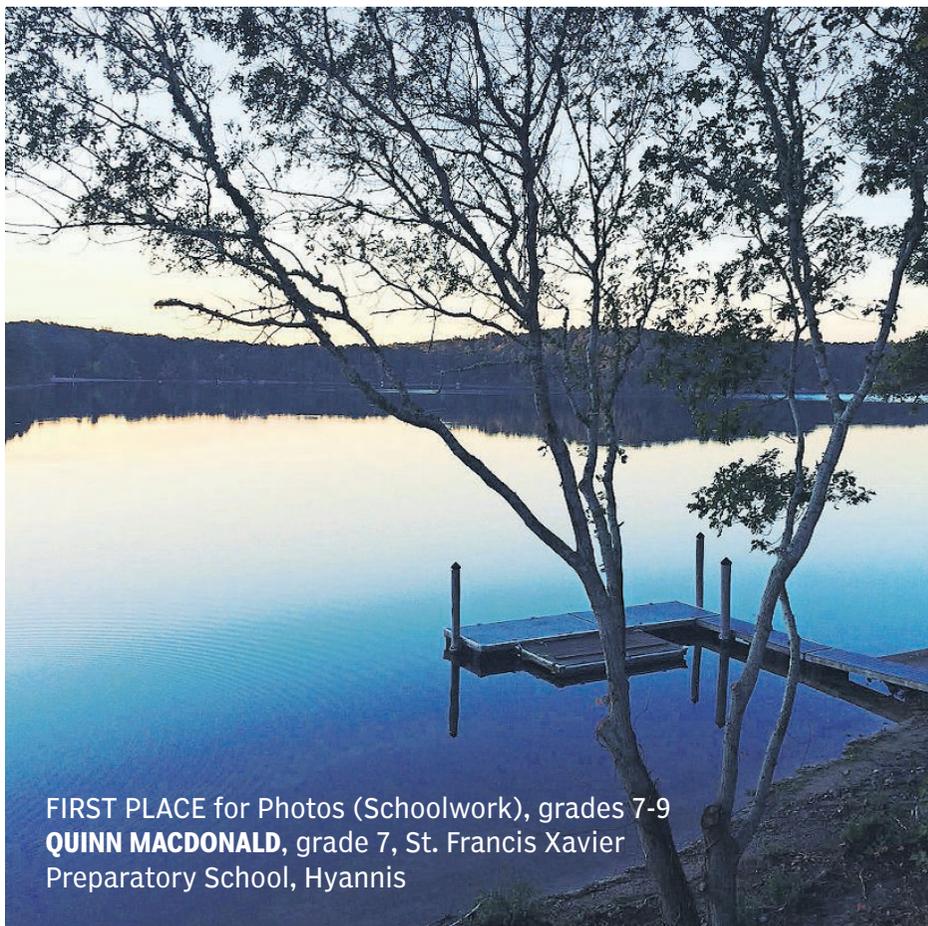


CLASSROOM TIMES

WRITTEN AND ILLUSTRATED BY STUDENTS IN CAPE AND ISLANDS SCHOOLS



FIRST PLACE for Photos (Schoolwork), grades 7-9
QUINN MACDONALD, grade 7, St. Francis Xavier
 Preparatory School, Hyannis

All Cape Codders may one day have an ocean view

By Josh Lane

Cape Cod residents have found out the hard way that beachfront living isn't all that it's cracked up to be. Over the past several decades, climate change has drastically altered the shorelines of Cape Cod, contributing to the loss of oceanside cabins that had once stood tall atop the towering dunes of the Cape's outer seashore.

Climate Central, a non-profit organization that focuses on climate change, researched the effects that a 4-foot rise in water level would have on Cape Cod's fragile landscape. According to the report, a 4-foot rise would damage the homes of over 5,000 Cape residents, forcing property owners to pay a hefty \$4.9 billion in beachfront repairs. Using advanced research to analyze the effects of global warming, Climate Central has indicated that a 10-foot rise in water level would dramatically transform the topography of Cape Cod. An increase of this magnitude could possibly force much of the Outer Cape into exile by separating Provincetown from the rest of the Cape.

"Increased awareness of rising sea levels, flood zones and storm surge have potential buyers rethinking how close a relationship they want with the ocean," said John Weyand, a Realtor on Cape Cod who knows all too well the fate that many beachside homes face when placed within the confines of the Cape's sandy shoreline.

The NASA Earth Observatory has closely monitored the impact of climate change on the Cape's eroding shoreline. According to their reports, Cape Cod loses 3 to



NEWS/FEATURES
 GRADES 9-12

20 feet of sandy beaches every year, much of which are lost during the extreme storm months of the fall and winter seasons. Liam Martin, a reporter for NewsCenter 5, claims that these numbers have often-times been accentuated by natural disasters such as Superstorm Sandy and the Blizzard of 2013, both of which caused about five years of erosion in just three months.

"These dramatic changes might be outside of the realm of what we've ever seen before," said Mark Adams of the Cape Cod National Seashore. "We see storm effects becom-

ing more severe, and big storm and tide events are what cause drastic coastal erosion."

Acquainted with the effects of beach erosion, Adams knows that the Cape has been shrinking for thousands of years. Using GPS instruments to measure the shorelines of Outer Cape towns, he is fully aware of the dangers that global warming poses to the future of Cape Cod, saying that he "expects rapid change (to occur on the island) in the next five to 10 years."

Jennifer Weeks, a writer for The Daily Climate, indicates that the erosion on Cape Cod has left geologists believing that waves from the Atlantic Ocean will reduce the Cape to a few islands in the next 1,000 to 2,000 years. From there, NASA predicts that Cape Cod will meet its ultimate demise as the sea claims the remaining islands and forces the Cape to once again disappear into the great abyss.

—Josh Lane is a 12th-grader
 at Nauset Regional High School
 in Eastham.

Eating disorders can take control

By Anna Arisco

It was a constant.

Running and water — nothing but water. I have to keep running and drinking, and that's it.

That's what I thought, until I passed out. It was bad. I never passed out before, at least, not while exercising. Then again, I hadn't gone without food for six days either.

I was in my sophomore year of high school, and I was at my lowest weight ever. I was 108 pounds. That doesn't sound too bad, until you realize

I dropped 30 pounds within a month. I would have kept going too, but passing out made me wake up — funny how that worked, isn't it?

I struggled for another year, still faking meals, still excessively exercising, and grappling with self-harm. It wasn't easy, and I still want to slip back into these habits, but I won't let myself give in so easily.

I'm not alone in doing this self-destructive behavior, though. According to the National Eating

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CLASSROOM TIMES



Written and illustrated by students in Cape and Islands schools

FIRST PLACE
for Photos
(Snapshots),
grades 4-6
LUCY KOMAR,
grade 5, St. Francis
Xavier Preparatory
School, Hyannis

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The staff at Classroom Times would like to thank the Cape Cod Times employees in the newsroom and advertising department who contributed their time and expertise to judge student entries.

Editor's note

The Classroom Times newspaper is a product of a contest for writing, photography and art for students in grades 4-12 from all over Cape Cod and the Islands. Representing 36 different schools, close to 1, 200 submitted entries for our writing, photography and Create-An-Ad contests. The contest winners are presented in this publication, but it's all just a small fraction of the wonderful student work we had the privilege to consider. To view this section online – or give off-Cape friends and relatives the chance to see it – visit www.capecodtimes.com/classroomtimes.

Amanda Nardini, Grade 12, St. John Paul II High School, Hyannis

NEWS/FEATURES



FIRST PLACE for Photos (Snapshots), grades 7-12
JOHN BEATTIE, grade 10, Nantucket High School

ARISCO

From Page 1

Disorder Association, “approximately a half million teens struggle with eating disorders or disordered eating.” That includes males as well. Though they are not as commonly diagnosed as females, males are just as easily affected by eating disorders. It is assumed by many people that boys do not reach out for help as often as girls do, though they do suffer just as much.

This suffering can easily lead to death. The National Institute of Mental Health says, “(Anorexia) has an estimated mortality rate of around 10 percent.” Plus, according to Eating Disorder Hope, “3.9 percent of bulimic individuals will die. ... 5.2 percent of individuals suffering from eating disorders not otherwise specified die from health complications.” Typically, the health complication for all eating disorders includes some sort of heart problem.

More often than not, when someone reaches out — with any mental illness — parents and friends will push it aside as simply “Oh you’re just an overly emotional teenager,” or, “You’re just looking for



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attention.” When, in fact, mental illnesses symptoms are mostly found during the teen years. I hid my illness for three years. It terrified me to reach out for help last year, knowing there would be no going back after I let it all out. Part of me still regrets telling people. Due to the attention stigma, I’ve often thought that maybe my illness isn’t real, but it is. I know what it can do to someone ... what it almost did to me.

One parent laments how she was in such a denial that, “although we ultimately did everything we could to help (my daughter) beat ED, using all the information, understanding and resources available to us, I have to live every day with the knowledge that critical time was lost in getting her into treatment.” Unfortunately, (the daughter) ended up dying at 19 years old in 2009. Since then, she has made it her mission to help other parents and those who suffer from eating disorders so, “other families don’t have to endure the devastating loss of their child.”

—Anna Arisco is a 12th-grader at
 Dennis-Yarmouth Regional High School
 in South Yarmouth.

Student views impaired vision as a gift

By Sarah Murphy

From the tropical year-round weather in Jamaica to the frigid winters on Cape Cod, Claude Junior Turner knew he was no longer at home. Turner is a senior at Barnstable High School and grew up in Jamaica. He and his mother came to the United States in 2011 to seek more opportunities.

Something you may not know about Turner is that he once had full eyesight. Late one night in Jamaica on Sept. 24, 2006, a close friend of his family’s calling for him to open the door abruptly awakened him. Turner said “I was struck on the back of my head with a wooden board and thrown outside onto the concrete floor.”

His nose gushed blood and (he) became unconscious. After spending a long time in the hospital, Turner became conscious again, but when he woke up, he said “my memory was completely erased and I didn’t know how to talk or walk. I had to learn everything from scratch.”

“It was like I was out of this world. I learned how to see, talk and walk again with the doctor’s help.” said Turner. After the accident, Turner became visually impaired. His mother felt that Jamaica’s doctors and school systems were not the best for her son. She thought coming to the United States would be the right decision for them.

Turner’s eyesight has increased 10 percent every year with American doctors’ help; it may reach 100 percent one day with the support of “God’s grace and the future,” Turner said.

Chris Viens, Turner’s English teacher since his freshman year, said “CJ is a very good student. He is one of the hardest working people that I know.”

Turner said, “it is difficult for me to see other kids getting their work done faster than I can. Even though I get frustrated, it doesn’t stop me.” Viens noticed that, “CJ never, ever gives up.”

In his spare time, Turner said, “I do my homework, listen to music, watch a movie, or talk to a friend or somebody; but I’m always at home. I’m a little bit lonely.” He views his life as “locked up” since he doesn’t go out a lot and “doesn’t have many friends.”

“I believe I’m alone all the time because of my impaired vision; the accident in 2006 forever changed me.” Turner said.

This past summer, Turner got an opportunity to expand his horizons by working through the Blind Commission, for five and a half hours a day, four days a week. Turner worked for The Habitat for the Humanity, located in Yarmouth. “I would work the cash register and help clean furniture donations,” he said.

CJ Turner is a “brave” student, said Viens. Turner said he doesn’t look at his disability as a disadvantage; he looks at it as a “gift.” He said smiling, “I am teaching everyone around me that no matter what happens to you, you can still do the same things everyone else can do.”

—Sarah Murphy is a 12th-grader at Barnstable
 High School in Hyannis.



NEWS/FEATURES
GRADES 9-12

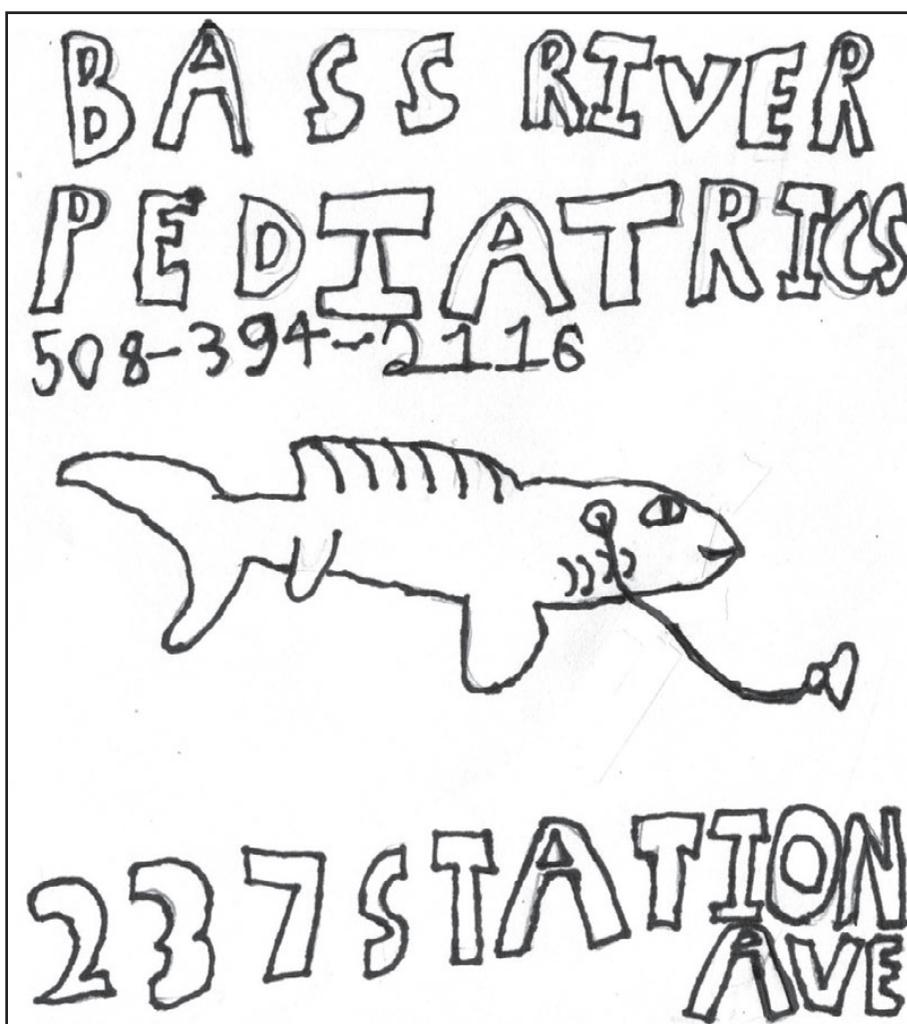
SECOND PLACE for Photos
(Snapshots), grades 7-12
MEGAN IVERSON, grade 10,
Falmouth Academy



WINNING WORDS

With technology innovations from self-driving cars to 3D printers, 2016 definitely has a lot in store. There are robotic butlers and an owl clip that makes sure no one ever loses a favorite toy ever again. There are Fit Bits and a spoon that can measure your portion of food!

ROISIN O'BRIEN, grade 5,
St. Pius X School,
South Yarmouth



Mikey Whitney, Grade 7, Cape Cod Lighthouse Charter School, Harwich

Learning her daily lesson

By Cora Pohlman

The piercing alarm echoes in my skull. Before I even open my eyes, the reality of the strenuous day ahead comes at me like a frozen snowball down my back. The uncomfortable air leaks into my silky, soft sheets as I surrender to the day of work and school.

