

# The Lance



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Livingston High School

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## LHS' Teacher of the Year: Mrs. Lucy Lee

By Oriana TANG '15

Mrs. Lucy Lee, the Chinese teacher and advisor for several extracurricular clubs, recently won Livingston High School's Teacher of the Year 2012-2013 award.

Mrs. Lee established the Chinese program at LHS when she came to teach in 1990. She currently teaches Chinese 2, 3, 4, and AP. "The goal is to have my students actually use a foreign language to engage in meaningful, intercultural communication," she said. "This way, they can gain a better understanding of the perspectives of other cultures."

In addition to these classes, Mrs. Lee helps to foster involvement in extracurricular activities by advising the Chinese Honor Society, the Chinese Culture Club, and the Joy Luck Club. "One of the major events we sponsor is Livingston Chinese Culture Day, where work closely with the local weekend Chinese Schools and the community leaders," she said. Through these organizations and activities, Mrs. Lee hopes to promote Chinese language and culture in the school community.

Mrs. Lee's interest in teaching developed after seeing the impact good teachers can have on their students. "My mother



Mrs. Lucy Lee (left)

Image Credit: Livingston High School

was my kindergarten teacher, and she inspired me. My son was also a graduate of LHS, and it was thanks to his teachers that he was so well prepared for college."

Mrs. Lee loves to see her students begin to apply what they learned in class to real-life situations and improve over the course of their high school years. "[They] are just like my own children," she said. "Their readiness and willingness to use their own words to describe things in Chinese always makes me feel so thrilled."

Above all, she is grateful to her colleagues for her success. "I sincerely dedicate this award to all of our teachers at LHS with profound appreciation for their support and inspiring work inside and outside the classroom," she said. "Winning this award has reignited my commitment to be a more responsive educator, a more effective advocate for language learning, and a more reflective practitioner as I strive to become a better teacher each day for my students."

## Infested With Influenza



Image Source: CBC News

By Annie RISHTY '14

Buy some hand sanitizer Livingston, because the flu has arrived! Influenza, also known as the flu, is an infection disease triggered by RNA viruses from the Orthomyxoviridae family. Some common symptoms of Influenza are sore throat, fever, chills, headache, muscle pains, fatigue, muscle pains and general discomfort.

According to recent studies, this year's flu season came earlier than usual. Since October 2012, 5,249 laboratory-confirmed

influenza hospitalizations have been reported. Also, in the month of January, 92 schools had outbreaks of influenza-like illness (ILI), adding to the 254 total schools that have been reported since the beginning of the flu season.

Although the percentage of people seeking their health care provider for influenza-like illness is decreasing week by week, the amount of diagnoses continues to rise. So far in the season, 31 states, including New Jersey, have reported high ILI activity.

However, 48 states have reported widespread geographic influenza activity in the month of January 2013.

The influenza-associated hospitalization rates were the highest among citizens who were 65 and older. Within the 5,249 hospitalizations that were reported this season, 49.6% of them can be attributed to senior citizens.

There are two main classes of antiviral drugs that are commonly used to prevent the outbreak: neuraminidase inhibitors and M2 protein. These drugs have the ability to reduce the severity of common influenza-symptoms, thus lessening the risk of infection.

In addition to these suggested antiviral drugs, getting vaccinated is key to staying healthy. Flu viruses evolve quickly, so last year's vaccine may not protect you from this year's viruses. Green tea with matchins and teanine also reduces the risk of getting sick.

It is really important that everyone keeps washing their hands and using anti-bacterial hand sanitizer in order to prevent the spread of germs. Stay healthy Livingston!

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# From the Desk of the Editors-in-Chief Celebrity Infatuation: Enough is Enough



Society has developed a sickening obsession with celebrity. We have become mesmerized with trashy tabloids, enthralled with our favorite singers' Twitter and Facebook updates, and hypnotized by TMZ. In an age where media has allowed us to share instant news at the press of a button, many of us have been seduced into stalking every waking moment of a celebrity's day.

Although sensationalized news has always been a large part of American news (Remember the late 19th century yellow journalism that has perpetuated this whole tabloid culture?), we have plunged deeper into the abyss of obsession. In the "advanced" era of social networking, we no longer need the paparazzi to tell us about our idols' lives. In fact, the celebrities themselves do it for us.

Kim Kardashian, reality TV extraordinaire, tweets multiple times a day. Her typical tweets include pledges of undying love for boyfriend Kanye West to pictures of herself scantily clad in crop tops and booty shorts. 17 million people subscribe to read her posts. "I'm gonna talk in a Mississippi accent for the rest of the day" is one example of how Kardashian has peppered our lives with trivial knowledge.

Justin Bieber maintains the most "followed" Twitter account ever, surpassing incumbent Queen Lady Gaga with a little over 35 million followers. More people follow his tweets than live in his home country, Canada. Why have we become so infatuated with other people's lives? What makes these certain individuals so special? And why do some of them, the entire cast of "The Jersey Shore" for instance, have multiple spin off shows that only further destroy the reputation of the entire state of New Jersey? Does it really matter what color Jennifer Lawrence's Oscars' dress is? Who cares how Fergie is spending her Valentine's Day? It's time for us to give up trying to remember which ex-beau Taylor Swift is talking about in her latest breakup song, and move on with our lives.

