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Cambridge Rindge and Latin School

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NEASC Evaluates CRLS Accreditation Process in Full Swing

By
Kevin Xiong
Register Forum Editor

If you see curious visitors walking around CRLS' hallways and into classrooms, taking notes, chatting with students, and interviewing teachers, they may have something to do with NEASC.

NEASC, the New England Association of Schools and Colleges, will evaluate CRLS this coming spring. The 2012-2013 school year marks the tenth year after the high school's previous comprehensive evaluation, which placed Rindge on probation.

The accreditation process affects CRLS students. Academic accreditation assures that a school has met national standards and can provide a quality education. Many scholarships and requests for financial aid are only granted to students from accredited institutions, and some colleges even require additional documentation and testing from those without accredited diplomas.

However, despite the importance of accreditation, the majority of the student body still does not know what NEASC is.

"I've never heard of NEASC," admitted ju-

nior Maya Ludtke. "If it's something that affects our entire school community, I think it's important that us students are informed."

According to NEASC's official website, www.neasc.org, "The Commission requires institutions to undergo a comprehensive evaluation at least every ten years. The comprehensive evaluation process has three components: an institutional self-study, an on-site evaluation, and a review and decision by the Commission."

Rindge is in the self-study phase, reflecting and assessing itself on the seven standards for accreditation (refer to chart on page 5).

On November 13th, Principal Damon Smith addressed all CRLS students in a community meeting video. "Core values should serve as the foundation of learning at a school," he stated.

"What does 'Opportunity, Diversity, and Respect' mean to our students, teachers, and staff? Are there values missing in this motto?"

"The ideal is that every student knows what CRLS is about beyond just our motto," explained Ms. Kathleen FitzGerald, a member of the steering committee for the Curriculum Standard. "Are our val-

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Founded in 1885

"If it's something that affects our entire school community, I think it's important that us students are informed."



Long Live the Revolution!

From November 15th to November 18th, the CRLS theatre department starred in *Urinetown: The Musical*, a comedy that satirizes the legal system, politics, and capitalism. Full story on page 14.

Photo Credit: Larry Aaronson

Obama Wins Election, What's Next?

By
Ahad Zia
Register Forum Editor

"The main concern for many is that Obama will not be able to deal with the fiscal cliff that the nation is faced with," articulates senior Mahmood Abu-Rubieh. "Yet throughout the campaign he assured us strong action to help rebuild the nation's economy, so let's be optimistic and hope Obama really can restore the economy."

So now that Obama has won the election and has another 4 years, what should we expect from him?

According to barackobama.com, Obama

wants to finish what he has started. What will he do about the Bush Era Tax Cuts, the situation with Iran, and a Republican-controlled House and a Democrat-controlled Senate?

The nation has seen 32 months of job growth during Obama's presidency. Obama has added about 5.4

million private sector jobs and nearly 479,000 manufacturing jobs. However, America has not recovered fully, and the nation is hoping for more of this to happen. Obama has promised to continue his efforts into his second term.

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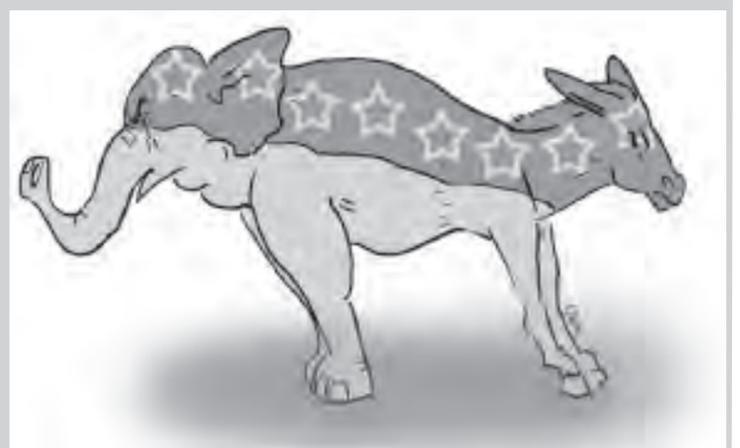


Illustration by Anna Steinman

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Sisters on the Runway

Club with a Cause Enjoys Positive Momentum

By
Annie Bonsey
Register Forum Editor

Emerging onto the scene just last year, the Sisters on the Runway (SOTR) club has been a vibrant addition to the many clubs and organizations at CRLS. SOTR is a national organization that works to raise awareness on domestic violence prevention and fundraises for local domestic violence shelters through annual events.

With existing branches at UMass Amherst and The New School in New York City, SOTR has so far raised over \$60,000 for local shelters. Founded by CRLS senior Layla Taremi, who was inspired to bring students together on an important issue, the SOTR-CRLS division now has 63 members.

Senior Arthur Schutzberg, who is the Secretary for SOTR, says "I joined Sisters because it allowed me to dip my foot in the pond, metaphorically speaking, of domestic abuse awareness and prevention. It gives me a small taste of the worldwide problem and what I can do as person to stop domestic violence."

When asked what her favorite aspect of the club is, Linda Mindaye, a sophomore at CRLS offers "I love community service and whenever there is something organized by kids my age to help something that is bigger than all of us, I feel the need to help."



SOTR club members work after school to spread the word.

Photo Credit: Larry Aaronson

The CRLS division has formed a close partnership with the Transition House, a domestic violence shelter and agency in East Cambridge, and has raised money through door-to-door fundraising, food sales, and a yard sale last spring. However, the main event, a student-run fashion show, will likely take place in May 2013. At this event CRLS students will model donated clothing from student designers and local stores and celebrate the club's slogan "Fashion Saves Lives."

"Our goal was to grab people's attention, and I think we were successful in doing so."

"Connecting the issue of domestic violence with fashion was, at first, a stretch for me," says Ms. Fitzgerald, the faculty advisor for SOTR. "The group leadership and I are in conversation about the importance of ensuring that the issue of domestic violence remains at the heart of our work, while balancing the fun and exciting aspects of putting on the show."

Since the fashion show will not take

place for a few months, the club has drawn attention to the issue of domestic violence throughout the school in other ways.

In October, members of SOTR worked in the morning and afternoon to cover the pathways leading towards the school with statistics on domestic violence and the numerous people that are affected by it.

President of SOTR Layla Taremi says, "Teachers and residents of Cambridge were surprised by the chalk writing. Many people stopped to read the facts and were unaware of how serious the nation wide problem is. Our goal was to grab people's attention, and I think we were successful in doing

so." SOTR welcomes any new members and students can stop by the meetings in Ms. Fitzgerald's room on Wednesday mornings at 7:15 to see what the club is all about. Students can also help out by designing clothes for the fashion show, raising money for the Transition House, and most importantly, says Taremi "raising awareness throughout the community".

Reflecting on the AVF Policy

By
Dashawn L. Bailey
Register Forum Staff



Photo Credit: Annie Bonsey

CRLS' goal for the student attendance policy is to promote consistent school and class attendance.

CRLS defines the AVF policy as "students are expected to be in each class a minimum of 95% of the time. Students should not be absent from classes more than four times each quarter to achieve this goal."

A student who is

truant either by frequently being absent or tardy without an adequate reason is in violation of this policy, setting them up for failure. It is understandable that regular attendance is essential to learning and improving student success in school performance.

However, does it work and are students fully aware of it?

CRLS' goal is to help each student be successful even when they have accumulated unexcused absences or tardies that could result in an AVF but even if eligible for a buy-back plan. If students do not reach the specific requirements, should it result in a failing grade for the term?

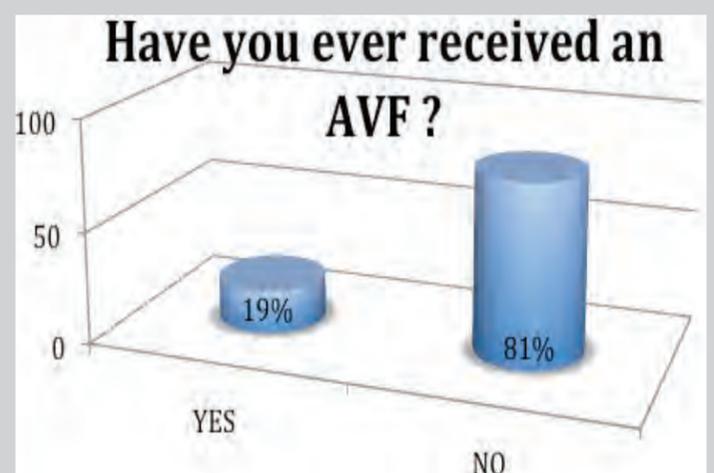
According to an RF survey evaluating 100 CRLS students, 91% know of the AVF policy while the other 9% have never heard of it, simply because they are freshman entering their

first year of high school. Is the AVF Policy fair? 22% find the policy fair, while 78% do not.

So does attendance properly represent one's effort?

Senior Shaniece Cooper responded, "Although coming to school is important, your grade should not be penalized because of your attendance because it's basically saying that you did the work for no reason. If someone is getting their work done and maintaining a good grade, why should it be taken away? That's like handing out a bunch of failure rewards."

Junior William Feeney, however, agreed with the AVF policy, "You should be penalized because of your attendance because CRLS is only setting you up to learn in the real world. If you're late to a job, they won't hire you or



you will just get fired right on the spot. Plus it may motivate people to be more punctual."

Students seemed to agree that it should be more lenient in different cases. Someone who cuts class should not be given the same punishment as someone who just has time or family issues.

To get to the bottom of everything, Dean of School C Ms. Espinosa and Dean of School R Ms. DiClemente explained their thoughts on the AVF policy at CRLS.

Ms. Espinosa an-

swered, "I don't think it's the most effective policy, but I do think it changes students that are chronically late & absent. It can change the behavior of kids that are nearing violation."

Ms. DiClemente responded, "Attendance is a state requirement, students need to be in school in order to learn, which is why attendance is so important."

According to Ms. Espinosa, on average 150 kids are late every morning between 8:00 and 8:30 and roughly 80 students AVF each term at CRLS.