I would rather be at home watching a movie with my family. I would rather be at my friend's birthday party. I would rather be sleeping in a nest of pillows. I would rather be eating dinner with my cousin. But instead, I have to decline and force myself into my daily torture ... of swim practice. My soggy bag sits next to me on my way to the pool. The 10-year-old boy in the other seat rattles on about the 10,000 useless ways to solve a Rubik's cube and the ongoing rant of things I couldn't care less about.

We arrive, and I stand in front of that icy pool that mocks me with its mean, still, shiny top barrier. I stare at my sad reflection below me. "On the 60!" I



NEWS/FEATURES
GRADES 7-8

hear, and swing my arms back to jump in, facing my fear.

After I'm warmed up and have forgotten about my dread of coming here, I start to enjoy talking to my friends, and focus on moving my arms and legs as fast as possible. Once I accept the reality of swim practice, it's never as bad as my imagination. I notice the attitude of the whole team brightens almost in unison and I realize I'm not alone. I still check the clock every 20 minutes waiting for the hands to tell me 8:30, but I am more cheerful than when I hadn't yet felt the water enclosing and rushing around my body. The water is like air to me, and

I'm one of the special people who can fly. Swim practice teaches me how to stick with it and get through the unlikable moments. Teamwork can make insurmountable obstacles doable, give you persistence, friends. It may not seem like it all the time, but swimming has changed my life for the better.

—Cora Pohlman is a seventh-grader at Lawrence School in Falmouth.



FIRST PLACE for Photos (Schoolwork), grades 10-12
ANDREA GUYTHER, grade 11, Martha's Vineyard
 Regional High School, Oak Bluffs



SECOND PLACE for Photos
 (Snapshots), grades 4-6
HALEY COGGESHALL, grade 6,
 Quashnet Elementary
 School, Mashpee

At war with the bullies

By Raaya Catalano

Trying to keep my shield up, she fires another shot. "You're weak, useless and mean nothing to anyone!"

It's almost impossible to win this battle, I run back in, but then, the shot goes straight through my heart. "You're not good at anything and you never will be, you are nothing, you don't exist. You are nothing but thin air."

My guard was down and I was slowly dying. The only thing I could think of at this point was ... "Run." I tried to get up after being pushed down to the ground when I took another bullet to the heart. They were all on her side, keeping her barrier up for her. I was starting to think she was right, and I suddenly jumped up and pushed her to the ground. Or, that's what I wanted to do, but instead I just ran away from her.

So, as you can see, I have been bullied. Not only this year, but for the past five years straight. They try to find flaws about me, whether it's my hair, clothes, glasses or because I may be short ... or whatever they want to tease me about. Now, I do understand



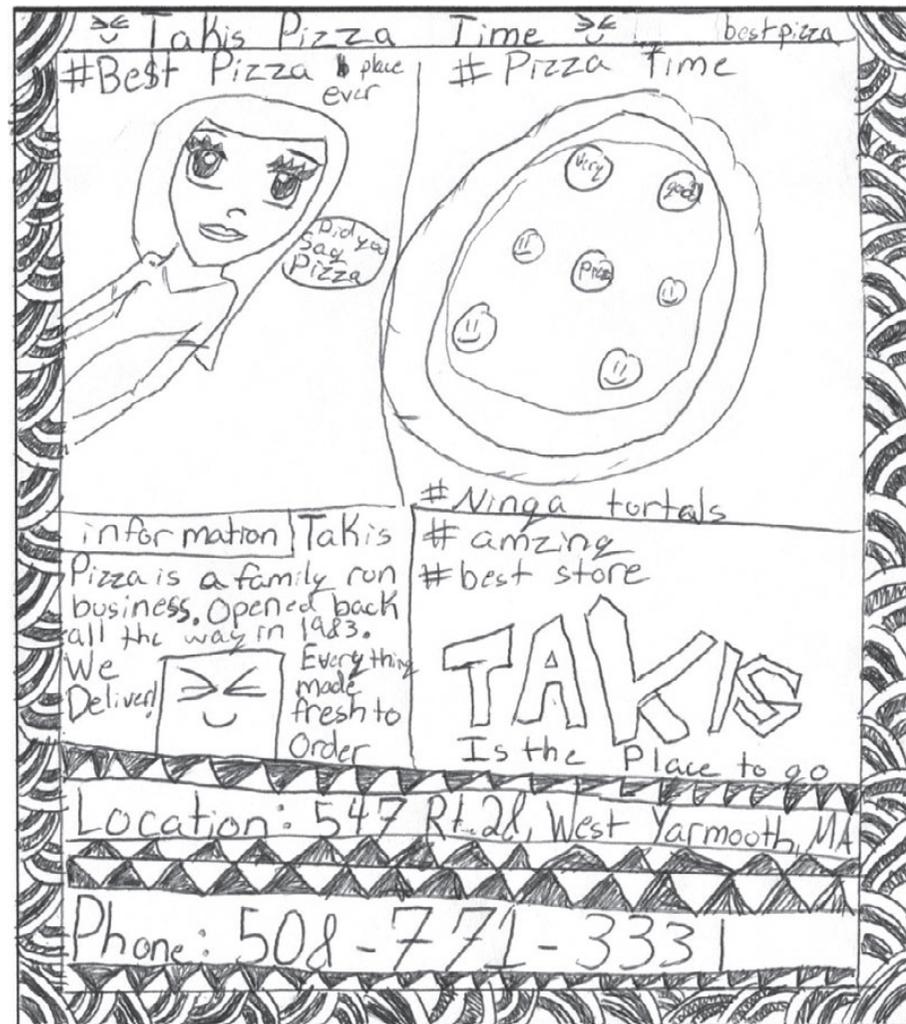
NEWS/FEATURES
 GRADES 7-8

that this doesn't only happen to me, some people have it way worse than I do. Sometimes I try to focus more on the people who care about me than those who don't because they see others being happy and they want them to feel how they feel — lonely and sad because they have nothing better to do with their lives.

Now, I'm not blind, I know that when people look at me, they see this happy little girl who just absolutely loves everything and everyone she sees. I'm not saying that I'm not a happy kid, it's just, I'm not what everyone thinks I am. I try to make it always seem like I am the happiest person walking the planet, but sometimes I blow my cover. It's because of people like her I am the way I am.

But then I remember I can go home every day to a loving family who cares about me, and not everybody can have that. THAT is what keeps me going. So, I pick my shield up on the way to school every day to protect me, and bring my courage along with me to shield my heart.

—Raaya Catalano is a seventh-grader at Lawrence School in Falmouth.



Hamda Hussain, Grade 5, Oak Ridge School, Sandwich

There are some not-so-happy homecomings

By Alexa Ubertaccio

There are many things in life that can cause people to be stressed or worried and many things that can take a toll on relationships or end them. There are many things that can cause people to be jobless and financially unstable. When people return from the military, they could face some of these problems.

If you've ever had a friend or family member return from overseas, then you know how happy you are over the fact that they're okay. But the truth is, sometimes they aren't fine. They have witnessed things that nobody should ever have to see and they have probably lost people they were very close to. Many people suffer from Post-Traumatic Stress Disorder, better known as



NEWS/FEATURES
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PTSD. This causes people to have nightmares, hallucinations, and flashbacks after the war. They may want to avoid certain people and places. People with PTSD may need to be in a quiet environment for a while, to help them calm down.

As a result of being without someone for a long time, sometimes seeing them again can change the relationship, and not always for the better. People grow apart from each

other and that doesn't always get fixed. Their kids are probably ecstatic their parent is back, but spouses don't always have the same connection that they had before. This could lead to divorce, which could cause some people to be all alone.

Another problem is finances. It's hard for people to get back on their feet when they return. They may have

had a lot when they left and returned to nothing. When you're in a city or even a smaller town you may see homeless men and women on the streets holding cardboard signs that say "veteran" followed by words describing the situation they're in. These people may have had nothing to come home to.

Things like this don't happen to everyone but if you know someone who has gone through something like this, always be sure to give them the utmost respect and love them with all your heart.

— Alexa Ubertaccio is an eighth-grader at St. Pius X School in South Yarmouth.

WINNING WORDS

When you adopt a shelter dog, you're saving two lives. The life of the dog you adopted and the dog that will be there next.

RACHEL DUBOIS, grade 5, Orleans Elementary School

I am no longer a prisoner to the common stereotype.

CATHERINE CONE, grade 7, Lawrence School, Falmouth

SECOND PLACE for Photos (Schoolwork), grades 7-9. **EMMA VANLOHUIZEN**, grade 9, Martha's Vineyard Regional High School, Oak Bluffs



Molly Keyes, Grade 5, Oak Ridge School, Sandwich

WINNING WORDS

This is the best way to learn a new language, a new culture, a new country, be more independent and learn how to take care of and get to know yourself.

TAMARA MENDEZ, grade 11, Dennis-Yarmouth Regional High School, South Yarmouth

Life at the Kakuma Refugee Camp

By Alexander Mendez

The sky erupts with light as a fiery orange bulb peeks over the horizon. A new day has just begun. Thousands of people stumble out of small, dirty tents. The hard, crusted ground sizzles like hot coals. The blazing hot temperature sucks the living soul out of everything it encounters. However, these young men have endured a whole lot more than the punishing temperature and the blinding sun.

These people have escaped a revolting world of terror and violence. They were forced to flee their homeland when the unstable government of Sudan began attacking various parts of Sudan that

were Christian. Refugees walked through Ethiopia and into Kenya with no more than their worn, blistered feet and a single pair of clothes that, for some, lasted for ten years.

Many years later, the survivors who remained ended up in a place called the Kakuma Refugee Camp. Located in a small town in Kenya, this refugee camp is run by the UNHCR (United Nations High Commissioner for Refugees). Around 180,000 refugees are still helplessly stranded at this camp with nowhere to go, nowhere to be.

As the refugees step out onto the dusty, rock road, the squeal of happy children fills the air with joy. Small kids dance and play under the bright sky. Teenagers laugh and joke as they hang on small trees. Young moms stand around

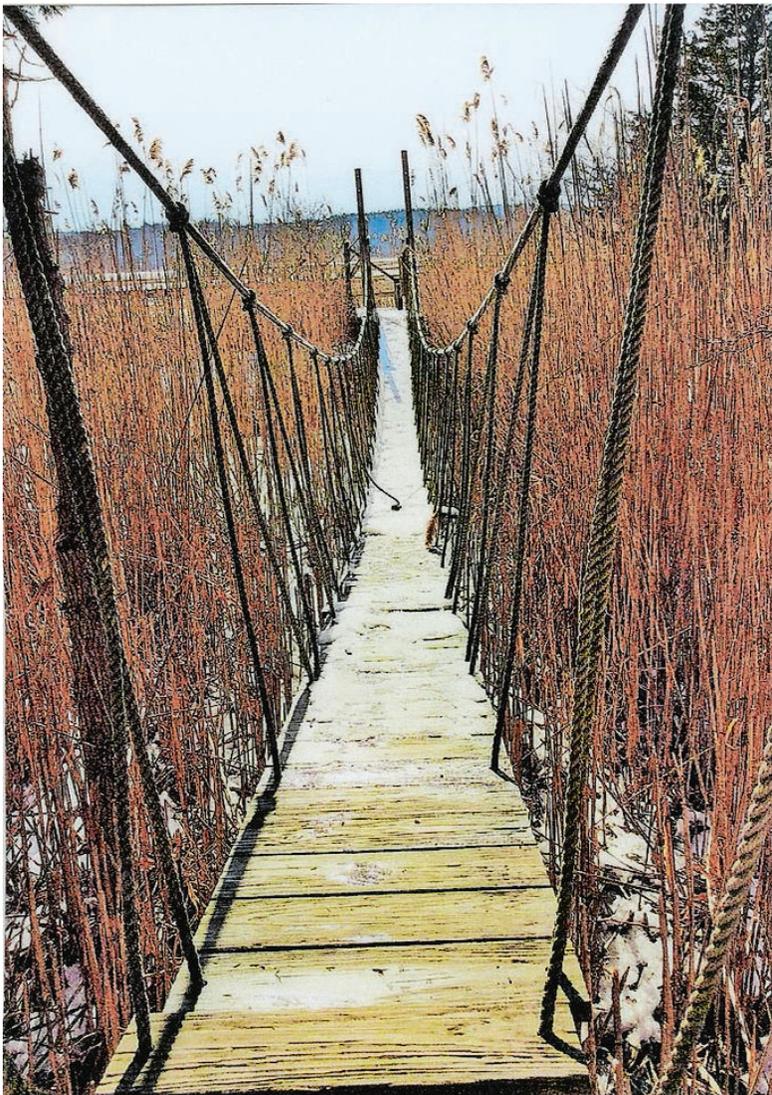


NEWS/FEATURES
GRADES 4-6

and talk about their family affairs. Boys sit on the dirt ground in the schoolhouse and learn with great determination. Every inch of dirt is covered in some kind of equation, letter or sentence. Girls carry buckets of warm, muddy water. The buckets are set down and people begin to feast on the murky water.

The Kakuma refugee camp is a community of people who care for each other like a large family. Every day, they wonder when will they leave the camp, and maybe start a new life. Maybe they never will. However, one place will always be there for them: the Kakuma Refugee Camp.

— Alexander Mendez is a sixth-grader at Mattacheese Middle School in West Yarmouth.



THIRD PLACE for Photos (Snapshots), grades 4-6
COLIN MCIVER, grade 5, Oak Ridge School, Sandwich

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Isabelle F. Nobili, Grade 7, Cape Cod Lighthouse Charter School, Harwich



SECOND PLACE for Photos (Schoolwork), grades 10-12
JESSICA SONIA, grade 12, Martha's Vineyard
 Regional High School, Oak Bluffs



Ella Savini, Grade 5, Nathaniel H. Wixon Innovation School, South Dennis

Employees, community can both win with Cape Abilities programs

By Emilia Alliegro

Cape Abilities is a non-profit organization on Cape Cod that provides housing, jobs, job training, transportation and life skills for adults with disabilities while building self-esteem and empowering them to become valued members of the community.

The main headquarters is in Hyannis but they also have centers in Falmouth and Eastham. In addition to partnering with local businesses to provide job opportunities for disabled adults, Cape Abilities has also developed some unique and creative businesses to offer more opportunities to learn new skills and enjoy new experiences.

Centerville Pie Company is one of many Cape businesses that employs Cape Abilities workers, with more than 50 disabled adults working for them doing various jobs from cutting the fruit and meat to baking the pies and greeting the guests. Another business that has partnered with Cape Abilities is the Woods Hole Oceanographic Institute (WHOI), where participants work in many areas, including ocean science and technology. The partnership started as part of a National Science Foundation grant that was offered to Cape Abilities participants who were trained in creating electrodes for magnetotelluric instruments, which are used to collect data from the earth.

Cape Abilities also supplies



NEWS/FEATURES
 GRADES 4-6

and maintains up to 100 vending machines throughout the Cape. The organization has also created businesses to provide jobs. If you have ever driven down Route 6A in Dennis, you may have noticed the Capabilities farm, which has been there since 2006. Customers can stop in for fresh local produce and will be greeted by friendly,

hard-working and dedicated employees who take pride in their work.

Cape Abilities opened a thrift shop in Barnstable village in 2009. The shop not only employs Cape Abilities participants but sells furniture repaired and refinished by the Cape Abilities furniture-rescue restoration team. Cape Abilities recently added Cape Cod Saltworks Sea Salt to its list of businesses. The pure sea salt that workers harvest from the Cape Cod oceans gives participants the opportunity to learn a new skill and give back to the community.

Cape Abilities is an organization that provides adults with disabilities the opportunity to work and learn new skills and help them to achieve goals while building their self-worth. Cape Abilities is an organization Cape Codders can be proud of. The opportunities Cape Abilities provides for disabled adults are a beautiful addition to our Cape Cod community.