Now this is not to say we cannot read up on our current celebrity crush. Hey, Selena Gomez is hot! Who doesn't love looking at Channing Tatum's washboard abs? But for society to have reached the point where individuals are harming themselves by cutting their wrists in response to a picture of award-winning singer Justin Bieber allegedly smoking marijuana, we have clearly crossed a line. To think that we have become so obsessed with celebrities that we would harm ourselves for the choices that they make is simply juvenile.

It is time to take a step back, focus on our own lives, rather than obsess over someone else's. So put down your phone, stop stalking Harry Styles' twitter page, throw out that recent copy of *Us Weekly*, and go on and live your life. Be your own celebrity.

*-Bae and Gilberg*



# Features



## Sandy Hook Tragedy Sparks Strong Anti/Pro Gun Rhetoric

By Jordan SPECTOR '15

Adam Lanza used three guns his mother purchased from a federally licensed arms dealer three weeks ago to murder 26 innocent individuals at Sandy Hook Elementary School in Connecticut.

Twenty of them were children.

In a teary-eyed address shortly after the news broke, President Obama stressed the importance of unification and called for “meaningful action ... regardless of the politics.”

Mark Kelly, the husband of former congresswomen Gabby Giffords—a survivor of the mass shooting in Tuscon, Arizona two years ago—expressed his own sense of urgency through a Facebook post. “This time our response must consist of more than regret, sorrow, and condolence,” Kelly said.

Passionate and proactive rhetoric regarding gun control has become commonplace in the aftermath of the second-worst shooting in U.S. history. For all the outrage it has caused, words have filled the air, but action still has not.

In fact, past shootings indicate the majority of emotional speeches and frenzied verbal sparring could end up falling on deaf ears. In 1999, the Columbine High School shooting gave rise to the same pressing rhetoric, highlighting the same vital need for action.

Congress responded to these sentiments by attempting to pass a bill requiring background checks for firearm sales at gun shows. However, it never passed the House, a failure marked by acrimonious disagreement.



Members of the Rutter family of Sandy Hook, CT embrace before a memorial dedicated to the shooting victims. Image Credit: Craig Ruttle.

According to ABC News, 36 mass shootings have taken place in the U.S. since Columbine—7 last year alone.

“These tragedies must end. And to end them, we must change,” Obama said in the Huffington Post. “No single law, no set of laws can eliminate evil from the world ... but that can’t be an excuse for inaction.”

Meanwhile, the country continues to hold the highest rate of homicides among developed nations, and has the highest rate of gun ownership in the world, as reported by FactCheck.org.

Despite these alarming statistics, FactCheck.org also mentions that gun murders, gun-aggravated assaults, and gun robberies are now at their lowest rates since 2004.

This begs the question: would outlaw-

ing guns be successful in preventing mass murder? Are guns really the problem, or are people the problem?

What is clear is that people feel something needs to be done when 20 children are murdered within minutes at the hands of a ruthless shooter.

Many gun advocates have publicly come out in favor of fighting what has become a gun epidemic. Vice President of the N.R.A, Wayne LaPierre declared that “the only thing that stops a bad guy with a gun is a good guy with a gun.”

LaPierre believes the solution to gun violence is arming teachers in schools and empowering citizens with legal gun permits to carry in public.

However, this is an opinion that many

do not share, including high ranking officials. According to CBS News, Philadelphia Mayor Michael Nutter called the NRA’s plan of wanting to arm every school “ludicrous.”

Such bitter opposition from both sides could send Congress into yet another stalemate.

Victoria Soto is a true hero of the Sandy Hook shooting. Before Lanza forced his way into her classroom, 27-year-old teacher Soto hid as many first-graders as she could in closets and cabinets. She tried to dissuade Lanza from entering the room, but Lanza did not listen: he swiftly entered and proceeded to open fire. Without any hesitation, Soto thrust herself in front of the terrified children and the barrage of bullets flying towards them.

Soto immediately perished, trading her life for an act of unimaginable selflessness.

In these coming days, a country still grappling with the immense tragedy that has befallen Newtown remains optimistic that Congress will pass stringent legislation on gun control.

It is their hope that these new laws will do the same thing Soto did for her students: serve as an impenetrable shield; one that will protect innocent Americans, deter troubled individuals like Adam Lanza from obtaining a semi-automatic machine gun, and, in the wake of a tragedy never to be forgotten, produce a lone bright spot in a nation forever darkened with grief.

Whether it is legislation or an increased communal effort to put a stop to gun violence, there is something everyone agrees on—the time to act is now.

## Connecticut Lawyer Shelves Plans to Sue Sandy Hook



Connecticut attorney Irving Pinsky. Image Source: CBS News.

By Samantha SPENCER '15

Most families of Sandy Hook Elementary students in Newtown, Connecticut, are simply grateful to have their child be alive. However, that is not enough for one Sandy Hook family who intended on suing the state of Connecticut.

In the wake of the tragedy at Sandy Hook Elementary School shooting where

26 students and staff were killed, Connecticut lawyer Irving Pinsky planned to bring a lawsuit against the state for negligence, but since dropped the case. Pinsky represented an unnamed 6-year-old Sandy Hook shooting survivor and her parents.

