



THE LEDGER

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The Student Newspaper of Beverly High School

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Sohier Road, Beverly, MA 01915

BHS NEWS IN BRIEF

OPEN MIC NIGHT

The *Aegis* Poetry Slam, previously called Evening of Spoken Word, has been combined with the Student Council's annual Open Mic Night. Groups and individuals can sign up outside the band room to guarantee spots, but people attending can also perform on the spot. The event will be held on May 1 at 7:00 in the school library. Admission is \$3.

MUSIC TRIP

This year's fiftieth annual music trip will begin on April 24th and last through April 28. Ms. PK and Mr. Costa will be taking 230 kids a quarter of the way across the country to Washington, DC. Taking six vocal and instrumental groups, the Music Department will be touring sights including the Washington Monument, Federal Hall, the Flag House, and the White House. They will also be visiting the Smithsonian Air and Space Museum. All six performance groups will be performing at the Lincoln Memorial. The trip will end with an Awards Ceremony at Six Flags Amusement Park. In recent years the students have won Gold and Silver Awards at the competition, and this year they have high hopes of winning Gold.

SPRING SPORTS UPDATE

Softball: The Panthers Softball Team has proven they are back and looking for a winning season. After a tough 9-7 loss against Peabody for their first game, the girls came back with an exciting 9-8 win over Malden for their home opener, leaving them with a 1-1 record. With lots of talent and great chemistry on the team, Beverly looks promising for many more wins to come.

Baseball: The Panthers are off to a great start this season, winning 11-7 against Masco, and after a tough 1-0 loss to Peabody, redeeming themselves with a 6-1 win against Revere. Players to watch are pitcher Eric Messina, second baseman Cam Rogers, and senior captain Anthony DiOrio.

Science League Places in Top 10%

Ryan Noss '14
Staff Writer

On Tuesday, April 9, the BHS Science League took home third place overall out of 30 schools to participate in the Northshore Science League, which includes schools from Cape Elizabeth, Maine to Cambridge. They participated in about 8 meets since September and won second place in a few of them.

Each meet is split into three individual events, many of which the team took first place in throughout the course of the season. These events range from instant inventions, where the team has to complete a building challenge on the spot with materials provided, to events that require a lot of work previous to the meet. In an interview with the Ledger, Mr. Manis described a situation in which they were given a sample of a salt hydrate and were told to identify it, which they did by running a series of lab tests.

The team is advised by Mr. Manis and Mr. Novak, who started leading the team last year; key members include seniors Gabe Buchsbaum, Adi Davidyan, and Idan Davidyan.

While some may credit the team's recent success to new leadership, Mr. Manis explained that all they really did was generate interest in the program, saying, "It's all the students, they really take the initiative."

While Science League is finished for the year, they will start back up in the fall and hope to see the same success, if not more than they experienced this year. For information on joining, see Mr. Manis or Mr. Novak.

The Ledger

Faculty Advisor
Ms. Jean McCafferty

Editor-in-Chief
Austin Healey '15

Staff Writers

Ben Ayers '14
Livvy Konaxis '13
Maddy McLaughlin '14
Ryan Noss '14
Corinne Ajemian '15
Krisetn Woodworth '16
Anna Gibson '16
Jacqueline Tetrault '13

Photographers

TJ McGovern '14
Izzy Dow '13

Photo Editor

Ryan Noss '14

Statement of Purpose: The Ledger has been written and published by BHS students since 1979. The Ledger's aim is to explore and expose issues important to students and staff. None of the opinions expressed reflect those of Beverly Public Schools or BHS Administration. The Ledger does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, age or disability in admission or access to its programs, services or activities, in treatment of individuals with disabilities, or in any aspect of their operations.

Sailing Team pumped for first *real* season



Photo Courtesy of TJ McGovern

TJ McGovern '14
Staff Writer

The Beverly High School Sailing Team had a rocky beginning three years ago, caused by a shortage of materials, few sailors, and a lack of experience; however, this is the year it all changes.

The team looks to have their first real season. They have all the materials they need; they have more than enough sailors, and most of the team now has a few years of experience under their belt.

The team's coaches are Mr. Manis and Mrs. Small, who are assisted by the team's captains Keegan Whitehair and Peter Fickenwirth. They all have a love of the sport and great patience for anyone who is willing to learn the and give great effort.

Anyone interested in joining this great opportunity you can see Mr. Coffey in the Athletic Director's office or Mr. Manis in room 458 for help registering.

BHS Art Showcase

Selected works from the AP Art Class



"Dog Meets Dog"
Sarah Ignacio



Untitled
Izzy Dow '13

JT drops "The 20/20 Experience"

Album review by Ryan Noss '14

Justin Timberlake is the everyman. As an actor, singer, dancer, and businessman, he has become one of the most recognizable celebrities of the last decade. It's no surprise, therefore, that "The 20/20 Experience" has been one of the most popular albums of the year. What some more avid listeners might find surprising, however, is how artfully done the work is. Drawing on influences ranging from Motown ("That Girl") to Latin ("Let the Groove Get In") to Middle Eastern ("Don't Hold the Wall") to trip-hop ("Tunnel Vision"), the album is diverse, while maintaining the overall style of neo-soul, the category which the album technically falls under.

