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Jonathan Law High School

Milford, CT

Free

Law's Interact Club Hosts 'Senior Prom'

Hayley Soulier
Sports Editor

The Jonathan Law Interact Club danced the night away on May 15 at Carriage Green in Milford.

Members of the club went to Carriage Green, a senior living community, to host a Senior Citizen Prom.

It was an unforgettable night full of food, dancing, and fun for both the residents of Carriage Green and members of the Interact Club.

"The Senior Prom was amazing," Interact Club treasurer **Jack Campbell** said. "We had a wonderful time taking with the senior citizens and enjoyed listening to them tell us stories from earlier in their lives."

The club organized the entire event with help from the administration at Carriage Green.

"I had a lot of fun dancing with all the residents of Carriage Green," Interact Club member **Tarah Kelly** said. "I especially liked all the dance moves they taught us and the stories they told us."

Aside from the dancing, club members enjoyed listening to stories that the residents told and interacting with people



Senior Tarah Kelly dances at the Senior Prom. (photo courtesy Hayley Soulier)

outside of their age group.

"They were all so friendly and it was great to interact with people outside of our age group," club member **Rachel Hannan** said.

"It was definitely a night I will never forget."

Residents were able to re-

quest songs that they wanted to hear and many taught club members dance moves that were popular when they were younger.

"It was so exciting to see how people used to dance," Interact Club vice president **Casey Bostic** said.

Each member was responsible for bringing desserts for everyone to enjoy and decorations to make it feel like a real prom.

"The senior citizens were so excited to have interaction with people other than who they see every day," club advi-

sor **Mrs. Lindsay** said. "They were excited that everyone got so dressed up and they loved listening to music from their time."

At the end of the night many residents asked club members to organize a prom again in the future and possibly have one twice a year because it was such a memorable experience.

"The Senior Prom was definitely a night I will never forget," club member **Nolan Rourke** said. "I not only enjoyed the dancing and stories they told us, but it was great to see how happy we were able to make everyone and I would love to do it again."

The prom brought joy to everyone involved and this joy was evident to anyone who was there.

"A simple touch of the hand made them happy," Lindsay said. "The Interact Club members felt good that they could make them so happy."

The Interact Club plans to make the Senior Citizen Prom an annual occurrence and both club members and residents of Carriage Green are really excited for it.

"I can't wait to do it again next year," Bostic said.

Junior Class Works 'Hot Mess' On Runway

Anisha Manglani
News Editor

This year's Fashion Show sponsored by the junior class arrived not with a fizzle, but with a bang.

Hosted by junior **Jake Miller** and senior **Matt Simmons**, the show was a huge success.

This year's "Hot Mess" Fashion Show was much different than the Fashion Shows of recent years. Though the money raised will still be contributed toward the post prom, each comedic skit was focused around a theme.

The themes included pajama party, 80's groove, prep, Disney, beach, and formal. The students worked tirelessly into

late night rehearsals to perfect their skits.

"We had a lot of pressure to make the show great," said junior class president **Gabe Salles**. "We heard that in previous years not many people showed up, so we had to give students and others a reason to go."

In between acts, the junior class opted for musical performances by Like Violet and Mischievous Managed featuring Law students **Kira Topalian**, **Sean Davis**, and **Amanda DeLeo**.

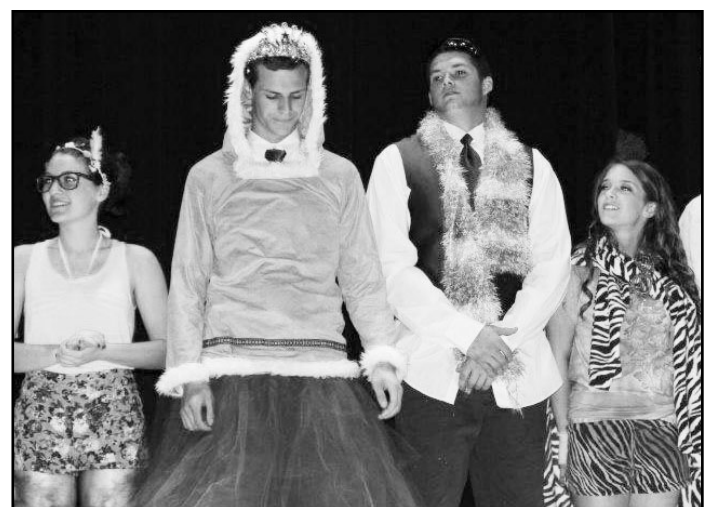
"My favorite part of the show was standing in the back of the auditorium while the show was running and being able to watch the culmination of

the hard work, dedication, and long hours every single person put into the show," said junior treasurer **Josh Paton**. "It was at that point in time I realized how great the show turned out and that we not only pulled it off but knocked it out of the park."

This year's video was a comedic hit. The title "Promzillas" speaks for itself.

The video featured the girls of the Fashion Show fighting over prom dresses and their dream date, junior **Joey Ziebell**.

"The show was put together very well, and it felt like a very real production," said senior stage manager **Liam Rice**. "It was very professional but fun at the same time."



Participants in the Fashion Show line up for photos. (photo courtesy Emily Romero)

While the juniors ran around backstage to change their outfits and keep the show running smoothly, the hosts took the spotlight.

Miller presented new stand-up comedy to keep the audience entertained while Simmons starred in "The Evolution of Dance: Part Two."

"We as a student council would like to thank everyone who participated, especially our Masters of Ceremonies because they took on a ton of extra work

to construct a funny and intriguing script as hosts."

During downtime, the hosts called up members from the audience to participate in "Minute to Win It" games of which included the challenge to eat three donuts from a string without the use of hands.

"The Fashion Show was a great experience, and I loved participating in it," said junior **Mariah Hanania**. "We all had a fantastic time, and our hard work definitely paid off."

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Jonathan Law High School Mission Statement

Jonathan Law High School is a community that exists to maximize the intellectual, the social, and the emotional growth of each student in a safe, stable, supportive environment. We believe that a positive, collaborative atmosphere fosters high expectations and recognizes individual differences. In partnership with students, parents, and the community, we are committed to developing the skills necessary for educational, career, and life choices.

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‘Life After AP’ Needs Changes

Bhavani Jaladanki
Editorial Editor

School is long, stressful and tedious. Dragging it out any longer than necessary is pointless. So why do students have classes after AP exams?

They’ve taken their exams, (hopefully they’ve passed them), they’ve learned the material, and they’ve spent countless hours stressing over formulas and facts that in some cases have no relevance to what they want to do with their lives. So why is that administrators insist on keeping them in school when they learn nothing else?

Classes after AP exams are torturous. Ask any student who has had to sit through classes after taking his/her exam. Most students do nothing. They sit in class looking for amusing ways to entertain themselves so they may get through the day and bring themselves closer to the summer.

Think this is exaggeration? Take a walk through the hallways in which classes are being held after exams are over. Students are literally sitting around on their cellphones, their computers, their tablets, and wasting away precious time.

The highlight of some AP students’ days, after the exam, is to play a heated game of Catchphrase against one another to stimulate at least some of their brain.

There are, of course, some possible solutions. Let the AP kids out of school early or allow them to have study hall in place of their completed AP

Classes after AP exams are torturous. Ask any student who has had to sit through classes after taking his/her exam.

class period.

Instead of forcing half the school to sit through a class that they have “completed,” let the students attend only the classes for which an exam has not already been taken. This way, students are not wasting time in finished AP classes, but rather spending valuable time on other activities. Most students would likely sleep in, get an after-school job, or study for the classes that are still in session.

Some might argue that allowing AP students to leave school early would set a bad precedent or would look bad. Yet these students wouldn’t be in AP classes if they were not motivated and eager to pursue their ambitions. Giving AP students study hall or letting them leave early would spark an increase in the productivity of the students rather than an increase in procrastination.

High school is meant to prepare students for college. All students ever hear about in classes, most especially AP classes, is how the teachers are here to show them what college is really like. No colleges require their students to stay in school after taking a final exam. So why are AP students?

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In Other Law News...



On Monday, April 29, Law senior **Katalin Kappel** was honored at the Michael's Cup Award Banquet. Kappel was chosen for this award this year because of her outstanding commitment to the Unified Sports Program. As a member of the team for the past four years, she has participated in soccer, basketball, bowling, volleyball and track. Law Unified Sports coordinator **Mrs. Daniels** said that Kappel "is an asset to the team and will be missed next year as she graduates and pursues a career in special education." (photo courtesy Pat Daniels)



On May 8, the Jonathan Law band and chorus presented its annual spring concert in the Law auditorium. Band director Paul Marino directed the show. (photo courtesy Adam Weber)



The Law softball team hosted a clinic for the Unified Sports team on Thursday, May 16. After having pizza, the teams broke into groups and practiced running, throwing, catching, and hitting. Then they played a game. "It was a beautiful day and everyone had fun," Unified Sports coordinator **Mrs. Daniels** said. (photo courtesy Pat Daniels)

NHS Prepares For Brain Bowl

Bhavani Jaladanki

Editorial Editor

Everyone always awaits the annual Brain Bowl held at Jonathan Law High School.

The competition brings together the whole school and builds competition between the staff and each grade.

This year's theme for the Brain Bowl is the Hunger Games. Last year was Clue and the year before was Mario Brothers. The National Honor Society (NHS), which hosts the Brain Bowl, already aired their Brain Bowl video as well.

Every Thursday after school, the juniors and seniors of NHS meet to plan this year's "Brain Games" event from making questions for the test to make the teams to making the final question for the last part of the event.

"The juniors are a little new to this and it has been the first big thing we have been working on since our induction so it is an exciting time for us and we hope the brain bowl goes well with a helping behind the scenes for the first time," said junior **Hebani Duggal**.

The test that all interested students took in order to qualify for the Brain Bowl team included questions from all different categories such as entertainment, sports, art and literature, and math and science.

The freshman team includes **Elyssa Alber, Roland Foerster, John Speer, and Jake Fucci**. The sophomore team includes **Raeven Grant, April Ospina, Zyrene Aldo, and Rasheeda Smith**.

"I expect this year's Brain Bowl to be just as great as previous years," said senior and treasurer of NHS **Drew DeRubeis**. "We have a great club this year that has been working very hard on the project, and through advertisements and donations we expect to raise a lot of money."

The junior team consists of **Rachel Gomez, Gabe Salles, Richie Dow, and Melissa Padilla**. The senior team consists of **Enya Gabaldon, Nolan Rourke, Jack Campbell, and Jillian Thiel**.

The faculty team consists of **Mr. Kulenych, Ms. Mannion, Ms. Hanson, and**

"I expect this year's Brain Bowl to be just as great as previous years. We have a great club this year that has been working very hard on the project, and through advertisements and donations we expect to raise a lot of money."

*- Senior and treasurer of NHS
Drew DeRubeis*

Mrs. Briggs.

"I hope one of the classes can beat the faculty in this year's Brain Bowl," said senior and vice president of NHS **Julia Maurer**. "We have good student teams this year, so I think one of them can take the faculty."

The new members of NHS, mostly juniors, are extremely excited to see all their hard work which will be shown at the Brain Bowl on May 31.

"Working on the Brain Bowl was very exciting for all of us," said junior **Mariah Hanania**. "We put a lot of work into it and we hope that it turns out well."

Every day during the lunch waves, NHS members are collecting donations from each class so that each class can rack up points before the actual competition. All the proceeds go to brain cancer; hence, the reason for the name of the show "Brain Games."

"In the process of raising money for brain cancer research we aim to give Law students a reason to unite and rally towards a very important cause while still having a great time answering trivia questions," said senior and NHS president **Anisha Manglani**.

"Planning the Brain Bowl takes a great deal of organization, but I think as a club, we're doing a pretty good job."

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A Day In The Life Of Mr. Thompson

Megan Fitzsimons

Staff Reporter

@meganfitzsimons

Mr. Thompson, the principal of Jonathan Law High School, never actually wanted to become a principal. He loves teaching English. Thompson taught English at his old high school, Sacred Heart, where he also directed plays, helped out with the student council, and was a junior varsity coach.

While teaching at Sacred Heart, the school offered to pay, in full, for Thompson to go back to college to become an administrator. He couldn't pass up the offer. He got his degree over the summer, and then Sacred Heart asked him to be the vice principal. After a few years there, Thompson became a principal at West Hartford Elementary School. From there he went to Daniel Hand High School then to Derby High School.

That's where Thompson's journey to Jonathan Law began. He still misses teaching English, though.

"I love teaching English, but I also love being involved with what the students do," said Thompson. "At least being principal still allows me to be involved with the students, like being in 'The Wiz' and doing the lights at the Fashion Show."

Thompson starts out his days by waking up at 4:30 a.m. From 5 a.m. to 6 a.m. he goes to the gym. After, he is wide awake and refreshed for his days.

"I like to only wear shorts and T-shirts over the summer," said Thompson. "But when I put my shorts on the other day they fell right off."

At 6:30 a.m., Thompson gets to school and sits in the lobby to greet the students and faculty.

On Monday mornings, after greeting everybody as they walk in for the day, Thompson goes back to his office and emails all of the teachers and staff about the upcoming week. He also calls back and e-mails parents.

Friday mornings are a bit more exciting for Thompson. At 7:30 a.m., he and the freshman teachers have an instructional meeting. They are doing a "5 Why" protocol about helping freshman students who aren't doing the best they can in school. Their goal is to be able to get all students to perform the best they can.

"It's a new thing we're trying out and I'm excited to finish it up," said Thompson.

This is the first year that Law has ever tried something like this. Normally the "5 Why" protocol only takes about three weeks, but the



(photo courtesy Megan Fitzsimons)

teachers are trying to take it slow and get it perfected for the incoming freshmen at Law.

After this meeting, Thompson continued with his busy day. He said he always tries to make everyone as happy as possible, so if there's ever a teacher upset he does all he can to make things better. On Friday after the Fashion Show, **Mrs. Hreschak**, the cooking teacher needed her room to be cleared out after the previous night's Fashion Show.

Thompson surprisingly gave Hreschak his coffee to be nice and then made sure the room situation was taken care of.

"Mr. Thompson has a small addiction to coffee," Law assistant principal **Mrs. Drew** said.

Next, Thomson went back to his office to see what was next on his agenda. His life is a calendar, he said, so he's sure to put down every little meeting and time of what he has to do on it. His main calendar is the one on his phone. He is always checking it so that he doesn't miss anything that he has planned for the day.

If he has a little spare time, he likes to go for a little walk around the halls. His favorite place to walk through is the English hall because he loves hearing everything going on.

"I want to be as cool as **Mr. Kulenych** and **Mrs. Goldbeck**, a little crazy like **Mrs. Reshenk**, but I'll never be as cool as **Mrs. Hanson**," said Thompson.

Thompson said that his dream is to co-teach one period a day with Kulenych because Thompson thinks he is a cool teacher and seems like a lot of fun.

Kulenych said he'd be happy to take him up on the offer.

"That'd be awesome," Kulenych said. "My dream is to be just like him when I grow

up," Kulenych said.

Next, Thompson went into the guidance room to see how everything was going. He is sure to heat up his coffee before he goes in.

At 9:30 a.m., he had a meeting with **Mrs. Reeves**, head of the guidance department, about proctoring for the AP testing. Thompson likes to help out and proctor as many tests as he can because he wants to make it easier for guidance and others helping so they don't have to do all the work.

Following that meeting, Thompson helped out Reeves by finding three battery powered clocks, two in the supply closet and one from the media center, for timing the AP tests. He loves to make Reeves happy, he said, so the more he can do for her the better.

In between meetings, Thompson cleaned up his office. Thompson loves using big easel paper so it makes a mess when he has the papers lying around his office. He types up what is on the easel paper and sends it out to whoever needs it. He also writes and responds to his emails.

"I like how my AOL account says 'you've got mail.' It's comforting," said Thompson.

On Mondays, he likes to get together with assistant principal **Mr. Cavanna** and talk about everything going on. Thompson tries to stay in touch with him. He also stays in touch with the department heads and guidance counselors at least once a week.

Thompson has helped Cavanna out a lot this year. This is Cavanna's first year being an administrator and Cavanna said he appreciates all that Thompson has done for him. But he also had this to say:

"Thompson lost a lot of weight so he thinks he's hot

stuff now," said Cavanna. "But just remember, I have better hair."

Thompson also gave Cavanna advice on how to be a good assistant principal; it was a big transition for Cavanna but Thompson was always there to help long the way.

"He is a little short though, so that always bothered me," said Cavanna.

At 10:15 a.m., Thompson got a little hungry so he had his daily healthy snack, usually some carrots or an apple.

The next thing he had to do was look for a new quote to put on the board outside the front of the school.

"I love updating the sign because I sometimes get calls saying how much people like the new quote," said Thompson.

Then came the making of the Sunday message. On Fridays, Thompson records the message using all of the

emails and information he gets about the upcoming week.

Thompson gets pretty busy at times, so busy that he has to write down to call his best friend and parents. When he has to stay late at school, he calls his father to ask if he can take out Thompson's two dogs. On Saturdays, when Thompson goes into school, he takes his quiet dog with him so he has some company.

Next, he likes to check out what's going on in the office. Thompson makes sure everything is going well there and also checks in with his secretary, **Mrs. Attruia**.

Thompson then went to first lunch for his lunch duty at 10:50 a.m. Lunch is also when he catches up with Drew and Cavanna about their days.

There has to be at least one administrator on lunch duty at all times and Thompson is there the least, but if anyone needs coverage, he is always there to do it.

During third lunch, Thompson goes to his office or the teacher's room to have his own lunch. Even while he is eating lunch in his office he, doesn't close his office door.

"I'm not like most principals; I hate closing my door even if I have a lot to do," Thompson said. "Just in case anything happens I want them to be able to come right in and tell me."

Overall, Thompson's days consist of him patrolling the school, making sure everything is running perfectly, and being there for any student or faculty member who needs him.

As it turns out, Thompson's path to becoming the principal of Jonathan Law High School worked out well for him in the end.



(photo courtesy Megan Fitzsimons)

Dedicated Drama Club Shows Heart, Courage

Jesiree Carrera

Staff Reporter

"Believe in yourself, right from the start. Believe in the magic that's inside your heart."

For the Jonathan Law Drama Club, that was all they needed to present "The Wiz" on April 26, 27, and 28. Besides the lack of cast members, publicity, and budget needed to put on "The Wiz," the Drama Club exceeded expectation.

The Drama Club began their rehearsals for "The Wiz" in January after losing money in "The Importance of Being Earnest." The winter play was designed to help them fundraise for the expensive budget needed for "The Wiz." They did not get their intended profits and were suddenly pressured by the lack of funds in their account.

Not only did they have an extremely small budget, but they had half the cast needed to actually perform "The Wiz." It was originally written for around a 40 person cast with strong dancers, singers, and actors. The Drama Club, including volunteers from Foran High School, had a total of 23 members. The cast reached close to 60 people with the munchkins who were brought in from all of the elementary and middle schools in the Milford Community.

Despite the conflicts that the Drama Club had with presenting "The Wiz," it was still a production that the cast was proud of.

"I can't begin to describe how proud I was of all of you this weekend," said Jeffrey Wood, the St. Mary's organist and pianist, to the cast. "The quality of show that you put out was amazing, and I am honored to have been a part of it. Thank you for these years of memories!"

The Drama Club knew the challenges behind putting together "The Wiz." Other than Dorothy, it also featured eight other leading roles, smaller speaking ensemble parts, and a large ensemble which created ample opportunities for a high school cast to be shown in a variety of ways. "The Wiz" is also a recognizable title and would sell well since it is a more soulful version of "The Wizard of Oz."