— Emilia Alliegro is a sixth-grader at St Francis Xavier Preparatory School in Hyannis.

Lessons learned while cooking with Mom

By Aurora Terry

One of my favorite things to do is kitchen activities with my mom; it makes me feel special. When I am cooking or baking with my mom, I like to bond with her and listen to her stories of cooking with her parents when she was my age.

I learn lots from my mom when we bake and cook together. One thing she has taught me is sauteing. For instance, we love spinach. Add water or oil to your pan, with the spinach and toss it in the air. After, you have dark-green, chewy sauteed spinach.

When you are whisking

brownies or even cookies, you have to be careful to not get the batter out of the bowl. When you speed-whisk, you have to move your wrist really fast and you can get all of the flour, sugar, milk and eggs together at a faster pace.

Did you know that thawing meat in hot water is bad for you? The hot water starts to cook it and grows bacteria. Measure any dry ingredient with a butter knife and scrape the rim.



NEWS/FEATURES
GRADES 4-6

I love baking delicious, chocolaty treats that are as sweet as my mom. Pies are my favorite to bake, but it's hard making the dough and rolling it; it tears too easily. Brownies are my absolute favorite goodie to bake, with melted and mouthwatering chocolate chips in the middle.

When my mom and I follow instructions correctly and use the correct equipment, the foods or baked goods come out just right. One thing that is very popular in my house is the Hamilton Beach

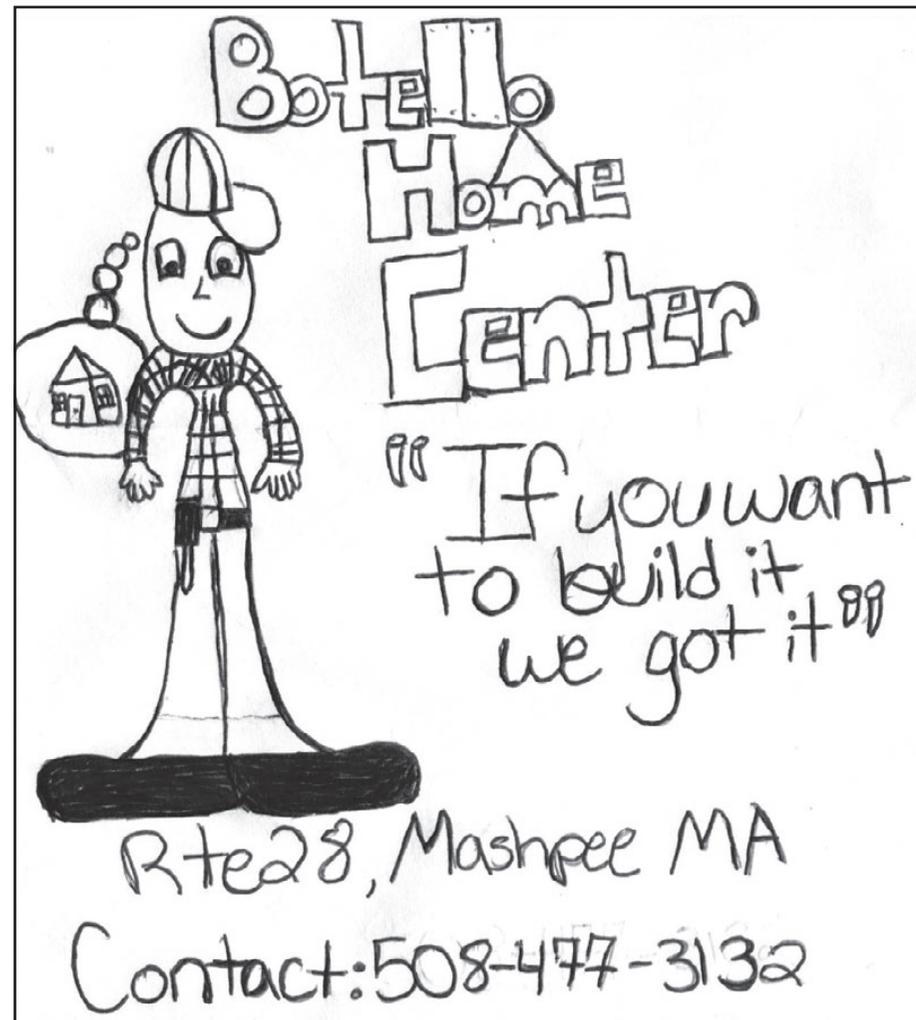
stand mixer, a large mixing bowl with two electric whisks. You push a button and it whisks away! For scraping the extra batter out, we use rubber-ended spatulas that have flexible ends to get any excess batter.

I will always remember the time when my mom and I made pie dough, rolled it out, then it tore apart. I hope that I can bake and cook with my mom still, learning from my family member, listening to her stories.

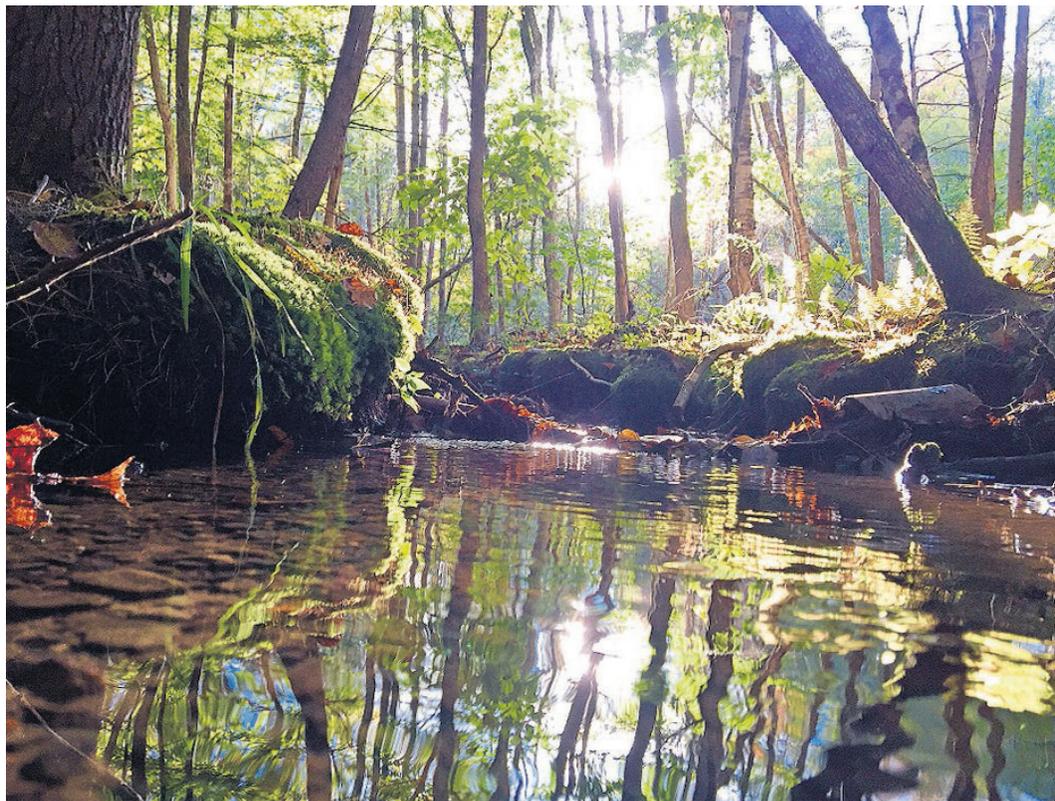
— Aurora Terry is
a fifth-grader at Orleans
Elementary School.

THIRD PLACE for Photos (Schoolwork), grades 10-12

WALTER GREENE, grade 10, Martha's Vineyard
Regional High School, Oak Bluffs



Dolfing Allen, Grade 7, Mashpee Middle-High School



THIRD PLACE for Photos (Snapshots), grades 7-12
ELI BENWAY, grade 9, Cape Cod Academy, Osterville

WINNING WORDS

It has become normal to look down on those who own less money. We assume they are unhappy, unclean or in need of help. We must acknowledge, though, that there is a huge difference between looking and seeing, between hearing and listening. Poverty may include lacking material belongings, but it creates people who are rich in faith and love.

CHLOE LEBOEUF, grade 11, St. John Paul II High School, Hyannis

If it weren't for my friends and teachers, I would be nowhere.

NOAH SCHMIDT, grade 7, Lawrence School, Falmouth



Logan Lett, Grade 4, Nathaniel H. Wixon Innovation School, South Dennis

OPINION

Trying to separate fact from fiction

By Hannah Fay

If you were to believe everything you read on the Internet, you might insist that the 1969 moon landing was faked, that the CIA was responsible for John F. Kennedy's assassination, that Paul McCartney died and was replaced by an imposter, that the 9/11 attacks were an inside job, or even that President Obama is either a lizard or the anti-Christ. (Yes, there are actually 50-minute videos on YouTube dedicated to proving, beyond a shade of doubt, that Obama is the devil incarnate).

If you're like me, you might fail to see how someone could speak about something as fanciful as oxygen being poisonous in the same demeanor they'd use to let you know Great-Aunt Mabel died. Barnstable junior and longtime conspiracy theory enthusiast Lindsay Lewis reminds us that "you never know." (Touche, Lindsay.) She's spent time researching a wide range of conspiratorial topics to verify their accuracy, despite her assertion that "the amount of people that believe me is equal to the amount of time Neil Armstrong spent on the moon — zero."

The more rational among us might see the fun in conspiracies, but not the truth. Junior Sarah Carlon enjoys spending her valuable free time exploring the "Paul-McCartney-is-dead-and-was-replaced-by-a-lookalike" theory. "I don't think it's true personally, but it's interesting to look at," said Carlon of her faux-conspirator status. "It's a pastime, but it also has a scare factor."

According to (a psychology professor quoted in) the New York Times, conspiracy theories "wouldn't exist in



OPINION
GRADES 9-12

a world in which real conspiracies don't exist," and they contribute to "feelings of having agency" in their proponents. In a day and age where horrific occurrences are routine, conspiracy theories can provide a distraction and a perhaps much-needed feeling of reassurance in being able to understand the un-understandable.

Apply this to the halls you walk every day (not even the staff of Barnstable High School is immune to conspiracy theories). A smattering of students, Lewis included, believe that math teacher David Brown is secretly a government spy. To this, Brown only said "It is what it

is." Is it possible that Lewis and other students just need to feel in control of their math grades, and use this narrative to distract from the terrors of calculus? Or, is he actually a gadget-wielding James Bond?

All jokes aside, at the end of the day, it's important to separate fact from fiction, and to not allow a fixation on falsities to detract from respect for grief and grievance. When taken too seriously, as in cases of the validity of 9/11 and the Sandy Hook tragedy, a seemingly innocent joke or comment can show some serious disrespect to the victims and their families. I, for one, agree with Mr. Brown: it is what it is. Like it or not, bad things happen, and not everything is a plot by the government to do harm to the common good.

Besides, I'm fairly certain that somewhere out there a very much alive Paul McCartney is getting pretty fed up about all of this.

— Hannah Fay is a junior at Barnstable High School in Hyannis.



THIRD PLACE for Photos (Schoolwork), grades 7-9
ELLIE MATTISON, grade 8, Falmouth Academy

Talk to teens about depression

By Katherine Brennan

Can you hear it? My bet is that you can't. Maybe it started as a dry rustling at night — just outside your son or daughter's window. Not scary enough to warrant stepping outside in their pajamas, but enough to send shivers down their spine. They probably ignored it, brushed it off as some trick of the mind.

Soon, that rustle transforms into a roar. This roar is just enough that it is nearly impossible to function. They see your mouths moving and they watch you grow more and more aggravated when they don't reply but they can't because it is so LOUD. Eventually their lives are controlled by this roar. They can't eat, can't sleep, and you don't know how to help them.

This is what depression feels like. A slight trickle of sadness bursting



OPINION
GRADES 9-12

a full dam of darkness. Depression in teens is much more common than anyone wants to admit. In 2012, there were roughly 41,844,000 teenagers (youths aged 10-19) in the US. Experts estimate that 5 percent of all teenagers in the US suffer from depression — this means that 2,092,200 teenagers are depressed at any given time. According to the CDC, suicide is the second

most common cause of death for youth of ages 15-24 every year.

Depression is the elephant in the room no one talks about. Many teens have woken up in the morning and looked at the ceiling and have just felt all the air leave their lungs as they consider just how alone they are. However, we aren't alone. We aren't alone because unbeknownst to us, other kids are

SEE DEPRESSION, PAGE 12

Cape Tech's mascot should not be Crusader

By Marcello Sardinha

Cape Tech's mascot has always been the Crusader, but given a new level of understanding among the general public that many mascots are in fact offensive, should we change our mascot? "Go Crusaders!" is so often yelled at sports games and pep rallies that the events would almost feel incomplete without this characteristic cheer. Obviously, Cape Tech is not endorsing the crusades, but rather, the concept of social, political and religious change in students' individual lives.

Change is never easily accepted, especially when it comes to nostalgic parts of our lives.

Most of us understand that the concept of invading other countries and places because of a disagreement



OPINION
GRADES 9-12

on politics or religion is utterly barbaric. In order to move forward as a nation and as a people, we must be able to accept the fact that everyone is different. The juxtaposition of our different ideas can make us stronger; we can learn to accept others and eliminate stereotypes. Changing Cape Tech's mascot will not necessarily jump-start this change, but it can start changing people's way of thinking about our differences.

At the national level, the majority of mascots under scrutiny are those that are based on stereotypes of indigenous peoples. This, however, does not change the fact that the Cape Tech Crusader is offensive to many. For some, it perpetuates a racial double standard, with the white crusader descending on non-Christian peoples

and imposing specific religious, political and social beliefs. The typical historical crusader, who is almost always white, is portrayed as righteous, while people of color are characterized as terrorists, rioters, and rebels. The symbol of the crusader also perpetuates a Judea-Christian orthodoxy that plagues our nation and does not allow for the full expression of other religions and belief systems.

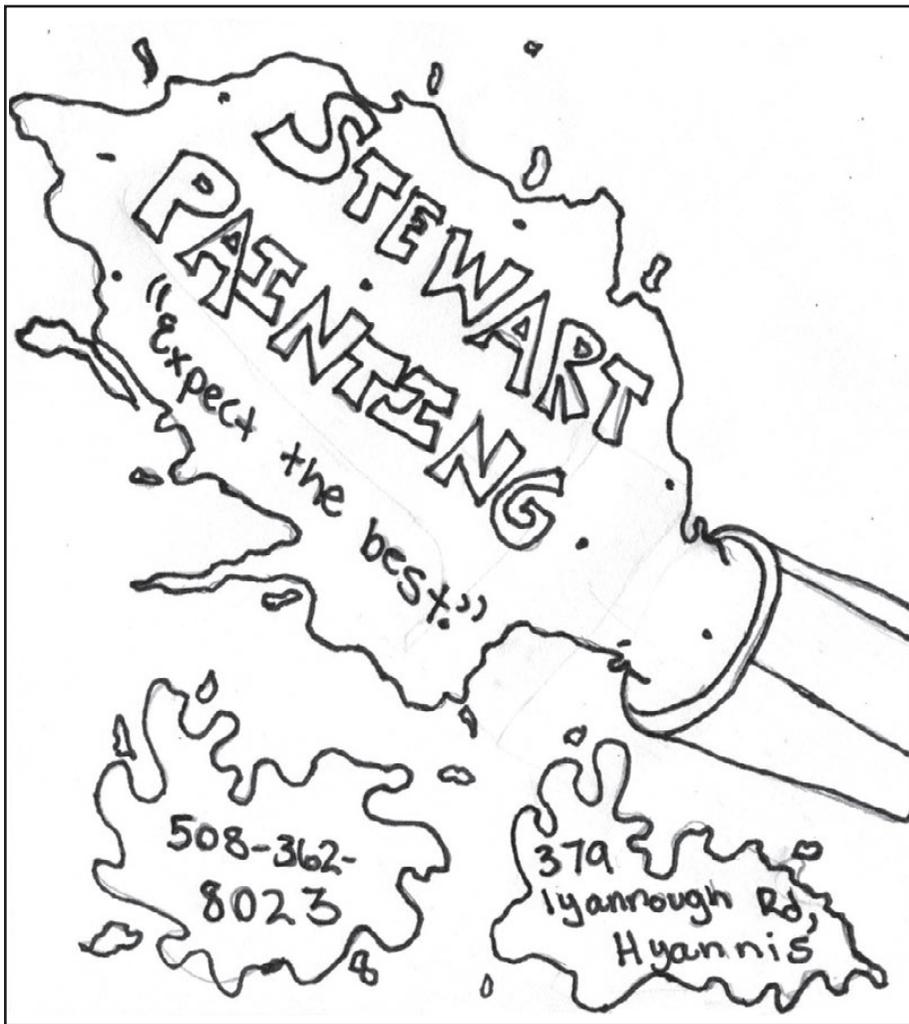
The crusades, as many know, were a series of attacks between the 11th and 15th centuries that were sanctioned by popes in order to spread Christianity and conquer Muslims. In a country where religious freedom is a core tenant of our value system, this symbol of religious oppression reduces the legitimacy of that system. Instead, the crusader preserves a tradition of outright hypocrisy that our nation seems to project.