The attorney planned to sue the state of Connecticut for \$100 million in damages for the pain and suffering his client (iden-

tified in the suit only as “Jill Doe.”) sustained after the tragedy on December 14th. The claim stated that state education facilities had failed to “take the steps to protect the minor children from foreseeable harm,” according to the *Hartford Courant*.

Pinsky also said that “the claimant-minor has sustained emotional and psychological trauma and injury, the nature and extent of which are yet to be determined,” the *Courant* reported. He went on to argue in self-defense that “damages from the potential claim would be used to improve school safety, not just for the money.”

Since making the claim, Pinsky has been subjected to a backlash via Facebook. Pinsky eventually pulled the lawsuit, reportedly because of the many claims that his suit was opportunistic. He also received more than 50 death threats, the lawyer told the *New Haven Independent*.

According to CNN, Pinsky rejects the accusations of self-promotion, and withdrew the suit in order to “calm the divi-

siveness and tremors” it had sparked, but reserves the right to refile.

“We’ll never have a perfect society in my lifetime,” the lawyer said in defense of his highly divisive case to the *Newtown Patch*, “but I want to make it better.”

Former Newtown resident and Sandy Hook Elementary alumna Emily Timmel argues that the suit was dropped due to negative comments made to Pinsky by numerous Newtown residents. “I was horrified when I heard about the suit,” said Timmel.

“My own mother, who is a current Newtown resident said what I think, probably many were thinking when they heard of the suit,” she went on. “I would just be thankful that my child survived.”

Consensus among Livingston residents and LHS students regarding the shelved suit was apparent. Most said that the lawyer was “just in it for the money,” and believed that Pinsky did not have the best interest of Sandy Hook students in mind.



# News / Features



## Genetic Testing- “Knowledge is Power”

By Morgan LEVY '15

Two parents feel entrapped in the cleanly white painted doctor’s office. Tension fills the air as the doctor marches in with their child’s genetic testing results and a serious look on his face.

The results of this test reveal that their son has autism; they are also faced with some additional burdensome news. Their daughter has a strong chance of developing breast cancer later in life.

The Mayo Clinic defines genetic testing as “the examination of DNA in order to determine one’s chances of developing a certain disease.” This analysis can be done prenatally to detect chromosomal abnormalities, or done at any point in your life.

The use of this diagnostic method has become deeply controversial. UCLA sociology professor Stefan Timmermans, on LiveScience.com presents one among a variety of debates involved over genetic testing. He asserts that diagnoses may be irrelevant or cause unnecessary stress for a family.

Too many people fear genetic testing, not thinking about how beneficial it can be. Many dread being informed about their prognosis, not wanting to face the truth.

Conversely, there are many who would do anything for a diagnosis, even if startling news is received.



A comical cartoon depicts the controversial implications of DNA testing  
Image Source: chicagobusiness.com

In December 2012, a Time Magazine story brought this issue to light. The article discussed current sequencing methods, and profiled patients at the Children’s Hospital of Philadelphia whose lives were changed by these technologies.

Laurie Hunter, the mother of a child who had a mysterious illness asserts, “Know

your enemy, we tell ourselves; knowledge is power.”

Yet, vulnerability is a painful aspect faced by those who put themselves through genetic testing, where every unique base of a genetic code exposed. While essentially many do not identify themselves by their DNA, the results are often

emotionally traumatic.

While attempting to detect illnesses, Emily Owens, M.D. recently dealt with genetic tests that revealed a child’s father was not actually the biological father. Results like these are shocking, and present a moral dilemma for doctors. The question for her was whether or not she should inform the family.

More often than not we avoid the truth, but it may be time to face it. According to Genetics Home Reference, “test results can provide a sense of relief from uncertainty and help people make informed decisions about managing their health care.”

As we get older, as technologies become more sophisticated, and as genes are determined to cause certain illnesses, genetic analysis will become an extremely valuable tool to diagnose any disease, according to David Magnus, a bioethics professor at Stanford University. He states, “It could offer a lot of help for the future.”

Genetic testing, while providing helpful answers for so many families, will inevitably continue to be a questionable practice. According to BeyondDiscovery.org, while revealing helping information, genetic testing also raises many “ethical, social, and legal questions as it takes medicine into uncharted territory.”

## Food: The Gateway Drug

By Gabby WATSON '15

When one thinks of abused substances, what comes to mind? Alcohol, right? Yet, in 21st century America, drugs, not alcohol, lurk everywhere. In a recent discovery made by CNN’s medical team, today’s drug addicts were youth food addicts.

Researchers first tackled this concept at Boston Children’s Hospital in the “Growing Up Today Study.” Up until 2005, researchers frequently released surveys with the intent of answering one question; were these children eating to their hearts’ content or were they eating to the point where they were content and their hearts were overworked, otherwise known as “binge eating?”

Similar to the term binge drinking, binge eaters gorge on food for long periods of time, never possessing either the willpower or the ability to quit.

After 2005, the data collected by researchers revealed ties which linked overeating, eating binges, and serious ailments such as obesity, depression, alcoholism, and dependency on narcotics. 2.3-3.1% of girls identified themselves as former binge eaters during their late teens and early adult years (ages 16-24). 0.3% of boys admitted to the same issue. As stated by the Children’s Aid Society Prevention Resource



Image Source: guardian.co.uk

Center’s article entitled “Study Links Youth Drug Use and Overeating (12/11/12),” 41% of adolescents smoked marijuana and 32% messed around with other outlawed drugs.

