By Emily Penn

Make way for Barnstable High School’s newest star: the cast of the new young adult novel *Undertow*. The real star, however, is author K.R. Conway.

Born and raised on Cape Cod, Conway is a BHS graduate of the class of 1994. She has been a journalist for 15 years, and in addition to driving a school bus for the Bourne school district, she serves on the Board of Directors for the Cape Cod Writers Center where she teaches fiction writing for teens.

“I love teaching because I’m kind of crazy myself,” said Conway. *Undertow* is Conway’s first novel. The book takes place entirely on the Cape where characters attend BHS. She wrote the book based on how she remembered Barnstable as a student, although Conway claims “it was a lot smaller than now... Now I need a GPS to find my way around Barnstable as a student, although Conway says, “I couldn’t do it because I had no clue what it was like to be a marine,” Conway said. “I couldn’t because I had no clue what it was like to be a marine.”

Conway’s family has always wanted her to write a book on her grandfather’s experience in World War II and her family’s experiences with the school. “My grandfather’s experience in World War II and his sister’s story are also part of the book,” Conway said. “I wanted to write a book that would be interesting for my students.”

The book takes place entirely on the Cape where characters attend BHS. She wrote the book on her grandfather’s experience in World War II and her family’s experiences with the school. “My grandfather’s experience in World War II and his sister’s story are also part of the book,” Conway said. “I wanted to write a book that would be interesting for my students.”

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**Alum Wins National Scholar Athlete Award**

By Madeline Terrio

Every year the National Football Foundation awards five recipients with the National High School Scholar-Athlete award. The award is given to a freshman in college based solely on his football and academic career in high school. This year one of the five recipients of the award is a class of 2013 graduate, Nick Peabody.

Peabody, who received the award for the Northeast region, was one of the three student-athletes nominated from the region. Every chapter in each region nominates an athlete to represent them as a candidate for the award. From that point, one winner is chosen from each of the regions, leaving five winners. The five regions that are represented are the East, West, South, the Midwest and, of course, the Northeast region. Peabody was nominated by the Jack Grinold Chapter, also known as the Eastern Mass Chapter.

The National Football Foundation looks for student-athletes who excel academically and in football as well. Peabody fits the bill perfectly. In his senior year he threw at least 33 touchdowns and approximately 2,000 yards. He received the Offensive Player of the Year award for Division IA. Peabody graduated with a 4.71 GPA and was the valedictorian of his class of 358 students. He also received the 2013 Superintendent’s Award for Academic Excellence.

Even with these honors on his side, Peabody was not expecting to win the award at all. He explained that

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**Major Schedule Changes Planned**

By Grace Etletson

Barnstable High School is preparing for a dramatic change to the daily schedule of classes. Although some details have not been finalized, Principal Patrick Clark said he is almost positive the new schedule will be implemented for next year.

There are many major changes that accompany this new schedule. The proposed schedule for next year consists of a red week and a white week that would alternate. And instead of having six classes, this schedule allows students to take seven. Clark said that by allowing students to take seven classes it lessens constraints and conflicts students are running into with the six-course schedule.

“By allowing students to take seven classes, it lessens constraints and conflicts students are running into with the six-course schedule.”

--Principal Patrick Clark

He also said that the intention for the seven classes isn’t for students to cram in another AP class. He wants there to be room for creative outlets that benefit all types of learners, which he feels the current schedule is lacking. To diversify the course selection, semester courses will also be offered across the curriculum.

Also, when it’s a red week, on Tuesday students will be dismissed at 1:20 p.m. This is the same for white weeks on Thursdays. This extra 40-minute period would be used for collaboration time between teachers after students are dismissed.

“Teachers will have the time for collaboration… it’s for the purpose of the professional learning community (PLC) time so the quality in the classroom is high,” Clark said. He wants teachers to be able to communicate with each other and share lesson plans in order to create a consistent curriculum among all of the classes.

AP Language and Composition teacher, Mrs. Brooke Styche, who is also President of the Barnstable Teachers Association (BTA) agreed that the collaboration time will be helpful. “We need to collaborate with our peers and

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TECHNOLOGY OVERLOAD

Have we become too dependent on technology?

75.9% of Americans own a smartphone in 2011

75.6% of households owned a computer in 2011

There are more televisions in your house than people, nearly everyone you know has a cell phone, and you have to spend hours online doing your homework every night. Technology has developed to mind-blowing proportions, and whether you love it or hate it, it has rooted itself into multiple aspects of our lives.

With the rapid growth of the technology industry, there seems to be a new gadget out before we can even consider buying the previous one. According to the United States Census Bureau, 75.9 percent of people 15 years or older used smartphones and 75.6 percent of households owned a computer in 2011. But, while Internet use is at an all time high, there are still many people who are not completely on board with this digital revolution. Some don’t believe in investing their time into technology, while others simply can’t afford the high costs of being online and “up to date.” Unfortunately, technology is no longer a luxury, as much as it is a necessity to function in our society.

Many careers now are based on computer science and engineering, which have emerged as high-paying jobs today. Technology also educates the population in a new way, and consequently is popular in school settings. There is always opportunity for collaboration, organization, and convenience because of technology, and it also helps people learn in varying ways, rather than out of a basic textbook.

But there is something lacking in doing everything online, which is the personal discussion, rather than on a computer screen. Our overly social generation is known for the exorbitant amount of time we spend on phones and computers.

Most students and teachers at BHS are familiar with convenient websites like Edmodo, X2, and GoogleDocs, where grades and assignments are available online. But not all students and teachers are on board; some use the bare minimum of technology, while other teachers have additionally branched out to Twitter and Facebook.

However, this grows tricky for both parties when school matters travel online. Social media is an integral part of computer use for all ages, but this leaves teachers and students confused as to what crosses the line when you connect through these websites. After all, there is no proper etiquette when tweeting your homework questions to the “class Twitter” or friending a former teacher on Facebook. A cruel joke or inappropriate photo could potentially land you in the principal’s office if a teacher finds it. There is a risk of mixing your personal accounts (which may not be so appropriate), with the academic part of your accounts.

It’s no wonder why schools experience whiplash trying to update their own technology departments for our education. Proposals of iPads for students and even standardized testing online are concepts that seemed outrageous only a decade ago. Different funding and training has created some schools that are extremely tech savvy, while others have barely enough computers for a single class. Technologically, schools are not upgrading uniformly.

Not only is it hard to keep up with the “latest and greatest,” but when teachers are finally given resourceful tools like Smartboards, the students usually seem more handy with them than the teachers. Naturally, we have grown up with technology and are more comfortable with it, so it can be difficult for a class to rely on these tools that teachers haven’t been trained to use.

But how can teachers be expected to be technology savvy when the type of tools we use now weren’t around 20 years ago? If students have to teach the teachers how to utilize a projector or a Smartboard, maybe teachers could benefit from a uniform training that all have to attend.

If our generation wants to move forward with technology, instead of being left in the dust as it evolves without us, we have to focus on using it wisely to educate ourselves. Teachers and students should be consistent in using the same programs and working together to further their schools’ progress. And most importantly, know why you’re using technology and understand that it is a tool and not a crutch. Technology is not going away anytime soon, so we may as well embrace and understand it while we can use it to our advantage.
Gift Giving: Online or In Store?

By Ana Coutinho
Staff Writer

In a generation where almost everything is shifting to the internet, such as reading newspapers and books, why shouldn’t shopping move online as well? It’s no surprise that many people spend a majority of their time online and most websites make it relatively easy to shop online, with no hassle. Online shopping is easier to access, has more of a selection, saves time and gas, and you can shop whenever and even wherever, right from your own living room. All of this can be extremely helpful, especially during the holidays.

Although online shopping is popular, I still see the mall parking lot completely filled on a Friday night. But if I don’t feel like dealing with all the hassle of finding a parking spot, I can simply access an even better selection of items online. In addition, I’m saving gas, which really doesn’t need to be spent on recreational and sometimes unnecessary shopping trips.

I especially love that I can look through my favorite stores in the comfort of my sweats and without all of the persistent customer service. Some websites even make it easier for online shoppers by recommending items based on what shoppers buy and place them in a wish list for later on.

In addition, many stores have a limited amount of sizes for clothes unlike online stores so it’s easy to always find the perfect size for someone.

Quality and pricing of items are usually posted in customer reviews, which are handy tools when debating on whether to purchase something or not. Customer reviews have saved me from buying items that weren’t worth their price.

Shopping online definitely has its perks, but it’s not flawless. Almost everything you purchase is bundled with a shipping cost but during the holidays many retailers run specials and even provide the option to send a gift straight to someone’s house. However, it may take a couple weeks for purchases to arrive, unless you decide to pay extra for faster shipping so you have your items earlier than usual.

Despite its few cons, shopping online is easier to access and has more of a variety of items to choose from. But just be careful because it’s easy to get addicted and spend more than intended!

With its decorations up, the Cape Cod Mall is a cheery and festive environment for holiday shopping.

By Ginger O’Day
Staff Writer

It’s happened a million times. The package arrives at your front door and you rush out, eager to see what’s inside. You get all worked up and tear open the cardboard box only to find out that the sweater you ordered as your best friend’s Christmas present looked way cuter through the screen. This wouldn’t have been a problem if you had simply taken a trip to the mall and did your holiday shopping in the store.

It’s no secret that purchasing an item in store is more reliable, but it also provides a more personal and genuine shopping environment; making it an overall better experience. Before buying a gift, it’s crucial to see the item in person. For example, when shopping for new clothes for someone, some brands may be sized differently than you’re used to; some might be made of an uncomfortable material, and some may be downright unflattering. It’s impossible to determine any of these factors by merely looking at the article of clothing through your laptop screen; but when you’re shopping in store, whatever you’re buying as a gift, what you see is always what you get.

Shopping online, you have to spend an excessive amount of time typing your information and spending more money if you want the item to be shipped in a timely manner. There’s no way to completely avoid the inevitable shipping problems of technical mishaps, address confusions, weather delays, or lost packages.

Some online shopping websites offer to wrap the gift and send it to the person’s house for you. This may seem convenient, but really, it’s just lazy and impersonal. Wouldn’t you want your friend to make the time for you to visit to the store, pick out the gift personally, and wrap it with their own two hands before delivering it to you; or would you prefer your friend to see something through a screen and click a few buttons to electronically send a gift to your house.

While shopping for gifts online can be sketchy and unreliable; shopping in store, not only do you get a more friendly and social ambience, but there’s no stress that your purchase is legitimate and that it’s coming home with you. Also, if the product isn’t satisfactory in the long run and your friend wishes to return it, most stores are usually very clear about their return policies; whereas returning something that was bought online can be a drawn out and complicated process.

This holiday season, don’t waste your time and money shopping for gifts online. Shopping in store is clearly the more authentic, dependable option.

SNAPSHOT

“What is the most annoying holiday song?”

By Nicole Capeless
Staff Writer

Darwin Calle, Junior
“Jingle Bells.”

Henry Anzola, Freshman
“Rudolph the Red Nosed Reindeer.”

Holly Stewart, Substitute Teacher
“I Saw Mommy Kissing Santa Clause.”

Rebecca Latimer, Senior
“Silent Night.”

Kristen Donnelly, Senior
“Dominick the Donkey.”

Lindsay Phelan, Junior
“Merry Christmas, Merry Christmas.”

Andy Ho, Senior
“All I Want for Christmas is You.”

Will Moser, Eighth grade
“Hark! The Herald Angels Sing.”

Courtney Mcneaney, Eighth grade
“Frosty the Snowman.”

Wendy Johnson, Math Teacher
“Grandma Got Ran Over by a Reindeer.”
The Stress of Holiday Gift Giving

By Nicole Capeless
Staff Writer

Do you stress about holiday shopping? Well, join the club because you are not alone. Whatever holiday you may be celebrating, there’s always one big question: What to get?