The easiest, and honestly best, solution to this problem would be a simple

change in words. We could be The Cape Tech Knights. Although the alliteration falters, the grievous historical connotation has been removed.

Challenging and questioning has been a part of American values since its conception, so it only makes sense that we question mascots that are based on stereotypes. In changing the mascot, Cape Tech will no longer be representing a group of people who pillaged and oppressed another religion and race based on the orders of their religious leader. We would represent noble ideals, rise above the history of the crusades, and lead in the acceptance of others. Changing the Crusader to a knight wouldn't change the core beliefs of Cape Tech, but rather, reinforce them.

—Marcello Sardinha is a 12th-grader at Cape Cod Regional Technical High School in Harwich.



Abby Qvarnstrom, Grade 7, Cape Cod Lighthouse Charter School, Harwich

WINNING WORDS

All over the world, around 62 million girls are being denied a proper education simply because they are girls. Without a proper education, how are young girls supposed to grow into the leaders of tomorrow?

ISABELLA WHITE, grade 8, Nauset Regional Middle School, Orleans

DEPRESSION

From Page 11

feeling the exact same way as we are.

Some kids never know it until it is too late. Let's talk about it. Let's encourage students who are feeling down to join school-sponsored anonymous chat groups. To sign up, the student must give his or her full name; however, that information will only be released to monitors if the student's posts suggest he or she is unsafe. Anonymity will allow the student to share his or her feelings and be in an environment with other people who understand what it's like and who can offer coping skills; it could very well save a life.

Adults are often afraid of depression because it is elusive, even invisible. Some chalk it up to hormones and look no further into their children's feelings. Depression is serious. It is suffocating and can tear the life out of a child.

As adults, you have the upper hand. You can quiet the roar before it takes over. A great way to start tackling this monster under the bed is to simply talk about it. Make sure your child knows he or she can come to you if they are ever feeling down. Let them know they are not alone. Curb depression's current before it sweeps your child away. Talk about it.

—Katherine Brennan is an 11th-grader at Bourne High School.

Education can help children understand sexual orientation

By Angelina Phillips

How does one know they like boys or girls? It is probably easy to tell because one's sexuality is not a choice; it's just simply who you are.

So when you see someone you are attracted to, you most likely don't question it. If you're a heterosexual, or "straight," I'll bet you're never told that how you're feeling will "go away with time" or that it's "just a phase." That is something that only happens when you're a young person who identifies as anything other than straight.

Young people who aren't heterosexual face these problems so much that it's now considered normal. Some people don't seem to understand that determining your sexuality can occur at any age where you're coherent enough to start thinking about relationships. Not just when you grow a little bit older. Children are not "too young" to know. With that logic, then straight people were too young to know they were a boy who liked girls or a girl who liked boys. If we swap the roles, the idea seems



OPINION
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absolutely ridiculous.

Imagine multiple queer adults telling their heterosexual children that they're confused and too young to know who they like. It sounds horrendously inaccurate when you put it that way. So why can we do it to young people who are confident in identifying as LGBTQ+?

Many children are uneducated on the gender and sexuality spectrum, which means many of them might be left in complete darkness alone, trying to figure out their feelings. If struggling children only knew there

are other people out there who feel the same way, but they don't. They don't have access to the information.

We need to start educating everyone about identity issues and the spectrums of identity so kids aren't in the dark for the majority of their childhoods. Educating children on the LGBTQ+ community will only benefit them, not damage them.

— Angelina Phillips is a seventh-grader at Lawrence School in Falmouth.

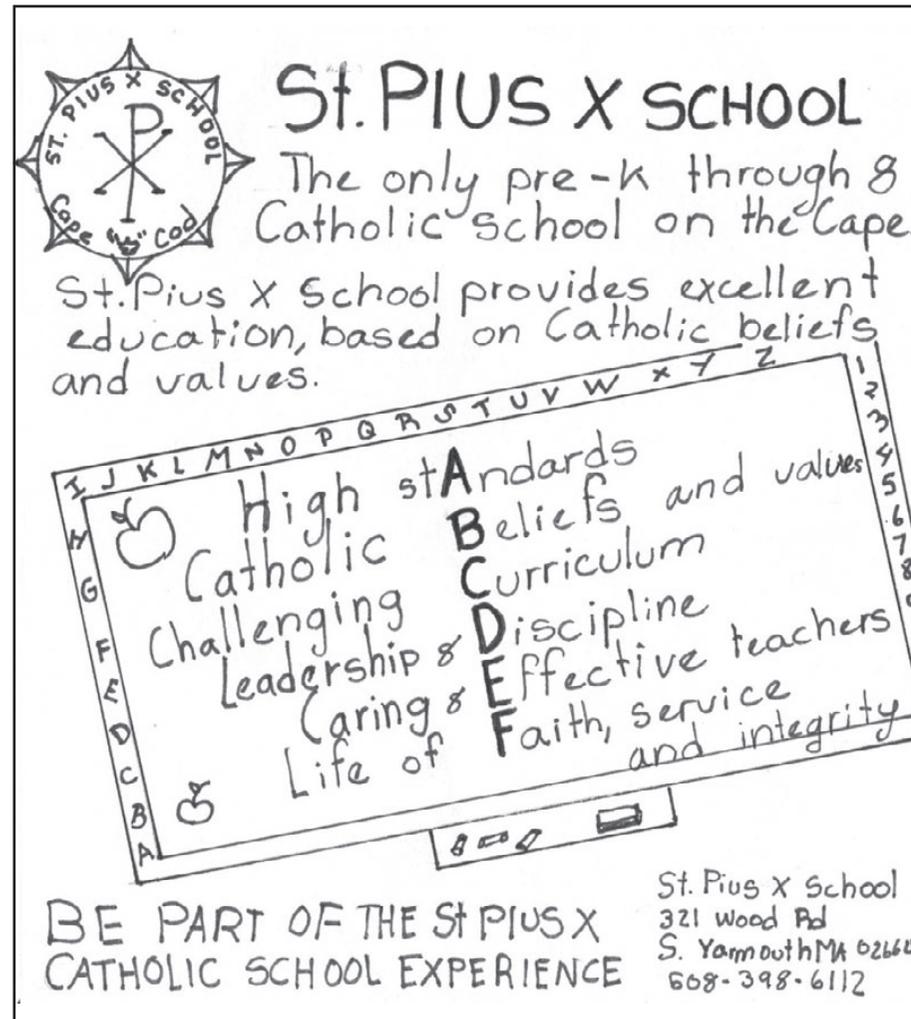
WINNING WORDS

We can't forget about the presence of firearms in America and the dangers that arise when in the wrong hands. ... Subdued echoes of a few voices will not make a difference; our quiet murmurs must become a collective roar of "too many."

EMMA CHILDS, grade 12, Barnstable High School



HONORABLE MENTION for Photos (Snapshots), grades 4-6
CAITLYN REEN, grade 6, St. Pius X School



Rosanna Sullivan, Grade 4, St. Pius X School, South Yarmouth

Companies should be responsible advertisers to teens

By Freya Rich

Advertising companies spend millions of dollars on ads that can negatively influence adolescents in our society. Instead, they should be using those millions to spur teens to make healthy choices and contribute to their communities in a positive fashion.

According to a study, 89 percent of nearly 100,000 food ads that teens viewed promoted food that was high in fat, sugar or sodium. No one can forget Mountain Dew's "Puppy Monkey Baby" commercial during Super Bowl 50.

In this ad, Mountain Dew attempted to draw people in using a crudely animated (and frankly disturbing) animation of a creature with the head



OPINION
GRADES 7-8

of a pug, the torso of a monkey and the legs of a baby. This "puppy monkey baby" was loud and obnoxious and seemingly had no correlation to the drink they were selling.

However, so many teens will now be more inclined to buy the drink because of possible peer pressure or just the misconception that the drink will make them "cool."

Did you know that an average 30-second Super Bowl ads costs marketers a whopping \$5 million? Well, it does, so you can imagine that the companies

who go to such lengths to buy that air time contemplate their message carefully. However, trying to get teens to buy a sugar- and caffeine-filled

drink that is terrible for their health and well-being is not the best message to send to teens. Instead, marketers should be focused on promoting products that are beneficial to teenagers' health and encourage them to be a civic leader in their communities. After all, the average teen in the United States sees hundreds of ads per day, so just think about how many positive messages these marketing companies could produce.

Our world needs positive change, and the marketers who produce advertisements should be inspiring the young people to be that positive force to make that change.

— Freya Rich is an eighth-grader at Cape Cod Lighthouse Charter School in Harwich.

Nuclear fusion: the greatest harnessable energy source?

By Ben Ellis

Nuclear fusion produces hardly any waste, is much safer to control and could yield much more energy than any other current source, making it potentially the greatest harnessable energy source in physics. Currently, most experts say that fusion is about 30 years away, a claim that has been made so often over the years that it has become a running joke among physicists.

One of the main benefits of nuclear fusion is that it produces practically no pollution. A fusion reactor would primarily produce only one waste product, helium. This would be a benefit due to its non-greenhouse gas nature and decent market. Also, fusion only uses hydrogen as a fuel source so there is no radioactive material involved, making it superior to current reactors, which mass-produce tremendously radioactive nuclear waste.

Another benefit of fusion is that it is much simpler to control than current nuclear power. This is because

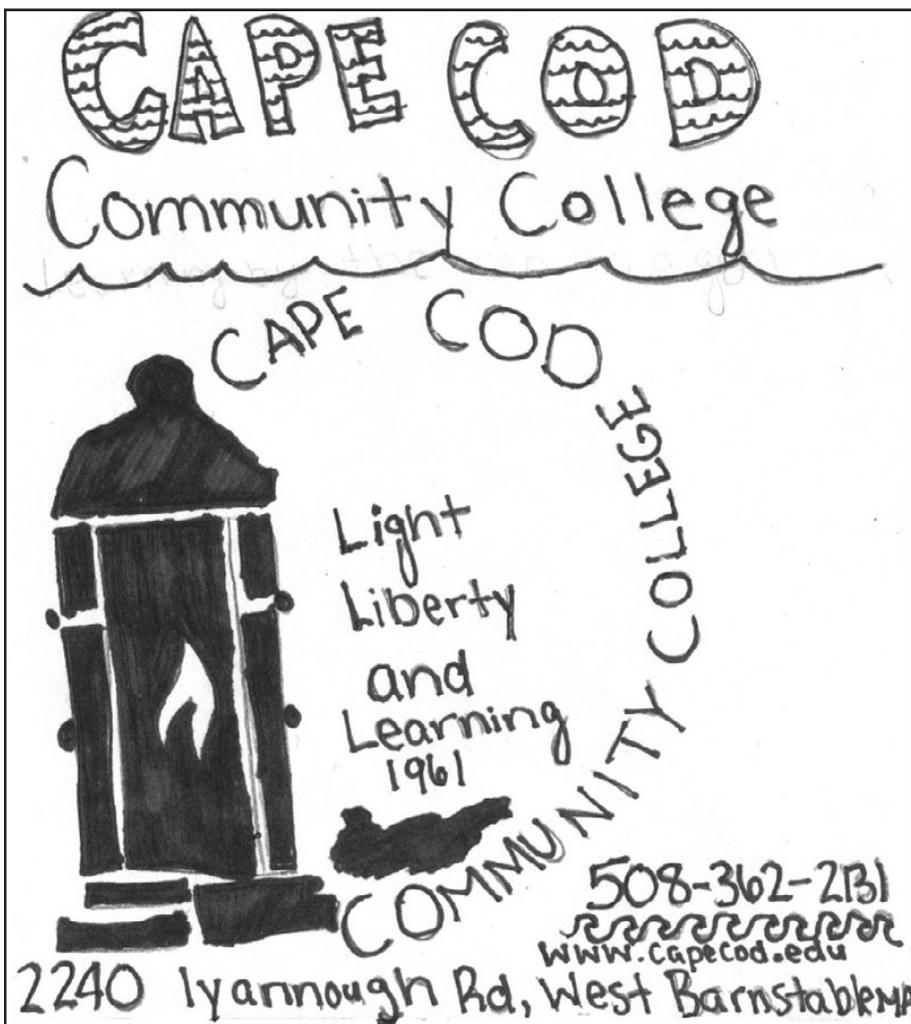


OPINION
GRADES 7-8

fusion reactions work in a way that there is no possibility of a meltdown, so the worst-case scenarios are much less horrific. A third plus of fusion is that a reactor's adjusted output (produced energy + energy to build and maintain) would be about 1: 2.7. If compared to current nuclear (1: 16), coal (1: 11), and gas (1: 5), this is extremely efficient. (Time Magazine, November 2015)

Nuclear fusion is not completely developed mainly because it utilizes plasma containment for compressing hydrogen into helium, a field which has not had many advancements due to a lack of a driving force. That means that if fusion reactors are to work, plasma confinement strategies must become much more advanced. The second problem with fusion is the method used to convert the reaction into electricity. This is a challenge because boiling water and turbines cannot harness the heat of the reaction sufficiently to produce energy.

— Ben Ellis is an eighth-grader at Nauset Regional Middle School in Orleans.



Challenge program offers path to kindness

By Kallie Tompkins

Doesn't it feel like, as kids get older, they lose sight of what's important: being kind? You hear less and less of "I like your shirt" and more of "Eww, what are you wearing?" Let's end that. The Great Kindness Challenge.

Do you ever feel as if school is more about surviving than being in a happy, safe environment? It's more about making it through the day without being picked on than smiling and laughing with close friends? Is that fair? No! Try out the Great Kindness Challenge. Just imagine walking through the school seeing friendly faces, getting more hugs and so much more. Just think about how much teachers would be appreciated. Wow, that REALLY sounds great. More smiles less tears — that's we should strive for.

$(9+8)-(3+2)=12$ Blah blah blah. That's all you hear, you wish desperately that you could learn something "useful" for once. Well, try out the Great Kindness Challenge. Students will learn goal-setting by trying to complete 50 kind activities in one week. Kids will learn about community and responsibility for their kind



OPINION
GRADES 4-6

and not-so-kind actions. Children will also learn that kindness pays off. Calling all teachers: Kids CAN learn from the Great Kindness Challenge.