In the long run, this lifestyle brings on consequences. Kendrin Sonneville, an expert on nutrition at Boston Children’s Hospital, states that, “In summary, we found that binge eating, but not overeating, predicted the onset of overweight/obesity

and worsening depressive symptoms. It’s understandable about the connection with depressive states because binge eating carries a kind of stigma that could cause those children who binge eat, to be depressed.”

However, Sonneville’s research clashes with the findings of others. One counterargument, used by most doctors, is that the habit of overeating is more so linked to future drug addictions and not so much

alcoholism or other eating concerns.

As proposed a few years ago by LiveScience, the minds of those dependent upon alcohol and drugs as well as overeaters are all wired alike. Just as how overeating is a result of the brain sending messages, prodding a person to eat more, the brain is the antagonist that stands in the way of kicking some destructive behaviors such as drinking or smoking.

Speaking more in depth on the subject, another medical website, “The Medifast Plan,” released an article, stating that a component in both fatty foods and marijuana produce the same feeling of enjoyment in the brain.

To this, Sonneville responds “These findings from this investigation and previous research suggest that lack of control is an important indicator of severity of overeating episodes. “Why it’s connected to possible drug use, we don’t understand yet.”

“However,” she goes on to say, “Given that binge eating is uniquely predictive of some adverse outcomes and because previous work has found that binge eating can be treated by intervention, clinicians should be encouraged to screen adolescents for binge eating.” This may ultimately help decrease the lurking ever-presence of both food and drug abuse.

# Senior Lunch Hot Spot: Anthony Franco's Pizzeria

By Will BONI '13

For the discerning high school student, Anthony Franco's, located on South Livingston Avenue next to Shop-Rite is a popular destination for lunch. Knowing this, I decided to go there and try every variety of pizza they had on hand that day to figure out which ones were the best. This way, you don't have to do it yourself. Oh, you're welcome.

On a Saturday, I ordered one slice of every kind of pizza they had, and I came home with honey mustard chicken, chicken parmesan, barbeque chicken, penne vodka, baked ziti, buffalo chicken, plain, Sicilian, and vegetable. I broke the slices up into three categories: Chicken, pasta, and standard pizzeria food.

The first thing I tried, in the chicken category, was the honey mustard (Chicken, bacon, and honey mustard). The combination tasted remarkably like a hotdog with mustard, which was strange for pizza but definitely very edible. It could have used a bit more chicken though. Next was chicken parmesan (breaded chicken cutlet, marinara sauce and mozzarella). It was good: the chicken, in general, was crispy and mixed into the sauce. This is key because some pizzerias just put pieces of chicken on top of a plain pizza and call it chicken parmesan. However, as with the honey mustard pizza, it could have used a bit more chicken on it.

After the parmesan was the barbeque (chicken, barbeque sauce, mozzarella), which was drenched in very sweet sauce that had a hint of cinnamon. The sweetness was a bit too much for me, and I don't

know if I would want to eat an entire slice, especially when pressed for time at lunch. Then came the barbecue's crazy cousin, buffalo chicken (chicken, buffalo sauce, mozzarella), officially known as "spicy chicken pizza". It was enjoyable; the sauce was very flavorful and not too hot.

The pasta category is so named because these two unique slices are topped with pasta. The penne vodka (penne pasta & delicious vodka sauce) was my favorite out of the pair, and probably out of the whole bunch because of its authenticity to the dish of Penne alla Vodka, an Italian American classic. The fact that they even put peas in the pizza was a great touch, and the "delicious" sauce that the website describes was very creamy and not overabundant. The baked ziti (ziti pasta, ricotta, sauce & mozzarella) was also good, and it tasted very much like baked ziti on a piece of bread. The ricotta cheese was creamy and the top was crispy. In this case, however, the bread did not pair as well with the pasta. Baked ziti tends to be a slightly drier, more mildly flavored dish, and the addition of bread just drowns it out a bit.

As delicious as they are, all of the specialty pizzas that they offer aren't really pizza in the strictest sense. They are more like open faced sandwiches on pizza dough bread. Because of that, specialty slices are not a good measure of Anthony Franco's as a pizza restaurant; however, the actual pizza that Anthony Franco's has to offer is also excellent. This includes plain, vegetable, and Sicilian.

The plain pizza, which has a good value at \$5, is delicious. The plain and some oth-

er lighter specialty pizzas (none of which were available when I visited) are made with a thinner crust than the heavier varieties. When ordered by the slice, the reheating in the oven lends a nice crispness to the thin crust. The sauce is slightly sweet, a calling card of Anthony Franco's plain pizza that sets it apart from other pizzerias

ing like it can sometimes be. The last thing I ate, the Sicilian, was a pleasant surprise for me. The flavor of the dough shone through nicely, a bread-like flavor that was really delicious. I think the Sicilian is the best representation of Anthony Franco's as a good pizzeria. The quality of the dough is clearly evident, and the sauce and cheese



Anthony Franco's, 489 S Livingston Ave  
Image Source: robertcstern.com

in town. The vegetable pizza (Tomatoes, Broccoli & Mushrooms) is also tasty. Vegetable is not something I normally order, because many times they are loaded up with a ridiculous amount of random vegetables. Anthony Franco's keeps theirs simple with only three. They are diced small, and the broccoli is not overpower-

were well proportioned.