Every year the craze for the holidays increases rapidly. What’s not to love? The food, the music, and the company are all a part of the holiday cheer. Yet, with all of the joy and excitement comes stress and tribulation. After years and years of Christmas shopping, I have found it very difficult to shop for the average family member’s gift. Sure, there’s always candles, lotion, pajamas, and socks. But who really wants socks or pajamas for Christmas?

For parents of young children, shopping is rather easy considering they get a “Christmas list” which is sent to “Santa” and his “magic elves.”

Teens, on the other hand, are not so easy. After reaching the age of 14 or 15, most kids keep a “Christmas list” but just put general ideas on it. For example: clothes, shoes, hair accessories, or a cell phone. But what exactly does “clothes” mean? Do you want a T-shirt? A pair of yoga pants? Jeans? Tank tops? What about sizes? Small, medium, or large? It’s all a generalized mess when it could be something so simple.

“The only easy gift receivers are your friends. You don’t have to get them a gift but you do and for that they will be grateful. Shopping for my girlfriend and sister is easy because I buy things I want and then just give them away. And fortunately boys are even easier to shop for because, let’s admit it, they just don’t care. They are happy with whatever they receive. For those who are early shoppers, props to you because you don’t have to deal with the procrastination stress. The thought process of gift giving is the core of holiday stress. The mobbed mall and ridiculous shopping hours only add to it. So this year, do not let last-minute gift giving get to you! Whether they like their gift or not, it’s the thought that counts. And remember, always keep a receipt, just in case!”

We Love...

Candy Grams

Wrapped in red bows and tied with personal notes, candy grams are the easiest, cheapest way to spread holiday cheer in school this winter and they are the perfect way to make a friend’s day.

Student Council is in charge of the candy grams and does all of the work for you. Besides the fact they cost only $1 to send, all the profits earned go towards Toys for Tots.

A personalized note can be written to the person who will receive the candy gram as well. Student Council ties the notes to the candy canes for you and delivers them to students’ homerooms. It’s a perfect way to get you into the holiday spirit right before leaving for winter break.

There is absolutely no downside to this fundraiser. On top of helping out a great charity you can easily make someone’s day just a little bit better, before the stress of the holidays really kicks in.

What’s not to love about receiving a note (and candy) from a friend right before winter break? Purchasing a candy gram is sure to put a smile on your face this winter, knowing that your simple donation to Toys for Tots will help benefit children in need.

Shopping for my girlfriends and sister is easy because I buy things I want and then just give them away.

Adults, lost and confused as to what kids actually want, will walk around the store aimlessly to figure out what may be the best for their child, in which case they have a 50/50 shot of getting a good gift. But it’s even harder to buy gifts for them. My parents do not make lists. They may verbally tell us a few things they want but most of the time I’ll hear the classic one-liner “all I wish is for you and your siblings to get along... a Christmas wish that won’t last.”

So after being told what your parents want, what do you get them? You want something meaningful, thoughtful, and special, of course. But what? Every year the gift giving holidays come and go, and you tell yourself, “Next year I’ll get them a better present, maybe a bracelet or a nice shirt.” But when do you promise yourself to get old? Every year, that’s when.

The only easy gift receivers are your friends. You don’t have to get them a gift but you do and for that they will be grateful. Shopping for my girlfriend and sister is easy because I buy things I want and then just give them away. And fortunately boys are even easier to shop for because, let’s admit it, they just don’t care. They are happy with whatever they receive.

The holidays are meant to bring people together to have a good time and enjoy each other’s company. Yes, the pre-Christmas shenanigans are more than tiring, but the feeling of kicking back with some eggnog and jamming to Frosty the Snowman with loved ones is priceless.

We Don’t Love...

Papers, Papers, and More Papers

They’re exploding out of my binders, taking over my desk, and crowding my floor. Papers, papers, papers, some not even written on, clutter my life. Where do all these piles and piles of unanswered math problems and unread MMSI passages wind up? In the trash.

As a school that is constantly adapting to new teaching formats and technological advances, one would think that we might also pay some attention to the wastefulness that runs rampant through our halls. But no, we continue to cycle through endless ink cartridges and paper.

I understand why teachers pass out so many papers. It provides students with extra practice, and often it is easier just to print pages instead of select problems. But when I have full ten page packets with only four or five pages filled out, it is simply supersitious.

Many classrooms are equipped with recycling bins; however students often neglect them, or worse, throw their empty snack bags and dirty tissues in them. The problem exists on both ends. Teachers should try to cut down on excess handouts, and students should be more attentive to the recycling bins.

BHS prides itself on impressive academics, athletics, and extra-curricular programs, but we have an unhealthy tendency to be wasteful.

We Don’t Love...

Over Vacation

We all know those teachers who pile on the homework during vacation. They assign essays, projects, and thousands of worksheet with things we quite honestly don’t need to remember on the last day of vacation. Why?

I get that we constantly need to be learning and educating ourselves, but is it really necessary on vacation? We go to school five days a week for seven hours a day, plus countless hours of homework. When vacation hits, we’re checked out. Loading us with homework over the holiday break just stresses us out even more. All teachers get out of it are upset students and several zeros.

The Little Things...

-- Emily Penn
Holiday Cheer

I’ve noticed that the holiday season makes people grumpy. It’s pretty stressful, going through the motions to make your holiday “perfect.” I completely understand the sense of dread walking into the packed Cape Cod Mall anytime after Black Friday. No one wants to put up with the lines or the general public all trying to save a good deal on their expenses. And no one really wants to host a holiday party for a bazillion family members, especially if you have to cook. I can guarantee that no one wants to put up with the gift giving anxiety—How old are they again? Do they have this Furby already?

Get it. The holidays can be obnoxious. But, I think the thing people neglect to realize as they reign appreciate into the ugly sweater their grandmother has given them for the eighth year in a row, is that dealing with all of the obnoxious holiday speed bumps is actually worth it in the end.

I am elated when I watch my younger cousins jump around the Christmas tree, screaming about how much they love the gift they received on Black Friday. I am happy that they are happy. I am elated when I see my family members sitting in front of the fireplace, eating clam chowder that my mom and I slaved over, talking and laughing about their hopes on Christmas morning, I realize this is why we put up with everything.

The holidays are meant to bring people together to have a good time and enjoy each other’s company. Yes, the pre-Christmas shenanigans are more than tiring, but the feeling of kicking back with some eggnog and jamming to Frosty the Snowman with loved ones is priceless.

-- Emma Gauthier

Excessive Homework

-- Zoe Calianos

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-- Julianne Santos

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-- Zoe Calianos

Excessive Homework
By Zoe Calianos
Staff Writer

As one of the first high school groups to make the trip since the embargo, the students will not be representing only Barnstable High School, but the entire United States. “We’ll gladly be the guinea pigs,” said Semanscin.

During the trip, the students will become familiar with Havana, Cuba’s capital. "One of the stipulations with this license is that it has to have interactions," said Semanscin. On the itinerary are a visit to a special needs school, an art school, a traditional school and multiple museums.

According to Lytle and Semanscin, the Cuban way of life varies tremendously from that of Americans. Cubans are known for a sort of resilient spirit, a refusal to accept defeat, even in the face of poverty. In addition to this attitude shift, students will also have to adjust to what Semanscin referred to as the “spontaneous little eruptions of music everywhere.” Semanscin and Lytle both said they hope that this trip will put the world in perspective for the students. “We’re going to do a lot of absorbing…and eat a lot of Cuban food,” said Lytle. “I feel as though I’ve immediately knew I would regret it if I didn’t go.” Kennedy most anticipates the chance to meet the Cuban students and is curious to decipher their view of Americans. Caroline Rugo, another senior and AP Spanish student, originally expressed disappointment that the trip had been changed from Spain to Cuba. Traditionally, the students traveled to Spain during April vacation and lived at the homes of Spanish students there. However, after listening to Lytle gush about the packed schedule, she quickly reevaluated. Rugo is especially intrigued by the political scene in Cuba. “It will be interesting to see how their country evolves,” said Rugo. Although their secret wish is to attend a Cuban baseball game, Lytle and Semanscin both said that “watching the kids’ faces” as they experience Cuba is what they are most excited for.

By Maggie McNulty
Staff Writer

"There is no more pencils, no more books, no more teachers’ dirty looks,” sang Pink Floyd in 1972. Little did they know their playful song would become a reality in some sense. Technology is replacing pencils with keyboards and books with the Internet. One new use of technology is the usage of Twitter in the classroom.

The social media site now has some new members—teachers. Teachers and administrators of Barnstable High School are now beginning to use Twitter as a vehicle for distributing school-related information to students and parents.

Barnstable High School Guidance Counselor, Karen Gaughter, now joins the approximate 232 million Twitter users in her mission to release information to students in the most relevant ways possible. Gaughter created her account this fall and claims that student and parent responses have been unanimously positive. The account is solely used to release information to students and Gaughter does not “follow” any students. “People shouldn’t be afraid to use social media,” said Gaughter. “It’s cool if students go to the page and read the posts. It’s like they’re easy to reach and makes them more hip and with the crowd,” said BHS sophomore, Jordan Sales. Tracy Trotto, also a sophomore, said, “It’s cool if [teachers] tell us information, but not if they follow us (students).”

Gaughter is going to be covered in class and on the packed schedule, she quickly Gaughter does not “follow” any students. “People shouldn’t be afraid to use social media,” said Gaughter. says that "watching the kids’ faces" as they experience Cuba is what they are most excited for.

Guidance counselor Karen Gaughter displays her twitter account in the photo above. Gaughter created her account this fall and claims that student and parent responses have been unanimously positive. The account is solely used to release information to students and they’re easy to reach and makes them more hip and with the crowd,” said BHS sophomore, Jordan Sales. Tracy Trotto, also a sophomore, said, “It’s cool if [teachers] tell us information, but not if they follow us (students).”

The National Board of Education recently released an article in support of the use of Twitter in the classroom. “Inside the classroom, Twitter can be used to review lessons and remind students what is going to be covered in class that day or the next,” the Board said.

Maeve Hitzenbuhler, who teaches English as a second language at BHS, raised the point that not all students have Twitter accounts or even have access to the internet. Therefore, not everyone has the same opportunity to receive the information.

Most students and faculty agree that if Twitter is to be used as a teaching tool, the account must be run in a way that is structured and professional.
6

Hot Button Issue:
A Nation’s Sugar Addiction
Diet Staple or Drug?
By Mary Anglin
Staff Writer

It really makes you think about what you’re putting in your mouth,” Ciborowski said.

Other parts of the school are also getting involved in this health movement. The Food Service Task Force is working with the cafeteria staff to come up with healthier options of food to serve to those who buy lunch.

A very recent study over the summer at Connecticut College, documented by The Washington Post, tested lab rats in a maze that were offered both rice cakes and Oreos.

These researchers also injected different rats with either cocaine or morphine to find out how much time the rats would spend with the addictive narcotics. Their purpose was to show the addictiveness of high-sugar foods, like Oreos, compared to the addictiveness of drugs. Both groups of rats spent the same amount of time with the Oreos and with the drugs, and the Oreos even stimulated the satisfied parts of the rats’ brains more than the drugs did. The professor leading this research, Joseph Schroeder, commented in the article, “This correlated well with our behavioral results and lends support to the hypothesis that high-fat, high-sugar foods are addictive.” The college’s experiment left many shocked and concerned with the addictive properties of sugar.

If a change is going to be made, Ciborowski said, “To start, we really need to look at our guidelines and be aware of this addiction. The environment needs to be healthier to support students, because diet isn’t always the first thing they’re thinking about.”