The show cost over approximately \$10,100 to produce, and since the Drama Club is self-sufficient, it was difficult to raise that amount of money in time to pay for the show in a timely manner. The Drama Club has raised funds through many ways like bake sales and ad sales to raise enough money to cover the shows that cost more than ticket sales bring in. Currently, the Drama Club must be able to at least match the amount of money spent on the show to



The Drama Club eases down the Yellow Brick Road. (photo courtesy Jesiree Carrera)

continue to produce their large scale shows.

"The Drama Club raises all its own funds through fundraisers and ticket sales, and my years of working in the theatre have taught me that no show is guaranteed to be a hit," said **Michael Mele**, the director for the Drama Club. "'The Wiz' is meant to be a large scale musical with giant sets, tons of costumes, and a very large pit band. These factors are agonized over way early in the process. It then comes down to me calling people I know in the theatre business and trying to get the cheapest prices and best deals we can for each show."

One of the ways that the Drama Club has been able to raise money for their main musical is through a benefit concert in the fall. For the 2012-2013 year, they produced "The Wizard of Oz" which raised sufficient funds to put on "The Wiz" as well as "The Importance of Being Earnest," a play during the winter. Despite the success of "The Wizard of Oz," the Drama Club faced more difficulty while producing "The Wiz." The rights and royalties to produce the show were more than double the price of rights and royalties for other shows.

In addition to the expenses of the rights alone, the Drama Club also had to splurge for a larger pit. "The Wiz" has a very 1970's funk sound associated with it and requires a very talented band to play along with the cast. The musical needed 14 pit players and a conductor for the 2013 year while most other years only required an eight to ten person pit orchestra.

The Drama Club also faced issues with finding staffing and parental help with the shows that it produces every year. There are currently a few select parents that have formed the backbone of the Drama Club over the past few years. The parents are mostly parents

of the seniors of the Drama Club and they have done so many things behind the scenes to help out that without them the shows would not turn out the way that they do.

Since the Drama Club is losing 11 seniors this year, they will not only be losing the parents that help out with the productions, but a lot of their talent as well. Mele started the Drama Club when the seniors were freshmen and he has seen them grow as people from young, shy children, to mature young adults with strong self-identities.

"They have truly been the driving force behind the program and have built it to what we are today," said Mele. "We started four years ago with literally nothing and now have a very strong program. These kids have been the heartbeat of the Drama Club and it is very emotional to see them leave...They will always have a special place in my heart since they were there at the beginning and really did so much to mold how the Drama Club has grown the past four years. Their individual talents shone through over the years and their leadership has been invaluable to the club."

Due to the large numbers of seniors leaving the cast this year, the cast numbers will almost be cut in half. The cast hopes that they will gain more newcomers to the Drama Club despite the social stigma that comes with being involved in the arts. Mele strongly believes that the status quo of the theatre and arts programs only exist as long as people let them exist.

The cast has broken the norm in theatre. It is made up of different groups from the musically inclined to athletic players. This year, the cast featured a special guest, the football head coach, **Mr. Robinson**. It created a sense of unity between different programs in the school.

"It's great to see great diversity in our cast and cross

overs in the school," said Jubilee Witte, a freshman from Foran High. "It helps destroy stereotypes and barriers between different sects. Many sports players are in the Drama Club and if Robinson's performance attracts more guys, it would be extremely helpful."

The Drama Club hoped to break some stereotypes about the theatre by using the football coach to change the perspectives of the public.

"I actually found it refreshing, having a sports coach taking part in the arts," said Ethan Pierson, a senior from Foran. "The theatre has this awful connotation of being 'gay,' at least for guys. Maybe this will now open the doors to many people who wouldn't otherwise do it for fear of seeming 'gay.'"

Robinson was not the only surprise that the cast had for its audiences; selected football players were also involved in the show as well. The sports players that Robinson gained to join the show were **Jimmy Davenport, Brendan Ahern, Jeremy Pitrie, Colin DiPisa, and Dylan Lucas**. There was some hesitation at first to join the cast for the football players, but after their debut onstage, they couldn't wait to do it again. The original idea for them to join the cast and help out with the show came with the idea of having Glinda, played by junior **Vicky Toth**, to fly in. Since the Drama Club did not have the ability to fly her in for her entrance, the football players carried her in to give the grand effect of her importance.

"The sports programs and arts programs are somewhat alike," said Davenport, a junior. "Both consist of a lot of team work and cooperation in order to be successful. It was a lot of fun and I am thankful that I had the opportunity to be in the show."

In addition to the football coach and sports players, the

Drama Club welcomed back children as the munchkins. The Drama Club knew the complication of including children into a complicated show, but they welcomed the challenge and brought in around 25 children.

"They help attract a bigger and wider audience," said Witte. "It also helps to inspire future generations to do the theatre, so I say, bring on the children!"

Other than gaining more interest and cast members, the Drama Club also hopes on improving their conditions to perform. While it is true that having the finest stage in the world means nothing if there is a lack of talent to place on the stage, it does help to have an updated stage. The Drama Club uses what they have and can still do amazing things, especially with the new lighting system and new curtains that were put in this year; however, their productions would be improved with a modified stage and better acoustics for the room.

The stage, as well as the drama program could be greatly improved with funding, support, and modifications. Even with the challenges brought upon the cast, they still manage to perform well and please audiences with their energetic productions.

"All of the cast members put their hearts and souls into this show; their blood, sweat, and tears as well. If not, we wouldn't be doing it," said Toth. "We do it for what we love. That tattered stage is our home, and we treat it as such."

The Drama Club will continue to put on plays, namely, "A Christmas Carol," "Much Ado About Nothing," and "Anything Goes" in the future. No matter what challenges they come upon, they will continue to do what they love and achieve their dreams.

President Barack Obama said, "Over the years, musicals have also been at the forefront of our social consciousness, challenging stereotypes, shaping our opinions about race and religion, death and disease, power and politics. But perhaps the most American part of this truly American art form is its optimism. Broadway music calls us to see the best in ourselves and in the world around us -- to believe that no matter how hopeless things may seem, the nice guy can still get the girl, the hero can still triumph over evil, and a brighter day can be waiting just around the bend."

The Drama Club continues to believe in themselves and produce difficult shows that truly bring joy to the general public.

(Some information courtesy politicsdaily.com)

Distracted Driving Causes Preventable Accidents

Christina Macaluso
Staff Reporter

Nineteen-year-old Brittanie Montgomery was a member of the Hornets Honeybees dance team and studied childhood development as a sophomore at the University of Central Oklahoma. On December 21, 2006, she was killed when she lost control of her vehicle, crossed four lanes of traffic, and was struck by an oncoming car. She was talking on her cell phone with a friend at the time of the crash.

Brittanie was doing 64 mph, with her seat belt on, when she began to swerve. She tried correcting it by moving once to the left, then once to the right, but ended up crossing four lanes of traffic and was mangled in the driver's door.

"She was engaged in a conversation, not texting, just talking on the phone with her best friend about life and being a teenager, and then in a matter of seconds, she's gone," Brittanie Montgomery's mom said.

Montgomery is not the only one who has been in an accident and caused one due to distracted driving. In 2011, there were 3,331 people killed in crashes involving a distracted driver and an additional 387,000 people injured in motor vehicle crashes involving a distracted driver.

There are three forms of distracted driving. The forms are manual, visual, and cognitive. Manual is taking your hands off the wheel, visual is taking your eyes off the road, and cognitive is taking your mind off of driving.

Although states cannot necessarily make a law banning all types of distracted driving because that would mean that drivers would be restricted from doing simple things such as having a sip of water or changing the radio, many states do have a law against cell phone use while driving. Those states that do not have the law are reviewing it and taking it into consideration.

The reason that texting poses the most danger to drivers is because it requires visual, manual, and cognitive attention from the driver. Sending or receiving a text takes a driver's eyes from the road for an average of 4.6 seconds, the equivalent-at 55 mph-of driving the length of an entire football field, blind.

Twenty-one-year-old Casey Feldman, was a senior at Fordham University. She was struck by a distracted driver on July 17, 2009, while she was walking on a crosswalk on her way to her summer job.

Feldman's parents are now behind different organizations



(photo courtesy sfappeal.com)

against distracted driving.

"I drove distracted all the time," Mr. Feldman said. "The only thing that changed me was having my daughter killed."

Casey Feldman's story has been shared with teens all over and her father says that he hopes it will inspire them to share his message about the dangers of distracted driving with friends and family members.

"Whenever I talk to students I always tell them that when you get behind the wheel, put down the cellphone, put down the mascara, put down the hamburger – and just drive," Mr. Feldman said.

Mr. Feldman also says that statistics show that teens that grow up in a household where the parents drive distracted are two to four times more likely to drive distracted when they get behind the wheel.

There is no specific age group that is more prone to distracted driving. It happens to everyone and most of the time it goes unnoticed that were doing it which is what makes it so dangerous.

Distracted driving in all aspects can not necessarily be stopped, but the key to reducing distracted driving is to educate people.

It has been shown that 69% of drivers in the United States ages 18-64 reported that they had talked on their cell phone while driving within the 30 days before they were surveyed.

Most of the distracted driving done by drivers does usually involve cellphone use, but it is important to educate the public and let them know that distracted driving isn't all about cell phone use.

In May of 2009, Anita Zaffke, who was on a motorcycle, was rear-ended by a driver, Lora Hunt, who happened to be painting her nails at the time of the accident.

Hunt was painting her nails while driving when all of a sudden she realized that the

traffic light was turning from green to yellow.

She had no time to fully stop before hitting Zaffke and didn't even realize that the motorcyclist was in front of her until the contact between the two was made.

Zaffke died because of multiple internal injuries and a spine fracture. Although she was wearing a helmet, it did not protect her.

"I am not surprised that the helmet did not protect her," the coroner said. "She was thrown 200 feet and that does a lot of damage."

Hunt was charged with reckless homicide and was sentenced to five years in prison.

The officer on the scene for the accident said that he was not surprised that the driver was painting her nails. He said that he sees drivers doing all sorts of distracting activities while behind the wheel.

Multitasking could be difficult to do and it becomes even more difficult when someone gets behind the wheel and needs to be watching out for other cars, people, lights, signs, etc.

Studies show that only about 2% of all people are able to successfully multitask while driving. Knowing how many people choose to multitask while driving anyway, causes people to become worried over statistics like this.

Yet, if people are so worried and if 87% of all people are supportive in laws against distractions such as texting or emailing while driving, why does it still happen so often?

Although police work to help stop distracted driving, studies show that police are just as prone to become distracted.

In fact, distraction has been found to be the main cause of accidents in an average of three police crashes every month.

In August of 2012, Robert Dyer was driving down Chrysler Avenue in Missouri when he put on his blinker and slowed

down to make a right turn. In his mirror he saw a police car quickly approaching. Having almost no time to react, Dyer told his friend in the passenger seat to watch out.

Next thing he knew, his head smashed up against the back window of his truck and his friend ended up being rushed to the hospital.

The crash report indicated that the officer involved with the accident was looking at his computer and never even hit the brakes before the collision.

Police are constantly warning others about the dangers of distracted driving and they can even give you a ticket for it, but more and more people are finding that sometimes police don't even follow their own advice.

It is understandable that computers in a police vehicle cannot be removed because they are a huge help to officers while on duty, but technology is being produced that can help officers keep their attention on the road when it is needed most.

There are new programs in police vehicles that can actually disable the computers once the officers reach a certain speed. People are hoping that more police departments decide to use this kind of technology in order

to keep themselves and others safe.

Distracted driving usually ends tragically, as it did with seventeen-year-old Kelsey Raffaele. Her last words before she crashed were "I'm going to crash."

The car she was driving had clipped a snow bank and spun into oncoming traffic, where it was T-boned by an SUV. She died at a hospital without regaining consciousness.

When investigating the accident, police officers just thought that the cause of the accident was just a mistake made by a novice driver but they soon found out that she was on the phone at the time of the accident.

It is obvious that cellphone use is extremely dangerous when you are driving, but it's just as dangerous to use a phone's voice to text feature or any forms of Bluetooth.

People just assume that those methods are safer because you don't really have to actually hold the phone, but that isn't true.

Distracted driving can lead to injuries or death of drivers around you, passengers in your own vehicle, or yourself.

Montgomery collided with another vehicle that had four passengers and one of the passengers was a woman that was eight and a half months pregnant.

Although Montgomery was dead before she even made it to the hospital, the passengers of the other vehicle were transported and walked away okay with a few minor injuries.

Montgomery's mother says that she hopes people learn from her daughters' mistake.

"Accidents caused by distracted driving are preventable," Mrs. Montgomery said.

"Learn from stories such as my daughters', and don't drive distracted."

(Some information courtesy of distraction.gov, youtube.com, kshb.com, aaafoundation.com)



(photo courtesy dc.streetsblo.org)

Teens Becoming More Addicted To Social Media

Adam Weber

Staff Reporter

@awebr

16-year-old “Jamie” from England is addicted to the internet. Each week, he spends about 70 hours surfing the web, with daily sessions beginning in the afternoon and ending right before the sun rises.

Jamie would characterize himself as “sci-fi mad” and uses a great majority of his computer time on internet-based discussion boards talking about the television series “Star Trek”. Jamie categorizes the internet as the most important facet of his life: he thinks about it even when he’s not using it, and experiences symptoms of withdrawal when he cannot access it either.

Even though an outsider looking in on Jamie’s life would most definitely label him as an internet addict, Jamie does not claim he is one. This sort of behavior, the addiction and denial of the condition, is becoming more frequently exhibited in teens around the world.

Many studies have been carried out that focus on internet and social media addiction in all types of people, with a main concentration on teens. A study performed by the University of Chicago claims that a social media addiction can be more powerful than a cigarette or alcohol addiction.

Consultant psychiatrist Dr. Richard Graham treats social media addicts at his clinic in London.

“They start to miss or avoid doing the necessary things in life, even at a fundamental level of self-care. They delay eating or avoid eating or drinking, delay sleep, miss meetings or delay getting into work or college,” Dr. Graham said.

This behavior characterizes a more developed form of social media addiction, such as in the case of Jamie. However, not all social media users are at this extreme.

The common social media enthusiast, who may have multiple accounts online for different sites or apps and checks them every few minutes, is not an addict just yet. Social media is a part of all people’s lives simply due to advances in technology. Checking on friends’ statuses and pictures has become the new social norm, so therefore this is not classified as addiction. When social media starts to change the way a person lives, that’s when it becomes a legitimate issue.

Neurologist Baroness Greenfield has studied the effects of social media on teens.

“If the majority (of teens) are keeping in touch with



(photo courtesy socialmediagroup.com)

200 people it means the time they’re taking to do that is time not spent rehearsing face to face contact or real life communication,” Greenfield said. “Their social skills and ability to relate to others will also suffer. It might mean that your identity’s much more fragile if it needs constant feedback and constant approval from others.”

This aforementioned feedback and approval has been researched on why it causes social media to be addicting. Features of social media, such as “likes” and “retweets,” give users a small dose of the neurotransmitter dopamine. Dopamine is a chemical compound in the brain that acts as the reward system, making a person feel good when they accomplish a task. Most addictive drugs work off of the dopamine reward system, which is why social media has an addicting effect as well.

A problematic side effect of social media addiction is the anxiety caused when it’s not readily available. People who suffer from the more extreme variants of social media addiction experience the uneasiness when they are not connected to the internet.

Jamie is a prime example of a victim of this reliance on social media. Doctor Mark Griffiths, who performed the study on Jamie, said, “He gets withdrawal symptoms if he cannot get internet access. When trying to cut down or quit, he finds the lure of cyberspace too strong to resist.”

Jamie corroborated this fact stated by Griffiths.

“I get very irritable and I start to shake,” Jamie said. “I log on literally until I am physically unplugged by someone else. I can’t work or live without it. My social and intellectual life are linked directly to it.”

Jamie fears that when he is disconnected from the internet, he has no idea “what

is going on.”

Though Jamie’s case seems extreme, studies have shown that a majority of social media users experience similar behavior, but not in as great magnitude.

The non-profit organization Anxiety UK performed a study on social media users who are linked with Facebook, Twitter, and other sites.

45% of the social media users polled claimed they felt “worried or uncomfortable” when email and Facebook were inaccessible. What can be concluded from the collective studies is that anxiety is caused not from using social media, but rather, being away from it. This, combined with the physical addiction from the dopamine, is why teens are so hooked into the internet.

With internet addiction in teens comes effects on their social lives. The main concern prevalent is that teens will lose their social skills for face-to-face communication. And it’s already happening.

Instead of engaging in a conversation around the table for lunch, teens can be seen looking down upon their phones, isolating themselves from their friends right next to them. Rather than talk to one person about how their day is going, teens check their news feed on Facebook or Twitter to see tidbits on how all of their friends are doing. While this seems more efficient in the teenage mind, it is slowly degrading their ability to converse the way previous generations before technology have.

Additionally, social media in this respect is giving teens the wrong idea of what friendship is. A friendship is not just tweeting at someone and favoriting their reply back.

Dr. Helen Wright is the headmaster of the girls’ school St Mary’s Calne, where she observes this reserved behavior on a daily basis.

“You can’t possibly have 600 real friends and be the

best in those friendships. Friendships need to be cherished,” Wright said. “If it’s possible in just a moment to defriend someone or unfriend them on Facebook, then people say ‘why can’t I do that in real life?’ But of course, it’s not like that, life is not like that.”

While social media has been developed as a means to connect friends together, it seems to be forming a generation of teens who believe that friendships are in the virtual world.

Social media is not all negative though. With the increase in teens becoming savvy with technology, researching information on the internet is easier for them and will benefit them in their future.

While in the past, a trip to the library was necessary to research topics, the internet now provides all that same information without having to leave the house. This makes acquiring information much more efficient, and since this generation has grown up with the technology of the internet, the future promises a population that knows how to find what they are looking for.

Also, since social media’s purpose is to share life happenings with acquaintances, news stories are shared as well in addition to friends’ statuses. This gives teens insight into what’s happening in the world, without necessarily having to watch the nightly news, which may not interest teens in this digital age.

The one looming negative that still remains is the increase in cyber bullying, due to the advent of social media technology.

Cyber bullying is a means of taunting others through the medium of the internet. What makes cyber bullying so attractive to those with a cold heart is that they can hide behind the façade of a profile and not engage in a face-to-face confrontation, which is harder for them to do.

Some social networking sites allow users to submit comments to others anonymously, which has both good and bad implications. While some people will post compliments to a person that they are too shy to say in person, others will post hate and insults without fear of getting caught. Because of the general lack of consequences ensuing from cyber bullying, the bullies may not realize the harm they are inflicting on others, therefore giving them reason to continue their practices online.

While trying to find the motivation behind cyber bullies, some have formulated reasoning behind the cruel acts, as one is stated here by Bona:

“Cyber bullies can be defined as the ultimate cowards. Technology offers a shield behind which they can snipe at random victims. Would these latent bullies have surfaced otherwise? Probably not. The childhood beast within them need never be tamed by social conditioning. Instead of being suppressed it becomes expressed, cultivated.”

While the internet-addicted Jamie is not a cyber bully, he utilizes the same ideology behind the use of technology as a wall to hide behind. Jamie is obese and has little self confidence in his physical life; but in his virtual life, he “feels comfortable in the text-based world of the Internet.”

The onset of social media has proven to be a life-changer, for some good and bad. Although the intent of social networking did not involve negative side effects, this is what has evolved from the invention, and this is the plight of the digital generation.