Eye-Popping Price Tags for Sunglasses

Monopoly Controls Eyewear Industry

By
Hoon Hong
Register Forum Editor

There have never been so many choices: Ray-Bans, Oakleys, Dolce & Gabbana, and even glasses for skiing, running, and reading. You might think the competition would bring the prices down. The reason it has not is a little known, but very large, Italian company called Luxottica. Luxottica is a monopoly in the sunglass industry. If you own a nice pair of shades, it is probably theirs.

When asked by CBS reporter Lesley Stahl to estimate the number of people wearing these glasses, Luxottica CEO Andrea Guerra answered, "At least half a billion are wearing our sunglasses right now."

Luxottica took this previously solely medical

device and turned it into high fashion by creating high quality, stylish specs for nearly every brand and label you can think of.

Luxottica's product manager, Isabella Sola, explained, "We have Prada. We have Chanel. We have Dolce & Gabbana. We have Versace. We have Burberry. We have Ralph Lauren. We have Tiffany. We have Bulgari... They are not even called 'glasses' anymore. They're 'eyewear!'"

Once glasses became "face jewelry," Luxottica could charge a hefty markup. On the New York Stock Exchange Luxottica shares are soaring; the company raked in \$8 billion last year. But their best seller was not a fancy fashion house label like Chanel or Gucci, it was a brand they



Photo Credit: ray-bans.com



out-right own: Ray-Ban.

Not only did Luxottica buy Ray-Ban, it also bought LensCrafters, the largest eyewear retail chain in North America. So now Luxottica not only makes glasses, it sells them. It is great for business, but is it great for the consumer?

The simple answer:

"Everything is worth what people are ready to pay. And you know what? People are ready to pay. A lot."

no. At LensCrafters, the average cost for a pair of frames and lenses is about \$300. One would think there would be more of a choice in a mall for glasses. But Luxottica does not only own the top eyewear chain in the country. It owns Pearle Vision, Oliver Peoples, and several boutique chains. It runs Target Opti-

cal and Sears Optical. Most importantly, Luxottica owns Sunglass Hut – the largest sunglass chain in the world.

Smartmoney.com columnist Brett Arends says the appearance of a free market for sunglasses is a mere optical illusion: "The reality is, it's like pro-wrestling competition. And it's actually fake competition."

One of Luxottica's biggest competitors, Oakley, had to eventually accept defeat from Luxottica. In a dispute about pricing, Luxottica dropped Oakley from its stores and Oakley's stock price collapsed. How can Oakley reach the consumer if they cannot get its sunglasses into stores?

Although chains like Walmart and Costco present competition for

Luxottica, other competitors claim Luxottica has them in a chokehold: if you make glasses, you want to be in their stores; and if you have stores, you want to sell Ray-Bans. Thus, Luxottica can set the price as high as they please.

Surely insurance companies covering vision would complain. However, Luxottica also owns the nation's second largest vision-care plan: EyeMed, which covers eye exams and prescription glasses. With prescription lenses, these glasses can cost up to \$600 or more.

When asked whether these glasses are worth the money, Andrea Guerra declares, "Everything is worth what people are ready to pay. And you know what? People are ready to pay. A lot."

The Bed Bugs Aren't Biting

Examining the Importance of Sleep for CRLS Students

By
Andres Bullon
Register Forum Staff



Photo Credit: smartsassymom.com

According to the 2009-10 Cambridge Teen Health Survey, 31% of Cambridge teens get more than eight hours of sleep a night. The same goes for 31% of the nation's teens, says the Center for Disease Control and Prevention.

That means that less than a third of the students in our country get at least the minimum amount of sleep for their bodies to function well.

Sleep is needed for one's brain to recharge after a long day, for cells to repair, and for the release of important hormones. Depriving oneself of these eight precious hours can lead to an increased susceptibility to illness, a limit to one's learning ability, and an increase in acne.

Sleep is especially important to those in their twenties and under, since their brains are still maturing. Teenaged brains already have enough trouble functioning well with the pressures of adolescent life. *The Register Forum* interviewed three students from CRLS and one

teacher to find out more about their sleeping habits and what others can do to get a better night's sleep.

The American Psychological Association says that over 60% of kids have trouble sleeping more than one night a week.

"I don't get enough sleep because I have a lot of work this semester," junior Elijah Gunther explains, "I have to drink coffee everyday just to stay awake during school."

Freshmen are making the big transition from middle school to high school. Does this transition affect their sleep habits at all?

"I get a lot more work, I go to a bed a lot later. I'm already tired when I come home from school," freshman Jonathan Manacher expressed.

But not every freshman feels this way. "I actually get about two hours less homework, so I'm getting more sleep," Freshman Nate Dempsey estimated.

Do students at Rindge think that sleep is even that important for a teenager's health?

"Yes, very. I think that it's more important to teenagers than anyone else. It's been scientifically proven that teenagers need a lot of sleep. I also heard that their natural sleeping patterns make them sleepier later at night." Junior Ted Downing said.

The American Psychological Association says that one can get better sleep by not drinking caffeine within four hours of sleep, keeping a regular sleeping and waking schedule, and getting regular exercise.

"I get a lot more work, I go to bed a lot later. I'm already tired when I come home from school."

Spirited Nostalgia

CRLS Gives Big Shout Out to Halloween and Bathrobe Friday

By
Hoon Hong
Register Forum Editor

The week of October 29th was jam packed with CRLS spirit. On Wednesday, October 31st, hundreds of student body members dressed up as their favorite superheroes, movie characters, animals, and pop culture icons. Moreover, on Friday, November 2nd, a mob of upperclassmen dressed up comfortably in their favorite bathrobes and cozied up for their regularly scheduled classes.

The halls of CRLS were flooded with the playful spirits of Rindge's most excited falcons. In response to Halloween, junior Heather Bildman exclaimed, "I am so glad Halloween allowed me to spread my wings and truly embody what I hope to one day become: a balding, Bildman eagle!"

In response to the historic Bathrobe Friday, senior and impassioned philanthropist Grant Baker stated, "Bathrobe Friday truly represents the life I wish to live: one of comfort, learning, and commitment to excellence."



Photo Credit: Larry Aaronson

Skateboarding Rolls into Davis Square

Respect for the Sport Comes with First Shop in Area

By
Alex Westover
Register Forum Staff

Located at 378A Highland Ave in Somerville, Maximum Hesh offers a place for local skateboarders to pick up new gear, find out about the latest in skate videos, and connect and build a sense of community.

No longer do you have to take the MBTA into Boston to pick up that replacement part. The shop offers gear from local and small-scale companies such as Tasty, Consolidated, Death Wish and many more skater-run companies.

"The area around Davis Square is one of my favorite to skate," said Sam Shultz, an artist and skater whose art appeared in one of the shop's art shows "Max Hesh smells great. All those lacquers and polymers make my brain tingle."

Priding itself on being a local and environmentally conscious store, Maximum Hesh boasts products that are 100% vegan (while some companies use glue with animal bone to hold boards together, Maximum Hesh uses no animal products). The shop also only uses non-toxic water-based ink for all its printing.

Maximum Hesh is more than just your typical skateboard shop. The doors are open



Photo Credit: Maximum Hesh

to anyone interested in the sport, whether you have never set foot on a "deck"(skateboard) or you are an experienced skater.

The goal of the shop is to get more people skateboarding and to change people's perception on the sport. "People view us [skateboarders] as criminals when really we are making a positive change in our community," said Robert Goodman, a student at CRLS.

Inside the shop there are couches usually

"Somerville and Cambridge have needed Maximum Hesh for a long time" said Goodman. The shop is also part of the Don't Do It Army, an organization that aims to keep the skateboarding, snowboarding and surfing industries "in passionate hands." Their mission is to get riders to support companies that are run by riders and want the best for the sport; the "don't do it" in the name is a spoof on Nike's "just do it".

When buying from a shop like Max Hesh you know you are getting the right setup for your needs. Brugman is an expert on skateboarding and

Skateboarding is a positive activity for all people to enjoy. It is great a exercise, mentally and physically.

packed with kids hanging out, watching the latest skate videos, or talking about skate spots and new tricks they have learned. The shop also hosts art shows and events for local artists, skaters and musicians. "Art is a lot like skateboarding - by the time you're done you're covered in crusty blood and smell like a derelict," said Shultz.

Owner Tod Brugman opened his shop in Davis Square because it is a place neglected by the skateboard industry.

makes sure his customers will be satisfied. "I trust the guys at Max Hesh to know what they are talking about," said Will West, a local skater. "Big chain stores will try to sell you anything."

Skateboarding is a positive activity for all people to enjoy. It is inexpensive, great exercise, and can done anytime of day or night, alone or with friends. Thanks to Maximum Hesh, the future of the skateboarding community in Somerville and Cambridge will continue to progress and grow.

OBAMA WINS: WHAT'S NEXT?

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Another set of issues that Obama faces immediately is the fiscal cliff, a direct result of the expiration of the Bush Era Tax Cuts and the start of a series of spending cuts agreed upon as part of the debt ceiling deal

of 2011. Over 1,000 government programs, including the defense budget and Medicare, will be affected.

On June 7, 2001, President George W. Bush signed his \$1.35 trillion tax cut during a ceremony in the White House.

On December 31, 2012, the tax cuts that were enacted during the Bush administration will expire, and Obama will have a say in this

issue. Congress has been putting off looking for a solution. Republicans want to cut spending and avoid raising taxes, but Democrats are looking for a combination of spending cuts and tax increases. Compromise will be difficult to achieve, and

it looks like Congress will be acting at the last minute. If a plan is not created, then there will most certainly be a tax increase.

The House being controlled by the Republicans and the Senate by the Democrats can lead to many problems for Obama because he will have to

"I think that the Republicans are going to realize that they have to be more flexible..."

convince both parties of his plans and convince them that they are good for the country.

One CRLS Science teacher active in politics clarifies, "I think that the Republicans are going to realize that they have to be more flexible, and Obama will need to reach out and try to get them to compro-

There will be higher taxes in the upcoming years than there have been in the last nine.

mise."

According to *The Washington Post*, there will be higher taxes in the upcoming years than there have been in the last nine. *The Post* also states that small businesses as well as the big businesses will

experience a tax increase in the next four years. But this would not have mattered even if Mitt Romney were president because both presidents would have to respond to the Bush Era Tax Cuts.