By Orlando Henry
Staff Writer

Local

Provincetown Elementary Schools may offer IB Diploma

The Provincetown School District has been given the go ahead to teach the International Baccalaureate Primary Years Programme, or commonly known as IB effective immediately. The International Baccalaureate was founded in 1968 as a nonprofit educational foundation based in Switzerland. The primary years program is for pre-kindergarten through fourth grade. The school district educates children through eighth grade in Provincetown, then they send their high school students to schools outside of the town’s borders.

The school district began the certification process three years ago. The accomplishment is to have worked hard at transforming the school and then to have that judged as a transformation to IB standards, which is similar to the Common Core. In the coming school year, the district will teach approximately 110 students in Provincetown. There are four programs for students ages three through 19 designed to develop intellectual, emotional and social skills with a global perspective. The program is in 146 countries. There are 16 schools with IB programs in Massachusetts, including Provincetown and the Sturgis Charter Public School in Hyannis.

-Cape Cod Times

State

Teen Drivers Involved in Less Accidents

The number of teen drivers involved in traffic accidents in Massachusetts has been cut in half since 2007. However, the drop in the number of accidents also came at a period of time when 16 and 17 year old teens with a Massachusetts driver’s license decreased by one-fourth.

A law was passed in 2007 that more than tripled the total amount of hours teens must spend driving with a parent. This law also doubled the number of hours needed with an instructor behind the wheel. Further more, this law requires parents to attend a two-hour seminar in order for drivers under the age of 18 to receive their drivers’ licenses.

This law also increased the cost and hassles of obtaining a driver’s license, persuading some teens to hold back from going through the process.

-The Associated Press

International

US Still Lags in International Testing

According to the Organization for Economic Cooperation and Development (OECD), US students’ performance have decreased gradually on international tests, with 15-year-old students scoring in the middle of the global pack on the latest math, reading and science tests administered by OECD. Asian countries and regions such as Hong Kong, Japan, Shanghai, Singapore and South Korea topped the rankings for the 2012 Programme for International Student Assessment (PISA), according to newly released results. PISA compared 65 countries with varying results for each country pertaining to math, science and reading skills, due to the scores of their respective students.

In math, the US was ranked 26th out of 65, similar to nations such as Hungary, Russia and the Slovak Republic.

In science, the US was ranked 21st out of 65, ahead of Russia, while still at the same level of Italy, Latvia and Portugal.

In reading, the US was ranked 17th out of 65, on equal footing with England and France.

- Politico.com

News Notes

In a Connecticut College lab study with rats, the popular high-sugar cookie Oreos proved more addictive than cocaine.
The Wi-Fi server room will be upgraded with the Ruckus system, one of the fastest networks on the market.

By Emma Gauthier
Staff Writer

College and Career Readiness isn’t just a phrase tossed around the Barnstable High School hallways. The phrase keys into a national movement to prepare students for what it’s going to take to come after high school, no matter what path students choose to pursue.

To ensure that United States students are able to compete academically and become better suited for the job force on a global perspective, the US government created a set of national education standards that were released in 2010, known as the Common Core Standards, which Massachusetts adopted the same year.

The regulations transformed how English and Mathematics classes are taught at all levels in a student’s academic career, and brought new standards for what students need to know at the end of each school year. Additionally, they are meant to help enhance a student’s learning experience by making classroom lessons more relevant and applicable to the real world, as stated in the Common Core’s mission statement.

These changes are most prevalent in the English and math curriculum, but affect all subjects in some way. BHS has already seen these changes begin to percolate, with a new gym requirement and a new schedule set to launch next year, along with a different teacher evaluation system.

But another prevalent change is set to drastically transform how students are evaluated on their preparedness to graduate. In Massachusetts, this responsibility fell to the Massachusetts Comprehensive Assessment System (MCAS), but state education legislators felt that MCAS was not in aligned with the Core Standards, said Susan Lane, senior director of Alignment and Education for the Massachusetts Department for Higher Education.

In order to assess students more accurately on their readiness to graduate high school, the government observed the different states’ standardized testing methods. Because of Mass. students’ higher standardized testing scores they chose the Mass. standardized testing method to test students in the new education system after, said BHS Principal Patrick Clark.

The new national solution is PARCC, or the Partnership for Assessment of Readiness for College and Careers.

PARCC is an entirely computer generated exam, which aims to evaluate students on what they already know, and to see how they apply it in a real world situation.

“MCAS tested students on what they factually knew,” said Clark. “PARCC is performance based critical thinking, and utilizing higher order thinking skills.”

When it is phased in, students in grade three through grade eleven will take two sections of PARCC, English Language Arts, and mathematics. The tests at all levels are based in context of real life examples, and utilize important technology skills necessary in schooling and in the workforce.

“Testing earlier can help track problem areas and pinpoint them before they get overlooked,” -Maddy Childs, Senior

One sample question at the grade four level asks students to drag and drop answers into the order they should go in, while others involve practice with typing and reading directions carefully. As students advance through various levels of schooling, questions have less computer skills and are more focused on content knowlege and critical thinking.

Test administrators hope to partner with colleges and other institutions so that junior year PARCC exams may potentially replace college placement exams, said Lane. High school seniors who had lower scores junior year can use twelfth grade as a year to, “work on skills,” and for teachers to, “focus more energy on students who need additional help and substantially take the exam again before going off to college, said Lane.

Senior Maddy Childs, student liaison to the Barnstable Public Schools Board, said she feels she understands the mindset behind early testing, but also presents some concerns.

“Testing earlier can help track problem areas and pinpoint them before they get overlooked,” said Childs. “However, as a student myself I worry about the over testing of children.”

For the 2013-2014 school year, PARCC is in its fourth stage for, “field testing and research and data collection” according to parcc.org. For BHS students, this means there will be two eighth grade pilot testing sessions with PARCC for eighth graders in the spring. Clark feels, “our faculty and students are ready to take on order Parcc tests,” in regards to the practice tests.

PARCC is scheduled to be administered nationally in 2015, said Lane. However, the Massachusetts Department of Elementary and Secondary Education voted on Nov. 19 to delay the decision to replace MCAS with PARCC for grades 3-8 until the end of 2015, according to a recent Cape Cod Times article.

By Julianne Santos
Staff Writer

Trying to find the perfect Wi-Fi hotspot in Barnstable High School? You won’t have to wait much longer. After trying for three years, a new Wi-Fi system, called Ruckus, in Barnstable Public Schools, Bethann Orr, director of the BHS technology department, has successfully secured a much needed and desired Wi-Fi system.

Last year, Barnstable High School’s internet server crashed after 500 devices were found on the network. This significantly slowed down all internet access in the school. Because of this incident, Orr had to bump off the 500 roaming devices on the school’s network. “I don’t mind kids accessing the Wi-Fi, but when they start causing our network to significantly slow down, making it hard for teachers to put in grades and attendance, I have to shut them off,” said Orr.

Since the network’s crash, the technology department has invested in strengthening the network. In effect, the existing network has significantly improved since last year’s crash, but it hasn’t improved enough for all students to utilize it.

Even though Orr frequently bumps students off the network, some have found the Wi-Fi is still easy accessible, “I just logged on once and I was in. It was easy,” said Junior Jessica Duane.

Although Orr had to make the hard choice to kick off students from the network, she strictly believes in providing Wi-Fi for all. “We need Wi-Fi desperately… it is like the water we drink, the air we breathe, or the food we eat,” said Orr.

Just recently, the Capital Improvement Project (CIP) approved the Barnstable Public Schools for a $5,000 grant to help fund Wi-Fi throughout the district. Coincidentally, the Barnstable Intermediate School (BIS) was also given a grant to allow all students attending the school to receive iPads. Because of the new iPads, the Intermediate school also needs a Wi-Fi boost.

“This process isn’t as easy as one would think, however. Because of the size and amount of devices that are expected to be using the Wi-Fi system at both schools, the new system must be a business enterprise system which is why it is so expensive.”

Orr said she has gone through many obstacles to find the most fitting sever. Out of three different products that the technology department has reviewed, the technology director happily stated the Ruckus, a Californian built Wi-Fi system, has been chosen to support Barnstable Public School’s Wi-Fi.

This system is the most powerful and fastest wireless system on the market, using a fiber optic network, Orr said.

The Wi-Fi upgrade is urgent for BHS due to the iPads issued to students, so the technology department has started to line the school with the orange Wi-Fi wires needed for Ruckus. Once the wires are strung in the sixth and seventh grade building, the wires will lead into the “powerhouse” of the network—the technology closet. Here is where the wires will be finally connected to the Wi-Fi router.

Although Orr admits that the technology department is a little behind, the BHS network is expected to be finished sometime in February. Shortly after, Barnstable High School’s Wi-Fi system will lead into the “powerhouse” of all BHS’s eager teenagers to roam the internet.

Exams at a Glance:

PARCC:
-Measures college and career readiness
-Aligns with the Core
-Entirely online exam
-Evaluates content knowledge and critical thinking
-Grades three through grade 11
-May be eventually used in conjunction with college placement exams
### Schedule Change

#### Continued from pg. 1

Create lesson plans together... it’s a great opportunity.”

There is also no TGA in the proposed new schedule but instead a 35-minute activity block on Thursday for red week and the same block on Tuesday for white week. History teacher Mr. Brent Jansen said that the block was not a homeroom but a time period for miscellaneous purposes. He said it could be used for class meetings or counselor meetings, but also as a time used for students to personally connect with an adult in an informal, non-academic setting.

“It’s purpose is to support students and to remove the grade from the environment. It allow students to connect with an adult,” said Jansen, who is a co-chairs of the scheduling committee.

The reason behind the entire schedule change relates to the requirements of the Mass Core curriculum. Mass Core states that in order for a student to graduate high school he or she needs to complete four units of English/language arts, four units of math, three units of science, two units of foreign language, one unit of art, five units of additional core courses and physical education as required by law.

The current BHS requirements for graduation are four units of English, three units of social studies, three units of mathematics, three units of science, and one unit of personal development. Massachusetts State Law (M.G.L. c. 71, s. 3) states, “Physical education shall be taught as a required subject in all grades for all students.”

Despite this law, Clark said that it is still unsure as to whether all students will be required to take a gym course next year. He said that there could be a possibility of blended wellness courses as well as movement time, but nothing is official so far. He also stated that there are no set revisions for graduation requirements yet, but they are striving to make some changes in order to be in compliance with Mass Core.

### Student Feedback

Cam Faszewski, a freshman at Barnstable High School, is resistant to the changes that the schedule will bring to BHS. He’s concerned that the five minute passing time will be too short and that students are already having a hard time getting to class on time. Faszewski also said that having seven classes next year will be challenging to balance than just six.

“It’s going to be a lot harder... some kids aren’t doing well now,” Faszewski said, comparing the current schedule to the proposed one for next year.

Faszewski also said that if there is a physical education requirement for next year he thinks that might be hard to juggle too, especially if a student is a three-season athlete.

Eighth grader, Hannah Danziger, said that she likes the change for the expansion of the program of studies.

“Semester courses are a good idea for the variety of courses.” Danziger said. She thinks that having seven classes will be harder to keep up with but she likes the potential of having more options to choose from for classes.

Danziger said that having different revolving weeks, red week and white week, might be confusing. She remembers in sixth grade having revolving weeks and it being hard to keep track of.

Cori Cea-Curry, junior, said she has mixed feelings about the schedule changing for next year. As a junior, she said that she’d rather not deal with the change during her senior year. She hopes that changing graduation requirements won’t throw her off track with her personal academic schedule for next year. Although, she does appreciate the semester classes that will open up more opportunities for courses.

“I like it [the schedule]; semester classes will give [students] more opportunities. I’d like to see a wider variety of courses being added,” Cea-Curry said.

#### Barnstable High School Schedule #2: 5 MIN PASSING

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Above and below right is the model of the revolving week schedule, which is proposed for next year at BHS.