You might think I'm crazy but, ready, being kind can be fun!! Come on teachers, kids like competition, what's more, it's KIND competition. Kids can see who gets the closest to 50 kind doings in one week. Plus there are crafts and jokes. Awesome, right?

The Great Kindness Challenge also has some spirit days that are optional, but fun. For example, try "ride the wave to kindness day" (surfer attire) and "crazy for

kindness day" (crazy) or you can come up with your own. Your school can also try the "kindness rocks" activity. Bring in a lot of rocks and paint inspirational messages on them. Sounds like fun!! (I think it does.)

Smiles spreading across kid's faces, or awkward moments where you can feel your face burning up with tears. You choose. The Great Kindness Challenge.

— Kallie Tompkins is a fifth-grader at Oak Ridge School in Sandwich.

Pets can be important part of class time

By Patrick Martin

The Sandwich public schools should consider expanding and allowing different types of class pets. A classroom pet would teach students the responsibility of caring for a pet. A classroom pet could motivate students to come to class. Especially if it is a class the student doesn't like or finds boring or difficult. Plus, a student can learn about a pet as they take care of it.

Caring for another living animal will teach students responsibility. A student will have to do all aspects of care for the pet. This includes changing its food and



OPINION
GRADES 4-6

water, cleaning its cage, interacting and playing with it, as well as rewarding the pet with treats for good behavior. If the pet is not cared for properly, it could get hurt, get sick or die.

By having a classroom pet, it would encourage students to come to class more. Especially if the student finds that class boring, difficult, or doesn't like it. A student

might be more excited to come to class because he or she can see the pet and interact with it. Plus, a teacher could use a classroom pet as a reward for good behavior, good work or improvement in

SEE PETS, PAGE 16



HONORABLE MENTION for Photos (Snapshots), grades 7-12
JESSICA SONIA, grade 12, Martha's Vineyard Regional High School, Oak Bluffs

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Lindsey Shea, Grade 11, Falmouth High School

Kids can find a 'grand' connection

By Cora Palomar-Nelson

Have you noticed that grandparents are everywhere now? I have! Grandparents are at kids' sporting events, bus stops, school performances and many more activities to support their grandchildren. I definitely have a special bond with my grandparents. I live with them!

Families all over the United States are choosing to live with grandparents for many different reasons. Some people do this for extra family help, assistance or companionship. Sometimes, grandparents own large houses that are now too big for them. That was the case with my family! If lots of grandparents are choosing to



OPINION
GRADES 4-6

live with their adult children, it makes sense that multigenerational living is becoming more popular.

One positive result of living with grandparents is the mutual involvement in each other's lives. My grandparents come to my sporting events and school activities very often. My grandmother helps me with homework and shares good advice when I ask. She has taught me how to bake bread, paint and sew. My younger brother also (gets) value from this experience. Even though he is only 6 years old, he has learned about gardening, taking care of plants and now they grow from my grandfather.

Grandparents also learn from us. Modern technology is something

that grandparents learn a lot about from us because they never had so many gadgets when they were younger. I can help them with their computer, tablets, phones and other devices.

Since I was very young, I have spent a lot of time with my grandparents and value their presence in my life. The more time we spend with our grandparents, the more we will learn about our family and even ourselves. We may not realize it every day, but our grandparents are teaching us important lessons. If you are lucky enough to have your grandparents close, you know exactly what I mean! We have a GRAND connection and they love us a ton!

— Cora Palomar-Nelson
is a sixth-grader at St. Pius X
School in South Yarmouth.

PETS

From Page 15

work or effort. This reward could motivate a student to come to class or work harder.

A student can also learn facts about the classroom pet. He or she can learn the pets' likes and dislikes, favorite things, as well as habits by observing the pet in its environment. Or a teacher could make an interactive assignment that involves the pet in order to help the student learn about certain aspects of the pet.

In conclusion, all fifth-grade classes in the town of Sandwich should have a classroom pet. It can be a learning and bonding experience.

— Patrick Martin is a fifth-grade student at Oak Ridge School in Sandwich.

Cape Cod Academy is a very caring school that has no bullies and it has every thing you need to grow up with. Ever since I have been going to Cape Cod Academy I have learned how to be a good human being. I've become a smarter and better person.

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REVIEWS

‘Kingdom’ game is a minimalist masterpiece

By Aidan Goddu

First, I must say that the sound design is amazing (in the ‘Kingdom’ video game). The sound of your horse can vary from walking on grass to stone and the sounds of the forest include the wind rustling through the leaves and the sound of water gently rolling over rocks in a stream. The sounds of your camp change as you upgrade your little camp into a town, and it all sounds real. You can hear the thud or the splash as your archer’s arrows miss the enemy, hitting the ground or the water. The music in the game is eloquent: It can be uplifting and fill you with hope for the day ahead, or it can be more somber and give you a sense of quiet pride with all you have done and make you feel the need to stop

and look at the beautiful scenery.

On the subject of graphics, the game does a lot with very little. The game is made using pixelated graphics; this complements the feel of minimalism and simplicity. However, this game clearly does not use this type of art style to cash in on some cheap nostalgia; the real purpose is to add to the effect of simple, pure beauty. As you explore the kingdom, you realize that it is lavished with trees, brooks and grasses as well as some friendly wildlife and an elegant river just below your character.

All of these wondrous effects are accomplished with quite



REVIEWS
GRADES 9-12

simple graphics. When you run to the edge of your domain to mark another tree, you can see the trees swaying in the wind; on rainy nights, you can witness ominous fog rolling on to the loyal archers ready to defend the king/queen and the kingdom; when you walk or run by, you can see how the water just under your character casts your reflection.

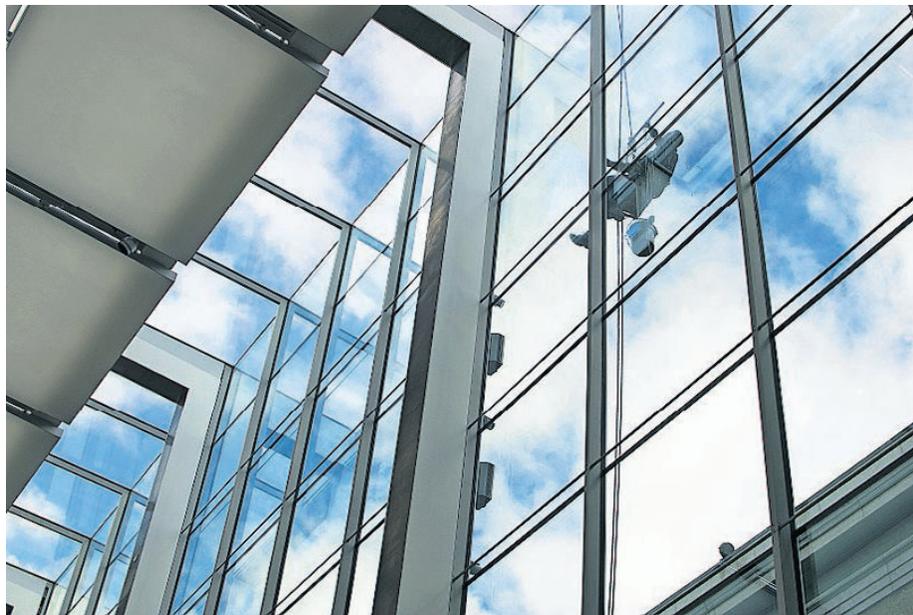
So the game is pretty, and it sounds nice, but what of gameplay? Well, the game itself is relatively simple in nature. As a solitary king or queen, you must try to

last and rebuild the kingdom. You start with only a few subjects and a dull and simple camp, but

you work your way up by hiring vagrants, building defenses, and upgrading your base. However, it’s all fun and games until the Greed attack you. Yes, the red-faced, almost humanoid freaks that jump at your walls and rob the workers of the tools you paid for them to use are actually physical manifestations of greed itself. The Greed only come out at night unless you walk by one of the portals during the day, in which case one will probably pop out and scare the living daylight out of you.

If you are looking for a game to present a healthy amount of challenge and appreciate great audio and visual quality, “Kingdom” is a must-have game for you.

— Aidan Goddu is a ninth-grader at Mashpee Middle-High School.



HONORABLE MENTION for Photos (Schoolwork), grades 10-12
GREG PICKART, grade 12, Falmouth Academy

The greatest artist of all time?

By Ben Holmes

The greatest musician of all time has to have style, groove, rhythm and passion. He has to know himself just as well as he knows his music, or, in Jimi Hendrix’s case, his guitar.

Listen to one Hendrix song and you’re immediately entranced by his style. You question his genre verse after verse. Songs like “Little Wing” show just how beautifully a guitar can be used to illustrate and evoke emotion (he was even self-taught). Throughout the song, Hendrix definitely shows a blues influence, but there is also a great presence of rock. Hendrix’s musical style is still one that so



REVIEWS
GRADES 9-12

many people want to live up to, but almost always fail because of how unique his style is. Hendrix’s musical ability is shown in all of his songs because he also sings over his guitar. Some of the melodies he plays while singing are quite amazing, and it almost seems impossible to keep the kind of rhythm he has while playing extraordinarily.

Hendrix introduced a very psychedelic, innovative sound to classic rock and blues. He is sometimes viewed as a hippie, or labeled as something lesser than he is. His influence is everywhere. He influenced everything from music

WINNING WORDS

Golden retrievers are always helpful, like when your older sister tries to throw your perfect ball away, and a golden retriever gets it and gives it back to you.

PAUL SALIBA, grade 5, Orleans Elementary School

Cursive is a lost art form. In the old days, you would get a letter from the post office and you often knew exactly who had sent it. You could recognize someone's own unique style of handwriting. Nowadays, the only way to know who sent you an email is to look at their name at the top.

HANNAH ROSE, grade 8, Cape Cod Lighthouse Charter School, Harwich

Cape Cod is a beautiful place to live, but some pretty scary changes are lurking right on the horizon because of climate change. The only way to preserve this place called home is to act now.

SAMANTHA CARLOWICZ, grade 11, St. John Paul II High School, Hyannis

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Kendall Geary, Grade 11, St. John Paul II High School, Hyannis

Emotions run high in 'Room'

By Sydney Schaadt

Imagine being trapped in the same four walls for your entire life. The only light coming from the single skylight in the roof. Everything that you've ever known you've seen on an 11-inch TV screen, not knowing the difference between what is real and what is not. For 5-year-old Jack Newsome, this was a reality.

Over the weekend, I went to the movies and saw "Room," directed by Lenny Abrahamson. Originally a book written by Emma Donoghue, "Room" stars Golden Globe-nominated 9-year-old boy Jacob Tremblay, who played the sheltered and defenseless Jack. Joy was played by Brie Larson, who was awarded with a Golden Globe for her performance. This movie led by emotions all over the place.

"Room" is about a young woman, Joy, who was abducted at 17 when trying to help a man with a hurt dog. Under Old Nick's imprisonment, she was raped every night until she fell



REVIEWS
GRADES 9-12

pregnant with her son Jack. Growing tired of her imprisonment, Joy conjures a plan for escape. After a hard-fought battle, they find their way out and struggle to adapt to the real world. This insight into the mind of a captive is moving. Jack doesn't understand anything about the outside world because of his mother's constant shelter.

Joy's internal struggle is showcased throughout the film, even after her escape. Joy consistently battles with whether or not she should tell her son about the outside world. She struggles mentally as well as emotionally, being tired of the abuse from Old Nick.

Overall, this movie shows the struggles that Joy and Jack face, beautifully captured by the great and emotional acting of two young Hollywood stars. They never broke character and always kept me wondering how their escape and new life would unfold.

— Sydney Schaadt is an 11th-grader at Bourne High School.

ARTIST

From Page 17

to fashion, with his exotic clothing.

Even though he lived a short life, his impact on music will never die. Some describe Hendrix as a "Guitar God" because of how well he could manipulate the fret board on his Fender Stratocaster. He was able to get more out of electric guitar than anyone else ever has. As a guitar player, I can say for sure that no guitarist alive will be able to be "a Jimi Hendrix" or do anything to the level of beauty or as inventively as Hendrix himself. The way his songs flow perfectly and seemingly effortlessly is just so astounding that it has left me awestruck more than a few times.

Hendrix definitely does not go by the books, using chords that have never been heard of and different versions or voicings of said chords. I guarantee you won't ever be taught a "Hendrix" chord unless you're learning one of his songs. He is a legendary figure in rock history and never fails to be recognized as such by the music community. Who knows what he would be doing if he were alive today? There was so much left in Hendrix when he died that we can only dream of what his influence would be if he were still living. He is appreciated by all and adored by many, leaving a lasting legacy for guitarists everywhere.

— Ben Holmes is a ninth-grader at Cape Cod Academy in Osterville.

'Wonder' is a good story with a message

By **Lucca Macdonald**

I am reviewing a book called "Wonder," by RJ Palacio. This book is one of my all-time favorite books, because it really gives you a window into how people with a deformity are feeling, and it really creates empathy for them.

It is about a boy named August Pullman who has a deformed face. His condition is very rare, a medical wonder, if you will. He has multiple genetic anomalies that, as his sister, Olivia says, "made war on his face."

He has been homeschooled his whole life, because little kids scream when he comes too near, and the older kids make fun of him. He is starting school for the first time in fifth grade at a school called Beecher Prep. The story follows his life during school, overcoming the kids who are mean to him, and making some lifelong friends.

I am really grateful of the author for writing this book. It has helped me understand just exactly how difficult it is for him. Auggie is, in other ways, a normal 10-year-old. One of



REVIEWS
GRADES 7-8

the friends he made, Jack Will, says that once you get to know him, he really has a great personality. He's funny, he's nice, and he's fun.

"If I had to pick someone to hang out with, out of all the boys in the grade, I would definitely choose Auggie" says Jack. Overall, his friends have learned to accept his face and see beyond that to the person he really is inside.

After reading this book, I have resolved to be so much nicer to people with abnormalities. I would recommend this book to everyone, and I think it should become a book that is assigned to be

read in school. It will change your whole perspective on people with abnormalities, and teach you to appreciate your own face and body.

The whole book is very touching and sweet because, despite his deformity, Auggie makes very good friends who love him for what's inside, and that's what really counts in the end.

— Lucca Macdonald is a seventh-grader at Cape Cod Academy in Osterville.