(Some information courtesy mwsu.edu, dailymail.co.uk, mediabistro.com, huffingtonpost.com, rte.ie, childrefuge.org)



(photo courtesy theweek.com)

Students Use ‘Smart Drug’ To Excel In School

Stephanie Cameron

Staff Reporter

Richard Fee was a successful student with great potential. He was intelligent and athletic, earned a full scholarship to college and planned on going to medical school. After graduating college in 2009 and coming home to Virginia, his parents say they learned he had become addicted to prescription medications used to treat attention deficit hyperactivity disorder, a condition his parents say he never had. Fee, lied to numerous doctors to abuse Adderall, a medication used for ADHD symptoms. After abusing Adderall for over a year, Fee suffered from a psychiatric breakdown that hospitalized him for a week. In November 2011, Richard Fee hung himself in his bedroom closet. Richard’s parents said they noticed their son taking higher dosages of Adderall after he received low scores on medical college admissions test.

“It was tough to watch him go through that,” Rick Fee said. “It changed him from the person that he was to what he became.”

Dr. Charles Parker, one of Richard’s psychiatrists, said Richard Fee persuaded him of his need for Adderall.

“He was pitching me very well. I was asking him very specific questions, and he was very good at telling me the answers in a very specific way,” Parker said.

Even though Richard Fee is an extreme story about the usage of Adderall, the percentage of students using Adderall is increasing rapidly.

Richard Fee is just one of the many students to abuse Adderall.

Adderall is a combination of amphetamine and dextroamphetamine that is used to treat the symptoms of attention-deficit hyperactivity disorder, also known as ADHD. Adderall has also been used unofficially for the treatment of obesity, severe depression and sleep-related disorders.

When it first came on the market, it was prescribed as a diet suppressant. Soon it evolved into an effective treatment for children and young adults who were diagnosed with ADHD.

Also known as “The Smart Drug,” Adderall can be sold on the internet or in the classroom for low fees. The easy access means the temptation is greater to develop an abuse problem. At first the body will become hooked to the burst of energy associated with Adderall. Then it can lead to a psychological dependency when the user feels as though they won’t be able to perform without taking the



(photo courtesy psu.edu)

drug. Once the rationalization process starts, the addiction has already become serious.

“If you were to walk around the library at any college, you would witness countless transactions of people passing along Adderall,” said 23-year-old Jake Smith, who recently graduated from UNC Charlotte.

It is available in two formulations: IR (Instant Release) and XR (Extended Release). The immediate release formulation is intended for use in ADHD and narcolepsy, while the XR formulation is approved for use only with attention deficit disorder.

This drug is classified as a central nervous system stimulant. Adderall’s effect on the body’s heart rate can lead to cardiovascular problems, such as disrupted heart rhythm and increased blood pressure. Users may also experience loss of appetite, which can lead to excessive weight loss and related issues.

Like other stimulant drugs, such as methamphetamine and cocaine, Adderall directly affects the mesolimbic reward pathway in the brain.

The sales of Adderall in the U.S. have increased more than 3,100 percent between 2000 and 2005. Also, the numbers of people who claim they have ADHD are increasing.

“We are seeing an elevation of the number of patients admitted into treatment,” said Charles O’Dell with the Dilworth Center for Chemical Dependency.

College students between the ages of 18 and 22 are twice as likely to use the drug for non-medicinal purposes as those that are not in college. Since many college students drink, they are further risking their health if they mix alcohol with Adderall. Given that both Adderall and alcohol can dehydrate the body and that alcohol is a depressant,

which can aggravate the psychological issues associated with the withdrawal from Adderall.

The myth that a drug like Adderall can help a student focus on exams has taken hold. As a result, more students are experimenting with this type of narcotic, thinking it will be a shortcut to better grades.

As of 2007, about 9.5 percent, or 5.4 million, of school-aged children were diagnosed with Attention Deficit Hyper Disorder, according to the Centers for Disease Control and Prevention. Adderall

prescriptions went up 13.4 percent from 2009 to 2010, and more than 18 million prescriptions were written for the drug.

There is an increased pressure for college students to maintain high GPAs. This is where the urban myth of the “study drug” came into being. The rumor is that taking Adderall before a big test will help the student stay up all night to study and help them maintain focus when it’s time to take the test. Although Adderall’s properties might help a person stay up through the night, there is nothing to suggest that Adderall is some sort of magic pill to help the student unlock answers. Unfortunately, many college students succumb to the temptation of a purported quick fix and end up addicted to Adderall.

“I can’t function normally without it,” Erica Tjelta, a student from UNC, said. “I’m not taking it to, like, get an edge on the next guy or get a higher score, I just want to do as well as anybody else.”

In a 2012 study, 35.4% of college students openly admitted to taking Adderall in order to help them increase their performance during

exams. Since Adderall is so inexpensive and easily accessible over the internet, it’s a great attraction to students who feel they need the drug to perform well.

“Baseball players take steroids to be the best and students take Adderall to be the best. It’s steroids for school,” a college student who wished to be unnamed said.

Adderall can be consumed orally, snorted, injected, or smoked to increase the amount of dopamine and norepinephrine in the brain which in turn leads to a huge stimulating effect.

Adderall side effects include insomnia, impotence, headache, loss of appetite, nervousness, dry mouth, high blood pressure, depression, and hallucinations.

Since Adderall is a growing problem among teenagers, they have come up with numerous reasons as to why using Adderall is OK.

First, students claim that since Adderall is not illegal such as more deleterious drugs such as cocaine, methamphetamine, and ecstasy, its use must be relatively harmless.

The second cited reason is that Adderall used in moderation does not pose any significant danger to health.

The third justification is the self-medicating argument that these students self-diagnose themselves with ADHD when they experience its known symptoms, such as difficulty concentrating, propensity to daydream, and boredom. Since these symptoms cease when they use Adderall, they believe must have ADHD.

The fourth argument is the cultural minimization of the risk that Adderall poses. For example, students reduce the “serious nature of amphetamines by framing

“Adderall is a highly addictive substance and when you play with addictive substances, you ultimately get burned.”
- Abuse counselor
Stephen Odom

them as harmless and socially acceptable.

In a study conducted by ‘The Partnership for a Drug-Free America,’ it was found that 40% of teens believed that prescription drugs are “much safer” to use than illegal drugs; 31% viewed “nothing wrong” with occasionally using a drug without a prescription; and 29% believed that prescription medications are not addictive. This lack of education and understanding of the dangers of abusing prescription drugs, especially Adderall, explains why the number of students abusing Adderall is increasing.

“It’s a highly addictive substance and when you play with addictive substances, you ultimately get burned,” Stephen Odom, a drug abuse counselor at Sober Living by the Sea, told Amy Robch, a reporter at NBC.

“For all intents and purposes, Adderall is speed. You’re putting something in your body that’s gonna make you think you’re OK when you’re not. And the next thing you know, you’re gonna be spinning out of control.”

Numerous students across the nation feel they need Adderall to compete with the other top students who are using.

“When I’m on Adderall and I’m looking at the textbook I can forget about everything else around me,” she told NBC News’ Amy Robach, in a report aired on TODAY.

“I figured if everyone else is doing it, why shouldn’t I get the advantage?”

Few students realize that giving or accepting even one Adderall pill from a friend with a prescription is a federal crime. Adderall and its stimulant siblings are classified by the Drug Enforcement Administration as Schedule II drugs, in the same category as cocaine, because of their highly addictive properties.

Richard Fee’s story is just one of the many warning signs that Adderall abuse is very dangerous. One dead student is enough to start educating teenagers and students about the negative effects Adderall can have on the user’s life.

(Some information courtesy of drugabuse.com, today.com, rehabinfo.net)

Teens Struggle To Get Their Necessary Sleep

Jack Merva
Staff Reporter
@jmervaa

Sleep is important for all people and for teens especially. Teens are supposed to get 9 ¼ hours of sleep every night. This may seem like a lot of sleep but it is very essential to the health of teens. This is a very controversial topic considering only 15% of students in a National Sleep Foundation *Sleep in America* survey said they actually get enough sleep on a regular night. Sleep patterns for teens move make falling asleep before 11 p.m. a challenge.

"If parents and teens know what good sleep entails and the benefits of making and sticking to a plan that supports good sleep, then they might re-examine their choices about what truly are their 'essential' activities," said Mary Carskadon, Ph.D., Director of Chronobiology/Sleep Research at the E.P. Bradley Hospital and Professor of Psychiatry and Human Behavior at Brown Medical School in Providence, R.I.

Limited sleep affects school life as well as personal health such as pimples and weight gain.

"A mere one-hour nightly loss of sleep is equivalent to the loss of two years of cognitive maturation and development," sleep researcher Dr. Avi Sadeh at Tel Aviv University said.

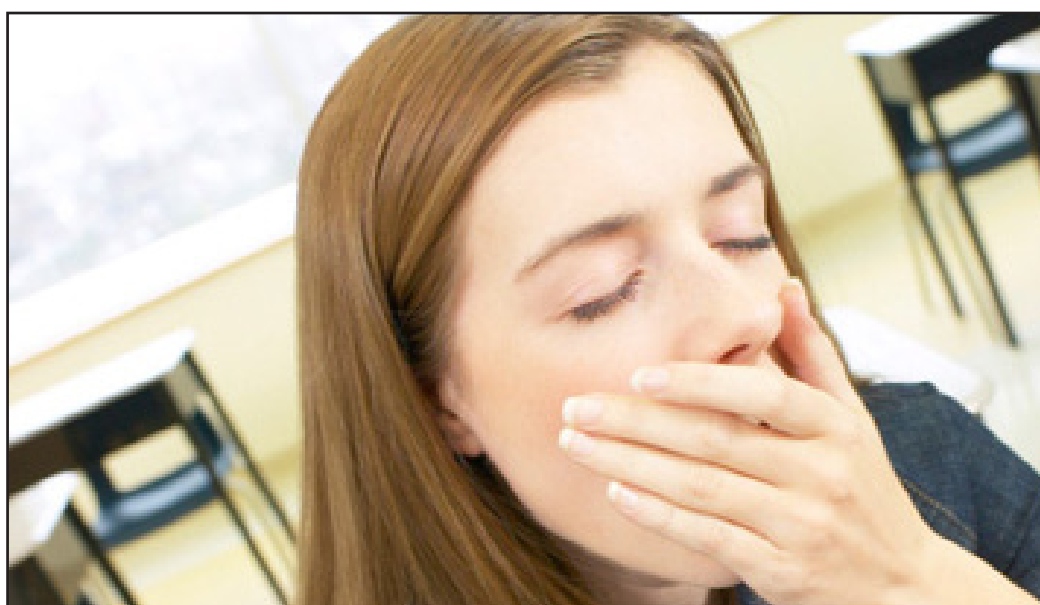
Lack of sleep can lead to aggressive or inappropriate behavior such as yelling at your friends or being impatient with your teachers or family members.

"They (National Sleep Foundation *Sleep in America* survey) also found symptoms of depression and anxiety were most common among teens with sleep problems," Dr. Michael J. Breus said.

The debate on starting high schools later is very controversial right now because of the sleep habits of teens and the effect they have on the students' lives.

"Students reported less depression when there was a later starting time," educational researcher Kyla Wahlstrom said. "And teachers reported that students were more alert and ready for learning. Parents reported that their children were easier to live with because their emotions were more regulated."

Two Minneapolis-area school districts decided to move secondary school start times to 8:30 a.m. or later based on the recommended nine hours of sleep teen students are supposed to receive every night. The nine hour block is made for teens to fall asleep at 11 p.m. and wake up at 8 a.m. and was determined by



(photo courtesy tlc.howstuffworks.com)

emerging medical research showing teens have a natural sleep pattern that almost always persists to a late-to-bed, late-to-rise cycle.

"The study has been vital to our efforts in educating school districts and leaders who are pursuing changing their school start times," Program Director for the National Sleep Foundation Pat Britz said.

The results of this study in the two Minneapolis areas provided detailed information about the work, sleep, and school habits of over 7,000 secondary students, over 3,000 teachers, and interviews from over 750 parents of the students about their opinions on the later start time based on all the categories since they are their parents and they are with them the most.

"We have received feedback from many families and staff affirming our decision to use this data to reorganize school times, and the data has resulted in many other districts in the state and around the country changing start times to better match students' learning rhythms with the school's instructional program," Superintendent of Minneapolis Public Schools Carol Johnson said.

More than 80 school districts around the country have already made a change to make a later start time to school. More sleep also benefits teen's health.

"Sleep deprivation and depression go hand in hand among teenagers," said the study's lead author, Mahmood Siddique, D.O., a sleep medicine specialist at the Robert Wood Johnson Medical School, in New Brunswick, New Jersey. "Instead of giving them medications, I'd rather give them a chance to sleep better, and more."

Depression symptoms are seemingly high in teenagers/students based on a poll presented at the annual meeting SLEEP. The data they collected showed that 32

percent of students showed some symptoms of depression while 30 percent of students showed strong symptoms of depression.

"The students who were excessively sleepy during the day were three times more likely to have strong depression symptoms than their well-rested peers," said Dr. Siddique.

Although the study was small and only at one high school the experts say that the study was reliable and the results would be typical for adolescents all across America. The general tiredness is not just due to the school work but correlates with extra-curricular activities as well since they take up so much time.

"To get into a good college, it's not enough to be an A student," says Dr. Lisa Shives, M.D., the medical director of Northshore Sleep Medicine, in Evanston, Illinois. "You've got to play football and be captain of the chess team, too."

All the activities that students do that don't even involve school are what take up most of the time too. School work, although lengthy in time and effort, is only half of the time battle since colleges look for not just grades but the "all-around-ness" of the person as a whole.

"Students that are involved in more than 10 hours per week of extra-curricular activities are more likely than the others to be unrested upon awakening, sleepy during the daytime and cutting on sleeping time," Dr. Ohayon, MD, PhD, of Stanford University said.

Although depression is a huge symptom, other lesser symptoms of sleep deprivation are serious and common. Examples of these symptoms are weight-gain, pimples, and may contribute to illness.

"It's a vicious cycle where we sleep poorly, we are less motivated to increase physical activity, and so we gain more weight, which leads to obesity related issues including sleep

apnea," National Sleep Foundation board member Frankie Roman, MD said.

Fortunately for all these symptoms and problems with sleep there are solutions that experts have depicted to help teens get their rest.

"Have your child go to sleep 15 minutes earlier every night for four or five nights until he regains an hour," Jodi Mindell, Ph.D. said.

The main solution to sleep deprivation is making sure it is a priority in your life. Use naps efficiently and not for too long or too close till you sleep.

"With more ways to stay connected, we see an increase in night-owlism among teens," Dr. Emsellem said.

Another solution would be to make your room a "sleep haven". By making sure the room is dark, cool, and quiet the wellness of sleep will improve.

"Sleep problems have been associated with drug use, drug abuse, and withdrawal from drugs. Sleep disturbances also have been linked to the use of alcohol and to chronic alcoholism," Louis R. Chanin, MD, said.

Other drugs that impact sleep in a negative way are high blood pressure medications, steroids, diet pills, illegal drugs such as cocaine amphetamines, and

methamphetamines, and other drugs.

"Alcohol often is thought of as a sedative or calming drug. However, while alcohol may induce sleep, the quality of sleep is often fragmented during the second half of the sleep period, when the alcohol's relaxing effect wears off. As a result, alcohol-induced sleep prevents you from getting the deep sleep you need, because alcohol keeps you in the lighter stages of sleep," Louis R. Chanin, said.

Certain foods will help with sleep. These foods most often include Tryptophan, which is a sleep-promoting substance.

"If you struggle with insomnia, a little food in your stomach may help you sleep. But don't use this as an open invitation to pig out. Keep the snack small. A heavy meal will tax your digestive system, making you uncomfortable and unable to get soothing sleep," Brunilda Nazario, MD, said.

Another solution for sleep deprivation is to establish a schedule to make your body accustomed to when "bed-time" is. This puts the body into a system and helps the body calm down. An activity to calm down is to read or take a shower or bath.

"Most teens experience changes in their sleep schedules. Their internal body clocks can cause them to fall asleep and wake up later. You can't change this, but you can participate in interactive activities and classes to help counteract your sleepiness. Make sure your activities at night are calming to counteract your already heightened alertness," Mary Carskadon, Ph.D., said.

Sleep is a very essential part to life and development in an adolescent's life and should be treated with more respect than it gets. Sleep gets pushed off like it is the last priority but it should be a bigger priority with its benefits.

(Some information courtesy of sleepfoundation.org, webmd.com, kidshealth.org, npr.org, sleepcenter.ucla.edu)



(photo courtesy jejeizahfaye.com)

Childhood Obesity Becoming Larger Problem

Meaghan Sollitto

Staff Reporter

Austin (last name not given) is a young boy who lives in the United States. He is unfortunately suffering from childhood obesity. Finally, when his mom, Cindy, discovered that she had diabetes, she realized she had to help herself and her family by making a change.

"I sat down with the kids and I said, 'As a family I want us to be together as long as we possibly can. And if we keep doing the way we have normally eaten, the way we normally have lived, we're not going to be able to stay together as long as I would like,'" Cindy said.

Austin was on board right away because he wanted to make a change too. They changed everything about their lifestyle in order to ensure this new life saving tactic.

Cindy started food portioning at every meal. Once the kids had their portion of meat, bread or potato the only thing else they are allowed to eat are vegetables. Strict rules were enforced in order to make sure the kids would stick to their diet. Their grandmother even cleared all of the junk food out of the house for them.

Some parents think that what Cindy is doing takes away from their childhood with the occasional junk food. However, she sees it in a different light.

"I don't want my kids to grow up and get to the point where it's too late," Cindy said. "I want them to be happy and healthy and make the best choices for themselves and their future families."

Austin had the hardest time at school. His friends would all eat sugar and drink soda right in front of him at lunch. But as he kept going he realized how awesome the diet was.

"I was doing things better. I was doing things a lot faster. I could swim faster. I could run faster. I could just about do my homework faster!" Austin said.

Austin's self-esteem went through the roof. He was the happiest and healthiest he had been his whole life. His sister was even nominated for "Alliance for the Healthier Generation". The nomination committee also decided to nominate Austin for all of his hard work and dedication and because he had lost 47 pounds. The family as a whole lost a little over 200 pounds.

Austin's favorite thing to do is go out and talk about what he's done and the progress he's made so that other kids can go out and do the same. One in three kids is overweight or obese and that's over 25 million kids. He does anything and everything to



"Austin" has lost 47 pounds thanks to a new diet. (photo courtesy besmartbewell.com)

help everyone.

Bullying and Obesity

One of the most recent and most concerning problems is kids getting bullied for their weight. Research found that kids who are overweight are 63% more likely to get bullied.

"One of the reasons we started this study is that obesity is so much more common today. Now that about half of kids are overweight or obese, it doesn't make you such an outlier anymore, so we thought maybe kids wouldn't be bullied for being overweight anymore," said study author Dr. Julie Lumeng, an assistant research scientist at the Center for Human Growth and Development at the University of Michigan in Ann Arbor.

The study included 821 boys and girls from a nationally representative sample of children selected from 10 sites around the United States. Bullying behaviors were assessed in third, fifth and sixth grades. The youngsters were mostly white, half of them were male and 15 percent were overweight in the third grade. By sixth grade, teachers reported that 34 percent of the study children had been bullied, and mothers reported that 45 percent of the children had been bullied, while 25 percent of the children themselves said they had been bullied.

This study has showed that no matter what characteristics a child has like race, gender or family income level, obesity trumps all. No matter how many studies they did each one showed that obese children were more likely to get bullied.