Another issue that Obama has to deal with is the looming showdown with Iran. The Iranian government wants to sit down

and negotiate but is America willing to compromise? And is Iran willing to accept those compromises?

The Iranian government has nuclear weapons and America needs to stop Iran from creating nuclear weapons that could threaten America. America and Israel are willing to do anything to prevent Iran from getting any nuclear weapons that threaten them, such as attacking them first.

The same science teacher states, "I think that Israel is not going to attack Iran without making sure that America has their back. I also think that the issue with Iran is not as big and important as it is said to be."



Photo Credits: Shepard Fairey

The idea of Iran and America sitting down to compromise will be a historic event because both Iran and Israel are ready to fight. Both countries have weapons and technology to fight and defend themselves.

Iran is one of the most advanced in the Middle East in terms of weapons and war technology and

has everything needed to defend against the powerful Israeli attacks. However, sitting down and compromising is a very important step between these countries.

Americans can only hope that Obama will be successful this term and improve the economy and the state of the nation.

NEASC EVALUATION

Continued from page 1

ues clear to everybody? Are we always working toward them? Does everyone know our core beliefs?"

Senior Karen Chen has been actively participating in the accreditation process since November 2011 in the "School Culture and Leadership" Standard Committee. "It's quite an honor to have been asked to be a student representative," she revealed. "It's also nice to know that students have a say when it comes to school administration issues."

Literature teacher Ms. Joan Soble is the co-chair of the Instruction Standard Committee, which examines

teachers' instructional practices to ensure that they meet the needs of CRLS students. "Our committee members have worked very hard and quite carefully," Ms. Soble commented.

In 1999, CRLS was divided into five autonomous schools, and inconsistencies were evident across the five schools regarding core curricula, teacher evaluation, and student assessment. One year later, the principal resigned.

After a difficult interim year, CRLS hired a

new principal, Dr. Sybil Knight, who reunited the five schools and worked to align the school curriculum and develop a new mission statement. Still, the school's problems were not solved. Curriculum varied, teachers lacked clear learning expectations, and CRLS was without a mission statement. When the NEASC committee visited CRLS in 2002, Rindge was placed on probation.

Over the past ten years, Rindge has experienced great change and,

groups articulate and delineate in what areas we are doing well and in what areas we need improvement," commented Ms. Maria Giacchino, who works on the Steering Committee.

Ms. FitzGerald appreciates the opportunity to self-reflect. "The purpose is for schools to take an intensive look at themselves based on a series of standards based on best practices in teaching and learning... It's so important for a school to take the time to be reflective."

CRLS students are a key part of this process.

"Your engagement in this process is important," Mr. Smith said. "And I hope you will strive to have rich and inclusive discussions."

"In March, a group of teachers and administrators from other schools will visit us and rate us," Ms. FitzGerald stated. "They will read our reports, look through our evidence, chat with students and teachers, and visit classes randomly. Then, they'll write us a report back with recommendations."

After CRLS reviews the recommendations, NEASC will make its final decision.

according to U.S. News & World Report, now ranks among the top fifty high schools within Massachusetts for its rigorous coursework and diverse enrollment.

Ms. Soble is optimistic that CRLS will earn accreditation. "We have much that works as it should, data-based insight into what isn't working as well as it needs to be, and ideas for how to move forward."

"The process has helped each of the standard

NEASC'S SEVEN STANDARDS

- Core Values, Beliefs, and Learning Expectations
- Curriculum
- Instruction
- Assessment of and for Student Learning
- School Culture and Leadership
- School Resources for Learning
- Community Resources for Learning

Seniors Cope with Pains of College Process

By
Hoon Hong
Register Forum Editor

November is coming to a close and seniors' regular-decision deadlines for colleges are closing in. With this fast-approaching deadline, many CRLS seniors are fine-tuning their college essays and school supplements. However, many students are still far from completing their college applications.

"I have yet to look at the Common App or ask for my teacher recommendations," explains Senior Nolan Garskovas, "I feel like I'm really starting to fall behind."

Mr. Garskovas is not the only senior that feels behind. "I've been meaning to start the Common App, but I just cannot get myself to actually do it," says Sarah Marsh.

Although procrastinating on the college process can allow students to focus on other academics, the workload quickly piles up. "I left all my college stuff for the last few days before my November 1st deadline, and I do not think that I have ever cried harder in my life during those few painstaking days," proclaims Senior Alex Kirby.

But seniors do not need to combat the college process alone, Cynthia Bonilla explains, "I've been getting a lot of help from the volunteers that come to the CCRC every Wednesday. It has been amazing to witness my final college essay come into fruition with the help from the volunteers."

While some students attribute the progression of their college applications to outside resources, others claim time management is truly instrumental to finished applications. "Had I not started and finished the bulk of the Common App in the summer, I would be freaking out too," states Kevin Yang. "By giving myself time to edit all my supplements without having to worry about

actually writing them during the school year, I am a lot less overwhelmed by our senior work load than many of my classmates are."

It is imperative that seniors stay on top of their work, especially during this stressful time of year. As deadlines near, the pressures and anxieties of college may creep up as well. Fortunately many are starting to take advantage of their resources, finishing up the college process, and finally releasing their sighs of relief.

"I feel like I'm really starting to fall behind."

CRLS RESPONDS: What do you do outside of the classroom?



Shameen Akhtar
Class of '13

"I'm a part of Student Government, Club 4, Habitat for Humanity, Falcon Friends, Mentoring, Orchestra, Cross Country, and Track!"

Ray Bryant
Class of '14

"I'm a part of the school musical Urinetown, and a member of Student Government, Model UN, Habitat for Humanity, and Falcon Friends."



Solome Nakimuli
Class of '13

"I was the homecoming queen! I'm driven by theatre in the fall and basketball in the winter. I'm an activist in the spring."

Elmer Vivas
Class of '16

"I attend a couple of clubs, hang out with friends, and spend time doing homework."



Christina Kaltcheva
Class of '13

"I do Track and Field in the winter and spring. I love it. It's great exercise, and it's very fun to run with my teammates!"

Joann Cassama
Class of '16

"Everyday after school I go to volleyball practice. It's a great way for me to get away from everything else and just think about volleyball."



Yoael Efrem
Class of '14

"I love to play intramural sports such as basketball and football, and messing around with computers!"

Francois Noel
Class of '13

"I'm usually spotted dancing with my friends, whether it's rehearsing or performing!"



RSTA Culinary Smokes the Competition
CRLS Students Win Third Place at Rib Fest 2012



Photo Credit: Larry Aaronson

By
Kevin Xiong
Register Forum Editor

On October 21st, RSTA Culinary students won third place in the judges' category for best ribs at the East Cambridge Business Association's "Smoke This" Rib Fest.

According to ECBA's website, the annual festival "is a culinary showdown pitting pit master against pit master for the title of the best ribs in town."

The public was invited to sample ribs and cast votes for the "People's Choice" category, and celebrities Tony Maws, Kenji Alt, and Dave Andleman (from Cragie on Main, se-

riouseats.com, and Phantom Gourmet, respectively) were invited to vote on the best ribs for the judges' category.

RSTA Culinary's delicious victory over Champions, East By Northeast, East Side Bar & Grille, Lizzy's, Midwest Grill, PF Changs, and Redbones – just to name a few – is an impressive accomplishment worth celebrating.

Congratulations to RSTA teacher Mr. Richard McKinney and participating students Anderson Parris, Jalisa Holder, Julio Alexandre, Andre Augustin, Jomari Maxwell, Veniesa Williams, Amelia Midgley, Sabrina Alves, and Bianca Alves!

Majority of Students Now Eating School Lunch

By
Leroy Robinson
Register Forum Staff

According to a recently conducted Register Forum survey, 57% of the 100 students surveyed now eat school lunch after the change from processed meals to chef-cooked meals.

The change in school lunch had shown to benefit a lot of CRLS students who are now eating school lunch instead of eating at nearby restaurants.

The average student in the conducted survey spends \$15 a week on lunch eating from restaurants outside of the school. That's about \$540 spent on school lunch by the end of the year.

If you buy school lunch you would find that the school lunch plan is more affordable. The school offers three different meal plans for students: free lunch, reduced lunch (\$0.40), and full price (\$2.75).

Compare this to the

average meal from Angelo's, which is about \$4.00 a day, and the average meal from Mona Lisa's, which is about \$4.50 a day.

The cafeteria's head chef, Chef Vinnie, explained that they made the

SCHOOL LUNCH MEAL PLANS

- Free
- Reduced (\$0.40)
- Full price (\$2.75)

change because they wanted students to eat healthier. "It's less processed food. It's better and fresher for our students and our teachers."

"It's less processed food. It's better and fresher for our students and our teachers."

According to Chef Vinnie, there are about 350 more students eating school lunch since the change, and it's a change for the better. "I get a lot of positive feedback from students and teachers; they really appreciate school lunch now."

School lunch easily gets the most customers throughout both lunches, and it's cheaper for students to purchase a great meal.

"It's school lunch, and I don't feel embarrassed eating it, I know I'm saving way more for a lunch that's probably equivalent to the restaurant food so I feel satisfied when I'm full," explained senior Spencer Santos.

"School lunch from the neighboring restaurants are a hassle for me," revealed junior and transfer student Deandre Dymski. "It leaves me pretty much broke by Friday. I don't have a job and I have to ask my parents for lunch money all the time."

Many parents have to support their children financially throughout the school year because some students cannot handle school and a job at the same time.

School lunch is an affordable solution for parents and students.

Understanding a New Culture through CRLS Arabic Classes

By
Shubhan Nagendra
Register Forum Correspondent

"I want to learn Arabic because it helps me learn more about Islamic culture," said a student in the Arabic class at CRLS, taught by Boston University professor and CRLS teacher Ibrahim Dagher.

This is only one of the many reasons students choose to learn Arabic in classes at CRLS.

These extensive classes first started in the fall of 2009 as Arabic 1, and then, as the popularity of classes increased, so did the levels of Arabic. There were two additional levels of Arabic classes that began in the Spring of 2010 and then quickly expanded to four levels.

