Frank Mastrangelo on School Safety: “Make it a safe campus!”

Frank Mastrangelo, LA head athletic trainer and assistant athletic director, a necessary one given the depth of the piece we had just watched. After an hour-long lunch break, on-campus students departed to their respective workshops. I was fortunate to secure my first choices for workshops: “Spoken Word” and “Straight and Narrow: A Conversation about Gender.” Being the editor of Consortium, the literary magazine, I read a great deal of student writing throughout the year, but I used to be much more into creative writing than I am now. Briana Freso ’14, resident expert and enthusiast read a great deal of student writing throughout the year, and the truth behind that notion.

The day before school started following Thanksgiving break, Lawrence Academy faculty and staff were on campus for crisis response training initiated by the LA Safety Committee. Under the direction of John Burke, Associate Director of Emergency Management from Boston University, the faculty and staff spent the afternoon reviewing safety procedures and steps to take in an emergency, including a hands-on scenario.

One of the LA Safety Committee’s goals is to have school-wide drills so that students, faculty, and staff make it a safe campus!”
Best Thing Since Sliced Bread!
by Julia Williamson '14

And we’ve got a lot of it…and bagels, too! The newest addition in the dining hall this fall has been the rage among the group of students who have to follow strict gluten free diets due to celiac disease, intolerances, and allergies. Prior to this year, there were limited food options for us gluten-free people. Pasta or salad—that’s it.

With the new “Gluten-Free Zone,” all those looking for more than rice pasta and salad for every meal now have a multitude of choices! Diagnosed her freshman year with gluten intolerance, Maggie Santinelli ’14 exclaimed, “One of the best days of my life when that new table appeared in the dining hall!”

The Gluten-Free Zone has everything from a panini press to a mini-fridge, with almond and soy milks for those lactose-intolerant folk out there in the LA community. Gluten-free newbies, Maddy Thero ’15 said, “It has been so helpful having this station here, especially after discovering that eating gluten-free makes me feel so much better!”

Personally, I was a little worried about the possible cross-contamination that could happen with the toaster at the gluten free table, but people seemed to take my announcement seriously at assembly in the fall. So, thank you, from all the gluten-free people.

MLK, cont.

While the campus was buzzing with creative and high-energy activity, seventy students and nineteen faculty members participated in service projects off-campus. Serving Lawrence Academy, the Nashua Soup Kitchen and Shelter, Marquette’s Place, Leaves and Fishes, Nashoba Senior Care, D’Youville Senior Care, Project Linus, and the Massachusetts Special Olympics, students participated in a plethora of different activities to better the surrounding community.

To describe some, but not all, of the accomplishments of those involved in service projects, students made twenty-seven blankets, cooked twenty-five total pans of food, took care of fifteen senior citizens, played thirty-two different activities to better the surrounding community.

Throughout the day, I heard only positive feedback from my friends about their experiences in service, and their experiences were rewarding in many different ways.

The spring semester will still continue to have an impressive after-school schedule by playing varsity baseball.

But our praise continues! A guy of many cultures, Thomas traveled to the Dominican Republic for Wintertime where he practiced his Spanish and did some community service. Over the summer he is also traveling to Italy to broaden his knowledge of other cultures. Now if this doesn’t reveal how awesome Thomas is, I don’t know what will.

Known as the nicest guy on campus, Thomas is never seen without a beaming smile and a friendly hello. If you look up “nice” in the dictionary you can see it’s spelled T-H-O-M-A-S. Now ladies, Thomas is single and only has a few short months left at LA. My suggestion is to act now.

That is all.

Spectrum
Founded 1979
Vol. XXXV, No. 1
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Fun on the Slopes
by Olivia Konuk ’14

Though LA has many impressive winter sports teams, you might be wondering about one in particular: What happened over at Nashoba Valley every day after school this past term? The LA ski team was winning races (or preparing to win). The girls’ team finished in the top three in each of their races. The boys’ team didn’t have the same record, but our guys were still tough competitors on the slopes.

Meghan Bentley ’14, a four-year ski veteran, says of the two teams, “The girls’ team did great! Last year our team placed third at our NEPSAC championship race and this year, every single member of our team did better than ever before! The boys’ team had a ton of new talent this year and they also did better than ever.”

“My favorite part of racing,” Bentley continues, “is going fast! Being able to let your skis ride and forget about everything else, but going as fast as you possibly can.”

Senior Maggie Santinelli adds, “The best part of skiing is being with my friends. The ski team is a ton of new talent this year and they also did better than ever.”

Brian Potter ’15, another seasoned skier, enjoys the competitive drive, saying, “My favorite part of ski racing is seeing where I compare against other ISL racers. I look to improve on my performance every day after school this past term.”