The Efforts Towards Reform

First Lady Michelle Obama has tried many gallant efforts for the past three years to try and end childhood obesity. For example, she started the "Let's Move!" campaign to convince kids that exercising regularly can be fun.

"Slowly but surely, we're beginning to turn the tide on

childhood obesity in America. Together, we are inspiring leaders from every sector to take ownership of this issue," Obama said.

Over the past three decades, childhood obesity rates in America have tripled, and today, nearly one in three children in America are overweight or obese. The numbers are even higher in African American and Hispanic communities, where nearly 40% of the children are overweight or obese.

If this problem can't be solved, one third of all children born in 2000 or later will suffer from diabetes at some point in their lives. Many others will face chronic obesity-related health problems like heart disease, high blood pressure, cancer, and asthma. Today, children experience a very different lifestyle. Walks to and from school have been replaced by car and bus rides. Gym class and after-school sports have been cut; afternoons are now spent with TV, video games, and the internet. Parents are busier than ever and families eat fewer home-cooked meals. Snacking between meals is now commonplace. In total, America is now eating 31 percent more calories than forty years ago—including 56 percent more fats and oils and 14 percent more sugars and sweeteners. The average American now eats fifteen more pounds of sugar a year than in 1970. Eight to 18-year old adolescents spend an average of 7.5 hours a day using entertainment media, including, TV, computers, video games, cell phones and movies, and only one-third of high school students get the recommended levels of physical activity.

Let's Move! is a comprehensive initiative, launched by the First Lady, dedicated to solving the challenge of childhood obesity within a generation, so that

children born today will grow up healthier and able to pursue their dreams. Combining comprehensive strategies with common sense, Let's Move! Is about putting children on the path to a healthy future during their earliest months and years. Giving parents helpful information and fostering environments that support healthy choices. Providing healthier foods in our schools and ensuring that every family has access to healthy, affordable food. And, helping kids become more physically active. The 1,273 challenge schools honored at the White House on Monday voluntarily agreed to provide healthy meals based on the Dietary Guidelines for Americans, including a variety of fresh fruits and vegetables, whole-grain foods, and fat-free or low fat milk.

Challenge schools also have to do what schools do best: They have to teach their students what it means to eat smart. They have to ensure that kids take part in regular physical activity. To achieve that goal some schools offer creative options, such as supporting walking clubs and community-sponsored sports tournaments, or by just keeping a basket of simple items available for students to use during recess, such as jump ropes or hula hoops.

"I didn't just start with ...local city officials because I knew that they would understand the problem. I started with them because I knew that our cities, towns and counties would be a key part of the solution to this issue. ...there is no one-size-fits all policy or program that can solve this problem. And Washington certainly does not have all the answers. Instead, many of the best, most innovative, most effective solutions start in our city halls and our towns and our county councils," Obama said.

If this nationwide childhood obesity problem can't be solved, one third of all children born in the year 2000 or later will suffer from diabetes at some point in their adult lives.

Many others will face chronic obesity-related health problems like heart disease, high blood pressure, cancer, and asthma.

Healthy eating patterns learned in childhood and adolescence promotes optimal childhood health, growth, and intellectual development. Unhealthy eating patterns contribute to children being overweight, and increases in childhood obesity, and diabetes.

School-based nutrition education also helps children develop lifelong eating patterns consistent with the Dietary Guidelines for Americans and MyPlate. Teaching children how to make healthy food choices and the components of a balanced plate increases the likelihood that they will be receptive to the healthy options at school and also use these skills when they are off of the school campus. Some children who participate in child nutrition programs eat more than half their calories at school.

Improving USDA's child nutrition programs on behalf of the roughly 32 million kids who participate in the National School Lunch Program and the nearly 12 million participating in the School Breakfast Program across the nation is a top priority for the Obama Administration. Meeting the requirements for HealthierUS School Challenge recognition demonstrates a school's deep commitment to create and maintain a healthy school environment by promoting good nutrition and physical activity. And the schools recognized this week are a shining example of this dedication.

Austin was just the beginning of trying to change the world. Since his story and many others, Michelle Obama has helped the nation to decrease childhood obesity so that our generations and those to come can live in a healthier world.

(Some information courtesy besmartbewell.org, letsmove.gov)

Financial Strains Make College Decisions Difficult

Julia Maurer
Staff Reporter

Redeit Endalew, a senior at Reynoldsburg High School in Ohio, applied to 11 of the country's elite schools for physics.

Accepted to several of the schools Endalew applied to, including the University of Southern California and Pomona College, Endalew is forced to decide whether to go to Ohio State University, the cheap choice, or one of the top-notch private schools that offered little to no financial aid.

For Endalew, and many other high school seniors, state schools and mediocre ranked schools are not an option, despite their affordable price.

"Because of the stereotypes, a lot of people used to look down upon these schools," said Amy Cox, a counselor at Reynoldsburg High School, referring to state schools.

The total amount for student loans is currently responsible for \$1 trillion of the nation's outstanding debt.

In 2010, for the first time ever, student debt surpassed credit card debt. Some students are realizing they do not want to be a contributor to that overwhelming number.

The Institute for College Access and Success claims that two-thirds of all college students now graduate with a debt averaging around \$26,600.

According to the Congressional Budget Office, the federal government makes 36 cents per student loan dollar it gives out.

The federal government is profiting off of mostly low income families that cannot afford college as it is, let alone a prestigious college.

The question comes down to this: a brand named diploma with thousands in debt or a diploma sporting a state school logo without student loans?

"I wanted to go to Marist more than anything," said Jonathan Law High School senior **Nolan Rourke**. "When I got my small financial package from Marist, my family and I decided that it would be in my best interest to attend Southern Connecticut State University so I still get a quality education and I won't be in major debt when I graduate."

More and more students are finding that student loans are not worth it in the end.

Most of the "99%" cannot afford to graduate with thousands in debt, especially in the current economy with little jobs to offer.

The Bureau of Labor Statistics reported in April of 2013 that 7.5% of the nation is unemployed. Forbes Magazine reported 13.3% of the 20-24 age groups are unemployed.

Since many college gradu-



(photo courtesy smartasset.com)

ates cannot find jobs in the current economy, future college students are reconsidering their dreams of an expensive private school education.

"Three decades ago, three out of 10 individuals pursuing higher education started at a community college," said Rassoul Dastmozd, President of St. Paul College in Virginia. "Today, almost five in 10 individuals pursuing their higher education dreams choose community colleges as their college of choice."

Sabrina Gonzalez, from San Antonio, Texas, attended Baylor University in Texas for her freshman and sophomore year before transferring to McLennan Community College due to high costs. She will graduate next year debt free.

"All I have to do is focus on my studies," said Gonzales. "Not having to work or worry about how I'm going to pay for school is such a blessing."

Community college is becoming more of an option as employment after graduation decreases and prices of college increase.

"A quality education should be within everyone's grasp, but, increasingly our colleges are becoming enclaves for the elite," said Camille Rivera, Executive Director of UnitedNY.

According to Forbes Magazine, between 2000 and 2011, the average cost of attending a private, four year college increased over 37%. This increase includes the prices of tuition, room, and board.

In South Dakota specifically, the cost of college rose over 50% in the past decade.

Every state, with the exception of Wyoming, raised fees in the past ten years.

The dramatic rising costs in South Dakota can be contributed to the state's reduction of funding for colleges due to the

recession.

The Center on Budget and Policy Priorities shows that all states since the recession have, on average, cut state aid by 28 percent. This, on average, raises the cost of tuition by \$2,350 per student in state schools.

Realizing that price is a major issue families and students overlook when choosing colleges, University of Arkansas graduate, Jared Moore, created the website CollegeRiskreport.com.

"The cost of college is growing at a very high rate, and will soon eat away at any reward the degree might bring," said Moore. "I created the website as a tool for my own curiosity, as well as a way to help people realize the real cost of their degrees."

Researching schools and their statistics for employment after college is extremely beneficial for students. For example, the average graduate from South Dakota School of Mines and Technology, a cheaper state school, earns more after graduation than the average Harvard graduate.

Just because a college does not sport a brand name and a hefty price it does not have to mean the college has no value.

On the other hand, many students and families are willing to bare the price of private, highly ranked schools for a variety of reasons.

John Bonetti, a senior at Jonathan Law High School, is currently on the waiting list for George Washington University, but if accepted is willing to pay the price, even if it requires student loans.

"My philosophy is don't worry about the money," said Bonetti. "I have the motivation to become a lawyer. I'll get there, and I'll be able to pay for it someday."

Of course, for students like

Bonetti, the assumption is that with a brand name school, a job right out of college will come easily and naturally. To a degree, this assumption is still true even in today's economy.

"Graduates from Princeton, Stanford, the University of Michigan and other top-tier schools have a higher average salary than graduates of other schools because their 'brand' is synonymous with quality," said William J. Bennett, author of "Is College Worth It?: A Former United States Secretary of Education and a Liberal Arts Graduate Expose the Broken Promise of Higher Education."

Elite schools, no matter their price, do come with a list of benefits that does make the cost more acceptable.

"Attending college, especially brand-name colleges, comes with intangible perks such as personal connections made while attending, mentorship and the development of social and networking skills," said Saranya Kapur of Forbes Staff.

Elite schools do provide their students with outside connections and just a brand-named diploma to make jobs after graduation fairly accessible. Internships and job connections are some of the best resources a student can hope for.

"When an employment recruiter looks at an Ivy League degree, they will usually look at it more carefully," says Elena Bajic, founder and CEO of Ivy Exec, an online executive job search site. "An Ivy League education makes a candidate stand out, even before a recruiter talks to them."

Still, there are even more reasons to choose a private, elite, or Ivy League school over the state school. One advantage to the elite school is the professors.

"Students at higher end schools are taught by faculty who are leaders in their fields," says Dr. Patricia Brandt, associate dean and director at Stanford University. "To work with these faculties is to engage in study at the farthest reaches of the subject."

For those that are religious, only private schools can offer an education centered on a set of religious ideals.

Because Rachael Fineske, a graduate of Baylor University, was a dedicated Baptist, she attended Baylor despite the pricy cost.

"My parents weren't as concerned about price as much as my happiness," Fineske said. "Their main concern was my walk with the Lord and they let me make my decision based on that."

For others that attend elite schools, they deal with the money just because that college fit and they cannot imagine going anywhere else. That feeling of content after finding the perfect college is hard to let go of.

At what point does the money change a student's mind to abandon their dream school? It is different for every high school senior and every family involved in the college decision process. Money is huge and the decision has a dozen different factors to consider.

Different jobs require different schools. Massachusetts Institute of Technology, for one, is known for their engineering programs. The question is whether the student is willing to spend so much for that prestigious diploma.

There is no right decision; there is only the willingness to pay student loans afterwards or not.

Ultimately, Endalew has decided to go to Ohio State University in the fall. Ohio State University is only \$22,000 a year compared to \$55,000 at Pomona College and about \$60,000 at University of Southern California.

Although settling for a state school, Endalew plans to transfer to Columbia University his junior year to hopefully study under Brian Green a physics and math professor known for his work in superstring theory.

"Ohio State has a really strong program, and it would save me a ton financially," Endalew said.

(Some information courtesy of dispatch.com, gastongazette.com, wsj.com, usnews.com, theweek.com, thehill.com, brookings.edu, huffingtonpost.com, forbes.com, rapidcityjournal.com, pressofatlanticcity.com, yahoo.com, foxnews.com, prnewswire.com, theatlantic.com, baylorliat.com, nytimes.com, and usatoday.com)

Legislators Revisit Issue Of Gun Control

Jack Campbell

Staff Reporter

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On a dreary morning in December, Adam Lanza, a 20-year-old, mentally ill man, walked into Sandy Hook Elementary School in Newtown, CT with numerous firearms. He open fired on two classrooms filled with innocent first grade children prior to committing suicide.

That day, Lanza senselessly murdered 20 children as well as six faculty members. Lanza's spree sparked another debate about gun control that has taken over nightly news stations and debates from town hall meetings to the floors of the Senate and House as well as the desk of the President.

With the recent tragedy in Newtown fresh in everyone's minds, Democrats are looking for assault rifle bans and stricter background checks while Republicans argue these changes would be against the 2nd Amendment of the Constitution and instead, there should be more done in retrospect to mental health.

"This is not about politics," said President Barack Obama. "This is about doing the right thing for all the families who are here that have been torn apart by gun violence."

President Obama said this in a speech in April in Connecticut, just miles from the site of Sandy Hook Elementary School, when trying to gain support for stricter gun control legislation that was on the floor in both houses of Congress at the time.

The legislation on gun control would have required stricter background checks on those people looking to purchase a firearm as well as a ban on "assault" rifles.

These so-called "assault" rifles are defined as "any of various automatic or semiautomatic rifles with large capacity magazines designed for military use." Democrats are adamant on banning these assault rifles yet the statistics about the widespread usage of them, some would argue, does not support the need to ban.

Republicans turn to statistics to dispute the assault rifles ban, arguing that according to FBI statistics, since 2002, only 3% of all murders were caused by all rifles, while five times more were caused by knives and no one is talking about knife control. They argue that real goal of those in favor of gun control is to put a ban on crime, yet the target of the effort to reduce crime is a section that only accounts for 3% of all murders, which doesn't make sense.



A makeshift memorial in Newtown, CT in the wake of the shooting at Sandy Hook Elementary School this past December. (photo courtesy mashable.com)

Although assault rifles only account for such a small number of murders in the overall spectrum, they are usually behind mass murders including the tragedies in Newtown, Aurora, Virginia Tech, Columbine, and many more.

"I think it's important to take some action, now that it is possible on the issue of gun violence, but it's important to do it right," said Former President Bill Clinton. "Why does anybody need one of those things that carries 100 bullets?"

With all of the opposition to gun violence evident on the news, in newspapers, and other walks of life, it is hard for people to believe that the recent gun control bill was not passed. Even a few Democratic Congressmen voted against the bill.

Clinton warned the Democratic Party just prior to the bill being written for them not to overreach on the first bill in regard to this issue. Clinton knew that Republicans would be less likely to support the bill if it was too extensive and radical and the Democrats should take what they can, however small, while the tragedy in Newtown is still fresh in everyone's minds.

"Do not patronize the passionate supporters of your opponent by looking down your nose at them," Clinton said. "A lot of these people live in a world very different from the world lived in by the people proposing these things. I know because I come from this world."

Clinton's words were not absorbed by Congress Democrats and as a result, no gun control legislation was passed and most likely will not anytime soon.

With the failure of this bill, Republicans are left content that the Second Amendment lives on. Republican Leaders felt the most recent bill was far too extensive and infringed on the Second Amendment.

"For over three decades in Congress, I have built as strong a reputation as anyone in this body in defending the Second Amendment. I have consistently opposed the efforts of anti-gun activists to ban guns and ammunition, staunchly defending the Constitutional rights that Arizonans hold dear," said Republican Senator John McCain. "Just as I have long defended the Second Amendment to the Constitution, I have also long believed that it is perfectly reasonable to use available tools to conduct limited background checks, as this amendment prescribes, to help ensure that felons and the mentally-ill do not obtain guns they should not possess."

McCain's remarks leave a window of opportunity for Democrats who are desperately vying for more gun control, in the realm of more background checks. Republicans have stated that they will give in to further background checks as a form of compromise for the greater good of the nation, but they have made it evident to all that they will not budge on the issue of banning certain guns and ammunition, particularly the assault rifles ban.

"I voted against the so-called 'assault weapons' ban because it clearly infringes on Second Amendment rights, and I voted against the Toomey-Manchin amendment because it could easily evolve into a national gun registry," said Tennessee Senator Bob Corker. "Like most Americans, I want to keep firearms out of the hands of criminals and dangerous mentally ill people. Today I supported the Grassley amendment to enhance mental health reporting requirements, which I believe is the central issue, and to improve the background check system in a way that is not an impediment to Second Amendment rights."

Aside from the nonstop political discussion about gun control, it is hard to determine exactly what kind of impact

it will have on society as a whole. This is left up to specialists to speculate on, including economists Steve Levitt and John Lott as well as criminologist Don Kates.

Lott, Levitt, and Kates are all extremely well educated individuals who all have degrees from Ivy League Colleges and have been working to find correlations between gun control and levels of crime for over 20 years. Even these individuals have differing opinions on how to tackle the issue of more gun control.

Lott concluded from his studies that laws that make it easier for citizens to have a gun permit and to carry a concealed handgun in public places cause a decrease in crime.

"States with the largest increases in gun ownership also have the largest drops in violent crimes," said Lott. "Concealed handgun laws reduce violent crime for two reasons. First, they reduce the number of attempted crimes because criminals are uncertain which potential victims can defend themselves. Second, victims who have guns are in a

much better position to defend themselves."

Levitt has a similar take on the issue as Lott. Levitt argues that neither stricter gun control nor more extensive concealed weapons laws will have any significant effect on crime, simply because they haven't been effective in the past. Instead, Lott feels we should change the political agenda to take gun control off of it completely and try to decrease crime through other options.

"I think we should spend our time on other problems where I think we might have a chance to really make a difference. I think about motor vehicle fatalities. And we've had an enormous impact of motor vehicle fatalities. There are assuredly other policies, say, related to drunk driving that could, and seat belt wearing, that could have a big effect on that," Lott said. "I think for the number of lives you could save per word out of a politician's mouth or dollar spent by politicians is probably 100 times greater if we think about motor vehicle fatalities than if we think about gun violence."

Criminologist Don Kates takes a similar stand as Levitt in that he firmly believes that stricter gun laws will not correlate to less crime or more crime, it will not impact it all.

With the future of gun control up in the air for now, the future of guns in society is unforeseeable. For now, the differing opinions of Democrats and Republicans will be a daily occurrence on news stations nightly.

"Gun violence has terrible consequence for our society," said President Obama. "If we can only do one thing to stop it, we should all try and do that."

(Some information courtesy of abcnews.com, foxnews.com, and cnn.com.)



Senator John McCain (R-AZ) argues against the new gun legislation that was voted down by the Senate back in April. (photo courtesy phoenixnewtimes.com)

Cure For Type 1 Diabetes Right Around Corner?

Tim Maher
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Type 1 Diabetes can make huge burdens on any person. For diabetic Patrick Hoffman from Fairfield, the daily routine involves numerous painful finger pricks, counting carbohydrates, and insulin injections. Every time he consumed a carbohydrate he had to give himself a shot on the stomach with an insulin pen. Eating in public was an even tougher task because he had to give himself a shot in front of many people.

After three years of using the pen, he discovered a new alternative to the pen; he started using an insulin pump. This technological device injects insulin at constant intervals throughout the day and allows the person to give them insulin at a click of a button.

"The pump has made it a lot easier dealing with diabetes," said Hoffman. "It works perfectly with my active lifestyle and has allowed me to have better blood sugar control."

The Diabetic Lifestyle

Type 1 diabetes occurs when the body's own immune system misguidedly attacks and destroys certain cells in the pancreas. These cells, beta cells, are contained within small clusters in the pancreas and produce insulin, which helps the body move sugar from food sources into cells throughout the body.

Yet, when beta cells are destroyed, no insulin can be produced, and sugar stays in the blood instead, where it can cause serious damage to all the organs systems of the body. Thus, as straightforward as it seems, a diabetic needs insulin to control their diabetes. There are different options of what delivery system of insulin to use.

"Very often the choice is determined by what their insurance will pay for," Vivian Fonseca, MD, FRCP, professor of Medicine and chief of the Section of Endocrinology at Tulane University School of Medicine said.

Aside from the insurance coverage a person has, many take into perspective which insulin delivery system they feel most comfortable with.