These classes have become so popular that the fall semester of 2012 has 42 students and the spring semester will have 49 students, according to the exceptional *ustaadh* (teacher) Mr. Dagher.

He loves teaching and interacting with the students so much that he says that "if I had the time I would have taught Political Science, History, and economics also."

Students from different backgrounds come to the Arabic classes with different reasons for seeking the knowledge of the ancient language.

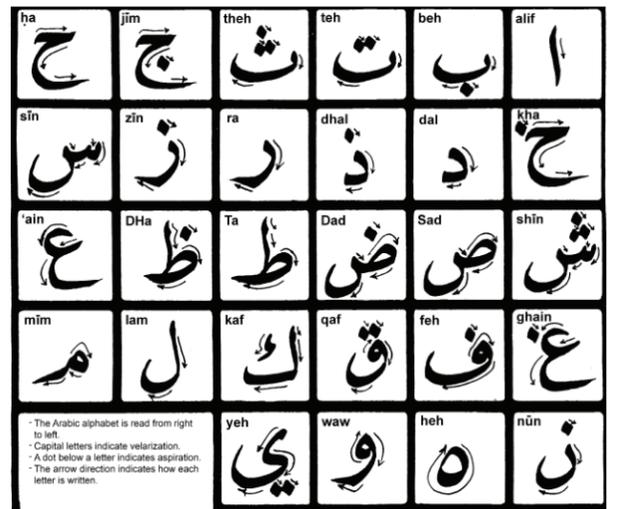
"I would love to go beyond the language and supplement it with history, current affairs in the Arab world, and teach a level five of Arabic," comments Mr. Dagher. He says that there should also be an AP Arabic, but all of that can only happen if more teachers are hired.

Religion and family origins have prompted many students to take these Arabic classes. As freshman Phillip Maaghul said, "My family originally originated from Persia [present-day Iran]." Citing another motivation for taking the class, another student said that "it is good to have language skills."

For many it is just a case of knowing another useful language.

In 1973 Arabic became an official language of the United Nations, joining Spanish, Russian, French, Chinese (Mandarin), and English. Arabic is taught extensively around the world, but it is also growing very rapidly in the U.S., especially in colleges. According to mla.org, the number of students who chose to study Arabic saw a growth of 127% between 2002 and 2006.

Arabic belongs to the Hebrew, Syriac, and Aramaic language groups (also known as the Semitic languages). The Arabic script is used in other languages as well, such as Farsi, Kurdish and Urdu. The words written may not have the same meaning, but the letters used are the same. The language is spoken throughout the Arab



The Arabic alphabet. Photo Credit: Stanford University

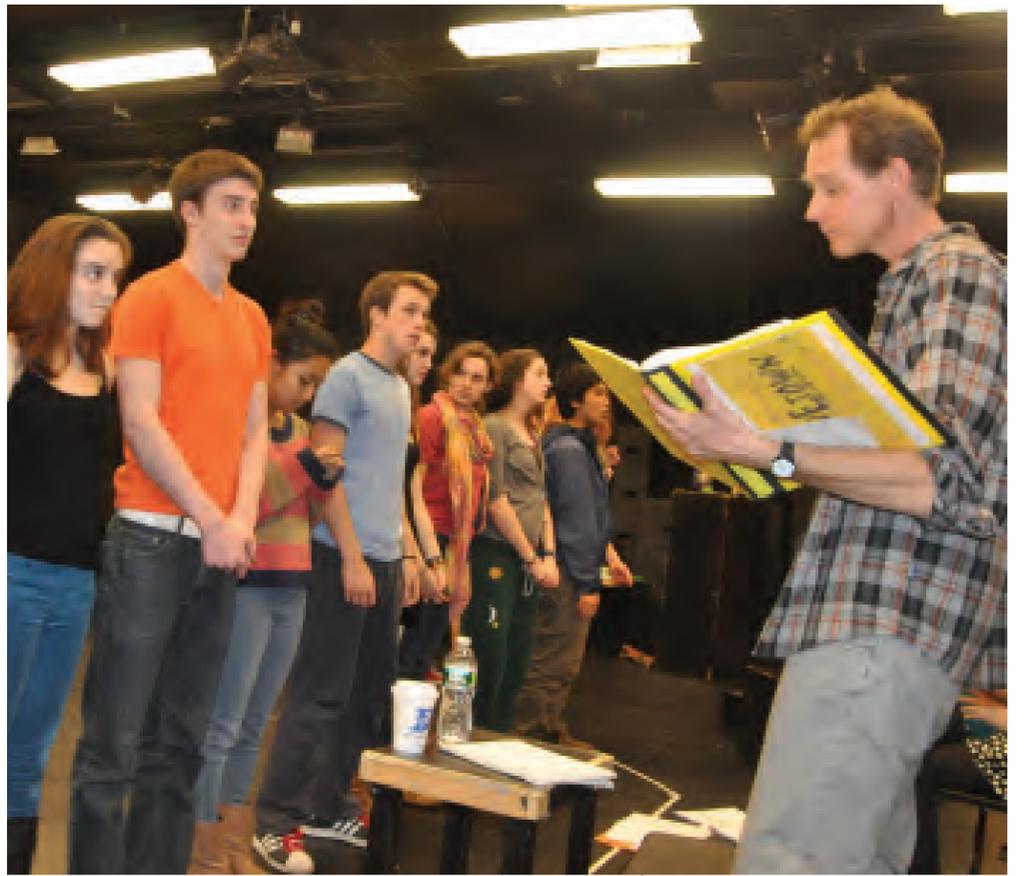
World and some parts of the Middle East.

As Cesar Chávez said, "A language is an exact reflection of the character and growth of its speakers."

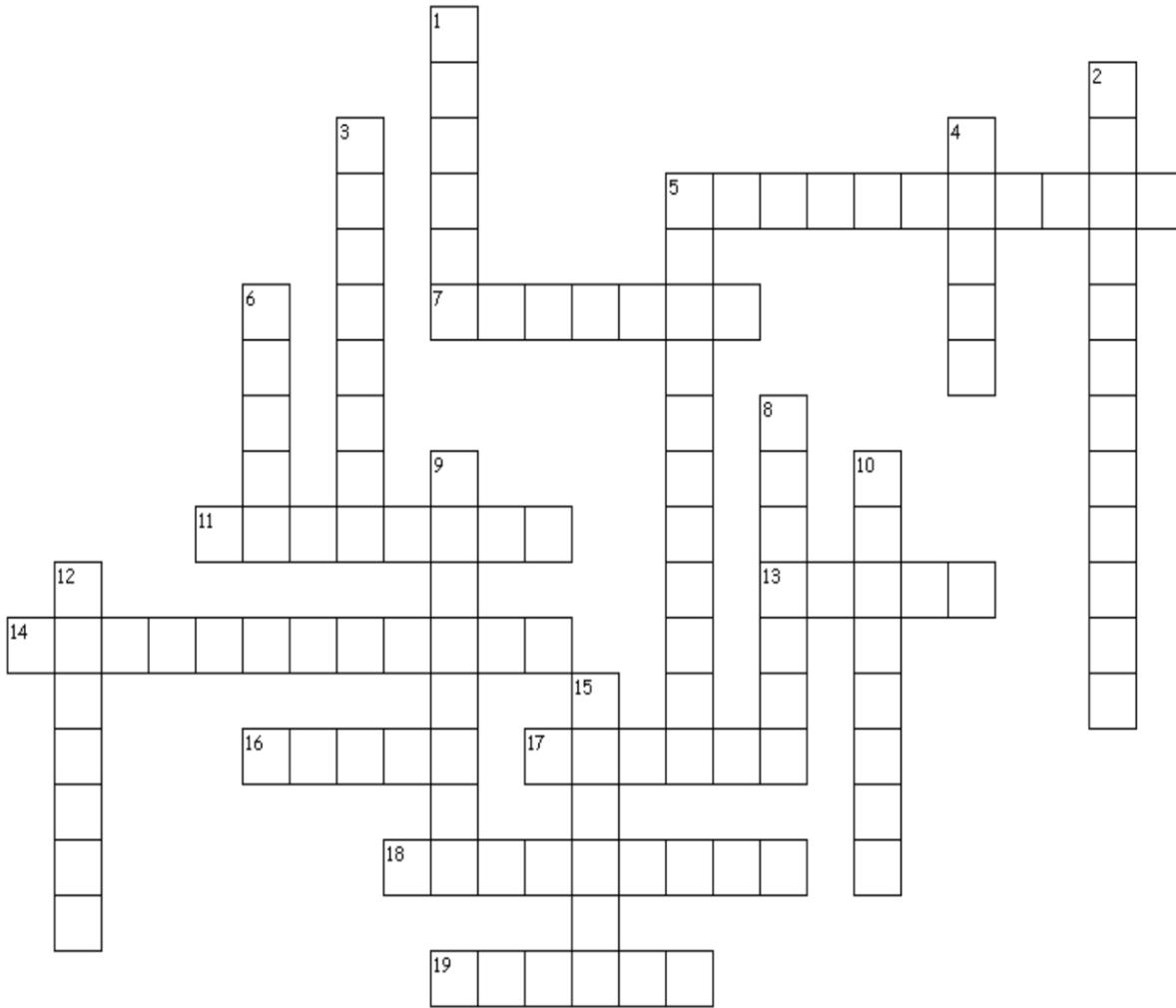
Falcon Crossword Puzzle Answers

- | | |
|--|--|
| <p>Down</p> <p>1. Hobbes</p> <p>2. Thanksgiving</p> <p>3. Bathrobe</p> <p>4. Biden</p> <p>5. WolfBlitzer</p> <p>6. Obama</p> <p>8. Lincoln</p> <p>9. Rousseau</p> <p>10. Zhautova</p> <p>12. Goldman</p> <p>15. MartyB</p> | <p>Across</p> <p>5. WaltWhitman</p> <p>7. Skyfall</p> <p>11. Facebook</p> <p>13. Cramp</p> <p>14. CollegeEs-</p> <p>say</p> <p>16. Soble</p> <p>17. Warren</p> <p>18. Luxottica</p> <p>19. Raybans</p> |
|--|--|





