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Valentine's Day Antics



CRLS acapella group Girls Next Door serenades senior Stacey Badgett. It is an annual tradition for Rindge acapella groups to sell singing valentines and circle the school on Valentine's Day. In addition to singing valentines, student government sells carnations to be delivered to students.

Photo Credit: Steve Matteo

The CEA is Here to Stay Cambridge Teachers Show Solidarity with Their Union

By
Leah Cohen
Register Forum Editor

It took real elbow effort to cut through the crowd at the School Committee's January 28th Budget Hearing; it was a 200-strong compact of Cambridge parents, teachers, and administrators. CPSD staff wore pins that read "I am the CEA," expressing their solidarity with the Cambridge Education Association.

The CEA is the teacher's union for the Cambridge Public School District, and its bargaining team is currently negotiating a new contract for its

members during this year's budget discussion. CPSD staff have been working without an official contract since the bargaining system shifted in September 2012, and their presence at the hearing showed they were tired of waiting.

Cambridge teachers Julie Craven, Meg Moloney, and Joel Patterson shared a public comment slot at the meeting, affirming in turn that "I am a proud member of the CEA, and I stand with our bargaining team." Last in line, Patterson rose to present to the School Committee a petition signed by union members "to quickly settle a fair and equitable

contract."

Senior Emily Gray, the student government representative to the School Committee, was touched by the event. "There were teachers lining every wall in the room and filling the seats. Needless to say, they made a strong statement of solidarity. People who were there for public comment on other issues paused first to voice their support," she noted.

She was alluding to people like Freedom Baird, a Cambridge parent, who opened her statement to the school committee with

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One Teacher Stands Up for South Africa

By
Jonah Conlin
Register Forum Editor

When asked what she wanted to tell the CRLS community, Ms. Caroline Hunter, a retired math teacher and CRLS administrator, said it was important that students know the difference one person can make. When discussing Ms. Hunter, history teacher Mr. Landwehr echoed that sentiment: "You never know who is a history maker." In 2012, Ms. Hunter won the Rosa Parks Memorial Award for her pioneering work in the South African divestment movement.

A graduate of Xavier University and a first generation college student, Ms. Caroline Hunter was recruited in 1968 out of college to be a research chemist at Polaroid. Two years earlier, Polaroid had introduced the TD-2 Land Identification system, technology that allowed identification cards to be printed in two minutes. By 1970, Polaroid sales reached \$500 million. Needless to say, Ms. Hunter had a promising career in

line.

While visiting each other, Caroline Hunter and her co-worker and future husband Ken Williams noticed a large mock-up of a South African passbook. Noticing that the picture was related to South Africa, the two started asking questions about Polaroid's investments.

Ms. Hunter says she "didn't know a lot about the [South African] situation, but I remembered seeing the massacre in '64, so we started asking questions." Polaroid, in fact, was invested in South Africa, and its Land Identification technology was being used to print the passbooks that all black South Africans were required to carry.

"It was modern slavery," said Dr. Charles J. Ogletree, a professor at Harvard Law, in a video testament to Ms. Hunter. Passbooks were a photo ID that black South Africans needed to present in order to get a job, to live in a township, or whenever anyone white demanded it. With convo-

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Ms. Hunter (center) pictured with Nelson (left) and Willie Mandela (right).

Photo Credit: Caroline Hunter

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CRLS Spoon Games

Second Annual Student-Run Competition in Full Swing

By
Phoebe West
Register Forum Staff

Senior Lucia Tonalchel walks the hallways on edge, clutching her spoon; she is scared, because any senior may be out to get her. Lucia is not crazy: Lucia is merely playing the Spoon Games.

On Monday, January 6th, the Spoon Games began for 66 CRLS seniors and for the foreseeable future they had one goal: to survive.

Inspired by the *Hunger Games* franchise, the Spoon Games is a game of deceit, cunning, endurance, and most importantly, heart. The goal of the Games is simple: be the last person to be holding your spoon and win fame, fortune and the title of champion.

The rules, however, are much more complex: each participant is given a target and they must “kill” him or her by tapping their target with their spoon when the target is not holding on to it. “Holding” is defined as when the spoon is in your hand or mouth. As a general matter, classrooms are safe zones and you can only “kill” during lunch, passing periods and outside of school.

Senior Tali Shalaby commented on the rules, saying, “They’re really confusing...but that’s the Games I guess.”

Even with restrictions and rule changes, people have died. Dozens of poor souls have lost their lives. Senior Solomon Abrams, one of the deceased, reflected on his death: through tears he managed to say, “I don’t know

exactly how it happened; I was alive one moment and the next I was dead. Being in the Spoon Games was the most exhilarating two days of my life.”

Senior Lilly Sandberg, on the other hand survived for five days not even carrying her spoon, an action that led to her final downfall. She says, “Whoever holds their spoon is a peasant!”

At the heart of the Games are the masters of all

things spoon, seniors Tim Traversy and Jane Yang. Trained by last year’s master, Henry Eccles, this team of master minds have kept

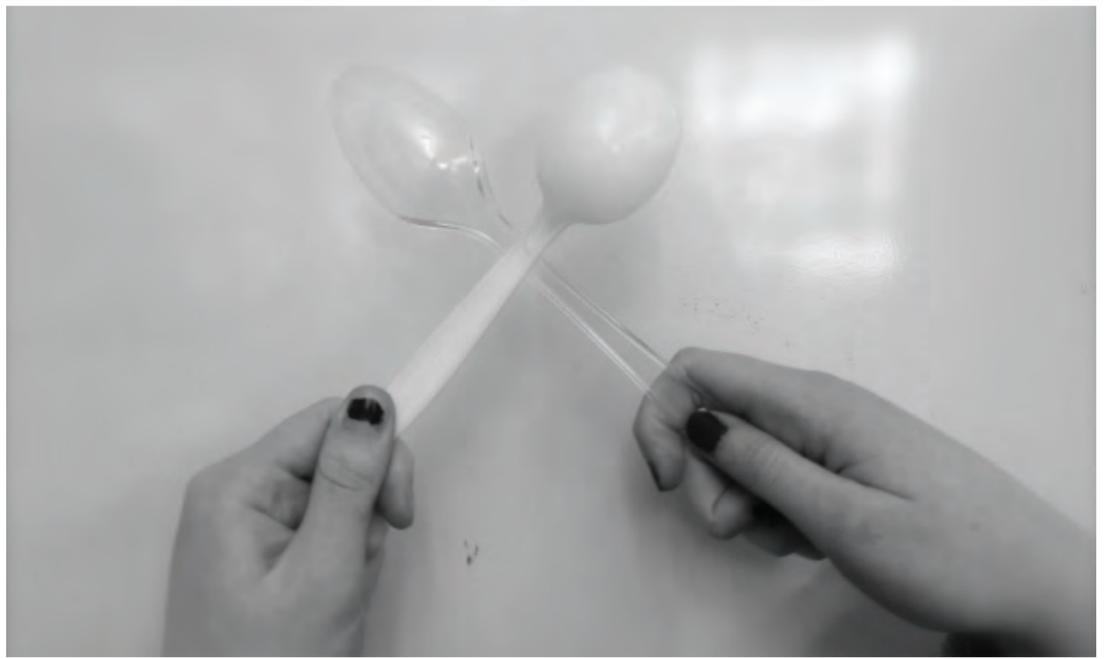
“Being in the Spoon Games was the most exhilarating two days of my life.”

the participants on their toes and have made sure that the Games are running smoothly.

The Masters were unavailable for an exten-

sive interview at this time. However, they have briefly conferred with this reporter. All I can reveal is that what goes on in the Capital, stays in the Capital.

For all of the bloodshed, the Spoon Games are for a good cause as half of the money goes to the Marine Conservation Club. For everyone who dies, a sea turtle is saved! Twists, tears and flying spoons...may the odds be ever in your favor.



The Latino Club at CRLS is one of the most culturally rich clubs in our school, and offers a wonderful experience for all who wish to meet new people and immerse themselves in the vibrant Latino community here at Rindge.

From food sales to assemblies, we do what we can to share our love and spirit with the rest of the CRLS family.

In April, we hope to take our annual community service trip to the Dominican Republic, to truly share the love with the whole world! Although our trip was cancelled last year, the club had previously made the journey

five times. The trip is designed to give students an incredible opportunity to share knowledge and resources with less privileged students. If this sounds like something that interests you, make sure to sign up as soon as possible.

We recently said goodbye to two very special members of the club, as they returned to Chile their after a wonderful semester spent here in Cambridge. To Flavia and Clemente; Hasta Luego, espero que nos reunimos muy pronto!