HONORABLE MENTION for Photos (Snapshots), grades 4-6
DELANEY BURRELL, grade 5, St. Francis Xavier Preparatory School, Hyannis

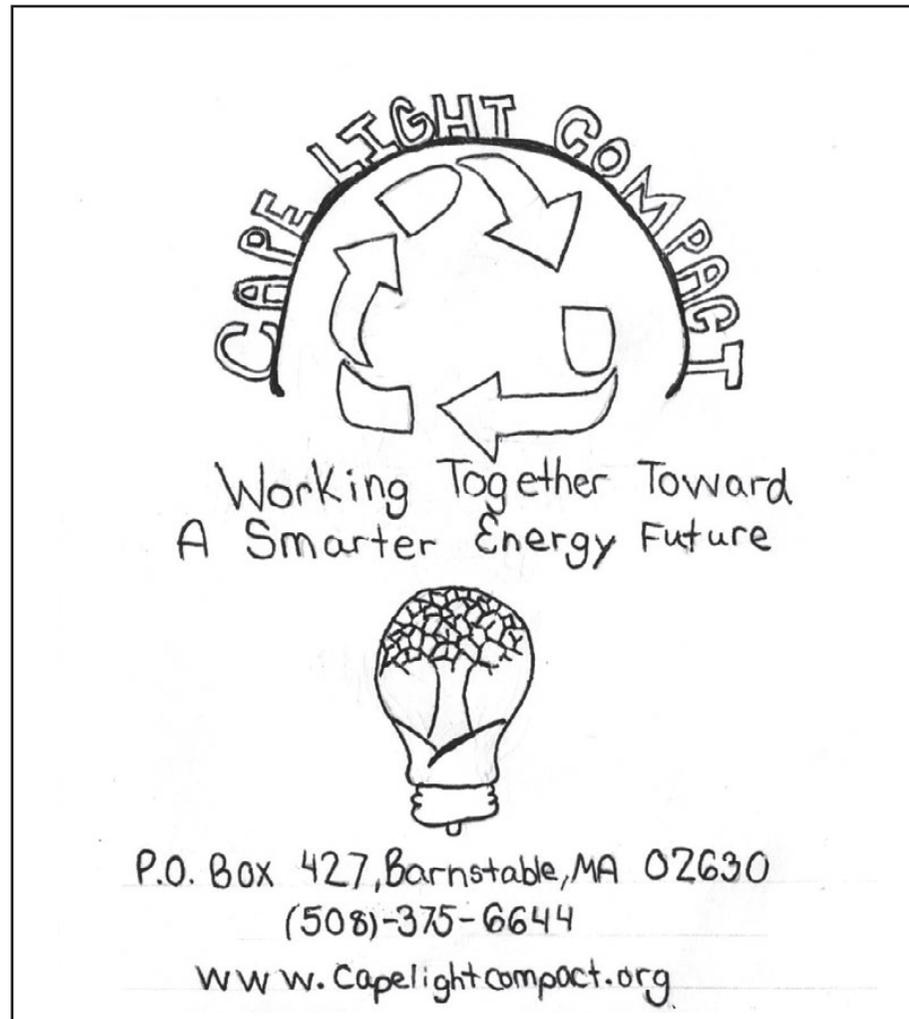
WINNING WORDS

The splash of a dog paddling is like a dinner bell for sharks. Do not take your pet with you in waters where there is even a remote chance of encountering a shark.

GRACE FELIX, grade 7, St. Pius X School, South Yarmouth

Through body-shaming of young girls and continuous female stereotypes encouraged by the male population, young ladies of this generation are growing up feeling more insecure than ever.

MADISON WHITE, grade 11, Bourne High School



Sophia Sederman, Grade 7, Bourne Middle School

Spoon and Seed is hidden gem in Hyannis

By Alyssa Freeman

Tucked away on a side road in the center of Hyannis, Spoon and Seed is a new local restaurant that serves up delicious, local, home-cooked food.

The restaurant has a cozy atmosphere. There are original hardwood floors and the space flows nicely. The staff is also focused on customer service. All of the food is made on location out of fresh and organic food from the Cape. I have visited four times so far and each time, I was pleased with my food.

On one visit, I ordered the French toast. The bread was freshly made on location and the meal overall was delicious. And as an extra treat, I bought a spudnut, which is like a donut but it's made with potatoes. It had a sugar-coated outside, and a soft inside. It was fresh out of the oven so it was super-warm. They are only sold on Fridays, Saturdays and Sundays.

Spoon and Seed also offers a variety of yummy drinks that are not commonly seen at an average



REVIEWS
GRADES 7-8

restaurant. For the ginger lover, there is ginger-saffron tea, but if you don't like to try new things, don't worry — there's chocolate milk for the kids and coffee for the parents.

I went again at lunchtime and I ordered the "secret-recipe meatball hero," served with a side of fries. Normally the "wow!" part of a meatball sandwich is the meatball, but the bread and homemade sauce were just as good.

The owners, Andrea and Matthew

Tropeano, locally source as many ingredients as they can from their partners Not Enough Acres Farm, WannaBee Farms, Cape Cod Organic Farm, Fresh Picked by Alfonso, Cape Abilities, Surrey Farms and Reel Time Fishing.

This restaurant has been welcomed onto Cape Cod and I recommend it for anyone who likes the farm-to-table concept, or just loves delicious food, like me!

— Alyssa Freeman is an eighth-grader at Cape Cod Lighthouse Charter School in Harwich.

WINNING WORDS

The wind off of Cape Cod is powerful and plentiful; we would be doing a great wrong if we were not to utilize it.

AUDREY KELLEHER, grade 11, Bourne High School



Sam Ferriera, Grade 7, Barnstable Intermediate School, Hyannis

'Hamilton' is hip-hop and history

By Gwen Grant

Lin-Manuel Miranda's "Hamilton" puts a new sound to an age-old tale, producing both an educational and entertaining soundtrack, about the Ten Dollar Founding Father, Alexander Hamilton. Inspired by Ron Chernow's biography, Miranda started working on a musical, that in August of 2015, would premiere on Broadway.

The music follows Hamilton's real-life events throughout the show, including The Battle of Yorktown in "Yorktown (The World Turned Upside Down)," and the Constitutional Convention in "Non-Stop." Every other great name that is linked to The Treasury Secretary — John Adams, James Madison, Thomas Jefferson and George Washington — play a role as important to the music as is their role in history.

Not only are the characters and events taken straight from the history books, you get a detailed description of how the world worked back in their time. "The Ten Duel Commandments" gives insight to how mechanical fighting was back then. The nation's several changes in government, including the switch from the Articles of Confederation, to the Constitution. Even the civilian



REVIEWS
GRADES 7-8

reactions to history unfolding is brought onto the stage.

Seemingly, there are few people today who would want to sit through a three-hour presentation on the founding fathers, but Miranda has managed to open our eyes, and make it interesting enough, that not only did it get to Broadway, tickets for the show have been sold out until next year. Miranda has captured the 18th-century characters exactly, and has remade

them with a new 21st-century twist, by highlighting their bravery, struggles, hopes, fears and most human qualities.

In doing this, he has allowed them to be understood by today's generations, in a new-to-Broadway form of hip hop. "Guns and Ships," a song featuring Lafayette, has taken the place as fastest song on Broadway, with an impressive 6.3 words per second. While the musical is mostly rap, it is accompanied by a live orchestra, with a variety of instruments, and sound effects, and a good number of swings on stage that contribute the chords.

Miranda has set the bar for Broadway sky-high, with the informative and engaging musical "Hamilton."

— Gwen Grant is an eighth-grader at Nauset Regional Middle School in Orleans.

The best beaches on Cape Cod



By Laura Hornsby

Cape Cod is a wonderful vacation spot. Tourists come here from all over to vacation during the summer months. Cape Cod is most known for its vast green golf courses and beautiful beaches. I am going to talk about some of my favorite beaches here on the Cape.

First up on my list is a small beach right by my house called West Dennis Beach. This beach is one that I've been going to ever since I could walk. It looks over Nantucket Sound and has great fishing. A downside is that it is only pet-friendly for

seven months out of the year, October through till the end of April. In the summer, it also had a public swingset for kids. West Dennis Beach has a small ice-cream stand to cool you down on the super-hot days. You can bring your own lunch or stop at Kream n' Kone, which is on the way to the beach, to get ice cream AND lunch. It is famous for its fried seafood.

Next up is Quaker Beach. It is located in my neighborhood so I can walk to it. It is equipped with a diving board, a trampoline, and a roped-off swimming area. Pets are allowed year-round, too (because it is a private

beach, meaning neighborhood residents are only allowed).

Next is Scusset Beach. This beach is over the Sagamore Bridge in Scusset Beach State Reservation. The state park isn't just known for its beautiful beach, but it is also known for its campsites for tent campers and RV campsites. It also has wonderful fishing and they used to have a concession stand, but it had to close and hasn't reopened in a long time.

Last but not least is Sesuit Harbor. This beach is open all year round and allows pets all year round. The man-made jetty that leads out

to the lighthouse makes for great fishing and a wonderful view. It is also a great site for nature photography. Being an amateur photographer myself, I come here often on weekends to take photos of the beach for my scrapbook.

I hoped that my list helped you with your beach-going adventures in the future. Whether it be for fishing, swimming, or just to relax, Cape Cod's beaches are natural beauties that I will never grow sick of.

— Laura Hornsby is a sixth-grader at St. Francis Xavier Preparatory School in Hyannis.



REVIEWS
GRADES 4-6

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Wolves and identity in 'The Call of the Wild'

By Maeve Shortt

The others sat down and howled. Then the call came to Buck. He, too, sat down and howled." It is at this moment (in Jack London's "The Call of the Wild") that Buck is accepted by the fellow wolves.

Buck's journey has led him to this point. His life began as a household companion to Judge Miller. He was then kidnapped against his will by greedy men who were trying to get rich quick during the gold rush. And finally he is rescued by a hunter named John Thornton, who saves his life and welcome him into his family.

Soon after, Skeet and Nith, John Thornton's dogs, befriend him. They show him what real love feels like.



REVIEWS
GRADES 4-6

All of these events lead Buck to figuring out his true identity.

Jack London traveled often throughout his lifetime and wrote about his experiences. In 1897, he took part in the gold rush in the Klondike. His writing style reflects the adventures he participated in, and he honestly describes what life was like in the early 1900s. This book made me feel like I could do anything.

"The wolves swung in behind, yelping in chorus. And Buck ran with them, side by side with his wild brother, yelping as he ran." Buck went in as a lazy household dog and came out as fierce as can be.

— Maeve Shortt is a fourth-grader at St. Pius X School in South Yarmouth.

Market Street Bookshop is worth a visit

By Madeleine Isabel Balser

The Market Street Bookshop is a relaxing and quiet place to go. Whether you are just looking for a new book or looking to enjoy yourself by talking to the store owner Cynthia, The Market Street Bookshop is open year-round.

All day at The Market Street Bookshop, there will be classical music playing and sunlight shining through the windows. If you are not sure what book to buy, then just ask Cynthia or one of her staff what books they recommend. All the staff are accomplished readers and have most likely read every book in the shop.

I interviewed a woman named Diane Sanzone outside the shop. She said: "I love Cynthia's bookshop; it's relaxing there; I love the feeling of an actual book in my hand." Diane told me she goes to the shop frequently and is always satisfied with the book she has chosen. "Even when the shop doesn't have the book I am interested in, Cynthia will go behind the desk and will happily order the book for you."

Each book, whether hard- or soft-cover, will always have a perfect



REVIEWS
GRADES 4-6

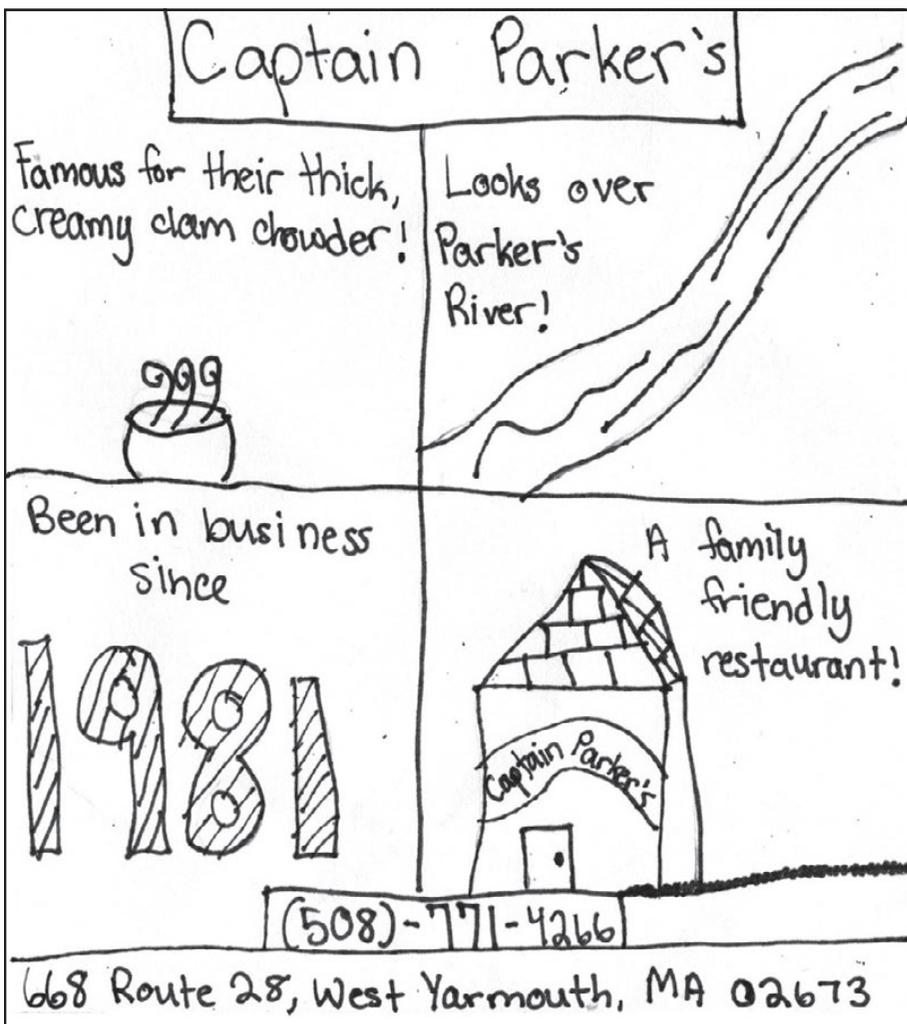
sensation to it as though there's not another one like it. At the Market Street Bookshop, everyone is welcome with open arms, beautiful smiles and wonderful adventures to uncover.

In a faint memory of mine, I remember sitting on a tiny stool near the children's section with a stack of books, reading the back, the front-fold and several pages of all the books I had

found. When finally I had found the book for me, it was the first book in the "Fearless" trilogy. It was an action-and-adventure book all about a girl who is missing the gene for fear.

When Cynthia saw it, she knew right then that I would love the book. So far I have read all the books in the trilogy that were made and several other trilogies since. Because of the Market Street Bookshop, my love of books and reading has grown astonishingly. I would have a fit if there wasn't a book by my side on a cold afternoon.

— Madeleine Isabel Balser is a sixth-grader at St. Francis Xavier Preparatory School in Hyannis.



Erica Slade, Grade 5, Monomoy Regional Middle School, Chatham



HONORABLE MENTION for Photos (Schoolwork), grades 7-9
SAMUEL PERRY, grade 9, Falmouth Academy

SPORTS

Uncle is inspiration for basketball player

By Katie Wojciechowski

Steve Wojciechowski is an intelligent man known for being the head men's basketball coach at Marquette University, his basketball skills, but most importantly, his legacy, the "floor slap." He was one of the top defensive players in the country during his senior year. He is a two time AII-ACC choice and an honorable mention for the Associated Press All-America team. He is an all-around good man, and someone I truly inspire to be like.

Being the niece of Steve Wojciechowski, and being a point guard on my own basketball team, I have huge footsteps to fill. He left no regret on the court, and always puts his 100-percent effort in everything that he does.

Steve grew up in Severna Park, Maryland. He is the youngest of three children to Edward and Mary

Wojciechowski. He aspired to be like his father and older brother: hardworking, compassionate and supportive. His integrity was to become the best player he could possibly be.

He truly had a love for basketball. Growing up in Maryland, he would go over to the parks in Annapolis, and play street ball. He is a first-generation college student, having earned a bachelor's degree in sociology from Duke University in 1998.

One of the most memorable moments of his career is after Duke won, and coach Mike Krzyzewski got his 500th win. This was a big moment, and there is a picture of these two men hugging, showing the incredible bond that they shared during Steve's



SPORTS
GRADES 9-12

time at Duke. Their friendship has carried on over the years. After his senior year, Steve returned to Duke and was an assistant coach for the basketball team.

