over the country rallied in the capital cities to protest the newly inaugurated president. The march gained much attention from the press due

to its turnout being greater than the inauguration the previous day. However, it grew to be this size through the use of social media. People throughout the country created events, made groups, and shared stories across social media in order to get the word out about when the march was taking place. The outpour of support that came at this rally depicts one key image: the new generation of activists is growing because younger genera-

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Is this a new age gap divided by party lines?

By BRIAN VIERA
LION'S ROAR STAFF

As I sit in a cloth chair, studded with rivets of silver along the tapestry, Louise Grindel, an 88 year old woman from Fall River, slowly makes her way to her chair with a plate of coffee cake and a glass of pink lemonade before resting into place. "So sweetie, you wanted to talk to me about politics?"

2016 bore witness to arguably the worst presidential election in U.S. history, whether it be the intense unpopularity among the two main candidates, the stark division between friends and family on political issues held close to heart, or the strong distrust of the news media outlets that have been reporting on all of the mentioned above.

The division in politics can easily be traced by age, older voters tending to be more conservative and liberals being younger, and for the most part, these stereotypes are accurate. Based on a 24,537 poll by CNN, 18-29 year-olds voted for presidential candidate Hillary Clinton over Donald Trump's 37 percent. However, 40-65 and over had a close majority for Donald Trump. On January 22, 2017 Donald was sworn in as President of the United States, with a relatively smaller audience than President Obama's inauguration in 2009. Many of which in attendance were protesters alongside supporters. How deep do these generational divides run?

Louise is a part of the Traditionalist generation, the generation who experienced World War II, and the Great depression, saw the beginning of

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Are we as joyful as we should be? Happy, Happy Kindergarten



PHOTO BY MARY LIND

By MARY LIND
LION'S ROAR STAFF

The first thing you will notice when you walk into Ms. Nancy Andrews' kindergarten classroom at Northern Elementary is how happy her students are.

Working in groups as they collaborated on various literacy exercises, each and every student was all smiles. Their teacher introduced me and I was greeted with a cheerful chorus of hellos. They immediately returned to work, eager to share with me what they were learning. If this were a class of middle or high school students, or perhaps even older elementary age students, you likely wouldn't be witnessing this same enthusiasm.

It becomes immediately clear that these children don't love going to school because their days are easy. In just over two and a half hours of class time I observed (not including lunch, recess, and library), they practiced sight words, practiced independent reading, wrote sentences, and completed an entire lab about making and separating mixtures. Much of what they did was

independent; after an explanation, they were (for the most part) fully capable of completing their tasks entirely on their own. They are working hard from the moment that they arrive until the moment that they leave--if not at work, then at play.

What happens to that love of learning as students age?

What happens to that love of learning as students age? Kindergarten students "just have this natural wonder," says Ms. Andrews, "everything's a question, everything's exciting, and you make it that way. You make a big deal of it." Teacher assistant Ms. Varone agrees, saying that "if they see that you're excited to teach it, they're excited to learn." Another piece of it is that the students are in a very supportive environment that encourages them rather than chastises them when they are having trouble with a new concept. "Making them feel supported and knowing that they have the help that they need" is crucial to making them stay excited about learning, says Varone.

Andrews adds that "it's very hands on, and Please turn to *KINDERGARTEN*, page 4

Tommy Beauchemin is 9th LHS Varsity player to score 1000 points



PHOTO BY DEANEY CAVANAUGH

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Vivision

by Vivianna Nava



I Hear America Screaming

Inspired by Walt Whitman’s “I Hear America Singing”

I hear America screaming, the various screams I hear.

Those whose skin is golden by a glorious sun, screaming as they should be, as their future lays in the hands of a could be leader that should not.

Those who chose to cover for modesty and for a God, screaming as their temples and lives are wrought upon by cans of lies.

Those whose skin blesses rich and dark with melanin from birth, screaming in the hands of those meant to protect, but chose to kill instead.

Those who were one of the first, the very first upon the earth, screaming as they are picked, time and time again, the very last in works of art made to represent us all.

Those with knowledge of various tongues, screaming as they are reprimanded for the way their lips curl around one.

Those who love the same as everyone else, screaming as they are hated for loving the same, in a different way.

Those who work twice as hard for half as much screaming just as those whose minds are halved but hearts love twice as much, just as those who scream for nothing more than the same as those crushing them from above, shamed for ever wanting more than less than half.

Each screaming for what belongs to him or her and to none else.

The day what belong to the day- at night parties of full stomachs and wine wallets walking by empty souls filled with brown paper bagged and glass bottled dinners.

Screaming with open mouths their broken wails, their futures laying in the hands of an America that should’ve been.

The United States of Trump

By SYED ALI HUSAIN “I pledge allegiance, to the flag, of the United States of Trump...” is how

every child attending school in America should practically begin their school day under President Trump and his administration. On February 12th, 2017, a Sunday morning, Senior Advisor to the President, Stephen Miller, went on CBS’s “Face the Nation” to discuss the immigration ban that has been put to a stop by the judiciary of this country, and illegal voter fraud. When “Face the Nation’s” host, John Dickerson, questioned Miller on what the administration learned so far from the experience with this immigration ban, Miller felt the need to retort with, “I mean this is just crazy, John, the idea that you have a judge in Seattle

say that a foreign national living in Libya has an effective right to enter the United States is -- is -- is beyond anything we’ve ever seen before. The end result of this, though, is that our opponents, the media and the whole world will soon see as we begin to take further actions, that the powers of the president to protect our country are very substantial and will not be questioned”.

The impact of this sort of behavior has clearly not phased any member of the Trump administration thus far, considering in the 26 days since he has taken office, his administration has been involved in controversy that only seems to escalate as time passes on. From the authoritarian statements of Miller, to Kellyanne Conway promoting the clothing brand of Trump’s daughter, Ivanka, this administration has not failed in violating all sorts of precedent.

Miller criticizes an “un-elected judge” in Washington state as the senior advisor to the president of the world’s most democratic country, and is clueless to the fact that federal judges, such as James Robart from Washington, in this country are not elected, but appointed by the President of

the United States. This very judge was appointed by President George W. Bush who was also a Republican like Trump. President Trump referred to James Robart as a “so-called judge”. Judge Robart has been practicing law for more than 40 years, and to insult all the work he has done is beyond disrespectful, coming from a man who many Americans believe has never bothered to read the Constitution. It is not the job of the judiciary to interpret the law in support of the president’s views, but rather as they see fit.

In 26 days, President Trump has done more towards throwing out all precedent and violating the law, than truly protecting the American people. President Trump is learning the harsh truth. The United States of America cannot be run like any of his failed businesses, and that the voice of the people and the ability to prevent domination of the government, will never fade away. All actions of the president of this country will be questioned, and if those actions are unlawful, they will be challenged. No matter what kind of offensive rhetoric President Trump and Stephen Miller may convey, the resolve of the American people will not fade. The United States of America will remain strong, and not fall prey to the authoritarian influences of President Trump.