The Latino Club meets in Mr. Casillas’s room (2215) on Mondays at 2:40 p.m.; everybody is welcome!

THE CEA IS HERE TO STAY

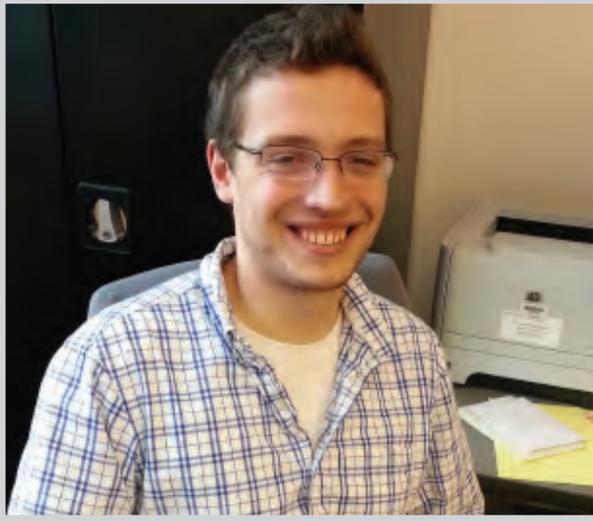
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a nod to the badged staff: “It’s really moving to see all our teachers here. I’m the daughter of a veteran school teacher, now retired, and I was with her on the picket lines when I was a kid, so I stand with you.”

Their appreciation was echoed by Dean Susie Espinoza, who stresses the importance of solidarity in a time when “unions across the nation are losing momentum.” Espinoza is on the CEA’s bargaining team, which means that she negotiates with the city on behalf of the teachers and administrators in the CEA. She joined the team in November 2012 just after CPSD shifted to a system called “interest-based bargaining,” which emphasizes extensive conversations preceding negotiations. That way, all parties can discuss the best interests of students and the school system.

And though the past eighteen months have yielded no consensus even among union members, especially on the caustic issue of healthcare, Espinoza is optimistic. She says that this crowd would not have stood together last June. During that round of negotiations, members split down the middle over the issue of extending the school day, eventually voting down their bargaining team’s contract proposal by a slim margin. Members rarely reject these proposals, and it was concerning in light of the nationwide trend of union fractures.

But seven months later, CEA members staff pinned to themselves the promise that they would stick together. Once Patterson presented the petition, they began to file out of the conference room, leaving it empty and buzzing. Their act was over, but it had made its impression. Gray gushed, “It is in moments like that when I feel really proud to be a part of the Cambridge Public Schools, and proud to have had these people as my teachers.”



By
Sung Kang
Register Forum Correspondent

Fast Facts:

Name: Sam Horan
Place of Origin: Medfield, MA
Advisor Teacher: Mr. Patterson
Favorite Sports Teams: Celtics and Red Sox

Teacher Spotlight: Sam Horan

The Student Teacher on Air Conditioning and Cell Phones

RF: What type of behaviors did you see that you found unpleasant in the class?

SH: I mean, I have a fervent hatred for cell phones. But the classes I taught didn't have that problem. It was not an issue. The classes I taught were good. I saw other classes with worse behavior.

RF: When and why were you interested in math? Or is there another favorite subject?

SH: Originally, I submitted the papers to become a physics teacher. I always liked math, so I decided to switch to math. In physics, I was afraid to teach labs because I always mess up in labs. I really think that math should be an enjoyable experience. I definitely do. I think that it's one of the greatest accomplishments of our species.

RF: What will be your next step after teaching at CRLS?

SH: I have to wrap up my degree at Harvard.

This, for me, is the immediate future. After that, I might go job-hunting but the degree is my priority. But I would love to come back to CRLS.

RF: What is one favorite memory that you have?

SH: I really like today: the day before break, so we did not have to teach calculus. Mr. Patterson and I decided to do something that we considered fun.

RF: What do you think is unique about CRLS?

SH: It has air conditioning. There is so much here. I don't even know what's across the street. There are also so many clubs here like Robotics which I did not have at my high school. There are a lot of great student-teachers here as well. I definitely think that CRLS is a great place to be in.

Winter Formal

Students Congregate at Annual Dance to Celebrate

By
Ben Austin
Register Forum Correspondent

On January 31st, CRLS celebrated the end of the first semester and the beginning of a new one at the Winter Formal. The thumping dance music, unlimited soda bar, and copious amounts of delectable appetizers attracted over 400 students to the Sheraton Commander in Harvard Square for a night full of entertainment.

"This definitely ranks as one of the greatest night of my life," sophomore Truman Greene declared before enthusiastically rushing back onto the dance floor. Greene, who could be easily identified in the crowd as one of the more exuberant dancers, said that he and others who shared his passion for dancing spent the night in the middle of the dance floor, while those who preferred to converse with friends spent time in the food and drink section of the hall.

Senior Charles Boateng, a self-proclaimed "dancing sensation", was also someone who tore up the dance floor on the 31st. Boateng proudly proclaimed the following Monday that he literally never stopped dancing for all four hours, and that he still had "pains in [his] quads and calves."

Student government officials were impressed by the turnout, both by students from



Photo Credit: Isabel Goldstien, Tim Plenk, Alessandra Fix

Rindge and from other schools. "We actually had to turn people away at the door because the dance hall was filled to capacity," Susan Gonzalez, a junior representative, noted. Gonzalez continued, "there were also a handful of kids from other schools, which was awesome to see!"

Sophomore Sam Stubbs, a track star, said that "the dancing at this Winter Formal is more athletically challenging than most of the track team's practices." Stubbs, added, "I'll definitely need to carb-load next year if I want to have the energy needed for this intense level of dancing." Stubbs highlighted the joy he got out of dressing up in a "formal manner" and said he "looks forward to future Winter Formals."

Most student who attended just appreciated being able to attend such a formal event at such a nice hotel. Freshman Charlotte Rosen-

blum stated that the favorite part of her night was "dancing with her friends," and the general Rindge population seemed to agree with her.

Many students waited until the last moment to buy their tickets and had to spend 30 dollars at the door. The tickets were 30 dollars at the door, 25 the week before, and so on and so forth. Rosenblum added that she was happy she bought her ticket when they first went on sale and were only 15 dollars.

In general, the night was successful. Most students had fun and said that they would certainly come again next year. When reflecting on the dance, student government members concluded that this was one of the most profitable dances ever and that in the years to come safety will be stressed more and more.



J2: THE NEW CREW

With a new semester comes a new set of *Register Forum* editors and staff, ready to take up arms for the newspaper. In Mr. Matteo's Journalism II course, the new staff will be taking charge of the paper for five issues, through the remainder of winter and into the first glimpses of spring and graduation in May. The editorial staff assures the CRLS community that they will do the utmost to uphold the quality and integrity of the *Forum*. Supported by the after school newspaper club, the remainder of the 2013-2014 school year is set to be a great one. Join the Fourth Estate!

Bridging the Gap Between Honors and CP

By
Sasha Forbath
Register Forum Editor



The Charles River mid-winter

Photo Credit: Sasha Forbath
partment.”

Tracking is an inevitable part of a large public urban high school. At CRLS, classes are divided into different levels: college preparatory, Honors, and AP. Students get recommended to pursue CP or Honors tracks from their middle school teachers and then tend to stay on this same level throughout their high school career.

Once in a CP or Honors class it is often quite difficult (especially if you are trying to move from CP to Honors) to make jumps because the change in pace and heavier workload can be alarming but it can also feel quite isolating because the friends made in the different level classes are no longer beside you.

Senior Natasha Ayaz described her opinion on the issue by saying, “Probably the most revealing thing is the fact that if you take all Honors and AP, you essentially don’t even know anyone who doesn’t take those level classes.”

She reasoned, “A way to potentially remedy this problem would be to have a larger number of CP classes with Honors options, so that kids who typically take CP could more easily make that jump to higher level classes.”

Students and teachers alike are advocates for mixed level classrooms. English teacher Ms. Trayer reflected on the importance of teaching CP classes with Honors option noting, “They create opportunities for kids who might otherwise not be able to take an Honors class. For example, there might be a kid who has dyslexia and requires co-taught services on an IEP. In the past kids would either have to wave services or not be able to take an honors level class. If you have Honors option

Ms. Trayer described the income divide she sees between different levels. Higher income kids usually make up most of the honors classes and lower income kids make up most of the college prep classes.

It appears that Rindge is heading in the direction of opening up the option of CP classes with honors option to more subjects in the coming years. Principal Smith reflected on the host of challenges, which arise in mixed level classrooms saying, “It comes down to people’s [teachers’] experience in mastering the understanding

embedded into a co-taught class then the kid can get Honors credit and also get their special needs met.”