A couple of years later, he became the associate head coach. He has also been a scout and court coach for the USA National Men's Basketball team. Now, Steve Wojciechowski is the head coach at Marquette University. He established a "win every day" philosophy and foundation for this program. This program has been growing since he got there, and has gotten extremely better since day one. He is also married to Lindsay Wojciechowski, and has two kids, Jack and Charlie.

I am a point guard on my basketball

team at St. John Paul II High School. I look to my uncle for advice, to understand new skills, and for his help to develop as a player. He is my inspiration to play. I am one of the best defensive players on my team, always encouraged and put on the best player on the opposing team. I think I have this quality of wanting to become a better athlete due to growing up and watching my uncle, who always strived to do his best.

Basketball has taught him many things, but most importantly has made him a better person. Basketball is a sport of perseverance, and my uncle is an incredible, hard-working man who is willing to do anything for the sport, his players, but most importantly, his family. He is truly my inspiration.

— Katie Wojciechowski is a 10th-grader at St. John Paul II High School in Hyannis.



HONORABLE MENTION for Photos (Schoolwork), grades 10-12
BAYLEE FRANCIS, grade 10, Martha's Vineyard Regional High School, Oak Bluffs

Concussions a concern from high school to NFL

By Emma Childs

In the first week of the NFL season, Lorenzo Mauldin, New York Jets linebacker, became collateral damage to the aggression of football in the Jets' first game of the season. During the fourth quarter in a game against the Cleveland Browns, Mauldin and Muhammad Wilkerson, Jets' defensive end, rushed towards Johnny Manziel, quarterback for the Cleveland Browns.

Unfortunately, the maneuver resulted with Mauldin as the bottom layer of a pig-pile. Mauldin stood up, only to immediately crumble back



SPORTS
GRADES 9-12

down and remain there. The stadium, which, just a couple minutes prior was roaring with bloodthirsty echoes of encouragement, fell deathly silent.

The game continued and four plays later, Chris Ivory sealed the 31-10 victory for the Jets. Mauldin remained in the hospital and didn't wake up until the following morning, unaware of what occurred. He suffered a concussion, followed the new NFL-regulated protocol, and was put back in the game.

Watching beastly men repeatedly pound into each other has

Sports concussions affect academics, too

WINNING WORDS

The effects of playing a team sport are actually incredible. Teens who play sports have proven to be healthier all throughout their lives. A lot of teens have shown better academic skills in school. Their brains are more adapted to problem-solving due to sports.

CHRIS HEINTZ, grade 10, Dennis-Yarmouth Regional High School, South Yarmouth

By Victoria Fenn

More and more is being done to prevent concussions in the professional world, but what about the high-school level? Students who suffer from severe concussions can miss school and are unable to participate in sports for the remainder of the season. Even the short term effects could mean less playing time.

When a student suffers a concussion during a sporting event, the student's doctor must notify the school nurse, Katherine Savin, who works with students and notifies their corresponding teachers.

"(The effects of concussions) vary; it could last days or weeks, depending on the severity of the concussion for the student. Everyone is different," Savin said.

Recovery for students academically can be difficult and often takes time. "Concussions are an injury to your brain," Savin said. "Like any other injury from sports, it needs time to heal." Senior Anthony O'Shea received a concussion during a snowboarding accident. "I got my concussion from a fall while I was snowboarding. I basically smashed my head off of a patch of ice," O'Shea said.

He missed a week of school due to his injury. It was a slow process for him to feel fully recovered. However, O'Shea was given a sufficient amount of time to make his work up.

"It took me about three full weeks to recover; my teachers

gave me more than enough time to recover," he said.

Savin noted that concussions affect students in terms of their ability to focus and concentrate. She said teachers work with the students and make accommodations accordingly, to fit students' specific needs.

Several national and international sports organizations have taken notice. For example, the U.S. Soccer Federation has issued new guidelines regarding heading the ball during practice, guidelines that currently only affect youth players. It limits heading for children ages 11-13 and eliminates heading for children 10 and under.

Math teacher and varsity soccer coach Selina Delude agreed with the move, saying heading the soccer ball should not happen during games or practices due to the risk of getting a concussion.

"It should be completely eliminated all the way up through high school," Delude said. "Most of us aren't going to be professionals. Our brains are important."

The girls soccer team had three players who each suffered a concussion this past season. "We were greatly affected due to both numbers and not having enough players to sub. Also we loss major players, including one of our captains," Delude said.

— Victoria Fenn is a 12th-grader at Cape Cod Regional Technical High School in Harwich.



SPORTS GRADES 9-12



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Bailey Pariseault, Grade 11, Falmouth High School

CONCERN

From Page 23

become an integral part of the sport and is not viewed as part of the game. In any other context besides a stadium echoing with jeering cries, aggression of this magnitude would warrant punishment. Yet as the research continues, concussions are proving to grant specific retributions of their own, separate from any jail sentence.

Dr. Bennet Omalu, from the University of Pittsburgh, is credited with the discovery of Chronic Traumatic Encephalopathy, a degenerative brain disorder that arises after repeated head trauma. Symptoms include memory loss, suicidality, parkinsonism, and progressive dementia. CTE now acts as a looming threat over all other contact sports.

In 2015, there were 199 reported concussions in the NFL. And even at Barnstable High School, 35 students were diagnosed with concussions during school-sponsored events in 2015. Jack Pipatti, a senior captain of the football and lacrosse teams, knows all too well about aggression in contact

sports because he has received three concussions over the past 14 months, all via football. Pipatti doesn't recall the injury that occurred last season and eight hours of that day are still missing from his memory.

"My first one this year was when I tackled someone and we hit helmets," Pipatti said. "My most recent happened when I tackled someone and was kneed in the head. Pipatti was out for three weeks after each instance.

Despite the chances of harm, he still loves the sport. "I love the fast pace and physicality of both. I like having a team that I can rely on, but (that) also pushes me to play my best," Pipatti said. Although familiar with the dangerous effects, Pipatti stated he would do it all again because of the impact team sports had on him. "I learned so many things about confidence, persistence and teamwork throughout the years. If my injuries were more extreme, I may have said I wouldn't," Pipatti said. "I'm blessed to say that my injuries haven't been too severe, because many people have suffered much worse."

— Emma Childs is a senior at Barnstable High School.

World Cup inequities discriminate against women

By Erin Furey

Did you know that the U.S. national women's soccer team only got paid a fraction of what the German men's national team got paid for winning the World Cup? Or that last year, during the World Cup, the national women's teams were forced to play on artificial turf, while the men's teams were allowed to play on real grass?

For winning the World Cup, the U.S. women's national soccer team got paid \$2 million. The German men? \$35 million. Furthermore, the U.S. men's national team got paid \$8 million just to reach round 16.



SPORTS
GRADES 7-8

when the women had to play soccer on artificial turf, synthetic fibers made to look like natural grass, while the men's teams got to play on real grass. Turf is to be blamed for increased number of injuries including sprained ankles, concussions and turf burns.

Before the start of the World Cup, Abby Wambach and other famous players from Germany, Brazil and Spain sued FIFA so they could play on real grass instead of turf. This was an issue everyone agreed men would never have to deal with in their tournament. Unfortunately, the professional players dropped the

case because they had filed the lawsuit too late, and FIFA was determined not

to change the conditions.

What is FIFA saying ... that the women's World Cup is less important? Well, according to the television ratings, 20.3 million tuned in to watch this sporting event in 2015. I doubt they would think the women's world cup isn't important.

Although these complications may seem like first-world issues, they are real problems.

Professional women soccer players inspire many, and they work just as hard as men to be great. So the question is, why are the women being treated worse than the men? Going forward, FIFA needs to acknowledge that the professional women and men soccer players should be treated equally. All in all, it is clear: Women's pro soccer teams deserve an even playing field.

— Erin Furey is seventh-grader at Lawrence School in Falmouth.



HONORABLE MENTION for Photos (Snapshots), grades 7-12
WANTING HUANG, grade 12, Falmouth Academy

ASK WHY NOT SHEPLEY?



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Are professional athletes paid too much?

By Brianna Johnson

We know that professional athletes make a lot of money, but do we know how much our favorite athletes actually make?

The average American family makes approximately \$52,000 per year, while David Price (the newest starting pitcher for the Boston Red Sox) will be making \$31 million per season for the next seven years. By the time his contract expires in 2023, he will have made \$217,000,000. In contrast,



SPORTS
GRADES 7-8

the highest paying job in the U.S. last year was an anesthesiologist, making an average of \$246,000 over the past year. Does this seem fair?

Athletes work hard for their money but regular people work equally as hard or harder and get paid a lot less. Athletes are on TV, they train hard, and this is their career, but they shouldn't be paid millions of dollars for playing a sport for a few months per year. What do athletes do with all of their

money? Some athletes donate to charity, while others buy Ferraris, private

jets, mansions and penthouses in different states and countries, or anything else they want.

I believe that athletes don't deserve to make millions of dollars for playing a sport. Tom Brady (quarterback for the New England Patriots) makes \$9 million per season, even if you cut that in half, \$4.5 million is still a lot of money to make per year. LeBron James (forward for the Cleveland Cavaliers) is making approximately \$23 million this season. That is about 1,000 times the amount that a single American makes per year. In addition to their salaries, athletes also get paid more money from sponsors. They may be sponsored by

multimillion dollar companies like Nike, Under Armour and Adidas.

Athletes are making millions of dollars per year while some Americans are struggling to provide the basic necessities for their families. I love sports and I think that professional athletes should make a good amount of money, but they should not be making over \$5 million per season. If athletes' salaries are decreased, imagine everything that America (and the world) could do with all of that extra money.

— Brianna Johnson is a seventh-grader at St. Pius X School in South Yarmouth.

WINNING WORDS

If boys and girls played sports together, it would be a lot more fun for people, and there is a better chance you could be on one of your friend's teams.

GAVON POTTER, grade 5, Oak Ridge School, Sandwich



Victoria Bessette, Grade 12, Monomoy Regional High School, Harwich

Helmets key to NFL concussion issue

By Samuel Cavossa

Players in the NFL are getting head injuries constantly. Even when the makers of the helmet say it is concussion-proof, they still get concussions. According to information on the NFL website, "professional football players received as many as 1,500 hits to the head in a single season." That's a lot of hits to the head, and probably a lot resulted in concussions.

There are two ways to stop these people from getting head injuries. Stop playing football, which I don't think anyone would do, or improve the helmet to prevent concussions. The helmet makers are trying to make the helmet as safe as possible. "Improvements in design have made a tremendous difference in preventing disastrous head injuries such as brain bleeds, hematomas and skull fractures" (according to a study cited on the website). Clearly, they've made some progress throughout the years.

The woodpecker hammers his head into a tree 18 to 22 times in a second, and scientists are studying the woodpecker's head to use the information to develop a better and more protective helmet. According to the NFL website, "Both the U.S. Army and football-helmet-maker



SPORTS
GRADES 7-8

Riddell are studying advanced head-protection gear that aims to reduce the pressure on the front of the brain, where most concussions occur. Multi-layered systems like the new bird-inspired case could be another step in that direction."

The NFL had leather helmets until the 1940s, and then they switched to plastic helmets. Throughout the decades, the helmets

have improved in protecting players. Presently, Riddell, the manufacturer of the NFL helmets, has designed a polyurethane cap that attaches to the outside of the helmet to protect against concussions.

"Present-day helmets are still made of plastic but are much more complex, with new models even containing electronic implements that monitor the impact sustained by the helmet and help monitor potential concussions and brain damage" (according to extremeteamsports.com).

Obviously, the helmet has gotten a lot better, and as the years go on, if this pattern goes on, then the future is bright for the NFL!

— Samuel Cavossa is a seventh-grader at Lawrence School in Falmouth.

Time on the bench for time with family?

By Emma Abramson

It is Christmas week and instead of hearing jingle bells ringing, I hear a basketball pounding and shoes squeaking on the court. Have you ever had to play in a sports event over school vacation and miss spending precious time with your family? I believe that student athletes should not have sports games or practices over holiday time and if you are in high school, you should not be penalized for missing a sporting event.

According to many high-school handbooks, an athlete who misses a sports practice during a school vacation is not allowed to play the next game. I disagree with this rule. For example, imagine you are flying to Florida to see your grandparents over school break. Then your coach says "practice in the gym December 24." You will then have to decide whether to go to practice (to be able to play in) a future game instead of being with your loving grandparents.

In a recent New York Times article, the author, Bruce Feiler, wrote, "The youth sports juggernaut ... is gradually colonizing more and more time: weeknights, weekends, religious holidays and vacations."



SPORTS
GRADES 4-6

Think of all the sports tournaments over Memorial Day, President's Day and Labor Day weekends. Over this year's delicious Thanksgiving meal, my cousins and I were gulping down our turkey and getting ready for dessert. While the adults chitchatted and cut the fresh-baked pies, my cousin and uncle said they had to leave to drive to a tennis tournament in Maryland. I was really disappointed that we lost valuable family time!

Children should not have to choose between sports and school vacation time. Most families only get two or three weeks off a year. A lot of memorable moments happen, whether you are at home with family or away on an adventurous vacation. These decisions are hard because your teammates need you, but so does your family!

I believe that as family time gets harder to find with so many kids' activities, we need to preserve these special occasions. I hope in four years I do not have to choose between family and the bench.

— Emma Abramson is a fifth-grader at Oak Ridge School in Sandwich.

WINNING WORDS

Every school has its sports teams, but does everyone know what happens on the field or on the court? What would it be like to know what's going on in the players' heads while they are off the field waiting to go on, and what's going through their heads while on the field?

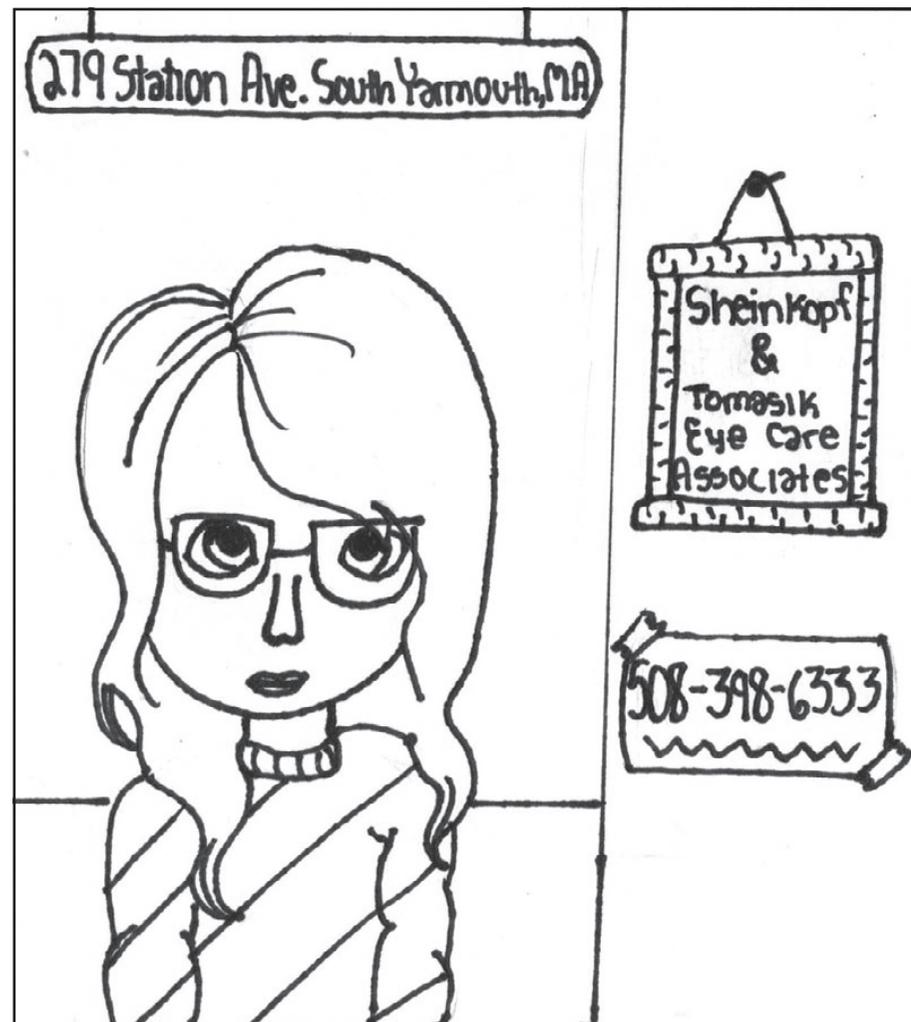
SAMANTHA GILCHREST, grade 11, Cape Cod Regional Technical High School, Harwich

It was a great feeling as a senior knowing the last football game you ever played was at Gillette Stadium.