CARTOON BY JENNAMARIE O’NEILL

Texas should not be allowed to rewrite history

By AIDAN ENRIGHT
LION’S ROAR STAFF

It’s 8 a.m. at a small school in Texas fifteen miles north of San

Antonio. It’s hot and humid, not unusual for a spring day in Texas, and students feel like they would rather be anywhere else, how surprising.

Thirty minutes ago the halls were crowded with students as they came off their semi-empty buses and out of their parents cars, though now, everything is quiet. The halls are deserted, the teachers are at work, the lunch room staff is busy making that day’s meal, and the administrators sigh deeply within their offices out of sight.

The students have made their way to their classrooms where they will receive a full day of instruction, the same as they did the day before. In 112, the room nearest the gym by the western most portion of the school, a teacher is giving a lecture; the badge hung around his neck proclaims him to be Mr. Goldenthal.

Pencils glide across several notebook pages as students scramble to take notes on today’s topic; slavery. Textbooks are open to the chapter the students outlined the night before and slides are projected on the board to help guide the teacher and the lesson. Billy Redick, a proud and content C student, is passing the class away on his phone in the back of the classroom. In contrast, Sarah Cartwright has got her hand raised to ask her seventeenth question of the class.

This is what a typical classroom in a typical school would look like; there should be nothing new to see here.

Yet, these students and this school are not typical in one single monumental way.

In 2010, the Texas Board of Education approved a social studies curriculum that promotes capitalism and Republican political philosophies. The curriculum guidelines prompted many concerns, including that new textbooks would downplay slavery as the cause of the Civil War. Upon further inspection of new Texas textbooks these concerns have been substantiated. Textbook creators altered the words they used when referring to slaves and slavery to take fault away from the slave owners, allay the perceived suffering of slaves, and make slavery appear as a reasonable way of making money for

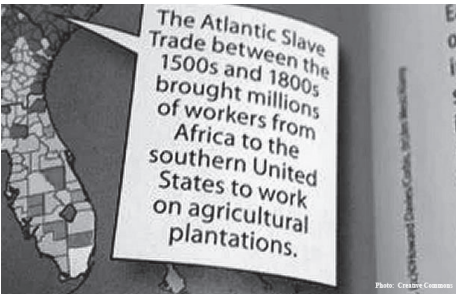


Photo: Creative Commons

that time period.

The books even seem to claim that slavery had an upside. This upside taking the form of a distinctive African-American culture, in which family was central, Christianity provided “hope,” folk tales expressed “joy” and community dances were important social events.

Not only that but when referring to slave owners the textbooks often took a passive tone of voice. Slaves are often called “workers” and whenever harsh treatment of slaves is discussed, slave-owners are never said to be the ones acting out the harsh treatment. For example, the textbook would say harsh treatment of slaves was very common rather than saying slave owners treated slaves with utter cruelty, whipping them, branding them, and torturing them whenever they pleased.

This direct manipulation of the education system to promote political views in Texas is absolutely unacceptable. In a country and free society like ours where the free flow of information is so very highly valued, state governments like Texas should not be able to change history through the wording of their textbooks.

Though, this injustice can also be used as a valuable lesson; all students no matter where they come from should stay skeptical.

It’s simply an axiom that to trust in something completely is to be blinded by that trust. No matter where you are or who is relaying information to you, you should stay skeptical on the validity of that information because today, in our world, all it takes is a few different word choices to completely change the nature of the information we are learning.

The Lion’s Roar

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Mrs. Doreen Picozzi, Advisor, 2005-Present

news

The generation gap draws party lines

From page 1

the space age. Louise also voted for Trump this election. “I don’t like what [Donald Trump] says, he’s very arrogant and rude, but he addresses the issues that concern me.”

“He has the right idea when it comes to illegal immigration. I don’t think that we should let people through the border if we can’t keep track of them, or have to pay for them. I don’t have anything against Mexicans, but when you have a violent person come back after being thrown out seven times, it says something about our security



PHOTO: CREATIVE COMMONS

see how he governs.” When asked if she thinks Trump will, she chuckled, “I hope so sweetie, he has the world watching him now.”

I meet my next interviewee at a wooden kitchen table, with at least a pound of penne and garlic bread meant for dinner laid between us. Heather Dubois is 64 years old, working mother of two, who rallied for Trump and is a, “loud and proud Baby Boomer”. Heather readily agreed to talk about politics, “I hope you don’t mind sitting here listening to me talk for an hour, because I have a lot to say.” The Baby Boomers, often referred to as the “me” Generation, were raised on the promise of the American dream- a picturesque future of white picket fences, apple pie, and a shiny new car in the driveway-, and lived through some of the more recent and important major events in American history, such as the civil rights movement, and the beginning of the cold war. As a result of trying to pursue the American dream, people from this generation can be seen as greedy, materialistic, and ambitious.

“I voted for Trump, because I was tired

that isn’t good at all.” along with economy, healthcare, and the threat of terrorism were ranked as the top 4 for issues that should take priority for trump to address by the pew research center.

Louise continued, “I also liked what he said about Chicago too. It’s frightening to hear about the gun violence and crime going on there. Someone needs to crack down on it, and I think he would solve it, we need more police officers there.”

When asked about his plans to cut the Affordable Care Act without a replacement, Louise said, “It would be nice for everyone to be treated when they needed it, but that cost falls on people who pay taxes, like me. I don’t work anymore; I’m on social security and my pension. How am I supposed to pay for other people, when I can barely afford my own medication? There is only so much we can do for them.”

Louise shared concerns that many people have when it comes to hot button issues like immigration and healthcare, and also like many other people, a strong dislike for both candidates. “Frankly, I didn’t much care for either one running, you couldn’t trust one over the other, but I voted on my conscience and have to wait and

of having two-faced politicians getting away screwing the American people over. Look at the position we’re in, we are becoming less and less a democracy with every year.” Heather went on to explain what she meant, “What do you call it when you have to start paying for other people’s healthcare, or when the government starts stepping into people’s everyday lives, like spying on them with the NSA, I don’t know about you, but I don’t like people looking through my computer without me knowing.” In reference to the 2013 leak on the government’s invasive spying practices on American citizens by whistle-blower Edward Snowden. The reveal of these practices swirled a whirlwind of controversy around the conversation of national security versus privacy, and leaving more distrust of the government in the eyes of Americans. The practice was seen so negatively that, according to a 2015 pew research poll, 27 percent of American adults changed the way they used their internet.

While privacy was a large issue for Heather, She also held the topics of crime and gun control close to heart, also citing the recent rise of crime in Chicago in the past few years. “We need more

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PHOTO BY AVERY POTEMRI

Free tuition gives students running start

By JULIA LOMBARDI
LION’S ROAR STAFF

As seniors start to take their last steps toward the future, they are most likely concerned about how to pay for college. Many people that attend college are in debt by the time they graduate due to the enormous cost of tuition, room and board, and other necessities. Is it worth it to attend one of your top schools even if the cost is outrageous?