She continued, “It also creates a more democratic classroom environment so you see more diversity in Honors option classes then you see in any other classes in the school, at least for the English de-

of the curriculum and being able to bridge from the more standard level to the more advanced level.”

He hopes that, with adequate teacher training, more subjects will begin to become available begin to bridge the achievement gap at Rindge.

“...if you take all Honors and AP, you essentially don’t even know anyone who doesn’t take those level classes.”

For most of that time, Ms. Hunter was consumed by the struggle: “For a while, I lived on unemployment; \$69 dollars a week.”

MS. HUNTER

Continued from page 1

luted laws and corrupt public officials it was made nearly impossible to have a passbook in full legal order. With an improper passbook, black South Africans were not only socioeconomically shackled but subject to apprehension by the police.

After learning the truth, Ms. Hunter and Mr. Williams began to spread the word of Polaroid’s South African investments and organize protests. They demanded that Polaroid divest from South Africa, issue a public denouncement of apartheid, and donate its profits

to the liberation movement. “Ken was fired on the third day of our protest” says Ms. Hunter, “and I got fired for misconduct detrimental to the best interests of the corporation.”

The two then founded the Polaroid Revolutionary Workers Movement (PRWM), which kept the three original demands and called for a national boycott of Polaroid products.

Workers were not quick to join the PRWM,

eralism,” says Ms. Hunter. Even today, online accounts of Polaroid’s apartheid involvement are quick to mention

that less than 0.1 percent of its annual profits

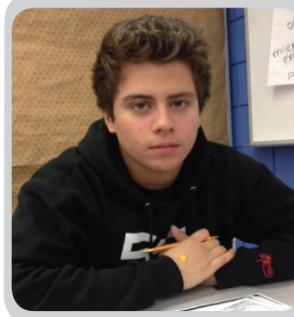
came from its South African commerce. Polaroid did send four employees to South Africa to investigate the situation, and in 1971 declared it would stop selling its products to the South African government. The vast majority of Polaroid’s South African money, however, came from Frank

partially because the company was a “portrait of lib-

& Hirsch, one of the company’s distributors who they

CRLS RESPONDS:

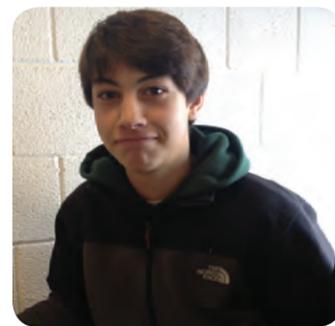
What are you most looking forward to in the spring?



Nico Santiago
Class of 2017

“Spring brings summer--and summer brings fun!”

Colin McNeely
Class of 2016



“Can’t wait to work on my bumps and my sets for volleyball. Show up and support!”



Sophie Martin
Class of 2015

“Being able to do homework outside instead of being cooped up inside.”

Jane Yang
Class of 2014



“Getting into a college and lacrosse.”

the South African govern-

ment, usually by removing their pension funds. “650 corporations were involved financially in South Africa,” says Ms. Hunter, “We weren’t the first to attempt divestment but we were the most effective.”

National unrest and the combined financial pressure of divestment lead to South Africa’s first democratic election in 1994.

continued to sell to well past 1971.

The PRWM continued its work. “We engaged

students and labor unions,” continues Ms. Hunter, “we started asking people to put down their Polaroid camera.” “We testified before the Senate Foreign Relations Committee and the UN Special Committee on Apartheid.”

It took seven years for Polaroid to withdraw entirely from South Africa. For most of that time Ms. Hunter was consumed by the struggle, “for a while I lived on unemployment;

\$69 dollars a week.”

In boycotting Polaroid, the PRWM had gotten churches and other organizations to divest themselves from any company sponsoring

the South African govern-

ment, usually by removing their pension funds. “650 corporations were involved financially in South Africa,” says Ms. Hunter, “We weren’t the first to attempt divestment but we were the most effective.”

National unrest and the combined financial pressure of divestment lead to South Africa’s first democratic election in 1994.

“We weren’t the first to attempt divestment, but we were the most effective.”

It's Raining Men!

CRLS Students Reflect on Gender and Sexuality

By
Andres Bullon-Puckett
Register Forum Editor

It's a popular trope: the first thing that a doctor should say after a mother gives birth is "it's a girl!" or "it's a boy!"

But is it really that simple?

Senior Kristina Elhauge certainly doesn't think so. She says, "Gender is a fluid concept that lies on a spectrum," she adds, "it's different for every individual."

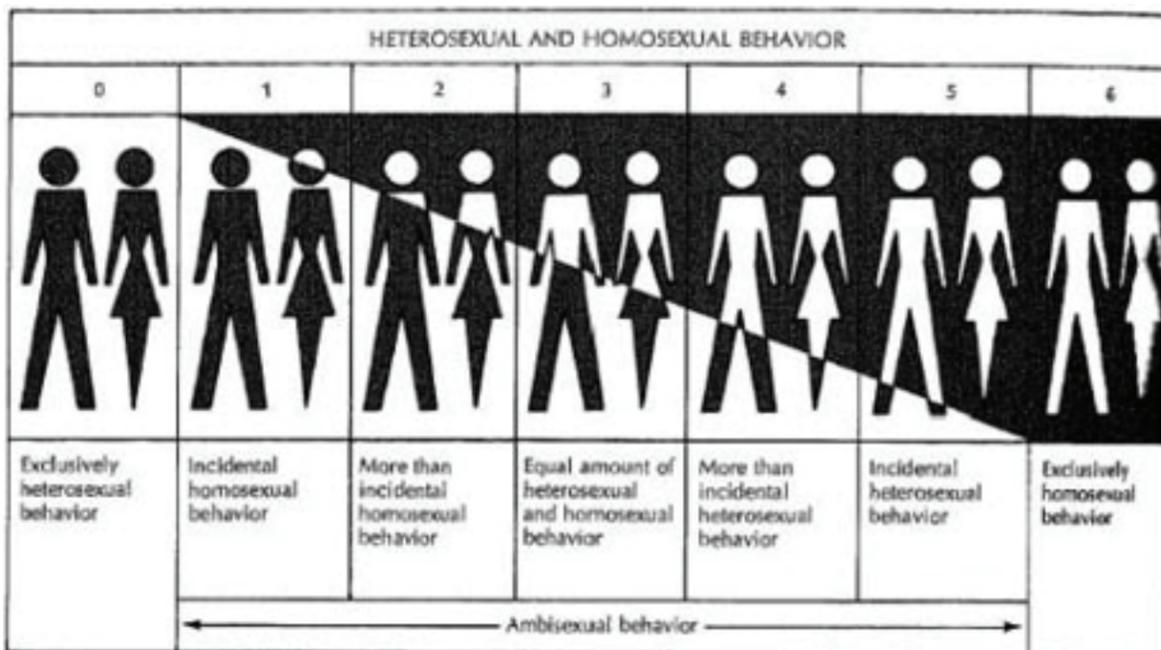
Many feminists and proponents of gay rights study the concept of a "gender binary," which separates the world into two distinct sections: "masculine" and "feminine."

The National Gay-Straight Alliance identifies the gender binary as "a social system that requires that everyone be raised as a boy or girl, which in turn forms the basis for how you are educated ... how you are expected to behave ... and who you should be attracted to/love/marry, etc."

CRLS students took an online survey about the gender binary and a related topic, the "Kinsey Scale." Of the 50 students polled, 56% admitted that they had no idea what the gender binary was.

"I've never heard of anything like that.

Of the 50 students polled, 56% admitted that they had no idea what the [gender] binary was.



A widely used measure of sexuality, the "Kinsey Scale"

Photo Credit: trolocas.com

I've just always believed that men and women should be classified separately," says Junior Chhoyang Cheshatsang.

The same students polled were also asked to measure themselves on the "Kinsey Scale," a widely used measure of hetero- and homosexuality. 0 means that the student is exclusively heterosexual, and 6 mean that they're exclusively homosexual.

The majority of students didn't pick an extreme. 56% of respondents chose 1, which meant that they exhibit some "incidental homosexual behavior." Only 8% reported that they were exclusively homosexual.

The creator of the Kinsey Scale, Charles Kinsey, explains, "Males do not represent two

discrete populations, heterosexual and homosexual. The world is not to be divided into sheep and goats. Not all things are black nor all things white."

The Kinsey Scale seems to disprove the gender binary. It demonstrates that gender and sexuality cannot be viewed in such black-and-white terms.

Many CRLS students didn't appear to conform to one extreme on the Kinsey Scale. If students don't conform to one extreme when it comes to sexuality, should they conform to one extreme when it comes to gender?