If you want a cheap but filling lunch with a drink included for less than the price of most sandwiches, Anthony Franco's is a great place to go. They have a high turnover, so the pizza is always fresh, and the service is quick. In addition, its proximity to LHS makes it a great choice for lunch.

## Meet the Best Actor and Actress Nominees!

By Tori KARGMAN '13

With the Oscars over and the awards handed out, let's take an inside look at some of the nominees for best actor and actress.

Jennifer Lawrence (*Silver Linings Playbook*)- What you know her from: *Winter's Bone*, *The Hunger Games*, *X-Men First Class*, *House at the End of the Street*, *Like Crazy*. Fun fact: While growing up Louisville, Kentucky, Jennifer Lawrence was a tomboy, playing field hockey, softball, and basketball.

Jessica Chastain (*Zero Dark Thirty*)- What you know her from: *The Help*, *The Tree of Life*, *Take Shelter*, *The Debt*, *Lawless*, *Madagascar 3: Europe's Most Wanted*. Fun fact: She is a devout vegan, and her mother is a professional vegan chef.

Emmanuelle Riva (*Amour*)- What you know her from: *Hiroshima Mon Amour*, *Leon Morin, Priest*. Fun fact: At age 85, she is the oldest actress to be nominated for the Academy Award for Best Actress.

Quvenzhané Wallis (*Beasts of the Southern Wild*)- What you know her from: This is Wallis's first film! Fun fact: Wal-



The nominees for Best Actress, at the Academy Awards, 2013  
Image Source: www.mashable.com

lis is the youngest actress to ever be nominated for Best Actress at the Academy Awards, at age nine.

Naomi Watts (*The Impossible*)- What you know her from: *King Kong*, *21 Grams*, *Mulholland Drive*, *J. Edgar*, *Movie 43*. Fun fact: She appeared in an Australian television commercial, where she turned down

a date with Tom Cruise for her mother's lamb roast.

Daniel Day-Lewis (*Lincoln*)- What you know him from: *Nine*, *There Will Be Blood*, *Gangs of New York*, *The Last of the Mohicans*, *My Left Foot*. Fun fact: Daniel Day-Lewis is married to Rebecca Miller, the daughter of famous playwright Arthur

Miller (*Death of a Salesman*, *The Crucible*)

Joaquin Phoenix (*The Master*)- What you know him from: *Walk the Line*, *Hotel Rwanda*, *Gladiator*, *To Die For*, *It's All About Love*. Fun fact: As a child actor, Joaquin called himself "Leaf" to be a part of nature. He changed his name back to Joaquin at age 15.

Hugh Jackman (*Les Miserables*)- What you know him from: *Xmen*, *Kate and Leopold*, *Happy Feet*, *Real Steel*, *Rise of the Guardians*. Fun fact: If Hugh Jackman could listen to one song for the rest of his life, it would be "You Can't Always Get What You Want."

Denzel Washington (*Flight*)- What you know him from: *Malcolm X*, *American Gangster*, *Unstoppable*, *Remember the Titans*. Fun fact: Washington was the first African-American to win two Academy Awards and the third to win an Oscar.

Bradley Cooper (*Silver Linings Playbook*)- What you know him from: *Wet Hot American Summer*, *Wedding Crashers*, *He's Just Not That Into You*, *The Hangover*. Fun fact: Cooper quit drinking and now lives a completely sober life.



# Opinion



## Head To Head

### Valedictorian and Salutatorian: An Outdated Tradition? *Discontinue*

By Ari GILBERG '13

Years of studying. Hundreds of hours spent diving your head into a pile of books and tests, all in an attempt to be your class Valedictorian/Salutatorian. After all that work, hardship, the countless times you chose to spend studying rather than going out with friends, all of it so you can attend that prestigious university, so you can be recognized by your peers, and you finish... third. In today's common school system being the third best in your class doesn't warrant any recognition. No speech. No little fancy plaque. Maybe if your lucky you could get a pat on the back while you contemplate how that A- in advanced chemistry could have easily been an A.

The tradition of honoring the graduating class' top two students and crowning them the Valedictorian and Salutatorian has become an outdated affair.

David Hawkins, director of public policy and research for the National Association for College Admission Counseling tends to agree.

"More high schools are certainly moving away from the process of designating a single student as valedictorian," Hawkins said in a recently published article on azcentral.com "Based on the classes you take, it's difficult to decide with certainty that one student is the best... It's becoming an increasingly outdated honorific."

That is not to say a school should not

honor its top two students, but it should honor the third, the fourth, and the fifth as well. In fact more and more schools across the country are implanting a new system of honoring multiple students with extensive academic achievements.

Dartmouth College, a member of the prestigious Ivy League, recently honored eight students of its 2012 graduating class, four Valedictorians and four Salutatorians. Rather than only two students being recognized, Dartmouth has allowed for eight students to have their moment to shine.

Rather than put a definite number on the new policy, several High Schools are choosing to honor the top four students to the top ten percent of the graduating class. Several high schools in the Arizona valley have implanted new and creative ways to honor multiple deserving students, including a new title of "honorarians," with certain students winning medallions, special cords and tassels, as well as a list of the top ten students.