As this poses a problem for students, Governor Gina Raimondo, has plans to resolve it. The governor recently introduced the idea of a free tuition plan. The plan consists of two free years of college in Rhode Island. The colleges can also be public which is unlike any other free tuition plans that have been done in other states. Free tuition could be obtained at the University of Rhode Island, Rhode Island College, and Community College of Rhode Island.

Students who attend the Community College of Rhode Island would receive free tuition and other costs would be waived. These attendees would basically be able to get an associate’s degree for no cost. For URI and RIC tuition would be waived for the juniors and seniors. Of course, students would still have to pay for room and board, but tuition would be free. However, this is only for students on campus that are on track for a four year plan of college.

College is supposed to be the time of your life, something that is truly unforgettable. The experience should be everything you want it to be, but it is definitely a plus if you can go for less. Any Rhode Island students that plan to attend

college should take this two year free tuition plan into consideration. This is something to take into account because of debt issues. According to, Studentloanhero.com, Americans that are four year graduates from college owe a combined \$1.3 trillion in student loans. Also, the average graduate loans per attendee has increased by six percent. The average cost is \$37,172 per student for student loans which translates into significant debt for students working toward graduate degrees..

Junior Katelyn Drezek proposes that the Governor’s free tuition plan would be beneficial. “Getting two free years of tuition in Rhode Island colleges would benefit me because coming from a family of four kids it can be difficult to afford college for all of us,” she said.

Alexandra Theroux, also a junior, shares the positive feeling: “Considering URI is one of the schools I’m most likely going to apply to next year, the idea of free tuition is definitely tempting. Regardless of where I decide to go, free tuition makes URI more appealing than it did before.”

Lincoln High School students should look at this opportunity with an open mind when it becomes available, despite their dreams of studying

In 2016, students left college with

\$37,173

in debt.

famous scandals

Amelia Earhart’s disappearance clouded in mystery

By AILSA FERLAND
LION’S ROAR STAFF

Amelia Mary Earhart was born in in Atchison, Kansas on July 24, 1897.

She grew up to be one of the most well-known women in the history books for her aviation feats, influencing many generations of women to determine their own destinies. Her death date will remain a mystery.

As a kid, Earhart was a tomboy, she wore bloomers and sought all the adventures she could find in life. There were many to be found in Atchison, as well as many of the other places in the country she lived at the time. Her father was an alcoholic out of work, so, much of her childhood was spent moving so he could find employment or moving because her mother left him. Despite the unsteadiness of her younger years, Earhart excelled in science and sports at school. She would graduate from Hyde Park High School during her family’s time in New York, after determining it had better chemistry laboratories than high school in her district.

Her background in science translated into a

profession when she became a volunteer for the Red Cross to reach out to the soldiers returning from World War I. She went on to enroll at Columbia University for medical studies, but quit the following year to meet up with her reunited parents. Earhart enrolled at Columbia later on again, but once again dropped out, this time due to a lack of finances. She worked a collection of odd jobs to make ends meet throughout all of this, including as a substitute teacher.

It was at an air show in the 1920s that launched Amelia Earhart’s dream to be a pilot. Here she took her first plane ride and became determined to acquire her own flying machine. She saved up enough money to do so, and took flying lessons. She became the sixteenth female ever to earn a pilot’s license, and she set her first record by



PHOTO: CREATIVE COMMONS

flying to an altitude of 14,000 feet. However, after this string of success, she stopped flying until 1927.

On June 17, 1928, she became the first woman to fly across the Atlantic, as she accompanied a mechanic and a pilot as their flight logger. Upon their return, she was cheered on as ‘Lady Lindy’ after Charles Lindbergh, the first person to ever fly across the Atlantic Ocean. On the contrary, Earhart herself felt like “a sack of potatoes”, she had hardly done anything but sit and watch for this flight to happen, she wanted to be in control of the aircraft.

The first step towards this was meeting George Putnam, the associate editor of Cosmopolitan magazine. Together, they promoted her image to the public. She had a gruesome agenda of writing

a book, traveling on lecture tours, and making endorsements, most significantly to women’s fashion lines. This extensive list raised money and made her a household name in the United States. In 1931, Putnam and Earhart’s partnership turned into a marriage.

They made secret plans for her to complete a transatlantic flight of her own, and made them public when she set off on May 31, 1932, five years after Lindbergh had flown. The conditions were not favorable, and she did not make it to Paris as he had, instead landing in Northern Ireland. However, this minor setback did not change the fact that she had flown across the Atlantic Ocean, and set the stage for her to break many other aviation records, including becoming the first person to fly across both the Atlantic and Pacific Oceans.

It was her last record, attempting to circumnavigate the world, that perhaps became her most famous. After experiencing some plane trouble on her first attempt, she set out in early

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Living Through The Nightmare of Eating Disorders