The stylistic choices are intriguing, especially the song length. The songs average at 7 minutes, and the album clocks in at over an hour. While talking about the song length, Timberlake remarked, "If Pink Floyd and Led Zeppelin can make 10-minute songs and Queen can make 10 minute songs then why can't we? We'll figure out the radio edits later." It stays fresh within the songs by employing a combination of subtle changes in texture and layering over time with abrupt changes in feel and timbre. Each song retains its own integrity, but the album flows purposefully as a complete work.

Timbaland's production, as usual, is masterful, and the album has a clean, refined feel

while employing fat noise and a wide variety of sampled and studio recorded sounds. The album was produced in 20 days, due to Timberlake's need to get to a movie shoot, making this even more notable. Strings, saxophones, and brass make constant appearances that juxtapose the electronic synth and distorted vocal textures that would be expected on a pop album of this musical era, to create an eclectic mix of old and new.

The single greatest problem with the album is that, while Justin Timberlake is many things,

he is not a poet. The lyrics are about romance and sex, and nothing else. While Timberlake's overarching theme is being attractive, it would be nice to see him branch out of the box he's put himself in of being a starry-eyed lover. On an album that tries so hard to break out of the mold of a typical pop album, it's surprising to see such meaningless lyrics, which serve as the one thing holding

this album back from being truly artfully done. Dismissing the problem of lyrics as (unfortunately) intrinsic to the pop industry, the album is beautifully done. A couple weeks ago Justin announced that there is a second half to "The 20/20 Experience," expected to come out in November, and I personally will be among those waiting for it with baited breath.

For more music reviews, check out foundsoundreview.blogspot.com, a music review site created and run by BHS students.

BMI . . . don't want to

Maddy McLaughlin '14
Staff Writer

Obesity is on the rise, and it is a very relevant issue in our nation. This "epidemic" has become so massive that Massachusetts and countless other states have begun mandating BMI checks for high school students. At BHS, these tests will be taking place for all sophomores in the weeks following vacation. Letters are sent home with a graph, showing where the student is located on a spectrum of underweight, healthy, and overweight. However important it may be to help students remain within a healthy weight and BMI, I strongly believe that it is inappropriate to perform this testing at school.

Pick any ten people around you; ask them if they are comfortable with sharing their current weight and if they're totally happy with that number; odds are that they will say, "No" to both questions. High school is a time of insecurity, and going down to a crowded nurse's office to get a number that essentially labels your body is a nerve-wracking experience. Not only is there a significant emotional/mental roadblock with BMI checks, but they are fairly inaccurate, as well.

Every body type is different. If a student plays sports and has a muscular build, that student will have a higher weight because muscle weighs more than fat; however, in no way is that student overweight. My own experience with BMI testing has also led me to believe that it is inaccurate and should not be conducted by the school system. I had my BMI done sophomore year, and the letter I received informed me that I had a perfectly healthy BMI; three weeks later I went to the doctor and found out I was dangerously underweight.

I am not blaming the school or the nurse's office for this misinformation, but I do believe that having BMI checks done at a doctor's office is far more accurate and advisable to assess one's health. The administration is only doing what the state requires, but hopefully the state will realize the anxiety and inaccuracy that these mandated BMI checks can cause.

If a student is uncomfortable having the BMI checked at school, the student can decline it, no questions asked. The nurses will understand. Parents would need to write a note or send an email to make the official request. Obesity may be a huge epidemic but eating disorders and other health related issues may be just as large, and it's better for students to be comfortable.

DECA gets creative

Raises funds by flocking

Livvy Konaxis '13
Staff Writer

2013 DECA Nationals is just around the corner for the 12 BHS seniors and juniors: Becca Kaplan Livvy Konaxis, Nina Walsh, Rob Cattell, Cassandra Theriault, Graham Doherty, Haley Finik, John Coz, Juliana Mooney, Katie Bostridge, Mary Cate Flaherty, and Molly McDonald.

Besides working hard to prepare for tests and role plays and extending their projects, the students have been fundraising to cover expenses for Anaheim, California.

For the past couple of weeks, the DECA students have been taking turns selling Bagel world bagels for \$3 before school; the money raised goes toward the cost of their trip.

In addition, the students brainstormed a more creative way to fundraise, using pink plastic flamingos. All five groups received pink flamingos to "flock" friends and families yards with. In order to raise funds, the people's yard that have been "flocked" must donate any amount of money they would like to get them removed from their yard. They then pass the pink flamingos along to someone else's lawn.

Don't Text and Drive!

Corinne Ajemian '15
Staff Writer

Forty nine percent of drivers with a cell phone under the age 35 send or read text messages while driving. These drivers who take their focus off the road for only seconds at a time become four times as likely to get into a crash. With hundreds of stories all over America where a young kid gets into a tragic accident and loses his life, why are so many people still texting while driving?

Have you ever been driving on the road and seen a car swerve over a little? Have you noticed that it only lasts for a second and the swerving stops?

Everytime I get on the road, I see at least two or three people either talking on the phone or looking down to text, and that's only me. Imagine how many other people on the road are putting everyone at risk!

Seventy seven percent of young adult drivers are confident that they can safely text while driving, but the number one killer of American teens is accidents caused by distracted driving.

The risk of texting and driving is too high for people to continue to go out and text and drive. With so many teenagers dying from such a simple thing, you would think that the rate would have gone down, but with the popularity of cell phones in this generation, it's constantly a tempting factor while driving.

The next time you get behind your wheel, make the smart choice to turn off your phone and pay attention to the road – even when the *adults* in your family don't.

(Source: Stop the Texts. Stop the Wrecks, <http://www.stoptextsstopwrecks.org/#facts>)