“Depending on the skiers’ strengths and weaknesses, the coaching focuses almost entirely on the individual,” says Bentley. “This year, with support from the school administration, Frank has helped enhance campus safety with more safety equipment. Frank is excited about the addition of three automated external defibrillators (AED), two of them outdoors. AEDs are portable devices that detect heart rhythm and send electric shocks to the heart if the rhythm is abnormal, saving someone from potential cardiac arrest. One is on the Route 119 course. Two are on the Route 40 fields, and the third is located in Grant Rink. All AED boxes on campus now contain ep-i-pens as well as CPR pocket masks. Also, whenever the door to an AED box is pulled open, it automatically calls EMS, police, and the fire department dispatch center. In light of earlier, unfortunate events on campus, this shows how important AEDs are. Frank strongly recommends students take a CPR and first aid course.”

The school has also added blinking crosswalk signs to help protect pedestrians. At the crossing on Route 119 to Shumway Fields or to Loomis, there is a pedestrian sign with a button. Frank encourages everyone to push the button to illuminate the sign to help oncoming traffic notice the pedestrian. A blinking crosswalk sign has also been installed on Route 40 near Waters.

The LA Safety Committee meets frequently and is comprised of various members of the LA community. Frank, who is also an EMT with Groton EMS (along with Mr. Culley and Mr. Hawgood), has frequent contact with Groton police and Groton fire as part of LA’s efforts to maintain a safe campus.

1. What’s brown and sticky? A brown stick
2. What do you call a bee that’s having a bad hair day? A frisbee!
3. What did the mother buffalo say when her boy left for college? Bye, son!
4. What did the worker at the rubber band factory say when he lost his job? Oh snap!
5. What do you call a guy with a rubber toe? Roberto
6. What does a vegan zombie eat? Graaaains
7. What washes up on tiny beaches? Microwaves
8. What do clouds wear under their shorts? Thunderpants
9. How does the man in the moon cut his hair? Eclipse it.
10. What’s purple and dangerous? A grape with a machine gun
11. Why did the rapper carry an umbrella? Fo’ drizzle
12. What did the fish say when he ran into a wall? Dam!
13. What did the Buddhist say to the hot dog vendor? Make me one with everything!
14. Can bees fly in the rain? Not without their little yellow jackets (Sorry about another bee joke)
15. What did the hot dog say when he crossed the finish line? I’m the wiener!

That should do it. Have fun with your newfound popularity!
—Olivia Konuk

Faces to Facts: Spartan Secrets Revealed
by Shayan Zaheer ’14

Match a picture with a fact! Answers below.

1. Salynda Anza ’14
2. Shannon Johnson-Finn ’14
3. Ian Helmus ’14
4. Kevin Guth ’14
5. Marcus Marinella ’14
6. Gabby DiVencenzo ’15
7. Edward Hacala ’15
8. Johnny Wei ’15

A. Related to John Cena
B. Can write with both hands
C. Related to voice actor of SpongeBob
D. Has four brothers of different races
E. Godfather is the drummer of Steppenwolf
F. Likes to surf
G. Big Selena Gomez fan
H. Created multiple iPhone games

Safety, cont.

and staff “can learn what actions they can take to protect themselves if something does happen.”

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Crossword
by Brendan Colton ‘14

ACROSS
6. Famous battle place of King Leonidas and his 300 men?
8. The most important part of the month of March for LA students?
9. The last number of the year the school was founded?
10. What is the first name of the eldest NGP teacher?
11. Popular hangout place for LA freshmen?
12. Last name of the math dept. chair

DOWN
1. This man is often associated with Winterim?
2. Older grandson of the man for whom the Ansin Academic Building is named?
3. This main school building has a color in its name?
4. This faculty member’s nickname is a popular mode of transportation among kids?
5. Country whose flag colors match LA colors?
7. This loved yellow lab can often be found in the athletic center?

Answers on Page 8

You Know You’re a Hockey Player When...
by Renee Perkins ‘16

1. Your superstitions are a borderline religion:
   Pre-game, at game, post-game and all of the in-between.
2. You own all of the classics (bonus points if you own on DVD or vcr):
   Miracle, Slapshot, Youngblood, The Mighty Ducks, and The Rocket.
3. You can correctly pronounce all of these names:
   Toews, Byfuglien, Yzerman, Hjalmarsson, Sakic, Giroux.
4. You know what these words mean:
   Sauce, bender, celly, FTB, FTG, top cheds, hoser, shiny, duster, dangle, grocery stick.
5. You know what the Original Six are...

6. You know Don Cherry has the best style in the league?
7. You put your team before anything?
8. Your non-hockey friends don’t hear from you for months once the playoffs start?
9. You would argue to your death as to why hockey is a better sport than any other?
10. You have become immune to the “hockey smell.”