Falcon Crossword



Across

- 5. Leaves of Grass
- 7. Bond... James Bond
- 11. Like/Comment/Share
- 13. *Urinetown* Director
- 14. Big part of the Common App
- 16. Shout out to Ms. Soble
- 17. New Massachusetts Senator
- 18. Eyewear Monopoly
- 19. Popular Sunglass Brand

Down

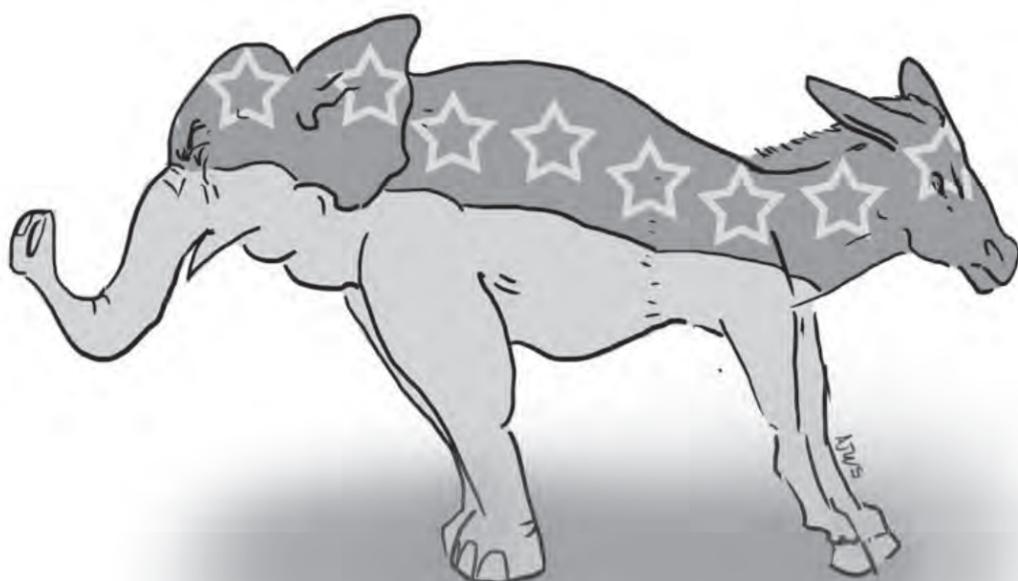
- 1. Believed man is inherently corrupted
- 2. Turkey, mashed potatoes, cranberries
- 3. Friday, November 2nd
- 4. Vice President of the United States
- 5. CNN reporter
- 6. President of the United States
- 8. Daniel Day-Lewis & Steven Spielberg
- 9. Believed man corrupt by civilization
- 10. CRLS chemistry teacher
- 12. Girl's soccer coach
- 15. Owner of "The Truck"

Sudoku

8	4	2	5		1	3		4	1		8	4		2		5	7						
6	9			7	8	3					7	3		9		5	4	6	1				
2		3					6		7	2		4	1	2	5	1		7		4			
		7	9	5			1		5	9		3	2		9					1	3		
5		9	4		3	1	6			1	3				8				7				
				1	2	9		3	7		6	1	4	7	6					9			
						7	8	6	2		5	8	1	6			2		1	8	5		
9		1	5				6	4	7		4			8	1		4	6		9			
4			2	7		5	3		8			4	7		9		2	7			5		6

Cartoons

Poetry Slam



“We must move forward!”

Illustration by Anna Steinman

Guess the Letter

Why do you stand up when
you're young
And sit down when you're old?
Do you feel more confident
When you're innocent and small?

When you have many years,
Do you not like to stand any-
more?
How do you have such a straight
back
When you sit down

- Sarah Netsky

Bringing Manny Back to Life

Attempts to Clone Extinct Mammoth Come to Life

By
Jeremy Chimene-Weiss
Register Forum Staff

When some people think of a woolly mammoth, a familiar character comes to mind. This character is Manfred Aanvik, known as “Manny,” the beloved woolly mammoth in *Ice Age*, an animated movie that follows the story of three prehistoric animals on their quest to unite a human child with its parents.

A child watching *Ice Age* might ask, “Why don’t I ever see Manny in the zoo?” Upon learning that woolly mammoths died out a long time ago, the child asks the classic question: “Why?”

This may be hard to explain if you’ve forgotten what you learned in your high school biology class, but hopefully, due to recent advances in science, we can look forward to seeing woolly mammoths in our

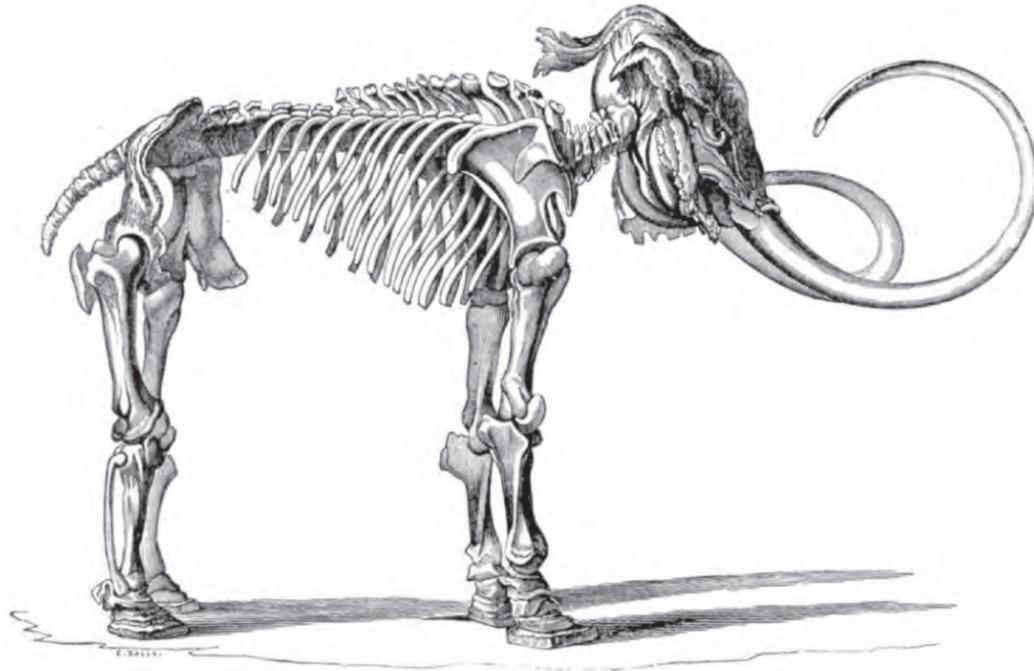


Photo Credit: Wikipedia.com
zoos one day.

Ice ages—periods when ice envelops the Earth and temperatures drop—have reoccurred many times over the 6.4 billion years of Earth’s history.

The most recent ice age lasted tens of thousands of years, ending around 12,000 B.C.E. During this

but had smaller ears and lots of hair for insulation in the cold. Unfortunately, as early humans hunted these colossal mammals and the Earth began to warm, the woolly mammoth became extinct, only to be seen in fossils, drawings, and sometimes in preserved remains.

Although the woolly

Indian elephant and replace its DNA with DNA from a woolly mammoth. This will code the elephant’s cells to be woolly mammoth cells.

Unfortunately, there are many obstacles ahead for these scientists. So far, although more and more preserved carcasses are turning up, none of them have

“Scientists working to recreate a woolly mammoth explain that they need to take the cell of an Indian Elephant and replace its DNA with DNA from a woolly mammoth.”

cold, destitute period, different species that we know and see today thrived due to the icy conditions. One magnificent animal that we know existed was the woolly mammoth (*Mammuthus Primigenius*).

The woolly mammoth, which went extinct about 10,000 years ago, is most closely related to modern-day Indian elephants,

it does not mean that people will never see one again thanks to the potential of cloning.

In order to recreate a woolly mammoth, scientists need well-preserved DNA, which is most likely to be found in preserved carcasses. Scientists working to recreate a woolly mammoth explain that they need to take the cell of an

DNA that is well -preserved enough to fully replace the DNA of an elephant (after being frozen for 40,000 years, DNA cells get damaged by the ice crystals that form). Also, if preserved DNA were to be found, this experiment could need many trials and would be difficult to test considering Indian elephants are pregnant for twenty-two months



Photo Credit: 20th Century Fox
“This character is Manfred Aanvik, better known as “Manny,” the beloved woolly mammoth in *Ice Age*, an animated movie that follows the story of three prehistoric animals on their quest to unite a human child with its parents.”

before they give birth, and only give birth to one calf every three to eight years.

Although these problems make it seem very unlikely that we will be able to clone a woolly mammoth, there is still hope.

Although we have not found DNA preserved well enough to reproduce a full-grown woolly mammoth, more and more remains are turning up every day. It is highly likely that usable DNA will be discovered soon. Many scientists are excited by this high likelihood of cloning a woolly mammoth so soon in the future, and researchers have already cloned the hemoglobin of woolly mammoths.

As technology advances and the Siberian permafrost melts, the race to bring Manny back to life has begun, but only time will tell when it will finish.

It’s the Little Things People Do That Help Save the Environment

By
Thalia Carroll-Cachimuel
Register Forum Staff

The ozone layer has slowly been deteriorating for years now. But are we doing everything we can as a CRLS community?

I think that we are doing the most that we can. Our school

offers many resources that other schools don’t offer. In our cafeteria

we have four different “stations” where our trash goes. These consist of individual stations for our liquids, plates, compost, and trash. I can’t think of any other school that has composting receptacles in its cafeteria. Only a small percentage of my friends compost, and the fact

that our school does is amazing.

My younger sister goes to a different school and I’ve talked to her about this topic; CRLS offers more environmentally friendly resources than her school does. For example, in each one of our classrooms there is a blue recycling bin.

I hope that every school will strive to offer the same resources that our school does because the

It’s important for us to raise awareness and educate the people all around us.

amount of energy consumed and expended by the United States alone is ridiculous, and is only hurting future generations (not to mention the environments in which they’ll be raised).

I remember getting into a debate last year in my Biology class where a student claimed that everyone doing little things won’t make a



Photo Credit: Altered-states.net

difference. I respectfully disagreed with him: if nobody does anything, how do we expect anything to improve?