Photos by Grace Elletson

Design by Nathan Fitzgerald and Nick Thum
Get to Know Your:

Class Presidents

Senior
Colby Blaze

Colby Blaze has been class president since the eighth grade. “I ran for class president because I like competition and why not help out the class,” said Blaze. Since he was elected, he and the other officers began fundraising for the class of 2014 with events such as car washes and an auction. “The best part about being an officer is putting on senior activities like the class gift and prom,” said Blaze.

Blaze claims the biggest memories for the class of 2014 have yet to occur, alluding to the forthcoming senior events. His goal as class president is to have “a sweet class gift that immortalizes our class in the halls of Barnstable High School.” When asked what he wants to be remembered as, Blaze said, “as I am.”

Junior
Margot Rice

Margot Rice ran for class president sophomore year because she “wanted to be able to create an event that could raise money for senior year.” So far her favorite part of being a class officer is having a voice and a say in what goes on. There has not been a hugely successful part of her time as president. “Not much has happened yet, most happens this and next year.”

Rice wants her class to achieve a good senior trip, cheap prom tickets, and successful senior events. “That I was successful in doing what I wanted is how I want to be remembered,” said Rice.

Sophomore
Robbie Welsh

This is sophomore Robbie Welsh’s second year as class president. He ran because he “really wanted to make changes to how things were functioning in the class.” Welsh likes that he is able to help people in his class and that he is able to “make their ideas a reality.”

“I would really like to wrap up with a nice class gift, have a steady budget, and have money left over for the class below us,” Welsh said, referring to his goals as class president. He would like people to remember him as hard working and he intends to hold his class presidency for the rest of his high school career.

Freshman
Halle Dennis

Halle Dennis started as the secretary of her class her eighth grade year before becoming president for her freshman year. “I wanted to be more involved in the school and help out our class,” Dennis said. So far as a class officer, Dennis has helped out with many school events such as penny wars, the winter formal, March madness, and homecoming.

“I want to create memories for our class to provide a good high school experience,” Dennis said. When asked what he wants to be remembered as, Dennis said he is “going to try” to be class president for the rest of his and his class’s time at BHS.

Eighth Grade
Griffin Crane

Eighth grader Griffin Crane considers himself the underdog in the election to becoming class president. “I thought all the other people who were running were not able to give our class the good things they deserve,” Crane said, referring to the reason he ran for class president. “I plan to make this year an introduction to raise money for our actual years in high school,” said Crane.

As a class officer, Crane would like to raise a lot of money for prom, the senior trip, and the class gift. Crane said he is “going to try” to be class president for the rest of his and his class’s time at BHS.
Holiday Desserts

It’s that time of year again. Like the majority of us, you’ve already taken out those dusty aprons and cleaned the numerous cupcake holders. Now you sit in front of an 800 page holiday dessert book. What to make? Instead of heading to your local market and snatching the last bag of “homemade” cookies, try to mix it up. Open yourself up to those unique, yet delicious desserts.

2. Southern Style dessert.

Pecan Squares:
Prep Time: 10 min
Cook Time: 45 min
Serving: 20 large squares

Ingredients:
2 cups all-purpose flour
2/3 cup powdered sugar
1/2 cup firmly packed brown sugar
1/2 cup honey
2/3 cup butter
3 tablespoons whipping cream
3 1/2 cups coarsely chopped pecans

Directions:
Step 1: Sift together 2 cups flour and 2/3 cup powdered sugar. Cut in 3/4 cup softened butter using a pastry blender or fork just until mixture resembles coarse meal. Pat mixture on bottom and 1 1/2 inches up sides of a lightly greased 13- x 9-inch baking dish.
Step 2: Bake at 350° for 20 minutes or until edges are lightly browned. Cool.
Step 3: Bring brown sugar, honey, 2/3 cup butter, and whipping cream to a boil in a saucepan over medium-high heat. Stir in pecans, and pour hot filling into prepared crust.
Step 4: Bake at 350° for 25 to 30 minutes or until golden and bubbly. Cool completely before cutting into 2-inch squares.

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3. International Treats

Brazilian Beijinho de Coco
Prep Time: 10 mins
Cook Time: 20 mins
Serving: 15

Ingredients:
1 (14 ounce) can sweetened condensed milk
1/2 cup dried coconut (I like to use the unsweetened kind)
1 tablespoon butter

Directions:
Step 1: Put all the ingredients in a heavy saucepan over medium heat and mix constantly with a wooden spoon (about 15 minutes).
Step 2: When mixture begins to thicken and begin to loosen from the bottom of the pan when you scrap it with the wooden spoon you know the mixture has completed the cooking cycle.
Step 3: Remove from heat and transfer to a greased plate and cool for 15 minutes. Grease your hand very well and roll into 1 inch balls. Drop balls into a plate full of sugar and completely cover the ball.
Step 4: These desserts are usually served on miniature paper liners.

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1. Fruit lover dessert.

Australian Pavlova
Prep Time: 30 mins
Cook Time: 1 hr
Serving: 6

Ingredients:
4 large egg whites, room temperature
Pinch of salt
1 cup plus 2 tablespoons superfine sugar
1 teaspoon cornstarch
2 teaspoons white-wine vinegar
1 teaspoon pure vanilla extract
1 1/4 cups heavy cream, whipped
10 passion fruits, for serving (optional)
4 bananas, for serving (optional)
Mixed berries, such as raspberries, blueberries, strawberries, boysenberries, or blackberries, for serving (optional)

Directions:
Step 1: Preheat oven to 300 degrees. Using an 8-inch bowl as a guide, trace the perimeter of the bowl onto a sheet of parchment paper. Transfer parchment paper, pencil side down, to a baking sheet. Set aside.
Step 2: In the bowl of an electric mixer fitted with the whisk attachment, beat egg whites and salt together until glossy peaks form. With mixer running, add sugar in three additions, beating until meringue is stiff and glossy. Sprinkle in cornstarch, vinegar, and vanilla; gently fold to combine.
Step 3: Mound the meringue in the center of the 8-inch circle. Using a spatula, evenly spread meringue out towards the edges. Transfer baking sheet to oven and immediately reduce the temperature to 250 degrees. Bake for 1 hour and 15 minutes.
Step 4: Turn off oven and let meringue cool completely in oven. When meringue is cool and completely dry, top with whipped cream and desired fruits.

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What are you waiting for? Try out these recipes! Post your pictures to our Facebook or Twitter page!
January

President Barack Obama was inaugurated for his second term on Jan. 21, also Martin Luther King Jr. Day. He was sworn in with Abraham Lincoln’s Bible, as well as Dr. Martin Luther King’s. The President addressed the pressing issues of America’s economy, the deficit, gay marriage, health care reform, and peace in his second inaugural speech.

February

On Feb. 8, the Northeast experienced the Blizzard of 2013, or Nemo. Cities hit hardest included Boston, Massachusetts with 24.9 inches of snow, and Portland, Maine with 31.9 inches of snow, which was a record for the city. However, the highest snowfall was in Hayden, Connecticut, receiving 40 inches. At least 18 were killed in the storm, with hurricane-like flooding and winds.

March

Cardinal Jorge Mario Bergoglio of Argentina became the world’s first Jesuit pope, as well as the first to have come from the Americas. He took the place of Pope Benedict XVI, who was the first pope to resign since 1415.

April

After very tragic and devastating bombings in Boston, a major highlight of 2013 was seeing a city come together as Boston did, and pulling together as a community. The two bombings during the Boston Marathon on April 15 killed two people and injured 282 out of a race of 23,000 starting runners. With the cooperation of the city and the work of its law enforcement, those responsible were identified. One suspect, Tamerlan Tsarnaev, was killed and his brother Dzhokhar Tsarnaev was arrested after an intense manhunt.

May

Three states, Rhode Island, Delaware, and Minnesota, all legalized same-sex marriage in the houses of their legislature in May of 2013. The laws went into effect on August 1 for Rhode Island and Minnesota and July 1 for Delaware.

June

On June 27, an immigration reform bill was passed in the Senate, with a majority of 68-32 voting for it. Only 6 years ago, in 2007, the bill failed to pass. Now, it will give undocumented residents a chance to receive citizenship in the United States, and grant less-qualified workers visa programs.

July

Prince William, the Duke of Cambridge, and Catherine, the Duchess of Cambridge, welcomed the royal baby, George Alexander Louis, into the monarchy on July 22. Formally known as Prince George of Cambridge, George is the only grandchild of Charles and Diana, and he is third in line to rule after Queen Elizabeth II.

August

On August 14, Egypt declared a state of emergency after 500 people were killed in protest camps by riot police. The vice president, Mohamed ElBaradei resigned, and U.S. President Barack Obama revoked all scheduled military exercises with Egypt. Former President Hosni Mubarak was released from jail on August 22, who was the cause of the revolution in 2011.

September

Mid-September, Apple released its latest iPhone update, which was longed awaited since its announcement in June. With an entire new aesthetic design, iTunes Radio, and AirDrop, the iOS 7 system update was a major change for iPhone users everywhere.

October

The Boston Red Sox won its first World Series since 2007, making this the eighth championship in the history of the team. The Red Sox were cheered on by New England fans while playing against the St. Louis Cardinals, and won the series four games to two.

November

Barnstable’s Varsity Girl’s Volleyball team received its 16th state title, beating Newton-North with a score of 3-0. After sweeping Andover North on Nov. 13, the team succeeded again, receiving its fourth Division 1 title in a row.

December

Nelson Mandela, who lead South Africa out of apartheid, died at the age of 95 on Dec. 5, 2013. Mandela was imprisoned for almost three decades before he committed his life to achieving racial equality while avoiding civil war. Mandela was awarded the Nobel Peace Prize in 1993.
By Claire Sawayanagi
Staff Writer

Whether it is music, art, or a sport, Barnstable students Clay Glennon and Laney Johnson have the common belief to do whatever they can to utilize their passion. They both have traveled long distances for the benefit of their passion.

Currently attending school in Palm Beach, Florida, senior Clay Glennon can be found playing defense on his new hockey team, the Palm Beach Hawks. It began when Glennon was invited by a prep school to play at a tournament called “Hockey Night” in Boston this summer. Hoping to be noticed by a coach, Glennon attended the tournament, where he knew no one. Glennon was then put on Florida’s team because they were lacking in defense. Tim Kyrkostas, the coach of the Florida team, was impressed by Glennon’s ability to play hockey.

Just as Glennon was hoping, Kyrkostas invited Glennon to play for his team in Palm Beach, Florida. Glennon took the offer, and moved there a month later on Sep 1. Glennon practices five days a week, along with having games on the weekends. Instead of waking up at a reasonable hour has been a challenge that he has overcome. The level of expectation from the teachers at Boston Ballet is much greater than those back at her old school in Louisville.

“We expect so much more from me; I love it,” said Johnson. Johnson has no plans to move back to Kentucky, although she does visit her hometown every extended school break. “When I first moved, I was really homesick and I really missed my friends. I still really miss them but I have made new friends here.”

Both ballet and school are equally important to Johnson, however she plans to make ballet her career and hopes to dance in a professional ballet company. Students like Glennon and Johnson have the strong ambition to pursue their passions. They are committed to travel far distances to fully apply themselves to their passions.

When comparing Barnstable hockey to Florida, Glennon said he has learned new techniques and passing methods with the puck. “I feel that I’m becoming a stronger player, and I feel better,” said Glennon. “I feel better on the ice and I’ve developed to see the game better.”

Glennon will be returning in March and will be graduating from BHS. He said he plans on continuing to play hockey at the college level.

While Glennon moved off Cape to pursue his passion, senior Laney Johnson moved permanently to her summer house on Cape Cod to pursue her passion in ballet. She moved when she was 15, from Louisville, Kentucky.