Visiting Scholars Enliven LA, Enlighten Many Students
by Kate Driscoll ’17

In Dr. Fukawa-Connelly’s presentation, he talked about the ideal learning environment. In some high schools, he maintains, students do not get a good idea of what learning math is about. It should not involve merely memorizing formulas and equations, but experimenting and hands-on activities. According to Dr. Tim, the five essentials for learning math the right way are fluency, disposition, understanding, reasoning, and competence.

In the second presentation, Dr. Adam Boucher discussed mathematical modeling—the use of models and real-life situations to create an equation. There are equations for everything from transportation to vibrating objects.

A week after the two presentations, another visitor, poet Lesléa Newman, came to campus to share her experience with a presentation focused on the coincidental combination of Matthew Shepard’s death and her involvement as a gay-awareness speaker at his school. She talked about her researching and writing process while creating the book of poems, October Mourning, which centers around Shepard’s murder. She also showed a video made by one of Shepard’s friends, Jim Osborne. Later that day she spoke to the ninth grade, talking mostly about how she creates poems.

The visiting scholars provided a fresh perspective on both math and poetry through the inspiring presentations and thought-provoking workshops. Having the opportunity to learn with people outside the community produced appreciation for the two very different subjects throughout the LA campus.

Dar Williams’ Music
To Download
When I was a Boy
The Babysitter’s Here
Comfortably Numb
It’s Alright
This Earth
Spring Street
Empire
Calling the Moon
Book of Love
The Ocean

(Dar Williams visited LA earlier this year, working with the music department as part of the Mees Visiting Scholars Programs.)
“Discipline, Intelligence, Courage” Make Dance Program Work
by Ethan Sorkin ’16

The dance program at Lawrence, overseen by longtime faculty member Brian Feigenbaum, is a great contributor to our strong arts department. With shows every term and even trips abroad, Brian has given the program a name in the community. Being a very passionate person, Mr. Feigenbaum strives to spread his love for dance to everyone at LA, stating, “All I hope to do is teach as well as I can and transmit my belief in the importance of the arts generally, and dance specifically, and hope that the passion of my teaching will effectively instill a love of dance, or at least a respect of dance, into whoever walks into the studio.”

Over the summer, Brian took some of his students to Scotland to participate in the Edinburgh Fringe Festival, a trip that served as a symbol of success for dance at LA. Brian recognized the positive attitude of his students regarding the festival in Scotland, “Those students of LA dance and theatre who have the discipline, intelligence, work ethic, and courage to take their abilities to a certain level, enable Scotland to happen, not the other way around,” he said. “Another way of saying it is that if we didn’t have students who could take their work to a very high level, I wouldn’t bring students to Scotland.”

Dance at Lawrence continues to expand towards more people in the community, building on its current success. Brian Feigenbaum expressed his pride in how far the program has come: “I am inspired by the faith and open-mindedness of the students who have chosen to take dance, and I am humbled by the overwhelming support the LA community has shown the dance program over the years. My desire is to continue to grow as a dance teacher and dance professional.”

So next time you walk by the Black Box Theatre, poke your head in to see what you are missing. Learning about dance is a great experience and it doesn’t come much better than through the guiding knowledge of Brian Feigenbaum.

A Club To Watch
C.L.A.S.S. Brings Back Show and Tell
by Ethan Sorkin ’16

Since the days of first grade, Show and Tell has been a practiced activity that is loved and cherished. At Lawrence Academy the club C.L.A.S.S. (Courtesy, Leadership, and Selfless Service) has brought Show and Tell back for high school students to enjoy. I walked into my first show and tell since elementary school not knowing what to expect. Led by juniors Oren Karp and Amadu Kunateh, the night commenced with a few ice-breakers to start conversations with unfamiliar faces. After the first few minutes, people started to share the stories they prepared—all very interesting. Whether they talked about a life-changing moment or a special teddy bear, all the stories were extremely personal, which made them powerful. For this Show and Tell, we were lucky to have a few LA alumni come and share something about themselves. The alumni had been close friends since high school and were on the cross-country team together. They shared stories about being on that team 40 years ago, and briefly discussed their current lives.

International students also told stories about what they do to remind themselves of home. Each had something new to bring to the table, resulting in a great night. I had a great time and will definitely be attending the next Show and Tell. I would recommend anyone who wants to spend a night filled with sharing and connecting with others, to come along.

For Three Seniors, Riding Not Just Horseplay
by Maggie Santinelli ’14

Many sports are available at Lawrence Academy, but a number of students choose to pursue an independent option. Since freshman year, seniors Daniella McCormick, Annie Bullard Davies and Ellie Wildman have been horseback riding as an independent sport. The three have dedicated their time to riding, so they can master the sport they love.