My Sister, My Hero

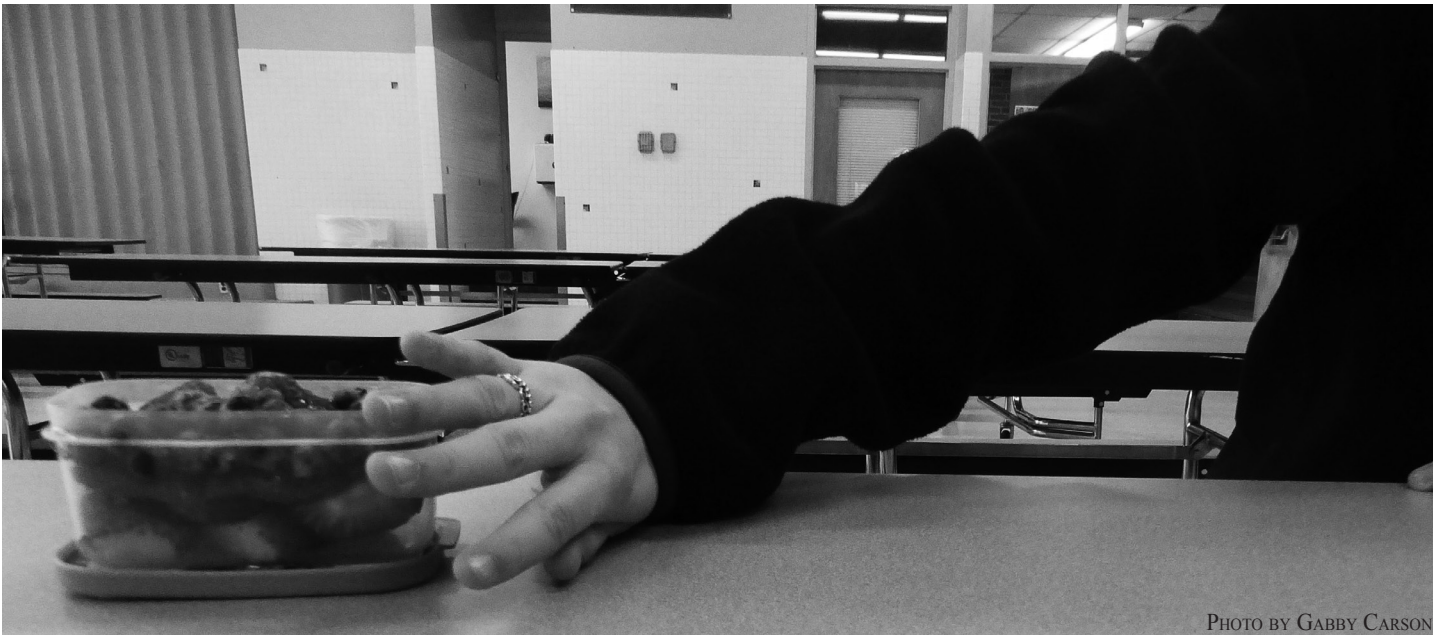


PHOTO BY GABBY CARSON

By LYDIA DENIO
LION’S ROAR STAFF

Anorexia. Bulimia. Binge-eating. An eating disorder is a range of psychological disorders characterized by abnormal or disturbed eating habits. Fifty percent of teenage girls experience elements or symptoms of eating disorders each year and the people around you are no exception. I was watching someone so close to me slip away and I couldn’t do anything to stop it. Days turned to weeks and the numbers on the scale just kept dropping. Nothing seemed all right anymore. My sister, Bethany Denio, was diagnosed with anorexia and in an instant, our lives changed.

In your life you experience heart-break. For me, this was one of those moments.

It was last period on a Friday, when everything became surreal, like a nightmare. Sitting in English class writing an essay, I felt the vibration from my phone. I instinctively reached for my phone and noticed a text from my mom.

It must be important, she would never have texted me during school.

“Don’t worry, we’re at the hospital and it seems Bethany will be staying here for a little. We’ll be home later.”

Don’t worry? Of course I’m worried!

It hit me hard. It has a difficult concept for my to wrap my head around because all that filled my head was worried emotions. The time spent there was consumed of board games on the hospital room floor and tours of the dreary halls.

At home, things seemed like a never ending roller coaster filled of ups and downs. Each week was spent experimenting with new eating

plans and therapists. I felt like there was nothing I could do, I just stood in the background and watched her work through each meal as if it was impossible. In December 2014, days seemed un-enjoyable for her and I could hear her tears late at night through the bedroom walls that now seem so paper thin. I knew change was coming soon and after being in a difficult position our parents, out of love, made a serious decision.

Having realized she was struggling with self image more than ever, Bethany spent three long weeks at Cambridge Eating Disorder Center, a treatment house with professional support. Three weeks of a quieter house and an empty

16 year old girl to handle.

The new year began and in the start of 2016 another well thought out decision was made. Selah House, a treatment center, caught her eye and it was decided that another professional program was necessary. Throughout the time that had passed since she was diagnosed, Bethany had grown in her faith and knew it was an important element of her healing. In January, my heart broke when she left for Indiana, not knowing when she’d be back. Not a day passed by in those three months when I didn’t miss her but the joyful feeling of knowing she’d be okay was reassuring enough.

‘I could hear her tears late at night through the bedroom walls that now seem so paper thin.’

One short month later, after her anticipated

return home, Bethany was a whole new person. In the nine months she’s been back in Lincoln, she is living the life she was robbed of almost three years ago. Although things will never be the same, my sister has become stronger than her illness and is thriving in a way she once thought was impossible. She sees the world through a new pair of eyes and has a new appreciation that is truly inspiring for me to look up to. “It’s given me insight to something greater than just me,” she says, “and it’s increased my view on the world,” on both her rough days and her good days.

You don’t need to fight crime or overcome super-villains to leave your mark on the world. Heros surround you everyday who affect lives in ways no one knew possible. Open your eyes to a world greater than yourself and be amazed by the unrecognized heroes who change our society.

seat at the dinner table. After her return, I knew things wouldn’t be fixed, but she seemed better than ever. But, like all good things, it came to an end. In addition to being consumed with an obnoxious amount of therapy sessions, Bethany was still a high school student loaded with tests and homework. She made it look easy from the outside, but being an insider, I am assured looks can be deceiving.

It was almost like taking two steps forward and one step back. She was having a difficult time doing what she was assigned and was distracted by the eating disorder putting thoughts in her mind. Coming from Cambridge, where she was completely focused on her illness, she entered back into reality and had a hard time balancing her schedule. The amount pressure today’s society puts on teenage girls is appalling. For awhile, she carried on trying different therapists and food amounts until it all got too much for a

Happy, Happy Kindergarten

(Continued from page 1)



Two boys in Ms. Andrew’s kindergarten class engage joyously in an science experiment. PHOTO BY MARY LIND

integrating it with the art and music” is much more interesting than sitting at a desk all day. But when they get older that goes away, and is replaced with standardized testing, “as much as teachers try” to keep these activities in their classroom. She thinks that sometimes there are “expectations” with different kinds of testing that

thinks “that gets lost as you get older,” and it becomes “a lot more times, but not always... lectures, as opposed to integrating it with art and things like that,” and that it can “take away a little bit of the fun.”

All of the kids had different answers when

make learning more of a chore than an activity that both teachers and students alike can enjoy. “Sometimes, unfortunately, the creative-ness goes away, and with little kids we’re so focused on using their learning strengths,” she says, adding that a lot of her students learn visually and by moving, so they do a lot of that in the classroom. But she definitely

asked what their favorite part about school was, and they were all very eager to share.

Laila told me she liked math. Ethan likes centers. Mark likes his friends, and Aubrey likes “fun crafts.” Alivia told me that she liked school because she could learn how to read, “because I don’t know how to read yet,” she said with a giggle. She’s ready to learn, however, and can’t wait to learn that skill. Alayna thought for a minute before answering, and then said, “I don’t know, everything?” Other students nearby agreed, all sharing with each other and myself how much they loved what they do every single day.

Kindergarten classrooms are such overwhelmingly positive environments, where the students feel like they can do anything. They haven’t been separated into any kind of advanced classes yet. They haven’t yet formed cliques or any other ‘exclusive’ groups--they’re just friends with everyone.

They haven’t yet been conditioned to feel like they’re ‘dumb’ when they don’t understand something; instead, they view it as a new and exciting challenge to overcome.

They’re not being taught to perform well on a specific test, they’re being taught so that they can learn it for their own benefit. They’re being taught to enjoy learning. It’s all new to them, and nobody makes them feel like they shouldn’t be excited to be there.

And that’s why they love it.

Struggling with

self-esteem

and restrictive

dieting

By JESSICA IASIMONE
LION’S ROAR STAFF

Everyone goes through different changes during their teenage years, and that means their body is changing as well. However, some teenagers deal with these changes in body image better than others. Teenagers are left wishing they were skinnier, not as skinny, taller, shorter, anything to make themselves appear “perfect” in society’s eyes, which leads to a plethora of self-esteem and body image issues.