Johnson received a merit-based scholarship to the Boston Ballet School, and dances six days a week. The commute to Boston is about an hour and a half every day after school. According to Johnson, getting to bed at a reasonable hour has been a challenge that she has overcome. "The fact that there is never perfection and there’s always room to improve excites me,” Johnson said.

Johnson believes that everyone should strive to go after their dreams. “Without dreams you have nothing. You’re just wandering without a purpose; go after it!”

The raw, authentic beauty of ballet is what drives Johnson to love it. “The fact that there is never perfection and there’s always room to improve excites me,” Johnson said.

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“[They] expect so much more from me; I love the competition and intensity,” said Johnson.

Johnson has no plans to move back to Kentucky, although she does visit her hometown every extended school break. “When I first moved, I was really homesick and I really missed my friends. I still really miss them but I have made new friends here.”

It is not difficult for Johnson to stay in touch with her close friends back in Louisville either; they spend time talking for hours on the phone updating each other on news.

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Students like Glennon and Johnson have the strong ambition to pursue their passions. They are committed to travel far distances to fully apply themselves to their passions.
Understanding Diversity

Staff Writer

When you hear the word diversity you may think of differences among people. Our diverse student body, languages, friend groups, and goals are just a handful of what makes students different. However, as a whole, we are not as diverse as one might assume. The Understanding Diversity senior English class is about just that: finding similarities and common ground amongst the most opposite of people.

The class, taught by Mrs. Martha Swindler, first became available to students in the 2012-2013 school year. Although the class is fairly new, it took the hard work and determination of one student who was inspired to create a new kind of English class.

"It all started when Fallon Rice attended an Anti-Defamation League (ADL) Youth Congress and wanted to have a peer leadership program at BHS," explained Swindler. "In 2011-2012, Fallon did an independent study with me where she created the curriculum guided by the ADL, A World of Difference curriculum, and our senior English curriculum."

Rice who has a "passion for diversity" said her goal was to keep the Challenge Day spirit a year-round characteristic for BHS. "My time at Barnstable came to a close all too quickly in my eyes and I wanted to ensure that the school would continue growing, becoming a safer more accepting community every day," said Rice. With the support of faculty, Rice's vision became a reality.

Meaghan Donnelly, a senior who currently takes the class explained what Understanding Diversity is about. "We are taught to walk a mile in other people's shoes. We are taught to judge less and to understand more." Donnelly believes that it's a class that "drops the water line," since it exposes the reality of student issues and works as an opening catalyst to those who never had a second thought about what someone else might be going through.

Throughout the course of the year, students read mostly non-fiction, write the college essay, a research paper, complete literary analysis, and more. "The students are also trained by the ADL and other peer leaders to facilitate discussions with the freshman English classes. They do many activities with the freshman that are similar to Challenge Day. Icebreakers, identity, self-awareness and sensitivity role playing too," explained Swindler.

With this "No Place For Hate" environment, Donnelly believes it’s an essential course and everyone would benefit from taking it. During a typical day, students read and analyze non-fiction focusing on the conflicts with society - why society behaves the way it does and what are the universals. They also investigate how people cope, survive, interdependently act and how they are capable of functioning at higher levels when cooperative work is done. "We learn what makes a leader and how we can all be leaders in our own ways to make BHS’ climate better and more accepting," said Swindler.

Cheap Eats

Green Lotus Cafe: Vegetarian and Vegan Cuisine

By Emma Gauthier

When someone said the word "vegetarian," I used to get anxious about giving up spicy carnitas burritos, and get nostalgic about a Sunday breakfast without bacon. Munching on tofu, sprouts and tomatoes wasn’t really my idea of a worthy meal either - where’s the protein in a piece of lettuce? I had a hard time believing eating vegetarian would be filling, let alone taste good.

But, after sitting down for lunch at the Green Lotus Cafe on Main Street, my feelings about vegetarian food changed drastically. I was pleasantly surprised about what those vegetables have to offer.

After those arduous November SATs, I was starving, and looking for something packed with protein that would hold me over until dinner. I walked into the tiny and somewhat cramped cafe, noticing the subtle Cafe Cod themed decorations that adorned the walls. The cafe’s overall atmosphere is very intimate, but not great for a gathering of the four diners in our group that day. Seating was limited, the barstools were filled with customers, and the five or six tables were almost full both inside and outside. However, the vast menu made up for a lack of seating.

The cafe serves a variety of breakfast and lunch selections, with everything from spicy tofu breakfast burritos to seasoned kale salads, squash soups and a plethora of sandwich options. I was further impressed by how accommodating the restaurant is. A diner can customize their order to any kind of food allergy or preference: vegan, gluten free, raw, lactose free - practically anything. The cafe offers take out, and even delivery.

After much debate, I finally decided on the “Malibu,” a sandwich on seven-grain bread, piled high with sprouts, sharp cheddar, chipotle mayo, tomatoes, red onions and avocado, served with a pickle spear. To drink, I ordered a bubble tea, a type of cold milk tea with flavoring and tapioca pearls.

I’ve never been happier with a compilation of vegetables or mayo - which I’m not a huge fan of either - in my life. The sandwich was on whole grain bread. The crunchiness of the lettuce and sprouts paired with the mildly spicy sauce and red avocado complimented each other between the almost sweet whole wheat bread. The chipotle sauce was not too spicy but the texture was different, something slippery - the tapioca. I didn’t think it tasted like anything, but the texture was different, squishy and chewy. The liquid part was delicious, and I suppose it was all part of the experience, but next time I might go for one of their fruit smoothies or a coffee or latte. I liked that all the Cafe’s coffee options are all fair trade and locally roasted in Wellfleet, too.

My friends graciously let me sample their sandwiches, and they were noteworthy choices. I tried the Cafe’s Buffalo Tempeh, which is bleu cheese, buffalo smothered tempeh, lettuce and tomato sauce. The tempeh was too busy savoring the hot, but not too spicy tempeh to even question what the heck tempeh is. Now I swear I’d never eat tofu, because ew, even what is that whistful stuff. I soon found out that tempeh is mashed up soybeans, which is essentially tofu, and I ate it and I loved it. Overall, the sandwich tasted like a very typical buffalo chicken sandwich, minus the chicken. Average, but solid.

The last bite that I mooshed off was an ELT, the vegetarian equivalent of a BLT. Instead of the pork bacon, lettuce and tomato, and mayo, the ELT has eggplant bacon and is served in a wheat wrap. From my understanding, it’s the outer eggplant skin baked crispy and seasoned. It wasn’t really for me. I could taste the mayo, and I wasn’t a fan of the smoky aftertaste the eggplant gave me.

Despite any initial doubts I had, I left the Green Lotus Cafe full and happy, and with a new appreciation for the vegetable. If you have any hesitations about eating vegetarian, this is the best place to try something new. I’d recommend the Cafe to anyone who wants to eat healthier or be daring in your breakfast or lunch choice.
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**10 Ways to Spend Winter Vacation**

1. **Dine and Bowl**
   
   Bowling: Bowling can be sort of conventional in a negative way. It can get a little repetitive and boring. Luckily, last spring the Cape was introduced to a self proclaimed “uncommon bowling experience.” The **Lanes Bowl and Bistro** in Mashpee Commons is a new eclectic way to experience bowling. First you bowl, then you eat or vice versa! There is even lane-side waitstaff, so you can do both at the same time. Each game is about $25 per hour or $6 per game, depending on what time you go. The food is priced reasonably as well. The Lanes makes for a great place to pass time over vacation.

2. **Skate in the City**
   
   Often times we take skating for granted, as it is an activity that many people take part in New England. What is more fun than skating in the city? Take a trip up to Boston and skate on the beautiful **Frog Pond** in The Boston Common. With twinkling lights above and snow on the ground, Frog Pond creates the perfect setting for a winter skate.

3. **Grab a Cup of Cocoa**
   
   In the cold weather, we find ourselves indulging in a hot chocolate or warm fancy holiday drink more often than not. Seeing as it is the holiday season, why not treat yourself? Drive down to Orleans to the **Hot Chocolate Sparrow** for a gourmet coffee or hot chocolate. The Sparrow offers the best flavors and richest tastes, well worth the drive. The Sparrow also offers great candy, chocolates, and other sweets.

4. **Paint Your Own Pottery**
   
   Before you partake in a game of bowling, head over to **Color Me Mine** in Mashpee Commons for fun painting and decorating pottery. Make a gift for a family member or even something for yourself. Mugs are great for a cozy holiday drink or make a dish for a family meal. Be creative and let your inner artist come out.

5. **Catch a Movie**
   
   Going to the movies is something that most people either never do or do too often. As award season approaches in February, it has become a trend that the best movies come out around the holiday season, especially on Christmas day. This year the selection includes the next **Hobbit** movie, the second **Anchorman**, and the anticipated Leonardo DiCaprio film **The Wolf of Wall Street**.

Winter: By the Numbers

- **128 degrees Celsius** was the coldest temperature ever recorded, in Vostok Station in Antarctica in 1983.

- **466 pounds** was the weight of the largest gingerbread man.

- **113 feet** is the height of the tallest snowman ever made.

- **1.76 billion** candy canes are produced each year for the holiday season.

- **5,800 people** end up in the hospital each year from holiday decorating related injuries.

- **-128 degrees Celsius** was the coldest temperature ever recorded, in Vostok Station in Antarctica in 1983.
$646 was the amount of money the average person spent on holiday gifts and decorations last year.

9 hours of daylight in the shortest day of the year.

3.1 mph is the average speed at which a snowflake falls.

20 billion cards and packages are delivered by the US postal services between Thanksgiving and Christmas Eve.

By Cate Harrington
Staff Writer

Don’t know what to do this winter vacation? Well Insight has got you covered with 10 fun things to do over the break!

By Madeline Terrio
Staff Writer

After the holidays are over, we usually find ourselves with gift cards from family members who forgot how old we are and had no idea what to get us. So take the trip to Wrentham Outlets and take advantage of those great after Christmas deals. Not only will you get more for your money, you will also get to hit up the stores that the Cape doesn’t have.
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By Grace Elletson
Staff Writer

You’re sitting at a red light on route 28 in Centerville. It’s raining; you’re tired, and you spilled your hot coffee down the front of your white shirt. You just know it’s going to be one of those days… but something catches your eye out of the car window. You look down and you see a small white sign that says, “Did you know that nothing in the English language rhymes with the word, “month”?” You ponder the little sign, trying to dispel its statement. You smile. Someone blares their horn behind you. The light is green, and you have to go, but that little sign at the Centerville intersection, squished between a gas station, TD Bank, and the Beechwood Cemetery might have just made your day a little bit better.

The man trying to make your day just a little bit better is Steve Luciani, the owner of Coachlight Carpets, who has been in business for 40 years. He’s become famous in the small village as the man behind the design for the Centerville intersection—a block over from his business. However, his civic engagement doesn’t just stop there.

Luciani involves himself with the Centerville Civic Association, which is an organization that sponsors and is involved with events in Centerville and helps local families in need. He also spends his free time helping with Meals on Wheels, which provides home delivered meal services to people in need.

“It makes me feel good; simple as that,” Luciani said about giving back to the community. The holiday season is one of the busiest times for him during the year. Luciani dresses up as Santa Claus for the Centerville Christmas Stroll and the Fire Department. He’s been exciting hundreds of children for 30 years by taking into account their Christmas wishes. He also puts ads in the newspaper requesting unneeded stuffed animals to give to the kids as an early Christmas gift from Santa.

One of Luciani’s most recent projects included renovating the Centerville playground. He replaced swings, added playground equipment, planted plants, put in steps, brought in new sand and even added a handicap swing for children in wheelchairs. Unfortunately, some of the playground equipment was taken down because it was deemed unsafe by the state.