“Like any sport, riding takes commitment and time to master,” said Daniella McCormick. Annie Bullard Davies has been riding since she was four years old at Stepping Out Farm in Acton. She says, “Riding is the kind of thing that makes everything else disappear and you form a different kind of connection with the horse that you can’t find anywhere else.” As a result of her dedication to riding, Annie was rated fourth-best rider in the national ranking of IEA when she was only fourteen. She has overcome the obstacles and challenges of riding and has won countless competitions. Annie plans to ride in college and hopes to continue for the rest of her life.

Daniella McCormick has been riding since she was seven years old. “I rode for the first time while visiting Texas. I immediately was fascinated by the sport and started taking lessons at Hybrid Farm [in Acton].” She eventually ended up riding for Holly Hill and has continued there for five years.

McCormick’s love for riding has helped her qualify for shows such as the ASPCA Maclay, and Pessoa/USEF Hunter Seat Medal Finals. She believes that being able to compete in these shows has helped her further her riding career. She comments, “My favorite part about riding is that it is challenging and you never stop learning more— even professionals continue to learn every time they ride. Much like golf, you can always keep improving your game; there is always something to work on.” McCormick has been accepted to Kansas State and plans to join the Division I equestrian team next year.

Doing an independent sport can be challenging because of the school schedule. However, these three seniors have found a balance between school and riding. The girls have spent winters traveling weekend after weekend to compete and train in Wellington, Florida. Ellie Wildman said, ‘The winter term of my sophomore year I missed more Mondays and Fridays than I could count, and did more homework on the plane than off. But all of my teachers—especially Ms. Schneider—not only were understanding but also helped me organize my assignments and work on my time management.” The faculty has been more than helpful in organizing and working with these girls so they can pursue their passion for riding. “They want to give every athlete a chance to pursue their sport and to improve by practicing as much as they can,” said McCormick.

The three seniors have pushed themselves to new heights in their riding and are excited to continue doing what they love most in the world. “I ride for the same reason a football player turns his passion into a career, for the love of the sport,” says McCormick. “It is a very rewarding sport; hard work can get you far. It can get frustrating, like any sport, but if you love to do something enough, you keep trying.”
Conference Helps Attendees Understand Diversity Issues, Implement Solutions
by Alexandre N’Djembé ’15

The National Association of Independent Schools (NAIS) holds weekend-long leadership conferences every year in different cities that, “focus on self-reflecting, forming allies, and building community.” The Student Diversity Leadership Conference, or SDLC, was in Washington, D.C. this year, and six students and eight faculty from LA were able to attend it.

SDLC’s goals for conference attendees is to “develop effective cross-cultural communication skills, better understand the nature and development of effective strategies for social justice, practice expression through the arts, and learn networking principles and strategies.”

The conference runs with large groups of 60 to 70 students in a “home group.” These groups are the same both days, which helps the students bond. Andrew Fyffe said, “Even though I was only there for a weekend, I met people who I now consider [some of] my closest friends.”

Within the “home groups” are smaller “family groups,” with only 10 to 15 students. In these groups, SDLC wants the attendees to engage in “intense dialogue and sharing... guided by trained peer facilitators.”

This conference had a huge impact on those attending from L.A. Sophomore Andrew Fyffe said that SDLC was “a place where I was able to fit in perfectly... You cannot describe what happened, the emotions that you felt. I can see why it was a life-changing event.”

English teacher and SDLC alum Khalid Bashir felt that the second time was even better than the first, stating, “It was not until I returned once and then again as a faculty member, and got to share the experience with my own students, that I realized that it is the depth with which we are allowed to open up and share our hearts honestly that creates the home atmosphere.”

Director of Diversity Programs Ms. Elkinsette Clinton, Lawrence Academy’s group leader, has been to this conference for three years and considers this year’s session special. “I felt there were more opportunities for me to reflect on the work that I do at Lawrence and to seek ways to challenge myself and the LA community to do more when it comes to focusing on diversity,” she said. “I love that I can meet other people doing the work that I do.”

According to SDLC and NAIS, “SDLC attendees join together in regional groups for a dialogue session designed to explore concepts and themes of equity and justice in our schools, facilitated by students.” The ability to reflect and to bring change is an important quality, and SDLC gives students, faculty and teachers the ability to do that.

The Cranks’ New Groove
by Olivia Konuk ’14

If you were here last year, you’ll remember The Cranks. The band, kick-started by LA 2013 graduates, Haley and Conner Gowland, began on a bus driving to saxophone and clarinet lessons when the twins were in fourth grade.

“I met a guitar player and we decided to start playing in our basement. I played piano. Connor played drums, and I sang because the guys refused. In middle school, that guitarist left and I had started learning guitar, so I picked it up in his position. We needed to change the name so we picked the first one that sounded right and had an open website. We’ve been The Cranks ever since!” Haley Gowland said, recalling the early years of the band.

“Our first gig might have been my Dad’s Halloween party in fourth grade, or the middle school talent show, but we weren’t technically The Cranks yet,” Haley remembers. “In seventh or eighth grade, the Cranks played their first official gig under that name at Indian Hill’s battle of the bands in Littleton, and we won! To this day it is one of the most fun shows we’ve played. The crowd always makes the show.”