There are many reasons for restriction of food, including being spiritual concerns, the fear of choking, the dislike of the texture of certain foods, food allergies, and a phase of physical illness. However, discomfort with one’s body continues to be one of the most serious risk factors for restrictive dieting, according to the National Eating Disorders Association.

Social media, television, and magazines have a huge impact on how teenagers perceive themselves. They are constantly comparing themselves to others which leads to feelings of insecurity.

An LHS student who asked not to be identified had previously suffered from the eating disorder known as anorexia nervosa explained that “looking at these forms of media made it feel like I was constantly being attacked. Everywhere I turned, whether I was on my phone, watching TV, or listening to the radio, something was promoting weight loss and spreading the message that you need to be skinny to be beautiful. It was all I was hearing so I figured it to be true, and I guess I took it too far. It is, in my opinion, almost impossible to be surrounded by all of this and not take it to heart by comparing yourself to these ideas and other people.”

People with anorexia are extremely fearful of gaining any weight. They are very likely to take any sort of action, no matter how drastic, to prevent weight gain. People with this disorder take in inadequate amounts of food, and this leads to an undoubtedly insufficient weight, however they are often unaware of how severe their situation really is.

In this student’s case, she did not realize that she had a problem until she was admitted to the hospital. “A huge part of having an eating disorder is the disorder makes you believe that you are perfectly okay when in reality you are not,” she said.

People with this disorder tend to obsess over their weight, to the point where it controls their daily life.

“I was constantly thinking about exercising and restricting what I ate,” explained the student. “Sometimes for hours on end I would be obsessing over what I would eat next, how many calories I was consuming, how much exercise I had done that day. It was all I thought about for a long time.”

She continued: “It also affected how I interacted with the people in my daily life. I removed myself from the people closest to me because I was worried they might say something. I was constantly butting heads with the people who cared about me because they were worried and it made me nervous.”

An eating disorder will definitely affect a student’s self-esteem, as it did with her.

She explained that her “disorder completely destroyed any self-esteem or positive feelings I had toward myself. No matter how much weight I lost my disorder was continuously telling me I wasn’t good enough. When I looked in the mirror I saw a completely different picture than what I looked like in reality. I had bones sticking out but my disorder told me I was overweight. My disorder made it so I was utterly disgusted with my body and my appearance.”

Taking control of an eating disorder or maintaining a positive self-esteem regarding one’s body, begins with setting realistic standards when looking in the mirror. Developing a more positive body image also starts with avoiding weighing constantly, looking in the mirror excessively, wearing revealing clothing, and overwhelming oneself with exercise. Yoga, walking for pleasure, and listening to uplifting music are just a few body image enhancement activities.

Please turn to DIETING, page 11

student life

One student’s difficult journey toward personal freedom

By NATE DERHAGOPIAN
LION’S ROAR STAFF

A building is burning to the ground. Smoke overwhelms the air and the flames ignite the night sky. There is a boy trapped in the building. He is glued to the floor and cries out for help. Firetrucks race to the scene to save him, but they can’t find a way in the house.

I am the boy trapped in the building except the house is my body and the flames are society burning me to ashes.

I am the boy stuck in a destroyed home.

I am a boy in a body that can never be my home.

I am boy that’s going through puberty in a female’s body.

Clothes can only hide so many of the demons that are revealed behind my polos and jeans. I don’t want to hide my body anymore. I want my body to be rescued. I want to be a normal boy.



PHOTO COURTESY OF NATE DERHAGOPIAN

‘The boy inside of me screamed and cried louder and I couldn’t ignore him anymore.’

Before sophomore year I lived my whole life artificially and ignored my truth. Every single moment of my life felt wrong, as if I was living a lie. I was an actor and my life was the play. I hid the boy living hostage inside my body from everybody, even myself. I thought to myself, “If I ignore my soul then he will go away eventually.”

He didn’t go away. The boy inside of me screamed and cried louder until I couldn’t ignore him anymore.

Every single night I would wait until everyone fell asleep in my house and dress in boy clothes. This dress up game was the highlight of my day. I hid my long hair under a baseball cap and disguised my curvy body with baggy jeans and a collared shirt.

The boy I became at night was totally forgotten by the girl that woke up every morning for school.

The boy I became at night never saw daylight until the day I looked myself in the mirror. My eyes were forced to stare deep into my soul until I found him. I saved him that day.

I confronted my own demons and turned them into angels to free my soul. The first step to his rescue was telling people and allowing them to

know the truth.

I forced people to recognize me as Nate and to only use he/him pronouns. Most of my friends had no problem at all with this and supported me in every way possible.

I’ve started using the boy’s bathroom and trying my best to appear as more of a boy by wearing a binder (chest compressor), growing my body hair out, going to gym, and wearing clothes that hide the disgraceful body underneath.

The future for me right now is unclear. Transgender teens aren’t offered the resources possible in schools to have full access to a successful life like cisgender (body matches mind) teens are in high school.

When I am 18 years old it will finally be legal for me to petition the courts to officially change my name to match my gender. I can start testosterone which is a male hormone that deepens my voice, increases hair everywhere, and will give

Have you seen my daughter?

A mother’s letter to her teenager

By CHERYL DERHAGOPIAN
SPECIAL TO THE LION’S ROAR

A Letter to my Teenager,

I love you unconditionally. On December 21, 1999, your Dad and I found out we were having a girl. We were thrilled. When people asked your Dad if he was sad because we weren’t having a boy, he said “No, not at all. Girls don’t leave,” (meaning girls are always close to their family).

Early on, I could see you would not be a follower. You were at a Build-A-Bear workshop party. All the girls made the exact same bear as the birthday girl and named her “Ariel.” Not you. You made the bear you wanted. You named him Cody, after the “Suite Life of Zack and Cody” character. I stood there and thought, “Wow, she walks to the beat of her own drummer.” I am so proud of you, always. I always wanted you to know you could be anything you wanted to be. When you had school projects involving historical figures, you chose Amelia Earhart and Annie Oakley. “Well behaved women rarely make history,” I would remind you. There would be no gender glass ceiling for you.

I was so proud of the young woman you were becoming ... smart, pretty, charismatic, and strong.

Slowly, you started to disappear. I woke up one morning last year and you were gone. My sweet girl was gone. I mourn her passing every day and miss her terribly.

This is a journey that involves us all. It’s a mother’s job to kiss all the boo boos, right all the wrongs, and to know all the answers to life’s problems. It kills me inside that I don’t know what to do. I am trying the best I can because this is uncharted waters. What if I make a mistake? We turned left and it should have been right.

While I grieve the loss of my daughter, I fear for Nate. Soon you will go to college and be away from the safety of your home. I fear society and the small-minded people who I cannot protect you from. This mama bear can’t protect you. You have such courage and strength to be who you are, which amazes me. There’s that drum again (laugh out loud).