"There are people who handle syringes better than others," Fonseca said. "And while many do well with pumps, some patients either don't like them or don't manage to use them effectively."

Living with Type 1 diabetes is a 24/7 job. Patients must constantly think about how they are managing the



*An image of how the BioHub would look and how it would be implemented in the body.
(photo courtesy abcnews.go.com)*

disease. The key to controlling the disease is a careful balance between food, exercise, and insulin. It's a juggling act to keep blood sugar levels within the target range. People with diabetes need to stick to schedule blood sugar checks, insulin injections, and snack times.

The Main Three

One option that was first discovered is an insulin syringe. The syringe is filled with the desired units of insulin and injected into your bloodstream with a very fine needle.

Insulin syringes are fairly inexpensive, and they are available from many different brands and types of syringes.

Using syringes is very time consuming since before injecting you need to fill the syringe with air, attach the needle, and draw the correct dose of insulin into the syringe. It is also up to the diabetic to make sure they're injecting the right dose, or else a dosing mistake can lead to serious problems.

"The real problem with the syringe is the amount of steps you have to take," Fonseca said. "The syringe is totally manual, and it possibly leads to more errors."

An insulin pen works very similar to that of a syringe, but it looks like the type of pen used to write with. They are much easier and convenient to use than a syringe. All it involves is dialing up the insulin dose on the pen. Then it takes a press of a plunger at one end to inject the insulin through a needle at the other end.

Insulin pens also have a convenient memory tool that will remind the diabetics how much insulin they took, and when they took it. However, since insulin pens cost to some extent more than syringes, many insurance companies won't cover the cost. Also some types of insulin aren't available in pen form.

An insulin pump is a

device that's about the same size and looks like a pager. Patients usually carry it in their pocket, and it delivers a constant stream of insulin to their body every hour of the day through a needle attached to a flexible plastic tube. Whenever they eat, it just takes a click of a button on the pump to give them an extra boost of insulin, called a bolus. It's also a good option for people with diabetes that have very active lifestyles.

Pumps are very efficient so usually they can use less insulin than they would with a syringe or pen since they get it constantly. They also mimic exactly how a pancreas works since it delivers insulin steadily, which helps prevent blood sugar swings.

"The pump's advantages are linked to its very nature, which is to try to mimic the way the body makes insulin -- a small amount all the time and a boost at mealtimes," Fonseca said.

This very easy-to-use device comes with a high cost, usually about \$5,000 plus ongoing costs for supplies. The device also comes with a little risk since if they don't change the needle regularly you can get an infection. Also if the catheter slips out without you noticing, they won't get the insulin needed and their blood sugar will run high.

New Hopes to Diabetes Sufferers

To cure someone diagnosed with type 1 diabetes, two fundamental aspects of the disease need to be corrected.

First, a way needs to be discovered to turn off the misguided immune system attack on the insulin-producing beta cells; stopping the auto-immune process, or protect new beta cells from this ongoing attack. Next, a way needs to be discovered to restore the body's ability to produce its own insulin.

After further research, a biologically-engineered organ

has been announced that would mimic the pancreas in creating the precise amount of insulin the body would need at any given moment, thereby controlling the patient's sugar levels. This new device is called the "BioHub," and is referred to as "the closest medical science has gotten to a cure."

"The development of a mini organ would mimic the native pancreas and restore the natural metabolic function of insulin release in immediate response to blood sugar levels-something currently unavailable to patients with diabetes," Jay Skyler, M.D., deputy director of clinical research and academic programs at the DRI, said.

The BioHub would be placed at a spot in the body that would give the new insulin-producing cells enough space to receive proper nutrition, oxygen and protection from inflammation. This bioengineered organ will be a new pancreas-like home so that transplanted islet cells have a much better chance of thriving.

"If we can identify an optimal place within the body to place a BioHub, then I believe this disease is totally reversible, which has been the DRI's ultimate goal since our inception," Luca Inverardi, M.D., deputy director of translational research, said.

The actual procedure to put the BioHub under the skin requires minimum surgery, and patients should be able to go home the same day. It also can be easily replaced if a problem occurs.

"The beauty of this, if a patient rejects this, it's such a small thing that they will just have a little scar," Camillo Ricordi M.D., Stacy Joy Goodman professor of surgery and director of the Diabetes Research Institute said.

"It's not dramatic in the case of an organ transplant rejection."

The problems scientists

are dealing with include the need for anti-rejection drugs that patients must take for life, the eventual need for a plentiful supply of insulin-producing cells for transplant, and the identification of the most advantageous site within the body to house the new cells. The BioHub tries to solve these problems by using recent developments in bioengineering, immunology, and decades of transplantation knowledge.

Technological Advances for Diabetes

There are many other new technological devices created to help make it easier to live with the disease. New devices include continuous glucose monitors and artificial pancreases.

"We think there are some new technologies that hold tremendous promise," Aaron Kowlaski, PhD. Director of strategic research projects at the Juvenile Research Diabetes Foundation said. "It's an exciting time."

The Food and Drug Administration has cleared the first device which combines a glucose meter and an insulin pump with a dose calculator into one device.

Since the glucose meter calculates and transmits information to the insulin pump automatically, it prevents the errors that sometimes happen when patients put this data in themselves.

Newer technologies that aim to help people control their diabetes will show more promise than others. This is mostly become controlling diabetes is very important. Over time, high blood sugar can lead to eye, heart, kidney, and nerve disease and other complications.

Low blood sugar can also quickly trigger immediate emergencies, such as seizures, coma, and death.

Researchers understand how hard it is to live with the disease since they are working on making new devices to make it easier to manage diabetes. For many diabetics, including Hoffman, they are hoping the many new technological discoveries will soon reach the point where the next discovery will be the cure.

"It's amazing to look back when I was first diagnosed back in early 2000's and notice how technology for diabetes has come around and been so helpful," Hoffman said. "With the rapid advances dealing with the disease in the last decade, I have very good reason to believe that a cure will be here very soon."

(Some information courtesy of medicinenet.com, webmd.com, abcnews.go.com, jdrf.org, and diabetesresearch.org)

Long Putter Controversy Affects PGA Tour

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Long putters have become a very large and controversial topic that has grown throughout the past 30 years. Many believe them to be an unfair advantage to those who use them. But they are available for all to use so some don't see where the unfair advantage is. The PGA Tour has taken its stand on the topic already. PGA Tour commissioner Tim Finchem has indicated the tour is opposed to a proposed United States Golf Association rule change that would then ban the belly putter beginning in 2016. Under this proposal, anchoring a club against the body during a stroke would be illegal, a change that would make a long putter less effective if not useless. But the ban may not even go through.

"I don't know if that's going to happen; don't even know if the USGA is going to go ahead with the rule change," said Steve Stricker, one of the players on the policy board. "But I can see the tour adopting the rule saying that it's OK for players to use a long putter. And we have probably a couple other rules out here on our hard card that is different from USGA rules, too. And that wouldn't be any different, I guess."

A hard card is what sometimes is referred to as "conditions of competition." For example, the tour often will allow players to lift, clean and replace the golf ball in the fairway during wet conditions. The USGA does not allow for such preferred lies.

Tiger Woods once had a strong opinion in favor of the ban on the long putter. But now he has come around to a neutral feeling, although he is still not a fan of the long putter. He believes that this can go either way and he is just in the back seat watching the situation unfold.

"I believe it is the art of controlling the body and the club and swinging in the pendulum motion," Woods said. "I believe that is how it should be played. I am a traditionalist when it comes to that."

Phil Mickelson, a PGA Tour player and a decorated winner, has tried the belly putter and has since gone back to the conventional putter.

"I think the timing of it is poor," Stricker said. "We're at a point in time in the game of golf that we're trying to keep players, lure players into playing the game, and a majority of the players feel that it only puts a negative spin on that, maybe detracts the local guy, the club member, the public player, whoever, from playing at times."



Adam Scott lining up a putt at the Masters with a long putter. (photo courtesy pga.com)

Stricker says that he does not like the long putter but he also does not like that they are trying to change the rule right now. They have been allowed on the PGA tour for over 40 years and he wonders why they say something now.

"There are a lot more recreational players going to this, there are instructors that are telling golfers this is a better way to putt, there are a lot more juniors using it. This wasn't happening before," Davis & co., a long putter distributor, said. "If 50 years from now, if 50 percent of the golf population is using this are we happy with that? That's the issue at hand."

Of the last five major tournaments on the PGA tour four of them have been won using the long putter. Some say this is a trend that is going to be common on the tour.

"Nothing should be anchored to your body and I still believe that," Ernie Els, a long putter user, said. "But, As long as it's legal, I'll keep cheating like the rest of them."

Many critics believe that the long putter is not that big of a thing. They believe that to win all other aspects of your game have to be on point that week. Not just your putter.

But putters, in the end, win championships. The putter is known as the money maker because one can win and lose tournaments by the putter.

"Anyone in their right mind who is reasonably proficient with a shorter putter would be a proponent for getting rid of anchored putters," said Luke Donald, the world's third ranked player. "It's an advantage for someone who struggles on the green. Managing anxiety and nerves down the stretch is an important part of golf. And I think that takes it out of your hands a little bit."

By anchoring the putter to the body part of the stroke is eliminated. In moments of stress it takes some nerves and some pressure out of the putt.

Graeme McDowell, the 2010 United States Open champ, said he would like the long putter to go away as well.

"When you can anchor the putter to a part of your body, that just takes one extraneous movement out of the putting stroke and that makes putting under pressure with that type of putter easier," McDowell said. "It's just kind of a physical fact. A change is coming. Let's get everyone with a short putter back in the bag as the game is meant to be played."

But this year's United States Open champion, Webb Simpson, who uses a belly putter, bristled at the criticism.

"Do I think they should be banned? No, and here's why," Simpson said. "If you take a wooden driver compared to a 460cc titanium driver, that to me is a lot bigger difference than a 35-inch putter to a 45-inch putter."

Simpson is referring to the new long putter as the next thing on the PGA Tour. Just like divers changed from wood to titanium, he believes that the long putters are just a new advancement in the golfing game.

"If anybody says it's an advantage," Simpson said, "I think you've got to look at the stats and the facts. Some of this is guys winning tournaments with the belly putter. But that's not a good reason to take them away."

None of in the top 20 golfers in the world use a long putter.

"Players are enjoying the game more with a long putter or a belly putter and it should be allowed," Keegan Bradley, a PGA Tour player and long

putter user, said. "It's a very dangerous thing to take that away from the average golfer or from any golfer. It's important that we remember that the game is supposed to be fun."

A year ago, Keegan Bradley won the PGA Championship with a putter anchored against his stomach.

"There are two major concerns," Peter Dawson, chief executive of the Royal & Ancient, which governs the rules of golf along with the United States Golf Association, said. "The first is the sense that pros who falter using a conventional putter turn to the long putter as a crutch and then get to use it against players who have not failed with traditional, shorter putters. The second issue is the increasingly common belief

that even players who are performing well with conventional putters view the longer putter as an advantage they must embrace to perform at the highest level."

Dawson states that any rule change is likely to focus on the anchoring aspect of the stroke, not on the equipment. If a new rule is adopted, it would not take effect until 2016.

"Every sport that I can think of has different sets of rules for different abilities and different styles, and I realize that's not what the USGA wants to do," Jim Furyk, a PGA Tour player, said. "I just really don't understand why."

Furyk is against the ban and thinks that having the different putting styles is a positive impact for the game of golf. It can and will get more people interested in the game itself.

Adam Scott, PGA Tour contender, was the most recent winner of the Masters. He is the first to do so with a long putter that is anchored to his body.

If they created a new set of rules for regular PGA events, it would mean Tour players with anchored putters couldn't compete in the U.S. Open and the Open Championship. The Masters would probably also not allow anchored putters, since it would probably follow the new USGA/R&A rules. This is a huge thing because The Masters, U.S. Open, and the Open Championship are the largest stages for golf in the United States.

Most believe that it will be interesting to see how this will end. It can go either way and only time will tell the outcome.

(Some information courtesy businessinsider.com, pgatour.com, espn.com, nytimes.com, golfchannel.com)



Webb Simpson looking at a putt. (photo courtesy pgatour.com)

BBCOR Bats Change Game Of Baseball

Nolan Rourke

Staff Reporter

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Gunnar Sandberg was ready to begin his junior baseball season for Marin Catholic High School in Kentfield, CA. Sandberg took the mound in a preseason scrimmage against De La Salle High School in Concord, CA. Sandberg looked down the opposing batter, and within seconds his life was changed forever.

After firing the first pitch, the batter hit a scorching line drive back at him. With no time to react to the estimated 100 mile per hour hit, the ball struck him in the head, leaving him in serious pain.

While Sandberg was able to stand up from the blast, the coaches wasted no time calling 911. Sandberg was rushed to a local hospital and put into a medically induced coma for the next three days. Sandberg needed surgery to remove a portion of his skull in order to reduce pressure on his brain.

Almost a year after the life threatening incident, Sandberg made his return on the Marin Catholic High School baseball team. Although Sandberg is back to his full athleticism, the injury has had lasting effects on him.

"It's a lot harder now because of my memory," Sandberg said. "I can't remember what is going on in school all too much, but I am doing pretty well."

Sandberg's injury was not the first devastating injury in baseball. There have been many other injuries from batted baseballs, some with more serious consequences.

According to an NBC study, 13 boys between ages 5 and 12 died from batted baseballs to the head in the years of 1987 through 1996.

In another league, USA Baseball, whose age range is from Tee-Ball through college, the numbers are even more frightening. The study conducted from this league revealed 39 deaths from the years 1989 through 2006.

Each year, baseball becomes a more dangerous sport as kids grow at a faster rate and the bat companies design more powerful bats.

The bat which hit the ball at Sandberg was a BESR certified bat. BESR stands for ball exit speed ratio.

BESR bats were originally designed to give hitters more power, but since they have been enacted, baseball has seen several injuries.

After the injury of Sandberg, California banned the use of BESR certified bats in high school baseball, with many other states following



*Gunnar Sandberg begins throwing for the first time after his life-threatening injury.
(photo courtesy douglaszimmerman.blogspot.com)*

suit in 2012.

Sandberg's father, Bjorn Sandberg, is extremely supportive of the BESR ban, and he hopes to see many fewer injuries in high school and college baseball.

"We're hoping the new bats are deadened enough to replicate the performance of wood bats," Bjorn Sandberg said.

The NCAA banned the use of BESR certified bats starting in the 2009 spring season. The National Federation of State High School Associations (NFHS) banned the use of BESR certified bats the following spring season in 2012.

After the ban of BESR certified bats, the NCAA, as well as the NFHS, Little League, and many other youth baseball organizations allowed for only the use of BBCOR bats during play.

BBCOR stands for Batted Ball Coefficient of Restitution. These bats were designed with a deadened material and a smaller sweet spot, designed to hit more like the classic wooden bat.

The main purpose of designing these bats was to reduce the amount of injuries from batted balls.

With the old BESR bats, an 80 mile per hour pitch could come off the bat at speeds as high as 110 miles per hour. These shocking speeds left the pitchers and other infielders with minimal time to react.

Coaches also notice the dangers caused by BESR bats. Hazen High School baseball coach Gary Jacobs says he hopes the new BBCOR bats will eliminate life threatening injuries to fielders.

"From a safety perspective, it makes a lot of sense," Jacobs said. "You see some of the comebackers with the BESR bats, and it is really kind of scary."

According to a study done by Baseball Express Magazine,

the top speed a ball can come off the bat from a BBCOR is less than 100 miles per hour. This allows the fielders more time to react to the ball and greatly reduces injuries.

Since the BBCOR bats have been used in play, the hitters are forced to square the ball up perfectly if they want to hit the ball far. There are no more "cheap" home runs; hitters are now forced to earn their big hits.

Elliot Hopkins, NFHS Rules and Regulations Editor believes that these BBCOR bats will bring baseball back to a game of skill and intelligence, not strength and technology.

"We want the game to be fair," Hopkins said. "We want young people to use their talent to hit rather than exploiting the technology."

In the years shortly before the bat change, the NCAA noticed a rapid increase in power hitting.

Homeruns rose from .68 per game in 2007 to .96 per game in 2009. Runs scored per game also increased from 6.1 in 2007 to 6.98 in 2009.

These dramatic increases were a huge reason in which the NCAA banned BESR certified bats even before the injury to Gunnar Sandberg.

The new BBCOR bats are definitely a big help to the pitchers in baseball. Senior pitcher Blake Reeve from Liberty High School in Bakersfield, CA, strongly believes that the BBCOR bats will improve his pitching game.

"I'm pretty excited," Reeve said. "A lot of people just go up there hacking, so if you try to lift the ball with a BBCOR bat, you'll just fly out every time."

The BBCOR bats will definitely make high school and college teams use "small ball" more in their efforts to win games.

Bob Weier, head baseball coach at New Ulm Cathedral

High School in New Ulm, MI is notable for having his players bunt a lot.

"The teams that can move the runners over with the bunt, hit and run, and steal will be much more successful this spring," said Weier.

Since the creation of BBCOR bats, bat companies have been creating many bats with more power and a better sweet spot than the original bats.

One of the premiere companies for BBCOR bats is Rawlings. Rawlings has always been an excellent company for baseball gloves, but they have never really been present in the bat industry.

It was not until this season when Rawlings began to market top notch BBCOR bats.

In the winter of 2013, Rawlings got to work on designing the newest in BBCOR technology. Their two most popular bats for this year's season are the "Velo" and the "5150."

These bats use the standard -3 length to weight ratio, as

well as the standard two and five-eighths inch barrel.

Unlike most of the common BBCOR certified bats, the Velo uses a 5150 titanium alloy which allows for maximum performance while still following BBCOR certification guidelines.

The 5150 titanium alloy allows for more "pop" off the bat, which makes the bat hit more like the classic BESR bats.

Its one piece design and balanced swing weight allows for a quicker swing through the strike zone.

These new Rawlings bats are very common among the Jonathan Law baseball team.

"I used to swing the Easton bats, but now that I have my Velo I don't think I will ever go back," said Law junior **Jimmy Palmer**. "It feels so much lighter, and when I square the ball up I don't notice many differences from the old BESR bats."

While all of these new BBCOR bats are coming out, the banning of BESR bats has definitely made the game of baseball much safer.

The banning has also once again made baseball a game of skill and intelligence, rather than a game of strength and science.

Pitchers like Gunnar Sandberg no longer have to be nervous for their lives when they are on the mound. They can now focus on getting the batter out rather than being scared of a ball coming back to injure them.

Although Sandberg has not returned to the mound, he is back in a Marin Catholic High School uniform. In his first official at-bat of the season, Sandberg successfully moved a runner over on a sacrifice bunt.

(Some information courtesy of ESPN.com, BaseballExp.com, NBC, USA baseball).



*Law junior Jimmy Palmer uses the Rawlings Velo bat in a game.
(photo courtesy Rostrum Yearbook)*

Seau Lawsuit Puts Spotlight On Concussions

Tim Speer
Staff Reporter
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Junior Seau will likely become a member of the Pro Football Hall of Fame in the near future. But he will not be around to accept this honor in person. Seau tragically passed away last May. He committed suicide, and after his death it was found that he had a brain disease called chronic traumatic encephalopathy.

The disease is referred to as CTE and it likely contributed to his death. People with CTE show symptoms similar to dementia, like memory loss, aggression, confusion and depression.

Seau is survived by his four children and former wife. They believe the NFL is at blame for Seau's development of CTE and his death. They have filed a wrongful death lawsuit against the league.