Now, The Cranks have risen to fame and will be opening for Paramore and Fall Out Boy in the summer. Needless to say the band has gone far from its beginning in the back of a school bus.

Explaining how the opportunity surfaced, Haley says, “Connor and I used to work at the venue, bussing tables and scooping ice cream. We were painfully aware of the stage that had upcoming performers play before and after the show because it seemed like a step up, but a level that we could reach.

After applying they said they would look for a match and get back to us, and they did!”

I’m just so excited to play there, go to the show in general, maybe meet the bands, and just enjoy the night. It better not rain. And I hope we can bring some people up to New Hampshire with us.”

If you want to see the band play, like them on their Facebook page, The Cranks, and look for upcoming gigs!

An Up-and-Coming Artist and Benefactor
by Ethan Sorkin ’16

Most of us know of Mukhtar Amiry, a student from Afghanistan, either through his excellent artwork or his fundraising by selling scarves. I obviously knew about Mukhtar’s paintings, but wanted to find out a little more about him. Thankfully, I had a chance to ask Mukhtar some questions about his work at Lawrence and his background as an artist:

1. Mukhtar, how did you get involved with the Afghan Scholars Initiatives organization and why did you decide to sell scarves?

“LA introduced me to ASI in 2012. It’s a non-profit org. so I helped fundraise. I decided to sell scarves because it was a unique and effective way to raise money for this foundation that I care so much about.”

2. When did you start drawing and painting, and what inspired you to pursue your talent?

“I started drawing in 2006 by myself. I officially started in August, 2010. I have been inspired by other artists around me.”

3. How have your artwork and outlook on painting changed since you have been at Lawrence Academy?

“LA has given me a big opportunity that now my artistic talent has developed. I am looking for ways to show my culture and other cultures through my art.”

4. What are your goals for the future as you continue to grow as an artist?

“I want to change people’s thoughts that they have about Afghanistan. I want to display Afghan culture, history and remarkable people using my art.”

I love seeing Mukhtar’s art up on the walls around school, and moving forward will know how he is trying to make a difference. I think it is important to address the amazing progress Mukhtar has made in only a few years, and I know he will go on to do great things. So look out for his name in the art world, he is bound to make it big!”

The Cranks in performance
Download the Cranks’ Mixtape on iTunes!
1. Fishbowl
2. Echo
3. The Way
4. Down To Earth
5. There Is A Road
Celebrity Look-Alike

Mr. Curran
The KFC Colonel
Kyle Howes ’14
Eminem

Gru and Minions
Maggie Santinelli ’14, Mr. Scheibe, and Meghan Bentley ’14
Connor Melvin ’15
Allan Ruck

Quagmire
Alex Munick ’15
Kate Mara
Shae McDonald ’16

Judy Greer
Ms. Schneider
Hercules
Mr. Bates

A mop
Dylan Schlange ’15
Blake Lively
Lizzy Feinberg ’14
Ms. Cooper Writes A New Tune For The Music Program

by Charlotte Jones ’14

There are many changing and improved classes and activities around campus this year. One of the changes is the music program, with Jenny Cooper as the new director of music. She teaches several classes, along with being the choral director, and the faculty advisor for SLACS, an a cappella group on campus. One of the more popular music programs on campus is the chorus.

The chorus meets four times a week during G block, just as any other class would. They start the meeting with a fun vocal and dynamic warm-up to prepare their voices and breathing for the songs they practice. According to Kara L’Heureux ’14 and Travis Ancil ’17, this warm-up is a lot of fun and sometimes ends with members of the choir running around the recital hall.

After the warmup, the members then practice the songs they are working on. “We sing all kinds of music—some more classical, others folkly, and even some contemporary songs. They all are really complex but also fun to learn and sing different parts to…our songs are usually chosen around a theme like home or winter,” says L’Heureux. Most of the songs that are sung have meaning, and the members all discuss these meanings when they are learning each one.

The atmosphere in the choral room (the recital hall) during G block is very positive and uplifting. Margaret Davey ’16 reflects on how much she loves the energy of all the students excited and happy to sing. Kara says, “We are so much closer now as a choir. Also this year, we have got so many new songs finished in our repertoire and are performing a lot more than ever.” Jenny Cooper, the new director of music, has proven to be very popular among students, including those in chorus. Travis states, “My favorite part about chorus is Ms. Cooper. We always have a ball in class. All the other choruses I have been in are very boring and straightforward but Ms. Cooper always gives us the freedom to explore our voices while still being productive.”