The persistent enforcement of the gender binary may or may not be a negative force in society. At the very least, it's important to be aware of, as part of the debate surrounding gender and sexuality.

Adopt-A-Dictator

CRLS Students Take On New Identities to Exemplify Their Knowledge

By
Tessa Tracy
Register Forum
Staff

The room was filled with conversation as guests moved from station to station, absorbing information from the knowledgeable students in Ms. Madden's History of Latin America Class.

In mid-January, Ms. Madden hosted a semester-culminating portfolio event, "Adopt-A-Dictator," at which each of her students adopted the personality of a Latin American dictator or influential figure of their choice. The event was preceded by weeks of preparation and research by the students.

According to Ms. Soble, a CRLS AP literature teacher, the depth of the students knowledge was evident: "Ms. Madden's students' ability to respond to all kinds of questions and perspectives testified to their having developed that

kind of flexible, useful deep understanding."

This was the first year History of Latin America has been offered as a class. The curriculum provides students with background in an area that is not always fully addressed in the required history courses. Throughout the course, students participated in creative projects, and the Adopt-A-Dictator event is only one example of the independence the class encouraged.

The event was organized so that each guest also assumed an identity, such as a business entrepreneur. The students were responsible for interacting with each guest differently depending on the interests of the country their figure led when they were in power. To further develop the mood, every student brought in food that is culturally significant to the nation they researched.

Senior Wynther Gedeon chose to research Manuel Noriega, a Pana-



Senior Neil McCann and Junior Conor Naughton channel their inner dictator.

Photo Credit: Sherry Madden

manian dictator. She enthusiastically offered her empanadas as she educated the circulating guests about Noriega's selfish rule, which both began and ended with the help of U.S. forces.

"The only history I have been taught until this class was focused on Europe or the US. And don't get me wrong, that's important, but that's not all there is. This was the first class that taught me about my people's history. It was the first class that addressed the history of a large demographic at Rindge," Wynther reflected.

Ms. Madden was

extremely excited to teach this course. As the semester comes to a close, she is happy with how the event and the class went. "Along with expanding their knowledge of a part of the world less studied, the biggest satisfaction for me was seeing their curiosity expand and their wanting to know more. For an educator, it doesn't get any better than that," Ms. Madden explained.

Students' curiosity and knowledge was evident at the event, and Ms. Madden's own love for the course was clear to her students: "It was taught by an amazing and insightful

teacher that has so much knowledge and life experience that you can't help but feel a little more enlightened when you leave that class," Wynther says of Ms. Madden.

The Adopt-A-Dictator event, as well as the course as a whole, met the expectations of every party, from guests to students to the teacher. Interested CRLS students, with curiosity about Latin American history, should be sure to look out for this class as they make their course selections for next year.

Pity, Scorn, Envy and the Homeless: The Psychology of Poverty

By
Paloma O'Connor
Register Forum
Correspondent

A recent study shows that when presented with a picture of a poor person, many people react as if they were seeing an object, not a human.

"Americans like to think that we are beyond social class," writes Susan Fiske, the Princeton professor of Psychology who conducted the study. "Our collective belief is that America offers opportunity, so the system is fair." Her study, entitled "Envy Up, Scorn Down: How Comparison Divides Us", examines social comparison, and how envy and scorn are byproducts of assessing our social status.

Her findings are consistent with everyday experience. Watching a friend, family member, or peer succeed makes us feel

inadequate, and many feel wronged – their successful peers must have had an unfair advantage. Regarding the uber-powerful, we acknowledge their competence, but also see them as "cold, exploitative, and untrustworthy." Among the most envied today are Asian and Jewish people, along with high-achieving women.

Scorn, on the other hand, is correlated with power. "Power makes

people focus on their own goals and needs, neglecting people with less power, unless they are useful somehow," Fiske explains. "Power corrupts." People often consider those below them with pity (like for the old) and contempt (for the homeless); combined, the two make scorn.

The major implication of scorn is that we don't bother empathizing with people because they are so far below us. Fiske found that subjects were indifferent to the thoughts of the homeless and of drug addicts, essentially viewing them as less than human. They reacted similarly to elderly people and immigrants.

To test prejudice based on status, Fiske presented test subjects with a moral dilemma: they have

that information that rebutted stereotypes mitigates scorn and envy. Shown a poor, but hardworking person, subjects felt less scorn. Similarly, participants felt significantly more empathy for immigrants after reading an immigrant's blog.

Envy and scorn combined reflect a serious barrier to equality in the United States. "Envy says, 'I wish I had what you have,' but it implies, 'And I wish you did not have it.' Scorn says, 'You are unworthy of my attention, but I know you are down there somewhere,'" Fiske elaborates.

Comparison is necessary to understand where we stand in society, but quickly becomes dangerous as we envy those above us and scorn those below us.

The implications are obvious in politics: every election, it seems, has become a battle between Wall Street and Main Street.

Inequality is, arguably, the most important issue in the US today. The

American Dream is less and less achievable – partially, Fiske argues, due to our scorn and our envy.

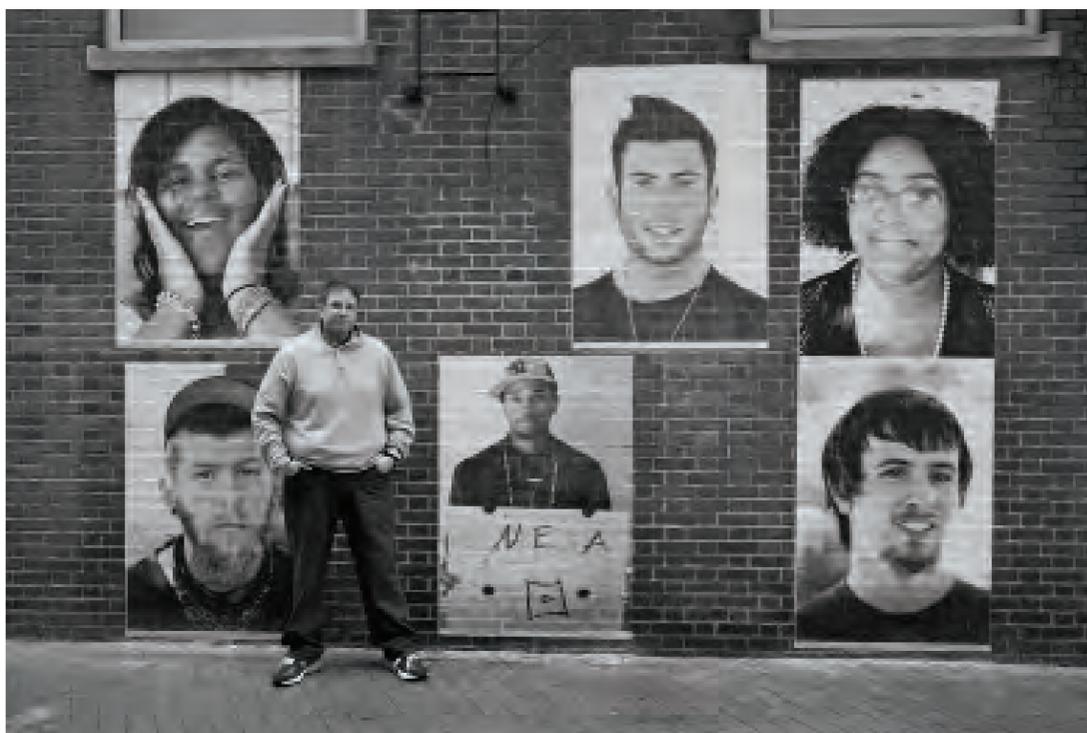
People think that the poor deserve to be poor, and that the rich deserve to be rich. "Looking upward and looking downward in social comparisons happens all the time," writes Fiske. And the ramifications of our comparison are huge.

to decide whether to push one person onto a railway track to save five trapped in a runaway train.

Most people – 80 to 90 percent – rejected sacrificing one to save five as immoral. But when Fiske asked whether sacrificing one homeless person to save five successful people was acceptable, most people – 84% - answered that yes, it was.

On a more positive note, Fiske also found

Power makes people focus on their own goals and needs, neglecting people with less power, unless they are useful somehow.



The Outside In project in Harvard Square aims to end homelessness with art.

Photo Credit: Melanie Temin

Water.org Provides Inspiration to CRLS

By
Sophia Nikolayev
Register Forum Correspondent

Water.org is an American non-profit developmental aid organization resulting from the merger of H2O Africa, co-founded by Matt Damon, and WaterPartners, co-founded by Gary White. Its goal is to provide aid to regions of developing countries that do not have access to drinking water and sanitation.