We live in a society that is highly competitive, a society that lives by the motto "if you ain't first, you're last." But that should not be the case; we should honor all of the students who've put such an effort to study, to work, and to earn some form of recognition. The tradition of honoring the Valedictorian and Salutatorian has had a long history, but now it's time for it to become just that, history.

### *Continue*

By Emily BAE '13

In recent years, a growing number of schools have begun to eliminate the tradition of honoring a Valedictorian and Salutatorian at graduation. High schools and colleges across the country are opting for less controversial alternatives, including recognizing a larger portion of a graduating class and distributing "honors" diplomas to top students.

Critics argue that naming a Valedictorian and Salutatorian places an excessive amount of pressure on students to excel. According to the Chicago Tribune, these titles "inherently promote a culture of unnecessary competition in an environment that is already duly competitive and overly focused on test scores and grades."

Many teachers, principals, and other school officials nationwide have also expressed interest in eliminating these distinctions. Essentially, educators want to alleviate some of the "crushing" competition that they believe has infiltrated and corrupted our education system.

"The goal of education is to prepare for the future," explained David Lund, Principal of Prior Lake High School, "Not to be better than someone else." Lund's district chose to discontinue the naming of Valedictorian and Salutatorian this year.

Despite all of the controversy surrounding this long held tradition, the removal of these titles for the purpose of

alleviating competition or creating a "fair" reward system perpetuates the dangerous idea that competition is always damaging, and even more alarming, worthless.

"If you give everybody a trophy for something, that's not really encouraging them, said Deirdre Oakley, a sociology professor at Georgia State University, who was inspired to pursue her Ph.D. after encountering intense competition in school, "It's basically giving them an unrealistic view of the real world. Part of growing and being successful is being able to accept defeat and disappointment and regroup and try again."

Should we eliminate selective awards because they place too much pressure on students to succeed? Should we eliminate Nobel Peace Prizes, National Book Awards, competitive research grants, or other prestigious accolades because they give individuals incentive to work harder, and with more passion and dedication?

Not only is competition a reality, it is a force that allows us to learn, innovate, and grow as human beings. Why would we attempt to stifle such a positive motivation for progress?

The titles of Valedictorian and Salutatorian should not be abolished due to fear of placing excessive pressure on students. By giving them something to strive for we're not only prepping them for the real world, we're setting them up for success.

## Gon' Catfishing: The Story of Football Star Manti Teo

By Dan GREENSTONE '13

Manti Teo: a Heisman trophy finalist, Linebacker of the year, defensive player of the year, All-American, player in the National title game. He played the season for his girlfriend, Lennay Kekua, and for his grandmother, both of whom supposedly passed away on September 13th. This was Teo's life before Deadspin.com reported that Teo had been a victim of a cruel online hoax better known as a 'Catfish.' The term Catfish comes from the MTV movie and series that document people who are in long-term online relationships. The show uncovers the truths and lies of these online or over-the-phone relationships. Some people are truthful, but most are not.

As for the truth in Teo's Catfish, supposed girlfriend Lenay Kekua did not die. In fact, she was not even a girl to begin with. California native Ronaiah Tuasososo-



Image Source: foxnews.com

po created Teo's Lennay Kekua on the social network Twitter. He used pictures of other women, gave Kekua a deep (and believable) backstory, talked to Teo over the phone, pretending he was a girl. Whenever Teo wanted to meet Kekua, she either was busy with work or hit by a car. She even claimed she had cancer.

Some may consider Catfish victims as naive or stupid, but in most situations, the victim just wants a companion.

Take Manti Teo for example: most would question why a good football player at Notre Dame would not try to meet a girl at his school; it couldn't be that hard for him to get a girl. But this relationship made sense for Teo. He is a Mormon, meaning he cannot have sexual relations until he is married. Teo could easily avoid all of this with a long-distance online relationship.

The Catfish predicament raises another question: are Catfish couples truly

victims or do they use networks like MTV to get their 45 minutes of fame? Teo claims to have been hoaxed unbeknownst to him. But interviews that took place after Teo's finding about the hoax still had comments revealing that he was still looking for a little attention. Teo said he missed Lennay at the National Championship Game on January 6th, but he said he knew about the hoax around December 6th. Like the TV show, the people who believe they are being hoaxed may already know or be smart enough to realize it, but they keep the story going for attention.

Catfish may not be groundbreaking, but it is, undoubtedly, a show that could influence people to avoid sketchy online relationships. If Catfish were to have become popular and aired on MTV this time last year, would a Manti Teo Google search still quickly pop up with fake girlfriend, or would Teo have thought twice?