The positive influence that Ms. Cooper has had on the members seems to create a great liveliness and joyfulness about the group. The effort and dedication put into the performances and everyday practices shows when the group is performing. Kara talked about the final outcome of their performances, “I love singing new songs and I love when they finally come together. Its really nice to look back and see all the progress we made.” Margaret talks about how fun it is to perform after working so hard, “I love the sounds of the harmonies all together and the final product usually pays off from the many hours of practice in the recital hall…It’s also great seeing people tapping their feet to the tempo because then you know they are really listening. Or if they smile when you make eye contact.”

Crossword

Answers:
1. Daniel Smith
2. Kurt Byars
3. Gray Building
4. Scooter
5. Great Britain

6. Thermopylae
7. Stanley
8. Winterim
9. Three
10. Ned
11. Student Lounge
12. Collins

What’s in the Stars for You? Read On...
by Franchesca Kiesling ’14

Horoscopes! How is the universe aligning for you this year? The stars will tell us—Let’s find out!

Aries
Aries! This year is going to be a good one. Can’t you feel it in your bones? It’s one of those “I freaking get this” years. One of those “Yahmmbah. Let’s do this thing!” Keep that motivation so you can keep your goals! It’s never too late to set a goal these days, and with your new can-do tude, even the stars believe you’re in for a good one.

Taurus
Okay, bull—you’re stubborn. “Have been for the past X number of years” won’t cut it on this one. Let’s say… your whole life. Well, all we get it. Your way or the highway. Try and lighten up a little this year! Instead of staying in the same old rut, look at the opportunities in front of you. You can have a really good year if you let it be a good year. Now stop flip-flopping.

Gemini
You’re a tough read this year, Gemini! The stars are all over the board; they are over in the getting goals done section of the universe, and the relationship section, the love life section. Looks like you are doing a lot this year, and I know what I mean. Stay calm in this multitude! There aren’t two of you, so keep a level head about what to tackle next. Good luck!

Cancer
Do the things that make you laugh this year. Cancer. Last year was a long one and the stars say, “Be happy!” You have the moons in your orbit and that is a good thing. Keep chugging on, and keep smiling. Besides, smiling is contagious and you’re awesome at being the life of the party. Who doesn’t like catching smiles?

Leo
This year you are the luckiest of them all! You have Jupiter in the alignment and the universe is sending good vibes your way. Watch out for those sneaky.comes, though! They might affect your motivation come around March (Especially for you seniors Leos. Senioritis is prevalent those days.) Otherwise, you should feel on top of the world this coming year.

Virgo, Virgo, Virgo. What can we say? The stars shine brighter in your presence. You are an aura of sunshine that blazes through all the dullness in society! You are wonderful and fantastic and everything good this year. Keep shining and don’t let those “National ditch your resolution day” folks make you unable to do your best. You are better than that.

Scorpio
Libra. My goodness, look at your holiday glow! Santa did somebody right this year. It is a very prosperous year for you. The universe looks at you and says, “Wow!” every time. Looks like being good last year paid off and in turn you get a boatload of good fortune this year. Way to go!

Sagittarius
Miracles are happening around us and you are the one to notice them! The sun is shining, the ground is glittering and it’s a bright and beautiful day. Be the one to notice the small things this year. Too often the problems overrun the small stuff. You are the one to keep reality in check this year. Your appreciative nature keeps people loving your presence. Keep appreciating!

Capricorn
Your sign is of water, but yet it’s so cold. Frozen yet? I hope not! Don’t let the cold freeze you out of others lives or freeze others out of yours. Make this a year of good quality friends—friends you deserve to be with. Share those nachos this year! Let your inner bubbly side come out!

Aquarius
No one is going to rain on your parade this year! Well… you see… the universe sort of…well… We’re going to just tell you outright. Um… the universe forgot about you. Sorry! We goofed. But at least you have this: nothing good is going to happen, but also nothing bad! Have a perfectly neutral year.
Dear Jonny...

Dear Jonny,
My girlfriend dumped me...How do I get over my broken heart?
Sincerely,
Loved Me Not?

Dear Loved Me Not,
Well, seeing that I am nearly perfect in every way possible, I have never been dumped; so giving advice for this may be tricky on my part. Nevertheless, I will tell what I have learned from friends and family. Where I'm from, once dumped, an individual will shave their eyebrows to signal their recent "loss". This way, the public knows and will proceed to throw dead flowers, chicken wings and other breakup-related paraphernalia at the individual. It may appear to be a town-wide embarrassment, but let's face it, you get free stuff thrown at you.
Go get 'em, tiger,
Jonny

Dear Jonny,
I'm failing my math class even though I'm going to extra help as often as possible and spending hours on my homework. Is a D the best I can hope for?
Sincerely,
Definitely NOT a Mathematician

Dear NOT a Mathematician,
You and I both have had a tough go with math. In my years, I found it quite worthwhile to see every 'D' as a "Darn, you're doing good", every 'F' as a "Fabulously", and my favorite, every 'C' as a 'Can't stop, won't stop'.
Take it in strides,
Jonny