It’s the little things that people all around do that help improve our environment. That could be recycling all of your papers or changing your light bulbs to eco-friendly ones. It’s the little things that people are doing to help change our en-

vironment, and without these little acts there likely wouldn’t be any progress at all to speak of, never mind too little.

It’s important for us to raise awareness and educate the people all around us. We need to remind them to recycle, compost, and do everything they can, even if it’s something small to help protect our ozone layer!

Is College Really for Everyone?

By
Rout Asefa
Register Forum Editor

“Is college really for me?”

As college deadlines approach, many students are feeling the pressure of getting accepted to an accredited college, whereas other students do not plan to enroll this fall. For many seniors, this time of the year brings questions of whether or not college is the right route to take. While many people may believe college is the only path to wealth and fame, this is not always true. College is not for everyone.

As we go through our educational journey we are told that in order to go far in life we must attain a college degree, and only then will we be able to live a comfortable life. We grow up hearing about the importance of acquiring a degree, which sways us from a young age to believe that our college



Photo Credit: blog.pandora.com

degree ultimately defines who we will be and the life we will go on to live.

Students who graduate from college are often bombarded with debt that they may not be able to pay off in a timely manner. They also face the disheartening fact that they are not guaranteed a job once they graduate.

Unfortunately, many find that their college

Students who graduate from college are often bombarded with debt.

degree is not a golden ticket to success.

According to the Bureau of Labor Statistics, the number of students

from the ages of 16 to 24 who remain unemployed has risen from 2.1 million to 19.5 million in the past year alone.

Many students have taken alternate routes after high school graduation. Students have begun to take gap years instead of rushing straight into college. They also have the option of attending trade schools where they learn valuable skills that can be applied to numerous jobs. Many consider the possibility of volunteering in another country, making a difference and raising awareness about important issues.

I am not claiming

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

*“Listening to every voice,
printing what you need to hear”*

that students should not go to college. There are so many stories about students who go on to earn college degrees and lead successful lives. However, I am addressing the fact that college is not the path that every student needs to take. Students should not feel pressured to attend college if they feel that it is not right for them. College is only one of the many options that graduating seniors have.

RF Editors Attend Prestigious Harvard Journalism Conference

By
The Register Forum Staff



The Harvard Crimson Journalism Conference took place in their offices in Harvard Square on October 13th, 2012. Photo Credit: wikipedia.org

Yes, the rumors are true; even Register Forum journalists go to school. On October 13th, Editor-in-Chief Kevin Xiong and Sports Editor Sun-Ui Yum attended the third annual Harvard Crimson Journalism Conference.

Led by The Crimson’s editors, the conference gave the two an opportunity to learn about “the operations, standards, and techniques that drive” The Harvard Crimson, the oldest continuously published college daily and Cambridge’s only daily newspaper.

The conference attracted high school newspaper reporters from all over the state, and, after a short welcome from Managing Editor Ms. Julie Zauzmer, each attendee had the opportunity to attend three seminars.

Xiong and Yum both sat in on the Editors-in-Chief Roundtable, after which Xiong participated in the Editorial and Ethical Dilemmas seminars, and Yum in Arts Review and Sports.

The seminars were designed in hopes that students could explore aspects of journalism that interested them, with some instruction and guidance from the super cool Crimson staff. Additionally, each school brought copies of its own newspaper, allowing the conference’s attendees to exchange feedback.

The discussions provided Xiong and Yum with a specific list of suggestions and ideas, all of which have been or will soon be implemented in The Register Forum with care (note our many new monthly features, this staff editorial, improved print quality, etc.).

In addition to the seminars and a wholesome lunch (pizza with every topping one could imagine), The Crimson also gave students the opportunity to meet an accomplished environmental journalist from The Boston Globe, David Abel, who discussed his experiences covering dissident movements in Cuba, the rise of Hugo Chavez in Venezuela, and national security policy in Washington. The keynote speech then evolved into a Q&A session about the future of journalism and the media.

The event, which lasted from 9:30 a.m. to 4:15 p.m., was a day well spent. Learning from the best of college-level journalism was an unforgettable opportunity that most high school reporters do not have.

Xiong and Yum would like to extend a sincere “thank you” to Principal Damon Smith

and CRLS, who sponsored this memorable academic experience.



Photo Credit: The Harvard Crimson

CORRECTION: October 2012
Due to an editing error, an article published in our last October edition about CRLS founding father Frederick Rindge misstated the year in which the Rindge Technical School and Cambridge High and Latin combined to form Cambridge Rindge and Latin School. The correct year is 1977, not 1997.

MUSIC REVIEW

Kendrick Lamar's
good kid, m.A.A.d city

By
Sun-Ui Yum
Register Forum Editor

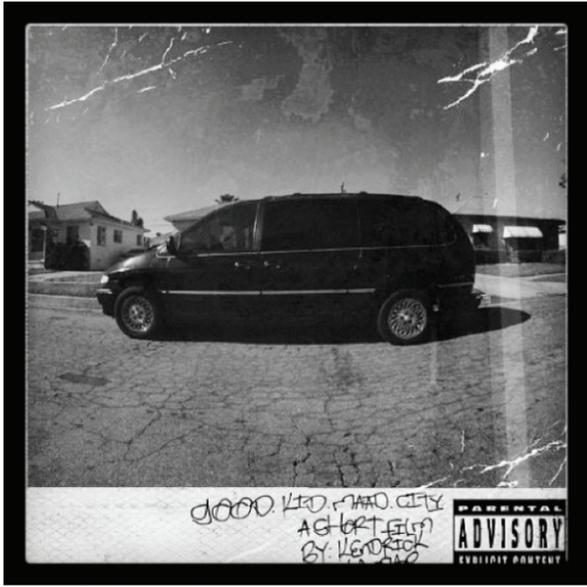


Photo Credit: Kendrick Lamar

In an industry dominated by commercialization and objectification, it's almost shocking to hear a major label rapper put together an album driven by self-reflection and moral dilemmas.

Hip-hop wonder kid Kendrick Lamar's major label debut is one of the most impressive city-themed albums in recent memory—a haunt-

ingly helpless depiction of life in one of the most notorious cities in America: Compton, CA.

The story that Kendrick tells throughout *good kid, m.A.A.d city* is, quite literally, the story of a good kid in a mad city, driven to crime through the pressures of his friends and the violence that surrounds him. At times, the narrative seems to lose steam, but for the most part it's a fast paced story that keeps the album moving.

Kendrick Lamar has always been regarded as one of the foremost upcoming lyricists in hip-hop, and with the added personal dimension that the story behind *good kid, m.A.A.d city* brings to the table, he may just be one of the most singularly talented rappers alive. Kendrick's usage of cadence and versatility within his delivery is something that few can match.

It's been evident for years that what Kendrick lacked in pure emotional substance, he more than made up through pure technical talent. *good kid, m.A.A.d city*, however, deals with far more powerful subjects: gang violence, corruption, drugs, alcohol, money.

The production on *good kid, m.A.A.d city* falters compared to the excellent in-house production on *#Section.80*, but with a rapper as purely talented as Kendrick, the best production is often the type exhibited on "Sing About Me": jazzy, driven by piano chords with a backing drum track.

At times, Kendrick sounds exhausted: his normally hyperactive delivery lagging behind the beat, his voice scratchy and out of breath. It's

a talent that rappers like Game have been trying to develop properly for years. Kendrick's finally taken that step from rapping about personal experience to broader, more hard-hitting subjects.

But, although Kendrick has taken huge strides artistically, *good kid, m.A.A.d city* is not perfect. Despite the impressive producer list that was behind the boards for Kendrick's debut, it's lacking compared to both these producers' previous works and to Kendrick's previous album.

What might be *good kid, m.A.A.d city*'s most striking flaw is Kendrick's surprising reliance on gimmicky voice filters, given his absurd talent at rapping. When utilized well, it's impres-

It comes at an important time in hip-hop and American culture, when a rapper like Kendrick Lamar is being thrust into a materialistic and commercialized industry.

sive, but when Kendrick starts rapping in a high-pitched, agitated voice that he declares as his conscience speaking in "Swimming Pools (Drank)," it

might be too much.

good kid, m.A.A.d city certainly stands out for its musical excellence, but that's not all.

It exemplifies the third step in the natural progression of hip-hop: from a chronicling of the greatness of life on the streets, to a move toward the 9-5 working man, to now *good kid, m.A.A.d city*: a musically underground but mainstream-backed, emotionally volatile portrayal of the terrors of the streets.

It comes at an important time in hip-hop and American culture, when a rapper like Kendrick Lamar is being thrust into a materialistic and commercialized industry. As cliché as it is, Kendrick Lamar may just represent the future of hip-hop. Act and listen accordingly.

MOVIE REVIEW

Argo

By
Andres Bullon
Register Forum Staff

From acting to directing, CRLS graduate Ben Affleck is no stranger to being involved in great movies. He's been heavily involved in critically acclaimed films such as *Good Will Hunting* (1997), *Gone Baby Gone* (2007), and *The Town* (2010).

CRLS students will be proud to hear that Affleck's latest project, *Argo*, is just as good, if not better, than his other movies.

Argo is Ben Affleck's first movie set outside of Boston, as it instead takes place in Iran.

The movie concerns the Iran Hostage Crisis, which took place between 1979 and 1981. Tony Mendez (Ben Affleck) concocts an ingenious plan to rescue a few of the Americans hiding in a Canadian ambassador's house.

The movie contains an extremely talented ensemble of actors, including Bryan Cranston of *Breaking Bad* fame, who plays CIA agent Jack O'Donnell. Every scene with both Cranston and Affleck is terrific.

Argo is very intense, especially towards the end, where you will be on the edge of your seat. This adrenaline rush comes from the great acting and pacing. There isn't a single moment in the movie that seems dull or unimportant.

Argo is very informative, as it helps us understand how the US-Iranian relationship became so sour. However, the story can be a tad confusing for someone unaware of the events that caused the hostage crisis. Affleck could have provided more clarity on the history of Iran.

The movie blends humor and action masterfully. If you want a movie that will scare you, make you think, and make you laugh, all at once, then *Argo* is the movie for you.

Ben Affleck has made CRLS proud.