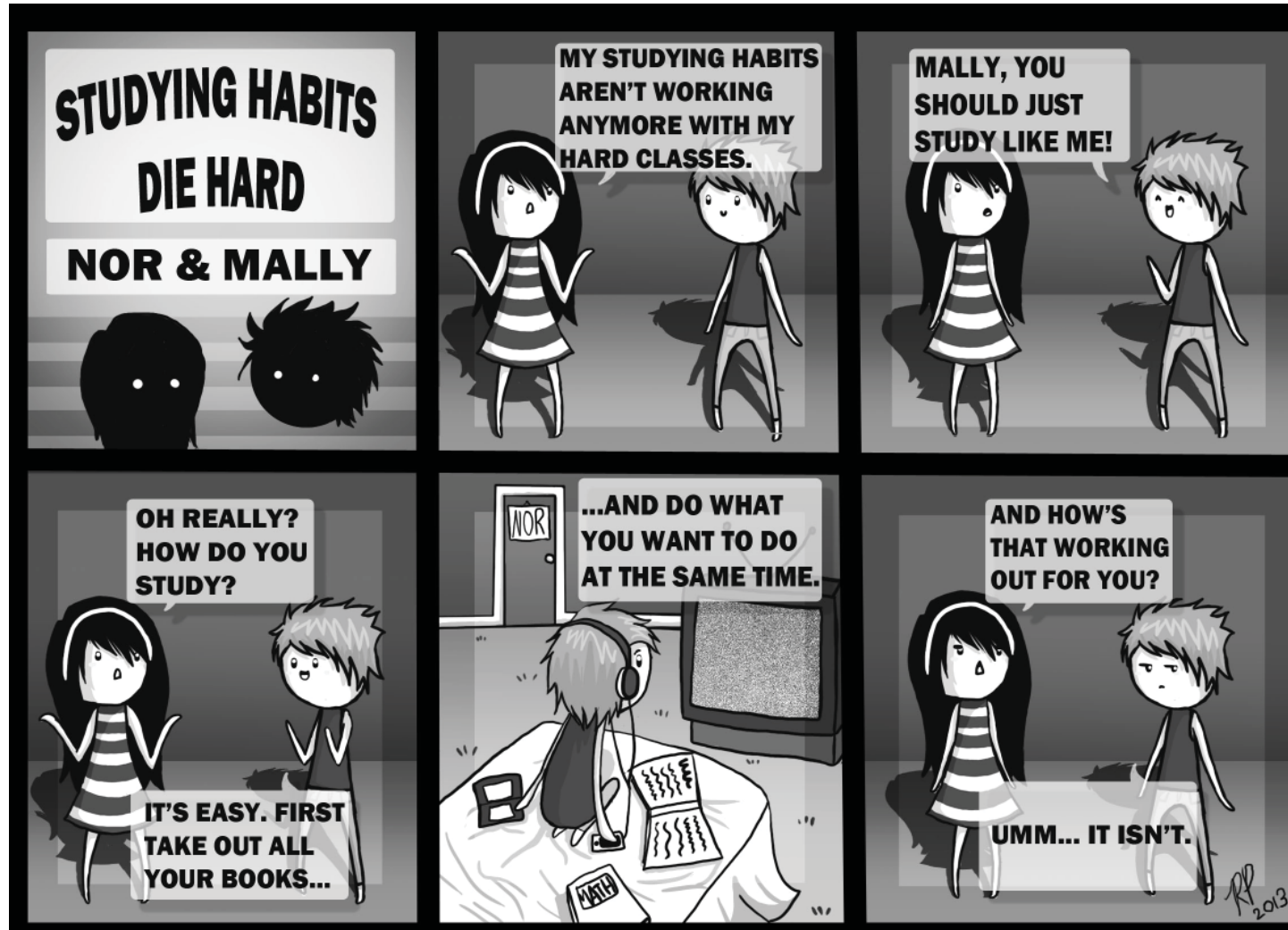


# Lance Lite



## Junior Perspective

By Rebecca POPPER '14



## Music for Thought

By Jessica LI '16

February Break has passed and many of us need a boost to get back into the swing of school, sports, and extra-curricular activities. Here's a playlist that'll be sure to keep your spirits high!

1. Someday by the Strokes  
An upbeat, light-hearted song, the Strokes somehow combines a feeling of 60's nostalgia with modern fun.
2. Take a Walk by Passion Pit  
If you love electronica, this is the perfect song.
3. Call It What You Want by Foster the People  
A song to independence, freedom, and individuality.
4. Strings by Young the Giant  
This band actually has a lot of "summery," feel-good songs, but this is one that I think is perfect for just chilling out.
5. Something Good Can Work by Two



Image Source: ubergizmo.com

6. Mountain Sound by Of Monsters and Men  
You might know their single "Little Talks," but I think this song's even better for a nice, long break.
  7. Lisztomania by Phoenix  
More electronic music that'll blow your mind.
  8. Float On by Modest Mouse  
Edgy, rough, and raw, Modest Mouse hits all the right notes in this one.
  9. Electric Feel by MGMT  
Makes you feel like you're on top of the world.
  10. Change of Seasons by Sweet Thing  
Okay, maybe I'm impartial to this song because it's the theme song to the movie Easy A, but it's still a tune that'll be stuck in your head for weeks.
- Hope you enjoyed, and that I've maybe shown you some music and bands you'll keep listening to long after break!

## Top Free iPhone Apps Of All Time!



1. FACEBOOK
2. PANDORA RADIO
3. WORDS WITH FRIENDS
4. SKYPE
5. THE WEATHER CHANNEL
6. GOOGLESEARCH
7. GOOGLE EARTH
8. ANGRY BIRDS
9. SHAZAM
10. NETFLIX

Source: macstories.net

## Disgraced Cyclist Admits to Doping



Disgraced cyclist Lance Armstrong confesses to steroid use to talk show host Oprah  
Image Source: Wired.com

By Randy POSNER '14

Lance Armstrong redefined the game of cycling. Competitive by nature, he always strove to be the best at all costs. As his victories piled on, the entire world became fixated on a sport that was otherwise ignored.