Dear Jonny,
The manager of my team is a really cute freshman boy. I have a crush on him, but I'm worried about taking our friendship to the next level because my friends will definitely make fun of me for dating a freshman.
Sincerely,
Age Gap

Dear Age Gap,
Don't worry 'bout it. Being the international man of mystery that I am, I know that there is nothing a good disguise can't fix. Stick a faux mustache on that lover boy and no one will question you. In fact, a man with facial hair might even make your friends jealous. On the other side, get a real short haircut and neglect shaving your legs for the duration of the relationship. You could play off being one of his friends. I'm telling you, that's how I managed dating Russell Brand for such a long time. People even started calling me Katy Perry whoever she is.
Hugs and Kisses,
Jonny

Dear Jonny,
During the school week I'm lucky if I get four hours of sleep per night. I can barely stay awake during the day. Any advice?
Sincerely,
Unwilling Insomniac

Dear Unwilling Insomniac,
I've got one of the easiest tricks in the book. All you have to do is friend a new golf ball. Take the ball and saw it clean in half. Then, use sharpie and draws eyes on each half. Now, when you're feeling sleepy in class, shut your eyes, pop those bad boys in, and boom goes the dynamite. It looks like you're wide awake AND you get some shuteye in class. It works perfectly 65% of the time. Keep on keepin' on,
Jonny

Dear Jonny,
I'm a junior and just started the college process. What can I expect of the coming months/senior fall?
Sincerely,
Premature Stressing

Dear Premature Stressing,
Get a shovel, find a nice patch of grass, and start digging. You'll thank me later.
Bugs and hisses,
Jonny

Riddle of the Issue!

There is a prison with 100 prisoners, each in separate cells with no form of contact. There is an area in the prison with a single light bulb in it. Each day, the warden picks one of the prisoners at random, even if they have been picked before, and takes them out to the lobby. The prisoner will have the choice to flip the switch if they want. The light bulb starts each day in the off position.

When a prisoner is taken into the area with the light bulb, he can also say, "Every prisoner has been brought to the light bulb." If this is true all prisoners will go free. However, if a prisoner chooses to say this and it's wrong, all the prisoners will be executed. So a prisoner should only say this if he knows it is true for sure.

Before the first day of this process begins, all the prisoners are allowed to get together to discuss a strategy to eventually save themselves.

What strategy could they use to ensure they will go free?

If you think you know the answer, let us know! If you get the right answer, you will be eligible to win a prize!
Email us at: cejones14@lacademy.edu and otkonuk14@lacademy.edu.
Where did LA go for Winterim?

Fun Under the Sun in the DR
by Brendan Colton ’14

From the Ground Up had a slow start with a long delay at Logan Airport. We finally arrived in the Dominican Republic around 12:30 a.m. the next day. The group immediately hit the hay in preparation for a big day. In the morning when everything was loaded onto the bus the group started off toward the mountain town of Yasica. The surrounding area quickly changed from the city of Santiago to a thin road lined by house after house. The friendly people waved as we drove by. After settling into the El Centro Fusimana, the group took a trip to the worksite and school where we would spend the next week.

After only one afternoon of working and teaching the situation really started to hit home. The people who lived in the surrounding area were friendlier than many people from the US even though they had less than most Americans. Throughout the following days we all developed friendships with the people we worked with and the children at the schools. Whether it was talking to the older children about gender equality, or having younger children draw pictures regarding hygiene, the children at the schools were always engaged and welcoming with an eagerness to learn. At the work site we all learned what hard work really was. Whether it was digging up stumps, spackling a wall with concrete, or leveling the floor of the structure, we always had something to keep us busy. The men of the surrounding towns worked alongside us and taught us the entire time. They were never impatient and shared their knowledge willingly.

Every person learned something new about themselves while in Yasica and we took a lot of life lessons back home. In addition to life lessons everyone wished we could take home a few other things. Whether it was fresh coconut milk or sugar cane, the food was always delicious and we all would do anything to have that food every day of our lives. No one wanted to leave the warm beach where we spent the last couple of days in the DR. While at the beach we all learned more about the tourist aspect of the island and the history of the country, not to mention the beautiful water and the warm sun. The last few days made it very hard to leave the country. Overall, our experiences brought us closer, taught us about ourselves, and humbled us in many ways. From the Ground Up was truly an ideal Winterim experience.
Sara's Simple Steps to Success: Prom Points
by Sara Rosenberg '14

Prom is nearly upon us! Here are ideas on how to prepare.