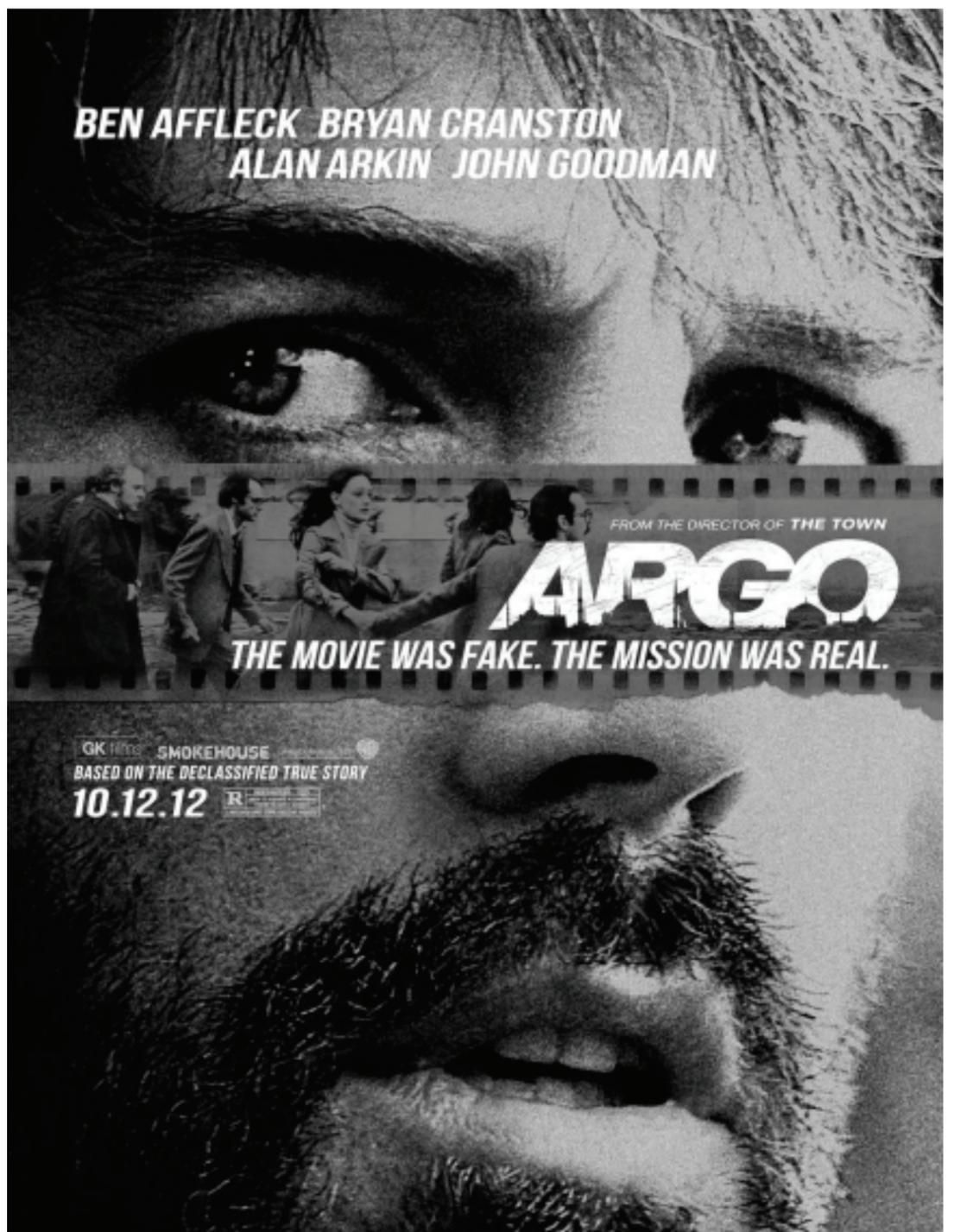


Photo Credit: Argo

THEATRE REVIEW Urinetown

By
Rout Asefa
Register Forum Editor



Photo Credit: Larry Aaronson

"I loved the whole thing!" exclaimed senior Octavio Chiesa.

The three-time Tony Award winning show *Urinetown: The Musical* was brought to the Fitzgerald Theatre for four days from Thursday, November 15 through Sunday, November 18, which included two matinees and a sold out show on Friday night. Rindge's very own theatre teacher, Brett Cramp, directed the musical. It dealt with issues ranging from love to corporate greed.

The musical takes place in an unnamed town in the midst of a global drought. The play's villain Caldwell B. Cladwell, who was played by junior Tim Traversy, had monopoly control over all of the water supply as well as the legislature and police.

His company, Urine Good Company (UGC), made an enormous profit privatizing all former water sources. Everyone forced to

pay UGC to urinate in their amenities. Those who refused to abide by this rule are hauled off to the feared "Urinetown", never to return.

When Caldwell B. Cladwell hikes amenity fees, he sparks a revolution.

"The revolution is so important because it's a reflection of the duty of the people in any situation to do away with an abusive power system. It's not about socialism or capitalism, it's about taking the power back," explained senior Aidan Down, who played

rebellion leader Bobby Strong.

The jaw-dropping performance of the cast and crew truly exemplified the talent at CRLS. Audience members were blown away by the performance of both Aidan Down and junior Heather Bildman (who played Hope Cladwell).

Sophomore Liz Ku-

bicek also did a spectacular job playing the tough yet sensitive Ms. Pennywise. She left the audience dumbstruck with her amazing vocals, which shined during "It's a Privilege to Pee."

"It was so good! Liz

"This is a play about revolutionary love, losing your fears, finding your voice, and speaking truth to power."

did an amazing job playing Ms. Pennywise," commented senior Christina Kaltcheva.

The tech crew and other volunteers created an elaborate set that looked like it came straight from Broadway. Even with only eight weeks to rehearse and

construct the set, the cast and crew were still able to pull off an impressive performance.

"The set and props truly showed Rindge's love and appreciation for the arts.

It showed that we are really creative, and the audience appreciated that," said Student Body Vice President Arthur Schutzberg.

The musical had the audience in laughter even as it addressed a variety of societal ills. The musical was infused with puns and jokes, one of which was the company name "Urine Good Company" and the

silly character names such as Tiny Tom (played by sophomore Cameron Lindsay) and Soupy Sue (played by sophomore Reina Bass).

Although the play was a satire it did not lose sight of the serious issues at hand. It managed to effectively address concern for environmental issues and the ever-increasing power of corporations. One spectator stated, "The political undercurrent is very appropriate for what's currently going on."

"This is a play about revolutionary love, losing your fears, finding your voice, and speaking truth to power," stated school photographer Larry Aaronson.

THE REGISTER FORUM

ARTIST OF THE MONTH

Aidan Down

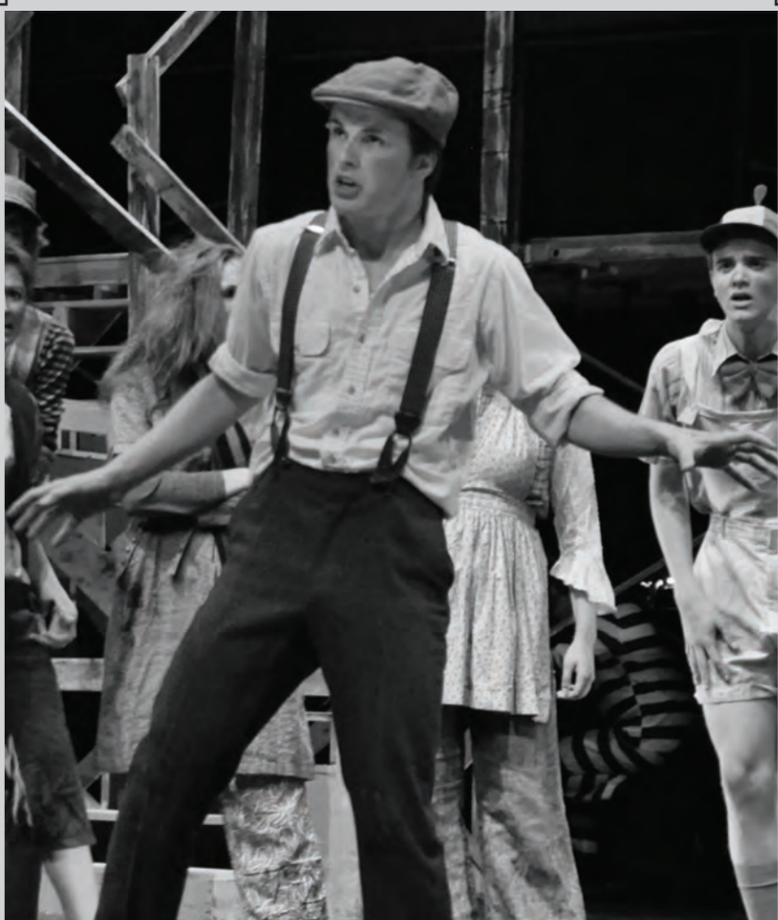


Photo Credit: Larry Aaronson

By
Hoon Hong
Register Forum Editor

"Lights, Camera, Action!" are the words that Urinetown star, Aidan Down, screams every day before he drinks his morning tea. Down was born with an intrinsic love for theater and an awe-inspiring ability

"Down was born with an intrinsic love for theatre and an awe-inspiring ability to dazzle any audience with his stage presence, as evidenced by

his role in CRLS musical Urinetown.

Down hypnotized audiences with his performance as political activist Bobby Strong in the school's recent fall musical. Hundreds were left speechless during Urinetown's first show. Some even returned to see the musical three or four times.

But what is clear from

Down's performance is that his energy and commitment to excellence is second to none. Co-performer Heather Bildman stated, "I fell in love with Aidan's performance as Bobby Strong. His talents stretch from here to Tobin!"

It is not just his skill as an accomplished actor, but the endurance that he and the cast and crew needed to perform five showings of Urinetown in four days. Down stated, "There is a lot of dust-

ing behind the radiator. There are countless precautionary measures we take to ensure that our voices and our sanity are in tip-top shape for each show."

Down's consistent strides towards being the best actor he possibly can be have earned him the recognition as *The Register Forum* Artist of the Month.