Water.org uses four key components in their approach to implement water projects: forging partnerships, involving the community at each stage of the project, selecting the right technology for the local community and their particular situation, and integrating all projects with education on health and hygiene.

TEAM.Water.org is a nationwide community of endurance athletes whose passion for sports is matched by a strong commitment to provide safe drinking water to people in developing countries.

CRLS Junior, Jackson Damon shares about the athletic aspect of the charity: "TEAM.Water.org helps tie competitive racing to clean water by matching every race entry fee with a donation to Water.org. This donation helps developing countries gain clean water. Even with a simple donation of \$25, every contributor is providing someone in need with clean water for life. Given that about 1 in 8 kids don't have access to clean water, TEAM.Water.org provides a healthy and easy way to help the many people who don't have access to a living necessity of which several people take for granted."

The purpose of Water.org is also to bring awareness about the lack of clean water and sanitation in the given countries. Every 20 seconds, a child dies from a water-related disease. About 80% of sewage in developing countries is discharged untreated. More people have cellphones than access to a decent toilet.

3.6 million people die each year from water related diseases. Less than 1% of the world's fresh water is readily accessible for direct human use. Nearly 1 billion people lack access to clean water. Millions of women and children spend several hours a day collecting water from distant, often polluted surfaces. Water.org makes its largest attempt in spreading this reality that several people are oblivious to, and formulates plans into solving these problems.

Inspired by the amazing Water.org effect that has made nationally, CRLS decided to get involved in solving the water crisis. CRLS sophomore Izzy Gray tells,

"The Environmental Action Club is excited to reduce the use of harmful plastic bottles and promote the consumption of tap water in reusable bottles. Our goal is to encourage conservation at CRLS by raising awareness about this issue, and making it easy for students to drink tap water. In the future, we plan to install several hydration stations throughout the school, and provide all CRLS students with their own reusable water bottle."

Thanks to Water.org, several developing countries have gained access to clean water and sanitation. The organization is eye opening to several that are subliminal to the terrible sanitation issues happening world wide. The smallest donation can impact someone greatly and there is no shortage of ways you can make a difference. Just the spread of awareness makes an enormous effect on all communities.

Every 20 seconds, a child dies from water-related diseases.

"The Environmental Action Club is excited to reduce the use of harmful plastic bottles and promote the consumption of tap water."

Ukrainian Protests Spark Revolution

By
Paloma O'Connor
Register Forum Correspondent

Currently Ukraine has reverted to its 2004 constitution. An arrest warrant has been issued for former President Victor Yanukovich and Oleksander Turchynov has taken over as interim Prime Minister. Dramatic events indeed.

There have been a lot of Ukrainians protesting with saucepans on their heads. Why? The answer is complicated.

The problem starts with Ukraine's location. Ukraine is situated directly between Western Europe and Russia, and thus is a site of cultural and political tug-of-war. Even after gaining independence from the Soviet Union in 1991, Ukraine remained culturally and politically divided. In the west, inhabitants speak native Ukrainian and consider themselves European. In the east, people speak mostly Russian and consider themselves Russian.

Victor Yanukovich, the Ukrainian president, comes from the East and was disliked by the West long before the recent protests. They blamed him for the country's vast economic problems and accused him of corruption.

In the past, Yanukovich was convicted twice of violent crimes, and has been accused of using his position to enrich his family while the country's economy crumbled. When he won the 2004 election, there were widespread protests accusing him of fraud. Eventually, there was another vote, which his opponent, Yushchenko, clearly won. However, he was elected in 2010 against

Some analysts have expressed concern that the country may be headed for a civil war, although that possibility seems small at the moment.



Enraged citizens protest after President Yanukovich rejects a popular economic deal with the European Union.

Photo Credit: ews.kievukraine.info

Yulia Tymoshenko, who is now in jail for criminal charges – although many suspect her arrest was politically motivated.

So when, in November, President Yanukovich rejected a relatively popular economic deal with the European Union in favor of a \$15 billion stimulus package and a 33% price cut for natural gas from Russia, protests erupted. Many thought Yanukovich was favoring Moscow over Europe, at a time when the country was increasingly supportive of Europe. Moreover, Russia

had dominated and subjugated Ukraine for centuries, and many saw the president's decision as a return to Russian rule.

Initially, most of the protests were in

Western Ukraine. The deal was made back in November; the conflict was dying down. Then, on January 16th, Yanukovich signed a law that greatly restricted free speech, the media, and even banned wearing a helmet (hence the saucepans worn like helmets).

Protests erupted again, and all over

Ukraine. Many Eastern Ukrainians, most of whom had voted for Yanukovich, were also enraged. Protesters protested not only in Kiev, but also in many major cities. Some even seized government buildings. Several people have been killed in clashes between the protesters and the police.

Fearing civil war and under intense foreign pressure, Parliament repealed most of the anti-protest law that sparked the protests, and passed a law extending amnesty to arrested protesters on the condition that demonstrators leave government buildings.

While on sick leave, Yanukovich authorized the release of opposition activist Dmytro Bulatov. Bulatov was abducted and tortured by unknown kidnappers, and then almost arrested by the Ukrainian police. Amid protests and pressure from the West, Ukraine agreed to let the activist leave the country to seek treatment for his injuries.

Protests erupted in the week of February 17th, when Yanukovich authorized violent force to suppress protesters. *The New York Times* reports that over 70 protesters were killed and more than 1,000 wounded.

Bugging Out: The New Sensation?

By
Chloe Marsanne
Register Forum Editor

According to the United Nation's (UN) Food and Agricultural Organization, about 40% of the world population eats insects on a daily basis. There are 1,900 edible insect species—some live in the forest, while others live in the water. There are forty tons of insects to every human, that's more than enough for an ongoing "all you can eat" insect buffet.

Insects could be the solution to world hunger. While two billion people are perfectly fine with eating insects, the remaining five billion are mostly on the opposite end of the spectrum; CRLS Senior Jane Yang states, "I don't know if it is something I

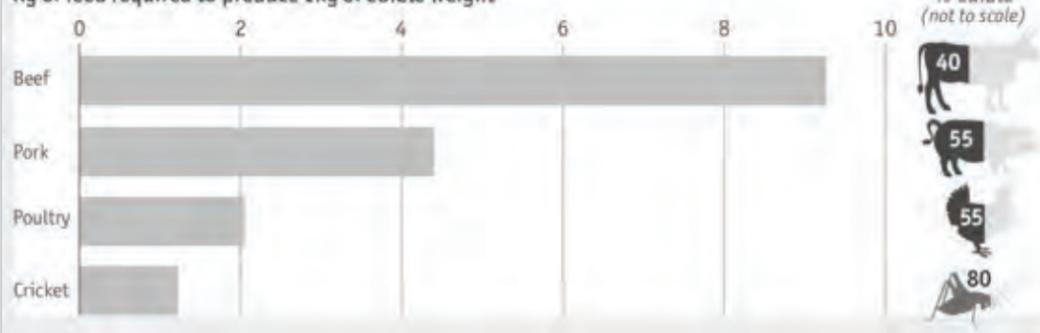
would do myself, but I've seen members of my family eat insects and it's definitely something people do in other cultures so I feel like it's not that abnormal."

So, would it be beneficial to eat insects? You may be surprised to learn that insects are highly nutritious and are a healthy food source with high fat, protein, vitamin, fiber and mineral content. CRLS sophomore Cameron Lane-Flehinger proudly states, "I've had grasshopper tacos before...they were crunchy and sweet."

Consider the following: 100 grams of crickets contains 121 calories. Only 49.5 calories come from fat. Oh, and don't forget the 2.9 grams of protein and 75.8 milligrams of iron.

A bug's life

Kg of feed required to produce 1kg of edible weight



Insects like crickets are extremely efficient sources of edible weight.

Photo Credit: *The Economist*

As CRLS biology teacher Barbara Dorritie puts it, "If locusts eat all of your food, doesn't it make sense to eat them?"

Besides nutritional value, insects are also abun-

It could be a sustainable way to help feed a growing world whose demand for protein is soaring.

dant and environmentally sustainable. Farming and harvesting insects takes very little water and transport fuel compared to livestock, grains and even vegetables.

Farmers don't need

to clear acres of forest to raise them, and the bugs produce fewer planet-warming greenhouse-gas emissions. Up to 18% of our global greenhouse emissions could be eliminated. It could be a sustainable way to help feed a growing world whose demand for protein is soaring.

Up to 30% of the world's land surface could be reclaimed from the livestock industry. Plus, a good 33% could be cut back from average food prices in most countries. Genetics and Biology teacher Tobe Stomberg claims, "I

wouldn't be that excited about eating insects directly, but they're a great source of protein and can be cultivated easily." The UN released a comprehensive 185-page document advocating the rearing of edible insects to be used as food by humans.