Keep walking to that beat, Nate. I am behind you, supporting you and cheering you on. After the fire is out and the storm has passed, you will be stronger than you were before. You have a sensitivity and understanding for others because of your journey. Your empathy is the most admirable character trait you possess. I love you unconditionally.

Love Always,
Your mom and your biggest fan

POTUS reverses Obama’s transgender policy

By AILSA FERLAND
LION’S ROAR STAFF

President Donald Trump recently made headlines for revoking a policy created by the Obama Administration regarding LGBT rights in public schools. The relatively new policy had ruled that transgender students were to be allowed to use the bathrooms of their choice at all public schools. Trump’s ruling returns the power to individual states to determine how they will treat transgender students. Reuters.com reported recently that this Executive Order comes shortly after: “The White House previously boasted of Trump’s support for LGBT rights, noting in a January 31 statement that he was the first Republican presidential nominee to mention the community in his nomination acceptance speech.”

Trump’s decision has resulted in a rally of support from states like Virginia and Texas who intend to reinstate their pre-Obama administration laws, but has also aroused a great deal of worry from more critics. Many of them argued that it is not okay to discriminate against the LGBT community, but it is even worse to target the children.

Time.com reports, “There remains a risk of litigation, but advocates worry that the move by Trump’s Justice Department will embolden states, cities or school districts to require that transgender students use the bathrooms that align with the sex assigned to them at birth, even if enforcement of such policies is difficult. The prospect of singling out transgender students is harmful to children, advocates say, noting that they already face misunderstanding and bullying.”

One such case of bullying involves a 17-year-old transgender student from Virginia, Gavin Grimm. His school refused to let him use the boy’s bathroom. He responded by suing state of Virginia. The case has since been picked up by the Supreme Court, and they will rule on what is now titled G.G. versus Gloucester County School Board within the next month. Reuters.com explains, “The federal law in question, known as Title IX, bans sex discrimination in education. But it remains unsettled whether Title IX protections extend to a person’s gender identity.” Trump’s order is not expected to help Grimm’s cause.

a day in the life of a cheerleader

Cheerleading officially recognized as a sport

By KATE SWANSON
LION'S ROAR STAFF

With what once started as just a whole lot of yelling, cheerleading has been evolving all over the country for many decades. Cheerleading has now been given provisional status by the International Olympic Committee.

It all started in 1869 when the first official football game was played in New Brunswick, N.J. Historians say that there were students on the sidelines singing school songs and cheering on their team. Although that was the beginning, cheerleading did not get technical until 1948. Now known as the “grandfather of cheerleading” Lawrence R. Herkimer founded a cheerleading camp where he created the Herkie Jump. Herkimer cheered at Southern Methodist University in Dallas when cheerleading was male dominated. That soon changed in the 50s when women took over cheerleading. Today 97% of cheerleaders are female.

The world of cheerleading changed in 1983 when it got to a competitive level. Cheer went from the sidelines to gyms across the country where high school and college teams would compete. The teams would now have routines with music, cheers, tumbling and jumps. To this day ESPN still broadcasts these competitions. In 2004 the International Cheer Union was formed, which is the governing body of cheerleading. Since then, all different cheerleading competitions have been held across the world. Although the world of cheerleading got more competitive there were still some setbacks.

The debate of whether or not cheerleading is a sport has been going on for several years now. Cheerleaders will say that it is a sport because of the stunts and flips and the athleticism that it takes to participate. Most people who think that cheerleading is not a sport will fight back saying cheerleaders are athletes but what they do is not considered a sport. Alyssa Roenigk a former cheerleader at the University of Florida explains that one can be an athlete and not participate in a sport. She continues by saying that sports teams compete and don't perform and support another group that competes. The debate can go on forever, as I am sure you are aware because you have probably have either been apart of one yourself or have witnessed one first hand. But will this debate ever end? Although people will always have their opinions, the IOC has some news that might just put the fighting to an end.

As of this year the IOC which stands for International Olympic Committee has given cheerleading provisional status. So what does this mean? Cheerleading has now been recognized as a sport, and the IOC has granted \$25,000 in annual funding to The International Cheerleading Union. We won't see cheerleading just yet in the Olympic games just yet. The ICU will have a three year recognition period which they can apply grants, once that time is up they can petition to be in the games.

Not only is cheerleading growing around the country but also within our school. Cheer Captain of the Lincoln Lions Victoria Lane says, “I think cheer will continue to grow and be loved by many as it is at most sporting events and also it is a great way to get more students involved in helping the school show more spirit.” The Lions recently competed in a competition at Portsmouth High School against 15 other teams. It was a successful day for the team, they left the competition with the first place trophy.

Cheerleading is evolving all over the country. Recognition by the IOC is a huge step for the world of cheer. Cheerleading, which started as yelling on the sidelines in 1869, has transformed into competitive sport that is practiced all across the globe.



the life of Ihs

named an Olympic Sport



PHOTOS BY GABBY CARSON

Faculty Fast-Talk

By AILSA FERLAND
LION’S ROAR STAFF

Mrs. Susan Kolenda

Birthdate: October 2
Where did you grow up? Cranston
Number of children? 2
Biggest artistic influence during your childhood. My father
Biggest artistic influence during your college years? Still my father
What art period best describes you (Renaissance, Neoclassicism, etc.)? Impressionism
Favorite medium. Water-color and ink
What is your guilty pleasure? Eating chocolate
Go-to takeout place? Chipotle
If you had a warning label, what would it say? I know that my kids would say I’m too nice.
What was your pre-teaching career? Advertising and Marketing at Hasbro Toys
What will be your post-teaching career? I don’t think there will be one... Painting, maybe.
Color of favorite pen. Black
Something that is always in your pocket? Pens
Dogs or cats? Dogs
Favorite sculptor? I’d have to say Dale Chihuly, he did a huge installation piece, it was at RISD, that I really liked, so I’d say his pieces.
Favorite historic figure? Jackie Kennedy because believe it or not, she did a lot of artistic journaling and I found that part of her intriguing.
Milk chocolate or dark chocolate? Dark
Morning person or night person? Morning
How does someone know that they are an artist? Well, everyone’s an artist in some shape or form. I don’t think people realize it because they think that art has to be something profound, but



PHOTO BY CARLY SWANSON

just doodling can be an art form.
Best thing about teaching art? Generating awareness to people that art is a part of their everyday life. It’s more than paints and crayons and clay; the person that designed the clothes you’re wearing was a designer, the person that designed the car that you drove in was a designer. So there’s a creative artistic element to just about in every part of people’s everyday lives that they don’t realize.
Worst thing? When students truly have an ability to take it further, and know it, and don’t utilize it, it’s frustrating.
Finish this sentence: when life gives you lemons... The obvious answer would be “make lemonade” but that’s kind of the same thing everyone else would say. I don’t know, “what can I make with it?”
Proudest achievement? Kids.
Pet peeve? When people are rude or mean or not kind. I think that people should try to live their lives and be kind to one another, so when people aren’t it bothers me.
Movie that made you laugh the hardest? I can’t think of one off the top of my head.
Road trip destination? Baltimore, we travel there a lot because we have family there.
Are you superstitious? No.
First thing you think of in the morning? Besides the feed the dog and that kind of stuff? Try to be positive, try to make it a good day.
What inspires you? Well my kids inspire me

Please turn to FAST TALK, page 11

On the cusp of a new crusade

One student’s opinion on Muslim relations

By DAN CROWLEY It is a necessity to rise to *LION’S ROAR STAFF* action when a group of people are brought under fire simply because of their culture and faith. Discriminating against people because of their race or religion is an attack, not just on those particular people, but also on the Constitution on which this country was built.
Today we exist in a world in which people from high ranking political figures to people at a train station compare any follower of Islam to the extremists that have terrorized so many, be it on foreign or domestic soil. However, although those groups may associate themselves with Islam, the religion does not associate itself with said groups. In fact, Muslims are often attacked by extremist groups too, such as an attack that took place at a Canadian mosque January of this year.