“Stupid…” Luciani said. Despite the town taking away toys and playground equipment that Luciani said he bought himself, he continues to put in effort to the project. So far, he said he’s put in $18,000 of his own money into the playground. As of right now, he said that the state has his hands tied because of liabilities concerning the playground toys he wants to add to the project. Despite the setbacks, he’s continuing to raise money for the playground.

However, Luciani might be most famous for being the creative mind behind the decor of the Centerville intersection at Falmouth and Old Stage roads.

“People get a kick out of it!” Luciani said. He gardens and tends to the median himself and even places small signs onto the median with fun facts on them for drivers to ponder over as they wait at the red light. He changes them out every 20 days. Luciani also designs the setting in front of the Cemetery that varies from being a massive yellow smiley face, made from bright yellow plastic daisies, a scenic waterfall portrait, a Valentine’s Day heart and many more designs. He’s also honored 16 men and women from Centerville who died in the state has his hands tied because of liabilities concerning the playground toys he wants to add to the project. Despite the setbacks, he’s continuing to raise money for the playground.

Luciani said he works with Jade, a local artist, on creating some of the murals for the intersection. “I buy him the wood from Centerville intersection, squished between a gas station, TD Bank, and the Beechwood Cemetery might have just made your day a little bit better.

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5.) If you were an insect, what would you be? “A spider. Who wouldn’t wanna be a spider?”

6.) If you met Big Foot, what would you do? “Measure his feet.”

7.) If you could speak another language what would it be, and why? “Mandarin, because its an economic power and it might come in handy.”

8.) If you invented a word what would it be, in English and “alien”?

“Everything would be spelled backwards, and mean the opposite.”

9.) If you were a super villain who would be your arch enemy? “Batman, no one likes bats.”

10.) If you ruled America what would be your first decree? “I would make the work week; Mondays optional with Wednesdays and Thursdays [off]. Come to work on Tuesdays and Fridays.”

1.) What’s your favorite hobby? “Basketball.”

2.) What’s your biggest fear? “The dark, you don’t know what’s gonna happen.”

3.) What’s your worst pet peeve? “I’m a perfectionist but it’s kinda a pain in the butt.”

4.) If you could listen to one song for the rest your life what would it be? “Night More, by Bob Seger.”

Freshman William O’Day answers quirky questions.
Sports

Stand Out Star:

Jill Fraser Tumbles to Success

By Cate Harrington
Staff Writer

Not many young adults have the dedication or commitment to spend all their free time in the gym turning and tumbling over and over until their skills are perfect. Barnstable High School’s standout gymnast Jillian Fraser has this extremely high level of dedication and commitment to the sport she loves.

Fraser spends three and a half hours, five days a week in the gym for this gymnast. Fraser explained that it doesn’t matter to her what division the school is, all she wants to do is to continue to compete in the sport she loves and continue to improve her skills.

Competing at the college level shouldn’t be hard for Fraser seeing that she has already received numerous recruitment letters based on her performances.

Fraser also gives some of the credit for all the great success she has had to the many coaches she has worked with since she was young. “I couldn’t be where I am right now without my high school and club coaches,” Fraser said. “They’ve helped me so much throughout the years and I thank them for everything.”

The young gymnast is already looking at her options for the future. She plans to go to a college where she can compete in gymnastics. Fraser explained that she needs to do to help the team,” said fellow junior teammate Jackie Hansen. “She’s also a goofball like the rest of us which helps with team bonding and friendships.”

Her teammates think highly of Fraser as well. “Jill is hard working and knows what she needs to do to help the team,” said fellow junior teammate Jackie Hansen. “She’s also a goofball like the rest of us which helps with team bonding and friendships.”

Fraser explained that since she was young. “I couldn’t imagine my life without it,” said Fraser, junior at BHS. “I love the feeling of getting butterflies and the way it makes me feel after a perfect performance.”

Last year, Fraser led her high school team to a MIAA state championship. Fraser and her team moved on to regionals where she placed second in the all-around and was the regional champion on beam.

Since the sport is tough on the body, many gymnasts suffer from injuries constantly. At the age of 16, Fraser has already had two major and one minor surgeries. She explains that injuries are just a part of the sport and if someone wants to improve and succeed, she must push through the pain and focus on her ultimate goal.

A big part of why Fraser enjoys the sport so much is because of the people she has been able to work with and the strong relationships she has formed over the years.

“Wouldn’t be fun if it weren’t for all of my teammates cheering me on,” said Fraser. “They have my back.”

Staff Writer

Jill Fraser preforms her beam routine in a recent competition

The Pony Express

Staff Writer Learns to Horseback Ride at CJ’s Ranch in Marion’s Mills

By Emily Penn
Staff Writer

Horseback riding has always seemed fun yet extremely frightening to me. And I’m not talking about the pony rides at the fair — a tacked, fully grown, fast, trained horses.

Despite my fears, I decided to give it a try. Walking into the cold, smelly barn I became nervous. Fellow staff member Grace Elleston along with another trainer, Lee Armentrout, spent an hour with me for my riding lesson.

I have only been on a horse once in my life which was over this past summer, and all I did was walk through a woody trail. The horse I rode then wasn’t too big, but even that experience was a little scary especially when walking down steep and narrow dirt paths.

This time, the horse I rode looked so large I was convinced I’d somehow manage to fall off the horse. A golden brown horse I rode was named Jet. Little did I know this lesson was not just about riding the horse.

When Jet was a younger horse, he used to race, and then transitioned to barrel racing.

After a while of walking and practicing how to brush the horse in order to not only get the dirt off him, but to lessen the friction once the saddle was placed on him. Brushing a horse is not like brushing your hair. There were three different brushes: a curry comb, and a hard and soft brush that I used on the entire horse, as well as a hoof pick to clean the dirt out of Jet’s hooves. It looked as though this action hurt the horse, but before I could even express my concern, Armentrout informed me the horse feels no pain, and it helps prevent the horse from a disease known as thrush.

Finally, Lee strapped the many pieces of the saddle together and it was time to ride. Once we were in the ring, I stared at the horse wondering how on earth I was supposed to get on. Luckily, a small ladder was in the corner to help me.

As I sat on the horse, Armentrout quickly taught me the specific commands to make the horse walk, stop, trot, and turn. She had attached a lunge line, a piece of rope she held that ensured she stayed alongside Jet and me, which greatly calmed my nerves. I began by simply walking with the horse and Armentrout showed me how having proper posture affected how Jet would respond to me. She had to keep reminding me to relax, which was nearly impossible to do. After a similar process with Grace of brushing the horse to get rid of any sweat and dirt. When Jet left a lovely surprise for me, I couldn’t believe when Grace told me to clean it up! She told me it’s part of learning to take care of the horses. I guess I really had no idea what I was signing up for.

Horseback riding turned out to be an exciting experience. I never realized how challenging the basics of riding could be. People definitely underestimate the amount of time, commitment, and skill that goes into this sport.
Balancing Studies and the Scoreboard

Students Athletes Deal with the Pressures of Sports and Academics

By Ally Iseman
Staff Writer

Success both in athletics and academics requires quite the balancing act.

When a student athlete reaches high school, the demands of both may pull them in two different directions. Some students may be working hard to catch the eye of a college scout based on their talents in athletics, and the pressure to perform only increases as they approach their senior year, sometimes making it unclear whether sport or study comes first.

Junior Margot Rice, a three season varsity athlete in soccer, basketball, and lacrosse, faces the pressures of both school and sports. However in reality, it takes a few strategies.

“Time management is the most important thing. You have to realize you’re committed to both things and you can’t commit to one any less than the other,” said Rice.

She also made it clear she has a whole lot more time on her hands in the time between each season. Rice said the biggest struggle she faces as a student athlete is managing her time and focus for away games.

Yes, one may have enough time to say, study for a big test the next day on the bus, but Rice feels as though that is taking her mind off of a game-ready focus that athletes strive for so much.

Senior Jacob Palmer, a varsity football and baseball player, not only is dealing with the pressures of a strenuous academic workload to balance his focus on his sports, but also with the added pressure of applying to college and working towards his plans for the future. He takes on a challenging course load, and said how much easier school works into his schedule in the off season. Nevertheless, success in school is of a top priority for Palmer.

“Academics come first. It’s alright to miss practice every once in a while,” said Palmer.

Both Rice and Palmer have played at least one of their current sports since they were young and both mentioned the noticeable heightened pressure and difficulty when they reached freshman year. In order to really successfully go from freshman to senior year keeping one’s athletics in mind, one must really have to be focused and driven to effectively balance both of their commitments.

Scott Thomas, Athletic Director, new to BHS this year, encourages student athletes to get to know him, because if a student athlete ever needed help in balancing their time or if they were to have issues with a coach they could certainly come see him. “If a student athlete needs to stay after for school it is 100 percent accepted and 100 percent excused,” said Thomas.

As brought up by Rice as well, away game days are a challenge, but Thomas made it clear that if a student were to face issues that clashed with an away game, he would assist a student athlete with working around that obstacle. But, home games seem to be the perfect time to stay after due to the fact that there is plenty of time between the last school bell and the start of the game.

Although, for some the pressure surpasses high school, and moves towards the college level. For some student athletes achieving scholarships are at the forefront of their minds. Thomas brings up the point that parents can have false expectations when it comes to athletic scholarships, and students too for that matter.

Less than one percent of high school athletes actually receive scholarships, “better off having good grades than being an athlete,” said Thomas.
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Team Whidden
Coach Earns Respect of Barnstable Players and Fans

By Emily McMahon
Staff Writer

Chris Whidden started coaching girls’ high school softball for Barnstable, finishing his undergraduate at Springfield College. Since then he has become Barnstable High School’s varsity football and boys’ lacrosse coach.

Many of his players consider his coaching method to be efficient, as he has led both of his teams to win multiple league championships. “His coaching is quiet, yet effective,” said senior varsity football and lacrosse player Nathan Yingling.

Last year, the football team made it to the Super Bowl, where they lost to Everett in a close game and this year thrived in a new division, losing only two games. Being the head football player, Tom Grimmer credits a lot of his success to Whidden. “As a team we knew we had a lot of potential for the years to come, but that potential didn’t mean much without the right leadership,” said Grimmer.

Whidden helped players train in building M, a building located near Leo Shields Field where many athletes go to work out, in and out of season. “We try to run an organized, scripted and fast paced practices comes from observing coach Amarks’ practice at Harvard entitled “the big man drill.” In this drill, there are two football linebacker pads and as the “big man” goes up for a pass, the “big man” goes up for a pass, the “big man” to catch the ball, absorb the contact and power up to the basket. “We try to run an organized, scripted and fast paced practice, with various individual skill drills, group focused stations and team oriented training,” stated Kipnes.

With unique drills and taxing workouts, Kipnes has high hopes for his upcoming team this season. He plans for the boys to win OIC, the South and the Cape championships, but he has his eye on the state title.

As for rivals, Kipnes added. “As for rivals, Kipnes sees DY and Falmouth as giving them the greatest competition as DY will be fueled by Kipnes’ return to Barnstable basketball, but he hopes to gain rivalries like those of New Bedford, Durfee and Brockton off Cape. It’s no question that Kipnes has fervor for the game of basketball. He enjoys the lessons of responsibility, accountability and commitment to the team, but what he remarks as the best part about coaching, is the feeling of a player who finally absorbs his teachings and truly “gets it.”

Vanessa Cedrone

The girls’ varsity basketball team has also welcomed a new head coach for the upcoming season. Vanessa Cedrone, has been coaching for the past eight years and she has coached a variety of sports from girls soccer in the fall, to girls basketball in the winter and then softball in the spring.

Cedrone was originally involved in coaching soccer and basketball at the Newton Boys and Girls Club and Newton North High School and then spent a few years coaching at Warehouse High School. But most recently, Cedrone was offered a job to coach the girls soccer and softball teams at Barnstable this past year.