"We know this lawsuit will not bring back Junior," said the Seau family in a statement. "But it will send a message that the NFL needs to care for its former players, acknowledge its decades of deception on the issue of head injuries and player safety, and make the game safer for future generations."

Football has become the most popular sport in America today. The NFL is prospering as a league, boasting \$9.5 billion in revenue in 2012.

The league continues to grow and fans are becoming even more enveloped in the game. But all of this success comes at a price. Players are sacrificing their health and well-being for the league's benefit.

"A study of 2,500 retired NFL players found that those who had at least three concussions during their careers had triple the risk of clinical depression as those who had no concussions," said Dr. Kevin Guskiewicz, research director of the University of North Carolina's Center for the Study of Retired Athletes.

During Seau's career there was much less knowledge about the danger of head injuries and concussions. Players like Seau returned to play shortly after a hit that likely occurred in a concussion.

"(Junior Seau) suffered innumerable blows directly to his head during his NFL career, both sub-concussive and concussive," the lawsuit said. "Several times he was hit in the head so hard that he sustained facial lacerations."

The suit alleges that the NFL did not fulfill its duty to protect its players. They believe the league should've better educated and protected players like Seau.



Junior Seau with three of his four now fatherless children.
(photo courtesy abcnews.go.com)

Seau's former teammates believe that he suffered multiple concussions simply based on how hard he hit. But he never reported a concussion and always returned to play game after game. The Seau family believes that Seau suffered CTE because the NFL allowed him to play after these concussions.

"Multiple concussions are the big concern in football, compared to war-related head trauma, which usually involves one battlefield blast and the impact of the head against a wall, the ground or other hard surface," said Dr. James P. Kelly, Director of the National Intrepid Center of Excellence and former neurologist for Chicago Bears.

By returning to play after head trauma, Seau exposed himself to the dangers of multiple concussions. Seau is one of many players from this era who returned to play after blows to the head.

Tragedies like this one bring up the question of what the NFL and other leagues need to do to protect their players. The NFL has voluntarily accepted their role as unilateral guardian of player safety. It is their duty to keep the league as popular as possible, while also keeping their players safe.

Although the league claims to keep players safe, many retired veterans disagree.

"If you're mad at your kid, you can either raise him to be a nose tackle or send him out to play on the freeway. It's about the same," said Bob Golic, a 14-year retired veteran of the league.

The Seau lawsuit alleges that the NFL has promoted violence which leads to injuries, even though they are supposed to protect players.

"The NFL has exacerbated the health risk to players by promoting the game's violence and lauding players for returning to play despite being rendered unconscious and/or disoriented due to their exposure to sub-concussion and concussive forces," the

suit said.

The NFL is beginning to realize that they need to change the game as a whole. They have begun to evolve and become safer if they want to continue to enjoy their popularity and astounding revenue.

It is too late for the league to save players like Seau. The changes they are making now will only be able to help future players.

The NFL has introduced rules specifically designed to limit helmet to helmet contact. They also protect defenseless players from vicious hits.

While many are rejoicing because of these rules, they have also been met by much criticism. These critics are not only fans, but also some current and former players. They think this rules are changing the game for worse, making it more like a non-contact passing drill. James Harrison, the former Pittsburgh Steelers linebacker, is one of the most verbal critics of the rule changes.

"I'm absolutely sure now after this last rule change that the people making the rules at the NFL are idiots," said Harrison.

Defensive players like Harrison are crying out that these rules are designed to benefit the offense. They believe that they are being unfairly punished with countless fines for illegal hits. Players have been taught their whole lives how to play a certain way and know they are being forced to change.

In fact, rule changes have already begun to keep players safer. The number of concussions on kickoffs was reduced 43 percent this year, because of a new rule moving the kickoff up to the 35 yard line.

In coming years the league will continue to try and change rules for more safety. But the easiest and most important way to protect players is through education.

"When I played, nobody really knew the residual effects

of concussions and what it could lead to — dementia, Alzheimer's and ALS — so we were, in my era, in my generation, basically flying in the dark," said Harry Carson, a Hall of Fame linebacker for the New York Giants.

Today, players have the luxury of being much more educated on the dangers of playing with concussions and how to treat concussions. By learning these dangers players are better able to protect themselves on the field, and also to diagnose problems later in life.

Recently the NFL has given \$100 million to Harvard to study the concussion issue.

The NFL has also worked tirelessly to teach players when they should or shouldn't return to play after an injury. They are trying to get rid of what they call a "warrior mentality."

During Seau and Carson's era players were praised for being tough and ignoring their injuries. Nowadays the league is trying to get away from that, insisting that players sit out with serious injuries like concussions.

Players who sustain multiple concussions after

returning to play are at much more risk for brain trauma. This is why it is so important to diagnose concussions, and keep players from trying to be tough and play through them.

Slowly the NFL is beginning to change for the better.

"Changing the culture in a way that reduces the injury risk to the maximum possible extent — especially the risk of head injury," Commissioner Roger Goodell said. "We want players to enjoy long and prosperous careers and healthy lives off the field. So we focus relentlessly on player health and safety, while also keeping the game fun and unpredictable."

The league is desperately trying to repair the bad reputation the sport has received as a whole. This reputation is especially evident among parents not allowing their young children to play.

Even Minnesota Vikings star running back Adrian Peterson said that his young son would not be playing football.

The game is still extremely popular. But, they will slowly lose future young players if they don't continue to make the game safer.

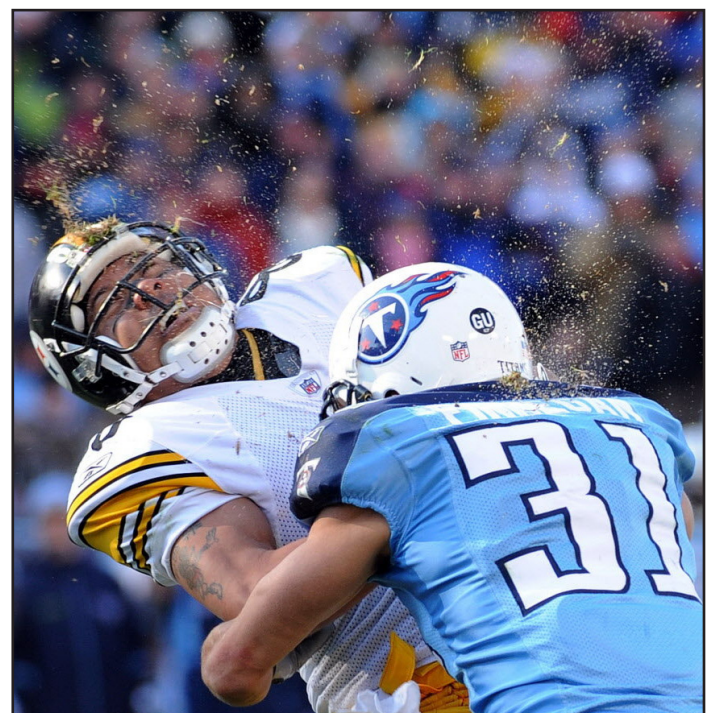
The NFL is taking steps in the right direction. Hopefully, in the years to come we will not have to hear about tragic deaths like Seau's.

Even if the Seau family wins their lawsuit against the NFL they will still miss their loving father and teammate.

The greatest consolation they can have is that their father's death was not for nothing.

The NFL can learn from the mistakes they made with players like Seau, and keep players safe for many years to come.

(Some information courtesy usatoday.com stonephillips reports.com espn.com bleacher report.com, and newyork.cbs.local.com)



The NFL is cracking down on hits to the head that could cause concussions. (photo courtesy cleveland.com)

More Teenagers Battling Bullies, Depression

Kendra Walker

Staff Reporter

Melina Sordino, the fictional character from Laurie Halse Anderson's award-winning "Speak," was once a happy, popular girl until a traumatic incident causes her to be shunned by her classmates when entering high school. The mistreatment by her peers who didn't realize what had happened to her pushes Melinda into a depression that takes her all year to get out of.

Melina's story is real and palpable with many teens all over the country today because of its authenticity. The book also shows how many people feel that teens exaggerate things and act overly theatrical. The truth is teens have a lot on their plate and most of them, much like Melinda Sordino, are unable to deal with it all at once.

Depression is a world-wide phenomenon that not only affects the person going through the stage but the people around them as well. Many adults can identify with the feeling of depression, seeing 35% of people experience one or more episodes throughout the course of their lifetime, but with all the new technology in this day it's easier to harm and be harmed by others – more teens than adults use this to their advantage. People from the ages of 15 to 24 all over the nation undergo a multitude of issues and suffer from clinical depression. This illness is very powerful, affecting both the mind and body. It's a lot for one person to handle yet statistics show that 1 out of 12 teenagers suffer from depression and anxiety.

"There's not a manual on teenagers in general and there's certainly not one on how to recognize depression in them," adolescent psychologist Lisa Boesky said.

Depression creeps up on most teenagers after a life-altering event, such as a devastating car accident, death, or rape in Melinda Sordino's case. This is common with many people who have dealt or are still currently dealing with depression. Aside from traumatic events, the increase in new technology has also been proven to lead to depression and anxiety. 93% of people ages 12 to 17 use the internet to interact with others through social networking websites. Abby Abolt, high school sophomore from Chicago, once spoke about the link between Facebook and teens to NBC News, saying she can understand how it might affect some kids.

"If you really didn't have that many friends and weren't really doing much with your life, and saw other peoples' status updates and pictures



(photo courtesy sheknows.com)

and what they were doing with friends, I could see how that would make them upset," she said.

With new technology and websites popping up on a daily basis, it's hard for people to avoid the dangers and stresses of online interaction with others. Many teenagers see social networking as a way to establish themselves within their school community. "It's like a big popularity contest — who can get the most friend requests or get the most pictures tagged," Abolt said. Teens also use the internet as a way to attack others, like posting hurtful comments or embarrassing photos that can make someone feel upset and isolated.

"Some teens post snotty or judgmental messages on the Facebook walls of people they don't like," said Gaby Navarro, a senior from Graylake, Ill. "It's happened to some of my friends before, so I could see how that could make some teens feel depressed."

Aside from social networking issues, teenagers also feel pressure from non-technological stressors, such as domestic violence, failure to succeed in school, or rejection by friends or peers. Many teens struggle in school because of problems at home, like physical or emotional abuse. Over-protective parents can also have a negative effect on teenagers.

School causes a whirlpool of problems for everyone, especially young people from the ages of 13 to 18. Things like deadlines and tests can cause teens to feel inferior. To avoid this feeling, some high schools have begun to take action on the matter by setting up depression-screening surveys, says Dr. Glod, but they are still uncommon. "And usually these surveys are anonymous, so no one follows up to get these teens into treatment," Glod said.

The saying "problems at home" could mean a multitude of things, but most people understand it as child abuse. Child abuse is the physical, sexual, or emotional mistreatment or neglect of a child. Child abuse can happen at many places, such as schools or outside organizations the child is a part of, but it mostly occurs in the child's very own home. It's a twisted reality that some adolescents have to undergo or watch. Child abuse can be caused by countless different things, but nothing justifies hurting a child's well-being by any means. One of the most common forms of child abuse includes substance abuse of alcohol, cocaine, and even heroin. Some teens under 18 are subjected to child abuse daily, which can cause them to feel hopeless, lost, and worthless. This leads many teens to depression.

Though depression and anxiety is common with both boys and girls adolescents, girls are twice as likely to have depression as boys are, said Dr. Carol Glod, director of nursing research at McLean Hospital. Her studies have shown nearly 20% of teens who suffer from depression or anxiety have contemplated suicide and 8% have actually attempted it. Dr. Glod says that these numbers are so high due to the fact that many teens that have depression go without treatment. Also, 90% of people who attempt or commit suicide suffer from mental illnesses.

Youth suicide, anyone under the age of 24 who deliberately takes their life, is something that occurs constantly all over the world. No one should be pushed to the point where they feel there's no way out but suicide. The National Institute for Mental Health stated that suicide is the third leading cause of death among teens in America. In Australia, suicide between the ages of 15 to 24 is second cause of death, next to motor vehicle accidents, and nearly one-third of suicides in

India are of young people ages 15 to 29. Suicide is among teenagers usually happens after years of abuse, bullying, or sexual identity cases. Sources say that gay teens, or those unsure of their sexual identity, are more likely to commit suicide because of bullying or harassment.

In September 2010, an 18 year old Tyler Clementi, once a student at Rutgers University in New Jersey, committed suicide by jumping off the George Washington Bridge. His roommate and a friend of the roommate had used a webcam to record Clementi kissing another boy with his knowledge. The roommate claimed that he wanted to make sure there would be no theft, but others said he also wanted to confirm that Clementi was gay.

After watching Clementi with his partner on the webcam, the roommate tweeted "Roommate asked for the

room till midnight. I went into molly's room and turned on my webcam. I saw him making out with a dude. Yay." A Rutgers employee said around 4am on September 21, the previous day of the suicide, Clementi sent an online request for a single room by saying "roommate used webcam to spy on me." At 8:42pm on September 22, Clementi posted his Facebook status as "Jumping off the gw bridge sorry." His body was discovered several days later.

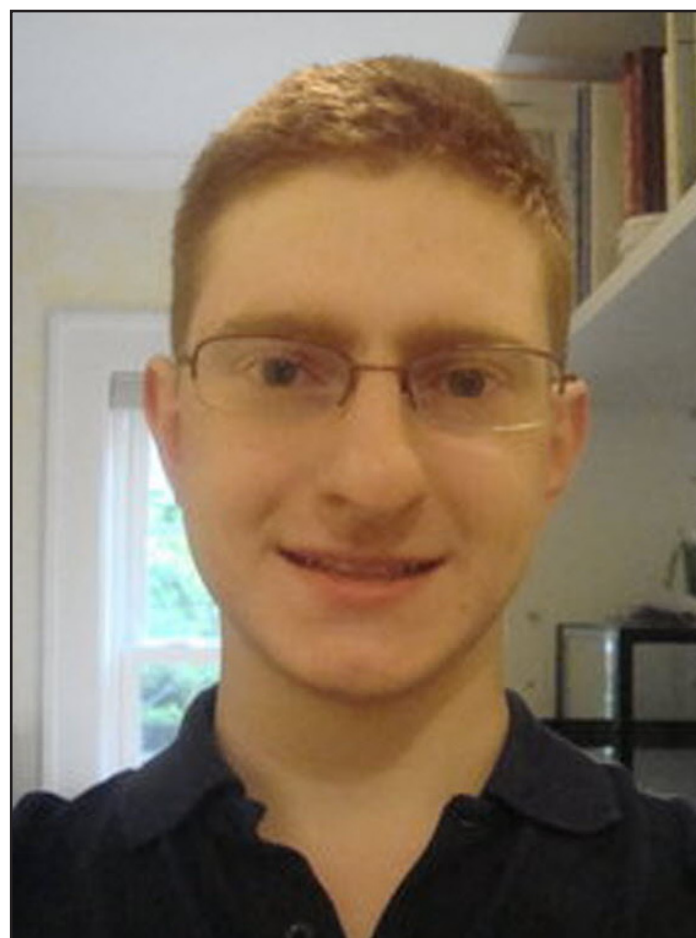
This act of suicide was broadcasted all over the media, and many people followed up with the case. It's a prime example of how bullying and harassing a teenager can lead to their intentional demise.

When talking to a depressed teenager, people must keep in mind that they're most likely struggling to understand why they feel the way they do. One of the best ways to prevent teens from dealing with depression and anxiety is to talk to them – discuss what's on their mind. Seeking professional help is also a good alternative.

As shown by Melina Sordino from "Speak," the best thing anyone can do for a depressed teenager is listening to what they have to say. Sordino had trouble talking about what she was feeling because she felt neglected and mistreated by the ones she thought cared about her.

Simply speaking up can change everything for a person. Encouraging words like "it gets better," "born this way," and "I get bullied too" can make a difference in a teen's life.

(Some information courtesy of teenhelp.com, helpguide.org, and familyaware.org)



*Tyler Clementi was a victim of cyberbullying.
(photo courtesy today.com)*

Native American Mascots Face Criticism

Ben Buczek
Staff Reporter

When they moved from Braves Field to Fenway Park and later all the way to the nation's capital in 1937, the Boston Braves changed their name to the Redskins, their name and logo has been the same ever since.

A sports team's image is very important in a business standpoint; people want to root for the team with the coolest mascot. In professional and collegiate sports, there are several teams that have mascots that reflect Native American personas, such as the Florida State Seminoles and Chicago Blackhawks, which many people seem to follow and are very notable in mainstream sports. What many people don't see is the prejudiced view some Native American's have on these team names and images. What many people also don't know is the actual name "redskin" is a racial slur towards the indigenous people of America. Native Americans have been fighting for changing the names of teams' mascots so they don't reflect on their culture, and several schools have done so in recent years.

Many high schools across the country have changed either their name or logo that involved Native American imagery. The most recent change has been when the Cooperstown Central School Board of Education in New York voted to remove the Redskin's mascot on March 6. The vote was heavily supported by the students and a local tribe even thanked them for it and wanted to give them a donation.

"It is racist. It is harmful. It is shaming. It is dehumanizing," said Se-ah-dom Edmo, the vice president of the Oregon Indian Education Association.

On the college level, the NCAA has cracked on schools with possible offensive nicknames and imagery. In 2005, 31 teams were given a "self evaluation" by the NCAA for teams to examine the use of potentially offensive imagery with their mascot choice. The results of this proposal were several schools changing their mascots, like Arkansas State University changed their name from the Indians to the Red Wolves. Other schools over the years have voluntarily changed their mascots because they saw the racism in it themselves, such as Miami University in Ohio changed their name from the Redskins to the Redhawks in 1996. Other school names have been embraced by the local tribe near the school itself. Central Michigan University, Florida



(photo courtesy cnn.com)

State University, Mississippi College, and University of Utah all got to keep their names because of the approval of their local tribes.

Florida State University's use of Seminole imagery for its Florida State Seminoles athletic teams represents a case of an evolution of its relationship with the Seminole Tribe of Florida. Florida State University officials disapprove of referring to human figures as 'mascots' and have asked sports writers to cease doing so. Official university statements speak only of using 'symbols', 'nicknames', and 'images' inspired by Seminole tradition. The Seminole Tribe of Florida officially sanctions the use of the Seminole as Florida State University's nickname and the chief of the Seminole Tribe of Florida, has stated that he regards it as an "honor" to be associated with the university. However, the Seminole Tribe of Florida is only one of the tribal authorities representing Seminoles. Activists Michael Haney and David Narcomey, general council member of the Seminole Nation of Oklahoma, objected to FSU's use of the Seminole symbol and name, and acting independently of the Seminole Nation of Oklahoma, filed a complaint with the NCAA.

"I am deeply appalled, incredulously disappointed," said David Narcomey. "I am nauseated that the NCAA is allowing this 'minstrel show' to carry on this form of racism in the 21st century."

Since the 1970s, over 600 high schools and college teams have changed their Native American nicknames, but not a lot of change in the professional level. Some teams have made limited changes in recent years. In 1989, the Kansas City Chiefs switched from War paint, a Pinto horse ridden by a man in a

feathered headdress, to their current mascot, K. C. Wolf. In 2009 the horse returned, but ridden by a cheerleader. The NHL's Chicago Blackhawks use an anthropomorphic hawk as their mascot character although a Native American's profile appears on their jerseys and the team was named in honor of the team's founder's military unit, which was named the "Blackhawk Division" after Black Hawk, a Native American chief. For the Cleveland Indians, they have replaced Chief Wahoo with a block letter "C" or script "I" in many situations, but the logo remains on their home caps. The Golden State Warriors is probably the team that changed their Native American image the most, keeping the name, but changing the mascot and having an image more related to California. Teams seem to have an everlasting image and embrace the Native American image they've had for decades. The Atlanta Braves, Cleveland Indians, and the Washington Redskins all kept their strong Native American imagery, just to name a few, for all professional sports to see.