Pains, Strains, and Sprains

CRLS Athletes Consider the Danger of Sports Injuries

By
Sami Kebede
Register Forum Correspondent

CRLS athletes are constantly striving to attain the highest level of excellence. But at a certain point, we must ask ourselves, how much is too much? Studies have shown that participation in high school athletics have varying long term effects on students.

The demanding physical requirements of high school sports have been the root cause for future mental and physical issues. The debilitating ef-



Soccer player Jeremy Sternbach heads the ball away from his opponent. Photo Credit: Larry Aaronson

fects of high school athletics are present across Rindge.

"I have had a separated shoulder, torn hamstring, and reoccurring back issues. My hamstring tore just before the start of baseball season, and left me unable to play, and it also gave me a limp for about two weeks. It became harder to walk and took me longer to get around to places", said junior Ted Downing, a varsity baseball player.

According to studies conducted by momsTEAM.

com, high school sports are the second leading cause of traumatic brain injury among teenagers in the past year. The detrimental effects of teenage concussions have been shown to have a threatening impact to a student's mental development and short-term memory.

Neil McCann, a soccer player at CRLS, reported that after a series of concussions, "my head felt really scrambled and it was hard to remember where I had heard things."

"For the first few weeks I had a constant headache, I was incredibly spacey, and at times it was sort of hard for me to complete thoughts," said senior Ryan Tracy.

He continued, "It was much harder for me to focus, and not being able to think clearly can cause some serious issues." Ryan also reported worse results in his standardized tests, showing that concussions can be extremely dangerous not only physically, but aca-

demically.

To ensure the safety of teenage high school athletes, many safety precautions must be taken. The well being of student-athletes needs to come first and foremost. CRLS has been able to keep its athletes informed about the steps taken to identify a concussion.

When asked about the most important form of concussion prevention, CRLS athletic trainer Mary Shinkwin cited education, stating, "The horrible thing is not recognizing that this headache, or this little bit of lightheadedness, or another symptom, might be a sign of a concussion." She continued, "For most sports injuries, education is most important."

The use of impact and concussion safety tests and online courses at CRLS have helped identify many concussion-like symptoms in students and prevent players from harming themselves any further. Concussions and other injuries pose a unique risk to athletes that can be dangerous to ignore.

CRLS Triumphs on Thanksgiving Day



Junior Shaquille Anderson darts through a hole created by the Cambridge defense. Photo Credit: Larry Aaronson

By
Sun-Ui Yum
Register Forum Editor

On Thursday, the varsity football team came away with a 34-30 victory against Somerville on their rival's turf in their annual Thanksgiving game. Quarterback David Maaghul (junior) threw for two touchdowns, while junior Shaquille Anderson ran for two more.

This game concluded the Falcons' season, one of the most successful in recent memory, as they have finished with a record of 7 wins and 4 losses (including 3 wins and a sole loss in league play) after several years of struggle.

Part of that success can be attributed to the rise of junior David Maaghul, in his second season

as varsity quarterback. In a 46-0 rout of Medford in the team's ninth game of the season, Maaghul broke the school record for touchdown passes in a season. The team has managed to clear 30 points in all but three games this season behind an explosive offense. Maaghul leads Division 1 with 31 touchdowns.

After a disappointing string of years, the varsity football team is in a strong position not only this season, but for the future: with a core of current juniors Maaghul, Elijah Booker, and Shaquille Anderson, ESPN's Brendan Hall pegged Cambridge in mid-October as a potential Top 20 team moving forward. Whatever their projected ranking is, the varsity football team's progression is indisputable, and next season will be one to watch.

RF Athlete of the Month *Phoebe West*



By
Grant Baker
Register Forum Correspondent

Midway through this past soccer season, Phoebe West found out that she would not be able to finish the season due to problems with the cartilage in her knee. Devastated, Phoebe assumed the role of team manager and made it a priority to attend all of the games and practices, earning respect from both her peers and her coach.

Coach Goldman, the coach of the soccer team, describes Phoebe as "a perfect example of a utility player who is willing to do whatever is best for the team," a sentiment inspired by Phoebe's shift from forward

to defender earlier in the season.

She had scored twenty goals in her high school career as a forward before her coaches suggested that she change positions, but she obliged with no hesitation, realizing that the move would ultimately be the best for the team. In a situation where many would have been bitter, Phoebe maintained a positive attitude during the transition.

Phoebe is a jack-of-all-trades, also having handled the light design operation for the critically acclaimed *Urinetown*. Already looking past her injury, Phoebe exclaimed, "I'm really proud of what the team achieved this season and I'm amped for next year!"

This athlete was chosen by a democratic vote after nominations from various coaches.

Representing the Falcons in the Playoffs

By
Sun-Ui Yum
Register Forum Editor
Niko Emack-Bazelais
Register Forum Editor

Girls Volleyball Captures GBL Silverware

The girls volleyball team dropped out of the state tournament at the hands of King Phillip, but they also won the Greater Boston League title and the Greater Boston League Tournament in a major coup for the Falcons.

Although the team struggled early on in the season with just two seniors leading the team, they successfully turned it around to clinch the trophy.

For coach Kelley Leary, the early experi-

ence certainly mounted a challenge: she named “developing skills in so many new varsity players” and “not having enough consistency and confidence as a team” as early obstacles.

However, as the final results show, the team did come together, and Coach Leary noted that by saying, “We progressed quite a bit skill-wise and with overall understanding of the game.”

Captain Meron Woldemarian concurred, saying, “Our record in the beginning was not the best, but the GBL tournament definitely showed how the team was progressing.”

According to junior Neha Bagga, there wasn’t a specific moment when the team gelled, but it was “about a month in, when our coach really taught us



The girls volleyball team smiles with the GBL trophy.

all she wanted to teach us, and from then on it was up to us to really show off our skills.”

She’s already looking forward, saying, “My team and I are looking for-

ward to starting off the season very strong and having minimal losses.”

In the words of captain Meron Woldemarian (junior), “What I’m most looking forward to in next

year’s season is going for the state title. To be honest, I can truly say that by next year the girls varsity will be ready to fight for that title, like we have for the GBL title.”

“We’re XC, and We Know It” Boys Cross-Country Wins Big



The boys cross-country team shows off the state trophy.

The CRLS boys cross-country team went undefeated throughout the regular season, decisively capturing the GBL title. However, “winning the Greater Boston league was the easy part,” stated freshman Esu Alemseged.

The cross-country program has made huge strides this season in their road to becoming a championship team: “Our 7th man on the varsity team is running faster than our best guy did last year; it just goes to show where our hard work has brought us,” said sophomore Sam Ingersoll.

With high ambitions, the boys team was determined to take their winning culture into the state meet. However, prior to the big meet, ma.milesplit.com released their official projections on the top finishers – not only was Cambridge not in the top three, they weren’t even picked to place inside the top 10.

“This was a low blow,” said junior Michael Scarlett, “but it gave us the drive we needed to go out and win.”

Scoring 87 points with an average 5k time of 16:41, the team was able to snatch the second place spot in the MIAA state meet. Having finished first in the entire race, freshman Sam Stubbs expressed, “sometimes I go so hard, I go soft.” Stubbs is the only freshman to win an Eastern Divisional Championship in the history of Massachusetts cross-country.

With the support of head coach Scott Cody, the Big 7 (Liam Bodwell, Sam Ingersoll, Esu Alemseged, Danny Aschale, Sam Stubbs, Michael Scarlett, and Niko Emack-Bazelais) hope to continue building their winning culture for years to come.

Boys Soccer Qualifies Despite Injuries, Falls in Close Game

The 16th-seeded boys soccer team suffered a loss in the preliminary round of the state tournament, when 17th-seeded opponents Chelmsford scored a tie-breaking goal in the dying minutes of the game to eliminate the Falcons.

In reference to the loss, coach Phil Fousek said, “Going down early 1-0 put us in a hole that took until the second half to climb out of. After that first goal by the other team we recovered and controlled most of the game.”

It has been a tough season for the Falcons, who suffered some injuries, but the team bounced back to qualify for tournament play. Coach Fousek commended the “strong leadership from our captains” and the underclassmen who “stepped up and made strong contributions.”

Captain Ryan Tracy echoed the sentiment, noting the 5-1 win versus Medford as a highlight of the season: “We have had a hard time beating them for the past few years, so blowing them out in this fashion was an incredible feeling.”

The team is already looking ahead to the next season, and although Coach Fousek indicated that his goals were to “win the GBL, make the state tournament, and win as many tournament games as possible,” he also made it clear that “the most important goal is making sure my players are successful in the classroom and are good citizens in the community.”

Junior Nestor Canenguez is certainly excited, stating, “We will try to play as a team so each player is able to identify their role on the team, improve their soccer skills, but most importantly, communicate with one another as family.”



The boys soccer team celebrates after a goal by senior Connor Donovan.

Girls Soccer Improves on 2012 Performance, Looks Ahead



Seniors from the girls soccer team pose together.

The 20th-seeded girls soccer team made it one round further than their male counterparts, eventually falling 4-3 to the #4 ranked team in the division, Beverly High School. Last year the team fell to Chelmsford by a score of 6-0 in the preliminary round, indicating the girls team’s significant improvement over the last calendar year.

According to captain Phoebe Reuben, “We were on our way to equalizing the game; I was proud we did as well as we managed, but knowing we were so close makes it harder.”

Coach Janet Goldman noted, “Throughout the season, our goal was to not only to make the tournament but be a presence in the tournament and I think we achieved that goal. The girls gave everything they had this season and I don’t think they should have any regrets.”

Junior Anna Klug isn’t caught up in negative sentiment following the team’s early exit: “We are a close-knit family, which has helped us as a team to accomplish the goals that we have set for ourselves. Everyone played their hearts out and it was a great way to end the season.”

The team has not let their loss stop them from looking ahead. When asked about the team’s goals for next season, current junior Mia McCarthy stated, “We plan to work harder and start next season off as strong as we ended this season. This year we made it two rounds into tournament, and it showed us that we have the potential to be a strong, winning team.”

Sophomore Kristen O’Loughlin replied in a similar fashion, saying, “I look forward to improving together as a team, individually, and hopefully making it further in the tournament.”