A study published by *The Economist* shows that on average, a household in Kinshasa, the capital of the Democratic Republic of Congo, eats about 300g. of caterpillars a week on average, which equates to about ninety-six tons of caterpillars consumed by the city annually. Crickets with popcorn, anyone?

It's Not in the Name: College Major Trumps School Prestige

By
Sasha Forbath
Register Forum Editor

As senioritis looms in the air and spring quickly approaches, soon college bound seniors will be finding out about their college acceptance status. For many, prestige is a big factor when making the decision of where they would like to attend.

Whether it is the external pressure coming from parents and peers or internal pressure of wanting to attend the most selective school possible, it is not uncommon for students to apply to a host of different schools they know nothing about except a respected name.

For example, with nearly 70 seniors having applied to Harvard from Rindge this year, it is likely that many of them did not tour and research the college to ensure it was the best fit for them, but applied on a whim so that they could perhaps add "accepted to Harvard" to their list

of accomplishments.

It's not just Rindge students who feel pressured to attend the most selective school they're admitted to. Teenagers who are throughout the country are weighting the factor of prestige more heavily than anything else when deciding where to attend college. Maybe this is because many think that a prestige of an institution is an indicator for future success.

Unfortunately, the most common measurement of success in a capitalistic society is an individual's income. Studies have proven though that the biggest factor in determining one's future salary is not the school they attend but the major they study. According to Malcolm Gladwell, a degree in science, technology, engineering, or math (STEM) is "the most valuable commodity any graduate can have in today's economy." So perhaps all the students hoping to attend Ivy League institutions in the hopes of becoming "successful" should reassess the components necessary for them to attain true success.

The Truth About Theatah Keads

By
Heather Bildman
Register Forum Staff

It is essential that actors be comfortable in their skin and therefore be confident; it takes a whole lot of courage and self-worth to put one's self in the nerve-racking position of being on stage. Unfortunately, at CRLS, there are often negative associations with the theatre department, even if they are not purposeful.

Seniors Cameron McMillian and Sayem Sinha shared several examples that they believe reflect the general opinion of the school: "Theatre kids can't

separate their social life [from theater]," "develop a cliquey social stigma," and

"are extremely insecure because their self esteem is built on the approval of others, which they need to feel good about themselves." This jarring criticism reflects a communal misunderstanding of what theatre at CRLS is truly about.

I will concede that the department is guilty of giving off a cliquey vibe. This is in no way a stigma against other groups at Rindge, but there is an explanation behind the false impression: "We might appear cliquey because we spend a lot of time together," confesses senior and active theatre participant

Sydney Atkin, "but we are actually a really open group of people because we appreciate everybody's quirks."

To combat the generalizations about the theatre department, it is important for the student body at CRLS to understand that art of theatre puts the adolescent actor in a very vulnerable place. It requires a teenager to completely disregard what is perceived as "socially acceptable," thus opening his or herself up to several opportunities for embarrassment (a huge fear among people our age). I remember it taking days for me to work myself up

Contrary to popular belief, the theatre department is an open place that is eager to accept any student...

to perform a full fledged scream for the musical my sophomore year because, in all honesty, it was terrifying to just let go.

Before a show is taken to the stage the rehearsal process is full of wrong notes, forgotten lines, missed dance steps, voice cracks, and awkward kisses. The experience of repeatedly taking risks and messing up in front of castmates and the crew creates a unique trust and bond among theatre kids. This coupled with long hours of rehearsal may cause the department to come off as "isolated," but it is certainly

not intentional. Despite the demanding schedule, you will always find theatre kids successfully separating their social life from their love of theatre while attending sports events, music concerts, dance recitals, and the like.

Furthermore, though applause is thrilling and compliments are great, the true thrill of theatre is the art of exploring and becoming a character, and eventually portraying that story for the audience -- whether that audience is four or four-hundred people. Therefore, an actor's sense of importance or ability to feel good about

his or herself has no more to do with the approval of others than any other teenager's.

Contrary to popular belief, the theatre department is an open place that is eager to accept any student interested in acting, singing, or a technical position with open arms.

"At first entering the department it was intimidating," admits senior and first year theatre participant Yanina Johnson. "I didn't expect to be surrounded by such an enthusiastic and charismatic group of people. I loved working with everyone and learning new things, and will always remember the wonderful experience I had at Rindge."

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Established in 1891 as the C.M.T.S Register

Edward Snowden is Not a Traitor

By
Nicholas Thilo-McGovern
Register Forum Staff

Edward Snowden has been on the forefront of much controversy after releasing classified documents which disclosed the United States' extensive history of spying on its own citizens to the world. There are a lot of people who are calling him a traitor, but they are not looking at the big picture. Edward Snowden is a true patriot. He exposed some of the United States' darkest secrets; secrets that we have a right to know.

Thomas Jefferson wrote in the Declaration of Independence that "Whenever any form of government becomes destructive...it is the right of the people to alter or to abolish it." To Edward Snowden, our government is being destructive. Every day our government breaks the highest law of the land when they unconstitutionally invade the privacy of millions of Americans. Right now, the government can steal your emails, listen to your phone calls, and even

track your every step without letting you know all in the interest of "security."

People criticize Snowden for fleeing the country and standing up for his beliefs here. People have also condemned him for making the US look bad. He did make the US look bad, I will admit that. But, if Snowden stayed in this country he would have been imprisoned and we never would have seen or heard of him again. Does the name Bradley Manning ring a bell? He's the guy who is serving 35 years in federal prison for releasing a video that showed American troops killing innocent civilians in Afghanistan.

Edward Snowden did his patriotic duty by releasing documents about our government's illegal activities. Even if he fled the country and made the US look bad, he shined light on the dark and unconstitutionally side of our government. It was Benjamin Franklin who said, "Any society that would give up a little Liberty to gain a little Security, will deserve neither and lose both."

Ladies and Gentlemen...the Beatles!

Reflecting on Anniversary of the Biggest Band Ever



The Beatles' legendary performance on the Ed Sullivan Show.

Photo Credit: Express

By
Andrés Bullon-Puckett
Register Forum Editor

Dates are, of course, just numbers. But these numbers can have profound meaning. They can represent the end of suffering for a people (November 9th, 1989, the day that the Berlin Wall fell), the culmination of decades of technological advancement (July 21st, 1969, the date of the moon landing), or the emergence of a cultural behemoth (February 7th, 1964, the day that John Lennon, Paul McCartney,

and Ringo Starr arrived for the first time in John F. Kennedy International Airport). February 2014 marks the 50th anniversary of one of the most important events in modern history: the Beatles arriving in the United States. This

“That means that nearly 40% of the US population watched the Beatles perform on Ed Sullivan.”

event sparked the “British Invasion,” a large influx of English rock groups into American culture.

On February 9th, 1964, the Beatles appeared on the Ed Sullivan Show,

propelling their popularity into the stratosphere. A record 73 million Americans tuned in to watch the Beatles perform hits like “I Want to Hold Your Hand” and “Love Me Do.” Which means that nearly 40% of the US population watched the Beatles perform on Ed Sullivan. Imagine 40% of the population of the US watching anything today.

Not only did the performance mark the beginning of “Beatlemania,” it also ushered in a new era for television. It prompted many families to buy a TV set and make the transition

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from radio.

The Beatles' happy-go-lucky ballads helped rebuild a broken America. Americans, distraught over the assassination of John F. Kennedy a few months prior, were looking for something – anything, to lighten their moods. The catchy “yeah-yeah-yeahs” of “She Loves You” certainly did a lot to lift the spirits of the American people.

The Beatles would go on to become the best-

selling artists of all time. Their influence is still seen today, from Kanye West to Justin Bieber.

It's rare to find an artist (or group of artists) as internationally recognized and loved as those lads from Liverpool. It's also rare to find post-WW2 artists that have had as much influence as the Fab Four.

Luckily, the entire Beatles' catalogue can be found on iTunes.

Broadcast Yourself

How a Website Has Changed How Ideas are Spread

By
Sia Gale
Register Forum Staff

By now, we all know YouTube as one of the oldest content sharing websites used regularly, and also as one of the least changed since its inception. While its layout has remained similar, however, the way the technology is used is vastly different now than it was at the time of its creation.

The site was originally designed to make finding and sharing videos easier for the public, a goal which it accomplished about as quickly as someone can type a URL into a web browser. The first video, uploaded in early 2005 by co-creator Jawad Karim, was titled “Me at the Zoo,” and was as simple as its name.

Fast forward almost ten years and millions of dollars in startup costs later, and the variety of content that the site hosts is endless.