Masjid Alhoda, vandalized during the Trump campaign.
PHOTO: CBS BOSTON.

Despite that, President Trump and many other conservatives still try to push the narrative of Islam being against Christianity, while at the same time disregarding all other forms of religious discrimination. For example, Trump tweeted out on January 29, 2017, “Christians in the Middle-East have been executed in large numbers. We cannot allow this horror to continue!” and then later kept the same reasoning while initiating his controversial travel ban from seven Muslim majority countries, which many have chosen to dub the “Muslim Ban”.
The issue with that kind of mindset is that it makes Islam seem like the enemy to Christianity. That is simply not true. As stated before, there have been attacks on mosques by Islamic extremists and the same goes for many other religious based ideologies.

Saudi Arabia, which is not only a Muslim majority country but a theocracy based on Islam, considers openness to being an Atheist an act of terrorism. However, Saudi Arabia was not on the list of seven countries that the immigration ban was formulated. In fact the Pew Research Center has stated that there are 49 countries that could be considered to have a Muslim majority. As President Trump has stated however, he collected the list from one made by the Obama Administration.
No matter the actual motives behind his now-stalled executive order, it cannot be ignored that acts of Muslim discrimination increased in the aftermath, including by the president himself. The Southern Law Center has reported at least thirty incidents of anti-Muslim harassment since the inauguration. In 2015 according to numbers by the FBI attacks on Muslims reached amounts it has not been at since 2001 and it is predicted those numbers either stayed that high or got even higher in 2016.
Muslim discrimination has even seeped into Rhode Island. Near the campus of URI there is a mosque by the name of the Masjid Alhoda. In the fall of 2016, during Trump’s race for presidency, it was broken into at night and vandalized with expletives, slurs, and the campaign slogans of our current president. The workers at the mosque entered the next day, immediately called the police, and the perpetrator, luckily, was found. The workers later decided they needed to raise awareness, not simply about the crime, but of the bigger picture.
They sent out word and the next day people showed up in droves to the mosque to gather

Please turn to CRUSADE, page 11

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sports

One Dream, One Thousand Points Senior Tommy Beauchemin is 9th member of Boys’ Varsity Basketball team to reach 1,000

By RANDALL HIEN Swoosh. Swoosh. Swoosh. *LION’S ROAR STAFF* Lincoln High School’s boys basketball team had their senior night on Wednesday, the 15th of February and it was a good one.

It was rowdy from the very beginning, the Lions led the entire game without ever letting their opponent, Davies take the lead. Lincoln finished the first half up 31-21 and were feeling pretty confident about how amazing their defense was playing.

Senior star Tommy Beauchemin had one of the best games of his entire basketball career. Adding to the fact that it was senior night, Tommy added 29 points, scored his 1000th career varsity point, and had a ton of cheers in his favor throughout the night.

Coming into the night, he needed 27 points to achieve the tremendous accomplishment. With only 5:20 left in the game. Tommy had already scored 26 points in the game. At 999 points in his varsity basketball career, Tommy was about to be the 9th player in LHS boys basketball history to make the list of 1,000 point scorers.

The last person to share this accolade is Aaron Sabatino in 2008. Lincoln was up by 24 points with a packed crowd in the Lion’s Den at Lincoln High School. Tommy was about to take his second free throw after just being fouled going strong to the hoop. He didn’t let the pressure get to him though as he cashed the free throw which was his 1,000 point to increase the team’s lead to 25.

“I’m honestly out of words. It is such an awesome feeling.” Tommy said after his terrific night. Of course, the incredible feat would not have been possible without his teammates who praise him highly. He talks about how it’s a team game and not just about him, “None of this would have been possible without these guys, they are awesome.”

Victoria Lane, a senior, talks about how she

felt about the night as she was cheering from the fan section, “It was a terrific night and the atmosphere was awesome with everyone clapping and cheering for our basketball team. Tommy scoring his 1000th was truly an amazing moment for the school.”

The entire varsity team ran onto the court to congratulate the captain on the incredible feat he had just accomplished which is of course is not an easy thing to do. Coach Steve Carvalho of the Lincoln Lions called a full timeout to let the star enjoy the precious moment that he would remember forever.

Tommy Beauchemin is one of the most loved kids at Lincoln High School. As he won the senior superlative “Mr. LHS” it is easy to say that Tommy is an all-around awesome kid and a role model at Lincoln high school.

Cheers, hugs, screams, round of applause was all you could hear at the Lions Den as it was truly an amazing moment for Lincoln Basketball.



PHOTO BY DELANEY CAVANAUGH

Chasing dreams and breaking records

An updated list of senior athletes and teams that have accomplished something significant in the 2016-2017 year:

Wrestling
Tyler Balon: 3rd in States, over 100 match wins
Jack Brayall: 6th in States, over 100 match wins

Basketball
Tommy Beauchemin: Broke 1,000 points

Track and Field
Samantha Andrews: 1st in States with a shot throw of 36’4”
Ailsa Ferland: Student-Athlete of the Month
Samantha Leal: Student-Athlete of the Month
Rebecca Brierly: 8th in States for High Jump

Football
Josh Kang: Defensive MVP
Cameron Hill: Offensive MVP

Boys’ Swim: Division III State Champions

16
LHS Basketball
players have
become members
of the 1,000 point
club.

The New England Patriots: A tribute

By DAVID LEONARDI Before 2000, the New England Patriots were just another team in the NFL. *LION’S ROAR STAFF*

They’ve changed locations, branding, built a new stadium, and were saved by Robert Kraft from moving to St. Louis. This buy by Robert Kraft was the start of something new, something great, a dynasty in the NFL.

Almost everybody knows the amazing story of Tom Brady. The man who was drafted 199th in the 6th round. The man who was passed up for so long in the draft. The man who was deemed as lanky and slow. The man who is now the greatest of all time.