"We represent an iconic sports franchise that's 81 years old, that involves millions of fans worldwide, that has thousands of alumni," Washington Redskins General Manager Bruce Allen said, "It's ludicrous to think in any way that we're trying to upset anybody, there's nothing that we feel that is offensive, and we're proud of our history. To suggest that players and coaches and fans are thinking any other way, it doesn't make sense."

Many fans and people involved with sports believe that teams that link themselves to Native Americans are actually honoring the people by using them as their signal for the team. At Redskins

games, the fans shout "Hail to the Redskins!" which is now a known chant to all hardcore Redskins fans. The Redskins have been taking the most heat in the debate over the last 20 years, most likely because of the extremely racist name and professional football is the most popular sport in the country. When asked about changing their name, the organization act, like it's appalling and preposterous to even consider it.

"We will never change the name of the team," Washington Redskins owner Daniel Snyder said, "As a lifelong Redskins fan, and I think that the Redskins fans understand the great tradition and what it's all about and what it means, so we feel pretty fortunate to be just working on next season."

In 1992, the most recent Super Bowl appearance by Washington was protested by 2,000 Native Americans outside the stadium right before the game started holding signs that said "we are not mascots" and "promote sports not racism". A recent Associated Press poll showed that nationally, "Redskins" has widespread support. Four out of five Americans don't think they should change their name and only 11 percent

think they should.

Suzan Shown Harjo remembers when she walked into a store with her grandfather in El Reno, Oklahoma. She wanted to get something cool to drink on a summer day. It was the early 1950s and the storekeepers told the 6-year-old she had to leave because they said "no black redskins in here." At that moment, Harjo felt small, unsafe, and afraid. Because she was a dark-skinned Native American – Cheyenne and Hodulgee Muscogee – she was being identified by just her coloring. She wasn't even a whole human being. Not even her grandpa, whom she saw as all-powerful, could do anything to protect her.

Later in her life, that incident made her angry. Harjo then launched a lifelong mission to protect her people. Part of her work took aim at sporting teams that use Native Americans as mascots. The Cleveland Indians, for instance, feature a smiling Indian named Chief Wahoo, criticized by Native Americans as a racist caricature. The most offensive example of a mascot, says Harjo, is the one used by Washington's football team. She has been fighting for years to get the Redskins to change their name.

"The Washington team – it's the king of the mountain," Harjo said,

"When this one goes, others will."

In 2004, a poll by the Annenberg Public Policy Center at the University of Pennsylvania had a similar result to the Sports Illustrated poll's findings, concluding that 91% of the 768 American Indians surveyed in the 48 states on the mainland USA found the name "Redskins" acceptable.

Whether it's in the near future or 40 years from now, Native American imagery and nicknames in sports seems like they will be connected for an eternity.

(Some information courtesy of nbc.com, usatoday.com, and espn.com)



(photo courtesy takepart.com)

PEDs, Steroids Still Around In Baseball

Richie Dow
Staff Reporter
@richieedow

Alex Rodriguez was on top of the world in 2007 when he hit 54 homeruns and batting in 156 runs. He went on to win his third American League MVP and ninth Silver Slugger awards. After the 2007 season, The Mitchell Report broke which was a list of players that reportedly used performance enhancing drugs in their careers. As many expected, Rodriguez was on this list. After this broke he appeared on "60 Minutes" and told America that he has never used performance enhancing drugs. In 2009, *Sports Illustrated* broke the story that Rodriguez failed the MLB's anonymous test in 2003. He then held a news conference confessing to using steroids in 2001, 2002, and 2003. Now in 2013 he has been linked to Anthony Bosch who has supplied steroids to dozens of pro athletes. Now Rodriguez is sidelined, one of countless times, believed to be from the PEDs he took. His knees and hip injuries have been tied to the use of them.

"I cannot bet my life on it, because I was not involve, that Alex Rodriguez ever used steroids," former MLB player and steroid user Jose Canseco said. "But in my opinion, I suspect he has, yes."

The Mitchell Report

The Mitchell Report broke on December 13, 2007 and changed the game of baseball forever. The report was a detailed list of position players and pitchers, of wide diversities, that have used either anabolic steroids or other substances banned by Major League Baseball.

The true purpose of this report was to weed out the cheaters. To the common fan it was believed that the "cheaters" were using anabolic steroids. However, Major League Baseball adopted mandatory random testing in 2002 to end the steroid era. So now how does an athlete cheat? The report addresses the declining issue of steroids along with the rising issue of human growth hormone (HGH). Unlike, steroids HGH were not detectible in these random testings.

"Everyone involved in baseball over the past two decades -- commissioners, club officials, the players' association and players -- shares to some extent the responsibility for the Steroid Era," Commissioner of Baseball Bud Selig said.

The report named 89 players. Several were well known names such as Roger Clemens, Andy Pettitte, Miguel Tejada, and Eric Gagne. Most of the names on the list were



Alex Rodriguez has been linked to the use of PEDs multiple times. (photo courtesy blogs.suntimes.com)

obtained from Kirk Radomski, a former clubhouse employee of the New York Mets, and Brian McNamee, a personal trainer and former strength and conditioning coach of the New York Yankees and Toronto Blue Jays.

The result was not as many would think. The mentioned players were not suspended or removed from baseball rather their reputation besmirched forever and labeled as a "cheater." The report brought the issue to the forefront and now whenever someone has a great season the question that emerges is, did he do it clean, or on PEDs?

"At his age, you have to ask, 'Did he accomplish all of this by rejuvenating his strength from day to day with those substances?'" Hall of Fame member Hank Aaron said.

Effects of the Mitchell Report

Before the report, Major League Baseball tested each player randomly once a year for steroids, steroid precursors, and designer steroids. The penalties in place were that first positive tests resulted in a suspension for ten days, the second for thirty days, the third for sixty days and the fourth positive test resulted in a one year suspension.

Today players are tested a minimum of two times and are tested for seven different varieties of abusive drugs, 47 different types of steroids (including HGH), and 30 different stimulants. The suspension now is a 50 game suspension for a players first offense, 100 games for the second offense, and a lifelong suspension from baseball for a third offense.

Since, testing in basball was adopted the amount of violations has plummeted. From 2005 to 2012, only 68 players have failed the tests and have been suspended. Of these

68 people Manny Ramirez and Guillermo Mota are the only players to fail twice and each receive a 100 game penalty. This is a great decline from 2002 when National League Most Valuable Player Ken Caminiti estimated that "at least half" or major league players were using anabolic steroids.

Biogenesis Anti-Aging Clinic

Another PED story broke in January of 2013 when Doctor Anthony Bosch was accused of supplying performance enhancing drugs to over 25 Major League players. The clinic has been linked to vending HGH, testosterone, and anabolic steroids to not just pro baseball players but to boxers and tennis players also. The Miami New Times obtained and published pictures of Bosch's personal notebook which showed records of players purchasing PED's and how their personal stats have been affected.

The list of players includes Alex Rodriguez, Melky Cabrera, Nelson Cruz, Gio Gonzalez and many other players. An ongoing investigation is taking place and these players could face suspension if the allegations are proven to be true. Bosch has been uncooperative when asked to speak about the incidents to MLB officials.

"We've tried to reach out to Mr. Bosch directly and through his attorneys for months and have received no response," MLB executive vice president Rob Manfred said. "We've been trying to serve process [for MLB's lawsuit] on him for a number of weeks. Unsuccessfully."

Now, Bosch is on trial and is likely to face prison time for dispensing illegal substances not only for baseball but illegal to sell under federal law. In addition, Major

League Baseball is also suing Bosch for dispensing banned substances. The Florida Department of Health has shut down Bosch's Biogenesis Anti-aging Clinic and fined him \$5,000.

Why Steroids/PED's are Banned in Baseball

If steroids and PED's can increase a person's strength and increase muscle volume how can they be bad for an athlete?

First off, steroids and many common PED's are synthetic versions of testosterone, a hormone produced by men and women but more abundant in men. Testosterone enters a body cell and attaches to a receptor which crosses into the cell nucleus where it activates the synthesis of protein. Protein synthesis leads to tissue repair and growth. If protein synthesis increases it would lead to quicker regeneration of the body, and to give faster recovery from illness and injuries.

Altering this hormone can create a wide variety of consequences. They include aggressive behavior, high anxiety, paranoia, glaucoma, heart disease, increase in bad cholesterol (LDL), strokes, blood clots, heart attacks, jaundice, breast development, and blood poisoning. With the use of steroids the muscle can get stronger more rapidly than the strength of the tendons

then a greater possibility of tendon rupture is likely to occur.

Many of Alex Rodriguez's injuries such as his knee and hip injuries are believed to be linked to PEDs. His tendons have become very weak from his use of anabolic steroids and human growth hormone. Since, they became so weak he has needed multiple operations to repair the tendons and ligaments in his knees and hips.

Steroids and PEDs are banned because they believe to give any player, pitchers included, unfair advantages while playing. An ongoing argument is that PEDs don't increase someone's hand eye coordination but just their strength.

However, this increase in strength could mean the difference between a 385 foot fly out and a 410 feet homerun.

"I don't know if steroids are going to help you in baseball, I just don't believe it. I don't believe steroids can help eye-hand coordination [and] technically hit a baseball," all-time homerun leader and alleged steroid user Barry Bonds said.

Why a Player Would Use Them

A player would use them to gain an unfair advantage over his competitors. Using them can make a person hit farther and throw faster. Also, many players in the past were under the belief that everyone was doing it so "why shouldn't I?" A player would use these PED's in the past because they felt as if using them would make them a legend, someone who would be remembered by millions of people as a great ballplayer and a star. Some players have even admitted to being pressured into taking PED's by their teams, agents, or trainers.

"When I was in New York, a player there told me that HGH was the next big thing, that that's the road the game's heading down next," former Yankees player Chad Curtis said.

(Some information courtesy of nydailynews.com, baseballreference.com, mlb.com, espn.com, webmd.com, muscleandstrngth.com, baseballsteroidera.com, and www.wikipedia.com)



Jose Canseco (right) has admitted to using PEDs during his career and has called out other potential PED users. (photo courtesy robertfinkelstein.wordpress.com)

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Fall Out Boy Returns To ‘Save Rock & Roll’

Kyle Kandetzki
Editor-in-Chief
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In November of 2009, they took an indefinite hiatus, but as soon as it ended in February, they were determined to “Save Rock and Roll.”

Chicago band Fall Out Boy released their fifth studio album “Save Rock and Roll” on April 16th, their first record since late 2008. Following a slew of side projects by each of their members (many of which were negatively received), they knew it was time to restart the multi-platinum rock band.

“This isn’t a reunion because we never broke up,” said bassist Pete Wentz the day Fall Out Boy returned. “We needed to plug back in and make some music that matters to us.”

The reappearance of Fall Out Boy and the new album that came with it started with the single “My Songs Know What You Did in the Dark (Light em Up)”. The song charted highly, while also clearly establishing a new sound for the band. The song relies a bit less on instrumentals and more on a beat and lead singer Patrick Stump’s vocals. The video that accompanies it sets a re-introductory tone, as



(photo courtesy vnews.com)

they burn all of their old records as they look to the future.

“Light ‘em Up” is a bit forgettable, though catchy, but the quartet ranged into many different sounds to try to make sure the remainder of the album is not. “Save Rock and Roll’s” actual leadoff track “The Phoenix” is a loud entertaining track shouts “put on your war paint!”

throughout as a symbol of them and their fans revisiting the music they love.

A different theme that is found on this album is the appearance of guest artists, a few totally out of their genre. Rapper Big Sean has a verse on “The Mighty Fall” that is relatively weak and unnecessary to a decent track otherwise.

Another odd appearance comes from Kurt Cobain’s widow, Courtney Love who adds little vocals, but a lot of shouting to another fun, fast track titled “Rat a Tat”. In the short section where she bothers to sing, it is fine, but in other parts she simply yells random angry verses with no substance or use in them.

“Save Rock and Roll” features two other appearances that enhance the album. These come from British singer Foxes who creates a great duet with her soft vocals with Stump on “Just One Yesterday”. But the main feature comes on the album’s title track “Save Rock and Roll”. The song not only doubles as an anthem and a ballad, but also features legendary singer Elton John to make this song easily the best on the album.

The album rarely missteps on its other tracks excluding the cheesy and lyrically dull “Miss Missing You”.

Other top songs include “Where Did The Party Go”, that features a groovy bass line and undeniably catchy verses and choruses, as well as vocally strong “Death Valley”.

As usual with each album that Fall Out Boy has ever produced, “Save Rock and Roll” totally switches up the sound from their previous release, and after four years of hiatus it was definitely needed. The album is vocally strong, but replaces the loud instrumentals of the past with new sounds, something that fans will either adjust to or dislike.

Rating: 4 out of 5 stars

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Nintendo's Ghostbuster Returns On 3DS

Bryan Creevy
Entertainment Editor
@bryancreevy

Mario is Nintendo's big, animated star and has hundreds of adventures in dozens of different games. He is so well known and popular that his brother Luigi is often stuck in his shadow. However, in 2001, Luigi finally stole some of the spotlight in his first game title "Luigi's Mansion." Now, more than a decade later, the success of that game led Nintendo to produce "Luigi's Mansion: Dark Moon."

Released exclusively for Nintendo's 3DS, "Luigi's Mansion: Dark Moon" occurs an unknown number of years after its predecessor in Evershade Valley where Professor E. Gadd researches ghosts under the protective powers of the Dark Moon: a mysterious crystal that pacifies hostile ghosts.

The game opens with a cut scene showing the infamous King Boo fly to the top of Evershade Valley and shatter the Dark Moon into pieces. Once the ghosts all become hostile, the professor calls in Luigi to assist him.

Most games start off really slow where they teach gamers the mechanics, and this game does teach you the controls at first, but it does it in a very engaging environment. At the beginning of the first mission, Luigi doesn't even have his famous Poltergust. To get to it, he needs to learn to run and search items. Once he obtains the Poltergust 5000, Luigi must



Luigi confronts ghosts in Gloomy Manor. (photo courtesy awesomegames.co.uk)

retrieve the Strobule, a flashlight that releases a burst of light stunning any ghost in its proximity, by solving a small puzzle to get gamers used to thinking outside the box. A few missions later when Luigi obtains the "Dark Light Device," the entire mission involves using the attachment to find Spirit Balls to expose a hidden foe.

Unlike the first game, Dark Moon isn't restricted to only one mansion. There are a total of five mansions in Dark Moon: Gloomy Manor, Haunted Towers, Old Clockworks, Secret Mine, and Treacherous Mansion. Each mansion has at least five missions with one secret mission unlocked only if something from each mission is collected.

Each mansion is unique from the others with different

environments with challenges all around. The puzzles in each mission are much more elaborate than the first, but much more interesting and creative. The ghosts no longer act in predicting ways just by what type they are; each acts individually and will come at Luigi in different ways.

The fact that Luigi's Poltergust 5000 can be upgraded adds to how much this game has improved from the first. The amount of money Luigi collects will unlock upgrades to the Poltergust and Dark Light's battery life to better Luigi's chances against the ghosts.

The boss battles are just as creative and exhilarating as the first. Each battle is in a different environment and each requires gamers to think outside the box in order to best the Possessor

Ghosts, ghosts who hold on to Dark Moon pieces and can possess creatures and inanimate objects.

One difference from the original to the sequel is that Dark Moon has an online multiplayer incorporated in it. "Scarecraper" is the name of the multiplayer and also the haunted tower gamers play in. There are three game types involved in Scarecraper: Hunter, Rush, and Polterpup. Hunter is a game where all four team members hunt down ghosts using teamwork to clear each floor as quickly as possible. Rush is where team members must try to find the exit to the floor before time runs out. Polterpup is a unique game type where ghost dogs, also featured in the main story, scatter around the floor. Players must use their

Dark Light Devices to follow their foot prints and suck up all the pups before time runs out.

There are a few parts of this game that seem like little effort was put in. On one of the boss battles, Luigi has to shoot a bomb into the mouth of what the possessor ghost took over. When gamers clearly tap on the touch screen at the creature's mouth and they see the bomb go in, most of the time, it doesn't register that it went in the being's mouth. This results in a lot of retries against this one enemy for the lack of a target box as big as the creature's mouth.

Another bit of laziness displayed in the game's development was the fact that the cut scenes during the final battle are exactly the same. In the final battle, Luigi has to fight through two stages which are repeated three times for the first and twice for the second stage. The cut scenes to transition from stage to stage are exact replicas of each other. This results in major déjà vu as Luigi makes the same movements and facial expressions as the first as if it was his first time going through it.

The game definitely deserves some praise over an excellent story for a sequel to an exciting game series. The game functions smoothly on the 3DS's dual screens and there is rarely a dull moment during the missions.

Fans of the franchise can only hope for another title in the "Luigi's Mansion" series in the near future.

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What's In Your iPod?



(photo courtesy Tarah Kelly)

Freshman: Isabel Cortez

1. Suit and Tie - Justin Timberlake

2. Stay - Rihanna

3. Mirrors - Justin Timberlake

4. Girl on Fire - Alicia Keys

5. Heart Attack - Demi Lovato

Sophomore: George Zikopoulos

1. Respect - Biggie Smalls

2. Traumatized - Meek Mill

3. Gotta Have It - Kayne West

4. Domo 23 - Tyler The Creator

5. Poetic Justice - Kendrick Lamar



(photo courtesy Tarah Kelly)



(photo courtesy Tarah Kelly)

Junior: Lianne Maynard

1. Molly - Tyga

2. Internet Friends - Knife Party

3. No Faith In Brooklyn - Hoodie Allen

4. Mirrors - Justin Timberlake

5. Started From The Bottom - Drake

Senior: Dave Pingarron

1. Tighten Up - The Black Keys

2. Ships In The Night - Matt Kearney

3. Homecoming Queen - Hinder

4. No Interruption - Hoodie Allen

5. Dairy Of Jane - Breaking Benjamin



(photo courtesy Tarah Kelly)

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Stop & Smell The Roses: Seniors Prepare For Last Hoorah

Anisha Manglani
News Editor

The countdown has begun. With roughly a month remaining in the school year, the clock ticks the days away in a haze of blurry memories.

The most important item on the agenda for the upcoming weeks is to remember to stay focused on our academics and extracurricular activities. The year will come to an end in the blink of an eye, so we might as well follow through until the end and finish strong.

Seniors, these next few weeks are our last as high school students before we take our first steps into the real world. Who knows what awaits us in the years that will follow? For now, there is no need to worry. We need only enjoy the time we have left together.

Mark your calendars, seniors, because the end of the year is drawing near.

On May 31, we will attend an assembly in school regarding our prospective futures and

With roughly a month remaining in the school year, the clock ticks the days away in a haze of memories.

our perspective outlooks. This assembly will take the place of our classes from periods 1 through 5.

The end of the year festivities kick off on June 17 with class night at 6 p.m. at Anthony's Ocean View. Tickets will be on sale for \$10 during all lunch waves during the week of June 10. Bring your yearbooks!

Awards night will take place on June 18 at 6 p.m. at Jonathan Law. Awards night is by invitation only.

On June 19 will be our first graduation practice! No, you are not dreaming. Yes, this is actually happening. After our first practice, we will head down to the field for our class picnic.