22-year-old Jamal Edwards is the creator of a music label and SB.TV, a YouTube based broadcasting channel for music artists working out of the UK. He is responsible for the breakout of musicians such as Ed Sheeran. In June 2013 he gave a TED talk in which he expressed the idea that “[England's] future prime minister

could be found on YouTube.”

In his talk, Edwards expresses the incredible opportunity that Youtube provides users to market themselves to and influence others people, the likes of whom they have never seen and have never imagined they could have an effect on.

He notes that while the site is commonly utilized for artistic, comedic, or otherwise creative content, if popular channels were to promote political ideas, we might see a very positive change in the way that our generations leaders connect with people of the world.

“YouTube is an incredible resource for sharing ideas that's right at our fingertips.”

Rory Corcoran, a Cambridge Rindge and Latin Senior, agrees with some of Edwards' ideas, “I'm not sure about the prime minister or the president, but I do think that YouTube is an incredible resource for sharing ideas that's right at our fingertips.”

In August 2013, popular YouTubers Jack and Finn Harries documented their 3 week journey across India in a race called the Rickshaw



Every month, 490 million Youtube users view this logo 92 billion times.

Run in an effort to raise \$100,000 dollars for the Teenage Cancer Trust. The twins incentivized over 3 million subscribers to donate by promising to upload multiple short-film length videos of their trip in the months following. The campaign was more than a success, raising a total of \$177,496 dollars for the charity.

Asked to describe the immense power available to people across the world through YouTube, freshman Natalie Siegrist simply stated, “It's pretty wild.”

Over 100 hours of video are uploaded each minute in the form of personal vlogs, documentaries, short films, and countless kinds of content. With just a camera, a few clicks, and the help of YouTube, people around the world now have the ability to broadcast themselves to the global community and change things all on their own.

No more excuses: it's time to make a difference.

All the World is a Stage

Career Job Choices in STEM and Arts

By
Hugh Dougherty
Register Forum Editor

President Obama's speech on "Art History" on January 30th was made before a packed standing room only crowd of skilled manufacturing and trade profession people employed at a General Electric factory in Waukesha, Wisconsin. The goal of the President's speech was to showcase both the trade and skilled manufacturing STEM professions as viable growth career paths and Wisconsin's approach to this type of high paying job creation.

The folks of Wisconsin established a successful plan to spot STEM job openings months in advance, design training programs specifically for these openings, and then recruit people to become trained. This General Electric manufacturing facility demonstrated the implementation of the Wisconsin job creation program. The skilled workers produce high tech gas engines which

the company sells to a growing worldwide market for its engines. To expand the workforce to meet the growing demand for their gas engines, the manufacturing plant implemented an "earn while you learn" paid apprenticeship program to train new employees. The result was the growth of their skilled manufacturing workforce by fifty percent over the past four years.

President Obama's

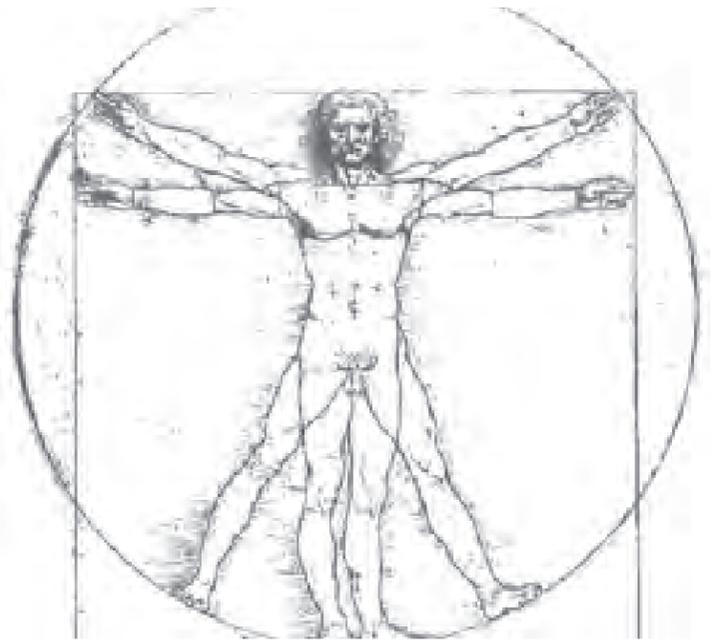
President Obama will lead the country in a high paying job-driven and job creation approach.

visit to Wisconsin, as he said, was to address "the defining project of our generation" which is to make "sure that we are restoring opportunity to every single person in America" through creation of high paid jobs.

The four-step program President Obama advocated was to first build these ladders of opportunity into the middle class starting with the creation of additional well paying jobs like has been done at GE's Waukesha STEM

based manufacturing facility. Number two, train Americans with the skills to fill those jobs. Number three, provide that every child needs to be guaranteed access to a world-class education; education being the foundation to be able to get a good job. And number four, we as a country have got to make sure "hard work pays off". If one works hard, one should be able to support a family. One's career should be able to pay one's mortgage, one's car loan, look after one's family, and maybe take a vacation once in a while.

President Obama hypothesized that parents, because of a shift in some manufacturing jobs outside the USA, may have discouraged skilled manufacturing as a career path for their children. In an attempt to reorient this way of thinking he said "I promise you, folks can make a lot more, potentially, with skilled manufacturing or the trades than they might with an art history degree." He continues saying "you can make a



Leonardo da Vinci's Vitruvian Man shows a combination of art and science.

Photo Credit: stanford.edu

really good living and have a great career without getting a four-year college education as long as you get the skills and training that you need."

The US Department of Labor statistics has job growth in the "Art History" major area to grow by a few hundred people in the 'art historian' world for the ten year period from 2012 to 2022. Businesses like GE have created over 8 million new jobs over the past four years.

A common theme a "school to skills" program provides is an opportunity to pursue your educational passions. The CRLS Experience: A Guide to Curricula and Extra-Curricular Activity for the school year

2013-2014 is an excellent place to explore your career passions. This guide, available to every student, lets students expand their opportunities in combining all academic disciplines into career jobs choices. Mr. Baring-Gould, a CRLS Art teacher, mentioned recently that many students daily use combinations of art and STEM technology. Those with cameras built into their cell phones can take pictures and explore art with their use of Art-STEM technology. Industrial artists were involved with the design, look and feel of the cell phone.

President Obama will lead the country in a high-paying, job-driven and job creation approach.

CRLS Wins Big with Scholastic Awards

By
Hugh Dougherty
Register Forum Editor

At this year's 2014 Boston Globe Scholastic Art & Writing Awards for the Massachusetts region hosted by the School of the Museum of Fine Arts CRLS, students walked away winning big. The awards are broken up into three levels of awards; the Gold Key, the Silver Key, and Honorable Mention.



"On the Road," Mohammed Sadique's winning photo.

Photo Credit: Mohammed Sadique

Congratulations to

the following who received Gold Keys: Seamus Donaldson (Design), Shiann Gardner (Photography Portfolio), Mara Gibbs (Photography), Lucas Gibson (Photography),

Nafisa Jihad (Photography), Katherine Laurila (Art Portfolio), Sole Nazaire (Fashion), Jordon Poindexter (Ceramics & Glass), Mohammed Sadique (Photography), Maha Shahid (Photography Portfolio & Photography), Lucy Sternbach (Photography).

Congratulations to all CRLS students, who in total received

9 Gold Keys, 22 Silver Keys, 20 Honorable Mentions, 3 Gold Key Portfolios, 1 Silver Key Portfolio, and 2 Honorable Mention Portfolios.

Work of all Gold Key winners will be on display at Boston City Hall, March 7th to 30th, 2014 - so take a ride on over!

Hip-Hop at Rindge

By
Daniel Walsh
Register Forum Correspondent

CRLS is famous for its outstanding arts program. The fall musicals and winter festival plays never fail to impress, there are four a cappella groups, and several after-school clubs for performing artists. Rindge offers a wide variety of courses fixed on artists. However, until last month, Rindge had no opportunities for students interested in hip-hop.

Sophomore Evan Harris, co-founder of the CRLS Hip-Hop Club, says "I think we need to realize that hip-hop is and should be treated as an intellectual topic, and as an equal to all genres." Hip-hop enthusiasts like Evan argue that rap is more than just derogatory slang riddled with inappropriate lyrics, like many may describe it today. Over the past decade especially, the rap genre has begun to prove its impact. Although not the most lyrically skilled rapper in the industry, the popular Lil B preaches his messages of peace and love through his music. He practically has a cult

that supports him. Evan continues, "We need to represent a side of the school that has been overlooked." The portion of rap lovers at Rindge may be larger than most would think.