With a balance of sports under her belt, Cedrone plans on starting the season fresh by incorporating her own techniques and drills for her team. After playing basketball in college, Cedrone will also try to bring back any skills that she learned in college into her high school coaching. Some practices will be more complicated and demanding than others, but Cedrone hopes to create an environment of commitment to the team effort in her gym.

“I like to implement drills that will work skills into game play. It’s important that the players are learning skills that can be transferred easily into the offense or the defense when they are running in a game,” said Cedrone.

Cedrone also has sights on a victorious season for her team this year as this year’s team is full of “very hard workers who want to work together to become successful. Defensively, they are strong, and they strive to get better all around,” stated Cedrone.

DY and Falmouth are the biggest rivals for upcoming championships for the girls’ varsity team this season along with division rivals, Dartmouth and Bridgewater-Raynham, said Cedrone.

But Cedrone isn’t necessarily completely focused on the trophy, as she sees the value in the collaboration of her team. She enjoys the life lessons that her athletes will gain from being on a team and having to commit to the success of each individual member.

For Cedrone, the most important part of her coaching experience is “Seeing the players learn, and become successful, regardless of wins and losses.” She sees the “impact that coaches can make on players, which will stick with them in the future,” she added.
Peabody Plays for Princeton

Continued from pg. 1

he knew how many qualified athletes are in the area and thought that there was a slim chance that he would receive the award. “I think it’s a credit more to my family, coaches, teachers, friends, and all the people who have supported me along the way,” said Peabody. He credits his parents, who instilled a great work ethic in him at a young age and expressed the importance in doing well academically. The National Football Foundation looks for people who rise to their full potential in football and in education.

BHS Varsity Football coach Chris Whidden expressed that he felt that Peabody was more than deserving for this award. “What drives Nick both on the field and off is his competitiveness,” said Whidden. “He wants to be the best at everything he tries.” Peabody’s drive to do well even resulted in him taking multiple AP languages, something that does not happen often at BHS. “I just think it was important to be able to compartmentalize and make sure to put forth the same great effort both on the same field and in the classroom,” said Peabody.

Whidden also said Peabody always balanced his school and sports very well. What Whidden also added that Peabody fully committed to everything he did in school and in football and basketball. “Not only is it a great honor for him individually but it is also a great honor for the football program and for Barnstable as a whole,” said Whidden. Peabody, who is now a freshman at Princeton, agrees. “I am also really proud to represent Barnstable in winning the award as I love being able to say I am a Barnstable grad and I think I gained a lot from going to school there,” said Peabody.

On December 10, all five of the winners received the award at a luncheon in New York City at the Waldorf-Astoria. Joining Peabody at the event were his father and Whidden. Even though Peabody has the award dubbed “the most prestigious award given to a high school football player” on his side, he is not letting it go to his head. “The one thing about awards that I’ve always tried to keep in my mind is that they don’t determine how you’re going to do in the future. Being in college now, I really don’t have the luxury of being too proud of an award I won for my achievements in high school; I’m just trying to make my way as a Division I college student-athlete,” Peabody explained. “Hopefully, I’ll be able to have as good of a college experience as I had in high school.”

Students Model for Undertow

Continued from pg. 1

Front will be coming out this June
As residents of Cape Cod, “you could walk your way through the whole story,” said Conway. Besides featuring BHS, Undertow describes a boardwalk in Sandwich and the old Centerville mansions.

After finishing the novel, Conway immediately knew she wanted to feature past and present BHS students rather than Hollywood actors for promotional materials and to be on the cover. She had multiple offers from different agents to produce the novel, but Conway stood on her own and self-published, as she didn’t want any agent to take over the cover. “It makes it a community event in someway.”

Seniors Leslie McKinnon and Colby McWilliams are on the front cover of Undertow. McKinnon’s neighbor was a beta-reader for Conway’s novel, and thought that her face fit the main character of Eila Walker, “the defiant heroine.” Conway then contacted McKinnon and the rest is history. “Eila is actually very relatable for most girls in high school,” said McKinnon. “She’s kind of awkward sometimes and is just trying to fit in and find her niche. She’s sarcastic but also very strong-willed and protective of her friends and family, which I can relate to a lot.”

The photo shoot for cast members took place this August, and was a highlight of McKinnon’s summer. “At first, I was nervous... but I got used to it. It was interesting to get to model as a character, and all of us bonded over the experience.”

As Undertow takes off, many book signings have begun at local book stores like Books By the Sea and Barnes and Nobles. “I haven’t gone to any book signings yet, but I am very excited to do some in the future,” said McKinnon. “I felt like kids on Cape Cod needed some crazy stories that you could feel kind of a part of,” said Conway.

Information about Undertow and the BHS students can be found on Conway’s blog, www.capecodscribe.com.

BHS Students Featured in the Series:

Justin Blaze as Kian
Christa Mullaly as Ana
Sean Potter as MJ
Leslie McKinnon as Eila
Colby McWilliams as Raef
John Sullivan as himself
Megan Jones as Nikki

In future books in the series:

Chris Houghton as Henry
Sara Dever as Katherine
Jeremy Peacock as Christian

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See Mr. O’Connell or Ms. Pacheco
knock knock knock. It’s mid-December and below freezing outside. You’re sitting by the fire, trying to escape the inevitable holiday madness that arises like clockwork every year. Who could possibly be at your front door? You tiptoe across the floor and reluctantly pull the door open to discover a pleasant surprise: Christmas carolers.

Among the hustle and bustle of the holiday season, these kind strangers take time out of their day just to sing a song for you; not for money, not for attention, but for the pure purpose of spreading the holiday spirit.

Christmas caroling goes back to the early days of Christianity. Most carols tell a story. It may be about the birth of Jesus Christ or about the tradition of gift giving, among other elements of the holiday season. However, all Christmas carols have something in common: they promote the theme of festivity and joy.

“I would invite them in and give them hot chocolate, cookies and hugs,” joked music teacher Marcia Wytrawl when asked what she would do if she answered the door to the inevitable holiday madness.

Meghan McNair, senior, jams out to Somewhere Over the Rainbow on her ukulele, an instrument that’s “standard tuning is open, which means it’s really easy to improvise along with other songs and instruments,” said McNair. McWilliams also plays bass and acoustic guitar, which helped him learn to play the banjo “considering it’s a string instrument.”

McWilliams has been playing the guitar for about three years, which helped him learn the banjo in about six months. He said “playing is very relaxing.”

By Emma Gauthier
Staff Writer

As you watch any school band or music performance, there’s always the standard sections like brass, woodwind and strings. But there are plenty of instruments that don’t fit into those traditional forms.

When senior Manny Dulac elected an electric kazoo being played at a talent show when he was 14 he knew he had to try it out. “He laid down some riffs and displayed diversity in the musical spectrum,” said Dulac. “I guess they gave me the kazoo.”

An electric kazoo is exactly what it sounds like a normal kazoo hooked up to an amplifier using a special connector piece, which intensifies the humming sounds that come out of the kazoo normally.

“It depends on what type and how good of an amp you have, but you can make it sound like an electric guitar or just a louder kazoo,” said Dulac.

Although he’s played the cello before, Dulac thinks that knowing how to sing is a must for musicians. “You can do it whether you have other instruments. Dulac thinks and play in comparison to the piano, guitar and the flute. “It’s easier to play [than my other instruments] and more fun too. The ukulele is simple, but it sounds so nice,” McNair said.

Senior Ryan Silva likes the jaw harp because of its simplicity and originality. “People play the guitar, piano, etc. but very few people play the jaw harp. And I like the sound of, of course,” said Silva.

The small instrument consists of a flexible metal or bamboo reed attached to a frame. If you come over my house I’ll play it for a couple minutes once or twice a day to keep in practice. But it’s still very different than other instruments in that the jaw harp doesn’t have regular notes, but specific tunes, and has a completely different way of producing sound.

“You have to adjust your mouth to make different sounds. So you’re not playing notes like A, G, D,” said Silva. “Your mouth is the resonation chamber, and sound it makes is unlike what I’ve heard any other instrument make.”

While Silva says the jaw harp is mostly an “improv instrument,” he notes that there are actually some songs that feature it, like Join Together by The Who.

By Virginia O’Day
Staff Writer

Wytrawl, “and religious orientation is another large factor.”

Despite the decrease in popularity, Wytrawl and the Barnstable High School chorus are keeping the tradition strong, performing at holiday services and strolls annually. Wytrawl revealed that the chorus members put their hearts and souls into the carols, rehearsing from the beginning of the school year.

“Carolining is fun, but it’s also a lot of work,” she added. “In order to have a good carol, you have to start practicing in September.”

“It’s all worth it when it comes together and we get to perform our favorite songs,” said Ohlson. “Everyone has a favorite,” added Wytrawl. “Chamber chorus really loves singing ‘Carol of the Bells,’ and the public always likes hearing ‘Santa Claus is Coming to Town!’”

Although it’s viewed by some as outdated, Wytrawl believes that Christmas caroling is a timeless warm gesture that can go a long way when it comes to sharing the meaning of the holiday season.

“The whole point is about spreading good intentions, which is a great message, regardless of what holiday you celebrate,” said Wytrawl.

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Staff Writer

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As Barnstable High School chorus teacher and Barnstable High School senior Virginia Ohlson added, “Christmas music is a huge part of the season, and hearing it from a group of people who are trying to personally spread holiday cheer can definitely put someone in the spirit.”

However, door-to-door Christmas caroling is hard to come by these days. It has significantly decreased in popularity as the meaning of the holiday spirit and the commercialization of Christmas have become blurred over the years. “Living in the digital age, it seems like less people enjoy actually going out and doing things,” said Ohlson. “Some people’s lives move very fast and they don’t want to be interrupted by Christmas carolers,” added Wytrawl. “And religious orientation is another large factor.”

Despite the decrease in popularity, Wytrawl and the Barnstable High School chorus are keeping the tradition strong, performing at holiday services and strolls annually. Wytrawl revealed that the chorus members put their hearts and souls into the carols, rehearsing from the beginning of the school year.

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“The whole point is about spreading good intentions, which is a great message, regardless of what holiday you celebrate,” said Wytrawl.
All one has to do is look at a list of upcoming movie releases to see that most of them are tired sequels, movie renditions of books, and of course, remakes. Just in 2014, the Amityville Horror is proposed to be remade yet again, while two “Paranormal Activity” franchise movies are expected to be released along with a new Godzilla. These are just a few, but the list goes on and on.

The exact cause of this trend in Hollywood is unknown, but it is speculated that it could be an accumulation of lack of creativity. Directors already know how viewers will respond so it’s a safe choice and there is no chance of scandal if the new movie aligns with the original.

Modern classics such as Dirty Dancing and Annie are being recreated in 2014 as well. Although this does give younger generations easy access to these “classic” stories, it also makes the original version less relevant.

One positive aspect of Hollywood’s lack of ideas is the movement of books to the silver screen. The influx of book-based movies motivates people to read books that they would have otherwise not known or cared about. While some people will still just watch the movie and never read the book, others find it a magical experience to watch one of their favorite works of literature come to life. Some book-turned-movies are The Hunger Games: Catching Fire, teen favorite The Fault in Our Stars, and children’s classic Alexander and the Terrible, Horrible, No Good, Very Bad Day.

Some book-turned-movies are The Hunger Games: Catching Fire, teen favorite The Fault in Our Stars, and children’s classic Alexander and the Terrible, Horrible, No Good, Very Bad Day. Whether you feel this re-creation craze is good or bad, it is guaranteed to rake in billions of your dollars in the upcoming year. People will always watch movies, at least for now, and while this remains true, every movie will be someone’s favorite film of all time. So, when you’re about to give up and read a book instead, just remember that Tyler Perry’s Single Mom’s Club will make more money than you will in your lifetime.