The Armstrong name was no longer synonymous with space exploration, but with cycling. His millions of fans supported his efforts in fighting cancer by sporting yellow rubber bracelets bearing the Livestrong name and motto.

Armstrong's numerous victories sparked concern of foul play; however, his post-race tests proved otherwise and he successfully silenced his critics and rivals.

Recently, the allegations of drug use resurfaced and much to his fans' chagrin, the charges were proven true. Filled with feelings of betrayal, Armstrong's longtime supporters turned on him, and joined those against him.

Former fans couldn't fathom the fact that their hero, was a cheater in a world full of lies. Athletes who cheat in the sports

they claim to love make fans question the integrity of the all-star players today. All-star sports figures become idols to young fans across the world.

Children plaster their favorite player's face on their walls, wear their jerseys and constantly cheer them on. Kids are immersed in the fantasy of becoming just like their hero but sadly, integrity seems to be nonexistent in professional sports.

Alex Rodriguez, a twelve time all-star, three time American League MVP, and winner of countless other titles has recently been accused of using performance enhancing drugs for the second time.

Already disappointed in his subpar season last season, Yankee fans were further saddened when this news broke.

Captain Derek Jeter declined to comment on the situation stating "I don't comment on anyone until they speak first. Let him address his situation before I comment on it." Despite Jeter's confidence in his teammate, Rodriguez loses countless fans daily.

The fans deserve better; the world of sports deserves better. There is no place in professional sports for cheaters. But in today's era, too many frauds make their way to the top.

When the best athletes use performance enhancing drugs, who should young fans look up to, and strive to become?

The integrity in professional sports is diminishing and slowly changing the youth of America's perception of their heroes.

## Just a Lot of BCS Bologna

Jesse KIRSCH '13

January 7th began with such promise. Turning on the TV, fans could not wait for the Discover BCS National Championship. By the end of the night, however, the most exciting event was Brent Musburger's inappropriate comments regarding A. J. McCarron's girlfriend, Katherine Webb.

Once the most important game in college football came to end, many were left with the notion that the Fighting Irish should reconsider their name. Notre Dame, which failed to score in the first half, was utterly dominated by the Crimson Tide falling 42-14.

This wasn't the only failed Bowl Game matchup. Arizona State sunk Navy's battleship by 34 and Texas A&M pummeled the Oklahoma Sooners 41-13.

First and foremost, Bowl Games are rewards for successful seasons. But they should be competitive. Overkill is boring and turns fans away.

There is a new solution, but in my opinion, it's too little, WAY too late.

According to ESPN.com, the NCAA has approved a new 4-team playoff system. Great, so four teams in college football get to play in the post season. That's not enough.



Image Source: ESPN

Thankfully, the classic Rose Bowl (among other conference-linked bowls) will live on. The overwhelming majority, however, are being eliminated.

Why not find a better mix of playoffs and bowl games? Currently, bowl games are nearly a month after the season ends. That is way more preparation time than is necessary—conference championships bump up right against the last week of regular season play.

I suggest that the NCAA keeps bowl games for teams that meet the six win requirement. 70 teams play during the bowl series (NBC Sports). About half of those teams are ranked in the top 25 during the

year, meaning that they are the front runners for the national championship.

But if the voters think you aren't impressive, you get stuck playing for some car company's bowl. That is an insulting use of subjective ranking. If a larger playoff system (maybe 16 teams) was adopted, a better championship is likely to develop.

This isn't brain surgery, it's football. NCAA will not put the new plan in motion until the 2014 season, but it will stick around until 2025.

The college football world has time to get this right—and it better, because I cannot deal with 10 years of testing new solutions.

## Winter Sports Update

By The Lance Staff

### Boys Basketball

After a season of ups and downs, the Lancers hold the 15 seed in the state tournament with a 9-12 record. The boys look forward to an upset victory over Patterson East Side on February 25th.

### Girls Basketball

Led by senior Caroline Cole, Lady Lancers finished the season with a 11-13 record. After reaching the State Tournament, the Lancers nearly upset the 5th seeded Bloomfield Bengals, losing by a mere two points.

### Hockey

Led by senior captains Ben Arden, Jonny Garfinkel and Adam Lanel, the Lancers own a respectable record of 16-5-4 and after winning the McInnis Cup will look to make a run in the State Tournament.

### Wrestling

Despite the efforts by four year varsity starters Jason Estevez and Brad Krosser, the Lancers have fallen to a 6-14 record. Both Estevez, ranked 2nd in the state, and Krosser, ranked 8th, recently won their respected weight class in the District 14 Tournament. The Lancers as a whole finished fourth with 144.5 total points.

### Boys Fencing

Ranked 9th in the conference at 3-9, the boys have shown a great deal of effort this season. The Lancers look forward to next season to continue to improve.

### Girls Fencing

With an 11-5 record and a recent win in the quarterfinal round in the state tournament, the Lady Lancers have continued the team's tradition of success. They look forward to success in the state tournament.

### Boys Swimming

Senior captain Clint Richards looks to continue to lead the Lancers to success. They currently hold a 7-6 record.

### Girls Swimming

Although it's been a rough season for the girls record-wise, the Lady Lancers look to finish their season off on a strong note.