Not only does CRLS have a large amount of rap listeners, but it also has rappers. Among them is Marquis Taylor who explains, "Not only do I love to rap, but I love to share my art with my peers." Rindge provides a perfect place for Marquis to do what he does. "I have received a ton of support from all my friends at Rindge, it definitely motivates me to do better." The supporting and respectful community at CRLS is the perfect place to express oneself, and many more students are choosing to do so through lyricism.

Co-founders Evan and Dylan hope to create a safe environment for Hip-Hop listeners and rappers alike to share their lyrics and opinions. So lyricists and listeners rejoice, because there is now a place for you to congregate. Many successful actors have graduated from CRLS: CRLS Hip-Hop Club looks to bring the schools' first rapper.

Pinned: An Inside Look at CRLS Wrestling

By
Evan Kuh
Register Forum Editor

The Cambridge Rindge and Latin Wrestling team won the Greater Boston League title for the 5th consecutive year. Led by head coach Roy Howard, the team is looking to grow and move past Sectionals for the first time.

While not widely recognized, wrestling is one of the most physically and mentally demanding sports and being part of the team is equally as intense.

Assistant coach Yves Lamitie commented, "There is a reason most people don't wrestle: it's the hardest sport."

There are fourteen different weight classes at the high school level: 106 (pounds), 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220 and 285. As one gets older, the

distance between classes grows as well. One perception of wrestling is that the athletes are asked to starve themselves or throw up in the bathroom to make their weight class, but Lamitie says that is a myth. "We don't ask our wrestlers to gain or lose much weight: maybe go up or down by five pounds." Lamitie explained that wrestlers need to be conscious about what they eat, such as choosing

"There is a reason most people don't wrestle, it's the hardest sport."

a salad over a burger, but did not need to do anything dramatic.

Besides needing to be in shape, wrestlers also need to be mentally focused. Lamitie says, "I've seen huge, strong guys come out here [on the mat] and fold under the pressure." He also described the team as "young and upcoming." There were a few younger wrestlers who seemed to show promise. Toru Goto is a freshman at CRLS who has performed



The wrestling team poses for a photo after a meet.

Photo Credit: Larry Aaronson

well this season, winning several matches and leading the team to a 10-3 record.

Goto describes the team as his family, and also adding, "the intensity is really high, but we love it." Goto is looking strong, and could be a centerpiece for the Falcons in coming years. Another wrestler who stands out is Marcus McGuffie, a sophomore who has won the majority of his matches this year.

While wrestling is

an individual sport because it is one-on-one in the ring, everything relates to the team. Points are awarded to players throughout the match for certain moves

"The intensity is really high, but we love it."

such as a "take-down," which is worth two points or a "pin" which is worth six. Depending on how much an individual wins by, the team is awarded a certain amount

of points.

The team shows promise as they head into sectionals with a chance to advance to states. As the years go on, CRLS is trying to make deeper runs in the post-season after not moving past sectionals in the past fifteen years. Coach Lamitie believes that "the work ethic is getting better," adding that he hopes "[the wrestlers] will pick up the intensity and aggressiveness in the future."



THE REGISTER FORUM
ATHLETE OF THE MONTH
Cam Lindsay



By
Bence Szechenyi
Register Forum Correspondent

"When I was little and did not know how to swim, my mom says I used to throw myself into the pool and almost drown," stated junior Cam Lindsay. Lindsay has always had a massive draw to swimming. The water enticed him when he was three and still does to this day. His love for swimming can be seen through his cheek-splitting smile that slithers across his face when speaking of the sport.

Says Lindsay, "To me it is the perfect sport. When I get ready for the race I have the camaraderie of a team, but when I get in that water it's all me." Lindsay believes that swimming is the happy medium between team sports and solo sports. He has team members to cheer him on but no one to blame it on. "I love that whatever I put into it is what I get out of it. It keeps me motivated."

Lindsay has certainly put in the work. After learning how to swim, he swam competitively for swim teams seven years before entering the high school. The hard work combined with his natural talent allowed him to be a formidable swimmer even before entering the CRLS

swim team's rigorous program training.

After three seasons, Lindsay and two other swimmers have managed to smash three relay all-school records. Even though his name already written on the swimming board of fame three times Lindsay has not taken his foot off the gas. He has been training nearly everyday in the offseason. Lindsay's goal is to beat the one hundred meter freestyle record; a feat that has not been managed in many years. When asked if the task was doable, he responded confidently: "I put up some of my time in that event against Concord Carlisle. I'm really close to beating it and I know I can." If Lindsay can manage that record, he will truly be a swimming legend.

Lindsay's only problem with CRLS swimming is the lack of student support: "We have had incredible success recently. We have won the GBL seven years in a row!" Especially now, with one of the best swimmers in CRLS history competing, it is the perfect time to start coming to meets.

It is imperative that there is fan support present if Lindsay is going to beat the record, a moment that no Falcon Fanatic would want to miss. In conclusion Lindsay explained "We've got Speedos, cheers, and winning! It's every spectator's dream!"



Lindsay celebrates with fellow captains, senior Simone De Jonge (left) and junior Honora Gibbons (middle) after clinching the GBL championship for the seventh straight year.
Photo Credit: Larry Aaronson

CRLS Swimming Wins Big at GBL

By
Sami Kebede
Register Forum Editor



Clockwise from top: Junior Luqiang Fu slices through the water during his event.; The first, Second, and Third Place GBL Ribbons are put on display; Teammates raise the GBL trophy in a moment of triumph. Photo Credit: Larry Aaronson



CRLS Swim and Dive ended the season on a high, taking home the GBL Swim and Dive title with dominant performances over Malden, Medford, and Somerville.

“This year we have had a very small team, and lost quite a few seniors last year, so we were expecting this year to be a tough year,” said junior Logan Chen. “But looking back on our last GBL season, I think we did the best we have done out of all three years I have been on the CRLS swim team.”

CRLS tore apart their competition, posting individual bests in many events. Cam Lindsay and Logan Chen broke the school records in the 100 meter freestyle and the 100 meter breaststroke, respectively. Sophomores Nate Dempsey and Jonah Neugeboren, along with juniors Logan Chen and Cam Lindsay posted a record time in the 200 meter medley relay.

“We were expecting a pretty close meet at GBLs, but we turned out to grab and hold the lead. Everyone had a really great meet, and we’ve had such a successful season,” said senior captain Simone de Jonge.

Both the male and female Swim and Dive teams performed exceptionally well at Sectionals, breaking five school records collectively, including the girls 200 meter free relay, swam by freshmen Jackie Park, junior Elsa Mark, sophomore Raina Williams, and Simone de Jonge.

“It’s all love on the swim team,” de Jonge remarked.

Tearing Up the Ice: A Look at the Girls Hockey Team

By
Sami Kebede
Register Forum Editor

The CRLS girls hockey team finished the season strong, in spite of the obstacles they’ve encountered throughout the season.

Doing most of their damage at the Simoni Rink in East Cambridge, this year’s squad, with the addition of three players from Somerville and Malden, wrapped up another solid season and look to build towards the future.

Coming into this season, the team held high hopes, focusing on the wealth of potential they had.

Senior Noa Randall, as a returning veteran, held the bar high for this year’s

squad. “We were going to work hard as a cohesive team and have a strong year. I thought we had a lot of potential and would be able to fulfill it,” she said.

The team felt they had a chip on their shoulder, coming

into the season with a new sense of commitment and rejuvenation. The girls hockey team presented an interesting dynamic, with the addition of players from nearby rivals Somerville and Malden.

This wasn’t a weakness, however; it was one of the team’s greater strengths.

“We got two new girls from Somerville and one from Malden and they have made a big difference,” said junior Katie Bayly. She continued, “A lot of us have skated together for a long time. The newer and younger players are talented and have fit right in.”

Throughout the season, the team encountered various obstacles, with hard-fought losses against the likes of

Masconomet and Medford. But through it all, this squad has stuck together, building up their camaraderie and looking to improve day in and day out.

The team’s outlook on their future? “We have a very talented

group of underclassmen, and we’re counting on them to contribute a lot in the coming years as they continue to develop their games and mature as players,” junior Rebecca Sadock said. She touted their work ethic as their main gateway towards success in upcoming seasons.

With the season coming to a close, the team readjusts their focus towards next season, looking to build off of a talented group of underclassmen.

Driven by a collective determination, they hope to not only win more games, but to advance far into the state tournament next season.

“Our coach is definitely expecting us to work hard over the summer,” Sadock added.

“So that next year we will be completely dedicated to the program and prepared to win more games.”



The Girls Hockey Team huddles up for a team photo. Photo Credit: Romana Vysatova