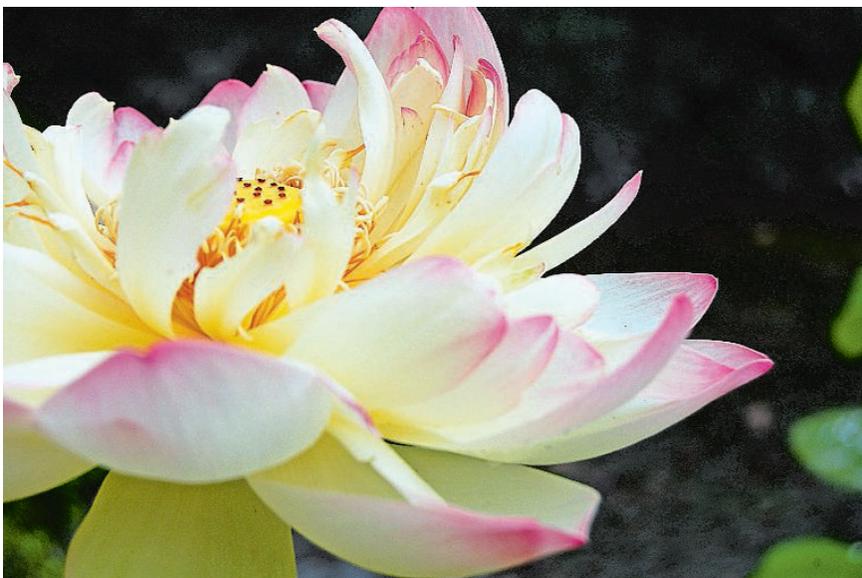
BILLY MCNAMARA, grade 12, Mashpee High School



HONORABLE MENTION for Photos (Snapshots), grades 7-12
FREYA RICH, grade 8, Cape Cod Lighthouse Charter School, Harwich



Deora Starobin, Grade 6, Cape Cod Lighthouse Charter School, Harwich



HONORABLE MENTION for Photos (Schoolwork), grades 10-12
REBECCA COX, grade 10, Falmouth Academy

Running for fun and helping people

By Michael Bound

I stretched ... I looked around ... As the flag came racing down.

Have you ever run before? Just picture the thrill of the crowd as you cross that finish line.

When running, think about how many people you're helping by raising money for a great cause. If you run, you could help people who are sick or have a disease. Are you just going to let them suffer? Well, by running, you won't let that happen because you're helping people. Even if you're competitive, you could come in first and have fun at the same time.



SPORTS
GRADES 4-6

When I run, I feel free because you're in the road with the fresh air and moving around having fun. It will make you feel young again if you're an adult. You can meet new people in your community. You can run slow or fast. It's good to get exercise plus it's not that hard.

If you're not an athlete, you can run for fun. But really, that's what it's all about. You can do whatever you want as long as you follow your heart. That's why I think running is for everyone.

— Michael Bound is a fifth-grader at Oak Ridge School in Sandwich.



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Brittany Welch, Grade 11, Falmouth High School

The rise of soccer in America

By Will Schiffer

You may not have noticed, but soccer is the next big thing to take America by storm. It is played by more people in the world than any other sport. It's even said that here in America, more people play soccer than all sports combined.

Soccer has the power to unite people from different cultures. You don't need a lot of money or a lot of space. Soccer can be played in a yard, a street, on a field, even on a beach. All you need is a ball and a few friends.

People all over America are coming to realize soccer's potential. We even had a national team in the World Cup that got to the round 16 after losing to Belgium. Hey, at least they make good waffles.

Will we have a chance at winning the World Cup someday? I think so. Over time, I believe America



SPORTS
GRADES 4-6

will embrace soccer. It will become part of our culture, just like American football or baseball. I myself love soccer and have the best time playing it. Becoming a professional soccer player is a goal of mine (and) for many others in America.

The best players in the world, like Lionel Messi and Neymar da Silva Santos Junior, train hard so they can become the best they can be.

Like anything else, it just takes practice. A lot of practice. My dream is to play for a team called F.C. Barcelona, which is in Spain. I've been practicing my whole life for this.

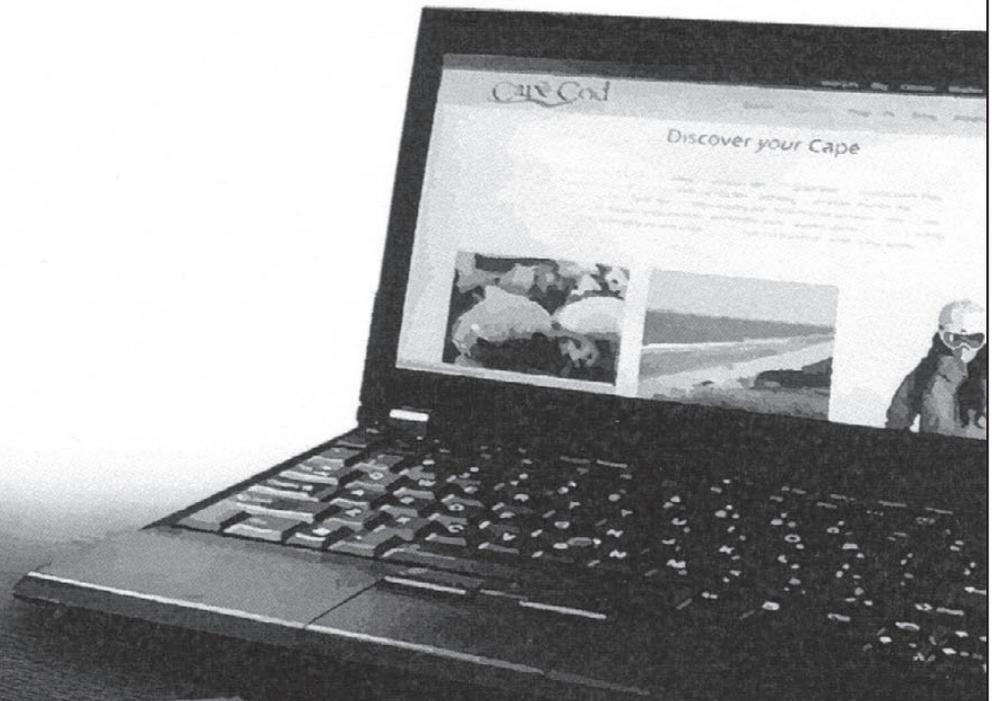
Soccer is a sport that can be enjoyed by everyone. With a little practice, together we can win a World Cup for America.

— Will Schiffer is a sixth-grader at St. Francis Xavier Preparatory School in Hyannis.



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Joel Sanford, Grade 11, Cape Cod Regional Technical High School, Harwich

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Dennis-Yarmouth Regional High School, South Yarmouth

Falmouth Academy

Falmouth High School

La Belle Homeschool,
Centerville

The Laurel School,
Brewster

Lawrence School, Falmouth

Martha's Vineyard Regional High School, Oak Bluffs

Mashpee Middle-High School

Mattacheese Middle School,
West Yarmouth

Monomoy Regional High School, Harwich

Monomoy Regional Middle School, Chatham

Muller Homeschool,
Marstons Mills

Nantucket High School

Nauset Regional High School, Eastham

Nauset Regional Middle School, Orleans

Oak Ridge School,
Sandwich

Orleans Elementary School

Quashnet Elementary School, Mashpee

Riverview School, East Sandwich

Sandwich High School

Sandwich STEM Academy

St. Francis Xavier

Preparatory School, Hyannis

St. John Paul II High School,
Hyannis

St. Pius X School, South Yarmouth

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Quinn MacDonald



Andrea Guyther

WINNING STUDENTS FOR CLASSROOM TIMES

News/Features

GRADES 4-6

First place: Alexander Mendez, grade 6, Mattacheese Middle School, West Yarmouth
Second place: Emilia Alliegro, grade 6, St. Francis Xavier Preparatory School, Hyannis
Third place: Aurora Terry, grade 5, Orleans Elementary School

GRADES 7-8

First place: Cora Pohlman, grade 7, Lawrence School, Falmouth
Second place: Raaya Catalano, grade 7, Lawrence School, Falmouth
Third place: Alexa Ubertaino, grade 8, St. Pius X School, South Yarmouth

GRADES 9-12

First place: Josh Lane, grade 12, Nauset Regional High School, Eastham
Second place: Anna Arisco, grade 12, Dennis-Yarmouth Regional High School, South Yarmouth
Third place: Saarah Murphy, grade 12, Barnstable High School, Hyannis

Opinion

GRADES 4-6

First place: Kallie Tompkins, grade 5, Oak Ridge School, Sandwich
Second place: Patrick Martin, grade 5, Oak Ridge School, Sandwich

Third place: Cora Palomar-Nelson, grade 6, St. Pius X School, South Yarmouth

GRADES 7-8

First place: Angelina Phillips, grade 7, Lawrence School, Falmouth
Second place: Freya Rich, grade 8, Cape Cod Lighthouse Charter School, Harwich
Third place: Ben Ellis, grade 8, Nauset Regional Middle School, Orleans

GRADES 9-12

First place: Hannah Fay, grade 11, Barnstable High School, Hyannis
Second place: Katherine Brennan, grade 11, Bourne High School
Third place: Marcello Sardinha, grade 12, Cape Cod Regional Technical High School, Harwich

Reviews

GRADES 4-6

First place: Laura Hornsby, grade 6, St. Francis Xavier Preparatory School, Hyannis
Second place: Madeleine Isabel Balsler, grade 6, St. Francis Xavier Preparatory School, Hyannis
Third place: Maeve Shortt, grade 4, St. Pius X School, South Yarmouth

GRADES 7-8

First place: Lucca Macdonald, grade 7, Cape Cod Academy, Osterville
Second place: Alyssa Freeman,

grade 8, Cape Cod Lighthouse Charter School, Harwich

Third place: Gwen Grant, grade 8, Nauset Regional Middle School, Orleans

GRADES 9-12

First place: Aidan Goddu, grade 9, Mashpee Middle-High School
Second place: Ben Holmes, grade 9, Cape Cod Academy, Osterville
Third place: Sydney Schaad, grade 11, Bourne High School

Sports

GRADES 4-6

First place: Emma Abramson, grade 5, Oak Ridge School, Sandwich
Second place: Michael Bound, grade 5, Oak Ridge School, Sandwich
Third place: Will Schiffer, grade 6, St. Francis Xavier Preparatory School, Hyannis

GRADES 7-8

First place: Erin Furey, grade 7, Lawrence School, Falmouth
Second place: Brianna Johnson, grade 7, St. Pius X School, South Yarmouth
Third place: Samuel Cavossa, grade 7, Lawrence School, Falmouth

GRADES 9-12

First place: Katie Wojciechowski, grade 10, St. John Paul II High School, Hyannis
Second place: Emma Childs, grade 12, Barnstable High School, Hyannis

Third place: Victoria Fenn, grade 12, Cape Cod Regional Technical High School, Harwich

Photos

SNAPSHOTS

GRADES 4-6

First place: Lucy Komar, grade 5, St. Francis Xavier Preparatory School, Hyannis
Second place: Haley Coggeshall, grade 6, Quashnet Elementary School, Mashpee
Third place: Colin McIver, grade 5, Oak Ridge School, Sandwich

GRADES 7-12

First place: John Beattie, grade 10, Nantucket High School
Second place: Megan Iverson, grade 10, Falmouth Academy
Third place: Eli Benway, grade 9, Cape Cod Academy, Osterville

SCHOOLWORK

GRADES 7-9

First place: Quinn MacDonald, grade 7, St. Francis Xavier Preparatory School, Hyannis
Second place: Emma vanLohuizen, grade 9, Martha's Vineyard Regional High School, Oak Bluffs
Third place: Ellie Mattison, grade 8, Falmouth Academy

GRADES 10-12

First place: Andrea Guyther, grade 11, Martha's Vineyard Regional High School, Oak Bluffs

Second place: Jessica Sonia, grade 12, Martha's Vineyard Regional High School, Oak Bluffs

Third place: Walter Greene, grade 10, Martha's Vineyard Regional High School, Oak Bluffs

Create-An-Ad

GRADES 4-6

First place: Ella Savini, grade 5, Nathaniel H. Wixon Innovation School, South Dennis
Second place: Rosanna Sullivan, grade 4, St. Pius X School, South Yarmouth

Third place: Logan Lett, grade 4, Nathaniel H. Wixon Innovation School, South Dennis

GRADES 7-8

First place: Isabelle Nobili, grade 7, Cape Cod Lighthouse Charter School, Harwich

Second place: Sophia Sederman, grade 7, Bourne Middle School
Third place: Dolfina Allan, grade 7, Mashpee Middle-High School

GRADES 9-12

First place: Amanda Nardini, grade 12, St. John Paul II High School, Hyannis

Second place: Victoria Bessette, grade 12, Monomoy Regional High School, Harwich

Third place: Joel Sanford, Cape Cod Regional Technical High School, Harwich

CREATE-AN-AD WINNERS



Ella Savini



Isabelle Nobili

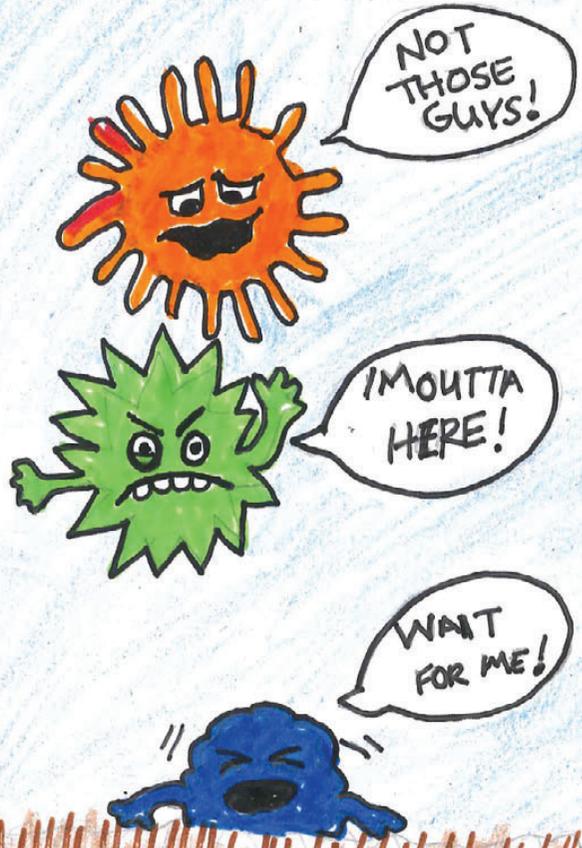


Amanda Nardini

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