Girls
- Get your dress early! You don’t want to find yourself scrambling two weeks beforehand.
- When trying on dresses, make sure you cover the three Bs. And if you don’t know what those are, ask a friend.
- Post your dress on the Facebook page as soon as you buy it. This will decrease your chance of twinning with someone on the big night.
- If you do end up with the same dress as someone else, don’t sweat it! Just because you have the same dress doesn’t mean you look the same in it.
- Help your date out! Tell him exactly what color you’re wearing. “It’s bluish-green” is not specific enough.

Guys
- If there’s someone specific you want to take, don’t be afraid to get creative—this is prom; go big or go home! You could...
  - Make a sign—a big sign—that says “[insert name here], prom?” And hang it up in a public area. Then stand under it holding flowers so she knows it’s from you.
  - Give her a card that reads: “Will you go to prom with me? Yes: Smile. No: Backflip.”
  - If you’re not a musician, a short, cheesy poem (preferably one that rhymes) will suffice.
  - Rig a Friday assembly so that she goes onstage, then surprise her with candy or chocolate and an invitation to prom.
  - Get her friends in on it! Ask one of her friends to have her go get something during lunch, and while she’s up replace her plate with one that spells “Prom?” in the condiment or food item of your choice.
  - Make a scavenger hunt! Send her around campus collecting clues, and on the back of each new clue write “will”, “you”, “go”, “to”, “prom”, “with”. Have the last clue lead her to you, holding a sign that says “me?” and she’s sure to say yes.

Which LA Teacher are You?

A student is complaining in your class...what do you do?

- Tell them to suck it up
- Patiently talk it out

Launch into a rant about adolescent inadequacy

What’s most important to you?

- The school system
- Sarcasm
- Protein shake
- Pi

What’s your favorite?

- Lack of beaches
- What annoys you most about living in Groton?

If you weren’t a teacher, what would you be?

- Work at an animal shelter
- Philosopher
- Your rights

Which LA Teacher are You?

Mrs. Collins

Mr. Culley

Mr. Feigenbaum

Mr. Ellsasser

Ms. Schneider

Prom 2013
Being two-thirds of the way through school has left many on campus rather haggard. I, for one, have started talking to myself. Because I’ve been so frequently engaged in conversations with myself while walking, this has led to some unfortunate accidents, such as walking into poles or apologizing to doorknobs that I inadvertently bruise with my backpack. Not to mention the slightly skeptical looks, not of judgment, but of concern for my sanity. I’m not insane, I promise. I’m just artsy.

Partly for my own benefit, I have made a list of remedies to this frazzled atmosphere. (My sincerest apologies if you were actually depending on a twelve-step program or some sort of condensed self-help book.)

Here are some Sabinaisms (or, as some would say, Sabuddhaisms):

1. **Bro hugs.** I forgot my love of this mysterious art until I gave a friend a bro hug in the dining hall the other night. He promptly declared that it was weird, and refuses to give me another one, but I thoroughly enjoyed the experience. Bro hugs are great because they have less formality than a simple wave or handshake, but do not demonstrate the sometimes-unnecessary intimacy of a traditional embrace (although this is not to discredit the beauty of hugs). Also, call your friends “nuggets.” If they’re just as into it as you are, it’s an incredibly validating experience.

2. **If you get a cat, give it a good name.** Something cute in an unconventional way, or just downright ridiculous. Fluffy, Patches, and names of that caliber do not qualify. You should be able to look at your cat and say, “You know what? My cat has a fantastic name, and it is so original that I take pride whenever I introduce my cat to other people.” Starting with a title, such as Mister or Colonel or Sergeant, always helps. Take, for example, Sergeant Tibs from *101 Dalmatians.* A+ work.

3. **We had an excessively cold winter, even by Massachusetts standards.** School days resumed with blistering cold weather, and people commented on waking up to temperatures that barely hovered above 0º Fahrenheit. But this treacherous season is over! So to prepare for next year, do yourselves a favor and invest in a large, warm winter jacket. Sure, you may look a little bulkier than usual, but it is worth it when you can walk the distance between Ansin and the Gray Building without a single shiver. The puffier and more ridiculous it is, the warmer you will be. We live in Massachusetts, and the winters are going to be brutal, so it is high time that we all faced up to the facts. If you simply do not want to invest in a new jacket, at least dress reasonably. No, it is not time to pull out your favorite miniskirt, even if your NGP teachers are making you dress up for your big seminar. Wear some pants. Pants are good. We like pants.

4. **Never use “yolo” as a verb.** I have a very bad friend who would do this constantly last year to describe how she wanted to spend her second semester of senior year (not that I recommend this to any seniors, because I personally do not believe in senior spring). The art of “yoloing” is the exact opposite of that â€“ it is not an art. And do not get me started on #yoloswag, which may be one of the greatest atrocities I have witnessed in my eighteen years on this planet. There are many more constructive and less mainstream phrases to describe your plights and actions. Use a dictionary. This Sabinaism applies to me as well, so I too need to amend my language.

Stay warm, my friends, and as always, stay artsy.