As of now, there are some producers and film-makers preserving the art of cinema for us while we watch yet another remake, though not all remakes are terrible. Regardless, movie-goers in 2014 are in for a year of déjà vu.
TV Shows That Have Run Their Course

By Emily McMahon
Staff Writer

Devout TV watchers can all agree each TV series has its own timeline—some longer than others. While some shows have the entertainment factor to keep them relevant, some shows overstayed their welcome.

Matthew Gilbert, longtime TV critic of The Boston Globe said, “Too many shows stay on the air after their peak creative, after their story has been told. Because if a show is still making money, none of the executives behind it want to see it end.”

It does not matter the subject matter or genre, not all TV shows are meant to last forever. Junior Charlie Myett believes Grey’s Anatomy has run its course. Grey’s Anatomy’s pilot episode aired in March of 2005, and this fall entered its tenth season. It has lost many of its original characters and has adopted many new ones since then. This, and perhaps its similar storylines, has caused the show to become mundane. Gilbert said this happens “when the writers have explored the story and the characters for too long, they start to repeat themselves.”

By Liam Russo
Staff Writer

Ever since the 1960’s, we’ve crowed around a single television set to tune in to the Superbowl, countless presidential inaugurations and the last 10 seconds of the New Year’s Eve countdown. And the television itself has evolved from blurry black and white television shows, from antenna to satellite; and from modest to superfluous in size. But never has the TV had competition for viewers until recently.

With the rapid rise of Amazon, Hulu and Netflix, the major television networks are grappling over how to deal with their unanticipated, new competitors. This newfound competition for the spotlight is finally, once again, eliciting the innovative minds of writers and producers to develop masterpieces of wit and drama. While TV, because it can easily become

The evolution of TV over the years.

“Our problem with these major networks is a lack of innovation,” said Matthew Gilbert. “They’re old news” compared to the new ideas of Netflix and Hulu, who possess a plethora of shows from every genre, such as “Breaking Bad”, “The Office” and “The Biggest Loser”.

“Network television channels are continuing to develop new shows, but now seem to be running out of ideas. Its 26th season is titled “Fans vs. Favorites”. Is having to bring back old cast members to boost viewer numbers a sign it has been on too long?”

Another aspect of TV that seems to being growing out of control is the competition show that prides itself on finding new talent in any corner of the world to give “the average folk” a chance. American Idol, The Voice, and The X-factor are all competition shows that are only “making a joke of true talent,” said senior Spencer O’Connor.

Amazon’s first major hit is Streampix, a service similar to Netflix and Hulu that premiers popular, past television shows available across multiple mobile devices. Starting at $4.99 for a subscription, Streampix is highly competitive with Hulu and Netflix, but the only catch is that Streampix’s cheap subscription price is also combos with Cable’s traditional subscription packages.

The way in which Americans watch television has completely evolved from the static of antenna TVs in the 1950s. And although the cable companies and online TV sites are continuing to develop new ways of attracting viewers in the new age of television, what the frontrunner will be in the next 10 years is still a bit blurry. The only request by beloved viewers anticipating the future is to “maybe add a warning label on TV, because it can easily become a sick addiction,” added Gardiner.

While TV shows are entertaining and a great way to unwind, some just are not meant to stay around, despite any initial success a show may have. And this leads into the perhaps unanswerable questions

What is the exact timeline for a TV show? And is TV all together overstaying its welcome?

Stay Tuned: Options Abound For Watching Favorite Shows

“It’s never been a better time to stay tuned to the new age of television,” said Kirsten Underwood, a Democrat in South Carolina’s Fifth Congressional District, who seeks revenge against those who betrayed her after being passed over for appointment to Secretary of state; and their...
The Royal Lorde of Pop

By Emma Childs
Staff Writer

“And we’ll never be royals…Royals!” We have all heard that catchy tune coming from the radio station, but not everyone knows that there is more to the 17-year-old Ella Maria Lani Yelich-O’Connor, better known by her stage name, Lorde.

The young, up-and-coming artist from New Zealand has taken the world of pop by storm. Her debut EP, The Love Club, was put on SoundCloud in November 2012. It contained five songs including the popular Royals.

Royals was soon released as a single and 85,000 copies in the US were sold during a single week in July. It has remained on the US Billboard Hot 100 chart for seven weeks and Lorde is the youngest musician to reach this achievement since J. Ben We’re Alone Now by Tiffany in 1987.

If you listen to her lyrics you might realize the deeper meaning to the chart-topping song. She tells the listener how she’s never been in the realm of wealth and she’s okay with being her ‘poor’ self. The irony now is how she has that fame mentioned in the song and is entering the world of extravagance. If she wanted to, she could buy “tigers on a gold leash.”

Her signature luring voice, crazy mane of curly hair, and thought-provoking lyrics are what seemed to make everyone stop and listen earlier this fall.

The talented young singer is changing the genre of pop as we know it. She recently just made Time magazine’s list of the world’s most influential teenagers.

“I didn’t expect to be in this world, but I think it’s kind of cool,” Lorde told The Telegraph. For a long time pop has been this laughable, shameful thing. She aims to make pop have more meaning and impact. Her most recent album entitled Pure Heroine has 10 songs on it that equally showcase both her vocal and songwriting talent. Her well-written lyrics have intrigued so many and make her appear as more than just another pop star who can churn out formatted music.

“But it’s actually gratifying and fun and can unite populations, which I think is incredibly powerful. So hopefully I am showing that pop can be taken seriously,” said Lorde.

The eloquent young lady also is not shy in voicing her opinions. She told the FasterLouder that she will never work with DJ David Guetta and that he is “gross” and says she hopes to never “go off the deep end” like Britney Spears and Amy Winehouse.

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“I can’t touch alcohol at my age and I’m not sure I even want to when I’m older,” she said.

Her lack of filters has landed her in some hot water, but Lorde admits beneath all this bravado she is still just an insecure young lady underneath it all. The young singer may have gotten swept up in a storm of fame, but back home in Auckland, New Zealand she goes back to just being herself with her friends. There she is known just as Ella.

photo from Lorde.com

Lorde’s unique album cover for her new debut EP, The Love Club.

Let’s Play a Board Game: Spot it!

By Jenny Griffin
Staff Writer

I’ve never been much of a gaming gal. When it comes to video games, virtual worlds, and those nauseating pastel colored board games, you can count me out. However, there are a plethora of simple, smart party games that continue to be a blast, time and time again. One of those games, Spot It, is the perfect way to pass the time or challenge a friend to a duel of thought, reflex, and speed.

The first thing I noticed about Spot It is its 55 round cards (59 if you include the instruction cards). All reside within a compact tin, small enough to fit in your hand. Its packaging makes for the perfect stocking stuffer or an on-the-go game. The Spot It rules are so easy that everyone from kids as young as seven can enjoy this game.

The concept is simple: each of the 55 cards in the deck features eight symbols, and there is always exactly one matching symbol between any two cards in the deck. Your goal is to be the quickest to find the match between two cards.

The instructions seemed so elementary that I decided to play with my eight-year-old brother, Jack, and assumed I was in for a yawn worthy half hour. Let’s just say I was very wrong. Our sibling rivalry turned into a witty episode of frustration, laughs, and competition. At the beginning I was on a roll, but the intensity of fighting against my opponent’s visual perception threw me for a loop. Countless times I was positive I discovered the match before him but I succumbed to the stress of identifying the object, and he effortlessly swooped in and stole the point.

In the end, Jack came out victorious with a hefty 39 points against my measly 16. The key to winning is being able to link your visual perception and speech skills in order to spot the object and accurately communicate it to earn your point. This game certainly requires a sharp mind and I hope that with practice I can get better. Included with this game are four other ways to play. My brother and I chose the basic way since it was our first time playing but the other methods are definitely worth a try. All instructions are located on a card inside the tin which reduces bulk and eliminates the need for paper instructions.

Along with the other ways to play come other versions. Our version was the original, but I discovered others such as baseball, animal, ABC’s, Halloween, and Spot It Jr. Whatever version you choose to play just know one thing: you are in for a game that sure seems simple, but in practice, will take you for a frustrating, yet fun-filled ride.

photo by Jenny Griffin

Griffin brothers Jack and Marty play the card game Spot it!
**Drama Club’s ‘Shop’ Impresses**

By Claire Sawayanagi  
Staff Writer

The Barnstable Drama Club never fails to fill the house with laughter and applause, as it did again earlier this month with their production of *The Shop Around The Corner* an incredible play welcoming the holiday season. This play was a remake of the 1940 romantic-comedy, Hungarian play by Miklos Laszlo, and the Drama Club managed to portray the love story, humor, and even bits of Russian culture in its version. The impressive set designs and effective acting made the storyline even more touching.

“Matuschek & Company,” owned by Hugo Matuschek, played by senior Charlie Nash, is a gift shop with the oldest and most trusted employee, Alfred Kralik, played by junior David Palmer, and recently hired employee, Klara Novak, played by seniors Chloe Brunfield and Virginia Ohlson. Kralik and Miss Novak simply can’t stand working with each other. They are also both anonymously writing letters to each other the whole time. They are also both completely in love with their mystery people, however not realizing that they were writing to each other the whole time.

The play goes on with Mr. Matuschek’s finding out that his wife is having an affair with Mr. Matuschek, showing signs of frustration with his wife, being ill, and a love for his shop. His grayed hair and loud, demanding voice completed Mr. Matuschek, making each character unique.

The unforgettable Vadas, performed by Jake Langfield, senior, portrayed the distraught Mr. Matuschek, showing signs of frustration with his wife, being ill, and a love for his shop. His grayed hair and loud, demanding voice completed Mr. Matuschek, making each character unique.

Throughout the play Robinson, continuously made Vadas be quirky, silly, and almost sounded authentic. The actors playing employees in the shop were constantly active; they were working, answering the phone, and redecorating the shop. This made the entire play convincing. One captivating scene was Vadas getting fired. Throughout the play Robinson made Vadas be quirky, silly, and almost always joyous. If something went wrong, he would shrug and move along. However, when Kralik was accused of having an affair with Mr. Matuschek, his other side came out and he became very stubborn and stern. He would march around and yell at Kralik and the other employees. He was finally stopped when he was pushed and fell into the display of cigarette cases, then stormed out the door.

His sudden change in character seems to have frightened both the employees and audience. Also, the sets and scenery design were exceptionally well done. There were three walls with shelves to portray the inside of the shop, and the walls were built on wheels to be turned around to become the outside of the shop. There was limited space on the Knight Hall stage; however, the cast certainly made the best of it. The detailed paint work, decorations, and the jingle bells during the change of scenes gave the play an endearing touch.

**Find the answers in the articles of the newspaper!**

**Across**

5. To make Finnish Pulla, warm milk in a saucepan until it

8. A three season, varsity athlete in soccer, basketball, and lacrosse.

9. How many seasons has “Americas Next Top Model” been airing?

10. Owner of Coachlight Carpets.

12. Karen Gauthier joins the 232 million users on this social network.

13. How many students win the National High School Scholar award per year?

14. Martha Swindler teaches this class finding similarities among the most opposite of people.

7. Jillian Fraser is recognized for her talent in this sport.

11. During “Red” week next year, students will be dismissed at 1:20 on this day.

**Down**

1. Stephan Pratts can be found listening to _______ by Wiz Khalifa.

2. K.R. Conway wrote this book based on how she remembered Barnstable as a student.

3. William O’Day would be this insect.

4. Chloe Brunfield played this character in the winter play, “The Shop Around The Corner”.

5. Find us on twitter @_______.

6. 113 ft is the tallest _______ ever made.

**The first person to bring correct crossword to room 2702 wins a prize!**
Have any March or April events you’d like to add to our calendar? See Ms. Netto in room 2702.