Keep your fingers crossed for good weather!

After our second graduation practice, graduation will take place on June 20 at 5:15 p.m. Girls are directed to wear dresses, skirts, or dress pants. Boys are instructed to wear shirts with collars and ties along with dress shoes. Look your best!

It is most certainly surreal to watch our grade schools years come to an end, but we will never truly leave behind the past four years which have shaped and formed the individuals we are today.

As we spend the last weeks of school reflecting on our past, our friends, our teachers, and the familiar yellow lockers and hallways, we must not forget to live for our futures. Every step and every risk we must take will shape the days ahead.

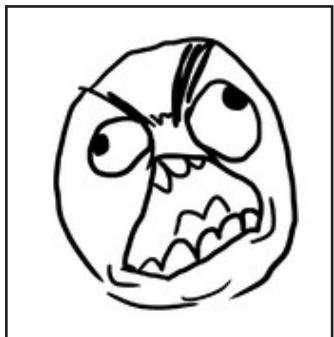
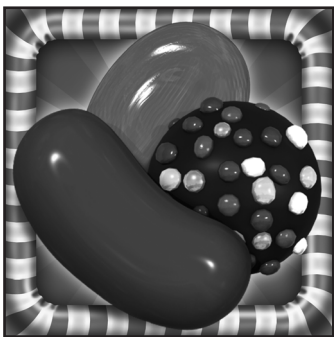
Every one of us has a different path with different dreams. As we rush to accomplish our goals, we must always remember to stop and smell the roses.

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What's APPening?: 5 Apps To Download Now



Bryan Creevy
Entertainment Editor

"What's hAPPening?" is a monthly column that reviews the hottest, most popular, and newest apps that are out there for the iPod touch, iPhone, and iPad. Each month, it will have five different apps that have the highest ratings or have just recently come out.

"Candy Crush"

It seems JLHS has a new ipod app fad every other month now, so if you haven't heard of Candy Crush, you need to get on that.

Candy Crush is an iPod app that pretty much rips off Bejeweled, but it's got candy in the title so it instantly attracts more people. Match three candies in a row to make them disappear and get points for your score. Match four in a row to get a powered up candy

and five or more in a row to get an all-powerful, sprinkle covered, chocolate ball of destruction. Each level has an end goal of either a high score, clearing jelly, or bringing food items to the bottom, and there are hundreds of levels to challenge you.

There really is no difference between this game and Bejeweled except for a few obstacles. Do not fear, though, you will be as addicted to it as you are to your favorite piece of candy.

"Dark Avenger"

If you like hack-and-slash games and characters that look like they should be in Assassin's Creed, this is your iPod app.

You play as an assassin of your customization and have to hack-and-slash your way through dozens of missions.

Use the normal slash or special attacks to defeat your foes, however special attacks use up magic power. Play either the normal missions or a timed mission where defeating enemies add back time. There's even an online 3 v 3 Deathmatch where you face off against other players.

An instant favorite of mine, Dark Avengers is definitely worth the free download. I don't know what your character is avenging, but it sure is fun to help him.

"FML"

I really hope I don't need to explain what "FML" stands for.

I personally find FML a very amusing site because it allows you to laugh at others misfortune. People post their problems on this app and others can read it and rate it

as "I agree, your life sucks," or "You deserved it." You can even post things yourself if something doesn't go your way.

Download the free app if you need something to brighten your day. What? Nobody even reads my reviews? FML.

"Rage Jump"

You're all about to get trolled.

I can see Rage Jump as a mockery of Doodle Jump. You play as a stick figure whose face changes to all the different stick figure faces with each jump you make. Get jet packs to send you higher, halos to save you when you mess up, and beer to invert your sense of direction.

I'm not kidding, you *will* rage quit from this game. That's exactly why you should download it for free.

"Call of Duty Black Ops Zombies"

For the first time ever, I am doing a follow-up review of an app!

Black Ops Zombies on your iPod has had some updates. Two new maps have been added to the selection: Ascension and Call of the Dead: Director's Cut. Both these maps were DLC in the actual console game, and now they're available on the go. Graphics are a little different, but still good. There are three difficulties available for each map: Recruit, Regular, and Veteran. Also, CoD Points are now implemented. Earn 100 CoD points a day and spend them in-game when you don't have enough in-game points to buy something.

A great game has become even better. The dead are now calling. Answer the call.

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Boys, Girls Track Teams Cross Finish Line

Tarah Kelly
Columns Editor
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The Nation of Domination has dominated on the track again as they close in on the SCC tournament and prepare for states.

The boys finished their regular season with a 9-4 record and the girls finished with a 9-5 record now they're ready to dominate in the post-season.

"We had a very successful year," said **Coach Beler**, "Both teams ended with nine wins, and the Katzmartsic Invitational titles."

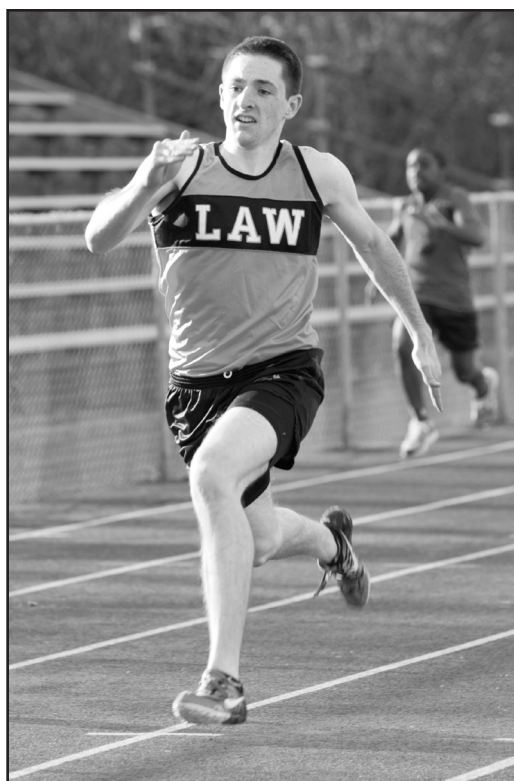
Senior captains **Najee Smith**, **Ryan Dennis**, and **Zack Toto** have led the team throughout the season.

At the SCC Championship meet that took place at Sheehan, the Lawmen track team placed 5th in their division and 11th overall.

Senior **Terrence Lewis** placed 3rd in the long jump and Dennis placed 3rd in the 400m during the SCC tournament.

"Each senior is an important part of the team," said Lewis, "We all are very strong in our events."

The Lawmen also had



Seniors Caitlin Prete and Ryan Dennis qualified for SCCs. (photos courtesy Rostrum Yearbook)

contributions from several underclassmen. Sophomore **Jeremy Doucette** has become the top underclassmen runner for the 800m in the SCC.

"Jeremy's work ethic has made him one of the top forces in the SCC for all runners to deal with," said Beler.

Along with Doucette,

sophomore **Max German** broke the school record for the pole vault with a jump of 12'6" and Smith broke the triple jump record with a 42'2".

The boys will start their state tournament on May 29th and have 12 athletes ready to compete for a state title.

On the girls side, seniors

Catie Miller, **Julia Mauer** and **Val Hiller** helped lead the team to a 9-5 record.

Senior captain **Caitlin Prete** also made a name for herself in the SCC as she broke the school record in the 800m with a time of 2:25.38.

"Caitlin is a great leader and always works her hardest,"

said Miller. "We all knew she was going to break the record because of all the hard work she's put in during the off season."

Hiller is looking to end her final season on a high note and take her seven school records along with her.

She is also excited about what the team has returning next season.

"We had a lot of great freshman who stepped up a lot this year and helped to win our meets," said Hiller. "It shows how successful the teams going to be in the upcoming years."

Freshman **Jessica Centore** has qualified for states in four events, along with **Kaliece Frank** who qualified for the 4x400 with Centore, Miller and Prete.

"Overall, the team was very strong this season, and were always getting along," said Prete.

"We placed well in meets and everyone improved in their events greatly from the beginning to the end."

Sixteen girls will be competing in the state championships next week with hopes to bring home a title.

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Girls Tennis Makes SCCs, Boys Team Improves

Nolan Rourke
Co-Sports Editor

The Jonathan Law boys and girls tennis teams recently finished up impressive spring seasons.

The boys tennis team saw major improvements under their new head coach, Brittany Price, while the girls team qualified for the Southern Connecticut Conference Tournament for the first time in school history.

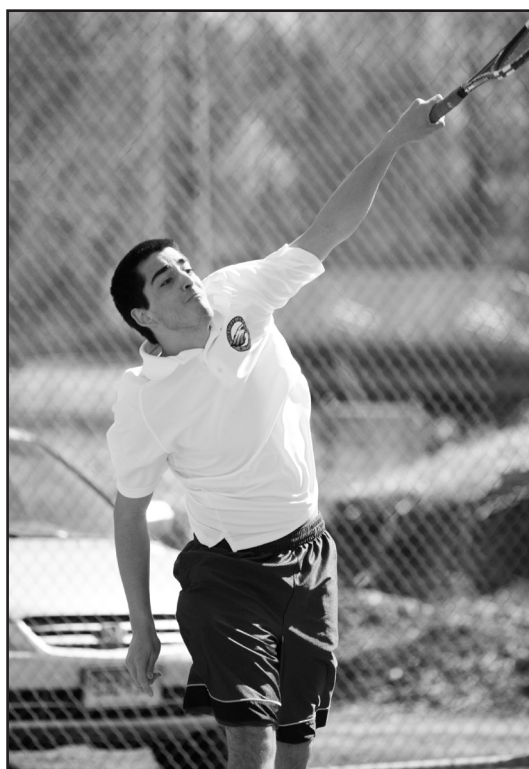
The girls won five of their final seven matches and finished 8-12, which was their best record since 2004. They posted impressive late-season wins over Lyman Hall and Career.

“Our team worked very well together, and our great team chemistry helped us get this far,” said junior captain **Lianne Maynard**. “I had a lot of fun this season, and I am really going to miss the seniors.”

The girls will miss their seniors, **Tatiana Eng, Rachel Hannan, Olivia Herman, Bhavani Jaladanki**, as well as manager **Tarah Kelly**.

Hannan was a first year member to the team, and she consistently played second doubles with sophomore **Sofya Calvin**.

“This tennis season was very fun, and I’m really glad I went out for the team,”



Junior Gabe Salles (left) made states in doubles with partner Jack Campbell at #1 doubles. Junior Lianne Maynard (right) made states at #1 singles. (photos courtesy Rostrum Yearbook)



Hannan said. “Sofya was a great partner, and I’m going to miss playing alongside her next year.”

Aside from qualifying for the SCC tournament for the first time in school history, the girls’ tennis team also had some members qualify for the Class M state tournament.

Maynard finished the year 13-4 and qualified for the tournament at #1 singles, and the #1 doubles team of **Kate**

Brady and Sravya Jaladanki qualified as well with a record of 8-3.

These girls will play their first round of the state tournament June 1 at the Yale tennis courts in New Haven.

Junior **Hebani Duggal** finished second on the team with nine wins, and the team of **Raeven Grant and Emma Shea** won six matches at #3 doubles.

“I could coach for 30 more

years and not have a team or a season more special than this one,” head coach **Mr. Kuleych** said. “The girls worked so hard and got so much better as the year went on. It was the best season we’ve had in a long, long time and that’s because of their dedication and the chemistry we had. It was an awesome run.”

The boys tennis team capped off an impressive season with many new players

and a new head coach.

“She [Price] is a very nice lady,” said senior **John Ciesla**, “She knows the game of tennis very well, and she really helped me improve my game.”

Ciesla is a newcomer to the Jonathan Law tennis team, which was crucial because the team did not have a great number of total players. Every player made an impact to the team’s success this season.

Senior captain **Jack Campbell** was also very impressed with the way he and his team played under a new coach.

“It was a smooth transition with a new coach this year,” Campbell said. “We managed to win several matches as a team as well as lots of success at first and second doubles.”

Campbell played as first doubles along with his partner **Gabe Salles**, a junior. The duo finished with an impressive 13-5 record on the season.

Ciesla stepped up for Law to play second doubles with junior **Soumya Kundu**.

“I had a lot of fun playing with ‘Shomes’ this year, Ciesla said. “Soumya was a great partner to have and we improved every match.”

These first and second doubles teams will compete in the Class M state tournament on Saturday, May 25, at the Yale tennis courts.



Junior Luke Mazzeo (above) and the Law golf team finished their regular season 6-10. The Lawmen beat Wilbur Cross twice, Hillhouse twice, and Career and Foran once. Members of the team will play in the Chiappa and SCC tournaments this week and the team will take on Foran and Platt Tech in the annual Mayor’s Cup on May 29 at The Orchards golf course in Milford.

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Jonathan Law High School

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Softball Team Eyes State Championship

Tarah Kelly
Columns Editor
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The Lady Lawmen have made a name for themselves again in Class L.

The team had a successful season thanks to senior captains **Sam Murphy**, **Steph Peloso** and **Jill Theil**. They ended the regular season with a 13-7 record, which included wins over Amity and Cheshire.

For the second year in a row the Lady Lawmen have qualified for not only the SCC Tournament, but guaranteed their spot in the state tournament as well.

“The girls have worked really hard this season to overcome 3-4 start, finishing 13-7,” said head coach **Ms. Paloni**, “Even though we got knocked out of the SCC tournament early we have some unfinished business driving us to make some noise in the state tournament.”

With the addition of freshman shortstop **Gege**



Junior Stephanie Cameron bunts for a base hit. (photo courtesy Rostrum Yearbook)

Romero, the team has been solid in the infield.

“Gege is a great aspect to our team,” said Murphy “As only a freshman she’s stepped up so well after being thrown into the shortstop position.”

The outfield has also been strong thanks to junior **Stephanie Cameron** freshman **Erin Saley**, and sophomore **Justine Bannon**.

“The outfield is always there to back us up,” said

Murphy “I know if anything gets by us they’ll be there for it.”

The Lady Lawmen are a young group of players and will only lose three seniors when this season ends.

“The seniors are always there to boost up everyone sprints,” said junior **Jenna Bernard**, “Whenever anyone gets frustrated they’re there to calm everyone down.”

Peloso, along with Cameron and sophomore **Amanda Leone** were named All-SCC. It’s the second time being named All-SCC for Peloso and Cameron.

As the state tournament approaches, the team is very confident.

“We’ve been working really hard at practices and we won against some big teams like Amity and Cheshire,” said Romero, “Hopefully our hard work pays out off in the state tournament.”

The team is more than ready to take on the state tournament for the second year in a row.

“Losing in the quarterfinals last year gives me the motivation to go even further this year,” said Peloso, “I know we have what it takes.”

Lacrosse Finishes First Varsity Year

Kyle Kandetzki
Editor-in-Chief

Law’s lacrosse program is still young and still learning to win, but small steps are what the team needs to strive for success.

The Lawmen finished with a 3-13 record this season, a two win improvement from their inaugural season in 2012. Law is still suffering from having less time as a program than most schools they play, but players are excited for the future.

“The freshman and sophomores are a huge part of the team,” said captain **Erik Knudsen**. “As they get older this team will improve greatly.”

The first thing one will notice when looking at Law’s 2013 roster is the youth that is largely prevalent. 15 of Law’s 25 players are freshman or sophomores, and only three are seniors, two of which are the team’s captains Knudsen and **Anthony Volturano**.

In terms of offense, Law had three players that were the clear best in scoring. Freshman **David Patrick** led the team with 16, junior **Dylan Hallett** had 14, and sophomore **Brady Dennigan** had 13. Dennigan also led the team

with 10 assists, while Knudsen and senior **Jason Mullenix** followed with seven.

“It definitely would’ve helped this team to have had more experience,” said Knudsen. “But I was proud of the juniors and seniors that we did have who made a great effort this year.”

Law opened up its season on a positive note, with a home victory against Amistad Academy with a score of 11-3. Mullenix and Hallett led the game with three goals each, with five others contributing to the score. They then followed that with another win against Wilbur Cross with Patrick scoring four and freshman **Dylan Lucas** having eight stops in goal to help Law take the close match. Their lone remaining win also came against Amistad Academy, 11-3.

Though Law no doubt wanted more wins to end this season, players have looked to the many positives they have seen on field.

“We improved a lot in terms of dedication, stick skills, and hard work from last year,” said Hallett. “These should be our keys to win next year along with our heart and perseverance.”

Baseball Qualifies For States

Kyle Kandetzki
Editor-in-Chief

Law baseball has had a tradition recently of turning in successful, exciting seasons, and 2013 was no exception.

The Lawmen finished their season with a 10-10 record that ultimately qualified them for the state tourney and equaled their record from last season. But Law is now looking for even more success than last year’s quarterfinal run.

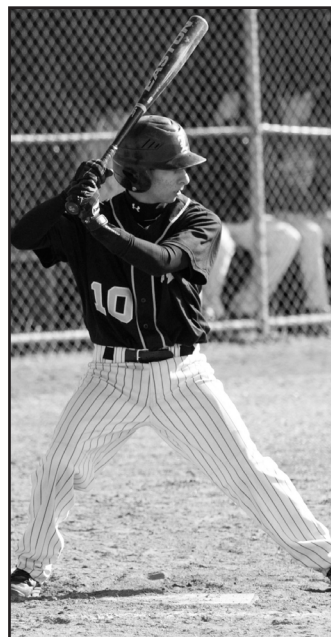
“We improved a lot over the year,” said senior **Nolan Rourke**. “We overcame some setbacks, but we also made some big statements and we’re ready for what’s next.”

In typical Law baseball fashion, this season was highlighted by signature upset victories that gave the team momentum to carry them to a successful year.

The first came on April 10 when Law played the first half of their series against Foran. Though ranked in the state Top 10 at the time, Law with starter Kevin Johnson shut down the Lions and took a big 5-0 victory.

Next on the list of huge wins came on May 7th when Law played another ranked team in St. Joe’s.

Law came out with a 4-1 victory, this time with **Richie Dow** on the mound. St. Joes to this point has only lost 4 games



Senior Drew DeRubeis was Law’s starting catcher. (photo courtesy Rostrum Yearbook)

this year.

Law’s pitching staff comprised of Johnson, Dow, **Kurt Holden**, **Nick Catandella** and **Dave DeRubeis** has been a huge part of its success. Opposing teams scored two or less runs in seven of their ten wins, and only giving up more than five runs three times.

“Kevin and I have developed more and more throughout the year,” said Dow. “I hope we can bring some great pitching efforts into the tournament.”

Offensive flair was evident in victories against Cheshire (9-1), Woodland (8-4), Fairfield Prep (7-2) Wilbur Cross (7-2), and Lyman Hall (11-2). Other wins not previously mentioned tended to be games that came down to the wire, including victories versus East Haven (2-1), Hamden (6-5), and Hand (4-3).

The junior class was an essential part to Law’s offense, as four players from that class were at the top in terms of statistics. Jimmy Palmer led the team with a .386 batting average, five doubles and 16 runs. Johnson batted .379 with 22 hits, 15 RBIs, and hit the team’s only two home runs. Dow batted .351 with 20 hits and 11 RBIs.

“All of the juniors created an essential core for our team,” said captain **Dave DeRubeis**. “They will be huge for this team next season.”

At the helm of the team are captains **Drew** and **Dave DeRubeis**, who noted that beyond good play on the field, they wanted to bring the team together as a family for essential team chemistry. The twins along with seniors Rourke, **Dave Pingarron**, **Jake Markham**, **Ryan Bucko**, and **Todd Manning** finished their careers at Law with a great win against Wilbur Cross on May 13.