September 23, 2001, was the start of a dynasty. The hit on Drew Bledsoe against the New York Jets in Week 2 with 2:16 remaining, changed the Patriots and the NFL forever. Under the wings of Brady, the Patriots finished 11-5, atop the AFC East again after 5 years. They went on to win the Super Bowl that year. Then again in 2003, 2004, went 16-0 in 2007, won in 2014, and came back from a 25-point deficit to beat the Falcons this year in 2016.

The Super Bowl this year was bittersweet after Tom Brady had been suspended four games at the start of the year because of Deflategate that he should have never been suspended for. He still went on to only throw 2 interceptions the whole year, lead the team to 14-2, and won the 2016 Super Bowl after being down 28-3 in the third quarter. Proving he is truly the comeback kid. He also did all this at the age of 39.

Not only had great players affected the Patriots, great coaching has as well. In 2000, after being with the rival Jets under other coaching legend Bill Parcells, Robert Kraft had named Bill Belichick head coach. This would create what is said to be, or is the greatest coach-quarterback duo in the history of the NFL: Tom Brady and Bill Belichick. Belichick has 239 wins and Brady has 207 (footballdb.com).

The question is, how have the Patriots been

able to stay dominant for so long? Dynasties last for years, but the Patriots have been great since 2001 and are still rolling with no intention of slowing down on their path of destruction.

Former Patriots’ Offensive Lineman Joe Andruzzi says Bill Belichick “was a great coach to begin with”. Even after the first Patriots’ ring in 2001, Andruzzi said “he put it behind him right away, you have to be able to turn the switch and get ready for the draft and turn to the scouting department.”

Although the ring in 2001 meant a step forward to Belichick it meant much more to Andruzzi. It was his first ring and after the events of 9/11, he held up the trophy with three of his brothers that were NYC firefighters on the day of 9/11. “It was great to have them with me”.

He also recalls how great of a leader Tom Brady is. He stated how he was hardworking, dedicated, watched film and was in the weight room everyday. Even when he had his chance to step in when Bledsoe went down he was still calm and collective as always.

Andruzzi thinks if the Patriots keep their core values, they will be able to stay dominant for years to come.

Local long-life Patriots fan Nathan Kumar



does not think the dynasty will end anytime soon as he agrees with the trades the team makes and thinks Belichick holds himself with the media appropriately, “he gives the media nothing and I agree with him by doing that”.

According to MMQB, Bill Belichick’s coaching strategies and philosophies are based off of football’s greatest library of 413 books, many of which his father collected. Belichick learned and used these books to incorporate into his modern-day style of coaching that we all see today.

One method Coach Belichick uses is a no-tolerance system. Anyone who steps out of line or is in trouble with the law while in New England will face a punishment of either team suspension or being traded.

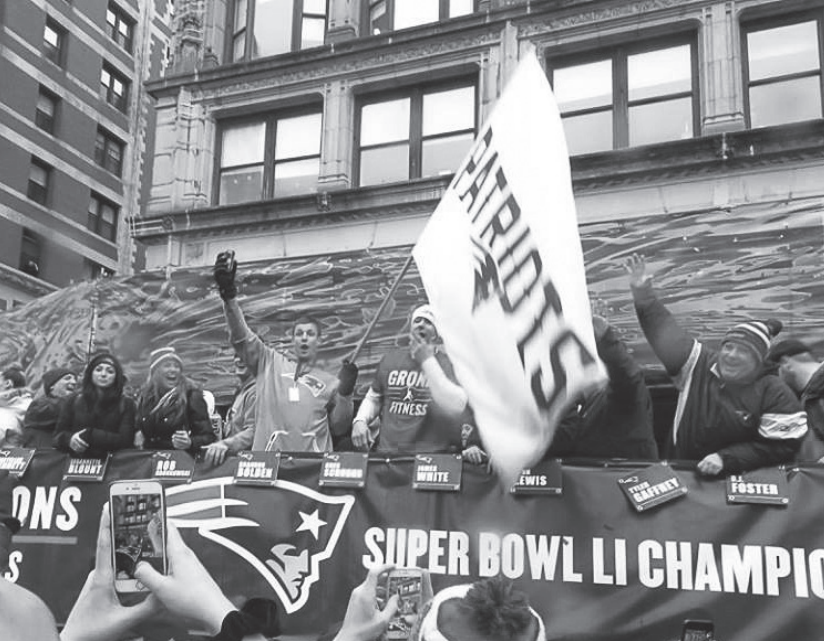
In 2011, Wes Welker, at the time a very valuable asset of the offense, made a joke about Jets’ coach Rex Ryan and his bedroom business in a press conference prior to the Patriots-Jets game.

Belichick then had Welker play very limited time as a punishment for what he said.

Great drafting abilities helped the Patriots greatly over the years. In 2000, Tom Brady, drafted in the 6th round, is now arguably the greatest

quarterback to ever play and was a major key in changing the whole organization. In 2009, Julian Edelman, now the Patriots number one receiver, was drafted towards the end of the seventh round. In 2001, Matt Light was drafted and was one of the greatest offensive linemen for the Patriots. The list goes on and on. Finding diamonds in the rough through the later rounds of the draft is what separates the Patriots from the rest of the league.

The fans are a major factor of the Patriots too. Great home field advantage helps as in this year’s playoffs the Patriots were the number one seed and were in Foxboro. According to ESPN, the Patriots have 66, 829 fans on average to their home games which is a sold out stadium as the capacity is 66, 829. The consistently overflowing stadium sets a great atmosphere for the Patriots as they have a sold out crowd behind them cheering them on.




A Patriots flag is waved at the Patriots Parade on February 7, 2017. PHOTO BY KRISTEN PACKARD.

lions by numbers

Cabbage sales
increase
70%
during the week
of St. Patrick's
Day.

1.2 million
is the current
market value
for a
pot of gold

\$4.6 Billion
will be spent on
St. Patrick's Day
this year




200 million
Americans
own a
smartphone

LHS plans to spend
\$58 million
on renovations and
additions to the
school

An average school in the
United States spends
\$11,009
on each student every year



20%
of daily newspapers have
gone out of business
since 1981

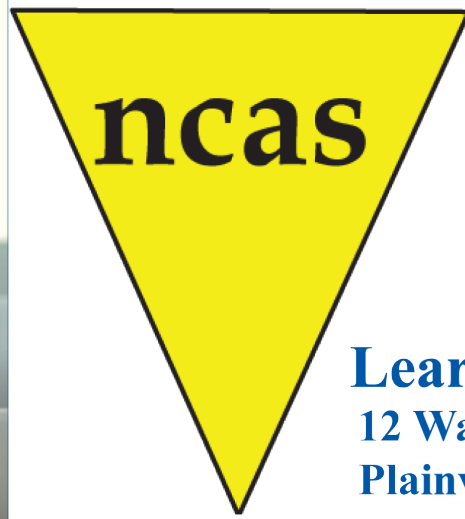


Roughly
33.3%
of Americans
claim to have
some sort of
Irish Ancestry

Rhode Island is made up of
1,212
square miles

480 Million
PlayStations have been sold
since 1995

LHS is the
6th
best school
for education
in
Rhode Island



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